



BRAHMA KUMARIS  
WORLD SPIRITUAL UNIVERSITY (UK)



## **‘JustThisDay’ Open Day** Global Co-operation House, London Wednesday 28<sup>th</sup> November 2007

A full house is a happy house. Such was the atmosphere generated at the Open Day at Global Co-operation House on Wednesday 28<sup>th</sup> November. People from the local community – children and adults - all enjoyed the unique spirit of peace in a house that draws on the teachings of Raja Yoga meditation.

The Meditation Room was constantly occupied with individuals enjoying the experience of the ‘taster’ sessions on Relaxation, Concentration, Silence, God’s Healing Power and others. Many had such strong feelings of inner wellbeing that they asked: “Please may we have another go?!”

Young children, some as young as 3, had a great time with Relax Kids founder Marneta Viegas, who showed them how to put their abundant energy to good use - without the aid of noisy and expensive toys. They were calmer and more peaceful by the end of their session. A group of men and women over-50 learned some practical tips to ‘Relax and Revitalise’, parents/carers and toddlers worked creatively together to ‘Make a Heart’ and Lucinda Drayton showed city travellers how they could use their journey time more constructively in her workshop on Meditation for Commuters.

Meanwhile the Conference Hall had been turned into a spiritual ‘marketplace’, with information about BK courses, projects, groups, publications and community activities – and vegetarian cookery. An 11 foot square BK version of snakes and ladders was popular with adults and children alike and the VirtueScope stand was never empty. Lucinda Drayton would sing a song from time to time and on the hour traffic control (gentle music to pause and control the traffic in the mind) was observed - and appreciated.

Many people were happy just being there - being part of the gathering, enjoying the rare chance to converse quietly with others in a relaxed way, while taking in all the warmth and gentle enthusiasm around them. The Open Day was in support of an international initiative called JustThisDay, which aimed to ‘demonstrate the world-changing power of silence and stillness’. It was that inner stillness, rather than physical stillness, that was evident – and so very much appreciated.

Actor and film director Robin Ramsay read ‘Keeping Quiet’ by Pablo Neruda to ‘open’ the closing ceremony. Sister Jayanti then spoke, welcoming and thanking JustThisDay initiator Liz Edmunds for being an instrument to make people around the world aware of the value of silence in all of our lives. She added that it is only in silence, when we are able to take ourselves away from the outside world and look within, that we can start to know who we really are and become aware of the presence of God. Liz Edmunds remembered how, as a child, she used to watch an old man potting out seeds in his shed and observe the irresistible way in which seeds grew. She also remembered how each tool in the shed had its own function and its own place. Such had been the story with JustThisDay, with its



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irresistible growth and the various instruments – of various faiths - that had enabled it to grow. She particularly thanked the Brahma Kumaris for their love, support and enthusiasm - in London but also in the very many BK centres in the UK and around the world that have contributed to this day. Rachel Edmunds, Liz's daughter, read a poem which began: 'Stillness is my beloved teacher. From her I learn new things every day.' Lucinda Drayton filled the hall with '100,000 Angels' and the day ended with a beautiful guided meditation on the heart of an angel.

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