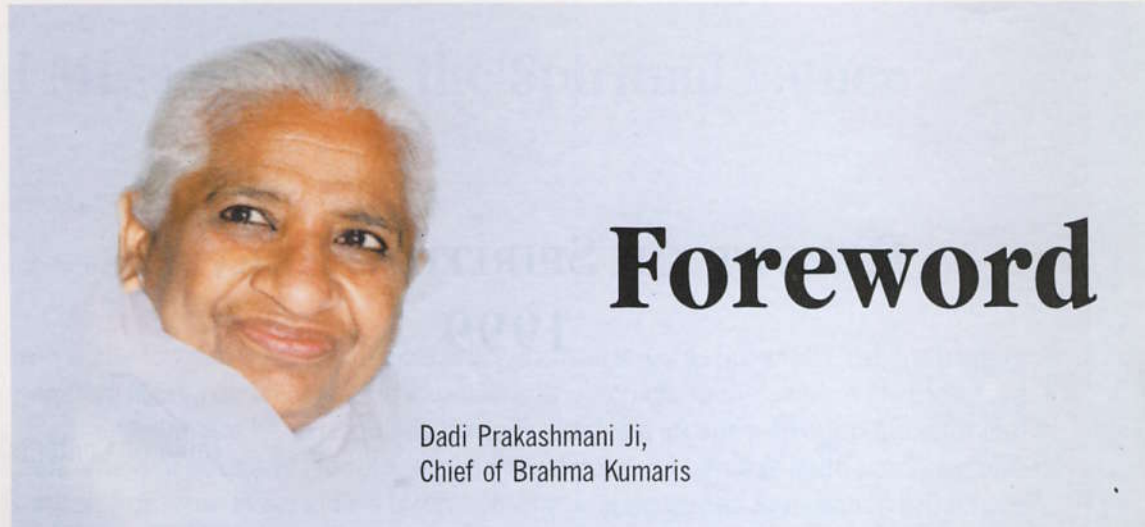


# The Call of Time: Spiritual Empowerment

Report of Spiritual Services  
1999



PRAJAPITA BRAHMA KUMARIS ISHWARIYA VISHWA VIDYALAYA



# Foreword

Dadi Prakashmani Ji,  
Chief of Brahma Kumaris

**T**he threshold of a new century is an appropriate occasion to take a broad view of the state of the world and assess its future direction. Most people, however, are at a loss to explain the perplexing paradox which exists between the marvellous technological advances of the 20th Century and the simultaneous decline in the overall quality of human life worldwide—environmentally, socially, morally, economically, healthwise and otherwise.

The United Nations General Assembly has declared that the next decade be dedicated to the creation of a Culture of Peace. UNESCO has initiated a programme for the global promotion of peace, non-violence, tolerance, solidarity and respect for life. It is, however, increasingly obvious that the prevailing powers of Economics, Politics, Religion and Science are not capable of bringing about stable and lasting peace, happiness, and well-being, which are longed for and are indeed the right of every individual.

Humanity yearns for an era of harmony, peace and prosperity wherein people share the bounties of nature and care for one another. Memories and dreams exist in every culture of a time when the lion and the lamb lived together amicably and when health, wealth and happiness were the order of the day.

Yet people do not have a clear, composite and practical vision of such a future. They cannot imagine what a civilization or society that is truly free of injustice, lawlessness and violence would look like, or how it would function. They are therefore ignorant as to how to prepare for it. People today have difficulty even conceiving of an individual who is free of all traces of selfishness, dishonesty and anger. They do not know how higher values can be internalised so that they become our very nature.

We think that all efforts to provide humanity with health and happiness will succeed only when complemented by *spiritual empowerment*. This is the most vital and missing dimension. In fact, an astute review of human history reveals that all the suffering which has come to humanity is a result of the loss of the spiritual dimension in favour of the material.

There is a popular misconception that spiritual empowerment is the concern or prerogative of saints and seers and not that of the common people. The truth is that the spiritual empowerment of each and every human being is the need of the hour if we are ever to regain the paradise lost.



Dadi Janki Ji,  
Addl. Chief of Brahma Kumaris

By *spiritual empowerment* we do not mean religious empowerment. Our fundamental tenet is that humanity is a spiritual family—a family of souls, whose Supreme Mother and Father is One Incorporeal Being of Light, or God.

By spiritual empowerment we mean the re-awakening of one's natural, originally peaceful and pure state of soul awareness. Upon such re-awakening, the human spirit is re-energised and experiences renewed meaning and purpose of life. A connection with God, the Source of spiritual power, is re-established, and the development of the otherwise hidden potential of the human *spirit* begins. Old patterns of negativity and impure tendencies are shed with little effort. Spiritual power becomes evident in the life of such a soul in the form of a benevolent and gracious disposition, clarity and calmness of mind, emotional maturity, sound judgement and other exalted qualities of character and behaviour. Spiritually empowered individuals are natural leaders who lead by the example of their righteous actions and by virtue of their noble character.

The majority of the world's people are suffering from poverty, disease, torture, war, famine, abuse and addiction. They are calling out for relief and mercy with increasing desperation. Time itself is now calling for transformative change. We believe that only spiritual empowerment offers the solution to the widespread and complex problems facing the world today.

Paradoxically, this is also the most opportune time in world history—a time when anyone craving a divine experience and God's blessings can be in intimate communication with Him through a simple and easy method of meditation. This is an infallible method for regaining one's original peace and spiritual strength.

Having recognised, understood and practically experienced the benefits of spiritual empowerment in our own lives, we consider it our God-given duty to make the knowledge and methods of spiritual empowerment available to our fellow humans, whom we regard as our brothers and sisters, irrespective of caste, creed, religion or colour.

God wishes only for nothing but the peace and happiness of each and every one. Therefore, since the task is God's and we are but humble instruments, we know that success is certain.

## BLESSING

May you  
constantly  
remain  
a carefree  
and  
successful  
server  
by giving  
all your  
burdens  
of  
responsibility  
to  
the Father



## Background

*Brahma Baba's  
Visions*



# Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya

*The Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV) recognises the intrinsic spirituality and goodness of every human being and helps people rediscover that goodness within themselves, encouraging and facilitating the development of spiritual awareness, attitudes, behaviour and skills through a process of lifelong learning.*

**T**he Institution was founded in 1936 in Karachi when Dada Lekhraj, a wealthy jeweller, was selected by *Paramatma, Parampita Shiv Baba* as the vehicle through which to communicate God's knowledge to humanity. Inspired by visions and subsequent revelations, he surrendered his mind, body and wealth and dedicated the remaining 33 years of his life to this task. Renamed Prajapita Brahma, he envisioned

people of all cultural, economic and religious backgrounds coming together to rediscover and develop the spiritual dimension of their lives, and with God's help and company he delineated fundamental principles necessary to restore the world to peace, purity and prosperity.

In 1951 the Institution's world headquarters moved to Mt Abu in Rajasthan, India, where it remains to this day. In 1969, aged 93, Brahma Baba passed away, bestowing the mantle of leadership upon Dadi



*The founder, Brahma Baba*

Prakashmani as the Chief of the organisation worldwide. She was subsequently joined by Dadi Janki as Additional Administrative Head.

*As an international Institution, the Brahma*



*Some original members of the Institution today together with oth*

Kumaris offer people of all backgrounds an opportunity to learn meditation and deepen their understanding of universal principles and innate values through a variety of educational programmes, courses and learning resources.

As a worldwide family of individuals from all walks of life, the Institution provides a caring, co-operative and supportive environment which encourages individuals to bring out the best in themselves.

As a global organisation co-ordinating worldwide community projects, the Institution has created opportunities for people in 129 countries to participate in a variety of initiatives aimed at creating a better world where people live in peace and harmony.

Above all, the Institution emphasises the benefits of moral and spiritual



*Some original members of the Institution with Brahma Baba*

approaches to life. It enables people to develop attitudes and behaviour which stem from universal core values. The Institution's purpose is to share the vision of a world where people live in harmony with others and to strengthen individual awareness of the dignity and inherent worth of every human being.

Each Brahma Kumaris centre and its activities are independently run and funded on a voluntary basis by teachers and students who live and work in the local community. Most classes are held in the mornings, evenings and on weekends. Activities are offered free of charge as a community service. Although the Institution is registered in many countries as a charity, non-profit or social service organisation, it does not raise funds. All teachers and staff are volunteers. While the Institution is administered by women, about half of its members are male. Participants in Brahma Kumaris activities come from all backgrounds and ages.



*Senior sisters and brothers*

## BLESSING

May you be  
an  
embodiment  
of  
total  
success  
and an  
easy yogi  
through  
having  
a close  
relationship  
and all  
attainments

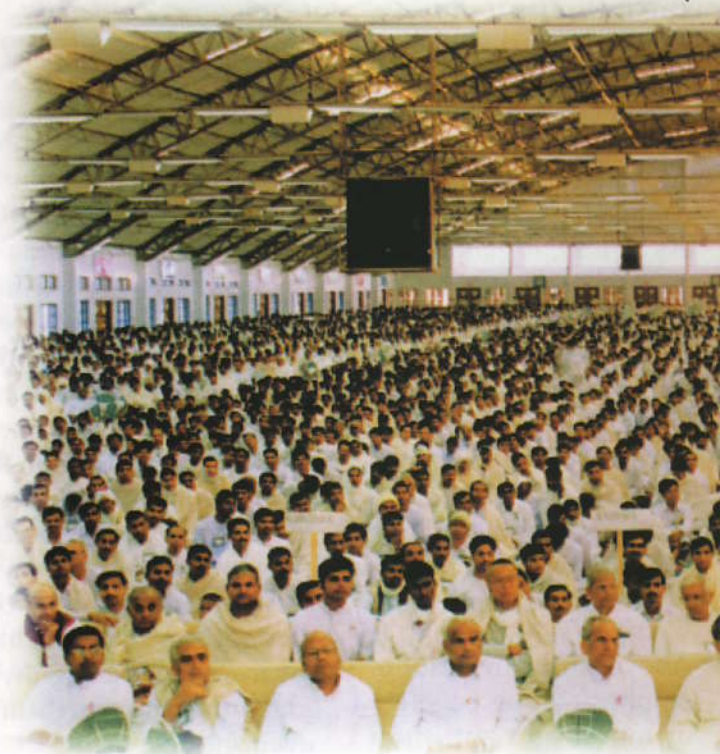


## Review of Achievements

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# 63 Years of Fruitful Efforts

**I**n the final year of this century, we, the Brahma Kumaris are pleased to reflect on our 63 years of achievements. With the guidance of the Supreme Soul, the vision of a better world and our focus on achieving world transformation through individual self-transformation and spiritual empowerment, we have grown from a small community of 350 women and men into a global institution with over 5,000 centres in 75 countries, spanning all 5 continents. Our Headquarters facilities have expanded to 3 campuses to meet our growing needs.



*An International Gathering at Diamond Jubilee Hall, Shantivan Campus*



*Academy for a Better World campus, Gyan Sarovar, Mt. Abu*

An achievement which gives us continued satisfaction is that, in spite of the Institution's increasing size and scope, the systems and structures laid down by our founder, Prajapita Brahma, are such as have enabled us to maintain the atmosphere and feeling of a spiritual

family and a small and close-knit community.

We have attained international prominence through our 18-year affiliation as a non-governmental organisation (NGO) with the United Nations' Department of Public Information. In 1999 our status with respect to the

International inter-faith community, and our participation in the 1999 Council for the Parliament of World Religions in South Africa was well received. In partnership with educators around the world and supported by UNESCO, Living Values: an Educational Program (LVEP) is being implemented in 70

countries. Many global corporations like Shell, Volvo and the ILO have experienced the value of our Self-Management Leadership programmes.

Within India, our network of centres in 11 administrative zones covers the country. The 14 Wings of our sister organisation, the Raja Yoga Education and Research Foundation, have expanded into all sectors of society and reached millions of people. 1999 saw the launch of our 2-year mega project, *Entering the Golden Age Through Spiritual Empowerment*.

We are confident that, through our vast infrastructure and outreach, with our continued efforts at all levels of society, and with the co-operation of many persons of good will, the dawn of a Golden Culture of Peace will definitely come about in the early years of the 21st Century.



Road. Shantivan is the largest of the Institution's 3 headquarter s campuses.

UN's Economic & Social Council (ECOSOC) was upgraded to General Consultative Status, in recognition of our widespread expertise across all fields of human endeavour.

Also at the global level, we have become well-known within the



Universal Peace Hall at Madhuban, the original campus of the Brahma Kumaris world headquarters, Mt. Abu

## BLESSING

May you be  
a  
very  
powerful  
soul  
and  
succeed  
in  
everything  
you do  
with your  
courage  
and  
enthusiasm



## UN Affiliation

**O**ur global spiritual perspective highlights and affirms the ideals and principles underlying the work and spirit of the United Nations. Speaking with the authority of an increasingly large segment of civil society concerned with human and social values, we support UN programmes over a wide range of developmental, humanitarian and other issues. Our special competence brings a unique ethical and spiritual approach to world concerns and enables this approach to be clearly expressed within the broad forum of UN circles.

The Brahma Kumaris became affiliated as a non-governmental organisation (NGO) to the UN Department of Public Information (UNDPI) in 1980 and has had Consultative Status with the UN Economic and

## Our Expanding Role at the United Nations

Social Council (ECOSOC) since 1983 and with UNICEF since 1988. In July 1998, ECOSOC approved a recommendation from the Committee on NGOs to upgrade our consultative status from 'NGO on the Roster' to 'general consultative status'. The upgrade recognises the broad range of issues we have contributed to in relation to the work of ECOSOC.

We have sent sizeable delegations to most major

UN Conferences over the past two decades.

In pursuing the goal of upholding the human rights of all people we work with UNICEF and UNESCO at UN headquarters and within national committees & commissions, promoting value-based programmes and initiatives through our local and national centres. These often include activities specifically designed for women, youth and children.



*Former UN Secretary-General, Javier Perez de Cuellar and his wife, Marcella, presenting a Peace Messenger Award to Dadiji*



During 1986, the UN's International Year of Peace, the Institution launched *The Million Minutes of Peace Appeal*, which reached 88 countries, involved millions of people and won the support of hundreds of companies and organisations. Emphasising that peace begins within each individual, the project collected contributions of over one billion minutes of peace in the form of prayer, meditation and positive thoughts.

As a result of this Appeal, the Institution received 7 UN Peace Messenger Awards. This inspired the first International Peace Messenger Initiative dedicated to the UN, *Global Co-operation 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 synthesised into *The Global Vision Statement*, which forms the heart of the UN Peace Messenger and UNESCO supported publication, *Visions of a Better World*.

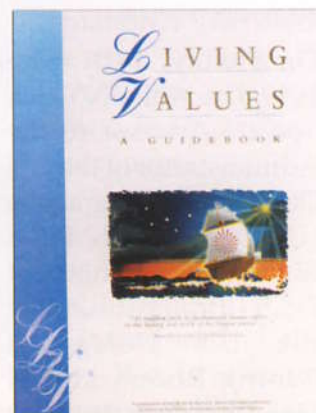
In 1994, the Institution launched its third international project, *Sharing Our Values for*



*Sister Pam Bailey and Lord Ennals, Co-chair of the Global Co-operation project, showing the Visions of a Better World book to former UN Secretary General Boutros Boutros-Ghali*

*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 Guidebook*, published in honour of the UN's 50th Anniversary. Using the Guidebook and the UN's *Convention on the Rights of the Child* as a framework, educators from around the world developed *Living Values: an Educational Program* (LVEP). 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.



*Living Values: A Guidebook*

## BLESSING

May you be  
a  
constant  
yogi  
and  
a  
constant  
server  
who serves  
through  
your behaviour  
and  
your face



## SERVICE AT THE UN IN 1999

### *International Year of the Older Person*

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.

BK centres from a number of countries participated in the project, which brought together young and old in public venues and engaged them in appreciative conversations which were documented by an artist and a writer. The artwork and companion text will be displayed at an exhibition in New York in October 2000.

### *Luncheon in Honour of BK Dadi Prakashmani*

On Friday, 11th June, 1999, Dr. Wally N'Dow, Special Advisor to the Administrator of the UN Development Programme (UNDP) hosted a luncheon in honour of Dadi Prakashmani at the UN Delegate's Dining Room, at UN Headquarters in New York. The event was

co-sponsored by the Brahma Kumaris and the Interfaith Center of New York. This wonderful celebration was attended by 75 dignitaries and friends from the UN and New York communities. Dadi Ji addressed the guests on the topic of *Values: Seeds for a Culture of Peace*. Afterwards many guests shared their appreciation of the work of the Brahma Kumaris at the UN. These included, Ambassador Insanally from the Mission of Guyana to the UN; Mr. Alfredo Sfeir-Younis, Special Representative of the World Bank to the UN; Marion Awwad, UNDP; and Bawa Jain, Director of International and UN Affairs, Interfaith Center of New York.

### *Living Values: an Educational Program (LVEP)*

*Living Our Values—a European Forum* was held in Barcelona in July and a *Forum of the Americas* was held in Mexico City in November. Train-the-Trainer residential courses were held in Greece, Kenya, Malaysia, Mauritius, Mexico, UK, USA and India. Other trainings were conducted in schools and parenting groups.

In the area of publications, *The Living Values Educator's Kit* was upgraded and refined in 1999. Detailing values activities for different age groups of children, the kit was divided into manuals specific to the different age groups as well as to Refugees & Children-affected-by-war. In addition to being published in English, French, Spanish, Serbo-Croat, Greek, Malay, Portuguese and Arabic, translation has also begun in Russian, Cantonese and Karen. Two other LVEP publications were also produced: *A Facilitator Guide for Parent Values Groups*, which helps parents develop the skills to encourage positive values in children, and an *Educator Training Guide*, which enables deeper understanding and experience of values in the lives of teachers.

## Highlights of International Service

**H**undreds of events—too numerous to mention—took place at BK centres around the globe in 1999. Presented here are a sampling of the most noteworthy.

### AUSTRALIA

An international Performing Arts Retreat at the Asia Pacific Retreat Centre (Melbourne) in January drew participants from all over the world. In July the Wilton Retreat Centre (Sydney) was inaugurated by Dadi Hirday Mohini Ji and renamed 'Inner Space.'

### AUSTRIA

BK speakers presented talks at the Alpbach Forum on *Spirituality & Nutrition*. The Forum is a gathering of intellectuals that gave birth to the concept of the European Union 50 years ago.

### BRAZIL

180 business executives took part in a BK seminar on *Managing Change*



*Workshop at the new Inner Space Retreat Centre near Sydney*

*Under Stress* at the Chamber of Commerce/ Stock Exchange in Buenos Aires. 230 executives, including HRD staff from Volkswagen, managers from mining and construction companies and personnel from the Ministries of Agriculture, Social Security and Finance participated in a *Self-Management Leadership* seminar in Belo Horizonte.

### CANADA

Workshops on *Spiritual*

*Preparation for the Year 2000 and Beyond* and *Raja Yoga as an Adjunct in Recovery from Addiction* were conducted by BKs at an international inter-faith conference *Creating An Earth Community: A Religious Imperative* held in Vancouver.

### CHILE

Living Values: an Educational Program (LVEP) was introduced at the 19th World Scout Jamboree, which was attended by 35,000

# We are a Global Family

## BLESSING

Through  
the power  
of silence,  
may you be  
a  
master  
bestower  
of peace  
and be  
instrumental  
in  
establishing  
the  
new world.



scouts and youth leaders from 182 countries.

#### COLOMBIA

After meeting BKs in Bogata, Colombia President Andres Pastrami accepted an invitation to visit Brahma Kumaris headquarters in Mt. Abu.

#### COSTA RICA

LVEP Training is being given to primary school teachers in co-operation with the Schools of Education, University of Costa Rica, in San Jose and in Paraiso de Cartago.

#### DENMARK

The National Union of Actors hosted a BK presentation on *Meditation and Creativity* in Copenhagen.

#### EGYPT

Talks on positive thinking and a course in self-esteem have been conducted in Cairo and Alexandria.

#### ENGLAND

An International Sindhi Retreat was held at the Oxford Global Retreat Centre in August and was attended by Sindhis from Gibraltar, USA, Hong Kong, Nigeria, Ghana, Dubai, India, UK, Singapore and Sri Lanka. Many had close connections with the PBKIVV since its early days in Hyderabad, Sind.

**LONDON—Harried business travellers hold this secret close to their chests: a quiet haven in the heart of the city. 'Inner Space' in Covent Garden has a 'quiet room' where people of any faith or none can spend as long as they like in contemplation—for free. It also offers free courses in relaxation and time management. 35 Short Gardens, WC2.**

—Time Magazine

Inner Space Information Centre, Covent Garden, was listed on the Traveller's Advisory page in Time Magazine.

Dadi Prakashmani Ji inaugurated a new Inner Space Information Centre in Cambridge.

Global Co-operation House, London, International Co-ordinating Office for Brahma Kumaris activities outside India, was the site of a National Conference *Empowering Young People in the 21st Century*.

A Prison Education Resource Kit (PERK) has been produced for BKs bringing inner values and self-esteem training to inmates.

An innovative *Men & Spirituality* programme for men of all cultures, faiths and backgrounds was pioneered in April.

BKs were regularly featured on ZeeTV and Asianet (subscription channels available on satellite and cable across Europe) and have been listed in the UK Journalists Handbook.



*Inaugural Ceremony of International Conference on 'Spiritual Wisdom for Changing Times.' Hon'ble Justice Mr. G.B. Pattnaik, Judge, Supreme Court of India is at the centre of the photo.*

## FIJI

In conjunction with the Lions Club of Central Suva, BKs conducted an eye camp for 200 native villagers.

## FRANCE

Inter-religious round tables in Paris are being co-hosted by the BKs and the Sufi Sheik Abdulaye Dieye School.

## GREECE

*Consciousness & the Original Spirit of Science*, an international symposium, took place from 27th April to 2nd May in Olympia, ancient site of the Olympic games. The symposium included presentations by renowned physicists Amit Goswami, Fred Alan Wolf and Menas Kafatos, and by Prof. Christian de Quincey from the Institute of Noetic Sciences (co-organisers of the event).

## INDIA

A 3-day International Conference on *Spiritual Wisdom for Changing Times* was organised at the BK Academy for a Better World in Mt. Abu from 5th to 8th February. 2,000 delegates from 42 countries participated in the event, inaugurated by Hon'ble Justice G.B. Pattnaik, Judge, Supreme Court of India. Dadi Prakashmani Ji and Dadi Janki Ji were the Chief Hosts.

An international Peace of Mind retreat on the theme *The Call of Time* was held at the BK Academy for a Better World in Mt. Abu in October. 500 delegates representing 45 countries participated.

## IRELAND

An address was given at Queen University in Belfast to 'The Peace People,' a group established by 2 Nobel Laureates.

## ISRAEL

Classes have begun in Tel Aviv and within the Palestine Authority. LVEP has been arranged for 2,000 Arab and Jewish kindergarten children in the city of Ramla.

## ITALY

Print media and radio journalists from Rome, Sardinia, Naples and Milan participated in a 3-day retreat at the BK retreat centre in Gubbio.

## JAMAICA

The First Ladies of Malaysia and Nigeria were presented LVEP information at a spouse's programme during the IX Summit of the Group of Fifteen held in February in Montego Bay.

## JERSEY (UK)

A meditation/values course runs regularly in the Vulnerable Prisoners Unit of La Moye Prison.



*Above & below, Peace of Mind retreat, Mt. Abu*



*His Majesty King Birendra Bir Bikram Shah Dev & Her Majesty the Queen Aishwarya Rajya Laxmi Devi Shah, Rt. Hon'ble Prime Minister Girija Prasad Koirala & Dadi ji at inauguration of Nepal Conference*

## BLESSING

May you be  
an  
easy yogi  
and  
bid farewell to  
Maya  
by having  
all  
relationships  
with the  
one Father.



#### MALAYSIA

Over 3,000 attended Dadi Janki's lecture on *Mind over Matter* at the Dawan Wassam (Hall of Vision) in Kuala Lumpur. Dadi was interviewed by the popular English daily *The New Straits Times* and met the Deputy Prime Minister of Malaysia as well as the Information Minister.

#### MAURITIUS

The Mauritius Government presented a National Unity Award to the Brahma Kumaris World Spiritual University in recognition of its outstanding achievements in the field of National Unity.

#### NEPAL

An international conference on *Spiritual & Moral Values for a Better 21st Century* was held at the Royal Nepal Academy in Kamaladi, Kathmandu, from 29th to 31st October 1998. Inaugurated by His Royal Majesty King Birendra Bir Bikram Shah Dev and graced by the presence of Her Royal Majesty Maharani Aishwariya Rajya Lakshmi Devi Shah, the conference was a gala event attended by 2,500 delegates, including representatives of 80 countries.



*BK Sister Chandra receiving the National Unity Award from the Hon'ble Dr. Navinchandra Ramgoolam, Mauritius Prime Minister*

#### NETHERLANDS

Dadi Janki was Guest of Honour in a 'Circle of Elders' at a 3-day international conference on *World Peace—Inner Peace for Healing the Self, the Earth & Others* in the Hague. She also met Princess Irene, the Queen's sister. 1,200 Amsterdam policemen, representing nearly one-quarter of the total Police Force, have to date completed the Positive Thinking Course.

#### NIGERIA

The Lagos State Ministry of Education approved the BK Exhibition on Drug Abuse Control for use in schools throughout Lagos State.

#### PANAMA

BKs presented a talk at the Association for Battered Women.

#### PHILIPPINES

A public programme entitled *Future Without Fear* was held at the Mondragon House in Makati City and was attended by 500 people.

#### PORTUGAL

A hall provided free to the BKs by the local council and situated next to the local Ministry of Education was inaugurated and named 'Harmony Hall'.

#### RUSSIA

In association with the Journalists' Union of Moscow, Br. Nirwair (of Madhuban) held a press meeting on *The Moral Crisis in the World and the Role of Mass Media*. He was also Chief Guest at the 10th anniversary celebrations of Brahma Kumaris in Russia, held in the main hall of the

government's Finance Academy. The Russian Orthodox Church TV programme 'Rusky Dom' recorded all public events during Br. Nirwair's visit.

A BK-authored paper on *Spiritual Education and Education in Values—a Missing Dimension in the Present-Day Education System* was presented at an international forum on problems of science, technology and education in Moscow.

#### SCOTLAND (UK)

BKs were invited to conduct a weekly *Self-Esteem* course for young offenders, ages 18-21, at the HM Remand Institution, Langriggend. A *Self-Management Leadership* training has been requested by the prison's staff.

#### SOUTH AFRICA

BK sisters met with the then President, Nelson Mandela.

Stress Management seminars were conducted for administrative staff at the University of Natal, for tutors at Addington Nursing College, and for lecturers at the University of Durban Westville.

#### SPAIN

In Seva near Barcelona, 120 people from 18 countries gathered for a 4-day European Forum *Living Our Values: The Spirit of Education for the 21st Century*. Amongst the highlights was the welcome of a boat carrying French children which was received by 40 boats carrying Catalan children—a living symbol of LVEP.

#### SRI LANKA

2,000 people attended a public lecture by Dadi Prakashmani on *Meditation & Peace of Mind* at Sugathasa Stadium. The event was inaugurated by Hon'ble Mr. Jayaraj Fernando Pulle, Minister of Plan Implementation & Parliamentary Affairs; Hon'ble Mr. A.M. Fowzie, Minister of Transport & Highways; Mr. P.P. Devaraj, MP and Ven. Bangala Upatissa, Chief Sangaha Nagaka for Japan Chief Incumbent Consultant of World Peace Religion Federation. (Please see photo on following page.)

MPs, media personnel and city councillors attended Dr. Nirmala's talk on *Spiritual Wisdom for the New Millennium*, after which Didi was interviewed by the Sri Lankan Broadcasting Corporation (SLBC).

Sister Meera was also interviewed by the European and Kannada Services of SLBC and by Young Asian Television.

#### SWEDEN

Meditation sessions with discussion were held twice weekly throughout the academic year for staff of IHM Business School.

#### SWITZERLAND

At the UN Palais des Nations in Geneva, on the occasion of the 55th Commission on Human

## BLESSING

May you be  
a  
special  
soul  
who receives  
everyone's  
co-operation  
because of  
your speciality  
of courage



LVEP Boat carrying French children as it approaches Barcelona Harbour. Photograph courtesy of Positive News



rights, BKs held a meeting on the theme *Towards Securing Human Dignity*.

#### THAILAND

A public event organised around Dadi Gulzar's visit featured a Peace Appeal for a moment of silence and a programme at one of Bangkok's main convention centres. Over 10,000 people from both private and public sectors participated. 500 people attended the public programme, entitled *It's Time to Realise our Vision of a New World through Silence*.

BKs visited a Burmese Refugee camp in Northern Thailand to present training on the Refugees and Children-affected-by-war section of the LVEP Educator's Kit.

#### TURKEY

A panel discussion on *The Leadership Challenge* with BK Sister Jayanti, Professor of Nuclear Engineering Dr. Tolga Yarman and Sufi Ali Nejip Kshlale was attended by 240 professionals.

#### URUGUAY

BKs from Argentina sail to Montevideo every weekend to run courses at the Hotel Melia for their management team and staff.

#### USA

200 people gathered at the Fashion Institute of Technology in New York to launch *Images & Voices*, a national conversation on the impact of media images/messages.

600 BKs from 20 countries attended the inauguration of Peace Village Learning & Retreat Centre by Dadi Prakashmani (Haines Falls, NY).

Dadiji gave a message of peace at the Holeman Lounge of the National Press Club in Washington, DC. The District of Columbia Mayor's office issued a proclamation declaring 10th June 1999, Dadi Prakashmani Day in Washington, DC.

San Francisco Centre hosted a United Religions Initiative (URI) retreat for the second time, at their request.

The following appeared on the front pages of Zambian newspapers, "Chintala's Call: Lusaka. State House Deputy Minister for Religious affairs, Reverend Peter Chintala, has urged Zambians to practise meditation to realise the mental and physical benefits it offers. Rev. Chintala said Zambians of all religious persuasions should practise Raja Yoga meditation taught by the Brahma Kumaris to realise inner peace and to rediscover themselves. He was speaking at Silver Jubilee celebrations of the Brahma Kumaris, a religious order founded in India to promote soul consciousness among mankind." —ZANA.



*Dadi Prakashmani inaugurating a public programme at Sugathasa Stadium, Sri Lanka. Distinguished guests other than BK sisters include Hon'ble Minister Jayaraj Fernando Pulle, Hon'ble Minister A.M. Fowzie, MP Mr. P.P. Devaraj & Ven. Banagala Upatissa.*



## All-India Programmes for Spiritual Awakening

### *BHARAT, LIGHT HOUSE OF THE 21ST CENTURY, AHMEDABAD\**

A festival on *Bharat, the Light House of the 21st Century* was held at the Ahmedabad Education Society Ground from 5th to 23rd November 1998. A virtual *Spiritual Expo*, the event highlighted the greatness of ancient Bharat and the spiritual concepts and values necessary for Bharat to become a beacon of enlightened civilisation for the rest of the world.

The Festival, inaugurated by the then Governor of Gujarat, HE Mr. Ashuman Singh, featured a grand inaugural parade of beautifully decorated tableaux, a Children's Rally, an International Gujarati Conference, numerous professional seminars, Rajyoga Shivirs, cultural programmes and a variety of imaginative pavilions: *A Wisdom Complex* (fundamentals of spiritual knowledge);

*The Golden Sparrow* (view of the Golden Age of Bharat); *Gokul Gram* (An Ideal Village); *An Anubhuti Complex* (for experiencing divine virtues); *A Liberation Pavilion* (ways to be free of tendencies that make life miserable); *A Value Games Stall* (knowledge-cum-value-based games); *A Meditation Park* (experiences of a stress-free life and peace of mind); *Glimpses of Live Goddesses* on a specially erected hillock.

### *BHARAT, LIGHT HOUSE OF THE 21ST CENTURY, LUCKNOW\**

A festival similar in size and scope to the one above was also held in Lucknow.

### *VALUE-BASED SOCIETY, CALCUTTA\**

A 3-part festival on *Value-Based Society* was held from 3rd to 11th December, 1998. One part was a Fair comprising 14 pavilions held at Shaheed Minar Maidan which lasted for the duration of the festival.



*Calcutta: Inauguration of Festival on Value Based Society. (LtoR) Governor of Assam Lt. Gen. S.K. Sinha, Governor of Bihar HE Sunder Singh Bhandari and Dadi Prakashmani*

### BLESSING

May you  
become  
a  
special  
soul  
who  
protects  
yourself  
from  
negativity  
by keeping  
the Father  
in front  
of you



It highlighted topics like: *The Aim & Object of Human Life, Women & Value-based Society, Youth Power for Social Transformation, and India's March Towards Golden Age.* The second part was a 2-day conference, held at Netaji Indoor Stadium on 5th and 6th December, which focused on the need for moral and social reconstruction. The third part, held at a specially erected auditorium at Shaheed Minar Maiden, comprised 4 days of sessions for representatives of various professional and social sectors. The integrating theme of the festival was the vision of a value-based society.

*VISION & MISSION OF THE 21ST CENTURY, BANGALORE*

A festival on *Vision & Mission of the 21st Century* was organised at Kanteerava Indoor Stadium Grounds, Bangalore from 9th to 14th January 1999. The objective of this festival was to offer a vision of a peaceful world in which every person's inherent worth is honoured, regardless of race, sex, religion, nationality or culture. The festival featured many colourful pavilions, a conference, retreat programmes for various professions and cultural programmes.



*July '99: Mauritius President H.E. Cassam Utteem, Mrs. Zohra Utteem, the then Governor of Rajasthan H.E. Bali Ram Bhagat & Dadi Prakashmani inaugurating the new Jaipur BK centre 'Rajyoga Bhawan'.*

*VISION & VALUES FOR THE 21ST CENTURY, HYDERABAD*

A festival on *Vision & Values for the 21st Century* was organised with the co-operation of the Government of Andhra Pradesh, at Lal Bahadur Football Stadium in Hyderabad from 23rd to 31st January. The event included entertaining, informative exhibitions, a conference with 9 professional sessions, a youth festival, daily meditations and a cultural programme.

*FESTIVAL OF UNITED BHARAT, CHENNAI (MADRAS)*

A Festival of United Bharat was organised at Secrani Arangam, Marina Beach, Chennai from 17th to 23rd April.

*Note: National programmes marked with an asterisk, although they took place in 1998, are included in this report as they comprise a series of major events put on by the Institution which laid the groundwork for the launch of the 2-year mega project Entering Golden Age through Spiritual Empowerment.*



*Launching of the 2-year mega project 'Entering Golden Age through Spiritual Empowerment' at Gyan Sarovar by the then Gujarat Governor H.E. Sunder Singh Bhandari*

## Raja Yoga Education And Research Foundation

### Aims & Objects:

- to open and establish centres of Rajyoga;
- to impart and propagate the principles of Rajyoga Education;
- to propagate and encourage the study and practice of the principles of truth, non-violence, spiritual love and divine virtue;
- to foster soul-consciousness and the spirit of universal brotherhood;
- to remove superstition, blind faith and ignorance;
- to work for the eradication of moral and social evils;
- to spread and promote literacy amongst the masses;
- to carry out activities for the upliftment and welfare of women;
- to undertake scientific research in Rajyoga;
- to work for and promote rural development.

By the 1980's the Institution's service of various sectors of society had begun. It was becoming apparent that an infrastructure to support this was necessary. Thus the Rajyoga Education & Research Foundation, which functions as a sister organisation to the PBKIVV, was created in 1982. It was established as a Society and registered under the provisions of the Societies Registration Act XXI of 1860 with Delhi as its headquarters. The 14 Wings of this Foundation were created over the years as occasions arose to match the understanding and serve the needs of people of various backgrounds.

In April 1999 the Vidyalaya launched a 2-year, All-India campaign entitled *Entering the Golden Age Through Spiritual Empowerment*. The campaign is being conducted primarily

through the Wings of the Foundation. It aims to create a wave of positive, elevated, spiritual awareness that will empower people to counteract the increasing climate of negativity, corruption, hostility, fear and violence, which threatens the nation's well-being at all levels.

The reports of the services conducted by the Wings in 1999 appear on the following pages. While the aims of each Wing and the variety and scope of services across all Wings make interesting reading, they do not adequately convey the atmosphere of spirituality which distinguishes the events organised by BK students (Wing members). It is the practical experience of this atmosphere of love, goodwill and harmony which inspires people to surrender their addictive habits and make efforts to change many other aspects of their lives.

### BLESSING

May you  
remain  
immortal  
by  
attaining  
the title of  
an  
imperishable  
jewel  
through  
constantly  
being loving  
and  
co-operative



## Administrators Wing

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### Wing objectives:

- to foster and support moral and ethical behaviour in individuals in executive and administrative positions in both public and private institutions;
- to facilitate the ability of administrators and executives to 'lead by example';
- to provide training in Self Management and Raja Yoga Meditation as a means of stress management and other skills which enable value-based, spiritually empowered administrative practices.

## A New Paradigm in Administration



*Workshop on 'Indian Ethos' for Administrators at the Brahma Kumaris Academy for a Better World, Gyan Sarovar, Mount Abu*

**A**dministrators are the drive-shaft and axles of the government. Without them, the day-to-day operation of the country's ministries would cease and the wheels of the nation's progress would grind to a halt. However, today the nation's wheels are mired by complex chains of administrative command and often stuck in the rut of convoluted procedures. Though Administrators are often comically portrayed as victims of their own bureaucratic

red tape, it is really no laughing matter. Sometimes the wheels are greased with greed and made to move quickly for the benefit of a few; but all too often it means those same wheels roll roughly over the rights of the many.

Spiritual empowerment will give Administrators those qualities of mind and character which enable accurate and efficient functioning. Meditation will free them from the tension, irritation and apathy that accompany their

bureaucratic bondages. Self management leadership training will impart the humility, integrity and respect for human dignity that are the source of moral authority.

Spiritual empowerment will give Administrators a spiritual self-respect that is not based on their role or position. They will feel themselves to be stewards of the public trust and the taxpayer's money, and their role as civil servants to be a noble one. Their civic pride will motivate them towards that job satisfaction which accompanies the spirit of service.

In a spiritually empowered administration, service will be the essence of governance.

The Administrators Wing conducts courses in *Stress Management, the Art of Communication, Harmony in Relationships, Attitudinal Change, Self-Management* and *Raja Yoga Meditation*.

Administrators, managers and executives at numerous organisations, including such industry giants as The Oil and National Gas Commission, Bharat Heavy Electricals and Southern Petrochemicals Industrial Corporation have benefited from these courses.



*Inaugural function of the Stress Management & Rajyoga Meditation Course for secretaries, Hyderabad. BK Sister Asha speaking and Chief Minister of A.P. Mr. Chandra Babu Naidu sitting on her right.*

During 1999, various government departments and agencies have consulted the Wing and BK speakers and staff have made presentations on a variety of subjects.

At the invitation of Andhra Pradesh Chief Minister Shri N. Chandra Babu Naidu, *Stress-free Management Courses* were held for various groups of secretaries and officers of the Government of Andhra Pradesh Secretariat. The first batch was inaugurated by the Chief

*In a spiritually empowered administration, service will be the essence of governance.*

Secretary and the batch for secretaries was inaugurated by the Chief Minister. IPS officers and Senior IAS officers were also given the course.



*Workshop on Better Administration through Self-Administration at the Academy for a Better World*

## BLESSING

May you be  
a  
master  
almighty  
authority  
and attain  
success  
on the  
basis  
of having  
one faith  
and  
one support



## Spirituality Empowers the Arts

### The Wing's main tenets.

- All forms of creativity are directly linked to spirituality.
- The art forms and cultural traditions of any community, organisation or country are a natural and direct reflection of its spiritual and moral values.
- Art and culture can uplift and inspire, as well as passively reflect society.
- Promotion of the spiritual empowerment of artists and performers is a necessary ingredient in building a world of beauty and harmony.

**A**rt and culture are the mirror of a nation's character. The collective spirit or soul of a country, as well as its underlying values, are reflected in its living traditions of food and dress, in its celebrations, festivals and forms of art and entertainment. India is blessed with an ancient and beautiful culture—classical dance, music, and fine art which reflect divine and noble origins. Today however, the fad of 'art for art's sake' has more popular appeal than the self-luminous masterpieces of tradi-

tional art and culture. As a consequence of international travel, global media and a widespread liberalisation of attitudes, modern cultures are negatively impacting our tried and true values. The hybrid culture that is emerging has neither roots nor distinguishing features and cultural norms which give people a sense of belonging, continuity and heritage.

Creativity and spirituality are inextricably linked. Art is a creation of the human mind and when the mind of an



*Workshop conducted by the Art & Culture Wing at the Academy for a Better World*



*Young girls from the Indore Hostel enlivening a function at the Brahma Kumaris Headquarters, Mt. Abu*

artist is polluted by lust, anger, greed and ego, his or her art reflects this ugliness. Art, which reflects culture, then portrays vulgarity, obscenity and violence and promotes sensuality and promiscuity. Many artists today are ignorant of, and therefore devoid of, spirituality. This is why so many artists have become addicts—disturbed, unhappy and lacking in self-control.

Spiritual empowerment can restore art and culture to their original priceless value and beauty so that once again they become instruments for upliftment and inspiration. A spiritually empowered culture will be a culture based on spiritual and moral values and on traditions that promote happiness, harmony, and unity. The arts of such a culture will reflect only joy, truth, peace, love and beauty.

Music, songs, paintings, dance and drama have been used as a medium to communicate spiritual knowledge and have been featured in the activities and events of the Brahma Kumaris since the Institution's earliest days. The deepest spiritual truths touch the heart easily through such means, which is why art in its many forms is a very positive and powerful vehicle for encouraging personal and social transformation. Songs especially attract

one's heart and convey deep, subtle feelings through a minimum of words.

The Art and Culture Wing was established in 1996. In the few short years between then and now, over 2,000 artists and performers have benefited from the Wing's training programmes, and have conquered unhealthy habits and diverted their art from 'art for art's sake' to 'art for the benefit of society'. One such example is television producer, director and actress Prabha Mishra, a highly valued Wing member whose TV serials are committed to enhancing human awareness of the importance of moral and spiritual values. Recently she has 'picturised' over 50 of the Institution's songs, which are being shown as part of the ETC channel's daily morning



*Ashvin Sudan and his group performing a song about values at a BK programme in Delhi*

## BLESSING

May you be  
an  
incarnation  
of the  
power  
of  
tolerance  
and  
adjust  
yourself  
to others  
instead of  
moving  
away  
from them





*Dadi ji is giving blessings to Pandit Hari Prasad Chaurasia, famous flute player*

telecast of BK lectures in Mumbai (see Media Wing report).

The Art & Culture Wing aims to inspire artists to become instruments in creating an entirely new horizon of art and culture, that of *value-based art*. For this, preparation of the minds of artists is also necessary. The Wing therefore conducts trainings, seminars, and Rajyoga meditation camps for all types of artists, from dancers to dramatists, poets to painters, sculptors to singers. In order to promote the concept of value-based art and culture, the Wing organises exhibitions, musical/ social get-togethers, and poetry readings and stages a variety of artistic and cultural performances as well as workshops at the Vishwa Vidyalaya's events. It invites artists

from all over the world to come forward and join in the great task of spiritually empowering art and culture. For example, in 1999, renowned flute player, Pandit Hari Prasad Chaurasia attended the September international retreat in Mt. Abu. Not only was he delighted by his visit, but he also delighted the retreat participants with his music.

#### VALUE-BASED ARTISTIC & CULTURAL EVENTS

The Wing's members participated in and conducted numerous activities in 1999.

At the *International Conference on Spiritual Wisdom for Changing Times* held in Mt. Abu in February, the Wing conducted a workshop on *The Need of Cultural Renovation in the 21st Century*.

Three *Value-based Educational Artist Seminars* were conducted in April, May and June in which many eminent artist participants took keen interest in the concept of value-based art.

Also in April a seminar-cum-workshop was organised by Wing members in Surat in which 175 artists, members of the Artists Association of Surat, participated, among them well-known dramatist, Br. Jyotibhai.

Wing members participated in the 10th anniversary celebrations of the Anand Art Academy in Anand, Gujarat.

Nearly 200 members attended the Wing's annual meeting in Shantivan, Abu Road from 30th December 1999 to 3rd January 2000.

Students of the BK Girls Hostel in Indore (*Divya Jiwan Kanya Chhatrawas*) are trained under Wing member BK Sister Karuna to produce value-based dances, songs and dramas. The students are frequently invited to perform at the Vidyalaya's major programmes.



## Values in Industry

### Wing objectives:

- to encourage the attainment of individual excellence and collective satisfaction;
- to inspire and activate business and industry to move towards their highest potential;
- to induce the consciousness of responsibility and service;
- to provide educational training programmes;
- to inspire businessmen and industrialists to become instruments of change for a new world order of global peace and harmony.



*Some of the participants in a seminar for businessmen at the BK Academy for a Better World, Gyan Sarovar, Mt. Abu*

The business environment at the end of the 20th Century is a turbulent sea. The ship of the nation's commerce has sailed into unknown waters, pulled by the unrelenting current of the profit motive. It is buffeted by the winds of international economic upheaval and is tossing severely upon the waves of competitive markets. Notwithstanding the negative social consequences, Captains of Industry are all too often lured by treasures

plundered through exploitation and unfair business practices. Economic values and selfish gain have superseded many other values, like quality goods and services, customer service and employee satisfaction.

When businessmen and Captains of Industry are spiritually empowered, they will be motivated by the understanding that material gain is temporal and temporary and not the overriding purpose of human life;

### BLESSING

May you be  
a  
master  
creator  
and use  
your  
subtle  
powers  
for the  
task  
of  
creation.





*A view of Businessmen & Industrialists retreat group*

alongside wealth, health and happiness are equal, if not higher, goals. They will consider themselves trustees of the nation's resources—both human and material—and will make use of them for the well-being of all. Business practices will be guided by the principles of righteous action (*sukarma*) and will be characterised by just and reasonable remuneration, environmental sustainability, co-operation and the spirit of service to society.

The Business & Industry Wing is committed to the development of value-based management, sound, equitable business practices and individual excellence. The Wing organises numerous conferences, festivals, workshops, lectures, and exhibitions. These programmes are tailored to suit different categories of people, for example, management

personnel, employees and their families, and factory workers.

#### SELF ORIENTATION WORKSHOP

In 1999, a new method of serving the business community—the *Self Orientation Workshop* (SOW)—was launched. Developed exclusively for business people, it is designed to spread the awareness of the importance of values in Business and Industry. Businessmen today must face turbulent

situations with innovative solutions. They need to balance the personal world of relationships with the business world of responsibilities. SOW addresses challenging aspects of day-to-day business and provides practical tools to master them. The first SOW was conducted in August at the BK Academy for a Better World campus in Mt. Abu. 450 business people participated.

#### SELF MANAGING LEADERSHIP

*Self Managing Leadership* (SML) is a fusion of the best modern management practices with the ancient self management principles of Raja Yoga. It provides a framework for personal strategic planning and re-engineering. It empowers individuals to realign with changing business environments by enhancing self-esteem and self-control through



*A view of car rally*

relevant mental training and change management skills.

In January, SML seminars were conducted in Sangli at the Star Ghutka Company, the Collectors Office and the Sangli Sugar Mills, in which a total of over 100 employees participated. Also in January, 55 employees of IFFCO underwent SML training. In May, an 8-session SML programme was held over 4 days for 40 managers and managing directors of the sugar mills in Shahbad. In June, 200 people participated in a 2-day SML programme conducted in Winsome Textiles, Chandigarh. Two SML training programmes were held in Mt. Abu at the BK Academy for a Better World campus in May and June. 55 participants benefited from the first and, in the second, 140 persons took part,

including 60 employees from the IR & HRD of Godrej Group. In July, an SML programme was conducted for 2 days at the Margoa Port Trust.

Gujarat Milk Federation, NDDDB, Telco, Atul, and Godrej, as well as Pune-based Cummin India Ltd., Atlas Copco, the Bank of Maharashtra & the Maharashtra Sugar Factory regularly invite the Brahma Kumaris to conduct SML programmes in their companies.

#### LECTURES, SEMINARS & OTHER PROGRAMMES

With the co-operation of Gyan-Sudha (a creative forum established in the Chhatisgarh province of Madhya Pradesh to promote values among various sections of society), a programme *Values for Excellence in Professional Life* was held. Mr. Moolchand Shah, Vice President of the

Simplex Group of Industries and Mr. R.L. Trikha, General Manager of MECON were among the participants.

In January, a Self Development programme for 300 workers was conducted at the Star Ghutka Company in Sangli, alongside the SML programme for management mentioned above. Also in Sangli, 80 people participated in a *Success in Business Through Spiritual Power* get-together. Stress-Free Living programmes were held at both the Computer Training Institute and the State Transport Company. In February, 29 members of IFFCO participated in an *Effective Management* programme. In April, a *Seminar on Spiritual Wisdom in Modern Management* was conducted for 80 industrial Materials Managers in Chandigarh.

Custom-designed business programmes were also held for a business group of 200 participants at the BK Academy for a Better World in May and for a group of 275 people in June.

Numerous short programmes were held at various organisations on different topics: *Reorientation of Attitudes*

### BLESSING

May you be  
a  
double-light  
angel  
who  
constantly  
remains  
light  
by  
transforming  
everything  
of 'mine'  
into 'Yours'





at the Bank of India; *Self Development & Leadership* at LIC Housing Finance Ltd.; *Self Motivation, the Key to Success* at Canara Bank; *Better Human Relations through Mind Control* at the Central Bank of India.

Seminars and workshops for businessmen and industrialists are held at all the national and international events organised by the Vishwa Vidyalaya in 1999. Two sessions, one on attitude change through spiritual wisdom and the other on the need of inner peace and power in business, were held during the *International Conference on Spiritual Wisdom for Changing Times*.

At the *Vision & Mission of the 21st Century* event in Bangalore, a retreat was held on the theme of *Business and the Quality of Life*. A session on *Generating Wealth Through Values* and another on *Ethics & Wealth* were held at the *Vision & Values for the 21st Century* festival held in Hyderabad.

A set of pictures depicting better values in life was prepared and exhibited at the Vidyalaya's national festivals held in Ahmedabad, New Delhi and Calcutta.



Mr. Arvind Mafatlal of the Mafatlal Group with Sisters Meera & Yogini

#### ONGOING PROGRAMMES

Regular programmes continue to be conducted in companies such as: Amul Dairy in Anand; GNFC in Bharuch; SPIC in Chennai; GHARDA in Dombivli and Thane; BHEL, the Nagarjuna Group, Andhra Bank and IDBRT (Reserve Bank of India) in Hyderabad; BPCL, LIC of India, the Central Bank of India, the Godrej Group and Parle Products in Mumbai; and others.

#### MEETINGS WITH INDUSTRIALISTS

Sister Yogini, Sister Meera and Dr. Ashok Mehta met with Mr. Arvind Mafatlal of the Mafatlal Group, after which Mr. Mafatlal was keen to visit Mt. Abu.

A detailed programme is being worked out to offer the Wing's services to the personnel of Larsen & Toubro Ltd.

following a meeting with the company's HRD Chief and Mr. A. M. Naik, the CEO & Managing Director.

Other notable business executives contacted in 1999 include the CMD of Crompton Greaves Mr. K.K. Nohria, the President of the Bombay Chamber of Commerce & Industry, and the President of the All-India Management Association. Meetings were also held with the Chiefs of HRD at various organisations such as the Institute of Company Secretaries, the Bank of India, Crompton Greaves, HPCL, GIC of India, HLL Training Centre, RBI Bankers Training College.

#### ANNUAL GENERAL MEETING

500 Wing members from across India participated in the Annual General Meeting held in November.

### Wing objectives:

- to provide training and refresher courses for educators which will enable the spiritual empowerment of the educators themselves as well as their students;
- to support dedicated, devoted educators in being inspiring and effective role models;
- to give moral and spiritual education as well as instruction in Rajyoga meditation to teachers in various schools and colleges;
- to strengthen confidence, courage and commitment to value-based education and other innovative, uplifting educational measures;
- to re-establish, through education and research, a society based on spiritual, moral and human values;
- to remove ignorance, superstition, and social evils through spiritual education;
- to raise awareness through education and counselling about the negative effects of alcohol, drugs and tobacco.

# Value-based Education

**F**rom ancient times, education has been a powerful tool to help an individual realise his or her full potential and grow into a well rounded, cultured

everlasting. It can fall short in building character and instilling moral values, because not all educators are themselves ideal role models able to behave with good character and self-



*H.E. Smt. V.S. Rama Devi, the then Governor of Himachal Pradesh, inaugurating Education Conference. Dr. S.N. Hegde, Vice Chancellor, Mysore University, Dr. Rakeshdhar Tripathi, Minister of State for Higher Education, Government of UP and others*

human being capable of making a worthwhile contribution to society. Today's educational system, however, more often than not merely equips the students with the skills and information required for earning a livelihood. It offers knowledge about that which is transitory and ephemeral as if it were

mastery. As a result, young people today lack self-control, emotional maturity and moral strength. Experiencing a profound inner emptiness, they are attracted to drugs, alcohol, promiscuity, destructive activity, violence and other anti-social behaviour. The standard of morality in society now exhibits a

## BLESSING

May you be  
a  
hero actor  
who  
always  
plays  
an elevated  
part  
by  
constantly  
considering  
yourself  
to be on  
the  
unlimited  
stage





*Sports competition during Children's Personality Development Camp at the BK Shantivan Campus, Abu Road*

downward trend that is very challenging to reverse.

The Education Wing is meeting this challenge by promoting value-based education, for Wing members believe that education can play a vital role in creating a better world only when it is value-based. The Wing organises campaigns, fairs and annual conferences, as well as dialogues and seminars on current issues within the field of education to promote value-based education. It has also developed a syllabus and curriculum for values training, and Wing members conduct teacher training courses based on this curriculum both at BK headquarters and elsewhere. The Wing also organises annual Personality Development Camps for children.

#### 1999 HIGHLIGHTS

##### *University degree based on BK Philosophy*

On the initiative of the BK Hubli Centre, the Karnataka University Department of Philosophy, Dharwad has included the main subjects of the Vishwa Vidyalaya's philosophy in the syllabus for its M.A. degree in philosophy. BK literature on the subjects of Self, God, World Cycle, Social Philosophy and Meta Religion, are required reading and related questions are included in the compulsory paper for the degree.

##### *Value-Education Campaign*

Wing members, in co-operation with BK centres of Himachal Pradesh, conducted a Value Education Campaign from Chandigarh to Pathankot from 29th May 29th to 13th June.

Mr. Nusarath Ali, Minister of Agricultural & Animal Husbandry, Punjab State and many educationalists participated in the launching ceremony. The campaign traversed the towns of Bilaspur, Manali, Kullu, Mandi, Jogindarnagar, Kangra, Nurpur, Banikheth and Pathankot and covered all the universities, educational institutions, and training centres en route.

The campaign's team of educators comprised Prof. Harish Shukla, the Wing's National Co-ordinator; Prof. Chandra Vadhan Choksi; Dr. B.K. Nirupama, Senior Lecturer at S.C.S. College in Puri; BK Sis. Ravikala, faculty member, BK Academy for a Better World, Mount Abu; and BK Bro. Madan, Regional Co-ordinator of the Education Wing, Punjab Zone. In addition to the educational establishments mentioned, the team also conducted programmes at Bar Associations, Hospitals, Jails, Police Training Centres, etc. Prof. Gupta, Vice Chancellor of Himachal Pradesh University, highly praised the campaign.

##### *Ongoing Projects*

Under the Wing's auspices, value-based

and Rajyoga Education Training Courses are being conducted for in-service primary, higher primary and high school teachers, as well as for lecturers of pre-university colleges and educational officers at BK training centres in Yellapur, Mysore, and Bangalore. The training courses are approved by the Department of Education, Government of Karnataka, which has also recognised the Vidyalaya as an *Institution Imparting Moral and Value Education in Karnataka State* in conformity with the National Education policy and syllabus under the Education Act.

In 1998, the Departments of Education of the governments of Andhra Pradesh and Goa also approved our syllabus and Value-Based Education Training Courses for the teachers in their respective states. In 1999, programmes were conducted at BK Hyderabad and Panaji Centres in co-ordination with the Education Departments.

#### *Conferences & Retreats*

An educational retreat-cum-seminar on *Value Education: Prelude to the Golden Age* was held from 28th to 31st October at the Shantivan complex, Abu Road. The

event was inaugurated by Her Excellency Smt. V.S. Rama Devi, the then Governor of Himachal Pradesh and present Governor of Karnataka. She reviewed the current education scenario and underscored the need for value-based education. Dr. S.N. Hegde, Vice Chancellor of Mysore University lauded the delegates for believing that education is for life, not merely for learning the skills to earn a living. Dr. Suresh Prasad Singh, Former Vice Chancellor, Veer Kunwar University, Arrah, Bihar, emphasised that the purpose of education is the all-

guide to humanity.

Other distinguished guests who participated included: Dr. Rakeshdhar Tripathi, Minister of State for Higher Education, Government of Uttar Pradesh; Dr. B. Illango, Vice Chancellor, Bharthiar University, Coimbatore; Dr. M.C. Mathur, Joint Director of Education, Govt. of NCT, Delhi. About 2,000 educators from all over India and abroad participated in this event.

Sis. Diane G. Tillman, Educational Psychologist from California, USA, and International



*Dadi Prakashmani giving prizes after a competition at the Children's Personality Development Camp*

round development of the individual and defined an ideal person as one who has spiritual power, who is a model of decorum, who displays knowledge of values through his or her actions and who is a

Co-ordinator of the Living Values: an Educational Program (LVEP), cited a UNESCO report which stated that although educators were doing a fairly good job with 'learning to know' and 'learning to do,' the

## BLESSING

May you be  
one  
with a  
divine life  
who gives  
others  
the  
experience  
of divinity  
through  
your  
every act.





*Children's Personality Camp inaugural session: (L to R) Madam G. Alam, Egyptian Amabassador, Dadi Prakashmani, Governor of Gujarat Anshuman Singh, his wife Smt. Chandrawati and others*

entire world was lacking knowledge about 'learning to be' and 'learning to live together'. LVEP aims to impart an understanding of the importance of specific values and rekindle a person's inner values, enabling him or her to live by them.

Sis. Moira Lowe, LVEP Co-ordinator for South America, highlighted the encouraging response to LVEP programmes in Colombia, Bolivia, Chile and Argentina. She was of the view that educators should consider themselves leaders. A leader is an example, a person empowered by virtue who does his best to impart quality to the lives of others.

#### LVEP TRAIN-THE-TRAINERS

As mentioned on page 10, *Living Values: an Educational Program* is a partnership among

educators around the world. A Train-the-Trainers (TTT) Course in LVEP was held at the BK Academy for a Better World in Mount Abu from 31st October to 6th November. The training was an experiential and interactive programme, designed to equip participants with the skills, knowledge and tools to create a value-based atmosphere and carry out LVEP activities in their respective places both in formal and informal learning environments. About 125 educators from all over the country participated.

LVEP programmes were offered in Surat, in Mt. Abu Schools, at the Government College and Modern Insulators Company, Abu Road, and for employees of the Women and Child Development Dept. of Rajasthan, Abu Road.

#### TRAINING COURSES

The Wing organised several Value-based Education Training Courses for dedicated BK teachers as well as for teachers and headmasters of various schools, lecturers and professors from a number of colleges, and educational administrators in the Govt. Department of Education.

Many courses and lectures were offered on invitation from various institutions, universities, and colleges. Major programmes were conducted in: Andhra Pradesh (Channali, Hyderabad, Guntur, Miriyalgudda, Secunderabad, Warangal & Vijayawada), Haryana (Hisar), Karnataka (Bangalore, Davanagere & Mysore), Maharastra (Borivali, Kholapur, Mumbai, Sion & Ullashnagar).

#### CHILDREN'S CAMP

Nearly 1,000 children, ages 8-16, attended the 21st All-Inda Personality Development Programme conducted at Shantivan in May. They were given training in moral science, spiritual education, and practical meditation. Competitions were held in the arts, writing, yogasanas, and sports.



## Om Shanti Jurisprudence

### Wing objectives:

- to facilitate and support the application of moral values and ethical behaviour within the legal and judicial systems;
- to foster lawfulness in the general public through education in spiritual and moral values;
- to promote love and logic in the dispensing of justice.



*Inauguration of Jurists' Conference by Rajasthan Governor H.E. Anshuman Singh, Justice V.R. Krishna Iyer, Bro. Ramesh Shah, Bro. Brij Mohan & others.*

**H**istorical shifts in socio-economic and socio-political thought during the 20th Century have provoked tremendous changes in law and legislation worldwide. However the increasing clamour for justice, liberty, equality of opportunity and protection of fundamental human rights have unfortunately been equalled by increasing crime and litigation. All of our courts of law and penal systems have

failed to thwart human rights violations, deter crime or bring swift and affordable justice within the reach of the ordinary individual.

The legal system and the profession of law today are themselves handicapped by many internal injustices. Litigants commit perjury on oath, often at the advice and guidance of their advocates. Lawyers practise law as though playing a sport, using delaying tactics,

### BLESSING

May you be  
a  
powerful  
soul  
and  
an  
easy yogi  
who changes  
wasteful  
thoughts  
into  
powerful  
thoughts





*Dadi Prakshmani greeting Justice Mr. Ahmadi, the then Chief Justice of India, Mt. Abu*

influencing witnesses, and putting obstructions in the process of law in order to win their cases. On the one hand there are judges who are sticklers in upholding the letter and grammar of the law; on the other hand there are judges who ignore the principles of justice and allow their decisions to be influenced by popular opinion. The judiciary process is lengthy and fraught with interpretations of evidence and incessant appeals. The clever and the rich slide through legal loopholes provided by outdated precedents that have no real bearing on present circumstances.

Society is becoming increasingly criminal, whether or not the crimes are of subtle theft or of gross terrorism. Why are our systems of

justice and jurisprudence unable to make an effective contribution to the safety and stability of society? Why—in spite of a plethora of advocates, vast libraries of legal books, mountains of cases heard and decided, lakhs of the taxpayer's money being spent to sustain police officers and penal institutions—is crime more than ever on the rise?

The obvious causes of the rise of crime are economic disparity, ethnic, religious, and racial hostility, and mental and emotional imbalance.

Astute observers will perceive that underlying these *apparent* causes can be seen the triumph of greed, anger, lust, ego and possessiveness over the innate goodness of the human soul.

The Call of Time across the legal landscape is for a spiritually empowered jurisprudence, i.e. one that is tempered by spiritual prudence. In fact, both jurisprudence and spiritual prudence have a common aim: the promotion of truth and justice and the reduction of crime. Both believe that people suffer because of their own evil actions. One calls it 'crime', the other calls it 'sin'. Both view crime as deviant behaviour resulting from emotional trauma, or mental stress or depression, compounded by lack of self-control. It is in the attitude towards and treatment of offenders where spiritual prudence and jurisprudence part company.

Jurisprudence throws the offender behind bars, condemns him to stiff sentences, hard labour or capital punishment, and makes of him a public spectacle in the name of deterring further crimes. It is not hard to see that the ultimate manifestation of such jurisprudence is a police state or a military regime.

Spiritual prudence adopts methods to awaken and enlighten the core consciousness of the offender, teach him the practice of meditation so as to free

him from stress and trauma, and enable him to live a meaningful and productive life.

If the Law, the lawyer and the judge take this view of the criminal, then jurisprudence will become a healing art, the police and the jailer will not adopt third-degree methods, jails will become reform centres and judges will become

an inherent inclination and predisposition to be lawful and that the very existence of conscience, however eclipsed it may be, is evidence of this. If this were not the case, then there would be no point in working towards the creation of a culture characterised by peace, social well-being and law-abiding, righteous citizens.

adopting crime as a career. When jurisprudence reflects a legal mindset that is balanced by love, society will then make headway towards the ideal of a crimeless society and a culture of peace.



*Dadi Prakashmani with Justice Laxman Prasad Aryal, Judge of the Supreme Court of Nepal at Mt. Abu*

social engineers and spiritual doctors.

Of course, society must be protected from the unlawful acts of criminals until such time as their reform has taken firm and evident root in their character and conduct. But spiritual prudence considers that such reform is a worthwhile and achievable effort because it believes in the original divinity and ultimate redemption of every human soul. It holds that people have

Spiritually empowered jurists will be moved by the spirit and not merely the letter of the law. They will, "See the motive, not the move; the heart, not the words." They will offer solutions, not judgements, restore clarity in misunderstandings, foster love where hatred festers. They will suggest measures which prevent repetitive cycles of crime, punishment, release and crime again, and thus save at least the first-time offender from

The Jurists' Wing proposes a new science of law called 'Om Shanti Jurisprudence'. Based on an understanding of natural and divine laws, this spiritually empowered jurisprudence takes a fundamentally holistic view of the universe. It requires an understanding of how a human being can be transformed so that whatever he or she does is righteous, that is, the right thing to do. This new jurisprudence will include preventive measures that increase the psychological and spiritual immunity of people to stress, temptation and the passions. It will also include remedial measures proven effective in reforming persons with criminal tendencies.

The large number of members and associates of this Wing, including judges, lawyers, chartered accountants, tax advisors and consultants, judicial officers, taxation officers and law enforcement personnel, are devising ways in which the legal

## BLESSING

May you be  
an  
embodiment  
of light  
and,  
through your  
elevated  
stage,  
show the  
elevated  
destination  
to  
wandering  
souls





*Justice Mr. G.N. Ray, Judge Supreme Court of India, Bro. Nirwair and Justice V.R. Krishna Iyer, Judge Supreme Court of India (Retd)*

fraternity can bring about a balance between law and love in their professional lives as well as taking up responsibility for rediscovering true justice.

The Wing regularly organises a number of dialogues, seminars and conferences for legal professionals in different parts of India which have drawn participation from eminent jurists such as the former Chief Justice of India, Hon'ble Justice Ranganath Mishra; Judges of the Supreme Court of India, Hon'ble Justice P.B. Sawant and Hon'ble Justice S. Mohan; and the former President of the International Court of Justice, Hon'ble Justice Nagendra Singh.

The Wing enjoys the support and patronage of

internationally acclaimed jurist, the Hon'ble Mr. Justice V.R. Krishna Iyer.

The Wing's major activity in 1999 was the organisation and hosting of a conference on *Law & Spirituality in the 21st Century*, held from 31st May to 2nd June at the Institution's Shantivan complex in Abu Road. Inaugurated by H.E. Bro. Anshuman Singh, Governor of Rajasthan and addressed in the 3rd Plenary session by H.E. Bro. Bhai Mahavir Ji, Governor of Madhya Pradesh, the conference attracted many eminent justices and advocates: renowned Supreme Court Judge Justice V.R. Krishna Iyer (retd.), Justices I.M. Qudeshi, K.D. Shahi, and Retd. Justice R.K. Shukl of the Allahabad High Court; Justice J.N. Bhatt of the

Gujarat High Court; Senior Advocate Magan Bharat of the Gujarat High Court; Advocate BK Amar Singh (Bharatpur) and Advocate and Solicitor, Mr. P.C. Waghani (Mumbai). Many distinguished executives of bar associations and representatives of other legal-related organisations also participated: I.G. Patil, Vice Chairman, Bar Council of Maharashtra & Goa; Mr. C.M. Vyas, President of the District Bar Association, Ahmedabad, Mr. L.N. Vyar, Deputy Director of the Prosecution, T. Krishna Reddy, Chairman of Huda, and Mr. Sharad Madke, Assistant Charity Commissioner (Retd.), Pune.

Some topics of the conference: *Spirituality—Missing Dimension in the Administration of Justice, Om Shanti Jurisprudence for the Eradication of Crime, and Holistic Justice—Emerging Concept for the Next Century*. The conference was presided over by Dadi Prakashmani.



*Hon'ble Justice Mr. G.B. Pattnaik, Judge, Supreme Court of India shares a light moment with Dadi Prakashmani*

## Media for Positive Change

### Wing objectives:

- to inspire media personnel to take up the challenge of promoting positivity in an industry which perpetuates negativity;
- to encourage media responsibility in promoting religious harmony, national solidarity and national character and in protecting the interests of the weak, victimised and voiceless millions;
- to discourage media malpractice in the form of misreporting, slandering, giving undue attention to violence, obscenity and vulgarity.



*Inaugural Ceremony of All-India Conference on Value-based Media*

**M**edia is a powerful tool for influencing the minds and emotions of vast numbers of people. Yet today's media operates seemingly without conscience. In the name of 'freedom of the press' modern media has divested itself of any responsibility for the impact of the information and images which it daily dispenses. Driven by relentless production deadlines, competitive reporting and sales-oriented economics, many media establishments resort to various degrees—from blatant to

subtle—of biased news-casting, invasion of privacy, gossip, and sensationalism.

A spiritually empowered media is free from subjectivity, prejudice and partisan bias. It begins its coverage by keeping the end in mind—the end being the harmony, well-being and solidarity of all the world's citizens. Of course constructive criticism and conscientious objection are essential guards of human rights and welfare, but media that is heedless of the shadows which it casts

### BLESSING

May you be  
a holy  
swan  
who  
accumulates  
power  
by  
finishing  
wasteful  
thoughts



in the minds and hearts of the young and innocent and which propagates the seeds of divisiveness and doubt in the garden of a gullible public, is a media turned traitor to the well-being of society.

A spiritually empowered media is objective, constructive and educational. It highlights the positive qualities of leaders rather than casting them in a dubious light. It builds good will, encourages co-operation between diverse groups of people and offers scenarios of a positive and meaningful future.

#### PROMOTING BK ACTIVITIES

In addition to bringing the message and methods

of spiritual empowerment to media personnel and agencies at all levels, the Media Wing ensures appropriate coverage of the Vishwa Vidyalyaya's many activities/events.

In 1999 the Wing arranged coverage of most of the programmes and events organised by the other Wings, most notably the Jurists Conference on Law & Spirituality in June, the August All-India Youth Festival, the September conferences on *Advances in Oncology* (Medical Wing) and *Building a Better Society Through Spiritual Empowerment* (Social Service Wing), the October All-India Campaign Against Tobacco (Medical Wing) and the December

*International Conference on Value-Oriented Science & Eco-friendly Technology for the 21st Century.*

The above events have been reported separately under their respective Wings. It is worth noting that the last event was covered by all national newspapers (Daily Tribune, Times of India, Economic Times, Punjab Kesari, Dainik Jagaran, Dainik Bhaskar) and by many regional and local newspapers (Deshonnat, Navbharat, Sandesh, Gujart Samachar, Vijay Express and Rakhewal).

The Wing is also currently promoting the 22 Ishwaranubooti Jyotirlingam Rathyatras, including 12 Dwadasha



*Group of Media people following a professional seminar at the BK Academy for a Better World, Gyan Sarovar, Mt. Abu*

Linga, which have been proceeding from various parts of the country since November, towards Abu, where they will converge on 8th February, 2000 in a massive festival.

#### Print Media

The Wing produces *Om Shanti Media*, a newsletter in Hindi distributed in numerous towns, cities and villages through the BK network of over 4,000 centres in India. Praised for its positive journalism by various media personalities, the newsletter reports the various services conducted by the Institution worldwide. An example of such journalism was a published interview with Dr. D.R. Karthikeyan, Director of the National Human Rights Council (Delhi), who attended the international *Peace of Mind* retreat in Mt. Abu in October. Dr. Kartikeyan remarked, "When I used to see the other places of the world it seemed impossible to bring a change. But after coming here it seems that change is possible."

*Om Shanti Media* newsletter has played a significant role in raising spiritual awareness nationwide and among regional groups also, as hundreds of regional newspapers have translated and published the

1999 Totals of articles, photos or news published regionally

Chawtha Low (Maharashtra)	250
Janhitoushi (Rajasthan)	170
Barshi Samachar (Maharashtra)	115
Amar Ujala (Mumbai, Maharashtra)	110
Saraswathiprem (Rajasthan)	75
Vannachatprahari (Bihar)	75
Dainik Aaj (Ranchi, Bihar)	70
Deshonatti Nanded (Maharashtra)	70
Rashtriya Sahara (U.P.)	63
Lokshahi (Maharashtra)	56
Sakal (Maharashtra)	55
Dainik Ajith Samachar (Chandigarh, H.P.)	53
Divya Himachal Dainik (Chandigarh, H.P.)	47
Loksatha (Maharashtra)	42
Kulam ki Aajadi	36

newsletter's articles. One such example is an article and accompanying photographs featuring the world's largest solar cooking facility located at the Institution's Shantivan campus in Abu Road. This article was reprinted by the Hindustan Times, the Indian Express, The Times of India, The Tribune, Punjab Kesari, the Rajasthani dailies Navjyoti and Bhaskar.

Shri Raj Sadosh of Punjab Kesari visited Brahma Kumaris headquarters earlier in the year. As a result of his experiences, he has for 6 months been regularly publishing BK news, photos and articles in his newspaper.

Numerous articles about or by members of the Institution have been published in magazines such as Rishi ki Awaaz (Haryana) and Farmaish (Punjab).

#### Electronic Media

The Wing's services through print media are considerable, but its services through electronic media are no less.

ETC TV entertainment channel has been telecasting BK spiritual lectures and news of BK activities for half an hour at 6.00 a.m. daily.

Mumbai cable telecasts BK lectures and news twice daily for half an hour both in the morning and evening.


Doordarshan National Network increasingly features BK activities and presentations on a variety of topics at both the national and regional levels.

The major services and achievements of the

## BLESSING

May you be  
a  
world  
transformer  
and  
transform  
the rubbish  
of the world  
through  
the fire  
of  
yoga





Vidyalaya have also been telecast on the BBC. Recently Dadi Prakashmani was interviewed by the BBC regarding the Institution's solar energy facilities.

The activities, campaigns and outreach of the Global Hospital and Research Centre are regularly telecast on various networks.

#### *Internet*

An international website (bkwsu.com) and 2 national websites (bkacademy.eth.net and brahmakumaris.org.in) serve the cyberspace community. In addition, numerous BK centres in other countries maintain websites in their respective languages.

#### *Film*

Two telefilms *Divyajyoti* and *Punarjanm* have been produced.

#### **MEDIA WING EVENTS**

In May, a *Media Training Programme* was organised by the Wing for BK sisters and brothers from various states of India. Aimed at helping participants render effective service in the media field, the training was imparted by Professor Kamal Dixit from the Faculty of Journalism at the Makhanlal Chaturvedi National

Journalism University in Bhopal. Professor Dixit emphasised that, as much as the media is a powerful tool for conveying a message, to that extent our responsibility for providing accurate and appropriate information must be kept in mind.

Another training was conducted by Professor Dixit in the Jalgaon area for 80 participants. This training was designed to sharpen the journalistic and reporting skills of Wing members.

Also in May, the Wing organised a seminar at the BK Academy for a Better World, Mt. Abu, for reporters, journalists, editors and sub-editors from numerous states. One of the distinguished participants, Br. G.D. Belia, Press Registrar, Govt. of India, encouraged the positive role of the media in disseminating spirituality and moral values.

In June, an *All-India Cable & Electronic Media Seminar* was organised at the Institution's Shantivan complex in Abu Road. 1,500 participants from all over the country participated, including ground and satellite broadcasters, manufacturers and dealers of media equipment, journalists and reporters

Recommendations by participants at the *All-India Cable & Electronic Media* seminar:

- that a Cable Society of India be formed in order to cope with increasing problems in the field;
- that a large-scale media conference, presided over by Dadi Prakashmani Ji, be held at least once yearly;
- that the Managing Committee of the Technical Committee officially request the government to initiate diploma courses related to the training of television and satellite broadcasting technicians;
- that under the able guidance of Dadiji, a new Om Shanti Channel be launched which would telecast the Brahma Kumaris' spiritual, cultural, social and educational programmes and disseminate information about emerging positive trends in all sectors of society.

and cable operators. Mrs. Roop Sharma, Director of the Delhi-based Cable Federation of India, expressed the opinion that cable operators should work together to develop innovative new techniques in their field.



## Meditation for Holistic Health

### Wing objectives:

- to develop awareness among the masses of the importance of maintaining a healthy life-style;
- to reintroduce the ancient concept of holistic health care into the practice of modern medicine and affirm the role of meditation in developing a healthy world;
- to encourage a high standard of ethics and exemplary conduct among medical and health professionals;
- to provide an environment in which distinguished medical scientists and specialists can dialogue and exchange experiences;
- to conduct and publish research into the psychophysiology of Raja Yoga Meditation and its application in the prevention of sickness and promotion of health.
- to encourage public and professional responsibility in meeting the World Health Organisation's objectives;



*Inauguration of All-India Holistic Health Conference at the BK Shantivan complex, Abu Road*

**T**here is no denying that the medical advances of the last decades of the 20th century are nothing short of miraculous. Wonders, such as major organ transplants, heart bypasses, hip replacements, laser surgeries and sophisticated diagnostic techniques, relieve the suffering and extend the life span of countless individuals who would otherwise be doomed to an untimely and painful end.

There is also widespread recognition of the inter-


relationship between mind and body. Holistic medicine and health practices are steadily gaining popularity. Diet, stress in the workplace and environmental factors—both physical and psychological—are being measured as to their impact on well-being and provisions are now made in the health care policies of major companies for alternative therapies such as acupuncture and homoeopathy.

Yet while the mental, emotional and social

### BLESSING

May you be  
a  
double-light  
angel  
who  
remains  
a trustee  
by giving  
the burden  
of every  
deed  
to the  
Father





aspects of a patient's well-being are beginning to be addressed, there is still little understanding as to how a person's thoughts, attitudes, and beliefs contribute to his or her well-being.

*Dis-ease* begins first at the level of spirit. A human being, who has a sense of true self-love and self-respect as well as a clear understanding of the value of his or her life, is resistant to diseases of all types. However, when these are diminished or damaged through loss or trauma, the spirit becomes susceptible to negative and waste thoughts and vibrations. The will towards love and life is weakened and the physical system reflects this by being accident-prone, vulnerable to disease-producing elements such as germs and viruses and with reduced psychological immunity to social

pressures, interpersonal tensions and other forms of stress. Various forms of sensual indulgence and addictive behaviour result from the soul's attempt to compensate or escape the inner impoverishment and discomfort.

Spiritually empowered medicine prescribes meditation and spiritual practices which enhance an individual's resistance to the negative influences that drain spiritual energy. At the same time it promotes self-respect, purposefulness and other values which empower the will and strengthen the character. Spiritual empowerment demonstrates the truth that 'sound character contributes to a sound mind and body'. Best of all, meditation is a medication that has no adverse side effects.

Nurses, doctors and other medical personnel

can also benefit from spiritual empowerment. Often they are victims of the same addictive habits (smoking and drinking alcohol) as their patients. Hospitals, medical schools and out-patient clinics are often stressful environments. The Global Hospital & Research Centre (*see p. 76*) is an example of a spiritually empowered medical environment where all staff regularly practise meditation. Many patients describe its calm and comforting ambiance—a marked contrast to many medical establishments of the same size and scope—as having played a significant role in their recovery.

The Medical Wing of the Rajyoga Education and Research Foundation is one of the oldest Wings. Established in 1984 it has a long and substantial history of achievements in raising public health awareness, researching the application of meditation in illness prevention and health promotion, and in serving medical and health professionals.

1999 was a hallmark year. The primary focus of the Wing's activities was to disseminate health awareness to the masses through a variety of means.



*Rajyoga Meditation Training for Nurses*

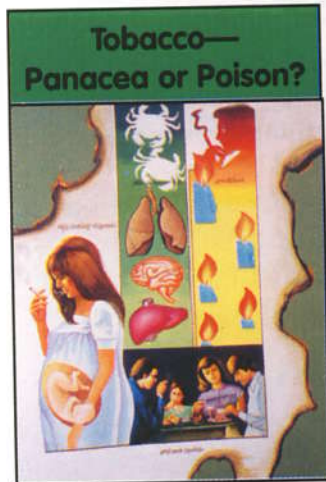
## ANTI TOBACCO CAMPAIGN

The highlight of the year was the *All-India Campaign Against Tobacco* which featured a 'No Tobacco Month' from 2nd October to 1st November. Formally inaugurated in New Delhi at the FICCI Auditorium, the launch included a flagging-off of two rallies, from Delhi to Hyderabad (AP) and from Delhi to Jamshedpur (Bihar). The campaign altogether covered more than 70 cities, towns, and villages. More than one lakh people benefited directly from the lectures and de-addiction camps held in schools, colleges, corporations and other public organisations, and millions were educated indirectly through print and electronic media. The campaign was supported by the Mahindra and Mahindra Company.

The campaign's inaugural function was attended by the Health Minister, Govt. of Delhi, Dr. Ashok K. Walia, the W.H.O. Administrator in India, Dr. T. Walia, the Director General of the Indian Council of Medical Research in New Delhi, Dr. N. K. Ganguly and others.

'No Tobacco Month' was kicked off at Brahma

Kumaris headquarters with a Quit Smoking Camp held at the Shantivan Complex in Abu Road. More than 900 people from different walks of life took part. More than 95%



abstained from using tobacco during the camp and there was 100% participation in the camp's activities.

## ALL-INDIA HOLISTIC HEALTH FAIRS

During 1999, the Wing held 15 *All-India Holistic Health Fairs* in cities such as Bharuch and Jetpur in Gujarat; Bhiwandi in Rajasthan; Kalyan, Mumbai and Shahpur in Maharashtra; Keonjhar, Paralakhemundi and Rourkela in Orissa; Tezpur in Assam; Imphal in Karnataka. Lectures and dialogues were held in the local schools, colleges, industries and corporations on topics such as *Prevention*

and *Control of Drug Abuse, Self Management Leadership & Development of Memory Power, and How to Lead a Healthy and Peaceful Life*. Around 550,000 people visited the fairs and 25,000 attended the concurrent meditation camps. Many pledged to give up unhealthy habits.

## CONFERENCES, SEMINARS & RETREATS

To promote an exchange of ideas and information regarding the latest trends in medical science, several conferences were organised at the Vidyalyaya's headquarters in Mt. Abu.

### *Hospital Management & Administration*

A conference on *Hospital Management & Administration cum Rajyoga Retreat* was organised from 14th to 18th April and was attended by 200 hospital administrators, medical superintendents and directors of nursing homes. Participants recommended that hospitals establish 'quiet rooms' where patients and staff can sit silently or meditate to minimise anxiety and achieve better results in treatment. In 1999, many hospitals opened 'quiet rooms', for example: the Nizamuddin Institute of Medical Science in

## BLESSING

May you be  
loved  
by all  
and  
claim  
blessings  
from them  
by handling  
them  
accurately  
in an  
elevated  
way



Hyderabad, the G.B. Pant Hospital in New Delhi, and the BHEL Hospital in Secunderabad.

*Coping with Challenges of the Medical Profession*

From 25th to 29th May, a conference entitled *Coping with the Challenges of Medical Profession in 21st Century* was held. Attended by a variety of 400 specialists, this unique event focussed on achieving consensual approaches to challenges currently confronting the medical profession, and in promoting holistic health care modalities in the changing scenario of the medical sciences.

The need for an integrated healthcare system that facilitates holistic health was underscored by the speakers. *Spiritual Healing through Rajyoga Meditation* was hailed as an emerging concept for 21st Century healthcare.

*PATH Training*

A PATH (Positive Approach to Total Health) Training was organised in August to enable BKs to deliver courses on topics such as *The Crux of the Doctor-Patient Relationship, Stress Management: A Scientific & Practical Approach, Mind Power for the 21st Century, Meditation for Pain Management.*

200 doctors, nurses & Rajyoga students took part in the training. They learned that stress and tension cause many organic diseases, which in turn lead to anxiety, worry and pain. They learned that Rajyoga meditation has emerged as an auxiliary tool for the management of diverse psychosomatic and psychosocial problems, as well as an effective method for quitting smoking and other unhealthy habits.

*Advances in Oncology*

In September, a conference was held on *Advances in Oncology* in co-operation with the Indian Society of Oncology and the Indian Society of Head & Neck Oncology. Noted oncologists Dr. Suresh Advani and Dr. D'Souza of the Tata Memorial Hospital in Mumbai, Dr. Rath, Head of the Oncology Dept. at AIIMS, in New Delhi, and Dr. Ashok Mehta of the Nanavati Hospital in

Mumbai were among the 300 participants.

*All-India Ayurvedic Seminar*

From 27th September to 1st October, 1,500 Ayurvedic doctors, professors and experts from various universities participated in an *All-India Ayurvedic Seminar*. The seminar was inaugurated by Dr. K. D. Sharma, Deputy Director of the Central Council for Research in Ayurveda and Siddha in New Delhi, Dr. Madhav Duttatreya Sen, Principal of the Y.M.T. Ayurved College in Mumbai, Dr. K.G. Hiremath, Principal of the S. S. Ayurved College in Haveri (Karnataka), and Dadi Prakashmani.

*Annual Conference of Ophthalmologists*

200 ophthalmologists attended the annual conference of the Rajasthan Chapter of Ophthalmologists held in Mt. Abu in October.



## Helping Politicians Enhance Inner Powers

Politicians have a powerful influence on the lives and future of the people. Political leaders of high character, foresight, strong will and inspiring conduct can lead the nation to great heights. Today, however, politicians have to work under great stress. They have to suppress their inner voice of conscience so often that many of them have come to believe that values and principles are impossible to observe in political life.



*BK Sister Asha giving Godly Message to H.E. K.R. Narayanan, President of India, and Smt. Usha Narayanan*

The Politicians' Service Wing, which is *apolitical*, functions to change this mind-set through

spiritually empowering politicians. By maintaining regular, personal contact with political leaders, by inviting them to programmes and by conducting meditation and value-orientation courses, seminars and conferences, the Wing helps enhance the will power and bring out the inner divinity of individual politicians. This is essential for politicians to observe and uphold values in their personal and political lives.



*BK Sister Shanti explaining the activities of the Brahma Kumaris to H.E. Krishnakant, Vice-President of India*

### BLESSING

May you be  
master  
knowledge-  
full  
and be able  
to face  
any adverse  
situation  
with  
the power  
of your  
own  
stage



In 1999 many programmes were organised by the Institution at its headquarters in Mt. Abu and in different States of India in which political leaders participated as special invitees. On the occasion of *Raksha Bandhan*, hundreds of politicians were tied the sacred Rakhi, given literature and appraised about the on-going services of the Institution. A number of get-togethers were organised for politicians at different places such as Karimnagar, Mysore, Gandhinagar, etc.

#### MEDITATION FOR MINISTERS & MLAs

A salient feature of the Wing's service during 1999 was the training courses in meditation and value-based awareness conducted for Cabinet Ministers, MPs, MLAs



*Group of Ministers of Andhra Pradesh with BK Sister Kuldeep at a Rajyoga Meditation and Values Training Camp held at Hyderabad*

and Secretaries of the Andhra Pradesh government. These programmes were organised on the initiative of Hon'ble Chief Minister N. Chandra Babu Naidu. The Government of Andhra Pradesh invited faculty members of the Vishwa Vidyalaya from Mt. Abu, New Delhi and from within the State. The programme was so designed that the Ministers, MLAs and Secretaries received

lectures on mind management, stress management, human, moral, social and spiritual values and practical lessons in Rajyoga meditation. The response of the Ministers was enthusiastic and encouraging. Finance Minister, Mr. Y. Ramakrishnudu, said, "Stress is an occupational hazard of a politician in power and there is no better way to overcome it than through mind and body training." Irrigation Minister, Mr. M. Venkateshwara Rao, said, "[Meditation] improves our personality and we get some time that we can really call our own."

#### ALL-INDIA CONFERENCE IN MT. ABU

*An All-India Conference of Politicians, Statesmen and Political Thinkers was held from 21st to 23rd November at the Academy for a Better*



*Inauguration of All-India Conference of Politicians, Statesmen & Political Thinkers (LtoR) Union Minister for State Mr. Srinivas Prasad, Dadi ji, Ambassadors of Afganistan, BK Bro. Brij Mohan, Ambassador of The Czech Republic*



*Participants at the conference held at the BK Academy for a Better World, Gyan Sarovar*

World. Under the theme, *The Call of Time: Responsibility of Politicians*, its aim was to promote inspirational leadership of individuals who are imbued with elevated values and principles. The topics deliberated included: *Challenges of the New Millennium— Spirituality, Secularism & Democracy* and *The Politician as a Server*

*Leader*. Four hundred delegates participated in the Conference, including Union and State Ministers, MPs, MLAs and the Ambassadors of Afghanistan and the Czech Republic. At the concluding session, a resolution was adopted calling for politicians to lead a life of selfless service worthy of emulation by the people,

so as to lead towards a culture of peace and tolerance.

#### PROMINENT POLITICIANS VISIT MT. ABU

Leaders who visited BK Headquarters or branch centres during 1999 included: Hon'ble G.M.C. Balyogi, Speaker, Lok Sabha; Hon'ble Governors Bhai Mahavir of Madhya Pradesh, S.S. Bhandari of Gujarat, Anshuman Singh of Rajasthan, Mrs. V.S. Rama Devi of Karnataka, A.R. Kidwai of West Bengal, Ranga Raja of Andhra Pradesh, M.M. Jacob of Meghalaya, Dr. P.C. Alexander of Maharashtra, O.P. Sharma of Nagaland, and Lt. Gen. J.F.R. Jacob of Goa.



*BK Sisters Pushpa and Asha presenting a bouquet of Divine Virtues to the Prime Minister of India, Sri Atal Bihari Vajpai*

Central Government Ministers included

## BLESSING

May you constantly succeed in your efforts and service by constantly keeping the balance of being a master and a child





*Home Minister of India Mr. L.K. Advani with Dadiji, Dadi Nirmal Shanta and others during his visit to Mt. Abu*

Union Minister Hon'ble L.K. Advani, Minister of Chemicals & Fertilizers Hon'ble Suresh Prabhu, Minister of State for External Affairs Ajit Kumar Panja and Minister of State for Consumer Affairs V. Srinivas Prasad.

Chief Ministers included: N. Chandra Babu Naidu of Andhra Pradesh, O.P. Chautala of Haryana, Prakash Singh Badal of Punjab, Farooq Abdulla of Jammu & Kashmir and Digvijay Singh of Madhya Pradesh.

State Ministers included: V.L. Bhairawa of Rajasthan, Capt. Kawaljit Singh and Tota Singh of Punjab, R.C. Chaudhary of Himachal Pradesh, Nabum Tulsi and Ticam Sanjay of Arunachal

Pradesh, Dharendra Sahu of Madhya Pradesh, Dr. A.K. Walia and Dr. Narendra Nath of Delhi, D.S. Pattnaik of Orissa, Ganpat Rao Deshmukh of Maharashtra, H. Vishwanath and Mrs. Leela Devi Prasad of Karnataka, Dr. R. Tripathi of Uttar Pradesh, Babubhai Bokhiriya of Gujarat, Hon'ble State

Minister Bhag Raj Chaudhary and Jitendra Singh of Rajasthan, Ashok Bhatt of Gujarat, Bhim Sen Mehta and Shashipal Mehta of Haryana, Y. Ramakrishnadu of Andhra Pradesh and Speaker of the Gujarat Assembly, Dhirubhai S. Shah.



*BK Sister Asha tying Rakhi to Mrs. Sonia Gandhi*



# Spirituality and Religious Harmony

## Wing objectives:

- to stress the parallel and common points, values and practices between the religions as well as the elements of love and reconciliation asserted by all faiths;
- to inspire people to follow, in practice, the teachings of their respective religious traditions rather than putting emphasis on ritual or proselytisation;
- to promote religious harmony by bringing religious leaders together in an atmosphere of co-operation, dialogue and meditation or prayer;
- to encourage members of all faith traditions to develop a broad and liberal attitude as well as a spirit of accommodation and reverence towards those of other faith traditions.



*A view of the Sant Sammelan held at Solapur*

Centuries ago, the task of preserving people from moral and spiritual degeneration and of guiding them towards noble purpose and elevated aims belonged to the domain of Religion. Religion was 'Might' at that time, its authority over people empowered by truth and the living example of founders of the faiths and their inspired disciples.

It was when religion began to lose that authority that a schism developed between church and state,


between religion and politics, between religious power and ruling power. In fact, this schism reflected an underlying rift within the human psyche: weakened by doubt and insecurity, self-control had become a matter of social norms rather than a matter of conscience.

Ever since, the main religious traditions have been struggling to regain their authority. Unfortunately, the means they have been using—forced conversions, abusive assertion of dogmas and practices and invasive transgressions of human

## BLESSING

May you constantly be an embodiment of power and remain free from anything wasteful through the art of keeping your mind constantly busy





rights—have not yielded the desired results. Religion itself has fomented a situation in which the members of one religion are pitted against the members of another. If religions themselves do not respect and uphold the fundamental right of people to choose a religion that suits their conscience, is it any wonder that many governments crush religious freedom and deny their people the right to practise their faith?

It is a fundamental view of the Brahma Kumaris that, just as there are different genealogical branches of a human being's biological family tree, all religions are branches of one and the same human family tree. However whenever a branch has behaved or expected others to behave as if it were the tree itself, it has lost its value to humanity as a whole—irrespective of how inspiring its teachings, sacred its scriptures or intentionally purifying its practices.

The underlying cause of all intolerance, religious or otherwise, is ignorance of our true nature and relationship to each other. Although we clamour for rights, we have yet to fully

embrace our responsibilities in this regard. We have widened the schisms between politics and religion—and between religion and religion—into almost unbridgeable chasms by underscoring differences rather than acknowledging commonalities.

The spiritual empowerment of religion means that supreme importance is given to non-violence, tolerance and forgiveness in inter-religious relationships. This means that religious leaders will first of all impart and exemplify tolerance of other faiths to their own congregations. They will teach them to respect other faith traditions as they would wish their own tradition to be respected and enlighten them as to those tenets and values where their morality and

spirituality overlap. They will refrain from commenting negatively about the sensitive issues of any other religion, especially using language that inflames religious enmity. They will not, in the name of religion, persecute others, perpetrate cruelties or invade other countries. They will in fact denounce such acts committed in the name of religion—whether contemporary or historical—but even then they will do so without condemning the religion or its founder. They will conduct their gatherings, celebrations and processions in ways that do not create ill-will or public disturbance and will support with good will such functions of other faiths. They will never use their influence to lobby for the selfish or illegal gain of their faith



*Rathyatra Flag off Ceremony at Calcutta. Dadi Nirmal Shanta with other Religious leaders*



*Srisailam: Flag-off ceremony of 'Ishwaranubhuti Jyotirling Rathayatra' by Jagaduguru Sri Umaphathi*

or followers; rather they will use their moral muscle to free politics from corrupting influences.

When the principles and practices of each tradition are enlightened by spiritual wisdom and its dogmas are empowered by the spirit of brotherhood and co-operation, then religions will become inter-religious instead of irreligious and will complement each other by working together for the service and upliftment of humanity.

Tolerance, respect and understanding are the primary values which enable the celebration of life in all its diversity. Living according to these values develops spiritual vision. Sharing these values establishes the common ground on

which we can live lovingly together as one human family.

The Religious Wing works to bring religions together in a spirit of tolerance, respect, and understanding, the foundation of which is the realisation of the self as a spiritual being. The Wing has organised a number of gatherings of religious leaders over the years, including an Adhyatmic Jeevan Darshan Maha Sammelan in 1988 and a Dharmacharya Maha Sammelan in 1993, both held in Mt. Abu.

In 1999, the Wing conducted several interfaith gatherings in various venues as noted below. The year's end saw many Wing members enthusiastically engaged in the organisation and launching of the 22

*Ishwariya Anubhuti Jyotirling Rathayatra* which will converge in Mt. Abu on 8th February, 2000.

#### INTERFAITH MEET ON HARMONY

An *Interfaith Meet on Harmony* was organised on 31st January, to commemorate the 30th Ascension Anniversary of the Vishwa Vidyalaya founder, Prajapita Brahma. The function attracted religious leaders from a number of different faiths including: Ven. Lama Lobzang, Vice-President of the World Buddhist Sangha Council of Taiwan and a member of the National Commission for SC/ST (Schedule Caste & Schedule Tribe, Harijan Girijan); Chief Bhikshu of the Maha Bodhi Society of India; Ven. Medhananda, Dr. A.K.

## BLESSING

May you remain constantly content and serve as a trustee by renouncing the consciousness of 'mine'



Merchant of the National Spiritual Assembly of the Baha'is of India; Gurudev Roop Chandra Muni of the Jain Ashram; and Dr. A.M. Zutshi Gulzar Dehvi, eminent Urdu National Poet. Messages from Swami Gokulananda, the Secretary of the Rama Krishna Mission in Delhi, as well as from other religious leaders, were also received. Sister Prem Prakash, the Wing's Zonal Co-ordinator, was Master of Ceremonies. The event was given wide publicity by local and national newspapers and excerpts were telecast by the local T.V. channel before and after the event.

#### SARVA DHARMA SADBHAVANA SAMMELAN

A *Sarva Dharma Sadbhavana Sammelan* was organised at Saharanpur on 16th February on the occasion of Maha Shivratri. It began with a grand Peace March that traversed major areas of the city, in which about 700 brothers and sisters participated.

Prominent religious leaders who attended the Sammelan included Father Daniel of St. Thomas Church, Saharanpur; Maulana Riaz Ahmed, Editor, *Aiyana-E-Mazahir*; Acharya Vaid Som Dutt

Sharma; and Bhai Surjit Singh, Head of the Granthi Shri Guru Singh Sabha. Commandant Col. B.N. Kapre was the Chief Guest & Dadi Bhagwati, Saharanpur Centre-in-Charge blessed the gathering.

#### SEMINAR AT MOUNT ABU

A 3-day seminar was organised by the Wing at The Academy for A Better World from 12th to 15th June, in which 90 individuals connected with various religious organisations of India participated. Prominent among these were Trustees of the major temples in Mumbai, Allahabad, Ahmedabad, Jalandhar, and Amba Ji, and Presidents, Vice-Presidents and Secretaries of numerous religious institutions. Representatives of the Delhi Vishwa-Hindu Parishad, the Delhi Hindu Mahasabha, the Noida Jaini Samaj, as well as of Sidh Science

Yoga in Solapur and Santoshi Math in Kali Bari were present. *Kathakars* from Jaipur and Jalandhar also participated. The topics of the Seminar were *Religious and Emotional Integration* and *A Preview of Entering into Golden Age*.

#### SANT SAMMELAN IN SOLAPUR

A *Sant Sammelan* (Religious Conference) was held from 26th to 28th October in the Pandarpu area of Solapur, Maharashtra. Among the 50 saints who participated were Shankaracharya Vidhyanand Bharati from Karaveerpeeth, Swamy Narendra from Ratnagiri, Shivacharya Rodendra Mahajan from Gulbarga, Sri 108 Dativadkar Maharaj from Barshi, Balayogi Oturkar Maharaj and Dada Maharaj Manmadkar Pandarpu.



*Jagadguru Shankaracharya Narendranand Maharaj, Varanasi with BK Sister Surendra at the Launching of Rathayatra*

# The Ideal Village

### Wing objectives:

- to improve the condition of rural children and youth through leadership programmes, child development camps, and character development programmes which emphasise moral values;
- to eliminate mistrust, superstition, blind faith and unhealthy social practices through awareness campaigns, slide shows and lectures;
- to foster healthy lifestyles through educational programmes in health and hygiene, special medical camps, and exhibitions and lectures aimed at reducing the incidences of smoking drinking, tobacco chewing and drug addiction;
- to eradicate illiteracy through value-based educational activities for the young, as well as adult education programmes;
- to enable individual spiritual empowerment of the indigenous masses through courses in Raja Yoga meditation.



*Inaugural Ceremony of the Village Upliftment Spiritual Conference held at Pune. (LtoR) Bro. Anna Hazare, BK Sister Mohini, Dadi Prakashmani, Bro. Babu Saheb Deshpande and BK Sister Sarla*

In the not-too-distant past, India's rural villages were settings of simple, healthy living. Farming and cattle-breeding were even considered ideal professions. When India achieved independence in 1947, more than 90% of India's total population lived in rural villages and were primarily dependent on agriculture for their livelihood. Father of the nation, Mahatma Gandhi, referred to this vast human resource as 'the soul of the nation'.

However as towns and cities began to attract industries, educational institutions, engineering advances, and health services, the development of rural areas fell drastically behind that of urban areas. A significant percentage of the rural population migrated to the cities, resulting in urban tenements, poverty and squalor. While the advances of civilisation did not come to the countryside, negative side-effects of modern progress, in the form of

## BLESSING

May you be  
free from  
worry,  
and so  
easily and  
successfully  
perform  
every task  
as a  
karma yogi



inflated desires, selfishness, disease, addictive habits and violence, found their way into rural lifestyles. Handicapped by illiteracy and disenfranchised by the shift of economic resources towards urban development, India's rural masses have lapsed into a backward state. Currently about 70% of the populace reside in villages and, although a number of rural development schemes exist, they primarily supply basic services such as roads, water, electricity, transport, etc.

The Rural Development Wing believes that spiritual empowerment can help the rural populace develop self-respect, co-operation and positive human values which will automatically motivate them to transform their habitats into havens of cleanliness, healthfulness, social harmony and productive human enterprise. With this aim,

the Wing organises exhibitions, video and film presentations, and peace processions, and conducts camps, educational programmes and meditation courses at the village and district levels.

Wing members also believe that rural development means not only educating the farmers and herdsmen, but also the administrative officials at the village and district levels (Sarpanak, Gram Sevak, Patwari, etc.), the officials and Board members of rural co-operative societies, the personnel of village development agencies, and others. The Wing arranges special seminars and conferences for such individuals and groups at the local level as well as in Mt. Abu.

With the spiritual empowerment of the

rural populace, India's villages will not only become clean and beautiful once again, they will become *Gokul Gaon* (ideal villages).

#### ACHIEVEMENTS IN 1999

A *World Peace Spiritual Campaign* was organised by Navrangpur centre from 21st to 28th February, covering 103 villages. It included programmes pertaining to positive thinking, addiction to drugs and tobacco, and Raja Yoga meditation. Thousands of villagers benefited from the campaign.

Three retreat programmes, each of 3 days duration, were organised at the Academy for a Better World in the months of April, May and June respectively. Under the umbrella theme of *Values for Ushering in a Golden Era*, topics included *Ideal Village Life*, *The Art of Living*, *The Agriculture of Deeds (karmo ki kheti)*, *The Duties of Village Workers*, and *Liberation from Vices*.

Earlier, an *All-India Village Upliftment Spiritual Conference* was organised at the Shantivan Campus, in which 3,000 people participated. The conference had 5 open sessions and 6 workshops in different languages on various



*The Literacy Campaign in action.*



*Dadi Prakashmani ji is presenting warm clothes to rural women*

themes relevant to village development. A resolution was adopted by all participants emphasising the need for the holistic development of villages.

A model of an Ideal Village (*Gokul Gaon*) comprising 20,000 sq. feet was erected at the *Bharat—Lighthouse of the 21st Century* fair in Ahmedabad. This pavilion was visited by the Hon'ble Mr. L.K. Advani Ji, Home Minister of India, Br. Kashubhai Patel, Chief Minister of Gujarat, and many other dignitaries. A village upliftment seminar was also organised at the fair.

A *Self Development Programme* for the Chairmen and secretaries of the Milk Producers Co-operative Union representing 900 villages of Gujarat was organised with the co-operation of the Amul Dairy of Anand. A *Self Management Programme* was also conducted for more than

1,800 officers of the same union at Shantivan in Abu Road.

Two 'train-the-trainer' programmes for 350 Wing members were organised, one on 28th to 29th May in Delhi and the other in Bharuch (Gujarat) on 2nd to 3rd October.

Three *Holistic Village Development Campaigns* were organised in Gujarat from 19th to 28th October. The composite inauguration took place at the Ahmedabad Town Hall on the 19th and was attended by Chief Guest Mr. Nitinbhai Patel, Irrigation Minister of Gujarat State, as well as Sri Narayanbhai, Minister of Panchayat Raj, Gujarat State, the Mayor of Ahmedabad, Miss Malini Ateet, and Sarla Didi, Zonal Chief of Brahma Kumaris Centres in Gujarat. The rally covered 3 directions: Ahmedabad to Patna, Ahmedabad to Valsad and Ahmedabad to

Bhavnagar (Sourastra). 256 villages were visited and 8,500 people participated in over 300 programmes—on cleanliness, good health, literacy and self-management. 11 medical camps, 3 eye camps and several veterinary camps were also conducted as part of the campaign in which 2,515 people participated and 300 animals were treated. Related programmes were held at the Agriculture University, and in sugar factories, dairies and schools.

A *Sarpanch Sammelan* was organised at Anjan Vihare village of Jalgaon district on 12th December in which 8,500 people from different villages participated. The Wing 'adopted' Anjan Vihare as well as Virampura villages in Gujarat with the aim of helping them become ideal villages.

## BLESSING

May you be  
a  
master  
creator  
like father  
Brahma  
and  
show  
respect  
to those  
who defame  
you  
and  
regard them  
as your  
friends



## Spiritually Empowered Science

### Wing objectives:

- to bridge the gap between science and spirituality;
- to enable scientists and technologists to lead a happy & self-fulfilling life;
- to help scientists and engineers cope with stress, adapt to change and work in ways reflective of the needs of humanity;
- to stimulate new thinking about the role of science and technology in creating a sustainable future;
- to educate the scientific community about values and help them integrate spiritual and ethical values into the areas of science and technology;
- to raise awareness about underlying spiritual causes of environmental dangers;
- to undertake programmes of scientific research in Rajyoga.

The 20th Century has been, more than anything else, an era of science and technology. Scientists and engineers have convinced us of their nearly unlimited power for both creation and destruction. They have become Masters of the physical world, even of time and space. Capable of turning night into day, they have revolutionised travel and communication and redefined comfort.

Heedless of history, humanity has been

seduced by the illusion that our modern civilisation is imperishable. The Y2K bug was a warning that we should be cautious of relying completely on our material facilities. However, like the boy who cried 'wolf' in the folklore of old, the warning has been dismissed as an inconsequential irritation. Yet the watchdogs of global trends, such as overpopulation, depletion of the ozone layer, and the disappearance of forests and arable land, continue to sound the



*Bharat Ratna Dr. A.P.J. Abdul Kalam, Principal Scientific Adviser to the Govt. of India contemplating the future during his valedictory address at the international science conference, Vigyan Bhawan, Delhi*



alert that these trends will converge at a point of no return in the not-too-distant future.

The Father of Modern Science, Albert Einstein, is famous for his saying, "Science without religion is lame. Religion without science is blind." The validity of his remark has been proven during the 20th Century. Despite all the progress made by science, human grief and suffering have not decreased, they have, in fact, increased. In some cases, the powers of science and technology have been misused. Environmental degradation, chemical and nuclear weapons, the manipulation of genetic codes and other scientific achievements capable of disastrous consequences are staring humanity in the face.

At a time when communication technology has closed the gap between people of all nations, the decline in moral and spiritual values has increased the sense of separation, isolation and confusion for many people. Although science has freed the human mind from irrational thinking and superstitious fears, it has "enslaved it within the confines of physical phenomena."

In order to create a future world of peace, harmony and contentment, it is essential that the balance between material and technological development and moral and spiritual integrity is found. The present time is calling for spiritual



*Dadi ji giving blessings to Mr. C. Chidambaram, Chairman, Bhabha Atomic Research Centre*

empowerment of science. The integration of the power of science with spiritual power is the imperative need of our time. If these two great powers join together and complement each other, a bright future—a Golden Age—awaits the human race.

The Scientists and Engineers Wing (SEW), established in 1988, aims to aid the integration of science and spirituality. The Wing's activities cover a wide spectrum. The Wing organises conferences, seminars, symposia and workshops. It also organises *Environmental Awareness* and other campaigns, holds exhibitions on various themes, such as *Industrial Peace*, *Industrial Safety*, and *Productivity*, and offers

courses like *Life Management Skills*, *Stress Management*, *Human Re-engineering*, *Science & Consciousness*.

The Wing regularly organises 5-day educational seminar-cum-retreat programmes at The Academy for a Better World and other venues. During 1999, 12 such programmes were organised under themes such as: *Life Management Skills*, *Self Development*, *Holistic Management*, *Holistic Development*, *Self Focus Retreat*, etc. More than 1,000 officials participated, from various government and private sector organisations such as The Oil and Natural Gas Corporation (of Mumbai, Ahmedabad, Baroda, Mehsana, Cambay, etc.), The Gujarat Sheep & Wool Development Corporation, and The Railways Staff College in Baroda. Topics covered included: *The Science of Self Empowerment*; *Human Re-engineering*; *Healthy Lifestyle for Scientists & Engineers*; *Science & Consciousness*; and *Time Management*.

To keep the knowledge of Wing members up-to-date, *Train-the-Trainer* sessions are conducted annually. This year they took place from 30th June to 5th July and

## BLESSING

May you be  
a  
carefree  
emperor  
and make  
yourself  
valuable  
by having  
all  
specialities



covered the above topics as well as *Industrial Peace, Safety Practices, and Decision-making*.

A new phase in the service of the Wing began when a set of 16 posters was printed in July. The posters scientifically explain a number of phenomena, including spiritual concepts.

To raise environmental awareness, 5th June is observed worldwide as 'World Environment Day.' The Panipat Oil Refinery celebrated the occasion on a grand scale by organising several programmes in collaboration with SEW, including a lecture for senior officials in the Board Room of the refinery and an environmental awareness exhibition. At a seminar entitled *Environmental Awareness*, in which Mr. S.S. Saini, Executive Director of the IOC Ltd. Oil Refinery in Panipat was the Chief Guest, nearly 2,000 people participated.

On Independence Day in August, B.K. Bharat Bhushan, Executive Member of the Wing, was honoured by the Harayana Minister of Science & Technology in recognition of the Wing's contribution to the field of environmental awareness—and the Wing's *Think Clean, Think*

*Green* project initiated a few years ago. Under this project, people are invited to pledge or donate a few minutes daily to create positive thoughts and good wishes for everyone as well as for Nature.

Other 1999 events organised by SEW included: a series of lectures at the Oil Refinery, NFL and the Thermal Plant, Panipat; a lecture on *Stress Management* at the Damle Polytechnic in Yamuna Nagar; a lecture on *Environmental Awareness* in Amritsar; and a seminar on *Science and Spirituality* for students of the Government Polytechnic in Bijnaur (UP).

The major event conducted by the Wing during 1999 was an *International Conference*

*on Value-oriented Science & Eco-friendly Technology for the 21st Century* held on 4th and 5th December at the prestigious Vigyan Bhawan in New Delhi. The conference was supported by the Ministries of Science & Technology, Environment & Forests, Non-Conventional Energy Sources, Tourism, and Power. It was also supported by the Indian Council of Agricultural Research (ICAR) and the Defence Research & Development Organisation (DRDO). Around 1,500 scientists and engineers from India and abroad participated.

The conference was inaugurated by Mr. K.C. Pant, Dy. Chairman of the Planning Commission, Govt. of India. In his inaugural address he acknowledged the crucial need for a dialogue on value-oriented science.



*International Conference: Lighting of lamps by (LtoR) Dadi Prakashmani, Dadi Hriday Mohini, Bro. Jagdish Chander, Mr. Rawat and Mr. K.C. Pant*



*Valedictory Session: BK Jagdish Chander, Dr. A.P.J. Abdul Kalam, Shri R. Venkatraman, Dadi Prakashmani and Mr. Ram Vilas Paswan*

Chief Guest, Mr. B. S. Rawat, Hon'ble Minister of State for Science & Technology, called for a sustainable and holistic view of development. In his keynote address, Chief Spokesperson for the Brahma Kumaris, Jagdish Chander, suggested that scientists should test all new formulae on the touchstone of morality. Prof. V. S. Raju, Director of the Indian Institute of Technology, New Delhi, also addressed the session.

The evening plenary, *Exploring Inner Space*, was addressed by Justice Krishna Iyer, Judge, (Retd.) Supreme Court of India, who called the journey into inner space the search for the real Self. In her keynote address, Dadi Hriday Mohini Ji, Joint Chief of Brahma Kumaris, stressed that realisation of the true self leads to enlightenment and empowerment. The 'third eye of wisdom' could be opened with the

help of spiritual knowledge only.

On the following day, 4 sessions were held. One was a panel discussion steered by Dr. W. Selvamurthy, Director, Defence Institute of Physiology and Allied Sciences (DIPAS), New Delhi. The panelists were Mr. V. Suresh, CMD, Housing & Urban Development Corporation (HUDCO), New Delhi, Dr P K Awasthi, CMD, Pyrites Phosphates & Chemicals Limited, and Dr. Krishanlal, Deputy Director, National Physical Laboratory, New Delhi. All speakers agreed that spiritual, moral and ethical values were needed to give science a positive and beneficial direction.

The conference valedictory was delivered by 2 famous stalwarts of the intelligentsia—well-known nuclear scientist Dr. A. P. J. Abdul Kalam, Principal Scientific

Advisor to the Govt. of India and Mr. R. Venkataraman, Former President of India. Dr. Kalam asserted that a spiritual and technological vision born out of a billion Indian minds would lead to a peaceful and prosperous world. Mr R. Venkataraman recommended that scientific powers be checked with spiritual knowledge. Mr. Ram Vilas Paswan, Union Minister for Communication, urged scientists to work with feelings of compassion and service.

The conference concluded with the passing of a resolution by the participants who agreed that spiritual values must be integrated into scientific endeavours to bring benefit to both humanity and nature and that scientists should promote the awareness and importance of a value-based lifestyle.

Six well-attended technical seminars were held during the conference on the themes: *Food & Nutrition Safety for the 21st Century; Biotechnology & Ethical Issues; Missing Dimensions in Research & Development; Non-conventional Energy—Untapped Sources; Environmental Pollution—The Human Factor; and The Science of Silence.*

## BLESSING

May you be  
a  
world  
benefactor  
who transforms  
the world  
with your  
pure  
and  
powerful  
feelings



## Social Service Wing

### Wing objectives:

- to educate and encourage all people, including members of social organisations, to imbibe moral and spiritual values;
- to awaken in people a sense of service and inspire them to engage in spiritual social service;
- to raise public awareness in order to bring about the eradication of social evils such as child marriage, incest and bride-burning;
- to offer spiritual education and a simple system of meditation which can aid the eradication of substance abuse and addiction.

## Spiritual Social Service



*Inauguration of the All-India Seminar on Holistic Social Service held at the BK Shantivan campus, Abu Road*

Service to society is the essential nature of social work. Social workers do their best to help the destitute and the disenfranchised, the downtrodden and the disabled. Much of their effort is devoted to persuading the rich to provide for the poor. Their efforts, however, often resemble covering a large sore with a small plaster; in other words, they are increasingly ineffective and of no lasting benefit. This is because the root cause of

the ills affecting society has yet to be addressed.

The root cause is spiritual impoverishment and the ultimate cure is spiritual empowerment. Souls whose strength of character has been blighted by bad company, weakened by worry and wanton desires, and who have transgressed the Law of Karma due to ignorance and are suffering the consequences—such souls will be benefited only by *spiritual social service*.

Spiritual empowerment strengthens the will, enables self-reliance and equips one morally to cope with adversity, disability and hardship. It can bring great benefit to social workers themselves, freeing them from the stresses and negative impressions which inevitably confront them in their offices as well as in the field.

This is not to say that plasters should not be applied, that philanthropy should not be sought, or that current forms of social work should be abandoned. These efforts must be continued, supported and furthered. However when social service organisations and their personnel collaborate with spiritual organisations such as this Institution, then the results will be of lasting value.

It has been said that society is as strong as its weakest elements. Even if we were able to adequately feed, clothe and shelter India's impoverished millions, unless and until they are spiritually empowered and uplifted, the nation as a whole cannot become a value-based society characterised by love and harmony.

The Social Service Wing has pioneered bringing

*spiritual social service* to physically, morally and socially disadvantaged people since 1989. It also organises programmes for social workers and representatives of social organisations.

#### PRISON SERVICE

Throughout 1999, the inmates of the Thane Central Jail in Maharashtra practised Raja Yoga regularly. Prison superintendent Mr. Mahale observed a noticeable change in their attitude, "I feel that every jail in the country should have an arrangement to conduct Brahma Kumaris classes through which every inmate comes to know who is God, what is the soul, what is spirituality and what is self-



*BK Sister conducting Meditation with prisoners*

realisation."

Inmates of the local jail in Ganga Nagar, Rajasthan, have also been transformed. Inmate Mahendra Kumar, sentenced in a dowry case, said, "My outlook has totally changed [as a result of Brahma Kumaris teachings]. Instead of taking

revenge, I now want to transform myself completely." Another inmate said, "I feel a great change in my life by practising Rajyoga Meditation. I feel light and praise my luck that such an atmosphere I have got in the jail." According to jail superintendent Mr. Ashok Upadhaya, the majority of inmates have become more co-operative and some have discarded bad habits such as drinking and smoking. He has requested that the Wing's services be made available to other jails.

#### ORISSA CYCLONE

The Brahma Kumaris of various centres in or adjacent to the areas affected by November's cyclone have helped victims by whatever means available, providing clothing and feeding the hungry. Relief was also sent to the Orissa government from the Headquarters of the Vishwa Vidyalaya in Mt. Abu.

#### CONFERENCES

An All-India Conference on a *Better Social Order Through Spiritual Empowerment* was held in Shantivan, Abu Road, from 20th to 23rd September. It was attended by 2,000 social leaders and workers representing numerous

## BLESSING

May you be  
a great soul  
who  
constantly  
keeps  
the blessings  
of happiness  
with you





*Sister B.K.Nirupama distributing clothes to cyclone affected people in Orissa*

social work organisations from across India, as well from numerous Rotary and Lions Clubs. Mrs. Hira Lal Indora, Minister of Minerals, Govt. of Rajasthan, while inaugurating the event, shared her conviction that it is indeed possible to create a better social order through self-transformation, that is, through igniting the flame of the spiritual consciousness of the self.

B.K. Nirwair, Secretary General of the Rajyoga Education and Research Foundation, regretted, in his keynote speech, the fact that spirituality today is conspicuous by its absence in the practical lives of the people, in spite of India's predominant religious and spiritual tendencies. He explained the concept of spiritual empowerment as both the shedding of vicious character traits

and the understanding and re-emergence of one's true nature.

Mr. Mangu Bhai Patel, Gujarat Minister for Tribal Development, and Mr. Narain Bhai Patel, Minister for Panchayats, Govt. of Gujarat, were prominent speakers at the Conference, along with members of the Vishwa Vidyalaya. In his valedictory address, the Minister for Tribal Development pointed an accusing finger at leaders

with narrow outlooks and selfish motives who are easily swayed by evil forces and have a corruptive and demoralising effect on society. Decrying the decline of elevated Indian values and traditions, he said, "For making a better society and creating a better social order, the individual, who is the primary unit of society, must first be spiritually educated."

Ms. Malini Atit, Mayor of Ahmedabad, Samj Ratna Seth Nanji Bhai Khimji Bhai Thakkar, President of the Seth T.J. Education Society of Thane, Mumbai, Brig. R.S. Gill of Pathankot, Dr. H.S. Sudarshan, Hony. Secretary of the Vivekananda Girijna Kalyan Kendra in Bangalore, and Mr. Vinod Vora, Managing Director of M/S Associate Allied Chemicals of Mumbai, were among those who addressed various



*Disabled children listening with interest to a spiritual and meditation class.*

plenary sessions and seminars.

## SEMINARS AND WORKSHOPS

An All-India Seminar on *Holistic Social Service* was held at the Academy for a Better World Campus in June. Under the theme *Social Harmony for the 21st Century*, participants discussed topics such as *Personality Change versus Social Change, The Actions, Attitudes and Choices of a Social Worker, and Spiritual Wisdom for Social Reconstruction.*

Keynote speaker, BK Mruthyunjaya, Vice Chairman of the Education Wing, said that while today's society was goaded by monetary, military, material and police powers, God's Plan for a Golden Age was guided by the spiritual powers of truth, love, non-violence, justice, honesty and harmony.

While not negating the great need for the physical and mental sustenance of India's populace, who are reeling under poverty, disability, disease and squalor, speakers at the seminar (who included Rajasthan Minister for Social Welfare, Mr. Banwari Lal Bairwa and Punjab Finance Minister,



Mr. Kanwaljit Singh) concluded that individuals must also be given education and training in spiritual values and meditation so that they could gain self-control.

Participants in the seminar concluded that social organisations should work hand in glove with spiritual organisations like the Vishwa Vidyalaya in order to bring about a balanced blend of material and spiritual services within the field of social work. Individual attitudinal changes through education in spiritual values and training in meditation were seen to be as necessary as physical relief for regaining and maintaining social, cultural and religious harmony in society.

During the *International Conference on Spiritual Wisdom for Changing Times*, held at the Academy for a Better World in February, 2

seminars cum workshops were arranged by the Wing on the themes *Social Reconstruction through Spirituality* and *New Dimensions in Social Services*. In her address, Mrs. Mridula Sinha, Chairperson of the Central Social Welfare Advisory Board, Govt. of India, New Delhi, said, "Service to humanity is the real social service." She added that people should take some time out of their busy work schedules for self-introspection in order to gain proper direction in their lives. Besides Mrs. Sinha, Mr. Om Parkash Rungta, Nepal Society for the Handicapped, Mr. Shanti Lal Gulab Chand Mutha, President of the Indian Jain Society, Mr. P.B. Patni, Dy Director, Social Welfare Department, Govt. of Gujarat, and Dr. Jai Dev, former President of the Gandhi Peace Foundation, were also among the participants.

## BLESSING

May you be  
an  
embodiment  
of all  
attainments  
and experience  
perfection  
by being  
full of all  
treasures



# Spiritually Empowered Women

### Wing objectives:

- to provide opportunities in which women can learn meditation and gain spiritual empowerment;
- to raise women's awareness of their potential while raising men's awareness of women's contributions;
- to encourage women to embody moral and spiritual values and provide children with good role models;
- to encourage women to make the home a peaceful, happy, tension-free place;
- to empower women to combat the social evils of obscene literature/films, treatment as a sex object, early marriage, and the dowry system of bride-burning;
- to enable women to play an effective role in relieving society of alcoholism, drug addiction, smoking, and other negative social habits;
- to help women to play a leading role in eradicating ignorance, blind faith, religious intolerance and war.

**W**omen at the end of the 20th Century find themselves in vastly different circumstances from those of their grandmothers at the end of the 19th. Whereas for several previous centuries the role of the majority of women had been uniformly that of a housewife and mother, women nowadays can choose a career over children and an economically independent lifestyle over family responsibilities. Society is still trying to grapple with the consequences of this revolutionary shift.

Expected to be all things to all people, a woman today is challenged to draw upon traditional strengths while continuing to redefine her position in a rapidly changing society. She must use her head if she is to gain social, political and economic equality, and yet she must not lose her heart. Where is she heading?

Can she rise to new heights above centuries of suppression without succumbing to the familiar security of subservience or the passivity of past patterns?

Peering into the mirror of time, a woman today sees herself with not just one face, but several. The traditional face of mother and housewife is still visible as a foundation under her modern make-up, which often resembles a mask of ambition and assertiveness not unlike that worn by her male counterpart. Her traditional face could always be relied upon to keep in touch with the ebb and flow of nature's rhythms, to nurture and heal, to sacrifice for the common good. It preserved values and social customs and provided a comforting sense of continuity with the past. But when it became a weary maze of worried wrinkles, dry and





Women participants at a retreat on Family Values held at BK Academy for a Better World with Dadi Manohar Indra ji, and BK Sister Chakradhari

peeling in the heat of a male-dominated world, woman began to apply the modern mask.

Sometimes at night, after removing the layers of contemporary colouring, woman's ancient face emerges in the moonlight - a face young yet full of age-old wisdom, strong yet gentle, loving yet detached. Expressing beauty and benevolence, fearlessness and flexibility, honesty and humility, it is the countenance most loved by God. Revealing the potential of feminine energy and inspiring hope and vision, it is also the face most loved by humanity. It is an image still worshipped and invoked today: the legendary visage of the goddess into which woman was transformed when her face was gazed upon by God.

When did this transformation occur? Why would God make of woman a goddess? Actually, who but God would ever consider really empowering women? Who would look upon the countless faces of millions of mothers rolling chapatis or sorting their children's laundry and see in them an army of *shaktis* capable of transforming the world from a hellish place into a heavenly one? Who but God would even know how to go about it?

Spiritual empowerment is God's unique tool for renewing an ailing, aged world and restoring balance to nature, to the sexes and thus to the human family—and it is into the hands of women that God has entrusted this tool. Upon the heads of women He has placed an urn containing the knowledge for using the tool, and in the hearts of

women He has placed the will to see the task through to the end.

Spiritual empowerment begins with an understanding of spirit. The soul, or spirit, is a tiny sentient star-like point of living, metaphysical energy. Its inherent nature includes the strengths of both the female and the male. The rational, discriminating, analytical 'left side' and the creative, intuitive and synthetical 'right side' of the human brain are simply the organs through which the masculine and feminine qualities of the soul are expressed through the body. Spiritual empowerment puts a person in touch with his or her inner strengths and enables an harmonious balance of the best of both the masculine and feminine within the personality. This is the first step toward the equality of the sexes.

Spiritual empowerment means connection with God. This experience enables a person to perceive his or her inner integrity and wholeness, which banishes feelings of inadequacy and insecurity. Thus, spiritual empowerment gives women self-respect and self-reliance and inspires them to serve others spiritually. Spiritually

## BLESSING

May you  
become  
an  
instrument  
to do the  
elevated  
service of  
transforming  
the world  
by transforming  
yourself



empowered women are models of moral excellence capable of maintaining unity and stability within the family, and engendering co-operation and harmony within the workplace and society. Spiritually empowered women are the co-creators of a spiritually empowered society in which women hold a

with happiness and zest for life; her smile reflects a heart of gold. The contours of her cheeks and chin are composed, content; her royal brow inscribed with peace and wisdom. Radiant with purity, it is the face she wears when God's task is done, and her other faces laid to rest. Her natural beauty transparent and self-evident, she has

men's awareness to support this, as well as to attend to their own spiritual development.

It is worth explaining here that, although a person's initial impression may be that the Brahma Kumaris Institution is primarily a women's organisation, this is not the case. Although women are at the helm, both men and women, in



*Women listening attentively to a presentation by Wing members*

place of honour and equality.

There is one more face of woman, a face glimpsed sometimes after dawn. In the morning sun, after peaceful rest, woman's face of innocence can be seen—pure and child-like, sweet and soft, like the petal of a newly opened flower. Her eyes sparkle

no need of mirrors. So God puts away time's looking glass until the evening, when other faces emerge once more.

The Women's Wing is especially committed to bringing the message and methods of spiritual empowerment to women throughout India and the world. At the same time it endeavours to raise

roughly equal numbers, participate in all aspects of the Institution's activities. It is an historical fact that the Vishwa Vidyalaya's founder, Prajapita Brahma, placed his entire assets and considerable wealth into a trust administered by 8 young women—a revolutionary step, especially in the 1930's in India where few women



*BK Sisters Sudha and Chakradhari with Russian women*

were even educated, let alone given administrative authority. He did so because he foresaw that the world of the future would be a world of harmony and balance, characterised by a full and equal partnership between men and women. For this, he knew that women must begin to be given the respect and confidence, in their abilities, necessary for their upliftment. The reader may observe for him or herself the evidence as to the soundness of his judgement.

The Women's Wing, in addition to organising conferences, symposia, exhibitions, Rajyoga



*(above) Women Awareness programme at Nagpur. (right) A view of the audience*

camps, et cetera as the other Wings do, also annually celebrates International Women's Day and publishes literature and conducts surveys on questions pertaining to women.

#### WING ACTIVITIES IN 1999

1,000 women were benefited by a *Women's Awareness Rally* organised in Burahpur.

In the Mulund area of Mumbai, International Women's Day was celebrated by the Wing



with programmes organised at the Municipality and in colleges and jails. Wing Co-ordinator, Sister Chakradhari, was the guest speaker.

In Nadiyad, an *Anand Vallabh Vidya Mandir* women's programme benefited many women.

In Nagpur (Maharashtra) many women's awareness programmes were conducted.

Women's programmes were organised in Ferozpur City, Ferozpur Cantt, Faridkot, Gidadwala, Bhatinda and Sirsa cities of Punjab. In these programmes, men as well as women participated.

## BLESSING

*May you be  
a special  
server  
who  
especially  
becomes great  
by knowing  
the importance  
of amrit vela*



## Youth Wing

### Wing objectives:

- to conduct programmes that enhance youth's good judgement, concentration and self-confidence;
- to encourage youth's efforts for achieving a high level of purity of thought, word and deed;
- to encourage voluntary discipline in achieving a lifestyle characterised by simplicity, self-reliance and divine qualities;
- to facilitate the attitudes of brotherhood, spiritual love, tolerance and non-violence;
- to systematically impart education in moral and spiritual values and Rajyoga meditation;
- to facilitate youth's freedom and protection from drugs, alcohol, smoking and violent and destructive tendencies;
- to promote youth's spirit of service and sacrifice by engaging them in community welfare activities.

## Youth for Peace



*3rd Youth Festival Inaugural Function at Shantivan. Sudesh Berry and TV artist Bhairavi Raichura (centre) shown lighting the candles.*

Youth have high spirits and abundant energy. When their dynamic energy is channelled in creative, positive directions, youth are a tremendous asset to their families, society, nation and to the world. Sadly, many of today's youth have lost faith in the value of good character, perhaps because they see little evidence of it in many of their elders, teachers or popular heroes. They have lost respect for age-old sacred knowledge, perhaps because religion has become a battle-

ground of conflicting views. They have lost the power to discriminate between good and evil, perhaps because therapists encourage the expression of anger rather than the power of tolerance; psychologists encourage assertive self-interest rather than renunciation and humility; commerce encourages avarice and exploitation rather than simplicity, quality and service; and the media encourages body consciousness, sensuality, materialism and violence. Even youth whose faith, respect and power of

discrimination are largely intact, are struggling under the burden of their studies and the high cost of an education which promises much but offers little future job security. The demands of a failing society weigh expectantly on them with crushing pressure. Rather than being guided, they are often rebuked and intimidated. Their considerable creativity is adversely affected by present-day negativities.

Yet young people have the power and energy to fight all types of negativity—they need only realise their self-esteem and intrinsic potential. Young people are the co-creators, the inheritors and potential of the new world—their vision of a better world need only be affirmed and supported. Spiritual empowerment can give youth the powers of concentration and memory as well as introduce them to latent qualities which will help them make the most of their youthful energy, creativity, purity and enthusiasm.

With an aim of providing a new direction to today's youth, the Youth Wing has been actively working since 1985 organising conferences, seminars, exhibitions and get-

togethers; arranging lectures, workshops and creative study groups in schools, colleges and universities; conducting cultural programmes and Rajyoga meditation camps; organising foot marches or vehicle *yatras* promoting peace and social responsibility; organising substance addiction counselling camps in conjunction with doctors; organising competitions in drama, essay-writing, elocution, poetry, and singing.

The Wing works to achieve its aims with the help of more than 80,000 young people. These young people, in addition to performing all their regular duties, observe celibacy, lead a life free from unhealthy habits and spend their spare time and energy in rendering voluntary service for the upliftment of society. They participate in retreats and meditation to develop viceless

attitudes, strong moral values, divine manners and a well-rounded personality.

#### POSITIVE CHANGE COURSES

A unique training programme called *Positive Change* was developed in 1999 and successfully held in many places. In Akola, nearly 1,000 students took the course in small groups. Regular sessions of the course continue to be held every month at the Wing's national co-ordinating office in Ahmedabad, and in 1999 nearly 400 youth were benefited by these sessions. Students frequently confirm that the course develops the self-confidence and will power necessary for facing life's challenges. Recently, taking the course gave 2 young women students at the Anand Arts College who were contemplating

### BLESSING

May your  
treasure-store  
of love  
overflow  
and  
give everyone  
the sustenance  
of love  
and power



*Cycle Rally conducted by the Youth Wing*





*Presentation of a cultural programme at the All-India Youth Festival*

suicide, a new lease on life.

### NATIONAL PROJECTS

#### *Training Camps*

In May and June, 3 training camps for youth were organised at the BK Academy For A Better World. Each camp comprised 200 participants— young people, aged 20-35, representing every state and professional field—who wanted to avail themselves of the opportunity to train for a positive lifestyle.

Each 4-day training included workshops, a symposium on *Youth— Creators of a New Paradigm* and 7 sessions on *Positive Change*: 1) *Changing Situations & Change*; 2) *What is Positivity?* 3) *Positivity in Relationships*; 4) *Positive Personality-A New Goal*; 5) *Time Management & Working Skills* 6) *Spiritual*

*Powers and A Positive Lifestyle*; 7) *We Can Be What We Want To Be*. Topics for the workshops were related to core values like respect, and responsibility. Morning sessions on *Rajyoga* and a *Peace Realisation Session* rounded out the event.

All the trainees gained a new appreciation for spirituality and many pledged to free themselves from various addictions, adopt better habits, initiate positivity in their relationships and develop a greater sense of responsibility. At year end many participants were still in regular contact with PBKIVV branches in their locality.

### 3RD YOUTH FESTIVAL

The Third *All-India Youth Festival on Spiritual Empowerment—A Clarion Call* was organised from 30th August to 3rd September at the BK

Shantivan complex. In her inaugural address, Dadi Prakashmani told the 1,500 participants that “with the awareness of the latent spiritual potentialities in you, you must come forward to transform today’s Bharat into the Golden Bharat of tomorrow.”

Film actor Sudesh Berry and TV artist Bhairavi Raichura were star attractions of the Festival. Another distinguished guest was Prin Saurabh Choti, Senate Member, Gujarat University, and recipient of the ‘Vijaysree’ award for outstanding cultural activities.

The Festival included a special seminar on spiritual empowerment which featured as Chief Guest Bro. N.L. Parmar, Zonal Director, West Zone, Nehru Yuva Kendra. Five parallel workshops were held on topics such as: *Youth— Instruments for Removing the Generation Gap*; *Solution to Present-day Problems—Spiritual Powers*; *Coming Events Are Preceded by Their Shadows*. There were other sessions on *Rajyoga*, *Positive Change & Peace Realisation* and an evening cultural event.

The Festival featured 6 competitions in which 450 youth, representing 22 Universities and 20

Youth Institutions, actively participated. The valedictory and prize distribution sessions were presided over by Bro. Brij Mohan, Editor of Purity, a monthly newspaper.

#### OTHER NOTEWORTHY PROGRAMMES

In Hyderabad, the Youth Department of A.P. sponsored a pavilion to display the BK Youth Development Exhibition as part of the *Vision and Values for the 21st Century* project. A one-day youth seminar, *Present Challenges & Their Solutions* was arranged by the Hyderabad chapter of the Wing. It was presided over by the Andhra Pradesh Youth Commissioner. A feature of the seminar was that the A.P. Youth Department advertised the programme in their affiliated youth organisations and nearly 200 representatives attended.

In Bangalore, a one-day youth programme comprising various competitions, and valedictory and prize distribution sessions was organised as part of the *Vision & Mission of the 21st Century* festival held at the Kantheerava Indoor Stadium. Many educational institutions actively participated.



*BK Bro. Brij Mohan giving prizes to winners of competitions held at the All-India Youth Festival while Dadi Ratanmohini looks on.*

In Chennai (Tamil Nadu) and Vallabh Vidyanagar (Gujarat), hundreds of young people were inspired by Youth Development Exhibitions on *Youth & Creativity* and Wing members participated in International Youth Day celebrations in August.

In Vizayanagaram, a 4-day *Youth Awareness Programme* was arranged for 4 days. One-hour sessions on positive change and moral values were held in all the colleges of the district. Over 200 college students participated in various competitions and prize Momentoes were given to 45 outstanding students by Municipal Commissioner Mr. N. Somi Reddy. One of the local government colleges is considering a project to research attitudinal changes among youth who participate in such programmes.

In Bathinda, a get-together was successfully arranged with an association representing 10 youth institutions. 150 youth participated.

In Panipat, a function to mark International Youth Day was organised in a large auditorium. Nearly 1,000 youth attended a talk on *Challenges of the Present Times & Their Possible Remedies*. Bro. Om Prakash Jain, Tourism & Education Minister of Haryana, was Chief Guest.

In Surat, a grand procession of hundreds of youth paraded the streets of the city giving a message of harmony and peace.

#### BLESSING

May you be  
one  
who has  
imperishable  
love  
and  
experiences  
the flying stage  
through  
the light  
of love



## Facilities

Since 1951, the worldwide headquarters of the Institution have been in Mount Abu, high in the Aravali Hills of Rajasthan of northwestern India. It is to this place of great beauty that the Institution's students and teachers return each year for personal spiritual refreshment. In ancient texts and folklore, Abu is praised as a holy place and, even today, numerous temples and hermitages can be found in the area. The palaces and summer homes of many former Rajput Kings still adorn the surrounding hills. In 1999, the Brahma Kumaris headquarters comprises 3 campuses, one at the foot of the mountain, one a short distance from the main Mt. Abu bazaar, and the third in the countryside, 4 kilometres from the village. Other local BK facilities include a Spiritual Museum in the village, a rural Peace Park, and an independently chartered Global Hospital and

# Brahma Kumaris World Headquarters



*Brahma Kumaris World Headquarters, Mt. Abu*

Research Centre (GHRC). In 1999 alone, a total of nearly 12 lakh people (1,120,483) visited the Vidyalyaya's facilities at Mt. Abu and Abu Road. Of these, 9,059 were foreigners. A total of 23,147 visitors signed pledges, vowing to give up cigarette smoking and tobacco chewing.

### MADHUBAN (FOREST OF HONEY)

The central campus of the Institution is just 10 minutes' walk from the village bazaar. Originally a few single storey buildings where Brahma Baba lived in humble simplicity during the last

2 decades of his life, Madhuban has gradually evolved into an expansive, yet still homely, campus of halls and residential buildings. The Universal Peace Hall, the complex's 3,000-seat auditorium, has regularly played host to international conferences since 1983. An integrated team of 500 full-time residents operates the 42 departments required to meet the physical and spiritual needs of the constant flow of visitors and students from around the world. It is their dedication and selfless service, guided by the wisdom of the Dadis (senior sisters) which is



the foundation of the spiritual atmosphere for which Madhuban has become famous worldwide.

**GYAN SAROVAR**  
(LAKE OF KNOWLEDGE)

In 1991, to provide a training facility for the Institution's outreach into all areas of society, the Institution purchased 28 acres of land near Madhuban to build The Academy for a Better World. Within a few years a relatively barren patch of land was transformed into a modern village complex in a quiet rural setting. In contrast to the purely spiritual atmosphere of Madhuban, the academic atmosphere of this campus equals that of many institutions of higher learning. The Academy offers residential programmes and courses on the development and practical implementation of human, moral and spiritual values and principles. The campus includes Universal Harmony Hall, an auditorium with a seating capacity of 1,600 people and simultaneous translation equipment for 16 languages; an International Spiritual Art Gallery, housing sculptures, murals, audio-visual and laser displays, and other artwork from around the world; an International Centre for Higher



*A view of the campus of the Brahma Kumaris Academy for a Better World, Gyan Sarovar, Mt. Abu*

Learning, comprising 13 seminar and training rooms and a Spiritual Application & Research Centre (SpARC); accommodation for up to 1,500 people; and kitchen and dining facilities capable of serving 1,200 people at a time. The recycled water of 3 man-made lakes irrigates the 15,000 trees planted to provide fruit and maintain the rural retreat atmosphere. Hot water, heat for cooking, the telephone exchange, computer and emergency lighting systems are powered by solar and wind energy. There is also a unique waste treatment plant capable of treating 200,000 litres of washing, kitchen and bathroom waste water a day, of which nearly 80% is available for re-use. In 1996, the Academy was presented to Habitat II, the second UN Conference on Human Settlements held in Istanbul, Turkey.

It was recognised as part of the *Best Practice Initiative for Human Settlements*.

**SHANTIVAN**  
(FOREST OF PEACE)

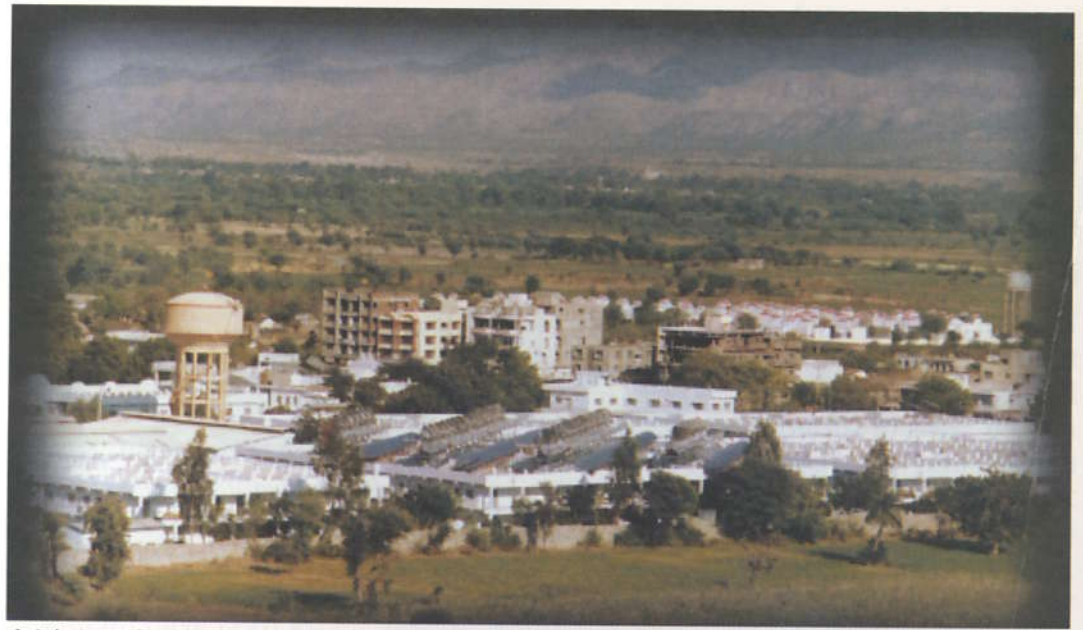
By the early '90s, the hundreds of thousands of BK students and teachers from across India were regularly coming to take benefit from the advanced spiritual instruction available at the Institution's headquarters and it was clear that further facilities were required. In 1995, work started on a plot of land just 6 kilometres from the town of Abu Road, at the foot of Mt. Abu. In less than 2 years, this extensive complex was ready for service.

The main attraction of Shantivan is its awe-inspiring, massive Diamond Jubilee Hall, built to commemorate

BLESSING

May you become  
a fortunate  
instrument  
for service  
and  
transform  
the suffering  
of your karma  
into karmayoga





*Aerial view of 'Shantivan,' the Brahma Kumaris International Congregation Campus, Abu Road*

the 60th Anniversary of the Institution. Capable of seating an astounding 20,000 people, this auditorium is no less modern in art, architecture and equipment than Om Shanti Bhawan and Harmony Hall. In addition to this gigantic structure, Shantivan has a smaller Conference Hall which seats 1,800 people and 6 smaller halls, each capable of seating 350 people. Residential buildings can lodge 15,000 people. Shantivan is receiving increasing international attention for housing the world's largest solar steam cooking system (*see opposite page*). The complex also contains 2 meditation halls, a spiritual museum, a small hospital, a laundry and the Institution's printing department.

#### PEACE PARK

Brahma Kumaris Peace Park, developed in 1985, is a natural environment where silence and recreation co-exist. Nestled between two famous peaks of the Aravali hills—Guru Shikhar and Achal Garh—the park lies only 8 kms from Madhuban. Peace Park features playing fields, picnic

areas, swings and natural walks, beautifully landscaped amidst a rock garden of succulents, a rose garden, orchards, a citrus grove and other floral displays. It also offers the visitor a short video introduction to meditation, as well as an open air grass hut, a stone cave and a bamboo meditation hut in which to experience its benefits.



*One section of the Peace Park at Mt. Abu*

## MOUNT ABU SPIRITUAL MUSEUM

Right in the heart of Mount Abu village, the Brahma Kumaris World Renewal Spiritual Museum attracts residents and tourists with attractive, giant-size pictures, models and translights showing the end of this era of sorrow and negativity and the dawn of an era of peace and prosperity. The Museum also offers a 14-minute Laser Show introducing viewers to Raja Yoga meditation. Rajyoga Shivirs are also held morning and evening in the Museum's Meditation Hall.

## WORLD'S LARGEST SOLAR COOKER

Year-round nearly continuous daily sunshine makes Mt. Abu an ideal place at which to tap solar energy. In a little over a year, solar facilities have expanded from a few panels to a system which consists of 84 concentrators capable of generating 3,500 Kg steam per day. This makes Shantivan's solar cooking facility the largest in the world, able to cook more than 35,000 meals a day. On Madhuban and Gyan Sarovar campuses, solar hot water facilities provide nearly 60,000L for bathing per day.



*View of some of the parabolic converters at Shantivan*

Across all 3 campuses, 3 x 50 kW solar PV power plants with Sunpower inverters have been installed. They provide unlimited power for computer, sound and emergency lighting systems.

Nearly 5,000 solar lanterns have been distributed. World Bank funding is making it possible to equip 60 centres with a 5 kW solar PV system and to provide 300 centres with a 1 kW system.

## GLOBAL HOSPITAL & RESEARCH CENTRE

Western Rajasthan is one of the least privileged areas of India. Much of it is desert, water is in short supply and the illiteracy rate is very high. The majority of the population is deprived of basic health measures. This situation began to change in 1990 in the District of Sirohi (where Mt. Abu is situated) with the establishment of the J. Wattumull Memorial Global Hospital and Research Centre initiated



*A view inside one of the kitchens of the world's largest solar cooking facility at Brahma Kumaris Shantivan campus, Abu Road*

## BLESSING

May you be  
a  
master  
almighty  
authority  
and  
finish all  
distressing  
situations  
by maintaining  
your elevated  
self-esteem





*Global Hospital and Research Centre*

by the Brahma Kumaris. Designed to provide high quality, modern, holistic healthcare services in a tranquil, rural environment, the 120-bed Hospital is managed and run by a charitable trust established and supported by members of the Brahma Kumaris. It offers free or subsidised treatment and medicine to 100,000 people, of whom 54,000 are tribal, living in the district's 855 villages.

The Hospital's outpatient department comprises clinics in cardiology, dentistry, dermatology, E.N.T., internal medicine, gynaecology, ophthalmology, orthopaedics, pathology, paediatrics, psychiatry, radiology and surgery. Four clinics offer complementary therapies including physiotherapy, magnetotherapy,

homoeopathy and ayurveda. In-patient facilities include 70 beds, an operating theatre, sterilization and supply departments and laundry facilities. There are 5 resident doctors on 24 hours call and a supporting team of 29 nurses, nursing supervisors and nursing assistants. In 1999, 115,310 patients were treated, 80-90% free of charge.

The Village Outreach Programme is an integral part of the Hospital's activities. A mobile

health care unit, through bi-weekly visits, it provides regular diagnosis and medical relief for the ailments affecting villagers and some 10 tribal communities inhabiting the forests around Mt. Abu, while at the same time offering ongoing primary health care education and awareness-building.

In collaboration with the Defence Institute of Physiology & Allied Sciences (DRDO), New Delhi, the Hospital conducts a multidisciplinary



*The Village Outreach Programme*



*Modern Theatre facilities*

research project entitled *Coronary Artery Disease (CAD) Regression through a Rajyogi Lifestyle*. In 1999, 244 CAD patients attended CAD Regression Lifestyle Intervention Training programmes. Since the project's inception in February 1998, 26 patients have completed one and a half years of follow-up, 25 have completed one year and 42 have completed 6 months. The rest will complete 6 months by March 2000. Preliminary results show significant reductions in CAD related symptoms.

A Nursing Training Centre was initiated with the co-operation of the Government of the Netherlands. Students are given 250 hours of theoretical knowledge and 6 months of practical training. More than 50% of the students have been placed within the Hospital itself. The idea is not only to provide young people with the opportunity to start a career in nursing, but also to ensure

dedicated staff for the Hospital's services.

A Rural Health Care Centre was established at Abu Road as an extension of the base hospital. The Centre, easily accessible by residents of the entire district as well as neighbouring districts, features a well-equipped eye care centre which carries out cataract screening and surgical procedures under the World Bank aided National Blindness Control Programme.

In 1999, a Polio Corrective Surgery

Camp was conducted by visiting Orthopaedic specialist from Pune, Dr. K.L. Sancheti. 10 handicapped children, ages 6 months to 20 years, underwent corrective surgery. Eminent Orthopaedic Surgeon Dr. Markus Froehling, Frankfurt, Germany, carried out 14 knee and hip replacements in November.

The Hospital and the Brahma Kumaris were hosts for the 22nd Rajasthan Ophthalmologists Society Conference. 600 delegates, including ophthalmologists, their associate and trade delegates, took part. The conference was aimed at imparting knowledge in the field of ophthalmology as well as in spirituality.

## BLESSING

May you be  
a  
master  
creator  
and use  
your subtle  
powers  
for the task  
of creation



*Doctors, nurses and trustees of the Hospital, visiting a patient*



# International Regional Co-ordinating Offices



*Global Co-operation House—  
International Co-ordinating  
Office, London, UK*



*Global Harmony House—  
Regional Co-ordinating Office  
for the Americas, New York,  
USA*



*The Global Museum—  
Regional Co-ordinating Office  
for Africa, Nairobi, Kenya*



*Indraprasth in Sydney—  
Regional Co-ordinating Office  
for Australia and Asia Pacific  
Region*



*Moscow Centre—Regional Co-ordinating Office for Russia and the CIS*

## International Retreat Facilities



*The Asia Pacific Retreat Centre, just outside Melbourne, Australia*

*The new Inner Space Retreat Centre in Wilton, Australia (near Sydney)*



*The Global Retreat Centre just outside Oxford, England*

### BLESSING

Through the power of silence, may you be a master bestower of peace and be instrumental in establishing the new world



# Godly Revelations

The knowledge of Raja Yoga begins with an understanding of the difference between 'consciousness' and 'matter', applying it to meditation, to experience oneself to be separate from the physical body. Identification with the gender, nationality, culture, profession, religion, etc. then falls away and the being, or 'soul', is experienced as a living, immortal point source of awareness, from which thoughts and vibrations emanate; a metaphysical, conscient, being of light energy using the body to express itself and experience the physical world, and thus able to have complete mastery over the mind and senses.

A logical next step is an understanding of God and of the difference between oneself as a soul and God, the Supreme Soul. God can also be perceived as a living, immortal point source of awareness, from whom thoughts and vibrations emanate; a metaphysical, conscient, Being of light energy. A difference,

however, is that the Supreme Soul does not have a body and remains ever beyond the experience of the senses. Another difference is that the Supreme is the Highest Soul by virtue of possessing the qualities of ultimate truth, unconditional love, unlimited peace, complete purity, etc. A further difference is that God is remembered by all souls, irrespective of religion, as a Remover of Sorrow and Bestower of Happiness.

The understanding of God as a living Being, separate from the self, enables communication or yoga. In meditation, the ability to direct thought is used to fit one's consciousness to God's level of the highest thoughts and purest feelings. This 'meeting of minds' is empowering and can transform one's life.

God is also remembered as the Almighty Authority, the Ocean of Knowledge. Revelations from the Supreme have informed us of the original home of all

souls, a dimension of light far beyond the physical world, where God resides and which we can revisit through the power of thought.

Practical application of Godly knowledge in the moment-to-moment conduct of one's daily life makes a person stable in any situation, calm and detached and yet loving and compassionate.

An understanding of the part played by all souls in the unlimited, eternally repeating drama of life is also provided, which includes an appreciation of the role of and contributions made by each of the religions of our human family tree. God's role as the Bringer of Enlightenment and the Creator of Paradise on earth is understood in the context of the transformation of human consciousness.

*Om shanti.*





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Power to pack up



Power to tolerate



Power to withdraw



Power to merge



Power to co-operate



Power to discriminate



Power to face



Power to Judge