



Nurses' Global Coherence 2020

Join us in a Virtual Worldwide Meditation
May 12, 2020 at 12:00 Noon Local Time

The World Health Organization (WHO) has designated 2020 as the 'Year of the Nurse & the Midwife'—also to commemorate Florence Nightingale's 200th Birthday. By honoring the heart of humanity and the caregiver in all of us, it honors all of those who have dedicated their lives to caring for us in the time of need.

This inspired 'Global Coherence' event will occur on May 12, 2020 at 12 Noon (local time)—around the world and across all time zones—to celebrate our shared service to humanity.

Please join us—at your Noon—in this virtual global moment by meditating from your heart—by reading and experiencing the highlighted message below.

“In this time of need, let us honor the heart of humanity and global caring. On Florence Nightingale’s 200th birthday, May 12th, during the 2020 Year of the Nurse and the Midwife, we — the nurses, midwives and concerned citizens of our global family — share a vision of universal health care and a healthy world for all.

Now, let us come together — with one heart, one mind and one world — to create a shared future of compassion and love.

Bring your attention to your heart... imagine your breath flowing in and out of your heart. Breathing a little deeper... experience a feeling of calm, compassion, love and caring... and breathe those feelings through the heart area.

Gently radiate these feelings for health and well-being to ourselves, our families, our communities and our world.”

On or before May 12, 2020, you are also most welcome to download the free 'Global Coherence App' and join with others worldwide to listen to this guided meditation in multiple languages @ <https://www.heartmath.org/gci/global-coherence-app/>—or go to the App Store on Apple or Global Play and search 'Global Coherence.'

To learn more about 'Global Coherence' see: <https://heartmath.org/gci> and the Global Consciousness Project at Princeton University — see: <http://global-mind.org/gcpintro.html>

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