

# Visualisation for peace and healing in times of Transformation

Especially in instable and interessting, challenging times like 2016, it is essential that as many people as possible guide their mindset, thought and feelings towards the energy we all want to have in the future:

- **Peace**
- **Freedom**
- **Love**
- **Healing**

[Download the script to start your meditation: peace meditation](#)

[german: Friedensmeditation](#)



Studies have proven, that prayer as well as peace meditation show measurable results.

Left us rise and lift the energy for the good of all human beings!