


# Health, Wealth and Happiness – A Spiritual Dimension Milestone of Life Journey

1. Life Journey – The Art & Science of Life
2. Health, Wealth, and Happiness  
– A Virtual Journey of Life
3. Health – The Crown of Life
4. Holistic Health – The Essence of Past Life
5. Wealth – The Status of Life
6. True Wealth – The Effort of Present Life
7. Happiness – The Beauty of Life
8. Real Happiness – The Fortune of Future Life
9. Meditation – An Inner Journey of Life
10. Life – The Journey of Life Science
11. Journey – The Art of Lifestyle
12. New Beginning – A Sign of Hope about the Future
13. Brahma Kumaris & SpARC Wing



Life Journey – The Art and Science of Life

The Aim of Life is to experience the Original (innate) Nature of Self




Health – Mind  
Wealth – Intellect  
Happiness – Sanskar  
Soul  
Bliss  
Love  
Peace  
Power  
Purity  
Knowledge


## Health, Wealth and Happiness – A Spiritual Dimension



Purity Peace Power Knowledge Love Happiness Bliss

The Object of Life is to experience Health, Wealth and Happiness

 Brahma Kumaris  
Spiritual Applications Research Centre (SpARC) Wing of Rajayoga Education & Research Foundation

 SpARC Wing®

## Life Journey – It's all about experience of 7 Innate nature of the Soul



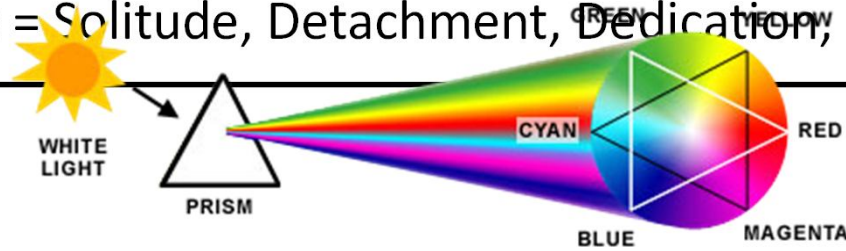
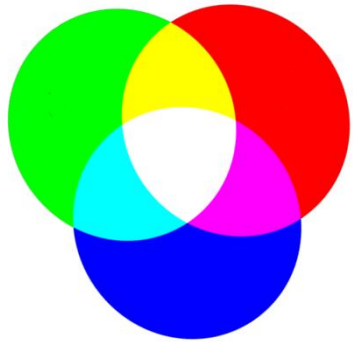
Life Experience is based on...

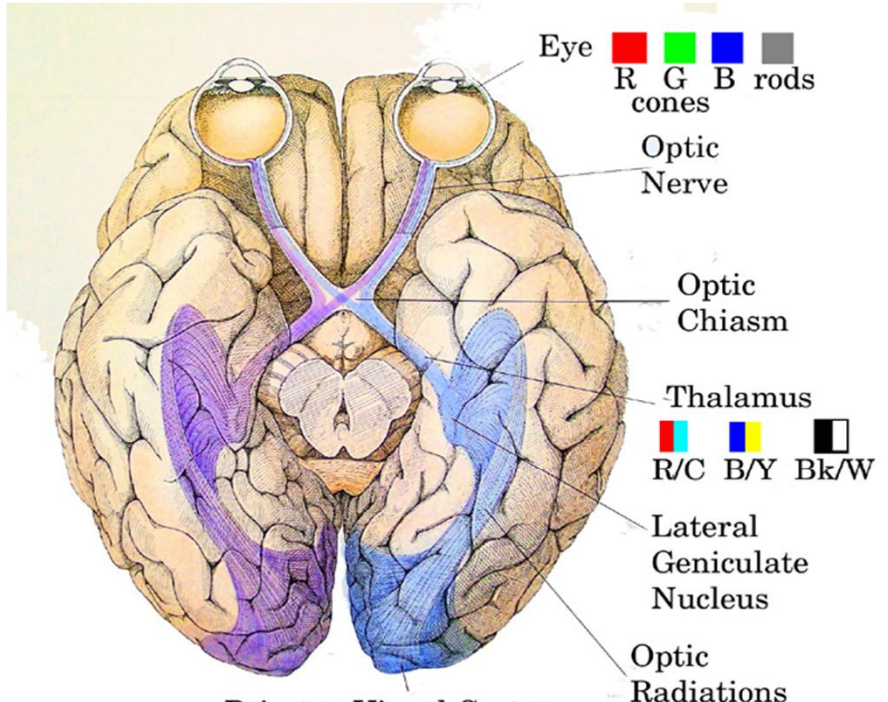
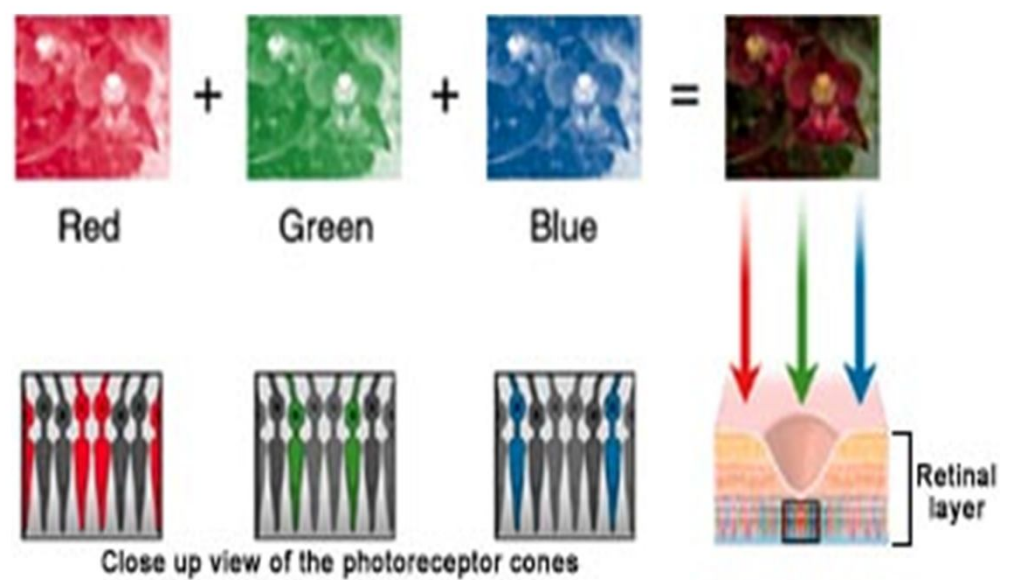
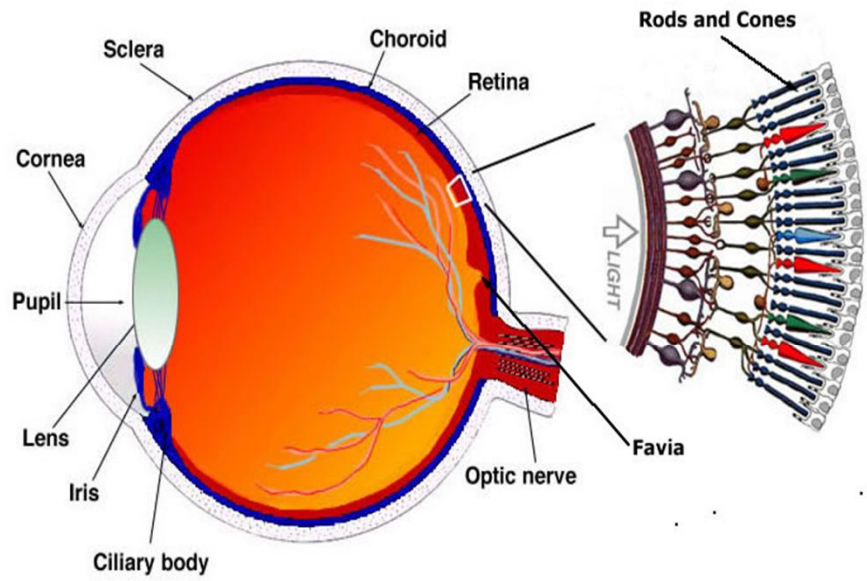
- Five Sense organs (Sight, Smell, Sound, Sense of Touch & Taste)
- Stages of body growth (Child, youth, adult & old age)
- Environmental condition (Working environment & Living family environment)
- Seasonal changes (Yearly cycles as well as Life cycle)
- Family environment (Relationships , Friendship & Society)
- Culture of the Society (Political, Religions, Belief system & Lifestyle)
- Interaction with People (Event oriented, Responsibility, Sharing, Caring etc.)
- Virtual Interaction, Interpretation & Imagination
- Achievement / Success / Aim / Goal / Desires etc.

All above come under one umbrella, called 7 Innate nature of the Soul  
(Purity, Peace, Power, Knowledge, Love, Happiness & Bliss)

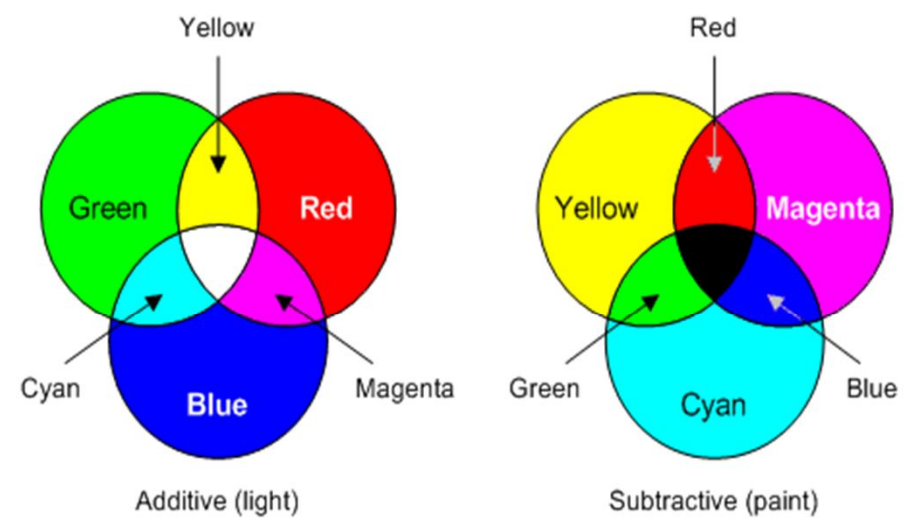
# 7 Innate qualities of the Self & its Complementary / Secondary Values

- 1 Purity = Royalty, Honesty, Cleanliness, Beauty, Trust, Simplicity...
- 2 Peace = Silence, Patience, Harmony, Calmness, Co-operation..
- 3 Power = Courage, Stability, Determination, Face, Judge...
- 4 Knowledge = Truth, Insight, Focus, Understand, Maturity..
- 5 Love = Care, Mercy, Acceptance, Compassion, Forgiveness
- 6 Happiness = Joy, Zeal, Enthusiasm, Smile, Laughing, Satisfac
- 7 Bliss = Solitude, Detachment, Dedication, Enlighten, Introvertnes





Primary Visual Cortex  
 Where to Parietal Lobe (location, motion)  
 What to Temporal Lobe ((color, form)



Additive and subtractive color combinations


# Health, Wealth and Happiness

## The Aim & Object

1. Life is an Art and Journey is a Science of Balance
2. No one can pass a moment without having some kind of experience—Uniqueness in every events
3. The Aim of Life is to experience Happiness
4. Happiness is the expression / result of 7 Innate Nature of the Self – Positive experience
5. Purity, Peace, Power, Knowledge, Love, happiness and Bliss are the 7 Innate Qualities of the Self
6. To experience 7 innate nature of the Self, Health, Wealth and Happiness are the foundation
7. Mind affects body – Psychosomatic Disease. Face is the index of the mind – Brain responds all our emotions & Feelings (Negativity are real cause for Illness of the mind)
8. Knowledge is source of Income, so, the Wealth is based on the power of Intellect also
9. Happiness is also depends on Character/habits or Sanskar of one's Belief System.
10. The Object of Life is to experience Health, Wealth and Happiness – Spiritual Dimension of Life

Life Journey – The Art and Science of Life

The Aim of Life is to experience the Original (innate) Nature of Self



Health – Mind

Wealth – Intellect

Happiness – Sanskar

Peace

Knowledge

Soul


Power

Bliss

Love


Happiness

Purity



## Health, Wealth and Happiness

- A Spiritual Dimension



Purity

Peace

Power


Knowledge

Love


Happiness

Bliss

The Object of Life is to experience Health, Wealth and Happiness

 Brahma Kumaris

Spiritual Applications Research Centre (SpARC) Wing of Rajayoga Education & Research Foundation

 SpARC Wing®

# Health, Wealth and Happiness

## – A Virtual Journey of Life

### Core concept of Health, Wealth & Happiness

1. Health, Wealth and Happiness are 3 dimensions of Life Journey based on 3 faculty of the Soul – Mind, Intellect & Sanskar, the Subtle Powers
2. Human Body made up of 5 elements and 7 Senses viz. Sight, Smell, Taste, Touch, Sound, Balance and Feeling of Internal Pain / Symptoms of body
3. All Human, Moral, Social & Spiritual Values are comes under one Umbrella/Spectrum of 7 Innate Nature of the Soul in different range of sato, rajo & tamo with different label of names
4. Senses can be compared with 7 innate nature as shown in pictures and all 7 senses will response or react based on the experience of the Values
5. Feeling of Love makes difference in Heart beat & blood circulation like the peaceful mind makes the function of digestion and its related systems in normal. Knowledge & Happiness makes function of Brain & Lungs along with its related system of nerves & Glands / Hormones in Unique way
6. All sense organs act upon the decision taken by Intellect and all involuntary systems of Elimination process through kidney, Skin etc. works based on the Sanskars. the Belief systems



# Health – The Crown of Life

## Corporeal & Incorporeal Environment

1. Fundamental principles of Health is to keep balance of Five Elements viz. Earth-Food, Water-Level, Fire-Environment, Air-Lifestyle, and Space-Action/Rest/Sleep according to Time
2. Physical Health is based on balanced Food, Water and Environment according to Time & feedback of body
3. Mental Health is based on Lifestyle, Attitude of Action/Rest/Sleep and Karmic Account of the Past
4. Social Health is based on Family Environment, Culture and Working Environment of Interaction with people – Stress related Behavior/Characters-Values
5. Spiritual Health is based on Interaction within Self, with other Souls and Nature of 5 elements according to Time cycle & Karma of Past
6. Soul experiences in both the Corporeal physical environment and Incorporeal environment, beyond physical world, the World of All Souls, called Soul World, Paramdham, where God resides always
7. Nature Cures the Physical Body based on balancing Five elements. God, the Supreme Soul of all Souls Heals the Mind and Time restores Health according to the Settlement of Karmic Accounts in Time



# Holistic Health – The Essence of Past Life

## Karma & Reincarnation of settlement

1. Holistic Health is based on 7 major factors, viz. Food & Water, Family & Culture, Time & Activities, Lifestyle & Belief Systems, Environment of Nature & Working Environment, Seasons & Climates and Karma & Settlement of Karmic Accounts of Past
2. Medical care & Treatment may help to survive with disease, but it is very difficult to create Holistic Health Environment & provide Positive Health.
3. History of Western medicine is based on Head-Intellect. History of Eastern medicine is based on Heart-Faith
4. Western Medicine consider that Health depends on only Food, Environment and Season based on Age factor as well as the Hereditary of Family History
5. Alternative Medicine consider even the effect of mind and belief system or faith of individual. They even believe in God & Karma for curing disease
6. As the soul is eternal, the experience of karmic settlement will come in course of time without fail
7. Karmic accounts of remote past i.e. past birth may cause physical & mental illness of present. So, the Holistic Health is based on the Essence of Past Life, Present Lifestyle based on individual Belief system & Blessings of others. God & time are Great Healers based on Karmic accounts.

**Holistic Health – The Essence of Past Life**

**Time** (Clock icon)

**Lifestyle** (Person exercising icon)

**Environment** (Globe icon)

**Season** (Tree icon)

**Karma** (Scales icon)

**Food** (Plate of food icon)

**Family** (House icon)

“Let thy food be thy Medicine and Let thy Medicine be thy food”

“Natural forces within us are the true healers of disease. Nature is the healer of disease”  
– Hippocrates, The Father of Western Medicine

When diet is WRONG, Medicine is of no use  
When diet is CORRECT, Medicine is of no need  
– Ancient Ayurvedic Proverb

God & Time are Great Healers

**Brahma Kumaris**  
Spiritual Applications Research Centre (SpARC) Wing of Rajayoga Education & Research Foundation

SpARC Wing



# Wealth – The Status of Life

## Material & Social Status Vs. Moral & Spiritual Status

1. **Wealth** is all-round Wealth of Money, Material, Moral & Social Status, but, even if a person is not rich in Money & Material, his Moral & Social Status will consider as True Wealth. The Status is Sign of Wealth
2. The Status gives natural Self-respect, but, the people sometimes enjoy the Self-respect based on his Position & Professional Status. People even ready to spend all his earned money & materials to get good position in the society – the Social Status
3. Money & Material Wealth never gives 100% Satisfaction
4. Status of Money & Material changes according to Time
5. Stages of Sato, Rajo & Tamo will discharge the position
6. Love of Family & Respect/regard from society based on money is dynamic – not gives 100% satisfaction
7. Material Status helps to maintain Moral / Social status and sometimes compare with others (Jealousy)
8. Social Status always maintained by achievement/service
9. Spiritual Status purely depends on self empowerment and accept the inheritance of God, the Divine Values
10. Experience of 7 innate nature is sign of Spiritual Status



# True Wealth – The Effort of Present Life

## Value of Values Vs. Value of Money & Material

1. Knowledge is source of Income, and also the Value of Knowledge is greater than the Value of Money
2. Relationship is more powerful than status of material achievement. The Value of Material is valued by the Value of Love & Care in the Relationship
3. The Value of Social Status either in Professional or Position will be measured or valued by the Self Contentment, not based on Proudness
4. The Wealth may come through Inheritance of the Parent or our own effort of the present birth or as a Fortune of the Life, but, its worth is not only based on how much one earned but also how he/she earned/achieved. Spending more money & material for comfort is not important than contentment
5. Human Values is more valuable than Money. Moral Values is great assert than Materials. Status of Professional or Position is not greater than Social Value. Professional Ethics or Business Ethics is valued by the Ethical Value of Life based on 'Values'
6. Experiencing unconditional love of God is greatest achivement in the Life. The Spiritual Values of experiencing Godly Knowledge and Divine Love in Meditation is True Wealth of all



# Happiness – The Beauty of Life

## Laughing Vs. Happiness

1. Smile or the expression of Happiness in the face is the real beauty of a person. Laughing sometimes leads to showing one's ego of knowledge or status.
2. Happiness is not an achievement or destiny, it is an experience of Joy with Zeal & Enthusiasm in Life.
3. Happiness is not based on Health & Wealth, but it takes the advantage of both to experience Happiness
4. Happiness through physical sense organs are based on taste, beauty, cool environment, music, etc. Event based happiness has limitation of Time . Life oriented Happiness is a real experience of the self
5. Facility of Science, Relationship & Event play wonderful complementary role to experience the beauty of life
6. Understanding the knowledge of World drama wheel and stages of Sato, Rajo & Tamo of the Nature as well as the Soul makes one to experience Happiness.
7. Service is one of the best measuring tool to understand the nature of the person as well as his/her Value . Govt., Social, Religious & Spiritual Service makes one worthy to receive blessing of others to experience Joy.
8. Serving the Family with Love, Society with Co-operation, World with Good Actions are the foundation for Happiness & Real Beauty of the Life. It restores our Energy level once again.



# Happiness – The Fortune of Future Life

## Internal Vs. External Happiness

1. Fundamental principles of Inner Happiness is to serve, care, help or co-operate with others
2. Sensual happiness through five senses of the body will be lost in few moments – Taste, Smell, Music, Beauty and Pleasant environment. Because it is based on the 5 elements, which is under the law of change
3. Event based happiness will give virtual happiness
4. Happiness based on Award /Achievement / Success / Unexpected Fortune of Status / Position will give Happiness with Zeal & Enthusiasm, when recognized by others
5. To experience Inner Happiness with the 3 faculties of the Self, the Soul – Mind, Intellect & Sanskar – We have to bring inner transformation like butterfly based on Moral, Human, Social & Spiritual Values
6. Through Intellect, we can help other, Through Mind, we can co-operate with others and Through Sanskar, we can sustain & care someone/nature. In return we will experience Happiness in the form of blessings

Real Happiness – The Fortune of Future Life

**Co-operation**

**Care**

**Help**

Peace  
Knowledge  
Soul  
Power  
Love  
Bliss  
Happiness  
Purity

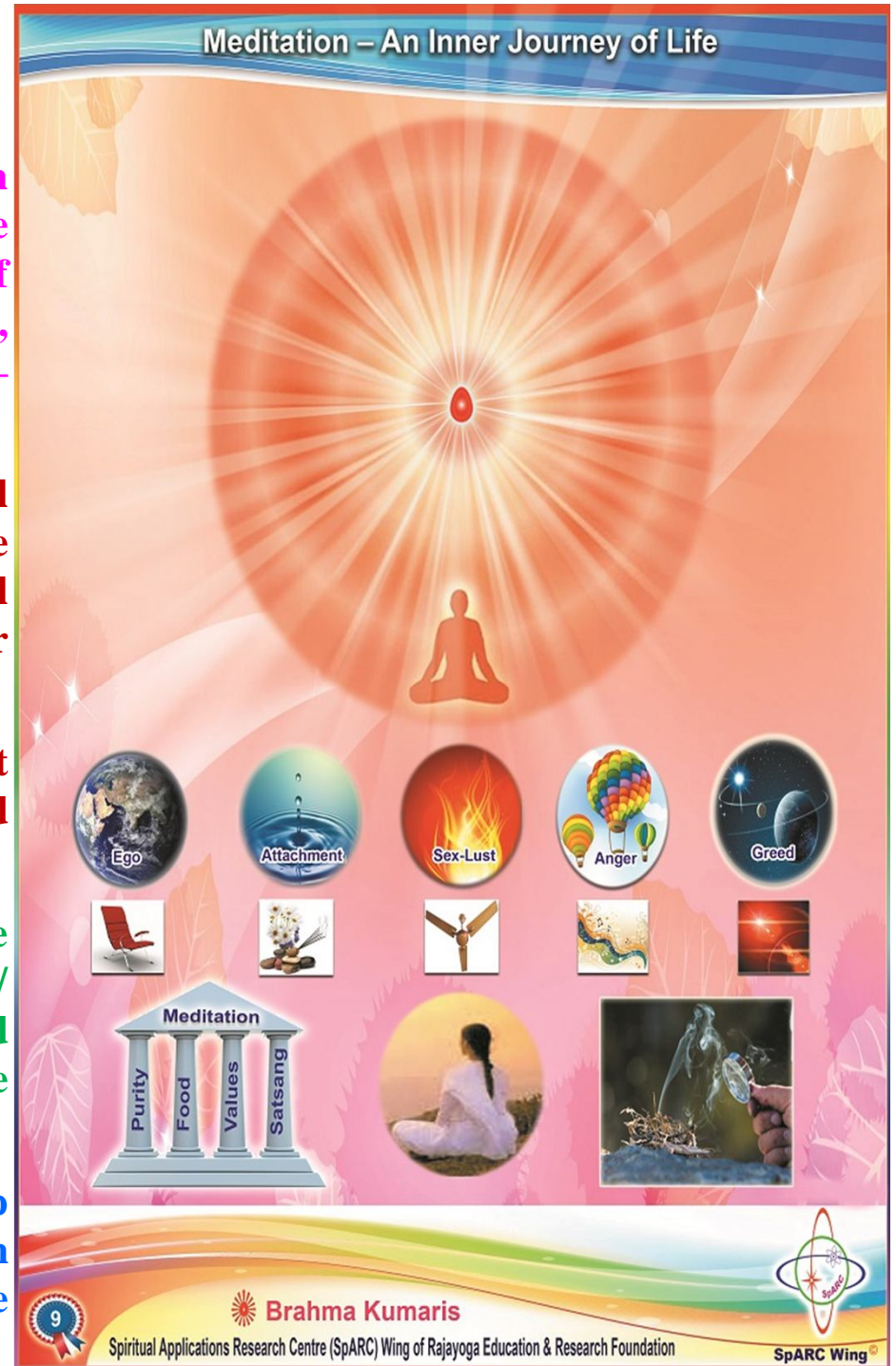
Happiness is the expression / result of the experience of Natural Innate Quality of the Soul

Brahma Kumaris  
Spiritual Applications Research Centre (SpARC) Wing of Rajayoga Education & Research Foundation  
SpARC Wing

# Meditation– An Inner Journey of Life

Consider yourself as Soul & Remember God

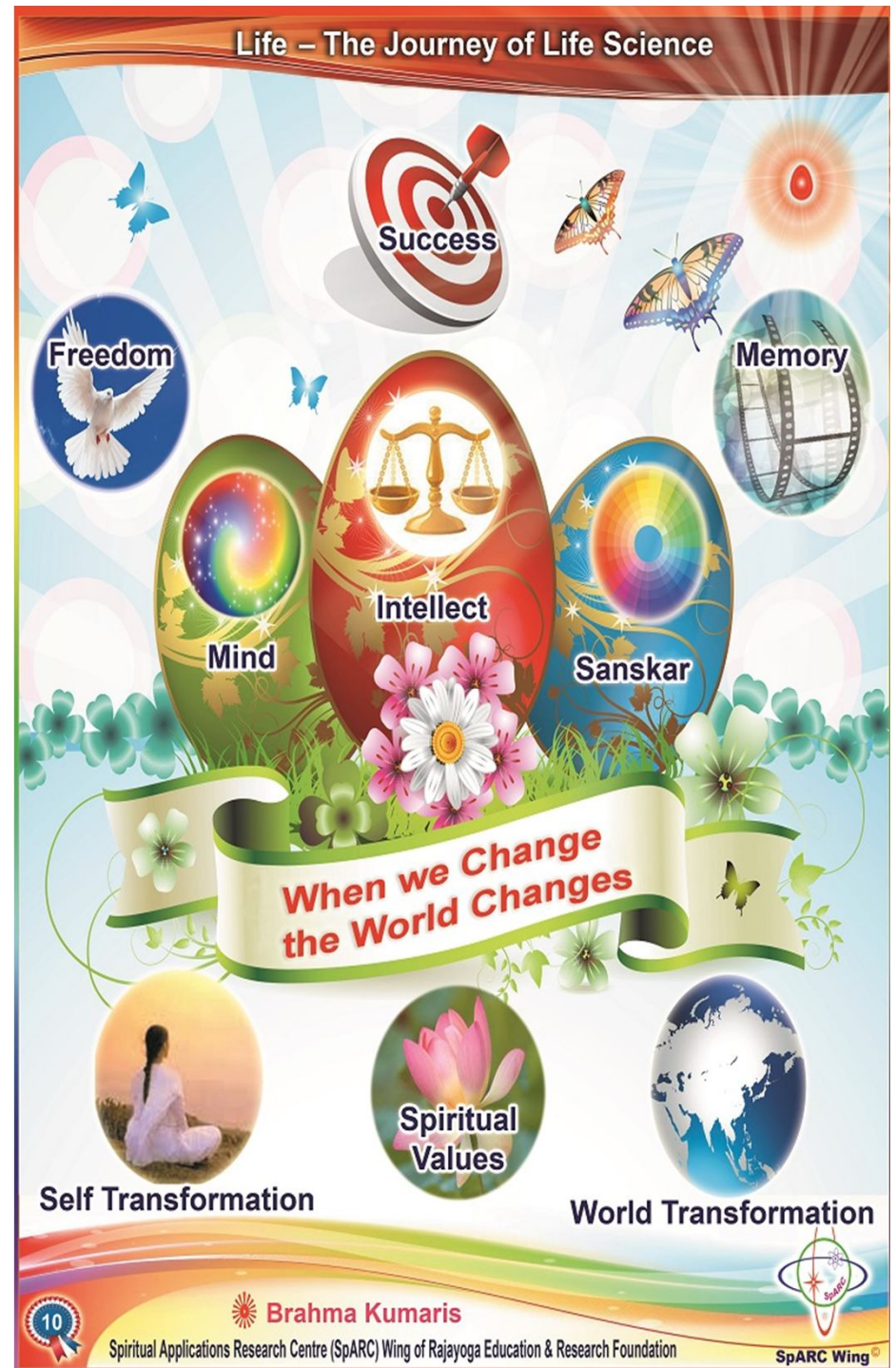
1. Fundamental principles of Meditation – Detach from pulling of external environment of Five elements as well as internal environment of Five Vices, viz. Ego, Attachment, Sex-Lust, Anger and Greed to go beyond Time & Space – an experience beyond Five senses.
2. First of all, make Corporeal, the Physical environment more comfortable to experience effectively in Meditation. Earth element will give comfortable seat, either on floor or chair or sitting on white cloth / mat etc.
3. Water element–smell will make pleasant environment. Fire element of Hot / cool should be maintained by fan or any cooling system
4. Air element of external noise or distractive noise may be avoided by playing silence music / divine songs. Space element of comfortable and mild light (Red light) makes the experience more powerful
5. Purity in Mind, Food, Behavior, Relationship helps to experience more powerful in meditation, which burns all past negative Karmic Account.



# Life– The Journey of Life Science

## Transformation of Vices into Virtues

1. **Fundamental principle of World Transformation**  
–When we change, the World changes.
2. **Transformation of Human being (Soul is eternal, immortal, ever changing entity) means changing our Attitude, character, Behavior from macro level to micro level of habits based on Values.**
3. **Behind our Decision making / Planning / Desires for achievement of our Life through the power of intellect (Red color–Balance), The past memories recorded in the Sanskar will create impact like waveform / vibration in the mind as a reference to Intellect to take decision / execute plan.**
4. **Sanskar of deep impact / habits / character / addiction will always bypass the Intellect to take decision rather than external events / situation etc.**
5. **Transformation through Determination & practice of meditation will bring Self Transformation based on Spiritual Values, which leads to World Transformation**



# **Journey– The Art of Lifestyle**

## *Return Journey for New beginning*

1. **Fundamental principles of Life Journey is in Cyclic Nature of passing through Sato, Rajo & Tamo stage in the World Drama Cycle.**
2. **As the Soul is eternal, the Journey of life also eternal, but it is a cyclic nature of repeating / replaying our part & role on world drama stage as an actor.**
3. **The Journey on this earth may be guided by birds, animals, sun light shadow, magnetic compass for direction, road map & traffic signals for vehicles, advance scientific communication instruments for satellite tracking etc. will show right path to our destination in corporeal world.**
4. **Candle brings light in the darkness, Sun brings light in day cycle, Light House shows way to the ship in the darkness. But, who will show the right path in return Life journey in the darkness of Iron age to Soul World?**
5. **It is the right time to return to our real home, the soul world as well as to re-establish the Golden age once again.**



## New Beginning

### – A Sign of Hope about the Future

#### Forthcoming Golden Age of Bharath

1. Health, Wealth and Happiness are 3 dimensions of Life Journey, which helps to experience 7 Innate Nature of the Soul through its 3 faculty of the Soul – Mind, Intellect & Sanskar, the Subtle Powers
2. Health, Wealth and Happiness are the Godly birthright of all Souls. Because experience is not physical phenomena, it is a subtle feeling of the Soul.
3. To experience our God fatherly birthright of Health, Wealth and Happiness, one has to study 4 subjects of Spiritual Knowledge viz. Gyan, Yog, Dharna and Seva based on Godly knowledge and Core Concept of Brahma Kumaris
4. Self as a Soul, God as Spiritual Father, Life as a Drama and World as One Global Family i.e. Universal Brotherhood irrespective of Cast, Creed, Religion, Country, Sex, Color, etc.
5. The Tree of Spiritual Knowledge makes one to understand the real ID of Self, God, Nature, World Drama Cycle of Past, Present & Future as well as the 7 Innate original Nature of Self to experience
6. Self Transformation is the only key to bring World transformation, which is based on Values, a better place to live – The Golden Age of New World.

New Beginning – A Sign of Hope about the Future

Forthcoming Golden Age of Bharath

Health, Wealth and Happiness are the Godly birthright of all

Self as a Soul – Gyan  
God as Father – Yoga  
Life as a Drama – Dharna  
World as One Family – Seva

4 Subjects of Spiritual Lifestyle

Tree of Spiritual Knowledge

Brahma Kumaris  
Spiritual Applications Research Centre (SpARC) Wing of Rajayoga Education & Research Foundation

SpARC Wing

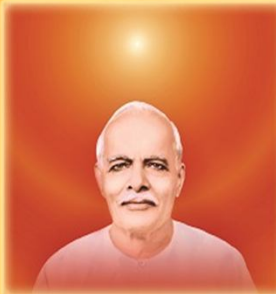


# Brahma Kumaris and SpARC Wing

## A Unique World-wide Spiritual University


1. Brahma Kumaris Ishwariya Vishwa Vidyalaya (BKIVV) is an International World-wide Socio-Spiritual Organization based at H.Q: Mount Abu, Rajasthan.
2. SpARC Wing is a Research Wing of BKIVV, established in the year 1995 at Brahma Kumaris Academy for a Better World, Gyan Sarovar, Rajasthan, India.
3. Vision & Mission of both Brahma Kumaris & SpARC Wing is to Bring Value based Society through the Applications of Spirituality in all walks of life in every field of professionals & Researchers.
4. Brahma Kumaris Spiritual University established in the year 1936 by Incorporeal Supreme Soul God Father Shiva through the Corporeal Medium of Prajapita Brahma, called Brahma Baba.
5. As an Non government Organization(NGO) it serving the Society through about 9000 Centers in 135 Countries with about 900000 Regular BK Students.
6. Since its establishment, the Spiritual Organization lead by Brahma Kumaris, the dedicated Sisters, called Dadis Jagadamba Saraswath is the first Chief Administrative Head and followed by Dadi Prakashmani & Dadi Janaki Ji with Dadi Gulzar

**Brahma Kumaris and SpARC Wing**




**God Shiva,  
the Founder of  
BKIVV through  
Brahma Baba**


**Brahma Kumaris Ishwariya Vishwa Vidyalaya (BKIVV) is an International Socio-spiritual Organization  
As an NGO, it is serving the society through  
about 9000 Centers in 135 Countries**



**SpARC**

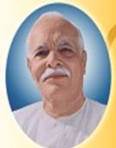


**World Head Quarters  
Mount Abu, Rajasthan**




**Vision & Mission of  
SpARC Wing & BK**


SpARC established 1995 as Research Wing  
Brahma Kumaris Academy for Better World,  
Gyan Sarovar, Mount Abu, Rajasthan, India.




**Brahma Baba**




**Jagadamba**




**Dadi Prakashmani**



**Dadi Janaki**




**Dadi Gulzar**



**Brahma Kumaris**

Spiritual Applications Research Centre (SpARC) Wing of Rajayoga Education & Research Foundation



**SpARC Wing**

# Health, Wealth and Happiness Exhibition – A Spiritual Dimension

- A Virtual Journey of Life

