

# Spiritual Vision for Academic Achievements and Happy Living

## Two sessions for university students in Lighthouse

St. Petersburg, Russia  
November, 2023



As the academic year at the universities of St. Petersburg is gathering momentum, groups of students and their professors have visited Lighthouse, the Brahma Kumaris Centre in this city, to know more about the theory and practice of the spiritual wisdom of raj yoga.

In November, Lighthouse hosted two events for students of St.

Petersburg State University of Industrial Technologies and Design, Herzen State Pedagogical University and the Russian Christian Academy for the Humanities.

### November, 12

Addressing a group of about 50 students of St. Petersburg State University of Industrial Technologies and Design, Didi Santosh said that raj yoga meditation enhanced our “telescopic” and “microscopic” vision. “As we practice meditation based on knowing our true inner self and connecting with the Supreme, our intellect develops the ability to



foresee the consequences of how we spend the energy of our thoughts. Positive thinking enables us to save and accumulate our inner energy, while waste and negative thoughts lead to energy depletion. The ability to take into consideration even the far-off results of our today’s thinking can be compared with the ability to see faraway stars and galaxies with a telescope. On the other hand, meditation makes us detect even the minute microbes and bacteria of weaknesses and defects that cannot be observed with an eye unaided with the tools of spiritual knowledge.”

November, 20



25 students of Herzen State Pedagogical University and the Russian Christian Academy for the Humanities, majoring in comparative studies of religion, were especially interested in the history of the Brahma Kumaris organization and their spiritual and social role in today's world. In a friendly dialogue, 4 aspects of this unique world spiritual organization were touched:

- the format of spiritual study rather than that of religious preaching,
- the leading role of women as spiritual teachers and administrators,
- a universal spiritual approach beyond any limits of nationality, caste or creed,
- and a lotus-like lifestyle in which a raj yogi does not renounce their society or the world, rather they become spiritual social workers who serve to enhance the quality of life for everyone.



The session was followed with a guided tour of the museum "Panorama of History of Mankind" and the Yoga Gallery. And the moments of silence spent in the World Benefactor Room (Baba's Room) were both relaxing and empowering.