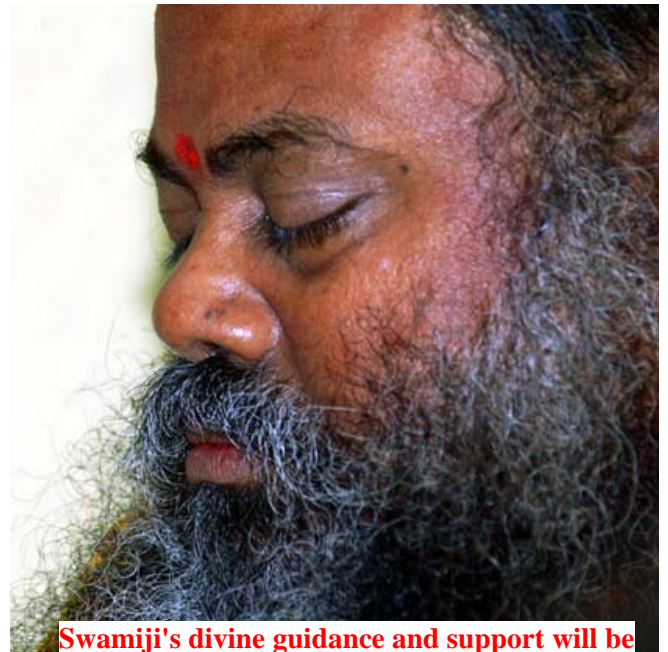


# PREMA DHYANAM MEDITATION COURSE FRANCE 2010

## Dear Divine Souls

“Meditation is a practice that makes you aware of your real self – that which you are already. It is a solo journey that brings you to experience the divine within you. When you can meditate you will be truly alive. It is not just a technique – it is a reality. It is there inside you waiting to be discovered... Many people would like to meditate – but they do not know the basics. Not everyone wants the same from their meditation practice. Some want peace, some want to improve their concentration, some want relief from illnesses. Others want spiritual illumination, enlightenment. The art of meditation is very straightforward... Words cannot describe the experience of meditation. It is best to practise and experience for oneself. So let’s approach meditation together step by step...” **SWAMI PREMANANDA**



**Swamiji's divine guidance and support will be with us during all the programmes**



*Swamiji emphasizes the importance of meditation explaining that it is a means to understand ourselves and the purpose of our lives.* By going deeper within we can come to know reality, directly. It lets us discover inner peace and happiness which enables us to deal with the world in a positive way - and thereby grow spiritually. To help us, Swamiji advises to take part in a Prema Dhyanam residential

meditation course. The courses allow you to dedicate yourself full time to spirituality and go deeper into the practice of meditation. We are offering a unique opportunity to learn and practise meditation under the guidance of our living, enlightened master, Swami Premananda. Swamiji's divine guidance and support are with us during all the programmes. In addition to Prema Dhyanam Meditation Courses 1 and 2, this year we have also added a **4 DAY SILENT MEDITATION RETREAT.**

**1. PREMA DHYANAM I (FIRST COURSE) – OPEN TO EVERYONE**  
**Sunday 18<sup>th</sup> July afternoon to Saturday 24<sup>th</sup> July morning 2010**

The 7-day programme will be conducted by a sannyas disciple of Swamiji with the help of devotees.

To help expand our meditation practice we will learn breath control (pranayama), take part in guided meditations and enjoy periods of silence (mauna) in accordance with Swamiji's teachings. Simple morning yoga and relaxation and evening devotional singing will help us contact the Divine within. Of most importance, participants will receive a special, individual initiation into meditation and a powerful mantra that is specifically given by Swami Premananda for his method of meditation. The course will be conducted in English and French. You can repeat this course if you have done it earlier, as a refresher course if you wish.



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*The course includes 3 vegetarian meals per day, beverages and accommodation. Transport to and from the railway station/airport can be arranged with the organizers.*

**2. PREMA DHYANAM 2 (SECOND COURSE)**

**Monday 26<sup>th</sup> July afternoon to Saturday 31<sup>st</sup> July morning 2010**

**(OPEN TO THOSE WHO HAVE COMPLETED PREMA DHYANAM FIRST COURSE)**



This retreat week of sadhana and spiritual exercises is dedicated to help us intensify our inner experience. There will be periods of silence and meditation and walking with awareness helped by the spiritual atmosphere of the centre at Le Maine Faure. Our sadhana will be aided by satsangs, group discussion, guided meditations, simple yoga and pranayama. We will sing keertans (spiritual songs) in

the evening to open the heart and help us experience inner peace.

In order to take part in Prema Dhyanam 2, participants should have completed the Basic Course. If you have already completed this course, you are welcome to join us again to deepen your practice. It is a 7-day programme guided by a sannyas disciple with the help of devotees. The course will be conducted in English and French.

*The course includes 3 vegetarian meals per day, beverages and accommodation. Transport to and from the railway station/airport can be arranged with the organizers.*

**3. PREMA DHYANAM 4 DAY SILENT RETREAT**  
**Tuesday 3<sup>rd</sup> August (midday) to Saturday 7<sup>th</sup> August**  
**(midday) 2010**  
***(FOR THOSE WHO HAVE COMPLETED PREMA DHYANAM***  
***FIRST COURSE)***

Join us in a unique chance to spend 4 days in silence and spirituality. Dedicate this time to sincere spiritual practice. We will take part in meditation, simple yoga and being with nature. For the first time in Prema Dhyanam, we will also be giving instructions on Swamiji's powerful meditation, ***Keeping the mind in the body***. All your needs will be taken care of...

*The course includes 3 vegetarian meals per day, beverages and accommodation. Transport to and from the railway station/airport can be arranged with the organizers.*



The retreats will be held at **Le Maine Faure (left)**, a spiritual centre run with love and devotion by devotees, close to Angouleme in the Charente region of France. The restored buildings from the 17<sup>th</sup> century are in a very calm and peaceful place. The air and atmosphere in this wonderful place are pure and energizing for both body and mind.

We will take care of all your needs, your food, the timings – you need not worry about anything, which allow you to concentrate 100% on your own spiritual process. All that is required from you is your total involvement! The number of persons per course is limited to 20, which lets us to give you individual attention.

**For more information, please kindly contact [premananda.grenoble \(at\) free.fr](mailto:premananda.grenoble@free.fr)**