



## 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 21 May 2023 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 Ramchet bhai , Member  
BK EK Dev bhai , Member  
BK Kussum Singh , Member  
BK Dr Varsha behen , Member  
BK Kussum Maurya behen , Member  
BK Beena behen , Member  
BK Kanchan behen , Member  
BK Anju behen , Member  
BK Asha Gupta behen , Member  
BK Nandini behen , Member  
BK Heera behen , Member  
BK Kshama behen Member  
BK Manju Hemnani behen , Member  
BK Mohini Madhiyan , Member  
BK Surbhi behen , Member  
BK Shailja behen , Member  
BK Savita behen , Member  
BK Puja behen , Member  
BK Shashi behen , Member  
BK Shobna behen , Member  
BK Shweta behen , Member  
BK Vidya behen , Member  
BK Shyama behen , Member  
BK Mohini behen , Member  
BK Sunita behen , Member  
BK Urmila behen , Member



## SWAMAANS

मैं आत्मा बाबा की गोद में रहने वाला प्रह्लाद हूँ।  
मैं आत्मा स्वर्ण बुद्धि वाला चक्रवर्ती सम्राट 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.**

- ❖ From Avyakt Murlī 2005 If you want to get marks in the Exam , then be an Example Write 11 points.
- ❖ What practice or Exercises Will you do to pass in the Sudden paper ? What type of paper Will Come.
- ❖ What is Life , What is the age of new birth , What are the Chakra?
- ❖ All souls have to be free from Untimely free from untimely death through Yog Contribution.
- ❖ Everyone has to be free from sorrow and peacelessness and also from untimely death.
- ❖ How do all Cells regenerate through the practice of Rajyoga?
- ❖ For how hours one has to do Rajyoga practice to awaken all twelve Sidhi.
- ❖ What percentage have become a (Sidhpurush) perfect men?
- ❖ How Will the great destruction Exceed the Elements? What percentage of Victory over nature have we become?
- ❖ To make the body , mind and Wealth from obstacles , do organised Yoga for one hour.
- ❖ Night Yoga has to be done 3 to 5 and keep yourself in a full stop position.
- ❖ To make 86,400 seconds successful you have to make a chart of remembrance.
- ❖ Dr. Varsha Explained how we can Correct hormonal imbalance and how rajyoga meditation helps in PCOD problems in correcting hormonal imbalance problems.
- ❖ B.K. Maurya Bhai told how we can activate neurons through rajyoga meditation.
- ❖ B.K. Shobhna behen told how we can do Rajyoga for 8 hours by sitting and converting them into Seconds.
- ❖ B.K. Kshama behen Explained how our thought process work. How do We stay motivated.



The meeting ended with 2 minute silence remembrance of supreme soul shiv baba (online and offline) meeting . Meeting ended with toli . Next meeting 25/06/2023.