



Shubhrajī Santa Fe 2024

The Sound You Become Healing Mantras Workshop

Mantras, ancient Vedic chants composed of sacred words or syllables, are designed to transform our consciousness and link us to the Divine. Chanting mantras helps us integrate our body, breath, mind and spirit as we align the vibration of the sound, our vital energy, and our mind's focus, thereby creating a shift in frequency that opens the door to higher states of consciousness.

In this workshop Shubhrajī will teach us the authentic use of several key mantras for building inner strength, enhancing relationships, opening and purifying our hearts, removing negativity, sharpening our minds, dealing with health issues, and accelerating our spiritual growth. The session will include periods of group chanting.



SATURDAY, APRIL 20

10 AM-1 PM

\$75.00

PRE-REGISTRATION IS REQUIRED

To register or for more information
email: santafevsg@gmail.com or
call: (505) 570-0743

Morning Talks

Footsteps to Freedom:

Vedānta Teachings from
Kaivalya Upaniṣad

Revered as sacred revelations, the Upaniṣads (5000-4000 BCE) are said to contain the key to life.

This series of four talks presents the contemplative teachings on Self-Knowledge and its relevance to our own lives in a systematic way.

Kaivalya Upaniṣad belongs to the Atharvaveda. The word *Kaivalya* means "only That". It gives a complete picture of the state of inner freedom achieved through meaningful renunciation.

The Upaniṣad teaches us effective techniques to meditate and gives a clear understanding of how to carve out a spiritual path in everyday life.

MONDAY-THURSDAY

APRIL 15-18

7:30 AM-8:30 AM



Evening Talks

The Way of the Positive Thinker

MONDAY, APRIL 22

6:30 PM-7:30 PM

4 Spiritual Laws to Help Us in Everyday Life

TUESDAY, APRIL 23

6:30 PM-7:30 PM

*You are welcome to attend any or all
of the talks. The teachings are free.
Donations are welcome and appreciated.*

All Events Held at

Unity Santa Fe

1212 Unity Way

Santa Fe, NM 87506

**For more information
email: santafevsg@gmail.com**

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 www.namahom.org