

Why Meditate?

LEE KUAN YEW

in conversation with
LAURENCE FREEMAN OSB



Reflections on Meditation and Leadership

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Reflections on Meditation & Leadership

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in conversation with Laurence Freeman OSB

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I think there's a lot to be said for having great leaders of big nations, before they embark on a project, to sit down, not for a few minutes but for a few hours each day, meditating on the wisdom of their action. LEE KUAN YEW

Silence, stillness, and simplicity: these qualities develop very naturally in meditation and extend into all areas of our life, through the amazingly simple discipline of the mantra. LAURENCE FREEMAN

LEE KUAN YEW is widely regarded as the founder father of modern Singapore. As Prime Minister for 31 years from 1959 to 1990, he led Singapore to independence and transformed the economy from third world to first. In giving his approval for the publication of this video, Mr Lee urged that newcomers to meditation 'must believe in it and they must practise it, even though they do not succeed at the early stages'.



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