

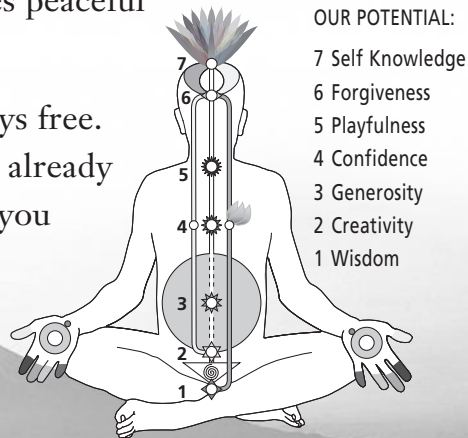
SAHAJA MEDITATION

Nothing feels as good

A few minutes of Sahaja Meditation is refreshing and rejuvenating. You rediscover your sense of perspective and stop worrying. Your body relaxes. You feel good!

When you practice Sahaja Meditation, the non-stop buzz — thoughts, ideas, plans, reactions — slows down. Your mind becomes peaceful and calm.

Sahaja Meditation is always free. You activate the potential already within you, the potential you were born with.



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