



WITH SRI SRI RAVISHANKAR, FOUNDER, ART OF LIVING

DRK's News Letter



Issue No: 7
November, 2016

Email: drkaarthikeyan@gmail.com

Website: www.goodgovernance.in
www.lifepositive.com

Colombia Thanks Sri Sri Ravishankar for bringing Peace

The Colombian Government and the Revolutionary Armed Forces of Colombia (FARC) signed a historic peace pact that ends a 52-year-old armed conflict. Playing an important role in the peace process was the Art of Living founder and humanitarian Sri Sri Ravi Shankar.

In recent months, the spiritual leader has made several trips to Cuba, Havana and Colombia, talking to both the parties, building trust between them. Sri Sri travelled to Cuba to meet the representatives of FARC, including the leader of the FARC-EP delegation, Ivan Marquez. His efforts resulted in a major breakthrough when the FARC

rebels announced a unilateral ceasefire.

The strife had taken the lives of 220,000 people and displaced more than 5 million.

The government and the rebels had been talking peace since 2012, and had reached agreements on land reforms and drug trade. But what was needed was the healing touch of a spiritual leader that addressed the core values of the peace process. President Juan Manuel Santos remembered, "I had the great joy of speaking with Sri Sri about his efforts to hopefully end an internal armed conflict that has

lasted more than 50 years. Later on, with my consent, he met in Hawana and Cuba with the negotiators of the FARC leaders to encourage them to follow the Gandhian principle of non-violence, and to cultivate the art of meditation and breathing."

Later, the peace pact has been signed. Sri Sri Ravi Shankar congratulated Juan Manuel



Sri Sri with President and Parliamentarians of Colombia



Sri Sri receiving Highest Colombian Civilian award

Santos, the Colombian President and Marcos Carratala, the Revolutionary Armed Forces of Colombia (FARC) negotiator for announcing a bilateral ceasefire.

Marquez acknowledged that Sri Sri's teachings about the Gandhian principle of non-violence inspired them. "With the help of Sri Sri, we have placed our spirit to achieve reconciliation and coexistence of a big and benevolent country, whose destiny can't be that of the war. The teachings of The Art of Living are essential to achieve a stable and long lasting peace."

The President of Colombia was awarded the Nobel Peace Prize 2016 for pursuing a deal to end 52 years of conflict with a leftist rebel group, the longest-running war in the Americas.

In recognition of Sri Sri Ravi Shankar's efforts, The Republic of Colombia awarded Sri Sri Ravi Shankar with the "Simón Bolívar Order," the highest civilian award, for his peace work and efforts in Colombia.

Incredible Ability through INTUITION PROCESS of Art of Living

I was amazed to see a 10 year

old, totally blind-folded young girl Anya reading and writing comfortably.

It was at the Art of Living Ashram in the presence of the renowned spiritual master Sri Sri Ravishankar Ji, founder of the world-wide Art of Living Foundation. I tested again and again and found the girl has developed the incredible capacity to also redraw and replicate words and images from a book, even while blindfolded.

She and her mother Deepali Muthanna explained that Anya developed the unique ability after doing the Intuition Process of Art of Living. They have given this statement to me in writing also.

It was explained that the Rishis in the ancient days (which is some 10,000 years ago) have described the atom. They have described how if one atom is destroyed, it destroys many other atoms. They have explained the connection and



With Sri Sri, Anya and Dr. SVB



With Anya, her mother and Intuition Teachers

the movement of atoms, and how the knowledge of one atom alone is so liberating.

This only indicates that there is another way to know things, which is not through the senses. There is what is called the sixth sense. Using the sixth sense, you can know many things about the past and the future.

I was told that in The Art of Living, a program for children has been developed to open up their sixth sense.

The Intuition Process is a simple yet powerful 2-day workshop which enables children to access and utilise their intuition. Everyone has intuition, but this workshop enables children to sharpen and deepen their intuition, and use it in everyday life.

Children's brain is fresh and they don't have inhibitions, so they access intuition quickly. Their mind is very still, they don't have much anger and heat. And they are not obsessed with this and

that. So they get it very quickly. This intuitive ability can be methodically accessed through meditation.

<http://www.artofliving.org/in-en/intuition-process>

International Day of Tolerance - Peace Park, Mumbai

The United Nations - UNESCO has launched a campaign to promote tolerance, respect and dignity across the world, by observing 16th November each

year as International Tolerance Day.

As Chairman of Unity in Diversity, India Chapter I was invited as Chief Guest at a solemn function at the Swami Muktanand Peace Park, beautifully maintained by the Santacruz Centre of the world-wide Brahmakumaris movement.

At the well organized and very well attended function organized by Global Dialogue Foundation – Unity in Diversity in collaboration with the UNAOC (United Nations Alliance of Civilizations) and the Shahani Group, representatives of various traditions participated in the Panel Discussion on the "Gems of All Faiths".

Ms. Maya Shahani, Chairperson of Global Dialogue Foundation and eminent representatives of various religions quoted from the scriptures to emphasize on the Unity in Diversity of various traditions.





With Maya Shahani and panellists at the International Day of Tolerance

In my concluding address as Chief Guest, I emphasized that mere tolerance is not enough, we should develop understanding, appreciation and respect for other forms of worship. Otherwise the growing intolerance and religious fundamentalism may result in destruction of all that is created by the Divine, due to the increasing violence and threat of nuclear weapons and weapons of mass destruction.

I also pointed out that there can be only one Divine, the creator of all that exists in this universe, by whatever name and form we may worship in different places of worship. And all religions accept that Divine Creator to be all powerful and all merciful.

Like a good gardener who likes to cultivate, grow and enjoy variety of plants and flowers, the Divine also likes diversity and thus various religions are allowed to be born at different points of history at different places, depending upon the need of the times.

The panelists and the audience agreed with me when I concluded, "Paths are many but the goal is the same – the goal of the many religions also is the same – spirituality and realizing the full potential of divinity inherent in each human being, whatever be their religion, colour, language, culture or caste".

3,500 years of tragedy and triumph - ISRAEL

The Embassy of Israel, New Delhi and Simon Wiesenthal Center" of Los Angeles, USA invited me to participate in the inauguration of "People Book Land", a special exhibition.

The Exhibition was co-sponsored by the UN, Israel, USA, and Canada. It celebrated the incredible story of the Jewish people's love and commitment to its land and values.

The large panels told the story of 3,500 years of Judaism from the time of Abraham to the technology of modern Israel, "the Startup Nation".

It encompasses 3,500 years of tragedy, triumph, and the miraculous return to Zion (Land of Israel).



DRK Addressing - with Rabbi Cooper, US Amb. Mr. Daniel Carmon, Israeli Ambassador Mr. Richard Verma, Canadian Dy.HC Mr. Jess Dutton



With Amb. Mr. Richard Verma, Israeli Amb. Mr. Daniel Carmon, Mr. Jess Dutton, the Deputy High Commissioner of Canada, Rabbi Cooper – Inaugurating the exhibition

The exhibition held at the Indira Gandhi National Centre For The Arts, was addressed by the USA Ambassador Mr. Richard Verma, the Israeli Ambassador Mr. Daniel Carmon and Mr. Jess Dutton, the Deputy High Commissioner of Canada, Dr. Satchidanand Joshi, Member Secretary, Indira Gandhi National Centre for the Arts besides the host Rabbi Abraham Cooper, Associate Dean, Simon Wiesenthal Center, USA.

In my address I recalled my visit to the Museum of Tolerance at Los Angeles and my three visits to Israel where I admired the resilience, hardwork and dynamism of the people achieving innovation and excellence in a vast area of activities including agriculture, water, technology, aeronautics, environment, physical security, intelligence and digital security. I explained how I could visit at Jerusalem, Bethlehem and Haifa – (Acre) Akko - all the sacred places of not only Christianity,

Judaism and Bhai religions, but even the Al-Aqsa Mosque, popularly known as the Dome of the Rock, where non-Muslims are not allowed entry.

This exhibition was found to be of great value by all those interested in Jewish history and those who wanted to know more about one of India's most valued partners in many spheres.

Silver Jubilee of Global Hospital of Brahmakumaris at Mt. Abu

25 years back there was no hospital at Mt. Abu, which served as the only hill station for the States of Rajasthan and Gujarat. The residents mostly tribals living on the hills and tourists had no access to modern medical treatment.

At that time the Brahmakumaris Movement which had made Abu its headquarters after shifting from Pakistan, made the beginning of what now has grown into a multi-specialty modern hospital. The moving spirit was Rajayogi BK Nirwair, ably supported by Dr. Partap Midha, and with the blessings of the then chief of the world-wide spiritual organization, Rajayogini Dadi Prakashmani Ji.

In my speech as Chief Guest at the closing ceremony, I recalled my visits along with Dr. APJ





At the Silver Jubilee of BK Hospital with Rajayogi BK Nirwair

Abdul Kalam, when he was Scientific Advisor to the Ministry of Defence. With the blessings of the government, a successful experiment was carried on at the Global Hospital on reversal and healing of heart diseases by change in lifestyle and practicing meditation along with medication. This was after the successful similar experiments done by doctor Dean Ornish in USA, resulting in his best seller book "Reversing Heart Disease".

The 120 bedded hospital is in the forefront of introducing "holistic" and "spiritual" approaches in modern medicine and holistic health care through medical research and outreach projects. The staff members create an environment of peace and positivity through daily contemplative practices.

At this hospital no patient is sent away without treatment, for want of ability to pay even the nominal charges.

Dadi BK Janki at 101 - active and cheerful

During my brief stay at Abu, I had a surprise call to meet the 101 year old Rajyogini Dadi Janki, the Chief of the worldwide socio, spiritual movement Brahmakumaris.

The 80 year old BK movement has 8500 centres in as many as 130 countries. The headquarters is the sprawling campus at Mt. Abu and Abu Road. Under her inspiring leadership, the movement enjoying the consultancy status with UNESCO as Peace Messenger, has been functioning very efficiently and growing all over the world.

Dadi was relaxed and cheerful, made me sit by her side, held my hands and asked me "where is the ring". I was taken aback surprised and asked her if she still remembered the ring personally put on my finger by her 7 years back.

(When my dear wife Kala left the planet earth seven years back, Dadi had consoled me by explaining the reality of the Atma continues its journey, asked me to "donate" my



Receiving a ring of blessings from 101 year old Dadi Janki, Chief of B.K.s



Address by Dada J.P. Vaswani

“dhukka” (sorrow) to her and placed a ring on my finger).

She asked me again where is the ring? I could not answer as I have always felt it uncomfortable to wear ring and stopped wearing it after a few days.

She got some more rings and put on my finger a ring which fitted nicely and said I should wear the ring and live in the reality of the situation.

I was moved by her compassion, love, affection and care to still remember that 7 year old episode at the age of 101, even though she keeps meeting several hundreds everyday all over the world.

“If you want to be happy, make others happy”

So proclaimed the 98 year old humanitarian, spiritual master Dada J.P. Vaswani. He said so at a discourse delivered to the enthusiastic and applauding

audience at the Satsang organized by me as President of the Foundation for Peace, Harmony and Good Governance and Sadhu Vaswani Foundation.

Visiting Delhi after three years he had very busy time in Delhi including meeting the Prime Minister, various religious leaders, media and the students.

Addressing the Delhi admirers after more than three years, Dada Ji emphasized upon certain traits to be developed.

Dada said “never give up on yourself, every fall is a gift; it is a glorious opportunity. It depends on the way we view the experiences we get. If we regard failure as a stepping stone, then we can walk over it instead of being pulled down”.

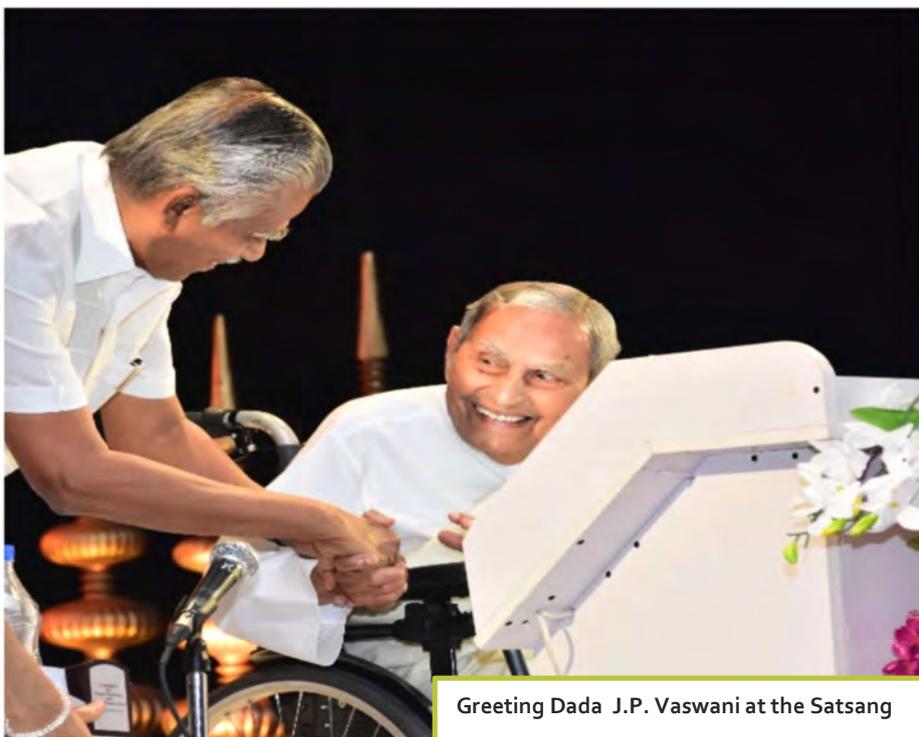
About his favourite prayer “thank you god! thank you god! If we repeat just this prayer 100,000 times everyday, there will be no need for any other prayer”.

Resistance always leads to negativity. If we practice acceptance new avenues will open up for us at every step.

To the school children, he said with a smile “you will have to pay a two fold price – one is to think



Blessings from Dada J.P. Vaswani



Greeting Dada J.P. Vaswani at the Satsang

“The fruit of silence is Prayer
 The fruit of Prayer is faith
 The fruit of faith is love
 The fruit of love is Service
 The fruit of service is Peace”
 - Mother Theresa

There are hundreds
 Of languages in the
 World, but a smile
 Speaks them all

of yourselves as children of God which will prevent you from doing any wrong; second is to go out and help others”.

“When we enter the kingdom of God, all we are asked is how many people did we toil and sacrifice for”.

He told the Prime Minister “for every problem the solution is education. The only thing is that it has to be the right kind of education, which can proceed to change the world, country and the home. But this education has to start from the home. When a child is born, the first teacher is the mother. So, if the mother is trained correctly, the whole nation can be transformed. If you want to effectively bring about change, start with the education meted out to our children. For this we need to train our hearts.

Tolerance is a commitment 'to seek in our diversity the bonds that unite humanity' - UN

If there is righteousness in the heart, there will be beauty in character; if there is beauty in character, there will be harmony in the home; if there is harmony in the home, there will be order in the nation; if there is order in the nation, there will be Peace in the World. – Dr. APJ Abdul Kalam