



**The Janki Foundation**  
for Spirituality in Healthcare



**BRAHMA KUMARIS**  
WORLD SPIRITUAL UNIVERSITY (UK)

# HONOURING LIFE

## Losing Hope

*"Hope is the thing with feathers that perches in the soul and sings the tunes without the words and never stops at all." — Emily Dickinson*

It's almost impossible to find someone who has not faced a moment of hopelessness in their life. Hope is the light at the end of the dark tunnel of life's challenges. The journey through the darkness requires faith, courage and strength which act as antidotes to losing hope. Hope's presence is such a beautiful thing, but what do you do when you find yourself starting to lose hope?

**Join us to hear our speakers share their wisdom and life experience of instilling and sustaining hope**



**Maureen Goodman**

Programme Director for  
the Brahma Kumaris,  
UK.



**Lakhbir Legha**

Rap Artist & Song Writer,  
Loughborough.



**Pooja Chandarana**

Founder & Financial  
Adviser at Jay Ram  
Financial Services

**Sunday 30 January 2022**

**17:00 to 18:15 (GMT)**

**Join Zoom**

**Meeting ID: 916 4448 0716 | Passcode: Caring**

**<https://tinyurl.com/honourlife>**

**Join this LIVE event on facebook**



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**<https://jankifoundation.org>**

Registered charity No.1063908

**<https://brahmakumaris.uk>**

Registered charity in England & Wales  
(269971) and Scotland (SC040512)