

Brahma Kumaris: What's on in September **(<https://www.activelink.ie/node/110540>)**

What's on ... September 2024.

all our events/courses are free of charge as a community service. The Brahma Kumari Ireland teach Raja Yoga meditation as a way of experiencing peace of mind and a positive approach to life.

<https://mailchi.mp/b479cea84713/september-events-10333280> (<https://mailchi.mp/b479cea84713/september-events-10333280>)

Raja Yoga Meditation

Raja Yoga Meditation Course.
Sunday mornings
Dates: Sunday, 1st, 8th, 15th, 22nd & 29th September
Time: 10.00am – 11.00am
Venue : The Centre

Experience peace, wisdom and relaxation through 'yoga for the mind'

[Booking required \(https://brahmakumaris.us14.list-manage.com/track/click?u=46b24fd93f627e70630ffd748&id=2d865c60e4&e=e81c1b57a7\)](https://brahmakumaris.us14.list-manage.com/track/click?u=46b24fd93f627e70630ffd748&id=2d865c60e4&e=e81c1b57a7)

Drop In, Power Up

Dates: Thursday; 5th, 12th, 19th & 26th September
Anytime from 1pm until 7pm
Venue : The Centre

Take time out. Drop into the Centre and enjoy our Quiet Space, where you can Relax, Meditate and Reflect at leisure. "Instruction available on request".

Soul Conscious Meditation

Dates: Thursday; 5th, 12th, 19th & 26th September
Time: 1pm - 2pm
Venue : The Centre

Experience inner peace, wisdom and relaxation through 'yoga for the mind'

[booking required \(https://brahmakumaris.us14.list-manage.com/track/click?u=46b24fd93f627e70630ffd748&id=c60359e867&e=e81c1b57a7\)](https://brahmakumaris.us14.list-manage.com/track/click?u=46b24fd93f627e70630ffd748&id=c60359e867&e=e81c1b57a7)

The Deep Secrets Of Self Esteem

A 4 part interconnecting series Workshop
Saturday 7th, 14th, 21st & 28th September
Exploring the deep secrets of Self Esteem...is transformative & empowering.
Time: 2pm - 3-30pm
Venue: The Centre

[Booking required \(https://brahmakumaris.us14.list-manage.com/track/click?u=46b24fd93f627e70630ffd748&id=c60359e867&e=e81c1b57a7\)](https://brahmakumaris.us14.list-manage.com/track/click?u=46b24fd93f627e70630ffd748&id=c60359e867&e=e81c1b57a7)

[u=46b24fd93f627e70630ffd748&id=05eade6466&e=e81c1b57a7](https://brahmakumaris.us14.list-manage.com/track/click?u=46b24fd93f627e70630ffd748&id=05eade6466&e=e81c1b57a7))

Meditation For World Peace

Sunday 15th September
Time: 12.30pm – 1.30pm
Venue : The Centre

You are most welcome to join us where collectively and shower the World & all life within it with Powerful Healing Vibrations Filled with Peace & Love.

[Booking Required \(https://brahmakumaris.us14.list-manage.com/track/click?u=46b24fd93f627e70630ffd748&id=957669b787&e=e81c1b57a7\)](https://brahmakumaris.us14.list-manage.com/track/click?u=46b24fd93f627e70630ffd748&id=957669b787&e=e81c1b57a7)

Special Events: Mind Body Experience at the RDS

Mind Body Experience

Date: 20th to 22nd September

Venue: Mind Body Experience at the RDS, *Hall 4 Royal Dublin Society, Merrion Road, Ballsbridge, Dublin. D04 AK83 Ireland*

Letting Go of the Past

In this talk, John will explore the impact that the past has on our life in the present and how we can break free and enjoy some peace and happiness. I let go of the past, rescuing only what I have learned.

Date: 21 September | Time: 4.15pm

Life After Death

Have you ever wondered if there is life after death? John's insights into this important question may surprise you and change your life forever!

Date: 22 September | Time: 12.30pm

Speaker John McConnel

John McConnel is a stress-management trainer, meditation teacher, author and former prison governor and social worker. Having had lots of challenges in his own life, he enjoys sharing the many practical benefits of adopting an 'inside-out' approach to living.

Healing My Inner Wounds

A compassionate exploration of techniques and practices for addressing and healing emotional scars, promoting inner peace and personal resilience through self-awareness and therapeutic strategies.

Date: 21 September | Time: 2pm

The Power of Gratitude.

Discover how cultivating gratitude can transform your life, enhancing emotional well-being, fostering stronger relationships, and promoting a positive outlook through practical exercises and mindfulness practices.

Date: 22 September | Time: 2.45pm

Birajith Baskaran

Birajith Baskaran is a Performance Analyst at a Cargo company, he has been practising meditation from the age of 15 and loves to share the knowledge and the experience he attained from his spiritual journey. His interest in climate change and sustainability led him to attend the COP27 and COP28.

Outreach Programmes

Keeping Calm No Matter What

In the stormy sea of life, is it really possible to remain stable and calm? John will share some insights and tools to make your life more peaceful.

Speaker: John McConnel

Venue: Brahma Kumaris Ireland CLG. The Basement, 11 Clare Street, Dublin D2

Date: Monday 23/9/2024 | Time: 1.00pm - 2.00pm

[Booking required \(https://brahmakumaris.ie/events/registration/6311421-keeping-calm-no-matter-what/6311423\)](https://brahmakumaris.ie/events/registration/6311421-keeping-calm-no-matter-what/6311423)

Letting Go Of The Past

In this talk, John will explore the impact that the past has on our life in the present and how we can break free and enjoy some peace and happiness.

Speaker: John McConnel **Venue: Adamstown Community Center (Room: A)**

Station Road, Adamstown, Lucan, Co. Dublin

(01) 503 1644 <https://g.co/kgs/MYYuf2> (<https://g.co/kgs/MYYuf2>) Eircode: K78 E7F8

Date: Monday 23/9/2024 | Time: 8.00pm - 9.00pm

[Booking required \(https://brahmakumaris.ie/events/registration/6311434-letting-go-of-the-past/6311436\)](https://brahmakumaris.ie/events/registration/6311434-letting-go-of-the-past/6311436)

Life After Death

Have you ever wondered if there is life after death? John's insights into this important question may surprise you and change your life forever!

Speaker: John McConnel

Venue: Knocknacarra Community Centre,

Shangort Road, Knocknacarra, Galway (above Tesco) H91 Y72R

Date: Tuesday 24/9/2024 | Time: 6.30pm - 8.00pm

[Booking required \(https://brahmakumaris.ie/events/registration/6311440-life-after-death/6311442\)](https://brahmakumaris.ie/events/registration/6311440-life-after-death/6311442)

International Online Events:

Meditation for World Peace

Sunday 15th September

Time: 6.30pm – 7.30pm

Venue : Online - <https://globalcooperationhouse.org/watchlive> (<https://globalcooperationhouse.org/watchlive>)

Join us where collectively we will shower the World & all that live in it with Powerful Healing Vibrations Filled with Peace & Love.

Raj Yoga Meditation

In English, Hindi, Spanish & Portuguese

Courses: <https://globalcooperationhouse.org/whatson-courses> (<https://globalcooperationhouse.org/whatson-courses>)

Events (full events): <https://globalcooperationhouse.org/whatson-full> (<https://globalcooperationhouse.org/whatson-full>)

Experience peace, inner strength and wisdom through 'yoga for the mind'.

Hindi Talk Series

Every Wednesday Time: 7:30pm - 8:30pm

Online: <https://www.globalcooperationhouse.org/watchlive> (<https://www.globalcooperationhouse.org/watchlive>)

Join us for a series of online talks in Hindi covering various aspects of Raja Yoga Meditation.

Thursday Talk Series

Every Thursday Time: 7pm - 8pm

Online: <https://www.globalcooperationhouse.org/watchlive> (<https://www.globalcooperationhouse.org/watchlive>) Join us for a series of online talks in English covering offering different perspectives of Raja Yoga Meditation and its application in real life.

Region

Dublin / Hybrid

Date Entered/Updated

29th Aug, 2024

Expiry Date

30th Sep, 2024

Attachment	Size
Dublin RDS talks.png	848.05 KB
Letting go of the past_Adamstown.JPG	212.53 KB
Letting go of the past_Galway.JPG	217.58 KB
Life after death_Galway.JPG	262.75 KB

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