

Meditation brings a complete shift in your perspective – towards your family and friends, towards yourself, and towards your community.

Through meditative introspection, we build a better community and a better society.

*"Everyone thinks of changing the world, but no one thinks of changing himself."*

- Leo Tolstoy

*"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."*

- Martin Luther King Jr.

*"The more you find something in your meditation, the more you want to go and distribute it to others. That has to be."*

- Shri Mataji Nirmala Devi

Presented by: