

Meditation Practice Resources

BOOKS/CD:

- 1) Meditation & Its Practice by Swami Rama
- 2) Superconscious Meditation by Pt Usharbudh Arya (Swami Veda Bharati)
- 3) Art of Joyful Living by Swami Rama
- 4) Meditate Using Chakras, Mantras, and Breath by Chernin
- 5) Learn to Meditate-CD by Swami Veda Bharati

SATSANG:

Attend weekly sessions with fellow meditators and seekers to discuss topics on meditation, share experiences, learn from others, listen to stories and tales from scriptures, watch videos on exciting spiritual topics.

Every Thursday from 7:30 to 8:30 PM at Himalayan Center

WEBSITE VIDEO:

Go to the following webpage and listen to an excellent introduction to meditation from Swami Veda Bharati (about 10 minutes long)

www.swamiveda.org

Swami Rama's MP3 Album on Meditation and related topics: go to www.CDbaby.com

GLOBAL FULL MOON MEDITATION:

Come to the center and join fellow meditators as everyone sits to meditate with Swami Veda from 9 to 10 PM Central Time on full moon evenings.

Can't come to the center? Meditate at home during the above hour.

MONTHLY STUDY GROUP:

Attend and participate in monthly scripture study group and deepen your understanding of yoga and meditation. Takes place at the Center on first Sunday of each month from 10 – 11:30 AM. Check on the website for the date changes under Programs > Community Programs.

Himalayan Yoga and Meditation Center
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