

Discover the Path of



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In today's challenging times, maintaining a sense of hope and optimism for the future can be a struggle. It takes special efforts to keep yourself positive and light in your life. Raja Yoga Meditation provides a clear path to creating and maintaining hope within yourself. Explore different methods to maintain a sense of upliftment, learn to link to the Source of hope, and understand the opposing ascending and descending energies in our world today.

You can keep yourself light - it's your choice!

Thursday, March 16, 2017
7:30 pm – 8:30 pm

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
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Watertown, Massachusetts 02472

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