

Instructions for The Noon Club

Welcome to The Noon Club. We are ordinary individuals becoming extraordinary by broadcasting the qualities we'd prefer the future to be made of, once a day every day at noon for sixty seconds.

This kind of active meditation, or focused prayer, requires four skills, which you gradually develop through regular practice:

1. **The Pattern Interrupt.** When your phone alert sounds at noon, it's a signal to shift focus. You may be in the middle of a conversation, working, gardening, etc. Stop what you are doing and devote 60 seconds to this practice. Always make sure to stay safe in your environment and to be sensitive to others.
2. **Self-Empowerment.** Most of us move through the day primarily reacting to environmental stimulation and internal thoughts or feelings. As the noon alert sounds, you take a breath and, breathing out slowly, claim your true identity. You are a unique spiritual being having a human experience. Connect to the source of life that is beating your heart by acknowledging, with gratitude, that you are alive.
3. **The Transmission.** Consciously focus whatever quality(ies) seem most important to you in the moment. It might be love, compassion, courage, or forgiveness. You may have more than one. You can transmit silently or you can speak a declaration. Either way, it does help to assemble a few words, which you can change as you wish. A suggestion:

*"This is the moment. Something wonderful is happening.
I am creating the future with _____ (fill in your quality(ies))."*

4. **Re-engagement.** Your brief Noon Club transmission is powerful and usually creates a nearly instant altered state experience, partly because you are connecting in consciousness with many others broadcasting the way you are. Respect this and give yourself a moment to re-orient back to your familiar circumstance.

Please help spread the word by emailing our link to friends, www.noonclub.org, and printing / handing out the cards you were sent when you signed up. Our goal is to enroll 1% of the world's population in The Noon Club by May 1, 2025. We imagine that this will be enough to tip consciousness and trigger a shift from fear to love as the primary motivator for human beings everywhere.

Stay tuned on the web site for news of events and novel ways you can participate. Primarily, we meet every day at noon. Make this a new habit and practice for your life time. This is one simple but powerful way we can all contribute towards creating a better future for our grandchildren.

Thank you.

Will Wilkinson, Founder of The Noon Club, 2019 version *(with thanks to the unknown originators)*
www.noonclub.org