

Man has lost the connection with the Truth, that is why there is chaos in the world. First of all, there is a need to turn inwards and connect with the true self, the soul. Next step is to turn upwards and connect with the Supreme Soul who is the Supreme Father of all the souls. Didi suggested the audience to definitely make God the Companion. This companionship with God enables the person to come out of the habits of complaining and becoming disheartened because of some difficult situations. The person gets power to find the solution and is able to do something to make the hearts of others happy. This is Raja Yoga, she said.



Colourful candle lighting ceremony, words of good wishes from Bro. Vijay and Mr. Bighneswar Patnaik, Director of Indian School in Moscow, Pranayama exercises conducted by Dr. Brijesh Gupta, yoga teacher of the Jawaharlal Nehru

Cultural Centre and videos, songs, poems made the program diverse and created a festive mood.

It is said 'one minute of practice is more important than hours of theory'. Hence Guided Raja Yoga meditation was conducted by Didi as the audience absorbed into silence. The main aim was to take the gathering into the experience of their true self, being of light, love, peace and experiencing the presence of God. The experience filled with sweet silence continued to pertain for a long time even after

