

News and Events

News Brief: August 5 to 12, 2010: Naperville, Illinois

Between **August 5th and 10th**, thousands gathered from all over the world to enjoy Veggie Fest, an annual event held on the grounds of the Science of Spirituality Meditation Center in Naperville, Illinois. In its 5th consecutive year, under the guidance and direction of H.H. Sant Rajinder Singh Ji Maharaj, Veggie Fest has grown to be the largest free vegetarian festival of its kind in the USA. This year, the festivities drew a record-breaking 22,000 people. Besides two extraordinary keynote addresses given by the spiritual Master, twenty-two speakers were featured during the weekend, focusing on health, compassion for animals and nutrition.

Food demos were a big hit with twenty different presentations held over the weekend: Indian food, raw food, gluten-free foods, vegan, and healthy vegetarian food for kids. Live music entertained those visiting the food court, where an array of international foods, drinks, and smoothies were prepared. One popular tent was one where classes on Jyoti meditation were taught every half hour. The children's tent was activity spot for both kids and parents where something was going on all the time.

On **Saturday, August 7**, Sant Rajinder Singh Ji Maharaj spoke on "Spiritual Wellbeing and the Vegetarian Diet." Commenting on the explosion of health consciousness today, he spoke of the growing trend of vegetarianism and healthy living. Speaking of the increasing awareness of the connection between body, mind and soul, he said with this awareness, comes the realization that the food we eat has a large impact on us. This realization leads many to a nonviolent, vegetarian way of life wherein we honor the consciousness in all beings.

Sunday, the spiritual Master spoke on "Healthy Body, Healthy Mind." Mentioning the increasing levels of stress in society today, he emphasized the need for us to attend to our overall wellbeing. He said healing the spirit leads to a healthy body and healthy mind. Sitting in silence gives us the opportunity to dive deep within ourselves so that we can unravel the mysteries of our existence – why we are here and what happens to us when we die. With this new understanding, we develop a new perspective on life and realize our oneness with all creation.

On **Tuesday**, Sant Rajinder Singh Ji Maharaj gave a public talk, "Experience Inner Travels through Meditation," at the Wyndham Hotel in Lisle. Elaborating on the wonders of the inner journey we all can take when we meditate on the inner Light and Sound of God, he said this journey is the true purpose of our life. It's not reserved only for the saints and mystics but is an experience that awaits each of us when we turn within.

Thursday, Sant Rajinder Singh Ji Maharaj held satsang at the Science of Spirituality Meditation Center on the eternal nature of God's love. Reminiscing about a trip to Italy for the 6th Assembly of the World Conference on Religion and Peace, where he also had a chance to meet with Pope John Paul II, he described a cathedrals he had visited in Milan. The Gothic-style cathedral has three ornate doorways: one to the right upon which is written "What gives you pleasure, is for a moment," one to the left which reads "What gives you trouble, is for a moment," and one in the middle which says, "What is truly important is eternal." Likewise, he said, the love of the Lord is eternal. It has only a beginning, and no end, as was written in a verse of the poet-saint, Sant Darshan Singh Ji Maharaj. All the joys are within us — it is up to us to go within and to experience them. He urged all to strive to experience that which is eternal, for it will bring us everlasting bliss. He then put the everyone into meditation.

