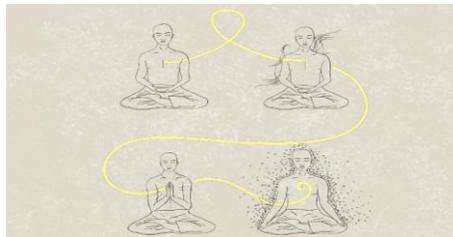




Heartfulness is a silent peace- making movement and a United Nations Non-Governmental Organization (NGO).

Gayathri Kambhampati is a certified Heartfulness Meditation trainer. She taught Heartfulness meditation at the Public Library among other places before the pandemic. Ever since the pandemic started, she shifted all her sessions to a virtual format via zoom: Monday through Thursdays at 6pm.

*People all over the world are suffering in every possible way and craving for inner **Peace** ever since the pandemic started. In our own country we have not been spared. Human love and compassion seems to be needed more than ever to survive the pandemic and the current atmosphere. **Peace** is much needed at an individual level and at a global level. Human connections need to be strengthened more than ever. A simple way to make Heart to Heart connection is through **Meditation**:*



*Meditation teaches us to pause, to go within, to connect with universal love, and to resurface refreshed and full of potential. Through meditation, families come together. Through meditation, our environments change. Through meditation, we can be at **Peace**. In today's world, this is a very welcome pause. Every step towards inner **Peace** is a step towards world **Peace**.*

World Peace must develop from Inner Peace. Peace is not just mere absence of violence. Peace is, I think, the manifestation of Human compassion..... Dalai Lama

When many of us meditate together with hearts filled with love and unity, **Peace** will come automatically.

*In September, let's harvest that Heart to Heart Connection, Love, and together pause for **Peace**. On Tuesday September 15, 2020 from 6-7pm, we invite you to join us wherever you are in the world for a virtual experience through relaxation (7 minutes), meditation for individual inner peace (15 minutes) and Heart to Heart connection for world Peace (15 minutes):*

Join us using the following link:

<https://us02web.zoom.us/j/89737410939?pwd=U1BORmdYSzR2S0c5eURDenRMc05LUT09>

Feel free to reach Gayathri Kambhampati at: meditate.tyler@gmail.com