

“FIRST PEACE” MEDITATION GATHERING

Saturday, December 5, 2020 – 10:00 am EST



“The first peace, which is the most important, is that which comes within the souls of people when they realize their relationship, their oneness with the universe and all its powers, and when they realize at the center of the universe dwells the Great Spirit, and that its center is really everywhere, it is within each of us.” – **Black Elk**

At the heart of all that exists is the Universal Unified Creative Force, called by many names: Father/Mother, Allah, Yahweh, Great Spirit, and Vishnu, to name a few. From this ground of all being emanates love, life, harmony, first peace.

We gather together in meditation to consciously connect with the center of our being, to rest in love, harmony, first peace.

Because we are all connected on this deep level, by resting in first peace, vibrating with the love and harmony at the center of all creation, we can help the vibration of love and first peace spread and resonate in all beings in our communities and around the world

“First Peace” meditation gatherings will meet in kinship circle on Zoom and come together in in-person pods(where 2 or more physically gather together) the first Saturday of every month. The meditation will include a short guided meditation and time in the Silence. The total time will be approximately ½ hour.

Our centering thought for this meditation is: [In the here and now I am centered in peace.](#) As we continue to meditate this month, we can use the word 'now' or 'peace' to bring our minds back to the present moment, to help us realize the peace at the core of our being.

[Please join us for this month's 'First Peace' Meditation Gathering Saturday, December 5, 2020, 10:00 am EST \(zoom.us and add Meeting ID 358 407 2821\)](#)

Questions? Contact Friends of Unity at friendsofunity.org or 734-224-LOVE

Please note: we are open to creating in – person meditation pods of two or more people at your home, church, or outdoors, weather permitting. The in – person meditation groups will meet in conjunction with the Zoom meeting.