

Absolute Protection through Absolute Freedom from Negativity

India's 66th Independence Day and Raksha Bandhan Celebration

at St. Petersburg Brahma Kumaris Centre, Russia

14 August, 2013

The double festival attracted about 200 guests who love and value India's rich spiritual and cultural heritage. The event called "Revisiting History for Unveiling the Mystery of the Future" started with the spectacular **Dance of Time** reminding of the cyclical eternity of this Drama of Life.

B. K. Meenakshi, Raja Yoga teacher (Karimnagar, India), shared her vision of the spiritual basis of unity, "No doubt, the awareness of nationality gives us the feeling of being united despite all the differences and distances, however it is only the spiritual awareness that creates the feeling of universal love, binding the whole globe as a family."

Prof. Vladimir Golovkin, president of St. Petersburg Foundation "North-West Association of Multiple Sclerosis", is quite sure that he lived in India in his previous birth! "I could feel it very deeply at the Peace of Mind retreat which I was lucky to attend a few years ago. As a doctor, I especially appreciate the activities of the BK's Global Hospital where they offer their patients an effective technique of meditation, positive thinking and inner calm. Typically, hospitals aim at increasing the number of operations they perform. However, the medical staff of the Global Hospital believes that the true success lies in decreasing the number of operations! They do a wonderful job saving people from the necessity of invasive medicine. We have started using this technique in this city as well, in co-operation with the Brahma Kumaris centre, and we can see that peace of mind truly mobilizes defense mechanisms of our patients helping them to improve their condition."

Prof. Inna Vartanian, one of Russia's leading psychophysicists, also recalled her visit to the Brahma Kumaris headquarters in Mount Abu three years ago. "Those were 7 wonderful days that gave me enough inner power for at least 7 years! As a scientist and teacher, I learned a lot about how to get stabilized in a powerful and peaceful state of awareness before coming in contact with my students. The atmosphere created through that is very conducive for learning and transformation."

Mr. Chander Prakash Gandhi, consul of India in St. Petersburg, greeted the audience on behalf of Mr. Vishvas Sapkal, Consul General of India. He also shared the story of his 3 years in Russia. "Every time I visited the BK centre during the last 3 years, it was a matter of joy and inspiration for me. Next month I am leaving this great and friendly country. Back in June 2010, when I first came here, my Russian friends in the Consulate came to know that I was a vegetarian and did not drink alcohol, and they were concerned about how I was going to survive through the severe Russian winter. I looked outside the window and saw many green trees out there. So I told my colleagues, "Look, these trees survive winter and snow, and I eat fruit given by them, so I will definitely survive as well! And I did survive three winters – not only because of the trees, of course, but because of warmth of the hearts of our Russian friends and because of their love for India."

B. K. Santosh, Brahma Kumaris director in St. Petersburg, shed new light on the deep spiritual roots of both losing and gaining freedom. "Today, on the eve of India's Independence Day, we remember how such a big and great country, a spiritual giant, lost its

freedom for a thousand years. History books provide us a tremendous amount of data about how India was invaded, conquered and looted for centuries on end. However, the spiritual wisdom helps us to detect the root cause behind this loss of independence and freedom. It was the negativity in the minds and relationships that led to breaking unity and opened the gates for both internal and external enemies. But once the lesson was learned, trust and love were restored, and it became easy to bring back the lost freedom. This is true not only of India. This is the story that has to do with all the people and all the nations on this globe.

There is just one condition under which we as individuals or members of a certain community or country can always remain protected. Neither Judo nor bodyguards, or bulletproof vests can save us from, say, an unexpected natural calamity, a tornado or an earthquake. However the universal spiritual law says that we can be absolutely safe under any adverse circumstances, provided we have absolutely saved ourselves from all the negativity in our minds. Today, as you will be coming up to get your Rakhi tied, create a determined thought of dropping all that negativity in the Ocean of love of your Supreme Father, and He will give you the guarantee of His eternal protection.”

A Rakhi tying ceremony held in complete silence charged the atmosphere with the magical power of transformation. It felt that the confluence of the two festivals was not a mere coincidence: true Independence comes only when we create a determined thought of becoming pure and positive.