

About the Community

<https://heartfulness.ca/>

The Heartfulness Centre of Toronto started as a grassroots group meeting in living rooms for meditation. We have had the good fortune to grow up together as a group, continually expanding our outreach to the community and vision for the future.

Over the decades we have hosted and participated in many local, national, and international events teaching Heartfulness Meditation to all those seeking inner peace and tranquility. In our commitment to growth and change we have had many renditions of expansion, finding better ways to offer our volunteer services to the greater community.

This endeavor for Toronto to become an International City of Peace has long been inspired by the visionary founder of Heartfulness, Shri Ram Chandra. On 8th July 1957, even before we had the technology and the world wide web, Shri Ram Chandra, wrote a letter to the United Nations sharing his solution for a peaceful united world.

An excerpt from his letter to the UN.

“Let all brothers and sisters sit daily at a fixed hour individually at our respective places and meditate, thinking that all people of the World are growing peace-loving and pious. This process suggested, *not with exclusively spiritual motives*, is highly efficacious, in bringing about the desired result and weaving the destiny of the miserable millions.”

Heartfulness became an NGO with the United Nations Department of Global Communications (UN DGC) on 12 December 2005. The United Nations recognizes that solidarity and goodwill among the world's nations and peoples, and the assumption of collective responsibility, are necessary for the establishment of a world in which everyone may enjoy lasting peace and a sustainable life. To this end, the UN has been establishing partnerships with local, national and international, non-profit, service-oriented, voluntary groups that share similar values.

In June of 2021, in an effort to invite more people to join in this effective nightly practice, the Heartfulness Meditation Centres in several cities in the USA and Canada took this individual practice one step further. A group of Heartfulness practitioners in these centres initiated a virtual nightly Intention for Peace via Zoom. By making this practice available to a larger

group of people, this “Community of Hearts”, again expands its vision, this time into the ever-growing virtual community.

“The intention of the Community of Hearts is to contribute to universal peace. We bring together as many hearts as possible each night at 9p.m. EST to create within and radiate from each heart the feeling of peace and universal love. When we come together as a group, we create synergy that affects the collective consciousness of our planet.”

The Community of Hearts that the Heartfulness Toronto Centre and other centres offer is a modern-day version of the call to action that Ram Chandra suggested years earlier to the United Nations. The Heartfulness Institute is a non-profit organization run entirely by volunteers. Our objective is to help people find peace of mind in a world facing so many distractions. For complete information on all our initiatives: www.heartfulness.ca

“Believe in yourself and find a way forward, no matter what the challenge.”
Daaji

ONE WORLD ONE HUMANITY