

The Purpose, Time Frame and Method of Peace Meditation

The Purpose of Peace Meditation

To participate in a Scheduled, Synchronized Group Peace Meditation with a meditation pyramid is to achieve a pronounced synergy effect, joining together the positive impulses of 3.5 billion extraterrestrials and other participants on earth, neutralizing the negative impulses created by earth humans in the past, hence it is possible to bring in a long lasting world peace.

The Function of the Meditation Pyramid

The meditation pyramid is used to relay the positive impulses of the meditator to the main meditation pyramid at the SSSC, so as to synchronize with all positive impulses coming from other sources mentioned above and producing the targeted synergy effect.

The Schedule of Peace Meditation

Peace Meditations are held on 4 days within a month, which is on the first Saturday and Sunday of the month, then the third Saturday and Sunday.

There will be six Peace Meditation sessions during the month, that is two sessions on Saturdays and one session on Sundays.

The Timeframe of Peace Meditation

Two Peace Meditation sessions on appointed Saturdays: **Swiss time** 18:30 and 20:00, each session of meditation takes 20 minutes.

One Peace Meditation session on appointed Sundays: **Swiss time** 20:00, again, the meditation session takes 20 minutes.

Swiss time is 1 hour ahead of the **Coordinated Universal Time (UTC)**.

Hence, if expressed in **UTC**, it will be **17:30** and **19:00** on Saturdays, and **19:00** on Sundays.

Time Zone of Hong Kong, Taiwan and Beijing

The time zone of **Hong Kong, Taiwan and Beijing** is 8 hours ahead of **UTC**.

Hence, it will be the day after the first Saturday, which is **Sunday 01:00** and **03:00** in the morning, and **Monday 03:00** in the morning.

The next schedule will be the day after the third Saturday, which is **Sunday 01:00** and **03:00** in the morning, and **Monday 03:00** in the morning.

Monthly Peace Meditation Sessions Time Zone	1	2	3	4	5	6
	First Saturday	First Saturday	The day following the 1 st Saturday	Third Saturday	Third Saturday	The day following the 3 rd Saturday
UTC	Saturday 17:30	Saturday 19:00	Sunday 19:00	Saturday 17:30	Saturday 19:00	Sunday 19:00
Swiss SSSC	Saturday 18:30	Saturday 20:00	Sunday 20:00	Saturday 18:30	Saturday 20:00	Sunday 20:00
Beijing, Taiwan, Hong Kong	Sunday 01:30	Sunday 03:00	Monday 03:00	Sunday 01:30	Sunday 03:00	Monday 03:00
Korea, Japan	Sunday 02:30	Sunday 04:00	Monday 04:00	Sunday 02:30	Sunday 04:00	Monday 04:00

*** For detailed schedules and timing for Peace Meditation:**

http://ca.figu.org/Peace_Meditation_CF9K.html

Method of Peace Meditation

It is really simple in participating in Peace Meditation, all we need is to recite a sentence of good wish for twenty minutes: **“Saalome gam naan ben uurda, gan njjber asaala hesporoona!”**

The sentence is in Lyrian language, a language previously spoken on Earth eons ago by extraterrestrials.

The meaning of the sentence is “Peace be on Earth and among all beings!”

Listen to Salome: <http://www.figu.org/ch/geisteslehre/friedensmeditation/beispiel-satz-anhoeren>

Any person who cares for the world peace can join in Peace Meditation, no special training is required.

Although there will not be any side effects by practicing the Peace Meditation, it is recommended that children should be able to fully understand the purpose and joining the peace meditation through their own initiative.

Posture for Peace Meditation

(e.g. Mini Pyramid on the table and meditators in sitting position)

The meditators may sit in equal distance around the mini pyramid, the purpose is to transmit the consciousness energy of the meditators to the big Pyramid of SSSC, joining together the consciousness energy coming from 3.5 billion extraterrestrial meditators, it is expected that this powerful synchronized positive energy can gradually neutralize those negative energy all around the globe hence cultivating world peace.

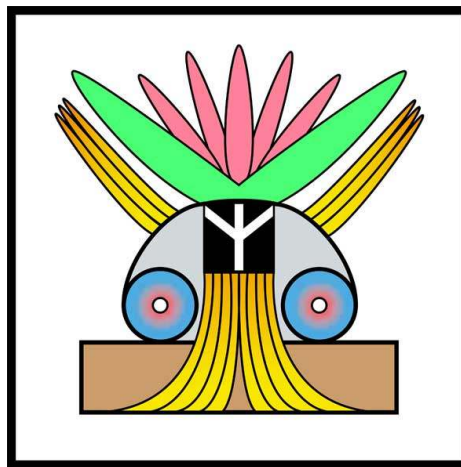
1. Take the peace meditation pyramid out of its box and place it on the copper plate which is on top of the box.
2. Place one of the four base corners towards the magnetic north, i.e. base corners are pointing exactly to North, East, South and West respectively.
3. Distance between the head of the meditator and the pyramid is to be 50 cm to 100 cm (less than 50 cm is not desirable).

4. Place the pyramid antenna (copper cycle) to the same level of the forehead of the meditator (books or other suitable stuff can help in bringing the pyramid to the right height).
5. Mind and body relaxed, spine upright, palm face down on the thigh and fingers on the knee.
6. With eyes closed, repeat the Lyrian sentence for 20 minutes. In case of distraction, resume concentration back to the sentence at ease.
7. A muffled beep of a timer may signal the end of the 20 minutes meditation; this is to reduce the possible sudden shock impact to the meditators.
8. Meditators shall rest with eyes closed in the same posture for another 2-3 minutes (After a meditation session, our body may not be able to response to sudden body movements, which may trigger dizziness, unbalanced, or even heart disorders).



In case it is not possible in joining group peace meditation, one can always recite the Lyrian sentence to cultivate world peace, it is just that without the synergy effective of the synchronized peace meditation.

Peace Symbol



Out of millions of spiritual teaching symbols, the emblem above is the Peace Symbol.

The rectangle represents the grounding / fundamental block of peace which holds together and bears the tree of peace and life.

The black and white square represents the symbol of life and peace.

The seven “feathers” on top are the seven consciousness forms.

The 2 x 3 “feathers” below represent spiritual vibrations.

The two wheels represent the universe and Creation and are connected.