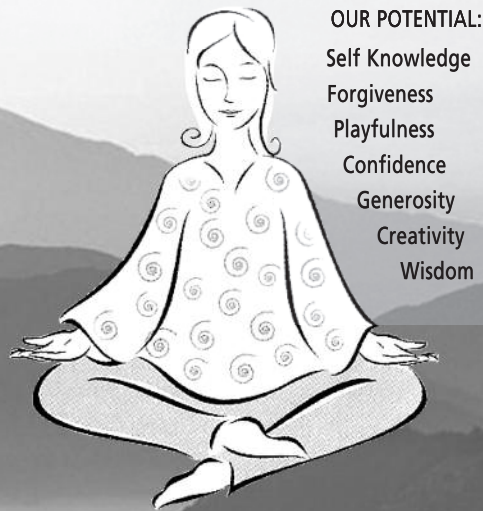


When you practice **Sahaja Meditation**,  
your mind becomes peaceful and calm.  
Your body relaxes. You feel good!

A few minutes of Sahaja Meditation is  
rejuvenating. You rediscover your sense  
of joy. You get inspired. You express your  
love more.

Sahaja Meditation is always free.



OUR POTENTIAL:  
Self Knowledge  
Forgiveness  
Playfulness  
Confidence  
Generosity  
Creativity  
Wisdom

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