

Brahma Kumaris World Spiritual University

1. Origin	<ul style="list-style-type: none">▪ This spiritual university was founded in India in 1937 by Brahma Baba.
2. Languages	<ul style="list-style-type: none">▪ It is found in over 110 countries today. In the U.K. English is usually spoken.
3. Beliefs	<ul style="list-style-type: none">▪ This spiritual organisation believes that people from all cultural backgrounds can choose to come together to discover self-worth and peace of mind through understanding and developing the spiritual dimension of their lives.▪ This tradition teaches meditation based on the philosophy of Raja Yoga as a way of developing a positive approach to life.
4. Birth	<ul style="list-style-type: none">▪ There are no rituals around birth.
5. Prayer & Customs	<ul style="list-style-type: none">▪ Practitioners may meditate in the early hours of the morning and appreciate access to quiet areas to do this.▪ Practitioners seek to help people from all religions and cultural backgrounds explore and connect to their own spirituality.
6. Diet & Fasting	<ul style="list-style-type: none">▪ Committed practitioners generally follow a lacto–vegetarian diet (dairy but not eggs) although some may be vegan. Practitioners may choose not to consume alcohol, tobacco and recreational drugs.▪ Most will choose not to use garlic or onions in cooking and may prefer to have food prepared by other practitioners of Raja Yoga.▪ There is no commitment to fast.



7. Clothing & Washing	<ul style="list-style-type: none">▪ A shower may be desired after a bowel movement.
8. Medicine	<ul style="list-style-type: none">▪ Most Brahma Kumaris have a positive attitude towards healthcare staff and seeking their advice.▪ People will make individual decisions about treatments.▪ Due to celibate practice Brahma Kumaris teachers may prefer medical examinations by people of the same sex.▪ Blood transfusion shouldn't pose problems but is a matter of individual decision.
9. Care of the Dying	<ul style="list-style-type: none">▪ Value is given to caring holistically for the body and soul, seeking feelings of peace for the person and a connection to God. Value is given to a quiet environment with other meditators practicing as the soul moves on.
10. Death	<ul style="list-style-type: none">▪ Organ donation and post mortems shouldn't pose problems but are matters of individual decision.▪ Cremation is usually preferred to burial. Individuals will state their preferences in their wills. Normally, families will organise funerals.
11. Contacts	<ul style="list-style-type: none">▪ The chaplaincy department has a local contact for obtaining further advice and support.

