



**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 30<sup>th</sup> October 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 Asha behen , Member  
BK Mohini behen , Member  
BK Payal behen , Member  
BK Surekha behen , Member  
BK Nandini behen , Member  
BK Shweta behen , Member  
BK Varsha behen , Member  
BK Archana behen, Member  
BK Beena behen , Member  
BK Manju Hemnani behen , Member  
BK Shashi behen , Member  
BK Kusum Singh behen , Member  
BK Kusum behen, Member  
BK Shivani behen, Member  
BK Baranwal bhai , Member  
BK RK Maurya bhai , Member  
BK B.R. Gupta Bhai , 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.**

- ❖ From Avyakt Murli 1977, write the cause and remedy for the pace in efforts (29-05-77)
- ❖ What is Sahaj Rajyoga that Baba teaches us. You have to check whether my life is getting easy (sahaj) or not?
- ❖ In order to be in Karmateet state, 8 hours of yoga has to be done and you have to become the number one grain of the rosary (mala ka dana).
- ❖ Convert the souls with stone intellects into heavenly intellects by way of covenant services (Vacha sewa). The blessing of divine intellect and divines eyes has to be given to everyone.
- ❖ You have to make yourself a 24 carrot pure soul by way of the Silence power (maun) for 15 days.
- ❖ How is love a great power? What is the difference between love and lust?
- ❖ By realizing the avyakt state in real sense in the subtle region (sukshnavatan), you have to make yourself an avyakt angel.
- ❖ Why sleep occurs during Rajyoga? What is called as Yoga Nidra? Do keep a check if your sleep is immersed in deep meditation or not?
- ❖ You have to experience the practical experience of swamaan and vardaan and share the same with soul family.
- ❖ Death is a true event. To welcome death, always the know the importance of time and be ever ready. What is death as per the Science and how can we know about the medium of death through the teachings of science?
- ❖ Introduce Baba to Sant Mahamandaleshwar, Jagadguru and prove that who is the God of Gita?

## ❖ SWAMAANS:

- ◆ मैं आत्मा महान भाग्यशाली हीरा हूँ।
- ◆ मैं आत्मा महान संत हूँ।
- ◆ मैं आत्मा ब्रह्मांड का मालिक हूँ। मेरा प्रकाश पूरे जहां में फैला रही हूँ।

### Below are the experience shared by the Soul family:

- **Maurya Bhai:** He made us do a commentary on Vighna Vinashak for 10 mins
- **Varsha Behen:** She shared ways on how to overcome sleep through different ways:
  - a) Light eating
  - b) Breathing Exercise- breathe in, hold the breath, and then release the breath
  - c) Swadharshan chakra is to be done in intervals for the entire day

The meeting ended with 2 minute silence remembrance of supreme soul shiv baba. Next meeting 30/11/2022