Vision, Mission, and Values

Tergar International
Our Vision

Tergar International

A world where meditation is a part of everyday life, and peace, joy, and wisdom radiate from within.
Our Mission

To transform hearts and minds by making the ancient wisdom of meditation accessible to the modern world.
Our Values

**Patience:** We give ourselves and others time and space to navigate all challenges.

**Joyful Effort:** We take our work seriously but carry ourselves lightly.

**Meditation:** By training our minds, we cultivate focus, balance, and equanimity.

**Generosity:** A spirit of sharing is at the heart of all we do.

**Ethical Conduct:** We consciously commit to avoid harmful actions and engage in virtuous deeds.

**Wisdom:** We know we have much to learn from each other and the communities we serve.