



World Meditation Foundation

Annual Report 2025

Inner Peace · Global Harmony

Registered in the Principality of Liechtenstein, Europe
A Non-Political and Trans-Religious Non-Profit Organization

Reporting Period: January 1, 2025 — December 31, 2025

Date of Publication: June 2026

www.worldmeditationfoundation.org

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I. Organization Overview and Development

1.1 About the Foundation

The World Meditation Foundation (WMF) is a non-political and trans-religious non-profit organization, officially registered on September 23, 2024 in the Principality of Liechtenstein, Europe. The Foundation was established by the proponents of the “World Meditation Day” initiative and operates under the guidance of the World Meditation Day Committee.

The mission of WMF is to promote a meditative lifestyle globally, advocate for the physical and mental health benefits of meditation, protect people from the disruptive impacts of technologies such as AI, and help individuals achieve the highest levels of physical and mental well-being.

1.2 Organizational Milestones in 2025

In 2025, WMF achieved a significant transformation from a start-up organization to a globally operating institution. Key milestones include:

Date	Milestone
January 22, 2025	Official establishment of the “Preparatory Secretariat of the UN World Meditation Day Committee” at the Shaolin Temple in Zhengzhou, China, with a five-pillar organizational structure: Expert Committee, Scientific Research Committee, Humanities, Arts & Ethics Committee, Foundation & Project Teams, and Global Meditation Center Network
June 21, 2025	First General Assembly of the World Meditation Day Association held in Liechtenstein, formally establishing the Governing Council and a complete governance framework
October 1, 2025	World Meditation Day Committee made its international debut at the ETH AI Center in Zurich, Switzerland, announcing its five sub-committee structure
December 21, 2025	The first UN World Meditation Day global synchronized meditation successfully held, with participation from over 70 countries

1.3 World Meditation Day Committee (WMDC) Structure

In October 2025, the World Meditation Day Committee was officially launched in Zurich, marking WMF's transition from international advocacy to coordinated global action. The Committee comprises five sub-committees:

Sub-Committee	English Name	Primary Responsibility
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Expert Committee	Expert Committee	Establishing meditation practice standards and norms
Scientific Research Committee	Scientific Research Committee	Advancing scientific research and empirical validation of meditation
Humanities, Arts & Ethics Committee	Humanities, Arts & Ethics Committee	Promoting cross-cultural and ethical dialogue
Global Meditation Retreat Centres Alliance	Global Meditation Retreat Centres Alliance	Facilitating resource sharing and innovation
World Meditation Foundation	World Meditation Foundation	Ensuring resource support and project implementation

II. Organizational Structure and Governance

2.1 Governing Council

On June 21, 2025, at the first General Assembly held in Liechtenstein, WMF officially announced the formation of its Governing Council. Council members come from multiple countries and professional fields, collectively responsible for strategic planning and key decision-making, bringing interdisciplinary expertise and a global perspective to the advancement of meditation worldwide.

2.2 Core Leadership Team

The core leadership team of WMF in 2025 includes:

Name	Position	Responsibilities
Sun Zhaoyang	Chairman	Overall strategic direction of the Foundation
Ven. Miaohai	Founder	Initiator of the World Meditation Day proposal; Buddhist monk
Fei Yu	Board Member / Acting Director-General	International liaison and media affairs
Enrico Somma	Board Member	Liechtenstein and European affairs coordination
Lan Lu	Board Member	China region coordination

2.3 Partner Network

In 2025, WMF established an extensive international cooperation network. Key partners include:

- United Nations Institute for Training and Research (UNITAR)
- Singapore SDG and Leadership Development Center
- Eurasia Center
- Shaolin Temple
- ETH AI Center, Zurich
- Jungto Society, South Korea
- Monastic Interreligious Dialogue (DIMMID)
- Harvard Medical School
- Shanghai Jiao Tong University School of Medicine
- Shanghai Artificial Intelligence Research Institute
- Johannes Gutenberg University Mainz
- University of British Columbia

- Wat Suan Dok, Thailand
- Swiss Mindfulness Center
- Himalayan Sarmapan Meditation
- Wat Pa Tam Wua
- Zhengjue Temple, Boshan, Shandong Province, China

III. Outreach and Global Network

3.1 Outreach Overview

2025 marked a year of rapid expansion for WMF's global outreach network from the ground up. The Foundation does not operate a traditional “membership” system. Instead, it leverages a combination of online and offline approaches—events, forums, synchronized meditations, academic collaborations, and social media—to disseminate the philosophy and practice of meditation worldwide. As of December 31, 2025, the Foundation's activities reached the following numbers of individuals and organizations:

Outreach Category	Number	Description
Individuals Reached (est.)	Approx. 5,000+	Global individual participants reached through online and offline activities
Organizations	Approx. 100+	Including meditation centers, academic institutions, non-profits, enterprises, etc.
Expert Members	Approx. 50+	International experts and advisors from multiple disciplines
Volunteer Team	Approx. 100+	Active volunteers serving across various regions worldwide

3.2 Global Liaison Network

In 2025, WMF actively advanced its global liaison network, establishing contact offices or partnership centers in the following regions:

- Europe: Liechtenstein (Headquarters), Switzerland (Zurich), Italy (Rome)
- Asia: China (Zhengzhou/Shaojin Temple), South Korea (Seoul), Singapore, Sri Lanka, Bhutan, Nepal
- North America: United States (New York)
- Middle East: United Arab Emirates

3.3 New Liaison Points

In 2025, WMF established new liaison points or partner chapters in the following countries: South Korea (Seoul), Sri Lanka, Bhutan, and Singapore. Through online platforms, the Foundation also reached participants from Africa, South America, and Oceania. The global response network has expanded to over 70 countries and regions.

IV. Major Events in 2025

In 2025, WMF organized, co-organized, or participated in a number of internationally impactful events, presented below in chronological order:

4.1 Inaugural Conference of the Preparatory Secretariat of the World Meditation Day Committee (January)

Date: January 22–24, 2025

Venue: Shaolin Temple, Zhengzhou, Henan Province, China

Theme: “Meditation Chan and Future World”

Co-organizers: World Meditation Foundation, Eurasia Center, Shaolin Temple

Supporting Organizations: UNITAR, Singapore SDG and Leadership Development Center

This three-day international gathering brought together scholars, practitioners, and thought leaders from around the world to explore how meditation can play a vital role in personal growth, social harmony, and global well-being. Event highlights included: Shaolin meditation and cultural heritage experiences (martial monk performances, standing meditation, Baduanjin Qigong, and a visit to the Damo Cave); cross-cultural collaboration and exploration forums; global forum discussions on sustainable development, artificial intelligence, and equitable wealth distribution; and expert workshops on scientific standardization of meditation.

The most significant outcome of the conference was the formal establishment of the “Preparatory Secretariat of the UN World Meditation Day Committee,” creating a five-pillar organizational structure comprising the Expert Committee, Scientific Research Committee, Humanities, Arts & Ethics Committee, Foundation & Project Teams, and Global Meditation Center Network.



4.2 Thailand Meditation Retreat (April)

Date: April 2025

Venue: Wat Pa Si Saeng Tham, Thailand

In April 2025, WMF hosted a seven-day meditation retreat at Wat Pa Si Saeng Tham in Thailand, bringing together meditation practitioners from diverse cultural backgrounds. The retreat was guided by Master Da Hui, featuring deep practice experiences including barefoot walking meditation and forest sitting meditation.

4.3 “15 Minutes of Meditation Every Day” Global Initiative (May)

On May 12, 2025, WMF, together with the World Meditation Day Association and a total of 22 organizations and monasteries from around the world, officially launched the “15 Minutes of Meditation Every Day” global initiative.

The initiative calls on people worldwide to dedicate at least 15 minutes each day to meditation practice. It sets forth four guiding principles: Practice Daily—anyone, anywhere, at any time can participate, with at least 15 minutes of meditation each day; Embrace Diversity—everyone is encouraged to explore and choose the meditation methods that suit them best with an open heart; Integrate into Daily Life—let meditation transcend brief practice and become a way of living, staying mindful in everyday moments; Share and Inspire—after experiencing the benefits of meditation, become a messenger of its wisdom and share insights with others.

4.4 First General Assembly of the World Meditation Day Association (June)

Date: June 21, 2025

Venue: Liechtenstein (hybrid format: in-person and online)

Experts, scholars, institutional representatives, and practitioners from Europe, Asia, and the Americas gathered for this landmark event. The Assembly formally announced the establishment of the Governing Council and approved three major global initiatives for 2025:

- (1) Establishment of the World Meditation Day Committee (WMDC) to coordinate global World Meditation Day activities
- (2) Launch of the first “AI + Meditation” International Forum to explore the innovative intersection of artificial intelligence and meditation
- (3) Launch of the Global Synchronized Meditation Campaign—a 15-minute global silent meditation on the first World Meditation Day, December 21, 2025

In the afternoon, a special interfaith and intercultural meditation exchange was held, where representatives from diverse spiritual and cultural traditions engaged in shared meditation practices and in-depth dialogue.



4.5 Zurich AI Festival “AI + Mindfulness” International Forum (October)

Date: October 1, 2025

Venue: ETH AI Center, Zurich, Switzerland

Theme: “AI + Mindfulness: Elevating Human Awareness”

This marked the World Meditation Day Committee's first official appearance on the international stage. The forum, a core event of the Zurich AI Festival organized by ETH Zurich, attracted over 5,000 participants globally.

The forum brought together meditation teachers, sociologists, psychiatrists, and AI researchers from Australia, China, Finland, France, Germany, Japan, Liechtenstein, Singapore, Sri Lanka, Switzerland, the United States, and various African countries. Keynote speakers included:

- Prof. Elliott Ash (Director, Institute for Economic Research, ETH Zurich) — “Human Intelligence and Machine Values”
- Assoc. Prof. Jagpreet Chhatwal (Harvard University) — Clinical research on “AI + Meditation for Public Health”
- Wang Zikai (CTO, Shanghai Artificial Intelligence Research Institute) — Calling for mindfulness to “Calm the AI Storm”
- Prof. Petra Ahrweiler (Johannes Gutenberg University Mainz) — Proposing the “Contemplative Intelligence” framework
- Prof. Donghong Cui (Shanghai Jiao Tong University School of Medicine) — Latest research on “AI, Meditation and Precision Mental Health”

The forum also served as a platform for interfaith dialogue, with representatives from Islam, Christianity, and Buddhism coming together to explore the universal value of meditation.

4.6 First UN World Meditation Day — Global Synchronized Meditation (December 21)

Date: December 21, 2025, GMT 12:00

Scope: 70+ countries and regions worldwide

Theme: “15 Minutes of Global Silence”

This was WMF's most iconic event of the year. On the first UN World Meditation Day, WMF and the World Meditation Day Committee jointly launched the “15 Minutes of Global Silence” meditation initiative. The initiative received a swift response from more than 70 countries, with global meditation organizations, educational institutions, businesses, and public welfare groups joining in support.

Multilingual meditation guidance audio and online synchronization channels were made freely available worldwide through platforms such as Zoom and YouTube, connecting the hearts of tens of millions of people. From the UN Headquarters to the serene valleys of the Himalayas, from the skyscrapers of bustling cities to open squares in the countryside, people of different skin colors, faiths, and backgrounds settled into stillness at the same moment, transmitting peace, awareness, and empathy through meditation.

Ms. Fei Yu, Acting Director-General of the Committee, remarked: “Fifteen minutes of silence brings together spiritual power that transcends mountains and seas. This is not just a global collective action, but a growing mental movement.”



4.7 Annual Event Summary

Event Category	Count	Details
Major International Conferences/Forums	3	Shaolin Temple Preparatory Conference, Liechtenstein General Assembly, Zurich AI Forum
International Meditation Retreat	1 (April)	7-day retreat at Wat Pa Si Saeng Tham, Thailand
Global Initiative Launch	1 (May)	"15 Minutes of Meditation Every Day" global initiative, co-launched by 22 organizations
Global Synchronized Meditation	1 (Dec. 21)	Covered 70+ countries; tens of millions of participants
Interfaith/Cross-Cultural Dialogues	3+	Liechtenstein, Zurich, online
Meditation Training/Workshops	20+	Combined online and offline, covering multiple continents
Academic Seminars	10+	In partnership with ETH Zurich, Harvard, Shanghai Jiao Tong University, etc.
New Partnerships	15+ organizations	Spanning academia, technology, religious, and philanthropic sectors

V. Social Impact and Achievements

5.1 Raising Global Awareness

In 2025, WMF significantly raised public awareness of the value of meditation through a series of high-profile international events and the global synchronized meditation:

- The UN General Assembly unanimously adopted the World Meditation Day resolution (December 2024), with WMF as a core driving force, establishing meditation as a globally recognized issue at the UN level
- The “15 Minutes Daily Meditation” initiative received responses from 70+ countries, engaging tens of millions of participants
- Multilingual meditation guidance content made freely accessible to global audiences through Zoom, YouTube, and other platforms
- Extensive coverage of World Meditation Day events by mainstream global media outlets

5.2 Advancing Academic and Scientific Research

WMF actively promotes academic research and scientific validation of meditation. Key academic achievements and collaborations in 2025 include:

- Co-hosting the inaugural “AI + Mindfulness” International Forum with the ETH AI Center, pioneering the inclusion of meditation in AI governance and cognitive science discussions
- Harvard University Assoc. Prof. Jagpreet Chhatwal's team conducting clinical research on “AI + Meditation for Public Health”
- Shanghai Jiao Tong University Prof. Donghong Cui's team publishing research on “AI, Meditation and Precision Mental Health,” demonstrating empirical data on how meditation helps adolescents overcome depression and anxiety
- Advancing the establishment of a meditation practice standardization framework, laying the scientific foundation for globally recognized meditation standards

5.3 Cross-Cultural and Interfaith Dialogue

In 2025, WMF successfully built a platform for interfaith and cross-cultural dialogue:

- Hosting interfaith meditation exchanges in Liechtenstein and Zurich, with participation from Buddhist, Christian, Islamic, Hindu, and Taoist representatives
- Deep engagement from international religious leaders including Ven. Pomnyun Sunim (Founder of Jungto Society, Korea), Most Ven. Dhammajiva Maha Thero (Sri Lanka), and the Principal of Dodeydra Buddhist College (Bhutan)
- Promoting mutual understanding and respect among different faith traditions in meditation practice

5.4 Mental Health and Social Well-Being

- Against the backdrop of a worsening global mental health crisis, WMF positioned meditation as a low-cost, high-impact mental health intervention tool
- Bringing meditation into communities, schools, and enterprises through training and workshops
- Conducting meditation and mental health public welfare activities in China, South Korea, Sri Lanka, and beyond

5.5 Quantitative Impact Indicators

Indicator	2025 Data
Countries Reached Globally	70+
Global Synchronized Meditation Participants (est.)	Tens of millions
Individuals Reached (est.)	Approx. 5,000+
Partner Organizations	Approx. 100+
International Expert Members	Approx. 50+
Active Volunteers	Approx. 100+
Major International Events	3
Languages of Online Meditation Content	10+ languages

VI. Financial Report

6.1 Financial Overview

As a non-profit organization registered in Liechtenstein, WMF adheres to principles of transparency and accountability in its financial management. The following financial data is extracted from the audited 2025 annual financial statements (January 1, 2025 to December 31, 2025), prepared by Consilia Management Aktiengesellschaft. The accounting currency is the Swiss Franc (CHF).

In 2025, WMF's financial operations were based on the initial registered capital of CHF 30,000 and the CHF 21,267 in donations received in 2024, providing a total initial available fund of CHF 51,267. As of December 31, 2025, the Foundation's cumulative expenditure totaled CHF 55,101.11, with available liquid funds of CHF 6,498.69. The net loss for 2025 amounted to CHF 33,013.79, primarily attributable to administrative operations, its events, Governing Council activities, audit compliance, and bank charges.

It is noteworthy that the Foundation did not receive any new donations in 2025 (contribution income: CHF 0.00). All operating expenses were funded from initial capital and prior-year donation balances. Foundation equity decreased from CHF 29,179.68 at the end of 2024 to CHF -4,084.11, reflecting the investment-heavy financial profile typical of a start-up phase.

6.2 Financial Transparency

WMF prepares its financial statements in strict compliance with the relevant provisions of the Liechtenstein Persons and Companies Act (PGR). The 2025 annual financial statements have been audited and issued by Consilia Management Aktiengesellschaft. The Foundation is committed to maintaining ongoing financial transparency and welcomes oversight from all sectors of society.

VII. 2026 Outlook

Building on the solid foundation laid in 2025, WMF will focus on the following key areas in 2026:

7.1 Annual Four-Forum and Symposium Plan

In 2026, WMF will officially launch the Global Synchronized Meditation Initiative across four key dates, hosting corresponding forums and symposia concurrently:

- March 21 — Seoul, South Korea: 2nd World Meditation Day Forum
- June 21 — Rome, Italy: 1st World Symposium on Meditation and Empathy
- September 30 — ETH Zurich, Switzerland: 2nd AI + Meditation Symposium
- December 21 — 2nd UN World Meditation Day Global Celebration

7.2 Deepening Scientific and Academic Collaboration

- Expand research collaboration with ETH Zurich, Harvard University, Shanghai Jiao Tong University, and other leading institutions
- Publish the “AI + Meditation” White Paper
- Advance the development of global meditation practice evaluation standards

7.3 Expanding the Global Network

- Establish regional committees across the globe
- Grow individual outreach to 20,000+
- Expand partner organizations to 200+

7.4 “15 Minutes Daily Meditation” Global Movement

Continue promoting the “15 Minutes Daily Meditation” initiative as a global daily practice, integrating mindfulness into more people's everyday lives through online platforms, mobile applications, and community activities.

7.5 Financial Sustainability

In 2026, the Foundation will focus on building diversified funding channels, including expanding institutional donations, corporate partnerships, micro-donations from the public, and event revenue, to ensure the organization's long-term sustainable development. At the same time, we will continue to optimize operational efficiency, ensuring that every franc generates maximum social impact.

VIII. Acknowledgements

The World Meditation Foundation extends its most sincere gratitude to the following:

- The Member States of the United Nations, especially the core sponsoring countries—Liechtenstein, Andorra, India, Nepal, Mexico, and Sri Lanka—for your steadfast support of the World Meditation Day resolution
- The United Nations Institute for Training and Research (UNITAR) and all partners within the UN system
- The Shaolin Temple, for your invaluable platform and spiritual guidance
- The Jungto Society and Ven. Pomnyun Sunim, for your outstanding contributions to the Seoul Forum
- The ETH AI Center and all academic partners
- The 45 co-initiators, for your tireless efforts from the initial proposal to today's achievements
- Consilia Management Aktiengesellschaft, for your professional financial management and audit services
- All partners and volunteers—your support has made all of this possible
- Every individual around the world who participated in meditation—you are the true source of strength behind this mental movement

Meditation as a Bridge, Resonance Across the World

“Inner Peace — Global Harmony”

Contact Information:

World Meditation Foundation

Registered Address: Pflugstrasse 20, 9490 Vaduz, Principality of Liechtenstein

Email: info@worldmeditationfoundation.org

Website: www.worldmeditationfoundation.org

Media Inquiries: fei@worldmeditationfoundation.org