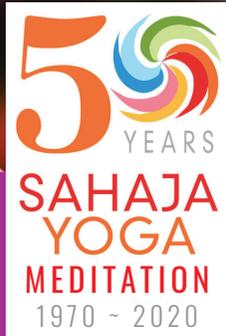


# Free Online Meditation



*"So thoughtless awareness is the first beautiful state you have to achieve. That will give you peace and a witness state to enjoy the drama of life."*  
Shri Mataji - founder



*Celebrating  
World Realisation Day*

**All day meditation sessions  
TUESDAY 5<sup>TH</sup> MAY 2020  
7AM ~ 10PM (Sydney time)**

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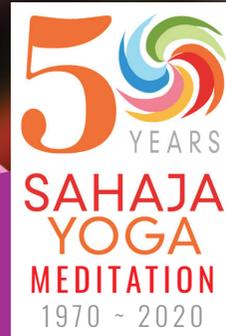
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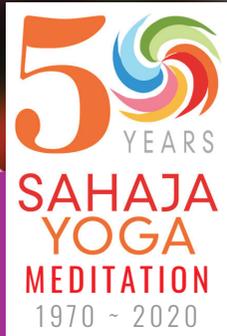
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# Celebrating World Realisation Day

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7AM ~ 10PM (Sydney time)

- Realise the source of true wellbeing for mental, emotional, physical and spiritual inner balance.
- 20 minute sessions throughout the day on YouTube and Zoom.
- Suitable for complete beginners and regular meditators.
- Includes the documentary **“Freedom & Liberation” at 6pm (Sydney time) Tuesday 5th May 2020.** The life and times of Shri Mataji and her international Sahaja Yoga meditation movement.

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