

LET'S MEDITATE FOR 21 DAYS

For freedom from thoughts

Daily online meditation sessions for 21 Days

31st July ~ 20th August 2021

8:45pm to 9:45pm (Sydney time)

Week 1: Awaken the energy & Know Thyself
Saturday 31st July to Friday 6th August 2021

Week 2: Spiritual Ascent
Saturday 7th to Friday 13th August 2021

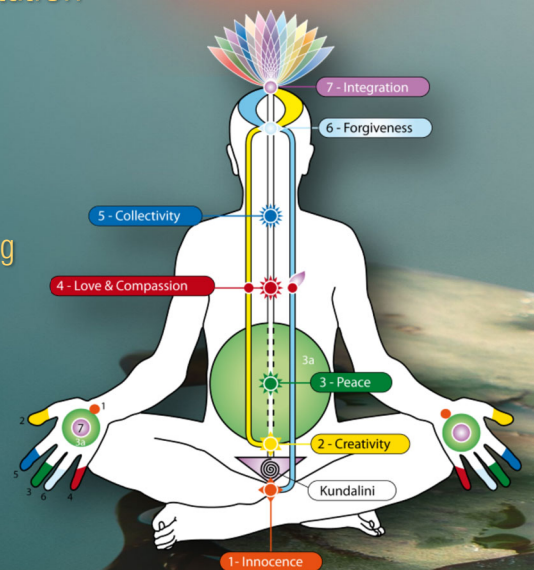
Week 3: Nirchivarita (thoughtlessness) through meditation
Saturday 14th to Friday 20th August 2021

- One to one help and workshops with Group Practice.
- Join in at anytime, even if you miss a session.

Why 21 Day course for peace through spiritual awakening?
Little by little, we practice every day to cleanse our inner system using powerful techniques of Sahaja Yoga Meditation. This is a spiritual meditation whereby we awaken the inner energy that gently brings positive change within us - making us more balanced, peaceful and joyous. As you participate in the daily classes, you will notice increasing gap between your thoughts and feeling more relaxed, peaceful and spiritual. Sahaja Yoga Meditation is always free and practiced in more than 100 countries.



Shri Mataji Nirmala Devi



Presented by Sahaja Yoga Meditation



Watch Live on Zoom & YouTube

Full details with Zoom and YouTube links at:

www.freemeditation.com.au/21days

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