

## Golden Lotus Meditation Group

Are you interested in manifesting more positivity in your life? Come learn the Golden Lotus Meditation, which is a simple and effective meditation technique that helps you generate more positivity, self-love, and acceptance. This powerful technique was originated by Yogiraj SatGurunath Siddhanath.

According to many researchers, stress is the number one killer and the cause of many diseases. Stress is caused by anxiety, worries and negative thoughts. All these are aspects of the mind. Inhaling and exhaling love shifts your consciousness from your mind to your heart and helps lowers stress.

Open your heart and relax your mind with a simple meditation that can be done in just minutes. Join us for an afternoon of relaxation! Sundays at 4:00, starting Feb 10th. Cost is \$5.00

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