

# Healing the Self

## Restoring the Earth

Green Theme

Thursday 18 June  
7pm—8.30pm

Free Talk and Meditation



**We are living in a technological age which is increasingly out of step with the natural world and its cycles. In the busy-ness of daily life it is easy to get disconnected from ourselves with consequences for our wellbeing & health on all levels. This has a knock-on effect in terms of how we relate to and care for the environment and the Earth as a whole.**

Time alone spent in reflection or meditation gives me the strength and wisdom to deal with life in more positive, peaceful ways.

Silent reflection helps me to connect with my deeper values and find the strength to live by them. Spending time in the company of nature calms my mind, opens my heart and enables me to be a better global citizen, mindful of the impact of my choices.



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About the Brahma Kumaris : The Brahma Kumaris World Spiritual University (UK) teaches Raja Yoga as a way of experiencing peace of mind and a positive approach to life.

**FREE COURSES** : BKWSU (UK) was established as a UK charity in 1975 and charges no fees for any of its activities funded by voluntary contributions.

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**BRAHMA KUMARIS**  
WORLD SPIRITUAL UNIVERSITY (UK)