# Brahma Kumaris World Spiritual University

| 1. Origin | ▪ This spiritual university was founded in India in 1937 by Brahma Baba. |
| 2. Languages | ▪ It is found in over 110 countries today. In the U.K. English is usually spoken. |
| 3. Beliefs | ▪ 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 | ▪ There are no rituals around birth. |
| 5. Prayer & Customs | ▪ 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 | ▪ 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
- A shower may be desired after a bowel movement.

8. Medicine
- 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
- 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
- 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
- The chaplaincy department has a local contact for obtaining further advice and support.