



Resilience is your personal power, your inner strength that allows you to rise above difficult circumstances and bounce back stronger than before the challenge! With such vitality, nothing can bring you down, or de-stabilize you. And the wonderful bonus of this inner strength is that those in your connection will also be served. The seed of resilience is your attitude. An attitude of gratitude moves you far from negativity and towards all that is good and beautiful.

LOCKED IN? – TIME TO LOOK WITHIN

8-part online course in Raja Yoga Meditation

Mondays & Thursdays 10:00 am – 11:15 am

beginning **July 13**

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.

- Answer the age-old question 'Who am I'?
- Remember the easy path to Inner power and overcome all outer challenges.
- Learn how to change unwanted and damaging habits.
- Utilize the power of thought to elevate your feelings and your life.
- Strengthen your relationship with the Source of all Goodness.
- Begin or strengthen your meditation practice
- Understand the secrets of karma and empower your choices, and your future.

This is an online course through zoom. To register, please [click here](#) You will then get an email with login info.

RAJA YOGA – THE ART OF LIVING (HINDI)

8-part course in Raja Yoga Meditation in Hindi

Tuesdays & Fridays 10:00 am – 11:15 am

beginning **July 14**

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.

- **Answer the age old question 'Who am I'?**
- **Remember the easy path to Inner power, and overcome all outer challenges.**
- **Learn how to change unwanted and damaging habits.**

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 - Strengthen your relationship with the Source of all Goodness.
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 - Understand the secrets of karma and empower your choices, and your future.
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This is an online course through Zoom. To register, please [click here](#) You will then get an email with login info.

ONLINE TALK AND MEDITATION

July 19, 5:30–7:30 pm

Spiritual First Aid for Times of Uncertainty

Our World Has Changed Drastically Overnight

We are all doing the best we can to adjust while fulfilling our responsibilities. But inside we may be experiencing feelings of confusion, grief, fear or helplessness. We may be experiencing resistance or denial. There is a way

through and beyond these feelings to a new reality which is a bright future.

During this insightful talk and meditation, we will explore the following remedies from our inner first aid kit.

- Seeing through the lens of gratitude
- Finding Blessings in Disguise
- Restorative Inner Reflection Time
- The Gift of the Present Moment
- The Happiness of Service

This one hour spiritual discussion will be followed by a powerful hour of meditation. Through guided commentary, soft music and silence we will contribute much needed healing energy of love, peace and care to our world. During the meditation, we will practice using the remedies from our spiritual first aid kit, first to heal my own heart and soul, and then the heart and soul of our world!

Kindly Register in Advance for this Zoom Meeting [Here.](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

This event is brought to you by the Albany branch of the Brahma Kumaris and Peace Village.



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](#). You will then get an email with login info.

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

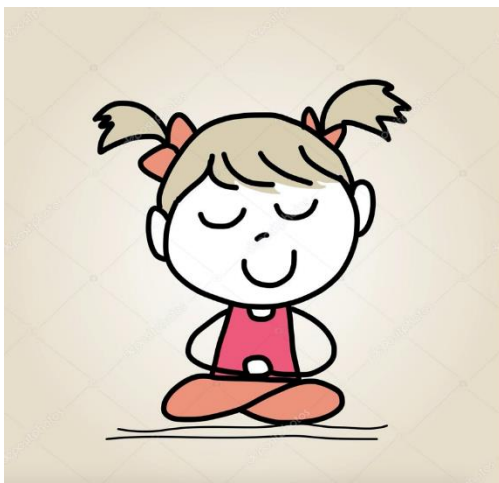
Sunday July 26

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

For more Information and to register [click here](#). After registering, you will receive login information.

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](#). You will then get an email with login info.

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](#)

ONLINE RETREAT August 14 - 15

A Time to Shine - a retreat for women



**A WOMEN'S RETREAT TO
CREATE A NEW YOU, A
NEW US**

A retreat for women who want to let go of unnecessary thoughts that bring emotional discomfort. We will focus on our true identity, reminding us of and re-

activating our feminine energy that leads the way towards a peaceful and compassionate life. For the self and all others, let us restore peace, harmony, and self-respect in each area of our daily lives.

This retreat is an opportunity for creating a new you, a new we, a new us. Through discussion, journaling, meditation, and celebration as women, we will explore the power of remaining loving and stable in a troubled world.

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

Friday, August 14

.7:00 - 8:15 pm

Saturday, August 15

.7:00 - 7:30 am

.9:00 - 10:15 am

.11:00 - 12:15 pm

.2:00 - 3:15 pm

For more Information and to register [click here](#). You will then get an email with login info.

21 MASTER CLASSES IN NEW CONSCIOUSNESS

Everyday Extraordinary People Discuss Next Steps for a World in Transition. Tune in to these honest, insightful and real Masterclasses by everyday people who have practised extraordinary things sharing their perspective on next steps for a world in transition.

[CLICK HERE FOR THE SPECIAL YOUTUBE CHANNEL](#) with all these Master Classes and more.

EMPOWER YOUR PURE POTENTIAL!

Inspirations & Meditation

JOIN US MON-FRI

**Create a sacred space in the
comfort of your own home!**

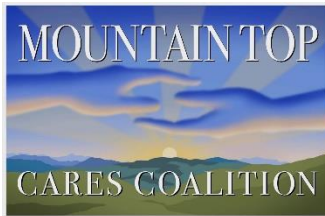
Please join us Monday-Friday 7:00 - 7:30 PM by zoom. Please join us through [this link](#). ****The password is peace.**

MEDITATION AND CONVERSATION

FOR THOSE IN RECOVERY

Wednesdays: 8:00 - 8:45 pm

This meditation is sponsored by:
Mountain Top Cares Coalition & Peace Village.



Mountain Top Cares Coalition is a grass roots community organization, working in the area substance use and recovery in the mountain top community. They focus on the principle of compassion and transformation, using the model of neighbor helping neighbor as we all work together as one family with one goal-in the place of the heart - only one light shines.

[CLICK HERE TO JOIN THE ZOOM MEETING!](#)

meeting ID: 856 9004 0643



Visit and Like us on [Facebook!](#)

Learn Meditation Online!

Check out our "Learn Meditation" website, a free 7 lesson course in BK Meditation!

This course is suitable for anyone wanting to try meditation for the first time and also for regular meditators interested in exploring another meditation method. This can also be a wonderful refresher if you have already taking the classes.

<http://learnmeditationonline.org/elearning/course/index>



Visit Sister Shivani's youtube channel
[youtube.com/BKShivani](https://www.youtube.com/BKShivani)



Visit Brother Ken O'Donnell's
youtube channel

[YouTube.com/LiveAndMeditate](https://www.YouTube.com/LiveAndMeditate)

Ken O'Donnell is an Australian living in Brazil since 1978. Ken has conducted over a thousand talks, courses and workshops in Australia, India, USA, Europe and Latin America on stress Management, positive consciousness, motivation, conflict resolution, quality management and organisational development. He is the co-ordinator of more than 30 branches of the Brahma Kumaris World Spiritual University in South America.



**Have you heard of
The Yum Yum Yogi?**

[CLICK HERE](#) to learn easy,
healthy vegetarian recipes
through short videos.

Please visit the Brahma Kumaris website with loads of resources for your spiritual journey.

www.brahmakumaris.org

Please use these links to forward this email to your friends and contacts.



Om Shanti! (I am a peaceful soul)

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