

Transmission workshop

Meditation

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.

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.

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 have a look at their [website](#)

Local contact:

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