

Meditation



- Learn to meditate for free
- Enjoy the peace that true meditation can offer
- Attend any or all of these free events

Shri Mataji Nirmla Devi (founder of Sahaja Yoga)

A Special Evening of Meditation & Joyful Music

Saturday 14 July, 7.30pm-9.00pm

An evening of inner peace and live world music. Learn how to experience mental silence and peace with the simple Sahaja Yoga Meditation technique.

Four Week Follow-up Course

Four Weds, 18 July to 8 Aug, 7.30pm-8.45pm

Finding balance in life: how meditate at home, how to keep in balance, techniques to help reduce stress.

Ongoing Weekly Meetings

Every Wed, from 15 Aug, 7.30pm-8.45pm

With guided collective meditations, video/audio lectures by Shri Mataji (founder), talks and Q&A sessions.

Paddington Public School

Corner Oxford & Elizabeth Sts, Paddington

(where Markets are held.)

Go to Block C, at rear of school.

Enter via Elizabeth St driveway gate.

All events are free of charge



Suitable for beginners or those wishing to deepen their meditation. Join in at anytime.

Sahaja Yoga Meditation
www.freemeditation.com/paddington

About Sahaja Yoga Meditation and these Events

Sahaja Yoga is a method of **meditation** which brings a breakthrough in the evolution of human awareness. It was created by Shri Mataji Nirmla Devi in 1970 and has since spread all around the world.

What is Meditation? Meditation is best understood as a state of 'mental silence' in which one is fully alert and aware but free of the unnecessary thoughts or worries that lead to many of life's day to day stresses. This state of silence occurs spontaneously when one learns how to focus on the experience of the present moment, leading to a state of peace and calm. Through a simple process, known as Self-Realisation (kundalini awakening) this meditation state can be quickly established, maintained and, most importantly, enjoyed!

At these meetings, you will learn how to experience true meditation. You will learn how to meditate at home and how to keep in balance. The techniques are easy to learn and practice. No physical exercises, postures or special clothing required. Chairs provided.

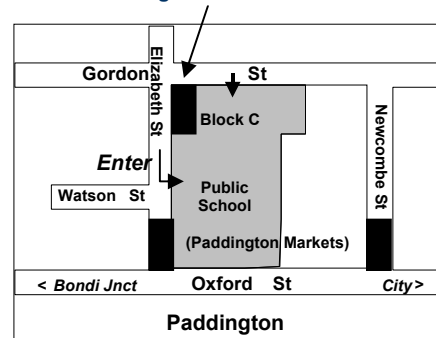
- All these events are free • For beginners or experienced meditators • Newcomers can join in at any time.

"Man in his search for joy and happiness is running away from the Self, which is the real source of joy... now a method has been found to tap the Divine power, and this is called Sahaja Yoga."

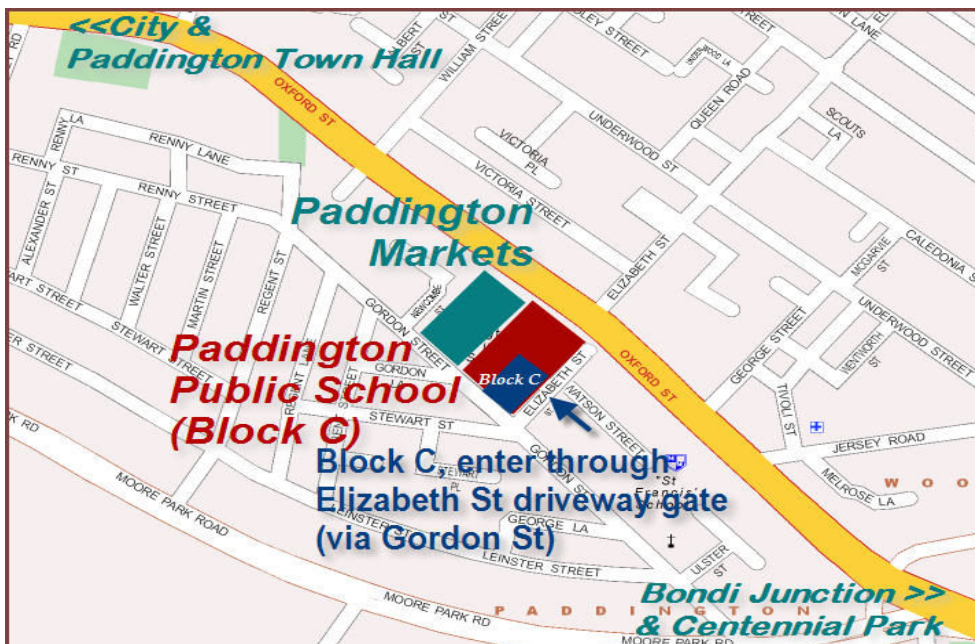
Shri Mataji Nirmla Devi (founder of Sahaja Yoga)

Meditation meetings

Paddington Public School- Block C



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