

Brahmakumari Sister Shivani

Rajyoga Meditation Teacher

Brahmakumari Sister Shivani is a Rajyoga Meditation Teacher who has been studying spiritual knowledge and practicing the ancient technique of Rajyoga Meditation, as taught by the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu, for the past 12 years. She conducts motivational courses through seminars and television programs. Since 2007, she has been on-screen in India and abroad through the TV program "Awakening with Brahma Kumaris", aired daily on Aastha channel. She speaks on a wide spectrum of themes such as: Stress Free Lifestyle, Leadership Skills, Emotional Intelligence, Art of Right Thinking, Living Values, Exploring Inner Powers, Self Management, Harmony in Relationships and the Practical Technique of Rajyoga Meditation.

Enriching the Minds of Youth

10 - 11th March 2010

IIT Kanpur, one of the most prestigious institutes of India, every year witnesses the inflow of some of the most intelligent students of the country. On the surface the life of these students might appear perfect but the truth is that many of them are heavily burdened with fears, anxiety and peer pressures. Perhaps this holds true for most of the youth in the country who, from a very young age, experience stress, depression, competition and myriad other pressures resulting in a chaotic life.

The IIT Kanpur Student Gymkhana (GLDC) organized a talk by B. K. Shivani with the intention of changing/revolutionizing general perceptions regarding spirituality, religion and people's way of life. Questions concerning the nature of spirituality, its practice in our daily lives, the difference between being religious and being spiritual and how spirituality can help us achieve our goals were among those addressed in her talk.

According to Sister Shivani a slight change in our thought process can change everything drastically. It is our thoughts that determine our actions and these actions form the basis of our personality. She asked the gathering, "How many of you are still thinking about your day time work". Almost everybody raised their hands! Most of us

live our lives with our thoughts either in the past or in the future but never in the moment. We often believe that we have no control over thoughts but that is not so. Everybody was asked to perform a simple exercise meant for controlling thoughts. Once we have realized the power of now our quality of life will improve tremendously.

The following day she interacted with the students and addressed their specific concerns - clarifying their ideas on issues like why does the life of young people seem more difficult today, how to get rid of stress, the belief systems we live by, what comprises happiness and why is our society bankrupt of moral values today.