

Heartfulness

Through meditation, peace



Heartfulness Peace Day event

What? A 30-minute session involving a brief introduction to Heartfulness, its relationship with the UN Peace Day, and the opportunity to experience Heartfulness relaxation and meditation for oneself.

Where? The basement room of the Common Ground, Beverly Studios, Church Terrace, Bray, County Wicklow.

When? 6.30 – 7pm, Friday, 21st of September, 2018.

Why come along?

Heartfulness is an experiential practice with the aim of evolving one's level of consciousness. As the Common Ground's stated ethos is based around conscious living, this practice may resonate for its members.

By meditating on the heart using the Heartfulness method, one can deepen an inner consciousness, thereby naturally becoming better able to act from a conscious place, and manifest conscious thoughts, words and actions into the outer world.

What is the connection between Heartfulness and UN Peace Day?

Heartfulness has a long-established relationship with the UN. As one of its affiliated organisations Heartfulness has a commitment to highlight various significant UN events throughout the year.

The UN International Day of Peace ("Peace Day") is observed around the world each year on the 21st of September. Established in 1981 by a unanimous United Nations resolution, Peace Day provides a globally shared date for all humanity to commit to Peace above all differences and to contribute to building a Culture of Peace.