



# Creating a Life of Purpose

***Guest Speaker : Erik Larson from New York***

In facing the demands of a world marked by rapid change and upheaval, we can so easily lose our sense of 'being' in the survival strategies of 'doing'. In order to create inner stability, it is absolutely essential at this time to know the self and our intrinsic value. We are not glorified machines, but wondrous and unique beings capable of immense beauty and goodness.

**Friday, July 25, 2014  
6:30pm - 8:15 pm**

Join us and explore the spiritual art of applying peace and happiness to the canvas of your life.

**Organised by**

Discover a way to honor yourself and others by staying real and royal while facing the challenges of day-to-day situations and interactions.

**Brahma Kumaris @ ATFS Center**

433 South Street, Shrewsbury MA 01545

**About Guest Speaker:** Erik Larson has been a student and teacher of Raja Yoga for more than 20 years. By training he is a civil engineer and served as a Senior Loss Prevention Consultant at General Electric. Erik serves as the Brahma Kumaris representative to the United Nations and a Bureau member for the NGO Committee on Freedom of Religion or Belief. He has facilitated training for major companies such as Philip Morris, Ingersoll Rand Company and Dow Jones & Company and is a Certified Instructor in Appreciative Inquiry and Self-Managing Leadership. As a volunteer with the Brahma Kumaris he regularly conducts workshops on The Art to Relax, Positive Thinking, Stress-Free Living and Transformational Thinking.

[bkshrewsbury@gmail.com](mailto:bkshrewsbury@gmail.com) | 978-436-1285

[www.brahmakumaris.org](http://www.brahmakumaris.org)

This program is offered **free of charge** as a service to the community.