



Brahmakumaris



BRAHMA KUMARIS • Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, popular as Brahma Kumaris is an international non-governmental spiritual organisation with its headquarters located at Mount Abu, Rajasthan. Founded by Shri Lekhraj Khubchand Kripalani in 1932, the University teaches to transcend labels associated with the body, such as race, nationality, religion, gender & aspires to establish a global culture. Run mostly by women with a spirit of dedication & sacrifice for the welfare of society, its services are offered free of charge. • Focused on self-transformation by strengthening individual awareness of the dignity & inherent worth of every human being through spiritual education & reflective practices, its vision of a world is where people live in harmony with each other. Primary teachings include Raja Yoga Meditation to purify the mind. • A specific lifestyle including celibacy, vegetarianism, abstinence, early morning meditation, wearing white clothes symbolising purity is usually recommended to rise above physical senses. • Granted International Peace Messenger Initiative status by the U.N. in recognition of the campaign on 'Global Co-operation for a Better World'. Has permanent office space in New York for their work at the UN. The 'Brahma Kumaris at the United Nations' is an international NGO in general consultative status with the Economic and Social Council of the UN & UNICEF. • Have launched several environment initiatives like development of a solar thermal power plant in Talheti, Global Hospital & Research Centre(GHRC) to provide free healthcare and the government-backed Sustainable Yogic Agriculture (SYA) program to empower farmers.

MEDITATION • Probably as old as human civilisation itself, it involves an internal effort to self-regulate the mind which helps ease health concerns like high blood pressure, depression & anxiety. • Includes many practices & techniques like Primordial Sound Meditation, Mindfulness, Zen, Transcendental Meditation, Kundalini Yoga which are designed to promote relaxation, build internal energy or life force (qi, ki, prana) and develop compassion, love, patience, generosity & forgiveness. The ultimate aim is to be able to effortlessly sustain single-pointed concentration meant to enable its practitioner to enjoy an indestructible sense of well-being while engaging in any life activity. • Meditation played a very important role in the life & teachings of Vivekananda, who is considered as the introducer of meditation to the Western countries. • Raja Yoga Meditation - With its focus on identity of humans as souls as opposed to bodies, it is a non-ritualistic form of meditation. This is usually practiced sitting tranquilly, making affirmations regarding the eternal nature of the soul, the original purity of one's nature & the nature of God. Usually taught & practiced with open eyes, its aim is also to learn to hold meditative states while being engaged in everyday life. Helps replenish mental & emotional energy enabling individuals to rediscover life.

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