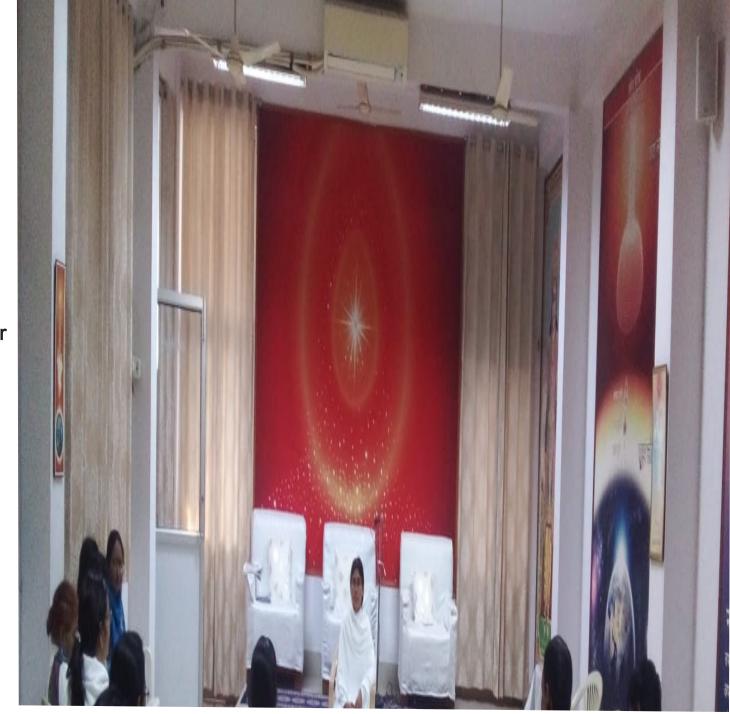


Minutes of the meeting of SpARC Wing-local chapter, Brahmakumari Service Centre, Munshipulia, Lucknow

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 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

BK Manju Didi, Coordinator



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.

## SWAMMAANS मै आत्मा अखण्ड तपश्वी हूँ। मै आत्मा अशीम अखण्ड ऊर्जावान हूँ। मै आत्मा पवित्र पूज्यनीय 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.