



Art of Living at the Pyramid Valley

JIRS students of Grade 7 and 8 had an opportunity to visit the Art of Living and Pyramid Valley on 30 May 2015. Mr. Harry escorted the students and a small exhibition was organized to learn about the establishment of the Art of Living. The motto of art of living is “There is only one rule you can bring all your worries but you can’t take them back”.

Students were excited to see the unique “Gurukul” and amazed by the way the gurukul students chanting mantras in a systematic and rhythmic manner. Students tried to attain peace of mind and good concentration by doing meditation.

Students were then taken to “Goshala” (‘Go’ means cow, and ‘shala’ means shelter). The indigenous cows are very affectionate, alert and friendly. They demand lots of love and attention, and love to be hugged and patted just like domestic pets! Cows will not give their milk until a close bond has been established with their caretaker.

Students learnt the Art of Giving (Seva). Subsequently the students were taken to pyramid valley. The founder of pyramid valley is Brahmashi Patriji. This is a common platform for people to meditate for 5 minutes and they were allowed to go to the top of the pyramid. It was a truly enlightening trip for the students.

Yash Jhunjhunwala of Grade VIII said he was eagerly waiting for this illuminating trip to the enormous ashram of Shri Shri Ravi Shankar Guruji. He was impressed to learn about the establishment of the Art of Living. It was an astounding experience to see the Gurukul students chanting mantras in a systematic and rhythmic manner. Yash also mentioned that it was a great experience to walk miles and miles to reach from one place to another depicting how big the ashram was.

After a fun walk up the hill, they reached the Goshala. Yash also said in Goshala they saw different cows and bulls. Similarly, they saw, how the cows are loved, cared and bonding is made by the caretaker. Later they were taken to the Pyramid Valley to be with God and be devoted to meditation. A good day had come to an end, all of us were looking forward to attend more such informative journey in future, which would make us learn more knowledge about the ancient practices. Also to get the confidence and the ability to achieve whatever we want in life with an unshakable smile.