



"Money doesn't make you happy. I now have \$50million - but I was just as happy when I had \$48million."

Arnold Schwarzenegger, born this day in 1947.

For an in-depth guide to the next 12 months, send your name, address, date, place and time (if known) of birth, with a cheque or PO for £22.95 payable to Horoscopes, to: Freepost, NEA8675, 35 Stonegate, York YO1 8ZB.

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Vision of the Brahma Kumaris

A SACRED wisdom with a practical application - that is the message of the Brahma Kumaris.

Their Spiritual University is established with 4,000 branches in more than 70 countries.

Their leader Dadi Janki collaborates with the UN to promote change in the world by changing consciousness. The plight of the planet is, for her, a metaphor for the human condition.

By respecting the sacred within ourselves we will naturally stop exploiting the Earth.

The Brahma Kumaris teach Raj Yoga, an ancient form of self-knowledge. Their European director,



SELF-HEALING WITH MARK WINTER

Jayanti Kirpalani, explains it as a two-fold process: "First it is gaining an understanding of the self and secondly understanding the relationship of the self with the Supreme."

She believes that: "Over the ages, wisdom comes at a time of need and in a form that is needed. Now a very simple knowledge about the self and our relationship with God is needed, so we can come back to our essential qualities of love, peace and truth which are

within us." Out of their parallel concern for conservation, the Brahma Kumaris have developed one of the largest solar-powered kitchens, serving 60,000 meals a day at their Indian HQ in Rajasthan.

The organisation was started in 1937 by Brahma Baba. His vision of equality prompted a policy of "affirmative action", giving control of the organisation to women. The 87-year-old Dadi, whom Ruby Wax describes as a "deep, wise and egoless" woman, has fulfilled the founder's vision.

Free meditation courses are offered in all their centres.

Visit www.bkwsu.org.uk for details.



WISDOM: Dadi

Turn within

A GUIDED MEDITATION BY DADI JANKI

It is not necessary to search for peace. It is within. Your original state is one of peace.

Learn to be in charge of yourself and maintain your peace: centre your awareness on your spiritual form, a tiny star-like point of light, seated in the middle of your forehead.

Really experience the difference between you the Sparkling Star and your body, the physical vehicle.

Even a few moments of this practice, if done regularly, will return you to your natural state of peace.

Tiredness will vanish, irritability too. And your actions will be filled with love - for the self and others.

For more, read Dadi Janki, Companion Of God (Hodder Mobius, £7.99)