



Sister Jayanti Explores the Peaceful Way to Building Inner Resilience

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The Brahma Kumaris, the largest spiritual organization in the world led by women, has announced its upcoming event in Sydney where attendees will get a chance to learn about the vast healing power of meditation.

At the session, Sister Jayanti, Additional Administrative Head of The Brahma Kumaris, will explore methods to stay personally empowered to face and overcome challenges using the power of meditation. The spiritual teacher and leader, who is also a sought-after international public speaker and author, will share her insights on navigating the world of one's inner resources where, just by getting to know oneself at a deeper level, one can increase their inner strength, improve their self-confidence, and tap into their natural happiness to live a more meaningful, resilient, and empowered life.

The event is scheduled for Wednesday, 21st June 2023 from 6 PM to 7:30 PM at the Wesley Conference Centre, located at 220 Pitt Street, Sydney, 2000. It is completely free to join, and everyone is welcome to

reserve their spot by visiting <https://tinyurl.com/BuildInnerResilience>. Interested readers are also urged to follow The Brahma Kumaris on EventBrite for notifications of future events from the organization.

Sister Jayanti imparts her teachings using a unique blend of Eastern wisdom and Western education and culture. After emigrating to London from India as an 8-year-old, her worldview and perspectives were enhanced by an intimate knowledge and understanding of how individuals from the two disparate parts of the world approach life and all its challenges. Her prominent speaking themes include leadership, environment & climate change, women's empowerment, health & well-being, racial harmony, interreligious friendships, and global peace.

Today, Sister Jayanti is an advisor to the Council for the Parliament of the World's Religions. She is also a member of the Executive Committee of the World Congress of Faiths, a member of the Advisory Body of the International Interfaith Centre, and she also headed the Brahma Kumaris delegation to the United Nations Framework Convention on Climate Change Conference of the Parties (COP) from 2009 to 2020. Over the years, she has helped establish BK Centers all over the world, such as in London, Hong Kong, the Caribbean, Japan, South Africa, and several European countries, bringing her lessons to those who need them the most.

Founded in 1937 by Dada Lekhraj Kripalani, lovingly also known as Brahma Baba, the Brahma Kumaris is an international non-governmental organization (NGO) of the United Nations, accredited with General Consultative Status with the Economic and Social Council (ECOSOC). It has a presence in 110 countries around the world, runs over 4,500 meditation centers, has an impact on the lives of over a million students, and has guided them through over 100 million minutes of meditation. Readers can find out more about the Brahma Kumaris by visiting <https://brahmakumaris.org.au/new/>.

In Australia, the Brahma Kumaris have four retreat centers - Blue Mountains and Illawarra in NSW and Peninsula and Yarra Valley in VIC. The organization also oversees two meditation centers in Sydney, four in Melbourne, and several others across Australia in Brisbane, Gold Coast, Adelaide, Canberra, Hobart, and Perth.

In a video published on Brahma Kumaris' YouTube channel, Sister Jayanti summarizes her mission to bring peace and contentment to those she guides. She says, "It has rightly been stated in the preamble of the charter of UNESCO that wars begin in the minds of men and the defenses of peace lie therein also. We deeply believe that if we can create an awareness of peace within the self, then it is this peace that is going to exude out and impact everything that we're involved with, everything that we're engaged with. Everything that I can offer to the world around me, first and foremost, to myself, my family, and my colleagues reaches out into the community and therefore into the world."

Readers can find out more about the Brahma Kumaris in Australia by visiting the organization's website or following it on its Facebook page at <https://www.facebook.com/BKAustralia>.

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The Brahma Kumaris Australia

The Brahma Kumaris is a worldwide charitable organisation dedicated to personal transformation and world renewal through meditation. Originally founded in India in 1937, these days there are one million plus students world-wide across 110 countries.

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