

CONNECTION

Issue 33, Jul/Aug 2026



Kindness



THE BRAHMA KUMARIS
AUSTRALIA



Stimulating spiritual and personal reflection through featured articles, poems, artworks and activities;

Enhancing information sharing on BKA activities across the country, including news from the Board, Australian Management Team and Departments, Centres and Course Locations;

Bringing a greater sense of cohesion and community in the BKA family;

Raising awareness of, and engaging BKs in reflection and discussion of key issues

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Welcome ...



Kindness is a word seldom found in the English murli. Baba often uses the words *daya* or *reham*, referring to mercy. However in Hindi there are many expressions for kindness: *maitri*, referring to loving-kindness, often referred to in Buddhism; *anukampaa* which refers to compassion, sympathy and mercy as well as a humane quality of understanding another. Many Indian names start with *Niki*, meaning kind, noble, genial, magnanimous, virtuous and righteous. These words describe an angel.

As Kaliyuga nears its end, our human family are struggling to cope with a great deal of unkindness in many forms. Inspired by the beautiful sentiments expressed by the angels contributing to this issue, let our hearts be touched as we listen more intently to the cries of humanity, serving all souls through our pure wishes and soft and gentle eyes, lighting the way for others.

Enjoy!

*the
Editorial Team*

Message from Br Charlie

Dear Family of Australia,

Kindness is really one of my favourite qualities.

True kindness is a selfless, inner attitude of love, compassion, and care that radiates good wishes, belonging, and inclusion. Even the most simple acts of kindness can have such an impact on another that it leaves a lifelong memory in the heart.

Kindness is an expression of the soul's original goodness and a powerful, silent, "giving" energy, that transforms negativity and heals emotional pain.

Kindness starts with being kind to oneself, which involves replacing self-criticism with self-love particularly during difficult times. I often feel when Baba says, "Child, have good wishes for all", that He is really saying "Be Kind" to the self, and to all others in your thoughts, words and interactions.

A little kindness in this world can go a long way towards much needed healing!

Charlie

About our Artist : Maggie Taylor

Maggie Taylor is a tutor and meditation facilitator with The Brahma Kumaris Australia, operating primarily out of the Nundah Centre in Brisbane. With nearly 26 years of meditation experience, she frequently leads Raja Yoga introductory courses, workshops, and guided meditation sessions.

As a visual artist and designer, Maggie specialises in workshops that combine meditation and the expressive arts to support self-healing and inner renewal.



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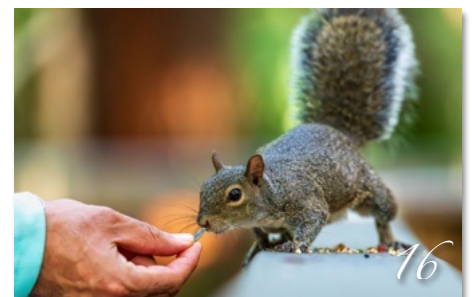
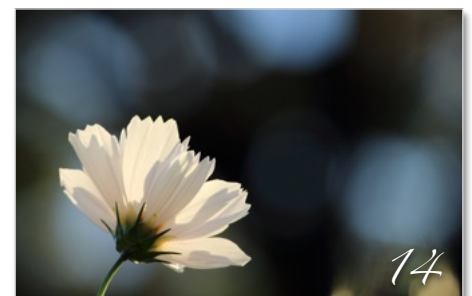
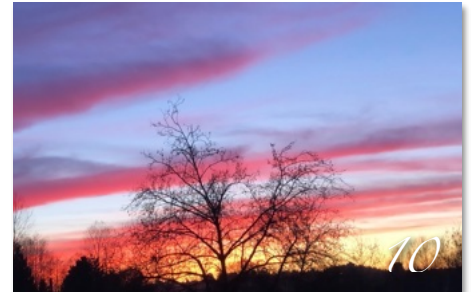
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Crossword Solutions:

DOWN
1. Donation, 2. Hero, 3. Bridge, 4. Utopian, 5. Erase, 6. Thankyou, 7. Dove, 8. Forgives, 9. Ubuntu, 10. Solo, 11. Explain, 12. Nightingale, 13. Priority, 14. Hand, 15. Bloom, 16. Nothing, 17. Halo, 18. Generous, 19. Trees, 20. Forward, 21. Gentle, 22. Expenses, 23. Friendship, 24. Release, 25. Rhythm, 26. True, 27. Gift, 28. Give, 29. Raft, 30. One

ACROSS
13. Philoxenia, 15. Bravo, 21. Go, 22. Eye, 24. Regret, 30. Olive branch, 31. Mother, 32. Gratitude, 33. Heart of Gold, 34. Gracious, 35. Nurse, 36. Be, 37. Know, 38. Go, 39. Oath, 40. Line, 41. Good Samaritan, 42. Or, 43. Hermit, 44. Infinite, 45. Try, 46. Creative, 47. Compassionate, 48. Guts, 49. Sunshine, 50. Hospitality, 51. First, 52. Tie, 53. Often, 54. Begets





Kindness doesn't arrive with trumpets.

It slips in quietly, like morning light through a half open curtain, touching everything without demanding to be seen. Some people think kindness is small, but only because it rarely raises its voice. It prefers to whisper its way into the world, steady and soft, yet powerful enough to change.

I had been thinking about what kindness truly meant to me. Days later, the answer came, not in words, but in a dream.

The Garden

I found myself in a garden, tending to it gently and carefully. As I worked, someone approached me. They didn't force; they didn't command; they simply guided. Their presence felt like the kind of kindness that doesn't take over your life but quietly shows you how to tend to it yourself.

I followed their wisdom, and at the same time, I could hear teachings from the murli buzzing softly in my ears - reminding me of God's gentle guidance. Then slowly, something magical happened.

The garden transformed. Colours bloomed in harmony, every flower found its place, and a soft serenity filled the air. A small fountain whispered in the background. Birds began to visit, as if they too felt the kindness growing there.

Everything felt right. Alive. Nourishing.

The garden didn't become beautiful because someone fixed it for me, it became beautiful because someone believed I could nurture it myself.

A reminder that when kindness is nurtured, beauty naturally follows.

And through it all, words of the murlis continued to echo within me.

The Street

Then the scene shifted.

I stood on a familiar street where three people were quietly softening the hard edges within my character which in turn, led to natural outbursts of kindness towards others. After all, kindness is caring, and if I can care for myself, undoubtedly, I will care more for others.

As they worked, the trees began to change - every second one turning a deep, glowing red, as though nature itself was acknowledging their effort.

Where the garden showed me inner kindness, the street showed me kindness in action.

Beauty appeared again. Not through perfection, but through simple acts of care.

The Breaking

And then, the dream turned.

Someone began destroying my garden. I tried to stop them. I pleaded, explained, resisted, but no one listened. My voice carried no weight. I ran to those in authority, hoping they would intervene, but even they remained silent.

I felt helpless.

It hurt to watch something I had nurtured be torn apart. It hurt even more that no one seemed to care.

Amid the chaos, another voice arose - not outside, but within.

A calm, divine presence whispered:

"This is not in your control. It has been happening long before you noticed it. You do your part. You remain in your peace."

And still, points from the murlis, God's teachings, continued to hum in my ears. Steady and grounding.

I resisted the message. I didn't want to accept it. But when I stepped outside again, the world reflected the same pattern. Someone drove recklessly, children fought, a tree was being cut down. I tried once more to intervene, to fix, to restore... but nothing changed.

And still, that inner voice remained. Gentle. Steady. Unwavering.

Rather than asking me to give up, it asked me to understand.

The Truth the Dream Offered

Kindness is not control.

Care does not guarantee outcome.

Beauty can be created, but not possessed.

We are gardeners in some parts of life, and witnesses in others.

We are called to plant, to nurture, to offer kindness wherever we can. But we are not meant to carry the burden of everything we cannot change. Some people will not listen. Some things will fall apart. Some beauty will be undone.

And still, we continue.

We clean what we can.

We grow what we can.

We protect what we can.

And for the rest, we learn to trust.

Because kindness is not only in what we fix, it is also in how we remain soft in a world that doesn't always reflect it back.

In the end, the most sacred garden is the one within us. And that, no one can take, unless we let them.



Sujata Devgan has been practising Rajyoga meditation for over twelve years and regularly attends the Mernda Centre in Melbourne. She works for the Government, bringing mindfulness and balance into her professional life. Deeply passionate about creativity, Sujata finds inspiration in art, nature, and spiritual reflection — weaving these influences into everything she does.

"No matter what others are like, your vision and attitude should always be filled with good wishes and benevolent feelings. Benefit should be visible in every aspect." Avyakt

- Avyakt Murli 20/06/1973



Spontaneous kindness can make a big difference in someone's life!

A small act of kindness on the part of my mother gave me a good start in my business as an architect. When I started my business in Mumbai, I operated from my residence. I had no telephone contact. On one warm, humid, summer day Mr. George came searching for me to ask if I could help him with his proposed factory building. My mother opened the door to him. He had come a long way, profusely sweating and looking tired. My mother informed him that I wasn't home, but politely requested him to come in, not knowing or thinking who he was and why he came. She sat him on a comfortable cushioned chair under a ceiling fan, asked him to relax, and got him a freshly squeezed lemonade. Mr. George was so overwhelmed and touched with her care and hospitality, even when he was a stranger to her, that he decided to give me the contract then and there. He happened to be a director on the Board of a group of well-to-do companies. They appointed me on a retainer, and I had a stream of ongoing work from them that kept me busy and helped me settle down in business.

Empowering kindness focuses on the future benefit of the recipient such as helping people with employment not just to earn a living, but also to make a life!

My father was a man with a big heart. He worked for a reputed car manufacturing company in a responsible position. Because of his personality, helping nature, and position, he developed contacts with influential people in the government departments and in many other fields. He used his good offices to help over a hundred jobseekers with different skills and qualifications to secure suitable jobs and to settle down in life. His concern for the well-being of people was that the breadwinner brings the food on the table for the family and the children could then get a good education.

Compassionate kindness not only gives happiness at the moment but leaves a lifetime memory for the receiver!

My son Yash used to work for McDonalds in his early twenties as an Assistant Manager at the Sydney International Airport outlet in the foodcourt. An Asian lady was running the adjoining coffee shop. She and Yash used to help each other when in need. One day the ten year old son of the lady was with her. He was "divinely abled." His face and skin were such that people couldn't even look at him comfortably. When the lady introduced her son to Yash, he extended his arms to give him a loving hug and the boy almost jumped into his arms with happiness. The lady was obviously touched so much that she couldn't stop her tears rolling down her cheeks. She expressed her gratitude to Yash and said that the boy experienced his first ever hug and had a feeling of being accepted.

Spiritual kindness can turn someone's life around one hundred and eighty degrees!

I migrated to Australia in 1990. Until August 2003 I carried in my mind the guilt, regrets and waste thoughts for the sins I had committed, the mistakes I made, and for my lack of understanding that had caused my loved ones hardships and suffering. In spite of that, God Himself adopted me as His child. I came into Gyan. He gave me the mantra, "Manmanabhav", with a guarantee that as much as I remembered Him He would cut down my sins of sixty three births. The knowledge of "Karma Philosophy" gave me an "Aha" moment. I understood that my suffering now was the consequence of my own past actions and if I performed all the right actions now, I won't have to worry about my future. All that I have to do is to follow His shrimat and follow the Mother and the Father.

Spiritual kindness can turn someone's life around one hundred and eighty degrees!

"You give but little when you give of your possessions, when you give of yourself you truly give." Is that not what Brahma Baba, Mama, the Dadis and Seniors did? And we Brahmins do it too, each in our own capacity! Kindness is the soul's natural expression. It's an outward manifestation of an inward state of peace and compassion. Each kind act creates a ripple effect. The joy of the giver is not in feeling good about their kindness or generosity, but is in the receiver's getting help in a time of need.

Who do I give and be kind to? Charity begins at home, to myself first.

"Can I connect myself to God, to be kind to myself?" I can't give others what I don't have myself. I forgive myself and all others who have caused me unhappiness. I don't judge anyone.

As I heard one Brahmin brother say, "I can't figure out why I acted the way I did at the time, so how can I judge others?" We all have a story, and are each going through a journey of our own.

I accept all others as they are and see only their specialities. I give my body Tender Loving Care, for she cooperates with me on my journey towards the aim and objective that God has given me. I care for humanity and the environment, for it is my duty towards the future generations. One can give to every person one meets, day to day. It could be a kind word, an appreciation, the sharing of some special knowledge or information of one's interest, a helping hand, some support during a difficult time or even a smile and a genuine greeting.

Ravi Kotwal had his Brahmin birth in 2003 at Lurnea Course Location in Sydney. He attends Murli at Lurnea and Casula, and regularly serves at the Illawarra Retreat Centre since February 2011. He has served in Papua New Guinea, 2012; Peace Village Retreat Centre, USA 2014; Saigon, Vietnam 2015.



Spiritual kindness can turn someone's life around one hundred and eighty degrees!

- Remembrance of the Father at amritvela and at other times throughout the day spreading vibrations of peace into the atmosphere.
- Good wishes through sakaash, with a pure heart and pure feelings.
- We send sakaash to the elements of nature in the event of natural calamities and conflicts between people.
- World Meditation Hour every month for world peace.
- Giving "Drishti" to other souls with pure feelings and remembrance of the Father.

Kindness is a quality of BEING - demonstrated by caring, compassionate, and considerate altruistic actions that help others can make a positive difference in someone's life, without them expecting anything in return. Scientific research highlights that kindness is profoundly beneficial to both the giver and the receiver in terms of physical health and mental well-being.

Let us give with all our light and might to "One God, One World, One family."



*"You children of the Benefactor Father are also benevolent, are you not?
After becoming a benefactor, there cannot be anything in which
there is no benefit."*

- Avyakt Murli 20/06/1973



When I think of receiving real, authentic kindness, I think of feeling safe in the presence of another. Sometimes I have had the experience of being with someone and, even without their intention, I have felt totally safe, completely relaxed, and comfortable in their company.

It makes me feel that kindness is not simply an action or a conscious attitude, but rather a deeper, intrinsic quality. It allows me to feel I belong, where nothing needs to be said and nothing needs to be done. The vibration emitting from that soul offers acceptance, connection, and belonging. One thing is to receive kindness; another is to be the kindness. How can I emit a constant vibration of kindness to others if I do not feel it for myself?

I have had many experiences in life, and one I initiated was to work on my subconscious mind to develop my own self-worth. I came into gyan aware of my bright side, yet there was also a dark side. For many years, I nurtured myself by seeing only my strengths and ignoring my weaknesses. This helped me develop self-respect. But the dark side does not like being ignored, it does not go away until it is acknowledged, faced, and transformed. My dark side would often emerge through recurring nightmares over many years. I knew they needed my attention, and eventually I was ready to deal with my weaknesses.

As part of self-kindness, I took a year of weekly therapy sessions, attended acting classes to move out of my comfort zone, and explored dream workshops and dream journaling. These were all acts of kindness towards myself, supporting the transformation of my dark side.

There came a moment that felt like a clear finale. I was able to journey into my dream almost consciously, moving down into that dark space and facing hundreds of shadows in front of me without running away. This time, I did not run or hide. I stood as a self-sovereign. In that moment, the shadows dissolved. I remember it as a deeply euphoric experience, and from that point on, those nightmares never returned. This was transformation. From that moment, I feel I was able to experience a deeper, more genuine inner kindness towards others.

Natural kindness, for me, understands people; where they have come from, where they are now, and where they are moving towards. I feel fortunate to have the gift of patience, and I recognise how this supports me in maintaining a kind nature towards myself and others. It helps me pause reactive responses, which rarely end well, and reminds me that some things simply need time. I also understand that this is not apathy. There are moments that call for speed and decisive

action. Kindness includes the wisdom to know the difference.

I remain a friend to myself, learning when to use each inner power accurately. Knowing and being is an ongoing learning for me. The more I come to know, the more I am pulled to become that quality of knowledge. My mind is my inner sanctuary; it is not a pressure cooker. This is my safety zone. Part of kindness for me is recognising my own needs, without confusing them with my wants. It is knowing the right time to act, the right time to be still, which battles to engage in, and which to let go. I see clearly that this is not possible when my mind is in a constant state of pressure.

Sometimes I hear something that stays with me for life. I remember a sister once said to me, when I was doing something that seemed impossible, yet I had faith it could be done:

"If someone has faith in themselves, we need to have faith in them." In that moment, I felt completely understood and accepted. For me, that was a true act of kindness.

I have experienced that there is a powerful healing element within a spirit of kindness. It softens hardened hearts and removes pain.

When I see myself and others through the eyes of pure kindness, it becomes impossible for me to feel anything but love. Its vibration is gentle and soothing. I have experienced moments of this kindness throughout my life, both given to me and expressed through me. It has not always been consistent, as old sanskars still emerge from time to time, but this is just part of a wonderful journey.

There is a deep connection between kindness and compassion. Compassion arises from the fountain source, while kindness is its outward expression, the showering that touches others. I sometimes reflect on why some souls find it easy to be kind and compassionate, while others find it difficult, but whatever a soul's experience, I have seen how powerful kindness can be. 8

When I worked as a reading tutor, I would take students out of the classroom for one-on-one support with reading and English. It was very interesting to observe that those who were considered “troublemakers” in class, and were falling behind, often became the most curious and engaged in a one-on-one setting. They asked the most poignant questions and progressed quickly through the reading modules. This showed me that kindness is also the ability to recognise what someone needs to flourish at a given time, and to offer it. The response was often transformative. I have seen how kindness creates a ripple effect; kindness truly begets kindness.

For me, kindness is also giving my time, to listen without judgement, to hear what is being said, and to sense what is not being said. It is responding in a way that allows another to feel heard and validated. I see how this dissolves barriers and nurtures healthy relationships.

I experienced this with Didi Nirmala. I had a relationship with her as my mentor. When I would go to see her, neither of us were great talkers. Often, I would sit near her, not necessarily facing her, and we would share a few moments of silence. Then she would simply say, “Aacha, take toli and blessing, Om Shanti.” Yet within those few moments, I felt acknowledged, validated, supported, and nurtured. She could easily have said not to waste her time if I had nothing to say, but she didn’t. I felt completely understood. For me, this was authentic kindness.

In soul consciousness, I experience kindness travelling through the intellect in the form of pure thoughts. These thoughts take on an angelic, unlimited quality because they do not stem from past experiences, or carry threads of history, limitations, expectations, motives, or influences. They arise from a pure source. Kindness feels like a current, subtle yet powerful, travelling through the ether, touching and uplifting many souls in its path.

Kindness cannot be measured. But I see its effects are always tangible.



In the early 1980s, Annette spent eight months travelling alone through India, an experience that culminated in a profound spiritual awakening in Rishikesh. In 1984, she came into gyan and received the knowledge that helped her understand and validate those experiences.

Since then, her understanding of Baba’s knowledge and relationship with BapDada has continued to deepen, guiding her spiritual journey and strengthening her aim and objective.

Recently retired from nursing, Annette, together with Linda Persson, moved to Perth two years ago to support Annette’s 90-year-old mother and she also offers regular service and support at the Perth BK Centre.



“Hey dharmatmas, let the foremost religion of all of you be to have feelings and vision of mercy and compassion for yourself, for the Brahmin family and for all souls of the world.

Merciful and compassionate souls, become bestowers!

- Avyakt Murli 22/10/1981

How do I be Kind to my Mind?

by Sam White

My

Aunt Francis used to say, *"You won't regret the things you did as much as the things you didn't do."*

Like when you lose someone close to you and you're left thinking afterwards – *"Geez, I wish I had reached out to them more..." or..." I should have told them how special they are more often..." or..." If only I'd been less judgmental and tried to help them..."*

Writing this article also reminded me of some lyrics written by an inspiring artist I used to work with 40 years ago - I have recollections of vibrant music shows with the whole venue dancing and enthusiastically chanting the chorus along with the band;

*Be kind to others
Same for you as for me
Same for foe as for brother
You can agree to disagree*

Recently, the band reunited for a memorial show to celebrate and honour the late Mark Edward Gill (1955 – 2025), a singer/songwriter who graced the Adelaide music scene with his prolific range of socio-political songs that sought to expose the consequences of a spiritually sick society and the simple solution lying in a new consciousness of brotherhood and compassion – kindness towards each other and Mother Earth.

It struck me during the recent memorial performance that Mark's lyrics are just as relevant today and once again the audience joined in with the same fervour like no time had passed.

It's a simple message - *"be kind to others"* - if I could just pause sometimes and remember it, it might mean the difference between the day staying relatively peaceful or descending into tension, conflict and ultimately separation from others.

Jacinda Ardern, when she was Prime Minister of New Zealand during the Covid pandemic, said in closing her speech to the nation, *"Be strong, be kind"*. Wise words considering people

were going to be cooped up with each other for an uncertain period of time without their usual distractions and comforts. I also remember thinking, *"Wow – did I just hear a politician use the word kind?"!!*

Kindness is a beautiful gentle quality of the soul that expresses itself through a helpful action, some encouraging words, or maybe just the gift of a smile towards someone when they most need it. It doesn't cost anything – a kind gesture born out of a momentary selfless thought that leads to a showering of sweetness.

In contrast, it's startling to observe the scenes of the world around us and not be affected by how deeply unkind people can be towards one another.

Why?

The world is in the dark night of the soul where fearfulness and lack of spiritual understanding lead to an over-dependence on false gods creating multitude forms of discontentment, entrapment and suffering.

Could we dare to be kinder to ourselves and consider a different approach to things?

My journey through my own dark night of the soul led me to a place of surrender where having exhausted all temporary forms of love and happiness, I fully opened my heart to the kindness, mercy and unconditional love of the Supreme Being, Shiv Baba (my Benefactor Father). I committed to regular spiritual practice of meditation, reflection, spiritual study and deliberate service of others. It was the greatest act of kindness I ever showed myself, consequently; over the years I have experienced a

softening of the hard edges within my character which in turn, led to natural outbursts of kindness towards others. After all, kindness is caring, and if I can care for myself, undoubtedly, I will care more for others.

It didn't cost me anything other than being willing to let go of some old fearful and negative thought patterns that weren't serving me at all. As a meditator, I need to continue to look deep within myself and check my thinking. If I'm unkind in my mind, I'll pay a price for that in the form of how I feel. After all I'm "me", I can't play your part or the neighbour's. No – I'm always with me and how I'm feeling - whether it's in the dead of the night or sitting in the early hours of the morning where there are no distractions or interactions. Am I truly comfortable with myself? How do I make my mind kind to the self and others?

This is my real challenge but the kindest mind in the universe can help me. Let me contemplate the mind of my Benefactor Father, the Supreme Being - the one who has the kindest mind of all. In deep silent meditation, I link to this Divine Consciousness forging a soul-to-soul connection, and all hardness melts away returning innocence and sweetness to the spirit uncovering a benevolent and kinder mind which automatically flows through into my actions.

I recall my aunt's wise words again. Let me meditate today and tomorrow and forever onwards, I don't want this to be one of the things I regret "not doing".



Sam grew up in Adelaide even though she was born in America.

Sam completed two university degrees and worked in both the music industry and education. She started studying meditation and the spiritual philosophies and teachings of the Brahma Kumaris around 38 years ago and it has continued to be a solid foundation for her life and spiritual growth.

She has since returned to India to visit the headquarters and participated in many inspiring and uplifting spiritual retreats. Currently Sam is a high school teacher teaching English to students with non-English speaking backgrounds, which she finds deeply rewarding. She also enjoys teaching meditation in the community and continues to be a musician and composer.



*"Those who are generous-hearted can make anyone belong to them.
The more you yourself are generous-hearted, the more upliftment you will bring."*

- Avyakt Murli 27/07/1970





Compassionate Healthcare - Global Hospital and Research Centre (GHRC)

by Dr Barbara Hannon

Australian Friends for Global Hospital (AF4GH) has continued its long-standing collaboration with the Global Hospital and Research Centre (GHRC) in Mt Abu. A recent coordinated visit to GHRC by Stephen Berkeley and myself, representing AF4GH, in December 2025, has enabled us to strengthen our collaboration with GHRC, and to review both past and present AF4GH projects. It provided a privileged insight into how GHRC delivers compassionate inpatient and outpatient care, including the delivery of extended outreach services into the tribal communities. An added bonus, by staying in nearby hospital quarters, was to connect on a daily basis and hence better get to know some of the dedicated healthcare team working with Dr Partap.

Past and Present Projects of AF4GH

Project/Equipment	Date	Details
Blood Cell Counter	February 2021	Replaced an older machine at GHRC
2 Ambulances	August 2021	An Intensive Care ambulance a 4WD ambulance.
Eye Surgery - Phaco machine and Yag laser	June 2022	For eye surgeries at Jalore Hospital managed by GHRC trust
Patient Care Fund	2019 -2025	When funds required for inpatient care
CSP Mobile Clinic Van	2022	Additional mobile clinic van enabling healthcare access for 30 villages.
CSP Mobile Clinic Operational Cost	Since January 2023 ongoing in 2026	Ongoing support for staff salaries, vehicle costs, and medicines for the mobile clinic.

The Community Service Program (CSP): Coordinated care and early intervention

The Community Service Program (CSP), which services some of Rajasthan's most remote communities, is supported by deeply committed health workers. The CSP provides medical care to remote tribal villages across Rajasthan's Sirohi District, where government provision is limited. Private or corporate healthcare services are not profitable in these areas, and, even if available, would be financially out of reach for most of the population. Not-for-profit organisations such as GHRC bridge a critical gap in these regions - bringing basic medical care directly to communities that would otherwise go without.

The CSP has considerably expanded over the years allowing care to be delivered more consistently across a large geographical area. The program now operates three mobile medical vans, each following a dedicated route through remote villages. Each van is staffed by a driver, a doctor, and a pharmacist who dispenses prescribed medication onsite.

The third mobile route commenced in 2023 following AF4GH's sponsorship of a new van, which significantly expanded the program's reach.

"Without the mobile clinics, many villagers would delay care until illness became severe - or go without treatment altogether."



Villagers receiving meditation from mobile van 'clinic on wheels' , sponsored by AF4GH



The healthcare team at the multi-specialty camp

On 23 December, I accompanied Archana, who is the Manager of Hospital Promotional Services and Transport, on the mobile clinic route connected to the AF4GH partnership. Along the mobile clinic route that day, patients of all ages were assessed for common conditions such as viral respiratory infections, skin complaints, and gastroenteritis. Mothers arrived with infants and young children, and received benefit from early intervention with oral rehydration salts

A case of a more serious condition included a farmer undergoing treatment for tuberculosis. Early detection from the mobile clinic, combined with CSP-donated nutritional supplements, plus the government funded medication, had enabled him to regain his health and to return to farming - restoring both his livelihood and his family's wellbeing. In such cases, the CSP continues monitoring patients for several months, until treatment is completed.

Although a nominal contribution of 10 rupees was given by some patients for medication, for many others who could not afford it, all treatment was provided free of charge.

"All who arrived seeking care were met with calm, respect, and careful attention."



More villagers receiving meditation from mobile van 'clinic on wheels' , sponsored by AF4GH

Archana's role is wide-ranging; coordinating with field workers who notify villages of visit dates, scheduling specialist camps, arranging follow-up appointments at GHRC, and scheduling inpatient care when required. Archana has been working at GHRC for the last 29 years, whilst following a surrendered BK meditation lifestyle. The selection, and training of fieldworkers comes under her careful supervision. Data from all the mobiles clinic is entered electronically by the doctors enabling accurate statistics to be collated. This enables an accurate picture of the types of conditions diagnosed and treated, along with monitoring of other conditions requiring longer treatment. Throughout the day, I observed the entire team balance their responsibilities with efficiency, warmth, and patience. The complexity of coordinating such mobile clinics as well as multi-specialty camps requires detailed attention to many and varied "moving parts".

Multi-Specialty Camp in Chandela (Abu Rd)

On 26 December, Stephen Berkeley, who previously spent 13 years working at GHRC, and I attended a multi-specialty medical camp, with partnership and sponsoring by AF4GH. In all, 283 patients from surrounding tribal villages attended, many of whom walked a considerable distance to attend. For others, designated collection points were arranged for pickup, with transport on buses provided by GHRC. Locally trained fieldworkers notified local people of the date and collection points prior to the camp. The specialist doctors communicated with patients in Hindi, while trained field workers assisted with local dialects where needed. There were many moving parts: yet registration and triaging of patients was done efficiently, and despite the long queues for each specialty, the patients were seen in a calm unhurried atmosphere. Most striking was the atmosphere in which it all occurred: one of respect, cooperation, and equality - from drivers and field workers to specialist doctors and everyone in attendance.

Clinics included General & Laparoscopic surgery, Dr Kumarsen Nadkarni; Gynaecology, Dr Piyushi Sharma; Orthopaedics, Dr Kailash Kadel; General medicine, Dr Shravan Purohit; and Ophthalmology with optometrist Harish Biswal.

"The trust between healthcare workers and villagers was evident by the number who attended, as well as the respectful atmosphere of all interactions."

Following screening, 52 patients underwent cataract surgery the next morning at the Global Hospital Institute of Ophthalmology, which is managed by GHRC trust. Patients were provided with bedding and meals for two nights. Some patients arrived carrying a thin blanket in anticipation of surgery. Cataract formation is high in Rajasthan's harsh environment with its high ultraviolet exposure and limited eye protection, and this intervention can be life-changing.



Cataract surgery camp

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Kindness is something that may be difficult to describe but you know it when you see it. This virtue is even more powerful when others feel our kindness. The old slogan "It's not what you say but how you make them feel" could not be more relevant in the context of kindness.

Popular misconceptions of kindness

In my first year of high school there was a hit song written and performed by Nick Lowe called: Cruel To Be Kind. The lyrics to chorus are below:

*You've gotta be cruel to be kind in the right measure
Cruel to be kind, it's a very good sign
Cruel to be kind means that I love you, baby (babe, you've gotta be cruel)
You've gotta be cruel to be kind*

I thought about the context of that phrase and how it was used in this song.

According to the Cambridge dictionary, the original phrase refers to: causing someone temporary pain or distress because you believe it will ultimately benefit or help them in the long run. It is about prioritising long-term well-being over short-term comfort.

In the past I think BKs have had some challenges in crossing the line between cruel and kind. The intention is obviously to be kind but how is the message being received? Has anyone poured their heart out to someone within the family only to be met with: "Well that's your karma!" Yes it is my karma but compassion is necessary. I was recently told by someone that: "It doesn't matter what you say, it's *how you say it*". I think we've all moved on within the Australian BK family from the days of 'fire and brimstone' recitals, excessive 'finger wagging', lecturing, bossiness and over-zealous declarations about spiritual effort. Baba has been clear about bossiness being linked to anger and advises us to become the embodiment of experience rather than providing a lecture. Remember, they may forget what we say but, they will never forget *what they feel*. I feel that Baba wants us to 'feel the pulse' before contributing to the 'heart attack'. Our aim is to become like

Baba and follow Father Brahma's footsteps, to become an angel, then a Deity. Deities are givers, world benefactors, kind and charitable souls.

How would Baba be truthful and kind?

One of the best and funniest examples of Baba's kindness and sense of humour came from an Avyakt Murli that was read in late March of this year. Baba was reminding us of the importance of creating harmony within the Godly family. Baba showed us how to only focus on the positive qualities of others. Baba stated that he knows what some children are like but every morning in the murli he refers to us as 'sweet children' not 'sweet and sour children'. I thought this was gold; hilarious. Here is a wonderful example of how Baba only looks at the positive qualities within all of us and doesn't focus on the negative. Baba can be very truthful about our progress yet there is never any harshness, only humour, love and truth. Baba delivers that painful truth in a way that isn't painful. The true essence of kindness.

Incognito kindness

Recently I had a test within the workplace that required me to practice kindness and go beyond my own negativity and remember the bigger picture; uplift others and become a world benefactor. I had recently moved to a new workplace after

working almost 4 years for a government department in the one location. We were receiving a visit from an executive level manager and I wasn't looking forward to it. I had previous 'history' with this particular manager and the experience wasn't positive. Letting the past be the past is easy to say but sometimes tough to practice. All staff were told they were required to attend a meeting with the executive manager along with the local management team. Customer service officers from other locations were being brought in to assist with the workload which enabled all staff to attend the meeting.

I will admit to feeling a little nervous about this meeting because it seemed highly irregular. There was a flurry of conversations before the meeting in the lunch room about the purpose of the visit. Someone speculated that the service centre may be shut down and the executive manager would be delivering bad news. We all felt that something big was about to happen but no-one was prepared for the actual news. We were informed that one of our colleagues had passed away the previous night and that extra staff had been recruited so local staff could leave work, if required, for the rest of the afternoon.

The way this executive manager conducted the meeting was excellent; a real surprise. It was a very painful moment for most of the staff but the situation was handled with empathy, humility and careful attention to everyone's needs. We were also informed that a team of counsellors had been made available if required and the executive manager would spend the rest of the afternoon making themselves available to the staff as needed. After the announcement, he left the room to enable the local management team and staff enough time to process everything. There was shocked silence in the room, a few tears and general sadness. Some suggested they would prefer to stop work and go home, another wanted to keep on working, others wanted to speak to the counsellors.

I was new to the office so I didn't know this person very well, so I had a strange type of advantage to the others who were close to her. I immediately remembered Bapdada's image and wanted to bring that avyakt energy and support into the room so I could uplift my sad colleagues and myself. I could definitely feel Baba's support and I eventually helped a few people by simply listening to them. My team leader talked to me for a while while I sat, listened and remembered Baba. The executive manager walked by her desk as we finished talking. She declared to him, as he walked by, that she felt better after chatting to me. It felt good to make a difference, no matter how small the part. We are incognito and we are earning our inheritance in an incognito way.

I noticed the executive manager was also feeling the weight of the moment. I could see his concern for the team and also see he was also hurting. Eventually I reached out and offered to make him a cup of tea. He seemed surprised, told me he was very busy and couldn't drink the tea straight away. I told him I would simply leave the cup of tea on his desk while he made numerous phone calls. At the end of the day, I thanked him for being so supportive toward everyone and I was genuinely surprised by how grateful he was for that cup of tea. This simple act of kindness required me to have courage, go beyond my comfort zone and be kind to someone who previously hadn't been kind to me. I found the experience both uplifting and unsettling. The decision to go beyond my own negativity and deliver a random act of kindness to a powerful manager became a powerful experience for myself.

Affirmations on kindness

"I bring kindness into my own life and the lives of others around me."

"I send powerful vibrations of kindness to the world."

"My personal transformation is a great service to others."

"I am a yogi soul, a world benefactor soul."

"I am becoming a lighthouse to show others the way."

Om Shanti, BK Simon - Brisbane



Simon completed the Raja Yoga Course in December 1991 at the Wollongong Centre. He was briefly a resident in the Brisbane BK Centre in 2006 - 2007 and has been a regular student or maintained a connection with the Centre ever since. He holds 2 degrees (BA-English, BCA-media / communications), a graduate diploma in education, an associate degree in audio and has just completed a short course in electronic music production. Simon has dabbled in photography but has always wanted to be a musician. He also writes and performs his own songs and has recently been awarded a CSI grant, collaborating with Peter Clark, David Jones and Michael Westlake. A 5 track EP will be released early in 2027 with a series of live performances to support the release.



"To be able to transform the non-benevolent attitude of others with your attitude of benevolence is the duty of a holy swan."

- Avyakt Murli 01/03/1986

Cultivating Our Inner Kindness



by Debbie Hannan

We are all familiar with the saying, "It's better to give than to receive." Our original sanskars are innately kind, whereas fear and hate are learned. In a deeper sense, this reflects a spiritual truth: when we give with an open heart, we align ourselves with the natural flow of life. Through kindness, compassion guides our actions and strengthens our connection with others.

The word *kindness* comes from the Old English *kyndnes*, which is related to *kind*, meaning "nature," "family," or "love." This suggests that kindness was originally understood as a natural quality expressed within one's kin and community.

When I connect kindness to nature, it takes on many forms, including environmental stewardship, mindful decision-making, and nurturing our relationship with the Earth. These actions protect ecosystems while fostering a deeper sense of respect and appreciation for the natural world.

Viewed through a spiritual lens, kindness becomes a bridge between how we treat the Earth and how we treat one another. The phrase *Mother Earth* comes to mind - a nurturer who provides safety, sustenance, and support. Kindness is therefore not simply an action, but a way of living that includes care for both people and the environment. As a collective, we share responsibility for this stewardship. Caring for ecosystems, communities, cultures, and future generations reflects an understanding that we are part of an interconnected whole.

Mindful consumption becomes an expression of conscious living. It encourages us to consider the impact of our choices: who made the products we use, under what conditions, and at what cost to their wellbeing? In this way, kindness expands into fairness, justice, and respect. It invites us to make choices that honour both people and the planet.

The relationship we have with the Earth mirrors how we relate to one another. Support, care, and generosity circulate through communities much like energy flows through natural systems. When we give sincerely, we strengthen the social fabric; when we receive gratefully, we complete the cycle.

Acts of kindness become more than gestures. They help restore balance, dignity, and connection within society.

In a meditative context, kindness is not merely a moral extra. It is a subtle recalibration of both the inner and outer world. As

meditation deepens, the sense of separation between self and other begins to soften. From that state, kindness arises naturally rather than through effort.

This aligns closely with how Raja Yoga helps us connect with our higher self and with God.

Balance: Meditation reveals how reactive patterns such as anger, fear, and craving disturb inner equilibrium. Acts of kindness interrupt these patterns and help restore harmony.

Dignity: When we recognise another person's humanity, we reinforce our own. Spiritual teachings remind us that every being possesses intrinsic worth. Kindness is how that truth is expressed in daily life.

Connection: Meditation helps dissolve the illusion of isolation. Kindness becomes the outward expression of that awareness.

When human beings treat nature kindly - by reducing harm, using resources responsibly, and protecting ecosystems - they acknowledge the Earth's role in sustaining life. In return, a healthy environment continues to provide clean air, water, food, and the conditions necessary for wellbeing. This simple relationship reveals a powerful insight: the way we care for the Earth reflects the way we care for one another. Respect for the natural world naturally cultivates gratitude, humility, and a more sustainable way of living.

Human flourishing rests on a simple but often overlooked truth: nothing exists in isolation. The individual, society, and the natural world are deeply interconnected. Kindness is one of the clearest expressions of this awareness. It dissolves indifference, strengthens compassion, and reminds us of our shared humanity. In this way, kindness becomes more than a moral choice - it becomes a reflection of reality as it truly is.

In the busyness of modern life, it is easy to lose touch with this deeper awareness. Urgency often replaces presence, and kindness can become something we postpone. Yet spirituality invites us to slow down, notice, and act with intention.

It is easy to express kindness through words online, but genuine kindness is revealed through daily actions - through meditation, listening, thoughtful speech, and the way we treat people, animals, and the environment. These actions ripple outward, touching lives we may never see, much like rain nourishing unseen roots beneath the soil.

When kindness guides individual behaviour, when reverence shapes our relationship with nature, and when these values are reflected in society, a life-affirming culture emerges. Inner values, ecological realities, and social systems begin to support one another. An act of kindness is like planting a seed. Given the right conditions, it grows, flourishes, and bears fruit for many others.

As our world faces environmental and emotional challenges, kindness becomes a form of healing. By caring for one another and for the planet, we help restore a sense of unity and shared purpose. Kindness is a conscious choice to act with love - for others, for ourselves, and for the Earth.

Ultimately, the task is not to create connection, but to realise it and live accordingly. A truly evolved society is one in which kindness towards others, kindness towards the natural world, and the design of social systems all arise from the same fundamental insight: we belong to one another and to God.

As you move through your day, consider small ways to live this understanding:

- Offer your presence to someone who needs to be heard.
- Care for your surroundings, whether by reducing waste or tending to nature.
- Share your skills in service to others.
- Express gratitude for people, for the Earth, and for life itself.
- Trust the journey and your role within it.

And remember, kindness begins within. Just as the Earth needs rest to renew itself, so do you. Take time to reflect, to breathe, and to reconnect with what matters most. In nurturing kindness within ourselves, in others, and in the environment, we participate in something sacred: the quiet and powerful work of healing the world.



Debbie Hannan lives on Dharawal Country in Wollongong and coordinates activities at the Course Location there. She has studied Raja Yoga since 2005 and comes from a community development background, holding qualifications in sociology and child education.

Her love for BK service has led her to contribute to the Environment Wing, the Class Location Centre team, and the Young Jewels team. Her deep connection with nature is reflected in her love of the seaside and a lifestyle that seeks to harmonise personal wellbeing with care for the planet.



"To have an unlimited attitude means to have a benevolent attitude towards all souls of the world, to be a master world benefactor."

- Avyakt Murli 27/03/1883



There are some qualities that touch the human heart so deeply that they remain with us forever. For me, kindness is one of those qualities. It softens pain, melts fear, and gives courage to continue. When I think of the Most Benevolent Shiva, I remember an Ocean of never-ending kindness, remembered with deep love and gratitude through the ages.

Kindness is being friendly, generous, considerate, helpful, compassionate, sympathetic, understanding, and big-hearted. It is kindness towards others, towards ourselves, towards animals, and towards the Earth, without expecting anything in return. In a world that can often feel harsh and demanding, kindness becomes a healing force that reminds us of our shared humanity.

I have always loved the words from *The Pocket Book of Virtue*:

"Great Souls take advantage of every moment and every opportunity to give happiness to others through kindness in their thoughts. Such souls are willing to overlook weaknesses and mistakes and have the desire to help everyone to reach their potential."

These words capture the true spirit of divine kindness. Genuine kindness does not judge harshly or seek recognition. It uplifts quietly and naturally, simply because the heart wishes to give. To me, kindness is much more than a concept. It is something we feel deeply. Kindness melts away the sadness and tension of the heart. It feels soft, warm, and inviting. It reassures us that all is well and that it is safe to move forward and face the world without fear.

One of the deepest experiences of kindness in my life was the first time I met BapDada. Initially, I was so frightened and nervous. Yet the moment Baba looked at me with His kind *drishti*, something changed completely within me. I felt transported instantly into bliss. Baba's loving and compassionate gaze had the power to dissolve past sorrow and awaken peace in the soul. That experience has remained with me ever since as a living example of spiritual kindness.

Throughout my life, there have also been many human beings whose kindness carried me through difficult times. After my mother died, a neighbour from my childhood showed me extraordinary care and tenderness. Her kindness was like

anaesthesia for emotional pain. She did not remove the sorrow completely, but she eased the burden enough for me to keep going.

I also remember one of the nuns at my secondary school who was truly a gem. Through her encouragement and gentle kindness, she inspired me to be creative. That support brought happiness into my life and helped me discover confidence within myself.

In this BK life, I have experienced immense love, kindness, encouragement, and hope. I feel that this spiritual path teaches us not only how to receive kindness, but also how to become embodiments of it. We are learning to transform fear, insecurity, and the need for approval. We are learning how to express our needs and opinions clearly and respectfully, while still remaining loving and compassionate.

Kindness is not weakness. It is one of the greatest spiritual strengths. A kind word, a smile, a caring glance, or a listening ear can change the direction of someone's life. Even the smallest act of kindness can bring light into another person's darkness.

When I remember Shiva as the Ocean of Kindness, I feel inspired to become an instrument of that same kindness in the world. Perhaps this is one of the greatest gifts we can offer humanity today: hearts that are gentle, understanding, and filled with love.



Trish Constantini (pictured above), started her BK life in Fitzroy Centre in 1979. She has lived in Fitzroy, Geelong and Bondi Centres and continued to serve in many centres, most recently Five Dock. She has massaged many senior visiting yogis and delights with her Folk and Classical Indian Dance. Trish has a daughter, Niki. (Note: Chat GPT has been used in preparing this article.



A Teenager's Journey to Mount Abu

I wanted to share my experience of my first spiritual journey to Mount Abu from a youthful perspective - although, of course, we are all truly youthful inside.

I was born into a loving family that now lives in Perth, and was blessed to be introduced to spiritual practice at a young age. Because of this, I've learned many important life lessons. While there is a lot of wisdom passed down from older generations, I also think younger people can sometimes notice things in a simple and fresh way, and I hope my experience can offer that perspective.

Our journey started with a four-hour drive from Ahmedabad (Gujarat) to Mount Abu (Rajasthan). Some people might think that's a long time to sit in a car, but I actually enjoyed it. I used the quiet time to read my book and relax. With a few pit-stops along the way, we finally reached the base of the mountain. Then we began driving up the long, winding roads towards this special place. There were so many turns that it felt like it would never end, but with every turn I got more and more excited.

When we arrived at Gyan Sarovar and set down our bags, we went outside and met Saptaben, a friendly soul we know from Australia. She helped show us around the campus. I was honestly speechless because the place was massive! The buildings were beautifully designed, the gardens were neat, and the detail in the architecture was insane.

We also had the great fortune to meet Sudesh Didi. We felt incredibly lucky to sit with her and ask questions. She had such a calm but powerful energy, and it really stayed with me. Being around her made my mind feel quieter and more peaceful, and it reminded me how important good spiritual company is.

During our stay we visited many places like Baba's Room, Baba's Hut, Harmony Hall, the Meditation Hall, Dadi Janki Gardens and more. Each place felt different, but they all had a peaceful atmosphere. The entire experience honestly couldn't be described because it was truly that amazing. The vibrations we felt were powerful and resonated wherever we went in the complex.

One of my favourite places in Gyan Sarovar was Dadi Janki Park. It had many plants, some rabbits and lots of open space, along with swinging benches where we could just sit and relax. I especially remember drinking fresh coconut water there, as it tasted so delicious. After a scrumptious and fulfilling lunch outside in the sun, we went back to our room to catch up on some much-needed sleep before getting the full experience of Mount Abu. I had such a good nap and woke up feeling refreshed and ready to explore again.

The same vibrations and energy were even more noticeable in Pandav Bhavan, where we visited for an afternoon. Despite the intimate environment of the complex, the hot lemon-ginger drink was super tasty. We went to Baba's Hut, where Brahma Baba wrote letters to Shiv Baba. Then we sat in Baba's Room and absorbed the powerful energy. Afterwards we saw History Hall and sat at the Tower of Peace, where a red light bathed the whole area.

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Nestled in the heart of South-West Sydney, the Casula Centre serves a growing and diverse community seeking spiritual connection, peace, and purpose. The area is home to families from South Asia, the Middle East, the Pacific Islands, and Europe, providing a culturally rich environment. The Centre was founded to meet the growing need for inner calm and community belonging, offering a space where people from all backgrounds can explore meditation and spiritual understanding.

Prior to establishment of the Centre, Sr. Sita and Sr. Manu were doing service over several years at the home of a new BK, Sr. Mathura, at her place in South-West Sydney, supporting individuals of all ages with care and dedication to explore meditation as part of improvement in a busy lifestyle. This early service paved the way for establishment of the Centre. The Centre is coordinated by a small dedicated team, Srs. Manu, Sushma, and Sita, who bring a range of professional and personal skills. They are united by a shared commitment to spiritual study and service.

On any given morning, the Centre comes alive with the gentle rhythm of the daily murli class. Around 15 to 18 regular students gather for Saturday murli classes with Marathi, Hindi, Nepali and western cultural backgrounds. Our weekly Saturday gatherings often include shared breakfast, a cherished BK custom that fosters connection and belonging.

Programs and Activities

Its first year Casula Centre has been characterized by strong community engagement, consistent program delivery, and close collaboration with the Five Dock Main Centre to ensure alignment with shared values and vision. The Centre offers a diverse range of ongoing programs:

- Raja Yoga Courses: Structured learning modules for beginners and advanced practitioners. Over the year, more than 25 people have completed the Raja Yoga Introductory Course, with about half continuing into the Intermediate level. Some of the students now attend murli on a regular basis.
- Daily Meditation Sessions: Open to all, providing guided practice and spiritual study.
- Daily Meditation Sessions: Open to all, providing guided practice and spiritual study.



From Left: Srs Manu, Sita and Sushma.



Murli class with Br. Charlie.

- Monthly Programs: Themed events exploring aspects of self-development and spiritual awareness.
- Children's Classes: Regular sessions focusing on moral values, concentration, and creativity.]
- Festival Events: Inclusive celebrations that highlight spiritual significance and cultural unity.
- Outreach Activities: Meditation and wellness sessions conducted in schools, workplaces, and community centres.
- Bhatti Programs: Intensive meditation days for deep spiritual experience and self-reflection.



Cooking for a program.

Casula Centre also has been hosting a range of spiritual initiatives throughout the year. Regular meditation sessions, workshops on positive thinking, talks by senior brothers and sisters along with targeted children and parents' retreats focused on self-awareness and resilience attract participants from across the region. The Centre has developed meaningful connections with local community groups. It has been a pleasure to host regular Marathi language classes on positive thinking, which will be continuing in the future.

Casula Centre has also had the joy of welcoming overseas BK seniors, international guests visiting family in Australia, and many national visitors from across the country. Each has brought their own unique presence, enriching the atmosphere of the centre. A sentiment we hear often is how calm and

nurturing the space feels, giving a sense of coming home. Even those who join us for a single meditation session frequently share that they experience a deep feeling of belonging and peaceful energy that stays with them long after they leave. We are grateful to serve as a place to embrace, reflect and connect for all who walk through our doors.

Future Plans

Looking ahead, Casula Centre aims to:

- Expand its Raja Yoga curriculum with specialised workshops and retreats.
- Develop youth and family programs to encourage intergenerational learning.
- Enhance digital outreach through online meditation and study sessions.
- Strengthen collaboration with Five Dock Centre for joint events and training.
- Increase participation in community service and wellness initiatives.

The Casula Centre stands as a reflection of its community - diverse, dynamic, and deeply human. It continues to grow not just as a place of spiritual learning, but as a living example of harmony in action, where people from all walks of life come together to nurture peace within and around them.

Name: Casula Centre

Address: 71 Pine Road, Casula

Established: March 2025

Contact: casula@au.brahmakumaris.org | Phone: 0493352856



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The next few mornings, we woke up early for Amrit Vela at around 3:30am. Normally I wouldn't want to wake up that early, but it actually felt refreshing. Sitting in Baba's Room in complete silence while the world was still asleep felt really powerful. Afterwards we went to Harmony Hall to listen to the Murli. Starting the day like that made me feel recharged and positive for the rest of the day.

In the afternoons, some welcoming souls took us to various local attractions. For instance, we visited the Delwara Jain Temple which had intricate detail. On another occasion, we saw Guru Shikhar, which had an incredible view of the surroundings from above the clouds.

A few days later, we travelled down to Shantivan, which in comparison was a mammoth sight to see. There were rafts of people everywhere but there was still a maintained atmosphere of peace and positivity.

Seeing the Diamond Hall was unbelievable. It can seat around 25,000 people and has no pillars inside, which is an amazing feat of engineering. It made me realise how many people from all over the world come together with the same aim of peace.

We were lucky enough to receive a tour from two gracious souls who took us to Godlywood Studios, an amazing production area for the Brahma Kumaris' media work; India One, the large solar power plant built by the Brahma Kumaris to help power the campus; and the other Brahma Kumaris complexes.

On the last day we received Baba's sweet (and yummy) blessings from the Toli department as we said farewell to Madhuban. By the end of the trip, after visiting all eight complexes and meeting so many kind people, I felt grateful. It helped me slow down, enjoy silence, and feel closer to Baba.



Aarav Dodhia is a 15 year old student from Perth. In Sanskrit the name Aarav means peaceful or calm. He completed his introductory course at Lighthouse (Padbury) and regularly attends special events there. He enjoys academia, acting and takes an interest in spirituality.

UPDATE FROM THE AUSTRALIAN YAGYA'S MANAGEMENT TEAM (AMT)

We are delighted to provide an update to the family about the Management team. As a growing BK family, we regularly review how our National Departments are working, to build and strengthen relationships across the Yagya, and ensure our service in Australia stays aligned and well supported. We discussed our priorities for 2026 and based on that we came up with the following:

- **Training and Development:** for our key instruments to enhance skills in areas such as teaching and learning, public speaking, leadership development, administration, teamwork and people skills.
- **Public Outreach:** Building on the momentum of BKA's Golden Jubilee celebrations, we will place a special focus on public outreach and strengthening local and regional teamwork.
- **Systems:** Continuing to strengthen the Yagya's administration and management support structure with improved staffing and administrative systems that support our priority needs.

AMT Departmental Structure

AMT will have ten departments, to provide greater focus in key areas and support better national coordination. An essential addition was a Training and Development Department. As you may be aware, AMT is structured to focus on the two main aspects of the Yagya, one arm to provide for Spiritual Growth, Family Sustenance and Service and the other to provide Operational and Administrative support.

Spiritual growth, family sustenance and service is comprised of four Departments:

1. **Centres Department** – coordinated by Sr Chris Donehue: Responsible for: Spiritual teaching and learning, BK family sustenance, Centre management and 'local' public programs.
2. **Course Locations and Outreach** – coordinated by Sr Ranjani Sairam: Responsible for: Course Location accreditation, outreach coordination, and management of Course Locations.
3. **Retreat Centres** – coordinated by Sr Morni Chen: Responsible for: BK volunteers' training and sustenance, BK spiritual retreats, public retreats, and overall management of our four Retreat Centres.
4. **National Service Programs** – coordinated by Sr Gabrielle Martin: Responsible for: National public programs, Special Interest/Focus Groups, national professional groups (e.g., doctors, lawyers and other professions), and special projects (such as COP, UN initiatives, etc.).

Operational and administrative support is comprised of six Departments:

1. **People Matters** – coordinated by Sr Jo Newton: Responsible for: People and culture, care and wellbeing, and visa coordination.
2. **Training and Development** – coordinated by Sr Margot Schofield: Responsible for: BK course curriculum, BK tutor training and development, Centre Residents' training and development, leadership development, and Connection Magazine.
3. **Integrated Media** – coordinated by Sr Arti Dandona: Responsible for: social media, BKA website, marketing and branding, and editorial and public relations.
4. **Information Technology** – coordinated by Sr Lata Bhat: Responsible for: IT architecture, business analysis, IT training and project management, and IT systems.
5. **Operations Support** – coordinated by Sr Robyn Horton: Responsible for: Legal and compliance, health and safety, property management, risk coordination, and emergency preparedness.
6. **Accounting** – coordinated by Sr Dimsy Kapoor: Responsible for: Accounting coordination and management. Br Rajahram Padmanabhan continues to be accountable for Yagya's overall financial management.

Some of the work-in-progress:

- A "refreshed" Karankaravanhaar and Seva Opportunities tool will be used by the Departmental heads to announce and let the family know of areas where opportunities are available for them to volunteer their services.
- It has been a while since the BKA Website was updated. A "refreshed" website will be launched soon.
- Plans are on the 'drawing board' to form a team/unit to support and focus on serving influential people who Baba calls "mics". Details are still being finalised, and we will keep the family informed as this develops.

How you can help

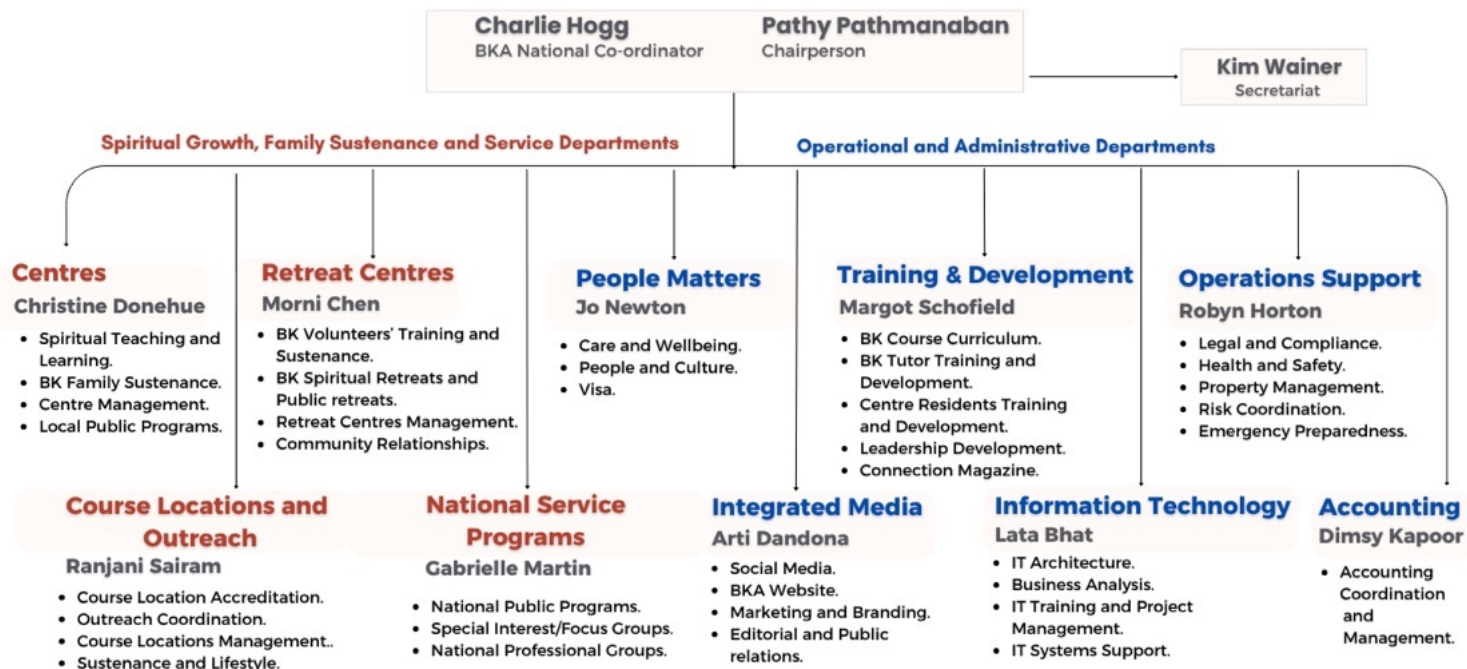
Whilst we are working on the 'Karankaravanhaar and Seva Opportunities tool', we are always grateful for volunteers who can support the many activities of the Yagya. If you have particular skills, knowledge, or time to offer, we would love to hear from you. As much of this seva can now be done online, location may not be a barrier.

Please reach out to your:

- Centre Coordinator
- The Head of the Department aligned to your area of interest
- Br Pathy (pathy.pathmanaban@au.brahmakumaris.org) or Br Charlie

Note: Attached is the new AMT organisation chart for easy reference:

Australian Management Team (AMT) Organisation Chart Updated June 2026



... / Continued from page 13

The Connection of Compassionate Healthcare with Meditation

Each morning, I was able to catch a shuttle service for the optional early class meditation, which many of the hospital staff attended. In the evening, a further opportunity to spend an hour meditating was available. It was humbling to see how many of the hospital staff regularly incorporated this practice naturally into their daily routine. It was heart-warming to see healthcare workers commit to a meditation routine willingly and cheerfully, in addition to their daily employment.

Observing healthcare workers sustaining a regular meditation practice alongside their clinical responsibilities was instructive. Witnessing the integration of compassionate healthcare with a sustained culture of meditation also provides an insight into how the healthcare team at GHRC function so effectively in challenging conditions.

"Meditation is central to how many of the healthcare workers sustain their daily routine."

Looking ahead

AF4GH continues to value its collaboration with GHRC and during 2026 will continue support for the annual operating costs (\$55,000 AUD) for the CSP mobile van highlighted in this article. This includes medicines, nutritional supplements, all vehicle costs and some salaries.

We would like to acknowledge and thank all donors who have contributed to past and present AF4GH projects. If you have any further ideas for supporting projects, please visit our website at <https://af4gh.org.au> and also send us an email at af4ghospital@gmail.com The website for GHRC is <https://www.ghrcabu.com>

ORIGINAL LOVE, ORIGINAL EFFORT

AN INTERNATIONAL YOUTH FORUM (IYF) 2025

Compiled by Sapna Ruparelia, NSW

In 2025, Karankaravanhar Baba used an international team of souls from Dubai, USA, UK, India, and Australia to put together an international youth retreat in Gyan Sarovar, on the topic 'Original Love, Original Effort'. We had around 75 souls from 16 countries with a mix of youth (13-17 yrs) and young adults (18-40yrs). A few of the former souls had graduated from the children's retreat!

Every one of these retreats come with a different flavour and vibe. This time we had the fortune of hearing stories, experiences, and the bhavna of the early days from many seniors - Sudesh Didi, Jayanti Didi, Asha Didi and Raju Bhai. The family was welcomed by Baba, Madhuban and the Madhuban nivasis with a powerful opening in Pandav Bhawan. The souls were treated with a good balance of transformational workshops, bhattis, creativity, trekking, Amrit Velas together, special Murli classes for the younger group, and the Living Library. The whole group freely surrendered their mobile phones in a playful way for a day dedicated to silence. A special reflection booklet of 'Precious Moments with our Ancestors' was made for the family to feel connected to the original love and efforts of some of our Dadis and Dadas.

One day after Murli in Harmony Hall, a group of youths with the IYF core team did a special dance to a powerful song which was then joined by the seniors (Jayanti Didi, Prabha Didi, Gopi Bhen and Dipty Bhen). We all then did cake cutting amongst a gathering of the global family and Madhuban nivasis whilst invoking all the youths of the past and Alumni. It was truly a fortunate scene with pure pride to mark 30 yrs of IYF in Madhuban.

IYF has always played an important part in my Brahmin Life. After years of participation, Baba has given this child the golden chance of serving, to share experiences and achievements. However, in 'unlimited' giving, there has been 'unlimited' receiving - blessings. This soul has received a huge gift of a lift of blessings from Baba and the yagya.

"People of the world experience enthusiasm on the day of a special festival, but for Brahmin souls the confluence age is itself the age of festivity" (23/12/1987). IYF for me, has always given the feeling of a festival of the confluence age...a festival in Madhuban at the highest on high place in the world!

A bouquet of 11 flowers from Australia joined IYF, 7 of them for the first time. They share the following experiences. Enjoy reading and feeling what the Magician and Madhuban has done for these souls!



*The young bouquet from OZ.
Missing from this image: Deepika (Brisbane) and Krish
(Melbourne)*

Before that, I would like to express gratitude from the heart. Thank you Baba, Drama and the family for giving us such scenes in the auspicious confluence age! Thank you to the angels behind the scenes in Australia and around the world, for the unlimited toli, blessings, retreat materials and gifts! Wah!

An out of this world experience! *(Rachita, Darwin)*

Each moment of the IYF Retreat 2025 was filled with wonder, peace, love of family and connection to Baba. From the moment I met the IYF team in Madhuban, I felt like I was divinely cared for. Each session was carefully chosen for youth, especially the session with the seniors sharing stories from their youth. The day of silence was my personal favourite. It was full of creative expression. We created beautiful blessing cards and decorated them. It was so good to meet youth from around the world and share experiences of our Brahmin journey while managing careers, education, and family commitments. The collective Amrit Velas were especially powerful. The atmosphere created was peaceful and lovely. The friendships formed, the divine dance of angels, the limitless love from each and every soul at IYF, the delicious Brahma bhojan and unlimited tolis, the creative activities, the hikes, the bus rides, the laughs, Angelic Dance circles around the Bonfire - each of these moments have filled me with the power to spread the fragrance of love and community wherever drama takes me. The 30th IYF celebrations were a reminder to return to the OG (original) love and OG effort of staying in sweet remembrance. Through listening to and enjoying with experienced souls, I am inspired to serve through face, attitude and thought power. A big thank you to the IYF team!



Invoking the Divine and receiving blessings

Connection Regained

(Shubhi, Sydney)

You know how you lose cellular network when you're in a remote area? My soul-conscious stage wavered just like that in the area of my new university life. But IYF '25 became the exact instrument in reconnecting that. It was a complete package! From special Amrit vela mornings to the invaluable words of seniors, I felt one step closer to the Yagya. I learnt that despite Maya exerting its forces even greater than before, it's always my choice to choose peace and self-respect. We, being the youth, often stand at the crossroads of worldly desires and Dharnas. As Gopi Behn encouraged us to be fearless and Sudesh Didi's words to never lose hold of Baba's grip kindled a new spirit in me for the new year. A combo of Meditation + Muscle movement? We did that during trekking! On Silence Day we bid goodbyes to our phones and reconnected with the ancestral souls. Also, I brought back home the souvenirs from IYF'25 which were made as the creative expression of our spiritual learnings and experiences, our soul's autobiography, art from the Avyakt Murli excerpts and a lot more. I'm taking away the immense love of the spiritual family, their understanding, and teachings from their own experiences. Ending the lovely retreat with BapDada Milan on the 31st, Baba said, "If I am there, what's there to worry about?" With courage and strength, I'm now maintaining the original state of my soul, peace.



The sweet sisters I made friends with from Kenya; friends with spiritual connection, a true sense of unmatched belonging

Staying Natural

(Harpreet, Melbourne)

Attending my first IYF retreat was a very peaceful and positive experience for me. The sessions with seniors helped me understand myself better and reminded me of the importance of soul-conscious living. I really enjoyed meditating in the calm environment, visiting the 4 pilgrimage sites in Pandav Bhawan as our opening, the loving atmosphere throughout the retreat. I also loved the theme '14-into-1' which was about giving us one silence day to taste/feel the Tapasya of those 14 years which created the foundation of the yagya. This gave me a chance to experience my 'natural' self. I will make a conscious effort to stay as much in silence as possible and carry the experience of inner peace, clarity, and a deeper connection with Baba into my daily life.

IYF has always played an important part in my Brahmin Life. After years of participation, Baba has given this child the golden chance of serving, to share experiences and achievements. However, in 'unlimited' giving, there has been 'unlimited' receiving - blessings. This soul has received a huge gift of a lift of blessings from Baba and the yagya.

"People of the world experience enthusiasm on the day of a special festival, but for Brahmin souls the confluence age is itself the age of festivity" (23/12/1987). IYF for me, has always given the feeling of a festival of the confluence age...a festival in Madhuban at the highest on high place in the world!



Sitting together in sweet silence, feeling connected, becoming stronger as one family

Carrying the Flame Forward

(Madhu, Darwin)

My first experience of a Youth Forum left a deep impression on me. From the beginning, the atmosphere in Madhuban felt different - light, alive, and uplifting in a very natural way. There was a quiet joy in the air that made it easy to feel present and settled.

The opening ceremony in Pandav Bhavan was especially touching. As we walked in together, the Madhuban niwasis were standing from the entrance to the courtyard, simply holding the space for us. On the screens, photos from the early days of the Yagya were playing. Seeing those images made something very real for me - that the early jewels, who laid the foundation of the Yagya, were themselves young adults. It felt grounding and encouraging to realise that what we are part of

today was carried forward by people our own age, with sincerity and courage. In that moment, I felt gently reminded of my own purpose and responsibility as a young adult on this path.

Meditating together at the Tower of Peace was another meaningful experience. Sitting in silence with so many young adults created a sense of togetherness that felt steady and supportive. There was strength in sharing that space and that silence with people of a similar stage of life.

The stories shared by the senior sisters were simple yet powerful. Listening to them felt like being brought closer to the early days with Brahma Baba, not in an overwhelming way, but in a way that made the Yagya feel very alive and personal. Their experiences refreshed my connection with Brahma Baba and helped me reconnect with the purpose of my Brahmin life.

The forum felt very thoughtfully planned. Each activity had meaning, and the presence of senior resources added depth and clarity. I am truly grateful to the entire team for organising the retreat with such care, love, and commitment.

Even sharing a room with other young adults became an important part of the experience. Those everyday moments helped build genuine connections and friendships, reminding me how important it is for us, as young Brahmins, to move forward together - supporting one another along the way.

This forum didn't feel like something to be "taken in" all at once. Instead, it left me with quiet reflections, renewed clarity, and a deeper appreciation for the journey we are walking together.



The courtyard reflects the living journey of the yagya - shared, continuous, and quietly held by all who pass through

Love in every moment (Shalini, Melbourne)

IYF was a truly beautiful and transformative experience for me. Throughout the retreat, Baba's immense love for all his children was thoroughly explored and beautifully explained during the various sessions. You could feel all that love in various forms throughout every moment of the retreat. One of the most

memorable moments where you could feel that was while everyone danced along with Sudesh Didi when we welcomed her for a special IYF session. There was so much love in the air that it was surreal and transcendent.

The sessions with all the seniors were incredibly meaningful and really provided a deep insight into how we can further nurture and build a loving relationship with Baba. Hearing about all the personal stories and all the different experiences filled my heart with extreme delight and happiness.

During my time in Madhuban, and during the retreat, the most wonderful thing was how much love everyone had in their hearts to give to each other. There was an abundance of love and gratitude in the hearts of Baba's children.

I am deeply grateful for this wonderful opportunity to be part of this retreat. I would also like to thank everyone who played a role in creating such a meaningful retreat. It is an experience I will carry with me moving forward and all the learnings. Thank you Baba for everything.



Thank you Baba for the beautiful moments spent with all these lovely souls from across the world

Blinding Clarity (Poorvi, Melbourne)

IYF brought me a lot of clarity about Baba's gyan and my perspective into Rajyoga. The different sessions with senior BK's all provided invaluable information about their roles in the organization and as well their personal spiritual journeys. Specifically, the priceless BK's who were with Sakar and Avyakt Brahma Baba, gave us the opportunity to gain this knowledge. One of the most valuable things I took from the whole retreat is a complete shift in the importance of the murli in our day to day life. The insights especially from Raju Bhai, head of the Murli department, were the biggest contributors to this clarity because he described his personal experience with the Murli and the deep love and passion he showed for it from a very early stage in his life. This snowballed into a wider topic throughout the duration of the entire retreat, as each speaker emphasised the importance and the level of attention that should be given to the Murli. One memorable moment about this topic was the sharing that Dadi Janki read the Murli ten times in a day and always found new points or titbits to better process Baba's knowledge. Overall, this was an incredibly enlightening experience filled with unforgettable points and an overwhelming sense of clarity in many parts of my spiritual journey. Thank you everyone who was involved in creating this amazing experience.

WHEN THE SKY CHANGES

Book Review

31 Stories to Navigate the Stuff No One Talks About!

Dear Family & Friends,

I am very happy to support a wonderful new children's book, "When the Sky Changes," by Shikha Arora and Ananya Tomar.

Published by Eternity Ink as part of the Creative Spirit Initiative, this book features 31 engaging stories designed to help children navigate complex emotions and experiences, such as friendship challenges, self-worth, anxiety, and resilience.

The book is available across Australia, New Zealand, North America, the UK, and Europe. In Australia you can purchase it at BK Centres or order online through the following links:

- Eternity Ink: <https://eternityink.com.au>
- Amazon: Available globally, including the U.S., Canada, and the UK.
- Available at numerous major international online bookstores including Barnes & Noble and Walmart in the US; Chapters/Indigo in Canada; Waterstones & Foyles in UK; Booktopia and Fishpond in NZ; and Jarir & White Lion in Middle East; and many more - simply search by the title in your country.

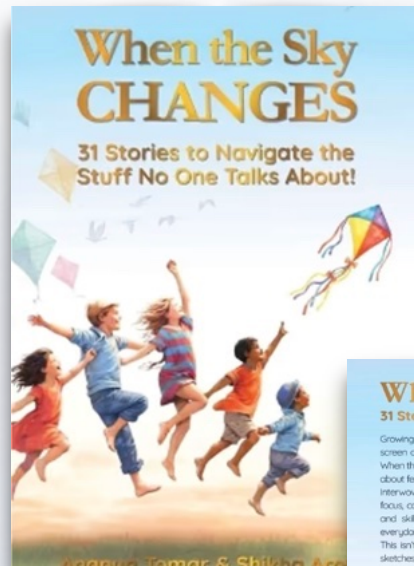
We are also working to ensure the book is available at an affordable price in India, so please share this with your global communities.

You can watch the one-minute book trailer on youtube on this channel:
[@doseofinspirationallight591](#)

If you enjoy the video, please give it a "Like" and consider sharing it on social media.

When the Sky Changes is a valuable resource for young readers, parents, and educators interested in nurturing emotional wellbeing. It serves as a gentle reminder that while daily challenges arise, children can learn to remain grounded and true to themselves.

Warm regards,
Charlie Hogg
National Coordinator, The Brahma Kumaris Australia



*"To the extent that you are part of this special gathering, so you are generous-hearted.
To be generous-hearted means constantly to have a generous and big heart for every task.
To be generous-hearted, to have such a generous and heart
is called "following Father Brahma"*

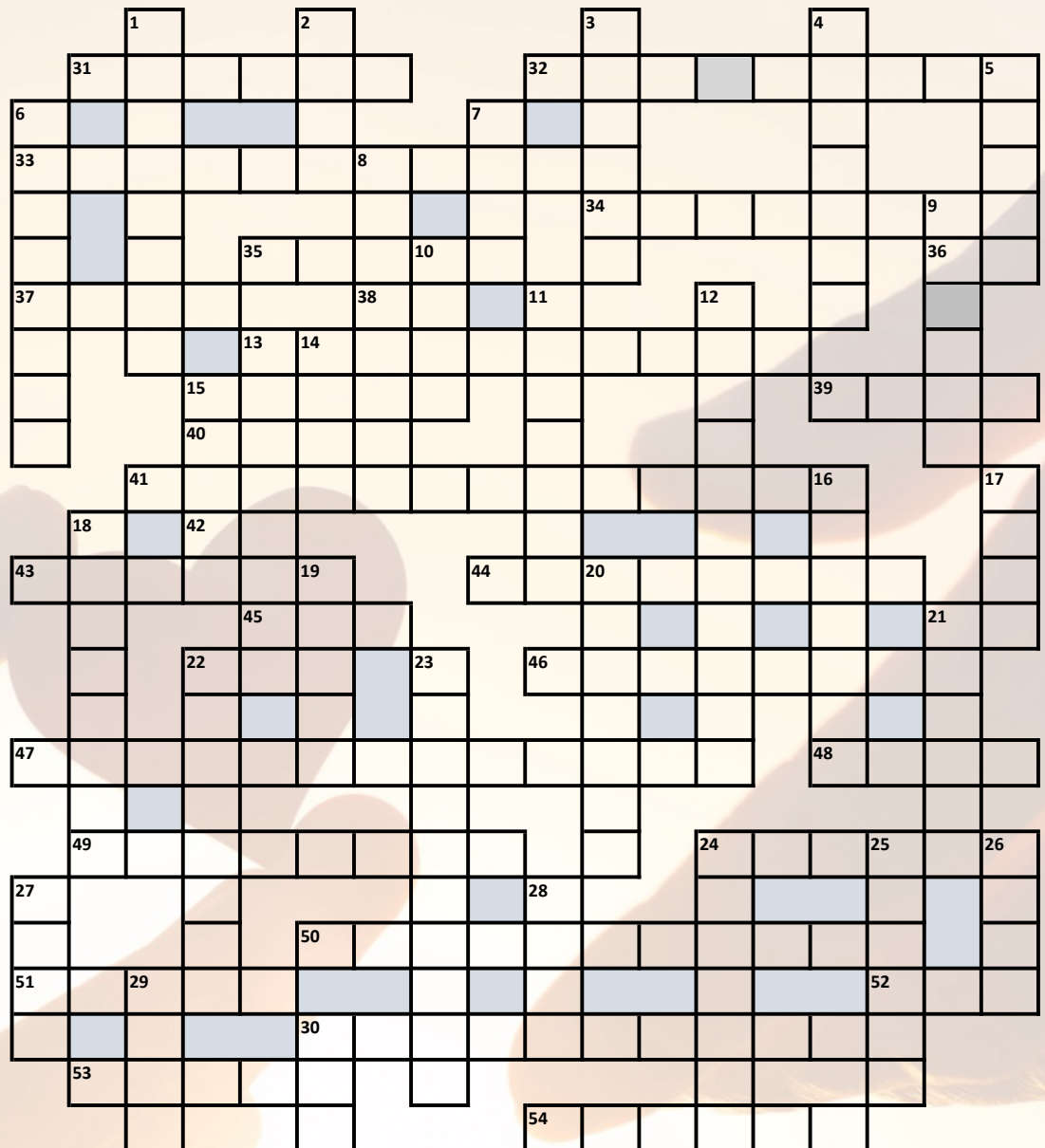
- Avyakt Murli 11/04/1985





ACROSS

13. Greek tradition of kindness to strangers
15. A word of kudos, well done!
22. Baba gives us a third one
30. A leafy offering of forgiveness (5,6)
31. We're nurtured first by this one
32. Thanks from the heart
33. A true treasure, belonging to the kindest souls (5,2,4)
34. Being elegant & kind
35. One who is of the kindest profession
36. To hold a space in time
37. To grasp an understanding
38. Move ahead
39. A promise
40. A boundary, as in maryadas
41. A biblical traveller, a selfless helper (4,9)
42. Giving options
43. A recluse, seeker of silence
44. The measure of Baba's love
45. Do your best
46. Expressing imagination, to be ~
47. Showing a high form of kindness
48. Courage or intestinal fortitude
49. Solar warmth, quality of a warm nature
50. To offer sanctuary, comfort and care
51. In order, the place of the ancestors
52. That one
53. How Baba would like us to remember Him
54. Kindness ~ kindness



DOWN

1. A generous offering to a cause
2. A character transformed by their journey
3. Built to bring two sides together
4. Description of the Golden Aged society
5. Wipe away a past mistake
6. A common term of gratitude
7. A symbol of peace
8. A kind person lets go this way
9. African philosophy of shared humanity
10. All by yourself
11. Offering clarity, to enlighten
12. The Lady with the Lamp, Florence ~
13. Kindness is this, the top of the agenda
14. Assist, give one as help
15. To flourish, as a flower would
16. Kind words cost ~
17. An angelic crown of light
18. Rich in spirit, full of heart
19. Nature providing shade & shelter
20. As in the kindness movement, 'pay it ~'
21. To handle softly is to be this
22. True kindness pays no attention to these
23. The preferred ship in which to travel
24. To give freedom, let go.
25. The heart beats with one
26. Authentic, without falsehood
27. A goodwill offering
28. The karma required so that we receive
29. The means of adventure for Huckleberry Finn & Tom Sawyer
30. None but ~

Feeding the Immune System with Hearty Food & Kindness

by Amanda Quinn

Vitamin C is often promoted as the cornerstone of immune health; however it is only one piece of a much larger nutritional picture. A well-functioning immune system relies on an adequate intake of **protein, zinc, iron, vitamin D and vitamin A**. Protein provides the building blocks needed to produce antibodies and immune cells, while zinc and iron are essential for the development and activity of many components of the immune response. Vitamin D plays a key role in helping the immune system respond appropriately to challenges. And Vitamin A supports mucosal barriers in the nose, throat and lungs.

Winter is an important time to include nourishing foods that supply these broader immune-supportive nutrients.

MUSHROOMS also deserve special mention for their unique immune-supportive properties. Varieties such as **shiitake and oyster mushrooms** contain naturally occurring compounds known as beta-glucans. These specialised fibres are recognised by immune cells in the gut and help to prime the immune system, supporting its ability to respond efficiently when needed. Rather than overstimulating immunity, beta-glucans from mushrooms appear to help regulate immune activity, promoting a balanced response. Research has shown that they can influence the activity of important immune cells such as neutrophils, which play a key role in the body's first line of defence against infections.

These mushrooms can be enjoyed in soups, stir-fries, casseroles, or broths, and are a great addition to your winter diet.



Key winter nutrients & food sources

Vitamin C (supports immune cell function). Vitamin A and carotenoids (supports mucosal barriers in the nose, throat, and lungs) Zinc (important for immune-cell development) Protein (needed to make antibodies) Vitamin D (often lower during winter) Beta-glucans (immune-supportive fibres in mushrooms)	
Foods rich in beta-carotene , which the body converts to vitamin A. Sweet potato, Pumpkin, Carrots, Kale, Spinach, Silverbeet. Ideal in winter soups, stews, and roasts.	Vitamin C-Rich Foods Kiwifruit, Strawberries, Capsicum (especially red), Broccoli, Brussels sprouts, Oranges, Mandarins. Red capsicum contains significantly more vitamin C than oranges gram-for-gram.
Mushrooms, especially: Shiitake, Oyster, Maitake. These contain beta-glucans that may support immune-cell activity.	Iron - Pair with vitamin C foods for better absorption. Lentils, Beans, Tofu, Pumpkin seeds, Dark leafy greens.
Zinc Pumpkin seeds, Cashews, Chickpeas, Lentils, Tofu.	Legumes - Provide protein, zinc and iron. Lentils, Chickpeas, Beans, Tempeh, Edamame.

Continued

PUMPKIN & GINGER SOUP RECIPE.

***A nutritious and inexpensive immune-supportive meal.
Rich in beta-carotene and warming compounds. (Serves 6)***

Ingredients

- 1 kg pumpkin, peeled and cubed
- 1 large sweet potato, peeled and diced
- 2 carrots, chopped
- 2 celery stalks, sliced
- 2–3 cm piece fresh ginger, finely grated
- ¾ cup red lentils, rinsed
- 1 litre onion/garlic-free mushroom or vegetable stock
- 1 cup water (or more as needed)
- 1 tbsp extra virgin olive oil
- Freshly ground black pepper

Optional nutrient boosters

- 1 cup shiitake or oyster mushrooms, sliced and added during cooking
- 2 handfuls baby spinach, stir through at the end of cooking
- 1 tbsp nutritional yeast, stir through
- 2 tbsp pumpkin seeds, top with
- 2 tbsp hemp seeds, top with
- Coconut yoghurt to serve

Method

1. Heat olive oil in a large saucepan.
2. Gently sauté ginger for a few minutes until softened.
3. Add pumpkin, sweet potato, carrot, celery, mushrooms (if using) and red lentils.
4. Pour in stock and water.
5. Bring to the boil, then reduce heat and simmer for 25–30 minutes until vegetables and lentils are tender.
6. Blend until smooth.
7. Adjust seasoning with black pepper and additional stock if needed.
8. Serve topped with pumpkin seeds, hemp seeds, baby spinach and a spoonful of coconut yoghurt.

The result is a warming winter meal that provides a broad spectrum of nutrients for immune health, gut health, and overall wellbeing.



***Why is this soup kind? The easy answer would have to be that it
“warms the cockles of the heart” ☺.***



THE BRAHMA KUMARIS
AUSTRALIA