



# *Navigate your Emotional Landscape*

We each have a unique inner landscape of emotional "triggers" that can become over sensitive, leading to outbursts, negative feelings, stress and anxiety.

Understand what your emotions really are, both positive and negative, and discover from where they arise.

Learn some practical meditation and self-reflection techniques to help you successfully navigate your own personal emotional landscape.

**Thursday, September 22, 2016**  
**7:30 - 8:30 PM**

Please RSVP • 617.926.1230 • [info@bknewengland.org](mailto:info@bknewengland.org)

It is recommended that you arrive early to take full advantage of the meditation at the start of the event from 7:00 to 7:30 pm

**All are Welcome. Free of Charge.**

At the Brahma Kumaris Learning Center for Peace  
75 Common Street  
Watertown, Massachusetts 02472



[www.bkboston.org](http://www.bkboston.org)  
[info@bknewengland.org](mailto:info@bknewengland.org)  
[617-926-1230](tel:617-926-1230)