

THE GOLDEN TEMPLE MEDITATION



Imagine yourself and those you wish to see healed
At the Golden Temple of Amritsar
Bathed in golden light,
Walking the marble Walkway
And immersed in the blissful healing waters
Of its Sacred Pool...

The Golden Temple Meditation is an effortless journey into the Golden Temple's etheric realm. There is no special posture or mantra. Simply by hearing stories of other folks' experiences, even without previous knowledge of Sikhs or Kundalini Yoga, people are able to engage with the Golden Temple experience to be healed while interacting with Sikh Gurus and spirit guides innate to their destiny.

I first experienced this meditation in 1995 when I went into my heart to pray for a friend and found her on Parkarma with me. A voice directed my participation in her miraculous healing. After finding people are able to have miraculous experiences of their own by simply hearing other's stories, I began giving Golden Temple workshops up and down the West Coast, from Oregon to New Mexico. Workshops have been hosted in homes, yurts, teepees and in nature, at community colleges, country faires, yoga centers, Women's Camp and Summer Solstices.

In this workshop we will see slides of the Golden Temple, hear stories of others journeys, and meditatively enter the Golden Temple's sacred realm for experiences of our own.

Time

Saturday, September 26th, 3:30pm to 6:00pm followed by a prayer dish dinner

Location

At Kirpal Niwas, on the outer curve opposite the entrance to Aeby Lane

Come to relax & heal your self and others

Bring mat or sheepskin, blanket or shawl, pen and journal optional

By Donation

A sacred number

For more information call SS Guru Prem Kaur Khalsa at 505-404-0087
and go to: <http://www.yogagems.com/services/goldentemplemeditation.html>