

9 DAY PROGRAM

for teens & young adults

Meditation For Life's Chaos

...find peace within

Day 1
Unlocking
Inner Peace

June 18th, 2022

7pm - 8pm New York Time



SAHAJAYOGA
meditation



FREE OF CHARGE



www.unescobmw.org/peace-june-2022



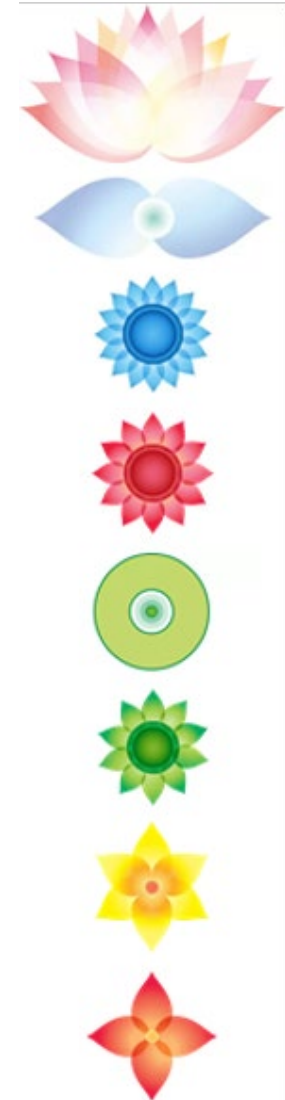
**Come learn to meditate and
connect with your inner-self in
this free 9-day meditation series!**



Body & Mind
Wellness Club

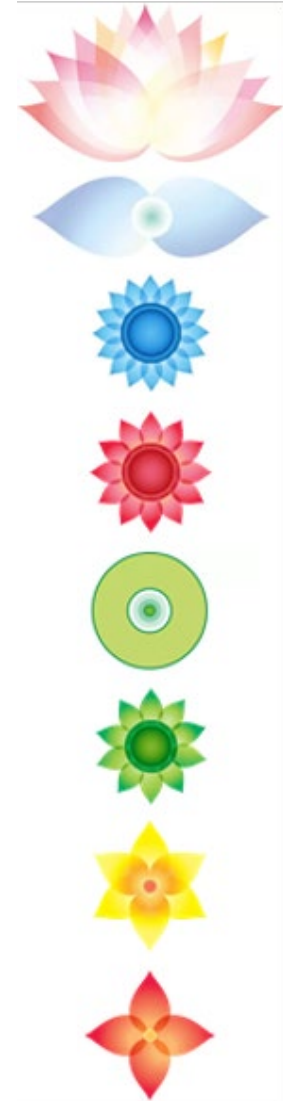
SAHAJA YOGA
MEDITATION

UNESCO BMW & Sahaja Yoga Meditation by Zohreh Rezazadeh



We meditate
unescobmw.org

Facilitators: Daisy & Ramesh



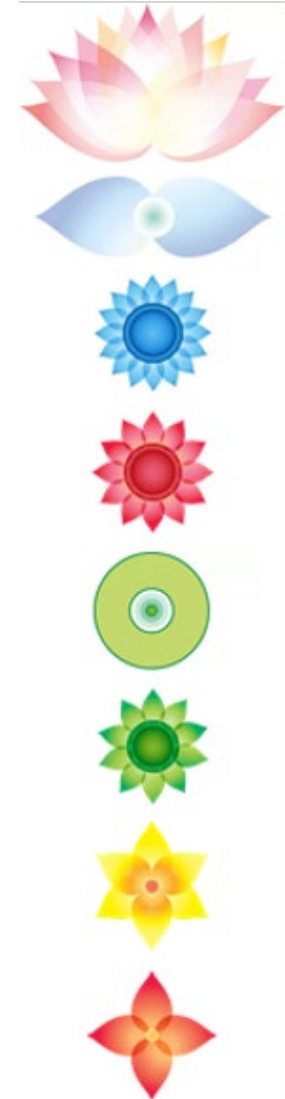


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Mental Health by Barnoor

UNESCO BMW Ambassador



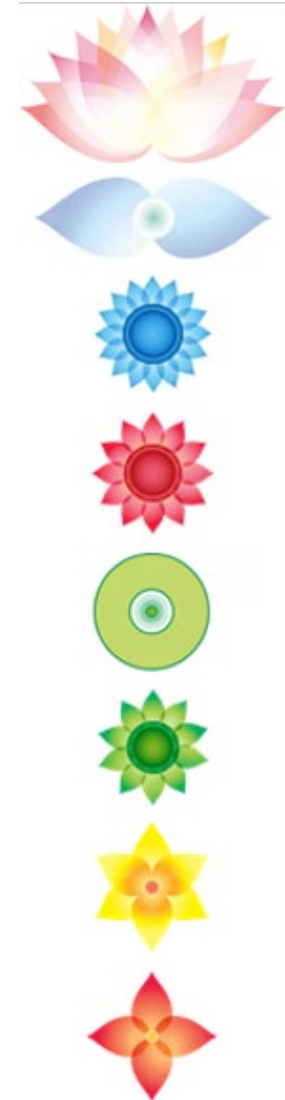
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MEDITATION

Unlocking the Inner Power



We meditate
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SAHAJA YOGA
MEDITATION

- **Founder:** Shri Mataji Nirmala Devi
- **Since:** 1970

Sahaja Yoga Meditation uses a very scientifically proven method founded by Doctor Shri Mataji Nirmala Devi, a global peace maker, who was nominated for 2 noble peace prizes and granted a UN peace medal.

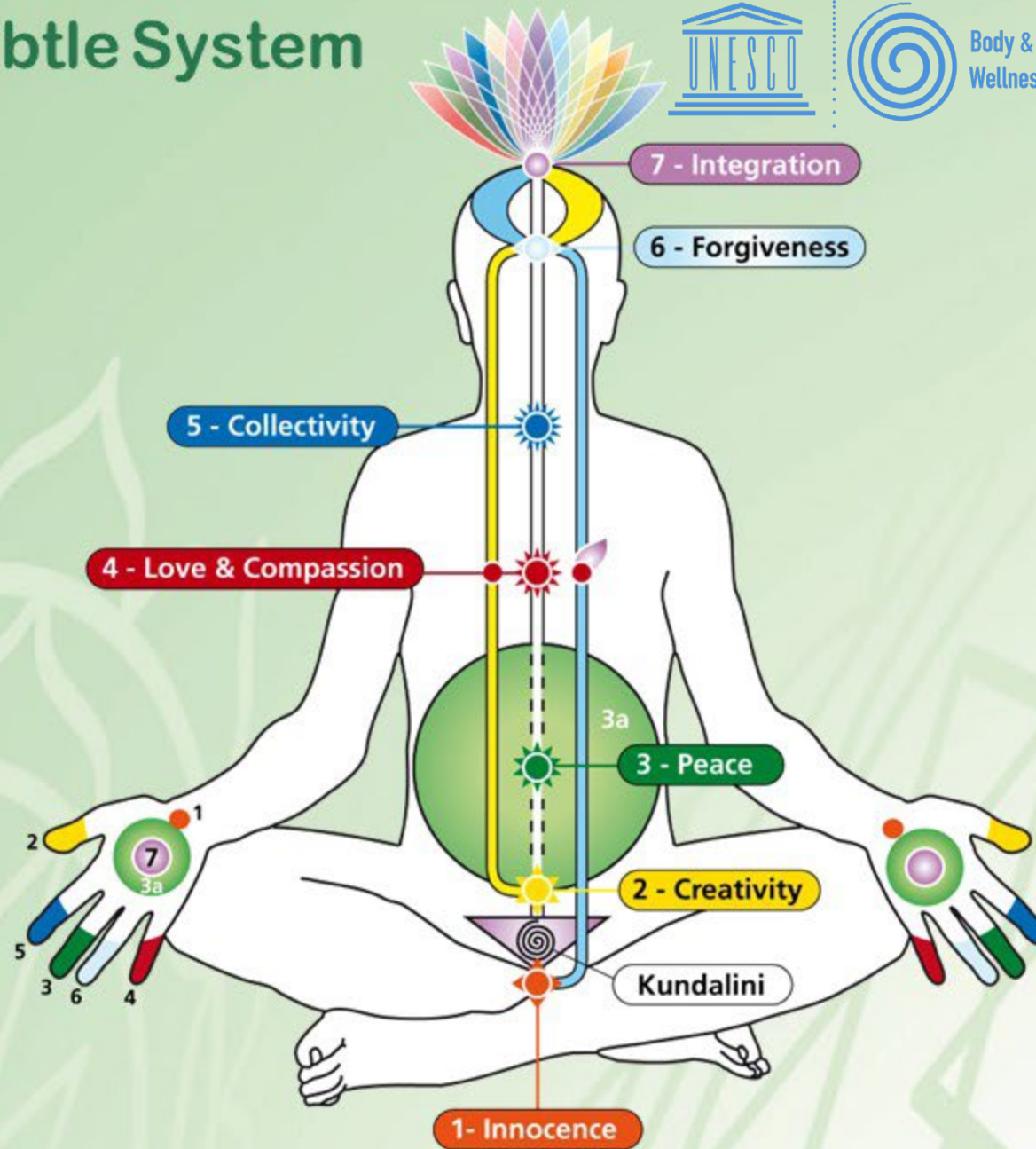
She was invited to UN as an honorable and prestigious guest speaker.

The Subtle System



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SAHAJA YOGA
MEDITATION



The basics by Moderators



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Meditation happens when

Thoughts from past and future have faded from the mind

The mind effortlessly elevates into a state of quietness

No stress to train your mind to behave a certain way

Three Basics

7 energy centers or chakras

3 channels

The Energy



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**What is the
experience of
being
connected?**



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Meditation & the experience of the self realization

Please follow the steps...



We meditate
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1

- **I desire to be connected to my true self**
- **I desire to fill my heart with love, compassion, and joy!**



2

- **I want positive change**
- **I want to be the force of positive change in me.**
- **Please, help me to feel satisfied and content**
- **Mother energy, please let me experience peace within me**



3

- **I want a positive attention and positive growth**
- **Please, remove all negative thoughts and ideas from my attention**
- **Mother energy, please sooth my attention**



4

- **Mother energy, please remove all fears, insecurities, and anxieties in me**
- **Let me trust my self and my own abilities**
- **Let me be a confident person**
- **Mother energy, please help me to feel safe, protected, and loved .**



5

- **I am not this guilt, but I'm pure self esteem and self respect**
- **I want to be respectful to myself and to everyone**
- **Mother energy, please give me the power of sweetness**
 - **time to show some grace to ourselves and be kind**
 - **let go instead of feeling guilty**



6

- **I am not this ego or these conditionings**
- **I forgive myself and I forgive everyone else**
- **I let go and I forgive**



7

- **Mother energy, please establish my self-realization**
- **Please, stop all my thinking and establish me in a state of thoughtless meditation**
- **Mother energy, please help me enjoy the state of thoughtless meditation**

Meditation



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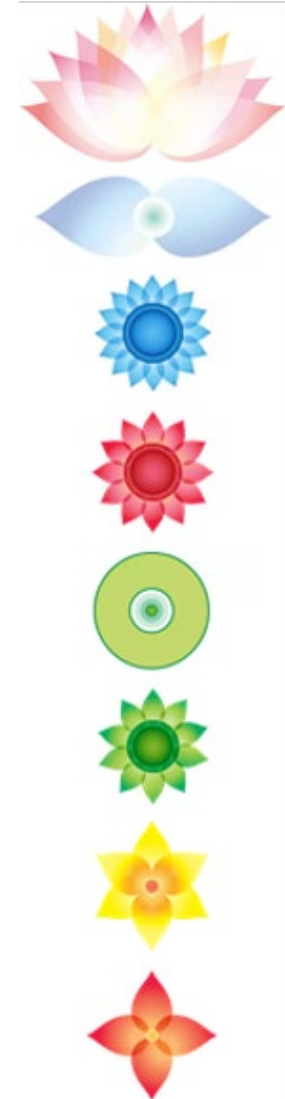




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Feedback & Questions in chat box



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Follow-up Meditation



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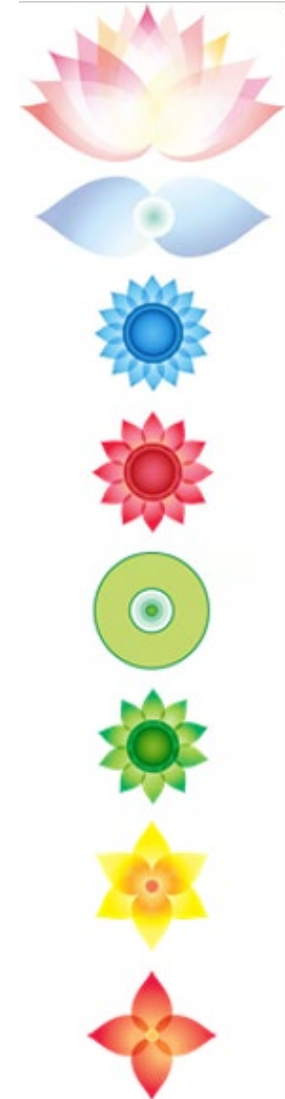




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Music



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...find peace within

Day 2 Learn The
Balancing Act

June 19th, 2022

7pm - 8pm New York Time



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Thank You
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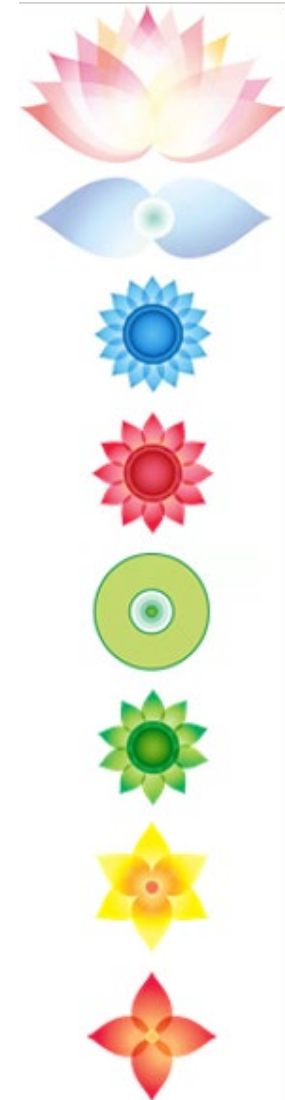


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If so desired, please join for further discussions...

<https://unescombw.org/peace-june-2022>



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