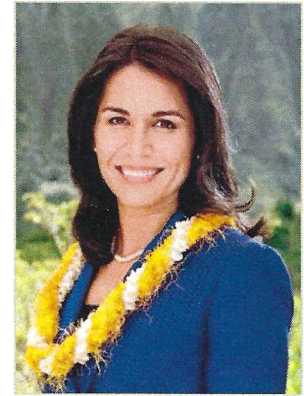




Congress of the United States

A MESSAGE FROM  
**U.S. REPRESENTATIVE TULSI GABBARD**

IN RECOGNITION OF  
**2019 INTERNATIONAL  
DAY OF YOGA**



*Namaste and Aloha,*

*Thank you for the opportunity to share a message with you all today. It is a beautiful thing to be able to come together and celebrate this practice and way of life. Though widely recognized for its physical health benefits, yoga also helps those who practice it to uncover the peace, wisdom, and love that lies within our hearts. In a time where atrocities fueled by ignorance and hate are occurring at home and abroad, it is important for us to be able to reveal this wisdom and love to others.*

*Yoga teaches us that we are not our physical being, that we are of spiritual essence. Understanding this truth can help break down the barriers and animosity created when we separate ourselves from others based on physical appearance. Being able to truly know our neighbor by recognizing them for their character rather than their physical differences is key to be able to be at peace with others. By applying this knowledge, we will be able to celebrate the individuality of those around us.*

*Mahatma Gandhi said, "Where there is love, there is life." Let us strive to create a life rooted in love and wisdom and encourage those around us to do the same.*

*Thank you for coming together on this International Day of Yoga and practicing these values. I wish you all the best in today's activities and in your lives as you continue to live by these values!*

*With aloha,*

*Tulsi Gabbard*

Congresswoman Tulsi Gabbard  
Serving the People of Hawaii's 2nd District

*Presented on this 21st day of June 2019*