

The Teachers Conclave- Workshop on Meditation by Brahma Kumari Nisha



The Teachers Conclave Workshop on day 5 on Meditation was conducted by BK Nisha on 6th June, 2019. She emphasised on the importance of medication and finding the connect with 'Parmatma – the point of light'.

The whole workshop was based on how our body and the physical plane are important only because they are the dwelling of the soul: through them one must find the Way upwards by knowing oneself first and then the Divinity. Brahma Kumaris is one of the oldest and prestigious organisation run by females. The chief of the organisation are Dadi Janki and Dadi Gulzar. They are helping people to find their connect with the divine power through positive thoughts and surrender.

The workshop was very interactive various techniques like breathing and writing letters to god were shared by them. They stressed on how powerful are our thoughts and how they can generate positivity in our life. The workshop concluded on a positive note. The Brahma Kumaris was felicitated with a School Memento by Ms.Neha Sehgal, Head, Junior School and Ms.Gurpit Kaur, Deputy Head, Junior School.