

# INNER AND OUTER PEACE THROUGH MEDITATION A Book Study

**Discover the many benefits of meditation for yourself in this 4-part series reading and studying the book: Inner and Outer Peace Through Meditation by Rajinder Singh.**

Imagine you are carrying a private retreat around inside you. A **sanctuary** you can visit whenever modern life gets too much. Imagine contentment and **freedom** from fear – whenever you wish it. You are imagining the **peace of body, mind, and soul** that meditation can bring you.

This outstanding **meditation handbook** is by one of the world's great spiritual teachers. Whether you are already meditating or a complete beginner, young or old, Rajinder Singh's easy-to-read manual will help you achieve **personal transformation**.

Take your pick of Daytime or Evening workshops:

**Evening Book Study is held 7:15pm-8:15pm**

**Thursdays: February 1, 15, March 1, 15**

**Daytime Book Study is held 11:15am-12:15pm**

**Thursdays: February 8, 22, March 8, 22**

Handouts, exercises, discussion, and a Facebook community will keep you on track and inspire you to meditate during this 8 week, 4-part series.

Held at: **Nourishing Journey 8975 Guilford Rd Ste 170 Columbia, MD 21046**

Contact: Nina Elliott 443-810-8670 or HarmonizingWell@gmail.com

A Science of Spirituality Program. **Free**. All are welcome.

MEDITATION HELPS US FACE MANY OF LIFE'S PROBLEMS WITH A  
*calmer, more relaxed attitude.*

-SANT RAJINDER SINGH JI MAHARAJ



Science of Spirituality is a worldwide spiritual organization dedicated to transforming lives through meditation, under the guidance of Sant Rajinder Singh Ji Maharaj.