



OM SHANTI



BK SpARC wing

Spiritual Applications and
Research Centre

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

The meeting of the SpARC chapter was held on 29 September 2024 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 Rahesh bhai , Member
BK Ekdev bhai , Member
BK Ramratan bhai , Member
BK Aditya bhai , Member
BK R.K. Maurya bhai , Member
BK Beena behen , Member
BK Nandini behen , Member
BK Asha behen , Member
BK Savita behen , Member
BK Surbhi behen , Member
BK Kussum behen , Member
BK Shashi behen , Member
BK Kshama behen , Member
BK Puja behen , Member
BK Shreya behen , Member
BK Shweta behen , Member
BK Anupama behen , Member
BK Tara behen , Member
BK Kanchan behen , Member
BK Adiya behen , Member
BK Anju behen , Member
BK Anju Singh behen , Member
BK Kamini behen , Member
BK Manju behen , Member
BK Shobana behen , Member
BK Meet behen , Member
BK Shalini behen , Member
BK Meena behen , Member
BK Kussum behen , Member
BK Savita Dubey behen , Member
BK Archana behen , Member
BK Prabha behen , Member
BK Radha behen , Member



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.

Write 11 points from Avyakt Murli (31/12/2004).

How can I heal body pain through Rajyoga Meditation?

How can we turn Everything (Body , Mind , Wealth) and Relationship from impossible to possible through Rajyoga Meditation.

Explain the difference between deep Sleep and Death Silence.

Which paper will be there at the last Moment and what is the Method of putting full stop?

What is called a deep Experience ? Who can have a deep Experience of the Supreme.

Share what are the benefits of participating in Prabhu Ratna Competition.

By practicing the swamaan and Positive affirmation B.K. Sister Kshama had a very good Experience.

We all have to make 23 Minutes Meditation Commentary for Kids and for professional (Office Workers).

One has to do Yog for 1 hour in a week . One has to remain silent.

SWAMAAN

**मैं आत्मा स्व खजानों से भरपूर मास्टर मुक्तिदाता हूँ ।
मैं आत्मा दुःखता की शक्ति से सम्पूर्ण सफलतामूर्त हूँ ।**

**The meeting ended with 2 minute silence remembrance of supreme soul
shiv baba Next Meeting 27/10/2024**