



Meditation is Easy



Meditation is the only way to gain **SPIRITUAL HEALTH**,
bring **PEACE OF MIND** and experience **the SELF**.

- Brahmarshi Patriji, Founder of PSSM



BENEFITS OF MEDITATION

-  Diseases get healed speedily
-  Mind stays in a **peaceful and joyful state**
Sleep quality improves
-  **Relationships** become more qualitative
-  Work gets done with **greater efficiency**
Will power increases tremendously
-  Ability to **discern right/wrong** gets sharpened
Purpose of life is thoroughly understood

HOW TO MEDITATE

- Sit in a comfortable posture
- Cross your fingers, legs and close your eyes

'Anapanasati' means just *observing the incoming and outgoing breath*.

Do not chase your thoughts and come back to your breath!

It can be done **Anytime! Anywhere!**

It should be done **as per one's age..**

in terms of so many minutes..

e.g. 20 years, 20 mins.



ABOUT

PYRAMID SPIRITUAL SOCIETIES MOVEMENT (PSSM)

was founded in 1990 by **Brahmarshi Patriji** as a non-religious, non-cult, non-profit voluntary spirituo-scientific movement with the objective of spreading the basics of spiritual realities and its science to one and all.

Our Core Principles are:

ANAPANASATI **VEGETARIANISM**

PYRAMID ENERGY **SPIRITUAL SCIENCE**



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21 DECEMBER 2025

AT



Program Highlights

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- Expert talk on Meditation
- Q&A Session
- Experience sharing of seasoned meditators
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