

ONE World Humanity

A SHRI RAM CHANDRA MISSION PUBLICATION



INTERNATIONAL DAY OF YOGA 1

On Sept. 21, 2017, the Shri Ram Chandra Mission sponsored programs on Heartfulness Meditation – a form of raja yoga – at locations around the world. On Yoga Day we offer people the experience of inner peace and balance in community with others.



ONE WORLD ONE HUMANITY... seeks to raise awareness of the United Nations, and the role of Shri Ram Chandra Mission in supporting the principles and goals set out in the U.N. Charter.



PEACE DAY 4

It has become a tradition that on the twenty-first of September, International Day of Peace, the UN Secretary General rings the Peace Bell on the grounds of the United Nations headquarters in New York City.



UNITED NATION'S INTERNATIONAL YOUTH DAY 6

In commemoration of the United Nation's International Youth Day, the Shri Ram Chandra Mission sponsors an essay-writing competition with the UN's Information Centre for India and Bhutan.

International Day of Yoga

The United Nations has designated June 21 as the International Day of Yoga.

Yoga is a Sanskrit word that translates as yoke, or union.

Today yoga has been popularized as a physical discipline. But in the ancient yogic traditions all forms of yoga practice were in the service of integrating mind, body and spirit.

In this tradition of yoga, the goal is to realize peace and balance; to experience a sense of oneness and unity.

On Sept. 21, 2017, the Shri Ram Chandra Mission sponsored programs on Heartfulness Meditation – a form of raja yoga – at locations around the world.

We came together in shared spaces – in parks, plazas, town squares, conference rooms and theaters, shopping malls, yoga studios, open fields – to meditate, in silence, upon the heart.

On Yoga Day we offer people the experience of inner peace and balance in community with others.



United Nations logo for the 2017 International Day of Yoga. Credit: UN Photo

Solitude and communion



Students participated in a meditation program at the Government Adarsh Senior Secondary School in Morkhana Village, Rajasthan, India



The I.T.S Dental College in Ghaziabad, Uttar Pradesh, India, provided programs on various forms of yoga -- including meditation -- for students, faculty and staff.



The Hindu Society of Central Florida (USA) hosted a public event in Casselberry, Florida, that provided an overview of yoga and the practice of Heartfulness Meditation.



The Embassy of India in Washington D.C. held a Yoga Day program on June 21, 2017, at the National Mall. The Heartfulness Institute was one of the partner organizations that sponsored the event.



A Yoga Day meditation class was conducted at Sacred Heart College, in Tirupattur, Tamil Nadu, India.



Residents of the Gulmohar Greens Society at a group meditation session held on International Day of Yoga at a housing complex in Ghaziabad, Uttar Pradesh, India.



The Organic People Market in Moscow, Russia, offered more than 50 yoga, meditation and qigong classes on International Day of Yoga 2017.



Residents of Mystic, Connecticut, USA, commemorated International Day of Yoga in 2017 by providing relaxation and meditation session in Mystic River Park.



A moment of meditation and peace at the International Yoga Day celebrations at Krasnaya Presnya park in Moscow, Russia.



Participants in Yoga Day forum in New York City hosted by the Committee on International Day of Yoga at the United Nations (SRCM is represented on the Committee). Featured presenters were BK Shiva, a meditation teacher with Brahma Kumaris (second from right) and Bruce Lipton, author of *The Biology of Belief* (third from right). Internationally acclaimed singer Paul Luftenegger performed (third from left).

Peace Day

It has become a tradition that on the twenty-first of September, International Day of Peace, the UN Secretary General rings the Peace Bell on the grounds of the United Nations headquarters in New York City.

In 2001 the General Assembly designated Sept. 21 as International Day of Peace – a day of “global cease fire and nonviolence.” The UN resolution also calls on the people of the world to engage in “peace education.”

The Peace Bell – a gift from the United Nations Association of Japan – was cast from coins donated by children around the world.

An inscription on the bell reads, “Long live absolute peace.”

In commemorating Peace Day, we seek to hasten the evolution of peace -- from cease fire to absolute peace.



The Japanese Peace Bell, located in the area north of the Secretariat Building at United Nations Headquarters. Credit: UN Photo



More than 40 people gathered on Peace Day at the Palisades Mall in New York (USA) for a presentation on contemplative practice as a means of promoting social justice and world peace. The program concluded with a guided relaxation and a group meditation.



In Hyderabad, India (in the state of Telangana) more than 300 persons participated in a guided relaxation exercise on International Peace Day. Representatives of Heartfulness Meditation Centers set up booths where passersby could participate in the exercise by sitting comfortably and slipping on a set of headphones.



Seekers of peace gather every year, on Sept. 21, at the Peace Sanctuary in Mystic, Connecticut, USA.

Participants learn about the Sanctuary and are offered an introduction to Heartfulness Meditation



On International Peace Day 2017, teachers at the Children Academy School in Vijay Nagar, Ghaziabad, India, explored the use of Heartfulness Meditation as a way to promote inner peace and balance.



An instructor at the Allman Town Primary School in Kingston, Jamaica, guided students in a relaxation exercise on International Day of Peace.

Excerpt from a Peace Day talk given by Daaji, President of the Shri Ram Chandra Mission



Daaji, president of the Shri Ram Chandra Mission, delivered an address in Hyderabad, Telangana, India, on International Peace Day

Ask yourself this small question: Is joy possible, is bliss possible, without peace? If you are restless, if you are irritated, if you are angry, can you have bliss even for a second? And is peace possible without harmony? Is harmony possible without contemplation? Is contemplation possible without thinking? Focused thinking. Is focused thinking possible without meditation? So we have to arrive where we begin, looking for sat chit anand [being, consciousness, bliss] in our life. . . . It must begin [with] meditation. That is the source.



2017
YOUTH
BUILDING
PEACE

#YouthDay #Youth4Peace

United Nations logo for International Youth Day 2017, Credit: UN Logo

Young people from across India write essays on inner peace, tolerance and collective responsibility

In commemoration of the United Nations International Youth Day, the Shri Ram Chandra Mission sponsors an essay-writing competition with the UN's Information Centre for India and Bhutan. Such an annual event requires coordination among the organizers, participating institutions, as well as the graders who help to determine the winners at the Institution, State, and National levels.

Youth from throughout India are invited to write an essay on a theme related to peace and collective well-being. Participants had the option of writing their essays in Hindi, English, or nine other regional languages of India.

In 2017, approximately 9,000 educational institutions submitted essays from more than 95,000 young people. Essay submissions by participants were due on August 12th. Once essays went through the selection process, the celebration for the winning essays in each category took place in New Delhi in early December.

The national level prize winners can be found here: <http://bit.ly/2Ds6d1c>.

World Peace: Shared mission of the Shri Ram Chandra Mission and the United Nations

The mission of the United Nations (as set out in the preamble to the U.N. Charter) is to promote "solidarity, good will and collective responsibility among the world's nations and peoples in order to establish a lasting peace and sustainable development for all."



UN Headquarters, New York City. Credit: UN Photo

In 2005 the Shri Ram Chandra Mission (SRCM) became affiliated with the United Nations as a non-governmental organization. The Mission provides a spiritual and worldly platform for people who come together in its ashrams and centers to pursue a simple, practical meditation practice that disciplines the mind and opens the heart to the spirit of brotherhood and universal love.

The Mission undertakes its association with the U.N. in the faith that, ultimately, selfless actions will govern the destiny of human beings.



Babuji Memorial Ashram, Shri Ram Chandra Mission Headquarters, Manappakam, Chennai

THE SCIENCE OF ONENESS

Modern research in quantum theory suggests that all matter may be energetically connected, regardless of time and space – a concept dubbed quantum entanglement.

Back in the middle of the Twentieth Century, Albert Einstein rejected this theory. But the great scientist's philosophy of being embraced the notion that human beings make a unified whole – and that compassion is the unifying force.



A program on meditation conducted for self-employed women on International Day of Rural Women's at Alur Village, Andhra Pradesh, India.



A human being is part of a whole, called by us Universe, a part limited in time and space. He experiences himself, his thoughts and feelings, as something separated from the rest – a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest us. Our task must be to free ourselves from this prison by widening our circles of compassion to embrace all living creatures and the whole of nature in its beauty.

– Albert Einstein

<http://www.gurteen.com/gurteen/gurteen.nsf/id/X00028F62/>

SUSTAINABLE DEVELOPMENT GOALS



You Are Invited To Join The Conversation

Great advances in social justice begin not with court rulings and legislative enactments – but, rather, with the opening of hearts.

These are ultimately victories of the human spirit, an aligning of hearts with tolerance, peace, justice, truth, and – ultimately – with love.

It is in this spirit that we invite members of the global community to send along articles, essays, photos, videos and artwork on the theme of One World One Humanity.

Contact: un@srcm.org

www.sahajmarg.org | www.heartfulness.org