The Brahma Kumaris

The Brahma Kumaris World Spiritual University is an international organization working at all levels of society for positive change. Established in 1937, the University now has 8600 branches in more than 100 countries.

It actively participates in a wide range of educational programs in areas such as youth, women, men, environment, peace, values, social development education, health and human rights.

The University is a non-governmental organization in general consultative status with the Economic and Social Council of the United Nations, in consultative status with UNICEF and affiliated with the UN Department of Public Information. It is also the recipient of seven UN Peace Messenger awards.

Mailing List
To receive updates to our programming, please request to be added to our mailing list by writing to us at: montreal@ca.brahmakumaris.org

Contributions
All programs are made possible by the generosity of the participants. Tax receipts are provided.

Bookstore
Visit our bookstore and take advantage of our fine selection of books and CDs. Available at affordable prices, they are useful tools that will enhance your meditation experience.

Programmation en français
L’Émergence offre également toute une gamme de cours et d’activités en français. Vous pouvez communiquer avec le Centre pour recevoir une copie de notre dépliant français.

“Let’s take the time to train ourselves to go back to our silent space within. By doing so we will find extraordinary benefits. This will allow us to better control our thoughts. You will notice for instance that it isn’t necessary to think as much as you do but just by sitting in silence, all that you need will naturally and effortlessly emerge in front of you.”

Dadi Janki, Director of the Brahma Kumaris

ENGLISH

VISION FOR THE FUTURE: AT THE HEART OF BEING

2017

MEDITATION CENTRE

L’ÉMERGENCE

L’Émergence, the Brahma Kumaris Centre of Montréal, is a place of spiritual learning and development. Through the practice of meditation, this space promotes the discovery of the true self, the soul. Like a refuge from the storms that can often arise to disturb our peace of mind, the centre can help to restore a feeling of harmony within the self and with the world. L’Émergence is dedicated to encouraging each human soul to access their innate qualities and build inner capacity.

MEDITATION
Raja Yoga Meditation stimulates a shift of consciousness within the self that allows one to access their treasure of inner peace. It then becomes easier to create thoughts that are beneficial, and to live in harmony with one’s core values. This natural expression of one’s full potential gives greater meaning and significance to life.

“Whenever we increase our experiences of silence, we are able to share the power of silence with others. This power can help them to experience peace. Our stock of silence and of powerful, elevated thoughts will help others to go beyond all that is limited, and towards the unlimited and the Divine.”

SCHEDULE
JANUARY TO APRIL 2017

7501, rue Saint-Denis
Montréal, Qc H2R 2E7
514-271-7717
montreal@ca.brahmakumaris.org
montreal.brahmakumaris.ca
facebook.com/BrahmaKumarisMontreal
Courses

For registration, please call 514-271-7717.

- **The Meditation Course**
  An introduction to the basic techniques and principles of Raja Yoga Meditation. This course is offered over four weeks, with one session weekly.
  7:00 P.M. - 8:30 P.M.
  Fridays: January 13, 20, 27 and February 3
  Please note that additional courses may be scheduled depending on the number of registrants.

- **The Raja Yoga Course**
  An opportunity to delve more deeply into the philosophy of Raja Yoga.
  7:00 P.M. - 8:30 P.M.
  Fridays: March 3, 10, 17 and 24
  Pre-requisite: "The Meditation Course"

- **Introduction to the Murli**
  Murli is a spiritual study. Daily spiritual study provides the right quality of nourishment for mind and intellect, the two key faculties of the soul.
  7:00 P.M. - 8:30 P.M.
  Fridays: March 31, April 7, 14, 21 and 28
  Pre-requisite: "The Raja Yoga Course"

- **Evening Meditation**
  The meditation centre opens its doors to all those desiring moments of solitude in a peaceful atmosphere.
  Mondays, Wednesdays and Fridays
  6:30 P.M. - 7:30 P.M.
  Sundays, 7:00 P.M. - 8:00 P.M.

- **Easy Friday**
  An evening of meditation and spiritual discussion. Various facets of spirituality are examined to promote self-progress and provide a fulfilling meditative experience. This year L’Emergence invites you every Friday evening to discover and experience the benefits of peace in your relationships and in every situation.
  Meditation 6:30 - 7:30 PM
  Talk 7:30 - 8:30 PM

- **World Meditation Hour**
  Meditation provides a unique opportunity to explore our state of inner peace.
  Every third Sunday of the month, hundreds of thousands of people at BK Centres worldwide unite in spirit to create an atmosphere of Global Peace.
  7:00 P.M. - 8:00 P.M.
  January 15, February 19, March 19, April 16

- **Courses in Spanish**
  7:00 P.M. - 8:30 P.M.
  MEDITATION
  Thursday March 2, 9, 16 and 23
  RAJA YOGA
  Thursdays April 6, 13, 20 and 27
  INTRODUCTION TO THE MURLI
  Thursday January 12, 19, 26, February 2 and 9

- **Courses in Hindi**
  11:00 A.M. - 12:30 P.M.
  SEVEN DAYS COURSE
  Sundays: January 22, 29, February 5, 12, 19, 26 and March 5

Spiritual Sustenance

All are welcome! No registration required.

- **Young Adult Activity**
  CHANGE LEADER
  There is in each of us a leader capable of initiating change in ourselves and in the world. Come and discover your spiritual potential, as well as the 12 values that will give meaning and direction to the year 2017.
  Sunday, January 29, 1:30 P.M. - 4:30 P.M.
  Workshop facilitated by JAM – The Young Adults of L’Émergence

- **Seeing into Being**
  A MEDITATION EXPERIENCE
  A three-part series exploring the process of self-transformation, in which every thought counts.
  Fridays: February 10, 17 and 24
  7:00 P.M. - 8:30 P.M.
  Workshop facilitated by Eric Le Reste

- **Vision of a New World**
  After 33 years of spiritual study and service, Prajapita Brahma, the founder of the Brahma Kumaris World Spiritual University, passed away on January 18, 1969. Forty-eight years later, his spiritual achievements continue to inspire millions of people around the world. An evening for each of us to experience our own angelic nature of benevolence and love for all.
  Wednesday, January 18
  7:00 P.M. - 8:30 P.M.

- **Shivratri**
  WHEN THE SPIRITUAL NIGHT BECOMES DAY
  An invitation to celebrate this Indian festival, underlining the passage of humanity from darkness to light; when the presence and power of the Supreme Soul comes into the world, regenerating all souls and the planet.
  Sunday, February 26
  7:00 P.M. - 8:30 P.M.

- **Meditation Lab**
  DETACHED AND LOVING
  Featuring simple explanations and exercises to deepen your understanding and experience of Raja Yoga Meditation, this highly experiential evening will certainly enrich your inner laboratory.
  Saturday, April 29
  1:30 P.M. - 4:30 P.M.
  Prerequisite: "The Meditation Course"
  Workshop facilitated by Anne-Christelle Le Hir and Tanya Rich

- **The French Retreat**
  Give yourself the gift of an exceptional weekend at the Peace Village Learning and Retreat Center, located in the heart of the Catskill Mountains, in upstate NY. A not to be missed experience!
  May 19 - 22, 2017
  Prerequisite: The Raja Yoga Course
  ALL SESSIONS WILL BE IN FRENCH
  Please plan for accommodation and transportation costs.
  (A valid passport or a Plus Identity Card is required to enter the United States)