Letter of remembrance for Mama's day from Dadi Prakashmani

To avyakt image, Mother and Father, BapDada's, extremely beloved children who attain the destination of perfection by placing your footsteps in the steps of corporeal mother and Father, to the instrument teachers and all brothers and sisters, the decoration of the Brahmin clan, please accept sweet love-filled remembrance from Madhuban.

Just as in the month of January, we children remain merged in the special memories of sakar Baba, and those memories become fresh for the children who have been sustained by sakar mother and father, similarly, in the month of June, we have the special day of remembrance of our sweet Mateshwari Jagadamba. On 24th June 1965, sweet mother left the corporeal world and b ecame a resident of the subtle region. Her sweet sustenance, her skilful administration and sweet teachings are even today continuing to inspire us. This is also said to be a wonderful part in the drama, how, in order to complete the task of establishment, and for the task of establishing of the new world, sweet mother went into the advance party first of all. How sweet Baba has even now kept that hero part player incognito and how He is enabling her to carry out the task of the creation of the new world is also until now a secret. This is why, on the path of devotion, there is the memorial of the incognito River Saraswati.

All of you will be receiving sweet mother's murli that is filled with a lot of love and teachings and everyone will hear that murli on Tuesday 24^{th} June.

This year, whilst remembering our special sweet mother I constantly keep having the pure thought that Mama's day of remembrance should be celebrated in a special way at every centre. Special bhog should be offered on Sunday 22nd June in remembrance of our sweet mother and together with sharing memories of our sweet mother also offer sweet grapes in remembrance of Mama. Please especially offer grapes for bhog. If possible, you may perhaps offer Brahma Bhojan and share stories of Mama's life with the BK family and loving and co-operative contact souls. In Madhuban and Shantivan, special programmes will be held on 21st and 22nd June. Achcha.

Lots of love and remembrance to all, In Godly service,

BK Prakashmani

Specialities of Jagadamba, Saraswati Maa (Mother)

- 1. Mama's lokik name was Radhe, and just like her name, she was totally intoxicated about the murli. She used to listen to each and every word of Baba's with a lot of love, merge it in herself and explain it to everyone very clearly. This is why they have shown a sitar in the hands of Saraswati.
- 2. No matter what happened, Mama had learnt the lesson of the drama very firmly. Mama had a very good habit of seeing it as a detached observer. She never came into upheaval seeing any scene of the drama. Her face was always the same and always smiling. She used to teach all of us the lesson of "nothing new" and made us unshakeable and immovable.
- **3.** We never saw signs of worry on Mama's face. If someone left his or her body or if something happened to her own body, she never thought about it too much. Mama never lived ordinarily. We always saw Mama as very elevated, with the intoxication of spirituality.
- 4. Baba said to Mama: Will you become Lakshmi? That was it! Once Baba said that Mama's face and character completely changed. To become virtuous, to see virtues and to donate virtues: these three things were in Mama very strongly. That was why, although she was young in age, she was mature in her dharna, and young and old, all began to call her Mama with great love. Mama, the embodiment of virtues, claimed number one ahead of everyone.
- 5. To be present in class is to be an obedient child of Baba's. However, not just to be regular, but also punctual. Mama taught us not to be even slightly late. Never miss murli or the early morning

meditation. Baba used to say about this: Don't be careless. Those who are concerned about this would never be careless. Baba says: Remain in the stage up above. Why do you speak of things down below? We never heard such things emerging from Mama's lips. Mama used to remain completely quiet. She would only speak when necessary and then remain silent.

- 6. Mama taught us to remain accurate in following the codes of conduct. Mama used to maintain such a stage of soul consciousness that Baba's actions and virtues were visible through Mama. So, whatever Baba is teaching us should be visible through us. All the old sanskars should end.
- 7. Three specialities were very clearly visible in Mama. 1. Spirituality. 2. Self-respect. 3. The love of all relationships with the Father. So, we too have to imbibe these three virtues in ourselves. Through this, body consciousness will automatically end.
- 8. Shiv Baba placed the urn of nectar on Mama's head and Mama became an instrument to imbibe that and relate it to others. However, Mama always used to say: It is "Pita Prasad" (holy food offered to God and distributed to all). I am only relating to you what I have received from the Father. I am relating to you what I have imbibed in myself. This is why her words were sparkling with sweetness and truth. The more truth and purity you have in your words, the more sweetness there will be. If there is the slightest impurity, or any type of defamation in your mind for anyone, there will be bitterness in your words.
- **9.** Sweet Mama sustained us all with a lot of love and by giving us signals. Mama's heart was very clean. Mama would accommodate everything of every child in herself as though nothing had happened. To accommodate that within oneself whilst giving teachings, to have the power to accommodate that in oneself and change the other person with love was a very big speciality we saw in Mama. Mama never kept weaknesses of others in her heart.
- **10.** Mama always used to stay in her self-respect. She had the natural art of creating the seed stage, of packing up (merging) all thoughts, and of not going into expansion and this was why Mama's murli was very effective. The attraction of divinity and truth was also visible on Mama's face.
- **11.** Seeing the coolness of the mother, the sweet moon of knowledge, souls who would otherwise get angry also began to experience that coolness.
- **12.** Mama was always tireless. No matter how much service she did, we never saw any feeling of tiredness on her face.
- **13.** Whilst being in the company of so many souls, whilst listening to all of them, she herself remained loving and detached from all of those things. There was never any change in Mama's drishti for any soul. She had that same sweet drishti for everyone. Together with that, she also definitely cautioned them about their weaknesses.
- 14. No matter what weaknesses a soul had, Mama never spoke any negative words about anyone, that others might take advantage of.
- **15.** The aim of our mother, who always had a cool nature and spoke sweet words, was to remove everyone's sorrow. In any condition, in any situation, let alone anger, Mama never became irritated. We never heard Mama speaking loudly. Mama was an incarnation of peace, an image of love.
- 16. We saw the practical form of maturity, the mine of all virtues, in Mama. Not a mother who had attachment, but a good mother, like a teacher and guru. A mother who taught us with her own proof. Because of maturity and patience, Mama had the power to accommodate and pack up. Because of accommodating and packing up, Mama was an embodiment of tolerance. With the virtue of tolerance, she was always cool and peaceful.
- **17.** Whenever you met Mama and you held her hand, you would feel as though you were receiving sakaash and happiness. Mama had so much power in her hands, those hands had magic in them.
- 18. Whatever Baba related, Mama used to listen with such attention, as though she was becoming an embodiment of each and every thing. This was why Mama was always unshakeable, immovable and had a constant stage. We never saw Mama's stage fluctuating. She didn't make effort that was hard or laborious. Mama's face was always sparkling with the royalty of purity. Because of the personality of this purity, Mama is remembered and praised so much in the form of Jagadamba.

- **19.** Through Mama's face, we saw what unshakeable faith is. Mama never mixed manmat with shrimat. Mama never said, "My idea is... I think...". It was always: "Baba said this. Baba has explained this". And, even when saying that, she said it so sweetly that anyone was easily able to understand with what significance Baba had spoken it.
- **20.** We never saw Mama being ordinary in any way, she was always royal. This was why she became Shiv Baba's granddaughter and Brahma Baba's daughter, the mother Kamdhe nu who fulfilled everyone's desires. Mama never had any desires for herself. She always remained full of the treasures that the Father gave.
- **21.** Mama never made a show of herself. She gave incognito sustenance. She helped everyone to imbibe everything very well. Even up to today, there are some of Baba's children who experience being sustained with the sustenance of the corporeal mother and father.
- 22. Mama played such an elevated part in sustaining us children. Because of this, no one except Mama can receive the title of "Goddess of Knowledge". She imbibed Shiv Baba's knowledge to such an extent that she became the Goddess of Knowledge. This is why people remember Saraswati when they want to imbibe knowledge (on a worldly level too).
- 23. Mama always had the intoxication of self-respect and remained stable in her original religion. Our religion is peace and Mama was an incarnation of power. Whatever Baba said, Mama's intellect accepted that. Mama would never have said: "I did this!" She always signalled towards Baba. "I am the daughter and He is the Mother and Father." Mama was egoless to this extent.
- 24. Mama is the daughter of Brahma. She had such cleanliness and purity in her relationships that she became Jagadamba. Together with this, Mama also had the intoxication of "hum so", of once again becoming that. That intoxication was visible in her eyes and the features of her face. It was as though she truly was Shri Lakshmi. It was as though her sanskars were filled with: Who is it I belong to and what is my future is.
- **25.** Mama always used to stay in solitude. Every morning, Mama would wake up at 2.00 am and sit in remembrance in solitude. Through this effort, we were able to see Mama's perfect form many times.
- **26.** Mama was number one obedient. Mama understood every signal from Baba and related it to us children in a very simple and clear manner. In Mama's elevated versions, there is clarification of each and every aspect. We saw in Mama's face what our love for Baba should be like.
- 27. We always remember one thing of Mama again and again. Mama always used to say: All of you make so much effort to accumulate power, and yet you spend it unnecessarily so easily. You become unhappy and weak by using your energy unnecessarily. You don't give yourself sufficient time to earn it. However, if you keep on spending throughout the whole day, you will become bankrupt. Then because you don't have any strength, when something comes in front of you, you would say, "It is very difficult".
- **28.** We always remember two slogans of Mama. Mama always used to say: 1. "Every moment is my last moment." 2. "The Master who gives the orders is making me move." Mama always used to remember these two mantras and also remind everyone else of them. With these mantras you will easily become destroyers of attachment, and embodiments of remembrance. And you won't be involved in any complications. By keeping your intellect free from everything else, you will be able to fulfil Baba's hopes.

Such a sweet mother, an embodiment of such specialities and virtues, although she is not in the midst of us children, her divine image and sweet teachings constantly appear in front of our eyes. Those brothers and sisters who took sustenance from the corporeal form can share their experiences even more.

Om shanti

Letter from Dadi Janki

International Plan for Self-Progress – June

30th May, 2003

Dear Baba's especially fortunate children from around the globe, whose Father is the Bestower of Fortune, the True Father, the True Teacher and the Satguru, special loving remembrance filled with divine fortune.

We hope you have taken benefit from last month's international self-progress plan and that your inner world is filled with happiness. The wave of that happiness, that supreme bliss, should spread. How many treasures are there are in us? We are not ordinary. We have such elevated fortune. Never ever forget this.

This month the self-progress plan comes from the family in the Philippines. We hope it will help you to become the embodiment of the awareness of your fortune.

In loving remembrance of the One

BK Janki

International Plan for Self-Progress May – October 2003 to Become the Embodiment of Awareness

Please use these points, questions and commentaries for self-reflection, bhattis, workshops and other creative activities during the month.

This year, stay in your self-respect, give regard and co-operate with everyone and make them powerful. BapDada 03/03/03

PLAN FOR 1st week of JUNE 2003

WEEK ONE

UNIQUE BRAHMIN FORTUNE

Discovery (Churning-based and experienced-based answers)

"BapDada the Bestower of Fortune, is seeing the three lines of fortune on the forehead of each of His children everywhere. One is the line of fortune of Godly sustenance. The second is the line of the fortune of the elevated teachings of the true Teacher. The third is the sparkling line of shrimat... All of you are also seeing your lines of all three types of fortune are you not? ... Generally, all these three things – sustenance, study and elevated directions – are essential for every human being in their life. However there is the difference of day and night in this Godly sustenance and the directions, sustenance and study received from deity souls and human souls. So your fortune is so elevated, you never even imagined it. Have you attained or do you still have to attain it? Don't just keep this fortune in you awareness but always remain an embodiment of that awareness. Some children think very good things but you mustn't become an embodiment of thoughts (sochna swaroop). Become an embodiment of awareness (smriti swaroop). An embodiment of power ...

- Recall the most exceptional sustenance you have experienced in your life from another person. What impact did it create on you?
- Describe the experience you have of receiving God's sustenance on a daily basis.
- Reflect on what subtle sources you may sometimes look to for sustenance and support. At that time are you consciously aware of taking support in this way?
- How does listening to the murli every day create your fortune?
- Seeing and observing seniors (particularly Dadis and Didis) what are the qualities about them that you feel have come about through their following shrimat?

Deepening (Through Yoga Experience and Activities) Consciousness for Amrit Vela:

- "All of you are seeing your lines of three types of fortune, are you not? Since the Bestower of Fortune is the
 Father of you children, then apart from you, could anyone else have such elevated fortune? So your fortune is
 so elevated you, you never even imagined it. Don't just keep this fortune in you awareness but always remain
 an embodiment of that awareness. Become an embodiment of awareness (smriti swaroop). An embodiment of
 awareness is an embodiment of power (samarth swaroop)."
- "You are being sustained by Godly sustenance at every second. Just as God is the highest on High, so too, Godly sustenance is so elevated. Divine sustenance and human sustenance are received during many births, but this elevated sustenance cannot be received again if it is not received now. Do you constantly experience the elevated fortune sparkling on your forehead?"

- You are those who are going to become the embodiment of awareness, are you not? So, keep one thing in your awareness: who awakens you at amrit vela? Baba's love awakens you. He meets you, has a heart to heart conversation with you and fills you with power. The song of love awakening you is the correct method. He awakes you and calls you with so much love: "Sweet children, lovely children come." So imagine what the middle and end would be of someone who has such an elevated beginning! It would be elevated, would it not?
- "BapDada was seeing to what extent the children have attained the fortune of sustenance at the present time. So, do you take as much benefit as you have attainments? In your dreams also, you never thought that you would be worthy of such fortune. It is beyond your thought and yet you attained it so easily. You received it easily, did you not? The practical form of Baba's sustenance of love is the "easy yogi life." Whomsoever you have love for, you cannot bear to see or hear of that one being in a difficult situation or going through something difficult. So Baba also made the difficult easy, did he not?"

Daily Activities

- As you listen to the murli, write points and experiences which are related to <u>the fortune</u> of Godly sustenance, elevated directions and study.
- Every day be aware of when Brahmins are giving cooperation to one another through these three things. At the end of the week write sweet loving notes to the Brahmins who gave such co-operation.
- Start with five, and make a list of the fortune your received through the elevated study, Godly sustenance and elevated directions. Add to your list every day until you have reached 108 at the end of the month.

Dharna (Serving through Being)

- Let there be truth and sweetness in your words. In your words there should only be greatness and making others great. Speak to a bodily being whilst in the awareness of that one being a soul or my brother soul.
- Do not listen to the defamation of others this is also a sin. Listen with one ear and let it out the other. Listen only to the versions of Father Shiva.
- Coming from deep inner silence, speak less, sweetly and softly.
- Practice speaking and interacting with others in essence. Stop expansion of thoughts and become the embodiment of blissful silence.
- Transform sorrow into happiness on the basis of the light of knowledge as well as the rights of happiness claimed from the Father.
- I experience myself as worthy in the eyes of God. Baba accepts me on the throne of His heart. I hear God's words in the silence of my mind "My child, you have a right to my love eternally. I am with you always!" My self-respect comes from recognizing my right to God's love.

Checking Points	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Increase of intoxication about my fortune							
Decrease in thinking and increase becoming smriti swaroop							
Increase in experience of sustenance from God							

Daily Chart: Rate by percentage

- **Essence:** Sweet children, you clouds come to the Father, the Ocean of Knowledge, to meet Him personally and fill yourselves. You do not come here to go on a pilgrimage or for the fresh mountain air.
- **Question:** Whilst living at home with your family, what method should you adopt so that you become *ever-healthy?*
- **Answer:** In order to become *ever-healthy*, always say: "Baba, Baba". I want to eat only with You, I want to go around only with You". Hand over everything to Baba with your intellect. Have the consciousness that you are being sustained by Shiv Baba. Do not have attachment to anything. Offer everything to Him and eat according to His orders, and everything will become pure and you will become *ever-healthy*.
- **Song:** The Resident of the faraway land has come into the foreign land...

Om shanti. You daughters come here to meet the One who resides in the faraway land. You daughters don't come on a pilgrimage or for the fresh mountain air. People go to the mountains for fresh air, but you children come here to meet the Mother and Father. You know that the Mother and Father, who resides in the faraway land has come into the foreign land. Why does He come? To create heaven. Children come from very faraway, from different villages, to meet Him. They will also come from abroad. For what? It is not to see anything. The soul, that is, human souls, come to meet the Mother and Father. The Mother and Father is the Resident of the far-away land. In front of whom are you sitting? You are sitting in front of the Mother and Father from whom you will receive the happiness of heaven. However, you will only receive that by following His directions. This is why shrimat is praised so much. God's versions, shrimat, have been remembered. The shrimat of Brahma, Vishnu and Shankar is not remembered. The Mother and Father whose praise is sung is the highest of all. They invoke the Creator of the world, the Mother and Father: Come into this dirty, impure world and purify us. He has come now into the foreign land. You are also sitting in the foreign land. This is Ravan's land. Akasur, Bakasur, Putna, Supnaka, Hirnakashpa etc. (names of devils) are all names of human beings in this world. There is no other form of devil. Deities have no other form and they do not have four arms. Just as these are human beings, so the deities are also human beings, but they take rebirth in the pure land. The golden and silver ages are like God's home. When you go to heaven, you go to your home. You are now in a foreign home, in Rayan's home. Therefore. Baba comes and *liberates* you from Ravan's home. For half a cycle you have been taking rebirth in the land of Maya. In the golden and silver ages it used to be the kingdom of Rama, the kingdom of God, because it was established by God. For half a cycle you took rebirth there. Then, for half a cycle, you took rebirth in Ravan's kingdom. You children understand who you are now sitting in front of. This one is the *Teacher* as well as the Satguru. You mothers are also *teachers* and you are satgurus as well. You also teach in order to change human beings into deities. You are now becoming those who belong to the divine community from the devilish community. Baba is present in this chariot in order to change you from thorns into flowers. This One goes to meet the children in other countries as well, because He is the living Ocean of Knowledge. He is not a non-living ocean who would drown anyone. No, this One is living. It is has been remembered that the soul and the Supreme Soul were separated for a long time. Therefore, God comes here and souls also come here to meet Him. Children come from all directions. The Father also goes around. Devotees have built temples everywhere. They create non-living images of Christ, but he is a bodily being. Brahma, Vishnu and Shankar are also bodily beings. God is the highest of them all. He doesn't have a body of His own. Everyone calls Him Father, the Supreme Soul, God the Father. He doesn't have a physical or subtle body, yet He definitely does come. How does He come? Everyone has forgotten this. It cannot be said that Krishna is the Purifier or that God enters the body of Krishna to purify. Therefore, it is *wrong* to say that God Shri Krishna speaks. What could He create through Krishna's mouth? Deities? No. Firstly, Brahmins are needed and for that Brahma is needed. Otherwise what would be Brahma's *occupation*? By using Krishna's name, Brahma's *biography* disappears. If the golden age was established through Krishna, then Brahma's occupation disappears. You children, who come here,

^{*} Words that Baba spoke in English are shown in italics. 1/4

understand. However, those who don't understand think that this is just another satsang where they recite the Gita. You children understand who is speaking here. It is the Ocean of Knowledge, the most beloved Mother and Father, who is speaking. How sweet and lovely He is! You cannot call any human being sweet, because all are very bitter and vicious. Baba is purifying them. Therefore, God is the Highest on High. Below Him, out of all the human beings who have been and gone, it is Lakshmi and Narayan, and then Rama and Sita. Even they are now impure. Until the Father comes and purifies everyone, they all remain impure and unhappy. Human beings say that the iron age lasts for thousands of years. That is *impossible*. The great Mahabharat War, through which the gates to the lands of liberation and liberation-in-life will open, is standing ahead. Until then no one can receive liberation or liberation-in-life. Everyone continues to stumble here; it is as though they are in a maze. They continue to stumble around and are unable to find the way out. They want to go through the *gates* of liberation and liberation-in-life. When someone dies, they say that he has become a resident of heaven. However, this is hell. They can only go to heaven when the Father comes and teaches Raja Yoga. Only then can they claim the status of a king or subject. This is an income. People ask: What sort of income did So-and-so earn that he became so wealthy? Similarly, when and what sort of income did the deities of the golden age earn in order to become like that? Surely, they must have earned it at the end of the iron age, and this is why they became deities in the golden age. You now understand you are earning such an income that you will become the masters of heaven. You will definitely experience the *results* of that in heaven. You are now at the confluence of the iron and golden ages. They have made it a separate age. Baba explains the philosophy of karma, neutral karma and sinful karma. He says: Children, now only perform the actions that I teach you. This age cannot be called the iron age. No one knows about the confluence age. Even when the golden age changes into the silver age, no one at that time knows that they are *passing* through the confluence of the golden and silver ages. It is remembered later on that So-and-so used to rule in the golden age and that So-and-so used to rule in the silver age. When the copper age began, the deities fell onto the path of sin. Only you understand all of these aspects now. No one else has this knowledge. It is only you who study the history and geography of the world. You have an *aim and objective*. Wherever there are Gita pathshalas in the world, they recite the Vedas and scriptures, but they don't have any *aim or objective*. Schools and colleges are called pathshalas. That study is at least a *source of income*. Through this study you have the *aim and objective* of becoming pure and going to the land of liberation. Then, from there, you will come down to play your part in the golden age. You know all about the *part* you have to play from the beginning of the golden age to the end of the iron age. You clouds have come here to fill yourselves in order to create your source of income for twenty-one births. This study is very elevated, and the One who teaches it is the one God, the Highest on High. All the rest are brothers and sisters. Brahma, Saraswati, Shankar, Parvati and Vishnu are all His children. Children cannot receive an inheritance from children. An inheritance is received from the father. Whatever effort you make, you will receive an inheritance accordingly. Effort is very easy. Achcha, if you are unable to speak much knowledge, then acquire a small room on three feet of land and open a Gita Pathshala. Put up a *board* that says: Come and claim your inheritance for twenty-one births from the Father. Put up a small *board*. Write on it: To claim the kingdom of heaven for twenty-one births is your Godly birthright. By all means, come in, and ask. The One whom you call Mother and Father is definitely the Creator of heaven. Therefore, you would surely receive your inheritance of heaven from Him. He says: Constantly remember Me and forget all others. Although you live with this one and see this one in front of you, your intellect should go up above. You receive Baba's orders. Therefore, you should place them on vour head. Baba issues an ordinance: Children, stop the business of drinking poison. He does not speak to anyone else, He only explains to the children. Until they have done the seven days' course no one from outside can sit in this gathering. There is a story of how an angel brought an impure human being into the Court of Indra and how she was punished. It is against the rule for someone to sit here before he has been in a bhatthi for seven days and become clean. Yes, if an important person comes to meet you and, after listening to you, he wants to see the morning *class*, you can ask permission from the seniors to let him come. When you see that he is good and that he won't pick up wrong things, you can first explain a little to

him and then he can be given permission to come. Explain to everyone that this is our Mother and Father through whom we receive the happiness of heaven. This is our Father, Teacher and Guru, all three. It is as though you have received three engines together. You receive all three at the same time. Outside, you receive them separately; firstly it is the father, then the *teacher* and then in old age a guru is adopted. Who are you now being sustained by? Shiv Baba, because you offer whatever you have to Shiv Baba. It is as though you are being sustained from Shiv Baba's treasure store. You donated everything you had to Shiv Baba, and you are now being sustained from that. You receive very pure food. Elsewhere, it isn't possible for someone to give a donation and then be sustained from that. There, whoever receives the donation keeps it. Here, whatever you give to Shiv Baba is made very pure, and it is from that that you are sustained. Baba says: Whilst living at home, have the consciousness that everything belongs to Baba. When you eat in this consciousness, it is as though you are eating from Shiv Baba's treasure-store. You do not have attachment to it, but you consider it to belong to Baba. Baba has given it to you. You have surrendered it to Baba, and you are eating according to His orders. Although you live at home, you are eating from Shiv Baba's treasure-store. You say: I will eat only with You and I will tour around only with You. By saying "Baba, Baba" your yoga will remain linked to Him. You will become ever-healthy. This is the sanatorium to become *healthy*. People don't stay in that *sanatorium* throughout their whole life. They stay there for a short *time* and then leave. You are sitting here and becoming *ever-healthy* for twenty-one births. Why do you come here? In order to become *ever-healthy*, *ever-wealthy* and *ever-happy* for half a cycle. You come here with this thought. You do not come here for the fresh air or to go on a pilgrimage. You come here to meet Shiv Baba. Baba also comes into this foreign land and enters a foreign body. The Gita that has been remembered must be *right* in some aspects. They invoke Baba to come. Therefore, He surely has to come to purify the impure. Impure ones cannot go to Him in the supreme abode to be purified; they cannot go there. Every bhagat soul calls out: Baba come! Baba says: I come in order to grant salvation to all. There is only the one Father who has mercy for all. What mercy does He have? He gives shrimat. Shrimat is very famous. By following it you will become elevated, that is, the masters of heaven. It all depends to what extent you follow these *directions*. He doesn't give you any other difficulty such as doing hatha yoga or stumbling to pilgrimage places. Wherever you are, whether in America or the Philippines, you have to live at home with your family, and remain like a lotus flower. There is the example of King Janak. Yours is Raja Yoga. Sannyasis say that the happiness of heaven is like the droppings of a crow. However, Raja Yoga of Bharat is very famous. No one knows it. Only the ancient Father can teach ancient Raja Yoga. The Gita, the Vedas and the scriptures etc. are all the paraphernalia of the path of devotion. The tree has to grow fully and later on that same tree has to bear fruit. You have come to the Mother and Father in order to be *refreshed* and you will come again and again because you experience pleasure in being personally in front of Him. However, you cannot sit here for ever; this is not the *law*. You definitely have to take care of your home and family. This study place will still continue to grow a great deal. If these obstacles did not arise, it would grow so much. This is why obstacles come. How can five thousand sit here together and study? This is why *a limit* is set, so that Baba can see them personally. Baba only sees souls; He does not see the body. Those whom Baba looks at with His powerful vision even forget their body. Because He is the Magnet, it is as though they become *unconscious*. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

- 1. In order to reach the high destination, you have received three *engines* in the form of the Father, the *Teacher* and the Guru. Constantly move forward in this consciousness.
- 2. Let your intellect remain aware that you have handed over everything to Baba and that you are being sustained by Him. Remove all your bitterness of impurity and become very sweet and pure.

Blessing: May you be an embodiment of success and end the illness of waste for ever with determined thought.

In order to become embodiments of success, all you children have to have the determined thought of never thinking anything wasteful, never seeing, listening, speaking or doing anything wasteful. Always remain careful to end all name and trace of anything wasteful. The illness of doing anything wasteful is very severe and doesn't allow you to become a yogi soul. Waste is expansion. Therefore, using the power to pack up, stabilize in the stage of the essence the intellect that wanders in the expansion, for only then will you become an easy yogi and an embodiment of success.

Slogan: Instead of teaching others by telling them, teach them by doing it yourself.

OM SHANTI

Essence: Sweet children, end your attachment to everything you have including your body. Live as a *trustee*. This is called dying alive.

- **Question:** What is the *title* of you Brahmins of the confluence age? What is the *best prize* that you receive from the Father?
- **Answer:** You Brahmins of the confluence age are Raja Rishis and Raja Yogis. You mouth-born Brahmins are instruments who look after the sacrificial fire. You receive very big alms from the greatest Merchant of all. The sovereignty of heaven is the *best prize*.
- **Song:** To live in Your lane and to die in Your lane...

Om shanti. The unlimited Father sits here and tells you unlimited children very good *points* for dying alive. You children heard the song: You have to die alive. People sacrifice themselves at Kashi. They put an end to their body. They don't study knowledge or yoga. Here, you have to belong to the Father whilst alive. In order to listen to knowledge, you have to break all bondages with the body whilst alive and consider yourself to be a soul. The Father now says to you souls: Children, now hand over this old world and old body to Me. That is all. I now belong to Baba. You say whilst alive: I belong to Shiv Baba. I am now in the stage of retirement in a *practical* way. Those people in the stage of retirement leave their home and go and reside at Haridwar. Nevertheless, they still take birth in this land of death. The Father now explains to you: You are now no longer to receive a birth in the land of death. There will be defeat for the land of death, the iron-aged world. There will be victory for the land of immortality, the golden-aged world. This is why the Father says: You may live at home with your family, but simply remove your attachment to everything you have, including your body. Understand that you are you giving everything to Shiv Baba. Everything belongs to Shiv Baba. Then, Shiv Baba says: OK, look after it all as a *trustee*. Just consider yourself to be receiving your livelihood from Shiv Baba's treasure-store. On the path of ignorance too, people say: Everything belongs to God. Everything has been given by God. However, if their child dies, they cry. The Father now says: Stop remembering the old things. Remember the one Father, who gives you your fortune of the new kingdom in the new world. Whilst living at home with your family, consider everything to belong to Shiv Baba. I am eating from Shiv Baba's treasure-store. I am following shrimat. You may ask: Baba, should I buy a car? Yes, child, you may buy it. The children who consider everything to belong to Baba ask for advice. This is called dying alive. On the path of devotion too, we used to surrender ourselves to Shiv Baba, but we didn't have this knowledge. Here, the Supreme Father, the Supreme Soul, sits and gives you knowledge. He is giving you your inheritance for 21 births so easily. Baba says: No one knows when I came. It is said that Bharat was heaven 3000 years before Christ. Who established that heaven? Where did the deities in heaven come from? It is remembered that it didn't take God long to change human beings into deities. When did He come? He would surely come at the confluence of the end of the iron age and the beginning of the golden age. The Father says: I have now come to change you from human beings into deities. So many people come here to study. There is no question of blind faith in this. This is not like other spiritual gatherings. The true Father sits here and teaches you children. Baba has explained that on the path of devotion too, you truly have two fathers. One is the physical father of your body and the other is the parlokik Father of the soul. Souls remember that parlokik Father: *Oh God*, the Father! They remember Him with different names and forms. You have been receiving an inheritance from your physical fathers from the copper age for birth after birth. It isn't that you receive an inheritance from your physical father in the golden age too. No, the inheritance you receive from your physical father in the golden age is due to the income you earn here at this time. You earn so much income here that you claim your inheritance for 21 births. In the golden age, you receive your inheritance on the basis of the effort you make at this time. You receive an unlimited inheritance from the unlimited Father. The Father Himself makes the impure world pure. This is Lux *soap* with which you become pure. The Father says: Consider yourself to be bodiless. You souls listen through your ears. You receive your inheritance of the golden and silver ages for 21 births from the parlokik Father at this time. Then, from the copper age, you receive a short-lived inheritance from your physical father in different names, forms, places and times. You might remember that parlokik Father, but it is the soul that remembers and says: My physical father gave me this body. Therefore, there are two fathers. You children know that there is now also the third father,

17/06/03

Prajapita Brahma. You are Brahma Kumars and Kumaris in a *practical* way. One is a physical father, the second is the parlokik incorporeal Father and the third is this alokik father. Prajapita has been remembered. However, people don't know him. They believe that Brahma is a resident of the subtle region. You know that Brahma is a corporeal father. You are now making preparations to go to the world beyond (Parlok). All of you are in the stage of retirement whilst alive. You have to go beyond sound. You definitely have to shed that body and return home. Everyone is to die. When people go into the stage of retirement, they receive a mantra from a sage or holy man. However, they don't know that they will shed their body and go to their *sweet home*. You definitely know this. You are now impatient to shed your old body. By staying in remembrance of Baba I, the soul, will become pure and go to Baba. I will claim my inheritance for 21 births from Baba. So, there is the physical father, Brahma Baba and Shiv Baba. You truly have all three fathers. There is no question of blind faith in this. A buzzing moth brings insects from the rubbish and buzzes knowledge to them. The insects that are of the same type will become the same as the moths. Those that are not of the same type will die (decay). Here too, out of those who come here, those who belong to the deity religion will understand everything very clearly. This knowledge will not sit in the intellect of the rest. Those are buzzing moths (brahmaris) and you are teachers (Brahminis). Your business is to bring the vicious insects from the ocean of poison and buzz knowledge to them. What do you have to buzz to them? This is your parlokik Father. The Father says: I have come to give you children your inheritance. We, who are Brahma Kumars and Kumaris, are claiming our inheritance from the unlimited Father. You too can claim it. You now have to return to the land of nirvana from where you came and played your part. This is the end of the last of your many births. You are now listening to the story of immortality in order to go to the land of immortality. The Ocean of Knowledge is only the one Supreme Father, the Supreme Soul. It would never be said, Brahma, the Ocean of Knowledge, Vishnu, the Ocean of Knowledge, or Shankar, the Ocean of Knowledge. Shiv Baba alone is the Ocean of Knowledge. When the Sun of Knowledge rises... The Father says: Children, this whole old world is now to become a graveyard. The land of angels, which is also called heaven, is being established. Therefore, you come here to die alive: Baba, I now belong to You. You have been invoking the Father for half the cycle. You say: Baba, I have been stumbling a great deal. This is the destiny of the drama. I am now once again giving you your inheritance for 21 births. You know that, by belonging to the Father, you change from human beings to deities. One type are those who become heirs and are called real children. The other type are those who are step-children and don't become pure. They simply say "Baba, Baba" but they don't die alive. The ones who die alive are real children and the rest are step-children. When a vicious person comes here, he is asked: Have you died alive? You make a promise that you will remain pure for the rest of your life. This is why Baba says: If you come to Baba having made a promise, you will receive your inheritance. The mothers are making their lives worthwhile. The kingdom is being established. Shiv Baba is the Bestower. You mustn't think that you are giving to Shiv Baba. No, you are claiming your inheritance of the sovereignty of heaven from Him. Shiv Baba doesn't have to build any buildings etc for himself. He uses everything for you children. I also used everything of this Dada's through which the mothers and innocent ones are making their lives worthwhile. You are earning an income for your future 21 births. Receiving an inheritance from your physical father will end. In heaven, the inheritance you receive from your physical father will be what you have earned here. There is a story in which a father asked his daughters who was feeding them. One of them said: My own fortune. Similarly, here, too, each one of you is making effort and receiving your own right. Every soul has a right to receive an inheritance for 21 births. On the path of ignorance, daughters don't receive an inheritance from their father, only the sons receive it. At this time, all of you souls are to receive an inheritance, whether you are *male* or *female*. It is remembered that a kumari is one who uplifts 21 clans. You are the Brahma Kumars and Kumaris. You know that you are inspiring the people of Bharat to make effort so that they can claim their inheritance for 21 births by following shrimat. Explain to each one: Receiving an inheritance from your physical father is now to end. You can now receive an inheritance for 21 births from the parlokik Father. This income is so great. These things are so good to understand. You want to make effort, but Maya brings storms. When storms of Maya come, the lamps go out. This is a very easy matter. You have to consider yourself to be a soul and remember the Father. This is a matter for the

intellect. I have to remember the Father and renounce the consciousness of the body. You remember the gurus. Many gurus have pendants made with their picture on and give them to their followers to wear around their neck. There are many like that. Some women even remove the picture of their husband and insert the picture of their guru. Baba says: Here, there is no question of wearing a pendant with a picture; you just have to remember the Father. It is the stage of retirement of everyone, young and old. You now definitely have to go back to your *sweet home*. Therefore, why should you not make a promise to remain pure and stay in remembrance so that your sins are absolved? You shouldn't cause sorrow to anyone. The greatest sorrow is to use the sword of lust. This is the land of Kans, the devil. It is said that the sword of lust is not used in the land of Krishna. The sword of lust is used here and this is why it is called the land of Kans. However, there was no war between the devils and deities or between the Pandavas and the Kauravas. The war is between the Yadavas and Kauravas. Children have had visions of how they are to receive the butter. We will come and rule the kingdom. Children ask: Baba, why are You having so many buildings built? Baba says: Everything available is sufficient now because children come here *turn by turn*. Where will all these children stay when they come and seek *asylum*. There continues to be growth day by day. There will be many children of Prajapita Brahma. Shiv Baba says: I have so many children. Only a handful out of multimillions know this. Amongst you too, it is numberwise. You understand that you are receiving your inheritance from Shiv Baba. However, some children then wilt. You children know that you are following Shiv Baba's shrimat given through Brahma. The Father says: This body that I have taken on loan is at the end of the last of his many births. I have entered the old world in an old body. Now constantly remember Me alone. I have come as your Guide. God, the Father, is called the Liberator. Human beings cannot be called this. He *liberates* the whole world. At this time, the whole world is Lanka, the cottage of sorrow. Although wealthy people think that they are in heaven, all of this is going to turn to dust. The Americans themselves write that someone is inspiring them towards destruction and making them manufacture *bombs*. So much expense is being incurred. When the iron age ends, there definitely has to be the golden age. That is now being established once again. Baba is teaching you the same Raja Yoga. You are Raja Rishis whereas those people are hatha yoga rishis. No one except Brahmins can be called Raja Yogis. It is not written anywhere that Raja Yogis were Brahmins. If it were Krishna, how could he create Brahmins? It is only when Brahma exists that mouth-born Brahmins can be created. Only physical Brahmins create a sacrificial fire. Baba is such a big Merchant. You receive such big alms. You receive the alms of the kingdom of heaven. This is the *best prize* of all. Brahmins then become deities. You can become the sun dynasty or the moon dynasty. Baba says: You can ask Baba what status you would receive if you were to shed your body tomorrow. Baba could tell you instantly. There is now very little time left. When you have shed your body, you won't be able to take knowledge. What would a baby understand? You children understand that the iron age is now to end and that the golden age is to come. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

- 1. Always have the awareness that this is your stage of retirement. I have to go beyond sound to the *sweet home*. Practise being bodiless.
- 2. In order to claim your right for 21 births make a promise for purity. Always continue to follow shrimat. Die alive.
- **Blessing:** May you be a *master* seed and experience the power of silence by remaining stable in the elevated stage beyond sound.

The elevated stage of being beyond sound is one that is beyond all physical attractions and is a lovely and unique powerful stage. Remain stable in this elevated stage for even a *second* and the result of this is that, whilst performing actions throughout the day, you will especially experience the power of peace within yourself. This stage is called the karmateet stage, the complete stage equal to that of the Father. This is the stage of a *master* seed and a *master* almighty authority. You experience success in every task through this stage.

Slogan: A great soul is one whose every word is an elevated version. *** O M S H A N T I ***

Sweet children, put a bead in your mouth, that is, stabilize yourself in your original religion **Essence:** of peace and Maya will not be able to do anything. Only one Shiv Baba is the Innocent Lord; no one else can be the Innocent Lord. Why? **Question:** Because only Shiv Baba has no desires for Himself. He come and becomes the children's Answer: Server. He liberates you from the slavery of Maya. He makes every child a master ocean of knowledge, similar to Himself. He fills your aprons with the jewels of knowledge. No one else can be an altruistic server like Him. This is why only one Shiv Baba is called the Innocent Lord. Song: No one is as unique as the Innocent Lord... Om shanti. The praise is sung of those who existed on the path of bhakti: they were like this. All those who are here now, it is said, they are like this. However, for those who have left their bodies, you would say they were like this. Devotees definitely sing the praise of the Supreme Father. Otherwise, why is the praise sung? He is here now *practically*. The God of all the devotees is One. He is called the Magician who protects the devotees and grants them salvation. It is remembered that He is the Bestower of Salvation for All. Everyone receives salvation now. Human beings of all the *variety* of religions that are numberwise will definitely receive liberation and salvation. All human beings definitely go to the land of liberation. Then they will come down numberwise in their satopradhan stage. The deities will come first, then the warriors and then the merchants. They will definitely change clans. The praise is sung of those who performed good actions when they existed. Such praise only lasts for a temporary period, because you children know that destruction is standing ahead. Those who came at the beginning receive the maximum praise. On the path of devotion, it is the worship of Shiv Baba that begins first. Because of His being here now, He is later praised and worshipped on the path of devotion. There is no bhakti in the golden age. They don't even know what existed before, or that the silver age comes after the golden age. You have to use your intellect in this. The path of devotion begins with the copper age. The intellectual children who have memorized knowledge can understand it very clearly. However, they are all *parrots*. Some of them are able to memorize this knowledge very well, whereas others do not understand anything. They are like pigeons. A parrot can be taught to *repeat* something. Pigeons cannot learn anything. There are pigeons at Amarnath. Pigeons simply carry messages. A parrot *repeats* whatever it hears. Pigeons are unable to repeat anything. Here too, those who are unable to repeat what they have heard are called pigeons. According to the present time, there are human parrots as well as human pigeons. The Father is Rup-Basant. Baba has explained that He doesn't have a large form. If anyone asks what Shiv Baba's form is, you should explain that Shiv Baba's form is the same as the form of a soul. As the Father, so His children. Souls are not smaller or larger than the Father. He is the Supreme Father, the Supreme Soul. He is the One who explains to us. His name is the Innocent Lord. He is the very Innocent Lord. He has no desires for Himself, not for even a shell. You children have the faith that the Supreme Father, the Supreme Soul, has explained to us through this body. A soul cannot speak without organs. Baba Himself sits here and explains. People even say: God comes. He also has Nandigan. They have shown a bull, but that couldn't be an animal. It is not that He would jump onto a bull. They speak of Bhagirath, the lucky chariot. However, no one knows how the Purifier comes. He must have surely come to transform hell into heaven; this is why He is praised. It is Shiv Baba who is worshipped first. In fact, the *number one* and true praise belongs to Him. Now they even praise cats and dogs and everything else. They create a Nandigan; they go around with a bull. Shiv Baba now comes in this Nandigan and gives you knowledge. He is giving you the milk of knowledge. His praise is great. God is the Innocent Lord, the One who fills everyone's apron. They do not say in front of Shiva: "Fill our apron", because they understand that He is incorporeal. They take their apron in front of Shankar for him to fill it. They do not go to Vishnu or Brahma, they go to Shankar because they have combined Shiva with Shankar. They think that Shiva is a form of Shankar. Those who worship don't know the *occupation* of the ones they worship, because even the first ones who become worshippers do not know. This is known as becoming worthy-of-worship deities and then becoming worshippers. You now understand that we were worthy-of-worship deities and that we are the ones who then became worshippers. Shiva is the Resident of the supreme region but He is shown in the

Morning Murli Om Shanti BapDada

Madhuban

18/06/03

temples. Brahma, Vishnu and Shankar, the residents of the subtle region, also have a *part*, because they definitely do come. Shiva also has to come, but Shankar has no need to come here. They even name streets "Trimurti Marg". They also make *stamps* of the Trimurti but they show a lion in that. Underneath, they have written: Victory for Truth. This is accurate. However, they do not show any name or trace of Shiva. "Victory for Truth" should not be written under an animal. Only the one Father is the Truth, the One who relates the true story and makes us victorious. He explains everything very clearly. You are becoming *master knowledge-full*. If all the murlis were kept from the time you started hearing the *knowledge*, they would fill a whole building. You must have used so much paper and you will have to use a great deal more. The murlis will definitely go to the children. Many copies will be made. The tree continues to grow. You children understand that many storms of Maya will come. Keep a bead in your mouth and Maya will not be able to do anything. It is very easy to remember Baba. I am a soul; I, the soul, say: My original religion is peace. We are all foreigners who come to this land of Maya. There is a song: O Resident of the faraway land! All souls are residents of the faraway land. You have come to know that you are now definitely in a foreign land. You come from a very faraway land, which is called the incorporeal world. There are many people in the world. You understand that you are all foreigners. Devotees on the path of devotion remember God. Devotees want God to come. What will He do when He does come? You children understand that Baba comes from the supreme abode. He says: I have to transform the impure iron-aged world into the pure world of heaven. It is not a human being who is teaching you. A human being can neither bring salvation to himself nor can he grant salvation to others. The play is now coming to an end. At the end all the actors have to be present. This is also mentioned in the Gita. However, instead of Shiv Baba, they have written "God Krishna's speaks." Krishna is the first prince. People think that it was he who taught Raia Yoga. However, you now understand that it is the Innocent Lord who teaches Raia Yoga and that He has come. They have put Krishna's name in the Gita. The knowledge-full Father is called the Innocent Lord. People have made allegations against Krishna. In fact, they are not made against Krishna but against the Father. Previously, no allegations were made against Dada. It was only after the Father came that allegations were made. Whilst he was moving along, the Traveller entered him, and since then, just look how many allegations have been made! All of that dancing and games etc. are the games of that One. He is the One who entertains the children. You children understand that you have found Baba and that you are filling your aprons with jewels. Knowledge of the scriptures cannot be called jewels. These jewels are of knowledge. Each jewel is worth hundreds of thousands of rupees. At this time, all human beings continue to throw stones at one another and have thus become ones with a stone intellect. The Father comes and changes your stone intellect into a divine intellect. He transforms kabristan (the graveyard) into Paristhan (the land of angels). Death repeatedly comes here and buries people in the graveyard. This does not happen there. Just as a snake sheds its old skin and takes a new one, in the same way, souls shed their old body and take a new one. Baba gives this example here; sannyasis then use it for their own purpose. They believe that a bubble merges with the ocean. Some say that a light merges with the light. There are many opinions. You now receive one direction to follow. Baba says: You have been calling out to Me for birth after birth, but I only come once. You called out a great deal, saying: I am Your slave! The Father comes and frees you from slavery. You became Maya's slaves. The Father comes and liberates you from that. You know that you have done a great deal of bhakti. The Father has now come to give you the fruit of your bhakti. The part of devotion is now over. There is knowledge, devotion and then disinterest. There are two types of disinterest. The disinterest the sannyasis have is to leave their home and family. The disinterest you have is for the entire world. You children know that all of this is going to be burnt away; nothing will remain. The wealth of some will remain buried, and at that time robbers come to loot. When an *aeroplane* crashes or there is a fire, the looters go there. Those who live around there also *loot* it. They have enough *time* before the *police* arrive. Destruction will definitely take place. The world is so big. You understand that America, etc. still has the pomp of happiness because the Christians came later on. Their part of happiness exists now. They have so much courage. They travel to the moon and the stars. They do not go towards the sun, because they know that it will burn them. They try to go to the moon and the stars to acquire land. Because they have heard the expressions "sun dynasty" and "moon dynasty" they think that

perhaps there is a world there. The Japanese call themselves those who belong to the sun dynasty. Some call themselves one thing and others call themselves something else. You now understand that Bharat was definitely the sun dynasty and the moon dynasty. There can be no land more elevated than this one was. This drama is predestined. There is no question of changing anything in this. This is something that has to be understood. When you children sit in silence, you should always sit in the awareness of your original religion. You have to remember the Father. You do not have to go to a forest for peace. You can explain to whoever comes: Peace is the necklace around your neck, so where are you searching? The soul says: My original religion is peace. Then, when I enter a body here, I talk. A play cannot be enacted in silence. Previously, bioscopes (films) used to be silent. Everything in the subtle region is also movie, no sound emerges. At that time, whatever they (trance messengers) understood a cycle ago, they come and relate that. It is not a new thing. This whole *drama* makes us dance through eighty-four births. This *drama* is eternal. Everyone adopts a body to play their own parts. Sweetest children, Shiv Baba is saving this. He speaks to you souls and says: Remember Me alone. This Brahma doesn't say: Remember me alone. These are such deep matters! This one says: I also have to remember that One. I am the Brahmaputra River. A meeting takes place between the Brahmaputra River and the ocean. There is no meeting between the Saraswati River and the ocean. Only one meeting takes place. A huge mela takes place in Calcutta at the confluence of the Brahmaputra River and the ocean. There is one Brahmaputra and the meeting only takes place once. This meeting also takes place here. If there were no Ocean, it would not be called a mela. Wherever Mama goes, a meeting of the rivers takes place. This meeting takes place between the Ocean and the Brahmaputra River. You can understand this for yourselves. If you are able to churn the ocean of knowledge, then just think about how this Ocean is living and how that one is non-living. All the rivers have emerged from the Ocean. This is the auspicious meeting. Baba explains again and again: Remember Me alone. You children also tell others: Remember the Father. You cannot say: Children, remember me alone. Baba can say through this one: Children, remember Me alone. You are sitting here in person. You say: Shiv Baba says: Remember Me. Tell everyone: Remember the Father and your final thoughts will lead you to your destination. Death has to come to everyone. Just look what is happening now. America etc. is so huge. This Bombay etc. will not remain afterwards. Very few will remain. There are now millions to govern. There, there will be very few in the beginning. Later, others will continue to come. It has been explained to the children that Maya is very powerful. She will prevent you from having remembrance, and will continue to create obstacles. She will turn your face away from Baba. However, you have to make full effort and become a strong Mahavir. You should have such yoga that Maya can never shake you. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

- 1. Stabilize yourself in your original religion of peace. In order to be saved from Maya, keep a bead in your mouth.
- 2. Have unlimited disinterest in the old world. Before destruction, use everything you have in a worthwhile way.
- **Blessing:** May you be an embodiment of the essence and experience stability through the powers to merge and to pack up.

At present, there is great expansion of the body, bodily relations and physical objects. In order to bring all the expansion into its essence, you need the powers to merge and to pack up. Merge all the expansion into the one Point. I am a point, the Father is the Point and the whole world is merged in the one Point, one Father. To become the form of a point, that is, to become the essence, means to become stable. Through the practice of stability, your intellect is able to stabilize wherever you want, in whichever stage you want within a *second*.

Slogan: Those who constantly maintain their stage of spirituality are spiritual roses.

OM SHANTI

- **Essence:** Sweet children, you have to follow BapDada's *directions* of shrimat and become soul conscious. Whilst seeing the image (of Brahma), remember the Father without an image.
- Question: Due to which greatness are you children remembered as *lucky stars*?
- **Answer:** Due to the greatness of purity. You become pure in this final birth and do the service of making Bharat pure. This is why you *lucky stars* are even more elevated than deities. This birth of yours is as valuable as a diamond. You are very elevated servers. At this time, the soul in the Brahma form is even higher than when in the Shri Krishna form because he belongs to the Father at this time. Shri Krishna experiences his reward.
- **Song:** You are the portrait of tomorrow....

Om shanti. The Father speaks to the children. The Father is incorporeal and children are also incorporeal. However, you have to play your *part* through the corporeal costume you have taken. The Father says to the children who play their *part* in this way: Now become soul conscious. Have the faith that you are a soul. Don't say: I, the soul, am the Supreme Soul. It was by saying this that you pushed the Father into the cycle of 84 births. You considered yourself to be the Father and put Him in the cycle of 84 births. By saying this, you went into the extreme depths of hell. The boat has begun to sink. You are now receiving shrimat. You children know that two types of instructions are remembered. One is shrimat. This shrimat is God's, that is, it is the instructions of the unlimited Father. They have inserted Krishna's name. That is wrong. Krishna cannot be called the Father. There are three fathers. One is the Highest on High, the Supreme Father, the Supreme Soul, the Father of souls. The second one is Prajapita Brahma. He cannot be called the Supreme Soul. He is the Father of the People. This one's name is also glorified. Krishna cannot be called Prajapita. The third is a physical father. The unlimited Father says: Children, may you be soul conscious. You are now receiving directions of shrimat. The instructions of both continue at the same time. You feel that Shiv Baba is explaining these elevated versions to you. Instead of saying Trimurti Shiva, they have mistakenly said Trimurti Brahma. However, there is no meaning in that. By saying Trimurti Brahma, the instructions of Brahma are remembered. They have removed Shiva. They say that Brahma came down from the subtle region and gave directions! You have now understood this. Prajapita Brahma is called the vyakt (gross) Brahma. At present, you are vyakt Brahmins and then you become avyakt and perfect Brahmins. Then you will become Brahmins, residents of the subtle region (angels). The perfect Brahma and perfect Saraswati both reside there in the subtle region. Vishnu is a dual form anyway. Two arms are of Lakshmi and two of Narayan. These instructions are very well known. God speaks: It is Shiva who gives Brahma instructions. This one is named Brahma. Brahma exists here in the impure world. The two forms of Vishnu - Lakshmi and Narayan – are then in heaven. It is said: Dev, Mahadev. So, Shankar is Mahadev. You children understand that Shiva is the highest-on-high Father. Then He creates the creation of the subtle region. The main thing is to follow shrimat. Brahma too became well known by following shrimat. Only the one Brahma is the especially beloved child. Shiv Baba is one and Brahma is also one. It is said: Prajapita Brahma. It is not said: Prajapita Vishnu or Prajapita Shankar. You are now sitting in front of Prajapita Brahma. The Father says: Whilst living at home with your family, have the faith that you are a soul. Constantly make effort to remember Me alone. Then, it is a matter of renunciation. It is said: Knowledge, devotion, disinterest. You have renunciation through disinterest. Sannyasis first make you disinterested by saying that happiness is like the droppings of a crow. This is why they leave their household. It is said that Bharat was heaven in the golden age. Those who reside in hell say that they were residents of heaven. It is in the intellect of you children that there were only deities in heaven. In ancient Bharat, they had everything - *purity, peace* and *prosperity*. Human beings who are residents of hell sing the praise of the Father who established heaven: You are the Ocean of Happiness, the Ocean of Peace. You receive the inheritance of liberation-in-life from that Father in a *second*. Baba repeatedly asks you: With whom are you moving along? Only from Shiv Baba will you receive your inheritance. You should only keep Shiv Baba in your intellect. You will receive a lot of happiness in heaven through that. You say that you are moving along with Shiv Baba. A new person would say that Shiv Baba is incorporeal, and that this one is Brahma, and so how can you be walking with Shiv Baba? He is without an image. You children know that you are sitting

personally in front of Shiv Baba. Shiv Baba doesn't have a subtle or physical form. That incorporeal One only comes in this one's body and tells you that this one doesn't know his own births. You now know that you have truly completed your 84 births. 84 births are remembered. Lakshmi and Narayan were in the golden age and so they definitely go round the cycle of 84 births. Those of other religions come here later. They don't take as many births. At first, souls are satopradhan and later, they become tamopradhan. So this is God's shrimat. He also gives instructions to Brahma. However, because he is the specially beloved child, he imbibes it very well and explains to you. Sometimes he too comes and explains. He says: Children, may you be soul conscious. Both Shiv Baba and Brahma say: May you be soul conscious. You are now sitting personally in front in a *practical* way. He is the One without an image and you are those with an image. You tell everyone: Dear brother, dear soul, remember the Father. He speaks to souls. Caution one another and make progress. The Father says through the body of Brahma: By remembering Me, your Father, you will receive the inheritance of heaven. You mustn't be influenced by those evil spirits. The foremost vice is impure arrogance. Let go of body consciousness. Become soul conscious. Since you are brothers there definitely has to be a Father. Brahma is the father of you brothers and sisters. The Father of the brothers is the Incorporeal One. This one is corporeal. We all are originally incorporeal and then come to play our *part.* These are the versions of God Shri Shri. Krishna is not God. This one is called Prajapita Brahma. Brahma is more elevated than Krishna. At this time Brahma is higher than Krishna because Krishna's soul was in the golden age. He has come to belong to the Father in his 84th birth. Therefore, this soul is better than Krishna's because at this time, he is serving. Krishna's soul will simply reap the reward. Therefore, who is more elevated and higher between the two of them? Is it Krishna, who takes the first birth out of the 84 births or is it Brahma of this time? In fact, this birth is considered to be as valuable as a diamond because it is here that you have attainment. There you would not say that you have attainment. It is at this time that you receive all the property. You are very elevated servers. You make Bharat into heaven, from impure to pure and then you rule it. You are the *lucky stars* and this is why everyone bows down to you. This is the greatness of purity. This is why the Father says: Lust is the greatest enemy. It has made you impure and you now have to conquer it. The more yoga you have with Me, the Almighty Authority, the more you will continue to become pure. You were choking in the ocean of poison for 63 births. This is now your final birth. Sinners like Ajamil have been remembered. In the golden age, there is just the one pure religion of being faithful to one (husband). There is constantly nothing but happiness there. Here, people are impure. Sannyasis were satopradhan at first and so they were powerful. They would receive food wherever they were in the forests. They had the power of purity. It wasn't that they had the power of the Supreme Father, the Supreme Soul, Shiva. You receive His power. The kingdom of Maya begins in the copper age. The kingdom of Ravan, the 5 vices, continues for half the cycle. Human beings don't understand who the Purifier is. They consider the Ganges to be the Purifier. They don't know the Supreme Father at all. They say that God and His creation are infinite and that the duration of the golden age is hundreds of thousands of years. If it were like that, the population of the deity religion would be larger. The population of Christians who came later is now larger. The Father explains this. He gives you this food for the intellect. Your intellect now works so much. The intellect of human beings doesn't work now. The lock of knowing the Creator and the beginning, the middle and the end of the creation is locked. Theirs is limited renunciation and hatha yoga. Yours is unlimited renunciation and Raja Yoga. You become kings of kings, the masters of heaven. Those who are impure at this time do not tell you these secrets. They relate the 18 chapters of the Gita and give such vast explanations. They have made so many Gitas. They all have their own opinions. They cannot understand the Gita. Krishna is not God, so how could they understand the Gita? They don't understand anything at all. You now know that all of them belong to the path of devotion. The 5 vices have made them into sinners like Ajamil. It is numberwise. They cannot be the same. It is explained that God is One; He comes and teaches you Raja Yoga. Lakshmi, Narayan and their *dynasty* are becoming satopradhan from tamopradhan. The *world history and geography* has to *repeat* once again. First of all there has to be this faith: Baba, I will now only follow Your shrimat. The fortune of you children is now awakening. You are becoming the masters of the world. The fortune of everyone else is

sleeping; they are very unhappy. Original eternal Bharat was heaven; it is no longer that. They have become tamopradhan and impure. The Supreme Soul is called the Purifier. Krishna is not called that. In heaven, the light of everyone remains ignited. It is said: Deepmala (rosary of lights). Now the rosary is extinguished. The Father says: This is the rosary of My souls (who belong to Me). First, I make the rosary of souls, and then I make the rosary of Vishnu. Shiv Baba makes this through Brahma. It has been explained that the rosary of Brahmins cannot be created because sometimes you climb as high as the sky and sometimes you continue to fall down. You change from having an intellect with faith to having an intellect with doubts. Today, you are very strong Brahmins, you make others the same as yourselves, whereas tomorrow, you become shudras. Shiv Baba says: This is why a rosary of Brahmins cannot be created. You are making effort. The rosary of Rudra will be created and this is why you are having yoga. When you have complete yoga, the vessel of your intellect will become pure and you will also be able to imbibe. You claim your inheritance by remembering the Father. Your sight is drawn towards your inheritance. Children have their sight on their inheritance from their physical father. Some children say: When will this old man die so that we can receive his property? Some fathers are so miserly that they don't give anything to their children. They don't even give housekeeping money to their wives. The Father says: The main thing is to have faith in the intellect. You are holding onto the hand of the One without an image. He says through this one with an image: Remember Me. Your intellect should be like that of a genie. Shiv Baba resides in the supreme abode. Shiv Baba must now be speaking the murli in Madhuban. Repeatedly remember Shiv Baba. You are now sitting here. He says: Constantly remember Me alone and you will become a bead of My rosary. This is the knowledge of the sacrificial fire of Rudra. Brahmins are definitely needed for this. It is not written in the scriptures that Jagadamba was a Brahmin. Only the Father explains this. However, Maya is also very strong. Although you have faith, Maya quickly brings doubts. Then your intellect doesn't work to take shrimat. Then the status is destroyed. Those who ascend taste the sweetness of Paradise, whereas those who fall are totally crushed to pieces and receive a low status amongst the subjects. You children are the *lucky* stars of knowledge. You have a huge *responsibility*. Baba says: Remain cautious and don't indulge in vice. Your business is purifying the impure. You mustn't cause anyone sorrow. Make them constantly happy. The Father says "Child, child" even though he is old. He even calls the soul of this one "Child". This soul also calls that One, Father. You have to follow shrimat at every step. All the centres belong to Shiv Baba, not to a human being. Shiv Baba is carrying out establishment through this one. Achcha.

To the sweetest, beloved, long-lost and now-found children, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

- Feed your intellect with the food of knowledge every day and make it powerful. Make the vessel of your intellect pure with yoga.
 With the faith that you are holding onto the hand of the Father without an image, repeatedly remember the Father. Don't cause anyone sorrow.
 Blessing: May you be an embodiment of all attainment and show the sparkle and intoxication of your
 - perfect stage on your face. The speciality of Brahmin life of the confluence age is constantly to swing in the swings of happiness, peace, joy, knowledge and bliss, to remain in the stage of imperishable intoxication of the perfect form of all attainments. On your face, you have nothing but attainment. The sparkle and intoxication of that perfect stage should be visible. Just as kings who were full of physical wealth had that sparkle on their face, here, you have imperishable attainment. Therefore, the spiritual sparkle and intoxication of attainment should be visible on your face.
- **Slogan:** Those who always remain happy and continue to distribute the treasures of happiness are the ones with the fortune of happiness.

OM SHANTI

Essence: Sweet children, on the basis of *silence*, you are establishing one religion and one kingdom in the world. This is the pure pride of *silence*.

Question: How do people of the world curse themselves and how do the children curse themselves?

Answer: People of the whole world say that God is omnipresent and thereby curse themselves whereas children say "Baba, Baba." and then if they burn themselves in the fire of lust they are cursed. They are slapped by Maya. Baba says: Sweetest, beloved souls, now become satopradhan. Do not become Bhasmasur (devil who burnt himself to death).

Om shanti. Children know that you are now going from darkness into light. Moonlight is like the subtle region. When the sun rises, there is the warmth of the sun. The moon brings coolness. This light is for these eyes. The soul also has sight. The soul receives the eye of the intellect. The soul knows that it truly knows the unlimited Father, and with these eyes, it also knows the chariot, Brahma, in which Shiv Baba enters. You children have now had recognition. You have this recognition when you meet him personally. He is also called Nandigan and Bhagirath. Nandigan is always shown as a bull and Bhagirath is shown as a human being. They show a picture of Shankar and believe that the Ganges emerged through him. However, it was not the Ganges of water. You now know this. You Brahmins now have knowledge of all the scriptures etc. You explain the essence of all the Vedas, Granth, Upanishads etc. Some daughters have never studied or heard the scriptures but they are able to understand the essence of the Vedas and scriptures. Uneducated ones go ahead of the educated ones. The educated ones will bow down in front of those who are uneducated. Generally, uneducated ones bow down in front of educated ones. The wonder here is that those who haven't studied anything know all the Vedas, scriptures, religions and the activities of the path of devotion. In their stage of retirement human beings adopt gurus and they (gurus) then sit and relate the scriptures etc. to them. They believe that they will find the path to God from a guru. It is as though this is a mountain and that they have to climb a path anywhere to reach the top. However, it is not like that. Those of you who didn't know anything now know everything. The Supreme Father, the Supreme Soul had the arrow of knowledge shot at Bhishampitamai by the kumaris. The world doesn't know these things. Jagadamba, Saraswati is a kumari. Big pandits give themselves the name Saraswati. In fact, the Saraswati that emerged from the Ganges of Knowledge is Mama. Truly, the kumaris are now developing more power because they haven't climbed the wrong ladder. When a man marries, his attachment to his parents is removed and transferred to his wife. He becomes a slave of his wife. Then, when he has children, attachment is transferred to them. You now become destroyers of attachment to all. You have the faith that you are a soul. The soul's yoga is connected to the Father. Yoga means remembrance. Your matters are unique. Kumaris are pure. They don't go on pilgrimages because they are pure anyway. Human beings go on pilgrimages to cut away their sins. They believe that the Ganges is the purifier. The Purifier has to be One. If the Ganges (water) is the Purifier, then why do they go there? They go there to see it. They say that the Ganges emerged where an arrow was shot. They have created Gaumukh (mouth of cow) and placed it there. The Father sits here and explains: Children, you are souls. Consider yourself to be a soul and remember Me, your Father. He is the Father and also the Satguru. In temples, they show the feet of Krishna. Shiv Baba doesn't have feet of His own because He doesn't have a body of His own. Therefore, no one becomes the dust at His feet. Baba says: Children, you don't have to become the dust at Shiv Baba's feet. I come and liberate you children from these iron-aged customs and systems. I don't have feet. Shiva doesn't have a body. This is the body of Brahma. Therefore, you cannot worship Shiv Baba. Shiva has entered this lucky chariot. On the path of devotion, people offer flowers to those who say of themselves, "Shivohum". All of these customs and systems are of the path of devotion. They don't understand the meaning of them at all. They say that women should not worship a lingam. However, they don't understand who the lingam represents. In fact, Shiva is not such a big lingam image. He is the Star, so why can they not worship Him? Shiva means the Supreme Father, the Supreme Soul, the Benefactor. In fact, He should be worshipped a great deal. Shiva, the Benefactor, is only One. He is the One who makes you pure from impure. He benefits everyone. Those who were the first number, Lakshmi and Narayan, took 84 births and became impure and so everyone has become impure. All have come down from the satopradhan

stage and become tamo. The One who benefits everyone is the one Father alone. At this time all human beings are impure. They don't become impure as soon as they come down. At first they are pure. The Father sits here and explains all of this. My beloved, long-lost-and now-found children and saligrams, are you listening to what that Father is saying through this mouth? No one else can say this. No sannyasi etc. can say: I am ever-pure and am speaking to you souls through this body. Only the Father can say this. Some say, "Baba, Baba" and then become Bhasmasur. Maya slaps them and so they make themselves into Bhasmasur. Lust is a fire, is it not? Apart from you Brahmin children, this whole world is of those who are Bhasmasur because by calling God omnipresent they curse themselves and so they are Bhasmasur, are they not? The Father comes and liberates you from being Bhasmasur. He explains: Sweetest children, you are My children. You reside in Brahmand. There, you are bodiless and this is why there are no thoughts or bad thoughts. You then come and take a part. This too is the predestined drama. Your reward is now just ahead. You are now trikaldarshi. These sanskars of yours disappear here. This knowledge will not remain there. Whilst you are here, there is knowledge. For example, someone takes the sanskars from here, and then those sanskars *emerge* and so, according to that, he can become part of this army again. (Example of soldiers who take sanskars of battling with them) There, when they grow a little older, they register themselves in the *military*. If someone is to take birth here, then, according to the sanskars he takes with him, he will take birth in a good home. Then, little children with those sanskars also come here. When you take a new birth in heaven, the sanskars of here will be finished. Then, you will develop the sanskars of ruling in order to experience your reward, and these sanskars will become *merged*. Some children receive a lot of *love*. The soul becomes very happy, but because the *organs* are still small, he is unable to speak. As the child grows, those sanskars will continue to emerge. The Father explains so many things. He is the Supreme Father, the Supreme Soul, and so an inheritance would surely be received from the Father. He alone is the Creator of heaven. He would not be called the Creator of hell. You children know that you are claiming your inheritance of heaven from Baba. You also received it in the previous cycle. It is only at this time that you receive the inheritance of unlimited happiness from the unlimited Father. Only you can say this. These things are completely new. You explain that the Gita is the mother and father. All the rest of the scriptures are its children. It is only through the Gita that you receive the inheritance of Raja Yoga and the kingdom of heaven. What inheritance would you receive from children? You now become those with a divine intellect. Therefore, your palaces etc. will be built very quickly. Yours is the pure pride of silence and theirs is the arrogance of science. You claim the kingdom from the Almighty Authority Father. You become the masters of Bharat. Always keep it in your intellect that the Creator of the world is teaching you to make you into the masters of the world. He gives you liberation-in-life in a second. So, would the Father not be able to enter this one in a second? The soul leaves here for London or America and takes birth there in a second. Souls are a flying squad. They are such tiny stars. You definitely believe in rebirth. How many rebirths have you taken? You definitely have to enter the cycle of 84 births. Those who have a totally impure shudra intellect come and once again become those with a clean intellect. The company of those with a clean intellect will make you the same. You are now *master* oceans of knowledge. You are imbibing the virtues that the Father has in Him. You too say: Manmanabhav! Therefore, you souls will become clean. However, Baba alone has the key to divine vision. You change from human beings into deities and this is why even the children are shown with a crown. Otherwise, little children don't have a crown. He is just shown as a *prince*. Mothers see in visions how they will go and become empresses. You souls can also understand with knowledge that you have now become impure. I am a carpenter. I am poor. It is the soul that says this. You now know that you are becoming deities through Shiv Baba. It is the soul that becomes impure and pure. Now, I, the soul am impure and so my body is also impure. It has alloy in it. By talking to yourself in this way, you can continue to churn the ocean of knowledge. Then the habit will be instilled. You children have to churn the ocean of knowledge as to what is *right* and what is *wrong*. Have the faith that you are a soul. I am a Brahmin. They invoke the soul through a body. Why do they not call the body? They feed the soul. OK, how will the soul eat? It will eat through the body of the Brahmin priest. A widow would understand that she has called the soul of her husband. When someone loved his wife, and

her soul is invited, he would feel, "What gift should I give her?" so he puts a ring or a nose-stud on her. That is just the soul, the body cannot come here. In fact, the soul doesn't even come. All of that is fixed in the drama. It is also a game. They think: So-and-so has come and I am feeding that one. They feed an eminent person with a lot of pomp and splendour. This is the custom and system. In fact, Brahmin priests don't have to have a job but nowadays they do everything for their stomach (livelihood). Otherwise, Brahmin priests consider themselves to be very elevated. However, they are a creation born through a womb. You Brahmins are mouth-born. You are praised a lot. You have now understood. You know the beginning, middle and end of the whole world. No one except the one Father would be called *knowledgefull.* Those whom He changes from human beings into deities also definitely need a lap because He is the Mother and Father. The Father comes and creates you through this one. It is very difficult for anyone else to understand these things. These are such *wonderful* things! He says: Day by day, I tell you deep secrets. You have to imbibe this knowledge till the end. At the end, you will reach your karmateet stage. Eight pass with honours. When someone in the *military* dies, they give him full respect. All of you are making effort. This is the *race* to become karmateet. Who is having good yoga and becoming part of the rosary of Rudra? Mama and Baba are very well-known, and then it is numberwise. Those who pass with honours receive full marks. They don't experience any punishment. They are given a lot of respect. Nine jewels are always remembered, not 8. There are 4 couples then there is the one Father in the middle. Those people don't understand the meaning. They create whatever someone advises them. Jains teach hatha yoga a lot. They even pluck out each hair. That is violence. That renunciation is one that causes sorrow. You don't have to do anything like that. You are *tempted* and inspired to renounce the vices. No one except you has this knowledge. You have truly been around the cycle of 84 births. We are now to return home. The more yoga you have, the purer you will become. If you continue to stay in remembrance and do service, you will receive greater fruit. The Father is the most beloved from whom you receive an inheritance of happiness for 21 births. Achcha.

To the sweetest beloved long-lost and now-found children, love remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

- 1. Run the *race* to become karmateet. In order to receive good fruit, do *service* whilst staying in remembrance.
- 2. Keep the company of those who have a clean intellect and become clean. Imbibe the virtues of the Father in yourself. Never curse yourself.
- **Blessing:** May you have faith in the intellect and, with zeal and enthusiasm for victory, transform hopelessness into hope. If faith is unbroken, victory is guaranteed. Let there always be zeal and enthusiasm for victory and not sanskars of hopelessness. Let any difficult task be experienced to be very easy, as though it is not a big thing, for you have already carried out that task many times. You are not doing anything new. Therefore, let there be no name or trace of hopelessness. Let there never be thoughts in your nature or sanskaras such as: I don't know whether I will be able to transform this or not. You are always victorious.
- Slogan: In order to become powerful, have the awareness of the treasures and stay in remembrance. ***OM SHANTI***

Essence: Sweet children, your renunciation is satopradhan. You discard this whole old world, including your body from your intellect.

Question: Which big responsibility do you Brahmin children have?

- **Answer:** You have the responsibility of becoming pure and making the whole world pure. For this, you constantly have to continue to remember Shiv Baba. Remembrance is the fire of yoga in which you souls become pure and your sins are burnt away.
- **Song:** Have mercy on those who are experiencing sorrow, o Mother and Father of mine!

Om shanti. Children, you heard in the song that we are children. He is truly your Father. Children would never call their father omnipresent. The children of a worldly father would never say that their father is omnipresent. The unlimited Father sits here and explains: All of you are children and your Father is the One who is called the Supreme Father. God is also called the Supreme Soul. "Param" means supreme and "atma" means soul. Therefore, surely all are children and there is the one Father. All devotees remember the one God. The One who is remembered would surely have a name, form, land and time. He couldn't be infinite like they say. Human beings have been saying that God, the Father, is infinite, that no one can reach the end of Him. Then they say that He is omnipresent, which is totally meaningless. They say that God is in the pebbles and stones and then they say that He is infinite. Children have forgotten their Father and this is why the whole human world is said to be atheist and impure. Every man and woman is impure and this is why they remember the One who purifies the impure. No one in this world can be called a great soul. Pure souls cannot exist in the impure world. Bapu Gandhiji used to say: The Purifier is Rama who belongs to Sita. This was said about human beings. He didn't say it about the Ganges of water. That is falsehood. Maya is false, the body is false and the whole world is false. When there was new Bharat in the new world it was the land of truth. Now that same Bharat has become old. When Bharat is new, it is called heaven, and that was 5000 years ago. Two degrees reduced in the silver age. At this time, it is the iron age. This is called the old world. There is old Bharat in the old world. There is the new world and then there is also the old world. It is now the old world. All human beings are atheists and this is why this is called the land of sorrow. Only the one Father can change this land of sorrow into the land of happiness. Bharat that used to be pure has become impure. When there was *purity*, there was also *peace* and *prosperity*. The *average* age of the people of Bharat was long. Now, it is very short. The world doesn't know when Bharat became diseased. You cannot say that it has been diseased from time immemorial. Bhakti begins from the copper age. When it is the end of the iron age, the Father comes and gives you knowledge. Only the Ocean of Knowledge has knowledge. The praise "Ocean of Knowledge, *knowledge-full*" belongs to that Father alone. He is the Seed of the human world. When you speak of omnipresence, there is no love between Father and child. This is the world of *orphans*. They all continue to fight amongst themselves and that is why this is called the extreme depths of hell. Bharat was heaven and it is now hell. None of them know that they are residents of hell and that they will be transferred from hell. However, it isn't that residents of hell can take rebirth in heaven. All of them take rebirth in hell. Hell is called the impure world. The land of nirvana is the place of residence of souls and it is called the incorporeal world. The soul, the star, is immortal and the body is mortal. Souls have to shed a body and take another. There is praise of the 84 births. To speak of 8.4 million births is a lie. The Father explains: All souls come to play their part and have to enter organs. However, not everyone can have 84 births. Those who are deities in the golden age will have 84 births. The Father says: I also told you earlier that you don't know your births, but that I tell you about them now. You are Brahma Kumars and Kumaris. Achcha, who is the Father of Brahma? Shiva. Brahma, Vishnu and Shankar are also children of Shiv Baba. They have their own subtle bodies. The Supreme Father, the Supreme Soul, doesn't have a body of His own. The Father says: My name is Shiva. Although some call Me Rudra and others call Me Somnath, I am the Incorporeal One. Truly, there are temples to Shiva in Bharat. Only the Supreme Father, the Supreme Soul, not Krishna, is called the Ocean of Knowledge. That one is a *prince* of the golden age. He doesn't have the knowledge of the beginning, middle and end. Even golden-aged deities don't have this knowledge. You know that you are now becoming as valuable as diamonds. No one, except the Supreme Father, the Supreme Soul, can teach you Raja Yoga. Krishna

cannot be called the Supreme Soul. Only the Incorporeal One is called the Supreme Soul. Everyone has forgotten that Father. At this time, all are impure and tamopradhan. The Father says: This is the variety tree of the human world. All are tamopradhan, diseased and unhappy. Bharat was so elevated and now it is poverty-stricken. In the scriptures, they have written that the duration of a cycle is hundreds of thousands of years. They believe that the iron age still has to continue for another 40,000 years. The Father explains: That is extreme darkness. Now that the Sun of Knowledge has risen, the darkness of ignorance is dispelled. The Father is the Sun of Knowledge. He comes and dispels the extreme darkness of ignorance. It is now the night of Brahma. The golden and silver ages are called the day of Brahma. So, you are Brahma Kumars and Kumaris, children of Brahma. Brahma is not the Creator of the world or of heaven. That is only the praise of Incorporeal heavenly God, the Father. That Father Himself comes and teaches you Raja Yoga. The Father says: Oh children! He speaks to souls. It is the soul that listens to everything, imbibes it and carries those sanskars. Baba has explained that those who die on a battlefield, therefore take birth according to their sanskars, and then engage themselves in war again. At this time, the soul of everyone is tamopradhan. They all continue to give sorrow to one another. Who gives the greatest sorrow? Those who turn you away from God. This is why Shiv Baba says: Children, leave aside all of them. It is said: God is One. All of you are brides. I am your Bridegroom. O brides: You are not at all worthy to go to heaven. Maya has made you totally unworthy. This is the kingdom of Ravan. In the golden age, there is the kingdom of Rama. Shiva is called Rama. You are Brahmins. You are claiming your inheritance from the Supreme Father, the Supreme Soul who establishes heaven. The people of Bharat are receiving the inheritance of heaven. The urn is placed on the mothers. No one can receive benefit without the mother guru. To call the One to whom you say "You are the Mother and Father" omnipresent is such a big mistake. They call the Mother and Father infinite. They sing: You are the Mother and Father and we are Your children. We experience a lot of happiness through Your grace. In that case, how can you blame the Father for anything? The Father comes and makes you pure from impure. Ravan makes you impure. The kingdom of Ravan is now to end and then the kingdom of Rama will begin. You have to understand this cycle very clearly. Only the unlimited Father would tell you unlimited *history* and *geography*. This is the sacrificial fire of the knowledge of Rudra. It is not the sacrificial fire of Krishna. It is the Raja Yoga of that same Gita, but Krishna doesn't give any knowledge. These are the words of Rudra, God Shiva. The flames of destruction emerged from the sacrificial fire of the knowledge of Rudra. You children have now come to claim your inheritance of heaven from the Mother and Father. This is not blind faith. There is no blind faith in a *university or college*. There is no question of blind faith here. You have come to claim your unlimited inheritance from the Father and to change from human beings into deities. This is the Godfatherly University. The Father explains: This Bharat was the deity land of kings and there used to be palaces built of diamonds and jewels. On the path of devotion too, they built such a big temple to Somnath. What must they have had before that? Bharat is now poverty-stricken. It is the task of the Father alone to make it crowned once again. You children know that you are now sitting personally in front of the Mother and Father and receiving happiness for 21 births. The Father says: O souls, now remember Me. I am your Guide and Liberator. How the world history and geography repeat has been explained to you children. There is no question of blind faith in this. Your renunciation is unlimited and satopradhan. You renounce the old world from your intellect and this is why the Father says: Renounce all bodily relationships, forget everything and consider yourself to be a bodiless soul. The Father says: Renounce the awareness of this body. By remembering Me, your Father, your sins will be absolved. Constantly remember Me. There is no other way. You have to remember Me till the end. You have to conquer Maya and become a conqueror of the world. Only Shiv Baba enables you to conquer Maya. Achcha. The Father is now bringing the imperishable omens of Jupiter over Bharat through you Shiv Shaktis. The Father says: I take this body on loan and name this one Brahma. You Brahma Kumars and Kumaris claim your inheritance from Shiv Baba. You have to remember Shiv Baba alone. He says: I have only the one name Shiva. You too are souls, but you take a body and then shed it. This is why your name changes birth after birth. If you take 84 births, you receive 84 names. Not everyone will take 84 births. Some will have 80 births, some will have 60 and

21/06/03

some could even have only 5 or 6 births. I have just the one name Shiva. Continue to remember Shiv Baba and your sins will be absolved. No one can become pure without the fire of yoga. You made a promise: Baba, I will become pure, make Bharat pure and then rule there. If you don't remember Shiv Baba, it means you are making yourself impure. This is why there will then have to be very severe punishment from Dharamraj. You have a huge *responsibility*. To continue to remember the Father is your spiritual pilgrimage. Achcha.

To the sweetest, beloved, long-lost and now-found children, numberwise, according to the effort you make, love, remembrance and good morning from the Mother, the Father, BapDada. The spiritual Father says namaste to the spiritual children.

Essence for dharna:

- 1. Become a conqueror of Maya and a conqueror of the world by having constant remembrance of the one Father. Become pure and make Bharat pure.
- 2. Renounce the unlimited old world from your intellect. Practise forgetting the consciousness of the body. Remain soul conscious.
- **Blessing:** May you be a constantly clean and *holy* swan and take the food of pure thoughts into your intellect.

A *holy* swan would never take anything into the intellect except pearls of knowledge. Brahmins souls, who are the elevated top-knot, never take things of down below. A *holy* swan means one who is always clean, always pure. Purity is cleanliness. A *holy* swan cannot have impure thoughts. *Holy* swans, who always eat the food of pure thoughts remain ever-healthy. They cannot be influenced by anyone.

Slogan: Become a soul who loves peace and reveal the vessel of peace (shanti-kund = the vessel in which a sacrificial fire is carried out) through your mind.

OM SHANTI

The duty of special souls.

Today, the Father, the Comforter of Hearts, has come to meet His happy-hearted children. Throughout the whole world, only you children are constantly happy at home. All the rest are, at some time or other, experiencing the sorrow of pain in the heart from one thing or another. You children, of the Father who removes the pain in the heart, the Remover of Sorrow and the Bestower of Happiness, are the embodiments of happiness. From everyone else's heart emerges the sound of distress of the pain in the heart whereas from the hearts of all of you children who are happy-hearted, the sound "Wah, Wah!" emerges. Just as a physical body has many different types of pain, in the same way, human souls of today also have many different types of pain in the heart. Sometimes there is the pain of the suffering of karma through the body. Sometimes there is the pain of experiencing sorrow in relationships and connections. Sometimes, when they receive a lot of wealth or their wealth has decreased, there is the pain of worrying over both situations. And sometimes there is the pain of the sorrow received through natural calamities. In this way, from one type of pain, many other types of pain are born. The whole world has become one that is calling out in pain and sorrow. At such a time, what is the duty of you children, you bestowers of happiness, embodiments of happiness? Liberate everyone from the debt of pain and sorrow of birth after birth. This old debt has become a disease of pain and sorrow. At such a time, it is the duty of all of you to become bestowers and whatever disease of any debt a soul has, to make that soul full with the missing attainment. Just as a soul with pain and sorrow as a result of the suffering of his actions, ends that suffering by becoming a karma yogi and has karma yoga, in the same way, give them the great donation of the attainment of power for them to become karma yogis. Give this to them as a blessing because they are debtors, that is, they are powerless and empty. Give a share of the power of your karma yoga to such souls. Credit their account with something or other from your account, for only then will they be able to be liberated from the disease of debt. For such a long time, you have been *direct* heirs of the Father and accumulated an inheritance of all powers. Therefore, now, donate from your savings account with a generous heart, for only then will you be able to end the suffering of the pain in their heart. As the final moments are coming closer, so the power of devotion of all souls is ending. At least the rajoguni souls still had the power of donation, charity and devotion from the copper age accumulated in their account. This is why they had one means of peace or another for the livelihood of their soul. However, now, the tamoguni souls have become empty of even the means of temporary happiness for the livelihood of the soul. That is, they have become empty having eaten the fruit of devotion. Devotion is now just in name only. Devotion is not such that it gives you any fruit. The tree of devotion is now fully grown. The tree definitely has the beauty of the variety of colours but, because it is powerless, fruit is not received. Just as when a physical tree has fully grown and reached the stage of total decay it cannot be fruitful but just becomes one that gives shade, in the same way, the tree of devotion is definitely giving the shade of keeping their hearts happy. "We've adopted gurus and we will receive liberation. We've been on pilgrimages, made donations and performed charity, and so we will have some attainment". Now all that remains is the shade of this temptation to make their hearts happy. "If not now, we will receive it at some point." The poor innocent devotees are resting in this shade, but they don't have any fruit. This is why everyone's account for livelihood of the soul is empty. At such a time, the duty of you overflowing souls is to give such souls a share of courage and encourage them from your accumulated account. Have you accumulated or have you just earned enough for yourself and used that up? If you just earn enough for yourself and use that up, that is not called being a Raja Yogi. That is not called being a master of the self. A king's treasure-store always remains overflowing. The king is responsible for sustaining the people. A master of the self means overflowing with all treasures. If you are not overflowing with treasures, then you are a praja yogi (subject yogi), not a Raja Yogi. A subject just earns and uses it up. Wealthy subjects keep a little accumulated, but kings are the masters of the treasures. Therefore, a Raja Yogi means a soul who is a master of the self, one whose account of accumulation of any treasure cannot become empty. So check yourself: Are your treasures overflowing? Children of the Bestower, do you feel you want to give to everyone or are you just lost in your own self? Is your time spent in just sustaining

yourself? Or are your time and treasures overflowing for sustaining others? Those who take the sanskars of spiritual sustenance from here at the confluence age can become the future world kings who sustain the subjects. The *stamp* of being a king or a subject is applied here and the *status* is received there. If the *stamp* is not applied here, there is no *status*. The confluence age is the *stamp office*. The *stamp* is received from the Father and the Brahmin family. Therefore, look at yourself very carefully. *Check* your *stock*. Let it not be that, at that time, lacking one thing you are deceived in becoming full. When you accumulate physical *stock* and, having accumulated all the groceries, a tiny matchbox is left out, what would you do with the grains? Whilst having innumerable attainments, the lack of attainment of one thing can deceive you. In the same way, one thing missing will deceive you in claiming a right to receiving the *stamp* of completion. Don't think: I have the power of remembrance and so if a virtue is missing, it doesn't matter. The power of remembrance is great and it is fine that it is number one. However, instead of your passing fully even missing one virtue will fail you. Don't consider this to be a small thing. The importance and relationship of each virtue is a deep account. Baba will tell you about that at some other time.

Today, Baba especially reminded you of what the duty of special souls is. Do you understand? At this time, those from the capital Delhi have come here and so Baba told you about the things for someone who has a right to the kingdom. You won't receive a palace in the kingdom just like that! You do have to give sustenance and create subjects. Those from Delhi must be making preparations with great force. You want to stay in the capital of the kingdom. You don't want to go far away, do you?

Even now those from Gujarat are together. You are with Madhuban at the confluence age and so you will also be together in the kingdom, will you not? You have had the determined thought to remain together, have you not? The third group is Indore. *In-doors* means those who stay at home. So those of you from the Indore zone will remain in the home of the kingdom, will you not? Even now, you are those who live in the home of the Father's heart. So all three of you have something in common in terms of closeness. In this way, constantly continue to make the line of your fortune clear and continue to extend it. Achcha.

To those who always fulfil their duty of being full and overflowing, to those who, with their elevated sanskars of bestowers, remove everyone's pain, to those who are always masters of the self and give spiritual sustenance, to those who make the treasure-stores of all treasures overflowing, to the master bestowers and bestowers of blessings, to such elevated Raja Yogi souls, BapDada's love, remembrance and namaste.

Avyakt BapDada meeting groups:

Do you constantly experience yourselves to be souls stable on the *seat* of a detached observer? The stage of a detached observer is the most elevated and best *seat*. Performing actions and seeing everything whilst seated on this *seat* is a great pleasure. When a *seat* is good, you enjoy sitting on it. If a *seat* isn't good, you don't enjoy sitting on it. This *seat* of a detached observer is the most elevated *seat*. Do you always remain on this *seat*? In the world, they are running around chasing after a *seat*. You have also received such a good *seat*. No one can remove you from this *seat*. Those people are so afraid that although they have the *seat* today, they won't have it tomorrow. You have the imperishable seat and so you can sit on it without fear. So do you always remain on the *seat* of a detached observer? Those who become *upset* cannot be *set*. Constantly remain *set* on this *seat*. This is such a comfortable *seat* that whilst sitting on it you can see and experience whatever you want.

Do you consider yourselves to be special souls who are a handful out of multimillions in the whole world, and the lucky few out of that handful? The praise that only a handful out of multimillions belong to the Father applies to you. Do you always have this happiness? Many souls of the world are making effort to find the Father whereas you have found Him. To belong to the Father means to attain Him. The world is

searching for Him and you now belong to Him. There is a lot of difference between the attainment of the path of devotion and that of the path of knowledge. Knowledge is study; devotion is not study. That is spiritual temporary entertainment, whereas knowledge is the means for permanent attainment. Therefore, always stay in this awareness and make others powerful. The things you never even thought of, you have attained in a *practical* way. The Father removed the children from every corner and made them belong to Him. Therefore, stay in this happiness.

Do all of you experience yourselves to belong to the one Father and follow the directions of One, those who remain stable in a constant stage? When you have just the one Father, when you don't have anyone else, your stage easily becomes constant. Do you have this experience? When you don't have anyone else, where would your intellect go? There is no *margin* for it to go anywhere else. There is just the One. Where there are 2 to 4 things, there is a *margin* for you to think about that. When there is just the one path, where will you go? So, here, the easy way to show the path is to belong to the one Father, to have one direction, a constant stage and the one family. Therefore, always remember the "One" and you will become *number one*. All you have to do is know the account of "One". No matter where you may be staying, when you have the remembrance of the One, then you are always with Him, not far away. When you have the Father's company, you cannot have the company of Maya. It is when you step away from the Father that Maya comes. She doesn't come just like that. Don't step away and Maya won't come! There is importance in just the "One".

BapDada meeting half kumars:

Whilst always living at home with your family, do you have an alokik attitude? Do you experience yourselves to be beyond the householder life and always living as *trustees*? A *trustee* means always happy and a householder means always unhappy. Who are you? Always happy. You have now left the world of sorrow. You have come away from that. You are now in the confluence-aged world of happiness. You are those with an alokik household, not a lokik household. Amongst yourselves, let there also be an alokik attitude and an alokik vision.

The sign of being a *trustee* is to be constantly detached and loving to the Father. If you are not loving and detached, you are not a *trustee*. A householder life is a life of bondage. A *trustee* life is free from bondage. By becoming a *trustee*, all bondages easily end. When you are free from bondage, you are always happy. Waves of sorrow cannot come to such souls. If you have the thought, "This is my home, my family, my work", then this awareness also invites Maya. Therefore, change "mine" into "Yours". When you say "Yours", sorrow ends. To say "mine" means to become confused. To say "Yours" means to stay in pleasure. If you don't stay in pleasure now, then when would you stay in pleasure? The confluence age is the age of pleasure. Therefore, always remain in pleasure. Let there be no waste even in your dreams or thoughts. You have been wasting everything for half the cycle. The time for wasting is now over. It is now the time to earn an income. To the extent that you are powerful, accordingly you will be able to accumulate. Accumulate so much that you will be able to eat comfortably from that for 21 births. Have so much stock that you also become able to give to others because you are children of the Bestower. To the extent that you have that much happiness.

Always remain lost in the love of belonging to the one Father and none other. Where there is love, no obstacles can remain. When it is the day, it isn't the night and when it is the night, it isn't the day. So, love and obstacles are the same as that. Love is so powerful that it burns away obstacles. You are souls who have such love that you are free from obstacles. No matter how big an obstacle may be, even if Maya comes as an obstacle, those who have love overcome that obstacle as easily as pulling a hair out of butter. Love enables you to experience all attainments. Where the Father is, there is definitely attainment. The Father's treasures are the children's treasures.

BapDada meeting mothers:

You are the Shakti Army, are you not? You mothers have become world mothers. You are no longer limited mothers. Always consider yourselves to be world mothers. You are not those who become trapped in a limited household. You are those who constantly remain happy in unlimited service. The Father has given you such an elevated status. He has made you from maids into the crown on His head. Wah, my elevated fortune! That's all! Simply continue to sing this song. This is the only work that the Father has given you mothers because, having wandered around so much, you mothers have become tired. On seeing the tiredness of the mothers, the Father has come to liberate you from that tiredness. He finished the tiredness of 63 births in one birth. He finished it in a *second*. You belonged to the Father and the tiredness ended. Mothers like swinging and making others swing. So the Father has given you mothers the swing of happiness and supersensuous joy. Continue to swing in those swings. You have become constantly happy and fortunate by having the Husband (you are not a widow). You have become the immortal children of the immortal Father. BapDada is also pleased to see the children. Achcha.

Blessing: May you be constantly free from the disease of Maya and, with the intention of serving, receive the immortal fruit.

At the confluence age, the children who eat "Prabhu-fal" (fruit from God), the imperishable fruit, the fruit that is filled with juice of the love of all relationships, always remain free from the disease of Maya. You receive all other fruits in the golden age and also in the iron age, but if you don't eat the instant fruit of the intention of serving and Prabhu-fal now, you won't be able to eat it throughout the whole cycle. This fruit is the fruit of God's magic. By eating this fruit, not only do you change from iron to divine, but you become like a diamond. This fruit is the immortal fruit that will end all obstacles.

Slogan: Those who uplift the ones who harm them and those who consider the ones who defame them to be their friends are equal to the Father.

*****OM SHANTI*****

Centre Address List

International

International Web Site

Web Site: www.bkwsu.com

Angola

Main CENTRE

Br Tito Antonio Da Silva Brahma Kumaris Centro Raja Yoga bairro caop Viana frente ao bombeiro

Luanda

Tel 244-2-323740 Email:rajayoga@netangola.com

Argentina

Main CENTRE

Sr Moira Lowe / Sr Amalia Britos Av. Santa Fe, 1863, 2nd Floor

C1123AAA Buenos Aires

Tel 54-11-4815 1811 FAX 54-11-4815 1811 Email:argentina@bkwsu.com / moira@bkwsu.com

CENTRE

Sr Gabriela Del Carpio / Br Mario Cavaco El Carpintero 6947 (Rivadavia 11.200)

C1408DZC Buenos Aires

Tel 54-11-4641 1824 Email:bku@elsitio.net

CENTRE

Living Values Association Sr Celia Gonzalez Donato Alvarez 978

C1406BOU Buenos Aires

Tel 54-11-4581 4669 Email:vpv@elsitio.net

CENTRE

Sr Karina 1ª Junta 212

Mar del Plata

Tel 54-11-0223-4772359

CENTRE

Sr Pinky Funes / Sr Celia Gonzalez Boedo 188, 1st Floor A B1832HRD Lomas de Zamora

Pcía de Buenos Aires

Tel 54-11-4292 9588

Email:bklomas@elsitio.net

CENTRE

Sr Rosa Vidal / Sr Analía García

Sarmiento 3677 S3002FXC Santa Fe

Tel 54-342-455 8550 Email:brakumar@satlink.com

Australia

Main CENTRE

Dr Nirmala / Br Charlie Hogg / Sr Sally Segal 78 Alt Street Ashfield

Sydney

NSW 2131 Tel General: 61-2-9716 7066 / Dr Nirmala: 61-2-9799 9880

FAX 61-2-9716 7795 Email:General: indra@brahmakumaris.com.au Dr Nirmala: nirmala@brahmakumaris.com.au Charlie: charlie@brahmakumaris.com.au National Coordinating Office: nco@brahmakumaris.com.au

Main CENTRE

Sr Jacqueline Russell Brahma Kumaris Centre for Spiritual Learning 83-99 Stotts Lane

Frankston South

VIC 3199 Tel 61-3-5971 1599 FAX 61-3-5971 3601 Email:baxter@brahmakumaris.co m.au Web Site: www.brahmakumaris.com.au

Main CENTRE

Sr Sona Bahri / Sr Maureen Cannon Brahma Kumaris Centre for Spiritual Learning 186 Mt Hay Road

Leura

NSW 2780 Tel 61-2-4784 2500 FAX 61-2-4784 2522 Email:leura@brahmakumaris.com. au

Main CENTRE

Sr Maureen Chen Inner Space Retreat Centre 150 MacArthur Drive

Wilton

NSW 2571 Tel 61-2-4630 8124 FAX 61-2-4630 8125 Email:innerspace@brahmakumari s.com.au

CENTRE

Sr Gopi Elton 414 Portrush Road Linden Park

Adelaide

SA 5065 Tel 61-8-8338 4531 FAX 61-8-8379 2674 Email:bkadelaide@bigpond.com.a u

CENTRE

Br Peter Clark 347 Milton Road Auchenflower

Brisbane

QLD 4066 Tel 61-7-3368 2391 FAX 61-7-3367 2783 Email:brisbane@brahmakumaris.c om.au

CENTRE

Sr Maria Anning 38 Wisdom Street Hughes

Canberra

ACT 2605 Tel 61-2-6260 5525 FAX 61-2-6260 5526 Email:canberra@brahmakumaris.c om.au

CENTRE

Sr Nancy Armstrong 233 Roslyn Road Highton

Geelong

VIC 3216 Tel 61-3-5243 0530 FAX 61-3-5243 1665 Email:geelong@brahmakumaris.c om.au

CENTRE

Br Eduardo Diaz 358 Doncaster Road North Balwyn

Melbourne

VIC 3104 Tel 61-3-9857 8871 FAX 61-3-9816 3889 Email:arjuna@eisa.net.au

Sr Christine Westbury Ancient Raja Yoga of Bharat 256 Brunswick Street Fitzroy

Melbourne

VIC 3065 Tel 61-3-9417 4883 / 9419 7877 FAX 61-3-9419 7729 Email:bkfitz@fox.net.au

CENTRE

Sr Frances Fitzgerald 275 McKinnon Road McKinnon

Melbourne

VIC 3204 Tel 61-3-9578 9955 FAX 61-3-9578 9755 Email:bkcompanions@ozemail.co m.au

CENTRE

Br Stephen Berkeley / Br Jason Roberts 7 Myall Road (Rear of Nursing Home) Garden Suburb

Newcastle

NSW 2289 Tel 61-2-4942 4060 FAX 61-2-4942 4061 Email:newcastle@brahmakumaris. com.au

CENTRE

Sr Phillippa Andrew / Sr Carolyn Minter 35 Dodd Street Wemblev

Perth

WA 6014 Tel 61-8-9285 8330 FAX 61-8-9285 8331 Email:perthfreo@brahmakumaris.

com.au

Sr Margaret Harris 8 Anglesea St

South Hobart

TAS 7004 Tel 61-3-6223 5460 FAX 61-3-6223 2456 Email:hobart@brahmakumaris.co m.au

CENTRE

CENTRE

BK Media (Eternity Ink) Br Manvinder Kohli / Sr Amanda Quinn First Floor, 77 Allen Street Leichhardt **Sydney** NSW 2040 Tel 61-2-9550 0543 FAX 61-2-9550 0571

Email:bkmedia@ozemail.com.au

CENTRE

Sr Andrea Sant 41 Brentwood Avenue Figtree

Wollongong

NSW 2525 Tel 61-2-4227 2241 FAX 61-2-4272 7238 Email:wollongong@brahmakumari s.com.au

Sub CENTRE

Br Warren Carey First Floor 1059 Mount Alexander Road Essendon

Melbourne

VIC 3040 Tel 61-3-9374 1112 FAX 61-3-9374 1023 Email:warrenc@inducto.com.au

Sub CENTRE

Sr Tricia Riordan 90 Fairy Street

Warrnambool

VIC 3280 Tel 61-3-5561 7704 FAX 61-3-5561 7704 Email:rajawbool@bigpond.com

Sub CENTRE

Br Andrew Shadbolt / Br Max Fox 54 Campaspe Street

Wodonga

VIC 3690 Tel 61-2-6059 4222 Email:rajayoga@dragnet.com.au

Austria

Main CENTRE

Sr Rikki Klanacsky Helblingasse 9/1

1170 Vienna

Tel 43-1-408 6941 FAX 43-1-408 6941 Email:bkwsuvienna@netway.at

CENTRE

Sr Michaela Strobl Raja Yoga Center Graz Babenbergerstr. 58

8020 Graz

Tel 43-316-36 79 69 FAX 43-316-36 79 69 Email:bkwsugraz@aon.at

CENTRE Treietstr. 20A

6830 Rankweil

Tel 43-5522 46 983 FAX 43-5522 46 983 Email:bkwsu.rankweil@vol.at

Barbados

Main CENTRE

Sr Myrna Belgrave 87 Kendal Hill Development Christ Church

St Michael

Tel 1-246-429 2449 FAX 1-246-228 1245 Email:omo@caribsurf.com

Belarus

Main CENTRE

Sr Chakradhari / Sr Inna Centre Brahma Kumaris 56, Vostochnaya, Fl. No. 176

Minsk - 220113

Tel 375-17-288 30 76 FAX 375-17-288 30 76 Email:avoitov@narod.ru

CENTRE

Sr Sudha / Sr Elena Centre Brahma Kumaris 15, Internationalnaya, Flat. No. 3

Brest - 224030

Tel 375-162-22 12 79 (PP) FAX 375-162-41 56 36 (PP) Email:lenashukajlo@mail.ru

Belgium

Main CENTRE

Sr Ludwine Mestdag Jan Persijnstraat 2, b22

8500 Kortrijk

Tel 32-56-25 21 75 FAX 32-56-25 21 75 Email:bkwsu.kortrijk@pandora.be

Br Jaap van der Steur / Sr Marga Wintgens Stichelberg 27

(Brussels)

1702 Groot-Bijgaarden Tel 32-2-463 38 27 FAX 32-2-463 38 27 Email:bk.brussel@skynet.be

CENTRE

Sr Isabelle Werkhoven Coupure Rechts 286

9000 Gent

Tel 32-9-225 77 13 FAX 32-9-225 77 13 Email:bkgent@tiscali.be

Sub CENTRE

Sr Mineke Ghekiere Kosterijstraat 31

2550 Kontich

Tel 32-3-4572 470 FAX 32-3-4572 470 Email:bkminekekontich@belgaco m.net

Bolivia

Main CENTRE

Sr Cecilia Levy Av 6 de Agosto, Esq. JJ.Perez Edificio Brasilia 2do piso, of. 203

La Paz

Tel 591-2-244 2640 / 279 6703 / 279 2478 FAX 591-2-244 2116 Email:bkwsuces@ceibo.entelnet.b 0

Sub CENTRE

Sr Maria Teresa / Br Guido Calle 35 b sector Carmelita Calle 1 Carmelita # 7 Cotacota

La Paz

Tel 591-2-279 0251 Email:bkasca@unete.com

Botswana

CENTRE

The Raja Yoga Centre Plot No. 2603 Tshekedi Crescent Flat No. 4 Notwane Court PO Box 402630

Gaberone

Tel 267-356961 FAX 267-303310 / 352470 Email:bkwsugab@it.bw

Brazil

Main CENTRE

Br Ken O`Donnell / Sr Luciana / Sr Tereza / Sr Mira / Sr Katia / Sr Rosane Rua Dona Germaine Burchard 589 05002-062

Sao Paulo / SP

Tel 55-11-3864 3694 / 2639 FAX 55-11-3872 7838 Literature Tel 55-11-3873 3304 Fax 55-11-3673 3836 Email:International: brasil@bkumaris.com.br Centre: saopaulo@bkumaris.com.br Publications: editora@bkumaris.com.br Web Site: www.bkumaris.com.br/

CENTRE

Sr Prem / Sr Patricia Rua Industrial José Costa, 587 30460-550

Belo Horizonte / MG

Tel 55-31-3371 9802 / 3377 5187 FAX 55-31-3371 9769 Email:bhorizonte@bkumaris.com. br

CENTRE

Br Rodrigo SHCS-CR – Qd 506 – BI A – entrada 59 – pav 1 e 2 70350-515

Brasilia / DF

Tel 55-61-244 0766 FAX 55-61-244 0766 Email:brasilia@bkumaris.com.br

CENTRE

Sr Joana / Sr Juliana R. Rev. Eduardo Lane, 134 13075-050

Campinas / SP

r

Tel 55-19-3241 7480 FAX 55-19-3241 7480 Email:campinas@bkumaris.com.b

CENTRE

Br Vladimir / Br Guilherme / Br Vitor Travessa Kalil Karan, 39 80040-030

Curitiba / PR

Tel 55-41-363 2045 FAX 55-41-363 2045 Email:curitiba@bkumaris.com.br

CENTRE

Sr Cristine R. Papa Joao XXIII, 261 88085-700

Florianopolis / SC

Tel 55-48-249 0375 FAX 55-48-249 0375 Email:floripa@bkumaris.com.br

CENTRE

Sr Ansuia / Sr Benedita / Sr Débora R. Joaquim Nabuco, 2270 60125-121

Fortaleza / CE

Tel 55-85-224 5405 FAX 55-85-224 5210 Email:fortaleza@bkumaris.com.br

Br Claudio / Sr Maru R. Praia da Penha Qd 17 Lote 08, Vilas do Atlantico

42700-000

Lauro de Freitas / BA

Tel 55-71-379 2256 FAX 55-71-369 0652 Email:vilas@bkumaris.com.br

CENTRE

Sr Cidinha R.Deputado Otavio Lopes, 291 13480-020

Limeira / SP

Tel 55-19-3451 8191 FAX 55-19-3451 8191 Email:limeira@bkumaris.com.br

CENTRE

Sr Gayatri / Sr Maria Antonia Av. Brasil 921 13416-530

Piracicaba / SP

Tel 55-19-3433 6035 FAX 55-19-3432 5179 Email:piracicaba@bkumaris.com.b

CENTRE

Sr Márcia / Sr Ivana R. Ferreira Viana, 812 90670-100

Porto Alegre / RS

Tel 55-51-3388 1244 FAX 55-51-3388 7515 Email:palegre@bkumaris.com.br

CENTRE

Sr. Sirle / Sr Jurema / Br Aloísio / Br Leonardo / Br João Rua Travessa Guimarães Natal, 12 - Copacabana 22011-100

Rio de Janeiro / RJ

Tel 55-21-2275 5469 FAX 55-21-2275 5469 Email:riojaneiro@bkumaris.com.br

Sr Ana Lúcia R. das Laranjeiras, 63 casa 6 22240-000

Rio de Janeiro / RJ

Tel 55-21-2285 7163 FAX 55-21-2556 0424 Email:laranjeiras@bkumaris.com. br

CENTRE

Sr Ida / Sr Cândida / Sr Lenora R.Rockefeller, 80-Barris 40070-160

Salvador / BA

Tel 55-71-328 0863 FAX 55-71-328 2936 Fmail:salvador@bkumaris.com.br

CENTRE

Sr Aida / Br Carlos R.Jorge Naaman, 47 93028-680

Sao Leopoldo / RS

Tel 55-51-592 8162 FAX 55-51-592 6466 Email:saoleo@bkumaris.com.br

CENTRE

Br Anselmo R. Jose Estanislau de Oliveira, 585

13520-000

Sao Pedro / SP

Tel 55-19-3483 1228 FAX 55-19-3483 1228 Email:saopedro@bkumaris.com.br

CENTRE

CENTRE

Vila Serra Serena -Retreat Centre Br Ken / Sr Luciana / Sr Renata / Sr Elza / Sr Patrícia / Br Possidio Caixa Postal 108 13930-970

Serra Negra / SP

Sr Dalva

.br

Jd Serrano

Sr Rosalie

38440-118

Sr Prem

Araguari / MG

Tel 55-34-3246 6681

FAX 55-34-3246 6681

CEP 13930-000

Serra Negra / SP

Tel 55-19-3892 8262

Tel 55-19-3842 1940 / 3892 4182 / 3892 8088 FAX 55-19-3892 1016 Email:serraserena@bkumaris.com .br

Rua Rua 24 de Março, 245 -

Email:serraserena@bkumaris.com

Rua Afonso Pena, 40 Loja C

Email:araguari@bkumaris.com.br

Sub CENTRE

Sub CENTRE

Sr Sandra Rua Maria Clara, 35 - Centro 26900-000

Miguel Pereira / RJ

Tel 55-24-2484 7679 Email:miguelpereira@bkumaris.co m.br

Sub CENTRE

Sr Eliane Av. Luiz Gomes 144 -**Bairro Farol** 53120-150 Olinda / PE

Tel 55-81-3429 4550

Sub CENTRE

Sr Prem Av. Vitorino Dias 174 A - Centro 35400-000

Ouro Preto / MG

Tel 55-31-3552 3061 Email:ouropreto@bkumaris.com.b r

Sub CENTRE

Sr Mara

Rua Eduardo Wanderley, 221 52041-490

Recife / PE

Tel 55-81-3242 5450 FAX 55-81-3265 2182 Email:recife@bkumaris.com.br

Sub CENTRE

Rua Heliotrópios, 250 04049-000

São Paulo / SP

Tel 55-11-5594 6726 Email:nucleobk@ig.com.br

Sub CENTRE

Sr Edenilde QNL 04 - Cj. E casa 02 72155-040

Taguatinga / DF

Tel 55-61-563 8964

Canada

Main CENTRE

Sr Chandra 897 College Street

Toronto, Ontario M6H 1A1

Tel 1-416-537 3034 FAX 1-416-537 1319 Email:toronto@bkwsu.com

CENTRE

Sr Judi 2206 - 9th Avenue SE

Calgary, Alberta T2G 5P7 Tel 1-403-209 2988 FAX 1-403-209 0988 Email:calgary@bkwsu.com

CENTRE

Br Ron Fitz-Simons Meditation Centre 207, 10132 - 105th Street

Edmonton, Alberta

T5J 1C9 Tel 1-780-425 1050 FAX 1-780-426 0491 Email:bkumaris@attcanada.net

Br Herlv

Sub CENTRE

Sub CENTRE

Guarulhos / SP

Tel 55-11-6422 4414

Rue Camões, 154 -Bairro São Lucas 30240-270

Tel 55-31-3281 7809

Belo Horizonte / MG

Sr Nazaré / Sr Tânia / Br Clóvis R. Constâncio Colalilo, 61 07024-150

Br Eric Le Reste L'Émergence Centre Brahma Kumaris 7501, rue Saint-Denis

Montréal, Québec

H2R 2E7

Tel 1-514-271 7717 Br Eric 1-514-272 0671 FAX 1-514-272 8250 Email:centre@emergencemontreal.com

Web Site: www.emergencemontreal.com

CENTRE

Sr Nicole Gauvin Brahma Kumaris Centre de Raja Yoga 1040, Avenue Belvedere Local 313 **Quebec, Quebec** G1S 3G3 Tel 1-418-682 0203 FAX 1-418-682 5312 Email:guebec@bkwsu.com

CENTRE

Sr. Shobna / Sr Nikki de Carteret 3467 Monmouth Avenue

Vancouver, British Colombia V5R 5R8

Tel 1-604-436 4795 FAX 1-604-430 2156 Email:vancouver@bkwsu.com / Literature: bkvanlit@yahoo.com

Sub CENTRE

Br Jean-Yves Baudet Center de Raja Yoga 44 rue Nicolet

Hull, P Quebec J8Y 2J4 Tel 1-819-777 2333 Email:ajy@infonet.ca Web Site: www.infonet.ca/yoga

Chile

Main CENTRE

Sr Angelica Pocuro No. 2841 Providencia

Santiago

Tel 56-2-223 2062 FAX 56-2-209 4429 Email:santiago@bkwsu.com Web Site: santiago@bkwsu.com

CENTRE

Sr Maria Teresa Moya Agustinas 1540 Depto. 4

Santiago

Tel 56-2-698 3620 Email:bkshanti@ctcreuna.cl

CENTRE

Sr Maria Adriana / Sr Clemencia Langdon 136 Agua Santa

Vina del Mar

Tel 56-32-660 568 Email:jyotibha@ctcreuna.cl

Sub CENTRE

Br Carlos Cáceres Antonio Ebner 1327 Quinta Normal

Santiago

Tel 56-2-735 8741

China

Main CENTRE

Sr Kamala Golden Crown Court G Block, 9th Floor 72 Nathan Road Kowloon **Hong Kong** Tel 852-2368 4693

Main CENTRE

Sr Celia Wong Raja Yoga Centre 17 Dragon Road Causeway Bay

Hong Kong SAR

Tel 852-2806 3008 / after 9pm 852-2570 4248 FAX 852-2887 0104 Email:rajainfo@rajayoga.com.hk

Web Site: www.rajayoga.com.hk

Colombia

Main CENTRE

Br Marcelo Bulk Diagonal 88 BIS # 27-06, Polo Club Apartado Aereo 90543

Bogota - DC

Tel 57-1-533 1339 / 40 Literature 57-1-533 1341 FAX 57-1-623 4508 Email:bogota@bkcolombia.com Lit: libreria@bkcolombia.com Web Site: www.bkcolombia.com

CENTRE

Sr Yolanda Baron Avenida 19 # 149-23, Creditos

Bogota - DC

Tel 57-1-258 5432 / 274 9981 FAX 57-1-258 5432 Email:lotus@bkcolombia.com

CENTRE

Sr Clara Ines Castro Transversal 5A # 5E-45, Tequendama

Cali - Valle

Tel 572-553 6399 FAX 572-553 6399 Email:cali@bkcolombia.com

CENTRE

Calle 48A # 77-58 Estadio

Medellin - Antioquia

Tel 57-4-234 2519 / 421 1846 FAX 57-4-421 1846 Email:medellin@bkcolombia.com

Sr Ana Luna Espacio Interno Carrera 11 # 73-20 Ofic. 501 El Nogal-Granahorrar

Bogota - DC

Tel 57-1-212 6152

Sub CENTRE

Sr Gloria Camargo Calle 55 # 4A-23/27 Chapinero Alto

Bogota - DC

Tel 57-1-211 2149 FAX 57-1-211 2149

Sub CENTRE

Sr Leonor Gomez / Sr Osiris Gomez / Sr Esperanza Marroquin Calle 6 # 86-37 PIO XII-Kennedy

Bogota - DC

Tel 57-1-292 8506 Email:bkciudadkennedy@hotmail. com

Sub CENTRE

Sr Doris Soler Espacio Interno Calle 19 # 8-69 Edif.California Ofic.102

Tunja-Boyaca

Tel 57-8-742 6724 Email:bktunja@hotmail.com

Costa Rica

Main CENTRE

Sr Valeriane Bernard Ap 2306 - 1000

San Jose

Tel 506-256 65 53 FAX 506-256 52 27 Email:costarica@bkwsu.com Web Site: www.vozdepaz.net

Sub CENTRE

Croatia

CENTRE

Sr Spomenka Zadrovic Nazorova 23

10 000 Zagreb

Tel 385-1-48 21 189 Email:spomenka.zadrovic@zg.hin et.hr

Curacao

Main CENTRE

Sr Rona Schweitz / Sr Rita Raja Yoga Centrum Fensohnstraat 7 Schelpwijk Willemstad

Curacao W.I.

Netherlands Antilles Tel 599-9-7362705 FAX 599-9-7362705 Email:rschweitz@attglobal.net

Denmark

Main CENTRE

Sr Sonja Ohlsson Vodroffsvej 9B st 1900 Frederiksberg C

Copenhagen

Tel 45-3331 0421 FAX 45-3331 0421 Email:kbh@brahmakumaris.dk Web Site: www.brahmakumaris.dk

Sub CENTRE

Br Viggo Simonsen Ålborggade 22, 3. tv.

8000 Århus C

Tel 45-86 13 01 21 Email:aarhus@brahmakumaris.dk

Ecuador

Sub CENTRE

Sr Liliana Vasquez Ciudadela Miraflores Calle Tercera 316 y Av. Miraflores

Guayaquil

Tel 5934-220 4346 Email:bkecuado@jupiter.espoltel. net

El Salvador

Main CENTRE

Sr Balbi Leon Avenida Maracaibo casa # 606 Colonia Miramontes

San Salvador

Central América Tel 503-260-1311 FAX 503- 260-1311 Email:bk.elsalvador@telesal.net

Ethiopia

CENTRE

The Raja Yoga Centre Off. Bole Road Near Ugandan High Commission House No. 714 PO Box 6737

Addis Ababa

Tel 251-1-515310 FAX 251-1-550799 Email:bkaddis@telecom.net.et

Fiji

Main CENTRE

Sr Arveena Brahma Kumaris Raja Yoga Centre 48 Disraeli Road (for mailing please only send to: PO Box 13598) **Suva**

Tel 679-330 7799 FAX 679-330 7799 Email:bkwsufiji@connect.com.fj

CENTRE

Sr Sharda Brahma Kumaris Raja Yoga Centre 159 Vitogo Parade P O Box 1754

Lautoka

Tel 679-6664 927

Finland

Sub CENTRE

Sr Agneta Lindholm Kalliomäentie 10 A

01800 Klaukkala

Tel 358-9-541 8264 Email:bkhelsinki@nic.fi

France

Main CENTRE

Br Francois Becher Centre de Raja Yoga 74, rue Orfila

75020 Paris

Tel 33-1-43 58 44 27 FAX 33-1-43 58-38 13 Email:bkfrance@wanadoo.fr Web Site: www.rajayoga.asso.fr / www.bkwsu.asso.fr

CENTRE

Br Hubert Dutruel / Sr Denise Boust Centre de Raja Yoga 3, bd de la Rose des Vents

84130 Avignon-le-Pontet

Tel 33-4-90 32 36 84 FAX 33-4-90 32 08 51 Email:bk.avignon@libertysurf.fr

CENTRE

Br Philippe Bignalet Centre de Raja Yoga 10, rue Gabriel Deluc

64100 Bayonne

Tel 33-5-59 25 78 41 FAX 33-5-59 59 26 44 Email:raja-yogabayonne@wanadoo.fr Sr Armelle Guerrier / Sr Karine Didier

Centre de Raja Yoga 12, rue Levieux

33000 Bordeaux

Tel 33-5-56 24 66 15 FAX 33-5-56 24 66 25 Email:bkdeaux@net-up.com

CENTRE

Sr Annie Clemente 31 Rue Blaise Pascal

95170 Deuil La Barre

Tel 33-1-34 17 94 06 FAX 33-1-34 17-94 06 Email:bk-deuil@wanadoo.fr

CENTRE

Br Didier Vignot 24 Route de St Vrain

91760 Itteville

Tel 33-1-64-93 67 86 FAX 33-1-64-93 14 81 Email:vignot@wanadoo.fr

CENTRE

Br Jean-Louis Cohen / Br Stephane Rubin Centre de Raja Yoga 7, place Gailleton

69002 Lyon

Tel 33-4-78 42 97 20 FAX 33-4-78 38 33 54 Email:b.k.lyon@wanadoo.fr

CENTRE

Br Oliver Lacroix / Br Renaud Russeil / Br David Zehourou Centre de Raja Yoga

8, rue Bernex

13001 Marseille

Tel 33-4-91 95 65 49 FAX 33-4-91 95 79 11 Email:bkmarseille@wanadoo.fr

CENTRE

Sr (Maharani) Suzanne Magnien Centre de Raja Yoga 723, Ave des Prés d'Arenes Cite St Martin, Bat 46

34070 Montpellier

Tel 33-4-67 65 73 82 FAX 33-4-67 99 60 60 Email:rajayoga-bkwsumontpellier@wanadoo.fr

CENTRE

Sr Joêlle Topol Centre de Raja Yoga 4 rue Urvoy de Saint Bedan

44000 Nantes

Tel 33-2-40 69 82 84 FAX 33-2-40 69 82 84 Email:bkwsu-nantes@wanadoo.fr

CENTRE

Sr Betty Kenzey / Br Pierre Bersez Centre de Raja Yoga 10 av Georges Clémenceau

06000 Nice

Tel 33-4-93 88 99 31 FAX 33-4-93 87 94 68 Email:bknice@wanadoo.fr

CENTRE

Sr Solange Harcourt / Sr (Rani) Veronique Angers Centre de Raja Yoga 11, rue Villaret de Joyeuse

75017 Paris

Tel 33-1-45 74 37 17 FAX 33-1-56 68 92 05 Email:rani@wanadoo.fr / solange.harcourt@wanadoo.fr

CENTRE

Sr Viviane Bauvillain / Sr Christine Godreau Centre de Raja Yoga 62, rue Saint-Placide

75006 Paris

Tel 33-1-42 84 08 85 FAX 33-1-45 44 24 31 Email:stplacide.bkwsu@wanadoo. fr

CENTRE

Br Patrick Petot

Centre de Raja Yoga Domaine de Maraval 24430 Coursac

Perigueux

Tel 33-5-53-54 62 71 FAX 33-5-53-03 93 38 Email:maravali@club-internet.fr

CENTRE

Sr Martine Morere / Br Michel Morere Centre de Raya Yoga 17, avenue Julien Panchot

66000 Perpignan

Tel 33-4-68 55 55 00 FAX 33-4-68 55 55 00 Email:freeperpi@free.fr

CENTRE

Sr Valerie Condroyer Centre de Raja Yoga 5, rue Guillaume le Conqueran

76000 Rouen

Tel 33-2-35-89 66 81 FAX 33-2-35-89 66 81 Email:bk.rouen@wanadoo.fr

CENTRE

Sr Anne Excoffier / Sr Dominique Ache Centre de Raja Yoga 73, rue de la Liberte

38180 Seyssinet

Tel 33-4-38 12 93 98 FAX 33-4-38 12 93 98 Email:rajayoga.grenoble@wanado o.fr CENTRE

Sr Marie-Claude Mesange Centre de Raja Yoga 6, rue du Noyer

67000 Strasbourg

Tel 33-3-88 22 50 66 FAX 33-3-88 22 50 66 Email:bkwsu.strasbourg@wanado o.fr

CENTRE

Br Michel Hours Centre de Raja Yoga 1, rue Paulin Guerin

83000 Toulon

Tel 33-4-94 91 27 56 FAX 33-4-94 91 27 56 Email:bktoulon@wanadoo.fr

CENTRE

Sr Isnelle Peyrouny Centre de Raja Yoga 11, rue Kepler

31500 Toulouse

Tel 33-5-61 26 81 24 FAX 33-5-61 11 26 13 Email:bk.toulouse@wanadoo.fr

CENTRE

Sr Nathalie Leger 4, Place Chevert

55100 Verdun

Tel 33-3-29 83 98 05 FAX 33-3-29 83 98 05 Email:raja.yoga.verdun@wanadoo .fr

Germany

Main CENTRE

Sudesh Didi Brahma Kumaris Raja Yoga Centre Lindenau 7

60433 Frankfurt / Main

Tel 49-69-49 18 46 FAX 49-69-49 28 48 Email:bkcenterfrankfurt@tonline.de Web Site: www.brahmakumaris.de

Sr Marlene Kautz

Crellestr. 26

10827 Berlin

Tel 49-30-781 3059 FAX 49-30-787 04513 Email:berlin@brahmakumaris.de

CENTRE

Sr Brigitte Loercher / Sr Gudren Baader Am Dobben 9

28203 Bremen

Tel 49-421-327 828 FAX 49-421-337 8291 Email:bk-bremen@t-online.de

CENTRE

Raja Yoga Center Bonner Str. 67

50677 Cologne

Tel 49-221-340 18 60 / 53 43 FAX 49-221-340 18 58 / 53 44 Email:bk_koeln@t-online.de

CENTRE

Sr Dagmar Stiller Roederstrasse 6

79104 Freiburg

Tel 49-761-202 2265 FAX 49-761-202 2265 Email:bk-freiburg@t-online.de

CENTRE

Brahma Kumaris Raja Yoga Institut Lattenkamp 6

22299 Hamburg

Tel 49-40-47 66 51 / 47 86 97 FAX 49-40-46 39 89 Email:bk_hamburg@compuserve. com

Sr Ursula Schramme (Gopi) Eckermannstrasse 2

30625 Hannover

Tel 49-511-557 318 FAX 49-511-558 930 Email:bkhannover@aol.com

CENTRE

Sr Erika Heyden Kieler Str. 140

24119 Kiel-Kronshagen

Tel 49-431-545 9908 / 784 587 FAX 49-431-545 9928 Email:bk-kiel@t-online.de

CENTRE

Sr Angelika / Joerg Schlegel Koberg 17

23552 Luebeck

Tel 49-451-770 54 FAX 49-451-308 027 9 Email:bk-luebeck@t-online.de

CENTRE

Sr Rita Haaf Bahnhof Str. 8

55116 Mainz

Tel 49-6131-237 840 Email:bk_mainz@web.de

CENTRE

Schleissheimer Str.9

80333 Munich

Tel 49-89-529 002 FAX 49-89-523 1194 Email:bkmuc@gmx.net

CENTRE

Br Hermann Rogl / Br Phillip Gratzl Rennweg 9

93049 Regensburg

Tel 49-941-351 41 FAX 49-941-379 268 Email:bkregensb@aol.com

CENTRE

Sr Erika Heyden Raja Yoga Center Lennestr. 1A

19053 Schwerin

Tel 49-385-5577837 FAX 49-385-5937841

CENTRE

Sr Elke Klonek Eugenstr. 9

70182 Stuttgart

Tel 49-711-232 763 FAX 49-711-236 8161 Email:bkstuttgart@hotmail.com

CENTRE

Br Klaus Rudlaff Oranienstr. 42

65185 Wiesbaden

Tel 49-611-1669 659 FAX 49-611-1666 831 Email:bk-wiesbaden@t-online.de

Sub CENTRE

Raja Yoga Research Muellensiefener Str. 16

51766 Engelskirchen-Ruenderoth

Tel 49-2263-723 17 FAX 49-2263-722 13 Email:rajayogaresearch@berg.net

Sub CENTRE

Sr Silke Jacobs Swinemuender Str. 4

24944 Flensburg

Tel 49-4661-8453 FAX 49-4661-8453 Email:Flbgcenter@aol.com

Sub CENTRE

Sr Annegret / Br Josef Hilker Calsowstrasse 9

37085 Goettingen

Tel 49-551-4 69 36 Email:hilker-goe@t-online.de

Sub CENTRE

Sr Astrid Rehren Vigoelensoll 4A

23730 Neustadt (Holstein)

Tel 49-4561-41 20 FAX 49-4561-12 59 Email:bernd_bietz@t-online.de

Sub CENTRE

Sr Anna Kaehler Parkallee 1c

21465 Reinbek

Tel 49-40-722 3770

Ghana

Main CENTRE

Br Julius 25, Church Crescent Labone P.O. Box CT 1529 Cantonments **Accra**

Tel 233-21-768517 Email:bkwsugh@ghana.com

Gibraltar

CENTRE

Sr Raju Nariani 40, Marina Court

Tel 350-48607 Email:bkgibralta@gibnynex.gi

Greece

Main CENTRE

Br Anthony Strano / Br Vassilis Koulouris / Br Kostas Zeimpekis Thasou 12A

11257 Athens

Tel 302-10-867 1551/6185 FAX 302-10-867 1423 Email:narayana@hol.gr Web Site: www.brahmakumaris.gr/

Sr Maria Mari Al. Pachnou 11

82100 Chios

Tel 302-2710-20612 FAX 302-2710-22993 (w) Email:goldenage_chios@yahoo.gr

CENTRE

Br Vassilis Ikonomopoulos Gerokostopoulou 6

26221 Patras

Tel 302-610-242 613 FAX 302-610-242 614 Email:shiv8@hol.gr

CENTRE

Sr Fani Karpozilou / Sr Georgia Andreopoulou 37

54643 Thessaloniki

Tel 302-310-828 491 FAX 302-310-828 491 Email:fanik@otenet.gr

Sub CENTRE

Sr Drossoula Eliot Tatoiou St. 56 14561 Kifissia

Athens

Tel 302-10-807-0263 FAX 302-10-800 1678 Email:eliot@start.gr

Sub CENTRE

Br Vassilis Dimopolous Vassili Tsitsani St. No. 90 Glyfada

Athens

Tel 302-1096-20168

Sub CENTRE

Sr Hara Apostolaki Thanou Siokou Road, No. 16 Aghia Paraskevi

15341 Athens

Tel 302-10-654 4826

Sub CENTRE

Sister Yiota Yioti Klemanso 86

Xanthi

Tel 302-5410-68078

Guadeloupe

CENTRE

Sr Beatrice Bereau / Sr Brigitte Bereau Impasse Majoute

97100 Basse Terre

Tel 590-81-10 94 FAX 590-81-10 94

Guatemala

Main CENTRE

Sr Leticia Rodriguez / Sr Anne Bonin Av Cementerio Las Flores 17-33 Zona 7, Col San Ignacio Mixco

Guatemala City

Tel 502-434 5529/5489 day & night / 5614 early am & night time FAX 502-434 5489

Email:guatemala@bkwsu.com

Guyana

Main CENTRE

Sr Jean 75 High Street

Kingston

Georgetown Tel 592-227 2538 FAX 592-227 2564 Email:bkguyana@networksgy.com

Hungary

Main CENTRE

Sr Klari Brahma Kumaris Raday utca 5 II e.5

1092 Budapest

Tel 36-1-216 3727 FAX 36-1-216 3727 Email:bkwsu@mailbox.hu

CENTRE

Sr Margit Petofi Sandor utca 3

7300 Komlo

Tel 36-72-485 499

Sub CENTRE

Sr Marika 1173 Rakoskeresztur Ujlak utca 58

Budapest

Tel 36-1-257 3201

Iceland

CENTRE

Sr Sigrun Olsen / Br Thor Barddal Lotus House Bakkabraut 7A

200 Kopavogur

Tel 354-564 3555 FAX 354-564 4566 Email:bkiceland@centrum.is

India

Main CENTRE

Dadi Prakashmani International Headquarters Pandav Bhawan Post Box No. 2

Mount Abu 307501

Rajasthan Tel 91-2974-238261 to 68 FAX 91-2974-238952 / 238883 Email:abu@bkindia.com (general) / madhuban@bkindia.com (Seniors) Web Site: www.brahmakumaris.com

Main CENTRE

Dadi Prakashmani Gyan Sarovar Academy For a Better World Salgaon

Mount Abu 307501

Rajasthan Tel 91-2974-238788 to 91 FAX 91-2974-238951 Email:bkgs@vsnl.com

Main CENTRE

Om Shanti Retreat Centre Bilaspur Chowk Patoudi Road, Dist. Gurgaon

Bhorakalan 122413

Haryana Tel 91-124-2379960 to 65 FAX 91-124-2379734 Email:bkorc@sify.com

Main CENTRE

Dadi Shantamani Shantivan Complex Abu Road, Dist. Sirohi

Shantivan 307510

Rajasthan Tel 91-2974-228101 to 08 FAX 91-2974-228116 Email:shantivan@omshanti.com

CENTRE

Sr Vimla A-1/9, Kamala Nagar Behind Central Bank

Agra 282005

Uttar Pradesh Tel 91-562-238 0436

CENTRE

Sr Sarla Sukh Shanti Bhawan Opp. Old Pilot Dairy Bhulabhai Park Road Kankaria **Ahmedabad 380022** Gujarat Tel 91-79-532 4360 / 4460 / 4660 FAX 91-79-532 5150 Email:bksarla@vsnl.com

CENTRE

Sr Bharti Lotus House Opp. Bhuleshwar Society Rammukteswar Mandir Road Nr. Hotel Trident, Hansol

Ahmedabad 382475

Gujarat Tel 91-79-286 4801 / 4022 FAX 91-79-286 4272 Email:bklotus@vsnl.com

CENTRE

Sr Ambika 'Raja Yoga Bhawan' Gottigere Banner Gatta Road

Bangalore 560083

Karnataka Tel 91-80-842 9945 / 652 7098 FAX 91-80-667 4562 Email:bkblr@vsnl.com

Br Mahendra / Sr Avdesh 'Raja Yoga Bhawan' E/5, Arera Colony Main Road No.3

Bhopal 462016

Madhya Pradesh Tel 91-755-246 3838 Email:gvanvena@bom6.vsnl.net.i n

CENTRE

Dadi Nirmalshanta 1-A Ashutosh Mukherjee Road

Calcutta 700020

West Bengal Tel 91-33-2475 3521 FAX 91-33-2474 5251 Email:bkcal@vsnl.com

CENTRE

Sr Madhu Rajayoga Bhawan 81/1 Bangur Avenue, Block 'C' V.I.P. Road Side

Calcutta 700055

West Bengal Tel 91-33-2574 7863 FAX 91-33-2574 0955 Email:bkmadhu@vsnl.com

CENTRE

Br Amirchand / Sr Achal 'Raia Yoga Bhawan' Sector 33-A

Chandigarh 160047

U.T. Tel 91-172-601339 FAX 91-172-668896 Email:bkchd@hclinfinet.com

CENTRE

CENTRE

CENTRE

CENTRE

Sr Rosie Shanti Dham Q-96, 3rd Avenue Main Road **Opp. 14 Shops Complex** Annanagar (Madras) Chennai 600040 Tamil Nadu Tel 91-44-2626 7441/ 2628 5661 FAX 91-44-2626 6765 Email:ommandli@vsnl.com

Sr Chakradhari

Delhi 110007

2912

Sr Sheela

Rupnagar

Assam

Sr Kuldeep

273 A/C/5.

Ayyappa Reddy Apt.

Baniara Hills Extension

Street No. 12, Plot No.3

Tel 91-40-2339 6188 / 2332

Email:ppbkivv@hd1.vsnl.net.in

Hvderabad 500034

FAX 91-40-2339 6188

Andhra Pradesh

9721

1st Bye Lane

19/17 Shakti Nagar

Tel 91-11-2714 2877 / 2714

Email:sudesh@nda.vsnl.net.in

'Vishwa Shanti Bhawan'

Guwahati 781001

Tel 91-361-2527 817

FAX 91-361-2548 297

Email:brahma11@sancharnet.in

FAX 91-11-2723 1910

CENTRE

Br Om Prakash 'Om Shanti Bhawan' New Palasia

Indore 452001

Madhya Pradesh Tel 91-731-253 1531 / 253 1631 FAX 91-731-243 0444 Email:bkomprakash@vsnl.net

CENTRE

Sr Sushma / Sr Chandrakala Amrapali Marg Vaishali Nagar

Jaipur 302012

Raiasthan Tel 91-141-235 4557 / 235 4502 FAX 91-141-235 4502 Email:bkjpr_jp1@sancharnet.in

CENTRE

Dadi Gange 1st Floor, Flat No. 11 Ratan Mahal

CENTRE

Global Hospital & Research Centre

Delwara Road

Mount Abu 307501

Raiasthan Tel 91-2974-238347 to 49 FAX 91-2974-238570

Email:ghrc@vsnl.com / ghrcabu@ad1.vsnl.net.in

CENTRE

Br Ramesh N. Shah World Renewal Spiritual Trust 121 Mahatma Gandhi Road 1st Fl., Above Bank of Baroda Fort

Mumbai 400023

Maharashtra Tel 91-22-2262 5825/5827 (W) 91-22-495 1073 (H) FAX 91-22-2262 3919 (W) 91-22-2495 1072 (H)

Email:bkbom.ramesh@gnbom.glo bal.net.in / rameshah@vsnl.com

CENTRE

Sr Yogini 'Om Shanti' Swastik Society, Plot No. 48 NS Road No.3, Juhu Scheme Vile Parle (West)

Mumbai 400056

Maharashtra Tel 91-22-2616 0789 / 0820 FAX 91-22-2616 0865 Email:bkyogini@vsnl.com

CENTRE

Sr Ansula 'Om Niwas' Joshi Estate Near Raja Wadi Hospital Ghatkopur (East)

Mumbai 400077

Maharashtra Tel 91-22-2502 3449 / 2513 6848 / 511 4820 FAX 91-22-2511 4820 Fmail:omniwas@vsnl.net

CENTRE

Sr Lakshmi Lingadevarakoppal Hunsur Road, Yelwal Near M.M.C. Factory

Mvsore 570017

Karnataka Tel 91-821-402722 / 402969 FAX 91-821-402183 Email:gyana1@sancharnet.in

15/197, Civil Lines Kanpur 208001

> Tel 91-512-230 1741 Email:shivbaba@sancharnet.in

Br Gopal (Travel) Pandav Bhawan 25 New Rohtak Road Karol Bagh

New Delhi 110005

Tel 91-11-2352 6961 / 2355 0355 / 2355 4410 FAX 91-11-2351 3877 Email:bkpbd@vsnl.com

CENTRE

Br Brijmohan Editor, Purity Magazine Pandav Bhawan 25 New Rohtak Road Karol Bagh **New Delhi 110005**

Tel 91-11-2362 8516 / 2367 0463 / 2352 5128 FAX 91-11-2368 0496 Email:bk_purity@vsnl.com

CENTRE

Sr Shanti 5/6 Siri Fort Institutional Area August Kranti Marg

New Delhi 110049

Tel 91-11-2649 0450 / 0417 FAX 91-11-2649 7824 Email:bksftravels@vsnl.net

CENTRE

Sr Surendra A-1/12, Gai Ghat

Varanasi 221001 Uttar Pradesh Tel 91-542-233 1266 / 233 282' FAX 91-542-332821 Email:bksurendra@satyam.net.in

Indonesia

Main CENTRE

Sr Mala Brahma Kumaris Jalan Cibulan III/15

12170 Jakarta Selatan

Tel 62-21-724 6794 FAX 62-21 720 1904 Email:brahma@indo.net.id

Main CENTRE

Sr Janaki Jalan Gatot Subroto I No.53 Denpasar

80231 Bali

Tel 62-361-425 100 FAX 62-361-425 100 Email:bkbali@indo.net.id

CENTRE

Br Frank The Meditation Shop Jalan Monkey Forest

Bali 80231

Ubud

Tel 62-361-976 206 FAX 62-361-974 263 Email:bkwsu@dps.centrin.net.id

CENTRE

Sr Helen Quirin Brahma Kumaris Jl. Sunter Karya Selatan VI Blok B8/5 Sunter

Jakarta Utara

Tel 62-21-6458054 FAX 62-21-65302912 Email:rajayoga@indo.net.id

CENTRE

Sr Janaki Jalan Sidosermo Air Das 1/8

Surabaya 60239

Jawa - Timur Tel 62-31-841 9448 FAX 62-31-841 9448

Ireland

CENTRE

Br Nick Gent 5 Leeson Park Avenue

Dublin 6

Tel 353-1-668 7480 Email:bknick@eircom.net

Israel

Main CENTRE

Sr Sharonah Stillerman Simtat Rachel 12B Givat Schmuel

(Tel Aviv)

Tel 972-3-532 2192 Email:bkwsu@internet-zahav.net

Italy

Main CENTRE

Sr Wendy Farrington 59 Via Laura Mantegazza

00152 Roma

Tel 39-06-534 2405 FAX 39-06-534 2405 Email:bkrome@tin.it Web Site: www.bkwsu.it

CENTRE

Sr Antonella Ferrari Via Bellaria, 26

40139 Bologna

Tel 39-051-543101 FAX 39-051-543101 Email:bkbologna@libero.it

CENTRE

Sr Monica Tyler Via Mauro Macchi, 86

20124 Milan

Tel 39-02-289 4612 FAX 39-02-289 4612 Email:bkmilan@virgilio.it Sr Antonella Ferrari Brahma Kumaris Via XX Settembre, 4

07026 Olbia

Tel 39-051-543101 FAX 39-051-543101 Email:bkolbia@virgilio.it

Retreat CENTRE

Br Piero Musini Casa Sangam Retreat Centre 16 S.M. Maddalena

06024 Gubbio

Tel 39-075-922 0644 FAX 39-075-922 3946

Email:Bookings, transport & travel: bk@casasangam.it / information: info@casasangam.it

Web Site: www.casasangam.it

Jamaica

Main CENTRE

Sr Hemlata / Sr Indira 62 Paddington Terrace

Kingston 6

Tel 1-876-978 6171 FAX 1-876-946 9303 Email:kingston@bkwsu.com

Main CENTRE

Sr Chirya Raja Yoga Centre 16 Leaders Avenue PO Box 280

Montego Bay

Tel 1-876 979 5261 / 971 8197 FAX 1-876 952 1743 Email:jamaica@bkwsu.com

Japan

Main CENTRE

Sr Rajni #301 Aotani Plaza 4-1-3 Aotani-cho Nada-Ku

Kobe 657-0805

Tel 81-78-882 5019 FAX 81-78-882 1095

Email:kobe-cm@pb3.so-net.ne.jp Web Site: www.plaza9.mbn.or.jp/~bkwsu/ind ex.htm

Main CENTRE

Sr Hitomi / Sr Mizue 1-30-15 Numabukuro Nakano-ku

Tokyo 165-0025

Tel 81-3-5380 4169 FAX 81-3-5380 4179 Email:tokyoinfo@brahmakumaris. or.jp

CENTRE

Sr Chiharu / Sr Masuko Inaba Brahma Kumaris Spiritual Peace Museum Chitose Building, 3F 4-7-6 Teshiro-cho Fukuyama-city

Hiroshima 721-0966

Tel 81-849-26 7446 FAX 81-849-26 7449 Email:bkspm@ta3.so-net.ne.jp

CENTRE

Sr Mariko Angel House 102 Crate Watanabe 3-12-24 Hiyoshi Kohoku-ku **Yokohama-shi** 223-0061 Tel 81-45-564-8634 FAX 81-45-564-8634

Sr Chisato Peace House 103 Tomo mansion 6-2-8 Nakano Nakano-ku **Tokyo** 164-0001

Tel 81-3-3366-8190 FAX 81-3-3366-8190

Sub CENTRE

Sub CENTRE

Sr Yuko Banyan Tree 1-44-9-203 Yoyogi Shibuya-ku

Tokyo

151-0053 Tel 81-3-3377-3015 FAX 81-3-3377-3015 Email:bk-yuko@mug.biglobe.ne.jp

Kazakhstan

Main CENTRE

Sr Chakradhari / Sr Almira Centre Brahma Kumaris 37, 7th Microrayon, Flat No. 65

Almaty - 480062

Tel 3272-21 32 42 FAX 3272-21 32 42 Email:bksualmaty@yahoo.com

Kenya

Main CENTRE

Sr Vedanti

Raja Yoga Centre (Global Museum for a Better World) Maua Close, off Parklands Road Westlands P.O. Box 123, Sarit Centre **Nairobi** Tel 254-20-3743572 / 3741239 / 3741849 FAX 254-20-3743885 Email:bkwsugm@holidaybazaar.c om

CENTRE

The Raja Yoga Centre Opp. Reliance Bank On top of Ratilal Auto Spares Flat no. 13, Ronald Gala Road PO Box 2511 Eldoret

Tel 254-53-62728

CENTRE

The Raja Yoga Centre Nzoia Road Opp. Mobil Petrol Station PO Box 1017

Kisumu

Tel 254-57-22023 / 41890 FAX 254-57-45119 / 21594 Email:bkkisumu@swiftkisumu.com

CENTRE

The Global Spiritual Lighthous Inner Space Planatarium Mama Ngina Drive Next to Mombasa Golf Club Kizingo, PO Box 2450

Mombasa

Tel 254-41-220610 / 224218 FAX 254-41-315973 Email:bkwsuglh@africaonline.co.k e

CENTRE

The Raja Yoga Centre Nairobi-Nakuru Road Nakuru Blanket Compound First Row, Last House PO Box 333 **Nakuru**

Nakuru

Tel 254-51-851158 FAX 254-51-215177 Email:vimal@africaonline.co.ke

CENTRE

The Raja Yoga Centre Mombasa Road PO Box 163

Thika

Tel 254-67-21891 FAX 254-67-22358 Email:leens@net2000ke.com

Korea

Main CENTRE

Sr Ruth Liddle BK Raja Yoga Centre Oorim Building, 5th Floor 26-15 Jamwon-dong Seocho-ku

Seoul 137-030

South Korea Tel 82-2-515 5409 FAX 82-2-515 5439 Email:bkruth@hotmail.com Web Site: www.bkkorea.org/

Latvia

Main CENTRE

Sr Chakradhari / Sr Natasha Centre Brahma Kumaris 72, Kr. Valdemara, Flat No. 2

Riga, LV-1013

Tel 371-7-36 10 17 FAX 371-7-36 00 27 Email:bkwsu_riga@apollo.lv

Sub CENTRE

Sr Natasha / Sr Nina Centre Brahma Kumaris 12, Stadiona, Flat No. 16

Daugavpils, LV - 5401

Tel 371-54-20 147 Email:(All correspondence through Riga Centre)

Sub CENTRE

Sr Natasha / Sr Galina Centre Brahma Kumaris 2, Pulkvezha Briezha, Flat No. 25

Rezekne LV – 4600

Tel 371-46-31630 (PP) Email:(All correspondence through Riga Centre)

Madagascar

CENTRE

Sr Vinayna The Raja Yoga Centre Villa N° 68 Résidence Ambatobe B.P.1785

103-Antananarivo

Tel 261-20-22 520 97 FAX 261-20-22 523 40 Email:bkwsu@wanadoo.mg

Sub CENTRE

The Raja Yoga Centre Antarandolo B.P. 1439

Fianarantsoa

Tel 261-75-50264 FAX 261-75-50854 Email:govind@malagasy.com

Malawi

CENTRE

The Raja Yoga Centre Trikum Mansion, 1st Floor PO Box 476

Blantyre

Tel 265-625095 FAX 265-625095 Email:ldevraj@malawi.net

Malaysia

Main CENTRE

Br Letchu / Br Pure / Sr Meera Brahma Kumaris Raja Yoga Center Harmony House No. 10, Lorong Maarof Bangsar Park 59000 Kuala Lumpur

Tel 60-3-2282 2310 / 6396 FAX 60-3-2283 4070 Email:bkswum@tm.net.my

Sr Janet Wong No 2305, Lorong Asap, Jalan Kampung Pisang Taman Lumba Kuda **05100 Alor Setar** Kedah Tel 60-4-734 4959 Email:bkalorsetarkedah@yahoo.c om

CENTRE

CENTRE

Br Sandiran RS 147, Jalan Kenanga Off Jalan Dahlia Taman Uda Jaya Kuala Lumpur **68000 Ampang** Tel 60-3-456 6787 Email:bkampang@tm.net.my

CENTRE

Sr Sitalakshmi 45, Medan Batu Caves 3 Medan Batu Caves Selangor Darul Ehsan 68100 Batu Caves

Tel 60-3-687 1062 Email:bkbcsl6@pd.jaring.my

CENTRE

Sr Lye Ping Lighthouse No. 10, Jalan Badam 2 Taman Rakyat 56100 Kuala Lumpur **Cheras**

Uncras

Tel 60-3-930 1364 FAX 60-3-933 1496 Email:bkcheras@tm.net.my

CENTRE

Sr Kala No. 1, Persiaran Kin Mee Tmn Kin Mee Perak

31400 lpoh

Tel 60-5-547 6069 FAX 60-5-547 6069 Email:bkipoh@tm.net.my

CENTRE

Br Jothi 14, Jalan Keruing Taman Kebun Teh Johor **80250 Johor Bahru**

Tel 60-7-331 8920 FAX 60-7-334 7141 Email:jothibk@tm.net.my

CENTRE

Br Pachaiappan No 70, Taman West Country Sect. 5, Selangor Darul Ehsan

43000 Kajang

Tel 60-3-8734 8679 Email:bkwsukjg@tm.net.my

CENTRE

Sr Kamala No 27, Jalan Pokok Sakat Taman Telok Gadong Selangor Darul Ehsan

41100 Klang Tel 60-3-3337 10787 FAX 60-3-3337 10787 Email:bkkelang@tm.net.my

CENTRE

Br Murli 515, Happy Garden Lorong Pipit Uban Sabah

88450 Kota Kinabalu

Tel 60-88-247 820 FAX 60-88-247 820 Email:bksabah@pd.jaring.my

CENTRE

Sr Buvanes A3262, Lorong Kubang Buaya 23, Kuantan Garden Pahang Darul Makmur

25250 Kuantan

Tel 60-9-568 5714 FAX 60-9-568 5714 Email:bkwsukn@pd.jaring.my

CENTRE

Sr Kamla No. 966 Jalan Bayor Bukit Lane 4 Tabuan Jaya

93350 Kuching

Sarawak Tel 60-82-360 399 Email:bkuching@tm.net.my

CENTRE

Sr Vasantha / Sr Yong BB 81, Jalan Merbok Taman Melaka Baru Batu Berendam

75350 Melaka

Tel 60-6-282 2335 FAX 60-6-282 2335 Email:bkwsumc@pd.jaring.my

CENTRE

Sr Radha No 33, Taman Indah Mas N. Sembilan

71000 P.Dickson

Tel 60-6-651 6619

CENTRE

Sr Helen Ong The Peace Palace 105A Kelawei Road

10250 Penang

Tel 604-228 8209 FAX 604-229 3591 Email:bkpenang@tm.net.my

CENTRE

Br Peru Harmony Villa No. 9, Jalan SS 3/2

47300 Petaling Jaya

Selangor Darul Ehsan Tel 60-3-7876 4482 FAX 60-3-7874 8263 Email:bksumpj@tm.net.my

Sr Malar No 73, Jalan Bersatu 3 Taman Bersatu Selangor Darul Ehsan

48000 Rawang

Tel 60-3-6093 3249 Email:bkryrawang@pd.jaring.my

CENTRE

Br Saravanan No. 6, Jalan Union Off Jalan Sentul 51100 Kuala Lumpur

Sentul

Tel 60-3-4042 5546 FAX 60-3-4043 0139 Email:selkumar@tm.net.my

CENTRE

Sr Tamarai 1253, Jalan Rasah N. Sembilan

70300 Seremban

Tel 60-6-762 934

Sub CENTRE

Sr Guna No 26, Jalan Kilauan 6 Selangor Darul Ehsan

45600 Batang Berjuntai

Tel 60-3-327 19836

Sub CENTRE

Br Aru 6, Lorong Tampoi 7 Tmn Tampoi Baru Jalan Kg Bahru Pulau Pinang

14000 Bukit Mertajam

Tel 60-4-530 1918 FAX 60-4-530 1918 Email:arusiva@tm.net.my

Sub CENTRE

Br Jibon / Sr Letchumy No 9819, Jalan Teratai 11 Taman Maju Melaka **77000 Jasin**

11000 54511

Tel 60-6-529 1714

Sub CENTRE

Sr Sarla / Loo No 32, Jalan Belangkas 55100 Kuala Lumpur

Kampung Pandan

Tel 60-3-92825970

Sub CENTRE

Sr Aanjana 26, Lorong Kanari 7 Sg. Ara

11900 Palau Pinang

Tel 60-4-641 2949

Sub CENTRE

Br Chan

Lot 32, Jalan Rimba Riang 9/3/ Sec 9,Kota Damansara Selangor

47000 Petaling Jaya

Tel 60-3-656 1535

Sub CENTRE

Sr Shobana / Br Sunder No. 12, Jalan Batu Cave 27/67 Sec. 27 Taman Alam Megah Selangor Darul Ehsan **40000 Shah Alam**

0000 Shan Alam

Tel 60-3-511 7223 FAX 60-3-511 7223 Email:shoba@eudoramail.com

Sub CENTRE

Sr Mariammah No. 10, Taman Glenmarie Batu Tiga Jalan Subang Selangor **4000 Shah Alam** Tel 60-3-747 1258

Mauritius

Main CENTRE

Sr Chandra Brahma Kumaris Lane Candos

Quatre-Bornes

Tel 230-425 4366 FAX 230-425 6806 Email:chand108@intnet.mu

CENTRE

Sr Mila Brahma Kumaris Lane

Central Flacq

Tel 230-413 2114 / 413 8332 FAX 230-413 2114 Email:flacq@intnet.mu

CENTRE

Raja Yoga Centre Morcellement Dhunputh Belle Vue

Chemin Grenier

Tel 230-622 7243

CENTRE

CENTRE

Br Isswarduth / Br Pradeep Brahma Kumaris Information Centre Block K-1, Cite Pitot **Curepipe**

Tel 230-676 5733

Sr Geeta

G. Charles de Gaulles St

Curepipe

Tel 230-674 9174 FAX 230-670 2153 Email:bklotusc@intnet.mu

CENTRE

Sr Gaytree / Sr Ragini Global Peace House Royal Road

Koyratty

Pamplemousses Tel 230-248 1941 FAX 230-248 2181 Email:bkgph@intnet.mu

CENTRE

Sister Neeroo Retreat Centre Diamond Retreat House Coastal Road

Palmar

Tel 230-415 2046

CENTRE

Inner Space Meditation Centre 2nd Floor, Sharon House 26, Sir William Newton Street

Port-Louis

Tel 230-210 5928 FAX 230-208 3683

CENTRE

Sr Lata Raja Yoga Meditation Centre Express Lane Tyack **Riviere des Anguilles**

Riviere des Angulies

Tel 230-626 1471

CENTRE

Sr Sangeeta Centre de Meditation Jenner Street Port-Mathurin

Rodrigues

Tel 230-831 2821 FAX 230-831 2821 Email:bkwsurod@intnet.mu

Raja Yoga Meditation Centre Madam Lolo

Rose Belle

Tel 230-627 0880 FAX 230-627 7129 Email:rycrbelle@intnet.mu

Sub CENTRE

Raja Yoga Centre Charles Dickens Street

Goodlands

Sub CENTRE

Raja Yoga Centre Mahatma Gandhi Road

Providence

Sub CENTRE

Royal Road (opp. Dispensary Road)

Triolet

Tel 230-261 6581

Mexico

Main CENTRE

Sr Elena Marcos Ortega Cocoteros 172 Col. Nueva Santa María

Mexico-City DF 02800

Tel 52-55-55 56 21 52 FAX 52-55-55 56 24 68 Email:ombkmex@infosel.net.mx

CENTRE

Sr Beatriz / Sr Esmeralda Calle Guanajuato No 6 Col. Quintas Martha Morelos

62410 Cuernavaca

Tel 52-77-73-12 71 87 FAX 52-77-73-12 71 87 Email:satyug@infosel.net.mx

CENTRE Sr Yolanda / Sr Carmen

Calle 55 No. 510 entre 60 y 62 Yucatan 97000

Merida

Tel 52-999-928 08 83 FAX 52-999-928 22 95 Email:bkyucatan@finred.com.mx

CENTRE

Sr Vivien von Son Ixpantenco 26-Bis Los Reyes, Coyoacan 04330 Mexico D.F.

Mexico City

Tel 52-55-55-44 47 39 FAX 52-55-56-89 27 45 Email:bkmxvibz@iserve.net.mx

CENTRE

Sr Aide Gomez A. V. Palenque no 17 Manzana 39 Col San Jose Yeguiste Chiapas **Tuxtla Gutierrez**

Tel 52-961-61 523 41 FAX 52-961-61 523 41

Moldova

CENTRE

Sr Sudha / Sr Maria Centre Brahma Kumaris 22/b, Hyncheshtskoe shosse, Flat No.31

Kishinyev – MD-2028

Tel 373-2-73 52 37 Email:bksu_kishinev@mail.ru

Myanmar (Burma

Sub CENTRE

Br Chandra Mohan

Tel 95-1-293-720 Email:rajayoga@myanmar.com.m m

Nepal

Main CENTRE

Sr Raj Vishwa Shanti Bhavan Thamel Jyatha Bahadur Bhavan Compound

Kathmandu

Tel 977-1-249 058 FAX 977-1-262 308 Email:rajyoga@ecomail.com.np

Netherlands

Main CENTRE

Information Centre

Singel 88

1015 AD Amsterdam

Tel 31-20-626 2727 FAX 31-20-423 5092 Email:info@bksa.org Web Site: www.bksa.org

Main CENTRE

Sr Jacqueline Berg Brahma Kumaris Spirituele Akademie Haarlemmerdijk 137

1013 KG Amsterdam

Tel 31-20-6240 205 FAX 31-20-6235 959 Email:bkamsterdam@bksa.org Web Site: www.bksa.org

CENTRE

Sr Hennie Bakker Kennemerstraatweg 155

1814 GH Alkmaar

Tel 31-72-515 9864 FAX 31-72-520 3890 Email:bkalkmaar@bksa.org Sr Tonny Veldhuizen / Sr Yvonne Ketzer Koggeschip 23

1784 SB Den Helder

Tel 31-223-661124 FAX 31-223-661139 Email:bkdenhelder@bksa.org

CENTRE

Sr Peggy Ong Hoefkestraat 65

5611 RL Eindhoven

Tel 31-40-213 3400 FAX 31-40-213 6635 Email:bkeindhoven@bksa.org

CENTRE

Sr Lia Zonneveld Koninginnelaan 85

9717 BR Groningen

Tel 31-50-313 5760 FAX 31-50-318 8238 Email:bkgroningen@bksa.org

CENTRE

Sr Roos Nabben Agniesestraat 111 a

3032 TH Rotterdam

Tel 31-10-465 2190 FAX 31-10-265 4771 Email:bkrotterdam@bksa.org

CENTRE

Sr Marie-Lisette Derks Zeestraat 50

2518 AB The Hague

Tel 31-70-346 1333 FAX 31-70-345 8445 Email:bkdenhaag@bksa.org

CENTRE

Br Bob Berg Henegouwen 122

3524 RC Utrecht

Tel 31-30-287 0432 FAX 31-30-288 4134 Email:bkutrecht@bksa.org

Sr Petra van der Beek Sombeek 11

8033 AM Zwolle

Tel 31-38-426 5450 FAX 31-38-453 1677 Email:bkzwolle@bksa.org

Sub CENTRE

Sr Irene Gopi Albert Schweitzerlaan 27

2552 PD The Hague

Tel 31-70-397 3653 FAX 31-70-397 3653 Email:irene.gopie@planet.nl

Sub CENTRE

Family Gopi - Jagdew Lichtgroen 26

2718 HA Zoetermeer

Tel 31-79-360 0953 FAX 31-79-360 0953 Email:irene.gopie@planet.nl

New Zealand

Main CENTRE

Sr Bhavna Avalon 4 Park Avenue Lower Hutt

Wellington

Tel 64-4-567 0699 FAX 64-4-567 0752 Email:bhavana@clear.net.nz Web Site: www.brahmakumaris.com.au

CENTRE

Br Jim Hartley 51 Rockfield Road One Tree Hill

Auckland

Tel 64-9-579 5646 FAX 64-9-579 7773 Email:brahma@clear.net.nz Sr Annette Pedersen / Sr Chris Hennessy 68 Tilford St Linwood

Christchurch

Tel 64-3-389 7978 FAX 64-3-389 7940 Email:bkchch@xtra.co.nz

Sub CENTRE

CENTRE

Sr Kristan Mouat 16 Gillespie Street North East Valley

Dunedin

Tel 64-3-473 7137 FAX 64-3-473 7137 Email:kristan.m@clear.net.nz

Nigeria

Main CENTRE

Sr Rewa Rai 12 Shagamu Avenue off Egbeyemi Road off Association Avenue Ilupeju

Lagos

Tel 234-1-773 8899 / 493 7081 FAX 234-1-493 7081 Email:litehouse@alpha.linkserve.c om / lighthouse@multilinks.com

Norway

CENTRE

Sr Greta Ring Neuberggt 6A

0367 Oslo

Tel 47-23-270 301 FAX 47-23-270 301

Panama

Sub CENTRE

Br Diego Archila Forte Clayton Casa 620

Panama City

Tel 507-260 2917 Email:bkpanama@bellsouth.net.p

а

Peru

CENTRE

Br Vilmar Braga Valle Riestra N° 652 San Isidro

Lima

Tel 51-1-264 5308 Email:bkperu@bkperu.org Web Site: www.bkperu.org

Philippines

Main CENTRE

Sr Alma / Sr Becky 7484 Bagtikan cor. Dao Sts. San Antonio Village Makati City

Metro Manilla

Tel 63-2-890 7960 FAX 63-2-890 7906 Email:bkmanila@info.com.ph

CENTRE

Sr Rosemarie Uy 55 First Road Quezon Hill

Baguio City

Tel 63-74-445 5935 FAX 63-74-445 5935 Email:jyotibgo@bgo.csi.com.ph

Tel 63-82-221 9561 FAX 63-82-221 9561

Davao City

Sr Meenakshi

Palm Drive

Baiada

#1 Haleconia Street

Email:bkdavao@info.com.ph

CENTRE

Sr Salud Idio / Sr Vicky 34 T. Gener cor. St Kamuning Road

Quezon City

Tel 63-2-922 9231 / 414-9421 FAX 63-2-922 9231 Email:lotus@i-next.net

Sub CENTRE

Br Art Banawa 11-2 Forest Hills Banawa

Cebu City

Tel 63-32-254 5975 FAX 63-32-254 5975 Email:bkcebu@cebu.i-next.net

Sub CENTRE

Sr Salud Idio / Sr Vicky Ylang Ylang cor. Dahlia St. Naga City Subdivision

Naga City, Legaspi

Tel 63-54-473 0622 Email:bknaga@naga.i-next.net

Poland

Main CENTRE

Sr Halina Paradela UL. Jasielska 1

02-128 Warsaw

Tel 48-22-824 03 16 FAX 48-22-824 03 16 Email:warsaw@brahmakumaris.pl

Sr Dorothy Wasilczyk ul. Ujejskiego 22/2

81-426 Gdynia

Tel 48-58-622 21 63 Email:bkgdansk@op.pl

CENTRE

Sr Zofia Grzybowska UL. Zbozowa 7/7

91-844 Lodz

Tel 48-42-656 36 33 Email:bk_lodz@poczta.onet.pl

Portugal

Main CENTRE

Sr Mara Rua do Guarda-Jias, 52

1300-294 Lisbon

Tel 351-21-361 9670 FAX 351-21-361-9671 Email:brahma.kumaris@clix.pt Web Site: www.brahmakumaris.net

CENTRE

Rua Dr. Pereira de Sousa 4 r/c

8000 Faro

Tel 351-289-88 25 86 FAX 351-289-88 25 86 Email:bkfaro@mail.telepac.pt

CENTRE

Sr Elen Teles Rua dos Vanzeleres 269 2

4100 Porto

Tel 351-22-600 69 70 Email:bk.porto@mail.telepac.pt

Sub CENTRE

Sis Deolinda Rua das Ptrias Livres n 5 2E

2830 Barreiro

Tel 351-21-205 01 62

Sub CENTRE

Sr Tina Rua do Mirante n 14, 2 Esq

1100-209 Lisbon

Tel 351-21-813 20 80

Sub CENTRE

Sr Donzilia Rua da Cordoaria n 25 Cruz de Pau

2840-500 Seixal

Tel 351-96 50 95 368 Email:bk_seixal@sapo.pt

Sub CENTRE

Sr Luise Hartman Sta Margarida - Poo do Alamo Casa Redonda, Apartado 1092

8800 Tavira

Tel 351-281-32 15 16 Email:rdd40541@mail.telepac.pt

Reunion

CENTRE

Sr Susie Payet 926 chemin du tour des roches

97460 Savannah St Paul

Tel 262-45 26 47 FAX 262-45 26 47 Email:bk.rajayoga.reunion@wana doo.fr

Russia

Main CENTRE

Sr Chakradhari / Sr Sudha Regional Co-ordinating Office Brahma Kumaris World Spiritual University 2 Gospitalnaya Ploschad, build. 1

Moscow - 111020

Tel 7-095-263 02 47 FAX 7-095-261 32 24 Email:bkwsu@mail.ru Web Site: www.brahmakumarisru.com

Main CENTRE

Sr Chakradhari / Sr Santosh Brahma Kumaris Centre 4, Severny Prospect Building No.2

Saint-Petersburg - 194354

Tel 7-812-554 88 44 FAX 7-812-553 19 14 Email:bkwsu@peterlink.ru

CENTRE

Sr Sudha / Sr Galina Centre Brahma Kumaris 35, Prospect Andropova

Moscow - 115487

Tel 7-095-112 51 28

CENTRE

Sr Santosh / Sr Natasha Centre Brahma Kumaris 33/45, Poltavskaya, Flat No. 165

Nizhny Novgorod- 603105

Tel 7-8312-353233

CENTRE

Sr Sudha / Sr Nelli Centre Brahma Kumaris 163/5, Borisa Bogatkova, Fl. No.19

Novosibirsk - 630017

Tel 7-3832-69-03-54

CENTRE

Sr Sudha / Sr Taya Centre Brahma Kumaris 51, Lunacharskogo Flat No. 208

Perm - 614000

Tel 7-3422-12 18 33 Email:bkwsu@permonline.ru

CENTRE

Sr Santosh / Sr Ludmila Centre Brahma Kumaris 22, Kubanskaya, Flat No. 20

Sochi - 354000 Tel 7-8622-92 85 82 Email:bkwsu@narod.ru

Sub CENTRE

Sr Santosh / Sr Lilia Centre Brahma Kumaris 40, Zheleznodorozhnaya, Flat No.21 Pushkin - 196608

Leningrad Region

Tel 7-812-476 06 07 (PP) Email:(All correspondence through St Petersburg Centre)

Sub CENTRE

Sr Santosh Centre Brahma Kumaris 14, Tverskaya, Flat No. 33 Kolpino - 196655

Leningrad Region

Tel 7-812-463 23 43 Email:(All correspondence through St. Petersburg Centre)

Sub CENTRE

Sr Sudha / Sr Elena Centre Brahma Kumaris 20, Mayakovskogo Zhukovsky - 140180

Moscow Region

Tel 7-248-727 76 (PP) Email:(All correspondence through Moscow Centre)

Sub CENTRE

Sr Sudha / Sr Tatiana Centre Brahma Kumaris 4, Zhukovskogo, Flat No.92 Shchelkovo-3 - 141103

Moscow Region

Tel 7-256-7 77 60 (PP) Email:(All correspondence through Moscow Centre)

Sub CENTRE

Sr Sudha / Sr Vera Centre Brahma Kumaris 58, 9th Gvardeiskaya diviziya, Flat No.13 Istra - 143500

Moscow Region

Tel 7-231-322 90 Email:(All correspondence through Moscow Centre)

Sub CENTRE

Sr Sudha / Sr Ludmila Centre Brahma Kumaris 65, Mechnicova, Flat No. 48 Murom - 602200

Vladimir Region

Tel 7-09234-9 31 93 (R) (PP) FAX 7-09234-3 22 09 (O) Email:All correspondence through Moscow Centre)

Seychelles

CENTRE

Br Steve Lalande Harmony House La Misere Road

Mahe

Tel 248-551223 / 717374 FAX 248-266166 Email:steve@seychelles.sc

Singapore

Main CENTRE

Sr Bharati Lighthouse 287 Holland Road

278 624

Tel 65-6467 1742 FAX 65-6466 3753 Email:rajayoga@singnet.com.sg Web Site: www.singnet.com.sg/~rajayoga

CENTRE

Br Kumar Lotus House 98 Gardenia Road

578 871

Tel 65-6454 5944 Email:lotusbhawan@post1.com

CENTRE Sr Lakshmi Pandav Bhawan

11A East Coast Drive

459 149

Tel 65-6441 1411 FAX 65-6448 3107 Email:rajayoga@magix.com.sg

Slovakia

Main CENTRE

Br Tony UI Dobsinskeho C.34

Bratislava 81105

Tel 421-2-524 97 898 FAX 421-2-544 35 815 Email:bkslovak@ba.sknet.sk

South Africa

Main CENTRE

Sr Belinda Inner Space 28 Judith Street 2198 Observatory

Johannesburg

Tel 27-11-487 2800 FAX 27-11-648 5060 Email:bkwsujhb@iafrica.com

CENTRE

Sr Pratiba 7 Dunluce Avenue 7700 Claremont

Cape Town

Tel 27-21-671 9972 FAX 27-21-671 9972 Email:bkwsuct@mweb.co.za

CENTRE

Sr Mona Inner Light Centre 132 Chartford Drive 4068 Sunford Phoenix **Durban** Tel 27-31-500 1848

Inner Peace Brahma Kumaris Information Centre 350 Umgeni Road, Price City Shop B5 B1G **Durban 4001** Tel 27-31-309 6025

CENTRE

CENTRE

Sr Usha Global Peace House 143 Belmont Road Effingham Heights

Durban 4051

Tel 27-31-5633 502 FAX 27-31-5633 503 Email:bkwsu@iafrica.com

CENTRE

Sr Shirley 124 Rose Avenue Lenasia Ext 1

Johannesburg 1827

Tel 27-11-854 4904 / 4977 Email:brahmin@iafrica.com

CENTRE

Sr Grace Raja Yoga Centre 178 Mountview Drive Malabar 6020

Port Elizabeth

Tel 27-41-457 1322 FAX 27-41-457 2047 Email:bkwsu-pe@global.co.za

CENTRE

Br Renville 5653 Pimville Zone 5 PO Pimville 1809 **Soweto**

Tel 27-8290 19468 or 27-8374 28701 (both mobiles) Email:mxolisi@idasa.org.za

Spain

Main CENTRE

Sr Miriam Subirana C/Diputacion 329, Pral

08009 Barcelona

Tel 34-93-487 7667 / 7874 FAX 34-93-487 7638 Email:bkbarcelona@teleline.es Web Site: www.bkwsues.com

CENTRE

Sr Corinna Sussebach C/ Rafael Asin 21-1 D

03010 Alicante

Tel 34-96-525 3681 FAX 34-96-525 3681 Email:bkalacant@terra.es

CENTRE

Sr Encarnacion Royo / Sr Maribel Pelaez C/ Solarillo de Gracia, 7-1 C

18002 Granada

Tel 34-958-262 315 FAX 34-958-262 315 Email:bkgran@teleline.es

CENTRE

Sr Irene de la Torre C/Perez Galdos 31

35002 Las Palmas de Gran Canaria

Tel 34-928 360 564 FAX 34-928 365 518 Email:bklaspalmas@teleline.es

CENTRE

Sr Camino Martínez (Kiran) Alfonso XII, 18, 3-D

28014 Madrid

Tel 34-91-522 9498 FAX 34-91-532 2892 Email:bkmadrid@teleline.es

Br Ramón Ribalta C/ Isabel la Católica, 27

29013 Málaga

Tel 34-95-226 4971 FAX 34-95-226 4971 Email:bkmalaga@teleline.es

CENTRE

Br Enrique Simo c/Harinas 11

41001 Sevilla

Tel 34-95-456 3550 FAX 34-95-456 1656 Email:bk.sevi@teleline.es

CENTRE

Sr Maria Moreno Isabel la Catolica 19, 1

46004 Valencia

Tel 34-96-351 8181 FAX 34-96-351 9293 Email:bkvalencia@teleline.es

Sub CENTRE

Sr Inmaculada Galarza C/ Alhaken II, 16, 2º izq.

14008 Córdoba

Tel 34-657121016 Email:bkcordoba@terra.es

Sub CENTRE

Sr Maite Rodriguez C/ Ramiro Valbuena 13 baio derecha

24002 León

Tel 34-987 23 88 96 Email:bkleon@jazzfree.com

Sub CENTRE

Br Antonio Losa C/ Villaleal, 3, 4º derecha

30001 Murcia

Tel 34-968-223 053 FAX 34-968-223 053 Email:bkmurcia@hotmail.com

Sub CENTRE

Sr Montserrat Francisco C/ Rambla d'Egara 150, atico Barcelona

08221 Terrassa

Tel 34-93-7885146 FAX 34-93-7885146 Email:bk.terrassa@terra.es

Sri Lanka

Main CENTRE

Br Jega / Br Ganesh Brahma Kumaris Raja Yoga Centre Harmony House 55, Peters Lane

Dehiwala 10350

Tel 94-1-72 01 34 / 72 06 34 FAX 94-1-73 99 76 Email:bkryc@slt.lk

CENTRE

Br Murlideran Brahma Kumaris Raja Yoga Centre 42. Mathar Lane Nochchimanai Batticaloa

CENTRE

Sr Jevamani Brahma Kumaris Raja Yoga Centre 57. 6th Lane Kotehena 01300 Colombo 13 Tel 94-1-344 106

CENTRE

Sr Raniini 74. Davidson Road Bambalapitiya

Colombo 4

Tel 94-1-501 179

CENTRE

Br Hari 49, Kacheri Nalur Road Chundukuli

Jaffna

CENTRE

Sr Loga

7, Vaniyar Road

Kalmunai 32300

Tel 94-67-20098

CENTRE

Br Seelan 689. Kurundhuwatte Rillaulla

Kandana

Tel 94-1-236 075

CENTRE

Sr Thiru Brahma Kumaris Raja Yoga Centre 344/5, 1/2, Peradeniya Road Kandv Tel 94-8-233 118 Email:bkryck@sltnet.lk

CENTRE

Sr Mani 765/27, Somasunderam Lane **Off Trincomalee Street**

Matale 21000

Tel 94-66-32151

CENTRE

Br Karuna 29/3, Soysakalle Road

Nawalapitiya Tel 94-54-23995

Br Raj Kumar

Brahma Kumaris

Raja Yoga Centre 19, McKeyzer Road Orr's Hill Trincomalee

Tel 94-26-23826

CENTRE

Sr Sona Brahma Kumaris Raja Yoga Centre 5, VepamKulam Vavuniya Tel 94-24-23905

Sub CENTRE

Sr Jegasothy 3rd Lane Manipay Rd Maruthanamadam. Chunnakam

Jaffna

Sub CENTRE

Sr Vatsala 45/13 Station Road

Kotagala

Sub CENTRE

Br Ganeshahngam 18/3, Anderson Lane

Negambo

Sub CENTRE

Sr Vithanage 200/1, Sri Indrasa Mw Aruggoda Alubomulla

Panadura

Tel 94-38-41072

Sub CENTRE

Br Mohan / Sr Viii 171/16, Hekita Road

Wattale

Tel 94-1-943243

Surinam

Main CENTRE

Sr Kumud / Sr Loes Mope Straat 1

Paramaribo (Z&H)

Tel 597-400 736 FAX 597-400 736 Email:bksuriname@sr.net

Sweden

Main CENTRE

Sr Lotta Arbman Styrmansgatan 3

114 54 Stockholm

Tel 46-8-663 79 59 FAX 46-8-663 79 59 Email:bkstockholm@chello.se Web Site: http://members.chello.se/bkstockh olm

Sub CENTRE

Sr Mala Didrikson Munspelsgatan 12, 4tr 421 46 Vastra Frolunda

(Gothenburg)

Tel 46-31-49 41 93 Email:bkgoteborg@telia.com

Sub CENTRE

Sr Marie Nordlander Trollesundsvagen 103, 1 tr

124 57 Bandhagen (Stockholm)

Tel 46-8-86 61 04 Email:marie.nordlander@alfa.tele nordia.se

Switzerland

Main CENTRE

Sr Theresa Klein / Sr Helen Sayers Brahma Kumaris 12 rue J.-A. Gautier

1201 Geneva

Tel 41-22-731 1235 FAX 41-22-731 1270 Email:geneva@bkwsuch.com Web Site: www.bkwsuch.com

CENTRE

Br Luca Campana Pré d'Emoz 25

1860 Aigle

Tel 41-24-466 73 78 FAX 41-24-466 73 75 Email:lcampana@vtx.ch

CENTRE

Sr Gudrun Baader Regensbergstrasse 240

CH - 8050 Zürich

Tel 41-43-288 59 00 FAX 41-43-288 99 78 Email:bkzurich@bluewin.ch

Taiwan

CENTRE

Br Lee 2 / f, No 1, Lane 553 Yung Ji Road

Taipei 115

Taiwan Republic of China Tel 886-2-265 46993 FAX 886-2-265 46993 Email:bk.taipei@msa.hinet.net

Tanzania

CENTRE

The Raja Yoga Centre Mathuradas Road Off. United Nations Road Plot No 656 Upanga West PO Box 9392 **Dar-es-Salaam**

Dal-es-Salaalli

Tel 255-22-2152429 FAX 255-22-2151021 Email:bkdar@intafrica.com

Thailand

Main CENTRE

Sr La (Sabaithip Sirirattumrong Brahma Kumaris Raja Yoga Foundation 85/156-7 Chaeng Wattana Rd 27, Pakkret

Nonthaburi 11120

Tel 66-2-573 8242 / mobile 66-9-114 8108 FAX 66-2-573-7540 Email:raja@bkthai.org Web Site: www.bkthai.org

CENTRE

Sr Prapa / Sr Thom "Inner Space" Brahma Kumaris Information Center 1362 Onnuch 38/1 Sukhumvit 77 Rd., Suanluang Bangkok 10250 Tel 66-2-742 1133 / 1188 FAX 66-2-742 1188

Email:i_space@hotmail.com

CENTRE

Sr Noi Brahma Kumaris Raja Yoga Foundation 218/6 Chotana Road Chang Puak **Chiang Mai 50300**

Tel 66-53-214 904

FAX 66-53-219 294 Email:pinoibkc@cm.ksc.co.th

Sr Tim Brahma Kumaris Raja Yoga Foundation 10 Suwanmongkol Road

Pattani 94000

Tel 66-73-334092 FAX 66-73-311453 Email:ptorsak@bunga.pn.psu.ac.t h

Trinidad &Tobage

Main CENTRE

Sr Hemlata / Br Harry Persad 55-57 Pointe-a-Pierre Road

San Fernando

Tel 1-868-653 9642 FAX 1-868-657 3741 Email:rajayoga@tstt.net.tt

CENTRE

Sr Jasmine 1 Edinburgh Gardens

Chaguanas

Tel 1-868-665 6933 FAX 1-868-672 6693 Email:jas1@tstt.net.tt

CENTRE

Sr Indira / Sr Drupatie 26 Sackville Street

Port of Spain

Tel 1-868-625 9642 FAX 1-868-623-4197 Email:bkspos@trinidad.net

CENTRE

Sr Nandi / Sr Uma Corner of Michael St. and Picton Road

Sangre Grande

Tel 1-868-691-3520

Sr Vishanti 6 St John Road

St Augustine

Tel 1-868-662 3406 FAX 1-868-645 8791 Email:vishantie@carib-link.net

CENTRE

Sr Sherlan 14 South Connector Road Cementery Street Lamteau

Tobago

Tel 1-868 639 3833

Sub CENTRE

Sr Hansa 1 London Ville Old Longdenville Road

Chaguanas

Tel 1-868-665 5688 FAX 1-868-665 5688 / 0730 Email:dinanath@tstt.net.tt

Turkey

Main CENTRE

Br Anthony Strano / Br Yogesh Sharda Brahma Kumaris Raja Yoga Meditasyon Dernegi Prof. Dr. Nurettin Mazhar Oktel Sokak Kazaz Is Hani No:3 Kat:4 Sisli Istanbul

Tel 90-212-219 7755 FAX 90-212-232 0581 Email:istpoint@superonline.com

Web Site: www.meditasyonyapalim.com

CENTRE

Sr Jillian Sawers / Sr Zeynep BK Raja Yoga Meditation Assoc. Erguvan Sokak Ardag Apt, No 4, Daire 1 Kalamis, Fenerbahce **81080 Istanbul**

Tel 90-216 418 7790 FAX 90-216 418 7791 Email:kalamis@meditasyonyapali m.com

Uganda

Main CENTRE

Raja Yoga Centre Plot No 8, Jackson Road Off Kampala Road

Jinja

(For mailing please only send to: PO Box 28468, Kampala) Tel 256-43-121576 (Jinja) Email:bkjinja@source.co.ug

Ukraine

Main CENTRE

Sr Chakradhari / Sr Swetlana Centre Brahma Kumaris 7, Melnikova Street, Flat No. 12

Kiev - 04050

Tel 380-44-213 01 47 Email:bksu@ukrpost.net (main) / shakti@stenos.kiev.ua

Main CENTRE

Sr Sudha / Sr Olga Centre Brahma Kumaris 3, Luteransky per., Flat No. 20

Odessa - 65021

Tel 380-482-23 48 82 Email:bksu@paco.net (main) / bksu@tm.odessa.ua

CENTRE

Sr Santosh / Sr Veronica Centre Brahma Kumaris 16, Shcolny Boulevard, Flat No. 142

Donetsk - 83015

Tel 38-062-337 83 81

Sub CENTRE

Sr Svetlana / Sr Nina Centre Brahma Kumaris 88, Kievskaya, Flat No. 25

Zhitomir - 10012

Tel 380-412-36 01 22 Email:(All correspondence through Kiev Centre)

United Kingdom

Main CENTRE

Sudesh Didi / Sr Jayanti Global Co-operation House 65 Pound Lane

London

NW10 2HH Tel 44-20-8727 3350 FAX 44-20-8727 3351 Email:london@bkwsu.com Web Site: www.bkwsu.org.uk

Main CENTRE

Sr Jaymini Brahma Kumaris Information Services, Publications Global Co-operation House 65 Pound Lane

London

NW10 2HH Tel 44-20-8727 3379 FAX 44-20-8727 3352 Email:enquiries@bkpublications.c om Web Site: www.bkpublications.com

Main CENTRE

Sr Nayna Dattani Travel Enquiries 98 Tennyson Road

London

NW6 7SB Tel 44-20-7328 2478 FAX 44-20-7372 4226 Email:nayna@bkwsutrd.demon.co .uk

Main CENTRE

Sr Manda Global Retreat Centre Nuneham Park Nuneham Courtenay

Oxford

OX44 9PG Tel 44-1865-343 551 FAX 44-1865-343 576 Email:infoshare@bkwsugrc.demo n.co.uk Web Site: www.globalretreatcentre.com

CENTRE

Sr Kathryn Hendry 66A Hamilton Place

Aberdeen AB15 5BA

Scotland Tel 44-1224-639 105 FAX 44-1224-634 300 Email:aberdeen@bkwsu.com Web Site: www.bkwsuscotland.com

CENTRE

Sr Jyoti / Sr Lila Chohan 43 Norland Street Great Horton

Bradford

W.Yorks BD7 4DY Tel 44-1274-574 209 Email:bradford@bkwsu.org.uk Web Site: www.brahmakumaris.org.uk/bradfo rd

Sr Linda Lee 20 Nevill Road Hove

Brighton

E.Sussex BN3 7BQ Tel 44-1273-279 481 FAX 44-1273-721 713 Email:linda@bkbrighton.freeonline.co.uk Web Site: www.brahmakumaris.org.uk/bright on

CENTRE

Br Prashant Kakode 2(b) Fen Road Chesterton

Cambridge

Cambs CB4 1TX Tel 44-1223-426 408 FAX 44-1223-560 604 Email:bkcambridge@ntlworld.com Web Site: www.brahmakumaris.org.uk/cambr idge

CENTRE

Br Prashant Kakode / Sr Sheila Eiloart Inner Space Brahma Kumaris Information Services 6 Kings Parade

Cambridge

Cambs. CB2 1SJ Tel 44-1223-464616 FAX 44-1223-357049

Email:events@ispacecam.co.uk

Web Site: www.brahmakumaris.org.uk/cambr idge

CENTRE

Sr Helena Foggitt 52 Wyndham Street

Cardiff CF11 6DR

Wales Tel 44-29-2038 4272 FAX 44-29-2038 4272 Email:cardiff@bkwsu1.fsnet.co.uk CENTRE Sr Ann Stirzaker 32 Malvern Road

Chesterfield

Derbyshire S40 4DY Tel 44-1246-273 367 Email:chesterfield@bkwsu.org.uk Web Site: www.brahmakumaris.org.uk/chest erfield

CENTRE

Sr Cherry Steinberg / Sr Shanta Kheradia 72 St Margaret Road Stoke

Coventry

W. Mids CV1 2BU Tel 44-24-7622 3202 FAX 44-24-7622 3202 Email:bkcoventry@uk2.net Web Site: www.brahmakumaris.org.uk/coven try

CENTRE

82 Leaman Street

Derby Derbs DE22 3UX Tel 44-1332-202 419

CENTRE

Sr Louisa Gupta / Sr Radha Gupta 20 Polwarth Crescent

Edinburgh EH11 1HW Scotland

Tel 44-131-229 7220 FAX 44-131-229 7220 Email:edinburgh@bkwsu.com Web Site: www.brahmakumaris.org.uk/edinb urgh / www.bkwsuscotland.com

CENTRE

Sr Rose Goodenough 1 Leverndale Court Crookston

Glasgow G53 7SJ

Scotland Tel 44-141-883 3139 FAX 44-141-883 3139 Email:bkwsuglas@aol.com Web Site: www.brahmakumaris.org.uk/glasg ow / www.bkwsuscotland.com

CENTRE

Sr Shashi Mehra 832 Greenford Road

Greenford

Middx UB6 8QP Tel 44-20-8578 8625

CENTRE

Sr Nimu Ladva / Sr Carol Lipthorpe 216 Bath Road

Hounslow

Middx TW4 7DE Tel 44-20-8577 9529 FAX 44-20-8570 9529 Email:hounslow@bkwsu.com

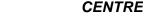
CENTRE

Br Satish Lal / Sr Manju 2 Northbrook Road

llford

Essex IG1 3BS Tel 44-20-8478 6451 FAX 44-20-8478-6451 Email:ilford@bkessex.org.uk

Web Site: www.brahmakumaris.org.uk/ilford



Sr Joanna Kitto 18 Appledene Court Farmhill Douglas **Isle of Man** IM2 2BU Tel 44-1624-626940 Email:mansarovar@mail.enterpris

e.net Web Site: www.brahmakumaris.org.uk/isleof man

CENTRE

Br David Goodman 241 Otley Road

Leeds

W.Yorks LS16 5LQ Tel 44-113-275 7727 FAX 44-113-226 7565 Email:leeds@bkwsu.org.uk

Web Site: www.brahmakumaris.org.uk/leeds

CENTRE

Br Babu Patel / Br Bhupendra Patel 13 Herbert Avenue

Leicester

Leics LE4 5DW Tel 44-116-266 2023 FAX 44-116-223 6342 Email:bhupen@bkleic.freeserve.c o.uk Web Site: www.brahmakumaris.org.uk/leicest er

CENTRE

Sr Arti Lal / Br John Kane Inner Space Brahma Kumaris Info. Services 36 Shorts Gardens Covent Garden London WC2H 9AB Tel 44-20-7836 6688 FAX 44-20-7836 6689 Email:innerspace@bkwsu.com Web Site: www.innerspace.org.uk

Sr Diana Hsu Flat 1, Salcombe Gardens 57 Clapham Common North Side

London

SW4 9RY Tel 44-20-7738 9230 FAX 44-20-7738 9230 Email:bksouthlondon@lineone.net Web Site:

www.brahmakumaris.org.uk/southl ondon

CENTRE

Br Surendra Barot / Br Trushar Barot 35 Dacre Road Upton Park

London

E13 0PT Tel 44-20-8471 0083 Email:bkuptonpark@hotmail.com

CENTRE

Sr Mani Madhwadia / Sr Usha Bhavsar 25 Boyer Street

Loughborough

Leics LE11 1DT Tel 44-1509-213 059 FAX 44-1509-213 059 Email:bklboro@uk2.net Web Site: www.brahmakumaris.org.uk/lough

CENTRE

Br Malcolm Piers-Taylor 4 Etruria Court Grenfell Road

Maidenhead

borough

Berks. SL6 1EJ Tel 44-1628-673 908 FAX 44-1628-777 392

Br Mukesh Pancholi 23 Scarisbrick Road Burnage **Manchester**

M19 2BT

Tel 44-161-224 9047 Email:manchester@bkwsu.org.uk Web Site: www.bkmanchester.force9.co.uk / www.brahmakumaris.org.uk/manc hester

CENTRE

CENTRE

Sr Sheila Hammond / Sr Winnie White 17 Shrigley Gardens Kenton

Newcastle-upon-Tyne

Tyne & Wear NE3 3AY Tel 44-191-284 7681 Email:newcastle@bkwsu.org.uk Web Site: www.brahmakumaris.org.uk/newc astle

CENTRE

Sr Lata Nehra / Br Kewal Nehra 90 Trent Boulevard West Bridgford

Nottingham

Notts NG2 5BL

Tel 44-115-981 7331 FAX 44-115-981 7331 Email:bkwsu@bknottm.freeserve. co.uk Web Site: www.brahmakumaris.org.uk/nottin oham

CENTRE

Sr Mina Patel / Br Ashok Patel 4 Eastern Avenue Littlemore

Oxford

Oxon OX4 4QS Tel 44-1865-774 535 FAX 44-1865-428 366 Email:rosary108@netscapeonline. co.uk CENTRE

Sr Bina Shewakramani / Br Moti Shewakramani Inner Space 10 Carlton Road Gidea Park

Romford

Essex RM2 5AA Tel 44-1708-766 865 Email:ramani@compuserve.com Web Site: www.brahmakumaris.org.uk/romfo rd

CENTRE

Sr Georgina Valentine / Sr Julia Phythian-Adams 24 Oakbrook Road

Sheffield

S.Yorks S11 7EA Tel 44-114-230-6781 FAX 44-114-230 6781 Email:sheffield@bkwsu.org.uk

Web Site: www.brahmakumaris.org.uk/sheffi eld

CENTRE

Sr Karuna Davi 7 Herbert Road

Southall

Middx UB1 1LH Tel 44-20-8574 3699 Email:bkwsu.southall@amserve.n et

CENTRE

Br Bhupen Pancholi 68 Stanley Road

Wellingborough

Northants NN8 1EA Tel 44-1933-273 879 Fmail:bk-wb@talk21.com

Web Site: www.brahmakumaris.org.uk/wellin gborough

Sr Daksha Shah Inner Space Brahma Kumaris Information Services 528 High Road **Wembley**

Middx HA9 7BS Tel 44-20-8903 1911 FAX 44-20-8902 4530 Email:bk@bkwsuwem.demon.co.u k

CENTRE

Sr Manu Patel 79 Beeches Road

West Bromwich

W.Mids B70 6HQ Tel 44-121-553 1160 FAX 44-121-532 7349 Email:bkwestbromwich@yahoo.co m Web Site: www.brahmakumaris.org.uk/westb romwich

Sub CENTRE

Sr Deokie Bissoon 40 Cherington Road Selly Oak

Birmingham

B29 7SS Tel 44-121-472 4537 Email:birmingham@bkwsu.fsnet.c o.uk Web Site: www.brahmakumaris.org.uk/sellyo ak

Sub CENTRE

Br Steve Wills 32 Byron Road

Chelmsford

Essex CM2 6EP Tel 44-1245-604111 FAX 44-1245-608516 Email:steve@brahmakumaris.org. uk Web Site: www.brahmakumaris.org.uk/chelm sford

Sub CENTRE

Br Mike Saunders 43 London Road Stanway

Colchester

Essex CO3 0NR Tel 44-1206 521092 Email:mike@bkessex.org.uk

Web Site: www.brahmakumaris.org.uk/colch ester

Sub CENTRE

Sr Maggie Crompton 12 Willow Close

Haverhill

Suffolk CB9 80J Tel 44-1440 714 329 Email:maggie@bkhaverhill.freeonline.co.uk

Sub CENTRE

Sr Ranjan Amin 11 River Bank Road

Kendal

Cumbria LA9 5JS Tel 44-1539 735004 Email:bkkendal@yahoo.co.uk

Sub CENTRE

Sr Jackie Hodson 6 Wardown Court New Bedford Road

Luton LU3 1LH

Tel 44-1582-485 670 Email:bkluton@yahoo.co.uk

Sub CENTRE

Sr Monica Porter 6 Clabon Road

Norwich

Norfolk NR3 4HF Tel 44-1603 440 199 FAX 44-1603 440 199 Email:monica.porter@ntlworld.co m **Sub CENTRE** Sr Kamlesh Kalra

19 Oakley Crescent

Slough

Berks SL1 3PY Tel 44-1753 717 833 Email:lotushouse19@hotmail.com Web Site: www.brahmakumaris.org.uk/sloug h

Sub CENTRE

Sr Nirmala Bakshi 294 Spackmans Way Chalvey

Slough

Berks Tel 44-1753 717 621

Sub CENTRE

Sr Helen Wall Koh-I-Noor House 270 Penns Lane

Sutton Coldfield

W.Mids B76 1LQ Tel 44-121-351 1381 Email:helenwall@mac.com Web Site: www.brahmakumaris.org.uk/sutton coldfield

Sub CENTRE

Sr Maureen Jones 126 Ferry Lane

Wakefield

WF3 4LH

Tel 44-1924 364 039 Email:wakefield@bkwsu.org.uk

Web Site: www.brahmakumaris.org.uk/wakefi eld

Sub CENTRE

Sr Marianne Barkman 22 Victoria Road

Watford

Herts WD24 5AZ Tel 44-1923-221 396 Email:watford@bkwsu.com Web Site: http://www.brahmakumaris.org.uk/ watford

Sub CENTRE

Sr Saroj / Br Sham 154 Trysall Road Marry Hill

Wolverhampton

WV3 7JL Tel 44-1902 650 943 Email:bksarojbksham@hotmail.co m Web Site: www.brahmakumaris.org.uk/wolve rhampton

United States

Main CENTRE

Sr Mohini / Sr Kala

46 S. Middle Neck Road Great Neck. NY 11021

Global Harmony House

Tel 1-516-773 0971 FAX 1-516-773-0976 Email:newyork@bkwsu.com / mohini@bkwsu.com Web Site: www.ghhny.com

Main CENTRE

Sr Mohini / Sr Kala / Sr Dorothy Peace Village - Learning & Retreat Centre PO Box 99

Haines Falls, NY 12436 - 0099

Tel 1-518-589 5000 FAX 1-518-589 5005 Email:peacevillage@bkwsu.com Web Site: www.peacevillage.com

Main CENTRE

Sr Chandru Desai 401 Baker Street

San Francisco, CA 94117

Tel 1-415-563 4459 FAX 1-415-563 4673 Email:bksfo@aol.com

CENTRE

Sr Roslyn Seaton 98-426 Kilinoe St #304

Aiea, HI

Tel 1-808-988-3141 FAX 1-808-988 1145 Email:roslyn.seaton@verizon.net

CENTRE

Sr Hansa 810 Summerwalk Parkway (off Lawrenceville Highway)

(Atlanta)

Tucker, GA 30084 Tel 1-770-939-1480 FAX 1-770-939-8354 Email:atlanta@bkwsu.com

CENTRE

Br Janardhan 2101 North Lamar #5

Austin, TX 78705

Tel 1-512-789 7685 Email:austin@bkwsu.com Web Site: www.bktexas.com

CENTRE

Sr Cathy Wainer 75 Common St.

(Boston)

Watertown, MA 02472 Tel 1-617-926-1230 FAX 1-617-926-7442 Email:boston@bkwsu.com Web Site: www.bkwsuboston.com

Sr Celeste Aronoff 325 South Oak Park Avenue, #1 Oak Park, IL 60302

(Chicago)

Tel 1-708-445-0507 Email:chicago@bkwsu.com

CENTRE

Sr Ranjan Inamdar 615 N. MacArthur Blvd

(Dallas)

Irving, TX 75061 Tel 1-972-254-5562 FAX 1-972-254-5562 Email:dallas@bkwsu.com Web Site: www.bktexas.com

CENTRE

Sr Kiran Coyote 175 East 31st Avenue

Eugene, Oregon 97405

Tel 1-541-343 5252 Email:bkeugene@msn.com

CENTRE

Sr Hema Patel / Sr Gita Patel 908 South Stanley Avenue

Los Angeles, CA 90036

Tel 1-323-933 2808 FAX 1-323-933 7376 Email:losangeles@bkwsu.com

CENTRE

Dr Joe Ruiz (Br) / Sr Liz Araujo 2428, Griffith Park Boulevard

Los Angeles, LA 90039

Tel 1-323-664 0022 FAX 1-323-664 0022 Email:aglakebks@aol.com

CENTRE

Sr Veronica McHugh (Waddy) 4160 S.W. 4th Street

Miami, FL 33134

Tel 1-305-442 2252 FAX 1-305-442 6745 Email:miami@bkwsu.com

Sr Kusum 821 Anacapa Court

Milpitas, CA 95035

Tel 1-408-935 8740 FAX 1-408-935 8739 Email:bkmilpitas@attbi.com

CENTRE

CENTRE

Sr Gayatri 41-30 Forley Street Elmhurst

New York 11373

Tel 1-718-565 5133 FAX 1-718-507 5960 Email:gueens@bkwsu.com

CENTRE

Sr Raj Brahma Kumaris The Meditation Centre and Gallery 306 5th Avenue, 2nd Floor **New York, NY 10001** Tel 1-212-564 9533

CENTRE

United Nations Office Sr Gayatri / Sr Julia Brahma Kumaris 866 UN Plaza, Suite 436

New York, NY 10017

Tel 1-212-688 1335 FAX 1-212-504 2798 Email:bkun@bkwsu.com Web Site: www.livingvalues.net

CENTRE

Sr Hansa Thakkar 2243 Sierra Blvd.

Sacramento, CA 95825

Tel 1-916- 922 7281 Email:sacbks@aol.com

CENTRE

Sr Hansa Raval 710 Marquis

San Antonio, TX 78216

Tel 1-210-344 8343 / 0179 FAX 1-210-342 8888 Email:texas@bkwsu.com Web Site: www.bktexas.com

CENTRE

Sr Diane Tillman / Sr Maureen Halikis

Seal Beach, CA 90740

302 Sixteenth Street

Tel 1-562-430 4711 FAX 1-562-430 9754 Email:sealbeach@bkwsu.com / diane@livingvalues.net

CENTRE

Br Surya 5207, 154th Avenue NE

(Seattle)

Redmond, WA 98052 Tel 1-425-861 6926 FAX 1-425-861 6926 Email:seattle@bkcom.net / Br Surya: surya@bkcom.net

CENTRE

Sr Shireen Mind's Eye Museum 2207 E. Busch Boulevard

Tampa, FL 33612

Tel 1-813-935 0736 / Baba's Office 987-2525 FAX 1-813-985 9660 Email:tampa@bkwsu.com

CENTRE

Sr Uma / Sr Jenna Brahma Kumaris 9913 Georgia Avenue Metropolitan DC

(Washington)

Silver Spring, MD 20902 Tel 1-301 593 4990 FAX 1-301 593 4990 Email:washington@bkwsu.com / brahmakumarisdc@aol.com

Sub CENTRE

Sr Bhavna 14458 Franwood Place

Delray Beach, FL 33445

Tel 1-561-637 9905 Email:bkdelray@aol.com

Sub CENTRE

Br Mahesh 14730-A Perthshire

Houston, TX 77079

Tel 1-832-379 8888 Email:houston@bkwsu.com Web Site: www.bktexas.com

Sub CENTRE

Sr Sharda Patel 9210 Desert Village Avenue

Las Vegas, NV 89147

Tel 1-702-228 8755

Sub CENTRE

Dr. Krishna (Br) Raja Yoga Center 820 N. Thornton Avenue

Orlando, FL 32803

Tel 1-407-228-0026 FAX 1-407-228-0024 Email:bkorlando@lithoscan.com

Sub CENTRE

Sr Carolyn Huffine 1517 6th Ave W. #306

Seattle, WA 98119

Tel 1-206-282 4028 Email:bkcarolynh@aol.com

Uruguay

CENTRE

Sr Silvia / Sr Marisa Benito Lamas, 2812

Montevideo

Tel 5982-709 6106 Email:bkumaris@adinet.com.uy Web Site: www.alas.com.uy/bkuruguay

Uzbekistan

Sub CENTRE

Sr Chakradhari / Sr Almira Centre Brahma Kumaris 2, Muhitdinova, Flat No. 29

Tashkent - 700041

Tel 998-71-1627324 Email:(Please do not send anything during next 6 months)

Venezuela

CENTRE

Sr Silvereen Mongru Avenida Rio De Janiero Calle Newton, Edificio San Pedro Aparatmento 1-3 Bello Monte

Caracas

Tel 58-416-719 8601 FAX 58-212-285 7372 Email:bkumarisvnzl@cantv.net

Vietnam

Sub CENTRE

Sr Trish Raja Yoga Centre Phuong 1 Binh Thanh District

HCM City

Tel 84-8-841 7103 Email:ryinfo@hcm.vnn.vn

Zambia

CENTRE

The Raja Yoga Centre Plot no. 3515c, Great East Road Opp. Northmead Shopping Centre PO Box 50670 Ridgeway 15101 Lusaka

Tel 260-1-250685 / 25418 FAX 260-1-250685 Email:bkrymc@zamnet.zm

Zimbabwe

Main CENTRE

The Raja Yoga Centre 23, Divine Road Milton Park

Harare

Tel 263-4-748487 / 778099 Email:bkharare@telco.co.zw

CENTRE

The Raja Yoga Centre 17 Heyman Road Seventh Street Suburbs PO Box 140 **Bulawayo** Tel 263-9-231727 FAX 263-9-231530

Email:rajayoga@telconet.co.zw