

Meditation is Easier Than You Think!

Meditation is a natural process of the mind

Learn how to easily enhance your daily life in profound ways!

**Please join Joyce Kendall Authorized Teacher of Neelakantha Meditation
for a FREE talk about how life supportive this practice can be.**

**Friday Sept 15th 4:30-5:30pm or
Friday Sept 29th 7:30-8:30pm**

Beyond your ordinary reality and waking consciousness lies the unimaginable mystical and unbounded field of your true nature, your absolute divine Consciousness or Source Place. This Source is not separate from you it is you!



An effective practice of meditation does not involve great effort or super human harsh discipline to remove thoughts. The truth is that our ability to connect with source is natural and easy. Learn how a daily meditation practice can be easily accessed by anyone and dispel the misunderstanding of meditation as a difficult process of concentration, focus, and effort. Meditation is a practical life enhancing tool; no one should go through life without a proper practice that can help us find our 'home in the heart'.

Great Masters of Consciousness have passed on both the science and mysticism of each individual's capacity to bring their awareness into deeper and deeper alignment with that source place and in doing so enhance their daily life in magical and unimaginable expansive richness. This talk will introduce you to some of the underlying principles of the practice of Neelakantha Meditation.

**Are you interested in Meditation but feel it is something that "you could never do"?
Have you tried a meditation practice in the past but feel you failed?**

Location: Involution Yoga

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