

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

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

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

For publications visit:
www.inspiredstillness.com



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