

ADHYATMIK VISHWAVIDYALAYA – An Overview

1. Adhyatmik Vishwavidyalaya – a unique family

Adhyatmik Vishwavidyalaya (A.V.V.) is a Divine (*Ishwariya*) family, whose aim is to establish a new world filled with the feeling of ‘*Vasudhaiva Kutumbkam*’ (the world itself is our family) through the Divine knowledge and easy Raja Yoga that the Supreme Father Supreme Soul Shiva is teaching.

This family, which began with a membership of approximately ten people, has now a membership of more than 25,000 people from around the world. The word ‘Adhyatmik’ is made of two words: ‘*adhi*’ and ‘*aatmik*’. ‘*Adhi*’ means ‘inside’ and ‘*aatmik*’ means ‘spirit, soul or consciousness’, whose reality is being narrated by the *Trikaaldarshi*¹ Supreme Father Shiva Himself at Mount Abu through the mouth of Brahma. Vishwavidyalaya means, this is such a school that is open for all the human souls of the world. This is why its name is ‘Adhyatmik Vishwavidyalaya’ (Spiritual University). With the awareness of the soul, the members of this University transcend the barriers of caste, creed, gender, status, language and religion and cooperate in the establishment of *Vasudhaiva Kutumbkam* in practice. This is the only University where one can realize his true self and through this he can make himself powerful and free from vices. Here, students are offered the seven days course of the Divine knowledge and easy Raja Yoga free of cost and during the *bhatti*² of knowledge and yoga, no fee is taken from them for their lodging, food and drink.

The members of this Divine family are spiritual social workers. They perform ‘spiritual service’, meaning the service of the spirit, which is an invisible force in the form of an extremely subtle point of light that operates the human body. In spite of numerous attempts made in the entire world [to reform it], sins, atrocities, adultery, sorrow and restlessness are just increasing at a global and individual level, because human beings have completely forgotten spirituality. The A.V.V. aims to eradicate this sorrow, pain and restlessness through its spiritual social workers and bring about peace and prosperity in the world. For this, it gives an easy method: we should shift our mind and intellect from the external, materialistic world and stabilize it in the internal, spiritual (soul) consciousness. Through this we can attain divinity by having an eternal experience of our original nature i.e. purity, happiness, peace and joy.

2. Organizational Setup:

The service centres of A.V.V. are spread not just in every corner of India but world-wide as well in the form of hundreds of mini madhubans and Gita schools³. The Supreme Father Shiva has named the above mentioned service centres spiritual centres, Gita schools, Spiritual Hospital cum University or Spiritual University in the *Gyaan Murlis* narrated through Dada Lekhraj.

Adhyatmik Vishwavidyalaya isn’t an institution but a Divine family based on a *gurukul* system (seminary) of ancient India. Just like in ancient India, children from different categories of the society used to spend their entire childhood obtaining various kinds of knowledge at a *gurukul* under the sustenance of a guru and his wife and during this period, they even respected their guru and his wife as their mother and father. The *guruji* and his wife also sustained their disciples like their children. In the *gurukul*, whether the disciple is a prince or the child of a poor Brahmin, both had to lead a simple life. Similarly, despite being a different personality, every member of A.V.V. is certainly the member of one family.

The praise of God, ‘*tvameva mata ca pita tvameva*’ (You alone are my Mother as well as the Father) is adopted in practice here, at present because through this very family, God Himself is going to be revealed soon in front of the entire world with the name and form of ‘*Jagatam pitaram vande parvati-parameshvarau*⁴’, meaning the World Father and the World Mother, *Adidev-Adidevi*, Adam-Eve, Aadam-Havva and Adinath-Adinathini.

3. History:

The establishment of Adhyatmik Vishwavidyalaya is linked to the Brahmakumaris institution and this University is working parallel to it. The Supreme Father Supreme Soul Shiva narrated the Divine knowledge at

¹ The one who knows the three aspects of time

² An intense course of yoga and knowledge for a period of seven days following strict norms

³ Schools being run in the houses of the members of the A.V.V. family

⁴ I bow to the Mother and Father of the world, i.e. Parvati and Parmeshvar

Mount Abu (Rajasthan) through the founder of this University, Dada Lekhraj (alias Brahma) from 1951 to 1969. The Brahmakumaris institution has been publishing this in an authenticated form as ‘the *Gyaan Murlis*’. These very ‘Gyaan Murlis’ and ‘avyakt vanis’ narrated by the avyakt (subtle) Brahma through BK Gulzar Mohini are our Divine Constitution (*Ishwariya samvidhaan*) and proofs and evidences. They themselves are the basis of our every thought, word and action. It is the belief of the Brahmakumaris institution that, after the demise of Dada Lekhraj on 18th January 1969, the incorporeal Supreme Father Shiva has returned to His abode *Paramdhaam* (the Supreme Abode) and He enters Dadi Gulzar on pre-determined dates and time, every year and narrates knowledge at Mount Abu, which is published by the Brahmakumaris institution in the form of ‘avyakt vanis’ every year.

This family originated in 1936, with the name ‘Om Mandali’ in Sindh Hyderabad and then it was named ‘Brahmakumaris Ishwariya Vishwavidyalaya’ in 1951-52. Finally, according to the Divine Constitution, it was named ‘Adhyatmik Vishwavidyalaya’ in the year 1976-77. The Divine Constitution of the Vedvani (verses of the Veda) or the murli emerged from the mouth of Brahma regarding this is as follows:

* **“God the Father is called *Spiritual, Knowledge-full*. So you will write the name ‘*Spiritual University*’. Nobody will raise an objection in this. Then, you will also remove those words (Prajapita Brahmakumari) from the board and write this name ‘*Spiritual University*’. Try and see. Write ‘*God Fatherly Spiritual University* (Spiritual University of God the Father)’. This is their aim and objective. Day by day your museums, pictures etc. will also keep changing. Then you will have to write in all the centres: ‘*God Fatherly Spiritual University*’.” (Murli dated 20.03.74 and 19.02.2000)**

We received the basic knowledge, meaning the knowledge of the soul and the point of light form of the Supreme Soul in the Brahmakumaris institution and in A.V.V., along with the basic knowledge, we also receive the higher (advance) knowledge of the soul, i.e. the information of many births of the soul as well as the knowledge of the practical name, form, country, time and divine tasks of the Supreme Father Shiva. 80% of the students of A.V.V. were the members of the Brahmakumaris institution initially and they joined A.V.V. after completing their basic studies.

4. Management of Adhyatmik Vishwavidyalaya by maidens and mothers:

The Adhyatmik Vishwavidyalaya is a non-Governmental, religious, autonomous, educational, spiritual, Divine family. Approximately 60 to 70 percent members of this family are women (mothers and maidens). All the human gurus have rejected the maidens and mothers and became the instruments to degrade them but when God incarnates on this world through Prajapita Brahma, He uplifts the maidens and mothers [who are] in the form of *Shivshakti* (consorts of Shiva). This question arises in the mind of everyone, why is there a majority of maidens and mothers in the A.V.V.? The authenticated great sentences of the Divine Constitution (Avyakt Vani dated 11.05.83, 12.12.85, 29.11.76) regarding this are as follows:

* **“Nobody made the mothers famous but the Father established the system of ‘the mothers first’. [...] People say that even two-four mothers can’t live together and now the mothers are instruments in establishing unity in the entire world. [...] Mothers should come in the field of service. Each mother should take care of a service centre.” (Avyakt Vani dated 11.05.83)**

* **“*Kumaris* (maidens) have a special role in the Confluence Age. [...] The specialty is to become (world) servants. [...] If you don’t take this *chance* now, you won’t get it in the entire cycle (*kalpa*).” (Avyakt Vani dated 02.12.85)**

* **“There is a very big responsibility on the *kumaris*. Each can become an instrument in bringing benefit to many.” (Avyakt Vani dated 29.11.78, pg.86)**

* **“It is also famous, God Shiva says (*Shiva Bhagwanuvaac*) that mothers open the gateway to heaven and Shankaracharya says that women open the gateway to hell. You become *Brahmani* (sisters in charge) and show the gateway to heaven to everyone and explain it [to them]. That is why it is sung: *Vande maataram* (salutation to mother India). [...] The Father increases the fame of mothers.” (Murli dated 10.06.69)**

5. Teachings of the Adhyatmik Vishwavidyalaya:

The teachings in A.V.V. consists of four main subjects: Knowledge (*gyaan*), yoga, assimilation of divine virtues (*dhaaranaa*) and service (*sevaa*).

5.1 Knowledge: The very source of our knowledge is the ‘*Gyaan Murlis*’, which contains the entire secret of the following subjects. These subjects are explained through the seven days course:

- i. Who am I and where do I come from?
- ii. Who is my Father, where does He live and when does He incarnate in this world?
- iii. What are the three main tasks of the Supreme Father Supreme Soul Shiva and through whom and how is He carrying out those three tasks at present?
- iv. What is the actual history and geography of the world? How is this world a stage? How are we souls actors? How are actors born and what is the beginning, middle and end (past, present, future) of the Creator of the world and His creation?
- v. What is the actual aim of our life? How will the coming new world be? When, how and through whose guidance will the new world arrive? How do we transform ourselves and the world from old (degraded, meaning sorrow-giving) to new (pure, meaning happy)?
- vi. What is the secret of this human tree like world and who is its Living Seed? How and when was the foundation of the emergence of the different religions laid? Who are the ancestors of the entire human world?
- vii. How we, the souls were originally pure, divine and joy-giving, then how we became impure, immoral, restless (sorrow-giving) and then how and when will we attain our original form again?

5.2 Yoga: Yoga means ‘union’ or ‘connection’. The very meaning of it is to create a link of love and relationship of the soul with the Supreme Soul. This is an internal journey of the mind and intellect in which we first realize ourselves and then we are connected to the Supreme Father Supreme Soul and then after recharging the battery like soul with the Powerhouse like Supreme Soul, we spread powerful vibrations in the entire world. The main method of Yoga is to focus the pure thoughts of our mind on the One Supreme Father Supreme Soul, through which peace and willpower increases in the soul naturally, meaning the personality becomes joy-giving.

5.3 Dhaaranaa: This is practical knowledge. This is why we don’t just listen to and share this knowledge but we also aim to imbibe its principles in our life and make ourselves virtuous and joy-giving.

5.4 Service: As it has been mentioned above, all the members of the A.V.V. are spiritual social workers, who publicize the Divine knowledge in the entire world to make the souls powerful and free from vices, through which the path to a life filled with happiness and peace can be shown to them. We serve people, not only at an individual level, but we also spread peaceful and powerful vibrations in the entire world.

The members of A.V.V. themselves stitch clothes for the surrendered members of the school with their own hands. A.V.V. believes in Ayurvedic treatment therapy and the various diseases of the members of A.V.V. are treated with homemade ayurvedic medicines. The female surrendered members of the A.V.V. themselves prepare these medicines according to the directions of Vaidya⁵ or a doctor. In order to destroy the serious problems created because of the use of chemical manure in the farms, the members of A.V.V. give importance to organic farming and they themselves do organic farming by investing the power of their body, mind and wealth. In addition, for the production of milk and cow dung manure the members of A.V.V. themselves build as well as manage cowsheds (*goshaalaa*) by investing the power of their body and wealth. The members of A.V.V. have set an example of the power of cooperation, self-support and independency in front of the world and themselves accomplished the task of building the service centers of A.V.V. at Vijayvihar (Delhi), Kampila (U.P.) without taking the help of any outside labourer.

6. Lifestyle and Daily routine:

6.1 This study of Raja Yoga involves observing certain lifestyle disciplines:

- i. To maintain purity in the mind, speech and actions and to practice renunciation of vices like lust, anger, greed, attachment and ego which are created because of considering ourselves to be a body.
- ii. Eating pure and vegetarian food cooked in the remembrance of God and in the soul conscious stage. The consumption of alcohol, tobacco, betel leaves, drugs etc. which bring impurity in the body and mind is prohibited. According to the Divine Constitution, we don’t consume anything that isn’t offered to the deities in temples. As the saying goes, food affects the mind (*jaisaa anna vaisaa man*). Along with the consumption of

⁵ An Ayurveda doctor

pure food, we also take special care of our company, because as is the company we keep, so is the colour [of the company] applied to us.

iii. We should spend a simple life but with high moral standards. The eating, drinking, living, clothing etc. should be simple and the behaviour should be elevated.

iv. **Dress code:** Today, because of being influenced by the western culture, we too have forgotten our divinity and are just following it. Now, we have realized our original divine form again and are moulding our lifestyle according to that. Wearing a pink sari brings the feeling of being the members of the same family of the Supreme Abode in us. We like wearing white clothes, [i.e.] the clothes with a pure colour, as uniform.

v. Practicing celibacy while living in the household means to lead a life like the lotus flower, which is the sign of remaining detached despite living in mire.

6.2 Daily routine:

i. Practice of Raja Yoga (meditation) in the morning, at *amritvelaa* (between 2 A.M. to 4 A.M., according to each one's capability and wish) so that we ourselves as well as other souls experience peace, happiness and powers and after that listening to and studying the Divine knowledge (*Gyaan Murlis*) punctually and regularly sitting in a gathering. Through this regular practice, any person can assimilate divine virtues and bring about the world transformation through self-transformation.

ii. Cooking, serving and eating food in the remembrance of God (*Brahma bhojan*) and carrying out all the household chores ourselves.

iii. Among the members of A.V.V., the members who wish to dedicate their life for this spiritual service can voluntarily stay in the A.V.V. service centres and can contribute in the spiritual service according to their capability.

iv. After attending the daily spiritual classes, the other members go to their respective homes or workplace.

In this way, any person can assimilate divine virtues and bring about the world transformation through self-transformation.

7. Aim and objective:

1. Transforming the world in general and India in particular from hell (a world that gives sorrow) to heaven (a happy world), where the political power (the governing system in the form of *svadharma*⁶) and the religious power (the code of conduct in the form of *svadharm*) is in one hand and where there is one religion, one kingdom, one language and one clan.
2. To guide each individual in becoming male and female deities like Narayan from a man and Lakshmi from a woman through Divine knowledge, easy Raja Yoga, assimilation of divine virtues and spiritual service. Establishing *Vasudhaiva Kutumbakam* by enhancing the divine form of every soul of the world through the above mentioned 'Spiritual teachings'. To establish such a world, where there is no trace of violence, meaning enmity created by the religions, castes, gender, discrimination, conservative traditional blind faith etc.
3. Re-establishment of the almost extinct *Aadi Sanaatan Devi Devataa Dharma* (the Ancient Deity Religion) by giving the knowledge of the soul, the Supreme Soul and the beginning, middle and end of the human world cycle to the souls of all the religions. To bring an end to diversity, irreligiousness, racialism, enmity, vices, poverty, corruption etc. through Divine knowledge and Raja Yoga.
4. Bringing about world transformation through self-transformation, because the roots of transformation lie within ourselves.
5. Without differentiating between religions, castes, languages, countries, colour or financial position, making every human being complete with all the virtues, completely soul conscious, completely vice less, *maryaadaa purushottam*⁷ and double nonviolent in such a way that along with the violence created by anger there shouldn't be violence in the form of lust either.
6. It has also been said in the Gita (ch.18, *shloka* 73), '*nashtomohaa smritirlabdhaa*⁸'. Unless we have renounced through the mind and intellect the old traditions and *sanskaars* (habitual traits) that we have acquired over a period of time due to a lack of spiritual knowledge, we can't realize our original form.

⁶ Religion of the self

⁷ The highest among the souls in following the code of conduct

⁸ The stage of conquering all kinds of attachments and remaining in the remembrance of the One

7. To publicize the clarification of the deep meanings and the explanations of the Divine knowledge mentioned in the *Gyaan* Murli and avyakt vanis published by the Brahmakumaris institution, so that there is world transformation and the entire world is united in the form of a spiritual family.

8. Formalities to become a spiritual member:

It is essential for the person who desires to understand this knowledge to do the seven days course at any of the local Gita school or mini madhuban of the A.V.V. After the deep study of Divine knowledge and practice of Raja Yoga, if he has complete faith on the corporeal part of the Incorporeal Supreme Father Shiva being played in the form of the Spiritual Mother and Father at present, he has to voluntarily submit an affidavit regarding the above mentioned faith and promise of maintaining purity throughout his life to the A.V.V. and then it is necessary to undergo the seven days *bhatti* of knowledge and yoga at the A.V.V. service centre situated in Kampila.

The authenticated great sentence of the Divine Constitution (Murli dated 12.03.87) related to this is as follows:

* **“The main thing is to give the introduction of the Mother and the Father. Well, if you have understood, then write [it], otherwise, it means that you have understood nothing. You should explain from the heart and then ask them to write: truly, these are *Jagatamba* (the World Mother) and *Jagatpita* (the Father of the world). They should write that they certainly receive the inheritance from the Father. When they give this in writing, it will be understood that you have done some *service*.”** (Murli dated 12.03.87)

No fee is taken from anyone to become a member of the A.V.V. nor is any procedure of registration adopted for the membership. A person belonging to any caste, sect or religion can become a member of the A.V.V.

After the seven days *bhatti* of knowledge and yoga, if any member behaves against the rules and regulations of the Divine Constitution, his active membership is cancelled and if any surrendered female member wishes to voluntarily leave the A.V.V., she can go back home after giving a resignation letter to the A.V.V. The above mentioned members can regain their membership after submitting a letter of apology and undergoing the *bhatti* of knowledge and yoga again.

9. Financial source:

The activities of the A.V.V. are managed just with the financial help given by the surrendered members of the A.V.V., their relatives or the brothers and sisters of the Divine family i.e. the other members of the A.V.V. voluntarily and according to their capacity. The members of the A.V.V. pay their income tax individually and file their tax returns regularly. Because of being *gitapaathi*⁹ Brahmins, whatever money is obtained for Divine service, the maidens and mothers invest it in banks in their names so that it can be used in future for Divine service. The A.V.V. doesn't have any private bank account. The members of the A.V.V. are also connected to the Divine services while doing business in their own way for fulfilling their livelihood. A.V.V. and its members don't accept any kind of donation, fees, gifts, money or ostentatious regard from any non-member, government or non-governmental organization. The Divine Constitution (Murli dated 14.06.68, 22.05.85) related to this is as follows:

* **“We establish our capital with our money. We don't have (the right) to beg. When we don't take [money] from our (Indian) *Government* itself to establish the kingdom, how will we take from the outsiders? So many children are sitting. They know that all this is going to be destroyed. That is why they keep investing [their money]. When we can invest our money, why should we take [money] from the wealthy ones at all? We deposit money in [the care of] Baba. Baba also helps [us]. There is no question of [paying] *income tax* etc. at all.”** (Night class murli dated 14.06.68, pg.1)

* **“[People] also ask this question to the children: how do you manage your expenses? But nobody gives the news [saying:] ‘we *respond* like this’. [...] We are also establishing the kingship on *shrimat*¹⁰ for ourselves. It is we who will rule. When we are learning Raja Yoga, we ourselves will spend money. Shivbaba certainly donates the imperishable gems of knowledge, through which we become the king of**

⁹ Those who study the Gita

¹⁰ Lit. means the most elevated opinion; Divine directions of God

kings. The children who study themselves will spend money, won't they? You should explain, 'we spend our own money'. We don't accept any alms or *donation*. But the children write [to Baba]: [people] ask these [questions]. That is why Baba said, 'you should narrate in the evening the complete *potamail* (report) of the *service* that you do throughout the day'. (Murli dated 22.05.85)

A.V.V. doesn't perform any task or business for the sake of earning financial profit, its service is for the benefit of the world.

So, through the above mentioned facts you would have certainly understood that Adhyatmik Vishwavidyalaya isn't an institution, rather, it is a spiritual family cum school, cum spiritual gathering (*satsang*). Since everyone is equal spiritually here, no one is given the position of a president, minister, secretary etc. Just like a family isn't registered, the Divine Constitution of the spiritual family doesn't believe in the formalities of registration. Just like schools and many organizations like the Rashtriya Svayamsevak Sangh¹¹ are carrying out their activities independently, the Adhyatmik Vishwavidyalaya believes in remaining independent like 'the *gurukul* system'.

The authenticated great sentences of God published by the Brahmakumari Ishwariya Vishwavidyalaya in Mount Abu are as follows:

* "The Father certainly says, I am completely ordinary. So, the wealthy rarely come. [...] Still, this is a big Pandav government. It is impossible that it has itself registered with the *Shudra*¹² government. Baba says, in fact, I am Shiva *Bholabhandadari* (the Innocent Storehouse Keeper). How will this insolvent government help us! In fact, we make this government like a diamond from a cowrie¹³. So, it doesn't suit us to have ourselves registered under such a worthless (*thikkar*) government. How can the Pandav government live under the Kauravas? You should have intoxication. Explain to them: we serve Bharat through (our own) body, mind and wealth." (Murli dated 21.01.73)

* "You will get very big halls for *service*. As for the rest, there is no need to purchase halls or houses and register them." (Murli dated 12.07.70)

* "This is certainly not a *registered school* of the Government. The Government says, 'register [your school]'. But this is a *school*, a house as well as a spiritual gathering." (Murli dated 11.06.71)

Against these above mentioned great sentences of God, the Brahmakumaris have registered their institution and have seriously violated the great sentences of God published by themselves; but while following this great sentence, the A.V.V. hasn't registered its Brahmin family till today. In spite of the extreme pressure of the society and the government, the A.V.V. hasn't registered its family.

Om Shanti.

¹¹ A right-wing, Hindu nationalist, paramilitary volunteer organisation in India; in English: National Volunteer Organisation

¹² Members of the fourth and the lowest division of the Indo-Aryan society

¹³ Shell, something of no value