

Experience the living
spiritual power within you
and transform your life



You're invited to a special

100 YEAR

commemoration of the life of
Shri Mataji Nirmala Devi



LEARN MORE &
REGISTER NOW

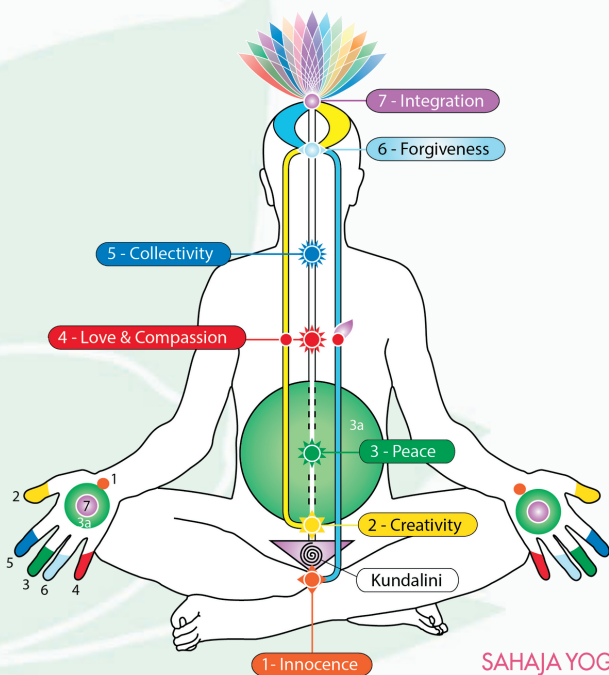
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HAWTHORN
ARTS CENTRE
360 BURWOOD RD,
HAWTHORN VIC 3122
FRIDAY 7PM
FREE ENTRANCE

You'll experience first-hand Shri Mataji's unique discovery – a genuine spiritual awakening recognised as the pinnacle state of every religious tradition.

During this 90-minute program you'll :

- Learn a simple, effective meditation technique that actually silences your mind and stops intrusive thoughts
- Discover the Subtle System that works through your autonomic nervous system
- Learn to diagnose your inner imbalances through your body's own signals
- Correct the emotional and physical imbalances that cause many illnesses
- Transform yourself to become more spiritually connected and enlightened



**SAHAJA YOGA
MEDITATION**
Always free