

## About the Community – Heartfulness Vancouver

The Heartfulness Community of Vancouver began as small gatherings in homes and local spaces where seekers came together to meditate. Over the years, these simple beginnings have grown into a vibrant network of trainers and practitioners spread across the city, offering free Heartfulness practices to anyone seeking peace and clarity in daily life.

Though Vancouver does not yet have a dedicated Heartfulness Centre, our community continues to expand its outreach by organizing weekly group meditations at colleges, community halls, and other local venues. Trainers across the city also offer individual sittings and introductions to meditation, ensuring that the practice remains accessible to all.

Like Toronto and other centres across Canada, Heartfulness Vancouver has joined in many local, national, and international initiatives dedicated to inner transformation and collective well-being. This effort is deeply inspired by the vision of the founder of Heartfulness, Shri Ram Chandra, who in 1957 wrote to the United Nations with a heartfelt proposal for global peace:

“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.”

In the spirit of this vision, Heartfulness became an NGO associated with the United Nations Department of Global Communications (UN DGC) on 12 December 2005. Heartfulness Vancouver, together with other Canadian and U.S. centres, actively participates in the Universal Peace Meditation, a nightly 15-minute practice open to all at 9:00 PM PT. This initiative—known as the *Community of Hearts*—brings together practitioners across borders to radiate peace and harmony into the world.

“The intention of the Community of Hearts is to contribute to universal peace. We bring together as many hearts as possible each night 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.”

Volunteer-driven and inclusive, Heartfulness Vancouver continues to grow as a community of seekers committed to peace, balance, and transformation. Through meditation, yoga, youth programs, and wellness initiatives, we strive to offer pathways for individual well-being while contributing to collective harmony.

For more about Heartfulness programs across Canada, visit: [www.heartfulness.ca](http://www.heartfulness.ca)

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