

Date of Hearing: August 28, 2025

ASSEMBLY COMMITTEE ON RULES
Blanca Pacheco, Chair
HR 64 (Hoover) – As Introduced August 27, 2025

SUBJECT: World Meditation Day.

SUMMARY: Recognizes December 21, 2025, and annually thereafter, as World Meditation Day; and, encourages all Californians to participate in meditation practices, whether individually or collectively, to cultivate peace, mindfulness, and unity. Specifically, **this resolution** makes the following legislative findings:

- 1) For many years, meditation teachers and students desired a collective global celebration of the over 5,000-year-old mental and spiritual practice of meditation. In 2024, the United Nations General Assembly proclaimed December 21 as World Meditation Day, recalling the right of everyone to the enjoyment of the highest attainable standard of physical and mental health.
- 2) Meditation is a timeless practice that promotes mental, emotional, and physical well-being, fostering inner peace, clarity, and resilience. It can help people come out of depression and aggression, and has been scientifically proven to reduce stress, improve focus, enhance emotional health, and contribute to overall quality of life.
- 3) The practice of meditation transcends cultural, religious, and socioeconomic boundaries, uniting individuals across the globe in a shared pursuit of mindfulness and self-awareness.
- 4) December 21, the winter solstice, symbolizes a time of reflection, renewal, and the return of light, making it a fitting day to celebrate the transformative power of meditation.
- 5) World Meditation Day encourages individuals, communities, and organizations to pause, reflect, and engage in meditation practices, fostering a more compassionate and harmonious world.
- 6) The State of California recognizes the importance of mental health and wellness, and supports initiatives that promote holistic approaches to well-being for all its residents.

FISCAL EFFECT: This resolution is keyed non-fiscal by Legislative Counsel.

REGISTERED SUPPORT / OPPOSITION:

Support

None on file

Opposition

None on file

Analysis Prepared by: Michael Erke / RLS. / (916) 319-2800