

**Bali Doctors Celebrate Indonesian Independence Day with vegetarian food and spiritual knowledge on August 8<sup>th</sup> , 2018 at Himalaya Gita Patshala, Denpasar, Bali.**

True independence can only be realized if one is truly free from vices and negativity. This was the topic that was taken up by B.K. Sister Janaki during a gathering of 50 doctors at the Himalaya Gita Patshala, Denpasar, Bali. The main emphasis was on the importance of knowing the true identity of the self and empowering the self with self-talk, meditation, introspection and contemplation. How the empowered soul can influence the karma and dharma of the soul in future was also explained. As doctors, it is vital for them to be soul consciousness and to treat patients with feelings of responsibility, maturity and soul love.

Also in the same way true independence of the country will depend on the elevated consciousness of the people. Therefore it is of vital importance that everyone learns to meditate. There was a brief Question and Answer session. All present were very much satisfied both with the vegetarian food as well as the talk.

Thank you seniors and family for all your kind support.

In Baba's Yaad

Bk. Janaki



Group photo of the gathering



Some Bk participants in the event seen with B.K Sister Janaki.



A section of the doctors.



Receiving toil and blessings