

TRANSMISSION MEDITATION

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

Transmission Meditation is a simple, group meditation providing both a dynamic service to the world and powerful personal spiritual development. It is the creation, in conscious co-operation with the Masters of Wisdom, of a vortex or pool of higher energy for the benefit of humanity. This is the energy that is bringing about the transformation of our world along more peaceful, just and harmonious lines.

It is a combination of two yogas: Karma Yoga (yoga of service) and Laya Yoga (yoga of energy or chakras). Introduced to the world in 1974 by artist and author Benjamin Creme, there are now hundreds of Transmission Meditation groups active around the world.

2025 INTRODUCTORY WORKSHOPS

The Salisbury Centre, 2 Salisbury Road, Edinburgh, EH16 5AB

Sunday 2 February
Sunday 2 March
Tuesday 1 April
Sunday 4 May
Sunday 29 June

Tuesday 29 July
Sunday 31 August
Tuesday 30 September
Sunday 26 October
Tuesday 25 November

FREE ADMISSION 7pm - 8.30pm
EVERYONE WELCOME

Each workshop reveals the aims, technique and results of Transmission Meditation and participants will be able to take part in a meditation.

To make a booking, please contact:
t: 07405 179 731 e: si.edinburgh@gmail.com
transmissionmeditation.org ▲ share-international.org