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## Meditation for All Seasons

Global Co-operation House, London  
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The powerful vibrations of the start of the New Year attracted over 50 people to explore experiences and aspects of Raja Yoga with this beautifully crafted afternoon workshop. Davina Lloyd introduced the afternoon by alluding to the cycle of time and how *“Our world is graced with seasons of time as well as weather, and now we can see that, spiritually, we are going through a wintry spell but springtime, when hopeful thoughts start to grow, is quietly taking root.”* Davina shared how, just as spring comes when we turn to the undiminishing source of light and receive energy, spiritually we receive warmth and love from beyond this Earth, from the Supreme Source.

An audio visual presentation followed, first with beautiful images of nature in harmony, depicting all four seasons and then showing images of pollution created by human beings and the resulting environmental upheaval. The commentary suggested that *“we consider what we can do and develop a quiet gratitude for all that Earth gives to us.”*

With much food for thought the gathering was split into five groups and each group was taken on a journey of five beautifully decorated rooms, in which to experience the different seasons of the soul. Each session lasted 20 minutes and each group experienced each session by the end of the afternoon:



**Spring** – a workshop to learn the art of meditation and to breathe new life into one’s meditation practice.

**Summer** – invited participants to experience the hot and fiery kind of meditation that burns away trivial distracting thoughts, and melts away worries and waste from the past - a chance to experience the Spiritual Sun.

**Autumn** – was used as an analogy for the fruitful results of meditation. Participants were encouraged to let go of three thoughts/habits that bothered them and take up three positive thoughts/actions to enrich the self. This workshop also looked at the calming effects of Raja Yoga in the challenging scenes of day-to-day life.

**Winter** – led participants into the deep stillness of the soul, withdrawing within the self to empower inner growth.



**The Creative Season** – in this fifth session everyone was invited to create pictures to reflect their own meditative image. Many lovely paintings emerged.



The afternoon concluded with everyone coming together again to share their paintings and experiences from their explorations of meditation based on the seasons. Two regular meditators shared their experiences of how Raja Yoga helped them and inspired the audience by demonstrating that age was irrelevant - one was 71 years old and the other 12.

The afternoon closed with thanks and a distribution of small personal inspiration cards. There was much instant positive feedback and enthusiasm about how the event had facilitated an experience of inner peace and self awareness and given encouragement to go further.