

# **WORLD HEALING PROJECT**

## **Global Meditations for World Healing.**

Many groups and individuals have been involved in promoting the power of positive thought and meditation to bring about beneficial change. These positive changes in health, harmony and well being are effective on an individual and collective level. Below are some examples:

### Maharishi Mahesh Yogi

The Maharishi is world famous as the founder of the Trancendental Meditation (TM) movement and brought worldwide attention to the benefits of yoga meditation by his instruction of the Beatles and Donovan in the late 1960's. The Maharishi gave the world a simple mantra meditation technique that could be applied by anyone regardless of religion or background. His work had a scientific basis showing the physiological and psychological benefits of meditation practice.

The Maharishi also promoted the idea that individuals who meditate regularly are affecting the collective consciousness of humanity. This is explained by a scientific concept called the "hundred monkey syndrome". On a remote island a small number of monkeys learnt a new skill. In a short space of time all the monkeys on the island were proficient in this skill. When researches travelled to a neighbouring island, they found there too the monkeys were performing this skill. There had been no communication between the monkeys, but through some *deeper* connection knowledge had been transferred.

Maharishi postulated that if 1% of humanity meditated regularly (by this he meant deep meditation practice not distracted, disturbed attempts) there would be no wars in the world. The peaceful vibrations of the meditators would so affect the collective consciousness that peace and harmony would become the background consciousness.

This claim may seem fantastic but detailed studies indicate this to be effective. Dr John Haligin gives the example of an experiment that took place in Washington D.C. in the summer of 2004. 400 people gathered to meditate and predicted that violent crime would reduce by 25%. This did indeed occur, and the programme was so successful that it ended up being sponsored by the Police Dept.

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### Fountain International

Fountain International was founded in 1981 by Colin Bloy whose interest in healing, sacred sites, dowsing, electromagnetic fields and consciousness took the theories of the Maharishi to new levels of understanding.

Fountain International came about as a project to help address problem in Brighton of juvenile violence - the infamous battles that took place each weekend between the mods and rockers. Colin Bloy reasoned that just as people suffer from disease and can be healed so there are symptoms of community disease - violence, apathy, drug addition, social irresponsibility, crime, wars etc - and that this can be healed.

The simple "Fountain" technique of community healing was achieved through focusing peaceful thoughts into a local focal point (the Brighton group used the Old Steine fountain hence the name of the organisation) and then visualising peace, harmony and light flowing into the world. The original experiment was a phenomenal success with a massive reduction in violence and shortly afterwards a civic campaign began to "brighten Brighton".

Through dowsing, an ancient practise used traditionally to locate underground water or minerals, Colin Bloy was able to determine that the group meditation had had an effect upon the electromagnetic channels, or ley system of the earth.

The earth is covered by a network of electromagnetic channels which correspond to geological fault lines and underground water. It seems that ancient people had knowledge of the effect of this on human consciousness as ancient ritual sites, stone circles, churches, holy wells etc are located on sites of beneficial energy. One must bear in mind that *everything* has an energy field, be it a person, rock, flower or planet. By visiting certain sites a beneficial exchange can take place between the energy field of the earth and ourselves. Einstein wrote "physical reality is now seen not as material points whose changes consist of discreet motions but as a continuous field of electromagnetic energy". It is helpful for people wishing to explore the nature of reality to move beyond outdated concepts of reductionist materialism.

Colin Bloy and others have shown that the oft-misunderstood ley energy lines are natural channels in the earth that connect individuals to the collective consciousness of humanity and the earth. By individual and group activity (achieving an altered state of consciousness, changing brain wave rhythms, altering the individual and group electromagnetic field) the ley lines (the electromagnetic field of the earth) are affected. *Physical reality is a continuous field of electromagnetic energy.*

## **WORLD HEALING PROJECT**

This theory has been developed by Rupert Sheldrake as the "morphonegeic field" – how individual and collective consciousness interacts.

### Self Realisation Fellowship – Worldwide Prayer Circle

Parmamhansa Yogananda is widely recognised as the "father of yoga in the west". Many of the techniques that he pioneered such as affirmations, visualisation, meditation, vegetarian diet and yoga exercises are now used widely in hospitals, schools, business and spiritual communities. In 1930 he started a world wide healing practise based of the scientific application of prayer.