

The PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISWA VIDYALAYA was formally began in 1936 as a family spiritual satsang – a spiritual gathering. This micro spiritual family later became the nucleus of the macro global Socio-Spirituo- Education organisation. The Headquarters is based at Mount Abu, Rajasthan State, India. It has more than 10000 branch study centers in over 100 countries of the world. It is affiliated to the United Nations Organisation as an NGO, has consultative status with the UNICEF and ECOSOC. It has tied up with many Universities, the UGC, the NCERT and many government institutions, public and private sector organizations for imparting moral, spiritual and values education. As a global Institution coordinating worldwide community welfare projects, the organisation has created opportunities for people in more than 150 countries to participate in multifarious initiatives aimed at empowering people to live in peace and harmony. It enables people to develop attitudes and behaviour which stem from universal core values so as to strengthen individual awareness of the dignity and freedom and inherent worth of every human being.

**As a Social service organisation,** it believes that social service should cover all the segments of the society. It is not merely providing material support in the form of cloth, shelter, food and so on. This kind of service has been rendered by all the social service organizations in the world. But the man sitting in the ivory tower, the man on the street and slum should also be the beneficiaries of the social service initiatives. The person who shoulders greater responsibility has lot of mental burden. Such burden is reduced through a process of service in the form of self management philosophy and practices and life management knowledge and skills. He is empowered to enjoy his personal, professional, family, social and public life. He becomes more creative, productive and effective. Alongwith the material support, more importantly, the social service should also cover the self empowerment aspects.

**As an education service organisation,** it teaches that learning, delearning and relearning should be an ongoing project for all human beings. Once an individual stops learning he starts growing old. Learning keeps us young. Values in life make our lives valuable and worthy. Values spring up from the inner core of individuals. A constant self education process should go on in all walks of life with conscientious choice making, by catching up effectively the space between a stimulus and response. This process enables one to pursue a value based life style in the midst of all conditions and circumstances.

**As a spiritual service organisation,** it brings out the truth that an individual has a body with a spirit. The spirit wears the body. The spirit is the real person. Spirituality is to have lot of spirit in the spirit. The spirit should manifest in terms of enthusiasm, zeal, creativity, enterprising nature and peace. Spirituality is goodness within and without. The goodness should manifest in terms of compassion, sympathy, kindness, fairness, love, cooperation, humility, tolerance, empathy, sacrifice and service. The true consciousness is awakened to understand and experience that one is a spirit – the soul. Humanness is the maturity of soul consciousness. The universal value of brotherhood is properly understood and practiced in daily life. The spiritual education focuses on meditation to empower oneself to perform practically what one preaches in life. God, the supreme is the fountain head of all goodness. Loveful mental and emotional feelings for the Supreme bring about spiritual growth in individuals.

### **The Service Wings**

These above mentioned triangular service initiatives are carried forward effectively through the service wings noted below in order to convey the benefit of service to all the segments of the society.

1. Administrators
2. Art and Culture
3. Business and Industry
4. Education
5. Jurists
6. Media
7. Medical
8. Politicians
9. Religious
10. Rural development
11. Scientists and Engineers
12. Security Services
13. Social Services
14. Sports
15. Transport and travel
16. Women
17. Youth

### **The courses offered**

Individual is a unit in the society. Any kind of social change is possible only when there is change in individuals. Individual is a unit in the society. Hence it strongly believes that social transformation should precede self transformation. It assists the individuals with the following courses for self transformation. Most of the courses are of 3 to 7 days duration.

- ✓ Rajyoga meditation
- ✓ Self Managing Leadership development
- ✓ Positive thinking and positive change
- ✓ Life Management Skills
- ✓ Holistic Health
- ✓ Living Values in all areas of life
- ✓ Stress Management and Right thinking
- ✓ Self Orientation
- ✓ Spiritual Leadership for organisation and personal effectiveness
- ✓ Spiritual Intelligence Development
- ✓ Mind Management
- ✓ Self Esteem development
- ✓ Self Empowerment
- ✓ Relationship Management
- ✓ Emotions Management

In addition to the above courses;

- ✓ local, regional, national and international conferences,
- ✓ seminars,
- ✓ retreats,

- ✓ dialogues,
- ✓ workshops,
- ✓ festivals,
- ✓ training camps,
- ✓ lectures and discourse series
- ✓ Peace marathons, walkathons, cycle rallies, motor cycle rallies, car rallies and so on.
- ✓ Village meets
- ✓

are organized collectively for multidisciplinary recipients and for those coming under specific wing areas by the respective wings. All the services rendered by the organisation are free of charge as a community service. The headquarters is also supported by the branch centers spread over the globe. While the organisation is administered by women, the activities are collectively managed by both men and women who are regular students of the Institution. Although the Institution is registered in many countries as a charity, non-profit or social service organisation, it does not raise funds from members of the public nor any grants are availed from governments for running the day to day activities of the centers. The organisation and its activities are funded on voluntary contributions by the beneficiaries – the students of the respective centers.

### **Affiliation with the United Nations Organisation**

The Institution work with the UNICEF and ECOSOC at the UN Hqrs and within national committees and commissions, to pursue the goal of upholding the human rights of all people by promoting value based programmes and initiatives through the centers. These often include activities specifically designed for women, youth and children.

The Institution launched ‘THE MILLION MINUTES OF PEACE APPEAL’ on the eve of the UN’s International Year of Peace in 1986. The appeal was carried to over 88 countries, involving millions of people and won the support of hundreds of organizations, conveying the message that peace begins within each individual and collected over one billion minutes of peace contributions in the form of prayer, meditation and positive thoughts. As a consequence of this, the Institution received 7 UN Peace Messenger Awards. This inspired the first International Peace Messenger Initiative dedicated to the UN, GLOBAL COOPERATION FOR A BETTER WORLD. Launched from the Houses of Parliament in London in April, 1988, this project creatively collected hopes and visions for a better world from hundreds of thousands of people in 129 countries. They were synthesized into THE GLOBAL VISION STATEMENT, which forms the heart of the UN Peace Messenger and UNESCO supported publication, ‘VISION OF A BETTER WORLD.’ The Institution launched its third international project in 1994 ‘SHARING OUR VALUES FOR A BETTER WORLD’ aimed at raising awareness of 12 universal core values and promoting their development at individual and collective levels. These values were the central focus of LIVING VALUES- A GUIDE BOOK, published in honour of the UN’s 50<sup>th</sup> Anniversary. Using the Guide book and the UN’s CONVENTION ON THE RIGHTS OF THE CHILD as a frame work, educators around the world developed LIVING VALUES- AN EDUCATIONAL PROGRAM (LEVP). LVEP, used today in over 70 countries, is a partnership among educators, supported by UNESCO, and is sponsored by the National Committee of UNICEF (Spain), Planet Society (UNESCO) and the Brahma Kumaris, in consultation with the Education Cluster of UNICEF (New York). Its purpose is to provide guiding principles and tools for the development of the whole person, including his or her physical, intellectual, emotional and spiritual dimensions. To honour the UN International Year of the Older Person, 1999 – Towards a Society for all Ages, Brahma Kumaris initiated a project called ‘Connecting

Generations through Appreciative Conversation'. The project aimed to build inter-generational connection and appreciation so that the transfer of culture and learning could occur.

## OPINIONS EXPRESSED BY DIGNATORIES OVER THE ACTIVITIES, SERVICES RENDERED BY THE ORGANISATION AT VARIOUS LEVELS.

### **SPIRITUALITY — THE POWER TO CHANGE SOCIETY**

Intelligent education alone cannot transform society, moral quotient—a must for personality development.

I appreciate that in institutions like Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, they are putting forth best efforts to enhance this moral quotient in society. Their activities are highly appreciable. The force behind growth of BKs is Love for the Country and Discipline. On account of these two qualities, the BK movement has progressed by leaps and bounds. When this movement started in Hyderabad (Sind), it was in its subtle form. From there it marched to Karachi, and it is true that initially it faced a lot of opposition. In the process of braving the opposition, the form this institution has taken and the effect it has created, is viewed by different people from various points of view. People from the entire world come here. The judges, parliamentarians, bureaucrats, teachers, educationists, media persons and executives—all come here and participate in the seminars and find that they could, perhaps not make the excellent arrangements they see. Management in the real sense of the term is what is seen here in its practical form. Spirituality provides the power to eliminate ego. It is written here: - Ego is the root of all sufferings. The more we eliminate ego in the self, to that extent our suffering will decrease and society will also prosper. Once a telephone company of New York conducted a survey—to see which word is used maximum number of times by the telephone users. They had thought that perhaps the most used word would be “Hello” but the result of this survey showed that the word was “I”.

— **Shri. L.K.Advani, Union Home Minister**

On arriving here, I became aware of this newly built Academy for A Better World. I was also told about the Global Hospital, the activities of which have been highly praised. It is a matter of great pleasure that your organization has constantly been progressing; it is a developing organization.

You are performing the task of making this world a better place to live in. This has been our aim since ancient times. There is both an angel as well as an animal instinct in man—constant endeavors are required to awaken angelic and divine propensities lying dormant in him, to inspire him on the path of becoming a deity from human being—*Nar Se Narayan*—and also check and keep the animal instincts in him under control.

I am extremely pleased to see the environment of this entire complex. The power of the organization should be utilized for the betterment of society. It is of immense value. In this organization, there is dedication and generosity, the deep instinct of service. There is also a deep desire to make the world a better place through toil and labour, just as sandalwood spreads its fragrance by vanquishing its own existence. Such organizations are the need of the hour.

You have created this Harmony Hall, and you are running centres to inspire positivism in people. You have been providing training of various types; even foreigners are taking a share from that. Here they understand that it is the first step of the ladder of human welfare. It is a matter of great pleasure that our culture is being praised in other countries also. The organisations engaged in this noble task should be honoured, they should be provided co-operation.

India should be better, this *Kalpa* should be better, tomorrow should be better than today. Better — it is a very important word. They say there has been a change, what is the change? Is it the change for betterment? Change should always be for betterment. We should not look back, should not fall. We should march forward and take India to new heights. We should make such a great India. Based on such India, the whole world should be created. You are engaged in this noble task. I wish you all success. You showered a lot of love on me. I am grateful to you for that.

**Shri. Atal Bihari Vajpayee, former Prime Minister of India.**

There is an urgent need to have spiritual discipline in life, which only can bring the environment of peace in the world. We observe discipline and order in Brahmakumaris organization. If even 10% of that is followed in politics, there can be a lot of change.

The expressions of peace and happiness on the faces of the participants here show that the devotion of B.K. brothers and sisters and faith in God has achieved that what couldn't be made possible by renowned management consultants. Along with value-based life, firm determination to achieve our goal and Scientific Temper can only lead a nation to prosperity.

It is highly appreciable that you have combined science with spirituality. There is facility of simultaneous translation in 16 languages in this Diamond Hall. I would like to associate with the activities aimed at world peace. I would like to visit this place again and again to get valuable teachings. We have issued instructions in Andhra Pradesh to avail the services of B.K. organization for value education.

**Shri.N Chandra Babu Naidu,  
Chief Minister,Andhra Pradesh**

[International Year for the Culture of Peace [IYCP] Project—Peace Day Celebrations held at the State House, on 22<sup>nd</sup> October 2000.]

The Brahma Kumaris World Spiritual University is the right organization to implement the IYCP project as in the past the University has successfully coordinated Million Minutes of Peace Appeal and Global Co-operation for a Better World.

Mr. Cassam Uteem,President , Republic of Mauritius

In these days world peace can be possible only through re-establishment of moral values. Now the countries of the world have started understanding the importance of human values and solve their problems through mutual co-operation. Now the United Nations is not a World government but a place for peace oriented efforts by the countries and a place where they can find solution of their problems. The Non-Governmental Organizations (N. G. Os) play an important role in activities organized by UNO for establishment of peace.

Prajapita Brahma kumaris Ishwariya Vishwa Vidyalaya has an important role in it on account of which it has been honoured with Peace Messenger award. There is an urgent need to constantly strive for bringing transformation in the world. This day a change is visible in every field — political, social or economic.

V.S. Sonfranchuk  
Under Secretary General, U. N. O.

#### Values Education a Must for World Transformation

The efforts of Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya in the field of world peace, universal brotherhood and unity of mankind are highly appreciable. Spirituality — the Unifying Principle of All Religions.

Jeyraj  
Fernandopulle,  
Minister for Plan Implementation and Parliamentary Affairs,  
Govt. of Sri Lanka

The modern education system has given rise to a sense of ego, illusion of power and unnecessary desires in people. Spirituality is the unifying principle of all religions. I find that the relevance of the Sufi teachings are confirmed after my visit to the Brahma Kumaris Academy for A Better World here.

Value Education to be imparted at Young Age

Mr. Abdoulaye Deïye,  
Member of Parliament, Chieik Sufi, Senegal

Today youth are looking for role models, great leaders who would inspire them to work for the betterment of humanity. The efforts of Brahma Kumaris in guiding and inspiring thousands of youth all over the world are highly praiseworthy.

Today's youth are confused and disillusioned. But they can find an example of leading a meaningful life in this institution. It is regrettable that education being given in schools these days usually neglects the moral and spiritual development of children and youth. It is essential to impart high values and ethics to youth during their formative years because their minds are like a piece of clay or a blank paper.

Cheick Alyn Daw Diop,  
Sufi Master, Reunion Island, Senegal

Bitter experiences in life led me to many situations. Thus I reached this Vidyalaya, which transmits light to the whole world from its Headquarters at Mount Abu. I used to visit every week the Brahma Kumaris Centre at Delhi when I was in the Supreme Court. Since this institution is instrumental for spiritual elevation I am attracted to it again and again. So I used to visit Mount Abu at least once in two years or three years and spend there two years or three years and spend there two or three days. As a result of this I could enjoy spiritual peace. Now I am convinced, this is helpful for the attainment of internal peace, which is distinct from mere utterance of 'OM SHANTI'. When I came closer to this movement many of its characteristics struck my heart.

Mount Abu now represents a worldwide movement. I have toured many countries. Wherever I went, I found Brahma Kumaris centres. Once I had been to Newziland and Australia, as directed by Maharshi Mahesh Yogi. In all these countries I could witness the presence of Brahma Kumaris centres. Two years back when I visited New Jersey in United States, I found out a center of Brahma Kumaris with the help of telephone directory. The head of these centers was a Brahma Kumari who was very much familiar to me. Next day was Deepavali festival. She insisted that I should participate in the function. It was a period when I suffered mental depression. During this period I had been to Sri Satya Sai Baba also. I visited the BK center at New York also and spent two hours there. Then I could listen the voice of shanti (peace). Absorbing the message of shanti I returned. To see Brahma Kumaris and Kumars indulge in meditation was a real experience. When my sister Dr. Meenakshi desired to spend one week in peace, I directed her to Mount Abu. Later, my niece and her husband went there. It is their firm belief and conviction that real sanctity pervaded in the premises of Ishwariya Vidyalaya at Mount Abu.

A deeper probe will soon disclose that we are not that we appear to be. For instance I am not a retired judge of the Supreme Court, I am not the old man I look or the clothes that I wear. Penetrate further and you will realize that you are more than your senses or positions or status in life or indeed your possessions and riches. Go into yourself further more and you will discover what you truly are – A Divine Spark — that manifests itself to the outside world in various forms. Each one of us is a divine spark, a point of light, a child of Supreme Light (Supreme Soul) we call SHIVA. Call it by any other name – Ishwara, Allah, Jehovah etc. It is a Universal Light, the realization of which banishes darkness and brings about Knowledge of our true self. Today we live in the darkness at noon. The time has come for this deterioration, degradation, debasement that I call darkness, to be dissolved by communion with the eternal Beacon; we need not quarrel over the name of the Supreme Light. What is important is truth. To grasp the truth that we are a point of light that we must establish communion with the Supreme Light, that we must not surrender to the vulgar culture of body-consciousness but sublimate our soul-consciousness to that high level where all of us knit together in a global family of brothers and sisters. When this divine consciousness is universalized the Golden Age dawns.

Justice V. R. Krishna Iyer, former Judge  
of Supreme Court of India

## **BALANCE OF MIND AND BODY IS A MUST FOR SUCCESS IN LIFE**

“This Dialogue is going to help us to discover our inner capacities. Man does not understand that he is a part of a large system created by God. The human system consists of physical and subtle aspects. But we normally, become so concerned with the external world and the spiritual part of us always gets neglected. While we take physical food, we do not take mental or spiritual food. Mental food is to imbue oneself with spirituality. While the intention of the system is the restoration of balance of mind and body, it is invariably lost.

“Man has landed into a lot of problems today through lack of balance. Just as when a motorcar battery loses power it needs re-charging, so we need the charging of soul. The beauty of this place is to keep the balances very much alive”.

**Justice Rangnath Mishra, former Chief Justice of India and former Chairman ,  
National Human Rights Commission**

SOUL- CURING TEACHINGS.

“I have come rather to learn and share with you the soul-curing teachings of the Brahma Kumaris in this divine atmosphere. How dedicated all of them are! Just see the choice of words, imageries, their saying ‘this is your home’ etc. in welcoming us, the participants. There is really something noble in this atmosphere. We are slowly realizing these inner treasures and inner powers of the mind. What is that creates this pure atmosphere that I don’t know. We have to find that out and spread that in our respective places also. The greatest achievement of these Dadis and others is due to their dedication, spirit of service and compassion for fellow human beings. In the video film, I saw ‘Who am I? Even though Vedic texts, Buddhism, teachings of Confucius, etc. focus our attention on the basic question “who am I’. Only a microscopic minority of the human beings stops to think of that. Most of the humanity has become mechanical. How many think, “What did I do today?” The most important battery to recharge is: the SELF. Power of silence is the most important and the most wanted. It is also in our fortune to come here and learn meditation and inner values. But if we thank Brahma Kumaris, they say ‘why thank? It is your home’ It is my privilege to inaugurate this programme”.

Shri.Viren J.Shah, Governor of West Bengal

**Success is the name—Brahmakumaris**

I had a great pleasure to attend Jurists Conference on Values for a Better World and Meditation Retreat, I heartily congratulate Brahma Kumaris Ishwariya Vishwa-Vidyalaya for organizing this magnificent conference which had attracted about 700 Jurists from different parts of Indian and abroad which include about dozen of supreme court and High Court Judge, ministers, eminent lawyers, high police and taxation officers.

Brahma Kumaris Ishwariya Vishwa-Vidyalaya is an educational institution, which is imparting spiritual and moral education and technique of Raja Yoga without which academic education is just hollow. In fact, Brahma Kumaris by their dedication, purity of character are performing the same function, which in old days was performed by our saints, sages and seers.

I have toured different countries of the world and I have found their centers in all important countries and in all continents and in fact, they are serving as Spiritual Ambassadors of India all over the globe. Dadi Prakashmaniji’s participation in “World Religions Conference”: in Chicago in Sept, 1993 has been a great achievement, not only for Rajasthan but also for whole of India. Even in the U.N. has applauded the activities of this institution by conferring award of Peace Messenger on it.

India’s only gift to the world can be the light spiritual, which Brahma Kumari sisters are imparting. The work done by this institution in uplifting the status and dignity of women is matchless. The ladies who were considered dependants upon men throughout their



lives: on the father in childhood, on the husband when young and on their children in old age, have been transformed into the teachers of mankind by the inspiration of Shiva Baba through the corporeal medium of Pitashri Brahma. This is the only institution in the world, which is being run and managed mostly by ladies and that too most successfully.

Brahma Kumaris have entered the social field also and have set up Global Hospital at Mount Abu, which is a boon for the area. In this hospital medicine has been combined with meditation with marvelous curing results. I have learnt that this hospital has acquired the reputation of being “a Paradise for the patient”. The up coming Gyan Sarovar Complex is bound to do unique service for spreading spiritual and moral education. It will not be an exaggeration to say that success is the name-Brahma Kumaris and you richly deserve it. Great Sikandra tried to conquer the world by sword but failed. Brahma Kumaris are trying to make earth as one country and mankind its citizens by their message of love in which mission, I wish them a success assuring them that whatever co-operation or help they need from me, I will deem it as my duty to give.

—JUSTICE A.S. QURESHI,  
EX-JUDGE, GUJARAT HIGH COURT

### **“BRAHMA KUMARIS PRACTISE WHAT THEY PREACH”**

It indeed gives me great pleasure to address you today on the auspicious occasion of Shivaratri. My talk is going to be confined to describing how my association with Brahmakumaris began and how gradually it grew and developed. I will also like to explain what in my opinion are the most significant and noteworthy aspects of the philosophy of Brahmakumaris World Spiritual University.

I came to know the Brahmakumaris for the first time in Nairobi when I was posted there as Deputy High Commissioner. Sisters from the Rajyoga Centre there used to attend our national day functions, and I invariably found them to be smiling and cheerful. They in turn invited me for the functions, which their center organized from time to time.

I specially remember one event when a senior sister had come from India. She gave a talk on love of God, which we all listened with rapt attention. But more important than her talk, what I remember to this day in her eyes. When I was looking at her, I felt that in some mysterious way waves were emanating from her eyes. I also felt that she was exuding compassion and as looking at each one of us individually. She very much reminded me of the proverbial grandmother who dotes on her grandchildren. I did not then understand why I was feeling in this way, as I was not acquainted with Brahmakumaris teachings.

Subsequent to Nairobi, I was posted to Madagascar as Ambassador. The Brahmakumaris Centre there was very close to our Mission and was run by a young sister named Vinayana. It will always remember her as very gentle and serene young woman who never lost her composure. She really behaved like my younger sister. I often lived there along without my family. During our national day functions, she alone managed to cook snacks and other dishes in large quantities. She never gave the slightest impression that she was going out of the way to help me. It will always remember sister Vinayana as a very loving and affectionate person. I never saw her without a smile on her face. It was with her that I did the foundation course.

Subsequently, I came to Guyana and here I became really close to sister Jean. I do not want to say much about sister Jean but you will all agree that she is a wonderful person. She is my best friend as well as spiritual guide. How she combines these two relationships so harmoniously is not for me to say.

This probably is a part of the mystique of Brahmakumaris.

A couple of months ago, I had the opportunity of meeting Dadi Janki. This was a short meeting but I vividly remember to this day. A frail old lady who was hardly 5 ft. tall but what a personality she had. Her simple words of advice will always be remembered by me and bring tears to my eyes when I recollect them today after so many days. I specially remember when she blessed me by saying “you have to become bahadur”. Perhaps you do not know what the word bahadur stands for. As used by Dadi, it connotes somebody who is successful both in this life as well as in the life hereafter.

I very much hope that I will be able to live up to her expectation. At that time I met another remarkable person, sister Jayanti, who truly personified love and serenity. After my interaction with Dadi Janki, my association with this center and especially sister Jean became more intense. I feel such mutual understanding and trust from the foundation of spiritual instruction.

I will now like to say a few words as to what I find the most note-worthy facets in the teachings of Brahmakumaris. I admire their philosophy and teachings for several reasons but I would just like to focus on three or four major ones among them. First and foremost, the Brahmakumaris never criticize anybody. They never try to belittle any other faith or to point out the lacunae in the beliefs of other people. I think this is something very laudable and unique. Today when one goes to any religious organization, one invariably finds that those who hold different beliefs are spoken of in a deprecating and condescending manner. This never happens in Rajyoga Centre.

Secondly, they emphasize the harmonious blend of materialism and spiritualism. This is indeed one of the most remarkable features of their teachings. They say again and again that to find God there is no reason to for sake this life fact; they do not advocate renunciation of worldly life by those who wish to traverse on this path. But then the question arises: how does one raise oneself spiritually while remaining in the midst of life?

This question is indeed profound and to find an answer to it, so many people turn to scriptures, religious texts and Gurus. The Brahmakumaris teach you as to how worldly life need not be a barrier to spiritual progress. Of course, one has to lead it in a proper way, with truth, through restraint of one’s passions, through humility and selflessness and through faith in God.

One also learns from Brahmakumaris the importance of monitoring one’s thoughts. Thought is to mind what food is to body. Evil thoughts truly debase our mind but this is not understood. Brahmakumaris say again and again that one must learn to inculcate the habit of positive thoughts and turn away from all thoughts which are negative, which are in any way linked with anger, jealousy, etc. This opens the path towards tranquility and bliss.

Another admirable feature of their teachings is their continuous emphasis on equality of man. They say again and again that the differences between one person and another based

on the position in society, financial status, education, etc, are purely superficial and that all human beings in essence are equal. This is why among Brahmakumaris a human being is referred to as a soul.

Finally, the message of Brahmakumaris is propagated by their cadre of dedicated sisters who live and work in their centres spread all over the world. I am not aware of any other denomination which has a well-organized network of centers and whose message is imparted with such dedication. I also find it noteworthy that among Brahmkumaris sisters there is no hierarchy. Senior sisters behave with junior's sisters in a natural unaffected way. In many religious bodies I find a rigid stratification among monks reserved for the seniors ones among them. This fortunately has no parallel among Brahmkumaris.

Brahmakumaris in my opinion represent a very fine spiritual body. They practise what they preach. They are a remarkable organization, which is sustained and inspired only by sublime spiritual values.

It is for ordinary people to come to them to sit with them and to imbibe knowledge. On this occasion, I wish all the blessings of God for Brahmakumaris and all those who are associated with them.

## **INDIAN HIGH COMMISSIONER**

### **Respect for Values Essential in administration**

While appreciating the work of Brahmakumaris in spreading values in society, he stated that in the speedily sweeping scenario of globalization, democratization, today's administrators with multifarious legislative, Judicial and executive accountabilities should subscribe to a set of core values like commitment, pursuit of excellence, social equality, trusteeship and tolerance for peaceful resolution of socio-economic and political tensions and conflicts and for effective utilization of our vast material, moral and human resources.

The administrators should be the embodiment of honour, character and virtues with strong determination to do what is right in the larger interest of public and national welfare.

We see rampant corruption, growing indiscipline, lack of sensitivity and allergy to the very word accountability in administration today. There is an urgent need for inculcation of moral and spiritual values by administrators in life and at work to translate intentions and promises into actions and achievements.

**Justice K. Venkataswami**

[Administrators CONFERENCE, OCT.12-15, 1996.MT.ABU]

**Make India a Spiritual Super power**

*{The speech delivered at the inaugural of Om Shanti Retreat Centre, Gurgaon, on 19th April, 2003 at the convention on “Evolution of a Good Human being”}*

I am indeed very happy to be here in this divine environment of Om Shanti Retreat Centre and also it is a great honour for me to be in the midst of the spiritual leaders of Brahma Kumaris Academy for A Better World.

I have visited Brahma Kumaris Spiritual Academy at Mount Abu and Abu Road a number of times to participate in the research programme of integrated treatment of body and mind particularly for the cardiac patients in the Global Hospital and Research Centre. The programme aims at alleviating the pain of cardiac patients by combination of vegetarian fibrous diet, meditation and aerobic exercises. Definitely, Mt. Abu gave a good solution for integrating Mind and Body. Also I used to meet more than 5000 high school students in their campus from all parts of Rajasthan. The beautiful environment of prayers and meditation is indeed a unique experience. Above all, on 3rd February 2002, when I visited the Brahma Kumari Academy, **the divine echo** reverberated with a message. It was a great spiritual breeze with affirmation, **‘Bharat will become the most beautiful land on earth’**.

I have come exactly to explore inner powers. The brothers and sisters here are always smiling and I asked one sister, ‘Sister, these days people don’t smile. But how do you keep always smiling?’. That sister again smiled and said, ‘We are the children of our Supreme Father, God, Who is Ocean of Love and Happiness. He wants us to be peaceful, pure, happy and prosperous always. That’s why, we, the B.K. brothers and sisters, are always smiling’. So the message I will take from this Dialogue will be the inner powers through meditation which is the connectivity of knowledge and the Source of Power namely God. To me the growth and progress of civilization is dependent on parental care, elementary level education and inner powers of our souls. Besides a scientist, I am a poet too and before coming here wrote a poem which ran thus.

**Divine Beauty Enters into me and Blossoms happiness into body and soul**

Now after having learnt and experienced so much here from the Brahma Kumaris with regard to inner powers, I am compelled to change my poem slightly like this:

***DIVINE LIGHT***

**Enters into me and Blossoms happiness Into body and soul.**

I have also understood the significance of *vishwarup* or unlimited magnification which is the symbolism of emergence of inner powers”.

Surrendering all our problems to God, trusteeship, positive thinking, etc. are some of the ways to overcome our own barriers of mind”.

**CHILDREN OF ONE GOD**

“This is an organization where balance is taught naturally. Values and powers are your inheritance from the Parampita (Supreme Father). They invited guests from all over India, but have said, “This is your home”. I have not seen an institution with this attitude, namely, ‘everything is yours. You have to share your efforts with us in bettering the world’. We are all children of one God and hence this world is like one home. Today the vision of the Vedas ‘Vasudhaiv Kutumbakam’ has become a reality not because of various philosophical paths of teachings, but because of teachings of the Brahma Kumaris, which revolve around mutual brotherly love. Unless we have love for each other, how can you establish one united world? Keep always smiling. There is no ceiling limit for love. Draw and manifest the powers within and bring about the change in the human system for the better world. This Brahma Kumaris Institution has helped us to cross over this world of unhappiness. I would rather say that God helps us through this institution. Whenever I leave Brahma Kumaris Headquarters after a short stay here, I

usually have a feeling that I am leaving a place where I should be As was stated by Dadi, this place is like our home and people living here are god's blessed people".

**Dr. A.P.J. ABDUL KALAM**

### **POWER OF MIND**

"Our so called success in the external world is purely temporary. There is no harmony in what we believe and what we do. Science is important, no doubt. But what we need is a Science coupled with Spirituality. Similarly, education, unless it is based on values, is not going to give the desired results. Now we find that instead of imbibing values we are full of negative qualities. Power of mind over matter as in the case of psychic surgery, which was the subject of a recent conference I attended at Philippines, has already been proved by science. Not everything has been explained by science, because science is also progressing. One day it is going to tell the phenomenon of absorption of spiritual power also. Eventually, I am bound to say that we are not doing any honour to the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. We are blessed with this unique opportunity of participating in this Dialogue-cum-Retreat. Wherever I go, I have no hesitation in saying that I have never seen an Institution with unique spiritual strength like the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya where right from the highest *Dadima* to the new brothers or sisters cutting vegetables in kitchen or doing service somewhere in the *yagya* are all embodiments of values and practical philosophers of spirituality. This is the message I would carry with me, wherever I go".

### **Brahmakumaris: A Movement Unparalleled.**

After my arrival and stay in Gyan Sarovar, I watched with great admiration every activity since 4 PM. There was perfect discipline, orderliness, punctuality and cleanliness everywhere and in every sphere of activity.

The speakers had in depth knowledge of the various subjects on which they spoke. All of them were articulate and spontaneous in their expressions. They handled every subject with competence and composure. They were sure of whatever was assigned to them.

All the BKs were cheerful, dynamic and dedicated. Whatever the job, whether it was the protocol duty of receiving the guests at airport or railway station or conducting them around the campus or for the various activities, one witnesses the height of efficiency and perfection. They maintained the freshness and the cheerful and spontaneous attitude throughout the day in all situations, at all times. During the international seminars and conferences, the way the BKs conducted the affairs won the admiration of all the delegates.

During the Shivaratri celebrations at Shantivan complex 20,000 delegates were accommodated, housed and fed. All the operations were smooth. Yet, everywhere there was orderliness and cleanliness. Every delegate appeared quite happy and satisfied with the arrangements. One is all the more impressed and overwhelmed to hear that there was not a single paid employee anywhere in the campus (excepting a few locals engaged as

domestic help). All arrangements were efficiently and happily undertaken by groups of volunteers from various parts of the country.

At the largest pillar-less hall in Asia, over 20,000 people gathered out of whom 2000 were foreigners from over 70 countries. There was perfect discipline and silence when the gathering stayed on from 6PM till early morning. The simultaneous translation 18 languages made it possible for everyone to understand every bit of the proceedings.

It was a great experience for me to receive divine blessings through the trans-messenger Rajyogini Gulzar Dadi. **The trans-messenger held her hand in the blessing posture, her powerful and gracious eyes focused on my eyes. I could realize it went on for quite sometime. She spoke the voice of Brahma Baba a whispering tone.** As I was overwhelmed by the power of grace, I could not even comprehend or hear fully the words that were uttered. The only words I repeatedly heard were “ **Aap Gupt Ratan Ho**”, “You are a secret jewel and God likes you. You will be more and more happy and you will achieve more and more success”.

I told that “I am already acting as the mike of Baba by speaking about the services rendered by BKs both inside and outside the country”. She said that Baba is happy for the same and I should continue to do noble work.

Every visit of mine to any Brahmakumari function, whether at the Headquarters or anywhere else, only goes to reinforce my oft-repeated statement for sheer dedication and total commitment of every one in the organization. Brahmakumaris will remain the foremost in the entire world.

**D.R.Karthikeyan**

### **Understand the Essence of Religion**

The object of religion is to tell us the meaning of human life, its aim and reveal the secret of death. But. Today people, not knowing the real meaning of religion, are fighting with one another. They have forgotten the basic principals of religion and are following physical comforts and pleasures. Because we have forgotten the religion and the human relations, there are so many problems being faced by us in society. We cannot negate religion, but religious fanaticism is also not right. Both these situations create problems. In fact what is needed is to understand the true meaning of religion. First we have to create goodwill in human beings. We are trying to investigate into atoms, neutrons, nature, space, animals and birds but we have not been making any efforts to know those. We should have a balance of both-Science and Spirituality. If both these powers work untidily, there can surely be peace, happiness and prosperity in the world.

**-Sh. Shivraj Patil, Speaker, Lok Sabha  
[Universal Peace Conference, 1993]**

### **Spirituality Can Relieve Stress**

Spirituality can provide relief to a person under stress in the modern day competitive world. In the fast changing world, with Science and Technology reaching new heights, and world becoming a global village, families are facing multifarious problems and are under great stress. It is regrettable that the ancient Indian culture is being ignored by younger generations in the name of progress.

\_\_\_\_\_Institutions like Brahmakumaris can play a positive role in giving relief to the suffering humanity, as they are not bound by caste, colour, creed and religion. They would help the people in overcoming their inhibitions through the teachings of Rajayoga meditation. **LtGen.J.F.R.Jacob,Governor,Punjab**

The aim of Prajapita Brahmakumaris Ishwariya Visha Vidyalaya to attain universal peace through spiritual education and training of simple Rajayoga is laudable. In the midst of conflicting situations and violence confronting the world and our country because of suspicion and mutual distrust both at the community and individual level, it has become imperative for all right thinking people to create an atmosphere of peace. It is also incumbent of part of all citizens to accept the creed of universal brotherhood and love as undoubtedly the whole world is one family.

The Brahmakumaris and Brahmakumars of the above institution by their selfless dedication and devotion to realize the aim and dream of this noble institution will go a long way in attaining the cherished goal of universal peace.

I wish them all success in their efforts.

**(P.R.KYNDIAH)**  
**Governor,Mizoram**  
**Aizawl: June14,1966**

### **Rajyoga Makes Thoughts Positive**

Today we see weaknesses all around the society. At such a crucial time, the role of media persons in strengthening the country is very important. Now is the time to amend us. We can learn noble conduct from Brahmakumaris organisation. In the pious environment of Shantivan here, one can create positive thoughts through Rajayoga. Brahmakumaris organization has been endeavouring to re-build India and Rajasthan. By establishing Global Hospital and Research Centre, they have contributed a lot in the field of social service.

**—Sh.Chhoga Ram Bakolia,**  
**Transport Minister,Rajasthan.**  
**Conference of Rural Media persons held at Shantivan, Abu Road**

### **SPIRIT OF DEDICATION AND SERVICE ESSENTIAL IN POLITICS**

Services rendered through truth dedication and love alone will be the basis of success in politics. Moral values are as much necessary in modern society as food is essential to keep body and soul together.

By holding such an important conference at this juncture, to arrest the trend of moral degradation is the unique contribution of Brahma Kumaris Organization. There is utmost need for spiritual re-awakening if increasing tendency of crimes in politics is to be

checked. The present time calls for imbibing values like truth, non-violence and harmony, as mentioned in Gita.

We must understand the importance of moral values. The rural population of India has to be educated on the ethical and spiritual aspects, which alone will ensure country's progress.

**Yerranaidu,  
Union Minister for Rural Areas and Employment  
POLITICIANS CONFERENCE,**

*Values, not Religion should Guide Politics*

India's age-old tradition and core values should govern our present life styles and conduct especially in politics which should not be propelled by narrow considerations of caste, community and religion.

Value based politics would re-main a distance dream as long as self interest, nasty brokerage and opportunism ruled the roost in country's governance forgoing public interest and welfare. In a democratic set-up, public awakening and outcry; a vigilant Media; principled working of the three organs of government without functional overlapping and inculcation of higher order values, such as, altruism, honesty, integrity, patience and dedication towards a noble cause among politicians constitute the pillars of value-based politics.

At a time when politics has come under increasing criticism and hatred, Bramha Kumaris institution's initiative to infuse certain basic values into the profession of politics by organizing such conferences and meets is not only commendable but also a courageous one.

**Mr. B. S. Ramoowalia, Union Minister for Welfare  
[POLITICIANS CONFERENCE: OCT.24-27,1996]**

### **Conserve the Noble Tradition of Indian Culture**

We must perform good deeds to preserve the noble tradition of Indian culture. The sanskars cannot be transformed by mere advice. Here, in Shantivan, we see how these noble thoughts are being implemented in practical lives. I call upon all people associated with Media to provide moral education to youth so that we can overcome the crisis of character.

The ancient knowledge of India and meditation should be made a part of life and we should strive to make a strong, united and culturally rich India.

**—Sh. Tapan Sikdar,  
Union Minister of State for Communications  
[All India Electronic Media CONFERENCE—2000 AT SHANTIVAN].**

**Balance of Information Technology and Spirituality Needed.**



There is an urgent need to strike a balance between Information Technology and Spirituality and efforts should be made to establish value-based culture. For spiritual and moral empowerment of people, all political leaders and media persons should take initiative.

The social welfare activities of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalya, performed with dedication over the last 65 years, are highly commendable. Our Chief Minister honourable Sh. Chandra Babu Naidu has advised all political leaders, Secretaries, officers and employees etc to daily practise Rajyoga meditation.

**Dr. N. Shiv Prasad,**

**Andhra Minister for Public Relations and Cultural Affairs**

All India Electronic Media Conference-2000,

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I am thankful to you for your hospitality during my stay at Mount Abu from 5<sup>th</sup> to 7<sup>th</sup> July 2001. During this short time I could forget the worldly attachment and enjoyed the bliss of *Paramatma*. I believe the knowledge and training imparted there will definitely change the world order and check the degeneration. If more and more people will adhere to your concept of life and philosophy, the heaven will not be far away.

I extend my thankful-ness again and again from the very core of my heart for every body that spared their valuable and busy moments for co-operation and love for me.

I must not keep quiet in expressing my adoration for the sagacity and brilliancy of sister Geeta and sister Suman who explained the theory and practice of Rajyoga which is the key for social harmony, individual's peace and bliss, not only for a particular section, but also for every human being who is in worldly distress.

My words cannot picture the scenic beauty of the locality. It has the magical and majestic power to captivate the minds of everybody and drive them towards peace and bliss.

**Bro. Ram Chandra Panda,**

**Deputy Speaker of the Orissa Legislative Assembly**

### **(SUPREME FATHER RE-ESTABLISHING PEACE ON EARTH)**

Kindly accept my unfathomable love and regard for the trusteeship as head of the administration of Brahma Kumaris for world transformation. I felt it at the core of my heart that when there is a great disaster facing the world and there are dark clouds hovering over humanity, the Creator, the Supreme God-Father, descend on the Earth to impart Godly knowledge for re-establishing peace and happiness in the world. I find it a miracle one.

I was highly delighted to see Mount Abu, the World Headquarters of Brahma Kumaris, an exquisite, calm and serene hill resort full of flora and fauna. I was equally impressed much to find that there is universal goodwill, harmony, co-operation, congenial environment and respect for the human individual, men, women, children, young and old- all healthy and happy and peaceful. The sylvan surroundings at Shantivan were very panoramic and the entire establishment was so amusing and attractive that

words will fail to depict each one's significance. The yoga programme conducted by Sister Shilu and Sister Usha was really very natural and truthful on its spiritual point of view, which engrossed me a while sitting in the meditation hall.

That apart, the behavioral phenomena for a short while experienced among inhabitants of Mount Abu is very influential and full of divinity. The enthusiasm I inculcated during my visit was beyond human speculation and surely par-excellence like that Deities (Devata) the hospitality was highly adorable and unforgettable. The senior brothers are so philosophical in trait and philanthropic bent of mind that I could guess from their gait.

Before I pause my pen, I will be failing in my duty if I do not extend my heartfelt gratitude and felicitations to all brothers and sisters, who at their busy hours of spiritual life, extended their co-operation and love for a fellow brother like me, a two-days guest at Mount Abu. I will be extremely happy with my soul and heart if my feelings illustrated in this small letter are focused to all and sundry in the classroom where I have shared my experience. I am very much thankful to Bijaya Bhai of Bhubaneswar, who has given me this opportunity.

**Shri Sarat Kumar Kar, Speaker,  
Orissa Legislative Assembly]**

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For establishing World Peace, apart from disarmament, there is also required a change in the mentality of those who are trying to show their authority in the world. The Disarmament is progressing fast but mere annihilation of arsenals is not sufficient. There is a dire need to change the mentality of the dominant countries that use them, so that the possibility of the use of nuclear arsenals is totally eliminated. For having Universal Brotherhood and Peace in the World, re-establishment of human values is necessary and our country has been continuing this legacy. Mahatma Gandhi got freedom for the country through the Principles of non- violence and without any jealousy or ill will. Pandit Jawahar Lal Nehru based on these principles, sustained human values through Socialism, Democracy and Secularism. Likewise, Mrs. Indira Gandhi tried her best to spread these ideals on national and international level.

There is an urgent need to give up narrow mentality and develop mutual goodwill and co-operation. This will provide a new direction to world peace and development. If we want to take human civilization to its zenith, we have to eradicate all sorts of discrimination.

The efforts of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mt. Abu, in the direction of World Peace are highly commendable. Here, two things have impressed me:

Self-Transformation is a pre-requisite for World Transformation And There should be peace in the mind. It is only peace in the minds of lacs of people, which will bring World Peace.

Knowledge and Science based on Spiritual Power will rule the World

Along with Disarmament, Mental Changes Required for World Peace

Shri. Rajiv Gandhi, former Prime Minister of India

**INTERNATIONAL CONFERENCE ON UNIVERSAL HARMONY**

**Speech by honourable Prime Minister of India Sri.P.V.Narasimharao,**

His Excellency, the Governor Dr. Channa Reddy ji,

Dadiji and friends from various countries of the world!

This is a universal conference in which there will be discussions on how to develop and to promote harmony. Efforts will be initiated to make people understand its significance. I believe that everything starts in the mind—be it violence or non-violence; quarrels or brotherly feel-ings. War does not be-gin with weapons but it emanates from the mind. As a thought spreads, it ultimately becomes destructive or beneficial. So, which direction should the mind take is not the order of today only.

The efforts you exert here may not bear fruit immediately. But the initiatives are very powerful and very effective. This effort is perpetuated to many. One person sows a tiny seed somewhere, which reaches 60 countries and becomes a big tree. There is definitely some power, which may not be in me, in you or in many. But it can be in one individual. That is an asset.

How much can we take from Him? He is an ocean. You will get the amount of water from it depending on the size of your vessel. Dip in a tumbler and you get a tumbler full of water. Dip in a pot and you get a pot full of water. The question is how worthy are we? We wish to increase our worthiness either through education or through spiritual awakening.

It is in our culture to speak profundities; to sing hymns praising God and to communicate in a comprehensible manner so that it touches the heart. This is a grandiose heritage, which has come a long way; A very powerful heritage indeed. It goes on and on and we should never renounce it.

We appeal to all institutions that we are surrendering in this matter. We cannot do it. The Government cannot do it. It is you who can do it. When you and I promise to fulfill our respective responsibilities, then we can get maximum results from this venture. You accomplish your task; I accomplish mine; then we can meet from time to time to exchange views. Whatever help you need from the Government, we can give you, but only you or institutions like yours can change the attitudes of people. This is why we bow to you. Just now, Dr. Channa Reddy said a strange custom in our country is the prostration of a king or an emperor before a sage. When a king bows before a more distinguished royalty, he may not like it. He would prefer to be in his place. But when he bows before a sage, his feelings are completely different. More respect is given to renunciation compared to status. But a position is also necessary. No country can progress without a hierarchy. Everyone has his bondages—codes of conduct. We should work within the codes of conduct.

One lamp may burn out, but it will kindle another one before that. I wish that this chain of enkindled lamps went on so that there is no darkness. Let there be light, let there be brightness. Let this message continue from one generation to another.

Institutions like yours set themselves apart because they do not seek the ‘publicity craze’, but people come here because they experience peace. They come; they take something and they nourish it. I believe that such institutions are revered. I pay my high regard to you for fulfilling the task of education - that of inspiring people. We are ready to help in this task whenever you ask.

You are executing the job, which we should accomplish—it is our responsibility, which we haven’t fulfilled, and therefore, you are implementing it. We have to fight many wars for peace in the future. It is rather strange and contradictory that there should be war for peace. It should be a war, which Mahatma Gandhi fought. There were no weapons or nuclear bombs in that war.

In tomorrow’s world, there will be a race, but it will not be an arms race on who has more bombs or power. No, it will depend on who has more spiritual power. **There will be the race of knowledge and science based on spiritual power. This will determine how the world will be ruled and which nation will get its leadership. The**

**decision will not be based on which country has the most skyscrapers. But it will be awarded to that nation which has noble ideals; the country which is a benefactor to the whole of mankind. It will take some time.**

I'm very grateful to all of you for your invitation. I have wanted to come here for the past five or six years, but nothing usually happens according to desires. It occurs at the right time. My programme was fixed many times, but I could not make it here. My chance came this time. I thank all of you and also the sisters who never got tired. They would come to me every year. Ultimately, they brought me to this beautiful and peaceful place where no one can leave without being impressed. The depth of impression they carry from here, as I mentioned earlier, depends on each one's capacity.

At least, it will reduce the heat. We want this. I wish to congratulate all of you. **Let something be proclaimed from this confer-ence. Let there be a message for the benefit of humanity. Throw some water on the fire of the communal riots in our country. Never mind if the flames are not extinguished.**

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### **Value Education at School Level is a Must**

When we review the current education scenario, we understand the need of value education. In Himachal Pradesh, we are giving high priority to education and have also initiated value education in schools. The government has provided several facilities to spread literacy in every district. Children should be taught about social or political issues at an appropriate age when they would understand them properly. Mixing politics with education at higher levels is eating into the roots of our education system. Students are spoiling their lives after getting involved in party politics. Student life is the time when they have to be taught about values respect, compassion, love for nature etc. Prajapita Brahma, the founder of Brahmakumaris, was a great visionary who empowered a group of women sixty-four years ago, and they are now doing a great work in value education around the world.

Mrs. Rama Devi, Governor, Himachal Pradesh

### **THE PRACTICE OF OM SHANTI STABILISES THE SELF IN TRUE PEACE**

I came in contact with this B.K.I.V.V. a few years back when I was stationed at Amritsar. I have studied in depth and experienced Rajayoga meditation taught by the BKs. Purity vibrates from this place. We have learnt from various scriptures that our God Father is one, our true religion is one and our ancient culture is the same, but the practical aspect of this can be seen here. This Ishwariya Vishwa Vidyalaya leads one to the path of spiritual awakening of moral upliftment. Today we need the world peace the most. World peace, however, can be attained by inculcating divine qualities. Today not only in India but also in the whole world, there is a dire necessity of noble behaviour, goodwill, and universal brotherhood as preached and practised by the Brahmakumaris Ishwariya Vishwa Vidyalaya.

## **MEDITATION—SUREST WAY OF PERSONALITY DEVELOPMENT**

**It gives me great pleasure to be at the World Headquarters of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya at Mt. Abu to interact with educators on a subject, which greatly contributes to creating a Better Society. I have the added pleasure in being here today as I not only belong to Rajasthan, which houses the world Headquarters of this Vidyalaya, but am also the Head of the State of Arunchal Pradesh, where the Brahma Kumaris have been doing commendable work for the past 25 years. Since I take pride for both these reasons, it becomes essential that I briefly narrate to you the pioneering activities of the Brahma Kumaris in my State of Arunchal Pradesh as well as in the other seven Sister States of the North East, including Sikkim.**

In addition to what has already been stated by persons who have achieved intellectual and spiritual heights, I feel one of the important aspects of Personality Building is having the right attitude. It is important for people to have good character, integrity, good values and positive attitude. If one has the right attitude, experience and sound education, he is on the right path. There are various ways through which one can develop a positive attitude, e.g. look for the positive: do not procrastinate: develop an attitude of gratitude: education with values: increase your knowledge: build a positive self-esteem: stay away from negative influences etc. etc. one should remember that life is an 'Echo' or a Boomerang. The biggest hurdle in building a positive attitude is 'Ego', which is negative pride, resulting in arrogance. While healthy pride is feeling of pleasure, ego gives a swollen head. We all know that while a big head gives a big headache, a big heart always displays humility. One should also differ from 'Selfishness' and 'self interest'. While selfishness is negative and destructive, self-interest is positive. One should have an open mind, accept responsibility and have consideration for others. Lastly, remember that every success story is also a story of great failure. The question now arises in our mind, how to achieve personality development? Various Action Plans, solemn oaths and promises can be taken, but the surest way is through 'Meditation'.

Over the past three days, you have already received intensive training in moral, human and spiritual values through Raja Yoga Meditation. In simple words, meditation cultivates awareness of one-self and the world and infuses a calming effect steadily over time. It produces a feeling of deep realization and is considered a cure of several illnesses, apart from increasing one's capacity to handle stress and turmoil and increases self-confidence. Today human beings lead a hurried and harried life, with hardly any opportunity to pause and ponder. Communication with the inner and the outer mind reduces the pulls of the opposites. It is natural that initially all of us would find Meditation difficult. Mother Teresa, who finally achieved so much in this respect, had once confessed that when she made the initial attempts, she felt the impossibility of collecting her thoughts and fixing her attention. It was only after 14 years had passed that she was able to practise Meditation without the aide of a book. She said, "Prayer is when you talk to God: Meditation is when you listen to Him".

A healthy body, healthy mind, healthy thoughts, will power and work efficiency go hand-in-hand in contributing to Personality Development. All these, as well as Stress Management, which is extremely important in today's world full of stress and strains, can be achieved through Meditation.

Now to conclude, in the words of Rajyogini Dadi Prakashmani Ji, which she conveyed on conclusion of 62 years of this World famous Institution, the World today is standing on the verge of total destruction. It should our desire to bring in a peaceful and prosperous World. The hour of *Kaliyug* has to be replaced by *Satyayug* or the Golden

Age and in order to make this a reality, there has to be self-empowerment by every human being, which can be achieved through meditation and spiritual study. I would like to wish all of your good luck in practising and achieving what you have learnt during your stay at this great Institution.

H.E. Bro. Arvind Dave, Governor of Arunchal Pradesh

As a management consultant I had talked and listened to others a lot. Now I know silence is more powerful. I had taught new management methodologies to my clients so much. Now I understand they have everything in themselves. Spiritual study has always given me new aspects. The most important point that I learned is now to keep myself peaceful and light. Only after that can I contribute to others. Since the collapse of the bubble economy, companies have been working to restructure themselves and trying to increase the efficiency of their operations. This makes people become tired. Because of this spiritual study and meditation it is easy to be positive and encourage others.

Masaaki Tanaka, Management Consultant, Japan

It is still a wonder to me that a simple path of spirituality can change one's life so much. Psychology is a valuable tool in understanding the self; gaining perspective and learning healthier ways of relating and communicating. Yet I knew there was more. Yet I knew there was more. Learning meditation and the consequent application of spiritual laws has created many changes in my life. I feel more complete and independent, relationships are not only healthy, but light, caring and happy. While one definitely has to continue to encounter one's own negativity in order to transform, the love, peace and happiness gained in meditation make it so very worthwhile.

Diane Tillman, Educational Psychologist, USA

I was searching for a long time for something different to what life was offering at the moment and one day a friend of mine invited me to the BK centre in Barcelona. I sat for a few moments of meditation and I had a very deep experience of peace and I had the thought that this was what I was looking for. This happened 12 years ago. After that I began to learn the teachings of Raja Yoga and my life changed completely. Now every day is a new opportunity to grow, to learn, to share and to know better myself and the secrets of life. I have learned to deal with many situations with the help of this knowledge and God's help, my new companion in the journey of life. At the moment I am based in the south of Spain where I coordinate the centers in Sevilla and Malaga.

Enrique Simo, Teacher and Trainer, Spain

What impressed me the most when I first encountered the organisation was the simplicity and the genuineness of all the students and teachers. I enjoyed understanding how issues like vegetarian diet and the concept of giving something back to society in the form of positive and powerful thoughts were all connected. The main thing that seemed to work for me is the deep silence and peace that grows with time as you get deeper into meditation. This then extends into your ability to be enthusiastic about your work. Being able to make quick decisions confidently and develop a very positive mental attitude helped me achieve my goals and to enthuse people around me.

**Michael Timmins, Merchant Banker, Australia**

Raja Yoga gave me the pass word to access the source of pure love. When I realized that both God and I are made of light and that a direct connection is possible my life started to change. My heart became bigger and the feeling of taking from others changed to giving to others. As an observer I could note cold people becoming close, difficult relationships becoming easy and light. The ego was lift aside, allowing a more cooperative approach. The quality of my work has also improved because I have learned how to keep my consciousness in a state of concentration and inner peace even if outside the atmosphere is of confusion and anxiety

Breigida Fries, Biologist, Wildlife Management, Brazil

When I had tried meditation before it felt like hard work requiring more self discipline than I possessed. Then coming across the Brahma Kumaris I found it could be an easy and enjoyable experience. I started to get up earlier each morning, at the time when I previously used to go to bed. I started to care about my food habits and finally became vegetarian which for years I had only been thinking about. The inner strength which put my realizations into practice came through meditation. At work I found that a mind charged with peace is not only a shield against stressful situations, it also preserves positive attitudes and courage.

Charlotte Arbman, Teacher and Facilitator, Sweden

Some people are born to meditate, some achieve it, and some have its thrust upon them – I think I may be in the latter group. I was introduced to the University by my sister. It took me 10 years to finally figure out that this meditation was not just ‘probably harmless and possibly beneficial’, but that it was extremely beneficial and powerful – although very subtle. It has helped me to regain my self respect, becoming much clearer in my thinking, and this has helped me develop a value system which I am proud of.

Anthony Philips, Company President  
UK & Canada

The walls of religion divide men from each other, but I am happy to find that the Brahma Kumaris are endeavouring to promote unity without breaking individual religious structures. Their method is spiritual teaching and pious thoughts created through yoga power. I consider it to be an excellent method – a simple formula to establish peace.

Giani Zail Singh, President of India

The UN diplomats should receive a course in peace making and spiritual understanding before being allowed to enter the diplomatic arena

World leaders should formulate a conscious forward looking strategy for peace as it cannot be our ultimate goal to destroy ourselves with nuclear weapons. We must have reverence and respect for life which is the great miracle of this universe. The ultimate key is love – love for life, the greatest gift. People have been bound together on the national level by love for their countries. Now the great new historical challenge is to develop love among all the earth’s inhabitants-love for the earth and for the heavens themselves. I strongly support the efforts of the Brahma Kumaris World Spiritual University.

Dr. Robert Muller,  
Assistant Secretary General,  
United Nations

I am very happy and honoured to be a part of this Brahma Kumaris divine family. As a Muslim, I find there is nothing here against any religion. The members of Brahma Kumaris Organisation consider humanity as one family, which is what I have really experienced here. I am deeply touched by their warmth and by their extremely high stage of purity

Jehan El Sadat,  
Wife of Late President  
Anwar Sadat of Egypt

I found many or all of the objectives of the Brahma Kumaris World Spiritual University to be identical to the objectives of the United Nations. Thus the UN have given them consultative status on the roster of its ECOSOC. Moreover, the University is also a member of the Department of Public Information of the UN as a Non Governmental Organisation. I find it very comfortable working together with the people from the Brahma Kumaris Spiritual University, which has a firm commitment for universal peace. Here are a people who are convinced that peace will become a reality. I have found a profound feeling of contentment, peace, courtesy and friendliness here. If we could bring spirituality into our lives, we would be able to maintain the balance between scientific achievement and inner peace

Dr. James O.C. Johan, Assistant Secretary General at the United Nations, New York

There should be a new way of looking at borders between nations. Instead of seeing a border as a line of division and confrontation between two state's it must be viewed as a meeting point for the welfare of the two nations. Hence I propose the Universal Peace Charter

His excellency Mr.Steve Naraine, Vice President of Guyana

The message of peace should be spread through the media. The continuous conscious and massive campaign through various forms of media is needed to propagate world peace, which include radio, television, periodicals etc.

Mr.G.G.Mirchandani, Chjief Editor and General manager of United News of India

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While participating in the national conference on spiritual wisdom and values Sri.Raghu Raj Singh Shakya, Member of Parliament said 'only spiritual knowledge can help us stabilize our mind while leading busy lives in a materialistic world. He wanted all delegates to pledge that they would imbibe the spiritual knowledge being imparted by the Brahma Kumaris and help at least five other people transform their lives with this knowledge.

Sri.Raghu Raj Singh, Member of Parliament.

Continuing spate of crime, corruption, commercialism and lust for power had tarnished the image of politics in India. It could be effectively countered by politicians with the practice of India's ancient spiritual wisdom, eternal values and Rajyoga meditation as imparted by the Brahma Kumaris institution through its centres all over India and abroad.

Mrs.Pratibha Patil, Governor of Rajasthan.

While concluding his talk on new dimensions in health living, Dr.Deepak Chopra cited the example of the clusters of 'imaginal cells' that lie in a caterpillar and are responsible for formation of a butterfly, as these cells are the only ones that do not get diluted and hold on to their original genes for giving rise to a new life form. He said that the Brahma Kumaris centers in different parts of the world are like these cells as they too are working towards a new reality for this world, where culture, compassion, humility and love will dominate and militarism shall become obsolete.

Dr.Deepak Chopra.

Holistic development was necessary for developing mutual understanding, respect, cooperation, peace and amity among people and it called for a great deal of spiritual endeavour alongwith material development. Simple values like sweetness and compassion, go a long way to make the lives of others better. Commending the efforts of the Brahma Kumaris in spreading spiritual awareness and value based lifestyle in India and abroad the efforts of Brahma Kumaris would be a great inspiration for promoting peace and spirituality.

Mrs.Shiela Dixit, Chief Minister of Delhi.

Peace is the only solution to end terrorism and the message of peace imparted by the Brahma Kumaris throughout the country and the world is appreciable. The teachings of all religions were fundamentally similar and the Brahma Kumaris institution is imparting a universal message which is above the differences of creed, caste and religion.

H.C.Mahadevappa, Rural Development Minister,  
Karnataka

Brahma Kumaris efforts for world peace and welfare were commendable and they should be supported by government and civil society in this endeavour.

Ms.Kartar Devi, Health Minister of Haryana

Love for mankind and care and concern for fellow beings, which was the message of Brahma Kumaris in the mega festivals could serve as the foundation of peace, harmony and happiness in the self and society.

Dr.Harbans Lal, Chief Parliamentary Secretary, Govt of Punjab.