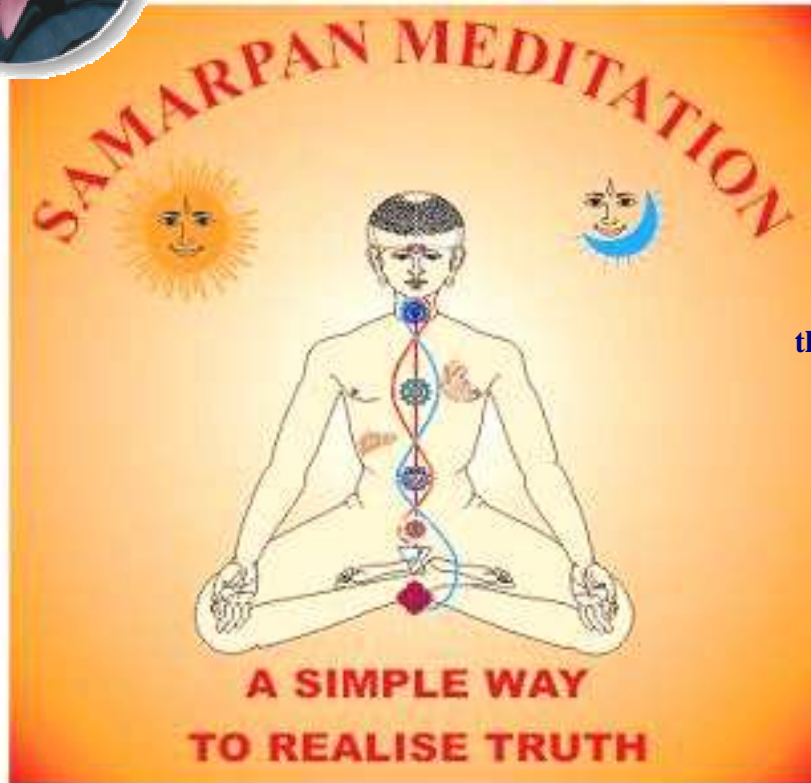




Introduction to Samarpan Meditation



Samarpan Meditation is taught free of cost by the living Guru Swamiji Shree Shivkrupanandji, who lives in India. It is not bounded by any religion, and anyone who has the wish to progress spiritually can practice this type of meditation. By meditating regularly, all our Chakras (energy centers) and Energy Lines become clear and balanced; through this, we get connected to universal consciousness after awakening our Kundalini Energy, the basic life force.

Negative energy is created by our thoughts and emotions overshadowing our pure soul. Meditation helps remove this negative energy which stops us from making the right decisions in life. This allows our souls to show us the right way, stay unstressed, and concentrate better in whatever we do, by keeping us in the present.

The benefits of kundalini awakening can help a person on four different levels: Physical, Material, Mental, and Spiritual.

You are invited to join these introductions to Samarpan Meditation by Swamiji Shree Shivkrupanandji on a video presentation.

For more information, visit www.samarpannews.org or www.shivkrupanandji.org.

For questions about the program, contact Madhuben Patel at 973-778-3074 or 201-238-8936.

Saturday, April 19 10 AM – 12 PM

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