



The Moment of Calm
A Global Forgiveness Moment

ABOUT THE MOMENT OF CALM

The Moment of Calm is a worldwide peace initiative that aims at bringing calm in the hearts of people through the power of forgiveness. There can be no world peace without peace in the heart.

Young and old, individuals and organizations join the Moment of Calm on August 2 at 2 pm by observing 2 minutes silence and forgiving those who have wronged them. The simple act of forgiving and removing negative emotions of anger and hatred from hearts can raise world consciousness and generate powerful positive vibrations that will envelope the planet with love and peace.

The Moment of Calm has received tremendous support and enthusiasm from individuals from all walks of life. In 2016, over 18.2 million people participated from across the globe, including Morocco, UAE, UK, USA, Spain, India, Singapore, South America, South Africa, China and Taiwan. All are invited to join this growing wave of peace. To sign up, 'Like' www.facebook.com/momentofcalm or visit www.momentofcalm.org.

The Moment of Calm marks the birth time of a leading spiritual luminary of India – Rev. Dada J.P. Vaswani, who believes, 'The best giving is forgiving.'



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