

TO MAKE THE WORLD BETTER

Vegetarian Festival-Conference

Let's Make the World Better! This was the slogan of the Vegetarian Festival-Conference which was held in September 13, 2014 at the Center of Spiritual Development (Brahma Kumaris, Moscow). The participants, representatives of different confessions and NGOs as well as scientists, were offering their support to those who became a vegetarian due to health reasons or because they love animals and to those who are interested in self-development.

Among the speakers were:

Sripad Saragrahi Prabhu, well-known Sanskrit scholar

Tina Mitusova, Qigong instructor, Director of the Arabic Calligraphy Center.

Metropolitan Arseny, Greek Catholic Orthodox Church

Eduard Borisov, Associate Professor of Bauman Moscow State Technical University

Andrew Isakov, psychologist

Emil Biktashev, physicist, engineer-researcher

The Conference was finalized by Sudha Rani Gupta, Director of the Center of Spiritual Development (Brahma Kumaris, Moscow). She bound all the speeches by one thought that non-vegetarian food is a product of violence which affects negatively both mental and emotional state of a person.

After the Conference all the participants and guests tasted vegetarian dishes. Yes, vegetarian food can be of variety! Vegetarians love to cook, to experiment and share.

And what is a holiday without a cultural program?

The activity *Good Wishes to the World Tree* became a special contribution to the Festival.

At the end all guests led round dance with great enthusiasm, sang songs and didn't want to leave. Enjoying the meeting with those cheerful, open and kind people we felt if they were more, the world indeed would be better.