

BK Sheilu

Rajyoga Teacher

Present Assignment :

- Senior Faculty Member, Academy for Better World, Gyan Sarovar, Mount Abu.
- Vice-chairperson, Education Wing, Raja Yoga Education and Research Foundation, Mount Abu.
- In-charge, Rajyoga Training Intensives, Mount Abu.
- Broadcaster on Television, Conferences Speaker, Lecturer, Trainer, Interpreter and Popular orator.

Born in 1948, in Bombay (now Mumbai), BK Sheilu came in contact with the Brahma Kumaris in 1960 at the tender age of 12. Her deep interest in spirituality and inner life experiences led her to study Rajyoga meditation, which gave her great concentration of the mind and also increased the power of her intellect. She **obtained her Science Graduation from Bombay University in 1969 and immediately dedicated her life to the organization** in order to be an instrument for Spiritual enlightenment in the society. From 1970 to 1974 she lived in Mumbai, Bangalore, Kathmandu and Hyderabad. From 1974 to 1976 she participated in founding several centers in Africa and Mauritius.

Since 1976, she has been based at the headquarters of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu, Rajasthan, in India, where she regularly presents Rajyoga and Spiritual Knowledge to groups of thousands of people at its several campuses. Her **versatile grasp of the spiritual dimension** makes her presentations and seminars for Scientists, Jurists, Educators, Media persons, politicians and the Medical Profession, particularly **relevant and contemporary**.

BK Sheilu is **a very good orator**. She has spread the benefits of meditative lifestyle through radio, TV and newspaper interviews. Her prolific broadcasts on Zee TV, Sony TV, Astha, Sanskar, Shakti and Jagran Channels have entered households all over India and in several other countries. **Her topics cover a wide spectrum** related to Spirituality, Stress Free Living, Overcoming Anger, Positive Thinking, Self Mastery, Values in Education, Values in Life and Rajyoga Meditation. Actually, **she speaks on any topic of spiritual interest**. She has also recorded several commentaries for audio- visual presentations.

BK Sheilu has traveled extensively in India as well as in over 60 countries and in all the five continents as a lecturer in conferences and has been interviewed by newspapers and also given talks on radio and TV channels wherever she has been. She speaks fluent English, Hindi and Sindhi and is also an expert interpreter of these languages.