

Generate Peace in Times of Chaos

BEACONS OF LIGHT: The Growing Weekly Meditation for Peace



Boulder, Colorado May 13, 2026 ([IssueWire.com](https://www.issuewire.com)) - At a time when many feel overwhelmed by uncertainty and global instability, a quiet movement of collective peace is forming online each week.

Every Sunday evening at 8 pm MST, people from different parts of the world gather for the **Beacons of Light Peace Meditation**, a weekly online practice dedicated to generating compassion, equanimity, and stability for the collective field of humanity.

Founded by sound meditation artist and mystic **Paul Temple**, the practice is part of **Diamond Light Network**, a global community focused on heart awakening and planetary service through meditation, sound, and ceremonial practice.

Participants from diverse backgrounds and traditions come together with a shared intention: to hold a steady field of peace during times of chaos. Despite ongoing waves of war, political division, and social unrest, this growing circle continues to meet week after week—holding a field of light for humanity and extending an open invitation for others to join.

“Many people feel powerless when facing the challenges unfolding in our world,” Temple explains. “But when we come together in shared intention and coherence, something real begins to happen. We can generate a field of peace that supports not only our own nervous systems, but the collective consciousness as well.”

The Beacons of Light practice blends guided visualization, mantra, and sound meditation to support states of individual and group coherence. This approach echoes what is known as the Maharishi Effect—the idea that when groups enter deeply coherent meditative states, measurable positive effects can ripple outward, including reductions in stress and conflict.

While interpretations of these findings vary, the underlying concept demonstrates that inner peace, when cultivated together, may have the power to influence the greater whole.

For participants, the experience is both personal and collective. Many describe the gatherings as deeply calming, grounding, and restorative, while also feeling part of something larger than themselves — a shared intention to contribute to a more harmonious world.

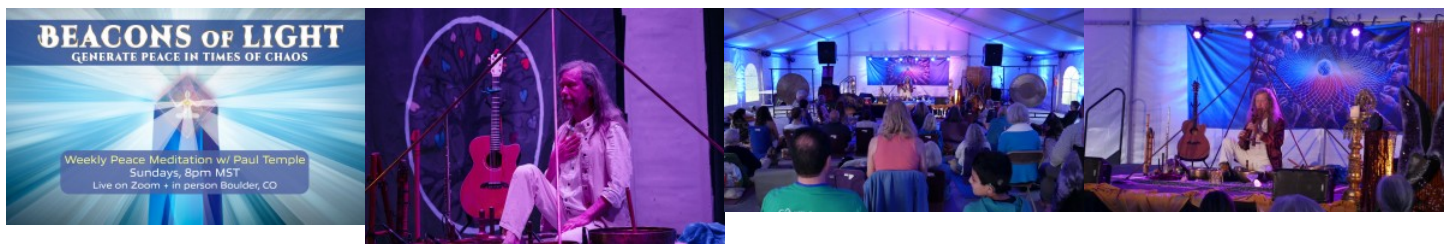
Over time, the Beacons of Light circle has grown into a light grid of meditators anchoring a field of peace and stability. Gatherings are offered free or by donation, making them accessible to anyone who feels called.

“Beacons of Light is a peace-filled, yet powerful practice. It helps us stay centered amidst the overwhelm of the chaos in the outer world. The work has deepened our sense of being loving, healing light - all of this is magnified by inclusion in a like-hearted group.”

~ Don & Lorna Rickard

As humanity navigates a time of rapid transformation, the Beacons of Light meditation offers a simple yet profound invitation: to become a living beacon of peace.

To join the weekly meditation or learn more, visit
www.DiamondLightNetwork.com/beacons-of-light



Media Contact

Critical Mass Media Design

*****@criticalmassmediadesign.com

<http://criticalmassmediadesign.com>

Source : Diamond Light Network

[See on IssueWire](#)