

To mark Inter Faith Week and 10 years co-operation  
between Just This Day and Brahma Kumaris (UK)

# POINTS OF LIGHT

*an inward turn*

**Saturday 18th November 2017, 2 - 5.30pm**

Global Co-operation House  
65-69 Pound Lane, Willesden, London, NW10 2HH

Please join us for an afternoon exploring inner freedom through  
meditation and stillness.

Introduced by:

**Sister Jayanti**, European Director of the Brahma Kumaris

with guest speakers:

**Salina Ahmed**, Co-founder of Inspired Minds

**Father Laurence Freeman**, Director of the World Community of  
Christian Meditation

**Mina Karawadra**, Brahma Kumari meditator

**Jeremy Sinclair**, Chairman of M&C Saatchi

**FREE ADMISSION**

Please register via Eventbrite:

<http://tinyurl.com/y8c52wc8>

# Points of Light... An Inward Turn

## Saturday 18th November 2017, 2 - 5.30pm

A chance to meet and hear people whose own inner journey has informed their way of life.

The afternoon will be introduced by **Sister Jayanti, European Director of the Brahma Kumaris, international speaker**, author and Raj Yogi for over 40 years.

**Salina Ahmed**, Co-founder of Inspired Minds, a voluntary mental health charity working within the Muslim community to raise awareness of mental health and provide support and help.

**Father Laurence Freeman**, Director of the World Community of Christian Meditation, is an ambassador for meditation as a way of accessing the space behind all difference and all activity.

**Sister Mina Karawadra**, a young Brahma Kumari, lives at the Brahma Kumaris Global Retreat Centre. She works as Accounts Manager and helps with the running of Inner Space, a meditation centre in Oxford.

**Jeremy Sinclair** is Chairman of M&C Saatchi. He is also a senior tutor of Philosophy at the School of Economic Science where mantra meditation is offered. He wrote *The Brutal Simplicity of Thought* and a Children's book *Faces Faces Faces* which was co-authored with his wife Jacquie.

The discussion will be chaired by **Sister Maureen Goodman**, Programme Director at Global Cooperation House



**Pearls of Islam** will be playing during the afternoon. They are a highly acclaimed acoustic duo who create sweet, organic and soulful melodies through the use of traditional instruments: djembe, darbouka, guitar and voice. One of their specialities is performing traditional Arabic Qasaaid (song) transformed into English.

**Just This Day** is celebrating its 10th year and continues to encourage people to take moments of silence and practise stillness in their daily lives. To find out more visit [www.justthisday.org](http://www.justthisday.org)

**The Brahma Kumaris World Spiritual University (UK)** promotes the principles and practice of Raja Yoga meditation, encouraging the development of the spiritual dimension in life and with it a sense of well-being, dignity and self-reliance.

The event will also be webcast on: [www.brahmakumaris.org/uk/live](http://www.brahmakumaris.org/uk/live)

### How to find us

Tube: Dollis Hill (Jubilee Line)  
Chapter Road Exit

Bus: 6, 206 and 226 to Pound Lane  
OR 52, 98, 260, 266, 297, 302, 460  
to Willesden Bus Garage

**Tel: 020 8727 3350**



BRAHMA KUMARIS  
WORLD SPIRITUAL UNIVERSITY (UK)

[www.brahmakumaris.uk](http://www.brahmakumaris.uk)

For publications visit:  
[www.inspiredstillness.com](http://www.inspiredstillness.com)



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