

# **Rajyoga for Healthy and Happy Society**

To mark the celebrations of first international yoga day, around 2000 Brahma Kumaris & Kumars today gathered in a unique and a beautiful 3 hour YOGA CAMP organized in hockey stadium, sector 18, Chandigarh. The distinctiveness of the camp was the unique yoga which involved both body as well as the mind.

It started with a 30minutes meditation followed by the divine sermon of Godly message, 'Murli' by **BK Sister Leena**.

After this, **Sister Preeti and Shaifali** captivated the participants in a small series of rhythmic physical yoga (physical exercise) on the melodious beats of a beautiful bhajan and live meditation commentary. The amazing session was a combination of mind body fitness and everybody performed the yoga in a mesmerized state. In a totally serene atmosphere, everybody practiced a '**LET GO**' session freeing them from the physical, mental and karmic bondages.

After BK Jai Gopal sang a beautiful song in the praise of Shiv Baba, Godly blessings in the form of gentle showers of rain overwhelmed the gathering and everybody could feel the divine vibrations.

## **RAJYOGA MEDITATION – A LOVEFUL RELATIONSHIP WITH THE SUPREME**

**BK Sister Anita** addressed the gathering about true meaning, purpose and benefits of Rajyoga Meditation. **Rajyoga meditation** redefines the simple understanding of self as a soul and enables a direct connection and **relationship with the Supreme Source of purest energy and highest consciousness**. Rajyoga can be translated as 'supreme union' or as 'highest connection' and every soul has a right to experience this ultimate relationship.

Through meditation, we embark on the journey to our inner self where spiritual empowerment begins and by way of Rajyoga meditation we get a clear spiritual understanding of ourselves. It helps us re-discover and use the positive qualities

already latent within us, enables us to develop our strengths of character and create new attitudes and responses to life. Not only does it help us in our personal lives but also for uplifting of culture of society we live in.

She explained beautifully that how connecting to our innate spiritual resources is personally empowering in a lasting way. By regularly practicing Rajyoga, we are able to attain 7 virtues which every one of us aspires in our lives. They are tremendously beneficial for the healthy sustenance of your physiological processes.

- 1. Knowledge – Strengthens the nervous system**
- 2. Purity – Builds up the Immune system**
- 3. Peace – Improves the RESPIRATORY system**
- 4. Happiness – Alleviate the DIGESTIVE system**
- 5. BLISS – Harmonizes the ENDOCRINE system**
- 6. LOVE – Fortifies the CARDIO VASCULAR system**
- 7. STRENGTH – Supports and toughens the MUSCULAR system**

Justice Mrs Daya Chaudhary, Pb & Hry High Court liked the idea of this mind body yoga concept and encouraged all to absorb it as a regular practice in our lives.

Many eminent personalities from different faiths were also present in the camp. Among them were Baba Asagar Ali Shah (Baba Peer sector 29 Chandigarh), Father Darbara Singh (CNI, Sector 18 Chandigarh), Surindra Devi Ji (Jahir Peer and Shiv Mandir Sector 36 Chandigarh), Mahant Jaykishan Nath (Sri Guga Madi Mandir), Pandit Anil Pujari (Baba Balak Nath Mandir).

In Godly Services

BK Uttra Didi

Director-Brahma Kumaris Chandigarh