

The Janki Foundation

FOR GLOBAL HEALTH CARE



THE HEALING HEART

A profile of Dadi Janki



*"I don't waste
energy on
anything that
doesn't help
others."*

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Dadi Janki is a holistic practitioner whose life and work, spanning the great changes of the twentieth century, exemplifies a total concept of health - physical, mental and spiritual. Her work is based on the understanding that changes in the way we think and feel will secure a healthy future for humanity, and a better world.

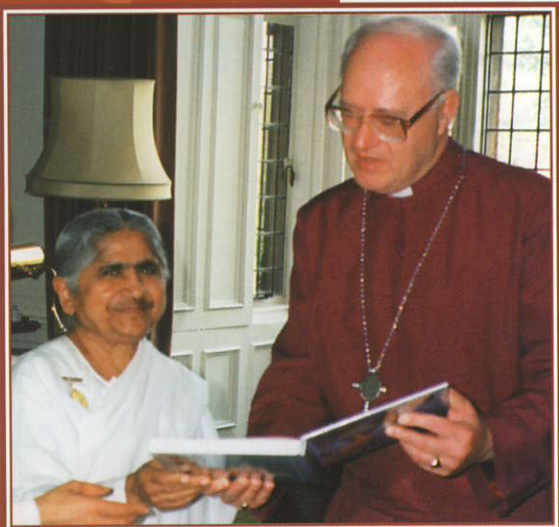
Photos in order of appearance: Dadi Janki with Dr. George Carey, Archbishop of Canterbury; patients at the J. Watumull Memorial Global Hospital and Research Centre; Prajapita Brahma; Dadi Prakashmani; Pope John-Paul II; Rajiv Gandhi; elderly patient; BK Nirwair, managing trustee, Global Hospital and Research Centre; Dalai Lama and Lord Ennals; Lord (Richard) Attenborough; Mother Teresa; Dr. James Jonah, then Assistant Secretary-General, United Nations; His Excellency Dr. L. M. Singhvi, Indian High Commissioner.



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"Modern materialism is unbalanced and increasingly damaging in its long-term consequences. Science has attempted to take over the natural world from God; it has fragmented the cosmos and relegated the sacred to a separate and secondary compartment of our understanding, divorced from practical, day-to-day existence. We are only now beginning to gauge the disastrous results." - The Prince of Wales, December 1996

Every nation, from the richest to the poorest, is struggling to enable its health services to make ends meet. Needs and demands continually outstrip resources. Patients and health workers alike often suffer because of unlimited expectations of what modern medicine can deliver; in reality, mental distress, physical exhaustion, and ill-health are spiralling upwards.



Dadi Janki is a holistic practitioner whose life and work, spanning the great changes of the twentieth century, exemplifies a total concept of health - physical, mental and spiritual. Born in 1916 into a wealthy and philanthropic family in the Indian province of Sindh, now part of Pakistan, Dadi (which means "elder sister" in Sindhi) has become a fountain of inspiration to hundreds of thousands around the world and a source of wisdom in the arts of living and enjoying happiness and health.

She recognises that, whilst technological advances in diagnosis and treatment are wonderful and need to be shared globally, many health problems arise from emotional suffering and need to be addressed at a deeper level.

Her vision encompasses not only the dynamics of health maintenance for the individual, but also global healing.

Her work is based on the understanding that simple changes in the ways we think and feel will secure a healthy future for humanity, and a better world.

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*G*limpses into Dadi Janki's early days show how a concern for the wellbeing of others has always been a driving force in her life. Her primary education consisted of the study of Indian scriptures, many of which she learnt by heart, and she recounts how much of her youth was spent in serving the sick by comforting them with religious stories and humble prayers. When she sat with them in this way, the peaceful feelings they experienced



often brought about remarkable recoveries. She also used to visit neighbouring villages in her father's horse and carriage, explaining the benefits of a simple vegetarian diet in aiding recovery.

From the age of 12, and through much of her life, Dadi Janki has had a series of illnesses which have tested and indeed helped to develop and refine her ability to conquer physical infirmity through a spiritual consciousness. Dadi has developed the ability to detach from physical suffering and maintain a state of inner happiness. This practice brings such peace to body and soul that seemingly miraculous recoveries can occur. Dadi also sees the experience as a powerful means of benefiting others, as well as the self. Family and friends felt inspired when they saw her, even as a sick child, experiencing lightness and ease in God's remembrance. The love and sympathy they gave in return used to hasten her own recovery.

"It will always be quite impossible to explain the mind on the basis of neuronal action within the brain...the mind must be viewed as a basic element in itself." - Wilder Penfield, Canadian neurosurgeon, in The Mystery of Mind

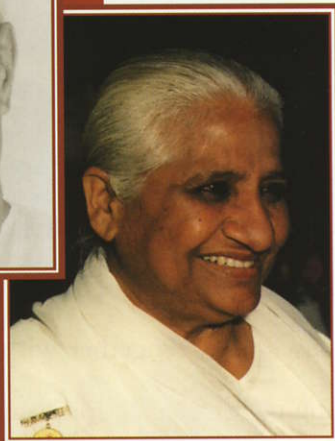
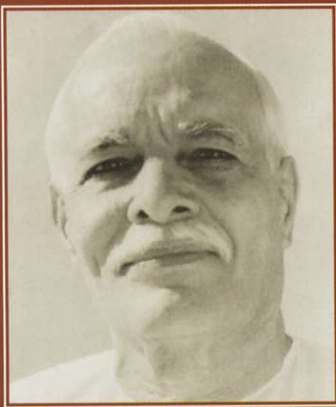
"Some of the traditional mechanisms which help people to cope with stress are breaking down...Stress and an inability to cope with it lead to both physical and mental illness, as well as to lesser, yet disturbing, consequences such as demoralisation and lack of motivation." - Dr Hiroshi Nakajima, Director-General, World Health Organisation, editorial in World Health issue on stress and health, 1994

These early insights and experiences helped prepare Dadi Janki for a unique role within the foundation years of the Brahma Kumaris World Spiritual University (BKWSU), now a world-wide educational institution.

Between 1937 and 1951 the pioneers, about 300 and mostly women, lived as a closed order in conditions that were sometimes daunting both physically and spiritually. For 12 of these years Dadi was appointed nurse to the community, a role which in itself demanded arduous work, as well as the skill and ability to diagnose mental ills related to physical symptoms.

Dadi Janki pays tribute to the role of Prajapita Brahma, founding father of the institution, in setting a powerful practical example of the healing power of spiritual awareness. He formed such a connection with God that he was able to serve others with feelings of complete love and selflessness in his heart. These pure feelings allowed him both to understand the hearts of others, and to give them strength. People reported that his thoughts, words and actions, filled with spirituality, took them beyond the consciousness of the body into the experience of their own inner, transcendent reality. The joy of this self-realisation gave them a new perspective, reducing pain and worries and greatly accelerating the healing process.

Dadi also learned how such experiences gave people the power to face and deal with situations in life that could otherwise overwhelm them, causing distress, defeat and despair. Through Brahma Baba's example, she became filled with the unlimited vision of going beyond religion, race and culture to work for the happiness and health of all. Now based in London, she supports Dadi Prakashmani, the India-based head of the BKWSU, as additional administrative head of the institution.





In these and subsequent years, Dadi Janki has experimented in the laboratory of her own mind with spiritual techniques to conquer disease. The insights she has obtained serve as encouragement and support to others in recovering from illness, and in regaining full health. In the case of her own health, for



example, while acknowledging the benefits of medical care and medicines, she emphasises the inner strength that comes through remembrance of God, and also the value of the support provided by others when they feel well-disposed towards you. Such blessings are most powerful when they come from the heart, she says, and this happens

when you have given from your heart to others.

Thus, it is a philosophy that involves much more than the mechanical maintenance of physical health. It links the current crisis in health care to the need for a recognition of the spiritual essence of the self. This awareness, together with a recognition of God and an understanding of positive action, can enable a person to improve their well being and make a positive contribution to the world.

Over the past 60 years Dadi Janki has developed her spirituality based on the understanding of the self as a soul, in harmony with the body. This spiritual awareness and energy can be conveyed to others and lies at the root of her healing as well as teaching abilities.

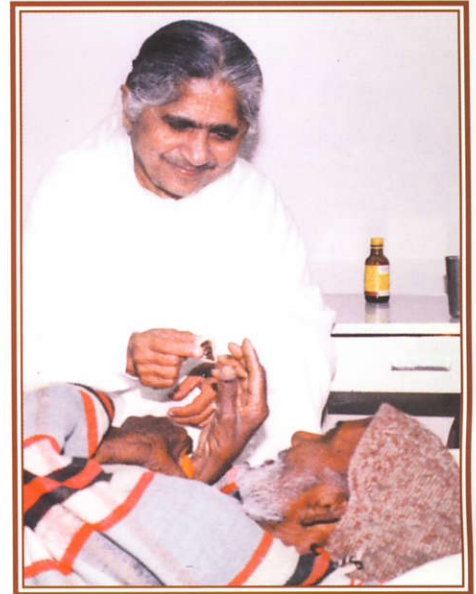
Dadi Janki believes that this awareness enables her to care for her own body well. Having learnt how to fuel it with powerful and positive thoughts and feelings together with healthy food, it co-operates increasingly well with her, such that even in her eighties her life remains one of endless service. Despite a history of tuberculosis, prolapsed disc, thyroid dysfunction, severe osteoporosis and congestive heart failure, she can maintain an unrivalled daily lecturing and touring schedule on just 4-5 hours sleep. She has globe-trotted the world almost incessantly over the past decade, enlightening and inspiring countless individuals, as well as addressing gatherings in more than 80 countries. Her engagements range from the grass roots to government leaders, such as the late Rajiv Gandhi. Dadi



gave a plenary address to world government heads at the 1996 Habitat II United Nations Conference in Istanbul, and is one of the “Keepers of Wisdom”, an eminent group of spiritual and religious leaders convened to advise politicians on fundamental spiritual issues. Dadi also participated in the 1996 State of the World Forum in San Francisco, hosted by President Gorbachev and attended by 600 other

leaders from 55 countries. Also in 1996 she had private meetings with President Nelson Mandela and Archbishop Tutu in Cape Town immediately after inaugurating the 2nd International Holistic Nursing Conference in Mount Abu, Rajasthan, India, attended by over 700 practising nurses and doctors.

Just as the focus of her own self-care is on the quality of her thoughts, so she emphasises to health and medical practitioners the importance of their own state of mind in their interactions with patients,



as she is convinced this influences the patient's recovery. She maintains that filling one's mind with the power of positive self-awareness creates an environment of loveful care, which in turn helps others to regain physical strength. So her life and teaching have become a classic model for healers as well as patients, and indeed for many others who wish to harness their own potential in finding lasting solutions for a better world.



The Janki Foundation for Global Health Care takes its inspiration from this model. In Rajasthan, one of India's least developed states, it supports the work of the Global Hospital and Research Centre, where an experiment in holistic health care is setting an example that may become a model for the 21st century. The Foundation also seeks to share the benefit of the Global Hospital experience and research findings with other institutions and individuals worldwide. The goal is to demonstrate the huge potential to heal that can be



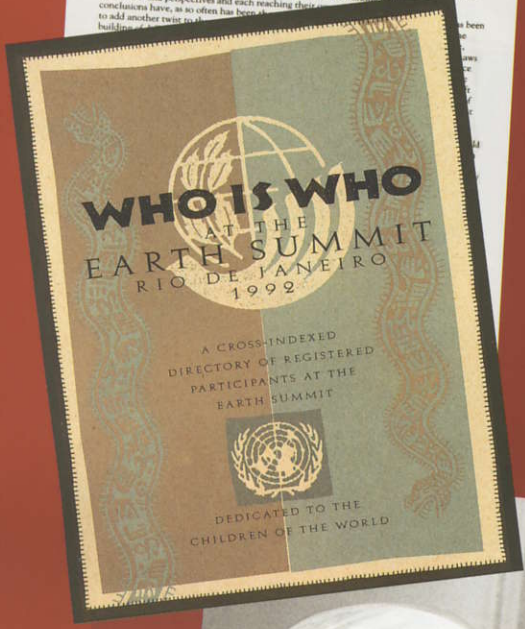
unlocked when modern science and technology are combined with the creative power of the human psyche.

"Stress reduction strategies have been shown to retard tumours in laboratory animals and to prolong life in cancer patients... such positive emotions as a strong faith, social support and other stress reduction strategies seem able to retard or even reverse malignant growth, as occurs in cases of spontaneous remission of cancer." - Dr Tracy B. Herbert, psychologist, article on stress and the immune system, World Health



By Brahma Kumari (Sister) Janki
Spiritual Leader

Since the dawn of history humanity has been fascinated by three puzzles - nature, the soul and God. Countless hours have been spent trying to research, understand, and sometimes master, that which surrounds us (nature and matter), is seemingly most distant from us (God) and that which we are (the soul). The investigation of these three eternal entities has often fallen into the individual domain of different experts, each working in their own often boundaries and perspectives and each reaching their own conclusions. It is often difficult to add another voice to the existing ones, as each has been building on the work of the others.



Spiritual leader visits city

by Vasant Kalyani



HAPPINESS: Dadi Janki, spiritual head of the Brahma Kumaris

DADI JANKI, spiritual head of the Brahma Kumaris group in Britain, visited Leicester this weekend. Dadi, who is in her late 70s, is also an international administrator for the organisation. Jainini Patel, of the group's London headquarters, said: "Dadi is speaking of her experiences during a tour to Far Eastern countries where she received an excellent response. "It is amazing to see a woman of more than 70 years who is full of energy and eager to lend a helping hand." On her tour to Australia and the Far East, Dadi spoke on how people could conquer their fears and maintain a positive outlook.

Established

Ms Patel said: "It seems as though people are now looking for a change. This change can be made by using common sense, improving attitudes and becoming more aware of your immediate environment and contacts." There are more than 25 Brahma Kumari centres around the country. The Leicester branch, set up in 1973, was the second to be established in Britain. Dadi said: "At the end of the day, no matter how much you have earned, it is happiness that counts. Happiness of giving is the happiness of taking."

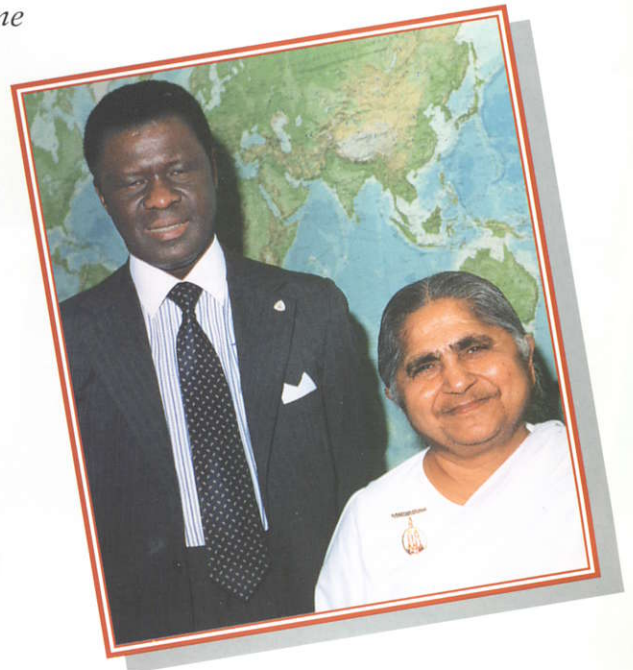
On health:

"Understanding the mind means to know that it is a faculty of the soul, or self, and that thoughts are created within it.

Drawing happiness and power through remembrance of God, based on knowledge and an accurate relationship, the self is then able to regain control over it."

"If your actions lack integrity, then no matter how hard you try to keep your state of mind healthy, you will fail."

"One of the greatest of all medicines, to keep the self healthy and to give health to others - to inspire them towards health - is to follow the one discipline: give happiness, receive happiness. Have the power to make others happy by refusing to accept anything but happiness from the world for yourself."



On illness:

"A factor causing great discontent in the world is the constant multiplication of desires, with one leading to another and never a moment when we feel at rest. It's also because of these endless desires that our relationships have become so fragile, and why irritability and anger are present. Anger is the cause of many illnesses. Selfish attachment to people and things, and pride - attachment to a particular image of the self - also cause great sorrow and sickness."

"When we allow ourselves to be influenced strongly by human situations - whether we are being praised or criticised, or whether we feel victorious or defeated - our emotional reactions bring illness. Spiritual awareness allows a person to have a state of stability, without such fluctuations."

Internal power to conquer fear

Yoga expert Dadi Janki philosophises about life. Sharifah Hamzah has the details.

DADI JANKI IS A WORLD renowned authority on yoga and meditation and has been practising the ancient Raja Yoga of India for the past 58 years. (Dadi means elder sister in Hindi). She is the administrative head of the Brahma Kumaris World Spiritual University, an organisation which propounds meditation for the development of human potential.

Her journey has encompassed 14 years in an enclosed community where intense meditation and studies provided her with a spiritual foundation. In 1992 she was invited to be one of the 10 Keepers of Wisdom at the Earth Summit in Brazil.

She has been the subject of studies at universities in the United States as "delta waves" which are normally produced in our deepest state of sleep are produced by Dadi even while doing active work. Because of the deep state of relaxation of Dadi's personality, she has been named "the most stable mind in the world".

Dadi was in Kuala Lumpur recently to give a seminar on Freedom from Fear.

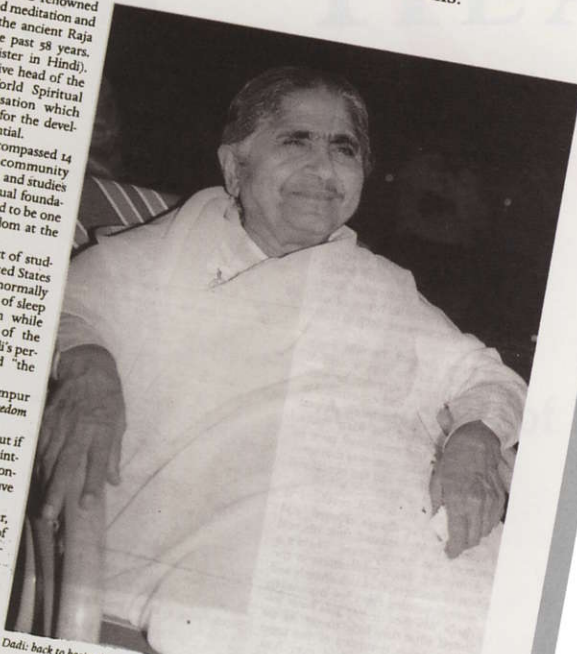
The talk was well attended, but if anyone had expected practical pointers or a step-by-step guide to conquering fear, he or she would have been disappointed.

The key to freedom from fear, said Dadi, is self-transformation of our attitudes and going back to simple values which tend to get sidetracked in the rat race.

Speaking in Hindi with the aid of a translator, Dadi said she has reached a stage where she is completely free from worry and fear. "When one experiences peace, one becomes fearless. For peace, one needs self-respect. But if one commits bad actions, degrade and disrespect others, then one cannot have self-respect."

She also added that to be fearless, one has to be free from animosity,

always choose honesty, courage and humility as our "weapons". Much of our fears are caused by keeping company with falsehood, and falsehood is created by arrogance and attachment



Dadi: back to basics for peace of mind.

On spiritual awareness:

"The body and soul together make up a human being. Perceiving ourselves as the immortal spirit, or the soul, our relationship with nature starts with our bodies and every action that we perform affects the physical matter that our bodies are made of. It also has some effect on all other matter around us. Thus the state of the matter around us (and the condition of the world as a whole) is a reflection not just of the quality of our actions but also of the state of well-being of the soul."

- Dadi Janki, Vision Statement, Earth Summit, Rio de Janeiro, 1992

"Spiritual knowledge not only shows you how to elevate the soul and bring it closer to God, but also how to use wisdom in life, in all dealings and situations. The intellect not only becomes clear, but clever, and receives inspirations from the Supreme."

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Dadi Janki presents to Dr. Srijit, Indian High Commissioner to the UK, and Lord Essau the commemorative stamp issued by the Indian government in honor of Prajapita Brahma, founder of the university

When you have an understanding of the mind and you know how it works, then you see that it is necessary to keep the mind healthy. To do this means to keep yourself free from wasteful and

in London, the launch Understanding and Coop

Aclaimed a leader of Dadi Janki has a

of perception, clear judgment. Now 78 years old, Dadi Janki has a

electroencephalographic (EEG) course of a research on the e-

brain. The results of her last ill-

ration of delta brain waves, activity associated with the a-

produced these brain waves engaged mentally.

This was interpreted as an e-

ness of the body without being has important implications in-

Previous research has shown of meditation produces alpha waves which are indicative of more active patterns than the

Dadi Janki is the Director, University's director for spirit outside of the main campus city's Philippine centers first e-