



# Osho Meditation In Melbourne

“Real Meditation means learning to sit silently doing nothing, relaxing in doing nothing, resting in ones own being, doing nothing.” OSHO

“For the modern man I insist on active meditation, not silent meditation because your energy needs action. You melt into existence through action. When the energy is gone and you relax, then silence.” OSHO

## Every Sunday

at 226/A Glenferrie Road, Malvern  
6.00pm Osho Kundalini Meditation  
7.00pm Osho Audio Discourse

Suggested donation \$10.00

Bring a cushion and a shawl

Tea and Coffee provided

For information call Bodhiprem 0415 530 412

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