

UPCOMING NATURE ISSUE

Where presence meets *the wild*.

A tactile, thoughtful setting for brands helping people live with greater wonder, wellbeing, and connection.

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Independent media for a
more mindful world.

A vibrant home for ideas that help
people live with greater presence,
purpose, and possibility.

MEDITATIONS

Experiencing Pure Hope

with Kevin Ellerton

First, lie down in a place where you can see the sun in the sky. Notice the clouds coming and going... sometimes passing over the sun, sometimes moving away... so that there are periods of relative darkness and light.

If it is not such a day, or if you do not have such a view, you can simply imagine this scene in your mind: the blue sky, clouds coming and going, sometimes covering the sun, sometimes allowing the sun to shine in its full glory.

As you breathe deeply and slowly, allow yourself to feel what it feels like when the sun is shining brightly, and what it feels like when the sun is covered in dark clouds, when the sky is grey and black. Breathe into this for a few moments. Really feel the difference in your body... when the sun is shining, and when the clouds are covering the sky.

You may notice a brightness, a cheerfulness, an optimism when the sun is shining. And you may notice a heaviness, a malaise, a disappointment when the clouds are covering the sun. Just feel all of these feelings, as they come and go, with the changing clouds.

Take a moment now to notice: Where is Hope in this visualization? Is it when the sun is shining? Is it when the clouds are covering the sun? Notice that when the clouds are covering the sun, there is often a subtle hoping, a wishing, a wanting. But this is not Pure Hope. This is conditional hoping... hoping for the clouds to move, hoping for the sun to come out again.

How does this form of hope make you feel? Breathe deeply and slowly twice for a moment, and notice how this conditional hope feels in your body. Do you notice the subtle yearning, the desire for conditions to change? Perhaps a discomfort with the reality of the present moment?

What happens when you drop this conditional hope? What happens when you are content simply to gaze at the cloudy sky?

You may begin to notice the suffering that comes from conditional hope: the denial of reality in the present moment, the wish to be somewhere else, some time else. Conditional hope takes us away from here and now. It keeps us on a roller coaster of up and down, thrown around by the whims of reality, the fluctuations of the universe.

We cannot control the clouds, nor the circumstances of our lives. But we can choose how we relate to them. We can choose to breathe and smile, when the clouds reveal the sun, and when they cover it again.

Notice how it feels as the clouds come and go. Breathe deeply and slowly. Allow reality to change as it will. Allow the world to unfold in its majesty. Allow yourself to experience the spectacle of the dynamic universe.

What does this feel like? Can you feel Hope in this scenario? Where is it? Where does it live?

Perhaps you notice a smile on your face. Perhaps you notice a warmth in your heart—the warmth of unconditional love, radiating in all directions. The unconditional love of reality itself, in whatever form it manifests. Knowing that whatever comes... cloud or sun... you will be here to witness it, with a peaceful smile, with deep breaths.

Can you feel the Hope in this moment? Glowing within your heart, shining, radiating, suffusing this moment with love and light, illuminating everything, welcoming the ebb and flows of the changing skies.

As you continue to breathe deeply and slowly, allow your mind to settle in the warm light of Hope in your heart. Allow it to expand at the speed of light, like the sun emerging from behind a cloud, illuminating the entire world in the blink of an eye.

And as you continue to breathe, notice the clouds still coming and going. But this time, notice how the light radiating from your heart welcomes all possibilities. Notice how it shines not only when the sun is visible, but even... especially... when it is not.

As the clouds move over the sun, notice how the radiant light of Hope in your heart surfaces even the heaviest clouds with a warm and gentle glow.

Breathe deeply, breathe slowly, and feel what it feels like to be steady and to radiate the bright light that you once craved... the light for which your happiness once depended on external circumstances.

Now allow that inner light to intensely, glowing, wash over everything around you, until you are fully immersed in the radiant white light of Hope. Breathe deeply and slowly. Feel what it feels like to be immersed, to be filled with this warm, glowing light. Keep here, breathing deeply and slowly. Rest in this feeling of Pure, groundless, unconditional Hope.

Notice the power of Hope. Notice how it shines from within. Notice how it transforms your perspective on reality, on existence, on the world around you.

It shines in day or night, in sun or in cloud. And while it may not be noticeable on a clear day, it becomes near radiant, most needed, when the sky is dark.

In this meditation, you have experienced the difference between conditional hope and Pure Hope. Return to this practice often... perhaps once a day... to cultivate the experience of True Hope: the force that keeps us alive, keeps us moving forward, illuminates our creativity, and creates a better world for us all.

WE CANNOT
CONTROL THE
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WE EXPERIENCE
THEM.

Meditation Magazine explores meditation, yoga, wellbeing, spirituality, and conscious living through an expressive editorial lens. Partnerships help sustain the mission of making the world happier through meditation.

Past editorial conversations include Deepak Chopra, Sadhguru, Wim Hof, Rachel Brathen, and Trevor Hall. Editorial appearance does not imply advertiser endorsement. · From The Hope Issue archive.

An invitation to look closer.

Nature's beauty. The joy of experiencing it. The responsibility of protecting it. Our relationship with the living world—and the mysteries of human nature.

Wonder

Protection

Belonging

Presence



A growing platform for mindful discovery.

PLANNED

10,000

Nature Issue copies

Planned edition, focused primarily in the U.S. with select Canadian distribution.

CURRENT · AUG 2026

≈34K

IG + FB followers

Current public following across Instagram and Facebook.

HISTORICAL · 2025 KIT

8,000+

Copies per issue

Reported circulation in the 2025 media kit.

Sources: Meditation Magazine 2025 media kit and public channels, accessed August 2026. Nature Issue quantity is planned.

Print, web, social—and a history of discovery.

A multichannel history gives aligned brands more ways to join the conversation.

HISTORICAL

20+

Countries

Reported international retail footprint across previous editions.

HISTORICAL · 2025

11K+

Monthly page views

Reported monthly website page views in the 2025 media kit.

HISTORICAL · 2024

1M+

Peace Issue digital reach

Reported reach of the 2024 Peace Issue digital edition.

Sources: Meditation Magazine public advertising page and 2025 media kit, accessed Aug. 4, 2026.

Built for mindful, multidimensional interests.

A natural fit for people drawn to mindful, inspired living.

Place your brand alongside themes readers actively seek: wellbeing, nature, creativity, and conscious choice.

Mindfulness

Meditation, yoga, retreat,
sleep, wellbeing

Living world

Outdoors, travel,
conservation, education

Conscious goods

Sustainable food, drink,
home, apparel

Curious spirit

Art, books, discovery,
spirituality



Designed to be held,
revisited, and shared.

Print gives ideas—and aligned brands—room to breathe.

A lasting format helps your message feel considered, beautiful, and worth returning to.

From The Peace Issue archive.

Choose the role your brand should play.

01

Print display

High-impact placements in a focused editorial setting.

02

Sponsored storytelling

Useful, clearly disclosed stories shaped around reader value and brand fit.

03

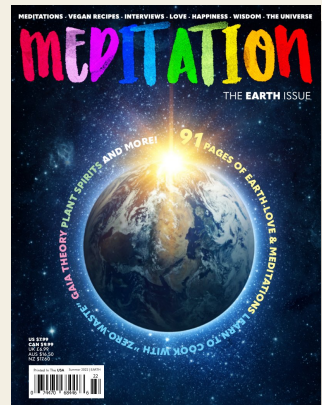
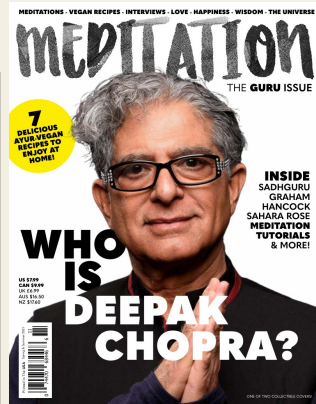
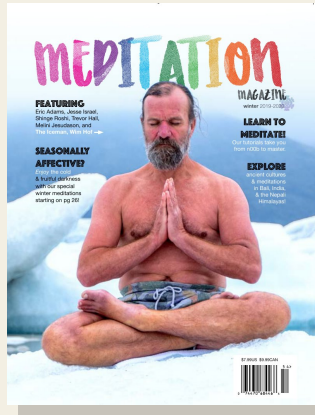
Digital continuity

Thoughtful web, email, and social extensions that continue the story.

Every partnership is tailored to your goals, creative vision, timing, and budget.

Thirteen available editions.

One evolving story.



From local beginnings to a planned 10,000-copy Nature Issue.

A publishing journey rooted in genuine connection.

Sources: Meditation Magazine public pages and 2025 media kit, accessed August 2026. Nature Issue quantity is planned.

2018 Issue 01 begins with 1,000 complimentary copies shared across New York City.	Issues 02–04 The magazine expands from U.S. stores into Canada and a reported 20+ country footprint.
2025 context 8,000+ copies per issue reported in the 2025 media kit.	Nature Issue 10,000 copies planned, focused primarily in the U.S. with select Canadian distribution.

Clear handoffs make better work.

Final trim*	8.375 × 10.875 in
Bleed*	0.125 in
Safe margin*	At least 0.25 in
Creative review	Required

Creative made easy: final dimensions, file format, color profile, and deadlines are included with your proposal.

01	02	03	04
Share goals, audience, timing & budget.	Shape available placements.	Confirm proposal & creative.	Publish & report as agreed.

We'll provide clear specifications and support from reservation through publication.

BRING YOUR BRAND INTO THE NATURE ISSUE

Let's make something *meaningful.*

Tell us what you're building and who you hope to reach.

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[Campaign form 2](#)

