

**“When you get your Self-Realisation,
you become the Spirit.”**



Shri Mataji - founder

World Realisation Day

Free meditation events

Australia Wide during May 2018

ACT • NSW • SA • QLD • VIC • WA



What is Self Realisation and how to establish it through meditation.

Millions around the world are enjoying our free Sahaja Yoga Meditation since it was started by HH Shri Mataji Nirmala Devi on 5th May, 1970. Her meditation enables en-masse Self-Realisation. Self-Realisation is the key to thoughtless awareness, also known as mental silence, and is the basis of good health and wellbeing.

Sahaja Yoga meditation provides this experience.

“When you get your Self-Realisation, you become the Spirit. And your attention is enlightened by that spirit. You become a witness of the whole world like a drama. This enlightened attention is a very powerful means of spreading divine vibrations”

– Shri Mataji



Scan QR Code for
Event Details & Locations

Free • Everyone welcome • No booking required.
Ongoing free follow-up classes in many locations.
Event details: www.freemeditation.com.au/may2018

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www.freemeditation.com.au