

Profile of B. K. Sushma



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Sister Sushma was born in the picturesque province of Himachal Pradesh, Bharat. She completed her studies in the province of Punjab. She was born in a family where all the members were active practitioners of spirituality and Rajyoga Meditation of the Brahma Kumaris.

Inclined towards Spirituality and Personality Development from childhood and belonged to a very affectionate family observing high moral and spiritual values, she decided to dedicate herself for the service of humanity spiritual empowerment, which has always been the core mission of her life.

In 1971 she ventured into full time Godly service in a dedicated manner. She served in different states of the India like Uttar Pradesh, Bihar, Assam and Punjab. During this tenure she came across the advance spiritual Rajyogi teachers who were the foundations of the Brahma Kumaris organization.

Sister Sushma has been instrumental to initiate spiritual services in several European countries like Germany, France and Belgium to name a few. She has participated in many national/international conferences, seminars as a speaker. She also has the responsibility of coordination of more than 80 Rajyoga centers in and around Jaipur, under the Jaipur Museum subzone of Brahmakumaris. She is one of the core member of Management Committee of Brahma Kumaris organization.

She is a masterpiece in mentoring people in applied spirituality that can be used in real life situations for success, progress and self-development. She is a senior faculty of spiritual teachers' training of the Brahma Kumaris organization and also a facilitator of

deep meditation camps organized at Brahma Kumaris Headquarters in Mount Abu. She has been organizing several courses tailored for different wings like, Media, Business & Industry, Social, Medical, Women's Wing, and Transport related areas. Government and private organizations like the Indian Army, Traffic Police Headquarters, IFFCO, RICEM, Autopal, Bank of Rajasthan Ltd., Punjab National Bank, SBBJ, Rajasthan State Electricity Board (JVVNL), and State Police has invited her as a Guest Faculty time to time to inspire and guide them on spiritual principles.

Topics of lecture of Sister Sushma:

- ✓ Enjoying the realm of deep meditation
- ✓ Down memory lane with the founders- Brahma Baba & Mumma
- ✓ A montage with the Dadis- my take away
- ✓ Enhancing the power of silence
- ✓ Overcoming obstacles through Volcano meditation
- ✓ World service through angelic stage
- ✓ Maintaining a positive spiritual balance-sheet
- ✓ Bringing finesse in behavior
- ✓ Let's know the Indian culture
- ✓ Deep meditation experience workshop
- ✓ Best practices of spirituality
- ✓ One minute mind drills from Rajyoga Meditation.