

## **Awareness – The Seat of Protection**

Public Programme with Dadi Janki

24.12.2009 - Sharjah Institute of Theatrical Arts, Dubai

On the evening of December 24, under the ongoing umbrella theme of Experiencing Inner Power and Protection, a public talk by Dadi was organised on the topic 'Awareness – The Seat of Protection' in the auditorium of the Sharjah Institute of Theatrical Arts located in the heritage centre of Sharjah.

The programme commenced with a video presentation of the Rajayoga centre activities and was co-compered by Brother Girish and Sister Meelu Wadhvani. They introduced the theme, speaking of our thoughts, their importance and role of choice and determination in regulating our minds. They spoke of an airline emergency that happened this year, when a flock of birds had hit the windshield of the aircraft but the pilot was able to land the aircraft safely, saving all passengers on board. All this was possible due the awareness and cool-headedness of the pilot. Awareness, therefore, is the seat of protection.

This was followed by a dance performance by a group of kumaris on the song 'Call of Time' (Samay ki Pukaar) and a drama titled 'I Am' by students of BITS-Pilani, Dubai, a well-known institute of engineering in the region. The drama traced the life of the poet John Clare and his rise from very humble roots to a world of high fashion and low morals in elite London society. However, he was hospitalised in a mental asylum as a result of his inability to adjust to this high society, which led to the desertion of his wife and children. But, as John hits the very depths in his life, he hears an inner voice exhorting him to have faith in himself. And with a friendship John developed with Knight, a young man in the asylum, an aspiring poet himself, John recovered and wrote many poems that spoke of transcending suffering and yet retaining faith, hope and love, expressing the inner power of the spirit.

This was followed by a song by Brothers Bhanu and Satish (who has to date composed over 3000 songs many of which are popularly sung in India). They sang of doing what one has to do in the 'now', as there is no guarantee of one's breath - to make life successful whilst there is still time. Mr. K. Balakrishnan, President of the Indian Association of Sharjah, welcomed Dadi onto the stage and Sister Jyoti opened with a few words on the importance of awareness and thoughts and how these shape our words, actions, character and destiny. Therefore, if we want to change our destiny, we need to begin by changing our awareness and our thoughts.

Sister Wajiha from Kuwait spoke of how she had always been looking for a balance between professional and personal life, between career and family and how her discovery of Rajayoga helped her in attaining this balance, transforming her life by giving her a sense of purpose. She introduced Dadi Janki as her mentor and as someone who has touched the hearts of many across various cultures, across the world, a torchlight that guides humanity towards freedom from conflict and fear.

Dadi then took over speaking to a packed house of around 400 with people sitting on the floor in the aisles. She spoke of the importance of maintaining patience, peace and love in our awareness and of our protection lying in purity. Brother Thakur, a BK and a businessman from Sharjah gave the vote of thanks and the programme ended with a meditation experience conducted by Sister Daxa from London.