



You are invited to join us in a virtual worldwide meditation to celebrate Florence Nightingale's 200th Birthday!

LOCATION:

Worldwide with the free [Global Coherence App](#) available

TIME: 12 Noon your local time & across all time zones

WHEN: May 12, 2020 on Florence Nightingale's 200th Birthday



The World Health Organization (WHO) has designated 2020 as the 'Year of the Nurse & the Midwife'—as Florence Nightingale's 200th Birthday. By honoring the heart of humanity and the care giver in all of us, this honors all of those who have dedicated their lives to caring for us in the time of need and celebrates 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 most welcome to download the free '[Global Coherence App](#)' and join with others worldwide to listen to this guided meditation in multiple languages.

For computer users, this guided meditation is also available in multiple languages on NIGH's [Nurses' Global Coherence 2020 Webpage](#).

Learn more about '[Global Coherence](#)' & [Global Consciousness Project](#) at Princeton University.

Nurses' Global Coherence 2020 Co-Sponsors

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