

## 50 Golden Years of Godly Services In Hong Kong. A Synopsis Of Golden Jubilee Programs.

Hong Kong's journey of Godly services has reached a milestone by completing **50 Golden Years** (1971 – 2021). On this auspicious occasion, the Raja Yoga Centres in Hong Kong embarked on an ambitious plan to conduct multiple programs that would help spread Godly knowledge to all parts of Hong Kong.

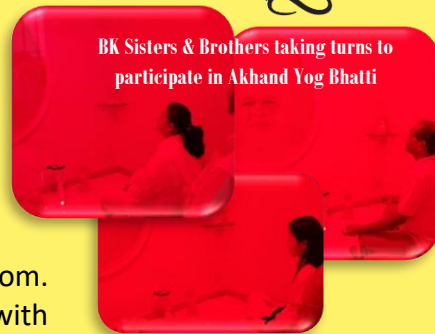
Thanks to BapDada, we have been able to complete Round 1 of the planned programs. This saw the following unique programs being conducted to fortify Baba's power in Hong Kong. Here is a synopsis.

### 1. 50-hours Akhand Yog Bhatti (Uninterrupted Meditation Session)

To prepare the ground for a powerful Golden Jubilee celebrations, the Raja Yoga Centres decided to flag-off the events by building inner power through a 50-hours Uninterrupted Meditation Session that was conducted in-person at the premises of the Kowloon Centre. Members of the Brahmin family came together to take turns in seated meditation in Baba's room. This ensured the 50-years completion event started with BapDada's Blessings.



BK Sisters & Brothers taking turns to participate in Akhand Yog Bhatti



### 2. Unique Grand Diwali Celebrations



BK Teachers and members of the Brahmin family holding up a "OM SHANTI" alphabetical light



Pandav Group with Teacher during Diwali



Diwali Lamp Lighting at BK Centre which is decorated like Golden Age.

Given the momentous milestone completion, this year the Spiritual Diwali celebration was held in two parts. One part was held outside the centre – at a well-known school in Hong Kong. The program, conducted with grand fervor had a mix of meditation, cultural programs from various parts of the world, spiritual games and distribution of Blessings and Toli. The icing on the cake was the entire Brahmin family coming together to partake the Brahma Bhojan (food prepared spiritually).

The second part of the Diwali celebration was held at the Centre, which was decorated as Golden Age. There was lighting of the lamp (diya) and Maha Bhog offered to Baba.

### 3. Offering of Maha Bhog (Grand Spiritual Food) to Baba

The actual day on which 50 years of Godly service was completed in Hong Kong, a very special Bhog was offered to Baba. More than 50 varieties of Bhog was prepared for this. The Brahmin Family came together in a big manner in the premises of the Kowloon Centre to participate in offering of this special Bhog. Sachets of each of the Bhog varieties were packaged in a grand pack given to each member of the Brahmin family.



BK Teacher & Senior Sisters offering Maha Bhog.



More than 50 items prepared for Maha Bhog.



### 4. Pledge to God



On one of the SathGuruVaar days (Thursday of the True Guru), each member of the Brahmin family was invited to write a pledge to Baba to reiterate their resolve of self-transformation. Each pledge was then decorated on the Centre's wall as rays emanating from Shiv Baba. This plaque of spiritual pledge will remain on the wall for a year as a reminder to Baba's children.

### 5. School Community Outreach



One of the schools invited the Raja Yoga Centre to conduct a Meditation session and an introduction to spiritual lifestyle. This was a part of the community outreach program of the Raja Yoga Centre. Targeted mainly towards the parents of school children, this program presented a holistic lifestyle that integrates spirituality, health, family and professional lives. The program was received well by the school community.



## 6. Women Empowerment Session



Women being a key part of human society, the Raja Yoga Centre conducted a program of bringing the women from Hong Kong's local communities into a session for Women Empowerment. With the theme "Women As Motivators & Driving Force of Society", the program highlighted the unique role women play in sustaining their families and also professionally – basically society as a whole. There was reiteration of the fact that women represent Shakti – the feminine force behind world transformation and sustenance.

## 7. Peace Cycle Rally



A key location in Hong Kong was chosen for a Cycle Rally. Members of the Brahmin family, riding bicycles, spread out to cover the area and promote Baba's message. Flyers about Raja Yoga Meditation were distributed to several people of the local community which consisted of people of Hong Kong as well as expats. During the rally, soft spiritual music was also played to draw people's attention.



Spreading Baba's Message in Peace Cycle Rally



## 8. Spiritual Ferry Ride To Bless The 5 Elements



Ferries are an important mode of public transport in the ecosystem of Hong Kong. The Brahmin Family of the Raja Yoga Centres embarked on this spiritual trip on water. The main objective of the Ferry ride was to bring Baba's healing energy (Sakash) to the 5 elements. In addition, the trip also achieved promoting Baba's presence among fellow-passengers in the ferry, what with the Brahmin family looking like a group of Angels dawned in white.

## 9. Moonlight Meditation



In one of the beach towns in Hong Kong, Brahmin family members gathered for a Moonlight Meditation session, as a unique way of promoting spiritual practices. There was also the aim to bless the 5 elements, hence the reason for conducting this near a large water body. With recorded meditation commentary audio played out on a speaker, this 1-hour session created an energized atmosphere in that location. Many people from the local community were attracted towards this session.



## 10. Domestic Helpers Gratitude Session



In Hong Kong, Domestic Helpers are a key support to the society. Hailing from various countries, these helpers usually embark on a life of sacrifice where they separate from their families to come work in Hong Kong, for better income, to improve their family's financial situation. The Raja Yoga Centre recognizes this aspect of society, so we conducted a program dedicated to the Domestic Helpers. The session appreciated the helpers and introduced them to a self-empowered lifestyle which can sustain their inner happiness.

They were welcomed to visit the Raja Yoga Centre frequently and take advantage of various programs that are conducted for continued sustenance.

## 11. Guided Pre-Murli Meditation for 21 Days



Usually, to prepare the ground to receive Baba's Murli, a pre-Murli meditation is conducted with some music or Baba's song played. However, the Raja Yoga Centres in Hong Kong during this momentous period wanted to try out guided meditation before Murli. The Brahmin family members shared that they had a wonderful experience of reaching a powerful state before the Murli was read, which enabled them to grasp a lot more of what was said in the Murli.



## 12. The Christmas of Baba's Knowledge



Christmas family gathering, Senior BK Sister as Santa and Baba's songs sung as a Choir.

This year, the uniqueness of the Christmas celebration was that a parallel was drawn between the knowledge in the Bible and Baba's knowledge. It was shown how Baba's knowledge maps on to the various aspects of Christmas like the Christmas tree, Santa Claus, timing of Christmas, etc. At the same time as it was interesting, the Brahmin family members got to understand how to relate Baba's knowledge to their Christian acquaintances – a valuable skill during Confluence Age.

## 13. Dussehra With Community from Nepal



To celebrate their biggest festival, the Nepali BK community of Hong Kong came-together on Dussehra. Conducted at the Kowloon premises of the Raja Yoga Centre, the key highlight of the session was a discourse on the significance of this festival in Nepal, where it is called Dashain which celebrates the victory of good over evil. It is believed that on this day the Goddess Durga defeated the demon Mahishasura. The spiritual significance associated with this belief was discussed during the BK event.



BK Teacher Explaining significance of Dussehra.



Nepali Group with BK Teacher during Dussehra

