

# Vision, Mission, and Values

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Tergar International

# Our Vision

Tergar International



A world where meditation is a part of everyday life, and peace, joy, and wisdom radiate from within.

# Our Mission

Tergar International

To transform hearts and minds by making the ancient wisdom of meditation accessible to the modern world.



# Our Values

Tergar International



**Patience:** We give ourselves and others time and space to navigate all challenges.



**Joyful Effort:** We take our work seriously but carry ourselves lightly.



**Generosity:** A spirit of sharing is at the heart of all we do.



**Ethical Conduct:** We consciously commit to avoid harmful actions and engage in virtuous deeds.



**Meditation:** By training our minds, we cultivate focus, balance, and equanimity.



**Wisdom:** We know we have much to learn from each other and the communities we serve.