

FOR IMMEDIATE RELEASE

Mount Soma's Summer Seva Program
An Opportunity to Serve the Greater Good

Clyde, NC. March 23, 2015

A Seva Course will be taking place this summer at Mount Soma in the Blue Ridge Mountains outside of Asheville, North Carolina. The Sanskrit word, "seva," is typically defined as selfless service and this course provides people the opportunity to participate in activity that is for the greater good. Participants are welcome to join the Mount Soma Ashram for twice daily group meditation, three sattwic (pure, healthy) meals a day, and Sri Somesvara Temple events. All of this is offered free of charge to participants dedicated to their own spiritual evolution and to helping the world.

The Mount Soma Seva Course focuses on bringing the awareness of the participant off of the small self, the petty ego, and onto the Greater Self... the True Self. To do so is a powerful tool for spiritual evolution and Self-realization. Says Michael Mamas (Michaelji), founder and visionary of Mount Soma, *"As you help the world evolve, you evolve. As you evolve, you help the world evolve."*

Mount Soma Seva Course details:

- Join the Mount Soma Ashram for morning and afternoon meditation rounds and activity towards the greater good
- Course Length: 1-4 months, from June through September, 2015
- No Charge – room and board included
- Classes and retreats not included – separate charge
- Application for acceptance required

"My goal is simple: To assist humanity to live in peace and abundance in a manner that is supportive of every individual's unique nature." Michael Mamas (Michaelji)

Mount Soma is a community founded on ancient knowledge and the fundamental principles of nature. It has become a spiritual destination center that attracts thousands of visitors every year. Many of them travel to see Sri Somesvara, a Vedic temple, built with 50 tons of hand-carved granite. Founded by Michael Mamas (Michaelji) in 2002, Mount Soma hosts daily group meditation, meditation retreats, and spiritual evolution classes. Every aspect of Mount Soma has been designed to promote people's spiritual evolution, health, and full potential. It will serve as an example of how to create a healthy society, an enlightened city, that brings the full spectrum of life to fulfillment.

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