

Divine Family

Indian Business Alliance, Brahma Kumaris and many allied public associations organized an impressive programme to mark the 5th International Day of Yoga at the famous Park Zaryadey, right in the centre of Moscow.

While speaking to a big auditorium, BK Sudha, Director, Brahma Kumaris, Moscow explained about the Ancient Raja Yoga of Bharat. It is the love filled intellectual communion of the human soul with the Supreme Soul which enlightens man and gives him understanding of spiritual brotherhood and world peace. Sis. Sudha emphasized that understanding of spiritual wisdom and everyday practice of Raja Yoga takes man to the Celestial realms and empowers him spiritually. Divine virtues such as purity, peace, happiness, honesty, joyfulness, etc. will become natural part of daily life, she added.

Sis. Sudha conducted mass meditation with guided commentary when every one felt dead silence being created.