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Meditate for peace in the world

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HAVING read Datuk Seri Dr Mahathir Mohamad's message (of peace) and the feedback by M.M. Ghani on April 4, I too feel that prayer or meditation is far more effective than demonstrations.

Our senior sisters in Mount Abu, Rajasthan, India, instructed all their (meditation) centres in the world, with over 600,000 students, to meditate for one extra hour daily for world peace during this critical period.

In meditation, when our souls hold communion with the Supreme Soul or Being, something special happens. God is the Ocean of Peace and Love and when we are connected, peace and love flourish in our souls. Our peaceful "vibrations" will flow outwards and touch the hearts of mankind.

Silence calms the heart. It is the balm that fills the wounds of the afflicted. It is said that rest is best. Allow the mind to relax and enjoy moments of tranquility. This will free the self from wasteful thoughts. Only when the turbulence of my mind has subsided can I make peace with the world. When I have developed some degree of inner peace, I will be able to hear the voice of my own wisdom and know how and where to give the energy of my thoughts for the greatest benefit.

Parting thought for reflection:

Silence strengthens the spirit and allows peace to reign.