

# YOGGA

MAGAZINE

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## POWER OF LOVE

SLIMMING EXERCISES PART 2

INTERVIEW DADI JANKI

AROMATHERAPY FOR THE HOME

*UNCONDITIONAL LOVE* - AWAKENING THE HEART CHAKRA

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AT THE AGE OF 95 DADI JANKI CONTINUES TO BE AN  
INSPIRATIONAL SPIRITUAL LEADER FOR THE 21ST CENTURY  
WITH HER SELFLESS DEDICATION TO HELPING OTHERS. I HAVE  
KNOWN DADI JANKI FOR MANY YEARS. HER WORK IN THE FIELD  
OF SPIRITUALITY AND MENTORING IS INCREDIBLE AND HER  
DEDICATION TO HER PATH OF KARMA YOGA ASTOUNDING.  
HER HUMBLENESS AND MODESTY, COUPLED WITH HER UNIQUE  
OUTLOOK ON LIFE AND HER JOVIAL, HUMOROUS PERSONALITY  
CONTINUES TO MESMERISE.

Born in 1916, Dadi Janki started her spiritual practice in childhood, and at the age of 21 she joined the Brahma Kumaris and is now the spiritual head of the Brahma Kumaris World Spiritual University (BKWSU).

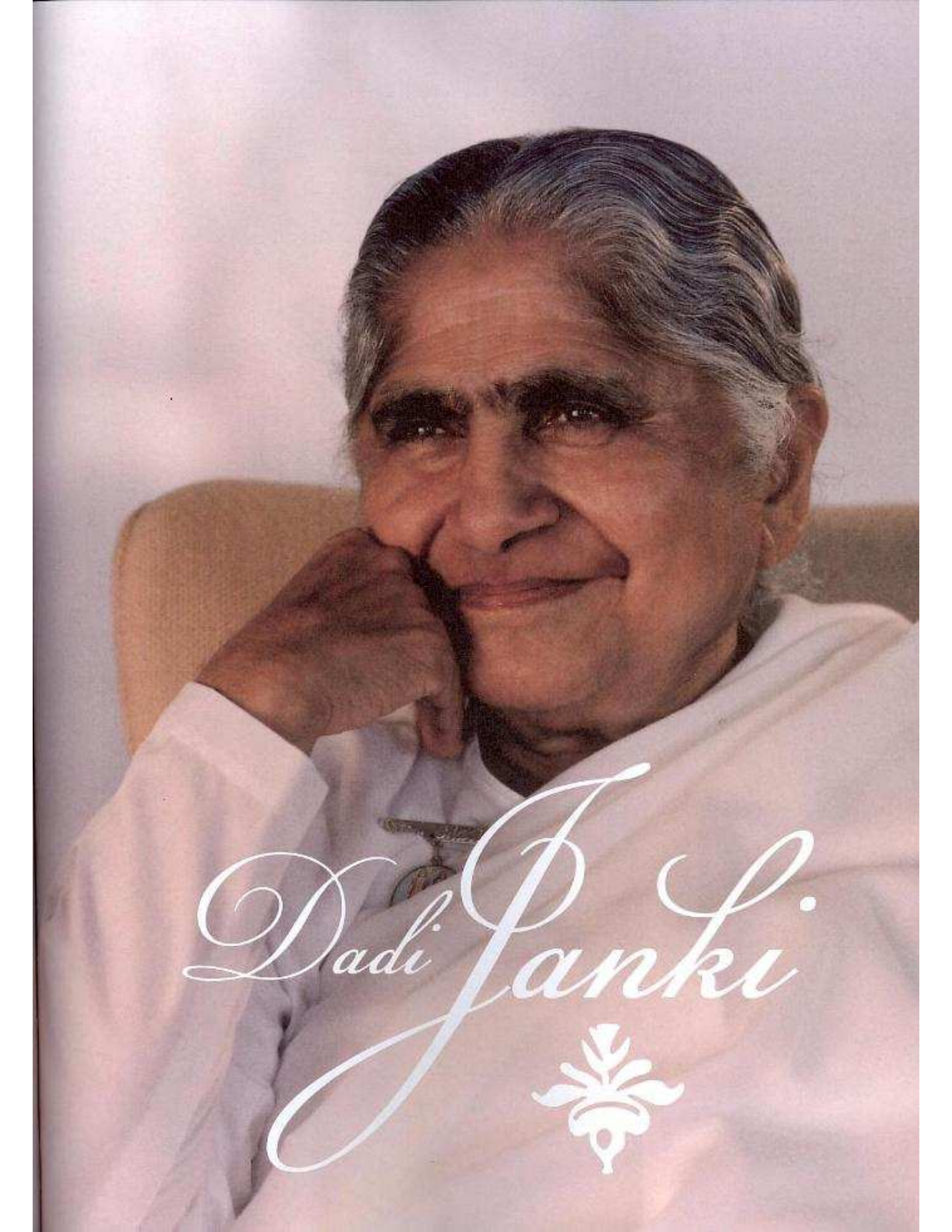
The University itself forms part of a worldwide network of over 8,500 centres in more than 100 countries. The fact that the 'movement' has grown is itself good evidence of its appeal to a diverse and international population. The first of these universities was built in the 1930's and was a pioneering achievement at that time. The Brahma Kumari sisters lead the University and teach meditation, yoga and karma yoga and wear their own white headdress.

Meeting with Dadi is always a welcoming and happy time. Her maternal ambience coupled with her stature always impresses even though she is only 5 ft tall. Her eyes seem to shine every time she speaks. Dadi has spent over 70 years of her life in the work of the Prajapati Brahma Kumari Ishwariya Vishwa Vidyalaya, or the Brahma Kumaris World Spiritual University. I ask Dadi who founded the organisation the Brahma Kumaris? She recalls it was "Prajapita Brahma. Brahma had spent his life in the jewellery trade, but at the age of 60 gave it all up and dedicated his wealth to the goal of spirituality. One of his goals was to improve women's rights."

This was a pioneering and bold move. Dadi continues to speak fondly of Prajapita. The earliest group Dadi reminisces comprised of just around 400 individuals. This number may seem small in comparison to the tens of thousands of devotees that the Brahma Kumaris now have, but in any estimation 400 is still a sizeable group to propagate the teachings of community selfless service. Dadi goes on to explain that she came to the United Kingdom in the 1970s, and she meticulously remembers her place of lodgings and the work that she undertook and she is confident that her time in the United Kingdom has been worthwhile.

Speaking of where she gets her energy from Dadi smiles and credits it to God. "I have been with the Brahma Kumaris for 72 years and I have never allowed myself to become engaged in bad company or become influenced by anything. I have never had any kind of sorrow or worry in my life, and I have not allowed myself to experience sorrow."

She also credits her long age to looking after herself and not wasting time on idle or careless actions that may damage her life. Dadi also emphasises cleanliness as a key component in her spiritual path, whether it be at a personal level or in her environment. The concept of simplicity runs through her entire life including her diet and dress. This helps her avoid complications and keeps her focused on her path. She also emphasises peace and love in all her



*Dadi Janki*



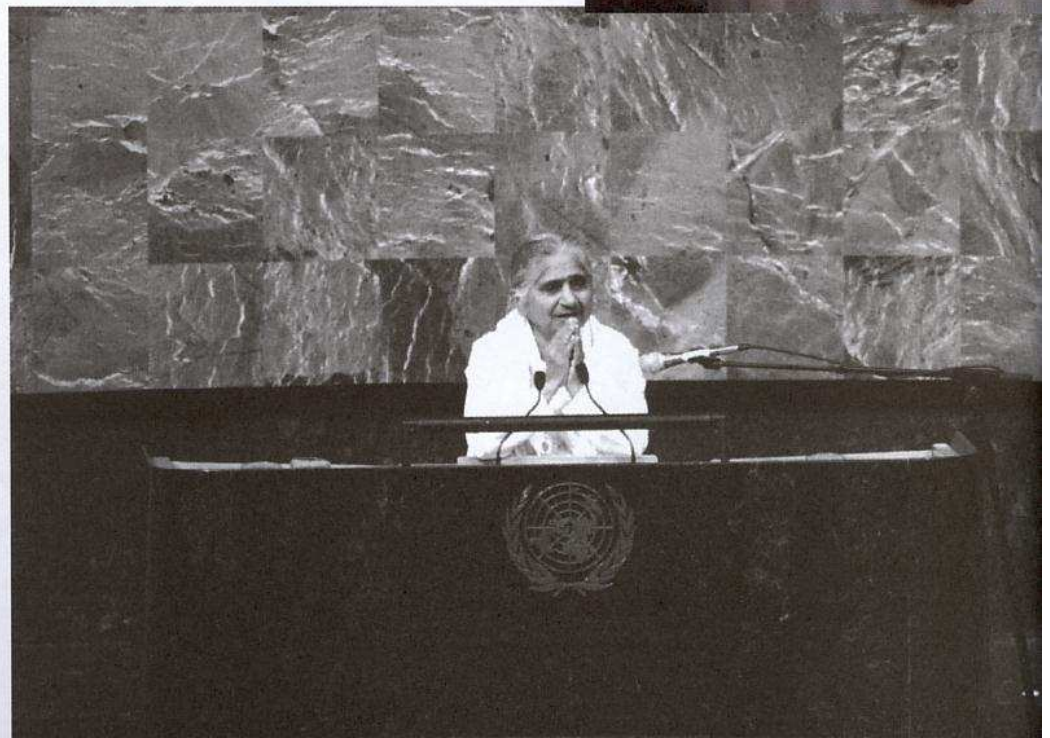
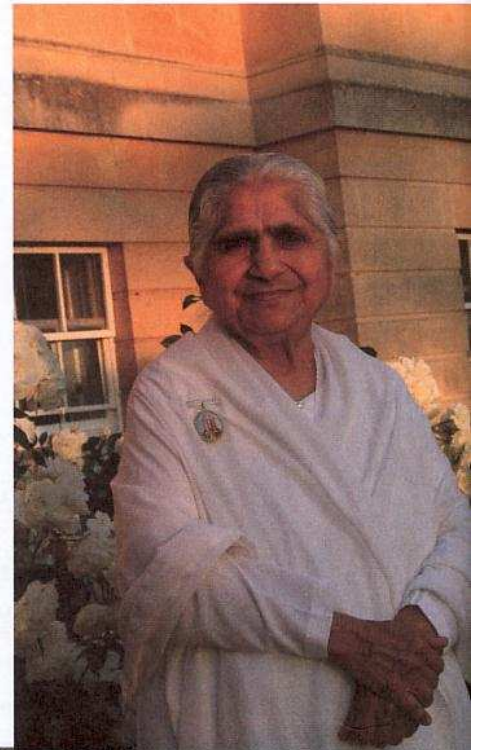
interactions with people that she meets. Her diet is vegetarian and she does not eat any foods that can excite her senses.

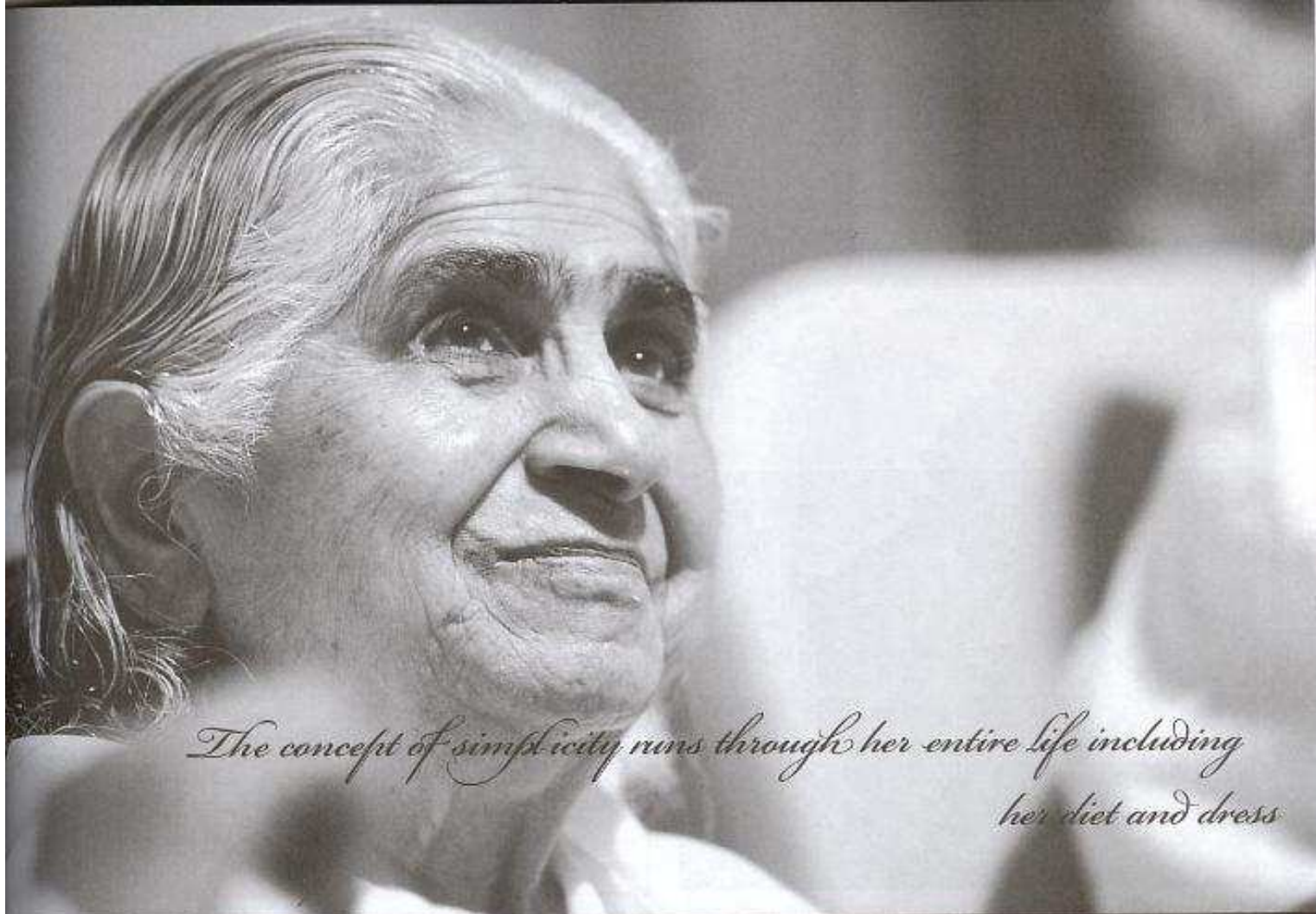
She also encourages regular practice of yoga as it helps the mind to discriminate and to treat each action with mindfulness, because through mindfulness comes a better understanding of our purpose in this life. "Through knowledge I am able to become holy. Through yoga I am able to become pure because I have faith, honesty and courage. There are no more questions for me."

Dadi is able to quote verses from the holy books with ease as she has memorised them by heart. She happily recites quotations and examples to underpin her work. "This is like spiritual solar energy from God. Raja yoga is a form of meditation. Karma yoga is a form of meditation. This is the natural yoga which you do. Serving and helping others. The soul is in the body, but it is separate from the body."

Dadi herself is also a Patron of the World Congress of Faiths and a member of the Global Peace Initiative of Women Religious and Spiritual Leaders. Dadi has received many accolades during her lifetime; most notably she was awarded the Grand Cordon of the first order of Al Istiklal (the Medal of Independence) by HM King Abdullah II of Jordan in 2004 in recognition of her humanitarian work on a global scale. She has addressed United Nations Assemblies on several occasions promoting interfaith dialogue, peace and empowering people. She is also author of four influential texts: Wings of Soul, Pearls of Wisdom, Companion of God and Inside Out.

For more information on the Brahma Kumaris and karma yoga visit [bkwsu.org](http://bkwsu.org)





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