



**"THROUGH MEDITATION
YOUR THOUGHT
PATTERNS CHANGE,
THEN YOUR
SURROUNDING AURA
CHANGES AND THEN
YOUR ENTIRE LIFE
CHANGES"**

We share peaceful meditation free of charge, to enhance well-being, contentment and inner peace. We aim to promote a better understanding of meditation and its benefits, to make a positive impact on society and help people see genuine changes in their lives.

FIND OUT MORE

www.samarpanmeditationuk.org

**SAMARPAN
MEDITATION**

BEGIN THE JOURNEY
TO INNER PEACE

WHY MEDITATE?

Modern life can be stressful.
We work to achieve success in
different areas of our lives but can
remain dissatisfied and unfulfilled.
We communicate easily across
the world, yet can still feel
disconnected and lonely, stressed
and overwhelmed, day to day.

A WAY OUT

Meditation is a universal experience that
turns our attention inwards and calms
the mind. It is the vehicle that can guide
our lives towards happiness, success and
deeper meaning.

Through regular meditation, we naturally
develop a positive attitude. This affects
how we feel and how we act; we become
aware of what supports us and more
easily drop the things that do us harm.
We develop an inner strength that
protects and sustains us.

**MEDITATION IS A GIFT OF
NATURE AND THE
BIRTHRIGHT OF EVERY
HUMAN BEING**

WHY SAMARPAN?

LET IT GO

Samarpan Meditation is a very simple way
of meditation. Samarpan means 'surrender'
or 'to let go'. Our intention, when we sit for
meditation, is to let go of our efforts to
meditate and any expectations we may
have; to give ourselves space to be still and
let a process of awakening, which occurs
with this meditation, take place.

**SAMARPAN MEDITATION
HELPS US TURN INWARD, TO
UNCOVER THE WEALTH OF
WELLBEING, SATISFACTION
AND HAPPINESS THAT LIES
HIDDEN WITHIN EACH
ONE OF US**

The meditation is based on the principle that
we can gain everything we need through
awakening and experience of our
spiritual nature ~ our soul.

As we start to meditate, our attention turns
inwards, away from external things that
disturb us. We feel good and we connect to
subtle, higher experiences within.

WHAT WILL CHANGE?

This awakening experience is like no other
~ it is a gateway to personal transformation
and authentic peace, happiness and
satisfaction in life.

Practising this meditation regularly
results in positive changes across many
areas of life. These changes are personal
and unique to each of us, but some of
the common benefits that people
experience with regular meditation are

- **less stress and tension**
- **more energy and motivation**
- **a more positive outlook on life**
- **an increase in natural immunity
and improved health**
- **inner joy and satisfaction**
- **a deeper spiritual connection and
genuine peace**

Whatever our age, lifestyle, ability,
belief or means, we can add this
meditation to our daily routine and
get its many benefits.