

The OM YOGA SHOW and MIND BODY SPIRIT SHOW at ALEXANDRA PALACE, LONDON

19th - 21st October 2018

BK Service Report

For the fourth year at Alexandra Palace this 'Two in One' Show attracted many people from London and beyond to all things esoteric and yogi! This year the word 'experience' was again to be heard all around the many stands, many 'retreats' were offered: both appeared to reflect the need of the time to experience something more, to be able to deal with the stresses of these times and to live holistic well-being.

The BK presence and offerings were appreciated by many and a large BK team, who came to serve from many centres, engaged people with a variety of activities. There were two BK areas **The Human Soul Connection and Raja Yoga Exhibition area** and for the first time **Glimpse of Goddesses** in the Mind Body Spirit Show hall and a large BK stand in the Om Yoga Show hall. The main area offered a **Meditation Space** and three popular activities: **Tree of Good Wishes, Emergency Optimist** and **Virtue Wheel** as well as the **BK Publications** outlet.

The Glimpse of Goddess area featured two live Devis adorned with various ornaments symbolising their inherent virtues and powers. Visitors were invited to pick a card with various virtues/powers attributed to a certain Goddess and engaged in a conversation about their equally inherent virtues and powers which can be experienced through Raja Yoga.



Many enjoyed participating in each of the activities and many more browsed our areas and chatted with BK's. 'Really enjoyed the connection. In the chaos of the show this experience brought me peace'.



By the end of the third day there were thousands of good wishes written on 'leaves' and tied up on the **Tree of Good Wishes**:

- *Love more, stay blessed 😊*
- *Less judgment, more understanding and compassion*

- *Be very kind to yourself and extra kind to others*



Alongside the Tree was **The Emergency Optimist activity** with BK's supporting people to create their own 'prescriptions' to help resolve a challenge they are facing in life with such "medicines" as Happy Heart Pills, a Highly Potent Laughter Tonic, Powers in the form of batteries and the gift of a meditation sheet for each person to take away:

- Spot on advice and helpful tips! I can't wait to try them!
- Very friendly, look forward to discovering more
- I appreciate that you took time to see me



At the **Meditation Space** the set was simple with a large picture of Shiv Baba as a focal point and Meditations were held on the hour and half hour. Some facilitators did short introductions and explanations and focused mainly on the experience through meditation whilst others wanted the participants to have a clear understanding before meditating. Each session had its own flow and rhythm. Some of the topics offered were Letting Go (very popular); Master your Thoughts and Feelings; Healing Relationships; Being before Doing and Connecting with God:



- Fantastic insight!
- Lovely and relaxing experience. Will come back again
- Really enjoyed my time. Learned something more today. Memorable visit.

- Beautiful! Felt my heart open. Thank you!!
 - So good, feel so relaxed
- Very refreshing to move beyond the body and mind
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The Virtue Wheel was one of the highlights of our areas, often with queues and many interested questions asked. Many people came to explore and benefited from the many books and products on sale at the **BK Publications Shop** and took the opportunity to inquire more about Raja Yoga.



The Human Soul Connection in the Mind Body Spirit hall engaged people to experience the power of drishti. The adjoining **Raja Yoga Exhibition area** offered deeper insight and understanding of the experienced through posters and a BK explaining them. Four yogis shared one minute of silent eye-contact with anyone who wished, and many were visibly moved by the experience:



- *Such an incredible and reconnecting experience. The energy transfer was so calming and transforming*
 - *I felt love and warmth in a very pure way, it was really special!*
 - *Beautiful soul connection – joy & warmth*
 - *Interesting experience, feel energised*

****ENDS****