

**INVITATION  
TO ALL PEOPLE WHO PRACTICE MEDITATION**

**Sunday 4 October 2020**

**Inundating the world  
with the Energies of Love**

People throughout the world, from different spiritual traditions and cultures, meditate as part of their spiritual practice. If all meditators, each in his/her own place and tradition, could do their meditation with one intention on one day, we would generate a tidal wave of spiritual energy for the healing of the world. That is what we invite you to do on 4 October.

Many years ago Teilhard de Chardin wrote:

*Someday, after mastering  
The winds, the waves, the tides and gravity,  
We shall harness for God the Energies of Love,  
and then,  
for a second time in the history of the world,  
humans will have discovered fire.*

We have come a long way in harnessing  
the energies of wind and tides and gravity.

But we have not yet learned to so live  
that every being in the world can flourish.

For this

we need to harness the Energies of Love  
for the healing of the world  
and the flourishing of all beings.

The Energies of Love are the life-force of the Universe. They lie deep within us, the Source of Life, of our life. When you meditate on 4 October, we invite you to consciously unite with meditators throughout the world, and to focus your awareness on the Energies of Love within you.

As you breathe in, invite the Energies of Love to fill you.

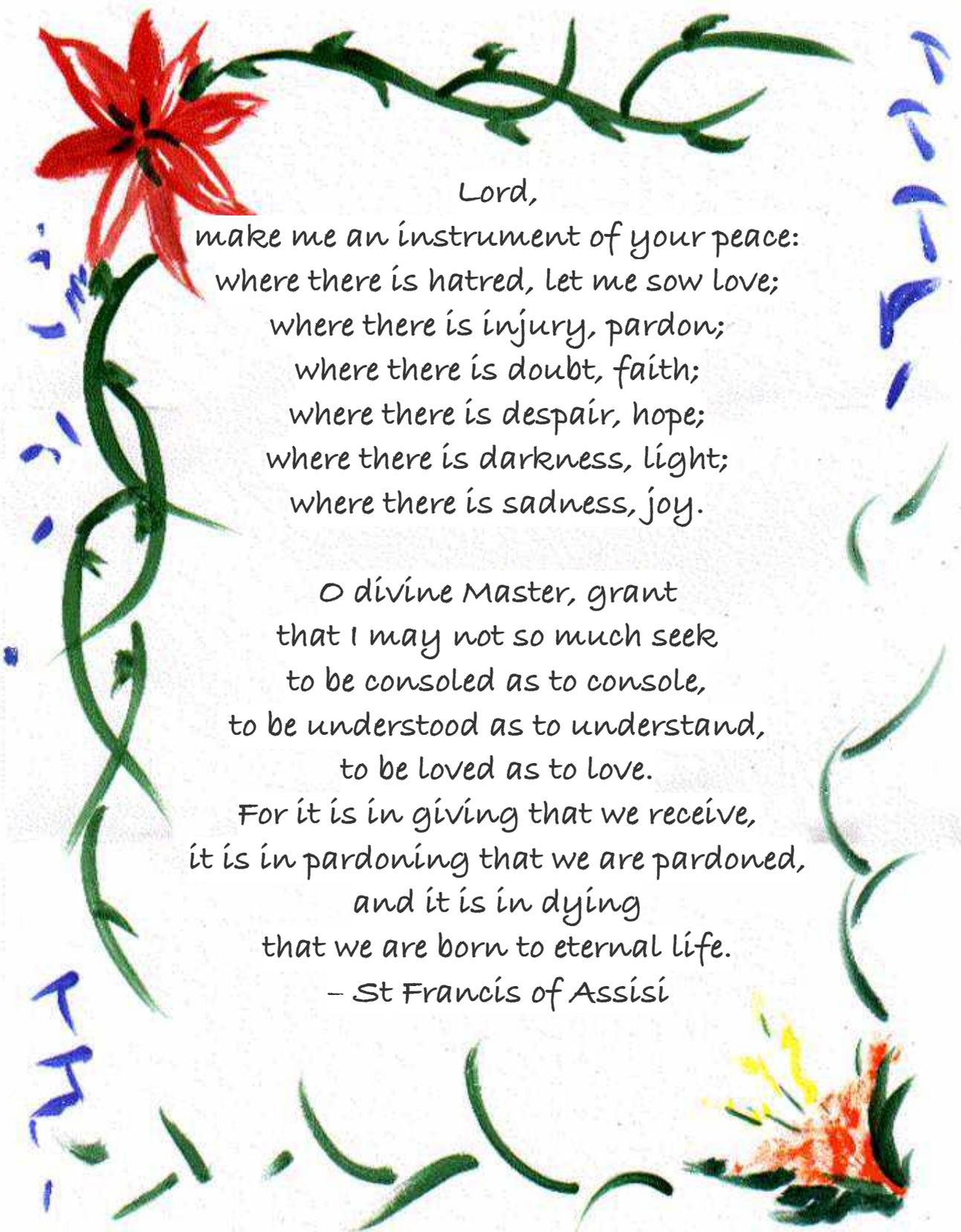
As you breathe out, send the energies of Love into the world,  
bringing healing and peace to all beings and to the Earth itself.

If you don't practice meditation,  
could you dedicate an hour of your day to the intention  
of sending out love to the world?

Whatever you are involved in during that hour,  
do it consciously and with love.

Or you might pause a few moments during the day  
to pray the prayer of St Francis with that same intention

– see next page.



Lord,  
make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant  
that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.  
For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying  
that we are born to eternal life.  
- St Francis of Assisi

**4 October is the feastday of St Francis of Assisi who lived 800 years ago.  
St Francis was a man of great love, especially for the poor  
and for the Earth and its creatures.  
He was also an ambassador of peace.  
May his prayer become your prayer and a guide for the way you live.**