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<https://www.timeout.com/news/you-can-join-a-live-global-meditation-with-deepak-chopra-this-weekend-032420>

You can join a live, global meditation with Deepak Chopra this weekend



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If you're feeling a little lost or panicky – or, you know, just in a full-on anxiety spiral about the state of the world – here's something that might sooth your frazzled nerves.

This weekend, you'll be able to livestream some seriously calming vibes into your probably-not-very-calm flat.

Famous self-help guru Deepak Chopra is teaming up with The Well, a fancy wellness members club in **New York**, to bring 'millions of people together from all over the world during these times of uncertainty and heightened anxiety.'

Chopra will be live streaming a free, global mantra-based meditation called H(OM)E (see what they did there?) into our homes.

The idea is that the meditation will bringing people around the world together, despite them being in their separate houses. The world will 'breathe as one' and, if you believe in that kinda thing, the positive intentions and power of the collective meditation will help to heal the world. It's worth a go, right?

Tune into Chopra's high-frequency vibes on Sunday March 29 at 12pm EST (4pm GMT).

You can sign up for free [here](#).