



**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 24 November 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 Ram Lalit bhai , Member**  
**BK Rahesh bhai , Member**  
**BK Vishwanath bhai , Member**  
**BK Bupendra bhai , Member**  
**BK Raj Kesar bhai , Member**  
**BK Asha behen , Member**  
**BK Mithila behen , Member**  
**BK Sneha Lata behen , Member**  
**BK Tara behen , Member**  
**BK Renu behen , Member**  
**BK Shobhana behen , Member**  
**BK Chanchal behen , Member**  
**BK Kamini behen , Member**  
**BK Kusum behen , Member**  
**BK Anupama behen , Member**  
**BK Zeesha behen , Member**  
**BK Sunita behen , Member**  
**BK Kusum Singh behen , Member**  
**BK Manju behen , Member**  
**BK Varsha behen , Member**  
**BK Savita behen , Member**  
**BK Surbhi behen , Member**  
**BK Shashi behen , Member**  
**BK Shweta behen , Member**  
**BK Pooja behen , Member**  
**BK Anupama Mishra behen , Member**  
**BK Archana behen , Member**  
**BK Rashmi 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 ? 1970.**

**How can one increase saving through Meditation? We have to check the account of borrow , pain and Worries.**

**Write how Water can change our life in a single second ?**

**To Make the Baba's Soul One has to do a Rajyoga for half hour.**

**To Eliminate all problems , One must do Rajyog for 2 hours.**

**How powerful is Amritvela Write the percentage.**

**We have to Write about the Achievement made through Amritvela.**

**What is the problem with body , Mind & Money. Write down and share the Experiences.**

**Make a Chart for the Entire Month & also , Share it.**

**What Practice must be done to become a Karmateet Angel.**

**Sister Shobhana also , Share her Experience Sudarshan Chakra 75 times , and also , She donated Peace to the Nine Planets.**

**Rahesh Bhai Ji Practiced Sudarshan Chakra Like Brahma Baba used to do by Counting.**

**BK Raj Keshar Bhai Ji did 1,500 Sudarshan Chakra in one day.**

# **SWAMAHAN**

**मैं आत्मा वारिस परिवार पसन्द हूँ ।**

**मैं आत्मा सदा निश्चय बुद्धि विजयी रत्न हूँ ।**

**The meeting ended with 2 minute silence remembrance of supreme soul shiv baba Next Meeting 25/12/2024**