



HAPPY SCIENCE

*Fully guided Meditation*

*Meditating  
towards  
Enlightenment*

*Let go of your self-attachment and become detached and relaxed; have clear and transparent thoughts and feelings. Guide yourself to a quiet state of mind, that is as still and smooth as the surface of a lake.*

**Every  
Tuesday & Saturday**

**12pm and 6pm**

**Suggested Offering \$10**

**Venue:  
Happy Science Study  
Center  
398 St Kilda Rd, St Kilda**

For more information or to make a booking  
Ph: 03 9537 0047  
Email: [melbourne@happy-science.org](mailto:melbourne@happy-science.org)