

UPCOMING NATURE ISSUE

Where presence meets *the wild*.

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

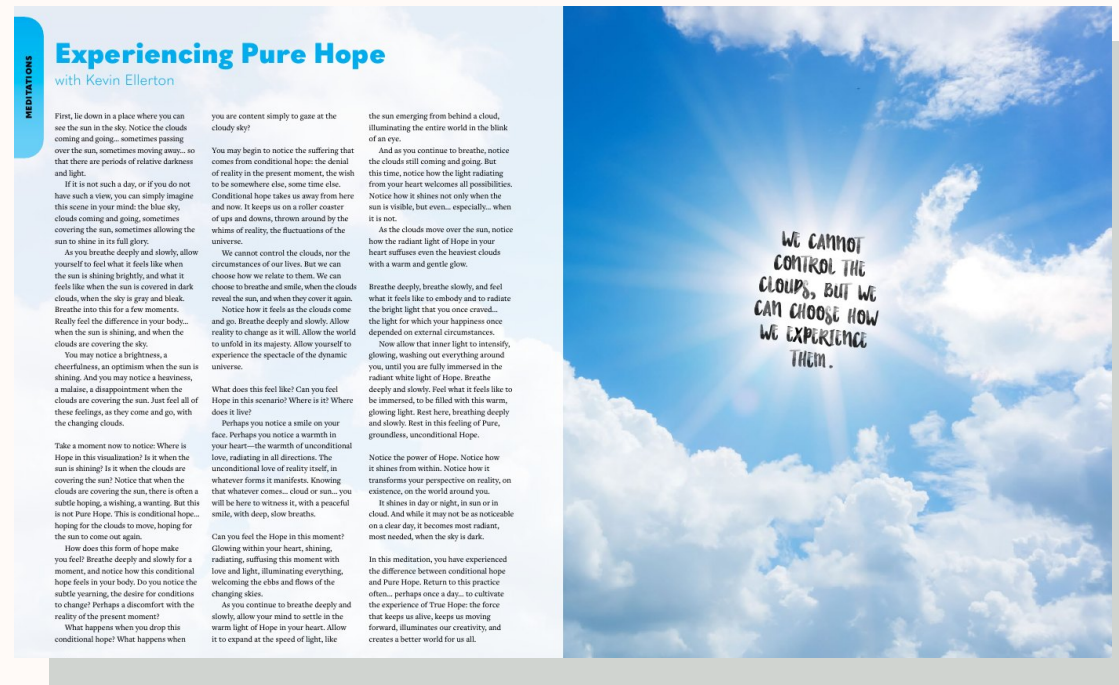
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Independent media for a more mindful world.

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



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.

UPCOMING NATURE ISSUE

10,000

Nature Issue copies

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

SOCIAL COMMUNITY

≈34K

IG + FB followers

A growing audience inspired by meditation, wellbeing, and conscious living.

ESTABLISHED CIRCULATION

8,000+

Copies per issue

A proven print platform designed to be held, revisited, and shared.





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

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

INTERNATIONAL FOOTPRINT

20+

Countries

A history of connecting mindful ideas with readers around the world.

DIGITAL DISCOVERY

11K+

Monthly page views

More ways for aligned brands to stay part of the conversation.

BREAKOUT EDITION

1M+

Peace Issue digital reach

A milestone showing how far a resonant editorial story can travel.





Meditations for peace

by Ellen Ellerton

After, Thich Nhat Hanh (Teacher"), wrote many books. I tried to read them all, but I found them too long on this issue. I flipped through the books, diving eagerly into the tidbits and anecdotes about wars and conflicts... and felt slightly disappointed when they were kept flowing back into mindfulness exercises for individuals and families. I felt that they were missing the point of writing books on Peace... shouldn't he be focusing on activism, rather than just meditation?

After reading four such books from Thich Nhat Hanh — *Being Peace*, *Peace Is Every Step*, *Creating True Peace*, and *True Peace Work* — I began to realize: These books were not missing the point at all. They were hitting the nail on the head.

These books, on mindfulness and meditation, were the Zen Master's ingenious way of directly cultivating Peace On Earth.

All the humans who read those books and implement the practices in their own lives cultivate peace within themselves, and bring peace into their families and local communities.

Through these books on mindfulness & meditation, Thich Nhat Hanh is literally creating peaceful people, thus contributing, directly and continuously, to

loving. I found myself furrowing my brow, wondering where the "world peace" parts were.

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Through these books on mindfulness & meditation, Thich Nhat Hanh is literally creating peaceful people, thus contributing, directly and continuously, to

Peace on Earth.

If we want the people of Earth to be peaceful, we must realize, first and foremost, that we ARE the people of Earth.

The following meditations are my ode to Thich Nhat Hanh. They inspired these meditations, and will continue to inspire Peace On Earth for generations to come.

Peaceful Walking Meditation

Take a moment to go outside, and walk barefoot upon the Earth.

You can walk in your backyard, or in a park, or in a beautiful natural place nearby.

Thich Nhat Hanh used to say, "Walk as if you are kissing the Earth with your feet."

Do not worry about where you are going. You are already here. You are arriving in the beautiful here & now with every step.

Don't rush, walk slowly. Simply enjoy the moment, and the activity of walking.

As you are walking, allow Planet Earth to tickle and massage the soles of your feet.

Focus your attention on the sensations of the feet, and the feelings of the whole body as it moves, while also observing the breath flowing in and out of your body.

Allow your body to relax, and don't forget to smile with every step.

Maintain awareness of the breath, body, and feet as you enjoy this peaceful walking meditation.



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

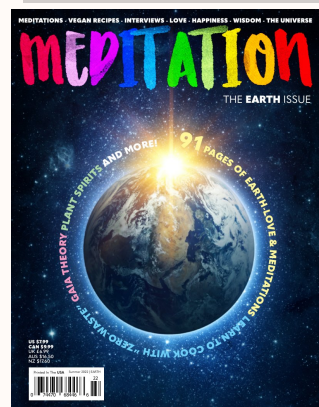
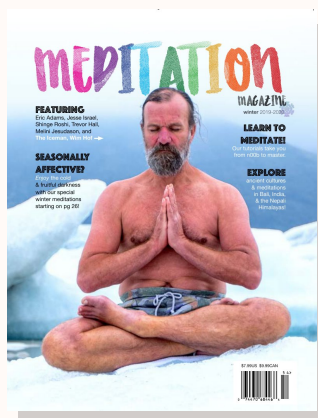
Digital continuity

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.

2018

Issue 01 begins with 1,000 complimentary copies shared across New York City.

Growing reach

Circulation grows to 8,000+ copies per issue.

Issues 02–04

The magazine expands from U.S. stores into Canada and a reported 20+ country footprint.

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.

bodhi@meditationmag.com

[Campaign form 2](#)

