



# Zoom Open Meditation

Silent sitting for 15 to 20 minutes followed by sharing and Q&A with Surya & Jacqueline.

Zoom Meeting ID: 865 8068 2130

Zoom link: <https://us06web.zoom.us/j/86580682130?pwd=kQyOUhVzdbT5lXuAGof3enw6Kq71av.1>

Password: jagjot2024

**When: Saturdays 8-9am & 8:30-9:30pm IST  
(Check time zones [here](#))**



Surya a.k.a. Jagjot is an Indian-born spiritual author and speaker who talks about non-duality or Advaita. He adopts a practical approach to non-duality rather than following fixed traditional systems and religious dogmas. He is the author of four books: *The End of Me & My Story*, *I Hope You Get Nothing Out of This*, *Meditation is Not About Emptying Your Mind*, and *Bitten By The Energy Serpent - A New Perspective on Kundalini*. He is the co-founder of Being Peaceful.



Jacqueline Marie is from the United States and has been practicing Yin yoga and meditation for over 20 years. She came to New Delhi after studying the *Bhagavad-Gita* for four years with a teacher from India who gives Advaita talks in San Francisco, California. She is the co-founder of Being Peaceful.

**[beingpeacefulorg@gmail.com](mailto:beingpeacefulorg@gmail.com)**

**<https://beingpeaceful.org.in/>**

