



# Meditation

**To practice meditation is the greatest gift  
you can make yourself and the world.**

The «Meditation of the Golden Flower» is a powerful and focused method to clarify the mind. As a scientific and pragmatic guide to self-realization, it is the ideal technique of consciousness for our times.

Meditation is not dependent on any religion, institution or ideology and is suitable for people of all ages. It can be learned and practiced independently of knowledge, predisposition, constitution and life situation.

Meditation helps us to bring our thoughts and feelings to rest. It clarifies our mind and frees him from his mental and emotional captivity. Meditation observes our thinking and leads us to peace of mind.

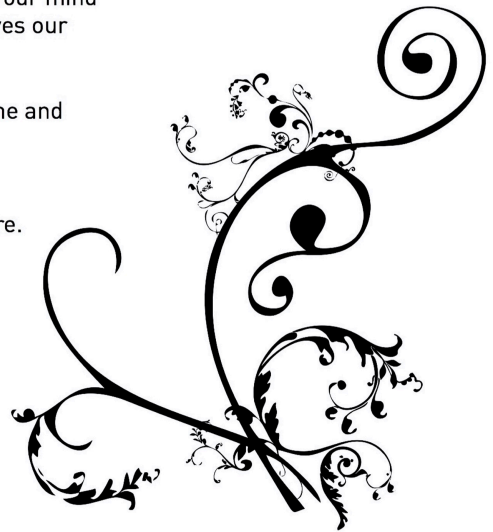
Meditation leads us into higher dimensions of existence, it overcomes time and space and yet is as real as anything in the material world. As a spiritual self-healing process, it gives us new energy of life.

Find out the liberating effect of meditation. Meet your own soul and nature. Gain new inspiration and rejuvenate your life energy. There is nothing more important than the spiritual practice.

Silence is the main admittance to our essence.

Sincerely Peter Todesco - School of Meditation

Informations: [meditation.ch](http://meditation.ch)  
Prior notice: sms/tel: +41 (0)79 765 61 11  
Lessons: by arrangement and prior announcement



## Practice of the «Golden Flower Meditation»

**GUIDED «MIND-BODY-PRACTICE» WITH FOLLOWING «SILENT MEDITATION»**

**Uster (near station and postoffice) | Time frame 2 - 3 hours | Only on Request and Pre-Registration**  
School of Meditation | Tannenzaunstrasse 5 | PO Box 218 | 8610 Uster 1 | 4 min. walk from station  
**Introduction for single persons, Consultation, Instruction and Aftercare «free of charge»**

**Registration: sms/tel: +41 (0)79 765 61 11 | [meditation.ch](http://meditation.ch)**

**Zurich City and all over Switzerland | Individual Dates and Seminars on Request**  
Study Program and further education for beginners, advanced and teachers

**School of Meditation - 079 765 61 11 - Monday to Friday 08-20h**

**"Project Meditation": [www.meditation.ch/intention-and-goal](http://www.meditation.ch/intention-and-goal)**