



EFFORTLESS MEDITATION & BEYOND with Jeff Maurer **A Workshop~Playshop**

This is one of the easiest, quickest, most direct, most effective and most effortless meditations to find True Peace, Happiness, Freedom, Love and to get at least a glimpse of What you really Are and to deepen into this Realization...

Effortless Meditation & Beyond can be done with your eyes open or closed, whenever you want, wherever you want, under any circumstance. There is no breathwork, no mantra, no visualizations – just a deeper and deeper surrendering into What you really Are as This Spacious Awareness.

Sunday, October 14th 10am – 12pm and 2pm – 4pm (\$20/session, \$35/day)
Sunday, October 28th 10am – 12pm and 2pm – 4pm (\$20/session, \$35/day)
Potluck lunch both days from 12pm-2pm

If you do BOTH full days the cost is just \$60 plus you get
ONE private phone/Skype session during the two weeks of October 15-27
ALL PRICES ARE SUGGESTED DONATIONS - PAY AT THE DOOR BY CASH OR CHECK

OneCircle Center 3804 Littleton Street Silver Spring, Maryland 20906

For directions: www.onecircle.net

"I have known Jeff for many years and I am continually appreciative of his loving presence as he provides a non-judgmental space to hold whatever is coming up for me. I can show up exactly as I am and he meets me where I am in my humanness, all the while pointing back to What I Really Am. Thank you so much, Jeff!" ~ Julie

"Amazing meditation technique! Experience of 'spatial awareness is really profound. There is nothing to repeat, nothing to concentrate on – just a simple, effective meditation." ~ Padma



For over 15 years, Jeff has been facilitating individuals to help them remove both life long mental and emotional blocks and resolve more current issues that stand in the way of knowing What the really Are. For over 11 years he has been teaching *EM&B* meditation to prisoners in the local maximum security jail and to other small groups. Now he wants to share this life-changing meditation more widely.

For more info go to: www.EffortlessMeditationAndBeyond.org 301-947-1649