

# RAKSHABANDHAN CELEBRATION & LEARNING MANAGEMENT SKILLS WITH JUDY JOHNSON

Judy Johnson is a coach and consultant representing Brahma Kumaris from Canada. She came to Sacramento Brahma Kumaris center to take us on an insightful journey of self-leadership on the auspicious occasion of *Raksha-bandhan*. On her three days visit, Sister Judy conducted three different workshops on each day at the Sacramento center. She also traveled to various nearby places accompanied by Sister Hansa (Head spiritual leader of Brahma Kumaris, Sacramento Center) to share the knowledge of insightfulness and self-management.

*"Are you looking for management skills?"*  
**Please join us in warmly welcoming:**  
**JUDY JOHNSON**

*As a lead facilitator, consultant and coach from Canada, Judy will be taking us on a journey of personal reprogramming through three days of insightful sessions and thoughtful workshops. Judy brings to us her understanding and her experience.*

- ◆ Ability to uncover the inherent strengths in individuals and organizations
- ◆ Activities in the field of experiential learning
- ◆ Author, along with her two daughters, of the "Seven Secrets of the Universe"

**PROGRAM:**

Fri, Aug 16th	6-8 pm	Self-Management Program-- "Access Tools for Self-Transformation"
Sat, Aug 17th	9:00-Noon	Workshop & Session-- "Win-win Solutions in a World of Differences"
Sun, Aug 18th	10:30-12:30 pm	"Art of Creating Harmony in Relationships" Rakhi Ceremony Meditation for World Peace

**EVENT SITE:**

2243 Sierra Boulevard, Sacramento, CA

PLEASE KINDLY RSVP  
Call, text or WHATSAPP: 916- 717- 7281, or  
EMAIL: [bkSacramento12@gmail.com](mailto:bkSacramento12@gmail.com)

THE EVENT IS FREE TO ALL  
Voluntary contributions from the heart are welcome



Sister Judy was welcomed at Brahma Kumaris Sacramento center by Sister Hansa and the BK family on the day of her arrival.

**Friday, Aug 16<sup>th</sup>, 2019**  
**Access Tools for Self-Transformation**

Sister Judy started her day with first session at Hewlett-Packard followed by Intel, Folsom office, where she taught corporate professionals some useful skills to grow as a leader and as a person. She is very thoughtful and well-organized, her presentation skills are phenomenal. The topic for the class was “Access tools for Self-Transformation.” It was well received by the employees of both companies and really appreciated the efforts of sister Judy to help them untangle their professional and personal life.



**Sister Judy, Sister Hansa, Some of the Baba’s Children at Intel**

The class was conducted at the BK Sacramento center in the evening from 6pm to 8pm for all Baba’s children and those who wish to attend. Everyone really liked the central idea of her session and all the students enjoyed the followed meditation.

**Saturday, Aug 17<sup>th</sup>, 2019**

**Win-Win Solutions in a World of Differences**

The class was held in the morning at the Bk Sacramento center itself. Sister Judy shared knowledge of different topics like wise thinking, and creating situations where everyone can win and stay in harmony. Everyone was satisfied and happy at the end of the situation with the learning they got in this session and were looking forward to lead life with this new perspective.

Sister Hansa and Sister Judy traveled to Reno on Saturday evening to conduct a workshop at BK Reno Center as well where they were greeted with a warm welcome by Reno BK family. Everyone was thankful to Sister Judy and Sister Hansa for visiting them and were blessed to be a part of this BK godly family.



**Sacramento BK family at BK Reno Center with the Reno BK family**

**Sunday, Aug 18<sup>th</sup>, 2019**

**Art of Creating Harmony in Relationships**

On the third day of the workshop, our lovely BK family celebrated Rakhshabandhan ceremony after Sister Judy's session. She explained how we should not lose our note regardless of the changes in the environment and people around us. She illustrated her points using various activities that made her points clearer to everyone. Her impressive way of teaching helped all the attendees understand the importance and core values in relationships.

Post the session, Sister Judy explained the meaning of Rakhi to everyone, then Sister Hansa and Sister Judy tied Rakhi to all the BK brothers and sisters with love and compassion. The ceremony was followed by a vegetarian treats for all attendees. Judy sister's three-day workshop increased the light and might of our beautiful occasion Rakhi by spreading wisdom and good thoughts of well-being for others. The program didn't end there, our BK family delightfully ended the celebration with an amazing group dance at the center including Sister Judy and Sister Hansa.



**Sister Hansa and Sister Judy Tying Rakhi to Baba's Children**





**Some of the Baba's Children with Sister Judy and Sister Hansa**

Sister Judy brought to Sacramento the specialty of making spiritual knowledge accessible to all. The light-hearted stories, characters and creative exercises made the knowledge easy to remember and apply to everyday situations.

Sister Hansa also traveled Visalia, California to celebrate rakhi with baba's children. The rakhi ceremony followed by dance and celebrations.



**Videos:**

Dance celebration by BK family at the end of three-day program

<https://youtu.be/otuBnij94Go>

Art of Creating Harmony in Relationships

<https://youtu.be/by460Lmj2Og>

Access Tools for Self-Transformation

[https://youtu.be/v\\_pxE9gJVWw](https://youtu.be/v_pxE9gJVWw)

Win-Win Solutions in a World of Differences

<https://youtu.be/G8SSLtIKUSQ>

Rakhi Celebration

<https://youtu.be/6kXB2Iyle7w>