

# Free Events in Personal Development & Meditation

## Monthly Talks and Workshops

**Time: 6.45 - 8.15pm**

### **Thursday 5th May 2016 - Spiritual Skills**

Sailors know that when the sea changes and the wind shifts, a different course of action is required. Practical skills are useful, but spiritual skills come from within. Learn how to steer through change and uncertainty.

### **Thursday 2nd June 2016 - Creating Opportunities, what are you waiting for?**

Are you waiting for the right opportunity to come along? Waiting for it to be handed to you? For it to land in your lap? Explore the know-how on creating opportunities.

### **Thursday 7th July 2016 - Making 'not enough', into 'So much'**

We often may feel that if only I had more, life would be so much better. Learn how to make that dream come true.

## Monthly Meditations

Open to everyone from absolute beginners to those wanting to deepen their meditation experiences. A sharing of ideas, feelings, meditation commentaries to guide your mind, silent reflection and visualisation to enhance and develop your inner peace and strength.

**Thursday 19 May, 15 June and 21 July 2016**

**Time: 7.00 - 8.00pm**

**Venue: Friends Meeting House, Room: The Library,  
7 Upper Lattimore Road, St Albans, Herts, AL1 3UD**

# 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

This introductory course in Raja Yoga meditation is offered to groups and individuals on a pre-book basis. Please email or contact for more details or to arrange sessions in St Albans or London Colney.

## About the Brahma Kumaris

The Brahma Kumaris World Spiritual University (UK) teaches Raja Yoga meditation as a way of experiencing peace of mind and a positive approach to life. The University provides opportunities for people from all religious and cultural backgrounds to explore their own spirituality and learn skills of reflection and meditation derived from Raja Yoga, which will help develop inner calm, clear thinking and personal well-being.

*All events are free of charge.*

*Voluntary contributions  
welcomed.*

Organised by:

*innerSpace*  
Wembley

A CENTRE FOR SELF-DEVELOPMENT

For registration and information contact:

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**BRAHMA KUMARIS**

WORLD SPIRITUAL UNIVERSITY (UK)

Reg Charity in England & Wales (269971)  
and Scotland (SC040512)