



Brahma Kumaris at the International Festival “Celebrating Active Longevity” 16 years of Godly Service in Tatarstan, Russia.



December 2023

During the 1st week of December, Didi Santosh visited Kazan, the capital of Tatarstan, a predominantly Muslim region in central Russia. She was invited as a key speaker for the **International Festival “Celebrating Active Longevity”** organized by **Mr Rais Atnagulov**, president of the International Association of Charity Foundations “Mama”.

On the opening night of the Forum at the conference hall of Regina Hotel, Didi lit a symbolic large candle, and other speakers and organizers of the event lit their candles from this light. Didi said, “It is dark and cold outside now. Let this light remind us of the Sun and of our true spiritual nature of light and might. Besides, the element of fire is the basis of good digestion and all the metabolic processes in our body. So let this fire enhance good health of all the participants.”



On December 2, Saturday, Didi Santosh conducted a **90-minute session on “The**



Balance of Physical, Mental and Spiritual Health through Raja Yoga Meditation”. She said, “The word ‘swasthya’ (‘health’) in Hindi and Sanskrit means literally ‘to know one’s permanent true self and stabilize in that stage’. This definition is a key to understanding the issues of health, disease and longevity.”

Didi also spoke about the correlation of health and longevity, underlining that, though interconnected, they are not synonyms. During an inspiring interactive session she showed how an erroneous identification of the self with one's physical body leads to physical and mental disorders and diseases. The audience did not want to let Didi go even after such a long session, asking many deep and relevant questions.

And they also learnt and happily practiced the silent 'angelic' applause with one hand!

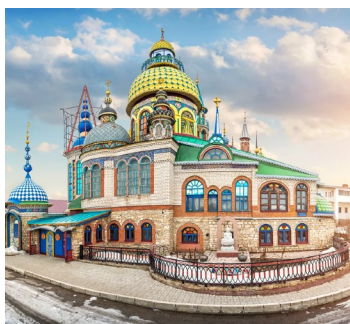


In December, the Brahma Kumaris Centre in Kazan celebrated its 16th anniversary. Those were 16 years of making sincere spiritual effort, engaging in self-development, creating a space for learning and meditation, and carrying out service programs for

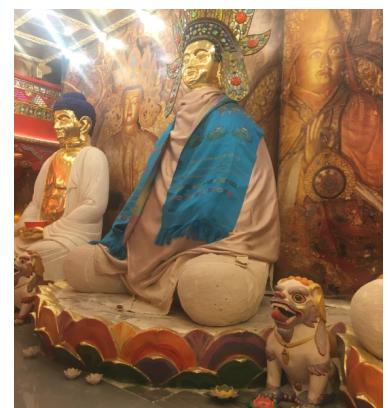


the local community. Number '16' reminds of responsibility and fullness. The deities, perfect residents of the golden age of humanity, are praised as "16 celestial degrees complete". The public event "The New Year in a New Way" that took place at the conference hall of "Mano" Hotel combined the 16th anniversary celebration with a deep and

engaging dialogue about how we could bring about newness in our life and service before the coming new year.



On the invitation of **Mr Ildus Yanyshev, an outstanding public figure of Tatarstan, former chairperson of the Rotary Club,** Santosh Didi visited the Temple of All Religions, a unique architectural complex and museum. The museum ensemble includes elements of a



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Christian church, a Muslim mosque, a Buddhist temple, replicas of ancient Egyptian statues, and many other artifacts. The upper level of the museum is dedicated to God Shiva, the Supreme Benefactor of all the souls. While visiting the complex, Didi met Mr Ilgiz Khanov, an artist and caretaker of the museum.

Those days in Kazan have been filled with lots of personal meetings as well. Didi has been generously sharing her spiritual power and love with all of us, Baba's children, inspiring us to become new and take new steps in making Baba's centre and Baba's service in this city grow at a fast speed. We are thankful to Baba and Drama for these wonderful scenes that will now repeat again and again.

Bik Zur Rahmat (Huge thanks)!

