

"THE ULTIMATE SOURCE OF MY MENTAL HAPPINESS IS MY PEACE OF MIND.  
NOTHING CAN DESTROY THIS EXCEPT MY OWN ANGER."

-H.H. Dalai Lama



A 10 day Immersion to help you discover your Inner Silence using Buddhist and Vedantic principles.

***Mala Barua***, Inner Silence Meditation teacher will be in Residence in Laucala Island,  
Fiji for the month of August 2013.

In this ten-day immersion, you will be guided to silence your mind in a way that not only reduces mental chatter, but also helps you discover the inner silence that exists within you. Layer by layer, Mala will help you unfold this inner silence, giving you tools for relaxation, de-stressing, reducing anxiety and dissolving anger. It is a journey into self-discovery that could be the most powerful journey you ever embark on.

