

Brahma Kumaris: What's on... January 2025

(<https://www.activelink.ie/node/112880>)

All our events/courses are free of charge as a community service

IN-HOUSE EVENTS

SOUL CONSCIOUS MEDITATION

Dates: Thursdays; 2nd, 9th, 16th, 23rd & 30th January

Time: 12pm-1pm

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>)

DROP IN, POWER UP

Dates: Thursdays; 2nd, 9th, 16th, 23rd & 30th January

Anytime from 2pm until 6pm

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".

RAJA YOGA MEDITATION

Raja Yoga Meditation in a Nutshell.

Dates: Sunday, 5th, 12th, 19th & 26th January

Time: 10.00am – 11.00am

Venue : The Centre

Empower the Self- 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>)

HEALING OUR FEELINGS -

Date: Sunday 12th January (Part 1) & Sunday 26th January (Part 2)

Time: 2pm - 3pm

an interactive session to understand some fundamental principles in giving attention to self-care and making time for you

Booking Required (<https://brahmakumaris.ie/events/registration/53825-creative-meditation/6365395>)

MEDITATION FOR WORLD PEACE

Sunday 19th January

Time: 12-30pm - 1-30pm.

Venue: The Center

You are most welcome to join us where collectively we will shower the World & all that live in it with Powerful Healing

Vibrations Filled with Peace & Love.

Booking Required (<https://brahmakumaris.ie/events/registration/53825-creative-meditation/6365395>)

DEEP SECRETS OF SELF ESTEEM

Date: Saturday 25th January

Time: 1pm-3pm

Venue : The Centre

Explore the deep secrets of Self Esteem...and discover and know the true you. * accept your uniqueness and identify your personal strengths ..

booking required (<https://brahmakumaris.ie/events/registration/4714093-the-secrets-of-self-esteem-course/6398526>)

ONLINE ZOOM EVENTS

TALK AND GUIDED MEDITATION - FROM THOUGHT TO VISUALISATION

Date: Saturday 4th January -
12.15pm-1.00pm

whatever picture one holds in one's mind, will be felt physically.

Zoom: <https://brahmakumaris-uk.zoom.us/j/88975969602?pwd=WhPdfS7s9UQ> (<https://brahmakumaris-uk.zoom.us/j/88975969602?pwd=WhPdfS7s9UQ>)

AUTHOR OF MY OWN HAPPINESS -

Date - Wednesday 22nd January

Time - 11am-12md

ZOOM: <https://brahmakumaris-uk.zoom.us/j/88975969602?pwd=WhPdfS7s9UQ> (<https://brahmakumaris-uk.zoom.us/j/88975969602?pwd=WhPdfS7s9UQ>)

To what extent can we change our stories - and when and how do we hand the pen over to greater forces

THE POWER OF PATIENCE

Date - Tuesday 28th January

Time - 7.30pm - 8.30pm

ZOOM: <https://brahmakumaris-uk.zoom.us/j/88975969602?pwd=WhPdfS7s9UQ> (<https://brahmakumaris-uk.zoom.us/j/88975969602?pwd=WhPdfS7s9UQ>)

Patience makes us realise what we have to do. It helps us not to react in any situation. One who never reacts is very, very sensible. Patience makes us sensible, but without ego.

INTERNATIONAL ONLINE EVENTS:

MEDITATION FOR WORLD PEACE

Sunday 19th January 2025

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 / Online

Date Entered/Updated

2nd Jan, 2025

Expiry Date

31st Jan, 2025

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