

St. Louis, Nashville and Des Moines Service News.

Public Rakhi event at St. Louis Office Space:

Saturday. August 30, 2022, 4:00-5:45 pm

The event commenced with a class on "Purity." Sister Priya talked on how to cultivate purity in thoughts, words, actions, attitude and vision. This was followed by meditation and the Rakhi ceremony, toli, blessings and take-away food. About 25 people attended the event.



Everyone was also given some reflective questions for a group discussion "How much good and bad words do you speak in a day?." "What are some of your negative comments you hold in your attitude?"



The Editor of West News Magazine also graced the event to learn more about the Brahma Kumaris and the work we do in the community. The magazine always publishes our local events regularly in their events column.



**Group Guided Meditation at St. Louis Office Space:
Tuesday, September 13, 2022, 6:30 - 7:15 pm**

Every first Tuesday. The Brahma Kumaris St. Louis meditation center holds group guided meditation session for both beginners and meditators. In the month of September, we had a group of 11 Photography students of Maryville University joining us with their Art professor.



Their project is to depict meditation in a art form. The professor wrote back mentioning that some of the students were moved with the meditation experience as it was their first meditation session and got new inspirations for their project. There were about 16 souls who attended the meditation session.



**Des Moines, Iowa Service News:
Raja Yoga Meditation Course at Mansi's Residence:
Saturday, September 17, 2022**

A small group of 7 students took the Raja Yoga Meditation course at Mansi's residence. They were connected to the St. Louis center through online classes and took benefit of the in-person course.



Participating in a Mela at Hindu Temple & Cultural Center of Iowa.

The Hindu Temple & Cultural Center of Iowa invited the Brahma Kumaris St. Louis to participate in the Temple Annual mela and meet the local community. Sister Priya meeting with the Temple organizers and board members.



There was also a brief session on “Benefits of Meditation” for a small group of people in the mela at the temple premises.



**Nashville, Tennessee Service News:
“The Art of Letting Go” session at Sri Ganesha Temple, Nashville:
Saturday, October 1, 2022, 1:00 - 2:45 pm**

Every year, the Sri Ganesha Temple of Nashville invites the Brahma Kumaris St. Louis to do classes at the temple premises to benefit the local community and the devotees.



There were about 40 souls who attended “The Art of Letting Go” workshop which had meditation, group discussion, reflective questions and Rakhi ceremony.

Everyone was inspired to make a promise when the Rakhi is tied and to practice it on a regular basis also.



**“Harmony in Relationships” Class at Harshiben’s Residence, Tennessee:
Sunday, October 2, 2022, 3:00 - 5:30 pm**

A group of 35 people gathered for the “Harmony in Relationships” class at Harshiben’s residence. She is a regular BK and invited Sister Priya of the Brahma Kumaris St. Louis to offer Baba’s knowledge to her relatives, friends and contacts.



Sister Priya spoke about the building blocks of relationships and how to let go of jealousy, disrespect, doubt in relationships with BK teachings. Rakhi was also tied to all the people who came inspiring them to follow one positive virtue in their lives. Everyone was given toli and blessings.



Om Shanti!