

Morning Talks Footsteps to Freedom: Vedānta Teachings from Kaivalya Upaniṣad

Revered as sacred revelations, the Upanisads (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 Upanisad 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 Upanisad 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 рм-7:30 рм

Shubhraji Santa Fe 2024

The Sound You Become Healing Mantras Workshop

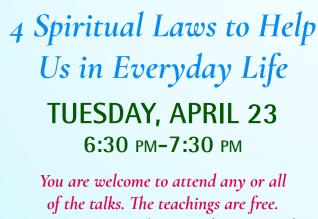
Mantras, ancient Vedic chants composed of sacred words or syllables, are designed to transform our consciousness and link us to the Divine. Chanting mantras helps us integrate our body, breath, mind and spirit as we align the vibration of the sound, our vital energy, and our mind's focus, thereby creating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

In this workshop Shubhraji 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-1PM \$75.00 PRE-REGISTRATION IS REQUIRED To register or for more information email: santafevsg@gmail.com or call: (505) 570-0743

All Events Held at



Donations are welcome and appreciated.

Unity Santa Fe 1212 Unity Way Santa Fe, NM 87506 For more information email: santafevsg@gmail.com

www.namahom.org آ