

Introduction to Transmission Meditation – workshop

Contributed Article

Do you want to help the world and also build a stronger connection with your own spiritual nature?

Transmission Meditation is a simple form of group meditation that provides both a dynamic service to the world and powerful personal spiritual development.

We are in a crucial phase of our evolutionary process as spiritual beings and human family. At this time of crisis and transition, there is a great need for spiritual energies that stimulate human evolution and development in the right direction. By practicing Transmission Meditation we transmit such energies, which nourish and transform our world for the better.

Transmission Meditation is a group service activity, in conscious co-operation with the Masters of Wisdom, for the creation of a pool of higher energy for the benefit of humanity and the planet.

It is a combination of two yogas: Karma Yoga (yoga of service) and Laya Yoga (yoga of energies or chakras). It is highly scientific, safe, non-denominational and extremely potent. It will not interfere with, but will actually enhance any other spiritual practice and/or service activity in which you may be engaged.

As a result of Transmission Meditation, many people find they can experience and demonstrate love more easily. Others report that their mind is more stimulated and creative. Some people receive healing, spontaneously, during the transmissions.

Introduced into the world in 1974 by artist and author Benjamin Creme, there are now hundreds of Transmission Meditation groups active in many countries around the world.

The workshop will reveal the aims, technique and results of Transmission and participants will also be able to take part in a group meditation. The event is freely organised by volunteers with the Edinburgh Transmission Meditation Group.

Admission Free. Beginners welcome. No previous experience required.

Tuesday 21 February 2016
7:30pm – 9:00pm

Salisbury Centre
2 Salisbury Road
Edinburgh – EH16 5AB

For more information:

<http://www.transmissionmeditation.org>

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Submitted by [Members of Transmission Meditation group in Edinburgh](#)

