

Beaverton HeartSpot is part of the Heartfulness Institute, a global nonprofit dedicated to heart-based meditation. Since its establishment in Canada in 1974, Heartfulness has expanded to numerous meditation centres across the country, with a strong presence in the Greater Toronto Area. While the main Heartfulness Meditation Centre is located in Toronto, HeartSpots can be found throughout Canada and in more than 160 countries worldwide—ensuring support is always within reach, anytime, day or night. At a HeartSpot, seekers can explore meditation with the guidance of a certified Heartfulness trainer.

Since Negin moved to Beaverton in 2016, this small rural community has become one of Canada's HeartSpots, offering free meditation sessions both in person and online. Beaverton is also part of the **Community of Hearts**, a network of practitioners across Canada and the US who host a daily 15-minute *Universal Intention for Peace* online at 9:00 PM ET. Open to all backgrounds, these sessions foster stress reduction, emotional resilience, and the cultivation of inner peace.

Peacefulness is a new initiative of Heartfulness that provides a platform for unity and togetherness—promoting peace, transformation, authenticity, and optimism in action. Just as environmental pollution affects the earth, Peacefulness highlights how our thoughts also influence and shape our inner and outer environment. Thoughts are energy: they impact who we are, what we do, and how we affect others. By turning our minds toward positive and constructive thoughts, we generate beneficial effects within ourselves and in the atmosphere around us.

Through annual Peacefulness campaigns and a rich toolkit of ready-to-use peace-inspired activities for individuals, organizations, communities, and schools, this initiative aims to raise awareness of the power of thought. In her role as **Peacefulness Outreach Coordinator**, Negin brings this message to diverse organizations and groups, inspiring greater sensitivity to the ways we influence our shared environment—and empowering us all to create positive change.