



This event is organised by the Brahma Kumaris' Spirituality and Men (SAM) group, which encourages men to recognise, appreciate and nurture their inner spirit. Over the past 10 years, more than a thousand men have attended one or more of our monthly self-development programmes, annual retreats or national events.

www.bkwsu.org.uk/sam

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

The University provides opportunities for people from all religious and cultural backgrounds to explore their own spirituality and learn skills of reflection and meditation derived from Raja Yoga, which will help develop inner calm, clear thinking and personal well-being.

www.bkwsu.org.uk

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

Admission Free

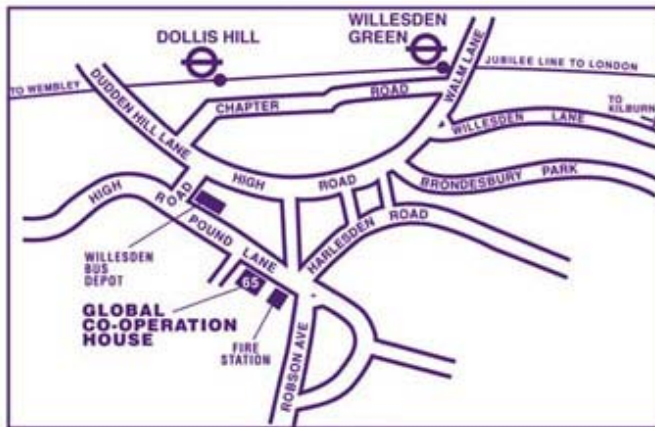
Please register online:

www.bkwsu.org.uk/whatson/national-events

020 8727 3418

sam@uk.bkwsu.org

www.bkpublications.com



How to find us:

The nearest tube is 12 minutes walk away at Dollis Hill on the Jubilee line (Chapter Road exit). Bus routes: 6, 226 & 206 to Pound Lane and 98, 52, 302, 260, 460, 266 & 297 to Willesden Bus Garage.



Registered Charity No. 269971

A SPECIAL EVENT FOR MEN

The Secrets of **INNER POWER**



**HOW TO BE
THE CHANGE
WE WANT
TO SEE**

An invitation to explore, experience and share some of the essential ingredients of inner power and how to use it to make a positive difference to the self and the world

Saturday 11th July 2009

10 am - 4.30 pm

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

020 8727 3418

FREE OF CHARGE

Registration essential (see overleaf)

a day of reflection and exploration especially for men

We are living through one of the most challenging and extraordinary times in the history of the human race. We know that power based on unlimited global competition and unbridled materialism is no longer sustainable. Things appear to be falling apart yet we seem unable to do much about it, despite good intentions. New ways of thinking and being are urgently required if we are to survive and thrive.

This empowering event provides an opportunity to explore and experience the benefits of shifting to a form of power that:

- heals and is non-violent
- develops our inner strength and peace of mind
- enables us to become the master of the self and live a happier life
- moves us to co-operate with others and act with love
- gives us the vision and determination to transform ourselves
- allows us to live in harmony with nature and inspire others to do likewise

By developing and expressing this 'soul power' we can be the masters of our destiny and become the change we want to see.

"Our scientific power has outrun our spiritual power. We have guided missiles and misguided men". Martin Luther King, Jr.

Join us for a fascinating day with:

David Cadman, trustee of The Prince's School of Traditional Arts and a 'sort of economist' who writes on sustainability from a Quaker perspective. He loves the teachings of the Buddha and his book *Lifting The Stone: holiness in the everyday* is to be published later this year by Quaker Books.

Peter Dalley, primary school teacher and former probation officer who also works with black young men and teenagers in east London as a role model with the Reach project. Peter has faced and overcome many challenges in his life.

Arvind Devalia, social entrepreneur and coach, committed to a life of contribution, connection and celebration. Arvind is currently working on an internet project to "Make It Happen" and actively supports a children's charity in India. He is the author of *Get the Life You Love* and *Personal Social Responsibility*.

Maureen Goodman, Programme Director of the Brahma Kumaris (UK), who also leads the University's outreach work in prisons, healthcare, education, women's issues and inter-religious dialogue.

Geoff Marlow, international business coach, consultant and change catalyst helping people in a wide range of organisations to work more effectively together. He has been teaching and practising Raja Yoga meditation for 19 years.

Altazar Rossiter, musician, philosopher, psychologist and personal development consultant, coach and mentor who works with people of conscience who are in a position to impact the lives of others for the greater good. He is the author of *Developing Spiritual Intelligence - The Power of You*.

"Spirituality is the art of balancing your responsibilities to yourself, your family and the whole world". Dadi Janki