



OM SHANTI

Minutes of the meeting of SpARC Wing-local chapter, Brahmakumari Services Centre, Munshipulia, Lucknow

The online and offline meeting of the SpARC chapter was held on 25th December 2022 at Videhi Bhawan centre, under the guidance of the chairperson, B.K. Ambika Didi and centre - in - charge, B.K. Jayshree Didi. The following were present in the meeting :

BK Manju Didi , Coordinator
BK R.K Maurya bhai , Member
BK Om Prakash bhai , Member
BK Ramchet bhai , Member
BK Dr Varsha behen , Member
BK Shweta behen , Member
BK Surbhi behen , Member
BK Savita behen , Member
BK Mohni behen , Member
BK Anju behen , Member
BK Kusum Maurya behen , Member
BK Kusum behen , Member
BK Kanchan behen , Member
BK Durgesh behen , Member
BK Anupama behen , Member
BK Beena behen , Member
BK Puja Nanda behen , Member
BK Archana behen , Member
BK Nandini behen , Member
BK Manju Hemnani behen , Member
BK Priyanka behen , Member
BK Shashi behen , Member
BK Uma behen , Member
BK Asha behen , Member
BK Shobhna behen , Member
BK Asha Gupta behen , Member
BK Asha Saxena behen , Member



SWAMAANS

मैं आत्मा मायाजित जगत जीत ।
मैं आत्मा नम्बर वन माला का दाना हूँ ।

Meeting commenced with the remembrance of supreme soul shiv baba for two minutes and many experiences of the soul family were discussed during the meeting and everyone participated with great interest and had deep spiritual experience.

❖ Avyakt murli , make your mind and intellect to give orders and soul conscious concious (1/5/12/) (2012).

❖ What you have made in order to become an intense effort maker ?

❖ What is the percentage of success in making a promise ?

❖ What effort do you have to make in order to become an latent angel.

❖ What are the methods for the changes to take place all the time ? write 5 points.

❖ Write how useful is the power of love to become a God.

❖ Become an angel of heaven and make everyone a resident of heaven through the spritual practice of Monn (Silence power).

❖ Saint , Doctor Professor IAS , PCS Giving the Knowledge of Baba to other souls also. You also have to make 10 members.

❖ What is purification ? How else does purification affect our mind.

❖ How does meditations balance hormones.

❖ Write down which chemical changes take place in the body ?

❖ What is the plan of purusharth for the new year , will share the chart too ?

❖ You have to take blessings into practical practice and share your experiences.

❖ To make the center free from obstacles do systematic yoga for one hour.

❖ Dr Varsha explained - in order to be Tivra Purushartha we need to check three things food , thoughts words and actions , way of studying murli she also told about (food) - we need to make our body from digestive body to absorption body so as to save energy burnt in process of digestion , so gradually we need to shift from cooked to uncooked , solid to liquid etc

Murli (step) memorize the sentence , understand it , daily make a habit to understand emotions behind the murli.

The meeting ended with 2 minute silence remembrance of supreme soul shiv baba. Next meeting

29/01/2023