



Winter Meditation

Pure Awareness Meditation

Meditation is a state of mind, a mind of calmness, stability, and clarity; a mind free of dullness and confusion; a mind in accord with stillness and peaceful reality. Such a mind is a source of wisdom and great potential. It is a state of true liberation and joy. Achieving a meditative state of mind is possible for everyone, but proper meditation guidance is essential.

Cost: \$ 20 casual (beginners- advanced)

Start Date: Saturday 11th July 2009

Start Time: 10.30AM (1hr)

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