

# EVENTS & COURSES

## MANHATTAN MEDITATION CENTER

All events and courses are being offered online.

For more details please visit: [www.manhattanmeditationcenter.org](http://www.manhattanmeditationcenter.org)



## SEPTEMBER 2021

### POWERBOOST LUNCHTIME MEDITATION

A short inspirational talk followed by guided meditation to refresh and empower yourself (15-20 minutes).

**Mondays to Fridays 12:00-12:15pm**

Facebook Live

[tiny.cc/Powerboost\\_FB](https://tiny.cc/Powerboost_FB)

Youtube Live

[www.youtube.com/brahmakumarismanhattan/live](http://www.youtube.com/brahmakumarismanhattan/live)

### 15-MINUTE GOOD NIGHT MEDITATIONS

**DAILY at 8:00pm** (except Sundays 7:30pm)

**FB LIVE and Youtube LIVE**

### 7-DAY IMMERSIVE RETREAT REVIVING THE HIGHER SELF

Starting on **Monday, September 20**

EVENING SESSION: 6:00-8:00pm EDT

MORNING SESSION (Tue – Fri): 8:15am – 8:30am EDT

MORNING SESSION (Sat – Sun): 10:00am – 10:30am EDT

Click on the following link to register:

[http://tiny.cc/ReviveHigherSelf\\_3](http://tiny.cc/ReviveHigherSelf_3)

### THE MEDITATION CENTER

306 Fifth Avenue, 2nd Floor (between 31st & 32nd Streets)  
New York, NY 10001

### CALLING HOURS

Monday to Saturday, 9:00-11:00am

(212) 564-4335 | [manhattan@us.brahmakumaris.org](mailto:manhattan@us.brahmakumaris.org)  
[manhattanmeditationcenter.org](http://manhattanmeditationcenter.org)

## WISDOM IN ACTION LECTURE SERIES

**THURSDAYS | 6:30-7:30PM**

- Register to receive Zoom link: <http://tiny.cc/WisdomAction>
- Join us on Facebook Live: [tiny.cc/Wisdom\\_FB](https://tiny.cc/Wisdom_FB)
- Join us on Youtube Live: [tiny.cc/Wisdom\\_Youtube](https://tiny.cc/Wisdom_Youtube)

Thursday  
SEPT  
**2**

### LIFE'S LESSONS: LEARN THROUGH WISDOM OR THROUGH PAIN

The game of life has its own secrets and dynamics. Intelligence is to learn, to change position, and see the hidden lessons and benefit. *Facilitator: Rona Schweitz*

Thursday  
SEPT  
**9**

### THOUGHTS: THE LANGUAGE OF THE SOUL

The power of thoughts is more subtle than the power of words. People say that much of our conversation is through body language. However, very few understand the power and art of the language of thoughts. *Facilitator: Sandhya Kanthan*

Thursday  
SEPT  
**16**

### TRUE FREEDOM

The perspective of a chicken is very limited compared to the perspective of a flying eagle. Explore the boundaries of your present perspectives and maybe see beyond. Free the self from debilitating habits and limiting beliefs. *Facilitator: Rona Schweitz*

Thursday  
SEPT  
**23**

### WORDS AND ACTIONS ARE THE MIRRORS OF YOUR THOUGHTS

Why not go for the best words and actions by paying attention to thoughts. What is the basis of the highest quality of thoughts? *Facilitator: Judy Rodgers*

Thursday  
SEPT  
**30**

### THE SECRET OF HOW TO CHANGE OTHERS!

Can we change others? Or can we adopt a spiritual attitude that can influence the way others behave towards us? *Facilitator: Rona Schweitz*

All courses and events are free  
of charge as a community service.



BRAHMA KUMARIS