

FREE OF CHARGE  
EVENT



innerspace  
SYDNEY

# Talk series: Spirituality Matters

APRIL 2017

Thursdays 7:00 - 8:30pm @ InnerSpace Sydney

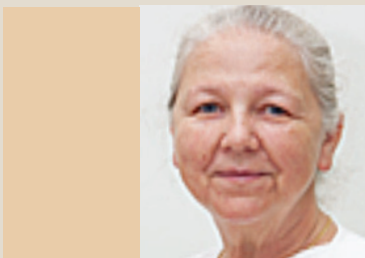
Online bookings essential: [bookings.innerspacesyd@au.brahmakumaris.org](mailto:bookings.innerspacesyd@au.brahmakumaris.org)



## Qigong - Improving your quality of life 6 Apr 2017

The dynamic forms and inner meditations of Qigong help regulate the meridian system, this releases stress, increases health and longevity and develops spiritual perception and awareness.

**Simon Blow** will share his 30 years experience, he is the author of numerous books, DVDs and CDs about the ancient Chinese healing arts. Simon is a 25th Generation of Dragon Gate Daoism with the given name of Xin Si meaning Genuine Wisdom, 29th Generation of Da Yan Wild Goose Qigong and a Deputy Secretary of the World Academic of Medical Qigong, Beijing.



## Meditation & Neuroscience 13 Apr 2017

Neuroscience, Epigenetics and energy science is now clarifying exactly how and why meditation is so effective. It is clinically proving the effects on health, personal development and relationships.

**Morni Chen**, Centre Manager of BK InnerSpace Sydney, has been meditating for over 40 years and will share her experiences of meditation and the scientific reasons behind the application.



## Success 20 Apr 2017

How we have defined "success" is closely connected to our sense of overall contentment in life and our alignment with a deeper purpose or driving force.

**BK Meera Nagananda** is the Director of Brahma Kumaris Malaysia. She is a gifted international speaker who takes her audience into the depth of any topic she is given. Her talks have taken place in Government Departments, Schools, Prisons, Lions Club, Women Organizations, Universities, Management Training Institutes and numerous other groups.



## Fate or Faith ? 27 Apr 2017

What do you think is the driving force behind you? Which power controls our destiny - Fate or Faith? Lets Explore.....

**BK Jaya**, is a Rajyoga Meditation Teacher and has been studying spiritual knowledge and practicing Rajyoga Meditation for the past 15 years. She is a post graduate in Mass Communication and Journalism and has been writing for Tamil and English news papers for several years in Chennai, India.

Donations are welcome to support the running of Brahma Kumaris InnerSpace Sydney.

181 First Ave, Five Dock 2046. Tel: (02) 8736 3600

[www.brahmakumaris.org.au](http://www.brahmakumaris.org.au)

[www.facebook.com/BKAustralia](http://www.facebook.com/BKAustralia)