

The Power Of Focus

At each moment there are many things happening, good and bad! But what do I focus on? In this experiential workshop, we will explore how to:

- Remain Happy No Matter what the Scenes of Life
- Have the Power to Love and Forgive
- Transform Negative into Positive
- Move on to Your Bright Future, Leaving Past Behind

Thursday, February 2, 2017
7:30 pm – 8:30 pm

At Brahmakumaris Learning Center for Peace, 75 Common Street
Watertown, MA 02472

Sunday, February 5, 2017
5:00 pm to 6:15 pm

At Inner Space Meditation Center & Gallery, 1110 Massachusetts Ave
Cambridge, MA 02138



ADMISSION FREE. ALL ARE WELCOME.

Please RSVP

Brahmakumaris Learning Center for Peace
617.926.1230 • boston@us.brahmakumaris.org
www.bkboston.org

Inner Space Meditation Center & gallery
617-547-1110, info@innerspaceharvardsq.org
www.innerspaceharvardsq.org