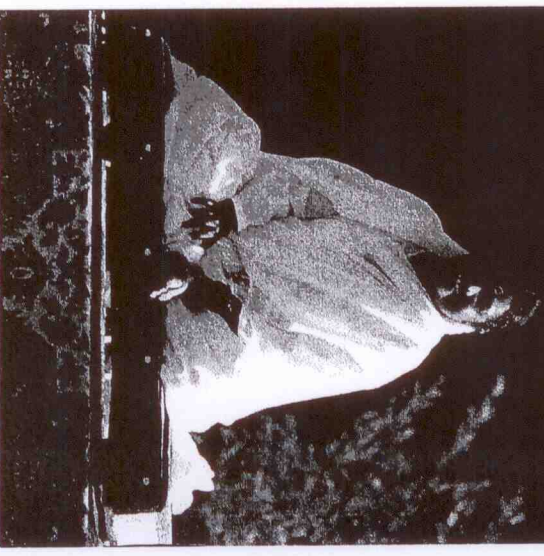


# IAM

Integrated  
Amrita Meditation  
Technique®



*"Time spent in meditation  
is as precious as gold."*

-Amma



*"Meditation increases your vitality  
and strengthens your intelligence;  
your beauty is enhanced; your  
mental clarity and health improve.  
You acquire the patience and  
fortitude to face any problem in  
life. So, meditate! Only through  
meditation will you find the trea-  
sure you are seeking."*

~ Amma.

*"There is a child  
within everyone.  
The desire to search  
for this child is felt  
by all living beings..."*

*This childlike innocence  
deep within you is God."*

~ Amma

# About the Technique

We are delighted to inform Amma's devotees, and those who are interested in deepening their spiritual practices, about the IAM - Integrated Amrita Meditation Technique®. This new meditation technique was born out of Amma's deep resolve for our spiritual enhancement. Amma has transmitted her divine energy into the technique for the benefit of her children and spiritually inclined people everywhere. This meditation is now taught all over the world by her disciples and devotee instructors who have been approved by her.

And for those searching for fulfillment in material life, the meditation technique will serve as a powerful key. It opens up channels of creativity and self-expression, helps one to lead a more balanced life, and gives one a more positive outlook. Practice unfolds new vistas and is ultimately a means to self-actualization.

Our mind determines the way we think, the way we see the world, and the way we react and respond. If we examine ourselves, we will see that we are rarely in control of our mind. Most people are more reactive in nature than responsive. This is basically due to unsettled and unresolved emotions that lie deep within us. The tendency to react dissipates a tremendous amount of creative energy — energy that could be used to benefit society and for personal development.

One of the main functions of the Integrated Amrita Meditation Technique is to channel our energies properly so that we can tap into the unexplored realms of our talents. This technique also helps one to relax, both physically and mentally, and to lead a tension-free life.

Meditation creates silence within. In this meditative silence, our gifts, inner potential and capacities become clearer and they manifest spontaneously. A musician will become a better musician because the quality of their voice and singing will change; everything becomes more — more grace, more love, more beauty, more charm. You may still continue as a business-person, painter, doctor, or musician but an inner transformation starts to take place. Your inner world changes and you begin to see every situation and every experience differently, with enhanced beauty and wisdom.

What is the secret behind this change?

Meditation has helped you to penetrate new layers of consciousness. Remember, meditation doesn't bring anything new from outside of you; it simply helps you to realize your inner potential and finally takes you to the highest goal of life, which is Self-Realization.

Amma's meditation instructors are teaching the Integrated Amrita Meditation Technique to people who are able to make a commitment to practicing it everyday. The teaching is given free, and participant fees cover only expenses required to put the course on, i.e. hall (if rented), instructor travel, photocopies, etc.

**Please visit [amma.org](http://amma.org) for upcoming IAM Course locations and dates.**

## **MORE INFORMATION**

If you would like to learn more about the technique and how it can be learned, please come to Amma's Meditation Table to tell us your name and address.

You can also visit our Websites:  
**[www.amma.org](http://www.amma.org)**  
**[www.integratedmeditation.org](http://www.integratedmeditation.org)**  
or Email: **[iam@ammachi.org](mailto:iam@ammachi.org)**

IAM - Integrated Amrita Meditation Technique® is taught regularly at Amritapuri, Amma's main ashram in India. Please contact [iam@amritapuri.org](mailto:iam@amritapuri.org) for more information about receiving instruction there.

