

Condition your thoughts for peace, says Dadi Janki



MUSCAT The Embassy of India, Muscat in association with Rajayoga Education and Research Foundation, organised a talk titled "Live more, worry less" by Dadi Janki, administrative head of Brahma Kumaris World Spiritual University (BKWSU) at the embassy auditorium on September 22.

Janki was in town to celebrate the International Day of Peace, observed every year on September 21, according to a press release issued by the embassy.

HE Anil Wadhwa, India's Ambassador to the Sultanate, while welcoming Dadi Janki and other sisters, said that in today's world when everybody is after material gains, the topic entitled "Live more, worry less" is more than apt. Wadhwa lauded Dadi Janki's efforts in spreading the message of love, brotherhood, peace, happiness and humility.

He said that worry accomplishes nothing worthwhile and leads to illness, fatigue, unhappiness and depression.

He later felicitated Dadi Janki with a bouquet.

In her talk, Dadi Janki dwelt on spiritual peace and said that "Once we learn to condition our thoughts all the problems will perish." She said that we should try to remain calm and refrain from anger, emphasising that we need to understand that peace is our religion, and when we allow the innate love within ourselves to flow, it automatically transcends our ego and ultimately helps us attain peace. The talk was attended by more than 300 persons.

Dadi Janki has dedicated more than 70 years of her life to the work of the BKWSU. After serving throughout India in the years following independence, she moved to London, UK, in 1974 and from there her vision and drive saw the organisation's teachings carried into more than 100 countries.

She is based in India since August 2007 at the headquarters of the BKWSU at Mt. Abu.