

## Use this Map with the Cities and Time Zones for your Visualization Meditation for Setting the Energy for Earth Healing Day August 14, 2011



The meditation offered on [www.earthhealingday.com](http://www.earthhealingday.com) is being offered as a gift to all who choose to participate in setting the energy for a successful and inspirational Earth Healing Day on Aug. 14 of this year. Please feel free to share it with your contacts all around the world.

The goal of Earth Healing Day is to facilitate a global experience of unity that is dedicated to the cleansing and healing of the planet. To that end, we invite *everyone* who would like to participate to do so. This meditation will "set the field," so to speak, and build the energy vortex needed for global participation on Aug. 14<sup>th</sup>.

On that day, during the time span from noon to 1:00 p.m. in successive time zones around the world, participants will dedicate this hour to prayer, meditation and chanting for Earth's cleansing and healing. In so doing, we will generate a wave of pure energy that will embrace the entire planet over a 24-hour time period.

Because this meditation is somewhat complex, you may want to have a world map, preferably with time zones indicated, as you learn the visualization. As you do this meditation/visualization, your focus will move over the entire planet in the direction time flows, continent by continent. We begin and end at the International Date Line. In doing this meditation, you may gain new appreciation for the geographical complexity of Earth!

While many cities are given to focus your attention geographically, clearly, many more could be used. When the visualization moves to your own country, or others nearby, you may add additional cities, as well. Or, you could adapt a version for a given country, focusing on many cities, kind of like a meditation within a meditation. It is important, however, to hold a global focus, since Earth Healing Day is not something that will honor only one, or a few, countries. To accomplish the healing work intended, we must all see the planet as a unified whole.

Enjoy this meditation, and may Earth be wholer for your having contributed your service. Thank you.

Kathlyn Kingdon