

Vedantiben's Talk at Sanatan Dharma Temple in Cerritos, California, USA

Topic: The Art of Forgiveness

On Monday, August 26, 2019, a class was held by Sister Vedanti. First, Brahma Bhojan was served to all. Then, Mahadevbhai introduced Sister Vedanti and Sister Trupti (who accompanied Sister Vedanti).



Sister Vedanti started her talk by saying how busy we all are in today's world. Sister mentioned that being busy makes you crazy, busy brings you less success. She pointed out that how we live with ill-feelings which in turn makes our positive thoughts unstable. Sister Vedanti continued on by explaining the topic step by step and also talked about learning and practicing Raj Yoga Meditation.

Next, the Sister Trupti made a small presentation and a guided meditation. She began the talk by bringing up the word, "Michhami Dukadam" used by Jains during the days of their New Year. It means that "If I have offended you in any way, knowingly or unknowingly, in thought, word or deed, then I seek your forgiveness."



After the introduction, the Los Angeles Center Director, Sister Gita, introduced the local leader and the pioneer, B. U. Patel, who had started the Sanatan Temple. B. U. Patel gracefully gave Sister Vedanti a Proclamation from Cerritos Mayor, Naresh Solanki. B. U. Patel sincerely welcomed Sister Vedanti for speaking at the Sanatan Temple.

Sister Vedanti began her talk about forgiveness. She first talked about the humanitarian work Brahma Kumaris does in the African Continent. A four-minute video was shown about the 'Pause for Peace' Project that was done in Africa.



She said Jains say that you forgive me and I forgive you and we start the cycle all over again.

After finishing the empowering talk, Sister Truti conducted a deep guided meditation once again, leaving everyone feeling light.

Sister Vedanti and Sister Gita ended the session by sharing blessing card and toli to everyone.