

Shanti Mission: introducing ourselves

Advertorial

Shanti Mission has been part of the Cooranbong community since 2001. Shanti means peace, and all of our books, seminars, meditations and healing sessions are designed to take us to inner peace, peace in our relationships and peace in our world. Shanti Mission was incorporated as a charity in 2007 and since then has offered seminars, spiritual retreats and help for those challenged by ill health, relationship problems, and for those who know in their hearts that there has to be more to life!

Founded by former lawyer Kim Fraser, now called Shakti Durga (a name that means Holy spirit that gives us strength and courage) our seminars called the *Path of Ease and Grace* are now taught by more than 40 teachers throughout Australia and in many other countries of the world. And it all started right here in Cooranbong!

Lots of people are searching for answers, and Shanti Mission attracts people from all walks of life and from all faiths, who are interested in discovering the core essence of love that dwells within. We are interested in experiential spirituality, cultivating virtues, deep healing and joy through service to others. We value the good things that we have in common and respect those whose views are different from our own.

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You are warmly invited to attend our *Ignite Your Spirit* energetic healing seminar coming up on May 16th and 17th. You will learn how to get more grounded when you feel spacey or anxious, how to release stress and experience spiritual practices that make meditation easy. See how prayer and meditation benefit your energy field instantly, how forgiveness and compassion makes us stronger and how draining and debilitating constant criticism or judgment can be and what to do about it. Learn to feel subtle spiritual energy with your hands and experience light pouring in through your whole being, as well as simple practical tools for healing the physical body.

When you *Ignite Your Spirit*, life has more freshness and vitality than before. If you have been unwell, maybe you have had back pain, headaches, tension, stress, depression, digestive problems fatigue, PMS, Anxiety, high blood pressure, cancer or heart problems. Energy healing can help relieve and manage these conditions and is also very helpful for nurses, or anyone who looks after the public or ill relatives so as to avoid burn out.

We run healing meditations during the week, on Wednesdays at 9.30am and at other times. Our common room is open six days per week (closed Mondays) and is a great place for quiet contemplation, to sit in front of the fire or have a coffee at our tuck shop. Our spiritual bookshop and gift store is also open Wednesday to Sunday. See you soon!

Visit www.shantimission.org

Shanti Mission

Live with more vitality, joy, peace and inner harmony

Meditation classes, personal transformation seminars, energy healing. In Cooranbong since 2001, now around Australia and the world. Sacred music, retreats, Eastern and Western Spirituality Tuck shop and spiritual bookshop. Drop in and say hi.

Presenting: *Ignite Your Spirit*

A seminar that will Change Your Energy and Change Your Life



- **When:** Sat 16 & Sun 17 May or Tuesdays starting 23 June, 10am – 2pm over 4 weeks
- **Who:** For anyone interested in peace and wellbeing
- **What:** Learn about your vital spiritual energy, amazing Healing Meditations, expand your awareness, feel more alive, energised, healthier and joyful



45 Kings Rd, Cooranbong NSW 2265 (1 hour north of Sydney). (02) 4977 3300
Bookings and other seminars www.shantimission.org | www.shaktidurga.com

Have a laugh! #2



- *I didn't like my beard at first. Then it grew on me.*
- *When you get a bladder infection urine trouble.*
- *Broken pencils are pointless.*
- *Tried to catch some fog, but I mist.*
- *What do you call a dinosaur with an extensive vocabulary? A thesaurus.*
- *Sydney has no kidney bank, but it does have a Liverpool.*