

Celebrating World Self-Realisation Day



“You cannot know the meaning of your life until you are connected to the Power that created you.”
Shri Mataji Nirmala Devi

On Sunday 5th May, we celebrate the opening of the Sahasrara chakra in 1970 by Shri Mataji Nirmala Devi - founder of Sahaja Yoga Meditation. Self Realisation is the awakening of the Kundalini, a subtle energy within that connects us to this seventh chakra of our subtle being. This enables us to experience inner balance and joy through true meditation. Sahaja Yoga meditation provides this experience and has spread to over 100 countries for all to enjoy, free of charge.

Receive your Self Realisation
Sunday 5th May 2019
10am to 10:45am (Sydney time)

To receive your Self Realisation please join us online to be guided through the simple process of Kundalini awakening for your Self Realisation and learn how to meditate.

Live webcast at www.freemeditation.com.au/live



Scan QR code with mobile device for live webcast website.

Presented by Sahaja Yoga Meditation Australia
Free weekly meditation classes around Australia and Worldwide or meditate online anytime.
Please visit: www.freemeditation.com.au or Call 1300 724 252