

Organised by:

# Know Thyself



**Date:** Sunday, 29 October 2017

**Time:** 7:30 pm

**Venue:** The Pure Life Society, Jalan Puchong, Kuala Lumpur



Who am I? What am I? What is my true identity? How do thoughts come and go? How can I control them? How do my thoughts and feelings interact with the body? How do I make my mind powerful? Why do we experience emotions, feelings, tension and stress? How does one develop behavioural patterns, traits etc., and how to change them? How do I lead a life of peace and bliss?

These are some of the areas that will be covered during the talk on "Knowing Thyself"

## Speaker:

Bro Menon has been a student and teacher of Raja Yoga meditation for over 25 years and presently heads the English Programs Sector for Brahma Kumaris Malaysia. He is an experienced facilitator and gives regular talks on motivation, personal development and on other topics such as positive thinking and stress-free living. He is a retired senior official of EPF (KWSP).



**Bro Menon**

**REGISTRATION FREE**

*For more information please contact:*

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