



White Lotus
Meditation Centre

WHITE LOTUS MEDITATION CENTRE, ACCRA
GHANA

SEPTEMBER 9TH - 11TH 2019

Sr Jayanti's visit



PREPARED BY

BRAHMA KUMARIS GHANA

Monday 9th September 2019



Public programme
How to Ignite Your Spiritual
Light
Monday 9th September
6:30 pm to 8 pm

Aproximately 180 people were present at the Mikaddo Conference Centre in Osu Accra for this programme.

The evening began with slide shows accompanied by light, reflective music, followed by 2 dances ... one Indian dance and another contemporary dance

.Sr Jayanti touched on the triggers that bring people to the spiritual path stating that for her it was a matter of curiosity. For others it may be the feeling of emptiness or lack of attainment. But within each human being there is the knowledge of truth. We are continually learning, When I stop learning, I stop being able to see life as entertaining.

She asked the question; "How do we connect in a world that is divided?" She encouraged everyone to go on an inner journey. That is where we meet each other at the centre-point of values.

Tuesday 10th September 2019



Private programme
**ShivIndia Institute of
Management & Technology**
Tuesday 10th September
**Wisdom for Self
Empowerment**
10 am - 11:15 am.

A gathering of 70 students from the Electrical Department gathered to hear Sr Jayanti talk on the topic of Self-Empowerment. She encouraged the students to look deeper into themselves to realise you are more than just a name or a profession.



Private Gathering organised by Bindu & Ekta

The Real Victory- Conquering our own weaknesses and challenges

**Tuesday 10th September
3 pm - 4:15 pm**

60 invited guests attended this programme held on the terrace of a private home in Labone, Accra. Sr Jayanti said that the greatest weakness or challenge is that of attachment. There is always some element of sorrow attached to it. Sometimes because of the feeling that not enough attention is given. It is really love mixed with sorrow. When there is pure love there is no attachment.

She asked: "Can I emerge pure love within myself?" This can only happen when I have had a taste of it myself. Which means in connection with myself I am able to experience God's pure love and how the power of God's pure love is able to take away my sorrow.. That is, all the things I have been holding on to since childhood - infancy - to present time.

Wednesday 11th September 2019



Sr Jayanti visited the Indian High Commission in Accra, Ghana and was warmly welcomed by H.E. Mr. Birender Singh Yadav, High Commissioner of India to Ghana on 11th September, 2019.

Contact was even made with the resident yoga teacher to do combine course in yoga exercise and meditation.

Sr Jayanti met with a small group at the White Lotus Meditation Centre to share steps one can take to protect the self from negative energy. The group was of mainly ladies, but a few men were also present.

The theme of this late morning meeting was "How can you protect yourself from negative energy".



From 6 pm to 7:30 pm Sr Jayanti met with BKs and students of the creative meditation class at the BK centre. There were 57 present. The focus of the informal meeting was "Discovering My Fortune".

Sr Jayanti left for the airport shortly after this programme around 7:55 pm.

Thank you Baba for offering us such wonderful sustenance through this divine instrument.

Thank you Sr Jayanti for all the wisdom and your divine presence.