

Synchronised Global Prayers (SGP) to Combat COVID-19

As you are aware, the Synchronised Global Prayers (SGP) has started off from the 1st April, 2020.

This is entirely an Indian Yoga Association (IYA) initiative where we are trying to involve all traditions and groups, from across different religions. You can see the growing list of organisations involved in this movement on <http://www.yogaiya.in/sgp>

The Protocol for the SGP is simple and can be practised by anyone:

Protocol:

Before you start your prayers or after you complete your prayers (as per your regular practice).

Step 1: We will chant Bhramari (5 Secs inhalation, 10 Secs exhalation with a low-pitched humming sound) 27 times (SIX minutes and 45 Secs).

Step 2: We will repeat the following loudly "With all our collective power of peace, we win over COVID-19" NINE times with hands raised.

Step 3: Clapping after the 9th round.

Step 4: End with Shanti, Shanti, Shanti

Timings:

Indian Standard Time: 8 am or 6 pm

GMT: 12.30 pm or 2.30 am

starting April 1st, 2020, whichever is most convenient to you.

It is also to be noted that a Global Consciousness Project is being run by the Princeton University, USA where Random Event Generators (called REGs) are already placed in about a hundred locations across the world that check regularly for any changes in the randomness in the string of "zeros" and "ones" emitted by these REGs at the time of happenings in the world. REGs will be active during our prayers to understand the changes in randomness, too!

Together we can!

In view of the foregoing, AICTE on behalf of Indian Yoga Association (IYA) requests all interested faculty and students to participate in this consciousness!