



## News from Moscow, Russia

His Excellency Mr. Vinay Kumar, Ambassador of India to the Russian Federation, and Mrs. Iona Sinha, First Lady of the Indian Embassy, visited for the first time the Brahma Kumaris Center in Moscow.

After being recently designated as the Ambassador of India to the Russian Federation, His Excellency Mr. Vinay Kumar and Mrs. Iona Sinha, First Lady of the Indian Embassy visited the Brahma Kumaris Centre, Moscow.

Vinay Kumar ji expressed his feelings in the following words:

*"It has been my great privilege and happiness to visit the Brahma Kumaris Centre in Moscow. The centre is doing divine work to awaken His power in the human beings. The energy field obtaining here can be felt by all visitors, not only those residing or practicing here. I am so happy to have had this opportunity to visit the Centre and interact with teachers and students. The Embassy of India in Moscow will continue to collaborate and cooperate with the Centre in spread of the ancient wisdom of our Rishis."*

*Vinay Kumar, Ambassador of India  
Moscow, 14 July 2024*

**His Excellency Mr. Vinay Kumar**, Ambassador of India to the Russian Federation, and **Mrs. Iona Sinha**, First Lady of the Indian Embassy, visited for the first time the Brahma Kumaris Center in Moscow. The honoured guests were warmly received by **Didi Sudha** and **Dr. Vijay Kumar**.



### Part 1

## KARVAI – The Russian Hospitality

According to the Russian tradition, upon arrival, the guests were offered a loaf - round bread, which symbolizes abundance, prosperity and success. As Spiritual Knowledge says, the success of any task depends on the quality of our thoughts. Therefore, in Russia in all Brahma Kumaris centers, there is a good tradition to start any task or meeting with the creation of powerful positive thoughts, or with meditation, which helps to maintain a positive attitude.



## Part 2 Meditation

Sh. Vinay Kumar ji and Smt. Iona Sinha ji are the lovers of silence.

The Moscow Center has several rooms for meditation. The guests visited the Meditation room "POINT" where they could feel the real peace, tranquility and harmony. Meditation continued for some time with a beautiful song on peace - 'Peace in the world is established with the power of inner peace....'. Guests did not want to break the Deep Silence created by the Yogis!

## Part 3 Meeting with programme coordinators



Meeting with programme coordinators took place in the Conference room. Programme coordinators meet regularly to discuss service plans and current issues. *Mr. Vinay Kumar* attended one such regular meeting during his visit. *BK Irina Lemberg* introduced him to the actively engaged coordinators in educational activities, organizing events for various groups of the population - society, programs for the regular students and so on. *The Ambassador* stressed the need for spiritual enlightenment in modern society and expressed gratitude to all the organisers for their efforts and dedication to the noble task.

*The Ambassador* briefed the coordinators with the following statements:

*"... We have forgotten the other aspect of life – inner world. Despite all the comforts, all the advancements, all technological and scientific achievements, human happiness is still missing. ... I am really grateful to all of you that you have dedicated your life to help people to see that while living in comfort, in material prosperity, there is still something that is missing. You enable people to fulfil this need of spiritual happiness. You know, understand and help people to get spiritual experience.*



After all, everything – both inner or outward – comes from one source. And we no more talk about conquering nature or controlling nature. But basically, we speak about living in harmony. ...I am grateful that sister Sudha gave her consent to conduct the 5 days course on spiritual themes for my colleagues at the Embassy. Though they are from India, they may not know the depths of spirituality.

The Ambassador continued: We always wish to collaborate at festivals. It is a nice combination of energy and space which is created at festivals. The celebration of these festivals is not just for singing, dancing and eating good food, but you can feel on a deeper level what are the roots that sustain life. So, I look forward to that cooperation - so that such events can be filled with spiritual meaning. (applause)

Further Didi Sudha invited the Ambassador along with family to celebrate Raksha Bandhan festival at the Centre. With great pleasure he accepted the invitation.

## Part 4

### A tour of the building and watching a film in the main hall



After the meeting with the programme coordinators, a short tour of the building of the Brahma Kumaris Center, which bears the inspiring name "Mayak Mira - Lighthouse of Peace", took place. The guests were shown meeting rooms, offices, a classroom for children and, most importantly, a large hall where all important events take place. A demonstration of the part of a BK film took place on the big screen, in which it was vividly shown that *the main cause of all the problems of the modern world is lack of spiritual strength, which can only be filled through connection with God, the Source of all powers. He is the greatest reformer in the history of mankind.*



## Part 5

### Meeting with new students



The mission of the Spiritual University is to help people transform themselves by being filled with spiritual power. Some have been following this path for a long time. Some are at the very beginning of the road. Special programs are organised for new students, where there is always an opportunity to clarify emerging issues, learn from the experience of elders and devote more time to spiritual practice.

A retreat was held at the Center for those who had only recently joined the University after taking the introductory course. It was a good opportunity for the new students to meet the Ambassador.

*Mr. Vinay Kumar expressed his good wishes to the new students:*

*«Now whatever you feel and contemplate upon either with your mind or heart – it is like planting a new sapling. And it is necessary for a few months to keep it protected. So that the cyclone of the world does not uproot it. Once a sprout becomes a tree then nothing will affect you. Before the problem comes you know the solution. My best wishes to all of you».*

## Part 6

### Inaugurating the studio “Pure Vision”

A remarkable event took place during the visit of the Ambassador: there was the inauguration of the Telestudio “Pure Vision”. Mr. Vinay Kumar is sharing his inspiration:

*(“... In this field also we do not have to believe anything, we do not have to accept anything on its face value. We have just to go through the process and feel within what happens and then come to the conclusion that it works. In modern times this is precisely the way in which the teachings, the practices of Brahma Kumaris are taught to us. And I hope that not only those who are listening will practice themselves but also encourage the friends and the circle that they are living in to experiment with it, to learn it and then to practice it and see the result how the life changes, how fulfilling, how contented, how blissful, joyful the life can become.)*



*My best wishes to all those who are practicing and my appeal to all others who are listening to come to it, to practice it. Learn the techniques and see the benefits. Thank you. Om Shanti.*

The Ambassador shared his good wishes for the studio:

*... With the excellent technology and competent people I am very sure that this studio will fulfill its purpose for which it was created. That is to spread knowledge through the modern technology giving outreach that it can have in this age of Internet and online information.*

*(The techniques will enable this knowledge to spread wide and far and much larger population including those who are not able to come – to get them to benefit and encourage them to surmount the difficulties and actually come to this spiritual space to feel themselves how valuable it is for us. So I wish Valery and all your colleagues great success in spreading this knowledge”).*



Guests were also taken to the History Hall where Sudha Didi explained about how the establishment of Brahma Kumaris took place in 1936. The visit took place in an atmosphere of friendship and lightness and the hearts of all the participants were filled with the light of pure feelings and good wishes. And all are looking forward to greater cooperation and bigger projects for the benefit of society. Vinay Kumar ji and family took warm farewell from the divine family.

