

# Integrated Amrita Meditation Course®

**Saturday 24 November 2018 – London**

Rokesly Infant School, Hermiston Avenue, Crouch End, **London N8 8NH**

Time: **9.45am-6pm**. Cost: **£35** (including refreshments)

Led by **Akhilesh Milan**

**Book at the Reception Desk during  
Amma's programme or book online  
via Paypal (see overleaf)**

*Sign up to our monthly Enews at  
[www.amma.org.uk](http://www.amma.org.uk)  
for dates and details of all future courses*

*Meditation increases our vitality and strengthens our intelligence. Our beauty is enhanced and our mental accuracy and health are improved. We gain the mental fortitude and patience to face life's problems. Meditate! Only through meditation can we find the treasure we're looking for.*

– Awaken Children VI p.13



*There is a great need for such practices in this day and age. This world, which we all share as a single human family, currently lacks genuine peace or any real sense of love and connectedness. This has to change, and the more of us that are actively seeking new avenues of spiritual growth, the better off everyone will be. Like all spiritual practices, meditation has one ultimate purpose: to lead us to permanent spiritual experience. This experience lies within us, in the form of wisdom, peace, bliss and love. Who among us doesn't pray for these blessings, both for ourselves and this earth, our home?*

For those who want to reach this goal, Amma has provided this gift. May its fragrance spread throughout the world.

## **Integrated Amrita Meditation®**

This new meditation technique was born out of Amma's divine inspiration and deep resolve for our spiritual enhancement.

It is called the Integrated Amrita Meditation Technique because through

practice it brings about integration in our lives, an integration of body, mind, intellect and heart, an integration of our True Self with the Divine. Meditation helps one to relax, both physically and mentally, and creates silence within. In this meditative silence, our inner potential and capacities become clearer and our channels of creativity and self-expression open up.

Therefore the IAM® technique helps one to lead a more balanced life, and gives one a more positive outlook. Practising IAM® unfolds new vistas and is ultimately a means to self-actualisation.

For those who are interested in deepening their spiritual practices, it serves as a powerful key that can finally take you to the highest goal of life, which is Self-Realisation.

Refreshments will be provided. The course itself is free but we make a charge to cover costs.



### **Preconditions for participants**

In her infinite compassion Amma makes this meditation available for all those who wish to learn it. Anyone over 18 years of age who can dedicate thirty minutes daily to practising the technique and who agrees to guard the secrecy of the teaching can learn. Please note:

- 1) The IAM® Technique is protected under a trade mark in order to preserve the original form of this meditation designed and developed by Amma and to prevent misuse by unauthorized and unqualified teachers. Therefore at the beginning of the course, each participant signs an agreement that he or she shall keep the course, and all written materials received as part of the course, strictly confidential.
- 2) This meditation course is intended only for a person of sound mental health. If you are at present under medical care and need medication for your mental disposition, please contact us personally when you register for the course. If you are not sure about these requirements, or if you have any serious doubts, it is probably better to wait for the moment – there will be other courses.

There is no charge for the teaching of this course. Amma wishes it to be freely available to everyone who wishes to attend it.

However we do make a charge to cover the expenses of hiring the venue and providing refreshments.

## **Registration IAM® Course in London – 24th November 2018**

To register, make a payment of £35 through Paypal to [ianmacw27@gmail.com](mailto:ianmacw27@gmail.com).

Please include your full name and mobile number in the message.

Further information and directions will be sent on receipt of registration details.

Please use the email address above with any queries.

