

MORE INFORMATION & ONLINE RESOURCES

Free classes in Australia and Worldwide. **Online resources** with video and audio meditations, meditative music, balancing techniques, printed guides and talks by Shri Mataji (founder). **Live Streaming** meditation webcasts. **Podcasts** with guided meditations, music and talks. **Newsletter** sign up for news and events.

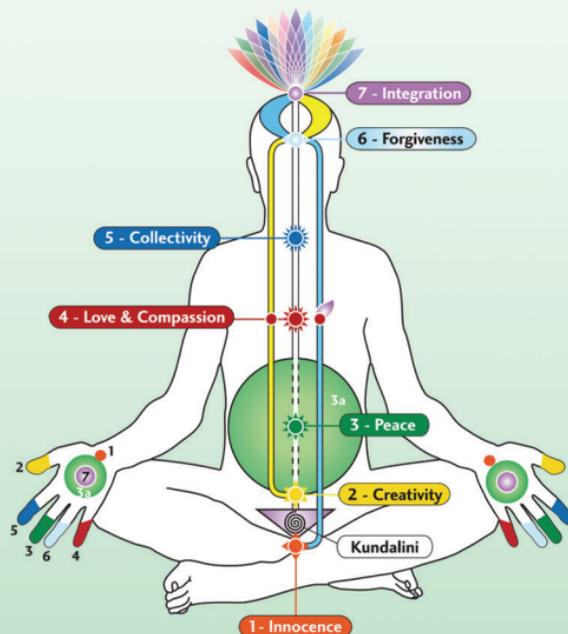
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Scan QR code with mobile device for Resources website.

Sahaja Yoga Meditation Australia
freemeditation.com.au
Phone 1300 724 252

THE INNER SUBTLE SYSTEM QUALITIES OF EACH ENERGY CENTRE



Realise the Self!

INVITATION

Ongoing meditation classes, seminars and workshops are available in most major cities around the world. There is no charge for learning Sahaja Yoga meditation or for receiving one's Self Realisation, which is the birthright of every human being. Why not drop in to experience meditation for yourself?

About our free weekly classes

- Experience true meditation with simple techniques.
- Easy to learn, everything is explained.
- Learn how to meditate at home and keep in balance.
- Beginners and experienced meditators are welcome.
- No exercises, postures or special clothing required.
- Chairs provided • Join in at any time.

SAHAJAYOGA MEDITATION

Enjoy the peace of true meditation



www.freemeditation.com.au

MEDITATION

True meditation is a state of deep peace where the mind is absolutely calm and silent, yet completely alert - a state of being known as 'thoughtless awareness'. Throughout history, mystics, saints and prophets have spoken of this experience. At that time, they removed themselves from society, sought ways to cleanse themselves of human troubles and devoted their lives to achieving spiritual ascent. Their aim was to achieve 'Self Realisation' - a state of being where the human spirit becomes one with the Divine, with enlightened attention in the present moment, beyond thought. Through Sahaja Yoga Meditation, this experience is now available to everyone, effortlessly.

KNOW THYSELF!

SAHAJAYOGA

Self Realisation occurs when the kundalini, a dormant energy within us, is awakened. When activated, this energy brings more balance to the physical, mental, emotional and spiritual aspects of our being, allowing the peace of inner silence. Sahaja Yoga Meditation meetings enable us to learn how to achieve, master and maintain this state of being in daily life. You also learn how to give others the same experience. All your questions will be happily answered. When your kundalini energy is awakened you become aware of your subtle inner Self!

“You cannot know the meaning of life until you are connected to the power that created you ...”

Shri Mataji Nirmala Devi

SHRI MATAJI

Shri Mataji Nirmala Devi quietly transformed lives. For over forty years, she travelled internationally, offering free public lectures and the experience of Self-Realisation to all, regardless of their race, religion or circumstance. She not only enabled people to pass this valuable experience on to others but taught them the meditation technique necessary to sustain it, known as Sahaja Yoga meditation which she founded in 1970. Shri Mataji was nominated for the Nobel Peace Prize, honoured by the US Congress and the UN, and received many awards for her contribution to the wellbeing of humankind.

“There can be no peace in the world until there is peace within”

Shri Mataji Nirmala Devi



Shri Mataji Nirmala Devi

founder of Sahaja Yoga Meditation

Try this simple exercise. Sit quietly for a few moments and hold out your hands, palms upward, towards the photograph. You may feel a cool or warm breeze and your thoughts may quieten. This is only the beginning. If you would like to deepen this experience and learn more, please see overleaf.