

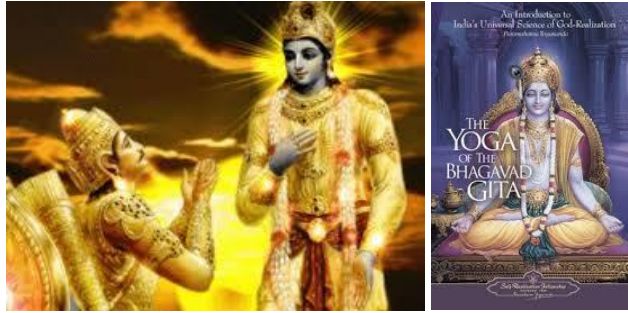


Ramcharitmanas Institute

www.ramcharitmanasinstitute.org

This week (7 to 8pm, 28th July 2020 EST Australia) is very special and must for all to attend.

Our experienced teacher Pundit and Archarya Ashok Mishra will be explaining in simple language **Lord Krishna's message on meditation** given to Arjun.



We are trying our best to **know ourselves for better life now**. The clue is to understand and control our minds as we have thousands of thoughts developing in our minds all the time – good and bad. How do we **understand what is happening to us** and then how do we focus on important aspects and prioritise our life accordingly? The ability to develop control of thought and ignoring/prioritising certain thoughts provides clarity that increases bhakti/knowledge and enables a **link to the eternal god**. The meditation message is covered in 4 Shlokas (6.11 to 6.14) and within 15 minutes an attentive person will be able to **immediately start making a difference to one's life**.

Contact Sri Vijay Narain, Secretary for more details.

Join Zoom Meeting

<https://us02web.zoom.us/j/86163637609?pwd=SElxTG5vcUdQMjNVaERseG0rMzJhZz09>

Meeting ID: 861 6363 7609

Or Facebook live streaming from our website: <https://ramcharitmanasinstitute.org/contact/>



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