

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

(<https://www.activelink.ie/node/114060>)

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

Mailchimp link: <https://mailchi.mp/0dd3635c2e9e/whats-on-march-10339249>

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IN-HOUSE EVENTS

SOUL CONSCIOUS MEDITATION

Dates: Thursdays; 6th, 13th, 20th & 27th March

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; 6th, 13th, 20th & 27th March

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...

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

Date: Saturday 8th, 22nd March

Time: 1pm-2-30pm

Venue : The Centre

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

RAJA YOGA MEDITATION

In Hindi & English.

Raja Yoga Meditation in a Nutshell.

Dates: Sunday, 9th, 16th, 23rd & 30th March

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>)

MEDITATION FOR WORLD PEACE

Sunday 16th March

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>)

OVERCOMING FEAR ...

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

Date: Sunday 30th March

Time: 1-30pm 2-30pm

Venue: The Centre

Speaker: Bindu Malhotra

Booking Required (<https://brahmakumaris.ie/events/registration/6471140-self-care-overcoming-fear/6471144>)

ONLINE ZOOM EVENTS

TALK AND GUIDED MEDITATION - FROM THOUGHT TO VISUALISATION

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

Date: Saturday 15th March

12.15pm-1.00pm

Speaker: Roshan Kinhead

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

AUTHOR OF MY OWN HAPPINESS -

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

Date - Wednesday 19th March

Time - 11am-12md

Speaker: Subhra Brahma

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

KEEPING FIT INSIDE

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

Date - Tuesday 18th March

Time - 7.30pm - 8.30pm

Speaker: John McConnel

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

INTERNATIONAL ONLINE EVENTS:

MEDITATION FOR WORLD PEACE

Sunday 16th March 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

25th Feb, 2025

Expiry Date

30th Mar, 2025

Source URL: <https://www.activelink.ie/community-exchange/training/114060-brahma-kumaris-whats-on-march-2025>

