

# *Science of Spirituality* Community Meditation Practice Group

*You are invited!*

Join us every Saturday for one hour to deepen your meditation practice with inspiration, a review of the SOS Meditation Technique, two 20-minute meditation sittings along with helpful meditation tips.

10:00 am Eastern Time

[Register](#)

10:00 am Pacific Time

[Register](#)



“True meditation opens the portal to our higher self, and to the love, light and peace inside each of us.”

~ Sant Rajinder Singh Ji Maharaj

