



## *Spring Clean Your Life*

It's spring! It's time to clean and dust off those cobwebs. Not just the ones in your home or workplace, But also the ones in your actual life.

Get rid of the past hurts, misunderstandings and grudges you've been hanging onto. Throw out the outdated perceptions, the negative attitudes and habits that no longer work for you.

Air out, de-clutter and clear out your heart, mind and life. As the saying goes, "you have to get rid of the old to make way for the new." Not only will you free up space to bring new things into your life, but you'll also feel much lighter and more rejuvenated.

**So ready your feather duster and join us.**

**Thursday, May 19, 2016  
7:30 - 8:30 PM**

Please RSVP • 617.926.1230 • [boston@us.brahmakumaris.org](mailto: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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Watertown, Massachusetts 02472

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