

RECLAIM PEACE, RENEW PURPOSE

A Contribution to the UN International Day of Peace 2026

Global Cooperation House, London | Sunday 13th September 2026

REPORT

Around 130 friends and family joined us in the Auditorium, with around 115 online. **Sharon**, our MC, welcomed everyone to Reclaim Peace, Renew Purpose, offered as a contribution to the UN International Day of Peace on 21st September.

Minal opened the evening with “Overnight”, written by his friend Caroline Kay.

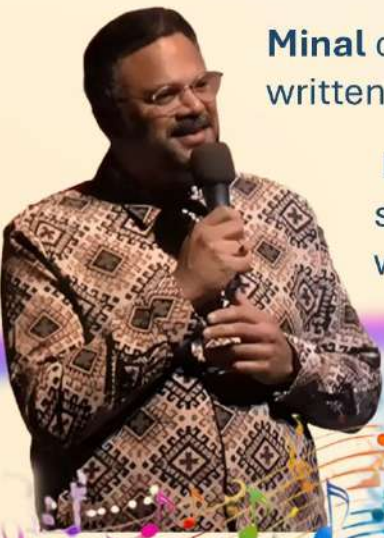
His voice carried the song so fully that it seemed to unfold of itself, as though he were simply letting it through.

*“And slowly but surely, I see the turn of the tide...
Every stone that I've thrown made a ripple,
And it all came to light overnight.”*

— *Caroline Kay, “Overnight”*

The craft disappeared entirely, and the music arrived directly into the room. A stillness came over the auditorium and held until the last line. Looking across the hall, face after face was held by it, each person moving with the rhythm of their own journey. The song reached past the ears to the heart, and in places it pierced it. Nothing had yet been explained, and the evening had already begun its work.

Sharon welcomed the evening as a multi-generational conversation, with **Sister Jayanti** and **Cllr Tushar Kumar**, Mayor of Elstree and Borehamwood, is the youngest ever British Indian Mayor in the United Kingdom. Sister Jayanti welcomed Cllr Tushar Kumar as a friend, recalling that he had been with us only the week before with his mother, Cllr Parveen Rani, Mayor of Hertsmere. Sharon invited both speakers to the stage, and Cllr Kumar began the questions.



What does true peace really mean ?

Sister Jayanti explained that “Om Shanti” reminds us that peace is a treasure we already carry. We have forgotten that we are spirits first and bodies second. Rediscovering this truth allows peace to radiate through our thoughts, bodies and surroundings, influencing others.



How can we care for mental and spiritual well-being as we do the body?

Sister Jayanti replied that well-being comes from the soul becoming master of its mind, bringing balance and strength at every level: spiritual, emotional, mental and physical.

“It was a long journey, and then when the awakening happened, it was overnight.”

— Sister Jayanti

Was there a moment of spiritual awakening in your own life?

Sister Jayanti recalled seeing families living on the pavement in Bombay when she was 15. Their cardboard homes had dissolved in the monsoon rain, leaving them with nowhere to go. The experience planted the desire to serve. Years later, a conversation with Dadi Janki transformed her understanding. After six weeks of meditation, she recognised that this was to be her life. Minal's song had said exactly that, she noted, without her knowing it was coming.

How do we find the time, and how do we find our purpose?

Sister Jayanti said that making time for reflection and inner development allows purpose to emerge. Modern life has lost many of the rhythms that once supported prayer, family and rest, leaving people feeling constantly pressured. Meditation helps us manage ourselves, gain clarity and stability, and develop a wider perspective. Recognising its value is the first step towards making time for it.

What makes a good leader ?

A good leader keeps their word, leads by example and wants everyone to progress. Sister Jayanti said these qualities depend on nurturing one's values and living by them. She recommended ending each day by asking: "Could I have done something differently?" and "What have I learnt today?" Without reflection, experiences remain undigested and internal disorder can affect our leadership and relationships.

"If I realise the value of something, I begin to do it."

— Sister Jayanti

In a divided world, what is the first step towards understanding?

Sister Jayanti said understanding begins when people stop reacting and make time to talk. One moment of pause, not a minute but a moment, can prevent harmful responses and create space for dialogue. Rather than debating, people can ask where each person is coming from, what separates them and whether a bridge can be built. Beneath it she placed respect, which begins in the self.

Will you take us into a moment of reflection?



First moment of reflection

Sister Jayanti guided everyone to recognise the soul as a point of light in the forehead: our true, eternal identity, filled with peace, love, truth, purity and joy. This awareness reveals every person as a being of light, part of one human family.

Second moment of reflection

She then introduced connection with the Divine: yoga as union of the self with the Supreme. From the Ocean of Peace, waves awaken inner peace, and qualities such as peace, truth and love multiply, reaching others who seek the same light.



Even in those few minutes I felt the power of meditation: My mind goes quiet and all the busyness of life falls away.

- Cllr Tushar Kumar

How do we build communities that value compassion over success ?

Cllr Kumar identified loneliness, isolation and misunderstanding as the real challenges in any community. Loneliness is no longer only physical, Sister Jayanti replied. She described four people round a table, each looking at a phone, forgetting there are living human beings in front of them. So begin with someone you love, or with a neighbour if you live alone, and restore real human contact.

“A person can have a thousand friends through social media and yet still have no one to talk to.”

— Sister Jayanti

How do we protect children from the pull of screens?

Sister Jayanti said that a phone given to a child means safety, but also hands over something dangerous, once described to her as “a weapon of mass distraction” and dependency. Children imitate adults, so parents must examine their own habits. Cllr Kumar took it on the chin, saying home is where he had picked up the habit.

Can one person's practice transform those around them?

Sister Jayanti said personal change continually influences others, moving through families and communities. She recalled an 11-year-old boy whose father thanked him for teaching him not to become angry. Young people can become teachers for older generations.

What can we carry into tomorrow ?

Sister Jayanti offered three simple practices:

- “ Begin the day by asking, “Who am I?”, “Who do I belong to?” and “What do I need to do?”
- “ Pause before eating, as grace was once said. Nourish the soul, not only the body.
- “ Through the day, return to the awareness of being the inner light; and in another, see not the costume but the light in the forehead.

“You don’t have to fight with darkness. Bring in the light, and the darkness will disappear. That’s hope.” — Sister Jayanti



What gives you hope for the future, and what message would you leave us?

Sister Jayanti said hope comes from knowing that peace is our natural state.

God is the Ocean of Peace and we are His creation, carrying that same peace, so it is never lost, only forgotten. Darkness is everywhere, but light is rising, not least in the young people in the hall, many already serving their communities.

Cllr Kumar closed with thanks for her wisdom and the practical steps he intends to take, and Sister Jayanti thanked him for making the time to come and to bring his questions so openly.



Questions from the Floor

Sister Sharon opened the discussion to audience questions on war, family suffering, dissatisfaction with life.

How can we bear the suffering of war?

In the Eastern view of cyclical time, darkness gives way to renewal, Sister Jayanti explained; it is an opportunity for transformation. By reconnecting with the Divine and changing ourselves, we help create conditions for a peaceful future.

How can we find peace when family are under bombardment?

Arguments over who is right must give way to ending the violence, Cllr Kumar said. Sister Jayanti added that connection with the Divine gives strength to hold one's family.

How can we stop complaining and accept life?

Injustice belongs to this age, Sister Jayanti said, but we choose our response; meditation restores who we are and shows other possibilities.

"My understanding is that dawn has already broken, but very few people are usually awake to see the dawn."

— Sister Jayanti

What can we hold in our minds on the Day of Peace?

Sister Jayanti said the closing meditation offered a guide for 21 September. Participants were invited to remember themselves as eternal beings of light, connected with the Ocean of Peace. From that connection, peace can radiate towards humanity, nature and the planet. Each person can carry this awareness into daily life, sharing peace, respect and love with everyone they meet.

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