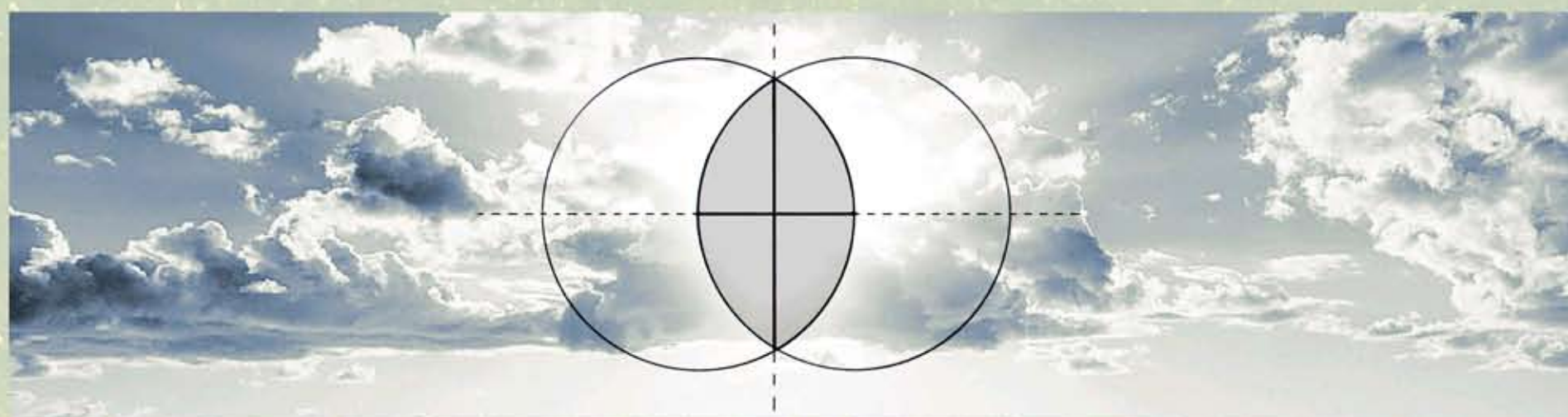


MEDITATION WITH IVAN RADOS

www.ivanrados.com



Everyone has the capacity to reach enlightenment, which is a state of freedom from our illusionary egoic mind. This capacity is realized not by following rules, performing religious rituals, or imitating enlightened masters, but by bringing awareness to the mind's attachments. In other words, we are asked to become meditation. In fact, our essential being is always in a meditative state, though we aren't aware of this because we are so attached to our egoic mind. However, the moment we disconnect from our ego, we are instantly in meditation and become an open portal for the flow of infinite consciousness. I call infinite consciousness our One Self because the center of our being is also the center of All That Is. To be centered in our being is to have the capacity to see life as it is. It is to experience life's deeply mysterious nature, especially its playfulness and joyfulness. To be in meditation is to be part of a great adventure. This adventure involves delighting in our life every single step of the way.

The ultimate method of all methods for liberation from our egoic mind turns out to be what I have dubbed a "methodless method." The ultimate technique of all spiritual and meditative techniques is to become nontechnical, irrational, illogical, absurd, foolish, and yet innocent! If there is any effort required in this, it's only the effort needed to attain greater silence, deeper consciousness, and increased awareness. Nothing is necessary other than our awareness in this moment, now. When the mirror of our consciousness is left without any content, this is enlightenment.

Meditation is the best therapy. Going inside we explore the contents of our minds and enter our unconscious, uncovering compulsive patterns and freeing ourselves from illusions. It is natural psychotherapy in which you are your own therapist. It is essentially something you do with yourself and for yourself, counteracting the stress created by 'modern' lifestyle, it is an effective way to combat illness and maintain health.

Ivan Rados Meditate class will help you:

- Reduce tension and stress at will.
- Feel happier, more relaxed, and at peace with yourself.
- Improve your health, mental clarity, and vitality.
- Develop a more intuitive, heart-centered way of life.
- Discover and explore your inner spiritual nature.

The meditation techniques with Ivan Rados are suitable for both beginners and experienced meditators. Meditation can be learnt by anyone, regardless of background or belief. Everyone is welcome. There is no physical exercise involved. You need to book in advance, because of limited space availability.

A new course of evening meditation classes begin on :

September 15. 2009 - 7pm (every Tuesday - 10 weeks)

September 17. 2009 - 7pm (every Thursday - 10 weeks)

No pre-requisites required.

Cost: \$200 (10 evening classes)

For more information and booking:

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