

# The Ability to Bend

## Without Breaking

Many people imagine the perfect life to be one where it is all smooth sailing, a tropical paradise, simple peaceful and fun. Unfortunately, that is not the way most of us experience life. Storms come, clouds block the sun, the wind whips us and things turn ugly – its just the way it goes. We can't avoid it, but we can prepare for it. It's all about having the resilience and flexibility we need to be able to bend without breaking, to weather the storms of life and bounce back.

True tolerance makes us flexible. And when we are flexible we can accommodate and adjust to anything and anyone and maintain well-being.

Sunday, April 28

12:00 - 1:00pm

Satyanarayan Mandir

Spiritual Talk by

**Sister Madhavi**

Brahma Kumaris

718-565-5133

[queens@us.brahmakumaris.org](mailto:queens@us.brahmakumaris.org)

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