

Dear Sisters and Brothers,

Om shanti. This is to let you know of a special service that took place in Scotland, UK. Sister Kathryn, who is Baba's representative on the Scottish Interfaith Council, had the opportunity to share a five minute meditation on 13th February 2002 at the Scottish Parliament, closing with a minutes silence in memory of HRH The Princess Margaret who left the body a few days before. All 128 Scottish MPs were present and the public gallery was also full, as there was a controversial debate on the fox hunting bill for Scotland happening at the time. The House listened with pin drop silence. Below is a transcript of the meditation.

With love,
in Baba's yaad,

BK Jayanti

MEDITATION HELD IN THE SCOTTISH PARLIAMENT on 13th February 2002

Om Shanti - this is a greeting of peace. Om means: I am a soul, and shanti means: my original nature is peace.

Peace is a great gift and one that everyone is looking for or is striving to keep, either within the self, in the home and within the family, on the street or in our world in general. Sometimes we can feel a little hopeless not knowing what to do to bring peace into our relations, but each and everyone of us can start by making ourselves peaceful. The Scottish Parliament has created this time for reflection and it is such a wonderful opportunity to use these few moments to reconnect with the peace that lies below the surface of feelings and emotions, the peace that lies within and to experience the peace that comes from a connection with the Supreme Soul, God.

Please join me on this journey inwards:

Sit comfortably in your chair,
allowing each muscle to relax,
as if all your weight is sinking into the chair.
For these few moments there is nothing you have to do,
nowhere you have to go,
so allow yourself to be here in the present.
Using the eye of your mind
imagine a shining spark of light,
radiating in the centre of the forehead,
the place where thoughts come from,
this is the position of I, the soul,
and the true nature of the soul is peace, love and truth.

I now choose to create a thought of peace
and allow that feeling to flow through my whole being
like a soothing balm that then spreads out into the atmosphere.
I hold onto that thought,
I enjoy the feeling of peace.
And now I allow my mind to reach out
towards the Supreme Soul, God,
the source of all treasures of peace, love and truth,
and from this place of peace
I realise that this is what I the soul am,
a being of peace,
this is my true nature.

When I remember this I become aware of the power of my thinking and that
When I sow a thought, I reap a feeling
When I sow a feeling, I reap a word or an action
When I sow a word or an action, I reap my character
When I sow my character, I reap my destiny.

This power of thinking is the greatest power that I have
and therefore I must learn to keep my mind peaceful,
as it is from this position of peace
that I am then able to experience the vibrations of peace and love
that flow from the Supreme Soul, God.
This is the source of all powers that I need to sustain me throughout the day.

Let us stay in this inner atmosphere of peace and send vibrations of peace, sympathy and love to
soul of H.R.H The Princess Margaret and to all members of the Royal Family.

Om Shanti

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