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THAT I COULD PASS ON
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ILLUMINATES THE SOUL

- Sister Jenna

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SECRETS OF OJAYA Armor Meditation

Empower Yourself with Clear, Calm, Dynamic Energy — in 10-20 minutes

18 things you need to know:

1. OJAYA Armor Meditation is a rare, ancient technique — the #1 tool for extremely deep, blissful meditation.

2. OJAYA is far more potent than other methods like mindfulness. Mindfulness = mind-full-of-thoughts. **OJAYA** = your mind-at-peace-and-rest.

3. The secret to OJAYA is its rare Armor Mantra ... a series of simple, beautiful sounds ... whispered by Mother Nature herself. *Mantras are the language of Nature.* Next time you're walking in the forest, listen carefully. Mother Nature is humming all around you with the soothing sounds ... of mantras!

4. This Armor Mantra was discovered by ancient sages ... as they sat hidden in green forests, immersed in the tranquility of their deepest, blissful meditations.

5. Mantras work by their power of deep resonance. As you meditate on the sound of the **OJAYA Armor Mantra**, your mind resonates into a coherent state in mere minutes. You get infused with peace, energy and renewed enthusiasm.



*With just 10-20 minutes a day, the ancient **OJAYA Armor Meditation** technique creates an "Armor" of serene energy and core inner strength — to shield and protect you from the stresses of daily living.*

6. Mantras are not affirmations ... like, "May my mind be at peace." Such affirmations have their value, but they lock your mind onto the surface thinking levels and do not take you to the deepest, quiet, blissful depths of your inner Self. For this, you need a true Armor Mantra.

7. Mantras tune you up! Like music, the **OJAYA Armor Mantra** vibrates in unique ways to rejuvenate your mind, your body, and your heart.

8. Deep peace is within. The pure, soothing resonance of the **OJAYA Armor Mantra** allows you to fully relax your mind and body, gently guiding your awareness *inwards* — a deep, refreshing dive into the calm ocean of your Being. This exceptional ability to *effortlessly* draw you *inwards* is a key reason why Armor Mantras are favored throughout the centuries as the #1 technique for easy, blissful, deep meditation.

These pages are sponsored by friends of the nonprofit school of OJAYA Armor Meditation.

9. Deep internal cleansing ... When you know the authentic secrets of *correct use*, the potent **OJAYA Armor Mantra** resonates *deep within you* — to cleanse your internal network of subtle nerves, called *nadis*.

10. The easy key to remove negative energy and brain fog Silent meditation on the **OJAYA Armor Mantra** dissolves the frenzy in your brain and creates a soothing comfort throughout your entire body and being. You are clear and calm.

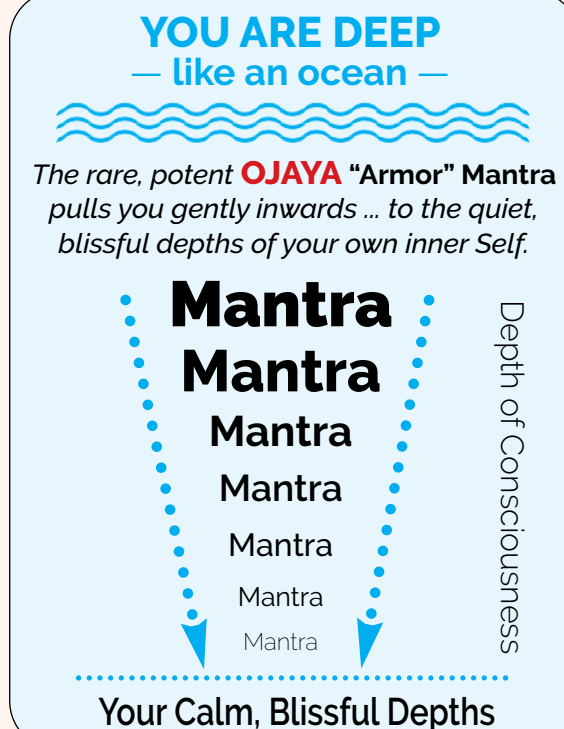
11. Your mind at rest ... **OJAYA** coaxes you deep within to a profound state of **deep rest** called *samadhi* — far deeper than your sleep at night. This exquisite level of rest quickly rejuvenates you with dynamic energy in 10-20 minutes.

12. Anti-anxiety "Armor" to shield and protect you ... If you feel anxious, there is a reason for it. The classic meditation masters say your inner harmony has become disturbed. They have a simple and easy remedy: **Armor Meditation**. The ancient **OJAYA** technique activates its powerful **anti-anxiety Armor Mantra** that probes your deepest depths with its calm, penetrating resonance to reharmonize your system.

The anxiety dissolves and evaporates. Ancient sages advise **Armor Mantras** as the #1 fastest way to defeat anxiety and empower you with serene energy.

13. Feel the benefits. As you meditate each day, the blissful energies rapidly grow, accumulate and strengthen, deep inside you.

14. OJAYA is the fast track ... to health, happiness and higher states of consciousness. Far superior to breath practices, the **OJAYA Armor Mantra** introduces a *new, energizing resonance* into your mind — *that wasn't there before*. This power of *energizing resonance* is why meditation masters throughout the ages have declared **Armor Meditation** as the supreme inner technology — the #1 *fast track* to health and happiness.



15. Awaken to your Self. With daily dips into the restful, tranquil depths of your inner Self, something new blossoms within you ... *... Your deeper levels of consciousness begin to wake up.* New talents and fresh creative energies emerge inside you as you experience ever deeper revelations and insights. Higher states of realization dawn within your awareness.

16. Are you a monk? Most people don't realize that mantras are categorized as "monk mantras" and "householder mantras." **Householder mantras** are for people who want deep inner peace along with outer success in life. These expansive and energizing mantras support the goals of families, the arts and sciences, business people, and those who want to enjoy and share happiness with others.

Monk mantras gradually work to create a detached and reclusive state of mind, and are suited only to people with cloistered objectives. *Big surprise:* The ancient sages classify "OM" as a monk mantra (which is why it's most often suggested by monks). Powerful **householder mantras** are advised for people who lead dynamic, active lifestyles ... especially ...

17. The "Armor" Mantra The **OJAYA** Armor Mantra is known as the "**Mantra of Heroes**." In addition to intensive anxiety relief, this rarest class of Armor Mantra develops the esteemed qualities of valor, inner strength, emotional balance and heartfelt compassion. This protective mantra aggressively *attacks* and dissolves stress — so you meet challenges in your everyday life head-on ... with an Armor of clear, calm, dynamic energy.

18. OJAYA Meditation is much more than just closing your eyes and thinking a mantra. Proper technique is essential or the mantra won't resonate for you. It's super easy, but there's a blissful *art* to it! *You're invited to learn and master the ancient secrets of **OJAYA** Armor Meditation — begin now online.*



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The Hope Issue

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Hope that already exists in
your heart...

and the peace,
love & beauty
already manifest
in our world.

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WHERE THERE'S
hope,
THERE'S
life

— ANNE FRANK



A Letter From The Editor



When my grandmother, Bella, was a young girl, she was taken from her family and imprisoned in a concentration camp near the border of Germany and Poland.

After years of unimaginable horrors, Bella saw a hole in the fence.

She didn't know if she would survive an escape attempt... let alone in the unknown after. But a spark of Hope arose in her heart.

Bella tried to save others, but, mired in despair, they were too afraid to take the risk. Only one of Bella's cousins had the courage to take her hand. Together, Bella and her cousin escaped into the forest.

In all the concentration camps, most prisoners chose to do as they were told. Most, including Bella's parents and siblings, were killed.

But not my grandmother.

Bella chose Hope. And she survived.

In mid-2024, after we had published The Peace Issue, Jovanna and I found out we were going to have a second child!

We were ecstatic... but we also remembered the effects of raising a newborn on our sleep and productivity.

Proactively, we hired a new Chief Operating Officer to take over our business operations, and spent four months intensively training him, so that when the baby was born, we would be able to focus on creating, printing, and shipping Meditation Magazine's 2025 issue on time.

But as they say in Yiddish, "Man plans; god laughs."

Soon after our beautiful baby boy Atlas

was born, in the thick of the thrice-per-night-feeds and the sleep deprivation, our new COO abruptly resigned.

We had spent all of our pre-baby months, and most of our remaining funds, to train him, so we were left in a difficult position, out of time and out of money.

There was no way we were going to finish the magazine on time... and even if we could, there was no way we would have the funds to print and ship it to our retailers and subscribers.

I tried to take all the responsibility onto my own shoulders, but I was getting nowhere. I was spinning my wheels, trying to juggle meditative writing and brain-busting technical marketing & logistics, while exhausted from months of sleep deprivation and a colicky baby.

I'm not gonna lie; I fell into a pit of despair. I remember that period as kind of a blur, a haze of hopelessness, burnout, and depression. Exhausted, I struggled with all my might, but I could not seem to make any real progress.

It felt like one of those nightmares where no matter how hard you try to run, you can't move forward at all.

Though it made no sense, I deeply felt that I would never finish the magazine, and that this period of darkness would last forever.

But as I slogged through those exhausting months, the world continued to turn.

Across the country, in southern California, my friend and colleague Lori Davidson Segal was organizing a team of volunteers from Meditation University, to help get our magazine moving forward again.

The number and enthusiasm of volunteers surprised me. They were excited to help on our mission of making the world a better place through meditation. I was encouraged and reinvigorated by their energy.

A glimmer of Hope arose in my heart.

I was able to move forward again, with enthusiasm and optimism. Ideas were flowing again, and I was taking action on them.

This *Hope Issue of Meditation Magazine* is not only *about* Hope; it is, in its very existence, a physical *manifestation* of Hope.

This magazine would not exist today if not for the hope that we could, just possibly, make the world a little bit brighter through meditation.

Hope is the feeling that, if we try, we can make things better.

It gives us a vision of what is possible, and lifts us out of the apathy and despair that prevents us from taking action and moving forward.

It reminds us that, no matter how dark the circumstances may be, we are not powerless — that, like my grandmother Bella, we have the power to choose our own fate.

Hope is not a toy for those of us privileged enough not to need it. It is not a sugar-coating to gloss over the suffering of others, or ignore what is happening in our lives and in our world.

Practicing and cultivating Hope is our sacred duty, to ourselves and to others.

For Hope is not just a feeling within ourselves; it is The Force that gives us the energy to move forward, to make things happen, to build a better future for us all.

What Is Hope?

THE PROBLEM WITH ORDINARY HOPE

I hope you like this magazine!

People tend to use the word “hope” (with a lower-case h) in this casual, conditional way: the desire for a specific positive outcome – which, unconsciously, creates the fear that it will not happen.

This type of ordinary or conditional hope can sometimes be beneficial... especially when it is a compassionate wish for the well-being of others.

“I hope you feel better soon.”

“May all beings be happy and free!”

But when we cling too tightly, to specific, ego-centered outcomes — like, “*I really hope I get this job,*” — our minds get pulled into thoughts of imagined futures, and we lose sight of the Eternal Now. We tie our happiness to uncertain situations, and strap our inner peace into a roller coaster of conditions that we cannot control.

As Zen Master Thich Nhat Hanh (Thay) wrote: “*If you put all your hope in the future, you may not be able to fully enter the present moment.*” In this way, conditional hope can indeed interfere with meditation, mindfulness, peace of mind, and happiness.

BUT THERE IS A DEEPER KIND OF HOPE...

Pure Hope is a luminous energy that shines eternally at the core of The Universe.

It is a glowing light that exists in our hearts, that radiates in all directions.

Pure Hope *underlies* our thoughts and statements of conditional hope, but it is far deeper than any thought or statement.

The child buried in the rubble does not think the words “I hope someone will find

me.” Yet it is the Pure, Silent Hope in her heart that is keeping her alive.

The mother sitting by the hospital bed does not say “I hope she will wake up soon...” Yet it is the Pure, Silent Hope in her soul that sustains her.

Pure Hope does not speak... yet its voice shakes the world.

Pure Hope does not burn... yet it illuminates the entire Universe.

Pure Hope does not want... yet it gives us the strength to shape the future.

Like Pure Love, Pure Hope lives in the heart. It sustains us. It keeps us going.

Pure Hope can save our lives, and change our world.

For the rest of this issue, we will refer to Pure Hope simply as “Hope” — with a capital H.

WHAT HOPE IS (AND IS NOT)

Hope is not optimism; it is not a desire, prediction, or expectation for something specific or positive to happen in the future.

Hope is pure, bright, shining light.

Hope is a feeling that lives in the heart.

Hope is a state of being.

As Deepak Chopra said: “*Hope is a quality that exists in consciousness, like love or joy.*”

It’s the glow that lifts us from despair.

Hope is the rising energy that says: something more is possible.

HOPE GIVES US STRENGTH TO MOVE FORWARD

When we lose hope, we feel powerless. Everything is doomed, and nothing we do matters.

Hope reminds us that our actions matter... that through our choices, we

can bring about a brighter future. This reminder gives us back our senses of agency and empowerment.

When we feel hopeless, we languish in the quagmire of apathy and malaise. Why do anything? What’s the point? But even a glimmer of Hope can bring in a rush of energy, to survive, to move forward... to co-create a new Reality.

Hope gives us the courage to keep walking... even when we can’t see the end of the desert.

Hope is The Force that allows us to break out of our habitual ruts; it gives us the motivation and inspiration to change our lives and our world.

HOPE IS NOT ABOUT CLINGING TO SPECIFIC OUTCOMES

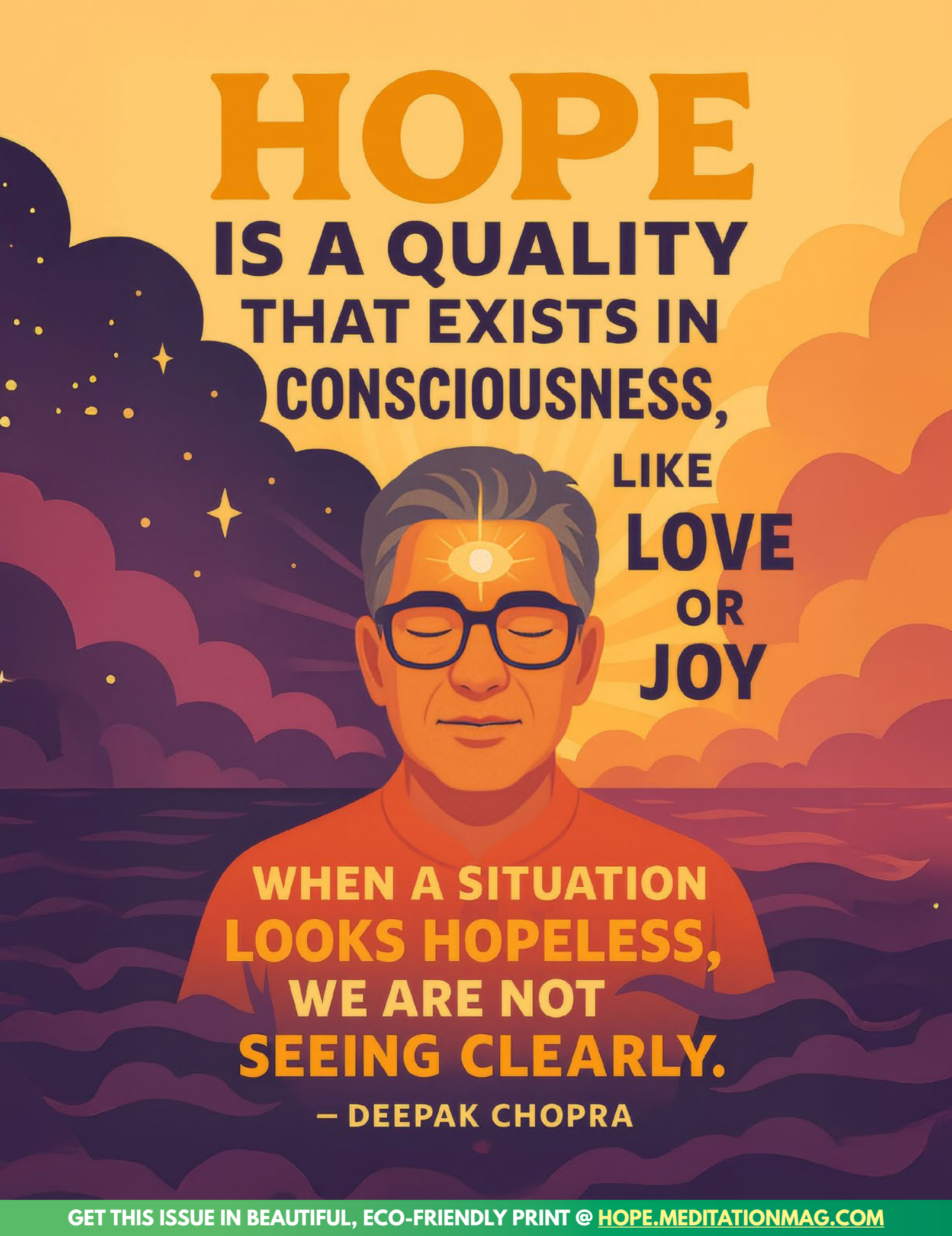
Sometimes, to discover *Hope*, we must give up *hope*.

When we cling to conditional hope for a specific outcome, we create clouds of thought related to its materialization. But when we give up *hope*, we allow the clouds of thought to pass, and create a clear, open space for Hope to shine.

Sometimes, when we let go of a future once-imagined, and open to This Moment, As It Is, we create the space for Hope to breathe.

For weeks, as I sat in silent meditation at Suan Mokkh monastery in Thailand, I clung to the hope that my thoughts would clear, that my anxieties would go away. This hope for a specific future — combined with the fact that it’s impossible to clear the mind through force of will — caused me to spiral into a pit of anxiety and despair.

But in the instant that I completely lost hope in this desired future, I was finally able to enter the present moment, →



HOPE
IS A QUALITY
THAT EXISTS IN
CONSCIOUSNESS,
LIKE
LOVE
OR
JOY

WHEN A SITUATION
LOOKS HOPELESS,
WE ARE NOT
SEEING CLEARLY.

— DEEPAK CHOPRA

In the darkness
of despair,
we can't see
the path forward...
but in the dawn
of hope
the whole world
is illuminated.

where the Glory of Reality was already shining in Awakened Equanimity.

When I clung to the hope that this issue of Meditation Magazine would be printed on time — while at the same time knowing deep down that this was impossible — it put me in a state of depression. It was only when I gave up on the hope of getting it done on time that I was able to see Reality clearly: if I wallow in despair, the magazine will never get done. But if I just keep moving forward, one day at a time, the magazine will get done... eventually.

Conditional hope is like a flashlight, anxiously pointed down the road ahead. We can only see the path that we are already on. When the path becomes difficult, we naturally begin to despair.

But when the batteries in our flashlight die, our eyes adapt to the night, and suddenly, a thousand other paths appear in the luminous glow of the moon.

HOPE IS NOT DENIAL; IT IS CLEAR- SEEING

Hope is not the delusional belief that the future will be a specific way. On the contrary, Hope often arises from letting go of that belief.

As human beings, our prefrontal cortex evolved to keep us safe by projecting past and present trends into the future. But those projections are not necessarily correct.

When we let go of the limiting belief that some aspect of our lives will keep moving along the current trajectory, we remember that everything is constantly changing. New things happen every day, and new potentialities are

rising in every moment. We remember that other futures are possible... that we, through our actions in this moment, have the power to choose a new path, to decide how the future will unfold.

Hope does not deny reality, nor pretend that things are better than they are; it illuminates the reality of The Present Moment, and in it, the seeds of all possible futures.

In the darkness of despair, we can't see the path forward... but in the dawn of Hope, the whole world is illuminated.

HOPE ARISES IN THE REALIZATION OF YIN AND YANG

Existence fluctuates in waves; light and dark define each other.

Without the darkness, there is no light.

There can be no sunrise without the night.

There can be no rainbow without the rain.

HOPE IS OUR NATURAL STATE

Amma says: "Love is our true essence."

The pure warm energy of Love gets buried beneath layers of anger and hatred... but is always there, beneath the surface.

Like Love, Hope is woven into our natural state of being.

The glowing light of Hope gets buried beneath thoughts of futility, obscured by feelings of hopelessness and despair.

So to practice, cultivate, and experience Hope, we don't need to force ourselves to feel hopeful (trying to force ourselves to feel a certain way can create problems like cognitive dissonance).

Instead, we can simply practice meditation.

Because in meditation, we allow all the thoughts and emotions – especially the uncomfortable ones – to flow freely through our consciousness.

We stop clinging to thoughts and feelings we like... we stop resisting the ones we don't like... we just let it all flow, unimpeded.

Once the thoughts and feelings of futility and hopelessness have come and gone, the warm glow of Hope is felt... not as some supernatural blinding light, but as the steady, natural, gentle illumination of an incontrovertible Reality: that our lives, and our Universe, are constantly changing.

In this direct observation of the Truth of Impermanence, we see that we are not helpless victims of a predetermined future; rather, we are co-creators who are actively shaping Reality as it evolves.

May these meditations allow the clouds to pass, so that you can once again feel the warmth of Pure Hope that is already shining in your heart.

THERE CAN BE
NO SUNRISE
WITHOUT THE NIGHT.

THERE CAN BE NO
RAINBOW
WITHOUT THE RAIN.

KEVIN ELLERTON



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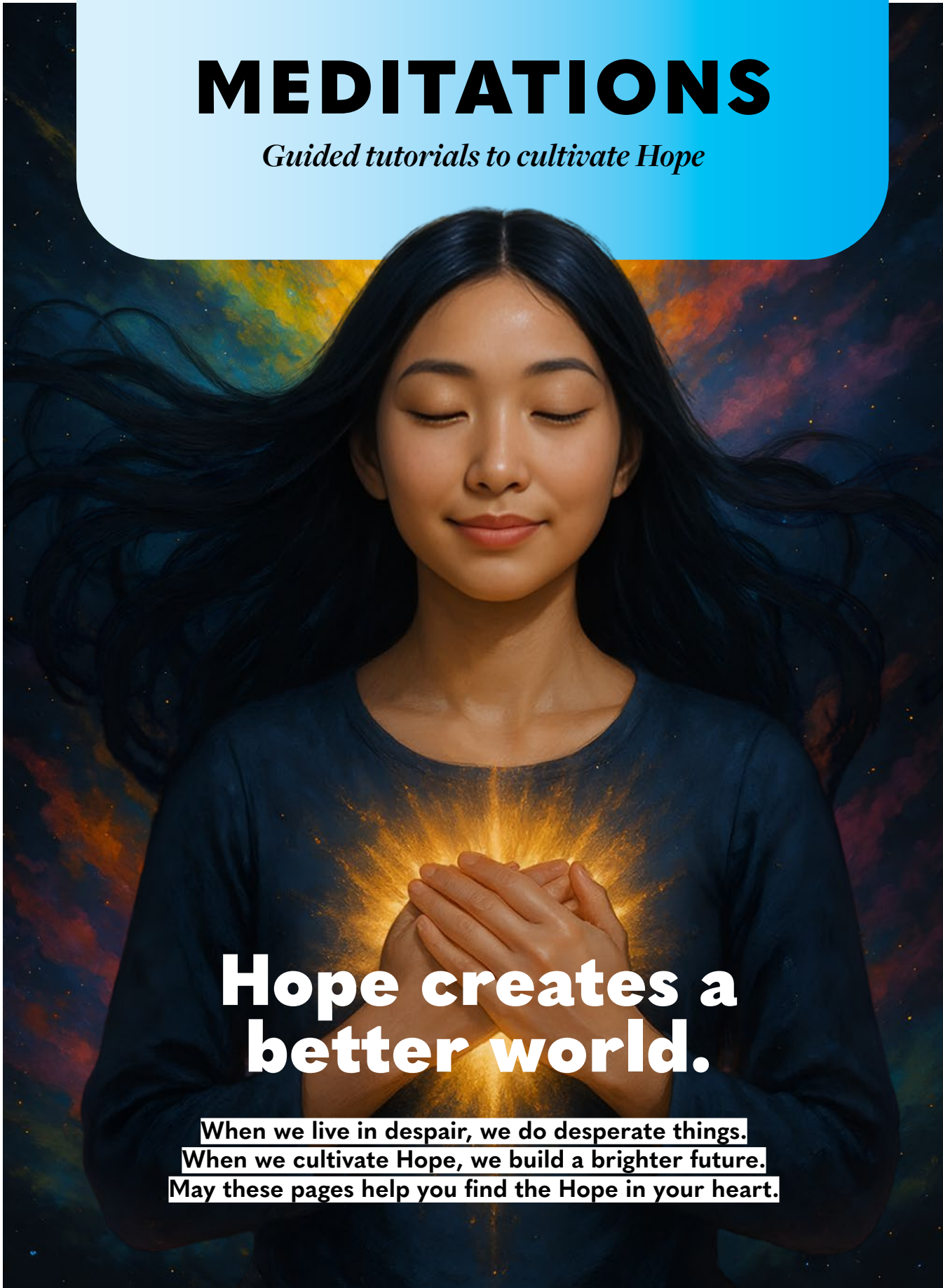
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a happier & more peaceful place,
email kevin@meditationmag.com!
We would love to talk with you.

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WHO GET THINGS DONE

MEDITATIONS

Guided tutorials to cultivate Hope



**Hope creates a
better world.**

**When we live in despair, we do desperate things.
When we cultivate Hope, we build a brighter future.
May these pages help you find the Hope in your heart.**

Hope Is Already Here

by Kevin Ellerton

Trying to force ourselves to feel hopeful simply does not work. It pushes our negative feelings down and keeps them stuck, deep in our unconscious minds.

“What we resist persists.” – Sigmund Freud

When we try to replace one feeling with another, we create cognitive dissonance in our minds and bodies. We are trying to hold two thoughts, two feelings, or two beliefs at the same time.

Consciously, we are trying to feel Hope... but unconsciously, thoughts & feelings of hopelessness & despair linger.

This cognitive dissonance can create feelings of discomfort and contraction in the mind and body.

HEARING OUT OUR THOUGHTS & EMOTIONS

Instead of trying to forcibly change our emotions, it is wiser to feel our feelings, fully... to listen to the messages that they are trying so desperately to deliver.

Once our emotions have been felt and heard, they can settle down and pass naturally. It is then that we uncover the Hope that is already – and has always been – glowing within our hearts.

Our difficult thoughts and feelings evolved for a reason; they’re here to tell us something. By giving them our attention, our unconditional listening and love, we allow them to slowly dissolve.

It’s like the child pulling at our sleeve while we’re trying to meditate. If we just listen for a moment and allow her to communicate her message, she is happy to go back to playing peacefully in her room.

In the same way, we may then find that, once these emotions have felt heard, they can depart in peace. And in the still, quiet space they leave behind, lies the glowing light of Hope that has always been there, quietly shining behind the clouds.

UNCOVERING THE HOPE BENEATH THE DESPAIR

Take some deep breaths in and out,

Noticing how it feels for the air to flow in and out of the body.

You can close your eyes if it feels comfortable, or leave them open, and just watch as the air flows in and out.

If the mind wanders away from the breath, smile and recenter, regaining awareness of the breath flowing in and out.

Notice if the mind wanders into thoughts of past or future, situations in your life or in the world that feel hopeless, that bring feelings of despair, depression, stress, or anxiety.

Allow these thoughts to come and go as they will, as you remain centered in the breath, watching the breath flowing in and out.

—
As thoughts and emotions come and go, notice how you feel in your body: perhaps tightness in the chest or shoulders, an uneasy feeling in the stomach... notice these feelings as they arise and pass away, without trying to resist them, without trying to get rid of them.

Allow yourself to feel them.

They’re here for a reason.

As you remain focused on the breath, listen to the feelings in your body, and the emotions that flow through.

Ask: “What message are you trying to communicate? What wisdom do you carry? I’m here for you with unconditional love.”

—
Stay centered in the breathing, allowing emotions and sensations to come and go.

Simply observe the flow of Reality, the ever-changing nature of thoughts, feelings, sensations, experiences.

Rest in this flow of impermanence,

welcoming every feeling and thought that arises, with unconditional love.

You may notice as you watch the thoughts and emotions flow through, that they are constantly changing.

Feelings of upset and despair in one moment can evolve into feelings of love and hope in the next.

This doesn’t mean we’ll always be experiencing Love and Light.

But it does mean that in moments of darkness, Love, Light, and Hope are only a moment away.

Even if that moment is a month or a year, life continues to flow. The Universe continues to evolve and unfold.

In this ever-changing impermanence, we find the seeds of Pure Hope: the luminous glow in the heart, in the body; the knowledge that this too shall pass; the knowledge that Happiness and Beauty will continue to arise, over and over, in between the moments of darkness.

For every night there is a morning.
For every dusk there is a dawn.

The fear and hopelessness in the dark of the night only add to the joy and celebration of the dawn.

—
Let’s conclude this meditation with a hope and aspiration often expressed in the Buddhist tradition:

MAY ALL BEINGS BE HAPPY AND FREE.

Please feel free to share your experience in the comments of the video of this meditation (linked via QR code below). It helps us feel together here — even if far apart. May you be well. May we all be well.



WATCH THE VIDEO BY SCANNING THIS QR CODE

THE MOMENT YOU
accept
WHAT TROUBLES
YOU'VE BEEN GIVEN,
THE DOOR
WILL OPEN



— RUMI

Gratitude & Hope

CULTIVATING GRATITUDE by Kevin Ellerton

If Hope is the energy of Love directed toward the future, gratitude is Love directed toward the present and the past. Practicing gratitude for what we have in our lives now, or have had in the past, can help us connect with that energy of Love for the flow of life.

In moments of despair, remembering the good things in your life and your world can help you realize that not all is lost, and that more good things will arise as we move into the future as well.

Take a few deep breaths, and bring to mind three things that you are grateful for. Let each one rest in your awareness for a few moments.

Notice how the sensations of gratitude feel in your body. Breathe, smile, and allow the gratitude to warm your heart.

MORNING MEDITATION by Pura Rasa

Gently close your beautiful eyes and let’s begin by taking one deep, nourishing breath together, inhaling positivity, exhaling to feel the newness of this fresh and beautiful day, inspiring you to appreciate the precious gift of life.

Let each new breath and each new moment bring you a wave of invigorating morning energy.

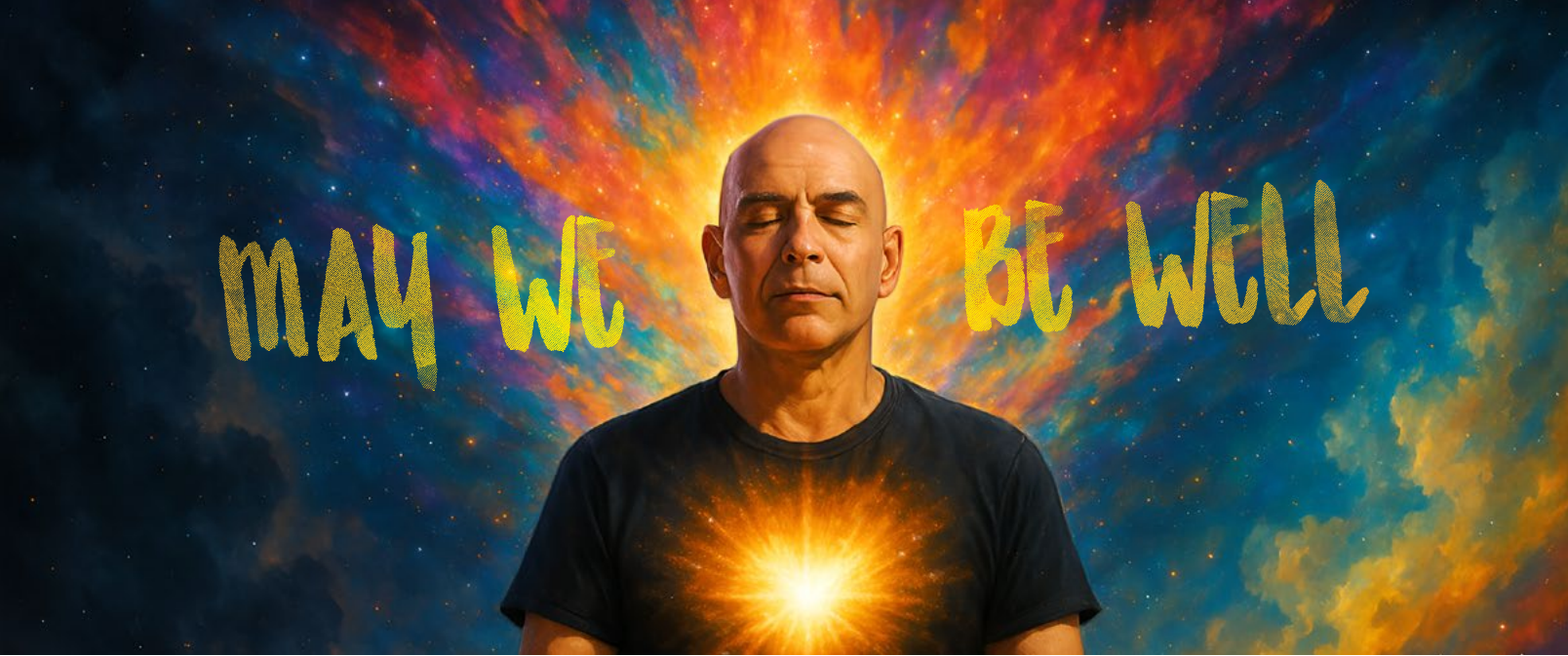
Feel the vitality of that new energy settle throughout your entire being, spreading outwards from within. And with gratitude, appreciate how that energy moves through you, positively energizing you for the day ahead.

Start to visualize the morning sun casting its golden glow on you. Feel or imagine its radiant beams, symbolizing the light that brightens your life, and let it help you embrace the beauty of this new day, a blank page, your life’s story that is unfolding gently and lovingly.

Imagine the countless moments of beauty and joy that might fill your day, miracles and synchronicities that could delight you, like the sun rising and shining

its light and warmth on all it touches, bringing life. This day, just like any other, holds a myriad of moments of potential. Feel into the preciousness of that potential now. Feel your heart bloom into gratitude. Repeating silently in your mind: “I am thankful for the gift of this day,” “I embrace every opportunity it brings,” “I love each moment and create possibilities of happiness”

Affirmations rooted in gratitude can be powerful mantras, let them become seeds planted in the garden of your mind, blossoming into a day filled with positivity and joy. When you feel ready, gently open your eyes, maybe stretch, maybe smile more, and choose to carry the glow of gratitude with you. May your day be blessed with moments of joy and may you feel present to appreciate each one.



Loving Kindness & Hope with Avinash Tâm

The last bout of clinical depression nearly broke me. For three and a half years, everything felt impossibly heavy... like I was drowning in a vast sea of darkness and couldn’t seem to find my way to the surface. But I held on to a sense of hope, like a distant ember, that eventually allowed me to reach a point of general stasis.

Having had an active zen-based meditation practice prior to the depression, I now found that I could not bring myself to partake in any form of spiritual practice. However, when the ember of hope nudged closer to my heart, I was somehow led to an aspect of ‘the practice’ that I had previously not seriously considered - the Tibetan Buddhist-based loving-kindness meditation.

The traditional practice was helpful... but when, in addition, I started visualizing a loving light emanating from within, something shifted. I’d just sit and, despite the darkness, visualize a warm, golden light radiating from my heart center. Not forcing it, just... letting it be there. Then I’d gently expand its healing presence throughout my body, and then further outward; first to my immediate surroundings, then to embrace

my loved ones, then out to all beings everywhere, within the whole cosmos. Through this process, I discovered that there’s something profoundly healing about recognizing your pain as part of this vast tapestry of human experience. Not in a ‘misery loves company’ way, but more like... we’re all in this together, fumbling toward the light. That experience led me to expand upon the traditional loving-kindness meditation. I started adding elements that addressed what I’d needed most during my darkest times. Here is my adapted version.

*May I be well... May I be happy
May I be protected in body, mind & spirit
May I be free from fear and suffering
May I be filled with loving-kindness
May I be filled with joy
May I be at peace and at ease*

*May my loved ones and friends be well
May they be happy
May they be protected in body, mind & spirit
May they be free from fear and suffering
May they be filled with loving-kindness
May they be filled with joy
May they be at peace and at ease*

*May ALL beings -- those close at hand and out to the furthest reaches of the Universe:
May we be well... May we be happy
May we be protected in body, mind & spirit
May we be free from fear and suffering
May we be filled with loving-kindness
May we be filled with joy
May we be at peace and at ease*

This practice continues to teach me that happiness, love, and hope aren’t things that you can achieve through force of will. It’s more like... you uncover them. They are always there, buried under layers of pain and protection. I have come to believe that hope is an active force that has the innate capacity to propel us forward even when we are flailing in the darkness, unable to clearly see the path. It is more than simply wishing for something to happen. Rather, it’s the silent voice that prompts us to “keep going,” even when everything seems lost. In my experience, combining this hope with the practice of loving-kindness — which shines light on both what is and what can be — will precipitate the opening of our hearts so that we are able to truly heal ourselves, and, through our innate connection, all beings in the cosmos.



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 gray and bleak. 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 hope... 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 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 ups and downs, 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 forms it manifests. Knowing that whatever comes... cloud or sun... you will be here to witness it, with a peaceful smile, with deep, slow 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 ebbs 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 suffuses even the heaviest clouds with a warm and gentle glow.

Breathe deeply, breathe slowly, and feel what it feels like to embody 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 intensify, glowing, washing out 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. Rest 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 as noticeable on a clear day, it becomes most 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
CLOUDS, BUT WE
CAN CHOOSE HOW
WE EXPERIENCE
THEM.

Breathing Hope Into The Present

with Abhi Duggal

Hope is often imagined as something far away — a distant light at the end of a tunnel. But true Hope begins within, here and now, in the way we breathe and the way we meet this moment.

Hope is more than a wish for tomorrow. It is a perspective we bring to the present. When we fill this moment with Hope — through the way we breathe, the way we speak, the way we meet others — we are already shaping a brighter future. By making this moment the best it can be, we plant seeds that will naturally grow into a future full of possibility.

This guided breathwork meditation will help you anchor in the present and experience Hope directly.

Sit comfortably, with your spine relaxed and upright. Place one hand on your heart and the other on your belly. Close your eyes, or soften your gaze.

Take a slow inhale through your nose for a count of four... then exhale gently through your nose for a count of six. Continue this rhythm, allowing each exhale to feel like a soft release.

As you breathe, notice how your belly rises with each inhale and falls with each exhale. Feel the warmth of your hand on your chest. Imagine each inhale filling your heart with a gentle light — a light of possibility. With every exhale, feel your body soften as doubt, fear, and worry melt away.

Now picture a small seed of Hope in your heart. As you breathe in, feel this seed glow brighter. Notice the warmth spreading through your chest. With each exhale, sense this warmth traveling through your arms, down into your belly, into your legs — reaching all the way to your fingertips and toes.

Allow Hope to become the lens through which you see everything.

Take three more conscious breaths in this way: inhaling Hope, exhaling release.

When you are ready, let your breath return to its natural rhythm. Notice how your body feels now — steadier, lighter, more open. Carry this feeling of Hope with you through your day. Let it guide how you move, speak, and connect with others.

Abhi Duggal is the founder of Meditate with Abhi & The School of Breath. meditatewithabhi.com



SCAN TO LISTEN TO ABHI'S GUIDED AUDIO VERSION OF THIS HOPE MEDITATION OR VISITING [MEDITATEWITHABHI.COM/HOPE-MEDITATION](https://meditatewithabhi.com/hope-meditation)



Hope In Every Breath

with Touek

In this meditation we will use a simple breathing pattern:
6 seconds - gentle nasal inhale
6 seconds - soft nasal exhale
This rhythm helps you embrace hope as an active alignment with possibility... a conscious opening of the mind, heart, and soul to the unseen stream of blessing and transformation that is always present.

Scan the QR code on this page to listen to a sound journey to support your practice. The tempo and animation will help you stay in rhythm, so you can focus fully on intention and affirmation.

Sit or lie down in a comfortable position. Take a moment to set an intention for this practice.
Slowly begin aligning your breath with the music.
With every inhale, imagine breathing in white, bright light - full of infinite potential and hope for the future.
With every exhale, imagine releasing limitations, fears, and doubts.
Let the music and your imagination guide you.

Touek is a music producer and Holistic Health Coach. He is passionate about creating soundscapes for transformational breathwork and meditation. For the last 5 years, he has collaborated with many breathwork and mindfulness practitioners, helping them create unique soundtracks for their practices.



LISTEN TO THE MUSIC BY SCANNING THIS QR CODE

Meet Your Radiant Self

A Guided Visualization by SHIVARASA

Science shows that imagining your future self is the most robust way to boost hope. When you vividly picture who you could become, and believe in your ability to move toward that vision, you activate the very systems in your brain that create resilience, motivation, and possibility.

That's the heart of my guided visualization, Meet Your Radiant Self. Inspired by Martin Seligman's Flourish, Charles Snyder's Hope Theory, and the teachings of Brian Johnson's Heroic program, it's a simple but profound practice to connect with the most radiant version of you that already exists.

Begin by finding a quiet place to relax. Close your eyes. Let your body soften. Expand your energy, and prepare to expand your mind.

Now, fast forward into the future. Move forward 2, 5, 10, even 25 years ahead. You get to choose.

Think of an upcoming milestone, a point in the future that feels significant. Perhaps it's a milestone birthday, or a time in your life when you've accomplished a certain goal. What is it for you? Pick a moment in the future that means something. That's where we're going.

Now visualize yourself from above. Floating gently upward. You rise out of your body... through the roof... above your city... into the sky. You watch the earth spinning below you, faster and faster, until it begins to slow. Time shifts. You descend again.

Your feet touch down. You find yourself standing in the presence of the most energized, radiant version of yourself.

The version of you who has practiced your values over and over again. They've been waiting to meet you. Their eyes hold galaxies of wisdom. Their posture exudes grace. Feel their calm confidence, and the joy they exude. Take a moment to say: "Thank you for the work that you have done to get us to this point."

Look at them. Feel their strength and sovereignty. Now ask:

"What do I need to know to go on this journey towards you?"

"What do I need to say no to?"

"What do I need to say yes to?"

"What one thing would you whisper into my ear?"

Listen. Let their truth echo in your heart. Breathe. Let it land.

Now write. Let your radiant self speak through your pen.

Ask: What one action can I take today to honor what I received?

You don't need to become anyone else.

You only need to remember who you are.

This is more than a visualization. It's returning to your home frequency. One you can return to anytime, with breath and sound as your bridge.

Trust yourself. You have all the answers you need within.

You are the one you've been waiting for.



SCAN TO LISTEN TO THIS BEAUTIFUL GUIDED MEDITATION ON YOUTUBE OR ON RETURNTO SOUND.COM



A Mantra For Hope

with Meditation University Grad Manjula Khanna

Let’s strengthen our hope and vision for a brighter world by connecting the chakras to the energy of hope.

We will chant a mantra to awaken **Āśā** in your being. Inhale deeply... and softly chant:

“**Āśāṁ me astu**” or “May I be blessed with hope”...

Visualize a glowing light at the base of your spine, root chakra... the stability that makes hope possible.

Inhale into the root chakra, at the base of the spine... see it glowing deep red... say silently:

“I am grounded with my hope”...

Move the light of hope upward, through your sacral chakra and solar plexus, to your heart chakra... center of compassion.

See it glowing green.

Inhale hope, exhale love.

Repeat silently: “Hope flows from my heart”.

Now bring the light of hope to your third eye chakra (in-between your eyebrows)... center of vision and wisdom.

See it glowing indigo.

Repeat silently: “I see the path ahead”.

Picture your earlier ‘future vision’... now, see it wrapped in the golden light of **Āśā** (Asha).

This is not just a mental plan, it is a

soul-guided intention.

Inhale: “I breathe in golden hope”.

Exhale: “I act with intention”.

Feel your mind and body align. The brain’s pathways for action, and the soul’s pathways for trust, now merge into one.

Place your palms in prayer pose at your heart and whisper softly:

“**Āśāṁ me astu**. May hope live in me”.

Take slow breaths, gently bringing your awareness back into your body and the space around you.

Allow yourself to move with curiosity... stretch, wiggle, or shift as it feels supportive.

When you’re ready, gently open your eyes, noticing any new sensations as you reawaken. Carry with you this gentle warmth of hope, knowing that each breath and each moment offers the possibility for renewal and new beginnings.

Hope is not a distant dream or something far away; it is here with you now, welcoming you, and walking beside you as you step into all that awaits...

Optional chanting

Lokah Samastah Sukhino Bhavantu.

“May all beings everywhere be happy and free.”

Namaste.



A Visualization for a Better World

with MedU Grad Trish McCormick

This meditation is an invitation to envision a brighter world through the lens of hope. Before we begin, know this is a gentle, loving invitation to slow down and connect with yourself. You are the expert of your own experience; there is no right or wrong, only what feels supportive and authentic for you in this moment.

Allow your body to rest as it is.

Whether sitting or lying down, feel the steady, comforting support beneath you, holding you with ease like a warm embrace from the earth or your chair.

Let your eyes softly close. You might give a gentle wiggle to your fingers and toes, releasing any tension, and settle into this moment with kindness.

Bring your attention to your breath. With each inhale, draw in a soft, warm light of hope.

As you exhale, let your body release any heaviness.

This light and energy of hope do not push away challenges; they hold them and give space for healing and growth. With each breath, feel the light spreading through you, reminding you that new beginnings are always possible.

Imagine this light of hope melting slowly over the crown of your head, your face, across your shoulders, and resting over your chest, settling deeply within you. Let this light nourish every part of your being...

Envision yourself surrounded by this

light and the possibility it brings. Feel the energy of hope and let it spread from within you, outward, slowly moving to encompass your home, your city, your state and country, and then eventually, the entire world.

Silently repeat this affirmation a few times:

“May all beings be happy, safe, and free from suffering. May all beings be healthy and whole. May all beings be peaceful and at ease.”

Deepen this vision with your senses, feeling the warmth in your heart and the lightness in your mind. The more vivid the visualization, the more it embeds in your subconscious and becomes reality.

Each inhale is a breath of possibility...

Each exhale a release of despair.

I invite you to place one palm lightly over your heart and the other on your belly, feeling the steady warmth of hope glowing there...

Inhale... affirming silently, “I breathe in possibility”...

Exhale... “I release despair”...

As you breathe, see the world you are helping to create through your breath and expansion of hope energy. What does it look like? What does it feel like? How does it smell?

Stay in these sensations for as long as you like and feel the peace, love, and light you are creating by envisioning through the lens of hope.

A Meditation to Manifest

From Nhi Nhi Le's 2025 interview with Meditation Magazine

Close your eyes. Place your hands, one stacked on top of the other, on your heart, and just feel the connection to your heart. Feeling the rhythm, the pulse of your sacred heartbeat.

Now imagine a spiraling cord of white light moving from your heart down your spine to your root chakra, and extending from your root chakra... like roots of a tree moving down through all of the layers of Mother Earth... moving all the way down, reaching the center core of her heartbeat.

Visualize your spiraling cord of light anchoring around Mother Earth's heart once and twice. Take a deep breath in here, breathing in love. Exhale, grounding into love.

Now imagine at the top of your head, at your crown chakra, is an upside-down pyramid. Opening up your crown, your current self to your divine self, to the celestial sky, celestial heavens.

As you are grounded in love here, I invite you to connect to an intention or a sacred desire... what you're wishing to bring forth into your life right here, right now.

Do your best to visualize your sacred desire with as much detail as possible. And then gently bring your hands, your arms out wide like wings.

Take a big breath in here and relax. Soften your arms, your body, knowing that it is safe to receive. Safe to receive. Safe to receive.

That you are worthy of your manifestation.

Remembering that this manifestation is a bonus in your life. You do not become attached to it, but you trust and know that it is on its way to you through divine orchestration, through divine timing, through flow, through effortlessness... floating towards you and your nervous system, your body, your auric field.

The space that you occupy has the capacity and spaciousness to receive your manifestation.

Notice how it feels in your body to manifest from a place of ease, of softness, of trust, and of joy. I invite you to bring a smile to your face. Take a big breath in and then just wrap your arms around your chest.

Giving yourself a nice big hug. Giving your manifestation a nice big warm hug. Knowing that if you can feel it, if you can see it, if you believe in it, if you trust in it, if you trust in yourself... then it is already yours.

You can gently bring your hands into prayer, rubbing your palms together and just bringing your hands to your heart. Feeling the chi, the life force in between your palms. Taking a moment of gratitude and of prayer:

Thank you to this present moment.

Thank you to Pachamama, to Mother Earth.

Thank you to all of the support and love in the seen and in the unseen.

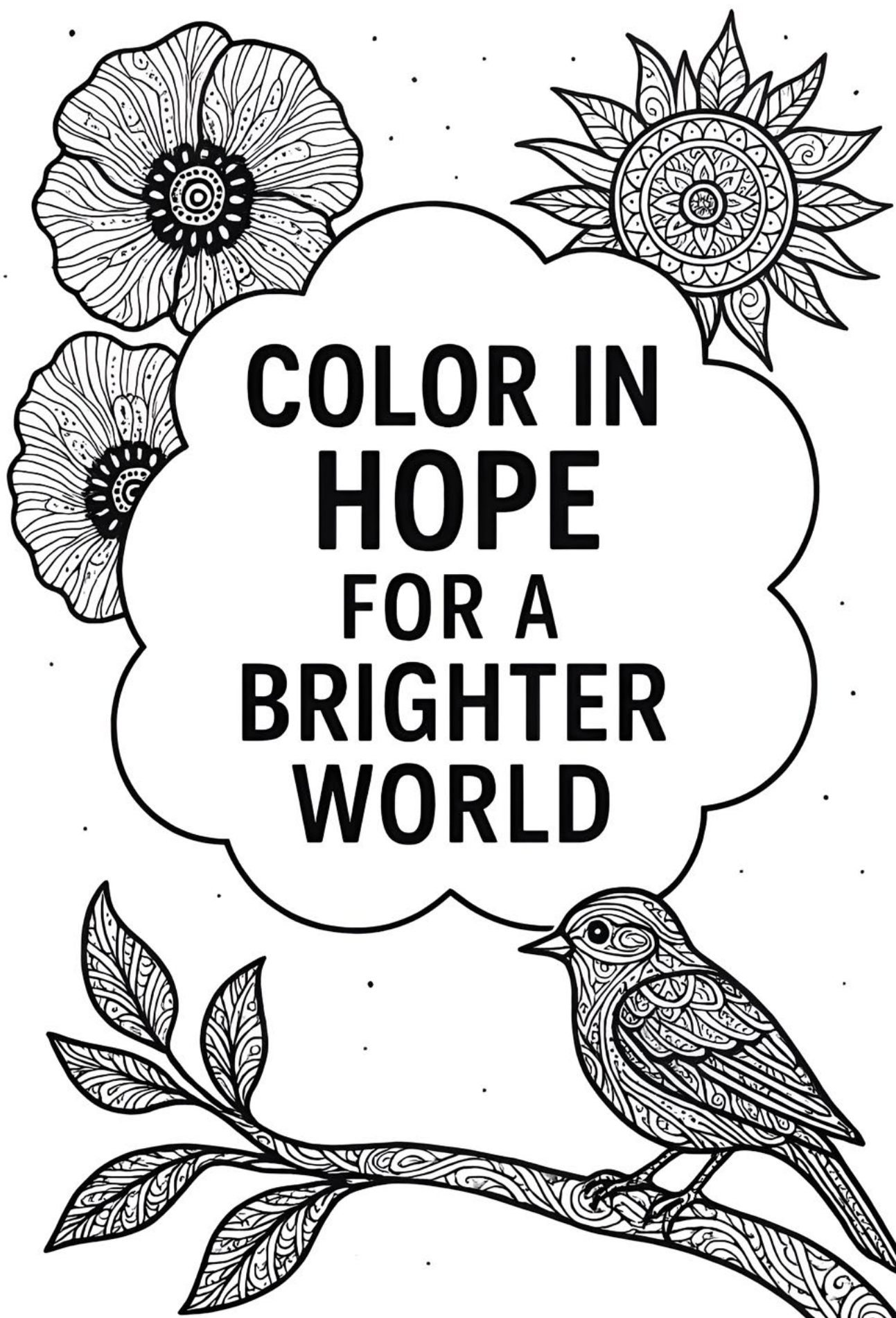
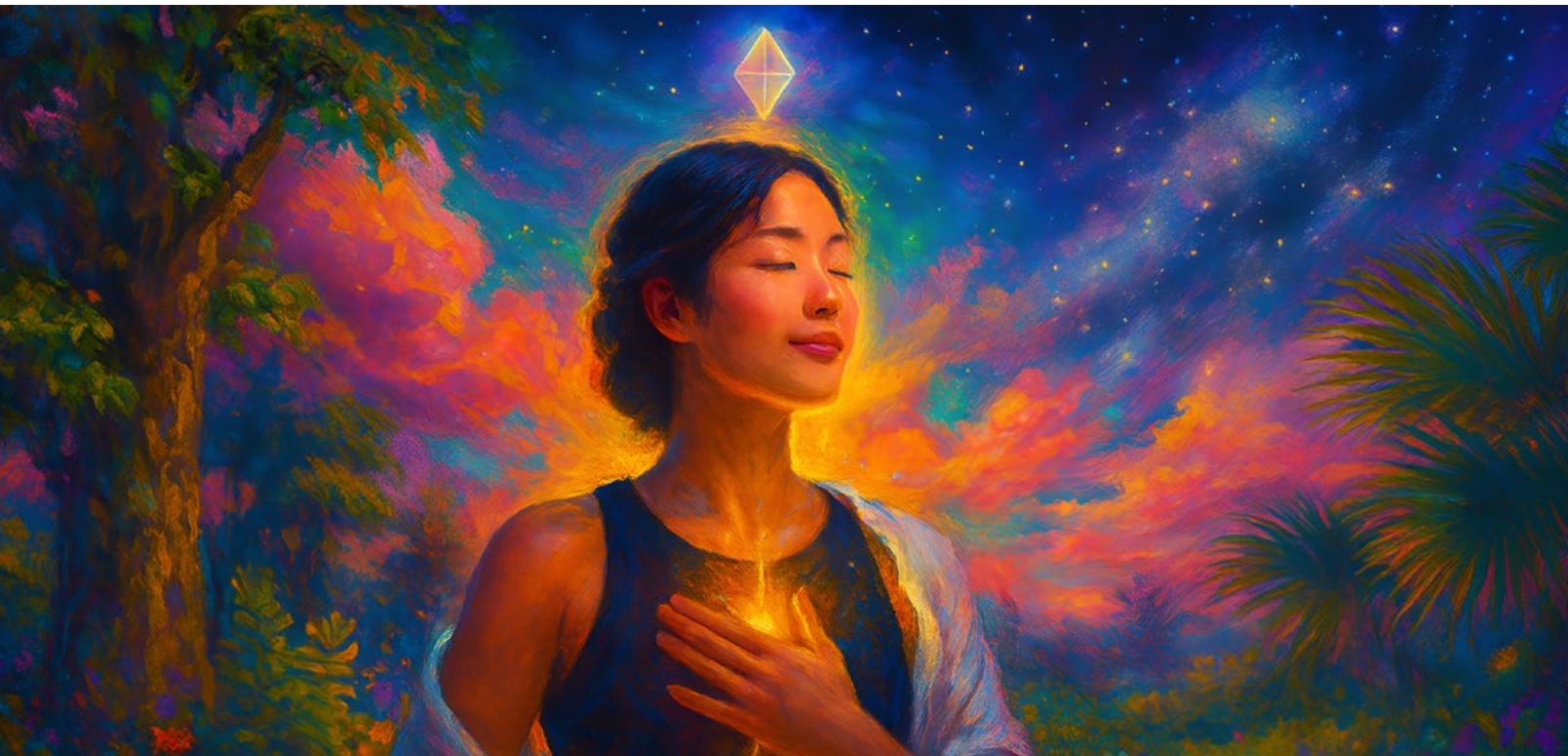
Thank you for this blessed life.

Thank you to Meditation Magazine, Meditation University. Thank you to all the souls who are going to be receiving this recording and the words through the magazine.

Namaste. From heart to heart, from light to light.



NHI NHI LE IS A TEACHER AT MEDITATION UNIVERSITY'S MTT-200 PROGRAM. SCAN THIS QR CODE TO WATCH HER INTERVIEW ON HOPE & MANIFESTATION



Color Me Hopeful

Grab some colorful pens or markers and enjoy this coloring-book meditation!



Mindful art — enjoying the process, rather than worrying about the results — is a meditation that can cultivate Hope in your heart.

We hope you enjoy these coloring book pages. They are part of the “meditations” section of this book, so please use the activity of coloring as a meditation.

If you have kids, consider coloring these pages together, as a mindful bonding activity. And if you post photos on social, tag us @meditationmag so we can share on our page!

FASHION & SIMPLICITY

Call for research participants

A study is being conducted at Texas State University to explore how spirituality—through practices like meditation or mindfulness—helps people feel better about their appearance and make more mindful clothing choices.

If your spirituality has motivated you to simplify your life and wardrobe, we'd love to hear your story!

- 1 Share your personal story**
- 2 Zoom interview or essay submission**
- 3 Choose a gift from a selection of books and mindful art kits**
(shipped to U.S. addresses only)

Scan QR code or visit this link to learn more: <https://tinyurl.com/37fvxcka>.
Learn more the researcher, Dr. Cosette Joyner Martinez, Ph.D., at themindfuldresser.com.



TEXAS
STATE

This project was reviewed and given “exempt” status by the Texas State University Institutional Review Board on July 10, 2024 [project #9648]. Data will be collected during 2025-2026.

OBSERVATIONS

Scientific studies on Hope and mental health

Finding Hope and Awe in the Futures We Can Imagine

Exploring the connection between hope and awe, and how they affect our mental health

Words by Graham Lau, PhD
(Senior Research Investigator,
Blue Marble Space Institute
of Science, and Meditation
University Graduate)

Hope is a guiding light that expands our capabilities for wonder and awe. It allows us to envision futures of collective action for a greater good; futures where we have acted to reduce suffering, improve life for everything and everyone on Earth, and perhaps even experience a new awakening of the human spirit and the next evolution of our biosphere. But in a world that sometimes feels uncertain and even hopeless, discovering that hope for the future can take some work.

When the COVID pandemic first drove the large-scale shutdowns that had many of us feeling isolated and stuck at home, I found myself like many others digging into dystopian storytelling, watching post-apocalyptic movies and reading books about life “after the fall.” It’s easy, in times of isolation and uncertainty, to lean into a sense of despair... to feel a helplessness of what might lie ahead.

But post-apocalyptic tales are often about more than a collapse of civilization – these stories also explore hope and tales of finding our humanity. Stories that rely on the human imagination to present us with hope that we can still pull through and endure. This imagination is a key driver of human civilization and we have an innate ability to envision futures that have not yet come to be.

The sculptor sees the statue before the chisel strikes the stone; the farmer imagines the harvest before planting seeds; a parent envisions the possible futures for their children; we create worlds in our minds that we may or may not one day experience. Our imaginings impact our outlook on where our futures lie. As Douglas Hofstadter once wrote, “A live mind can see a window onto a world of possibilities.” And when the world feels unsteady, hope throws open the windows and lets the light in.

Right now, though, the possibilities many of us see through the windows we’re looking through appear uncertain, fearful, even bleak. And no wonder. Our global and national politics are polarizing and divisive. Threats of nationalism and authoritarianism continue. Millions of people endure warfare, famine, and lack of access to basic resources and safe environments. Misinformation and disinformation run rampant while education and civility seem hampered.

Studies show that excessive use of social media compounds the problem, fueling personal comparisons, sleep disruption, and emotional exhaustion (3, 4, 5). And a recent study suggests that our connection to nature has been dwindling, showing a roughly 60% decrease in the use of words related to nature in books since the year 1800 (2).

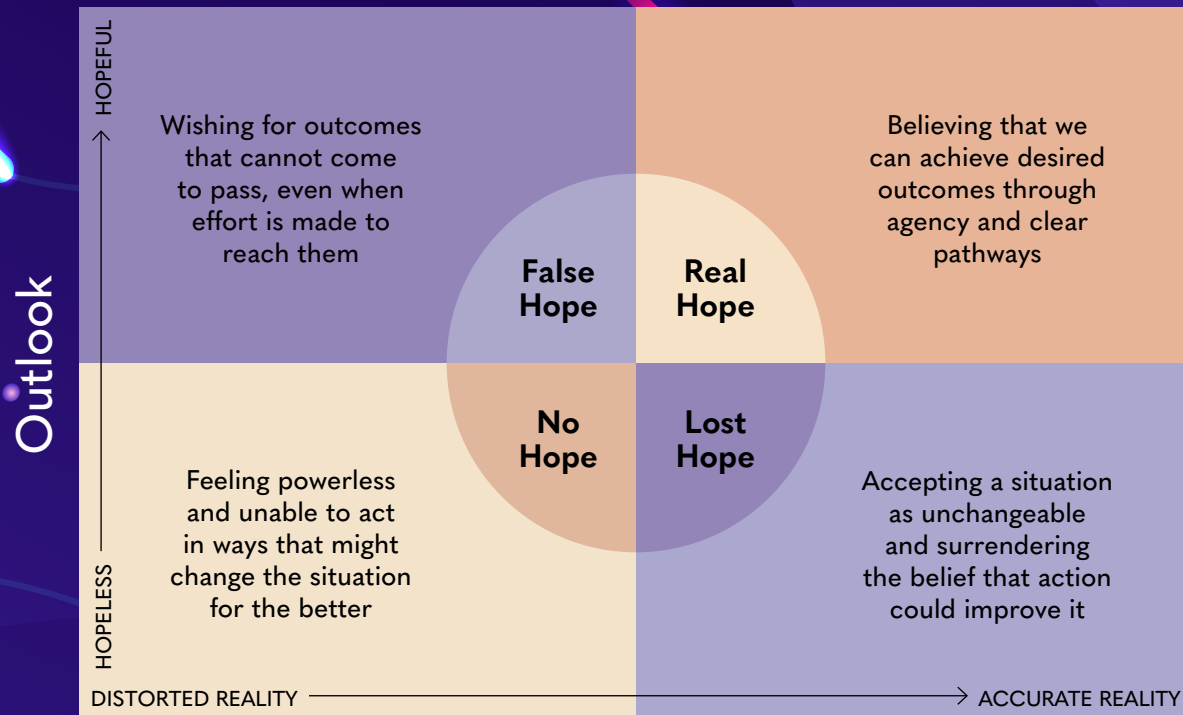
With so much going on, our imaginations remain an essential tool for cultivating either hope or fear. One of the most influential researchers on hope, C.R. Snyder, noted in his 1994 book “The Psychology of Hope” that highly hopeful people tend to imagine more achievable goals, generate more strategies, and sustain greater willpower in pursuit of them. Snyder’s theory of hope explicitly links hope with imagination through the cognitive components of pathways and agency. In his framework, imagination is a vital tool used to create the mental pathways needed to achieve goals.

The concept of finding hope through the pathway of imagination aligns beautifully with the practice of meditation. Meditation teaches us to pause, to notice, and to imagine multiple routes forward. It strengthens intention-setting and bolsters the kind of mindful persistence that hope requires. Tying our practice with other behaviors like goal-setting exercises, future thinking, and building support systems through our communities and self-care practices can support our cultivation of hope.

During periods of rapid change and uncertainty, though, hope can falter. We’re living through times characterized by relentless technological shifts and political turbulence. So much seems to be changing in the realm of modern technological developments that many of us can barely keep up; that’s part of why some researchers, myself included, have recently requested pauses on advanced research in realms like AI (3) and certain biotech developments (4). Research has shown that such uncertainty itself can drive stress responses (5).

Hopelessness itself can lead us into a vicious cycle of negative thoughts and behaviors. The Hopelessness Theory of Depression (1) suggests that it’s not just life’s ups and downs that shape our mental health, but the way we explain our challenges to ourselves.

How outlook and reality shape mental frameworks. Image inspired by work from Leland R. Beaumont of emotionalcompetency.com (7).



Outlook

Grasp of Reality

People who consistently interpret setbacks as permanent, unchangeable, and rooted in personal flaws are more vulnerable to depression, especially when these patterns become ingrained over time.

Given these unfortunate impacts of hopelessness, hope itself then becomes paramount for our individual and societal health.

Hope is not just an ambition or a wish for something better. It can be a way to open our thinking to more possibilities, to be more receptive to experiences of wonder and awe, and to envision ourselves and our communities flourishing together.

C.R. Snyder also articulated this in the work he began on Hope Theory (6). Snyder and subsequent researchers describe hope as a cognitive motivation system for attaining outcomes or goals that are desirable as opposed to other possible negative outcomes.

The pursuit of these outcomes stems from two key types of thinking: agency-based thinking (exploring the capabilities that we have to initiate and sustain

action toward our goals) and pathways thinking (the sense that we can find routes, even multiple routes, to get there). Having hope, in this sense, then comes from knowing that we can get started, there is a way to get there, and that we can keep going by envisioning new paths if something should come up that hinders our original direction.

When paired with our understanding and view of reality, a hopeful outlook shapes whether our hope is sustaining or fragile. Fragile hope, like the hope of winning the lottery or gaining a comic book-style superpower, is not rooted in realistic outcomes and fits in the category of false hope.

Striving to recover from an injury, mending a relationship, developing a consistent meditation practice, or building a financial plan for the future are all real, sustaining hopes, in contrast. These visions require effort and can be achieved with ambition and a vision for how to get there. Hope, when sustaining, can be viewed as a cognitive and motivational force that helps us plan, persist, and recover in the face of obstacles. →

A growing body of research supports the transformative power of hope. For instance, a 2023 meta-analysis of 40 previous research papers found that both agency and pathways thinking significantly reduce symptoms of anxiety and depression (8). Agency-based thinking showed particularly strong associations, supporting

previous suggestions that people who have hope may be able to imagine attaining positive goals even when they can't quite see the pathway to get there or they feel they don't have the resources within their means to head down the paths that would otherwise be available.

Many studies also highlight hope's role in recovery. A 2020 study of veterans and active duty military found higher levels of hope inversely related to depression and PTSD (9). In children, school-based programs that cultivate hope have been shown to improve wellbeing, emotional control, and resilience (10). And a 2020 clinical study in Italy found that high levels of hope and resilience correlated with lower depression and suicide risk among patients in mental health hospital care (11).

Though these studies highlight specific instances for which hope can be seen as a powerful catalyst for positive change, thousands of studies have investigated the link between hope and resiliency, with dozens of meta-analyses and systematic reviews synthesizing the findings. Research consistently shows that hope is a potent trigger to enact change cross-culturally and promotes both resilience in despair as well as forward movement across diverse populations and circumstances, time and time again.

A key aspect in being hopeful comes from our sense of wonder and awe in our experience of living. Wonder comes from our curiosity in what we experience, like finding fascination in the workings of an everyday object or the ways that a hummingbird flits about. Awe, meanwhile, stems from the depth of our experience and how experience impacts us.

Hope and awe are deeply connected through their shared capacity to expand one's perspective beyond the immediate self. Awe shifts our focus outward making us feel part of something greater than ourselves, paving the way for hope, particularly in dark or difficult times. Research shows that awe not only lifts our mood but also promotes prosocial behavior.

The psychologist Dacher Keltner in his book "Awe: The New Science of Everyday Wonder and How It Can



A restored photo of the Earth from the vantage point of the Moon, captured by the crew of Apollo 12 on 19 November 1969.

Transform Your Life", defines awe as being in the presence of something vast and mysterious that transcends your current understanding of the world. Witnessing the birth of a child or the immensity of a forest, being swept up by the music of the symphony or while dancing with friends, or even those little transcendent moments in the simple stillness of

meditation. These experiences touch on something vast and mysterious within us.

Astronauts often describe a profound shift when seeing Earth from space: an experience of awe that author Frank White has entitled the Overview Effect. Suspended against the backdrop of an open and dark cosmos, Earth appears fragile, borderless, interconnected. Many return to Earth with a sense of commitment to protecting our shared home. The Apollo astronaut Edgar Mitchell may have summed it up best with his statement: "You develop an instant global consciousness, a people orientation, an intense dissatisfaction with the state of the world, and a compulsion to do something about it."

If hope for doing something better and discovering awe in orbit of the Earth can so radically reshape perspective, perhaps we too can practice glimpses of that vastness in our daily lives. I've written of what I call the Panzoic Effect: the realization that we are part of a deep evolutionary continuum of life and existence, stretching across billions of years and perhaps extending beyond Earth. Thinking about that allows for an experience of awe and wonder, while also giving many hope for what we might achieve in our future.

When reflecting on the grand arc of existence and our place in the cosmos while realizing that there may be many other worlds that have their own living beings with their own hopes and dreams, our hopes may feel a little less like isolated desires and more like contributions to the universe's unfolding story. We are part of something much larger than ourselves.

With hope, we can find the agency to act and the pathways to get there. With a little tinge of awe, and a sprinkle of imagination, we gain the perspective of why hope matters. In the face of everything that seems to be going wrong in the world right now, we can still find hope through wonder and awe in our experiences, while imagining beauty in what our futures may bring. With hope fueling our agency and awe expanding our perspectives, cultivating them together can light a path forward for all of us.

PHOTO: NASA/TOBY ORD; ILLUSTRATION: FREEPIK.COM



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WHERE MIND GOES, ENERGY FLOWS.

— DR JENELLE KIM



CONTEMPLATIONS

Deep articles that dive into Hope

Hope creates our world

Hope is important not because it makes us feel good, but because it gives us the power to change Reality, and to co-create our world.

PHOTO: SPACEX

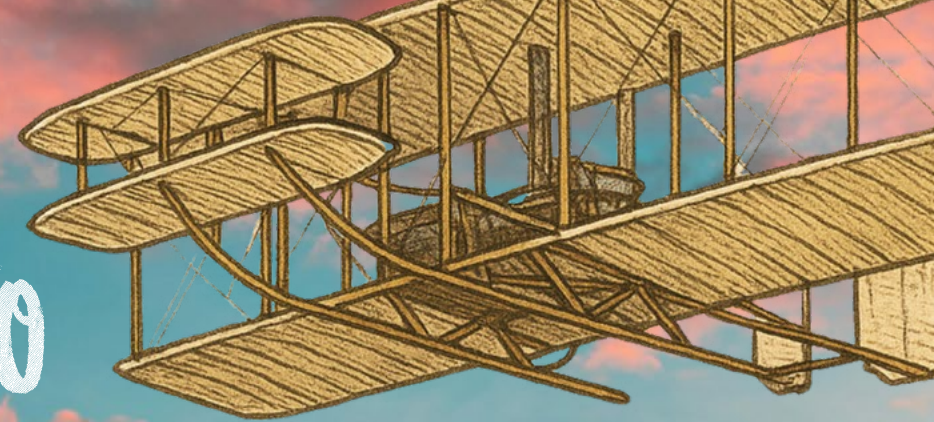


ALL OUR BUILDINGS

ARE BUILT WITH
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TODAY
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HOPE HAS TAKEN US TO THE MOON AND BEYOND

PHOTO: PIXABAY

Hope in Buddhism

In this section, we explore the complex relationship between hope and Buddhism. While some forms of hope (like clinging to desired outcomes) can interfere with meditation and happiness, wise hope is essential, for our selves and our world.



Hope & Resilience

Roshi Joan Halifax (pictured at left), renowned Zen master, author & activist, reflects on the difference between ordinary hope and wise hope.

Words by Roshi Joan Halifax
Photos by Noah Kodo Roen

WISE HOPE

I have long been troubled by the notion of hope. It just did not seem very Buddhist to hope. The Zen master Shunryu Suzuki Roshi once said that life is “like stepping onto a boat which is about to sail out to sea and sink.”

As Buddhists, we know that ordinary hope is based in desire, wanting an outcome that could well be different from what might actually happen. To make matters worse, not getting what we hoped for is often experienced as a misfortune. If we look deeply, we realize that anyone who is conventionally hopeful has an expectation that always hovers in the background, the shadow of fear that one’s wishes will not be fulfilled. Ordinary hope then is a form of suffering. This kind of hope is a nemesis and a partner with fear.

We might ask then: what more specifically is hope? Let’s begin by saying what hope is not: hope is not the belief that everything will turn out well. People die. Populations die out. Civilizations die. Planets die. Stars die. Recalling the words of Suzuki Roshi, the boat is going to sink! If we look, we see the evidence of suffering, of injustice, of futility, of desolation, of harm, of ending all around us, and even within us.

But we have to understand that hope is not a story based on optimism, that everything will be ok. Optimists imagine that everything will turn out positively. I consider this point of view dangerous; being an optimist means one doesn’t have to bother; one doesn’t have to act. Also, if things don’t turn out well, cynicism or futility often follow. Hope of course is also opposed to the narrative that everything is getting worse, the position that pessimists take. Pessimists take refuge in depressive apathy or apathy driven by cynicism. And, as we might expect, both optimists and pessimists are excused from engagement.

So, what is it to be hopeful and not optimistic? The American novelist Barbara Kingsolver explains it this way: “I have been thinking a lot lately about the difference between being optimistic and being hopeful. I would say that I’m a hopeful person,

→

although not necessarily optimistic. Here's how I would describe it. The pessimist would say, 'It's going to be a terrible winter; we're all going to die.' The optimist would say, 'Oh, it'll be all right; I don't think it'll be that bad.' The hopeful person would say, 'Maybe someone will still be alive in February, so I'm going to put some potatoes in the root cellar just in case.' ... Hope is... a mode of resistance... a gift I can try to cultivate."

If we look at hope through the lens of Buddhism, we discover that **wise hope is born of radical uncertainty**, rooted in the unknown and the unknowable. How could we ever know what is really going to happen?! Wise hope requires that we open ourselves to what we do not know, what we cannot know; that we open ourselves to being surprised, perpetually surprised. In fact, wise hope comes alive through the spaciousness of radical uncertainty, of surprise, and this is the space in which we can engage. This is what socially engaged Buddhist Joanna Macy calls "active hope," the engaged expression of wise hope.

It's when we discern courageously, and at the same time

realize we don't know what will happen that wise hope comes alive; in the midst of improbability and possibility is where the imperative to act rises up. **Wise hope is not seeing things unrealistically but rather seeing things as they are, including the truth of impermanence...** as well as the truth of suffering—both its existence and the possibility of its transformation, for better or for worse.

Through another Buddhist lens, we can see that hope reflects the understanding that what we do matters, even though how and when it may matter, who and what it may impact, are not things we can really know beforehand. As Rebecca Solnit points out, truly, we cannot know what will unfold from our actions now or in the future; yet we can trust that things will change; they always do. But our vows, our actions, how we live, what we care about, what we care for, and how we care really do matter all the same.

Yet often we become paralyzed by the belief that there is nothing to hope for—that our patient's cancer diagnosis is a one-way street with no exit, that our political situation is beyond

repair, that there is no way out of our climate crisis. We might feel that nothing makes sense anymore, or that we have no power and there's no reason to act.

I often say that there should be just two words over the door of our Zen temple in Santa Fe: **Show up!** One might ask why would I want these words over the door of our temple, when despair, defeatism, cynicism, skepticism, and the apathy of forgetting are fed by the corroding effect of conventional hopelessness.

Yes, suffering is present. We cannot deny it. There are 67.3 million refugees in the world today; only eleven countries are free from conflict; climate change is turning forests into deserts. Suicide rates for children are up. Violence toward women is increasing. Many feel no connection to religion or spirituality, and countless people are deeply alienated and take refuge in their digital devices. We also see that economic injustice is driving people into greater and greater poverty. Racism and sexism remain rampant. Globalization and neo-liberalism are putting the planet at great risk.

The peacemaker Daniel Berrigan once remarked "One cannot level one's moral lance at every evil in the universe. There are just too many of them. But you can do something; and the difference between doing something and doing nothing is everything." Berrigan understood that wise hope doesn't mean denying the realities that we are confronted with today. It means facing them, addressing them, and remembering what else is present, like the shifts in our values that recognize and move us to address suffering right now. Seven hundred years ago, in Japan, Zen Master Keizan wrote: "Do not find fault with the present." He invites us to see it, not flee it!

Returning to the difference between hope and optimism and why hope makes sense in our fraught world, the Czech statesman Václav Havel said, "Hope is definitely not the same thing as optimism. It is not the conviction that something will turn out well but the certainty that something makes sense, regardless of how it turns out." For many, it feels like an imperative to march for peace, to work for the ending of nuclear proliferation, to put pressure on the US government to re-sign the Paris Agreement on Climate Change. It makes sense to shelter the homeless, including those fleeing from war and climate devastation;

WISE HOPE

is not seeing things unrealistically but rather seeing things as they are, including the truth of Impermanence... as well as the truth of suffering— both its existence and the possibility of its transformation

—Roshi Joan Halifax

it makes sense to support compassion and care in medicine in spite of the increasing presence of technology that stands between patients and clinicians. It makes sense to educate girls and vote for women. It makes sense to sit with dying people, take care of our elders, feed the hungry, love and educate our children. In truth, we can't know how things will turn out, but we can trust that there will be movement, there will be change. And at the same time, something deep inside us affirms what is good and right to do. So we move forward in our day and sit at the bedside of the dying grandmother or teach that third grade class of kids from the poor neighborhood. We bear witness to the young woman who wants to take her life. We hold our CEO's and politicians accountable. We stand with the young climate activists who are making a powerful call for all of us taking responsibility for the catastrophe

of climate change. Barbara Kingsolver put potatoes in her root cellar, as we recall! It is exactly at this point of not knowing where our vows come alive... in the midst of seeming futility or meaninglessness.

The American Benedictine nun and social activist Sister Joan Chittiser writes: "Everywhere I looked, hope existed - but only as some kind of green shoot in the midst of struggle. It was a theological concept, not a spiritual practice. Hope, I began to realize, was not a state of life. It was a gift of life."

This gift of life that I have called "wise hope" is rooted in our vows and is what Zen Master Dogen means when he admonishes us to "give life to life," even if it's just one dying person at a time, one refugee at a time, one prisoner at a time, one life at a time, one ecosystem at a time.

As Buddhists, we share a common aspiration to awaken from our own confusion, from greed, and from anger in order to free others from suffering. For many of us, this aspiration is not a "small self" improvement program. **The Bodhisattva Vows at the heart of the Mahayana tradition are, if nothing else, a powerful expression of radical and wise hope and hope against all odds.** This kind of hope is free of desire, free from any attachment to outcome; it is a species of hope that is victorious over fear. What else could be the case as we chant: Creations are numberless, I vow to free them. Delusions are inexhaustible, I vow to transform them. Reality is boundless, I vow to perceive it. The awakened way is unsurpassable, I vow to embody it. ●



How Do Buddhists Relate To Hope?

Deep quotes from renowned Buddhist teachers highlight mindful, equanimous, compassionate forms of hope.

Quotes by Buddhist teachers
Words & Images by Kevin Ellerton

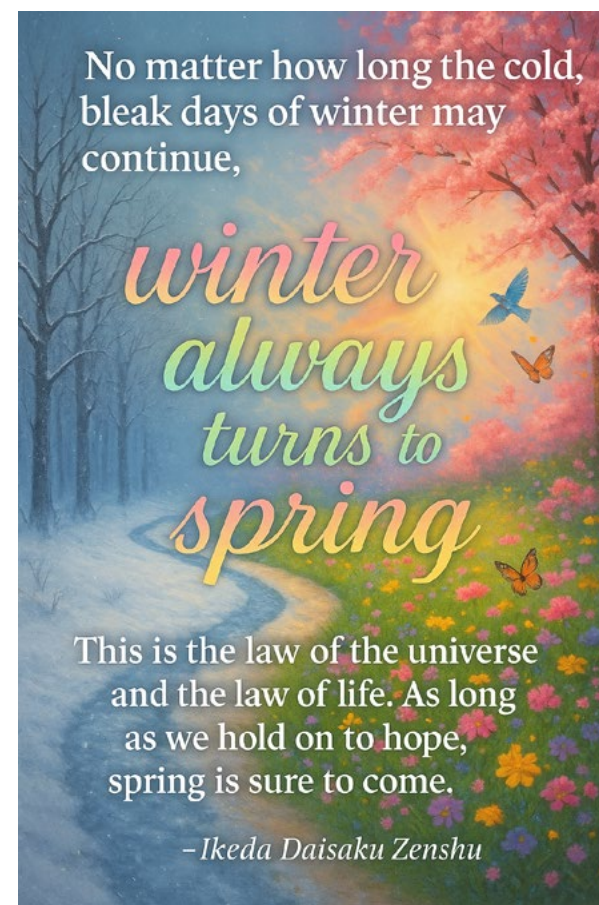
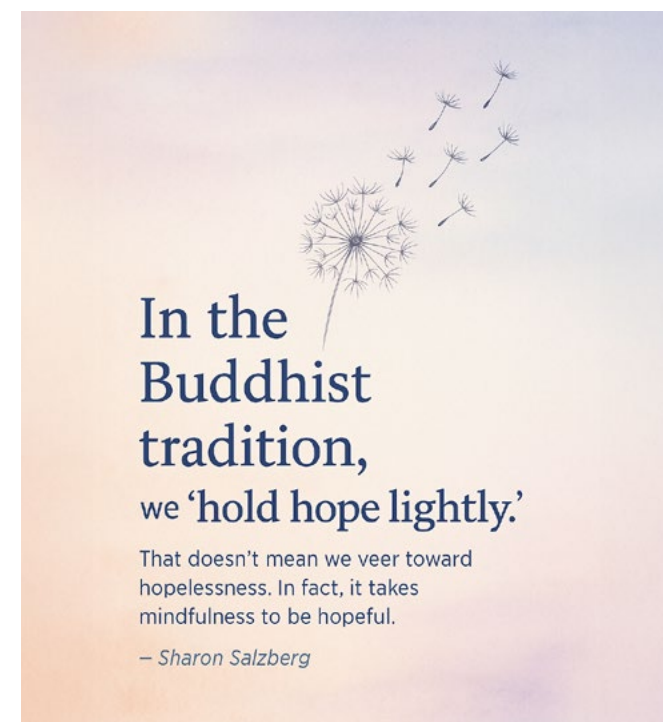
When we first decided to call this *The Hope Issue*, we received a flurry of messages from Buddhist friends and colleagues, urging us to choose a different topic.

‘Hope’ they said, ‘creates suffering.’

Many Buddhists categorize hope as a form of future-oriented desire, antithetical to the present-moment desirelessness they tend to prize.

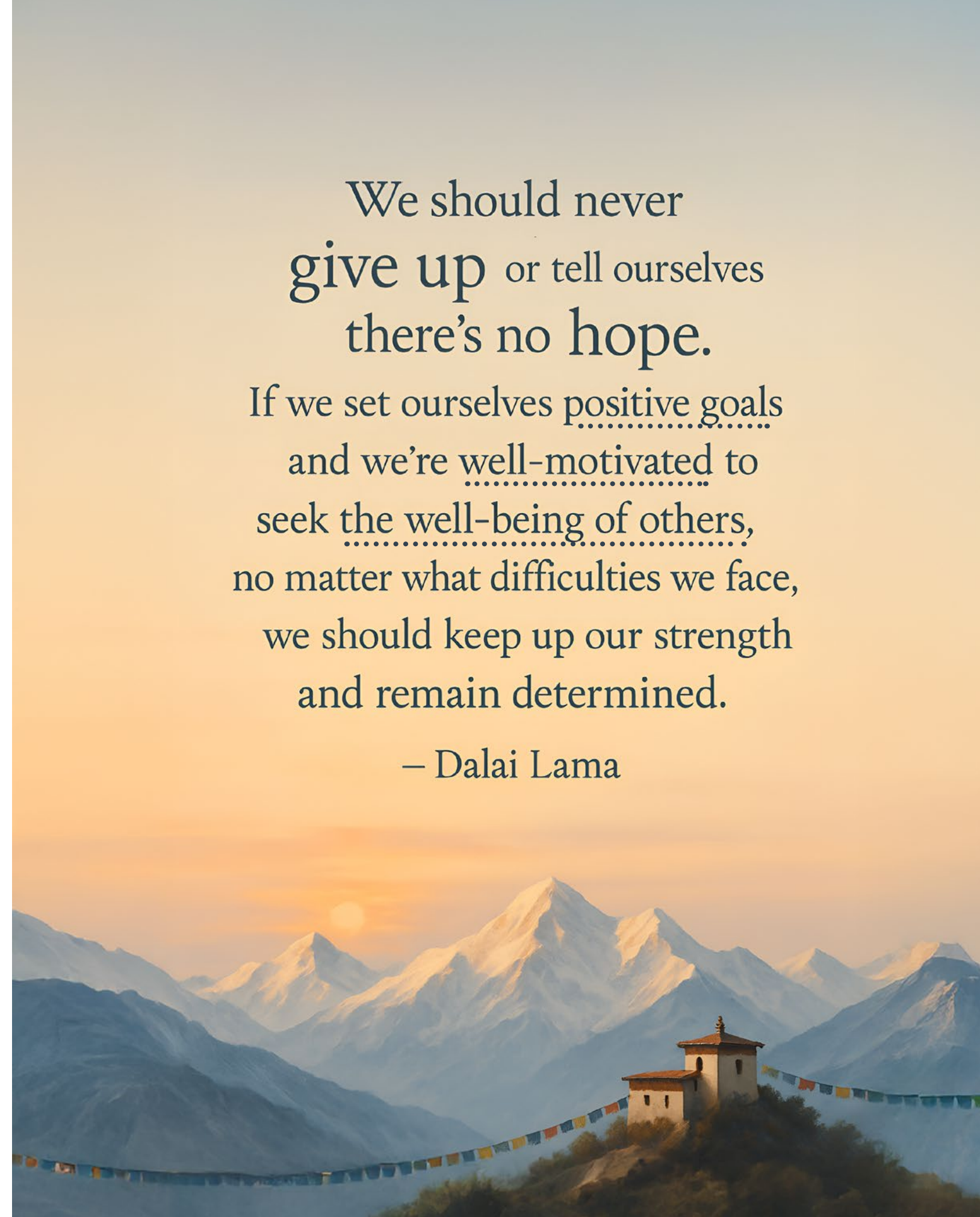
So, as I tend to do when faced with a quandry... I spent weeks debating, discussing, and contemplating these ideas with my Buddhist friends. Together, we explored the subtle differences between helpful and unhelpful forms of hope... between conditional & unconditional hope, selfish & selfless hope, future & present hope, and more.

In these conversations, it has been helpful to consider the fact that without Hope, The Buddha himself would never have left his palace and attained enlightenment. It was also helpful to contemplate quotes from renowned Buddhist teachers who pointed to deep, wise, helpful forms of hope. I created images to share these quotes; here are a few of my favorites.



We should never
give up or tell ourselves
there’s no hope.
If we set ourselves positive goals
and we’re well-motivated to
seek the well-being of others,
no matter what difficulties we face,
we should keep up our strength
and remain determined.

– Dalai Lama



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Words by Jovanna Benavente & Kevin Ellerton

The Good News

RELAXING INTO HOPE

When the mind is anxious and the body is stressed, we are focusing narrowly on one problem and one desired outcome.

If we are anxious and stressed about a particular problem in our lives or in our world, the mind obsesses and stays focused on that specific problem. We get stuck in stress, anxiety, dissatisfaction and despair.

But when we allow ourselves to relax and let go of the anxiety and stress... even though the problem may be very serious and unresolved... our minds and bodies can soften. Our faces can smile. When we are in the state of soft, smiling relaxation, we are no longer stuck in one particular problem, one particular outcome, one particular pathway.

In this state of smiling relaxation, the fog of thought clears, so we can see, hear, touch, taste and smell the reality of this moment, that has always been here, right under our noses.

When we go from stress and anxiety to peaceful relaxation, our minds expand from tunnel vision to a wide angle lens... from boots on the ground to a bird's eye view. When we are stuck on the ground and see no hope on the path ahead, it is natural to despair.

But when we take flight and soar above the world, we can see the forests and the oceans, the cities and the ruins.

From this bird's eye view, we can see that hopelessness and despair were only in our minds. We can see that while that one path, way down there on the ground, where we had sat in despair, may be impossibly blocked...



there are 100,000 other paths that are not.

We can see that while one forest may, sadly, be burning over here... there are millions of new trees growing over there.

We can see that while one human is dying in this hospital room, another, in the next building over, is being born.

When there are serious problems and people are suffering, it feels natural to hyper-fixate on those problems, to try to fight and reduce the suffering. It feels natural to hold on to the stress and anxiety that comes with that hyper-fixation. But if we live in this stress for a prolonged period of time, we grind ourselves down into hopelessness and despair, which leads into apathy and depression, where we barely have the will and motivation to take actions toward positive change.

But when we relax and smile... when we

allow ourselves to drop the hyper-fixation and stress -- even though it may feel wrong or irresponsible to do so -- we give ourselves a moment of perspective. We take flight, so we can see the bigger picture.

We don't do this as a selfish escape or retreat, just to feel better inside while others are still suffering.

On the contrary -- we relax and smile and practice meditation because when we take flight and get a bird's eye view, we can see the bigger picture, which can help us resolve the problems much more effectively than if we had remained firmly planted with our boots on the ground.

In this way, stress and anxiety lead into hopelessness and despair, while relaxation and happiness give rise to Hope and effective action.

THE LIGHT IN THE DARKNESS

One way to smile even in the darkest of times is to remember the things that are still working, still beautiful, still light.

This doesn't mean we ignore the darkness... only that we are not completely consumed by it.

In the dark of the night, it is easy to despair... but if we look up, we can marvel at the infinity of Space, and take joy in the glimmer of a billion twinkling stars.

We're not pretending that the night is not dark... we're just choosing not to become overwhelmed by the darkness. We're choosing to direct our attention toward something that brings a sense of light, beauty and joy into our hearts. We do this not only because it feels good... but because the energies of Joy, Love, Light and Hope are so much more helpful than the energy of despair.

If you're trying to survive a night in the wilderness, or to rescue a loved one who is lost in the mountains, would you rather do so with a sense of despair, or a sense of Hope? Which would be more conducive to your goals of taking care of yourself and others?



PHOTO: PEXELS, UNSPLASH



THE BAD NEWS

When we watch the news... or scroll on social media... or simply talk to people and hear about all the terrible things that are happening, today, and every day, in this world, we can develop a feeling of darkness and despair.

After all, it's understandable! Horrific things are truly happening, every day.

Let's face it: as human beings, death and destruction attract our attention.

If you're admiring a beautiful flower growing out of the sidewalk, and suddenly hear a gunshot or an explosion nearby... you're not paying attention to the flower anymore. Instead, you're completely focused on the danger of what's going on. Paying attention to dangerous situations can mean the difference between life and death. It can help us stay alive, and it can allow us to help or save others as well.

This is why our attention is naturally attracted to "Bad News..." and why the #1

rule of broadcast journalism is "if it bleeds, it leads." Most media channels (aside from Meditation Magazine, of course), are in the business of making as much money as possible, by getting as much attention (viewers, readers, etc) as possible, and selling as many ads as possible.

When all we see is The Bad News, for days, weeks, months and years, we naturally develop a sense of hopelessness and despair for the state of our world. We develop anxiety that we or our loved ones can end up like the people we see in the news. We develop a →

"Life is filled with suffering, but it is also filled with many wonders, like the blue sky, the sunshine, the eyes of a baby."

sense of anger and indignation about what “They” (The Bad Guys) are doing. All of this keeps us glued to the TV set, waiting to hear what happened next, what else we need to be afraid of.

So when we finally begin to understand the impact of The Bad News on our mental health, it is tempting to just turn off the TV. Many people decide to ignore the news completely. This can be a helpful strategy, especially in the early stages of the spiritual path. Turning off the news can help us focus on cultivating our own meditation practice, our own peace of mind and our ability to see clearly.

But as we progress on the spiritual path, our minds and emotions become more stable. We are able to experience fear, anxiety, depression and despair, with a sense of peace and equanimity. At this point, ignoring the troubles of the world becomes a self-indulgent luxury, rather than a necessity for our sanity. We are protecting our own peace of mind, at the expense of the suffering beings who need our help.

If we care to be of service in this world, then we must, at some point, re-engage. We must bear witness to what is happening, so that we can do our part to help people and relieve suffering.

But even if you’re an enlightened Zen Master, with decades of meditation experience... diving head-first into The Bad News feed can stir up feelings of anxiety, depression and despair. Just because we meditate doesn’t mean we don’t feel these things. We’re more aware of what we’re feeling... but we are still experiencing it. It still affects our mood, our energy and our ability to take helpful, effective actions to make a positive difference in this world.

So how do we engage with all the suffering, without allowing it to crush our souls?

Thich Nhat Hanh said it best in his introduction to Being Peace:

“Life is filled with suffering, but it is also filled with many wonders, like the blue sky, the sunshine, the eyes of a baby. To suffer is not enough. We must also be in touch with the wonders of life. If we are not happy, if we are not peaceful, we cannot share peace and happiness with others. If we are peaceful, if we are happy, we can smile and blossom like a flower, and everyone in our family, our entire society, will benefit from our peace.”

THE GOOD NEWS

That’s why, in this section of The Hope Issue, we are bringing you some Good News.

When we hear good news, we remember that not all news is bad news. We remember that not everything in the world is completely f’d. We remember that Love, Light and Happiness still exist in this world... not only as a legacy from “the good ol’ days” that came before, but continuously arising, here and

now, today, tomorrow and into the future.

When we remember that good things are still arising, all around the world, right now... we put The Bad News in its proper context. Yes it is a dark and chilly night... but the stars still glimmer overhead, baby birds snuggling in their beds, and the golden light of dawn is just around the corner.

By refreshing our minds with The Good News, we remain grounded in goodness and Hope, therefore able to deal more effectively with The Bad News.

Here are some pieces of Good News that Jovanna and I wanted to share with you:



More Than
360,000

Humans Were Born On February 6th, 2025.
One Was Named Atlas Walker Ellerton



Teacher Of Blind Kids Cleans Students’ Shoes



Dog Was Lonely; Then Human Comes Home



Baby Given Hearing Aids Hears Mom Say “I Love You”



ILLUSTRATION: ADOBE STOCK

Meditation, Manifestation, and the Art of Fulfillment

Explore how cultivating fulfillment, gratitude, and reflection can transform your outer reality.

Words by Forrest Neal

FIRST EXPERIENCES WITH MANIFESTATION

When I first learned about manifestation, it felt like when I first learned about meditation. In the beginning, it seemed like I was communicating with people who'd lost their minds. However, years of practicing meditation have helped me to understand that our minds are much more powerful than what we have been raised to believe.

Like meditation, I found that the practice of manifesting is not some pseudoscience nonsense I had once been led to believe it was, but instead a process thoroughly backed by scientific research that allows physical and chemical changes to take place in the brain and the body to help us create the actual changes we hope for.

WHAT IS MANIFESTATION?

The definition of manifestation varies greatly depending on who you talk to. According to Neville Goddard, who many consider to be the father of manifestation, manifestation is a law of nature where your current inner state, particularly your assumptions and beliefs, create your external reality.

In one of his most popular books, *Feeling Is the Secret*, Goddard describes the concept of "assuming the feeling of the wish fulfilled." Essentially: when you act as though what you want is already happening, you naturally draw the experience of it into your life.

THE CONTROVERSY

While this understanding of manifesting is one of the most popular today, within it also lies one of the greatest points of misunderstanding for the practice of manifestation.

The practice of "Living in the Wish Fulfilled," or assuming the feelings associated with what you want as if it has already happened, sometimes gets misinterpreted to mean that by ignoring one's present circumstances, it's possible to experience only what you want. I would argue that this is a misunderstanding of Goddard's teachings and that adopting this kind of a mindset/practice will not get a person closer to what they desire and can cause serious issues in a person's life.

It's important to acknowledge that this mindset is a form of spiritual bypassing. The reason why it's so common for people to fall into this trap of misunderstanding is because of how uncomfortable it can be to consider why things are the way they are, why you are where you are, and why what's happening to you is happening now.

It's also difficult for many people, especially in capitalist cultures, to distinguish what they actually want from material things. Most people think, "I wish I had a million dollars," but fail to recognize that behind their more superficial desires (or what they think is missing in their lives) is a deeper longing for something more intangible, like love, safety, freedom, belonging, or genuine connection.

HOW TO ACTUALLY MANIFEST THE HEART'S TRUE WISHES

The intention for most people who are exploring manifestation is to have an experience so fulfilling that it relieves the sense that something is missing in their lives.

One of the common misconceptions about manifestation is that if you rearrange the outside world's appearance, it will change how you feel on the inside. However, if you achieve external goals for the purposes of experiencing fulfillment and never intentionally change how you feel on the inside before having achieved the goal, you are only conditioning yourself to rely on the outside world to give you permission to feel how you want to feel on the inside.

If you resonate with that, you'd probably agree that what's ultimately important in life is not what you get, but the feelings you experience, and the person you become.

If your true intention is to feel so fulfilled that you assume every experience in your life was guiding you to feel the wonderful moment that is happening now, all you have to do is consider the possibility that everything in your life is fulfilling as it is now. As Thich Nhat Hanh said, "There is no way to happiness. Happiness is the way."

Fulfillment is the key emotion from which to manifest, because it expands your awareness to perceive opportunities for experiencing what you want that exist beyond the barriers which you may have unknowingly set between you and the experiences you want to have in your life.

A FOUR-STEP PROCESS FOR MANIFESTING FROM FULFILLMENT

Here's a simple process to experience genuine fulfillment in this moment, so that you can experience more physical expressions:

Step 1

Understand and have gratitude for what you are experiencing now and why it's happening.

Through practicing gratitude for present circumstances – even the difficult ones – you calm your nervous system and ignite your brain's ability to create, imagine and be hopeful for new opportunities. Being in this state is the secret sauce of manifesting.

Step 2

Take time to reflect on what you truly desire by asking "why?" When you stop for self-reflection and work on clarifying within yourself why you actually desire what you're trying to manifest, you

tap into the power to reveal the thing you're really after, saving time from chasing after things you don't truly want.

Step 3

Connect to the feeling of having what you truly desire. When we move experience from our heads to our hearts, we tap into the neural network of feeling. What does it feel like to be happy? What does it feel like to be loved? How does it feel to be inspired? You don't have to wait for external things to enter your life to feel these things. You can feel them right now, and in every moment of your life.

Step 4

Let neuroplasticity do its thing. As you continue to feel the feeling of fulfillment, your brain naturally creates and wires cells and pathways around what you're feeling,

strengthening its ability to execute behaviors that align and impacting internal biasing in what you notice, how you feel, what opportunities you see and how you act towards things in your life.

THE QUESTIONS YOU ASK MATTER

To make this practical, consider how different your life feels depending on the kinds of questions you ask yourself each day.

If you were to wake up one day and ask yourself, "How can I make myself happy today?" there will be ideas that, if pursued, result in a specific set of outcomes by the end of the day.

How differently would life unfold, however, if instead you woke up and asked, "How can I share my happiness with others today?"

Ultimately, this difference in perspective leads to entirely different ideas that, when pursued, result in entirely different outcomes.

Expanded over the course of several weeks, months or years, this difference in perspective results in an entirely different life being lived. When these practices compound over time, they reshape not only your inner world but also the life you experience on the outside.

CONCLUSION

Meditation and manifestation can be thought of as two sides of the same coin. In the same way that the practice of meditation can create meaningful changes internally, manifestation enables us to experience the reflection of those internal changes in the external world.

Through meditation, you can see the gift of the life you are living now for what it is. When you live and act from a state of fulfillment, appreciation and gratitude for the life you've been given, life itself reflects your fulfillment back to you, as if you are the very gift it has been manifesting all along.

Hope Amidst The Ruins

A heartbreaking story of hope and survival in the darkest times.

Words by Julie Crafton. Researched by Phil Rossner.

At the 80th UN General Assembly, on September 26th, 2025, Prime Minister Mia Amor Mottley of Barbados delivered a powerful speech. She ended on a visceral image of hope that brought tears to my eyes. Here are her words:

“I leave you with an image that has stayed with me for the last week, of a young Palestinian girl of six or seven years old, walking in the midst of the rubble in Gaza. Her eyes were hollow and full of despair. It was clear that she was in great pain.

“But she carried her sister on her shoulders, clearly recognizing that it was she who would have to carry the burden of taking them to safety.

“This is the ultimate picture, for me, of hope and resilience. Let us be inspired that even in the face of the greatest adversity and challenges that the world faces, we too can rise.

“For if a six-year-old can push past all the physical and emotional pain, and still find hope that there’s a better moment ahead of her, then we as leaders and members of the global community have a duty to summon that spirit.

“The world needs it now more than ever.”

We did some digging and found the video the PM was referring to.

From what we found, it seems that the journalist brought the girls safely to a nearby refugee camp, where they were tended to and reunited with family members.



From Top: PM Mottley speaking at UN; Qamar, 6, carries her injured sister Sumaya, 5, in Gaza on Oct. 21, 2024, and is transported by the journalist, @alaa_hamouda.2; Qamar & Sumaya playing afterward at the refugee camp.



The Buddha In The War Zone

In this piece, we consider the various attitudes that meditators take toward suffering, and how Hope helps us take action.

Words by Kevin Ellerton

Five Buddhas sit silently upon a hill. Suddenly — an explosion.

A bomb falls nearby.

The Buddha of Indifferent Equanimity says “This is fine. This is all part of the natural unfolding of the universe. I am peaceful. I am calm.” But in the cold of his heart, he is numb to humanity.

The Buddha of Passive Hope says “I hope this war will end soon.” But in the pit of her stomach, she feels sick; she knows that she has no control.

The Buddha of Naïve Optimism says “I’m sure this war will end soon.” But in the back of his mind, he worries that he might be wrong.

The Buddha of Well-Reasoned Despair says “This war is so much bigger than any of us. There is nothing that we can do.” Indeed, this Buddha sits and does nothing.

But **The Fifth Buddha** —

Who clings not to thoughts and feelings of detachment, hope, optimism, and despair — Who attaches not,

even to “spiritual” states like peace, calm, and equanimity...

Who, instead, meditates in the clear, empty space of consciousness, lit by the eternal luminosity of Hope...

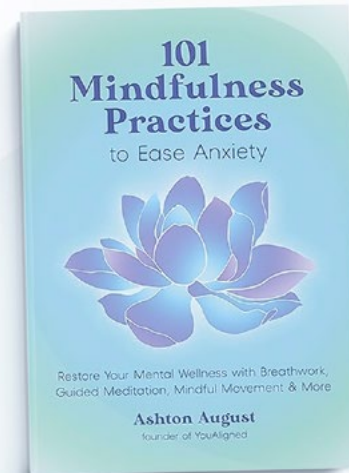
The Fifth Buddha sees clearly.

Unfettered by concepts or analysis, she springs up instantly and runs toward the sound of the explosion... knowing, truly, that her actions matter, that she can make a difference, that she can, perhaps, help in some way, to relieve someone’s suffering.



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Bali: Dec 11 - 15, 2025 and Dec 11 - 15, 2026

SOUL SYMPHONY (SPIRITUAL COURSE)

Bali: Dec 18 - 22, 2025 and Dec 18 - 22, 2026

Punnu Wasu was born and raised in India in a family deeply rooted in kirtan and spirituality. Guided by his father, a kirtan singer, and revered Indian masters, he began his spiritual journey at the age of five with kirtan. Over the years, his exploration expanded to include yoga, meditation, sound healing, Reiki, and other holistic healing modalities. Today, based in Bali and Switzerland, he shares his teachings and courses worldwide. Known for his humor, zest for life, and playful yet empowering teaching style, Punnu has a unique ability to blend ancient Indian wisdom with modern-day living.

The purpose of meditation is not to get good at meditation techniques but to get good at life. - Punnu Wasu



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PHOTO: RONAK VALOBBHAI UNSPLASH

CONVERSATIONS

Reflections from meditators around the world



HOPE OVER HATE

A better way to change the world:
why we decided to call this The Hope Issue

Words by Kevin Ellerton

Just a few weeks after the 2024 US Presidential Election, I found myself sitting across the table from best-selling spiritual author and two-time Presidential Candidate Marianne Williamson.

Marianne was deeply concerned. From her perspective, we were witnessing the fall of democracy and the rise of authoritarianism and fascism in the USA. Her attitude was fierce love: defend freedom, protect the innocent, cultivate kindness in our country. After that conversation, I was tempted to call this *The Warrior Issue*, *The Democracy Issue*, or *The Freedom Issue*, to focus on standing up to tyranny and speaking out for what's right.

But as I continued to engage in deep conversations with meditators from across the political spectrum, I began to realize the vast differences between what we all believe about the world around us. Not only do many of us have different views about what's right and wrong... but we even have different beliefs about the facts on the ground! We have different beliefs about what has actually transpired in the past, what is actually happening now and what is likely to happen in the future.

To avoid creating more division in an already polarized moment, we decided to focus this issue on conversations that bring people together... to engage in deep, respectful, and peaceful conversations... to truly listen to, and sincerely seek to understand, those with whom we disagree. We were thinking of calling this *The Conversation Issue*, *The Unity Issue* or *The Balance Issue*.

But even with this unifying focus, I began to realize that the nitty-gritty political conversations – as beautifully balanced & open-minded as they were – were still stirring up a lot of stressful thoughts, beliefs, and mental arguments for our readers. When people pick up a magazine about meditation, they are generally looking for the opposite effect... peace, calm, clarity and inspiration. So we found ourselves in a sticky situation: we were sitting on a pile of political interviews, but we no longer intended to publish a political magazine. We were not sure what we could

do to resolve this conundrum.

Feeling frustrated and hopeless once again, I decided to rewatch the interviews that I'd conducted over the past six months, to (hopefully!) find some insights about how to make this a truly beneficial issue of Meditation Magazine.

As I was digging through the interview recordings for nuggets of wisdom, I came across a segment of my conversation with Reggie Hubbard, a meditation teacher and activist who works with congressmen and politicians in Washington DC.

I was asking Reggie how we could engage with the world and meet the moment of 2025, without stirring up fear, anger and polarization in our readers. Reggie said he'd had similar struggles in his activism... until he elevated his work by focusing on a positive vision, making his activism like a party, rather than a fight.

Reggie described his ideal form of political activism as “a creative process.” He said that he gears his activism toward creating something “so dope and so different and loving and comically sparkly irreverent,” that people couldn't look away if they tried.

Immediately, I knew that that was the energy that I wanted for this issue of Meditation Magazine. And in the next moment, I knew that this would be called The Hope Issue.

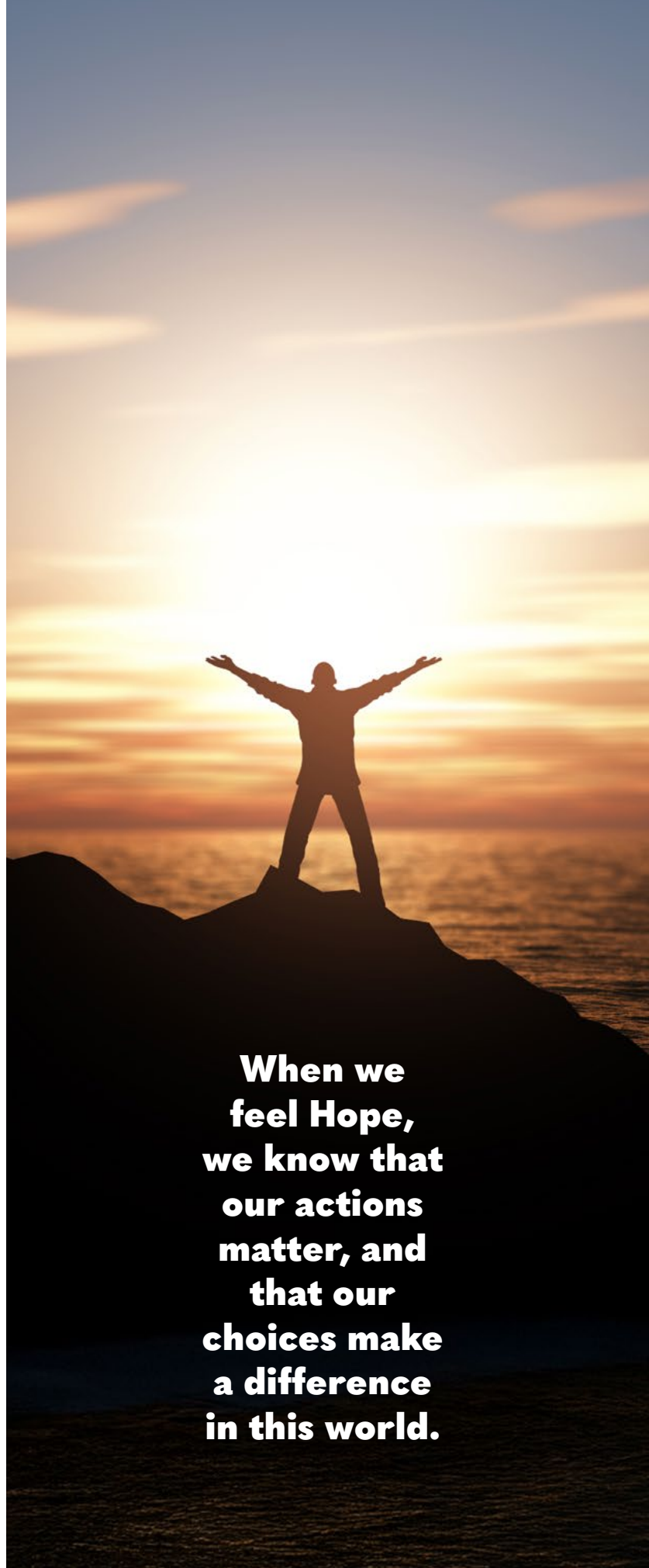
FROM A POLITICS OF HATE TO A POLITICS OF HOPE

When we feel Hope, we know that our actions matter, and that our choices make a difference in this world. Feeling empowered by this knowledge, we put our attention into figuring out ways to solve the problems that we see around us.

But when we feel hopeless... we don't. We look around at the world on fire, and we – understandably – feel upset, anger and despair. We see all the problems and none of the solutions. Instead of trying to solve problems, we play the blame game. We become tribal, create enemies and fight with them.

Unfortunately, this type of hopeless fighting has become the “normal” way to engage in politics in our country: to get angry, to rant and rage against “the other side.”

PHOTO: PEXELS



**When we
feel Hope,
we know that
our actions
matter, and
that our
choices make
a difference
in this world.**

When we approach politics with hate, we sow the seeds of anger, violence and unimaginable suffering. This is happening all across our country. Political polarization and divisive rhetoric is driving people on all sides of the political spectrum to reject, mock, disrespect, fight with and sometimes even kill their fellow human beings... simply for experiencing different thoughts, opinions and beliefs or for “being on the other side.”

For House Speaker Melissa Hortman – and her husband and dog, murdered in their home simply for being “democrats” – for right-wing activist Charlie Kirk, assassinated for daring to speak publicly about his beliefs... for their children, their families, and the countless others who have been impacted by this type of horrific violence — the victims, the perpetrators, and even all of us who are simply hearing about it on the news — this politics of hopelessness and hate is literally creating hell on Earth.

We talk about how we shouldn't “normalize” certain politicians' behaviors... well, we shouldn't normalize a politics of hatred, either.

In this section of The Hope Issue, I hope we can present a different paradigm: a politics of Hope.

WHY HOPE IS WHAT WE NEED RIGHT NOW

When we approach politics with hatred, we add our energy to the negative situations from which we are trying to escape. Instead of making things better, we make things worse.

But when we approach politics with Hope, we envision the brighter future that we want to create. Instead of fighting, we move forward. We talk, we listen, we work together and we co-create a better world.

So, instead of publishing all the nitty-gritty political conversations we've had over the past six months, we asked our interviewees to describe their most hopeful visions for the future of our country and our world, so that we can, hopefully, move forward, together.

Here are their responses.



“There is every reason to be optimistic and determined and hopeful — but you have to have a deep underlying skepticism of the messages of hopelessness and futility that surround us by design.”

Jill Stein

Dr. Jill Stein is a physician, activist, meditator, and musician. She was the Green Party’s nominee for President of the United States in the 2012, 2016, and 2024 elections. In 2024, Jill came in #3 in the popular vote, after Donald Trump and Kamala Harris.

Jill’s Most Hopeful Future

I hope that America and the world recognize this moment as an unprecedented perfect storm for transformational change. We face crisis in virtually every dimension of our lives; from skyrocketing inequality to inadequate jobs, housing and health care, endless war, genocide, climate collapse and rising fascism.

Yet Americans have never been so hungry for change. And the demand for real solutions is off the charts - from living wages to rent control, universal health care as a human right, free higher education, taxing the rich, and using our tax dollars to feed children here, not starve and bomb them abroad. The potential for change has never loomed so large.

I hope we seize this perilous moment as a springboard for personal and political liberation. In so doing, we the people can unite to break the stranglehold of corporate and economic elites and become an unstoppable force for peace, justice, human rights and democracy in America and beyond.

In Kevin’s two-hour interview with Jill Stein, Jill spoke about everything from her near-death experience to her love for music, the scientific research she conducted on meditation, her acid trip, the reasons why she does why she does, and much more. One brief quote on hope from the interview:

“I feel not just hopeful but confident, really confident, that humanity asserts itself when we have the opportunity to actually communicate.”



SCAN THIS QR CODE TO WATCH THE FULL INTERVIEW WITH JILL STEIN!

Domyo Burk

Domyo Burk is the founder of the Zen Studies Podcast on Spotify, and is a guiding teacher at Bright Way Zen in Portland, Oregon.

Domyo’s Most Hopeful Future

The brightest future I can imagine is one in which humankind has learned to apply its inexhaustible energy, drive, intelligence, and capacity for innovation to bring about the true well-being of individuals, societies, and the natural world with which we are completely interdependent.

This is already happening, but we continue to prioritize the accumulation of material wealth over true happiness. It’s like an individual who causes great suffering for themselves and others through selfish and immoral behavior; because of the law of karma they can’t escape the consequences of their behavior. Karmic consequences can be the lessons which wake us up and inspire us to change.

From our perspective now, significant change may seem unlikely, but we also learn through spiritual practice that our limited views of the world don’t come close to Reality. It’s easier to imagine a dystopian future than a constructive one. My hope is that humankind will surprise us.

From Our Interview

“One of the most helpful things I found when I got into Buddhism was the world view — which I have found to be true every time that I’ve investigated it — is that all beings just want to be happy and avoid suffering. All of them, without question. And they’re just doing the best that they can.”



SCAN THIS QR CODE TO WATCH THE FULL INTERVIEW WITH DOMYO BURK!



PHOTOS COURTESY OF JILL STEIN AND DOMYO BURK

Joseph Goldstein

Joseph Goldstein co-founded the Insight Meditation Society (IMS) with Jack Kornfield and Sharon Salzberg in 1975. He was one of the first teachers to bring the Theravada Buddhist tradition to the West.

Joseph’s Most Hopeful Future

I hope that we can all come to recognize the truth of our shared humanity — that beneath all the differences of race, religion, culture and belief, we all long for happiness and freedom from suffering.

My vision is of a future shaped by compassion and wisdom, where our actions arise from awareness, care and generosity and where we honor our inseparable connection with the earth and with one another.

From this ground of mindfulness, our personal choices can ripple outward, contributing to a more just, peaceful and loving world.

From Our Interview...

“Establishing in ourselves the equanimity which can hold opposing viewpoints rather than instinctively reacting, we just see clearly.”

“To me, the essence of being able to see clearly through the whole mess is to make our minds very spacious and equanimous... and then also cultivate that quality of compassion, so that we’re responding to particular situations of suffering. Because compassion is a verb — it’s to act to try to alleviate suffering.”



SCAN THIS QR CODE TO WATCH OUR FULL INTERVIEW WITH JOSEPH GOLDSTEIN



Sister Jenna

Sister Jenna is the host of America Meditating Radio and The Next Normal Show and the founder of the Meditation Museum in Metropolitan Washington D.C.

Jenna’s Most Hopeful Future

My most hopeful future is one where we normalize pausing long enough to listen to the stillness of our own soul and to the whispers of the Supreme Being who is love unlimited.

From that inner place, compassion, wisdom, cooperation and creativity flow without effort. That is the future I see — the future where hope is steady because it comes from our unbroken bond with the Divine.

From Our Interview...

“Every citizen has a responsibility for raising the vibration of this country. If every American decides to become clean and pure in their spirit, there will be no dictator. If you clean out internally your world, no one, no thing, will have power over you.”

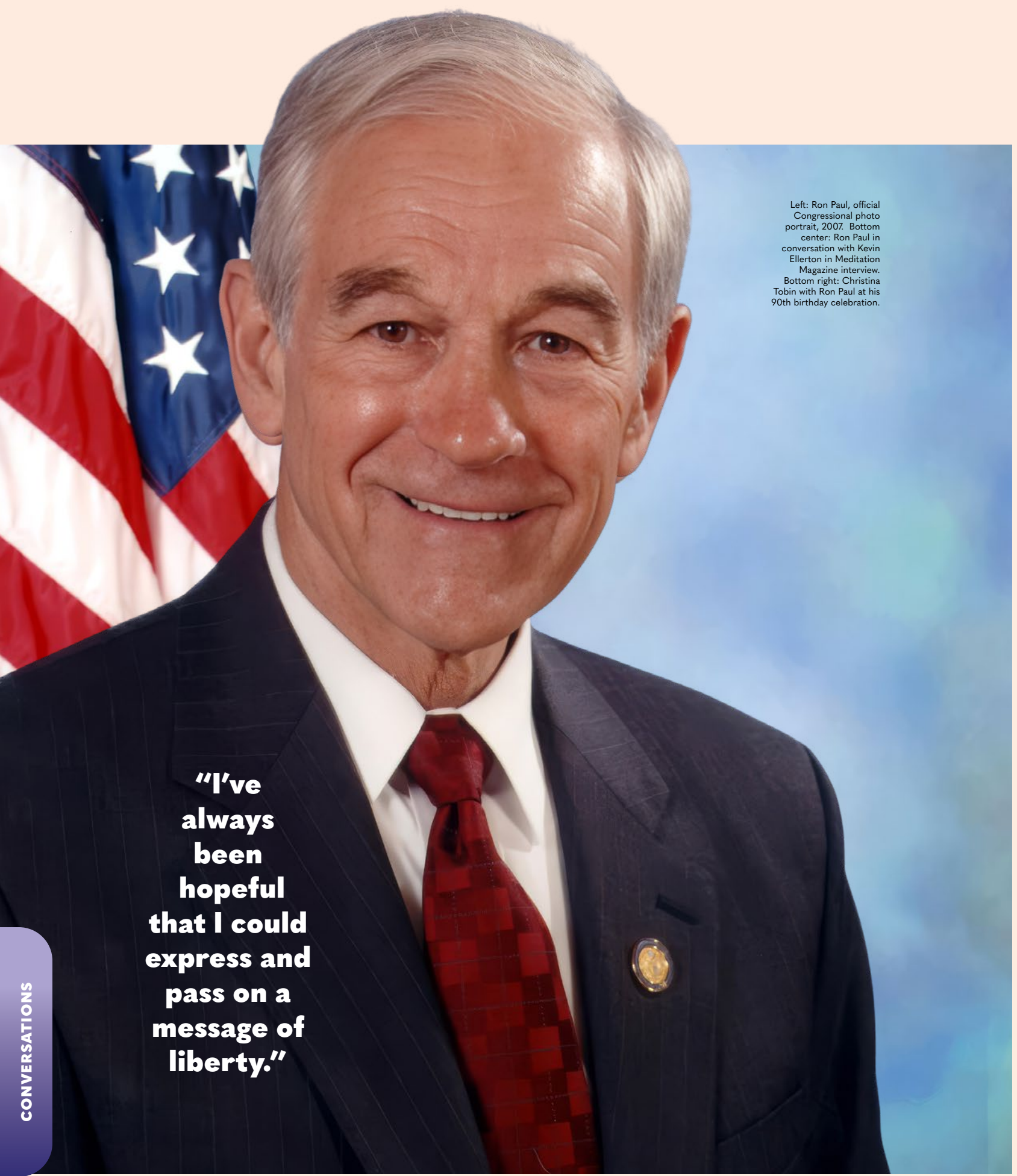


SCAN THIS QR CODE TO WATCH THE FULL INTERVIEW WITH SISTER JENNA

“That is the future I see — the future where hope is steady because it comes from our unbroken bond with the Divine.”



PHOTO BY BK PABLO



Left: Ron Paul, official Congressional photo portrait, 2007. Bottom center: Ron Paul in conversation with Kevin Ellerton in Meditation Magazine interview. Bottom right: Christina Tobin with Ron Paul at his 90th birthday celebration.

“I’ve always been hopeful that I could express and pass on a message of liberty.”

Ron Paul

Best-selling author, activist, medical doctor, and politician who served as the U.S. Representative for Texas’s 22nd congressional district, Dr. Paul is best known for spearheading the libertarian movement in the United States. He ran for president in 1988, 2008 & 2012 with the campaign slogan “Hope for America.”

Ron’s Most Hopeful Future

No matter how challenging the political and economic circumstances are in America, I always do my best to view them from an optimistic perspective.

First, because it helps me to deal with the circumstances more effectively. There’s no chance of doing well if you believe that the situation is hopeless. So while challenges do abound, despair needs to be avoided.

Second, I remain optimistic because I’ve seen tremendous positive changes over the years. Decades ago, the ideas of liberty were not very easy to come by. The mainstream media dominated the dissemination of ideas to the general public. But today, with the Internet, good ideas now have a fighting chance. When you have a fighting chance, it means your ideas can ultimately prevail. It’s up to each one of us to fight the good fight.



OUR INTERVIEW WITH RON PAUL DUG INTO HOPE, LIBERTY, TYRANNY & WORLD EVENTS. TO WATCH THE FULL VIDEO, SCAN THIS QR CODE!



Christina Tobin

Christina Tobin is the founder and chair of the Free & Equal Elections Foundation, a nonpartisan nonprofit that hosts open presidential debates and organizes the United We Stand tour. She has moderated and produced national third-party debates alongside Larry King, Ed Asner, and Thomas Massie.

Christina’s Most Hopeful Future

My hope for the future is a world where every voice has a chance to be heard, where debates are truly free and equal, and where voters are no longer confined by a two-party system or silenced by corporate interests.

Dr. Ron Paul inspired me to launch United We Stand when he said, “If you can ever bring about revolutionary changes, two things would be required: young people would have to be involved, and you would need music.” Those words struck me deeply and led to the first United We Stand Festival in 2014. A decade later, his words continue guiding our mission as the tour grows nationwide, uniting communities through music, art, and truth to spark a freer, more independent future.

In this moment, I feel blessed to be walking alongside the visionaries who embody the bridge between politics and spirituality—pioneers like Dr. Ron Paul, Dr. Jill Stein, and Marianne Williamson, who show in their own way that politics rooted in conscience and compassion can rise above the division. Their courage and conviction affirm the possibility of a brighter path forward where principles triumph over party labels.

Looking ahead, the most hopeful future is a unified one — first here in America and then across the world. I imagine a time when every voice is welcomed, where people listen with openness, and where the artificial divisions used to keep us apart lose their power. That’s why we’re calling on supporters everywhere to join us in launching the United We Stand Tour in the summer of 2026. It’s a movement to bring people together across the country and to remind us that unity is always closer than it seems.



SCAN THIS QR CODE TO WATCH THE FULL INTERVIEW WITH CHRISTINA TOBIN!



PHOTO COURTESY OF CHRISTINA TOBIN

“The love that needs to win is inside of all of us, whether you’re on the right or the left.”

PHOTOS: LAUREN SELKY



Marianne Williamson

Marianne is a best-selling spiritual author, teacher, and activist living in Washington, DC. She ran for President of the United States in 2016 and 2020, and for DNC Chair in 2025.

Kevin conducted two interviews with Marianne Williamson for this issue of Meditation Magazine. The first interview was soon after the 2024 election, and the second was after the inauguration.

Marianne’s responses were profound and inspiring. Here is a brief excerpt — from the last segment of the second interview — communicating Marianne’s deep embodiment of the most profound forms of Wise, Spiritual, and Active Hope that we have been exploring throughout this issue.

Kevin: I’m sure it’s a lot of stress, speaking truth to power, standing against dictatorship, fighting for what’s right. Would you still be doing all of this if you knew that, in the end, the darkness was going to win, and that you wouldn’t live to see the fruit of the coming world?

Marianne: I had a very lovely career just talking about spiritual principle. People treated me really well, and I felt a lot of love. I was accorded a lot of dignity, and I made a very nice living talking about these things.

This [political activism] has been at great personal cost — derision from some people, saying, “Oh, she’s no longer spiritual, she’s low vibration,” and so forth. It has been very damaging to me on a material level, and also psychologically and emotionally.

I’m doing it, however, because *A Course In Miracles* says you cannot skip the crucifixion and go right to the resurrection. You cannot skip the slavery in Egypt and go right to the Promised Land. That’s not transcendence! That’s denial disguised in spiritual terms.

A doctor doesn’t say, “Well, you’ve got stage two

cancer, but what we resist persists, so let’s ignore it.” That’s not what your oncologist says. Some things persist because they’re not resisted.

If enough of us — we don’t need a majority, we need a critical mass — if enough of us make ourselves radically available and say, “I am willing to be part of that evolutionary turn, and the purpose of our lives is to be used for the great turning,” we will not cave. We will stand.

Whether [we will live to see the fruits of our work]...
[Marianne pauses to reflect for a moment]

You know, Susan B. Anthony did not live to see the passage of the 19th Amendment.

The people who built those great cathedrals of Europe — they took hundreds of years to build — those great artisans knew they were never going to, in their lifetimes, see it completed.

We’ve got to get over: “I only want to do it if I know it’s going to work. I only want to do it if I’m going to see it in my lifetime.” That’s the immaturity we must evolve beyond.

And that’s where the joy of righteousness comes in. You know, there’s that old line: virtue is its own reward.

So for me, shutting up right now... believe me, given my own journey, it would be a lot easier on a certain level, because it’s a mean time...

But I believe that all of us — on the left as well as the right — must stand for what our hearts believe is true.



SCAN THE LEFT QR CODE TO WATCH THE FIRST INTERVIEW, AND SCAN THE RIGHT QR CODE TO WATCH THE SECOND.



Nhi Nhi Le

Nhi Nhi Le is a writer, meditation teacher and manifestation guide known for her tender, steady presence. Nhi is a popular teacher on Insight Timer, and is one of the founding instructors of Meditation University's Meditation Teacher Training Program.

Nhi's Most Hopeful Future

My brightest vision of the future is seeing everyone grounded and anchored in love, remembering their own creative genius, rooted in compassion and kindness, knowing that we're here on this beautiful planet Earth, knowing that it's our sacred responsibility to give back, taking care of the Earth just as much as she takes care of us and we take care of each other, never forgetting that we have a gift and a purpose in this world and using it in the most sovereign way, to benefit this collective consciousness.

From Our Interview...

"When I'm feeling into hope and manifestation... They have a similar vibration, but they're quite different.

"Hope supports us in our manifestation process.

"I find that hope is much more feminine, it has more of a feminine essence.

"Manifestation feels like a more masculine presence.

"But somehow they're able to co-weave, and dance together, and support each other energetically.

"The feminine is all about feeling and flowing, and the masculine is about structure, about action.

"I believe that hope and manifestation go hand in hand — the manifestation being the masculine anchor, helping you anchor hope into this physical reality."

"Knowing the intention of where we are choosing to manifest from is important, really important. Imagine the energy that you are putting in [to your manifestation], from a place of feeling drained and exhausted and feeling like you just have to push through because that's your sacred responsibility... versus a space of love and spaciousness and inspiration and creativity."

"It's really important that we don't try to force change. A lot of people manifest from a place of force, from a place of unworthiness, from a place of desperation, from a place of wanting to feel something in their life or inside of them. Manifestation for me is knowing that I have everything that I need in this moment and that I'm feeling a deep sense of love within me and acceptance within me, and a trust within me that anything that I'm able to receive is a blessing from the universe, and a bonus in my life."

"I don't even write down the things I want to manifest anymore because I've learned that the universe has always blessed me and given me things beyond what my limited mind can even comprehend. It's always been so beautiful throughout this journey. I have a lot of trust in the universe. I have a lot of trust in my higher self. And I feel that whenever I just pour the love and healing, the attention and intention and just be of service in whatever way I can, everything flows."

"Manifestation is about accepting what is: that the reality we are currently living is our co-creation... but also that we have free will, and we have the power to shift our reality. That is ultimately manifestation."



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Waylon Lewis

Founder of Elephant Journal, the independent, community-based media platform focused on Buddhism, social justice, and mindful living.

Waylon's Most Hopeful Future

My hope for the world is a noble society, a good country, a stable planet for our children... based on Liberty, Love and, as they say around Christmastime, Peace on Earth and goodwill to all.

Is this something we can all agree we want? If so, we have our task before us.

We must begin here: touching in with our own hearts. Maitri, the Buddhist meditation practice of making friends with our (entire) selves, is one path. For it is our own self-aggression that gives rise to depression and isolation, and to fear and anger toward others — even those we love.

For those of us enjoying machismo and aggression, this call to Hope may feel weak. But remember when you were most happy... not in aggression, but in what Jesus would call Love.

Active love, as Rev. Martin Luther King, Jr., put it, is our path forward. Maitri — making friends with all of our sweet selves — is our starting point. A life of joy is our destination, if we decide, now, that is what we want.



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INTERVIEW WITH
WAYLON LEWIS

PHOTO COURTESY OF WAYLON LEWIS. PHOTO BY RHIANNA TRUEX

Dr. Christopher Ford

Dr. Christopher Ford worked as Assistant Secretary of State at the U.S. State Department under the first Trump Administration, and on the National Security Council staff. He received jukai from Roshi Joan Halifax and is an ordained Buddhist chaplain.

Christopher's Most Hopeful Future

I'd love to see the United States get back to being able -- despite our considerable domestic disagreements -- to talk and work with each other on important matters of shared interest.

My own field is foreign policy and national security affairs, and in that area I think it hugely problematic and terribly dangerous that we often now seem to regard our fellow citizens as bigger threats than the long list of actual or would-be adversaries in the rest of the world (e.g., revisionist great power competitors, terrorists, fanatical ideological or religious autocrats, or WMD proliferators) who hate us and wish us harm. I very much hope this country can rediscover a sense of collective endeavor, shared purpose, and common cause in this increasingly challenging global security environment, and that we can re-learn how to work together, as Americans, both to meet those shared challenges and to draw effectively upon all our talents and energies to take advantage of future opportunities to thrive, prosper, and be more secure -- together.

As for the rest of the planet, I fervently hope that we can pass quickly through the current period of escalating geopolitical tensions, competitive rivalries, and predatory malevolence into one in which we have collectively seen off today's growing threats -- and in which civil liberty, civic virtue, and human flourishing are once again waxing rather than waning in the world.

From Our Interview...

"We can do a lot to make the world a better place and to live compassionate lives and to have institutions that are compassionate and contribute to human flourishing. That's hugely important and it's very possible."



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CHRISTOPHER FORD



“Let’s stand united instead of battling each other constantly and demonizing everybody who thinks outside the bubble. It’s not serving us.”

Amber Sky

Amber is a spiritual teacher, coach, and mother, dedicated to helping women liberate and embody their most authentic selves. Amber was married to (and divorced from) right-wing influencer J.P. Sears. She is currently living in Texas and is hopeful that RFK Jr. will help Make America Healthy Again.

Amber’s Most Hopeful Future

My most hopeful future includes a beautiful balance of deep connection to nature, community and holistic ways of living, woven with the power of technology that unites and empowers instead of polarizing and dividing.

I envision a world where women are leading the new paradigm as much as men. I envision a future where equality, unity, transparency, authenticity and integrity reign supreme.

From Our Interview...

“Let’s stand united instead of battling each other constantly and demonizing everybody who thinks outside the bubble. It’s not serving us.”

“Conversing on differing viewpoints is super important, especially with how polarized and divided our world is. The black-and-white, dogmatic way of seeing the world makes us “other” the other side, and attack, vilify and demonize people that think differently than us.”

WATCH OUR FULL INTERVIEW
WITH AMBER SKY BY
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Larry Rosen

Larry is an attorney, meditator & mediator. He is the founder of popular YouTube series The Enemies Project, that brings supposed enemies together and helps them find connection & humanity in the “other.”

Larry’s Most Hopeful Future

My vision is that ordinary people wake up to the truth: that 95% of us are being manipulated by the few who profit from division. Enemy Makers want us to believe those across the canyon are evil. But they aren’t. They are ordinary people, like us, trying to create a future for themselves and those they love. To buy into the script that they are evil is to give away our power. My hope is defiant: to see those we’ve been told to hate as our brothers and sisters, our fathers and daughters—familiar, relatable, striving human beings.

And the way we do that is not abstract. We rebel by engaging in conversation with those we despise. We rebel with curiosity about them and how they came to believe what they believe. We rebel by laughing together about something ridiculous. Something silly. Something irreverent. We rebel by drinking a beer. By letting their insults melt into the nothingness of yesterday’s wind. And then the 5% lose their grip. And we shift our great creativity back from defeating evil to building society together.

Rebellion against manipulated hatred is my brightest vision. To live in the brotherhood of ordinary people is my hope.

From Our Interview...

“[When you ask people to share their experiences, and truly listen], it really opens up the other side. You can just see the vitriol kind of melt, and you’re now looking at the other person as a real person.

“You weren’t before. The other person was a cartoon. They were an image of a person. But [by truly listening], you’re really starting to see the other person as a real person.”



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Reggie Hubbard

Reggie is a yoga & meditation teacher and a political activist. He meditates with lawmakers on Capitol Hill to bring peace into their hearts and minds, so they can help create peace in our country as well.

Reggie’s Most Hopeful Future

In these times of chaos, cruelty and confusion, I wish us all peace, love and wisdom. In these times of intolerable blindness and silence to suffering and harm across the world, I wish us all clarity of moral purpose and fierce compassion to find a way to get in the way, or just create a new way altogether. And the grace to mend your broken heart.

In these times of the normalization of hatred and untruth, I wish us all love so deep and a truth so compelling that the healing and transformation that we seek and we deserve has no choice but to sprout, blossom and flourish across our hearts, minds and the world.

We move forward to that by doing the hard work of internal healing to yield authentic connection to soul mission and shared purpose, by having the courage to have tough conversations in love rather than avoiding to maintain the shallow veneer of civility and by cultivating open hearts to love fiercely beyond the limited vision of individual ego into the expansive vision of creating beloved community leading from healed hearts, clear minds and a desire to do right by all.

REGGIE PHOTOS BY THAIS AQUINO FOR KRIPALU. LARRY PHOTO COURTESY OF THE ENEMIES PROJECT

From Our Interview...

“I once had a guy tell me, ‘Reggie, you know, you’re a great teacher, but I want to talk to you about your activism.’

And so, of course, ego was just like: ‘What do you mean, you want to talk about—?’ And then I was like, ‘Okay, calm down, dial it back.’

And he was like, ‘Reggie, would you consider the following take?’ I’m like, ‘I’m listening.’

He was like, ‘What if you tried your activism [so that] instead of it being a fight, it was a creative process?’

And I was like, ‘Okay, tell me more.’

He was like, ‘More people will be attracted to a party than a fight. So how might you create conditions of social transformation that are compelling, that draw people forward, as opposed to shame them?’

And I was just like... 🤔

So, Kevin, ever since then, my activism has been like that. It’s like... [continued on next page]”



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Turn to the next page to dig deeper into Reggie Hubbard’s words of wisdom



"I'm not going to force you, I'm not going to shame you; I'm going to create something so dope and so different and so, like, loving and comically sparkly, irreverent, that you're going to be like, 'What's that?' You may not join me forever, but I'll get your attention. If I can get your attention and create a compelling case, that's all I need to do."

— REGGIE HUBBARD

Hope as a Paradigm for Political Activism

Words by Joshua Coates & Christiane Mikles

As we meditate on Reggie's words (quoted above), we become aware that hope is a far more effective unifier than force, shame, or fear... especially when it comes to engaging in political activism and fighting for our collective future.

Hope is expansive, inspiring, engaging and welcoming. Force, shame, and fear, in contrast, tend to put us on the defensive; they push us deeper into our bubbles, and cause us to mentally defend our existing positions.

To truly engage those on all sides of a divisive issue, we must abandon the rhetoric of shame and blame, force and fear, and instead ignite the spark of *hope* that can turn division into unity.

Hope is not wishful thinking; it's a driving force endowing us, as activists for a brighter future, with the courage to act, and the confidence and inspiration to imagine a better world.

Organizing for change often begins with the negative: what we don't like, what's broken, who's to blame and what must be opposed. But a hope-centered paradigm begins with possibility and connection: what we can build, who we can include, what's worth loving into existence. This shift doesn't ignore harm... on the contrary, it refuses to let harm continue to write the story. It takes control of the narrative.

An inspiring example of hope drawing opponents together for collective change is the 2003 Women of Liberia Mass Action for Peace (WLMAP) movement. Christian and Muslim women united in hope that their children could grow up free from a 14-year civil war, plagued by atrocities that disproportionately targeted women and children.

With over 200,000 dead and more than 90% of women having experienced conflict-related sexual violence, they organized prayer groups, healing circles and nonviolent protests, bridging deep cultural and ethnic divides in the hope that they could create a better world for their children. Holding a shared vision for safety and peace, their collective vision of hope propelled them to pressure warlords and leaders in negotiations to a settlement that ended the war.

Hope reminds us of our interconnection with each other and the universe. It carries us down the mountain. When we actively choose to hope that we will find our way forward through

what may seem like our darkest hour, we allow the light of hope to illuminate our similarities, shared humanity and collective strength and power.

The more we let our personal perceptions of ourselves, each other and the world be influenced by the machinations of fear and division, the less actual power we have. Perhaps there's a spark right now, as you read this. Maybe, instead of ruminating and lamenting over what is or once was, you feel a nudge, urging you toward a creative vision of what could be.

Could it be possible that the spark you feel spreads to others? Can you see the sparks glowing and dancing until the roaring blaze of Hope incinerates the outdated systems that never served most of us to begin with?

As we each shine out into the darkness, our collective luminosity becomes the fire of dawn that wakes the morning. Then finally, from the ashes, we will build new systems informed by the blueprints etched in our dreams.

CHRISTIANE MIKLES (@CIRCLEOFLIFEHEALINGARTS) IS A MEDITATION UNIVERSITY GRADUATE, MUSICIAN AND BIOLOGIST BASED IN SEDONA, ARIZONA. JOSHUA COATES IS A NEURODIVERGENT ARTIST AND WRITER WHOSE WORK EXPLORES THE UNFOLDING OF EVERYDAY LIFE.

Hope is Key for a Brighter World

Julie explores how hope can change the world.

Words by Julie Crafton, Meditation University Graduate

You know that feeling of connection, inspiration, of being ignited from within? A ripple of energy that engulfs your body from head to toe in electricity – little prickles all over your skin.

Or the feeling you get when a memory pops into your head because of a smell or taste – a warm summer night, or crisp autumn day when... that thing happened that changed everything for you: how you saw yourself, how you saw others, how you saw the world as a whole?

These are feelings of hope, and they're more than just the quiet movement of energy... they are the heartbeat of life, always moving toward something greater.

Modern psychological theories view hope as more than just an emotion or desire – it's a dynamic

cognitive-motivational framework that empowers us to set goals, plan strategic pathways toward them, and sustain effort across different areas of life.

Hope is not only important for us as individual human beings... it is also essential to carving a path to the brighter world so many of us currently yearn for.

Hope is the soil that nurtures every new idea, relationship, innovation... every movement towards or resistance from.

Psychologists and spiritual teachers view hope as a vital life force, sustaining humanity and enabling global progress.

Civil rights, women's rights, rights for people with disabilities, LGBTQ+ rights and human rights as a whole are all flaming torches lit by hope.

The practice of hope is both contagious and courageous. Where naive optimism can stumble, hope practices transcendence and action in the face of adversity.

Hope can be strongest during challenging times. Just as a single flame can light a dark space, even a sprinkle of hope can light up like fireworks. Like a candle can light the flames of many others, the hope in one heart can kindle hope in those it touches.

Hope has always been the seed that started the thought that inspired the action. Whether it's standing up to the majority, making sacrifices to help others or risking what's most important, even one's own safety, hope, like the sun breaking dawn, is the eternal spark lit in darkness that illuminates for all and beckons a brighter future over the horizon.

Kevin's Conclusions

We all have a vision for how we want our world to be. Sometimes our vision will manifest. Sometimes, it won't. The beautiful thing is: we don't need things to go the way we imagined in order to live happy, helpful lives. When we cultivate peace, love, and equanimity within ourselves, treat others with empathy, compassion and kindness, and keep moving forward, we live lives of

happiness and beneficence.

Sometimes, things will go wrong. The clouds will cover the sun. There will be moments of death, destruction, violence, horror, grief and depression.

Other times, things will go right... and wonderful things will happen that we could never have even imagined. There will be moments of birth, creation, peace, joy, elation and awakening.

We can't control the universe, but we can do our best to make things better, to increase happiness and decrease suffering, for ourselves, our families, our friends, our neighbors, and for all beings, everywhere. This reality is the deepest source of Hope.

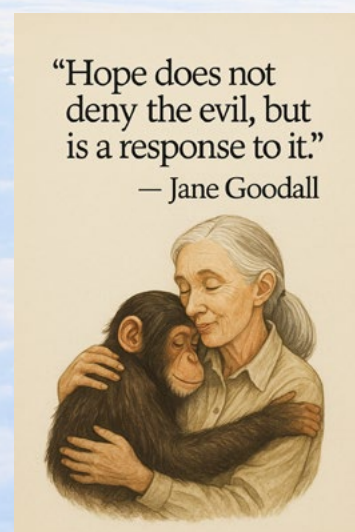
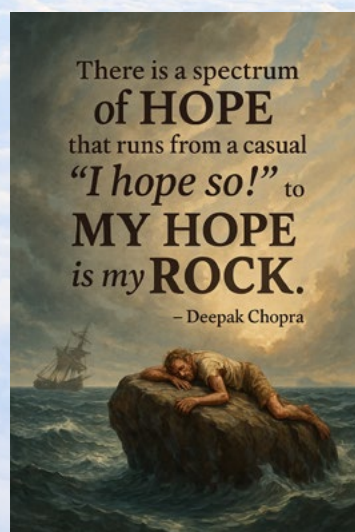
May we remember in each moment – especially the difficult ones – to bring peace, love, and happiness to ourselves & to everyone around us. May all beings be happy and free.

Many print. Such retro. Much yaaas. meditationmag.com



For More Hope & Inspiration...

We created dozens of images from the most inspiring quotes on Hope, but only a few could fit in the magazine. Here are a few more that we really love. For more, follow [@meditationmag](https://www.instagram.com/meditationmag) on insta →



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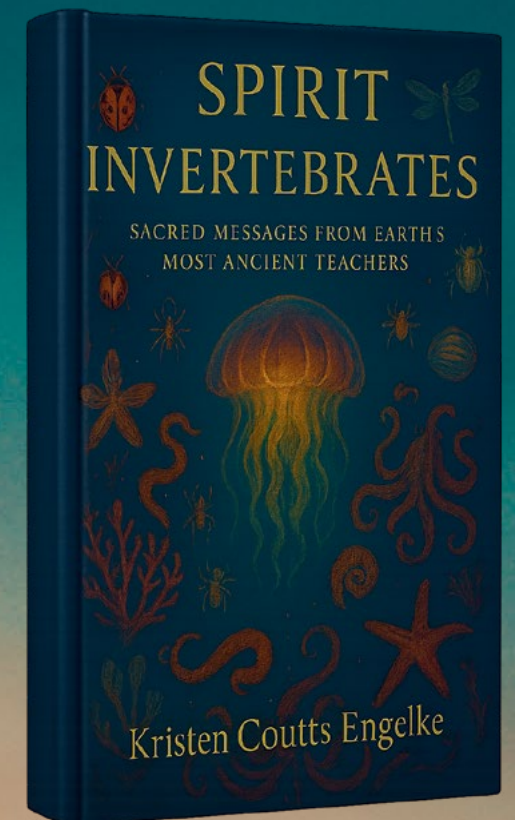
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