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HOUSE RESOLUTION NO. 433

Offered February 21, 2019

Commending Bodhisattva Swami Anand Arun.

Patron—Bell, John J.

WHEREAS, Bodhisattva Swami Anand Arun has enriched communities throughout the Commonwealth and the world by promoting the practice of meditation, known as "Dhyana" in Sanskrit, which means mindfulness, witnessing the mind, cultivating stillness, turning one's attention inwardly, silencing the mind, contemplation, and awareness; and

WHEREAS, meditation is a scientific and universal practice of relaxing the mind, shared by diverse cultures around the world for thousands of years, with origins in the Himalayan regions; and

WHEREAS, meditation can be practiced by anyone, anywhere, at any time, able-bodied or disabled, of any age, of any gender, of any religion or beliefs, and it is not affiliated with an organized religion; the resulting benefits of the practice of meditation have been validated; and

WHEREAS, meditation gradually produces many benefits for practitioners and contributes to a healthy community; and

WHEREAS, meditation promotes wellness, well-being, and good physical, mental, and emotional health; reduces stress, anxiety, and depression; strengthens focus and concentration; and enhances creativity, stability, and self-acceptance; and

WHEREAS, meditation improves breathing, decreases heart and brain diseases, gives peace of mind, enables better sleep quality, is helpful in overcoming addictions and suicidal tendencies, reduces violence, relieves suffering, overcomes loneliness, enhances learning and education, and transforms lifestyles by making its practitioners healthier and more aware, peaceful, loving, joyous, and compassionate human beings; and

WHEREAS, International Meditation Day, proposed by Bodhisattva Swami Anand Arun from Osho Tapoban in Nepal, has facilitated meditation and stress management programs all over the world, promoting global peace and welfare for humanity and all sentient beings through the practice of meditation; and

WHEREAS, International Meditation Day is celebrated on April 30, which is also recognized by the United Nations as Vesak Day which marks the day Buddha was born, attained Enlightenment and passed away; now, therefore, be it

RESOLVED by the House of Delegates, That Bodhisattva Swami Anand Arun hereby be commended for his work to promote the benefits of meditation; and, be it

RESOLVED FURTHER, That the Clerk of the House of Delegates prepare a copy of this resolution for presentation to Bodhisattva Swami Anand Arun as an expression of the House of Delegates' admiration for his contributions to the physical, mental, and emotional health of people in the Commonwealth and around the world.

INTRODUCED

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