



# OM SHANTI

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

**The Meeting of the SpARC chapter was held on 28<sup>th</sup> January 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 RK Maurya bhai , Member  
BK Bhupendra bhai , Member  
BK Vijay bhai , Member  
BK Kussum Maurya behen , Member  
BK Shashi behen , Member  
BK Beena behen , Member  
BK Surbhi behen , Member  
BK Savita behen , Member  
BK Kshama behen , Member  
BK Kanchan behen , Member  
BK Anju behen , Member  
BK Anju Srivastava behen , Member  
BK Manju Hemnani behen , Member  
BK Asha behen , Member  
BK Shweta behen , Member  
BK Jisa behen , Member  
BK Nida behen , Member  
BK Sunita behen , Member  
BK Nandini behen , Member  
BK Durgesh behen , Member  
BK Shobana behen , Member  
BK Archana behen , Member  
BK Ragini behen , Member  
BK Neetu behen , Member  
BK Veena behen , Member  
BK Vidya behen , Member  
BK Kussum Singh 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 .**

- ➔ Avyakt Murli 1969 Writedown 11 Points , What will be the sign of whole sampoorna.
- ➔ What Resolutions should we make so that we can achieve success in body , mind , wealth , people and relationship?
- ➔ What is the difference between witnessing and empitness? for calm and stable alertness , night yog bhatti should be done two times in a week (3 to 5 timing).
- ➔ What is joyous festival called ? What is the meaning of renunciation.
- ➔ How to create a great world through great sanskars one has to do yog for one hour to imbibe all 36 Qualities.
- ➔ To bring out my quality one has to invoke the soul of Devakul Amritvela Everyday.
- ➔ Suddenly for Ever Ready , To practice daily meditation.
- ➔ Suddenly Eveready share what you have practiced and be ready . How to become Karmateet state , What are its benefit.
- ➔ Have to make a chart for every month and introduce shiv baba to make a ten member .
- ➔ Every sparac member should complete their chart till February .
- ➔ Which major steps should be taken to pass in all four subjects
- ➔ Next Meeting 18 February 2024 .

# SWAMAANS

मैं आत्मा अचल अडोल अंगद हूँ ।  
मैं आत्मा पवित्र चक्रवर्ती सम्राट हूँ ।

The meeting ended with 2 minute silence remembrance of supreme soul shiv baba and Distribution of toli,The meeting took place both offline and online .