

# Get Fueled with Positivity and Fly!

*The Brahma Kumaris organize a public event at the Indian Embassy in Baku, Azerbaijan, dedicated to the International Yoga Day*

*25 June, 2017*

The Indian Embassy in Baku hosted a special public event “Yoga: the Unique Beauty of Self-Esteem” on 25 June, 2017. The event organized by the Brahma Kumaris, draw together well-known and highly respected Azerbaijani scientists, social activists, authors, journalists, and all those who are in love with India and its ancient spiritual wisdom. The event was covered by the Azerbaijan state news channel.

Welcoming the audience, **Mr. Sanjay Rana, Ambassador of India to Azerbaijan**, said, “We are celebrating the 3<sup>rd</sup> International Day of Yoga. It has been agreed by the member-states of the United Nations that yoga is something that has universal appeal and can help all of us. For improving the self we need to develop positive thoughts and bring them into our actions, and this is where the role of yoga comes in. Essentially, yoga is all about a connection, or union, that enables us to discipline our thoughts and behavior, thus improving our life and the life of people around us. I have come here today with a view to learn from others how to bring raja yoga, which is the highest form of yoga, in our life. I would like to thank the Brahma Kumaris for bringing us together.”

**Santosh Didi, the Brahma Kumaris director in St. Petersburg, Russia**, explained in her video message how the practice of raja yoga enhances our capacity to bring benefit to our families, communities and the world in general. “The present-day condition of our society is such that it’s quite challenging to remain positive all the time. Practicing yoga on a daily basis, which is the main subject in the Brahma Kumaris system of education, helps us to affirm our commitment to be good and do good. Consider a big truck filled with lots of necessary items that you want to deliver to the needy ones in your area. The truck is full but you have no petrol. So people are not going to get anything from you, in spite of your having lots of good things. In order to continue helping others, I should always be fueled, charged with the energy of positivity, purity and determination. Raja yoga meditation, or the union between my true self and the Supreme, enables me to keep my own inner stage powerful all the time.”

Azerbaijan is a predominantly Muslim state, and in her welcome address **Ms Bahar Kasimova, chairperson of Women’s Union of Azerbaijan**, greeted everyone on the occasion of the holy festival Ramadan. She said, “This month is special for all the Muslims of the world. It is the month for spiritual cleansing and getting closer to God. I believe that nothing happens by chance, and it is not by chance that today’s sharing about raja yoga coincides with this holy time.”

**Prof. Fuad Mamedov**, one of the most famous Azerbaijanis in the world, the founder of the science of culture in this country, chairperson of “Simurg” Culture Association of Azerbaijan, author of many books, said, “I am happy that we are present here on this day dedicated to raja yoga. India is an ancient country that lay the foundation of world civilization. Raja Yoga is India’s very important contribution to world culture. Since many years, our Association has maintained friendly relations with the Brahma Kumaris. We awarded Didi Santosh with the International “Simurg” Award for her contribution in the culture of peace and

humanity. The mission of the Brahma Kumaris is similar to what we are doing, which is promoting humanitarian safety and well-being of people through development of culture of the intellect and culture of the heart. Culture will save the world if we save culture.”