

## AllWIN meditation

Each month the topics of our meditation change. One way of approaching this is:

- quietly visualize the clock showing 7:30 a.m. Central European Time to synchronize your meditation with that of others worldwide, and then
- slowly read the text, or sections of the text, allowing insights to surface about how it relates to your life that moment.

Here is this months text:

*Pim, zou je hier de tekst kunnen plaatsen elke maand*