

ANNA YOUNG - FERRIS

Vedic Meditation

24 May 2019

To whom it may concern

I have had the pleasure over knowing Selina Win Pe since first meeting her at a meditation workshop I was delivering in February 2017 at our local KAI YOGA studio in Mosman. I felt immediately drawn to Selina's charismatic warmth, curiosity and open heart. Over time I came to know more of her story and the severe trauma she has endured after being one of the surviving hostages in the Lindt Cafe siege that took place in December 2014.

In June 2018 I taught Selina Vedic meditation, and although she struggled a little at the beginning to commit to the practice, she is now practicing regularly and wholeheartedly. She shares with me often how meditation is a vital part of her daily self-care and wellness ritual, and attests to the power of this profound meditation technique as a critical part of her journey of healing.

Like a lotus rising and blossoming through the mud Selina has turned circumstances of tragedy into a legacy and a true will of courage. It is my absolute honour to witness and be part of her deep growth and transformation having endured so much severe and unimaginable trauma in her life, as I continue to guide her as her meditation teacher, mentor and friend.

With her big, kind, warm and most generous heart, she is now on a selfless and compassionate mission to help those in need, especially disadvantaged children and our farming communities. What a privilege for the so many who have already been touched by Selina's courage and her vision and I'm so excited for those she will touch as part of her onward purpose-filled journey.

Sincerely,



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