

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



Shri Mataji - founder

## World Realisation Day

Free meditation, music & dance concert

Friday 4th May, 2018 · 7pm to 9pm

Epping Community Centre 9 Oxford St, Epping



Enjoy dance, music and meditation and a performance by Indian Sahaja Yogi, **Archana Srikranth**, a professional Indian classical singer and dancer. Our **Music of Joy** group will also present their enjoyable and enlightening music from around the world. It'll be a great night ...so please join us!

### What is Self Realisation and How to Meditate

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.

Also in Adelaide • Brisbane • Canberra • Melbourne • Perth



Scan QR Code for  
Event details & locations

Free • Everyone welcome • No booking required.

Ongoing free meditation classes in many locations.

Event details: [www.freemeditation.com.au/may2018](http://www.freemeditation.com.au/may2018)

Presented by Sahaja Yoga Meditation Australia

[www.freemeditation.com.au](http://www.freemeditation.com.au)