



Waves of Peace: Collective Meditation in Worldwide Practice

Margo L. Ruark

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Ruark describes the phenomenon of collective meditation across the world's major religions, how it is applied in secular contexts, and the curious power it has to convert a group vision into a reality in the physical world in an exponential fashion. Over 4 dozen various applications of collective meditation are discussed in its pages. The text shows the impact of meditation on the brains of the meditators themselves. It also gives insight on the multiplier effect of collective meditation and how it impacts communities and environments in positive ways. Although the author emphasizes the spiritual roots of meditation in its many manifestations and clinical applications today, she is not "selling" any trademarked system of meditation. This book fills a gaping need in the marketplace for solid research in the field of group meditation and also offers productive solutions on where we go from here.

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