



HUMANITY THROUGH *meditation*

CHARLOTTE ANDERSON, THE SPIRITUAL CONSORT OF MASTER CHOA KOK

SUI, FOUNDER OF MODERN PRANIC HEALING, IS GOING AROUND THE
WORLD WITH THE PLANETARY PEACE MOVEMENT (PPM), TO HELP SHIFT

THE WORLD TO ONENESS **by Nandini Murali**

A hushed silence descends on the 10,000 students of Immaculate Heart of Mary Girls School in Pondicherry, South India. Once a week, in the morning assembly, the students collectively meditate by projecting loving kindness on Mother Earth. With their arms raised to chest level, and gently guided by the cadenced voice of Grand Master Choa Kok Sui, spiritual visionary, they bless the entire Earth including every person, every being with love, light, power, and peace.

The collective meditation is part of a global initiative to promote peace and harmony – the Planetary Peace Movement International (PPMI). PPMI was founded in the Philippines in 1998 by Grand Master Choa Kok Sui, founder of modern Pranic Healing and Arhatic Yoga (a synthesis of hatha yoga, bhakti yoga, raja yoga, kundalini yoga, and arhatic dhyana) and Charlotte Anderson. Planetary Peace Meditation is being practised today in 70 countries worldwide. Planetary Peace Movement