

Leonard Perlmutter: Orlando Mass Shooting is a Clarion Call for Meditation at All School Levels

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Averill Park, NY ([PRWEB](#)) June 13, 2016 -- Leonard Perlmutter, philosopher, author and founder of The American Meditation Institute (AMI), called the mass shooting at an LGBT Orlando nightclub a “clarion call for the nation’s educators to incorporate meditation and its allied disciplines into every level of education—from grade school to graduate school.”

Perlmutter said, “Today, meditation can empower us all to transform the consciousness of fear and anger into understanding and compassion. Daily meditation can provide the blueprint, resources and inspiration to explore beyond the boundaries of habitual thinking, feeling and unexamined reasoning. All the answers to the questions, ‘What is to be done and what is not to be done,’ are waiting for each of us in the silence of meditation. Unless we can consciously know and examine the silent space between thoughts, we will never be able to think clearly enough to resolve our most pressing problems.

“Our educational system does a fine job training skilled workers,” Perlmutter noted, “yet it isn’t training the kind of philosophers and sages who once helped guide humanity. Those intuitive leaders have too often been replaced by well-intentioned, but parochially-minded individuals whose limited perspectives only assure that the blind of one generation will continue to lead the blind of the next generation.”

Then he concluded, “Meditation for every woman, man and child—regardless of their religious beliefs—is not simply a good idea, it’s a dire necessity. I call upon our nation’s local and state boards of education as well as the boards of directors at every American college and university to incorporate mandatory classes in meditation. When this occurs, our educational institutions will not simply train people how to make a living, but how to live lives that reflect the wisdom, creativity, fairness, compassion and inclusive sense of community that can redefine what it means to be a human being.”

Leonard Perlmutter is the author of the award-winning book, “The Heart and Science of Yoga” and the mind/body medicine journal, “Transformation.” Leonard has served on the faculties of the New England Institute of Ayurvedic Medicine, the Himalayan Yoga Teachers Association and the College of Saint Rose. He has presented courses at the M.D. Anderson Cancer Center, Albany Medical College, the United States Military Academy at West Point and The New York Times Yoga Forum with Dean Ornish MD. From October 25-29, 2016, Leonard Perlmutter will head a faculty of ten scholars at The American Meditation Institute’s 8th annual mind/body medicine CME conference at the Cranwell Resort and Spa in Lenox, Massachusetts. Entitled [The Heart and Science of Yoga](#) this comprehensive mind/body medicine training to relieve physician burnout is accredited through the [Albany Medical College Office of Continuing Medical Education](#).



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