



*Change your
Thoughts
Change your
World*

Anger

Stress

Anxiety

Fear

Jealousy

Love

Happiness

Contentment

Joy

Respect

Is our world just fine, or
does it require a change?
Do I have the capacity to
contribute to that change?
Is that contribution my
responsibility?

Learn to use the power of
determined thought to
transform your weakness and
change your world! In this
workshop, discover how
patience, courage, and love can
help you overcome guilt and
see yourself, people, and
situations more positively.
Recognize your inherent
beauty and power with the
knowledge of the true self as
taught through Raja Yoga
Meditation.

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

Thursday, October 8, 2015
7:30 - 8:30 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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Watertown, Massachusetts 02472

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