

## Online Events for August 2020

### Raja Yoga Meditation

#### *Introductory Course (RY01)*

August 1, 2, 3, 4 | 5 - 6:30 pm - Telugu

August 10, 11, 12, 13 | 4 - 5:00 pm - Hindi

August 15, 16, 22, 23 | 10 - 11:30 am - English

**(Sign-up assumes to attend all sessions or prior arrangement for make-up sessions)**

In this course, we will explore the foundations of Raja Yoga. Journey back into the experience of peace, harmony, and inner power through this unique form of meditation. We will introduce the spiritual identity of the soul and experience how our daily actions & choices influence the main functions of the soul - the mind, intellect, and impressions. We will explore the power of thoughts and how they can bring harmony and build better relationships in our lives. We will also discover methods to understand and connect with the unconditional love of the Source. When we keep ourselves full of this precious gift, we have so much more to give others!

[Please Register Here for Telugu](#)

[Please Register Here for Hindi](#)

[Please Register Here for English](#)

[Zoom Meeting Info - Please click here to join](#)

### Raja Yoga Meditation

#### *7-Day Course*

August 3, 4, 10, 11, 17, 18, 24, 25 | 7 - 8 pm - English

August 17, 18, 19, 20, 21, 24, 25 | 9 - 10 am - Gujarati

**(Sign-up assumes to attend all sessions or prior arrangement for make-up sessions)**

In this course, we will explore the foundation and intermediate levels of Raja Yoga. Journey back into the experience of peace, harmony, and inner power through this unique form of meditation. We will introduce the spiritual identity of the soul and experience how our daily actions & choices influence the main functions of the soul - the mind, intellect, and impressions. We will explore the power of thoughts and how they can bring harmony and build better relationships in our lives. We will also discover methods to understand and connect with the unconditional love of the Source. When we keep ourselves full of this precious gift, we have so much more to give others!

[Please Register Here for English](#)  
[Please Register Here for Gujarati](#)  
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## Letting Go - Create True Fulfillment

**Saturday, August 8 | 11 - 12:15 pm**

Explore what it means to be truly fulfilled in life. Learn to let go of temporary desires that bring only temporary satisfaction. Discover your own source of true fulfillment and put it to work in your own life

**About the Speaker: Merrilyn Hener** is a physical therapist who specializes in Integrative Manual Therapy. She currently works with a Cambridge based outpatient clinic. Merrilyn began her study and practice of Raja Yoga in 2008 while living in Ethiopia. She serves as a Raja Yoga meditation teacher, speaker and facilitator of workshops, retreats, and talks offered at Brahma Kumaris meditation centers and Peace Village Learning and Retreat Center in upstate New York.

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## Finding True Purpose in my Life

**Saturday, August 22 | 11 - 12:00 pm**

Once we have the basic needs of life met, many of us spend time either in our favorite hobbies or in earning more income. While it is fine to spend time and energy on what we like to do, it is also important to find the true purpose of our life. Some events in life may trigger the question in our mind - what is the purpose of my life? This talk will help in exploring the purpose of one's life and to understand what one needs to do to fulfill it.

**About the Speaker: Dev Lingadevaru** is a Software Engineer working at one of the leading financial institutions in Boston. Born and raised in Bangalore, India, Dev is a Rajayogi for more than 29 years. He teaches and facilitates workshops in Rajayoga meditation, positive thinking, changing anger to peace, managing stress, overcoming fear, etc. He also serves as Co-coordinator of the Brahma Kumaris Boston Learning Center for Peace.

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## Sustenance Classes

### Practical Applications of Raja Yoga for Happiness, Joy and Lightness

Ongoing Sundays | 5:00 pm - 6:00 pm

*Prerequisite: RY01 and RY02*

These workshops will include sharing practical application of the Raja Yoga knowledge via excerpts from the Source - 33%, experience of remembrance via exercises - 33%, and audience discussion to facilitate learning - 33%

**About the Speaker: Sudarshan Sundar** has worked in the field of computer software development at Microsoft since 2003. Born in India, he grew up in Singapore and moved to the United States in 1999. Sudarshan has served as a teacher of Raja Yoga since 2002. He currently serves as a Coordinator of Inner Space Meditation and Gallery. Sudarshan is also a graduate of the LeaderShape institute.

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## Meditate Everyday

You are invited to join us for guided & creative meditation, through which you will be able to create an oasis of peace and spread the energy of love and hope to yourself & to the world.

[Evening Guided Meditation](#)

Mon ~ Fri - 7 pm ~ 7:30 pm

Sunday - 6:30 - 7:30 pm

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