

Where to Go to Participate in the ONE Initiative

The practices of meditation and contemplation are shared as ways to raise the vibration of the light of our consciousness so that we can resonate, connect, absorb, and share the power of our common Spiritual Source.

If you have not meditated or tried to connect to the Source before, there are Brahma Kumaris centers near you. All the courses and guidance are free of charge and one-on-one guidance is often possible.

Local Center Details:

Brahma Kumaris

Raja Yoga Centre, 01 Maua Close, Parklands Road, Westlands, **Nairobi**.

Contact: 0722 202491 / 0735 337735 nairobi@brahmakumaris.org

www.brahmakumaris.org

who are the Brahma Kumaris (BKs)?

The Brahma Kumaris are an international spiritual community whose purpose is to assist individuals to rediscover their spiritual identity and values. To this end the community offers a variety of courses within their centers while organizing initiatives within the communities of 135 countries. The core teaching and practice of the Brahma Kumaris for more than 70 years has been Raja Yoga.

This includes:

1. An understanding of the self as spiritual light often referred to as "the soul." You don't "have" a soul, you "are" a soul
2. An understanding of The Source, also a being of subtle, spiritual light, but residing beyond the dimensions of time and space.



BRAHMA KUMARIS



BEING WITH ONE

Healing Our World
with the

Light and Power
of The Source



BRAHMA KUMARIS

WORLDWIDE INITIATIVE

14th to 21st September 2014



Three Ways You Can Help Heal the World and Empower Yourself

In light of the current speed of change, the instability of many areas of our world, and the suffering of millions, perhaps there is another way we can help.

As spiritual beings we all share the same Source of spiritual light and power. Many now recognize that we can gently raise our consciousness, connect with the Source, and serve as instruments of the ONE to bring that healing light, love and power into the world. It is a subtle exercise in which we can serve to empower and strengthen others. In the process we also empower our own resilience to face our own daily challenges.

cultivating awareness of ONE

There are always two energies at play in life – physical and spiritual, body and soul, form and consciousness. We can feel the sun's physical light and warmth on our bodies, when we take off our clothes. To feel the spiritual light and love of ONE, the Spiritual Sun, we must first be open before this light.

This means "letting go," for a few moments, of our attachment to our ideas, memories, and beliefs, for these are the threads that make the inner mental clothing that we wear each day. They are what blocks the light and power of ONE from reaching and touching the heart of our being.

Only then can we stand open in the light of The Source and be empowered by that light.



TIME WITH
ONE

Mornings
and Evenings



BEING WITH
ONE

During
the Day



LOVE FOR THE
ONE

Global
Finale

join us

At the Brahma Kumaris center and we will guide you in how to make that connection.

When:

Every morning collectively at 6.30am - 7.00am

Every evening collectively at 6.30pm - 7.30pm

September 14th to 21st 2014.

What: Cultivate your "personal connection" and spend some time with ONE. Included will be a meditation and a short talk

stay connected

If you cannot come in the mornings and evenings you can come during the daytime between 8.00am - 6.00pm. Even during busy days, we can stay connected and draw on the power of ONE to help us:

- Pass on to the world the light and love of ONE.
- Interact positively with others.
- Think clearly.
- Make quality decisions.
- Remain stress free.

We will share with you ways on how to stay connected at work and at home .

be part of the global finale

Join thousands of people across 135 countries on Sunday, September 21st, 2014.

You are warmly invited to be extremely quiet while powerfully connected to The Source. You will be one of thousands across the world linking the heart of humanity during an evening to celebrate the Love of ONE.

6.30pm - 7.30pm