

Science of Spirituality Meditation Center

Meditation Talk by Michael Ribet

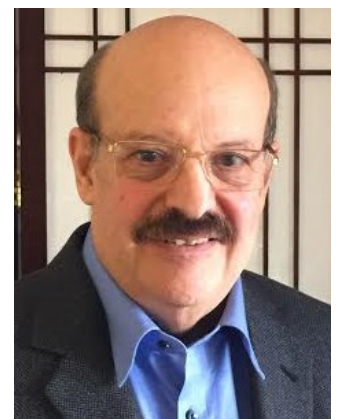


Friday, March 18th 7PM – 9PM **Forgiveness: Healing the Heart Through Meditation**
At SOS Meditation Center
4054 Van Buren St. NE, Columbia Heights, MN 55421

Forgiveness means freeing yourself of the past. Often, the biggest challenges in life come from the mind's disturbances – persistent thoughts, regrets, fears, worries, and long-held grudges. Meditation deepens your understanding of yourself and others, awakens your consciousness, and connects you to your personal inner peace. It opens the door to being able to forgive, both yourself and others.

- ✚ Children above 5 will have special fun and story session at the same time
- ✚ Light vegetarian meal will be available after each session
- ✚ All of our programs are FREE of charge

Michael Ribet, MBA, (University of San Francisco) has practiced meditation for over 40 yrs. He has conducted talks & workshops all over the world-- including North and South America, Europe, India and mainland China. Michael was one of the delegates to the 27th International Human Unity Conference in February where he spoke to an audience of over 50,000 people. He works as an investment banker and lives with his wife Babita in the Chicago area.



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

For further information please visit www.sos.org
Or contact us at 612.216.4444 email: anaik@sos.org