

Please RSVP • <u>boston@us.brahmakumaris.org</u> • 617.926.1230 Are you in control of your own spiritual power? Are you self-empowered?

In this series of four sessions you will learn how to use your spiritual powers to shape responses to people and the world around you. We all must empower ourselves and learn to realign with the changing environment by nurturing our self-esteem and self-control. During these interactive talks we shall explore, rediscover and develop the inner spiritual powers, virtues and values that lie deep within. The objective is to become aware of the true self and create powerful positive thoughts and attitudes that strengthen our mind and body. There are just eight different but important powers to learn. In each session, you will learn about two of the eight spiritual powers that can change your life.

Each Thursday in Nov & Dec 4, 2014 from 7:30 pm to 9:00 pm

Nov 6 ~ Power to Withdraw & Power to Pack-up

Nov 13 ~ Power to Discern & Power to Judge

Nov 20 ~ Power to Face & Power to Tolerate

Dec 4 ~ Power to Cooperate & Power to Accommodate

*You can attend all or any of these talks

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 75 Common Street
Watertown, Massachusetts 02472

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