

International Day of Yoga at GCH

Introversion: What's going on in my mind...

Thursday 21st June 2018

REPORT

To honour and celebrate the 4th International Day of Yoga, initiated by Prime Minister of India, Narendra Modi and set up by the United Nations in 2014, Global Co-operation House hosted a special evening of sharing, conversation and Raja Yoga meditation.

There were over 50 present. Dadi Janki opened the programme with her pre-recorded video for IDY 2018, in which she encouraged everyone to take up Yoga for the mind, Raja Yoga, as well as doing yoga for the body.

BK Dipti Khatri welcomed everyone and invited **Mr A.S. Rajan, Minister of Coordination from the High Commission of India**, to speak. Mr Rajan, who is a meditator, greeted everyone and shared how important Yoga is to the world these days; to be able to put all the incessant demand of today's living on hold; to go off-line, to experience the joy of 'missing out' from social media and practise the art of yoga.



BK Balram Talreja, a teacher of yogasana, pranayama and meditation for the past 28 years, took the audience through some simple exercises to align the breathing and the body. This was a good start to the evening to help energise the audience after a long day at work.

There then followed a conversation between **BK Suman Kalra** and **BK Allan Schweitz**, facilitated by **BK Toots Beckett**. This explored how to access Raja Yoga and both speakers shared their personal experiences of this 'connection' and the impact it has on their thinking and feelings.

BK Allan shared how the pressures of today are huge and therefore a coping mechanism is required in our lives in order for us to remain happy. On introversion BK Allan shared that our inner calmness, coolness and happiness does not have to be exaggerated externally. With introversion we can start observing the self and check what's going on in our mind, and then realise that the worrying, stress, over-thinking is really irrelevant and does not help us. Once we realise we do not want to feel this way, we can change. Realisation is half the work done.



BK Suman shared that our mind can be either facing outwards or inwards. When facing outwards we are affected by what we see, what we hear, and smell etc. Everything outside affects us inside. But when the mind is facing inwards, we are not affected by the outside. BK Suman reminded us all of our original personality, in which there is the most beautiful amount of love, calm, wisdom, purity, good-will and complete cleanliness. The Divine is a figure of protection, and just as the ozone layer protects and allows us to feel secure and undisturbed, the Divine protects us also, and His love is like a balm to seal the cracks. BK Dipti thanked everyone and BK Suman finished with a powerful reflection meditation. END

