

MEDITATION CHANGES YOUR LIFE

I felt really relaxed and calm when I visited here. It was an incredible experience for me. I was a person who suffered from a lot of thoughts and anxieties, but just an hour of meditation, I could really feel my thoughts and anxieties disappear. After 6 months of meditation, I can manage my thoughts and anxieties and I don't panic with that anymore. This is a really nice place to meditate. I felt like I was in nature. Steven, who guided me in meditation, was so kind.

Kelly Kim, University Student

I had my first session today at Brisbane Meditation. Steve took me through a guided meditation which was great and really easy to follow. This was my first time doing a guided meditation and I noticed the benefits instantly. I am excited for my next session and cannot recommend this place enough.

Martin, Personal Trainer

What a great meditation centre and even better method.

I can join any time throughout my week off work, as the centre is open throughout the day and weekends, as I work FIFO so very convenient. Helps me stay grounded and focused. I can also join online meditation classes that they offer when I fly out to work. So happy I found this.

Erin, FIFO Work

A meditation method that REALLY works for me! It helps to acknowledge all the thoughts you have in your mind and to focus on them first rather than ignoring them. Other meditation methods I tried before were difficult to follow in the long run, because you cannot ignore all the reality around you and pretend it doesn't exist. Its only been a month and I can feel so much difference in myself. I definitely recommend trying this unique method of meditation.

Vidya, IT Specialist

Calm, peace and welcome are some of how I felt coming to the centre. This meditation has shown me my purpose and gives more and more each time I meditate. At last, I am part of what is very real and enlivening.

Maureen, Retired Psychologist

**Need help getting started?
Book a Free Introduction or Class!**



Brisbane Meditation

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Open 7 days a week

Unlimited classes flexible to your schedule

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Meditation

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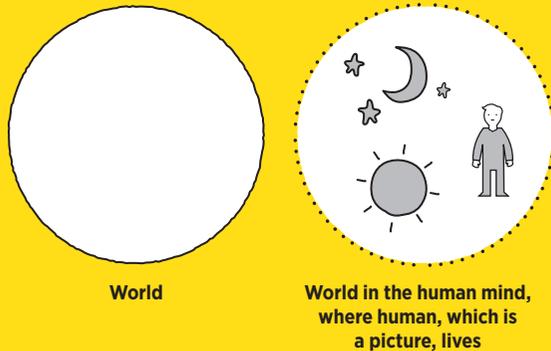
INVITATION

Find true happiness, inner peace and calm by learning to let go of stress, anxiety, pain and worries.



INCOMPLETION

In the world of incompleteness, people and all things will disappear.



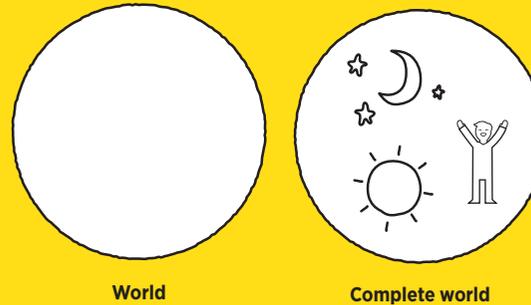
Eliminate the mind world which is a picture and the countless thoughts that human has and if one returns to the place that existed before the world appeared, then human, which is incomplete, can become complete. Meditation is throwing away one's self which is false.

Eliminate the False Which is Incomplete

- Because one is inside his mind which is a picture, he does not know anything.
- In false thoughts, one dreams false dreams, does false things, then dies and that's it.
- Human cannot achieve what he wants to achieve.
- It is pain, burden, and stress from the countless thoughts.
- Nothing remains in all that one does.

COMPLETION

When one is reborn from the Universe, which is Truth, one will be able to live to the age of the Universe. This is completion.



One can know all the principles of the world and one can become complete. All anyone has to do is discard his false self in order to become complete. That is why this meditation is causing a worldwide sensation.

Last year, 5,000 people have become Truth. They are alive, so they do not die and they get to know all the principles of the world. Is there anyone who would not do this meditation?

Born in the Real World Which is Complete

- Mind becomes the Universe and one is born in the Universe, so he knows all the principles of the world.
- Human can achieve all that he wants to achieve.
- One can live forever. One's old self has disappeared. Since he has escaped from pain, burden, stress and the countless kinds of mind clutter, it is great freedom.
- Things remain in all that one does.

Human is incomplete because human is living inside the human mind world which is one's lived life, habits and body.

When you discard lived life, habits and body, you go back to the origin. When you are reborn from the origin

You never die.

You will know the ways of the world and you can achieve human completion.

