

COURSES AND EVENTS

in Brampton

COURSES

- Meditation for beginners
- Self-Esteem
- Positive Thinking

EVENTS

- World Meditation
every third Sunday of the month
6:30 pm to 7:30 pm
- Values-based programs

Please note, prior registration is required
for courses and events.

For more information about current
courses and events call

(905) 494-0517

The BKWSO is
a non-profit organization.
All activities are provided free
as a community service.

For further information please contact:

ONTARIO

Brampton
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info@rajyoga.net

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Raja Yoga Meditation

Seeing
the world
through eyes
of wisdom



BRAHMA KUMARIS
WORLD SPIRITUAL UNIVERSITY

www.bkwsu.com



BRAHMA KUMARIS



BRAHMA KUMARIS

THE BRAHMA KUMARIS

The Brahma Kumaris World Spiritual Organization (BKWSO) is a non-profit organization working at all levels of society for positive change. Our focus is to empower every individual to manifest his or her purest being on the fundamental principles of peace, love, happiness and contentment for all. The Brahma Kumaris World Spiritual University, the parent organization established in 1937, has a network of 5,400 centers in 83 countries. Internationally, the university is a non-governmental organization in general consultative status with the United Nations Economic and Social Council (ECOSOC), in consultative status with the United Nations Children's Fund (UNICEF), and affiliated to the Department of Public Information (DPI).

A global organization which co-ordinates international and community projects, the BKWSO has created opportunities for people in 129 countries to participate in a variety of initiatives aimed at creating a better world where people live in peace and harmony.

Our purpose is to strengthen the individual dignity and worth inherent in every human being.

WHAT IS MEDITATION?

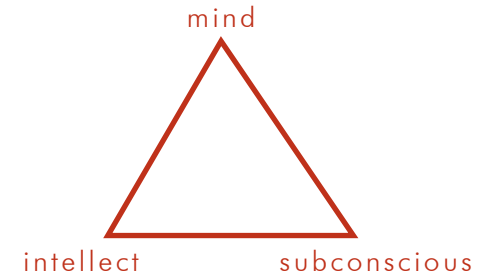


The word 'meditation' broadly describes different uses of the mind, from contemplation to concentration to reflection. It is a healing or returning to wholeness involving the use of thoughts with benefits being experienced on an emotional, mental and physiological level.

The **healing** process of meditation begins with the direction of personal attention inwards and away from all external events and distractions.

Meditation slows down the electrical energy of the brain and the metabolism of the body. Muscular tension is reduced, blood pressure drops, and heart and breathing rates slow down. Where tension and anxiety have made the mind and body become agitated, meditation has proven to be a good method to experience relaxation and tranquility which strengthen immune system response.

THE ESSENCE



At the core of consciousness there is a state of being which is calm and silent. This is achieved when there is a fundamental understanding of the relationship between mind, intellect and subconscious. By using positive and peaceful thoughts created in meditation, the meditator moves towards the centre of his or her consciousness. There is the experience of a deep state of peace and contentment.

*“At the core of consciousness
there is a state of being
which is calm and silent.”*

This increase in self-awareness brings a deeper understanding of the significance of personal relationships and an enhanced ability to respond to the many challenges of an active life. The result is increased inner clarity, improved communication and more effective use of mental and physical energy.