

# World Peace Meditation

You are Welcome to share the rays of Peace in the world ...  
Music, guided Meditation with Candle Light.  
Inspirational thoughts on the virtue of Gratitude... and Prasad.



## Spend time in the service of humanity

Through meditation, spread the energy of peace, love and hope to our world. We have the potential to guide the world towards becoming a more loving and peaceful place. It begins with our way of thinking, as our outer world is a reflection of what lies within our inner world.

World Meditation Hour began in 1978 and invites people from all over the world to collectively meditate for world peace. This practice has become a very popular one and has spread to over 137 countries around the world, attracting over a million people. All faiths and religious backgrounds are welcome.

### For further classes contact:

B K Meditation Center  
Email: [sacramento@us.bkwsu.org](mailto:sacramento@us.bkwsu.org) | Phone: 916-564-4010  
Website: [www.BrahmaKumaris.org/Sacramento](http://www.BrahmaKumaris.org/Sacramento)  
Facebook: [www.Facebook.com/BK.Sacramento](http://www.Facebook.com/BK.Sacramento)

**Sunday**  
**November, 15<sup>th</sup>**  
**2:00 pm - 3:00 pm**

***Free Event***  
***Open to All***

### Program

Music  
Meditation  
Inspirational Thoughts  
Lighting Peace Candles  
Prasad

### Place

**BK Meditation Center**  
2243 Sierra Blvd  
Sacramento, CA 95825

### Dress Code

Shirts/tops with sleeves, short  
or long.  
Skirts and pants preferably  
below the knee

### ***RSVP Appreciated!***

916-922-7281  
OR  
Email:  
[RsvpBkSac@gmail.com](mailto:RsvpBkSac@gmail.com)

### **UPCOMING EVENTS:**

**November 22<sup>nd</sup>**

Thanks Giving Celebration

*All our events and classes are offered free as a service to the community.*

*Voluntary contributions graciously accepted.*