

The silent flash

by **Tyler Roberts**

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A flash mob hit Market Street on Sunday morning March 11, but rather than singing, dancing and performing to a hit song, the group was silent. It was a meditation mob — a group that comes together to spread feelings of love throughout the Wilmington community.

Sheen Perkins, the primary organizer, first learned about mediation mobs while perusing Facebook. The first flash meditation took place in Austin, Texas and attracted more than 300 people. Perkins was inspired by the video that documented the event.

"It was just so powerful to see all of those people coming together doing something that they loved to do," she said. "They just had such a positive attitude and you could just feel the love coming through the video."

Images of smiles, tear-filled eyes and people hugging one another moved Perkins. She wanted to be a part of that experience and share it with the Wilmington community.

The initial meditation mob group began about a year ago and held its first gathering in October 2011. The meditation event on Sunday morning was a continuation of the group's effort to send positive energy into the community.

"It is one of the most amazing experiences to bring people together that just want to share love," Perkins said. "That is really the primary motivation — just having that quiet time to reflect and connect with who we really are ... We are love."

The group meditated for one hour, then concluded with a sound bath during which participants emit vibration frequencies by singing, humming or just by simply remaining silent.

"All of that energy comes together and projects out and you really have to be there to experience it; it is nearly impossible to explain," Perkins said.

Meditation has endless benefits, Perkins said. Setting aside time to quietly reflect and relax helps to reduce stress, lower blood pressure and allow the brain and body to find balance.

The meditation mob will reconvene on April 15 at Greenfield Lake Park. More information about the Wilmington meditation mob can be found on its Facebook page.

"I think we are creating a ripple effect of love," Perkins said. "Our purpose is to bring the community together and do something that we all enjoy that has no boundaries."