

STRESS REDUCTION THROUGH MEDITATION



Science of Spirituality

Sunday, July 22nd, 2018
5:00 pm – 6:30 pm
Greater Baltimore Temple
2909 Bloom Rd, Finksburg, MD 21048



**In honour of Birth Anniversary of Huzur
Baba Sawan Singh Ji Maharaj**

Speaker: Mats Jerndal

Baba Sawan Singh Ji (1858-1948) was an Indian Saint. He studied various scriptures but retained a strong connection with Sant Mat. He was the first Master to have disciples in the West. His modern approach helped to make Sant Mat accessible to people in America and Europe. Sant Mat means the Teachings or Path of the Masters. It is the name for a spiritual path whose essential core is a method of reuniting the soul with God through meditation.

Meditation instructions will be provided.

Prasad following talk.

Contact

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www.sos.org

*All events are free

Science of Spirituality is a worldwide spiritual organization dedicated to transforming lives through meditation, under the guidance of Sant Rajinder Singh Ji Maharaj