

**“FIRST FIND PEACE IN YOURSELF”:  
THE ROLE OF MEDITATION PRACTICE IN IMPROVING A PERSON  
(BASED ON SPEECHES AT THE UNITED NATIONS FRAMEWORK)**

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Researches in different fields of expertise daily give us more proves, that individual growth and impact plays a big role in the society as a whole. Subject of spirituality gains on an interest of civil society as well as health sector, politics, and economy. For some decades already, we integrate spiritual knowledge into the daily life as a method to improve its quality. Now we observe how the tendency moves to a next higher level, where the macroeconomics, politicians, NGOs recognize its importance and want to use spirituality as a tool for reaching their goals.

In January 2020, the United Nations (UN Office in Vienna) hosted the conference “World Interface Harmony Week”. My presentation was devoted to the analysis of the philosophy and practice of the legendary Indian enlightener and humanist Mahatma Gandhi. Mahatma Gandhi, as you know, said: "You must be the change that you want to see in the world." Here Gandhi tells us that personal and social transformations go hand in hand. If we could change ourselves, the trends in the world would change. As a person changes his nature, so is his attitude towards him.

One of the most influential people in India, the Master and Mystic Sadguru, says: “Everything we have created is just a manifestation of our mind. So, the most important part of creating what you want is to first manifest it in your mind. "That which is firmly established in your consciousness should naturally find embodiment in reality".

Peaceful meditation is a powerful tool for creating peace and love within yourself, and then for transmitting them to the world. Each of us can practice the world on a personal, regular basis. Scientific studies show that practices such as meditation can physically transform the structure of your brain and patterns of thinking: the term "neuroplasticity" is introduced and actively used in medicine. Conclusions. With a change in the work of the brain, thinking, not only the brain itself is transformed (its neural networks become flexible and plastic), it also changes the physical behavior of a person. The interconnectedness of the physical and spiritual acquires practical realization in human life.