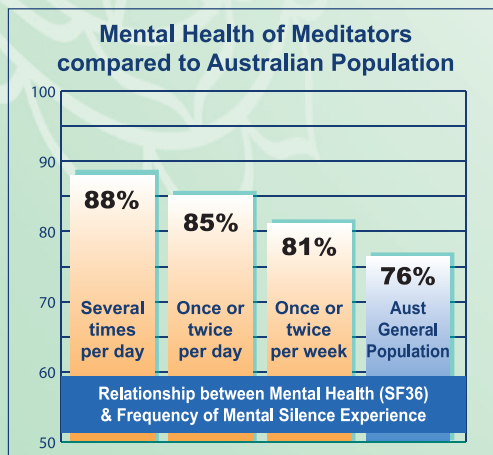
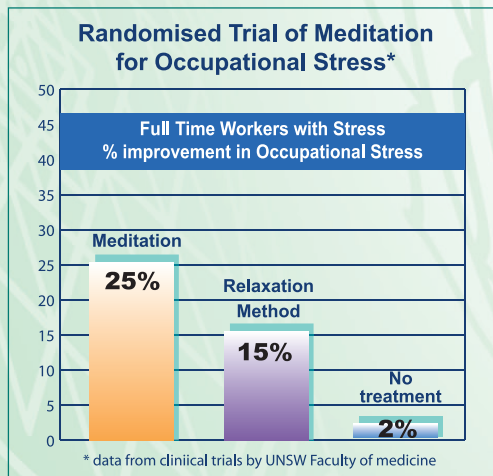


Scientifically Proven

The practice of this authentic meditation technique, even for short periods, has been proven scientifically to significantly enhance people's mental health and well-being at work, reducing stress and improving effectiveness, reducing the effects of chronic diseases such as asthma and hypertension.

Peer reviewed research conducted by University New South Wales Faculty of Medicine



See www.researchingmeditation.org

Various Meditation Activities & Events



For booking and full details, go to www.freemeditation.com or email: sy_adelaide@yahoo.com.au

Learn how to enjoy the peace of meditation. Separate sessions for beginners and regulars. Friends and family are also welcome to attend.

Ongoing Free Weekly Meditation Programs

Cheltenham: Tuesdays 7:30pm
Cheltenham Community Centre
62 Stroud Rd (North), Cheltenham
(opposite Cheltenham Railway Stn)

Tusmore: Tuesdays 7:30pm
Burnside Community Centre
Adjacent to Burnside Library
Cnr. Greenhill Rd/ Portrush Rd, Tusmore SA 5065

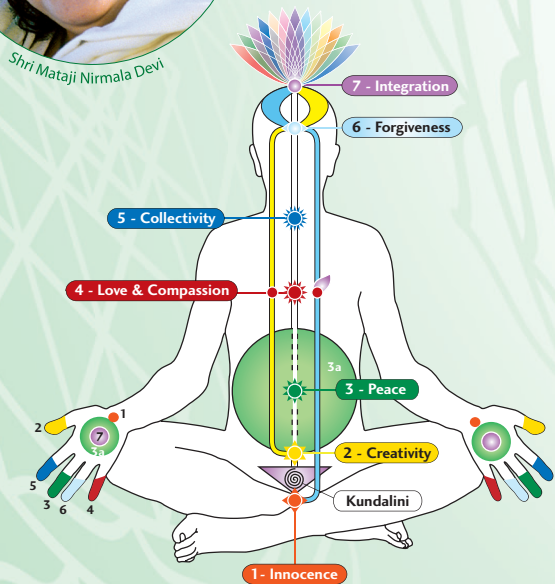
Marion: Wednesdays 7pm,
Coinda Neighbourhood Centre,
Crn Sturt & Diagonal Rds, Marion SA 5043.

Call 1300 724 252 for further information about the above mentioned programs.

SAHAJAYOGA MEDITATION



Shri Mataji Nirmla Devi



Know thy Self

Achieve balance & inner peace

Sahaja Yoga Meditation follow up courses
Tuesdays/Wednesdays

Starting on July 21st and 22nd

Visit www.freemeditation.com

What is Sahaja Yoga Meditation?

Sahaja Yoga is a method of meditation which has resulted in a breakthrough in the evolution of human awareness. With this breakthrough comes a deep spiritual connection and a new type of subtle awareness that enables you to truly "Know thy Self".

Sahaja Yoga Meditation was established by Shri Mataji Nirmala Devi in 1970 and has since spread around the world.



"You can not know the meaning of your life until you are connected to the power that created you."

Shri Mataji Nirmala Devi

The State of Mental Silence

Sahaja Yoga 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 meditative state can be quickly established, maintained and, most importantly, enjoyed!

Free Weekly Follow Up Courses

FREE 6 week meditation course will commence on:
Tuesday 21st July at Burnside & Cheltenham
Wednesday 22nd July at Marion
(Address details overleaf)

The Workshop is suitable for both regulars and beginners. The meditation is very easy and no prior knowledge is needed.

Everyone will have the opportunity to learn and experience the peace and joy that true meditation can offer.



Workshop topics include...

- Introduction to meditation - for newcomers
- In depth sessions - for new and previous attendees
- Collective meditations - to help you experience deeper levels of mental silence
- Easy techniques to help reduce stress
- Balancing & clearing chakras & the subtle system
- Tips on how to meditate at home
- Video talk by Shri Mataji, the founder of Sahaja Yoga



"After a period in my life, which I can only describe as most challenging, I came here and found balance and peace" (workshop participant).

Weekly Meetings

There are many centres in Australia and around the world that offer these regular meditation classes. All meetings are offered free of charge.

Find your nearest meeting, call **1300 724 252**
www.freemeditation.com/meetings

Radio and Online Meditations

If you can't get to a meeting, we have a weekly one hour radio program with discussions, guided meditations, talks by the founder Shri Mataji, and music.

In Sydney, tune to Radio 2SER.FM on 107.3MHz FM every Sunday between 9.30am to 10.30am.

Remote and international audiences can listen via:
www.freemeditation.com/radio

Also, you can download podcast meditation exercises at:
www.researchingmeditation.org/meditation-exercises

Online News Bulletin

Regular updates of enlightened news, meditation tips, articles on spiritual figures, great leaders, the arts.

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www.freemeditation.com/news

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