***We would ask the World***

I would ask the world to stop – just for a moment – and listen from their hearts instead of their heads. I would ask everyone to imagine that the person standing next to them was a family member or best friend. I would ask them to love them as though they already knew them. And then I would ask them to take that feeling of love and spread it even farther – to the next person and then the next. I would ask them to see their love energy coming out of their own heart and flowing across the room, the city, the country, the planet, and eventually, the world. I would ask them to feel how wonderful this feels – both to put this love out into the world and also to receive this love back from everyone around them who was also participating in this exercise.