

Now in  
**Brampton**

# Raja yoga Meditation

The journey from awareness to action

Meditation is a state of being in that place just beyond every day consciousness, which is where spiritual empowerment begins. Spiritual awareness gives us the power to choose good and positive thoughts over those which are negative and wasteful. We start to respond to situations, rather than just reacting to them. We begin to live with harmony, we create better and happier, healthier relationships and change our lives in a most positive way.

To register for the course please call us at 416-537-3034 or email [toronto@ca.brahmakumaris.org](mailto:toronto@ca.brahmakumaris.org) *(Offered Free of Charge as a community service)*

## Brahma Kumaris

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