

The San Francisco Brahma Kumaris Center hosted the India Independence Day Celebration, 'Inner Freedom,' on Thursday, August 11, 2022, the auspicious day of Raksha Bandhan.

[\(Video of some glimpses of the event.\)](#)

The event was a beautiful blend of artistic expressions and insights of the cultural and spiritual values of India, such as peace, harmony, unity, strength and spirituality.

Sr. Hema explained that inner freedom can be attained when we have permanent happiness through the experience of our own innate qualities and the connection with the Divine Source. Total freedom comes when we become the masters of our own feelings and emotions.



Beautifully rendered Invocation Dance "Shanti Dhun" by Sr. Leena and the "Shanti-Shakti" song composed by Sue Govali and performed by the duos Sisters Elizabeth and Sue herself, added grace to the occasion.



Appreciative inquiries and reflections on courage and inner strength led by Sr. Kyoko helped participants to get in touch with their inner core. Questions asked to ponder on were: 1. Think of the time when you overcame a difficult situation. Describe the situation. 2. How did you feel at the time of overcoming it? 3. Looking back at your actions, what virtues or qualities did you gain from your experience? The small group discussions and the sharing by the entire audience brought meaningful and personal experience amongst the participants.



This activity segued into a contemplative “Link of Love” activity, symbolic of the Indian cultural tradition, Raksha Bandhan. Sr. Sukanya led a meditation commentary focused on seeing beauty of virtues in others followed by participants tying a Link of Love ribbon on each other’s wrists. It was a heart-warming experience for many.





Insightful thoughts were shared by two dignitaries:

Ms. Sally Mahe, senior consultant of the United Religions Initiative and a friend of Brahma Kumaris since the 90's and Dr. Sudarshan Kapoor, professor emeritus from California State University, Fresno who spoke through zoom.



The event ended with an experiential meditation commentary led by Sister Elizabeth and Sister Kyoko, playing the healing harp music.

Participants were elated as they received a rakhi with toli, blessing card and refreshments.



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