

Women Spiritual Empowerment

WOMEN

Willpower



Might



Nobility



Oneness



Empowerment

Women's Wing

Rajyoga Education & Research Foundation

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalya

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Good Wishes

I am happy to know that Women's Wing under Rajyoga Education & Research Foundation (RERF) has designed a special picture exhibition for values & spiritual empowerment of women. "Women are power and benevolent" – This was a belief in the past but the Glory of Women diminished with the passage of time, they were exploited and subjected to rude behavior. As a result not only society faced a downfall but the environment of family & homes was vitiated.



Compared to earlier times, at present, there is an improvement in the status of women. They have received many rights in the political and social field but there has not been a complete transformation in the outlook society's and behavior towards them. This is the reason for family break-ups and downfall of moral values in the forthcoming generations. There is a lack of harmony, love & peace in households. The woman is the pivot of a family. The mother is a first teacher and guru for moral values & spiritual development of a child. Therefore spiritual empowerment of women is necessary along with economic & social upliftment. This great task is being carried out by Prajapita Brahma Kumaris Ishvariya Vishva Vidyalaya from the last 80 years on the direction of Supreme Father Supreme Soul God Shiva. This pictorial exhibition presents a very simple and clear explanation of various aspects for moral values & spiritual development of women. I believe and hope that many women will receive spiritual inspiration from it and would be successful in making their life, family & home peaceful-prosperous and happy.

With best wishes,

On Godly Service
BK Ratan Mohini
Chief Administrative Head
Brahma Kumaris

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The letters of the word WOMEN are symbolic of 5 important values:

W (Willpower) – (The power of the mind) - In the world history there are a lot of examples when women achieved success in difficult situations with their strong will power. This picture shows that many women players won gold medals in Olympics. Not only in the world of sports but also in other fields, they proved their efficiency and ability.

O (Oneness) – To concentrate on one aim - whenever someone focuses completely on one thing they achieve success, no matter whichever the field may be- political, economic, social or spiritual. Devotee Meerabai had devotion towards one and only Shri Krishna and achieved the highest stage like him.

M (Might) - This picture shows when inner powers of a soul are awakened then a woman becomes an embodiment of powers. She becomes Shiv Shakti such as Durga, Kali, Amba and destroys vices from the world and becomes co-operative in great work.

E (Enlightenment) - Divinity - With the light of knowledge, the natural qualities in a being such as love, renunciation, tolerance, compassion are divinised and women become an embodiment of Jagadamba, fulfilling the desires of all.

N (Nobility) – Generous Hearted – In the picture it is shown Shri Krishna is the symbol of the age of generosity. A Mother's heart is also generous and great. With this one virtue, she accommodates the weakness of all the family members and keep them united in one thread.



***Exploited at every turn, her everything looted .
Once known as a symbol of power, her fate is doomed.***

Patriarchal Culture and The Woman

There have been miraculous achievements by humans in the 21st century. However, there are still some areas where there has not been the required transformation. We can see this from the condition of women in our society. Today, there is still an old-aged patriarchal system.

Whether power is considered to be political, economic, social or familial, it is only male dominated. As a result, the woman is exploited by man at various stages. She is tormented and tortured. She is presented in ads obscenely as if an item for sale. Incidences of rape are becoming so common. Crimes such as molestation, harassment have increased.

This picture represents an egoistic man who does not perform his social and domestic responsibilities, then the woman has to do the hard work to make an arrangement for her children's upbringing and development. She suffers from inferiority complex in these situations created by men and so she vents out her anger and tension on the other women of the house. Fights between daughter-in-law, mother-in-law, sister-in-law are well known. The problem of dowry is increasing instead of decreasing. With the testing facility of modern ultrasonography to examine gender, the graph of events such as infanticide is rising. Women have to come forward to liberate themselves from atrocities and injustice.





*The Female was the epitome of divinity, decency & decorum.
Freedom became a curse and then she became helpless.*

The Modern Woman

Higher Education, financial self-reliance, and social awakening have made the modern woman experience her rights and freedom, in the name of freedom, her bossiness is increasing. A freelance woman considers herself to be a man's rival instead of being compatible. As a result, families have started breaking up. Such women do not care about the children's future. Many women also prefer inappropriate means to earn money. This picture shows the present situation of today's woman and how she is doing the business of prostitution for the sake of name, fame and money. She is promoting adultery by wearing minimum clothes exposing her body. Prostitution is being modernized by physical exposure besides dancing in clubs and parties. Harmful and unlimited number of cosmetics is being used in desire to look glamorous. Drinking, smoking and other addictions are also increasing amongst woman.

In other words, virtues like simplicity, purity, sacrifice, tolerance, and self-control which enhance the inner beauty can be seen lacking in the women at present. The poison of obscenity and disorder is spreading fast in the society. Semi-nude pictures of women are shown frequently in all TV channels. Today, the need of the hour is that a woman recognizes her true freedom and makes her character bright. Simple living, high thinking and the implementation of spirituality can make a woman worthy of worship from being prone to oppression and suffering and transform her into an icon of power from being a suppressed woman.





Woman - a backbone of life, maintains every relation.

In difficult situations, she becomes an embodiment of virtues.

Natural Virtues of a Woman

The daily routine of a virtuous woman is service-oriented. Services like cleaning, worshipping for the welfare of family, cooking, washing, collecting good wishes by welcoming guests, being co-operative to others, helping children in their studies, tirelessly serving family members in illness, harnessing confidence with love, helping to overcome obstacles with courage and taking rest after making the arrangements of rest for others - all of these are her spontaneous and natural actions. She does not want any cost for all these. She finds bliss in giving everyone comfort and becomes satisfied. Oh 'Family benefactor' – You are great!!!

The presented picture exposes the situation, that maternal power is the living image of the service. There is no limit of her affection. For the benefit of family she does not give any importance to her personal interest and individual selfishness. Becoming an ignited lamp, she continues to give light of selfless service of the whole family.

With the help of meditation and realization, the traits and habits of the generations of family, can be made elevated. Only mothers, sisters and wives can do this difficult work of balancing the emotions and impulses of the family members. For this, her own intellect and emotions are needed to be in order. Therefore in the development of society, the role of the woman is paramount because the family is a unit in the great work of world transformation.





*Out of multiple faces of a woman, the highest are of compassion & affection.
Gave Birth to Shivaji as Mother Jija, many more images like Mira & Laxmibai.*

Female - Power Personified

In everyone's life, there are ups and downs. In hard situations, a woman is capable of tolerating extreme difficulties and controlling her impulses. She does not resort to violence to express her feelings.

Like the 5 elements of nature, tolerance, patience, courage, generosity and benevolence are a woman's innate qualities. Nature endowed the world with its immense wealth and with her each act a woman tries to bring progress and prosperity in the family. For example, take the cycle of water in nature. When water from the sea evaporates to form clouds, these then shower as rain on fields, mountains and plains; which barren, then come to life and bloom with this gift of nature. Similarly, a woman also tolerates in difficult situations and tries to keep the family members joyful with her love, ingenuity and affection. By these virtues, she keeps her home secure. History is glorified by such female characters. For example, Rani Lakshmi Bai of Jhansi exhibited her bravery and courage against the British. As a trustee, Ahalya Bai Holker held the reins of the State successfully. Giving the teachings of bravery and courage from childhood, Veer ShivaJI's mother Jijabai, made him a man of good moral character. Sarojni Naidu played an important role in the struggle for India's freedom. Giving lessons of self-knowledge to her every child, Mdalsa led them onto the path of spirituality. Florence Nightingale selflessly served patients and set a unique example. Therefore, the subconscious mind of a woman is a source full of all powers. Wherever she got the opportunity, she has proven herself to be the best and most capable. Now, when God himself incarnates and is giving the godly knowledge besides putting the crown of responsibility on the sisters and mothers, women have to display their innate virtues by dedicating their life completely for the benefit of the whole world.



*By giving birth to great sons, she was called the mother of heroes.
Gave birth to Gautam, Mahavir and Nanak and was called 'World-Dharma'.*

Women - The Builder of Character

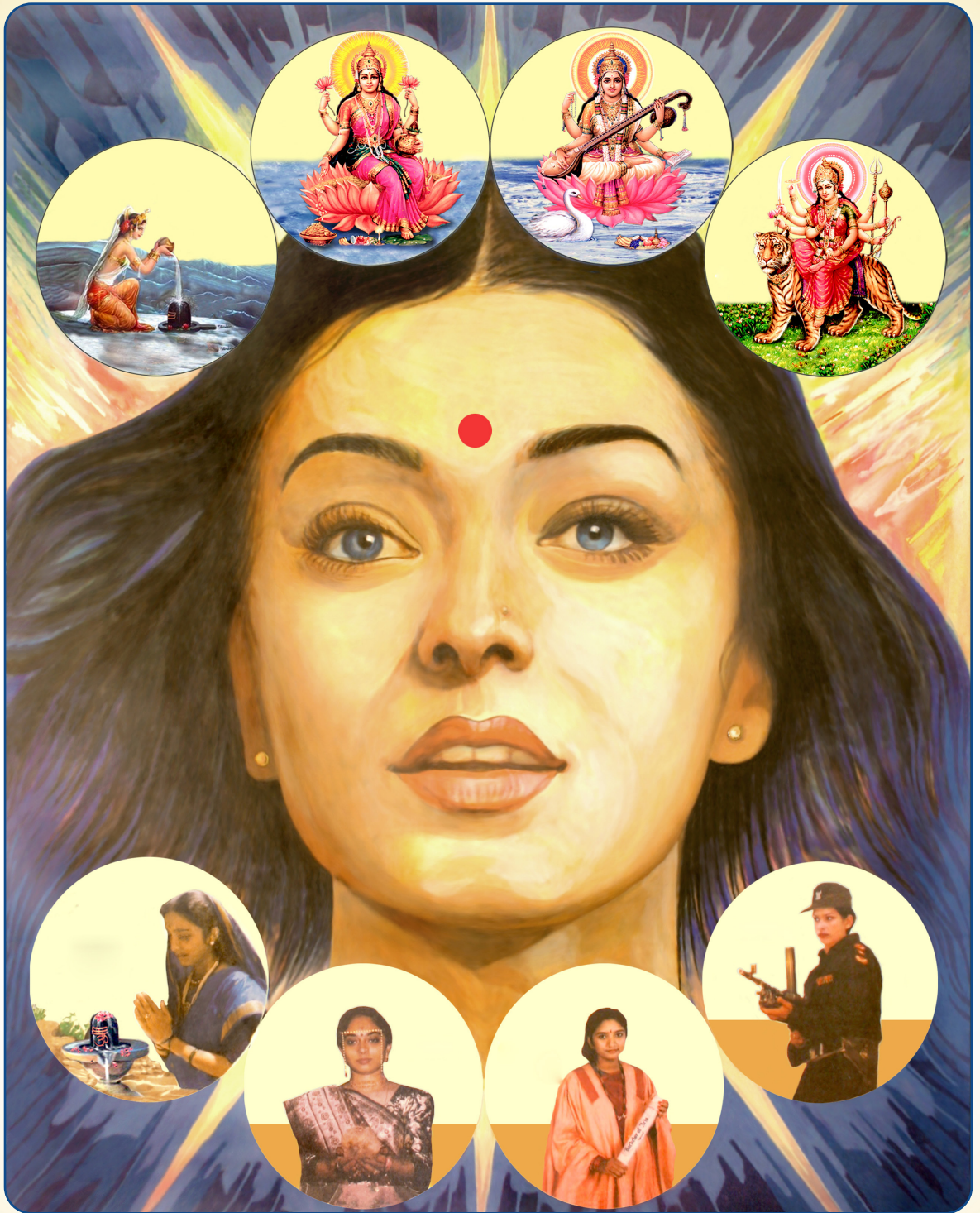
As the woman is respected in the form of a 'Goddess of creation' so she is also responsible for the development and creation of life.

In the development process of her children, imbibing the best of qualities and making them a part of their character is also accomplished only by the woman.

Maternal power has given such worthy and great sons to the society whose characters have illuminated the world. Today Mahatma Buddha, Mahavira, Swami Vivekanand are known as great personalities in the world. These personalities have been shaped by maternal powers in the spirit of building character and traits.

Just like a potter, transforms a ball of raw clay by giving the support of his hands and makes into something worth seeing, adoring and using. In the same way, with affectionate nurturing and guiding qualities, a mother inspires her child to inculcate the best traits.

Mother is the first Guru (Teacher) of the child and also the elementary school of the child. Nature has given her the status of Guru, so she can easily embellish a child with virtues such as sweetness, complacency, contentment, discipline, maturity, honesty and self-control. These are the true jewels which can be given to the child only by maternal and feminine power. The person enriched with these virtues is blessed in real sense. But for this, mother's own character should be elevated and great because in order to pass on virtues she has to be an embodiment of virtues.



Even at present times, women have adopted a variety of professions.

Not only has she achieved fame on earth, she has also reached the frontiers of space as well .

‘Adi Shakti’ and ‘Woman’

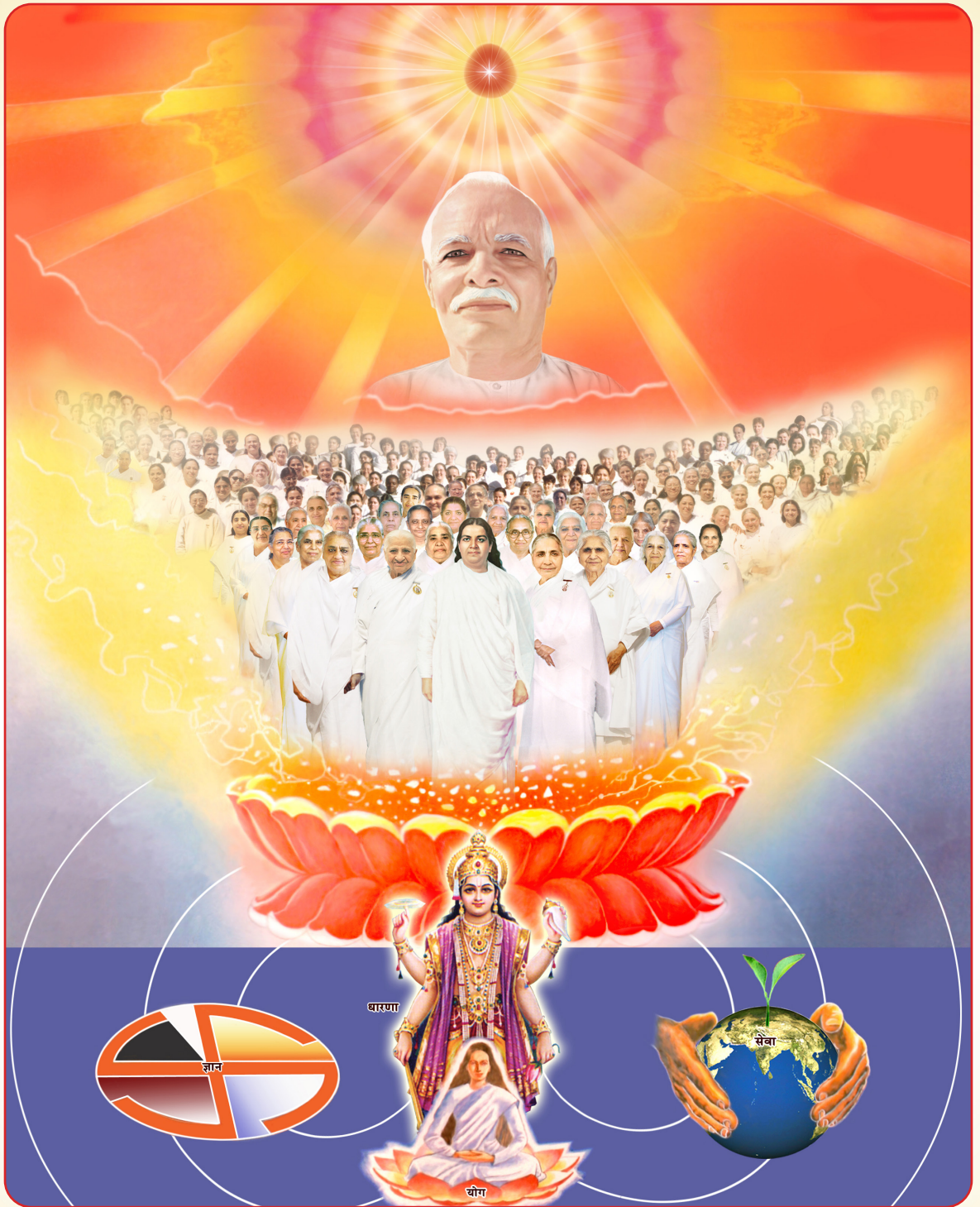
In Indian culture, a woman's qualitative worthy of worship and sacred form is that of Goddess 'Adi Shakti' i.e. embodiment of all virtues, which is very prestigious. In this, goddess of tranquility – Uma, goddess of wealth – Lakshmi, goddess of wisdom – Saraswati, goddess of power – Durga are our main ideals.

Today, women are the descendent of these powers, however, the balance of physical and spiritual values which were present in earlier goddesses (Eve), are completely absent in today's woman. On the one side, women have achieved great heights in physically and materially, but on the other hand by ignoring spiritual values, those efforts have not always yielded positive results.

This picture shows that today's woman worships God to fulfill her desires. In the form of 'Kulvadhū' she tries to endow the family with wealth and so she attains the status of Lakshmi. As a successor of Mata Saraswati, today she receives great titles in the fields of education and research. As Maa Durga, she gives her valuable contribution to army and police in fighting off enemies and anti-social elements.

But even then, she lacks the divinity, purity and virtuous stage as compared to 'Adi Shakti'. The question arises, how will these divine virtues emerge again? Who decorated the Adi Shaktis with these virtues? The same spiritual splendor needs to be developed again.





***God himself through 'Brahma, taught the knowledge of Gita.
By giving the throne of purity, He taught Raja Yoga.***

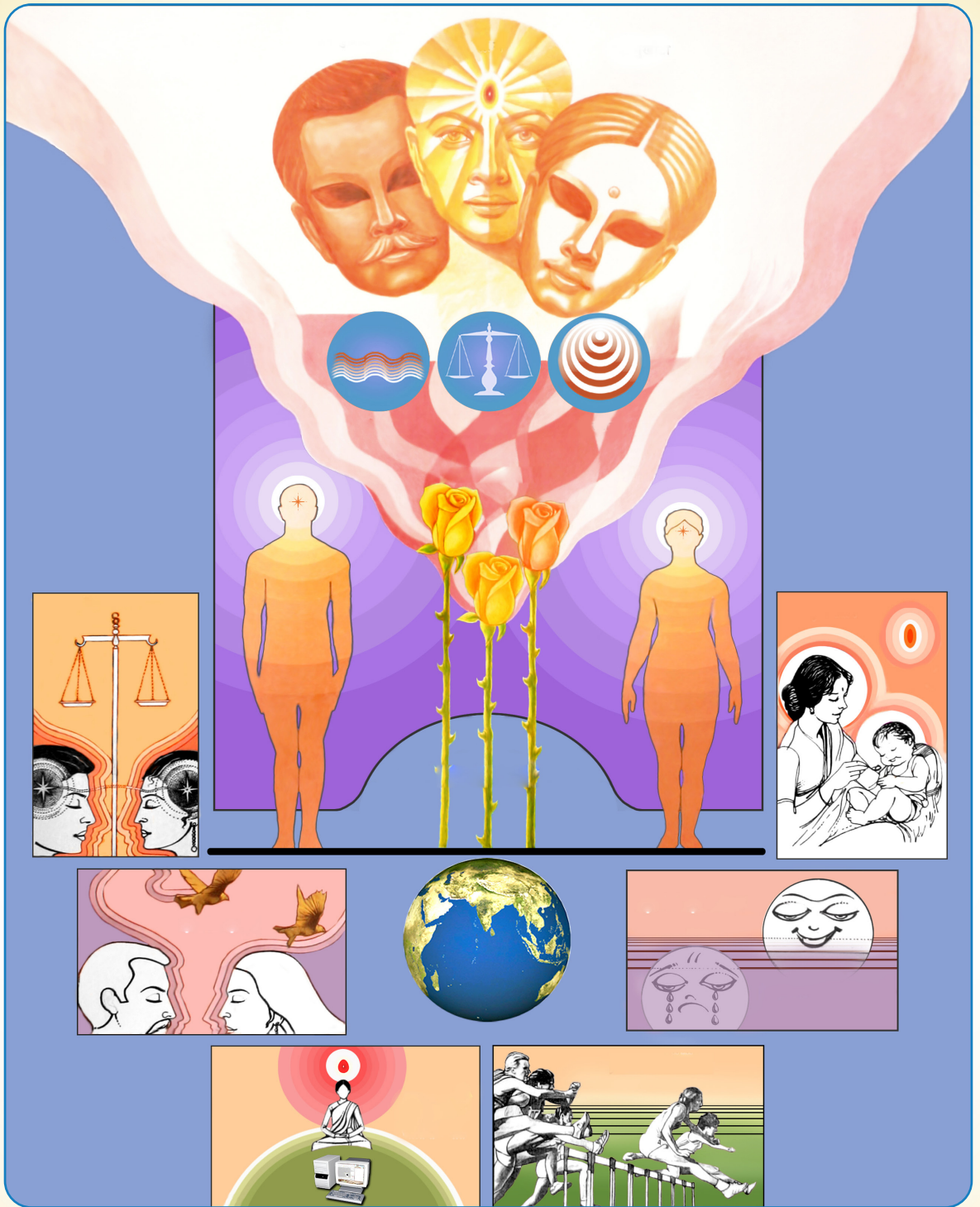
Source of Adi Shakti - Anadi, Adi Pita

In the confluence age, Incorporeal Supreme Father God Shiva incarnates from the incorporeal world (soul world) in this corporeal world in the physical form of 'Adi Pita Brahma' to make the woman honorable on the sacred pedestal of 'Adi Shakti'. God Shiva is the imperishable, eternal supreme Father of all souls. Spiritual power starts to emerge and spread inspiring women to take up divine knowledge and yoga (remembrance of father) as taught by God Father Shiva. Subconscious state of mind starts awakening with the experience of eternal divine virtues, and in this way an ordinary woman becomes 'Shakti Swaroopa' with the guidance of God Shiva and Prajapita Brahma.

This picture shows that the Supreme Father sets up a movement of those women who have the keen desire for spirituality and inspires them to be instruments in transforming the impure world to a pure one. The lotus flower is a symbol for purity, detachment and stoicism. With understanding and realization of Godly knowledge, practice of easy Rajyoga, imbibing divine virtues, she claims her throne of purity and becomes a helpful hand in Godly service.

A woman with divine wisdom given by the Supreme Father attains complete knowledge of the world's beginning, middle and end along with awakening of her original-nature, aim of self and the religion of the original self. With this power she liberates herself from wrong beliefs and restrictions which are spread within the society. She is filled with the power of self restraint by practicing Rajyoga, therefore obstacles cannot distract her from the path.

By keeping the aim of becoming Lakshmi Narayan in front of her, divine qualities seem to emerge easily. In this way, she is doing the divine work of world transformation by becoming the right hand of God Shiva.



By wearing the costume of male-female, we were called various people .

If knowledge of the soul awakens in one, inner sight opens.

Knowledge of the True Self for Women Empowerment

Immortal, ageless, imperishable soul and body together make a living human being. Soul is the master of the body. It is addressed (male/female) on the base of gender of the body it resides in. The outer identity changes after wearing a mask. Just like that, the genderless, conscious, imperishable soul plays different roles on this world stage by wearing the mask of male or female. No soul can always play the same role as male or female but in the cycle of birth-rebirth, sometimes the soul becomes male and sometimes female. In its original form, the soul is a subtle point of light, invisible to the physical eye, in which the three subtle powers of mind, intellect and traits work. Mind is the power of thinking and intellect is the power of decision-making and on the basis of this, we perform actions and our traits/habits are formed. Accordingly, some souls are called saints, some are called pious and some others are called sinful too.

This picture shows that when a soul is beyond the consciousness of male and female and has the remembrance of its own soul conscious stage, then it spreads the fragrance of divine virtues like a flower. By forgetting the self and living in the consciousness of masks, life begins to entangle in the thorns of vices, sorrow and peacelessness. Through soul conscious vision and behavior towards each other, pure mutual affection and respect develops instead of possessive behavior & controlling nature and the soul becomes free from body consciousness & vices which leads to experience of real freedom. Being in the stage of soul consciousness, the virtues of a woman start flourishing and her self-esteem is awakened. Staying in remembrance of the Supreme Father, the divine powers emerge, by which her work efficiency also increases in the physical world. Knowledge of self increases with the awareness of self-identity, by which difficult situations are easily crossed and life starts blossoming with divinity. Such an empowered woman is capable to give divine traits/virtues to her children. Now the time has come that women should move forward in the direction of spiritual empowerment by becoming an image of spiritual power to make this world into heaven.



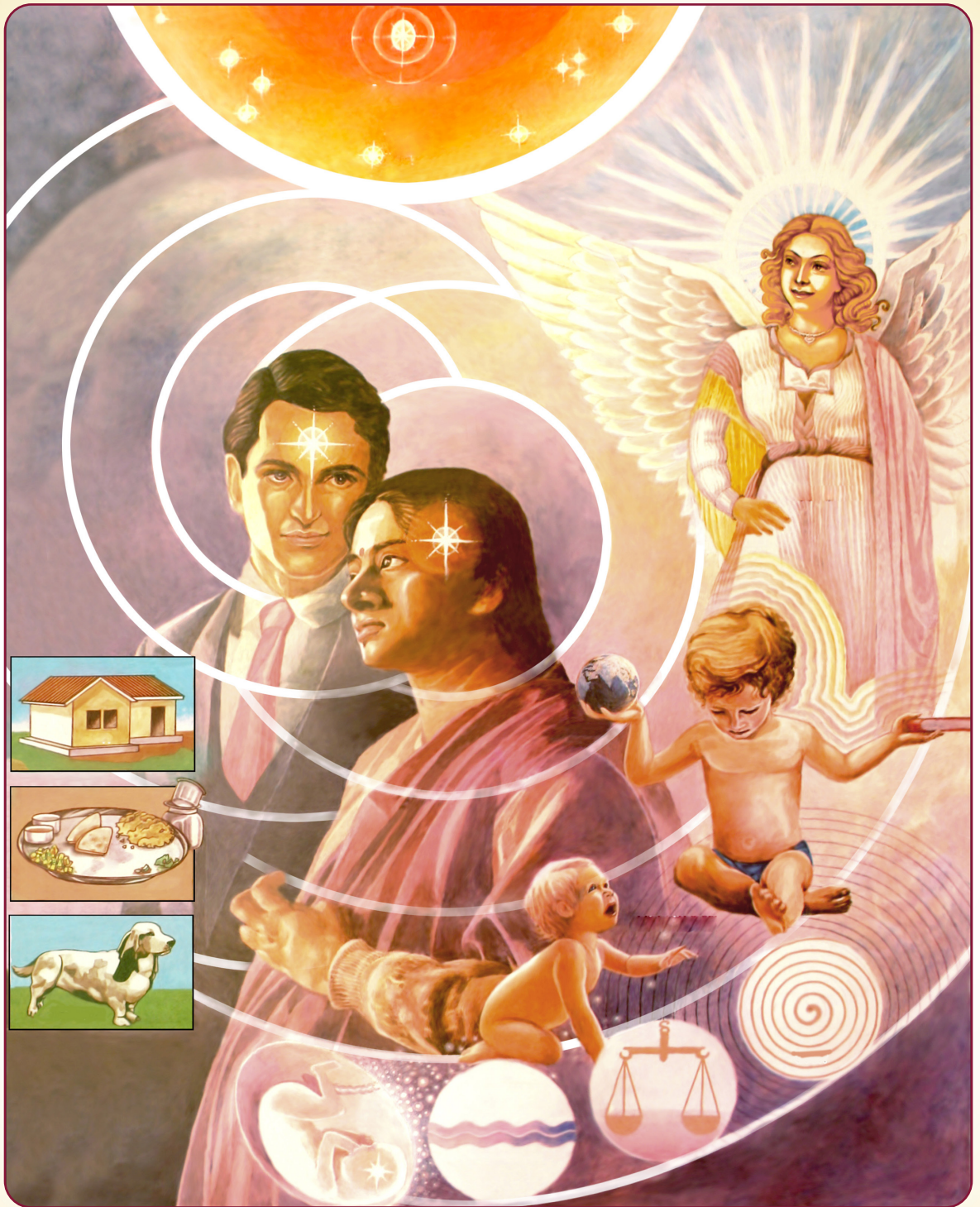
*Sun of Knowledge Shiva descends on earth, comes to give new life.
He Himself creates the wonderful Godly world university.*

Women - an axis of the chariot called 'family'

In this world everybody takes birth in a family. The world is a group of many countries. The countries are a group of many societies and the societies are formed with families. If a family is like a beautiful and well equipped chariot, then men and women are both the wheels of that chariot. For the progressive and balanced development of the family both the wheels of the chariot should be equal and strong. But we see that the status of male and female is not equal in every era.

This picture shows that in the beginning of the world, male and female had equal rights and both attained the providential status (status of goddess) which was full respect. There was the unshakeable deity kingdom of self-sovereignty of Shri Lakshmi and Shri Narayan which was full of peace and joy. After 1250 years, the silver age of Shri Ram and Sita started where the celestial degree of male and female decreased by 2 as compared to Satyug even then the status of woman was respectable and equal. Only these two eras/ages are remembered as, “यत्र नार्यस्तु पूज्यन्ते, रमन्ते तत्र देवता” (Deity resides where women are worshipped). But after the silver age, a sudden change came in the status of woman in copper age. The patriarchal system started because of body consciousness and woman was considered inferior to man. Soul in a male body starts to exploit the soul in female body because of misunderstanding the accurate meaning of ‘attaining the victory over nature and calling the soul as male and nature as female’. In this way, woman was exploited in many ways and became the victim of violence and discriminatory treatment. Her position started becoming like a pitiable-inferior mendicant. To get rid of pain due to such state of inequality many messengers started descending to deliver discourses about moral values. But the spell of inequality with women has not stopped and in iron-age the situation worsened and became more pitiable. Woman has become regular victim of rape, violence, murder and inhuman cruelty. As a result, family-chariot gets imbalanced and families are breaking apart.

At the end of Iron Age, hearing the voice of suppressed women, Almighty, Incorporeal God Shiva himself incarnates from the soul world in the physical body of Pita Shri Brahma and helps the women in getting their long lost self respect back. With spiritual knowledge and meditation He awakens the merged virtues and powers and set them on their divine positions. This elevated godly service is going on. Only now woman can make her life gallant like a diamond and by making the home like hermitage, she can make it heaven. Remember: If not now, then never.



***Mother develops the body of child, also creates the mind.
With Power of God's remembrance, does all round development.***

Complete Development with Women Empowerment

Complete development of a woman is possible through spiritual knowledge. She emancipates the whole family by developing mentally, physically and intellectually and becomes an associate in the world transformation.

This picture shows that woman having the spiritual qualities, elevated thoughts and elevated behavior affects the mind, intellect and traits of the baby in her womb. When such a child is born, it is spontaneously, well-mannered with which it not only benefits its own life, but with the feelings of world benefit, also becomes a motivator for many.

The peaceful, positive and pure thoughts of a soul conscious woman also make the environment of the home peaceful, positive and pure. By then, the home and family does not feel mundane, but is transformed into a sacred space with the fragrance of divine virtues. Such a woman becomes a motivator for her husband and makes him cooperative in the task of world transformation similar to herself.

Her thoughts also affect the food. There is a phrase that "As is the food, so is the mind". The food which is prepared in the remembrance of God and with the elevated & pure thoughts makes the family members healthy as well as gives power and peace to mind. The animals living in home also feel happy in the elevated environment that is created by the thoughts of woman and they develop accordingly. According to this, with the balance of physical and soul fulfillment, an empowered woman becomes the axis of complete development.





*Achieving victory over vices, she becomes bright pure white light.
Experiences Super Sensuous Joy, makes the Society Prosperous.*

Woman, A Light House

Woman becomes a spiritual light house by imbibing the spiritual knowledge attained by the Supreme Father God Shiva and practicing daily meditation. This picture shows that as a lighthouse in the sea shows ships the way, similarly an empowered woman gives the locus of the destination to the souls suffering from sorrow and turbulence and wandering in search of God. To complete this great work, she first decorates herself with eight powers and divine virtues attained by the Godly knowledge and meditation.

“Power to face” comes with the knowledge and meditation. She conquers the vices like lust, anger, greed, attachment and ego and becomes pure. With the “power of purity” all the senses remains in control, like a tortoise, as a result, the instability of the mind stops and we experience true peace. The peaceful mind is capable of making appropriate and right decisions. Power to judge is improved with this knowledge. Being children of one God Father, all souls are brothers and with this belief the virtues of love and cooperation come automatically in our behavior. With the feeling of love and cooperation, it becomes easy to tolerate. As a stone turns into a divine idol by tolerating being hit by a chisel and hammer, in the same way, despite unfavourable circumstances, women can attain the status of divinity and become givers, like a tree full of fruits, and an example for society. Being generous hearted, she accommodates good and bad things within her and continues to move forward on the path of prosperity and fulfillment. All the desires and hopes end with achieving fullness and the mind and intellect free itself from waste and start concentrating on the aim. Being in an effortless remembrance of God, the soul experiences His nearness and similar stage.



*Comes out of the Limits, Called Jagdamba.
Everyone began to worship her, Called World Saviour.*

World Mother - World Saviour with Rajyoga

‘Kamani’ and ‘Kalyani’ both are two forms of woman but there is a great difference between both. One is like a bird of cage which is entrapped in the bondage of body. The other is like a flying bird which has liberated from the bondages of body.

Mother is not only the teacher of children but also has great effect on the whole family. She is the goddess of protection for her home. She is an instrument for maintaining the dignity and grooming & reforming the character. Even today, people do not do any immoral activities in the presence of mother because the morale status of the mothers is high.

Attaining the teachings of Rajyoga from Supreme Father God Shiva, an ordinary woman becomes a world savior - world mother (jagatmata). Due to discrimination other own and other's, she could not think for the benefit of others. But with the teachings of Rajyoga, she attains this understanding, every soul is a child of Supreme Father whether it belongs to any religion, category, country or community. So, the whole world is one family and with this relation there is the awakening of affection, love and compassion for all. She starts thinking for the benefit of the whole world. Fulfilling all family duties, wishing for world harmony she becomes very affectionate to all. Her emotions cross the boundaries of attachment with just her own family to become one and same for all. She devotes herself to transform the world of sorrow into world full of happiness. That is why, these mothers are worshipped in the form of goddesses at home. To worship the mother has become an elevated ritual. Staying awake at night in the name of the mother, during Navratras, is a memorial in remembrance of awakening to self-awareness.

Through the medium of corporeal Brahma, God Shiva liberates her from modernism of fashion, immorality, immoral vision, bad attitude and fashion ads and brings out from the limits of femininity and makes her a benefactor and world saviour. In this way, like a bird of the sky, she starts to deliver the message with the wings of knowledge and meditation and transforms herself from the ordinary woman and becomes the traveler of the divine path.

Aim and Objective of the 'Women's Wing'

1. Under Rajyoga Education and Research Foundation, several types of services are given to different groups of society to progress spiritually. It organizes programs for the moral and spiritual development of women's wing. One of the programs is related to the training given about the family values because family is the unit of society and in families women are especially responsible for the development of children. Under this, three days training is given on the topic of family values. Through this program, methods and guidelines are given to women to pay attention for the implementation of such values like peace, happiness, orderliness, cleanliness and affection in their families.
2. Their own life should be empowered, she should have self-esteem and good-manners. She should not suppress herself but feels herself as 'Shiv Shakti' (power of Lord Shiva).
3. Conferences and seminars are organized on different topics. By participating in these, women discuss not only the problems related to women

but also about self-empowerment.

4. Three days rajyoga camps are also held for spiritual empowerment. By this, transformation comes in their way of thinking and state of mind. They experience peace, zeal & enthusiasm and spiritual power in life. Rising above the small things, she learns the art of happy living.

5. The services of the wing are not only for the intellectuals and prestigious women but this godly university is offering its services to the people inhabited in tribal areas of villages and slums.





EMPEROR SHIRI NARAYAN

EMPRESS SHIRI LAKSHMI