



-What & Why-

Last month, on July 9th, 2018, Ariel Starr, began a grassroots movement to encourage 2 minutes of unplugged, focused meditation/prayer on the 9th of each month.

-1 minute honoring YOUR inner light
-1 minute for a friend/family member/ group that you care about

In joining together at the same time each month (8AM PST/ 11AM EST), we engage together in a more powerful way that supports interconnectivity, support, and love.

Learn More:

www.arialstarr.com/shine-your-light