



The VIC-Meditation Club

invites you to its

Special Program for 2013

In order to make the broader public aware of the benefits gained through the practice of meditation, we are starting a series of lectures on related topics; together with practical exercises to experience the implications for one's own life.

The spectrum will range from ancient knowledge to modern science, medicine, art and music.

These lectures will teach you

What meditation is

And through its practice enable you to:

Become a more balanced personality

Reduce work-related stress

Be more effective in your work

Understand yourself and others better

and achieve

A state of mental silence, emotional peace and inner joy

PROGRAM

July 25th Meditation and Self-Realization Part I: the Basics

**Guest Speaker
DR. MED ENGELBERT OMAN**

Dr. Engelbert Oman is medical doctor and has a many year long experience in meditation and the traditional background of different cultures. He will talk about the hidden basics of our inner life which build up the foundation of all our day to day experiences.

By learning how to relate to and manage this subtle system one will grow into an evolving mastery of his/her life leading to a balanced mind and improved physical condition.

The meditation technique he teaches is easy to learn and triggers in the person the energy that will guide and help him/her through this evolutionary process to gain the state of inner harmony.

August 1st Meditation and Self-Realization Part II: the Practice

**Guest Speaker
DR. MED ENGELBERT OMAN**

In this lecture the basics of the inner system will be dealt with in more detail and the actual aim of meditation – the self-realization - will be explained with its profound impact on all levels of the human existence.

As a product of the special meditation technique a new awareness of the inner system is gained. In the meditation exercise you will learn how to interpret this new perception to enable you to identify defects on physical, mental or emotional level. The basic techniques to counteract these imbalances will be shown and practiced, resulting in the peace sought for.

The series of programs will be continued if the interest is there.

**For information on future lectures please visit the
vicrec.unvienna.org/clubs website.**

**If you want to join us in our weekly meditation sessions, please contact
Ms. Parelle-de-Holecek or Mr. Stangl.**

The special knowledge of meditation and related practices encompasses all fields of human life. Learning how to tap into this area and reap its benefits has a positive impact not only on ourselves but influences the people around us as well as the environment in a beneficial way.

Through the insight into meditation you will understand and feel the necessity to devote at least 10 minutes of your busy and hectic life to create that wholesome balance which will keep you in a good mood and sound health.

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