

A Meditation
For Ukraine and World Leaders -
For Healing, Transformation and Wisdom

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- Sit comfortably. Close your eyes. Connect with your breath.
- Place the fingertips of your left hand on your heart.
- Place your right palm on your thigh, turned up towards the sky.
- Imagine DIVINE LIGHT and LOVE pouring into you through the crown of your head.
- Let that LOVE and LIGHT envelop you.
- Now send that beautiful energy wherever it is most needed today, right now - in this moment...
- Send this love and energy to the conflict in Ukraine – to its people and to all those suffering there. Ask for assistance from your angels and guides. Ask them to intercede in any way possible.
- Beam this light and love into the hearts of world leaders – and religious ones as well. That they may do what is right and speak for those who can't do so for themselves.
- Let us ask for wisdom and transformation and compassion in all of us – that we may realize our oneness.
- Envelop your own intentions with this light and love.
- And then sit in stillness for a few moments. Let go.
- Know that you have made a difference.

How could you not? You are magnificent. Made in the image of Divine LIGHT and LOVE. Know that you matter always. Together we can be the change we want to see. Let's be that.