

DIWALI – Reigniting the Light Within

4th November 2017

Brahma Kumaris, Global Cooperation House, LONDON,
REPORT

With fireworks going off in the locality, Global House drew in many people to listen and share the message and spirit of Diwali. Over 350 attended and a further 155 joined in online.



An uplifting dance opened the programme followed by introductions led by two MC's **Philippa Blackman** an Award-winning documentary maker, and **Anila Dhami** an Award-winning Journalist, Presenter

At this time of year we become aware of the darkness as the earth tilts away from the sun and we begin the bleakness of winter. However no matter how much darkness there is in the world, there is the light within us.

We are all here to celebrate Diwali. One of the themes is 'coming home' and we see this in Sikhism, Hinduism and Jainism Deepawali in sanskrit means 'a row of lights'...and we are all sitting here as living deepaks!

Dadi Janki's video message followed:

Om shanti. Om shanti. Om shanti.

Why did I say om shanti three times? Because "Happy Diwali" takes us beyond any caste, colour, language, creed. What happens through that? East and West will become the best. Not that it will become, but it is becoming that now. Everything is wonderful with purity, peace, love and happiness. God, our Father says: Stay together, united as one, with one another with love and beyond any type of discrimination and what will emerge through everyone's lips. Happy Diwali. Happy Diwali. OK. Om shanti.



Roshni Kumar and **Nik Haddadi** shared what Diwali means to them:

'I wrote a story when I was 9.....boom bang, crackle, fizz....the house was lit up like a Christmas tree and the flames of the diva lamps on the window sills were dancing in the cool autumn wind.and now I'm 14 it has a new and profound meaning...that being light means being free of anything that pulls me down, being flexible and easy going and content'- Roshni

'I have been practising meditation since I was 15 and am now 26 and working for social inclusion. He then read a Sufi prayer by Rumi: Oh God grant me light in my heart, in front of me and behind me. Above and below me. In my ears, in my eyes. Light on my skin and in my hair. Oh God, increase my light everywhere..... This prayer reminds me of the deep yearning we all have'.- Nik

Philippa noted that many different religions have many festivals that include the celebration of light. For her this time of year has associations with candle processions and kindness.....or as a child 'we would celebrate light with turnips cut out with stars and create lanterns and create a procession outside in the dark, symbolizing the light within as we journey out.

Anila, coming from both a Hindu and Sikh background would celebrate Diwali within both traditions...with the coming together of family, eating special food, lighting up the house with lights. 'For me Diwali bridges the gap between these two traditions

and also between the gap as a British Indian. As bonfire night is at the same time and so much of the symbolism of light can link these cultural events together. Diwali is for the entire human race...whoever you are and wherever you are from'.



At this point **Sister Jayanti, European Director of Brahma Kumaris**, was invited to join the conversation: Below are the main points shared in the ensuing conversation between the three:

- ❖ Diwali is the reminder of this body being the clay vessel and the third eye, the eye of wisdom, being the tilak or eternal life of the soul. When the light within is awakened there can truly be a celebration.
- ❖ It is by journeying inwards in silence and meditation are we able to experience the understanding of who I am and see what is going on inside.
- ❖ When we go inside we can see how our thoughts, conscience and feelings all work together.
- ❖ When I can see what is going on inside myself I am able to come to peace, equanimity, love and joy and this is a sign of enlightenment.
- ❖ To see this within and consciously take this out into the world the first step is the awareness of who I am. So we see each other as beings of light and in this we have an eternal bond. However different are the cultural things and external symbols we surround ourselves with this inner connection is of deep love and respect.
- ❖ There could then be a celebration of the divinity of the human race.
- ❖ How do we cope with negative thoughts and survive and thrive within this world?
- ❖ In order to keep a fire burning it has to have fuel. We therefore have to make sure there is enough oil to keep the light within us ignited. I have to make sure that I recharge my own inner battery. Young or old, adult or working or student...I need to keep this light shining brightly inside to carry me through life.
- ❖ There are simple things that we can do: Start the day with time for yourself, to come back to the centre of my being and to connect with God and feel God's blessings, and love and power. This happens through meditation and silence.
- ❖ To create time for spiritual study daily and also in the evening to find time to audit the day: What can I do to change.
- ❖ If I give myself time, both morning and evening and allow my mind to become quiet and connect with inner peace I will keep the light bright within. This is the fuel.
- ❖ No one begins this journey and no one gets a free ride... there are always challenges.
- ❖ Is finding a life purpose important to keep this inner light lit? When there is a sincere awakening and I remember that I am the being inside, it begins to build up a relationship with the Supreme, with God. By remembering 'I am a child of God and nurturing this awareness with attention, then doors open up in unexpected way....and we begin to discover our life purpose....it is a gradual process in which we begin to understand more and more what is needed.
- ❖ We can begin to meditate and find our own inner treasures....as we go deeper into ourselves and find the true values that lie within us our life is transformed...then our mind becomes tuned to be able to understand and feel the presence of God.
- ❖ Meditate at 4amto come to the experience of the presence of God....meditate when the world is quiet and see what happens....

Everyone was invited to reflect and listen to siblings **Karishma** and **Deven Patel** who sang a beautiful duet song with rap, reminding everyone of our spiritual identity and that of God' *I am light, I am truth, I am unshakeable....with You behind me*'.



- ❖ In near death experiences we hear about God being the form of Light. The main purpose of everything that goes on in this house is to be able to connect with the Supreme who we also understand as light.....in form we are the same but in power there is a big big difference. The soul is limited in peace and purity but God the Supreme, the Ocean and the Source, has all the positive attributes. When this connection is made in yoga, in union then an awakening happens within us and we transform.
- ❖ Wisdom means to be able to change myself and then things will naturally change in my world.
- ❖ How much effort or will power is required to change one habit – say sugar? Yet here we are trying to change deep things.... Greed, attachment and we cannot do it on my own....It is only through God's intervention that this transformation can happen.
- ❖ We need to prepare through practise and come back to the inner stability of who I am. Then we can cope with all the changes in life. This is the unchangeable anchor and force of stability that can stay with us through situations.that practice reminds me...then in a crisis I will be guided as to what to do and where to go.
- ❖ Alongside this fairly ugly, dark world that is manifest there is also a spiritual renaissance with many awakening. This is hope for humanity as when one's inner light switches on then this can have an impact on 125 others.
- ❖ Meditation is becoming part of our language...conscience and consciousness. Science is now exploring the cutting edge of consciousness and how it works and what its impact is on matter.
- ❖ We have the tools to explore these things...positive psychology and how positive feelings be generated..all this is part of the process of awakening....
- ❖ Everywhere in the world there are groups meditating and it is a global phenomenon..in the darkest night the appearance of light and the dawn is once again happening.
- ❖ We will reach a tipping point and we are seeing a spiritual revolution. One person doing one act of kindness has a great domino effect.
- ❖ Looking at the struggle between the dark forces and the light today we could feel a bit hopeless. Yet it is not just the ancient myths it is also Harry Potter where we see the power of love and light. I believe in this implicitly and this is what keeps me here.
- ❖ What is ahead is the true celebration of Diwali...the conquest of Ram over Ravan. Ravan will be vanquished and Rama once again will return to his kingdom. It is a very natural phenomenon that after the night comes the day. At this moment we see the dawn and the light entering the world.
- ❖ We can keep going and striving when we know the original qualities of the soul are of beauty... we must trust this.
- ❖ What I focus on is the internal not the external. Originally the soul was pure and I want to clean it up and come back to it.. and rediscover my lost treasure.
- ❖ I am on a journey I have been on before and am retracing my steps.

Sister Jayanti guided everyone with a meditation to experience the presence of The Divine, and This light that surrounds this planet of ours...removing the pain and suffering and filling the world with truth, love and power once again.

After this conversation of the heart it was time to celebrate Diwali with many people who serve their communities were invited on stage to join in the candle lighting ceremony.



BK Ratan Thadhani and **Sister Jaymini** both shared their blessings as did **Mr Nitin Palan** from BAPS Swaminarayan temple.

The gathering on stage were then join by three young children performing a Diwali dance with great energy.

Both **Anila** and **Philippa** shared thanks with everyone for '*bringing your light and adding this to the beautiful light we have all created tonight*'. Toli, Calendars and blessings were shared with all.

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