

## MEDITATION AND ASHRAM – FROM EGO, DISEASES AND CRISIS TO WELL-BEING, HEALTH AND HAPPINESS

LEAD BY MEDITATION MASTER PREMBUDA

**Course: October 31 – November 1, 2021 (Sun-Mon), starts at 9:30 AM at Zenhall**

***We came from the Cosmos, nature and our own past.*** We developed individuality, mind, science and dictation, contaminated egoistically our bodies, minds and souls. Finally we initiated collectively the crises of nature and climate, health and union or unity crises. What is left are loneliness or family – solitude or captivity. Is there any more intelligent way out? Yes, it is!

***Universe, nature and society started from the union of two*** to union of few and wholeness. This way elementary particles and atoms, stars and galaxies, later on live and lifeless molecules, single- cell and multicellular organisms united, and later on – individuals, families, tribes and states. Maybe here is the way out?

***It is a miracle when two particles unite***, two cells, two individuals, but the miracle of miracles is when unification happens from within. This way an atom and a cell with nucleus, embryo and life were born, and also union, cosmic union or cosm-union – lots of individuals born according to the laws of the Cosmos, science and spirit or consciousness. Atom and cell are cosmic, free and have heard nothing about law, Parliament, family and dictate. An individual depends directly on atoms, molecules and cells. Go along with truth or law? With ego, diseases and crises or with well-being, health and happiness?

***There are no dogmas, beliefs and dictation in meditation.*** Like in the Cosmos, life and love. The same is in an ashram. But the transformation of mechanical in the Cosmos and nature into energy, life, health and happiness requires practice, knowledge and consciousness.

***In an ashram an individual in unity with others*** moves from mechanical, tensions and misbalance to sensitivity, flowing and balance. This way gradually body, mind and soul awaken and cleanse, unite and well-being, health and happiness are being born.

***In an ashram here and now chaos and misery***, anger and jealousy turn into harmony and harvest, friendliness and love. Disaster into happiness and hell into paradise in proportion to the number of individuals to infinity. Here determination happens not through family, conscience and collective, but through individual, consciousness and wholeness, because only the later pass through death and are able to reach the ultimate love, truth and freedom – nirvana.

***In the course the laws of ego and individual, riches and health***, balance and happiness, love and freedom, individual and collective reviews, practices, games and sharing, insights and meditations.



The ex-ashram people and ashram people may take part in the course. Contribution – 120 EUR.

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