

Thursday 27th June 7pm-8.30pm

HOW TO STRENGTHEN RESILIENCE

ENERGY WEEK EUSEW

Talk, Sharing & Meditation; Beginners Welcome

An evening to consider your strengths and weaknesses

Can you remember any personal or natural disaster you have experienced? What was your first reaction? What helped you maintain or recover your inner stability? We can all be vulnerable to one or another type of calamity. The unexpected and massive nature of a disaster breaks drastically the normal course of life of people. But with the adequate preparation, we may deal with the situation in a calm and accurate way, being able to develop the means to overcome it, to recover oneself and to help others. How can we reinforce resilience?

Inner Space Meditation Centre Glasgow

Brahma Kumaris World Spiritual University, UK

Phone: +44 (0)141 552 7446

Inner Space

Email: glasgow@innerspace.org

277 High Street

Web: www.innerspace.org/glasgow

Glasgow, G4 0QS