

Integrated Amrita Meditation Course®

Saturday 19 November 2016 – London

Rokesly Infant School, Hermiston Avenue, Crouch End, **London N8 8NH**

Time: **9.45am-6pm**. Cost: **£35** (including refreshments)

Led by **Akhilesh Milan**

March/April 2017 – Oxford (Date & Venue tbc)

**Book at the Reception Desk during
Amma's programme
or use the form overleaf**

Sign up to our monthly Enews at
www.amma.org.uk/contact-us.htm
for dates and details of all future courses

*Meditation increases our vitality and
strengthens our intelligence. Our beauty is
enhanced and our mental accuracy and health
are improved. We gain the mental fortitude
and patience to face life's problems. Meditate!
Only through meditation can we find the
treasure we're looking for.*

– Awaken Children VI p.13



*There is a great need for such practices in this day
and age. This world, which we all share as a single
human family, currently lacks genuine peace or any
real sense of love and connectedness. This has to
change, and the more of us that are actively seeking
new avenues of spiritual growth, the better off
everyone will be. Like all spiritual practices,
meditation has one ultimate purpose: to lead us to
permanent spiritual experience. This experience lies
within us, in the form of wisdom, peace, bliss and
love. Who among us doesn't pray for these blessings,
both for ourselves and this earth, our home?*

For those who want to reach this goal,
Amma has provided this gift. May its fragrance
spread throughout the world.

Integrated Amrita Meditation®

This new meditation technique was born out
of Amma's divine inspiration and deep resolve for
our spiritual enhancement.

It is called the Integrated Amrita
Meditation Technique because through
practice it brings about integration in our

lives, an integration of body, mind, intellect
and heart, an integration of our True Self
with the Divine. Meditation helps one to
relax, both physically and mentally, and
creates silence within. In this meditative
silence, our inner potential and capacities
become clearer and our channels of
creativity and self-expression open up.

Therefore the IAM® technique helps
one to lead a more balanced life, and gives
one a more positive outlook. Practising
IAM® unfolds new vistas and is ultimately
a means to self-actualisation.

For those who are interested in
deepening their spiritual practices, it serves
as a powerful key that can finally take you
to the highest goal of life, which is Self-
Realiation.

Refreshments will be provided. The
course itself is free but we make a charge to
cover costs. **When you have registered you
will receive confirmation, directions and
further information.**



Preconditions for participants

In her infinite compassion Amma makes this meditation available for all those who wish to learn it. Anyone over 18 years of age who can dedicate thirty minutes daily to practising the technique and who agrees to guard the secrecy of the teaching can learn. Please note:

- 1) The IAM® Technique is protected under a trade mark in order to preserve the original form of this meditation designed and developed by Amma and to prevent misuse by unauthorized and unqualified teachers. Therefore at the beginning of the course, each participant signs an agreement that he or she shall keep the course, and all written materials received as part of the course, strictly confidential.
- 2) This meditation course is intended only for a person of sound mental health. If you are at present under medical care and need medication for your mental disposition, please contact us personally when you register for the course. If you are not sure about these requirements, or if you have any serious doubts, it is probably better to wait for the moment – there will be other courses.

There is no charge for the teaching of this course. Amma wishes it to be freely available to everyone who wishes to attend it.

However we do make a charge to cover the expenses of hiring the venue and providing refreshments. Please contact Ian Macwhinnie with any queries: iam@amma.org.uk

Registration IAM® Course in London – 19th November 2016

You may register and pay either online or by post (online preferred).

1) **Online.** Please go to <http://amma.org.uk/donation.html>. Select IAM® Course from the drop-down box and pay the requested amount (£35). Please then send a copy of the confirmation email you will receive to iam@amma.org.uk, and include the name and address details requested under (2) for postal registration.

2) **Postal.**

Name

Address.....

Postcode..... Tel: Email.....

Special requirements.....

I enclose payment of £35, payable to **Friends of Amma UK** (please tick)

Please post this form with payment to: Ian Macwhinnie, Friends of Amma, 27 Percival Drive, Harbury CV33 9GZ.

Further information and directions will be sent on receipt of registration details.

By giving my email and address details, I agree to receive Enews by email (usually monthly) and occasional mailings. (Tick here if you do **not** wish to receive these mailings.) I understand I may unsubscribe at any time.

