**[Acceptance… letting go of resistance](https://brahmakumaris.org.au/new/events/acceptance-letting-go-of-resistance/)**

December 1, 2021 | Local Time: 1:30 pm – 3:00 pm

Acceptance is a conscious choice to let go of resistance to “what is”. In this session we will explore how resistance is the seed of negativity and acceptance is the seed of positivity.

Speaker:  Charlie Hogg

[**Raja Yoga Meditation Course in English**](https://brahmakumaris.org.au/new/events/raja-yoga-meditation-course-in-english/)

December 2, 2021 | Local Time: 5:30 am – 6:30 am

Raja Yoga meditation is a form of meditation that is accessible to people of all backgrounds. Meditation is a state of being in that place just beyond every day consciousness, which is where spiritual empowerment begins. These lessons will cover the fundamentals of raja yoga meditation.

Speaker:  Gopi Elton

[**Make your Mind your Best Friend**](https://brahmakumaris.org.au/new/events/creative-meditation/)

December 3, 2021 | Local Time:  2:00 pm – 2:45 pm

Learn to still your mind and bring calm into your everyday life with these weekly sessions of guided meditation and short discussion. Open to all, no matter what your level of experience.

Speaker: Maggie Taylor

[**Experience Peace and Calm in Your Own Home**](https://brahmakumaris.org.au/new/events/experience-peace-and-calm-in-your-own-home/)

December 3, 2021 |  Local Time: 3:30 pm – 4:30 pm

Return to being calm and peaceful. Join us for a Free experiential Meditation session.

[**Meditation Class**](https://brahmakumaris.org.au/new/events/meditation-in-everyday-life-lee-james/)

December 4, 2021 |  Local Time:4:30 am – 6:30 am

An open class that focuses specifically on the practice of meditation and the carrying of its effects into everyday life. No prior tuition or preconditions required. Each Saturday concentrates on a different challenge. Open to all. Begins with a one-hour guided meditation.

Speaker:  Lee James

[**Why Spirituality Matters?**](https://brahmakumaris.org.au/new/events/why-spirituality-matters/)

December 4, 2021 | Local Time: 10:30 am – 11:15 am

Ever wondered what Spirituality means and why it matters? Why do people follow it? Should we make spirituality a priority in life? In this talk series we will answer these questions for you and walk you through practical examples of some practitioners of Spiritual life for various years. Facilitators for this session will be Adults […]

Speaker: Jessica Yuille

[**Children spiritual class**](https://brahmakumaris.org.au/new/events/children-spiritual-class-2/)

December 4, 2021 | Local Time: 11:30 am – 1:00 pm

Spirituality is one of the foundation aspects to nurture each child’s wellbeing of inner self. This course is for children aged from 5-12 years to  build the foundation for life’s journey stronger with values, personality, attitudes and beliefs.

Speaker:  Sita Gurung

[**Meditation for all**](https://brahmakumaris.org.au/new/events/meditation-for-all/)

December 5, 2021 | Local Time:12:00 pm – 1:00 pm

This 1 hour session includes a short introduction to BKA and Rajyoga meditation followed by short meditation commentaries on a topic.

Speaker: Experienced Meditators

[**Experience Peace and Calm in Your Own Home**](https://brahmakumaris.org.au/new/events/experience-peace-and-calm-in-your-own-home-2/)

December 5, 2021 | Local Time: 3:30 pm – 4:30 pm

Return to being calm and peaceful. Join us for a Free experiential Meditation session.

[**Masters of Change**](https://brahmakumaris.org.au/new/events/masters-of-change/)

December 6, 2021 | Local Time: 2:00 pm – 2:30 pm

We are all looking for change, because we carry the belief that when our world changes only then can we be happy and healthy. Instead let us explore the simple formula, “When I change, my world changes.” It’s time to explore the process of change and become Masters of Change.

Speaker:  Charlie Hogg , Kim Cunio

[**Living Well**](https://brahmakumaris.org.au/new/events/living-well/)

December 7, 2021 | Local Time:  4:30 am – 5:00 am

Interviews with Raj Yogis exploring various aspects of living well including mental and physical health, diet, movement and consciousness.

Speaker: Maureen Chen

[**Relax, Restore, Recharge**](https://brahmakumaris.org.au/new/events/relax-restore-recharge-sona-bhari/)

December 8, 2021 | Local Time:1:15 pm – 2:00 pm

A 45 minute conversation and reflection about our inner feelings to reconnect to our core and the Divine.

Speaker: Sona Bahri

[**Raja Yoga Meditation Course in English**](https://brahmakumaris.org.au/new/events/raja-yoga-meditation-course-in-english/)

December 9, 2021 | Local Time: 5:30 am – 6:30 am

Raja Yoga meditation is a form of meditation that is accessible to people of all backgrounds. Meditation is a state of being in that place just beyond every day consciousness, which is where spiritual empowerment begins. These lessons will cover the fundamentals of raja yoga meditation.

Speaker: Gopi Elton

[**The Spiritual Law of Attraction**](https://brahmakumaris.org.au/new/events/the-spiritual-law-of-attraction/)

December 9, 2021 | Local Time: 1:45 pm – 3:00 pm

The Law of Attraction is the belief that positive or negative thoughts bring positive or negative experiences. Nowadays this fundamental law of “like attracts like” can often be used to draw people, money, or my dream job towards myself but do these things give me long term increased happiness and peace of mind?

Speaker: Fran Fitzgerald

[**Make your Mind your Best Friend**](https://brahmakumaris.org.au/new/events/creative-meditation/)

December 10, 2021 | Local Time:  2:00 pm – 2:45 pm

Learn to still your mind and bring calm into your everyday life with these weekly sessions of guided meditation and short discussion. Open to all, no matter what your level of experience.

Speaker: Maggie Taylor

[**Experience Peace and Calm in Your Own Home**](https://brahmakumaris.org.au/new/events/experience-peace-and-calm-in-your-own-home/)

December 10, 2021 | Local Time: 3:30 pm – 4:30 pm

Return to being calm and peaceful. Join us for a Free experiential Meditation session.

[**Meditation Class**](https://brahmakumaris.org.au/new/events/meditation-in-everyday-life-lee-james/)

December 11, 2021 | Local Time: 4:30 am – 6:30 am

An open class that focuses specifically on the practice of meditation and the carrying of its effects into everyday life. No prior tuition or preconditions required. Each Saturday concentrates on a different challenge. Open to all. Begins with a one-hour guided meditation.

Speaker:  Lee James

[**iBeing**](https://brahmakumaris.org.au/new/events/ibeing-4/)

December 11, 2021 | Local Time: 11:00 am – 12:30 pm

Online Spiritual Book Cafe: Here we share on a chapter from a selected book in an open, honest and accepting atmosphere, along-with supporting and inspiring each other on the journey and some guided meditation. This is a monthly Workshop, so stay tuned in for future event dates.

Speaker:  Sapna Ruparelia

[**Children spiritual class**](https://brahmakumaris.org.au/new/events/children-spiritual-class-2/)

December 11, 2021 | Local Time: 11:30 am – 1:00 pm

Spirituality is one of the foundation aspects to nurture each child’s wellbeing of inner self. This course is for children aged from 5-12 years to  build the foundation for life’s journey stronger with values, personality, attitudes and beliefs.

Speaker:  Sita Gurung

[**Meditation for all**](https://brahmakumaris.org.au/new/events/meditation-for-all/)

December 12, 2021 | Local Time: 12:00 pm – 1:00 pm

This 1 hour session includes a short introduction to BKA and Rajyoga meditation followed by short meditation commentaries on a topic.

Speaker:  Experienced Meditators

[**Experience Peace and Calm in Your Own Home**](https://brahmakumaris.org.au/new/events/experience-peace-and-calm-in-your-own-home-2/)

December 12, 2021 | Local Time: 3:30 pm – 4:30 pm

Return to being calm and peaceful. Join us for a Free experiential Meditation session.

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 13, 2021 | Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Reflections – Stories to Recharge and Rejuvenate**](https://brahmakumaris.org.au/new/events/reflections-stories-to-stories-to-recharge-and-rejuvenate/)

December 13, 2021 | Local Time: 1:00 pm – 1:30 pm

“Sharing our truths can provide the opportunity for great healing.” We never know how a life story could uplift someone. Experiences inspire and bond us together because “words are how we think, stories are how we link”! We invite you to enjoy an evening of life changing experiences , heartfelt sharing and motivational thoughts.

[**Masters of Change**](https://brahmakumaris.org.au/new/events/masters-of-change/)

December 13, 2021 | Local Time: 2:00 pm – 2:30 pm

We are all looking for change, because we carry the belief that when our world changes only then can we be happy and healthy. Instead let us explore the simple formula, “When I change, my world changes.” It’s time to explore the process of change and become Masters of Change.

Speaker:  Charlie Hogg , Kim Cunio

[**Living Well**](https://brahmakumaris.org.au/new/events/living-well/)

December 14, 2021 | Local Time: 4:30 am – 5:00 am

Interviews with Raj Yogis exploring various aspects of living well including mental and physical health, diet, movement and consciousness.

Speaker: Maureen Chen

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 14, 2021 | Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 15, 2021 | Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Relax, Restore, Recharge**](https://brahmakumaris.org.au/new/events/relax-restore-recharge-sona-bhari/)

December 15, 2021 | Local Time: 1:15 pm – 2:00 pm

A 45 minute conversation and reflection about our inner feelings to reconnect to our core and the Divine.

Speaker:  Sona Bahri

[**Raja Yoga Meditation Course in English**](https://brahmakumaris.org.au/new/events/raja-yoga-meditation-course-in-english/)

December 16, 2021 | Local Time: 5:30 am – 6:30 am

Raja Yoga meditation is a form of meditation that is accessible to people of all backgrounds. Meditation is a state of being in that place just beyond every day consciousness, which is where spiritual empowerment begins. These lessons will cover the fundamentals of raja yoga meditation.

Gopi Elton

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 16, 2021 | Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 17, 2021 | Local Time:12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Make your Mind your Best Friend**](https://brahmakumaris.org.au/new/events/creative-meditation/)

December 17, 2021 | Local Time: 2:00 pm – 2:45 pm

Learn to still your mind and bring calm into your everyday life with these weekly sessions of guided meditation and short discussion. Open to all, no matter what your level of experience.

Speaker:  Maggie Taylor

[**Experience Peace and Calm in Your Own Home**](https://brahmakumaris.org.au/new/events/experience-peace-and-calm-in-your-own-home/)

December 17, 2021 | Local Time 3:30 pm – 4:30 pm

Return to being calm and peaceful. Join us for a Free experiential Meditation session.

[**Meditation Class**](https://brahmakumaris.org.au/new/events/meditation-in-everyday-life-lee-james/)

December 18, 2021 | Local Time: 4:30 am – 6:30 am

An open class that focuses specifically on the practice of meditation and the carrying of its effects into everyday life. No prior tuition or preconditions required. Each Saturday concentrates on a different challenge. Open to all. Begins with a one-hour guided meditation.

Speaker:  Lee James

[**Children spiritual class**](https://brahmakumaris.org.au/new/events/children-spiritual-class-2/)

December 18, 2021 | Local Time: 11:30 am – 1:00 pm

Spirituality is one of the foundation aspects to nurture each child’s wellbeing of inner self. This course is for children aged from 5-12 years to  build the foundation for life’s journey stronger with values, personality, attitudes and beliefs.

Speaker:  Sita Gurung

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 18, 2021 | Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Meditation for all**](https://brahmakumaris.org.au/new/events/meditation-for-all/)

December 19, 2021 |  Local Time: 12:00 pm – 1:00 pm

This 1 hour session includes a short introduction to BKA and Rajyoga meditation followed by short meditation commentaries on a topic.

Speaker:  Experienced Meditators

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 19, 2021 |  Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Experience Peace and Calm in Your Own Home**](https://brahmakumaris.org.au/new/events/experience-peace-and-calm-in-your-own-home-2/)

December 19, 2021 | Local Time: 3:30 pm – 4:30 pm

Return to being calm and peaceful. Join us for a Free experiential Meditation session.

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 20, 2021 |  Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Masters of Change**](https://brahmakumaris.org.au/new/events/masters-of-change/)

December 20, 2021 | Local Time: 2:00 pm – 2:30 pm

We are all looking for change, because we carry the belief that when our world changes only then can we be happy and healthy. Instead let us explore the simple formula, “When I change, my world changes.” It’s time to explore the process of change and become Masters of Change.

Speaker:  Charlie Hogg , Kim Cunio

[**Living Well**](https://brahmakumaris.org.au/new/events/living-well/)

December 21, 2021 | Local Time:  4:30 am – 5:00 am

Interviews with Raj Yogis exploring various aspects of living well including mental and physical health, diet, movement and consciousness.

Speaker:  Maureen Chen

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 21, 2021 | Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 22, 2021 | Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Relax, Restore, Recharge**](https://brahmakumaris.org.au/new/events/relax-restore-recharge-sona-bhari/)

December 22, 2021 | Local Time: 1:15 pm – 2:00 pm

A 45 minute conversation and reflection about our inner feelings to reconnect to our core and the Divine.

Speaker:  Sona Bahri

[**Raja Yoga Meditation Course in English**](https://brahmakumaris.org.au/new/events/raja-yoga-meditation-course-in-english/)

December 23, 2021 | Local Time: 5:30 am – 6:30 am

Raja Yoga meditation is a form of meditation that is accessible to people of all backgrounds. Meditation is a state of being in that place just beyond every day consciousness, which is where spiritual empowerment begins. These lessons will cover the fundamentals of raja yoga meditation.

Speaker:  Gopi Elton

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 23, 2021 | Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Christmas SPIRITuality**](https://brahmakumaris.org.au/new/events/christmas-spirituality/)

December 24, 2021 | Local Time: 12:30 pm – 12:45 pm

You might be familiar with all the Christmas symbols, the Star, the Tree, the Angel on the top of the tree and the virtues befitting the spirit of Christmas. Have you considered what they really mean? Do they have a deeper significance?’

[**Make your Mind your Best Friend**](https://brahmakumaris.org.au/new/events/creative-meditation/)

December 24, 2021 | Local Time: 2:00 pm – 2:45 pm

Learn to still your mind and bring calm into your everyday life with these weekly sessions of guided meditation and short discussion. Open to all, no matter what your level of experience.

Speaker:  Maggie Taylor

[**Experience Peace and Calm in Your Own Home**](https://brahmakumaris.org.au/new/events/experience-peace-and-calm-in-your-own-home/)

December 24, 2021 | Local Time: 3:30 pm – 4:30 pm

Return to being calm and peaceful. Join us for a Free experiential Meditation session.

[**Meditation Session**](https://brahmakumaris.org.au/new/events/meditation-in-everyday-life-meditation-session/)

December 25, 2021 | Local Time: 4:30 am – 6:30 am

This is an opportunity to deepen your practice of meditation and to carry its effects into everyday life. No prior tuition or preconditions are required to attend, however meditation commentaries will provide guidance at regular intervals.

Speaker:  Lee James

[**Children spiritual class**](https://brahmakumaris.org.au/new/events/children-spiritual-class-2/)

December 25, 2021 | Local Time: 11:30 am – 1:00 pm

Spirituality is one of the foundation aspects to nurture each child’s wellbeing of inner self. This course is for children aged from 5-12 years to  build the foundation for life’s journey stronger with values, personality, attitudes and beliefs.

Speaker:  Sita Gurung

[**Experience Peace and Calm in Your Own Home**](https://brahmakumaris.org.au/new/events/experience-peace-and-calm-in-your-own-home-2/)

December 26, 2021 | Local Time: 3:30 pm – 4:30 pm

Return to being calm and peaceful. Join us for a Free experiential Meditation session.

[**Reflections – Stories to Recharge and Rejuvenate**](https://brahmakumaris.org.au/new/events/reflections-stories-to-stories-to-recharge-and-rejuvenate/)

December 27, 2021 | Local Time: 1:00 pm – 1:30 pm

“Sharing our truths can provide the opportunity for great healing.” We never know how a life story could uplift someone. Experiences inspire and bond us together because “words are how we think, stories are how we link”! We invite you to enjoy an evening of life changing experiences , heartfelt sharing and motivational thoughts.

Various Speakers

[**Masters of Change**](https://brahmakumaris.org.au/new/events/masters-of-change/)

December 27, 2021 | Local Time: 2:00 pm – 2:30 pm

We are all looking for change, because we carry the belief that when our world changes only then can we be happy and healthy. Instead let us explore the simple formula, “When I change, my world changes.” It’s time to explore the process of change and become Masters of Change.

Speaker:  Charlie Hogg , Kim Cunio

[**Living Well**](https://brahmakumaris.org.au/new/events/living-well/)

December 28, 2021 | Local Time: 4:30 am – 5:00 am

Interviews with Raj Yogis exploring various aspects of living well including mental and physical health, diet, movement and consciousness.

Speaker:  Maureen Chen

[**Relax, Restore, Recharge**](https://brahmakumaris.org.au/new/events/relax-restore-recharge-sona-bhari/)

December 29, 2021 | Local Time: 1:15 pm – 2:00 pm

A 45 minute conversation and reflection about our inner feelings to reconnect to our core and the Divine.

Speaker:  Sona Bahri

[**Raja Yoga Meditation Course in English**](https://brahmakumaris.org.au/new/events/raja-yoga-meditation-course-in-english/)

December 30, 2021 | Local Time: 5:30 am – 6:30 am

Raja Yoga meditation is a form of meditation that is accessible to people of all backgrounds. Meditation is a state of being in that place just beyond every day consciousness, which is where spiritual empowerment begins. These lessons will cover the fundamentals of raja yoga meditation.

Speaker:  Gopi Elton

[**Make your Mind your Best Friend**](https://brahmakumaris.org.au/new/events/creative-meditation/)

December 31, 2021 | Local Time: 2:00 pm – 2:45 pm

Learn to still your mind and bring calm into your everyday life with these weekly sessions of guided meditation and short discussion. Open to all, no matter what your level of experience.

Speaker:  Maggie Taylor

[**Experience Peace and Calm in Your Own Home**](https://brahmakumaris.org.au/new/events/experience-peace-and-calm-in-your-own-home/)

December 31, 2021 | Local Time: 3:30 pm – 4:30 pm

Return to being calm and peaceful. Join us for a Free experiential Meditation session.