EVENTS



THE KNOWLEDGE MEETING
THURSDAY 24th September

Maharishi Answers Questions on the Seven States of Consciousness, Part 2
12 June 1972, Fiuggi Fonte, Italy

- 8:00pm 10 minute Group Meditation
- Lecture by Maharishi
- Appealing points, questions and answers
- 9pm meeting finishes
- With Jane Strachey in Rendlesham

ZOOM LINK

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If you have any questions regarding these, please contact Leesha.

In-person Meditator meetings

WEEKLY:

Tuesday morning group meditation — arrive at 9:10am for asanas, pranayama and meditation. Led by Leesha Gaffney, one of our local TM teachers.

Thursday evening group meditation — arrive at 4:45pm for asanas, pranayama and meditation. Led by Claire Winteringham, one of our local TM teachers. All welcome.

MONTHLY:

On the First Thursday of the month at 7:30pm in the Gold

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along the cash on the night, and also please let Leesha or the Course Office know that you are coming. Thank you. 🙂



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Extra meditations: Trial Rounding

Programme — Ideal for working people.

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pranayama — meditation and rest.

Tuesday morning round for TM meditators
Start at 9:10am prompt: asanas- pranayama 20 minutes TM and rest.

This programme will probably begin on a monthly basis but, if there is demand, once a week would be ideal.



Sunday 25th October at 7.30pm

You are welcome to join a free Introductory talk on

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See below for more details of the next opportunity to learn an Advanced Technique in the Maharishi Dome will be in mid-November. Please see our website for more details



Maharishi instructed that before being introduced to the Vedic Model, meditators should first watch the DVD, 'Creating a Perfect Man' available from the Course Office to be watched in the Dome. It consists of three lectures, each roughly 30 minutes long, which could be watched separately or together. If you'd like to see these, please contact the Course Office.

The Vedic Model is shown every two or three weeks, generally on a Thursday afternoon at 3:45. Sessions last about an hour. The Dome Office tel: 01695 51617

Vedic Physiology Model

Thursday 1st October at 3:45pm in the Meeting Room.

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the structural and internal organs. As parts light up sequentially, we hear how each part of our physiology is the physical unfoldment of aspects of the sounds of Natural Law. Listening to these various sounds, chanted by Maharishi Vedic Pandits helps re-balance all areas of our physiology. We hear short excerpts from these recitations as we watch the models.

Professor Tony Nader, MD, PhD, worked closely with Maharishi to bring out this knowledge. In his book 'Human Physiology, Expression of Veda and the Vedic Literature' he explains:
'Specific Vedic Sounds can re-establish balance where it has been lost. In this case, the procedure is not aimed at trying to fight disease, but rather at nourishing the physiology in a specific way — regaining health where it was lost. The aim is to give back to the physiology its proper pattern of functioning, its proper harmony, its proper attunement with the harmony of Natural Law.

A short video about what Meditators can enjoy about the Maharishi Dome

You can watch more HERE

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transcendental meditation

Maharishi Foundation*, registered educational charity 270157 (England & Wales) SC041919 (Scotland), owns the Maharishi* Dome and runs all of the courses and programmes in Transcendental Meditation*, the Advance Techniques of Transcendental Meditation* and the TM-Sidhi Programme*.