

Dedicated to the International Yoga Day 2021



Easy Raja Yoga with Brahma Kumaris

Yoga for Healing

Health of the soul affects the health of the body, the quality of relationships, and life in general. Therefore, first you need to heal the soul, returning it to its original qualities such like purity, peace, happiness and wisdom. Conventional remedies are powerless here. Raja Yoga opens new approaches to the process of healing.



This topic has been discussed with experienced Raja Yoga practitioners on Sunday, 13th June'21 in Brahma Kumaris Centre in Moscow.



There were Sudha Didi, Director, Sister Tatiana, psychologist, Sister Olga, gymnastics coach in the open dialogue moderated by Sister Irina.

Healing the self:

Raja Yoga emphasizes on balanced way of living. First balance is the balance of soul and body. As is the awareness, so is the inner stage of the person, which affects all the spheres of life. Sisters shared their own examples: how changing the awareness helped them to cure the body totally. Sudha Didi conducted a powerful meditation on soul conscious stage.

Healing Relationships:

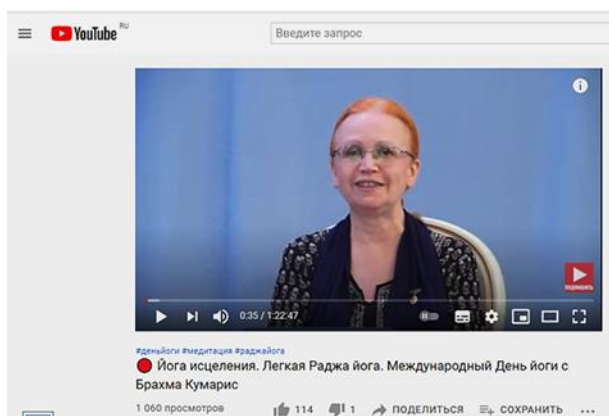
Raja Yoga guides to see the goodness in everyone, to have the attitude of cooperation instead of unhealthy competition, to teach by setting an example instead of preaching. This is what creates mutual respect and love. This finishes the very reasons of the conflicts. There were inspiring examples of successful

healing the relationships among older generation and youth with open conversations, positive thinking and practice of virtues.

Healing the Future:

For this we need to heal the past, take care of the present and create a healthy future. Here comes the role of God, the Supreme Father. He is Almighty, the Purifier, the Ocean of Love and the Ocean of Wisdom. This connection based on Knowledge and Love frees the soul from the burden of the past wrong actions and gives strength to conquer the vices. This is called the true healing of the soul.

Powerful meditation and practical suggestions were highly appreciated by those who have watched this live program on YouTube 4spirituality



https://www.youtube.com/watch?v=eb_VV9-OoF0&t=4383s

Let's continue to celebrate IYD together!