



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 24 December 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 Daniyal bhai , Member
BK Vijay bhai , Member
BK RK Maurya bhai , Member
BK Anant Maurya bhai , Member
BK Vishwanath bhai , Member
BK Om Prakash bhai , Member
BK Archana behen , Member
BK Anju behen , Member
BK Beena behen , Member
BK Shashi behen , Member
BK Surbhi behen , Member
BK Savita behen , Member
BK Kanchan behen , Member
BK Kussum behen , Member
BK Kussum Singh behen , Member
BK Asha behen , Member
BK Ragini behen , Member
BK Shobana behen , Member
BK Anupama behen , Member
BK Pragati behen , Member
BK Savita Dubey 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.

From Avyakt Murli Write 11 points (1992).

What is the effort of last time? How can we go first even if we come last , how many hours will we have to remember?

How many hour we have to practice Rajyoga.

Have to do Akhand Yog Bhatti 2 hours daily the place has to be kept same and Yoga Bhatti has to be done for one month.

Night Yog bhatti is to be done to avoid premature death. 3to5 Yog bhatti.

What is conversion of energy called? How much energy is needed to reduce sleep.

We all have to make service chart.

How many hour we have to do Vaacha Service and make 1 lakh subjects?

We all have to experience the penance of silence write down how many great sentences you speak in a day.

To do organized Yoga one hour Rajyoga meditation is necessary in a week (Organised Yog).

Through the power of silence,Worldly desires have to be fulfilled. 12 siddhis have to be awakened.

SWAMAANS

मैं आत्मा अखण्ड तपस्वी हूँ ।

मैं आत्मा असीम अखण्ड ऊर्जावान हूँ ।

मैं आत्मा पवित्र पूजनीय माननीय हूँ ।

The meeting ended with 2 minute silence remembrance of supreme soul shiv baba (online and offline) meeting .

Meeting ended with toli . Next meeting 28/1/2024.