



Sun Yoga Hawaii celebrates International Gandhi Day

on October 2 with Dr. Raj Kumar, a notable peace advocate, and founder of www.gandhianpeace.org. This day is a reminder of the legacy of Mahatma Gandhi, an iconic leader who personified the philosophy of non-violence and the timeless values of mutual respect, understanding, justice and the power of peaceful action.

Tanya Mau, representing Sun Yoga on International Gandhi Day, exemplifies this message of peace by demonstrating Sun Salutations and speaking about Hatha Yoga. These practices are examples of "Seva", a selfless service that begins with empathy and love in action, a form of Karma Yoga, or selfless service.

"Sangha" refers to a community of people who share peaceful practices and unite in kindness and wisdom. Just as Gandhi rallied a community around his vision of peace, this message encourages us to reach out to others, share peaceful practices and come together for a more harmonious world.

The term "Simran" relates to the memory of our connection, wholeness and inseparability. This aligns with the philosophy of Gandhi, who taught unity and non-violence as a path to peace. "Simran" involves practices such as repeating mantras, prayers or meditation, helping to transcend the conditioned mind and connect as a unified field of consciousness.

In a world where many people are experiencing violence and turbulence, can we practice love in action and share a collective vision of peace? The answer is a call for action, to seek emotional and spiritual unity and a dedication to sending peace to the world. Peace begins in our hearts and communities and spreads throughout the world when we come together in a spirit of love, empathy and action. 🌍🙏☐

Prayers for Peace between Israel and Palestine

"Nonviolence is an active force of the highest order".- M.K. Gandhi

