

Report on Sister Jaya's Visit to Los Angeles

In February, we had the privilege of having Sister Jaya and her yugal, Brother Uma with us in Los Angeles. Several programs were arranged for Sister Jaya to share her experiences and wisdom to the students in Los Angeles.

On February 23rd, we had a workshop titled ' Relationships: Turning Disappointments into Fulfillments' at Lamanda Public library in Pasadena. Attendees were mostly mothers and they learned the strategies of leading a better role at home, thus, improving a loving relationship and atmosphere at home. Sister Jaya conducted guided meditation and gave an interactive talk. Sister Vino did an activity where they were asked to write an appreciative letter to their loved one. The audiences became emotional as they were writing and they realized how much they appreciated and felt loved by their loved ones despite the differences they hold. Sister Jaya conducted an ending meditation and shared toli and blessings to everyone.



The second program was at Sindhi Temple where Sister Jaya gave Raja Yoga Meditation Course on February 25th & 26th. Many of the audiences were new students who had been following Awakening with Brahma Kumaris program for many years. They were exposed to the ultimate truth of 'Who Am I? , Who is God? , Where did I come from? and karma philosophy. They were also taught how to meditate with open eyes.



While the parents and young adults were attending the course at the main prayer hall of the temple, the children were attending a separate class on the first floor of the temple where they were taught activities on virtues.

The course ended on February 26th with sharing of experiences from the audiences along with toli and blessing. Sister Vino informed the details of the center location and the different Gita Patshalas that are held at different cities so the audiences can attend the ongoing murli classes held every week.

The next program was at BK Couple Shama and Ashok's residence in Diamond Bar on March 4th. The topic of the talk was 'Empowering Inner Powers to Design My Destiny'. Sister Jaya began the talk by meditation and gave a detailed sharing on the 8 powers of the soul and how to empower them. She also shared how to use these powers in our relationships and situations, thus, creating a beautiful destiny for one's self.