



Please RSVP • 617.926.1230 • boston@us.brahmakumaris.org

Nurturing the Self

Practical wisdom and Tools to Enhance the quality of Life

There are different things that come our way every day. **How do I respond?**
Situations will always be there, but what can I do so that I am empowered to deal with everyday events in an optimal way?

We have a choice - come and explore new ways of being!

Thursday, May 7, 2015

7:30 - 9:00 PM

It is recommended that you arrive early to take full advantage of the meditation at the start of the event from 7:00 to 7:30 pm

All are Welcome. Free of Charge.



At the Brahma Kumaris Learning Center for Peace
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