Tergar Theory of Transformation

CHANGE YOUR MIND, CHANGE THE WORLD

ENTRY POINT
We learn how simple meditation is, and how naturally it fits into any lifestyle.

Our minds become more calm and flexible. We begin to gain perspective.

GREATER IMPACT
Families, schools, workplaces, and communities benefit from individual transformation.

Maintaining balance and wisdom means we can show up for others with integrity and compassion, without burning out.

We develop a clearer view of ourselves, our relationship to others, and of the world at large. This fosters a sense of connectedness, which in turn encourages kindness and compassion.

Multiple long-term impacts include reduced healthcare costs and greater productivity; contribution toward United Nations Sustainable Development Goals concerning wellbeing and nonviolence education.

Our broadened perspective helps us be less reactive, more responsive. Able to find greater ease and resiliency, we act from wisdom rather than impulse.

As those around us notice and appreciate these changes in us, we become a positive influence in the ecosystem of our daily lives.