The Purpose, Time Frame and Method of Peace Meditation

(Latest Update: 1st September 2026)

The Purpose of Peace Meditation

Participating in scheduled, synchronized group peace meditation with meditation pyramid is to join together the positive impulses of extraterrestrials (if any) and other participants on earth to achieve a pronounced synergy effect, hoping to neutralize the negative impulses created by earth humans in the past and hence to bring in a possible long-lasting world peace.

The Function of the Meditation Pyramid

The meditation pyramid is used to relay the positive impulses of meditators to the main meditation pyramid at SSSC, so as to synchronize with all positive impulses coming from other sources mentioned above and produce the targeted synergy effect.

The Schedule of Peace Meditation

A. Scheduled Time Frames

Peace meditations are held on four days every month: *the first Saturday and Sunday* of the month, then *the third Saturday and Sunday*. There are six peace meditation sessions during the month—two sessions on Saturdays and one session on Sundays.

B. Outside Scheduled Time Frames

Starting from 6 April 2020, through Quetzal's advanced technology installation, *official FIGU members* all around the world can choose to perform *group peace meditation* at any time suitable for their local groups, and still achieve the synchronization effect.

The Time Frames for Peace Meditation

Two peace meditation sessions on appointed Saturdays: **Swiss time** 18:30 and 20:00; 20 minutes for each session.

One peace meditation session on appointed Sundays: **Swiss time** 20:00; 20 minutes for the session.

Swiss time is 1 hour ahead of **Coordinated Universal Time (UTC)**.

Hence, if expressed in **UTC**, it is **17:30** and **19:00** on Saturdays and **19:00** on Sundays.

Time Zone of Hong Kong, Taiwan and Beijing

The time zone of **Hong Kong, Taiwan and Beijing** is 8 hours ahead of **UTC**.

Hence, it is the day after the first Saturday, which is **Sunday 01:00** and **03:00** and **Monday 03:00** in the mornings.

The next session is the day after the third Saturday, which is **Sunday 01:00** and **03:00** and **Monday 03:00** in the mornings.

Monthly Peace Meditation Sessions / Time Zone	1	2	3	4	5	6
	First Saturday	**First Saturday**	**The Day Following the First Saturday**	**Third Saturday**	**Third Saturday**	**The Day Following the Third Saturday**
UTC	Saturday 17:30	Saturday 19:00	Sunday 19:00	Saturday 17:30	Saturday 19:00	Sunday 19:00
Swiss SSSC	Saturday 18:30	Saturday 20:00	Sunday 20:00	Saturday 18:30	Saturday 20:00	Sunday 20:00
Beijing, Taiwan, Hong Kong	Sunday 01:30	Sunday 03:00	Monday 03:00	Sunday 01:30	Sunday 03:00	Monday 03:00
Korea, Japan	Sunday 02:30	Sunday 04:00	Monday 04:00	Sunday 02:30	Sunday 04:00	Monday 04:00

*** For detailed schedules and timing of Peace Meditation:** Universally Synchronizing the Peace Meditation Times

Method of Peace Meditation

It is really simple to participate in peace meditation. All we need is to recite a sentence of good wish for 20 minutes: "**Saalome gam naan ben uurda, gan njjber asaala hesporoona!** "

The sentence is in Lyrian language, a language previously spoken on Earth eons ago by extraterrestrials.

The meaning of the sentence is "Peace be on Earth and among all beings!"

Listen to Salome: Voice Sample

Any person who cares for the world peace can join in peace meditation. No special training is required.

Although there are no side effects by practising the peace meditation, it is recommended that children should be able to fully understand the purpose and join the peace meditation on their own initiative.

Posture for Peace Meditation

(e.g. Pyramid on the table and meditators in sitting position)

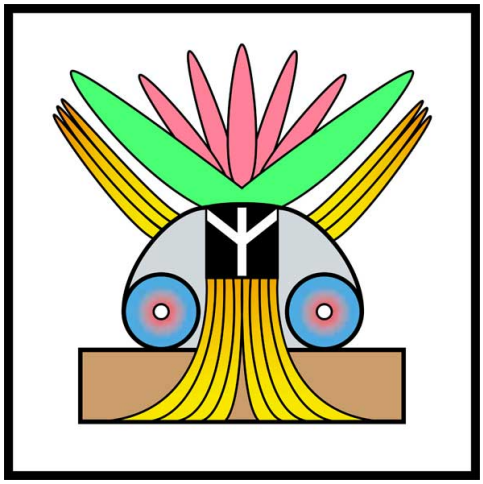
Meditators may sit in equal distance around the pyramid. The purpose is to transmit the consciousness energy of meditators to the big pyramid of SSSC and joint together the consciousness energy coming from extraterrestrial meditators (if any). It is expected that this powerful synchronized positive energy can gradually neutralize those negative energy all around the globe and hence cultivate world peace.

1. Take the peace meditation pyramid out of its box and place it on the **copper plate** on top of the box (mini version) or on the **copper base** (regular version).
2. Place **one of the four base corners towards the magnetic north**, i.e. four base corners pointing exactly to North, East, South and West respectively.
3. Distance between the head of the meditator and the pyramid is to be 50 cm to 100 cm (less than 50 cm is not desirable).
4. Place the pyramid antenna (copper ring) to the same level of the forehead of the meditator (books or other suitable stuff can help in bringing the pyramid to the right height).
5. Mind and body relaxed, spine upright, palm face down on the thigh and fingers on the knees.
6. An alternative: both hands lying on the table and fingers pointing to the pyramid.
7. **With eyes closed**, repeat the Lyrian sentence for 20 minutes. In case of distraction, resume concentration back to the sentence at ease.
8. A muffled beep of a timer may signal the end of the 20 minutes meditation. This is to reduce the possible sudden shock impact to the meditators.
9. Meditators shall **rest** with eyes closed in the same posture for another 2 – 3 minutes (After a meditation session, our body may not be able to response to sudden body movements, which may trigger dizziness, unbalanced, or even heart disorders).

In case of not being able to join group peace meditation, one can always recite the Lyrian sentence to cultivate world peace. It just cannot produce the synergy effect of the synchronized peace meditation.

Detailed information source: The Peace Meditation

Peace Symbol



The emblem above represents *peace*. It is one of the millions of *spiritual teaching* symbols.

The rectangle at the bottom of the emblem represents grounding/fundamental base of peace that bears the tree of life and peace.

The black and white square in the middle represents life and peace.

The seven *feathers* at the top are the seven consciousness forms.

The 2 x 3 *feathers* below represent spiritual vibrations.

The two wheels represent the connection between Creation and the universe.