

INTERNATIONAL DAY OF YOGA, JUNE 21

HAPPINESS UNLIMITED: AWAKENING WITH BRAHMA KUMARIS



PAVI PRASAD HERATH
The teachings of the Brahma Kumaris have spread throughout the world the past 75 years. While the main university is situated in Rishikesh, India, the



form better? I remember when we used to give our exams and come back and evaluate our own performance, we would point out places where we knew the answer but made

**MANTRAS FOR
HAPPINESS**

It's ignored, because I am not ready to take responsibility for my inner strength. Hence, for me stress = pressure. If I have an