

SAHAJAYOGA MEDITATION

Achieve True Peace Within



GO BEYOND THE MIND

FREE SAHAJA YOGA MEDITATION

*You are invited to an evening to celebrate
the culture of the spirit.*

*Find out how to experience true meditation,
which integrates your mental, emotional,
physical and spiritual well-being.*

Friday 7th October

Perth Town Hall

Corner of Barrack Street & Hay Street

7.00pm - 9.00pm

Enquiries: Kusum - 0420 339 691

Light refreshments provided

Free of Cost

"It's absolutely freely coming to you.

So you cannot pay for it.

It's Love, and Love you cannot purchase." ...

Shri Mataji

www.freemeditation.com.au

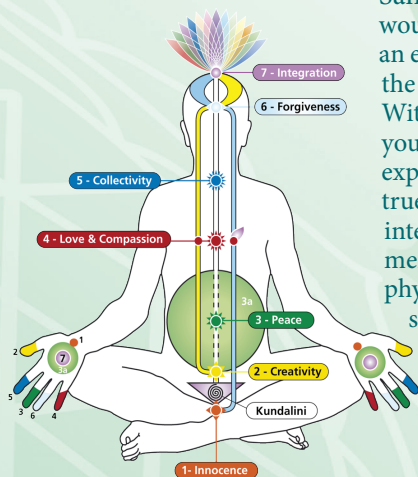
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Sahaja Yoga Meditation would like to invite you to an evening of celebration of the culture of the Spirit.

With free entry for all, you will find out how to experience the state of true meditation, which integrates your spiritual, mental, emotional and physical well-being. This special event will reveal ancient knowledge in modern form, accompanied by the expression of the spirit through global music.



The Spiritual Subtle System

Sahaja Meditation is designed to help you achieve a state of thoughtless awareness and self-realization in a split second, through the awakening of a powerful dormant energy that has been with you since birth. The ability to awaken and experience this energy is unique and differentiates Sahaja Yoga from all other forms of meditation. With practice, in a short time, you are able to direct and channel your own energies and enjoy more self control and wellness.

Sahaja Meditation does not conflict with, or substitute for any religion. Our free programs, run by volunteer meditators are open to all and are available locally and in more than one hundred countries around the world. Give yourself this opportunity to discover the depths of your inner spirit.

Sahaja Meditation look forward to sharing this experience of Kundalini Awakening with you with an evening of meditation and music.

CELEBRATING 35 YEARS OF

SAHAJA YOGA MEDITATION IN AUSTRALIA