

A BK Washington, D.C. Update

Impact of Brother Dr. Mruthyunjaya's Visit to the U.S. Nation's Capital



Workshop and Recognition from U.S. Congressman Jamie Raskin

Br. Mruthyunjaya started his visit on August 8 by leading a workshop on "Letting Go of Ego and Living Authentically," live streamed on FaceBook and YouTube, and attended by over 70 participants. Br. Mruthyunjaya invited attendees to deeper reflections on healing one's thoughts pattern, building a community of "we" vs. of "I," understanding that "when I change, America can change," and how core values are required in everyone's heart. During the workshop, Br. Mruthyunjaya was also presented with a distinguished Special Congressional Recognition from high ranking and popular Congressman Jamie Raskin, for his dedication and service to promoting mental wellness, peace, and education, as the Executive Secretary of the Brahma Kumaris, and for his transformative work in establishing meditation programs for world leaders, youths, women, the environment and natural disasters.



Recognition for promoting mental wellness, peace, and education, and for transformative work in establishing meditation programs for world leaders, youths, women, the environment and natural disasters

Murli, Meeting with local leaders

Br. Mruthyunjaya started the next day, August 9, by conducting Murli, meeting privately with various Brahmans, and later meeting with several local leaders, including Rev. Sylvia Sumter (Senior Pastor of Unity Church, Washington), Rev. Paulette Pipe (Radio Host of Touching the Stillness), and Kevin Ross (Sr. Pastor).



Br. Mruthyunjaya meeting local spiritual leaders.

Washington, D.C.



Rakki

On the morning of August 10, Br. Mruthyunjaya taught a Murli class and later led the Rakki festivities at the Meditation Museum in Silver Spring, attended by over 90 Brahmans, from Maryland, Virginia, and the District of Columbia. It was the first time that BKs from the region all gathered in the Silver Spring Meditation Museum.

Lincoln Memorial Event

On the evening of August 10, Br. Mruthyunjaya was one of the keynote speakers at the "Stand Up For Humanity" event organized by Unity Church of Washington D.C., gathering hundreds of people on the reflecting pool grounds at the steps of the Lincoln Memorial. The event sought to promote a world that works for all by "raising the consciousness and vibrations on the planet," "embracing those qualities that serve the highest and best of our humanity," thereby hoping "that even one small act taken by an individual can make a difference and contribute to the positive uplift of humanity." The event featured speakers and singers including, International Award Winning singer Paul Luftenegger who sang a song that he had composed in Madhuban, spiritual leader Rev. Michael Beckwith, and Sr. Pastor Kevin Ross. During his address, Br. Mruthyunjaya spoke about the importance of "Eastern Values and Non-Violence" at this time in the country, showing how core values are critical at this time. People attending the event held up signs with messages of peace and unity, one sign specifically stating "We Are One People - #Universal Love."



Donation of Recreational Vehicle

As a result of Br. Mruthyunjaya's visit, the Meditation Museum was gifted with a recreational vehicle (RV) that will help to spread the message of Raja Yoga meditation throughout the country.

