

A small number of people from countries all around the world accept the invitation to this oldest of lands
and take part in the Mount Abu Meditation Experience called

Peace of Mind



Just one week once a year,

High in the mountains of Rajasthan in northwest India lies a place of incredible power and purity. It nestles among the Aravali ranges, on a mountain called Abu. In this place, at the headquarters of the Brahma Kumaris World Spiritual University, the deepest study of the ancient art of Raja Yoga is taught.

The Brahma Kumaris World Spiritual University is a teaching organisation that fosters positive values and ethical living. With some 8500 centres in more than 100 countries, each one offers courses in meditation and spiritual knowledge. Here you will find people of all religions and cultures working together to reach their highest spiritual potential.

All over the world the Brahma Kumaris partner with government, community and private organisations. Since 1981 the Brahma Kumaris has been affiliated with the United Nations as a non-governmental organisation, initiating programs for peace and cooperation between nations, as well as individuals.

The Brahma Kumaris World Spiritual University is administered by elder sisters, or Dadis, who have dedicated almost their entire lives to this spiritual study. Acknowledged throughout the world as spiritual leaders, they are opening their home and their hearts to you.

For more information on the Brahma Kumaris visit www.bkwsu.org

Peace of Mind



The “Peace of Mind” Experience

More than just a break from a stressful and complicated life, true peace of mind comes from understanding yourself and your place in the world. Here you will spend time with like-minded seekers and with deeply experienced and highly advanced yogis.

You will discover and learn...

- A world, up to now, perhaps just beyond your everyday consciousness.
- Signposts that will lead you to your own inherent spirituality.
- An understanding of the deep secrets of time.
- The method to reconnect to the most important relationship of your life.
- The immense power of the Law of Karma.
- The essence of Raja Yoga meditation.

A Typical Day

On waking...

An early morning guided meditation, perhaps a morning walk ...and afterward a well deserved breakfast.

Every day...

Offers morning and afternoon sessions led by advanced yogis, feedback sessions, sharing of experiences, storytelling or traditional Indian dance - every evening is different.

Special times...

- Walk up to 'Baba's Rock' for sunset meditation
- Visit and feel the wonder of the world famous Dilwara temple
- Meet in small groups with advanced yogis
- Visit Global Hospital, an outreach project of the Brahma Kumaris, that provides free hospital and health care to the local population
- Experience the love and peace of Madhuban - the very heart of our organisation in Mt Abu
- And certainly come for a picnic at Peace Park, that beautiful flower filled place full of fun and laughter

A rich array of events and experiences awaits you.
Every Peace of Mind Meditation Experience develops a life of its own,
determined for each participant by the synchronicity of time and destiny.

www.bkwsu.org



BRAHMA KUMARIS