



Vow of Ahimsa & Book Signing with Mother Maya

Tuesday, July 15th, 2008 7:00 PM - 8:30 PM

Integral Yoga Institute

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TOPIC: Living Ahimsa: The Power of Peace

(Satsanga will be followed by Mother's Book Signing and Darshana)

"Strive to cultivate inner harmony and good health and you'll find peace everywhere"

--Mother Maya

Come and be present in the beautiful Light of the Mother as she guides you into a profound practice of *Living Ahimsa*[™]. This timeless practice helps you to unlock your power of inner harmony. At this critical juncture in the evolution of life, it is imperative that we strive to achieve the knowledge necessary to reawaken the heart of individual health, and communal prosperity and peace. If you are striving to break seemingly impregnable blueprint of being ill and stuck and unhappy in your life, do not miss this precious occasion to be with the Mother and through this unique meditative practice recover your living freedom from hurt, violence and despair. Come and breathe and chant and meditate with Mother to release karmic patterns that may be preventing you from owning your sacred ability to prosper.

During this powerful practice, Mother reminds us of the necessity of cultivating the spirit of *Living Ahimsa* in our thoughts, mind, and actions. By this means, we may help our family, community and humanity at large to nourish and heal into consciousness. Mother's powerful transmission will help you to restore your power to peace in every thought, desire and intention. Come and let the Mother guide you into the *sankalpa*-sacred intention- to make *Living Ahimsa* your greatest priority.

Living Ahimsa[™] is a dynamic inner-harmony education & services developed by Mother Maya and based in the ancient Vedas that has been applied by the *Rishis* for thousands of years. This practice is the most effective way for you to immediately free yourselves from the pile-up of hurt, illness and despair.