

Brahma Kumaris: What's on... February 2025 **(<https://www.activelink.ie/node/113399>)**

What's on... February 2025

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.

IN-HOUSE EVENTS

RAJA YOGA MEDITATION

In Hindi & English.
Raja Yoga Meditation in a Nutshell.

Dates: Sunday, 2nd, 9th, 16th & 23rd February
Time: 10.00am – 11.00am
Venue : The Centre

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

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

SOUL CONSCIOUS MEDITATION

Dates: Thursdays; 6th, 13th, 20th & 27th February
Time: 12pm-1pm
Venue: The Centre

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

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

DROP IN, POWER UP

Dates: Thursdays; 6th, 13th, 20th & 27th February
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".

THE DEEP SECRETS OF SELF ESTEEM...

Date: Saturday 8th & 22nd February
Time: 1pm-2-30pm
Venue : The Centre

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

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

HEALING YOUR INNER CHILD

Date: Sunday 9th February
Time: 1-30pm - 2-30pm

an interactive session to understand some fundamental principles in healing your Inner Child.

[booking Required \(https://brahmakumaris.ie/events/registration/53825-creative-meditation/6365395\)](https://brahmakumaris.ie/events/registration/53825-creative-meditation/6365395)

MEDITATION FOR WORLD PEACE

Sunday 16th February
Time: 12-30pm - 1-30pm.
Venue: The Centre

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 \(https://brahmakumaris.ie/events/registration/29929-meditation-for-world-peace-dublin/6433198\)](https://brahmakumaris.ie/events/registration/29929-meditation-for-world-peace-dublin/6433198)

OVERCOMING FEAR ...

Date: Date: Sunday 23rd February
Time: 1-30pm 2-30pm
Venue: The Centre

An interactive session in understanding & overcoming fear using spiritual insights.

[Booking Required \(https://brahmakumaris.ie/events/registration/6471140-self-care-overcoming-fear/6471144\)](https://brahmakumaris.ie/events/registration/6471140-self-care-overcoming-fear/6471144)

ONLINE ZOOM EVENTS

TALK AND GUIDED MEDITATION - FROM THOUGHT TO VISUALISATION

Date: Saturday 1st & 15th February
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 19th February
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

KEEPING FIT INSIDE

Date - Tuesday 18th February
Time - 7.30pm - 8.30pm

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

uk.zoom.us/j/88975969602?pwd=WhPdfS7s9UQ)

Keeping Fit Inside- how to look after yourself in these challenging times.

INTERNATIONAL ONLINE EVENTS:

MEDITATION FOR WORLD PEACE

Sunday 16th February 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.

[CLICK HERE](https://youtu.be/IV6mz2V9I14?si=AEW-iWgX3QeC_cLd&t=241) (https://youtu.be/IV6mz2V9I14?si=AEW-iWgX3QeC_cLd&t=241) *FOR CATCH UP: THE HEART OF WELLBEING*

Region

Dublin / Online

Date Entered/Updated

27th Jan, 2025

Expiry Date

1st Mar, 2025

Attachment	Size
thumbnail_HeartOfWellbeing.jpg	400.52 KB

Source URL: <https://www.activelink.ie/community-exchange/training/113399-brahma-kumaris-whats-on-february-2025>