

Meditation for Peace

On September 21, 2008 the world will celebrate an [International Day of Peace](#)

The United Nations dedicates this special day to non-violence and invites all governments and citizens of the world to support this peace initiative through education, meditation, and peaceful action.

3HO is a Non-Governmental Organization in consultative status with the Economic and Social Council of the United Nations and extends this invitation specifically to our worldwide Kundalini Yoga Community. As 3HO is committed to the excellence of the individual and the elevation of humanity through the technologies of Kundalini Yoga, meditation, and conscious living, we urge all communities, yoga centers, families, and individuals to dedicate September 21 to peace and healing through education, meditation, and prayer.

We invite your creativity. Consider planning an event at your yoga center, or dedicate your sadhana or yoga class to peace, or visit your child's school to include the participation of children in this worldwide event.

Meditation Suggestions

- 11 – 31 minutes of the [Healing Meditation: Ra Ma Da Sa Sa Say So Hung](#)
- 11 – 31 minutes of Yogi Bhanjan's mantra for peace:

Mantra for Peace

Let there be Peace,
Let there be Peace of mind,
Let there be Peace with mankind,
Let there be Peace of the States,
Let the world dwell within the force of Peace

Ajai, Alai,
Abhai, Abhai,
Abhoo, Ajoo,
Anaas, Akaas,
Agunj, Abhanj,
Alak, Abhakh,
Akaal, Dayal,
Alaykh, Abhaykh,
Anaam, Akaam,
Agaah, Adhaah,
Anaat'hay, Pramaat'hay,

Ajonee, Amonee,
Na Raagai, Na Rangai,
Na Roopai, Na Raykai,
Akarmang, Abharmang,
Aganjay, Alaykhay

Matamandir Singh Khalsa recorded this beautiful mantra. If you are interested, you can purchase it through [Ancient Healing Ways](#), [Spirit Voyage](#), or [satnam.de](#) for those based in Europe.

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