

Belvedere Family Community: Guided Meditations Weekly Series with Mother Han

Justin Okamoto
November 22, 2025



Hello Brothers and Sisters,

We are excited to introduce Guided Meditations with Mother, a new weekly series designed to deepen reflection, peace, and spiritual preparation leading up to the PSWM Alliance Prayer Breakfast on December 6.

Beginning this week, we will release a new guided meditation, starting with:

Gratitude - November 22

Grace - November 29

Each meditation includes a short reflection and a meaningful quote drawn from Mother Han's teachings. These meditations are designed to help us slow down, reconnect with God, and cultivate a heart of gratitude, grace, and inner healing.

Sign Up for Daily Reflections

You can receive the meditation track directly to your email along with daily reflection prompts by signing up here:

[Sign Up for Daily Reflections and Meditation Track](#)

You can also follow along on Instagram, Facebook, and YouTube, where we will share excerpts, quotes, and reflection prompts each week as part of this journey.

Let us take this time together to reflect deeply and prepare our hearts for the upcoming Prayer Breakfast, where we will gather to honor the light of faith as the source of hope, unity, and peace.

Visit our website

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