



OM SHANTI



BK SpARC wing

Spiritual Applications and  
Research Centre

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

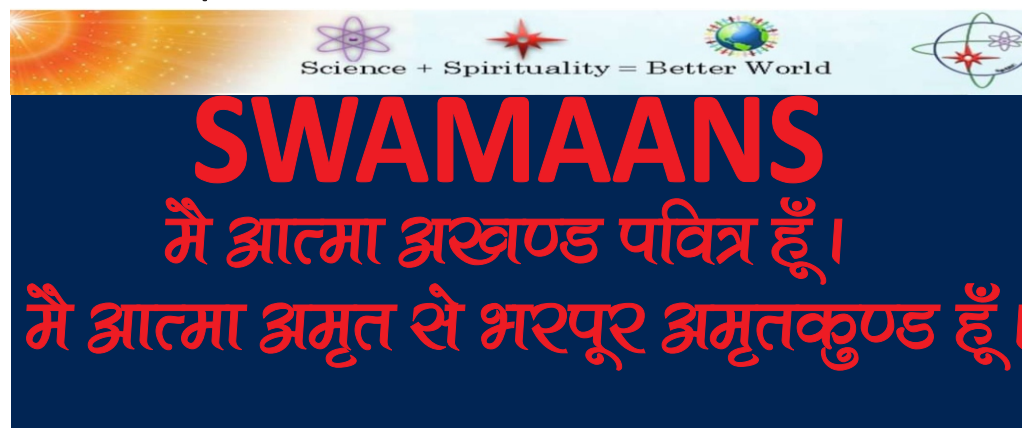
**The Meeting of the SpARC chapter was held on 30 April 2024 at Videhi Bhawan centre , under the guidance of the chairperson , B.K. Ambika Didi and centre-in-charge , B.k. Jayshree Didi. The following were present in the meeting :**

**BK Manju Didi , Coordinator**  
**BK Vishwanath bhai , Member**  
**BK Vijay bhai , Member**  
**BK RK Maurya bhai , Member**  
**BK Kussum Maurya behen , Member**  
**BK Shashi behen , Member**  
**BK Neetu behen , Member**  
**BK Surbhi behen , Member**  
**BK Anupama behen , Member**  
**BK Anju Singh behen , Member**  
**BK Manju Hemnani behen , Member**  
**BK Shweta behen , Member**  
**BK Kussum behen , Member**  
**BK Puja behen , Member**  
**BK Nandini behen , Member**  
**BK Shivangi behen , Member**  
**BK Sunita behen , Member**  
**BK Savita behen , Member**  
**BK Ragini behen , Member**  
**BK Shobana behen , Member**  
**BK Archana behen , Member**  
**BK Savita Dubey behen , Member**  
**BK Jisa behen , Member**  
**BK Beena behen , Member**  
**BK Rashmi 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.**

- ➔ What is called an increase in Extreme renunciation?
- ➔ Which Karma causes a decrease in Energy?
- ➔ What does it seem to be difficult to live in truth? Living the truth is Easy , then why does Life seem difficult.
- ➔ To become Master Kshama Sagar , One has to do 3 to 5 hours of Yog bhatti.
- ➔ What is the way to be free from Death?
- ➔ To Make the House Swarg (Golden Age) Heavenly temple , Make the World better , One has to do yoga for one hour.
- ➔ Write what is the percentage of all four subjects? I am a pass with honour check it.
- ➔ Sudarshan chakra has to be done thrice every hour for the success of 70,000 seconds.
- ➔ From Avyakt Murli Write Down 11 Points (22 June 2004).
- ➔ Every Brother & Sister Shared Their Experience.
- ➔ Sister Kshama Narrated her Experience and told how She gave her body,mind & wealth to serve baba's yagya and also gave money & vibrations at the brahma kumari centre. In Hospital she narrated the shiv baba knowledge to the patient.
- ➔ Everyone has to Share The Experience of Swamaan.



The meeting ended with 2 minute silence remembrance of supreme soul shiv baba The meeting conducted online  
Next Meeting 26 May 2024.