

HOST : IKYTA Taiwan (November, 28th, 2021)

Welcome:

ENGLISH

Sat Nam and thank you all for joining us to meditate and pray as a global community.

From IKYTA Taiwan, at this time of the year, we thought to gather with you and reflect upon the concepts of “gratitude” and “kindness” with the meditation *Bandhu Dya Kriya* (“Developing Your Human Kindness”).

“Gratitude” as an attitude of prosperity and trust in the Unknown and “kindness” as a lifelong learning approach to connect to others, feel what the other person feels, with intelligence and intuition, courage and compassion, in the words of Yogiji.

Thank you all for being in this loving space today and thank you all the Sevadars who dedicate time and energy to make this monthly gathering possible month after month.

Please, read the Instructions of the Meditation that we shared in the chat in English or in the language of your choice. Sat Nam!

WELCOME

TRADITIONAL CHINESE

Sat Nam, 感謝大家以全球社群的一份子加入我們的冥想與祈禱。

來自 IKYTA 台灣的我們，在年終之際，想與您相聚，透過 *Bandhu Dya Kriya*（「發展你的人性良善」）冥想來反思「感恩」和「良善」的概念。

用 Yogiji 的話來說，「感恩」是一種豐盛和對未知事物的信任的態度，「良善」是一種與他人連結的終身學習方法，用智慧和直覺、勇氣和仁慈感受對方的感受。

感謝大家今天來到這個充滿愛的空間，也感謝所有 *Sevadars*，他們貢獻了時間和精力，使這個月會，月月實現。

請大家閱讀我們已在聊天室裡所分享的繁體中文與簡體中文冥想說明。

Final Prayer:

ENGLISH

“May your courage bring you the power to serve and humility bring you the ecstasy of consciousness. May we come to understand that any smile, any warmth, any kindness on our part is the only thing which the Divine registers and may we tune into our loving life forever, on this day may we slowly grow to that ecstasy for which we take birth, may us within us find ourselves and our God within. Sat Nam” - Yogi Bhajan

Final prayer:


TRADITIONAL CHINESE

「願你的勇氣為你帶來服務的力量，願謙卑為你帶來意識的狂喜。願我們明白，我們的任何微笑、任何溫暖、任何善意都是神記錄的唯一事物，願我們永遠融入我們充滿愛的生活，在這一天，願我們慢慢成長為我們為之誕生的狂喜，願我們在我們心裡面找到我們自己和我們的神。

Sat Nam」 - Yogi Bhajan

Invitation:

ENGLISH

Dear Global Community, Sat Nam! 

From IKYTA Taiwan, here in the Far East, we are very happy and grateful for the opportunity to invite you and share our November's *The Teacher's Prayer* meditation gathering!

We selected a meditation for us to do together called *Bandhu Dya Kriya* ("Developing Your Human Kindness"), because we believe that if we can live with an attitude of gratitude and a heart full of kindness, we are blessed. Gratitude and kindness are two virtues every human loves to cultivate and embody. When we are grateful for the blessings we have in life, we open ourselves to the abundance of the Unknown. And when we are kind to others, the Universe serves us.

We can't wait to virtually hug you!


Date: Sunday November 28th

Time: Taipei time 21:45 (1:45 p.m. GMT) for sharing Mantra Chanting;
22:00 Welcome and Meditation (2:00 p.m. GMT).

You will be welcomed to this event in 7 languages and written translation will be available throughout the explanation of the meditation.

Invitation:

TRADITIONAL CHINESE

親愛的全球社群， Sat Nam 

來自遠東的 IKYTA Taiwan，我們非常高興和感激有機會邀請您並分享我們 11 月份的「教師的祈禱」冥想聚會！

我們選擇了一個名為 *Bandhu Dya Kriya*（「發展你的人性良善」）的冥想，因為我們相信，如果我們能夠以感恩的態度和充滿善良的心生活，我們就會得到祝福。感恩和良善是每個人都喜歡培養和體現的兩種美德。當我們對生活中的祝福心存感激時，我們就會向未知的豐富敞開自己。當我們善待他人時，宇宙就會為我們服務。

我們迫不及待與您線上擁抱！

日期: 2021 年 11 月 28 日（星期天）

時間: 台灣時間 21:45 pm 一同分享唱誦 mantra，
22:00 pm 歡迎和冥想

我們將提供 7 種語言來歡迎諸位，並且在講解冥想的整個過程中，都將提供書面翻譯。