

Make Your Mind Your Best Friend

With Guest Speaker: Eric LeReste

Journalist/Producer CBC Television – Montreal (Canada)

A true friend is always there for you when needed.

A good friend knows how to bring out the best in you, recognizing qualities in you that you may be unable to see in yourself. Your best friend supports you, cares for you and makes you feel loved and respected.

**Now, how good a friend are you to yourself?
What about your own mind? Have you tried to make
your mind your best friend? It's just waiting for your
signal. Join us for this special event, and learn how to
support yourself – like your best friend does!**

Sunday, April 19

2:00 – 4:00pm

Cambridge Public Library

449 Broadway Cambridge, MA, 02138

All are Welcome. Free of Charge.

For information or to RSVP: **617-542-1110**

info@innerspaceharvardsq.org

RSVP: makeyourmindyourbestfriend.eventbrite.com



BRAHMA KUMARIS



About Guest Speaker Eric LeReste

This year marks three decades since Eric LeReste began his career at CBC Radio Canada. He provides specialist training to journalists and producers throughout Canada. Eric began meditation with the Brahma Kumaris in 1983 in Montreal and quickly opened meditation centres in Edmonton and Calgary. He then returned to Montreal where he established "L'Émergence", which has become one of the main meditation centres in the city. Eric participates in various international projects including "Images and Voices of Hope," a project dedicated to inspiring new restorative narratives in the media. Eric also serves as the National Coordinator for the Brahma Kumaris in Canada.

Stan Strickland is a singer, saxophonist, flutist and an actor. In addition to numerous radio and television appearances, Stan has opened for Jazz greats Miles Davis and Sonny Rollins. He also teaches at Berklee College of Music, Tufts University and Longy School of Music.



Organized by Inner Space Meditation Center and Gallery
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