

RAJA YOGA – THE ART OF LIVING

8-part online course in Raja Yoga Meditation

Mondays & Wednesdays 10:30 am – 12:00 pm

beginning June 8

This is an introduction to the foundation teaching of the Brahma Kumaris. It is 8 sessions on Mondays and Wednesdays beginning June 8, from 10:30 -12:00 noon (with the option to continue after these sessions.) Raja Yoga Meditation is especially designed to build our capacity during times of change and challenge. This course will empower you to keep your mind focused on the positive, come closer to your Higher Power, and find peace and joy amidst uncertainty. You will stand out as a beacon of light in the darkness.

To register, please [click here](#) you will then get an email with login info.



LIVING AWAKENED ONLINE RETREAT

Explore methods of staying in this higher field of consciousness -- not just peaks of being awakened, but is it possible to live in this awakened state of being? Let us together look into increasing this higher field of consciousness. Explore spiritual awakening, including spiritual notions of the self and the divine and the fundamentals of self-awareness and self-transformation.

There will be journaling exercises between the sessions to deepen our understanding and practice of being awakened. For maximum benefit, it is required of you to register in advance and to be fully present in all the sessions.

The sessions will be as follows (all timings are in EST zone):

Friday, July 24

•7:30 - 8:30 pm

Saturday, July 25

•9:00 - 10:00 am

•1:00 - 2:00 pm

•5:00 - 6:30 pm

Sunday, July 26

•9:00 - 10:30 am

For more Information and to register [click here](#)

ONLINE RETREAT July 24 – 26

INNER PEACE, INNER POWER – FOR BEGINNERS

*The Introductory Part of our Foundation
Course In Raja Yoga Meditation*



The call of this time is the need to empower ourselves from within, and become stable during these times of great change. This is a great opportunity to get to know ourselves as we truly are: an eternal and immortal spiritual being with great inner resources and inner strength; a powerful being with the capacity to connect to the unlimited Source of Peace, Comfort, Wisdom, Love, Joy, and Stability.

Spiritual Knowledge, when applied to daily life, brings immense practical benefits to mind, heart and body. Relationships all come back into harmony and balance.

During this retreat, you will learn to experience yourself as a soul, a spiritual being, and to establish a direct connection with the Supreme Source of purest energy and highest consciousness.

This online sessions will be as follows (all timings are in EST zone):

Friday July 24

- 6:30- 7:30 pm
- 7:30 - 8:30 pm

Saturday July 25

- 9:00 - 10:00am
- 1:00 - 2:00pm
- 5:00 - 6:00pm

Sunday July 26

- 9:00 - 9:30am
- 9:30 - 10:15am
- 10:15 - 11:00am

For more Information and to register [click here](#)

ONLINE RETREAT July 31- August 2

Empower The Self Through Meditation & Prayer



This retreat is especially for those participating in 12-step programs and we will delve into the 11th step.

It is through Mindful thinking, Meditation or Yoga (connection with the Source), that we regain our spiritual, emotional, mental and even physical empowerment, enabling us to navigate through life with ease, clarity and in full control. Learning the skills/tools not only to manage our lives, but live the very best lives we were intended to.

This retreat focuses mainly on three things:

The Self

The Source

Meditation

The sessions will be as follows (all timings are in EST zone):

Friday, July 31

• 7:30 - 8:30 pm

Saturday, August 1

• 9:00 - 10:00 am

• 1:00 - 2:00 pm

• 5:00 - 6:30 pm

Sunday, August 2

• 9:00 - 10:30 am

**** *There is a Closed 12 Step meeting on Saturday night.***

For more Information and to register [click here](#)

ONLINE RETREAT August 7 - 9

Quantum Spiritual Healing | Embracing a New Reality

A retreat for those affected by cancer and other challenging illnesses as well as their caregivers.



Cancer and other chronic illnesses are often challenging to deal with, some even considering them to be equivalent to a death sentence. Modern research has shown that there is a tremendous potential in our minds to heal our bodies and it all begins with changing our limiting beliefs and reorganizing our inner landscape. However, this is easier said than done.

While the world of quantum physics may seem daunting to say the least, herein lies the most unimaginable secrets to the world of consciousness - the understanding that our consciousness plays an unquestionable role in the unfolding of our reality. Becoming conscious of this often unconsciously perpetuating process can open new frontiers of human existence that could completely change the way we perceive and create our destiny.

The sessions will be as follows (all timings are in EST zone):

Friday, August 7

•7:00 - 8:30 pm

Saturday, August 8

- 9:00 - 10:30 am
- 11:30 - 1:00 pm
- 5:00 - 6:30 pm

Sunday, August 9

- 9:00 - 10:30 am

For more Information and to register [click here](#)