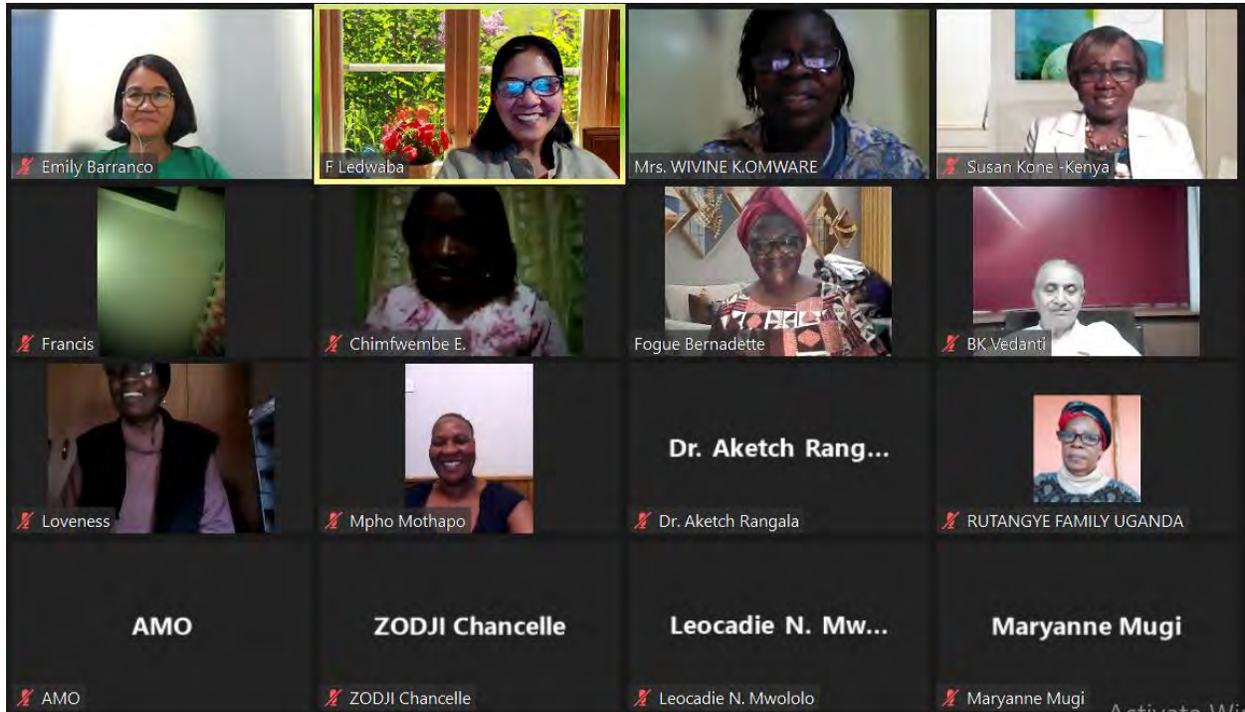


WFWP Africa Mental Health Webinar Series: The Power Of True Love

Flory Yadao Ledwaba
October 12, 2023



On October 12, 2023, WFWP Africa organized a virtual mental health program in collaboration with Sister Vedanti, the Regional Director of Brahma Kumaris Centres - Africa. The theme of the program was "The Power of True Love," focusing on the role of love in mental well-being and spiritual growth. There were 21 connections and 40 participants. The program was structured to explore the theme of true love in various dimensions, including self-love, love for others, and a deeper, more spiritual understanding of love.



Sister Vedanti began by elucidating the nature of true love. She emphasized that true love is selfless, pure and unconditional. First, we have to experience true love in the course of our lives. It transcends superficial emotions and desires, aiming at the betterment of oneself and others. She said that what we learn in childhood remains in our lives. Her life in Africa has made her experience the love of God. She conveyed as well the need to practice being in silence through meditation.

Through it we experience God's love which we are then able to share with others.

During the program, attendees were introduced to meditation techniques to cultivate self-love and enhance their connection with their inner selves. These practices were rooted in the teachings of the Brahma Kumaris and aimed to promote a sense of peace and self-acceptance.

The program delved into the transformative power of having strong willpower to overcome stress in daily life and compassion in relationships. Sister Vedanti stressed that a simple lifestyle is a powerful act of love and can have a profound impact on mental health.

The question-and-answer session allowed participants to interact with Sister Vedanti. They asked questions related to their personal struggles and received guidance on how to integrate the principles of true love into their daily lives. She said that each human being in this world actually experiences some kind of depression. We should not dwell there too much. The first step is to go forward, which means changing something. Do not stay or do the same things every day. With little change each day, you eventually make some changes. Next is inward which is self-reflection. Check what is preventing you from being happy. Then, you know how to practically get out of it. Then, the next step is upward, asking God for guidance, and connecting with a higher power or source of love can bring spiritual fulfillment and inner peace. Last is outward which is a life of giving. By doing these steps Forward, Inward, Upward, and Outward, one can easily achieve a healthy well-being.

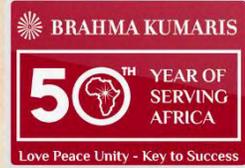


The virtual mental health program with Sister Vedanti from Brahma Kumaris centered around "The Power of True Love," provided valuable insights into the importance of love in mental well-being and spiritual growth. Attendees were equipped with practical meditation techniques and concepts to enhance their self-love and foster more meaningful connections with others. The event underlined the significance of forgiveness, compassion and the exploration of divine love in the pursuit of mental and emotional well-being. Overall, the program was an enlightening experience, offering participants tools to lead more fulfilling lives through the power of true love.



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"Building loving relationships leads to lasting prosperity."

Rev. Sun Myung Moon

Co-founder WFWPI

Webinar Series on Mental Health

Join Zoom Meeting

<https://us02web.zoom.us/j/83846135434>

Meeting ID: 838 4613 5434

"The Power of True Love"

Thursday, 12 October 2023

3:00 - 4:30 p.m. GMT - 6:00 PM Kenya Time

Keynote Speaker

Sister Vedanti has been practicing Raja Yoga Meditation since 1965 and is at present the Regional Director of Brahma Kumaris Centres in Africa. She has been in Africa since 1974. Putting aside personal glory and gains, with humility and love, Sister Vedanti has been rendering tireless and selfless service to humanity.



Sister Vedanti

Regional Director Brahma Kumaris
Centres in Africa

