

Thoughts shape our lives, biggest international yoga meet told

New Delhi, March 18: Change in our way of thinking changes our health and relationships, and also contributes to world peace, well-known motivational speaker Sister Shivani told the capital's biggest-ever international gathering of yoga practitioners today.

Shivani was speaking on 'Raja Yoga for Holistic Health and Harmony' during a two-day International Conference on 'Yoga for Universal Peace and Holistic Wellbeing', organised by the Brahma Kumaris, at Siri Fort auditorium.

She said we can change our thoughts to improve our households, workplace and society. For this, we first have to charge ourselves by connecting to God and receiving His love, which we can give to others.

The conference, in which a hundred meditation practitioners from 70 countries have come together to highlight the benefits of Raja Yoga, the form of meditation taught by the Brahma Kumaris, is being supported by the Ministry of AYUSH.

Speaking on man's spiritual quest, Ken O'Donnell, a management consultant and author from Brazil, stressed the importance of remembering that we are souls, not bodies. "We are spiritual beings going through a human experience, not human beings seeking a spiritual experience", he said.

Wellbeing comes not from controlling the breath, but from controlling our thoughts, not from adopting physical postures but by changing the posture of our minds, he said.

Charlie Hogg, a senior meditation practitioner from Australia, said Raja Yoga is "India's most valuable gift to the world", said. Other yoga experts from abroad, among them doctors, professors, business leaders, and voluntary workers, shared their insights and experiences of how spiritual practices that originated in India are shaping their lives.

Speaking during the inaugural session on Friday, Sister Jayanti, Director of Brahma Kumaris-Europe, noted that many people around the globe have started believing that aggression is not normal and has a detrimental effect on one's mind and physical health.

She said, "Yoga reminds us that peace is a very natural way of living." Sister Jayanti also said that Raja Yoga allows individuals to come back to a very natural way of living—which is all about love, peace and truth.

Sister Mohini, Director, Brahma Kumaris-Americas, said that it's through a connection with the Supreme Soul that we realise that it is not just me who is peaceful, but others too are peaceful, and Raja Yoga makes it possible to see others as peaceful. She stressed the need to link thoughts with breath to create a positive way of living.

Speakers from Chile, Denmark and Russia also spoke on how practice of meditation had made a difference to their lives. Yoga practitioners from Bahrain, Russia, Kenya, Bosnia and Argentina, among other countries, were later felicitated on stage.

The Guest of Honour, Mr Naresh Kumar, Chairman, New Delhi Municipal Corporation, shared his perspective on the power and need for yoga and meditation in the present day society.

Photo captions:

Photo 1: BK Jayanti, Director of Brahma Kumaris services in Europe, speaking on 'Raja Yoga for Holistic Health and Harmony', during the International Conference on Yoga for Universal Peace and Holistic Wellbeing, organised by the Brahma Kumaris, at Siri Fort auditorium today.

Photo 2: Charlie Hogg, Director of Brahma Kumaris services in Australia, speaking during the International Conference on Yoga for Universal Peace and Holistic Wellbeing, organised by the Brahma Kumaris, at Siri Fort auditorium today.

Photo 3: A view of the audience during the International Conference on Yoga for Universal Peace and Holistic Wellbeing, organised by the Brahma Kumaris, at Siri Fort auditorium today.

Photo 4: Ken O'Donnell, management consultant and author from Brazil, delivering the keynote address during the International Conference on Yoga for Universal Peace and Holistic Wellbeing, organised by the Brahma Kumaris, at Siri Fort auditorium today.

Photo 5: Kim Wainer, a yoga instructor from Australia, performing a yoga dance during the International Conference on Yoga for Universal Peace and Holistic Wellbeing, organised by the Brahma Kumaris, at Siri Fort auditorium today.

Photo 6: Delegates from Poland, Mauritius, Swaziland, Iceland, Colombia and Turkey, who were felicitated during the International Conference on Yoga for Universal Peace and Holistic Wellbeing, organised by the Brahma Kumaris, at Siri Fort auditorium today.

Photo 7: Delegates from Chile, South Africa and Argentina during a talk show held as part of the International Conference on Yoga for Universal Peace and Holistic Wellbeing, organised by the Brahma Kumaris, at Siri Fort auditorium today.

Photo 8: Elizabeth Padilla, a meditation teacher and singer from the US, performing during the International Conference on Yoga for Universal Peace and Holistic Wellbeing, organised by the Brahma Kumaris, at Siri Fort auditorium today.

Photo 9: Well-known motivational speaker BK Shivani speaking on 'Raja Yoga for Holistic Health and Harmony', during the International Conference on Yoga for Universal Peace and Holistic Wellbeing, organised by the Brahma Kumaris, at Siri Fort auditorium today.