



Learn the art of Meditation

with Raja Yoga Center

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Upcoming Events

Sat, July 1, 7:30 pm

Meditation for Beginners – Arabic

Sat, July 8, 7:30 pm

Meditation for Beginners - Evening

Sat, July 15, 11:00 am

Meditation for Beginners - Morning

Mon, July 17, 7:30 pm

Monday Talks

Fri, July 21, 4:00 pm

Meditation for Busy People

Sat, July 22, 7:30 pm

Meditation for Beginners - Evening

Mon, July 31, 7:30 pm

Monday Talks

Thought for Today

Forgiveness means to forget the mistakes of others.

Raja Yoga Events News

Women Empowerment

Raja Yoga Center celebrates women in partnership with the Dubai Police for Year of Giving initiative.

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Enlightened Kids

Raja Yoga Center and Dubai Police promote child safety awareness through 'Enlightened Kids' program.

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Monthly Story

Eyes are the windows to the soul, but hands define your soul

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Raja Yoga Center celebrates women in partnership with the Dubai Police for Year of Giving initiative. Dubai Police's 'Mother of Ambulance' and UAE's 'Mother of Modest Fashion' speak about women and giving

In a unique celebration of the Year of Giving initiative, about 40 remarkable women in the UAE recently gathered in a one-of-a-kind forum and shared their experiences as givers in society, highlighting the important role women play as natural givers. Raja Yoga Center's Women Empowerment program in association with the Dubai Police held a forum at the Dubai World Trade Club to highlight the nature of giving among women, and how women can continue to empower themselves to remain as beacons of society.

Lieutenant Colonel Jamila Al Za'abi

Director of Women Jail - Dubai Police

Sharing her momentous experiences as a paramedic, Lieutenant Colonel Jamila Al Za'abi, received a standing ovation among the audiences for simply expressing herself and how she views others who she helps in times of need. Known as the 'Mother of Ambulance' among the Dubai Police force, she instantly pulled the crowd's affection after sharing her experience at a fire incident in Dubai, where she relentlessly without thinking of how or why, just spent her time for 18 hours to help and be with the family in need at the time of distress.

"I forgot what I was wearing. I saw my father, my brother and my son in them." Her heroism earned her a surprise visit from His Highness Sheikh Mohammad bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai. She joyfully recalled the moments when H.H. Sheikh Mohammad had visited her humble abode.

She highlighted that mothers are always giving and giving and giving, noting that although it may be her father who inspired her to take up a nursing degree, but it was her mother who was with her at every step, making sure that she studies well. "Always there is a he. But every time I see them as my father, brother or son, I get the power (the strength to do something)."

"If you love your job, you will give and give and give," the single mother of three, added, who faced many difficulties in life before she was able to reach her current position at the Dubai Police. When asked for how long more she can serve, she said, she can go on serving for 25 more years, even as she has been serving in the last 32 years.

Rabia Z.

Fashion Designer

Another trailblazer in her field, Emirati modest fashion pioneer Rabia Z., passionately shared her experiences and the challenges that she went through to be able to fully establish her business in 'modest fashion', a USD 300 billion global market that remains untapped, but offers an opportunity for many women of her faith to practice Islam and keep their clothing in modesty and yet stylish.

As a young teenager growing in the United States, Rabia shared how discovering spirituality and peace in her faith had turned her to follow the disciplines and started wearing hijab,

which has become a challenge at a time when hate crimes against Muslims in the US had become intense in 2011.

But unfazed by the challenges, Rabia, realized the need to be creative. "I faced a lot of hate crime. I just discovered this peace and why do I have to give up just for the comfort of others," she recalled.

She started popularizing wearing colorful headdresses that attracted many of her friends, until word spreads and that was how she started designing clothes for modest fashion and sell it online through e-commerce. "I received a lot of emails and it was another awakening for me, I had no idea about the challenges these women face. That's when I thought that it is time to push modest fashion into the mainstream."

Her humility and courage continues to inspire even as the fashion industry has many times not been very friendly to her and her beliefs. She is very humbled and happy to witness how her efforts have changed the perception of others, particularly big businesses in the fashion industry whose concepts of fashion are focused on showing the skin at most times.

Meelu G. Wadhvani

Motivational Speaker & Presenter

Lastly, Meelu G. Wadhvani, who teaches meditation and has been practicing Raja Yoga for 25 years and facilitates the Women Empowerment program at RYC, led the women participants to honor the mother of all mothers – every woman in the room.

Meelu explained the three types of personalities in the world – the takers, the givers and the receivers – and shared the ways how to become more as givers and receivers by understanding the universal law of attraction.

"In every human relationship, we exchange energy through thoughts, feelings and vibrations," she noted, adding that the 'golden key' to spread positive energy is focus.

The more one focuses on negative thoughts, feelings and emotions, the more one attracts them towards itself. She discussed how Raja Yoga meditation can be a tool to shift the focus inwards. One of the most common quest for meditation is peace of mind and happiness. Shifting the focus first towards happiness by filling the mind with positive thoughts, positive qualities and a simple list of gratitude will automatically bring the desired result of peace without much effort.

Meelu also urged the audience to read a book she herself has read titled 'Reflections on Happiness and Positivity' written by H.H. Sheikh Mohammad where he shared his morning routines which starts with a prayer followed by meditation as a way of reflection by walking in solitude for about 10 kilometers in the desert. She quoted him, saying, "Meditation is a spiritual and mental exercise that is indispensable for any leader."

Meelu then ended the session with a guided meditation commentary. The two-hour event was filled with gratitude, eagerness and enthusiasm from the audience, including the few men who provided their assistance and support during the event.

Raja Yoga Center and Dubai Police promote child safety awareness through 'Enlightened Kids' program



Picture 1: Enlightened Kids Program in association with Dubai Police

The Raja Yoga Center (RYC) in association with the Dubai Police held a special program on 'Child Safety Awareness'. It was attended by more than 70 children aged 6 to 11 years along with their parents. The program highlighted the importance of child safety, as well as tolerance among their peers. The program, held at the RYC premises, is part of a social community initiative for residents in Dubai under the 'Enlightened Kids' program, a free monthly event aimed at helping children of various nationalities discover and develop positive values through fun and interactive learning activities.

The event, titled 'Child Safety Awareness', presented various topics for children regarding their safety including stranger awareness; child abuse; how children can say a firm 'NO'; taking support from the family and tips on how to remain safe. The topics were creatively presented through exercises, interactive sessions, workshops, games, video presentations, and culminated with a short meditation led by the RYC's Director Sister Jyoti.

Col. Mohamed Salem Almheiri, Head of Crime Awareness Section, at Dubai Police, was the guest of honor, who interacted with the children and awarded special prizes of free passes

from Kidzania for those who answered the quizzes correctly during the program. He also gave the children a special coloring book portraying various situations where children can apply the right attitude regarding tolerance and friendship.

Col. Mohammed Salem then spoke separately with the parents attending the program and shared valuable points on how the children can stay safe and the significance of their cooperation to maintain the safety throughout Dubai. He raised the importance of values such as love, righteousness of the mind and cooperation that exists in everyone, regardless of religion.

He further emphasized that happiness in society can be achieved if we are all residing in a safe city. "We need people to cooperate with us to achieve the safety of the city," he stated.

The Dubai Police reaches out to all members of the community through various security awareness campaigns and urges residents to cooperate in its initiatives to maintain safety across the city.

The program ended with the children posing for the photo sessions and receiving their sweet treats. The Enlightened Kids program, held every 4th Friday of the month at the Raja Yoga Center, will resume its activities from September 2017.

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For other free ongoing courses, please visit www.rajayogacenter.org

Eyes are the Windows to the Soul, but Hands Define your Soul...



Talking about hands may seem quite random and basic. Hands do have a story to tell. They are a remarkable reminder of our humble birth, our life, and our duty to humanity. These are the Divine hands of Giving Unto Others.

THE GIVER'S HAND - THE TILTED HAND OF A SELFLESS GIVER

You might be a simple being; but for the person in need – you are the only Angel Of Giving. The 'giver's' power lies, not just in wealth, knowledge, time, food, shelter and many more gifts can be shared. And if the hand is empty of the Physical and Intellectual quality, the 'giver's' Spiritual self, will pass on all the positive vibes.

HANDS OF GRATITUDE

Hands that Act - to forward all they receive
Ever heard an echo, that bounces off the cliff;
Yet falls shattered soundless, for none to receive?
When blessed with plenty, and remains stagnant in your hands;
Joys are limited and explodes in time.
The hands of Gratitude is committed to remember -
Empty handed they came and so, shall return.
The right Hand is merciful and acts silently;
They give wings to their gifts, yet done discreetly.
The left hand is oblivious to the charity.
No applause, No flashes, no prints, no word of mouth.

Only seen by eyes Above - they continue to receive in plenty.
Hands that forever pass on their gifts.
These hands give more than they can get, others benefit is like their own.
Their only purpose is to be a Blessing,
Their right Hand raised high, to receive;
Beseeching for peace, happiness and love.
They are bestowed with this gift in abundance.
And as they receive, so; they deliver forth,
To be absorbed by all humanity.
The lotus hand of praying
Not confronting but just comprehending.
These are hands that accept, without questioning.
The Only thing they perceive, is His Hand in everything.
Silently thanking, for all that is granted;
With an open mind and simple heart;
They have Hope, Faith and Belief;
Three Powerful spokes of - the Cycle of Life
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This piece is inspired by a session on Women Empowerment on The Year of Giving held on May 12, 2017

LEARN MEDITATION FOR FREE

ABOUT RAJA YOGA CENTER

"When I change, the world changes"

Perhaps few organizations have stimulated as much transformation as the Raja Yoga Center. Yet, throughout our growth and development, we have managed to maintain our original principles and adhere to its original purpose.

We are individuals of all ages and backgrounds who study divine knowledge that nurtures respect for all faith traditions, coherently explains the nature of our inner self, time, karma and delineates an enlightened lifestyle.

We practice and teach a form of meditation that relaxes the mind and nurtures a healthy balance between our inner and outer worlds. Through numerous social service activities and partnerships, we promote moral excellence, leadership with integrity and elevated actions leading us to a better world.

All courses, seminars and other events are conducted free of cost.

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LEARNER'S EXPERIENCES...

by Medilyn Manibo

Raja Yoga meditation has helped me experience a totally new way of living. For one, as a writer, it removed mental blockages that have been stopping me from doing exactly what I wanted in life. I didn't know I lacked so much courage, although I used to think I was daring and adventurous, but that was not enough. I have become more thankful to challenges.

Raja Yoga gave me the opportunity to bring back my self-confidence, my faith and respect to myself. I continue to learn a lot about myself and discover ways how to improve my attitude towards others. For me, there cannot be any university degree that could teach the wisdom I have found in Raja Yoga. They are so invaluable because since then, wherever I go, whoever I meet, I have learned to value situations and people as they are. And that made me a lot happier.

Meditation to become enjoyable should be part of our everyday experience, of our decision-making process in dealing with every aspect of our lives. It must be integrated in our system because the thoughts we create are our cleanser, our fuel, our train ride, our dress and make-up, and even our lullaby.