

# Magic Of Meditation For Total Wellness

Do you need to slow down, understand in more detail your life and who you are? Do you feel that something in your life is missing? Do you feel empty and your life has no meaning? Do you need to increase your self-confidence? Do you need to understand your life and find your balance? Our demands for a life of exertion and effort, needs to include periods of rest, relief and relaxation for harmonious balance.



Let's experience magic of meditation with Veronica Mchugh, lovingly called Sister Waddy, who has been studying and teaching Raja Yoga Meditation for over 40 years. Born and brought up in Ireland, traveling extensively, and then journeying inward to the true self, she now coordinates the activities of the Brahma Kumaris in Florida. She is often invited to share spiritual knowledge with people from all over the world.

Instead of being in the here and now, we can be distracted by our own worries and thoughts. Magic of Meditation can counter these things. Meditation calms mind and body and the effect is that we have a more benevolent attitude towards ourselves. With a mindful meditation, we can exercise our inner needs better and change towards the journey of peace and serenity.

**Friday**  
**August 18th**  
**6:30pm - 8:00 pm**

**Place**  
**Yoga Shala Arden**  
**Arden Plaza Shopping**  
**Center**

4397 Arden Way  
Sacramento, CA 95864

***RSVP Appreciated!***

Call: 916-922-7281

OR

Email:

RsvpBkSac@gmail.com

For further classes, contact:

**B K Meditation Center**

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Website: [www.BrahmaKumaris.org/Sacramento](http://www.BrahmaKumaris.org/Sacramento) | Facebook: [www.Facebook.com/BK.Sacramento](http://www.Facebook.com/BK.Sacramento)

*All our events and classes are offered as a service to the community.  
Voluntary contributions graciously accepted.*