

## Hundreds Will Gather in Los Angeles April 11 to Meditate and Pray for World Peace as Part of a Revolutionary Event Hosted by Ananda LA

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Hundreds of people will gather together April 11 at 7:30pm at the Olympic Collection in Los Angeles for a guided meditation and prayer for world peace. The evening will also include a talk based on the teachings of Paramhansa Yogananda, author of one of the best-selling spiritual classics, "Autobiography of a Yogi," whose life was featured in the recent film, "Awake."

The night will be led by Nayaswami Jyotish, 45-year disciple of Paramhansa Yogananda and Spiritual Director of Ananda Sangha Worldwide, an organization dedicated to spreading Yogananda's inspiration with the world. He will be joined by his wife, Nayaswami Devi. The evening will be hosted by local yoga and meditation center, Ananda Los Angeles.

"Meditation connects you with your own inner powers of vitality, clarity, and love. When done deeply, it also gives you an expanded sense of connection with life and an experience of profound joy," says Nayaswami Jyotish in his book, "How to Meditate."

Millions of people in the world face chaos, violence, and confusion. This evening offers hope and a solution: a meditation technique and scientific healing method for peace and harmony, that Yogananda brought from India to the West.

The talk will also include Yogananda's revolutionary teachings on deepening relationships; attracting true friends; a concentration technique for courage, calmness, and confidence; and a way to find true and lasting happiness and success.

The first 200 attendees will receive a free copy of the book, "How to Have Courage, Calmness, and Confidence" by Yogananda. More information is available at <http://www.AnandaLa.org>.

Original Link: <http://www.prweb.com/releases/2015/03/prweb12597762.htm>