



The Moment of Calm
A Global Forgiveness Moment

ABOUT THE MOMENT OF CALM

The Moment of Calm is a Global Forgiveness Moment that aims at bringing calm in the hearts of people through the power of forgiveness. We believe that there can be no world peace without peace in the heart.

Launched in 2012, the campaign urges one and all, big and small, to **observe two minutes of silence on August 2 at 2 pm to forgive and seek forgiveness.** This simple act of forgiving can generate powerful positive vibrations and engulf humanity in a wave of love and peace.

The Moment of Calm has received tremendous support and enthusiasm from individuals from all walks of life. In 2015, over 13.3 million people participated from across the globe, including Morocco, UAE, UK, Spain, USA, India, Singapore, South America, South Africa, China and Taiwan. We call upon the people of the entire world to join this growing force of peace. To sign up, 'Like' www.facebook.com/momentofcalm or visit www.momentofcalm.org.

The Moment of Calm marks the birth time of an Apostle of love and peace – Rev. Dada J.P. Vaswani. He affirms, “Forgiveness is its own reward. It is the forgiver rather than the forgiven who receives the greater benefit.”



**Hearts that forgive make earth
a peaceful place to live**