



A Brief Report



In the beautiful Harmony Hall, 350+ technology professionals from all over India gathered for the first national unConference in order to recharge, relax and rejuvenate. The event was organised by BK IT & Communications team under the leadership of BK Yashwant. At the inaugural ceremony of the event, BK Chaya presented a brief overview of the 75 glorious years & an endearing journey of the Brahma Kumaris since its inception in the 1930s. BK Mohini, Director of the Brahma Kumaris, Americas and Caribbean, highlighted the misunderstandings around spirituality and how people were driven away from spirituality as a result. She then explained how I.T. professionals have the skill of concentration and how by using concentration, we can also reach stillness of the mind. She encouraged the professionals to take frequent “silent breaks” in their day, to be able to disconnect and then reconnect.

BK Karuna, chief of the Public Relations and spokesperson for the Brahma Kumaris said that we are practically experiencing all the miracles of convergence of different forms of media and technology together, at our disposal. He also added that we need to recognise every being as a spiritual energy and acknowledge the core values inherent in every soul.

BK Shashin, from UK, talked about the foundation of the Global IT team of the Brahma Kumaris to serve souls from across the world, to provide them spiritual sustenance. He highlighted the importance of finding a balance between looking after the self spiritually, looking after a family and contributing back to the society.

Mr. Sameer Mukhopadhyay, Director of Central Board of Direct Taxes (CBDT) New Delhi, the chief guest for the occasion said that there was a need to find equilibrium between inner self and outer self, between the mind and the body. He added that it is very important, that in a busy life we find time for the self and unwind.





The Rajyoga Sessions in the early mornings were done by BK Shivani, who highlighted about the spiritual energy living within each of us and the various aspects and spiritual energies that a soul has. This aspect was then linked to enlightening oneself about the Supreme Father of all souls, Shiva – the benefactor. She also discussed briefly about the various philosophies of karma or actions that we perform and the impact it has on not just our lives, but on others' lives and on the atmosphere around us.

Plenary sessions were focussed on the practical application of spirituality in our lives, changing the way we look at spirituality, the link between spirituality and health, improving relationships at home and at workplace and similar topics. These were taken up by eminent speakers from India and overseas who gave the audiences not just an opportunity to shed their inhibitions and enlighten themselves, but also engage them in heart-to-heart conversations. The unConference also provided the opportunity to participants to sit in silence and reflect.

The audiences also had several opportunities to have a chit-chat with BK Shivani, discussing various aspects of life, like “Parenting”, “Relationships”, “Happiness”, etc. She answered all the queries and fulfilled all the doubts in their minds relating to their own journeys and personal disputes either at home, workplace, or society. The children who had accompanied their working parents, were given the opportunity to have separate sessions in the open gardens and interact with a few BK volunteers to understand in the simplest way, what is meditation, what is my spiritual identity and how I can contribute at home or school by remaining disciplined and well-behaved.



BK Bala Kishore, Hyderabad highlighted in his talk, the deep impact that thoughts have on the mind, the brain and the body. He explained about “Placebo Effect” – an established medical phenomenon where a dummy pill / treatment devoid of any medical properties can influence the health of the person. He cited many examples from latest research and showed how Positive Emotions promote health and Negative Emotions promote disease. He explored the scientific basis of Visualization and in detail explained how the power of mind can be harnessed through Meditation.

BK Marcelo, from Colombia, spoke about “Listening Skills”, and how it impacts our lives deeply, at work or at home. He highlighted the myths about listening and communication ‘skills’ and took the conversation to the depths of communication strategies. Interestingly, our communication and ways of expressions are deeply impacted by our culture and background information – which differs vastly from country to country, region to region. Then there is something known as ‘vibrations’ or non-physical aspect of communication or message. Vibrations are the feelings or thoughts attached to a message or a piece of information – these, he said are transmitted via the physical aspects of communication. There could be a huge gap between what is being said and what is being heard, but if we learn to master the mind using spirituality, this gap can be dissolved, thus relationships can be improved a great deal.



BK Neville Hodgkinson, a journalist, author and spiritual teacher from Oxford - UK, focussed his talk around the physics related aspects of thoughts and their impact on the environment. According to Dr David Bohm and Dr Basil Hiley (1953), there is no real division between mind and matter, the psyche and soma. Going to the level of the electron, Neville explained the link between particle and wave characteristic of the electron particle. If we understand our self as the 'consciousness', the mind will still give information about the world, but we, the conscious being, become the master, and tell the mind what we want to experience.



Misunderstandings and myths surrounding “Supreme Soul” were addressed by BK Denise Lawrance, currently based in London, in her talk when she focussed on who our supreme father is, what is our relationship with the Supreme, what is the role that the Supreme plays in our lives and how it impacts our lives and how we can establish a deep intimate connection with our Supreme Father. She also helped the audiences make a connection with the Father through meditation and taught them how they can connect to God whenever they feel like.



The panel discussion session focussed on demystifying several aspects of spirituality and its applications with the panel consisting of BK Shashin, BK Allan, BK Sasha, BK Gill, all from UK IT team, BK Ranjana from ORC Delhi and moderated by BK Chaya from Bangalore. All of the panellists are either currently working in the corporate world or have worked in the past and are now spiritually surrendered, dedicating their lives to spiritual service. They have been practicing rajyoga meditation in their lives for several years and had a treasure of experiences to share from their respective journeys. They shared how the application of spirituality in their respective workplaces has helped them remain stable and sane even in crazy, hectic work environments.

BK David of Australia used Sound to take audience beyond the sound in the to world of Silence, as a part of the evening meditation. He played instruments he collected from different countries to create a very powerful yet soothing and peaceful vibrations in the hall. For the participants this was their first ever experience of this kind.

Complete 3 day unConference was conducted masterfully by BK Ranjana of ORC Delhi.

“Everyday make the choice to be positive. No matter what happens during your day tell yourself; I will remain positive. I will stay in the Light and bring light to others. This is the need of the time.”
 - Dadi Janki



The unConference's Valedictory session was conducted by BK Savitha. BK Dr. Nirmla, Director of spiritual services in Australia and administrative head of the Gyan Sarovar honoured the session with her presence. She heartily thanked both the participants who had specially taken time away from their busy schedules and also

the IT team who had meticulously planned and tirelessly served the guests of the unConference. She motivated the professionals to take away maximum from all the sessions and interactions and to give spirituality an opportunity to enhance the quality of their lives. Mr. Ratan Yadav, Chairman, Madhya Pradesh State Cooperative Consumer Federation was the chief guest of the occasion and Mr. Ratan Vashisht, an eminent astrologer was the guest of honour. Both the guests expressed gratitude towards the Brahma Kumaris for being the instrument of tireless, selfless spiritual service and for being thoughtful and providing an opportunity of spiritual upliftment for the working professionals. As per tradition of the Brahma Kumaris, all the participants received spiritual gifts and toli – divine Prasad to encourage them for a new beginning.

