

One World. One Day.



On **12.12.12**, be part of the
global collective healing force

At 12:00pm* - wherever you are - meditate for 15 minutes
and radiate loving kindness and compassion

Wish for world peace, harmony, and stability

At 8:00pm*, practice collective meditation in a group

* your local time

Visit our website: www.mettaroundtheworld.org/downloads/ to download the audio Metta
meditation guide and dedication of merits
(available in English and Mandarin)

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