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**Head of the Global Transcendental Meditation Organisation, Dr. Tony Nader appointed Keynote Speaker for United Nations ‘World Meditation Day’**

All 193 member states of the United Nations General Assembly have unanimously proclaimed 21 December 2024 (AEDT) to be the very first global ‘World Meditation Day.’

The globally recognised Vedic scholar and head of the Transcendental Meditation® organization, Tony Nader MD, PhD has been invited by the core group of organising UN member states as the only keynote speaker at the UN’s official celebratory event to be held in New York City on 20 December (US Eastern Time).

Dr. Nader will talk about the role of meditation in helping reduce conflict and trauma and how large groups of people meditating together can create peace on Earth.

Dr. Nader will also lead the first non-stop program of meditation that will circle the Earth starting 20th December.

“We want to celebrate the UN’s timely initiative by encouraging millions of meditators around the world to participate in coordinated meditation times” Dr Nader said.

“Whatever your meditation practice, I urge you to join this wonderful initiative where we can all play our part. Let’s all celebrate this historic World Meditation Day”

“Find out what it’s like to meditate together with millions of others and help create a powerful, joyful wave of coherence and harmony in world consciousness” Dr. Nader said.

**Dr. Tony Nader MD PhD.**

Dr. Nader is a Harvard and MIT-trained medical doctor and neuroscientist. He is the author of the *New York Times* bestseller, *Consciousness Is All There Is*.

Dr. Nader says, “It is very well known that Transcendental Meditation brings peace to the individual by enlivening individual consciousness from its very basis in pure consciousness at the source of thought.

750 rigorously scientific studies over more than 50 years, conducted at over 200 universities and independent research institutions in more that 100 countries, have repeatedly shown dramatic and lasting improvements in both physical and mental health from regular TM practice.

Of these, 118 studies, 54 of which have been published in peer-reviewed scholarly journals or professional conference proceedings, have confirmed the power of Transcendental Meditation and the advanced TM-Sidhi® program, including Yogic Flying®, to reduce negative, destructive tendencies such as crime, violence, accidents, and war and strengthen positive trends in societies ranging from small towns to the entire globe.

“The research tells us that collective practice of the TM and the TM-Sidhi program is the quickest, most effective, and most easily sustained way to bring peace to entire societies and even to the whole world,” Dr. Nader said.

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**FOR MORE INFORMATION ON WORLD MEDITATION DAY**

<https://WorldMeditationDay.world> and <https://youtube.com/@WorldMeditationDay>

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