

Free Introduction: Learn Passage Meditation

An introduction to the practice and benefits of the eight-point program of passage meditation. This introduction will be led by experienced meditators, and the combination of a relaxed, welcoming atmosphere and stimulating discussion draws people of a wide range of ages and backgrounds.

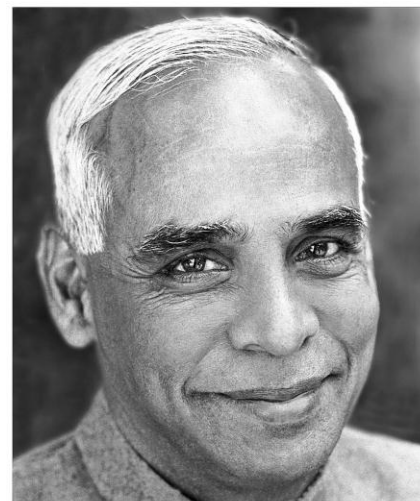
This is a perfect first step for anyone who is considering attending a passage meditation retreat, or is simply curious about passage meditation.

What is Passage Meditation?

In this method developed by Eknath Easwaran, you meditate on inspirational passages from the world's great wisdom traditions. Passage meditation can help you to

- * Deepen concentration
- * Develop richer relationships
- * Live more fully in the present
- * Discover your unique contribution to life

Easwaran called his program a “come-as-you-are party” – people of all ages, faith traditions, and life-styles join together in an atmosphere of warm, kind and respectful learning to bring out their highest self.



Eknath Easwaran, who developed passage meditation, is known as an authority on meditation and timeless wisdom. More than 1.5 million of his books are in print, and his translations of The Bhagavad Gita, The Upanishads and The Dhammapada are all bestsellers in their field.

Saturday, February 25, 2012

AgeSong Laguna Grove, Rooftop Sunroom 624 Laguna Street, San Francisco, CA 94102

Free. No enrollment necessary. 10:30 a.m. to 12:00 p.m.

For more information call the Blue Mountain Center of Meditation
at 800.475.2369 or visit www.easwaran.org

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