



Be The Peace You Want In The World, Today.

Open-Heart Meditation is a powerful technique for increasing peace in both the world and your own heart. Look for the CD version on Amazon (available soon). Look for a novel about its power in Jeanine Joy's new book. Schedule a session for your group and learn the technique first-hand.

This is a one-hour program.

At Open Heart Meditation, you will learn:

- How to connect with your highest self, the most authentic version of you
- The three aspects every human shares where connection can always be found
- About compelling scientific evidence of the benefits of meditation
- What quantum physics says about why this practice is effective
- To develop a centering point that supports you during stressful times
- The power of daily practice
- A meditation that settles peace and love in your own heart and spreads its powerful energy out into the world



Program Dates & Locations

Register now to reserve your space. See our list of courses for details. A small deposit holds your reservation and any price discounts for which you qualify. See Form DCT for specifics including guarantees, disclosures, cancel., etc. This course is a one-hour course. It may be combined with other programs. We schedule free sessions for groups, at their request, when our schedule permits. We will work with any group that wants to increase peace in the world.

