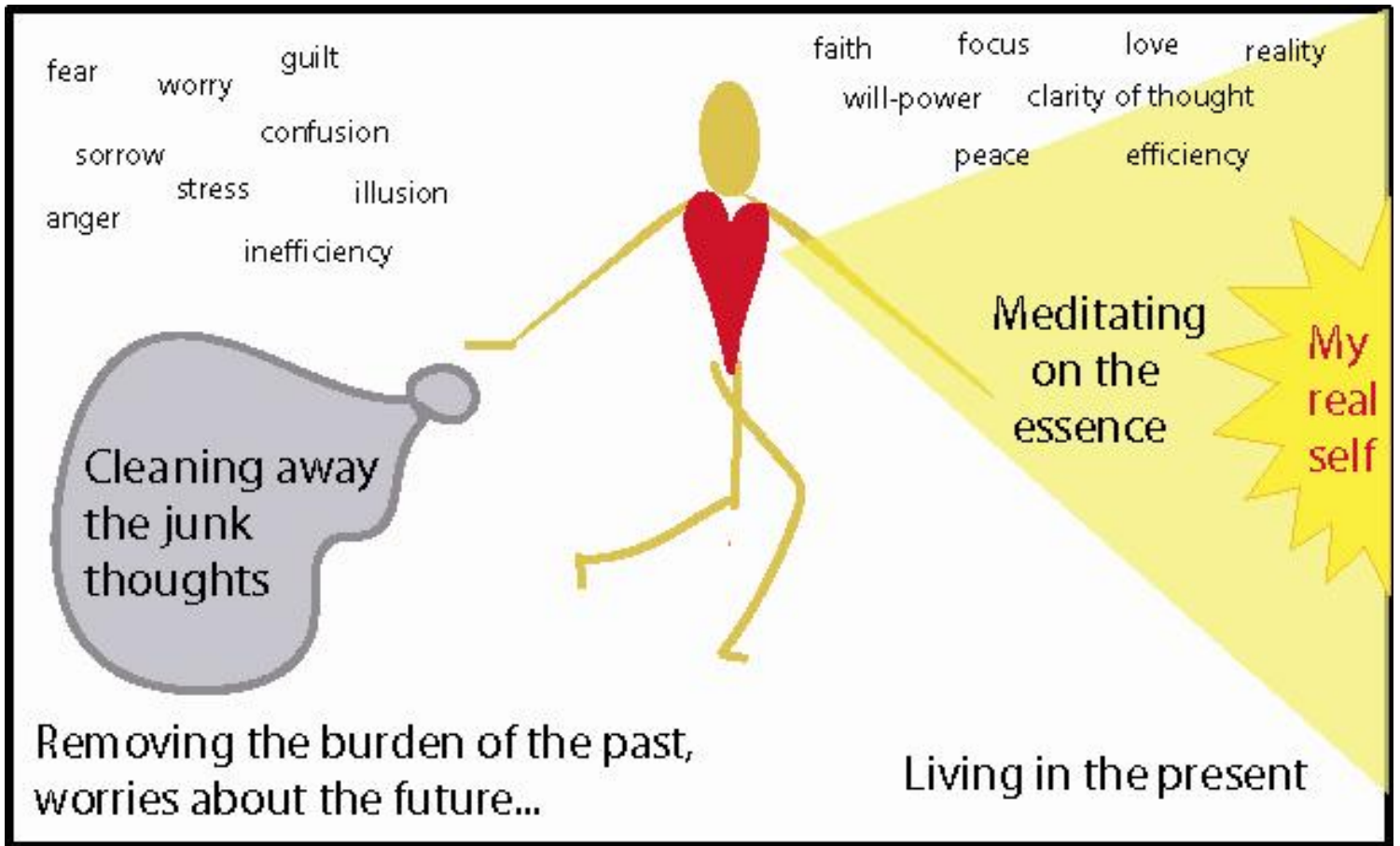




meditate@usc.edu

<http://www-scf.usc.edu/~meditate>

95% of our problems will go away if we can avoid distracting thoughts and focus on the essential. Meditation is a simple and practical tool that trains our mind to achieve this. Come with an open heart and experience its innumerable benefits!



To know more, attend our introductory workshop on **Monday, August 29th, 6-7:30pm at URC-108** (University Religious Center).

*Organized by
The Natural Path: An interfaith group promoting Self-Improvement through the Practice of
Meditation.*