



The Moment of Calm  
A Global Forgiveness Moment

## 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.

Launched in 2012, the campaign urges everyone to pause for 2 minutes on August 2 at 2 pm to clear their heart of misgivings and breathe out an aspiration of peace and harmony. It is an endeavour to generate powerful positive vibrations that can envelop the whole world with love and peace.

The Moment of Calm has received tremendous support and enthusiasm. 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.

The Moment of Calm marks the birth time of an Apostle of love and peace - Rev. Dada J.P. Vaswani, Spiritual Head of Sadhu Vaswani Mission. 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