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## MY UNIVERSAL DREAM

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Lizzie Davies

I have a dream, a wonderful plan  
For every child, woman and man  
To light a candle and be still  
As a gift of peace and world goodwill

Time to be silent, time to be  
Time to rest in eternity  
At any time of night or day  
Be at one, for this I pray

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## LIGHT A CANDLE FOR PEACE

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You can do this in real time or in  
the temple of your imagination

In lighting a Candle for Peace  
and reciting this dedication,  
you are helping to ignite the  
universal flame that strengthens  
the spirit of unity and peace

Focus your mind on the flame  
and be still, to give and receive  
your gift of peace and goodwill

Light a Candle for Peace dedicated to

Peace in every home and heart  
Peace across our land  
Peace in every mind and body  
Peace in every hand

Light Up Our World



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# SILENCE FOR PEACE

2 minutes – One World

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One of the greatest untapped resources that we have is silence. It is a gateway to infinite creativity, inspiration and peace of mind. It is time to access and share our inner treasures.

## **The Invitation**

Invest in silence – Invest in peace. It will pay major dividends for you and the people around you. Make time for peace a regular habit- say in the morning or evening at a particular time.

## **The Benefits**

Being quiet and still for even just a few moments a day can help you reconnect with yourself so that you feel more centred, tolerant and calm. By turning within, you help to create a sense of inner peace, which can enable you to solve problems, overcome stress and develop your powers of discernment, insight and intuition.

## **The Practice**

Give two minutes of your time to 'Silence for Peace' a day. Soften your gaze or completely close your eyes and turn within. Focus your attention on your breath, gently allowing it to become slower and slower. Be compassionate with yourself! Allow thoughts to gently come and go without attachment or judgement, continuously returning your awareness to the softness and rhythm of your breath. Be open to receiving the presence of peace however you are feeling and allow yourself to be deeply and richly inspired.

The power of a collective focused meditation is extremely beneficial. To join with others, tune in at 11.00 a.m. local time.

This simple reflective exercise is manageable and effective for people of all ages and cultures. It can even be done in the workplace and is especially valuable before business meetings or at the end of a busy day. Young children can gradually work up to one minute and longer over time.

**Light Up Our World**