

# *Global Pilgrimage 2020 Meditation Chants*

We will speak these chants together before and after the first meditation on the schedule, and also in the first hour in the third 3-hour meditation set.

## **Chant Before Meditation, 3x**

Allow yourself

To let silence overtake you.

Allow yourself

To let go of mind, body, and sensation.

Allow yourself

To discover ever-present wakefulness.

Let everything be. Let everything go.

Let everything be. Let everything go.

## **Chant After Meditation, 1x**

Where nothing has ever happened, meditation begins.

In the ever-new presence of every moment, consciousness awakes.

Through simply letting everything be as it is, over and over and over again, the potential of life reveals itself—before thought: the creative impulse, the boundless love from which the whole universe shines forth.