



“Happy Me. Stable Family. Harmonious Society”

St. Petersburg, Russia

June, 2018

A dialogue on this topic took place at St. Petersburg Brahma Kumaris Centre with the participation of experienced and insightful speakers. Speakers on the panel included **Didi Chakradhari**, national co-ordinator of the Brahma Kumaris Women’s Wing (Delhi, India), senior raja yoga teacher with more than 50 years of experience; **Didi Rani**, director of Derawal Nagar BK Centre (Delhi, India), and **BK Jasu**, programme co-ordinator (London, UK).

By reflecting on various questions, the speakers drew a clear and inspiring picture of how harmony and stability in our family life, at a workplace and even at a global level largely depended on an individual’s being in touch with his or her original values and with the Supreme. The dialogue covered a wide range of issues, such as defining a borderline between self-care and selfishness; the meaning of spiritual service to the self, our family, and our society, and others.

The audience was especially interested in knowing why a special role of spiritual teachers at the Brahma Kumaris organization has been allotted to women – sisters, mothers. Sharing their vision of what is special about women in terms of spiritual and social service to the world, the speakers said the following.

BK Jasu: *“It is no wonder that women become leaders or teachers. The very first teacher of almost every human being is his or her mother.”*

Didi Rani: *“The speciality of mothers is their ability to understand life situations in a subtle way and adjust to people and circumstances so as to maintain peace and harmony.”*

Didi Chakradhari: *“A mother forgives her children with selfless love and patience, helping them to correct their mistakes and become better in a natural way, without preaching or lecturing. To give knowledge to someone is easy. However, to keep sustaining your students or children till they have become an embodiment of that knowledge is a challenging task, and mothers, sisters can play a special role in that.”*

The beauty of the spiritual wisdom, however, lies in the fact that everyone of us, whether a man or a woman, is essentially a soul possessing a treasure-store of virtues and powers. Therefore, everyone can develop those motherly qualities in them, provided they pay attention to that!

Well, it seems that the dialogue with a triple title “Happy Me. Stable Family. Harmonious Society” has achieved its triple goal. As we were leaving the beautiful Conference Hall of the Lighthouse, we felt that we had become happier and had been charged with determination to share that happiness with our family members and our community. After all, it all starts with the self!

