



## UNESCO CENTER FOR PEACE

*"Since war begins in the minds of men,  
it is in the minds of men that the defences of peace must be constructed"*  
- UNESCO Constitution

### SahajaMeditation

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by admin



Sahaja Meditation is a simple, time-honored technique. It helps reduce stress and increase wellness. It brings better focus and helps people become more centered and balanced.

If there is no peace within, can we truly sustain global peace? Humanity has come to realize the importance of self-development and balance especially amongst youth and those in the forefront of science, politics education and arts.

As a UNESCO Center for peace partner, Sahaja Meditation is built to develop, strengthen, and integrate, the human potential, in all aspect. We truly become instruments for peace in our individual countries and around the world.

With Sahaja, one can easily tap into one's inner-present in each of us-and harness its power to bring holistic balance as well as a true state of peace and mental silence. The experience of silence is tangible and groundbreaking in that it can be achieved over the course of an afternoon! With regular practice, health problems may be eliminated and complete harmony of self with one's surroundings is possible. It is an indispensable investment in facilitating perfection at almost every level. All classes and workshops are offered free of charge, and anyone can do it.

<http://www.unescocenterforpeace.org/sahaja-meditation/#>