

Over 450 people come to the Watford Colosseum to watch hit Indian TV spiritual chat show

For immediate release

It's not often that a chat show on spirituality could draw hundreds to a live programme, but in spite of high temperatures and major transport problems over 450 people came to the Watford Colosseum on Thursday 2nd July to *Awakening with Brahma Kumaris*, one of the UK's most significant multicultural organisations proving just how much interest there is in spirituality in today's world.

London Assembly Member of the GLA for Brent and Harrow, Cllr Navin Shah spoke a few words of welcome and said how much he respected the ethos of the Brahma Kumaris and was looking forward to experiencing the spirituality they practise.

Kanupriya, the presenter of *Awakening with Brahma Kumaris* international TV show has come over from Delhi and was in conversation with the two stars of the popular show - Sister Jayanti, European Director of the Brahma Kumaris (BKs) and Shivani Verma, also from Delhi.

The evening started with a question from Kanupriya to Sister Jayanti, European Director of the BKs, addressing the topic *COPING WITH UNCERTAINTY*: "Why is there uncertainty? Why don't we have certainty about anything?"

Sister Jayanti replied, "You are right, there is no certainty about anything these days whether it is your job, your pension, your partner, your home or what your children will do. One moment you have them, the next they are gone. Change is happening so fast; the seasons come and go - in February there was snow and the next moment it was warm. All the changes that are happening in the climate are external and I believe what is going on internally is reflected externally. So, what are we seeing externally? Chaos! If I maintain stability inside then around me there will be stability. Let me learn to live my life in a balanced way – with internal contentment.

Kanupriya turned to Shivani and asked "Why are we afraid of things we face in our lives? She replied "It is because the future is unknown. The main fear is of losing what I already have - my position my relationships, my body, my possessions, my wealth. There is an identity crisis – I give my name, where I live, my position and other things when someone asks who I am. If any of these suddenly change I no longer have this identity. The label has been lost and I think something has happened to me. The real question is who am I? Spirituality teaches us to reverse the idea of who I am – I am a soul and I have a body. It teaches me to transform my thinking and learn how to deal with situations that come in front of me. I cannot control the seasons but internally I can control my feelings and deal with situations so I don't become upset".

There were many jewels of wisdom throughout the evening and the event closed with the audience experiencing a guided meditation which took them into a deep experience of peace and serenity – they left inspired and equipped with new ideas and techniques to help them live their lives in a more harmonious way and stable way.

The Awakening tour now moves on to Hayes/Hounslow, Willesden Green, Ilford, Croydon and Stratford. For more information on the tour –**where ALL tickets are FREE** – visit: www.bkwsu.org/uk/awakening

FOLLOW UP EVENT - Learn more about Raja Yoga meditation with Sister Jayanti, European Director of the Brahma Kumaris, entitled *THE POWER OF MEDITATION* taking place at Friend's Meeting House, 150 Church Rd, Watford, WD17 4QB on Wednesday 22 July 2009 from 7-

9pm. For registration and more info Inner Space, 528 High Road, Wembley, HA9 7BS info@wembley.inner-space.org / www.wembley.inner-space.org

NOTE TO EDITORS:

Photos:

1. Audience pay rapt attention at the Watford Colosseum Awakening with Brahma Kumaris, 2 July 2009
2. Sister Jayanti, Sister Shivani and Kanupriya meeting guests at pre show reception 2 July 2009 [L to R]
3. Cllr Navin Shah welcomes the audience to Awakening with Brahma Kumaris in Watford 2 July 2009
4. Interviewer Kanupriya on stage with Sister Jayanti and Sister Shivani 2 July 2009 [L to R]

1) For interview requests for Sister Jayanti and Shivani Verma or Kanupriya, please call: Rosemary Turberville on 020 8955 1935 or 07952 188 779

2) Filming opportunities and photography is available, on request.

BACKGROUND INFORMATION

Awakening with Brahma Kumaris can currently be seen on the **Aastha International channel on Sky channel 807**. You can also view some of the shows online

at: www.brahmakumarisuk.blip.tv

ABOUT THE STARS OF THE PROGRAMME

Sister Jayanti is the European Director of the Brahma Kumaris, with over 40 years experience of Raja Yoga meditation and its practical application in daily life. Her gentle voice and profound insights on spiritual solutions to everyday problems have touched the hearts of thousands around the world.

Shivani Verma is known for her dynamic, engaging and down-to-earth nature. She is a hugely sought after speaker due to the clarity of the wisdom she shares. With a background in engineering, she has the ability to analyse the deep rooted causes of the negative emotions experienced in life.

Kanupriya is an accomplished TV anchor and actress. She has starred in over 80 TV serials and more than 50 telefilms. She is also the host of many of the *AWAKENING WITH BRAHMA KUMARIS* programmes and has a deep passion to explore the depths of spiritual understanding

ABOUT THE BRAHMA KUMARIS

The Brahma Kumaris World Spiritual University (UK) teaches Raja Yoga as a way of experiencing peace of mind and a positive approach to life.

The University provides opportunities for people from all religious and cultural backgrounds to explore their own spirituality and learn skills of reflection and meditation derived from Raja Yoga, which will help develop inner calm, clear thinking and personal well-being.

Across the UK we work with national and local organisations and community groups in such areas as inter-religious dialogue, youth programmes, prison outreach, social work and women's and men's groups. BKWSU (UK) was established as a UK charity in 1975 and charges no fees for any of its activities, being funded by voluntary contributions.

The University is part of a worldwide network of over 8,500 centres in more than 100 countries, the first of which was founded in India in the 1930s. The Brahma Kumaris' first centre in the UK opened in 1971 in London. Today there are activities throughout the UK in over 50 locations.