



Republic of the Philippines
Department of Education
NATIONAL CAPITAL REGION

Advisory No. **125**, s. 2023
April 13, 2023

In compliance with DepEd Order No. 8, s. 2013
This Advisory is issued not for endorsement per DO 28, s. 2001,
but only for the information of DepEd officials,
personnel/staff, as well as the concerned public.
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IN PERSON SELF- CARE PROGRAM

The Brahma Kumaris, Philippines Spiritual, Inc. will be conducting an-in person program self care- Specifically, mental and spiritual wellness on April 20, 2023, Thursday 6:30 to 8:30 p.m. at Onstage Theater in Greenbelt 1, 2/F. Paseo de Roxas, Makati City, to be participated Values Educators, Guidance Counselors and Teachers, Youth Formators, School Heads, School Superintendents and Assistant School Superintendents.

For more information, please contact:

Rose Vergara

Contact Number: 09688873766

Email: fivedock@au.brahmakumaris.org

This is issued for information purposes and **not an endorsement** of the activity.

Encl.: As stated



Misamis St., Bago Bantay, Quezon
City

Email Address: ncr@deped.gov.ph

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BRAHMA KUMARIS
Philippines Spiritual Foundation, Inc.

*National
Coordinating Office*

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April 11, 2023

Director Wilfred Cabral
Regional Director
NCR- Department of Education

*Regional
Coordinating Office*

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Dear Director Cabral,

Greetings of peace!

Quality living, steady personal growth and spiritual health are the fruits of a balanced life. Nurturing the body, mind and spirit together is a growing priority for people around the world, alongside fulfilling responsibilities and achieving life goals.

*International
Coordinating Office*

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The Brahma Kumaris are pleased to invite you and your team (Values Educators, Guidance Counselors and teachers, Youth Formators, School Heads, School Superintendents and Asst. School Superintendents) to an in-person program on self-care—specifically, mental and spiritual wellness. Titled “Be Still, My Heart,” the free public event will be held on Thursday, April 20, 2023, from 6:30 to 8:30 p.m. at OnStage Theater in Greenbelt 1, 2/F, Paseo de Roxas, Makati City.

We are a non-sectarian, non-stock, non-profit organization. We welcome everyone from all walks of life and religious persuasions. Our goal is to help people rediscover their inborn goodness and develop a nurturing relationship with the self, in order to improve the quality of their interaction with others. In the Philippines, Brahma Kumaris is a recipient of the UN Peace Messenger Award.

Spiritual Headquarters

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For any clarification about this invitation, please feel free to reach out via this email address or call/txt Rose Vergara, contact# 0968.887.3766. With your confirmation, we can reserve seats for you and your team.

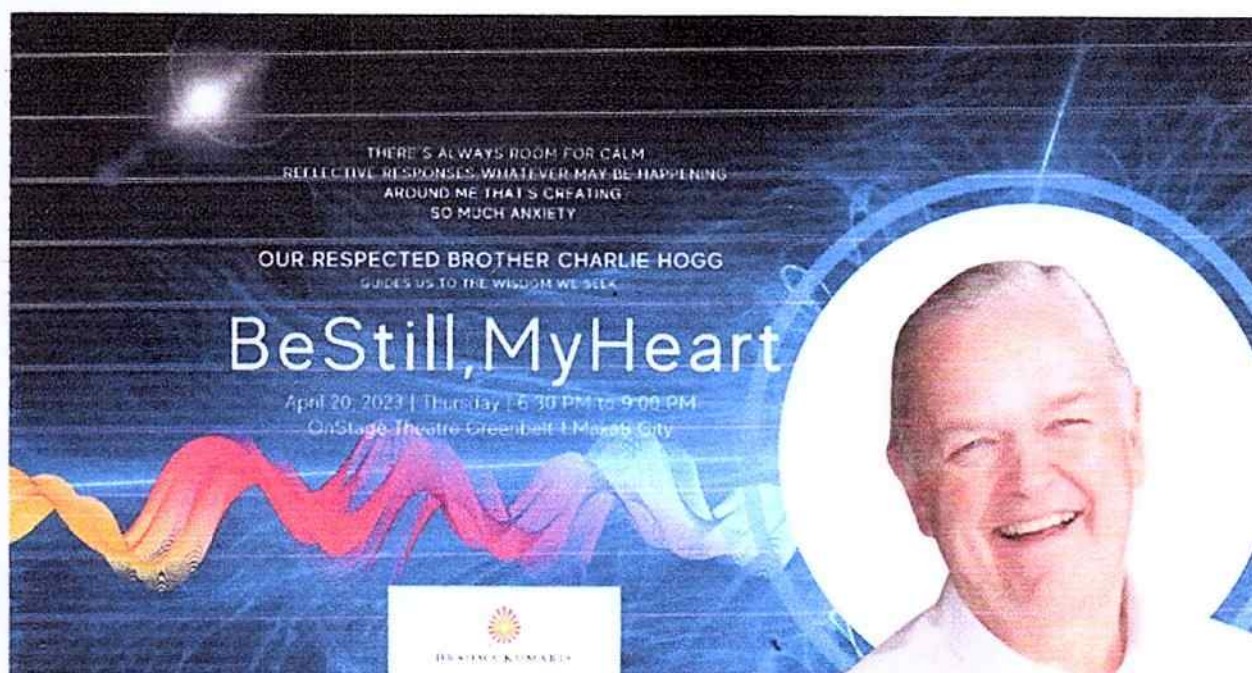
We look forward to you and your organization taking benefit from this self-care program.

Sincerely,

Merle Pimentel
President
Brahma Kumaris Philippines Spiritual Foundation, Inc

Non Governmental
Organization
in general consultative
status with the
Economic and Social
Council of the United
Nations, in consultative
status with UNICEF
and affiliated to the
UN Department of
Public Information

Founded in 1937
Over 8500 branches
worldwide



BE STILL, MY HEART (Free Program)

Thursday, April 20, 2023

6:30 – 8:30 PM

OnStage Theater, Greenbelt 1, 2/F, Paseo de Roxas, Makati City

For confirmation, please text 09178340118.

Whatever may be happening around me that causes stress and anxiety, there is always room for calm, reflective responses. I take a step back, watch the scene without panic or prejudice. I listen to my heart, which then slows down with every beat to the frequency of my inherent goodness. There lies the wisdom that I seek, the key to true power. The heart, when still, is the compass that points to unerring, life-changing decisions.

RESOURCE PERSON

Charlie Hogg is the Brahma Kumaris Chief Executive and Chairman of the Board of Directors in Australia. He is an active member of the BK International Coordinating Group, in charge of major global projects and the administrative direction of centers around the world.

He has walked this committed spiritual path for over 40 years. As a senior teacher, he has visited more than 80 countries to speak in international conferences and BK public programs, or to lead spiritual retreats as main resource person. He shares personal experiences of applying spirituality in daily life and continues to give Raja Yoga meditation courses, certain that a meditation practice sustains emotional and mental wellbeing in a world on the brink of despair.

"Meditation is a decision to live a life of peace," he says. "There has never been a more important time to understand this."