

# *End-of-Year Letter to our friends in many places*

Dear friends,

Greetings of peace at the end of the year. Whether you have been a close friend for a long time or are a new friend, you would know that the Brahma Kumaris understand this to be an auspicious time. We call it the “confluence age”. On the outside, the physical world is tumultuous and may feel unstable with floods, fires and disharmony, but on the inside – something sacred is in motion. We want to shine a light on this.

A confluence is a meeting of things – such as a confluence of rivers. Our knowledge tells us that this is a confluence of an old age and a new one. The new incoming age is subtle and contains currents of pure love, peace and happiness. Choosing to travel a spiritual path or to have a spiritual practice helps us attune to this subtle in-coming energy and to support it with our thoughts, feelings and choices in the world.

We encourage you to give priority to developing this inner capacity now, by making time for remembering your spiritual nature and remembering the Source of life. Move away from indifference, doubts and feeling low and keep yourself in a place of love and abundance, having good wishes and pure feelings for everyone. These are times that call on what is best in each of us so that we can serve those who are depressed, angry or afraid.

Our centres and our virtual offerings are there to empower, to encourage and to uplift. You are most welcome to join us for our regular meditations in our centres. We are traveling this road together in spiritual friendship.

*Geneva centre: every Sunday 5pm to 6pm*

*Zurich centre: daily from 7pm to 7.30pm*

[Get in touch with a centre near you](#)

With warmest wishes and love,  
The Brahma Kumaris world family