

OMMES

One Minute Meditation for Easy Success

This is an initiative to consciously experience success and prosperity by enhancing the power of our minds through meditation.

Give at least a minute a day

to go on a journey within, where we create powerful thoughts in meditation for the self, our families and Switzerland.

Every conscious thought can be a seed for a successful life.
Positive and pure thoughts enhance our capacity to truly care.
Our country will flourish with powerful minded people.

Thoughts for the self

I sit in silence and pay attention to my thoughts. They are pure and positive. On my throne of self-respect, I consider myself to be a peaceful and powerful being. In the remembrance of God, my mind becomes peaceful. This is the foundation for success of my every deed.

Thoughts for the family

I take full responsibility for my role in my family. I see each family member on their journey through life. I send them good wishes and with my pure feelings I encourage them. I love and respect my family. I spread peaceful and loving vibrations throughout my home.

Thoughts for Switzerland

In the remembrance of God, my mind becomes peaceful. I spread these powerful and loving vibrations throughout the land and beyond. I sustain the atmosphere with powerful thoughts. Peace is my power. I encourage everyone with positive words and through my every action I become an example.

- Meditate on these thoughts, expand on them and make them your own.

PLEDGE TO SELF

I will contribute 01 05 10 ... minutes a day, every day.

Or scan this QR code
and let's see how many minutes
we can accumulate together online!

Share your thoughts of the day with us
by leaving us a comment.



THE BRAHMA KUMARIS