



How to Survive in Uncertainty

We live in a constantly changing and an unpredictable world yet we all crave and reach for certainty. But the only thing that's certain is that nothing is certain.

Uncertainty is a fact of life and possibly where the greatest opportunities are. So whether you're someone who enjoys uncertainty or gets anxious about it – you may as well relax, and learn to thrive in uncertainty.

If you want to thrive in uncertainty, join us to explore how to:

- Overcome the anxiety of uncertainty and stop struggling with it
- Embrace uncertainty and find joy in it
- Think on your feet and improvise in the face of uncertainty
- Navigate through it more comfortably and confidently

Thursday, February 11, 2016
7:30 - 8:30 PM

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

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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