



The power of group meditation

Massive group meditations, consisting of up to 4000 participants at a time, have been taking place in central London since last June. These gatherings are coordinated by Wake Up London; a group of 16 to 35-year-olds inspired by the teachings of Zen master: Thich Nhat Hanh.

Elina Pen, a member of the group, says the events raise awareness of the joy of meditation whilst enabling people to unite as a multicultural group of all ages and backgrounds: “We are a microcosm of the rest of the world here in London, and we are very proud of that fact.” Marie Kennedy, also a representative of Wake Up London, added, “Meditating together creates so much peace, within and without.”

Colin Beckley, director of the Meditation Trust, which also arranges group meditations across London said, “Over the past few months, diverse meditation groups have seen a significant and what seems to be a spontaneous growth in interest and enthusiasm for group meditation experience.”

Colin went on to say, “Regular meditators have reported much stronger experiences of silence and bliss than they normally experience alone or in their usual groups of 20–50 people. This is because consciousness, the silent level of the mind, is a single, unified field, known experientially by the yogis of India for thousands of years and now inferred from the discoveries of quantum physics.”

Following on from the immense success of the London gatherings, Wake Up London has teamed up with an international movement called Med Mob; which is coordinating meditation flash mobs across the world at around the same time each month: “Our intention is to create an environment for people from all religions, all world views, and all experience levels to join together in meditation. Our vision is to continue inspiring worldwide meditations until the entire world is invited to join - literally!”