



**15 Minutes  
Personal Journal  
Towards  
Enlightened Living**

**H- Foundation**



**15 Minutes  
Personal Journal  
Towards  
Enlightened Living**

**H- Foundation**



**15 Minutes  
Personal Journal  
Towards  
Enlightened Living**

**H- Foundation**



**For further information, please visit  
[www.h-foundation.org](http://www.h-foundation.org)**

**If you have any questions, feel free to send an  
E-mail to: [info@h-foundation.org](mailto:info@h-foundation.org)  
India +91 84338 69457 | USA +17327237028**



**For further information, please visit  
[www.h-foundation.org](http://www.h-foundation.org)**

**If you have any questions, feel free to send an  
E-mail to: [info@h-foundation.org](mailto:info@h-foundation.org)  
India +91 84338 69457 | USA +17327237028**

A beautiful sunset scene over a calm body of water. The sun is low on the horizon, casting a golden glow across the sky and reflecting on the water. In the foreground, there are several large, snow-covered rocks. To the right, a dense stand of tall reeds or grasses is silhouetted against the bright sky. The overall mood is peaceful and serene.

For further information, please visit  
[www.h-foundation.org](http://www.h-foundation.org)

If you have any questions, feel free to send an  
E-mail to: [info@h-foundation.org](mailto:info@h-foundation.org)  
India +91 84338 69457 | USA +17327237028