

**Join in a FREE 'Virtual' Nightly Meditation, Reiki Mawashi and Prayer Circle**  
*A Global Collaboration Promoting Global Calm, Peace and Healing*

**People are 'connecting' from around the world.** Over 5800 people have been participating in this *special event* since it began March 13, 2020. *Anyone can participate.* No experience or special training required.

More details can be found under the discussion and comments on the Facebook page. But, you do not have to go to the link to participate -

**Simply ..., *make time to 'pause'* at 8:00 pm EST for 20 minutes.\***

While enjoying *any practice that is close to your heart and brings you a sense of calm and peace.* Prayer, Meditation, Reiki Ryōhō (self-reiki, distance reiki, the gokai, hatsurei-ho), Tai chi/Qigong, Yoga, Music/Song/Dance/Art. *It's up to you!* As you do so, be sure to 'hold in mind; *positive thoughts, feelings, and images* for yourself, your family, friends, neighbors, and community. A 'ripple effect' of *calm, peace and healing*, for the world.

**\*These are recommended times,** but '*any time,*' and '*any length of time*' is also helpful to promote feelings of '*peace, calm and comfort.*' What we experience 'within,' has a way of 'rippling out' to others as 'peace & calm.'

**Enjoy the potential *health benefits of relaxation* :**

- Improved mood
- Increased calm
- Improved comfort
- Better sleep
- Clarity of thought
- Healthier immune system
- Improved focus and attention
- Greater sense of inner peace
- Healthier mind, body and spirit



Feel free to share/post/invite others to this Free Event, and let *peace and calm* 'ripple out.'

For Questions: Email [dreamtimewellness@gmail.com](mailto:dreamtimewellness@gmail.com) or Call 978.283.4258