

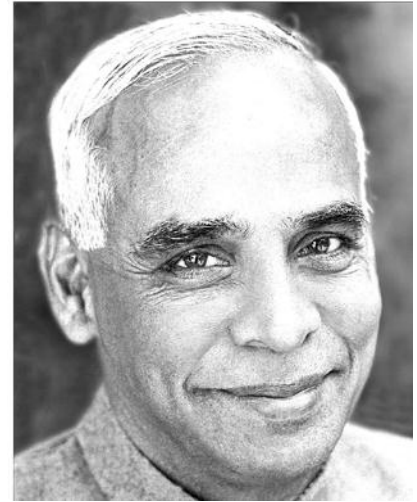
Learn Passage Meditation

How do I base my life on my highest ideals? How can I effectively manage stress and problems in my life? How can I be at my best more often?

Passage meditation, based on inspirational passages from the world's great wisdom traditions, can help you find answers to these questions. Passage meditation is practical, universal, free from dogma and ritual, and asks for no change of beliefs. It can help you to:

- * Relieve stress
- * Develop richer relationships
- * Release deeper resources
- * Realize one's highest potential

Learn about these benefits, and how to start your own practice, at this retreat. For more information on passage meditation, including a free online course, visit easwaran.org.



Eknath Easwaran (1910-1999), the founder of passage meditation, made the ancient art of meditation accessible to those leading active lives in the modern day.

His translations of *The Bhagavad Gita*, *The Upanishads*, and *The Dhammapada* are the top English translations of these spiritual classics. Over 1.5 million copies of his books are in print.

Saturday April 13, 2013

Shalom Prayer Center

840 S. Main Street, Mt. Angel, OR 97362

9:00 a.m. to 5:30 p.m. - Includes Lunch

* **Adult Fee: \$65–\$140 (sliding scale)**

* **Young Adult (18-25) Fee: \$10–\$50 (sliding scale)**

For more information, or to enroll, call the Blue Mountain Center of Meditation at 800.475.2369 or visit www.easwaran.org/retreats

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