

Dr. Buddha Charan Das Speaking during Session 8 of World Parliament 2018, Vishwarajbaug-Loni,Pune.

Loni-Pune, Oct 4,2018 :“If you know yourself thoroughly, then there is no space for negative thoughts. There was a time when people used to leave behind the physical aspects of life and find peace with meditation. Our own soul is the ocean of consciousness. Love yourself. Accept others as such. It is perfectly fine the way you are and others are also.” said President of Bodhisatva Foundation, Thailand **Dr.Buddha Charan Das**.

Das was speaking at the 8th session of second day of World parliament of science, religion and philosophy on the topic of ‘Nature of Mind, Matter, Spirit and Consciousness and the Methods Of Meditation like Yoga, Vipashyana, Pranayam, Namaz, Prayer, Chanting etc. to Develop Positive Thinking and Mindset’. It is being held in MIT-ADT University Loni campus, Pune.

Present on the occasion were - , Prof. Russell Franco D’Souza - Head, Asia Pacific Division, UNESCO Chair in Bioethics Australia, Dr. Vishwanath Karad, President MIT-WPU, Shri. Chandra Mohan Bhandari - Former Diplomat & Founder, Devamber Arogya Dham, Uttarakhand, Dr. Vijay Bhatkar-Eminent scientist, Dr. R. S. Kaushal - Formerly UGC Research Professor, Rajayogi B. K. Mruthyunjaya- Executive Secretary & Vice-Chairperson, Education Wing, Brahma Kumaris World Headquarters, Mount Abu, Dr. Mohan Agashe - Renowned Actor & Psychiatrist, Rajyogini Dr. Binny Sareen - Regional Director, Global Peace Initiative, USA,

Das said, “I can’t speak What have you gained from Meditation. But surely you lost anger, anxiety, depression, insecurity, fear of old age and death. Meditation helps in dispelling negative thoughts, allowing you to enjoy a fresh lease of positive energy. Start practising and train your brain with a combo of the basic doctrines of meditation for positive thinking.

Prof. Russell Franco D’Souza spoke about neuroscience connection with meditation and said, “You too can make use of this powerful meditation doctrine to introduce your brain to positive thinking. Close your eyes and breathe right. Forget everything else except your breath. Rhythmic breathing learnt via assorted patterns allows better absorption of oxygen. This paves way for a better detoxified body. ”

Chandra Mohan Bhandari said, “Body is exactly like a car and your mind is the driver of your body. Ayurveda is the finest science to know each and everything about your body. The yoga poses stretch, stimulate and strengthen your body, rendering it an amazing level of flexibility. Yoga is all about how to reengineering *chitta* through the way of mind,”

Dr. Vishwanth Karad recalled the Swmi Vivekananda, explained the definition of mind and said ‘*Vasudhaiv kutumbkam*’ is our culture but today day by day we demolish our great ancient culture. Yoga is one of the best gift which India gave to the world, there is no any relation of Yoga with any religion

Dr. Binny Sareen said, “Science is the speed of light but speed of mind is more than the speed of light. Wherever science fails, spirituality works. Practicing rajyoga along with proper breathing will help in dispelling stress and anxiety – two of the most powerful triggers of negative thoughts. You can easily experience the clutter of your mind draining away while energy surges into those tired muscles and refreshes you.”

Dr. Mohan Agashe said, “Matter obey the laws of matter, body is built by matter. So it perish but not the mind. Music instrument perish but music remains forever. Its not body its mind

which makes us unique. Prayer can be a saving grace that directs us through rough travels and holds our hand through difficult days. Matter, mind, spirit combine creates peace.”

Dr. R. S. Kaushal said “Spirituality is the objective thing. Beauty lies in the eyes of the beholder. It can be applied here too. Your attitude matters. The moment you make a change in the way you perceive things, life will look simpler and positivity will always glow in you. Any form of exercise is known to improve your circulation, leaving you refreshed and rejuvenated by triggering the release of ‘positive’ hormones.”

B. K. Mruthyunjaya asked the question to gathering about what they see outside, whether it is beautiful world or dark world. It’s upto you who decide what you want to see. He added that for social, economic or political good work you need a strong spiritual foundation. In today’s era man is living in a fragmented world, we have to unite it again.

The programme was compered by Prof.Gautam Bapat.

**Dept. Of Public Relations,
MAEER’s MIT, Pune**