

# Inner Experience

## peace of mind

Put the world on hold as you take time out to rest and re-create your life. This weeked, serve the self by exploring new ways of seeing and being. Treat yourself to a very precious and a very personal time + space.

Recharge and re-discover new ways of seeing and experiencing the self.

Discover and understand the inner world of thoughts, feelings + values.

Develop spiritual skills and inner strengths to face the challenges of the world outside.

Please kindly do your reservation for room/boardng at [www.bkthai.com](http://www.bkthai.com)

### Steps to Peace of Mind

Sat 31st Aug

#### 1. Self Care

Observing the trends in the world and observing the trends in my life, what do I need to do now? How do I find the balance to fulfill all my responsibilities and yet look after myself? What wisdom do I need to care for my mind, my heart and my conscience?

#### 2. Self Realisation

The first relationship in life is with me. If this relationship is healthy it influences all aspects of my life. What is self realisation and how can I emerge it in my practical life? How will it make life different if I live from this authentic place of self-awareness?

Sun 1st Sep

#### 3. Discovering the Power of Love in my life

Some say that there are two prime emotions – love and fear – and that all other emotions stem from these two. During this session we will explore the spiritual journey of moving from a life based on fear to a life based on love for the self, God and others.

#### 4. Living my Spirituality

How do I carry what I know and believe into my day to day life so that I act from that authentic place of self realisation? What are the eternal laws that I need to be aware of to guide me through this delicate and challenging world so that I don't create any further tension and anxiety?

### Special quest speaker: BK. Charlie Hogg

- National Coordinator of Brahma Kumaris Australia ([www.bkwsu.org/au/](http://www.bkwsu.org/au/))
- Vice President of Brahma Kumaris Board, Australia
- Member of Regional Coordinating Committee



Charlie Hogg has practised meditation daily for the past 35 years. He believes meditation is an extraordinary tool to maintain mental, emotional and spiritual health in a world increasingly challenged by anxiety, stress and depression.

Charlie studied Architecture at Melbourne University but his lifelong interest in spirituality and philosophy made him traveled the world, lived in a variety of religions communities. Charlie is based in Sydney and regularly visits the Retreat Centres and Meditation Centres around Australia. He is also a regular international traveller having spoken at forums, seminars, retreats and workshops in more than 60 countries.

He firmly adheres to the principle that our inner world is reflected by the ourter world

“ You are warmly invited for the weekend with B.K. Charlie Hogg ”

Registration : 8 - 9 am Sat 31 Aug, 13

Closure : 5 - 6 pm Sun 1 Sep, 13

at Camp-VIP 57/3 Banmai, Pathumthani,  
[www.camp-vip.com](http://www.camp-vip.com)

at Aimphan Press 69/109 Soi Lady of Mercy,  
Banmai, Pakkret , Nonthaburi, [www.aimphan.co.th](http://www.aimphan.co.th)



Brahma Kumaris Raja Yoga Foundation

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