

## How to Join: Guide to the Monthly Prayer

### **Major Love Prayer/Meditation - [www.majorloveprayer.org](http://www.majorloveprayer.org)**

**WHO:** Michael Jackson fans around the globe, plus anyone who wishes to heal the world with us! Everyone is welcome!

**WHAT:** Inspired by Michael Jackson's desire to heal the world, Major Love Prayer is a monthly global event, taking place at the same time all over the world, in every country on Earth. We all join together in spirit for a few moments to spread the positive energy of love, peace and healing to all. As MJ sings in Another Part of Me, "*We're sending out a major love!*"

**WHEN:** Every month on the 25th at exactly 2:00pm (14:00) Los Angeles time. Please check [www.majorloveprayer.org](http://www.majorloveprayer.org) ([time zone chart](#)) to view the prayer countdown timer and to find the correct time in your location. (It is best to be ready about five minutes before the prayer actually begins.)

**WHERE:** Everywhere! You can participate no matter where you are. The *ideal* location is one in which you can relax and remain undisturbed for about fifteen minutes.

**HOW:** This prayer/meditation/affirmation involves participants all around the world, so the suggested instructions below are not specific to any religion or spiritual practice. Feel free to adjust the details in accordance with your own beliefs and wishes.

Preparation (5 or more minutes before prayer, if possible)

- Sit down in a comfortable position and relax your mind. Breathe calmly and deeply. Let any stress just fade away. You may choose to listen to relaxing or inspiring music (such as *Heal the World*, *We Are the World*, etc), say a special prayer or mantra, pray for Michael, his family or others, light a candle, etc. Begin thinking about what our collective intention is (to spread *love*, *peace* and *healing* through the world).

Prayer begins

- **Close your eyes and focus on LOVE;** on the feeling of giving and receiving love. Feel love for yourself, with your family, with your friends, with Michael, with the Earth, with God/Universe/Creator (according to your beliefs) and so on. *Feel* this love in your heart.
- **Visualize the thousands of others around the globe who are doing the exact same thing** at this moment.
- **Let this feeling of love joyfully expand and connect you to everyone else** who is taking part (*possibly including Michael, if you can believe this*). You are now part of a vast web of love all around the world.
- **This love now spreads out across the entire planet.** Visualize it expanding further and gently encompassing Earth, going through all living forms, *healing* the animals, the forests, the air, the oceans, the people, everything. *We are at peace. We are healed. We are love. We are one.*
- **Stay with this feeling for a minute or two, as long as you feel comfortable. You may continue for a few more minutes if you like.** When you are ready to open your eyes again, be sure to thank everyone for this healing effort. In your mind and heart say "thank you" to your fellow fans and participants, to God/Universe/Creator and to Michael for the love and inspiration that brought us together today. Wish everyone well. Now open your eyes, take a deep breath and know that you are safe and centered within yourself. You are strong, healthy and loved. Thank you & we'll meet again next month on the 25th!