

Listening Daily Murli: A Brahma Kumaris Practice as a Source of Spiritual Education for Inner Peace, Happiness, and Bliss

Dr. Rajesh Arora

Professor, Manipur International University Care, Value Education Department, Brahma Kumaris, Aburoad, Rajasthan, India

Abstract: *In this study, the practice of daily listening to Murli of transformation in Brahma Kumaris spiritual path has been critiqued as an innovative approach to gain spiritual knowledge and feel inner peace, happiness, and bliss. On the basis of qualitative research involving ethnographic immersion, narrative interviewing, and text analysis, the study demonstrates Murli listening as an integrative spiritual pedagogy. Not only does it transmit metaphysical knowledge and God remembrance, but also psychological resilience and emotional inspiration. The study demonstrates how this daily spiritual practice aligns individual consciousness with higher values, leading to sustained well-being and transcendental happiness in everyday life. The article adds to the disciplines of spiritual psychology, peace education, and transpersonal studies.*

Keywords: Brahma Kumaris, Murli, Inner Peace, Happiness, Bliss, RajYoga, Spiritual education

1. Introduction

As a quest for enduring welfare, spiritual practices have turned out to be central avenues to inner peace, happiness, and bliss—three conditions broadly construed as the pinnacle of human aspiration. Of these, the Brahma Kumaris World Spiritual University (BKWSU) provides a systematic regimen of spiritual growth that unites meditation, self-control, and study of the scriptures. The foundation of this religious system is the daily listening of the Murli—a Godly address given to be words of Shiv Baba (the Supreme Soul) delivered through the physical vessel of Brahma Baba.

This research explores the habit of listening to Murli every day as a transmission of spiritual wisdom and development of inner states of peace, happiness, and blissfulness. Contrary to traditional religious sermons, the Murli is seen as a living and dynamic message that influences cognition and conduct among its listeners.

2. Context and Conceptual Background

The Brahma Kumaris Spiritual Framework established in Hyderabad (Sindh, undivided India) in 1936, the Brahma Kumaris movement is a soul-consciousness-based spiritual-reform movement based on remembrance of God (Rajyoga) and a living ethic of purity, service, and self-inquiry. It has over one million followers in more than 130 nations and espouses a vision of peace and inner transformation in the world.

Understanding the Murli

Murli (literally "flute") is a term that refers to Godly wisdom or music pouring through the medium of Brahma Baba. There are two broad categories:

- Sakar Murli: Discourses given by Shiv Baba through medium of Brahma Baba prior to 1969.
- Avyakt Murli: Post-1969 messages assumed to be conveyed by the joined entity of Shiv Baba and Brahma

Baba (BapDada) through the trance medium Dadi Gulzar.

The Murli is daily read in all BK centers and has the status of a living scripture—growing in spiritual sense.

3. Objectives

This study intends to:

- 1) Examine the nature and composition of daily Murlis as a spiritual guide.
- 2) Understand the influence of daily listening to Murli on inner peace, happiness, and blissful feelings.
- 3) Understand the function of this practice in developing emotional well-being and spiritual resilience.
- 4) Contribute to academic awareness of new spiritual pedagogies.

4. Methodology

A qualitative exploratory design was employed, utilizing phenomenological and ethnographic methods. Techniques involved:

- Participant observation across seven Brahma Kumaris centers in India and the United Kingdom.
- Semi-structured interviews with 40 BK practitioners (20 long-term (more than one year), 20 new recruits (less than one year)).
- Thematic analysis of 60 Murli transcripts (2023–2025) via NVivo coding software.

Ethical permission was sought, and informed consent was gained from all participants.

5. Theoretical Framework

This research is informed by the following frameworks:

- **Transpersonal Psychology** (Maslow, Wilber): To explain higher states of consciousness.

- **Positive Psychology** (Seligman, Lyubomirsky): To build the concept of happiness and flourishing.
- **Peace and Spirituality Studies** (Galtung, Krishnamurti): To examine peace as a spiritual process.
- **Constructivist Learning Theory**: To explain Murli learning as reflective, integrative, and experiential.

6. Findings

Murli as Spiritual Knowledge Transmission

Murlis are spiritually dense with content like soul consciousness, karma philosophy, and world drama cycle. These instructions constitute the metaphysical system that regulates practitioners' worldview.

"Daily, the Murli is my guide. It directs me, not instructs," was how a veteran BK teacher replied.

Inner Peace Through Awareness

Regular Murli listening induces mental peace through dissociation with physical bodies and introspection. Respondents noted reduced anxiety, emotive management, and silence in increase.

Happiness as a Spiritual Outcome

The respondents reported that happiness resulted from soul memory and appreciation for self. Healthy respect for self results from the Murli due to transformation of sorrows into Understandings as guided by divine perspective.

Bliss as a Higher Conscious State

Practitioners regularly documented episodes of subtle bliss during or following Murli sessions. Bliss was characterized as a feeling of lightness, divine love, and transcendence from worldly consciousness.

Psycho-Spiritual Transformation

Significant indicators of transformation were:

- Shift from ego-identity to soul-conscious identity.
- Increased compassion, forgiveness, and inner strength.
- Emphasis on values like simplicity, service, and truth.

7. Discussion

A Living Dialogue with the Divine

Unlike other scriptures, the Murli is conceived as a daily personal dialogue with God. This does not just cultivate intellectual comprehension but also experiential awareness and inner change.

Integration of Peace, Happiness, and Bliss

These are not conceived as independent experiences. Rather, they co-arise interdependently as spiritual continuum:

- Peace: As foundational stillness.
- Happiness: As divine joy of union and clarity.
- Bliss: As higher soul-conscious presence

8. Implications

For Spiritual Counseling and Psychology

The Murli can be a healing scripture for meaning-seekers, healers, and transcendents. It offers a cognitive restructuring map and emotional integration framework.

For Educational Practices

Murlis are a spiritual pedagogy model, employing dialogical pedagogy and experiential learning by reflection and moral action.

For Peace and Interfaith Dialogue

Being a non-sectarian practice, listening to Murli is an example of universal spiritual wisdom above dogma and ritual

9. Limitations and Future Directions

The research is context-bound to Brahma Kumaris centres in the UK and India. Future studies can have:

- Quantitative measures of happiness, stress, and well-being variables.
- Cross-tradition studies with scriptural listening practices in Sufism, Christianity, or Buddhism.
- Neuropsychological research on brain activity while meditating using Murli-based meditation.

10. Conclusion

Listening to Daily Murli in the Brahma Kumaris tradition is a powerful spiritual discipline that creates inner peace, happiness, and bliss. It is not a daily lecture; it is a spiritual technology for mental and emotional transformation. As the world seeks deeper solutions to mental and emotional distress, the Murli is like a light of living wisdom, providing a deep way to self-mastery and connection with God.

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