

Do you ever think there must be more to life? This free course uses meditation to bring life into focus. It draws on some of the classic teachings of eastern and western philosophy, to free the mind for what's important. It includes simple, potentially life-changing, techniques which are easy to follow and open to all, regardless of age and origin.

"Is this it?"

Meditation can be understood as a state of thoughtless awareness. Free from thoughts of the past and plans of the future, our mind can settle for the first time on the reality of the present. No prior experience is required. Students meet in small groups on a weekly basis, led by an instructor.

The first session begins with a simple concept. You are your own master. The course focuses on experience and observation, not theory. Students are asked to test what they hear, and share what they

experience. As students develop their understanding, at home and during the class they are encouraged to take ownership of their learning.

Further classes will expand on the use of mantras; vibratory awareness; nurturing your creativity; inner peace in the face of struggle; how to feel love more, and so on.

This experience is for all the seekers of truth. Those who ask themselves the greater questions in life. Who am I? Why are we here? What am I for?

Classes are held weekly, usually after work hours at the local library. To reserve your place to attend, visit wemeditate.co/classes. Instructors are motivated by their own profound experience,

and offer the classes free of charge as a community service. "Self-realization is the first encounter with reality."

If you have been on the lookout for a way out, into a wider reality, **this might be it.**

July xx, 6:30 pm, Venue Name, 12 Street Name, City Name, XX 12345

wemeditate.co/classes

People have always sought progression - through progressive enlightenment, or the awakening of consciousness. Great writers such as Leo Tolstoy, Carl Jung, Rabindranath Tagore, C.S. Lewis and more have examined this history of evolution through their writing.

An evolution of thought or awakening of consciousness; through progressive enlightenment or spiritual awakening. Writers such as Leo Tolstoy, Carl Jung, Rabindranath Tagore, and many others examine this history of evolution. In the past seekers of truth might climb mountains, immerse themselves in study, seek out wise men, or perform penance in searching out their personal awakening.

Whether you call it divine, collective consciousness, perfect reason, etc. there is a force that pervades life, which can be directly experienced. It requires no faith, only earnest desire.

In 1970, a method of giving this awakening en masse was discovered for the first time by Shri Mataji Nirmala Devi, the great spiritual teacher of our time. For the next 40 years she traveled to numerous countries offering this self-realization for free. She said that spontaneous awakening is born within you, so how can anyone charge you for it?

This class is for anyone who is seeking the answers to those greater questions in life. When awakening this self-realization, one experiences a deep state of thoughtless

awareness - or meditation. Free from thoughts of the past and plans of the future, our mind can settle for the first time on the reality of the present. Students meet in small groups on a weekly basis, with an instructor. Classes are usually held after work hours at the local library.

Instructors offer advice and techniques based on their own experience, and are motivated to offer the class for free by their own profound experience. To book your place to attend, visit wemeditate.co/classes. "Self-realization is the first encounter with reality." If you have been seeking answers, [this might be why you are here.](#)

July xx, 6:30 pm, Long Venue Name, 123 Long Street Name, City Name, XX 12345

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“Why
am I
here?”

Throughout the day we are bombarded with regrets from the past, or anxieties about the future. Do you ever ask yourself: when will I be able to rest? This free course uses meditation to bring life into balance. It is open to all, and uses simple techniques, designed to free the mind for what's important - and let go of what isn't. Students meet in small groups, led by an instructor drawing on their own experience of meditation.

Meditation can seem daunting at first, but with easy practical techniques can be reached by anyone, regardless of age or background. The focus is on experience not theory, and observation rather than opinion. Students are asked to take nothing for granted, and observe how the practice affects them. Instructors offer advice

“What to do now?”

and techniques to help students grow their personal understanding. The more you test and try it, the more you get out of it.

Meditation is a state of thoughtless awareness. In meditation you are fully aware of your surroundings, but free from the thoughts and anxieties that are the source of much of daily life's troubles. Fully

in the present moment, the joy and beauty of the world around you reveals itself. This course explores that powerful experience.

These classes are for those looking to bring about real change in their life. With meditation you gain a powerful tool for introspection, and the means to give up self-defeating habits.

This course meets on a weekly basis, usually in the local library after work hours. To reserve your place to attend, visit wemeditate.co/classes. Instructors are motivated by their own profound experience of meditation, to offer these classes for free, as a community service. When external forces can't be changed, the only thing you can do is change yourself. If you have been looking for a way to bring peace into your life, then for you **this might be what to do now.**

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