Peace and prayer with iMeditate Africa

Sri Sri Ravi Shankar leads Africa Day/Month

The impetus to unity and prayer has never been a more focussed intent than now as the world battles a modern plague. It is with this focus that iMeditate Africa aims to share peace, prayer, well-being during Africa Month and Africa Day and Global Meditation with over 140 countries, led by Global Peace Ambassador and humanitarian, Gurudev Sri Sri Ravi Shankar.

This world-renowned humanitarian, peace ambassador, spiritual leader and founder of the Art of Living Foundation leads a determined, spiritual act. COVID-19 has abruptly brought an unprecedented change in the world, impacting, disrupting and changing lives. It has forced the world to pause, reflect and give greater perspective to life and what we pay importance to and the value of life. As you are aware, there is an increase in anxiety and fear amongst the masses across the world. Domestic violence is on the rise. People are finding it difficult to cope with the uncertainty, lockdown situation and economic impact of this pandemic. During the current global pandemic, the need for meditation has become incredibly important in helping individuals better cope with daily anxieties and uncertainties. A deliberate focus on being calm and ensuring peace of mind from a place of centeredness has become the need of the hour.

In celebration of Africa Day (25 May) and Africa Month (May 2020), iMeditate Africa, alongside the world-renowned Gurudev Sri Sri Ravi Shankar has confirmed for the following days:
- Friday, 15 May at 08:00 CAT – iMeditate Series “Africa Creates” – meditation and building inner peace in the context of Arts and Culture with the Honourable Minister of Sports, Art and Culture, Nathi Mthethwa.
- Tuesday, 19 May at 15:30 CAT – iMeditate Series “Africa Innovates” – The role of meditation in driving innovation in Education, Health and Commerce.

Questions will pertain to contemporary socio-economic matters facing the African continent in the time of this pandemic and, more importantly, how we navigate through these challenging times. The interviews will be streamed on all Art of Living global social media platforms.

Panel discussions in conversation with Gurudev Sri Sri Ravi Shankar have been confirmed for the following days:
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1. Professor Salim S. Abdool Karim, FRS Director: CAPRISA, Chair: Ministerial Advisory Committee on COVID-19
2. Adam Habib, Vice-Chancellor and Principal, University of the Witwatersrand
3. Professor David Norris, Vice-Chancellor, University of Botswana
4. Dr Adriano Marizu: Director at the Foundation for Space Development, Member of South African Government Task Team on 4th Industrial Revolution
5. Mr Manthur Mooney, Businessman
6. Chief Executive Officer: Ignatius Schoele – KPMG South Africa

Saturday, 23 May at 15:30 CAT – iMeditate Series “Africa Celebrates” – Celebrating Africa’s unique rhythm and vibe. Unifying the continent through building inner peace with meditation.

Africa Day Celebrations including the Ndlovu Choir and more, followed by a guided global Meditation with Gurudev Sri Sri Ravi Shankar and over 140 countries for peace, hope and well-being for Africa.

As a build-up to Africa Day and the iMeditate Africa campaign, we are encouraging artists across the continent and globe to participate in creating a short clip through song, dance, music, message of hope to frontline workers or peace for the continent and the world. Messages to be dedicated to the iMeditate campaign. Further details will follow.

“We hope to leave our audience across Africa and the world with a sense of positivity, calmness, hope and happiness. We hope to inspire. The Art of Living (www.artofliving.org) is a non-profit, educational and humanitarian organization founded in 1981 by Global Humanitarian and Peace Ambassador - Gurudev Sri Sri Ravi Shankar (www.srir.org). We serve society by strengthening the individual.”