



# NEWS LETTER

*Online Events*

**JUNE 2020**

**Brahma Kumaris, Frankfurt, Germany**

# Online Services - June



## *Public*

1. Kids Workshop- 3 sessions
2. Rajyoga Course- English, Hindi & German
3. International Yoga Day celebrated with 2 Live Sessions on Official Facebook Page of Consulate, one by Sudesh Didi

## *BKs*

1. 2 day Hindi Online Bhatthi
2. Avyakt Murli Churning
3. Young Mother's Workshop
4. World Meditation Hour – Full Germany
5. Movie Time with BK Family
4. Creative Quiz / Antakshri
5. Thursday & Weekend Hindi Murli Session & Classe with Seniors
7. Tamil Sustenance Classes & Workshop



# IGNITE

## ONLINE WORKSHOP

# RAINBOW BRIDGE

### 3 Sessions

Age Group: 8 – 12 Years

How many participated: 30

Participating Countries      Singapore, Abu Dhabi, USA,  
India, Germany





# ACTIVITIES IN KIDS WORKSHOP

**Aim** Awareness of present situation



1. Self Worth
2. Self Regard
3. Short Meditation Commentaries
4. Making 'Thank You' Cards
5. Singing Song
6. Showing gratitude to oneself
7. Meditation



# TAMIL SUSTENANCE

## Classes & Workshop

### TAMIL SUSTENANCE CLASS

## SPECIALITIES of MAMMA



*Didi Sudesh*

*shares her experiences with Mamma*



**மம்மாவின் சிறப்பியல்புகளை  
பற்றி தீதி சுதேஷ் உரையாற்றுவார்**

**JUNE 22<sup>nd</sup> (Monday)**

9:00-10.30 am – German Time  
8.00-9.30 am – UK Time  
12.30-2.00 pm – India / Sri Lanka  
3.00-4.30 pm – Malaysia / Singapore  
5.00-6.30 pm – Australia

*\*Join 15 minutes earlier for meditation\**

The lecture is in English with Tamil translation

**Zoom ID: 828 8012 5084**

**Password: mamma**



BRAHMA KUMARIS FRANKFURT



### TAMIL SUSTENANCE

*SNEH MILAN அன்பு சந்திப்பு*

SPECIALITIES OF MAMMA

**மம்மாவின் சிறப்பியல்புகள்**

*பற்றிய ஒரு கலந்துரையாடல் உங்கள்  
கருத்துக்களை பகிர்ந்து கொள்ள ஒரு வாய்ப்பு ..*

*Join us to share your inspirations of her life..*

**JUNE 26<sup>th</sup> (Friday)**

11:00 am-12:30 pm – German Time  
10:00 am-11:30 am – UK Time  
02:30 pm-04:00 pm – India / Sri Lanka  
05:00 pm -06:30 pm– Malaysia/Singapore  
07.00 pm-08:30 pm – Australia

*\*Join 15 minutes earlier for meditation\**

**Zoom ID: 567 7890 9140**

**Password: knowledge**

BRAHMA KUMARIS, FRANKFURT



### TAMIL SUSTENANCE

**பற்றை வெல்லும்**

**பவித்திர அன்பு**

(pattraivelum pavithra anbu)

**Detached & Loving**

**SISTER JAYA**

**JUNE 15<sup>th</sup> (Monday)**

9:00-10.30 am – German Time  
8.00-9.30 am – UK Time  
12.30-2.00 pm – India / Sri Lanka  
3.00-4.30 pm – Malaysia / Singapore  
5.00-6.30 pm – Australia

*\*Join 15 minutes earlier for meditation\**

**Zoom ID: 123 7429 0428**

**Password: love**

BRAHMA KUMARIS, FRANKFURT



### TAMIL SUSTENANCE

**நடைமுறை வாழ்க்கையில் ஆன்மீகம்**  
(nadaimurai vazhkkaiyil aanmigam)

**Spirituality in Reality**

**BROTHER BK PERU**

Asia Retreat Centre, Malaysia

**JUNE 11<sup>th</sup> (Thursday)**

09:00-10:30 am – German Time  
08:00-09:30 am – UK Time  
12:00-14:00 pm – India / Sri Lanka  
14:30-16:30 pm – Malaysia/ Singapore  
16.30-18:30 pm – Australia

*\*Join 15 minutes earlier for meditation\**

**Zoom ID: 811 9215 1234**

**Password: peace**

BRAHMA KUMARIS, FRANKFURT





# Live Sessions on Facebook Page Consulate General of India, Frankfurt



International Yoga Day - 21st June, 2020



07:30 (USA) 13:30 (Germany) 17:00 (IST)

## Rajyoga Meditation

Exploring Inner Potential... (in English)



European Director - Brahma Kumaris  
with more than 62 years of Rajyogi life

**Sudesh Didi**  
(Germany)



@ CGI Frankfurt



BRAHMA KUMARIS  
GERMANY



India in Germany (Consulate  
General of India, Frankfurt) was live.  
21 Jun 2020 at 04:14 · 🌐

Yoga from Home - Live with CGI Frankfurt - **21  
June 2020**  
Yoga for Community, Immunity & Unity -  
Celebration of 6th International Day of Yoga on  
21st June 2020

Live Raj Yoga Session with **Sudesh Didi**,  
Brahmakumaris  
For further enquiries please contact info.  
events@brahmakumaris.de



## Highlights

- Introduction to Rajyoga & Hathyoga
- Practical Meditation
- Spiritual significance of Hathyoga  
Asanas
- Click here for Sudesh Didi's session

<https://youtu.be/u4MHdH-XEBw>



India in Germany (Consulate  
General of India, Frankfurt) was live.

6 Jun 2020 at 07:41 · 🌐

Hath Yoga & Rajyoga Session with Brahma  
Kumaris (Dr. Pratibha). For all further inquiries  
please write us at info.events@brahmakumaris.de

# Online Rajyoga Course



REGAINING INNER POWER  
THROUGH RAJA YOGA  
INNERE KRAFT AUFBAUEN  
THROUGH RAJA YOGA  
राजयोग और आंतरिक शक्तियां

ONLINE MEDITATION COURSE (10 sessions)  
PICK ANY ONE WHAT SUITS YOU – STARTS 29TH JUNE 2020

Batch 1	Batch 2	Batch 3	Batch 4
<b>ENGLISH</b>	<b>HINDI</b>	<b>HINDI</b>	<b>DEUTSCH</b>
5 days	4 days	4 days	Jederzeit
(Mon – Friday)	(Mon, Tue, Wed, Fri)	(Mon, Tue, Wed, Fri)	Nach Vereinbarung
07:30 – 08:30	09:30 – 10:30	17:00 – 18:00	

Event is FREE but registration is essential. Register on website

Schule für Raja Yoga Meditation  
Frankfurt, Lindenu 7, 60433 Frankfurt A.M.  
eMail: info.events@brahmakumaris.de

## Highlights

- 40 Students started Rajyoga course in English, Hindi and Deutsch

# Online Hindi Bhatthi – 20<sup>th</sup> – 21<sup>st</sup> June



## Highlights

- 2 full day Bhatthi on Zoom (Amritvela to Good night meditation)
- 80 Brahmins participated
- Bhog Offering at same time across all participant
- Special Mamma's Experience Classes by Chakradhari Didi, Santosh Didi, Amir Chand Bhai Yog, Sudesh Didi, Asha Didi
- Creative Meditation
- Quiz from the day's murli



# Movie Time with BK Family on Zoom





# Hindi Murli & Classes with Seniors



Thursdays, Saturdays, Sundays

Nalini  
Didi

Geeta  
Didi  
(Shantivan)

Vedanti  
Didi

Rani  
Didi  
(Delhi)

Asha  
Didi

Santosh  
Didi  
(Mumbai)

Sudesh  
Didi

Shaku  
Didi  
(Mumbai)

Bharat  
Bhushan  
Bhai  
(Panipat)

Shivani  
Didi

Som  
Didi  
(Mumbai)

Kuldeep  
Didi  
(Hyderabad)

Suraj  
Bhai

Amir  
Chand  
Bhai

# Upcoming Events – July 2020



**RAJYOGA  
COURSE**

**SENIORS  
CLASSES**

**HINDI  
BHATTHI**  
(Manmohini  
Didi Day)

**MOVIE TIME  
WITH VIDEOS OF  
YAGYA HISTORY  
/ GODLYWOOD  
MOVIES**

**SILENCE  
BHATTHI**

**Teacher's  
Training for  
Rajyoga  
Course**

**WORKSHOP  
FOR  
BRAHMINs**

**KIDS  
WORKSHOP**

**Mini Workshop  
Traffic  
Control of  
Thoughts**

**Creative Sessions  
Quiz, Churning  
Workshops,  
Blind Spots**