



One World
in Dialogue

PRESENTS



ONE WORLD BEARING WITNESS

WE ARE ONE.



WE ARE DIVIDED.

A 24-HOUR MEDITATION VIGIL
8. - 9. December 2018
oneworldbearingwitness.org

GUIDE FOR PARTICIPANTS:
HOW TO PREPARE FOR THE VIGIL



Are you curious about *One World Bearing Witness*? Here's some basic information about this 24-hour virtual, global vigil taking place from the 8th to 9th of December 2018. If you decide that you want to participate, you might want to fill out the "**Preparation Worksheet**" for Witness Bearers that you will find on the last page. Hope to see you in December!

Here's what you will find in this ***Guide for Participants:***

- **The Basics**
 - What will happen in December?
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 - What do I need to do technically?

- **How to Participate**
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- **Preparation Worksheet**

Wishing you joy in the planning process!

THE BASICS

What will happen in December?

On the 8th of December, you can join people from around the world online in a Zoom Videoconference. This means that we will be live, together, so that we can see each other from around the world. We will meditate together, focusing on seven different themes of “bearing witness.” You can choose if you want to be seen on camera, or if you want to just be present online.



You also decide whether you want to meditate for one hour, three hours, or any length of time up until the whole 24 hours. (You’d be surprised how powerful it is to do it all!)

We will have seven different Meditation Cycles of three hours each that will focus on different ways to bear witness. They are:

- Bearing Witness to Our Mother, Earth
- Bearing Witness to Our Relatedness
- Bearing Witness to Inequalities of Wealth and Power
- Bearing Witness to Healing the Heart of Humanity
- Bearing Witness to Healing the Wounds of History
- Bearing Witness to De-Colonizing Consciousness
- Bearing Witness to the Unity Prior to and Arising from Diversity

Each Meditation Cycle will begin with a meditation led by a different spiritual leader who appeared live with us in 2017. Using recordings and a few select live offerings, you are invited to bear witness in the silent field that is the ground of all Being.



What time is the event?

One World Bearing Witness starts at 2:00pm UTC (that means: Universal Time Code.) It is the time in the UK and Portugal. This is also:

- 3pm in Central Europe,
- 9am on the East Coast of North America,
- 6am on the West Coast,
- 7:30pm in India, and
- 10pm in the Philippines

To find out the time in your location, check out *World Time Buddy* at <https://www.worldtimebuddy.com/> Type in “UTC” at the top where it says “Place or Timezone.” Then type in your own location. Compare the UTC time with your own time to figure out your schedule.

What do I need to do technically?

You can participate by telephone only or by video. Zoom allows for either one. Closer to December, we will give you a link to a “Zoom Room.” You can use a computer, laptop, or smart phone – any device that will allow you to see and to be seen on video. (You can always turn off your own camera so that you are not visible.) If you would like to get familiar with Zoom, you can sign up for a free account here: <https://zoom.us/signup>

Or you can use the phone only to listen in. You can find international numbers here: <https://zoom.us/zoomconference>

Ten minutes or so before the time you want to join the vigil, click the link or dial in (and enter the Meeting Number). If it is your first time using Zoom, you will be asked to download a small program that allows you to transmit and receive the broadcast. This takes just a few minutes. Your audio will be muted in the Zoom Room, in order to keep the meditation space silent.

HOW TO PARTICIPATE

Creating a Sacred Space

As a Witness Bearer, you are connecting with thousands of people around our precious globe, creating a worldwide network of sacred space. Many of



us have experience participating in an online event, but for most it may be strange to create a sacred vigil with technology. So, you may be very surprised at how powerful and alive the space between us can be when we are connected virtually! Planning for this time together by creating your own sacred place for meditation can deepen the experience for you and for all of us together.

The "space" that we are creating together as we enter *One World Bearing Witness* is very real and tangible. Know that this sacred space is very alive and real, and that we do affect it. For however long you decide to participate in the 24-hours, we invite every participant to engage with all of your heart and soul. Be respectful, wholehearted, and caring for yourself, for all the participants and beyond.

In planning for the weekend, think in advance about where you can create a space of tranquility and beauty that will support you during the process. You will want to make sure that this space is clean and simple, so that you aren't distracted. Consider having flowers or plants as well as candles or soft light. You will probably want to have a comfortable place to sit (with a straight back) in meditation. Use a chair or a cushion; either one, is fine. Just make sure that you are able to be alert and relaxed for the time that you are meditating.

How Long to Participate

Determine the minimum time that you are certain that you can or want to participate. (Recordings of all of the meditations will be available after the event.)

- If you only have one hour, we recommend that you join one of the Meditation Cycles for the first hour. That is when the spiritual leader will offer a guided meditation.
- If you have more time, we recommend that you stay through one three-hour Meditation Cycle.
- Dare a little with this event -- without hurting yourself, see how long you can stay with the whole process. Meditating through the night is a very old practice for developing spiritual strength and quieting the mind.

Joining Alone, Hosting, or In Community

You may want to participate in *One World Bearing Witness* in the privacy of your own space. But you also might consider inviting friends to support each other in this meditation vigil. Meditating in a group often supports the depth of your experience. Or, if you have access to a yoga or dance studio, a gathering room in a church, or another space, you might even consider holding a community event during the *One World Bearing Witness* broadcast.

If you are *hosting friends* or participating *in community*, you will need to project from your laptop onto a screen or open wall. This, obviously, requires a projector and, perhaps, speakers for sound. (You might want to test your setup before 8. December.)

Breaks & Nourishment

You will want to think about how you will nourish yourself during the vigil. All meditations last 45 minutes followed by a 15 minute break. Thus, there will be frequent short (15 minute) breaks through the 24-hours. We will also have one longer break in the middle of the 24-hours.

Plan your meals after you figure out how long you will participate. We recommend having healthy, light snacks as well as tea and, yes, coffee easily available. If you are hosting friends, have a buffet or "pot-luck" (where everybody brings something) so that there isn't the distraction of preparing food. For a community setting, you might use a caterer and charge a fee to cover your costs. Basically, try to make eating as pleasant and hassle-free as possible.

DEEPER BACKGROUND

What is "bearing witness"?

In Christianity and Islam, bearing witness refers to acknowledging and standing for the Light, Goodness, and Truth – no matter what the cost. After the Holocaust of World War II and with the South African Truth & Reconciliation Commission, bearing witness meant bringing the truth to light so that a nation or people may grapple with their past. The core hope



is *never again*. In trauma therapy, where listening with empathy to someone's story is a first step in healing, bearing witness brings the survivor back into human community through the recognition that he or she has suffered a deep moral wrong.

What is a vigil?

Human beings create vigils, often staying up through the night, as a way of showing love and respect. One makes extra effort (which is why vigils last through the night or for longer periods of time) to create a space for honoring and acknowledging something or someone. A vigil is a form of ritual, which is a solemn ceremony used to mark or celebrate what we value as most precious. Since the dawn of time, human beings have used ritual to create spaces where we can connect to the deepest dimensions of Life.

What is the purpose of *One World Bearing Witness*?

One World Bearing Witness is a vigil for bearing witness together. We hope that *One World Bearing Witness* can help us develop the maturity to face both the Light and Dark that lives in all of us and that has created the glory and destruction of humanity. Doing this *together* allows us to create a global sense of unity made out of our very different experiences of being human on this planet. Our diversity and different histories, both personal and cultural, can create a new kind of unity that doesn't try to ignore these differences. Bearing witness, from the depth of silence, is the container in which this new mosaic unity can flourish.

Today, our world is increasingly digitized, run by algorithms calculated to capture our attention for profit. The more discord and agitation, the more we find our attention pulled, and the more profit gets made. Can we use technology as a force to connect rather than divide? With *One World Bearing Witness*, we use the power of technology to connect to the depth of unity together. We meet in *Presence*, in a soul connection that goes beyond pixels, time, and space. In this way, we go beyond our location and separation and begin to create a habit of recognizing our common humanity. Through this vigil, and events and initiatives by others around the world, we hope to make a small contribution to the development of our humanity by expanding our capacity for Being together.



PREPARATION WORKSHEET:

- How long can I *commit* to participating? (It's good to set a minimum – and then surprise yourself if you stay longer.)

- Which of the Meditation Cycles (the themes for bearing witness) am I drawn to?

- Do I have a place that is quiet and supportive of my participation?
What do I want to have in my meditation space for the vigil?

- Do I have simple food and water/tea/coffee/juice available so that I don't have to cook or worry about it when I am participating?

- How will I participate technically? Does my laptop/tablet and sound work?

- Finally, have I set my own intention for participating in *One World Bearing Witness*? What is my own deepest hope and prayer for this global vigil? (You can write it below, if you wish.)