



Rotary World Peace Day Process

1. PEACE PRACTICE – 9 to 10 minutes
2. PEACE PLEDGE – 1 minute
3. End with a note of Gratitude

The 10 mins PEACE PRACTICE

Relax

1. Sit erect in a comfortable position.
2. Slowly close your eyes.
3. Lighten up and Relax your body
4. Make no effort to control the breath; breathe slowly, deeply and naturally.
5. Focus your attention on the breath, if your mind wanders, return your focus back to your breath.

Maintain this for about three minutes.

FEEL the inner Self

1. Slowly shift your focus to the source of your breath. The Lungs and the Heart Area. The with-in.
2. Feel the light of the heart. Feel the glow of the Heart. Feel the Bliss, Love, Compassion and Peace of the inner self.

Maintain this for about 3 minutes

FEEL the Peace of the World

Slowly feel the Light and Peace radiate outside to your habitat.

Feel , along with other brethren, the entire World radiates with Light and Peace.

Maintain this for about 3 to 4 minutes

The PEACE PLEDGE

1. I will be at Peace, Love and Compassion with myself and will not be disturbed by external factors
 2. I will make my world peaceful and prosperous by
 - a. following the Rotary's 4 way test of the things We think, say or do
 - b. serving others above self, without expectations and
 - c. helping others to resolve their conflicts and restore peace
 3. I will, everyday, continue to do this Peace Practice and Peace Pledge.
 4. I will inspire others to take up this Peace Practice and Peace Pledge, to work for World Peace.
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Let's End with a Deep Feel of Gratitude

Thank yourself

Thank the brethren across the World for joining in this process and

Thank the DIVINTY for the Blessings in bringing us the Inner Peace and World Peace.

Slowly open your eyes to the New World you have just created.

The 4 Way Test of the Things, We think, say or do

Is it the TRUTH?

Is it FAIR to all concerned?

Will it build GOOD WILL and BETTER FRIENDSHIPS?

Will it be BENEFICIAL to all concerned?
