

ALL IN ONE PLACE - RECENT RESOURCES FOR STUDY AND TAPASYA

May 4th Edition

♥ This symbol indicates that the transcript for this item can be accessed here:

https://drive.google.com/drive/folders/1RQnykdjTXv2_vzBESRv92Xv9CHm386mv?usp=sharing

BAPDADA

- **United Yoga Bhatti Videos**

The past 22 days of recordings are available here:

<https://www.youtube.com/playlist?list=PLzQzJvVlw0bkx7g6ros-nHN3ZTEHH1Gf2>

- **BapDada's Sharings on various topics** [pdf and mp4 formats]:

<https://drive.google.com/drive/folders/1nLo0ee8NzYp73OEef2mbMnJkYExFIKbk?usp=sharing>

- Virtues: pdfs of Avyakt Murli Extracts on **Accuracy, Co-operation, Charity, Lightness, Bravery, Truthfulness, Maturity**
- 2007-07-15 **BapDada-Let Go & Become Free** [6:27 minutes]

MADHUBAN CLASSES

On April 17th night, a 1-hour series started in Dadiji's Meeting Hall, Shantivan, with 30 minutes Meditation, and 30 minutes of Class. This is being broadcast for all BKs and contact souls. This will continue until early May with different seniors of the HQs. Classes can be heard here (both Hindi and with English translation). Most have both audio and video versions and are 30-50 minutes long: <http://jewels.brahmakumaris.org/>

- 27th April – Sr Murni **Evening Class**
- 28th April – Br Mohan Singal, **Evening Class**
- 29th April – Br Atam Prakash, **Mansa Seva**
- 30th April – Br Ramnath, **Evening Class**
- 1st May – Sr Savita, **Evening Class**
- 2nd May – Karuna Dada Ji, **Alokik Experience**
- 3rd May – Sr Mohini, **Baba's Message and Inspirations**
- 3rd May – Sr Gopi, **Introversion**
- 4th May – Br Brij Mohan, **Evening Class**

DADI GULZAR

UNDATED film clip of *Dadi Ji arriving at Global Cooperation House, London* [5:15]

<https://drive.google.com/open?id=1ISVzOICnxZY2BzZXz2eJCwcEzD1VqqIh>

DIDI MANMOHINI

UNDATED film clip of *Didiji giving class*, with scenes depicting some of our seniors at a younger age. [4:50 minutes] In the 2-minute audio clip, Br Charlie shares his memories of Didiji. <https://drive.google.com/drive/folders/10N38ORvu0evk-P78CAqjtMFDsRVWkZyM?usp=sharing>

NIRWAIRBHAI JI

2020-04-20 *Special Greetings to Double Foreigners and Experiences with Dadi Janki* [50:40 minutes]

https://drive.google.com/file/d/1Ffv_nlQOVssfGzlyw4UI1IPtEv_efyBy/view?usp=sharing

JAYANTI DIDI

- 2020-04-26 *SuperHuman Summit – Mind-Body Matters* [58.03- Sr Jayanti starts at 15 minute mark] facilitated by Stephen Berkeley. <https://www.facebook.com/LeadingLadiesInternational/videos/10157021702397826/>
- 2020-04-26 *Global Online Prayer and Meditation* – Sr Jayanti is introduced at 4:28:18. [18 minutes] <https://www.facebook.com/healingourearth/videos/3233561853367233/>
- 2020-04-29 "*Realise, Recognise and Reinvent*"- Inside Out Q&A part of the session only [14:30 minutes] for Parameshwarappa T.V https://youtu.be/4PTNK0m_tIA
- 2020-05-02 *Healing Power of God* hosted by Harmony House Kuwait <https://youtu.be/ktY4XrxHdJo>
- 2020-05-02 *Spirituality and Society: a conversation via Zoom to explore how we can come together to develop more understanding and unity* with Richard Barrett, Founder and Director of the Barrett Academy for Advancement of Human Values. Hosted by GCH, London. [57:49 minutes] <https://youtu.be/XNZSFYgbNzQ>
- 2020-05-03 *This is a Very Special Time for Checking, Changing & Accumulating* [transcript only] by Zoom to the UK. ♥ <https://bit.ly/2yuilQY>

MOHINI DIDI

Links to the recordings of Didi Mohiniji's **daily** sharings.

26th April – **Deepening Remembrance**

27th April – **Advance Party**

28th April – **The Nature of 'Nature'**

1st May – NEW 14 DAY SERIES BEGINS – **Experiencing the Early Days of the Yagya**

1. TELEGRAM & BK YouTube Channel
(Telegram seems to be the new WhatsApp. Very secure.)
<https://telegram.org/>
<https://t.me/srmohiniclasses>
<https://t.me/dailymurliandquiz>
2. BRAHMAKUMARIS PEACE & HARMONY CHANNEL
<https://www.youtube.com/channel/UCoa98tcafmoIGvY57gwAAug/videos>
3. Livestream: <https://livestream.com/peacevillagewebcast>

DIDI NIRMALA

2020-05-03 **Meeting the Malaysian Family** (transcript only) ♥

<https://drive.google.com/file/d/1rTjtUBxgPDAcUjbRZC5RITm46PMYgnpY/view?usp=sharing>

SUDESH DIDI

2020-05-03 **The Subtlety of the Karma Philosophy** [29:45] https://youtu.be/Qdz_2BuFKa4

SISTER SHIVANI

2020-04-28 **Why Do People I Love, Hurt Me?** (English Subtitles) [29:12]

<https://youtu.be/Z2OSgVdMKMc>

2020-05-02 **One Way to Clear Karmic Accounts** (English subtitles) [18:08]

<https://youtu.be/gW714GGFQNE>

2020-05-04 **Don't Confuse Ego with Self-Respect** (English subtitles) [29:06]

<https://youtu.be/RzlZIHqGxjY>

SISTER WADDY

2020-05-03 **I Know How to Live; I Know How to Die – A Tribute to Dadi Janki** [1:25:00]

Sister Veronica McHugh of Miami on Zoom, hosted by the Indiana & Michigan USA family

<https://youtu.be/YuoothSqMkc>

SR GAYATRI

2020-04-30 **View Master** (A soul sees through the lens of a gardener looking at slides of flowers in the garden of the soul) [56:37] hosted by Manhattan Meditation Museum. <https://www.youtube.com/channel/UCNhJwcaqdM2WJqTQKMB6g3w/live>

SISTER JUDY RODGERS

2020-04-03 **COVID-19 Is a Wake-Up Call** [15:23] hosted by the Manhattan Meditation Museum. <https://youtu.be/Nc0Tuw9hfBY>

SISTER KALA

2020-05-01 **What is the one thing you would choose to think about right now?** [17:24] hosted by the Manhattan Meditation Museum. <https://youtu.be/Hwpa5LmqBQ>

2020-05-02 **Meeting by Zoom with Latin America** (audio only) [53:38]
<https://drive.google.com/file/d/1yWn2GPrKRHdwFkBSAeWDklnjTTfiteeB/view?usp=sharing>

SISTER DENISE

2020-04-27 **The Difficult Art of Letting Go** [1:33:37] With Sr Chandru & Br Arvind. This is one of a series of talks on different topics streamed on Facebook Live on **Monday** evenings at 7 pm PDT. <https://www.facebook.com/BKSFMeditationCenter/videos/291346488547412/>

2020-04-28 **The Power to Change** [1:32:10] With Sr Chandru. This is one of a series of talks on different topics streamed on Facebook Live on **Tuesday** evenings at 7 pm PDT. <https://www.facebook.com/BKSFMeditationCenter/videos/291346488547412/?t=51>

2020-04-23 & 28 **Convergence of Psychology and Spiritual Work** [generally 1:15:00] This is a series of talks streamed on Facebook Live every **Thursday** evening at 6 pm PDT. <https://www.facebook.com/BKSFMeditationCenter/videos/254647092591186/>

2020-04-26 **What is Sin?** [1:33:35] This is one of a series of talks under the theme “Karma, Destiny and Choice” streamed on Facebook Live every **Sunday** evening at 5 pm PDT. <https://www.facebook.com/BKSFMeditationCenter/videos/548370389446881/>

2020-04-28 **Bereavement Meditations: Acceptance** The first in a series of Bereavement Meditations. Commentary is by Sr Denise with Harp music by Sr Kyoko [7:23 minutes]
<https://youtu.be/eafmPKA5gFw>

SISTER DR HANSA RAVAL

“How to Make Your Immune System Strong” and **“Healthy Diet”**. A series of talks in which Dr Hansa sharing personal and professional experiences relative to the pandemic.

<https://www.youtube.com/playlist?list=PL9UZAzeDd04QT6RItjabcCblyvL4KWadP>

SISTER SHARONAH

2020-04-26 through 05-02 **Seven Experiments in Meditation** [roughly 20 minutes each, audio only] Topics: Self-Respect, Remembrance, the Brahmin Form, Transformation, Spiritual Love, Spiritual Happiness, 5-Form Hop.

<https://angelofshiva.com/audio/OtherSpeakers/SrSharona> or

<https://www.youtube.com/playlist?list=PLk6KrqK0kiCHk4A4ChhqCNAY407TdnfY>

SISTER ANNA DOILIANI

2020-04-26 **An Opportunity to Experience...Truth** [7:42 minutes] https://youtu.be/wK9_ksqwfhM

2020-05-01 **An Opportunity to Experience...The Real Self** [6:24 minutes] <https://youtu.be/nfJUNRb3Sc>

The first and second in a series of experiential guided meditations. The 2:27 minute video introducing the series is here: <https://youtu.be/vxB2Ex7EWQ>

SISTER RONA SCHWEITZ

2020-05-04, 05, 06, 08, 11, 12, 13 **Free Online Meditation Course - Locked In? Look Within!** 7:00 to 8:00 pm NY Time. Offered in English with live Spanish translation available.

<https://manhattanmeditationcenter.org/register-for-upcoming-events/>

2020-04-23 **A New Perspective for a New Normal** [1:08:10] hosted by the Manhattan Meditation Museum. <https://youtu.be/EvA4a0o0EnY>

2020-05-04 **Loneliness vs Solitude** [58:56] hosted by the Manhattan Meditation Museum.

<https://youtu.be/c1HVWnqDH8E>

SISTER MARGARET BARRON

2020-05-03 **Acceptance** hosted by the White Lotus Meditation Center, Accra, Ghana.

[57:47] <https://www.facebook.com/grace.lopezcharles/videos/10222784557471761/>

SISTER WENDY MARSHALL

2020-04-26 **Value Yourself – Part One** [1:31:32] hosted by GCH London

<https://youtu.be/9rroDSnYVKs>

SISTER HELEN SAYERS

2020-04-30 *Finding Meaning in a Rapidly Changing World* hosted by the White Lotus Meditation Center, Accra, Ghana. [1:04:41]

<https://www.facebook.com/grace.lopezcharles/videos/10222745458814319/>

BROTHER CHARLIE

2020-05-04 *Self-Mastery* [22:10] interviewed by Bader Al Essa, CEO, Richter Creative Office and motivational speaker. <https://youtu.be/fdQC2GT8iPc>

BROTHER MIKE GEORGE

2020-04-21 *Being Alone Without Being Lonely* [1:05:41] hosted by Inner Space, Covent Garden. <https://www.innerspace.org.uk/podcast/being-alone-without-being-lonely/>

BR RAM SINGAL

2020-04-28 *Dealing with Others in Times of Crises* hosted by the Manhattan Meditation Museum. [17:00] <https://youtu.be/owm9p-X8tBc>

BR YOGESH SHARDA

2020-04-24 *Developing Inner Resilience in Challenging Times* [1:07:08] hosted by Brahma Kumaris Vile Parle Mumbai <https://youtu.be/XzSw1xnqSUU>

BR ASHISH PATEL

2020-04-29 *Lift Up Your Spirits* [1:02:54] hosted by Harmony House Kuwait <https://drive.google.com/file/d/1xwRfLRx9JLAydfS2Ee8KBmbkKq7zuY0-/view?usp=sharing>

SPECIAL PROGRAM

2020-05-06-09 *Sankalp Se Shristi - Our thoughts create our world* Sister Shivani in Conversation with Suresh Oberoi regarding emotional protection from the Coronavirus. The conversation was punctuated by devotional and inspirational songs, experiences, and performances from over 30 celebrities from the fields of music, film, sports, and politics. Originally broadcast on 3rd May, there will be a **Repeat Telecast on 6th to 9th May, 9 pm to 10:30 pm IST** on Awakening TV Channel and <https://youtube.com/awakeningtv/live>.

NEW FILM PRODUCED BY BKS IN RUSSIA

2020-04-08 **Golden Age Is Not Far**. Official video with English subtitles. [33:18 minutes]
<https://youtu.be/N3o0kuiQGj4>

WORLD RENEWAL MAGAZINE – SPECIAL EDITION

The April Issue, which features Dadi Janki, can be accessed here:

https://drive.google.com/drive/folders/1jz43l-VdpEsiWvyn4nkMVY4hb9A_bAsQ?usp=sharing

NEW HINDI SONGS RELEASED

Apr 27 – **Fear Not! Have Courage & Passion** - Brother Harish Moyal [2:45 minutes]
<https://youtu.be/Ztok-TfNVVk>

Apr 10 - **Prabhu Tumko Samarjit** - Sadhana Sargam [6:27 minutes]
<https://youtu.be/9GBTt-aZTBA>

NEW RESOURCES!

2020-05-01 **Amrit Vela Audiobook**

<https://angelofshiva.com/audio/BKAudioBooks/Amritvela-English>

- Chapter 1:- Importance of Amritvela and Teachings of Bapdada
- Chapter 2:-Role of Bapdada at Amritvela and Responsibilities of Children
- Chapter 3:-At Amritvela, the Awareness of Your Fortune, Intoxication and Happiness
- Chapter 4:-The Powerful Amritvela Keep Attention throughout the Day
- Chapter 5:-Preparations for Meeting at Amritvela
- Chapter 6:-Powerful Remembrance at Amritvela
- Chapter 7:-Foundation For The whole Day Amritvela
- Chapter 8:-Problems Experienced At Amritvela and Their Solutions
- Chapter 9:-The Effect of the Previous Day on Amritvela and Checking the Self
- Chapter 10:-To Catch Baba's Inspiration at Amritvela
- Chapter 11:-Amrit Vela and Subtle Service
- Chapter 12:-Amritvela and Elevated Versions of Sakar Bapdada

2020-05-01 **Angel Blessings** Set of 26 blessings from “A” to “Z” in pdf form (8 to a page) as well as in PowerPoint form, which can be used in large gatherings, especially to give blessings remotely. <http://onelink.brahmakumaris.org/blessings>

2020-04-30 **How to Bee Virtue Cards** Set of 64 cards produced by BK Michelle Pfeiffer of Toronto. (\$12.95 + shipping available - michelle@artwithheart.net)
Promo Video [1:30] https://youtu.be/xwjS1pq_Kvg

2020-05-04 **Happidote App** A new, free meditation app that supports the wellbeing of health and social-care professionals. Features 3-minute meditations that act as antidotes to 10 typical stress-causing scenarios faced at work. <https://www.jankifoundation.org/janki-foundation-launches-happidote/>