



BRAHMA KUMARIS

WORLD SPIRITUAL UNIVERSITY

Global Peace House,
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Raja Yoga Meditation Course

Experience peace, inner strength and wisdom through 'yoga for the mind'.
Learn how to:

- * meditate anytime, anywhere
- * experience the beauty of the true self
- * understand the nature of consciousness
- * connect with the Divine
- * use your 8 spiritual powers

Beginning Monday, 7 May 2012

6:30pm to 7:30pm

(8 sessions, twice per week on Mondays and Thursdays)

It is essential to attend all sessions

Invest in You

Invest in you and you'll have more to give. Invest in you and your capacity to handle the challenges around you increases. Invest in you and the benefits will spill over in both your professional and personal life. It's a win-win!

The bottom line is that you've invested in countless things and now, it's time to invest in your most important asset – YOU. Because you're worth it!

Date: 9th May 2012

Time: 6:30 – 8:00pm

Tired of being Tired

RAISE YOUR ENERGY LEVEL

Are you tired of being tired?

Occasional tiredness is normal but being tired all the time, is, well, just tiring! So, what are you going to do about it? How are you going to get started when you're too tired to start? Stop feeling tired! Make easy changes to your lifestyle; make your sleep more effective and take regular rejuvenating breaks. Feeling tired can also be a state of mind. So, know when to stop focusing on your tiredness.

Join us to find out how to:

- recover and raise your energy
- use your energy efficiently so that there are less dips, more peaks
- tap into the energy reserve within you

Date: 16th May 2012

Time: 6:30 – 8:00pm

Meditation For World Peace

The hour will be guided by commentaries, soft music and silence.

Date: 20th May 2012

Time: 6:00 – 7:30pm

Weight Watching for the Soul

Just as obesity is a major health epidemic in many countries; spiritual, mental and emotional heaviness is also a major issue for many of us. Undigested emotions, worries and too many thoughts all weigh down the soul; they don't allow us to experience the lightness, flexibility and energy that we so long for. How can we shed some of this excess inner baggage and reclaim our true lightness of being?

Date: 23rd May 2012

Time: 6:30 – 8:00pm

7 RAYS TO SPIRITUAL HEALING

TO REDISCOVER THE CONNECTION AND ALIGNMENT OF SPIRIT, BODY AND MATTER

The experience of doubt, fear and worry traps our energy. This has been happening from childhood. No wonder we are now complaining: "I have no energy to continue." Or "Life is just too demanding." Is this you? Want to do something about it?

Join us for a special interactive workshop

Date: 26th May 2012

Time: 13:30pm – 5:00pm

Emotions in Motion

Master your Highs and Lows

Emotions are e-motion; energy in motion. From one emotion to another; from highs to lows and back - does the emotional roller coaster leave you feeling exhausted in its aftermath? Master your emotions, instead of being ruled by them. When your emotional energies flow correctly then you're energetic, well and happy.

Join us to discover ways to:

- maximise your emotional stability, so you don't get too high on the highs and too low on the lows.
- develop alternative healthy emotional reactions to things that usually trigger negative emotions.

Date: 30th May 2012

Time: 6:30 – 8pm

There is no charge for the programs. Voluntary contributions are welcome.