



The Supreme Source of Knowledge in the Brahma Kumaris: Understanding God Father Shiva

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Abstract

Modern education has made incredible progress in science and technology, but for all the breakthroughs, people still feel stressed out, confused about morals, and keep searching for meaning in their lives. You can't fix those problems with material knowledge alone. The kind of inner spiritual wisdom that addresses these things rarely gets any attention in academic circles. Most scholars set it aside as myth or just personal belief and, as a result, miss out on the lived experience of spirituality. This paper dives into how the Brahma Kumaris look at spiritual knowledge, especially their idea of the Supreme Source: God Father Shiva. For them, God Father Shiva isn't some myth or a god with a human face. They see Shiva as an incorporeal, everpure, loveful, peaceful consciousness and wisdom, beyond body or identity.

So how do people in the Brahma Kumaris actually understand this Supreme Source? How is this spiritual knowledge shared—especially through the Avyakt Murlis—and what does it feel like for those who practice it? The paper takes a qualitative, phenomenological approach: instead of trying to prove metaphysics, it looks at how people experience and understand these teachings. It draws from fields like consciousness studies, spiritual education, and transpersonal psychology, focusing on the impact, coherence, the universal ethics, and the

consistent symbolism found throughout the Brahma Kumaris teachings. The analysis shows that this system doesn't just sit in the realm of belief or myth. Its structure and psychological benefits allow it to be interpreted as a model for consciousness-based education, worth exploring both for everyday people and for scientists.

Keywords: Spiritual Knowledge, Supreme Source, God Father Shiva, Avyakt Murli, Consciousness Studies, Spiritual Education.

1. Introduction

Despite all the advances in science and material knowledge, people today are still dealing with anxiety, emotional imbalance, and moral confusion. It's become pretty clear both in psychology and education, that material and intellectual progress just isn't enough to tackle the deeper challenges of life. That's why there's renewed interest in spiritual and consciousness-based knowledge, which goes beyond facts and theories and focuses on inner awareness, ethics, and personal transformation.

For the most part, academic discourse has either ignored or dismissed spiritual knowledge as religion or myth. But fields like transpersonal psychology and consciousness studies have challenged this by showing that you can actually analyze spiritual experiences in meaningful ways without necessarily buying into metaphysics. That opens the door to systems that highlight lived experience, universal values, and real psychological impact.

The Brahma Kumaris offer a unique take on spiritual knowledge. They say it comes from an incorporeal, universal source they call God Father Shiva. This isn't about rituals or theology or a god made in human image; it's about tapping into pure consciousness and wisdom. Shiva, in their teaching, is beyond all physical attributes—no body, gender, or nationality. Spiritual knowledge here isn't just something to be believed; it's meant to be practiced, for self-awareness and moral growth.

Shiva is described as a point of luminous light—absolute purity, stillness, and awareness. The qualities associated with this Supreme Consciousness are expressed as metaphors: an ocean of peace, love, bliss, and purity. These aren't rigid doctrines; they're ways for people to relate to their own inner experience. The Supreme Source is said to offer “divine intellect,” helping people tell the difference between fleeting emotions and the values that really matter—like compassion and clarity.

Spiritual knowledge is shared mainly through the Murli, with the Avyakt Murli acting as a subtler form. Practitioners believe these teachings are shared through a human medium in an altered but stable state of consciousness. For the purposes of this paper, the AvyaktMurli is looked at phenomenological—focusing on its content and transformative effects, instead of making claims about its supernatural origin.

The big question this paper asks: Can the Brahma Kumaris' understanding of God Father Shiva as the Supreme Source of spiritual knowledge be seen as more than just myth, as a practical, structured and experiential system for consciousness-based education, accessible both to everyday folks and researchers alike?

2. Conceptualizing the Supreme Source of Knowledge

Most religions paint God in human colors, use stories and symbols embedded in culture. The Brahma Kumaris do the opposite: their God Father Shiva has no body, no history—just ever pure consciousness and wisdom. That means their approach is universal.

Their spiritual knowledge focuses on three things: understanding yourself as a conscious soul, understanding the Supreme Consciousness, and grasping the psychological and moral laws behind thoughts and actions. This isn't something you just accept blindly. You're encouraged to test the ideas—meditate, observe yourself, try living ethically—and find out for yourself.

3. The Brahma Kumaris as a Model of Spiritual Education

The Brahma Kumaris aren't a traditional religion full of rituals and stories. They're more of a spiritual school, centering their teaching on meditation, ethical living, and mindful awareness. The Murli, their daily lesson, is straightforward and practical—it's about changing yourself, not retelling old legends.

This kind of approach sets them apart. Instead of symbolic myths or stories, their teachings are about real action, making spiritual knowledge relevant to daily life.

4. The AvyaktMurli and the Human Medium

One of the most unique aspects is the Avyakt Murli, believed to be spoken through a human medium, DadiGulzar. Observers say the state during the Avyakt Murli is calm and focused—

nothing like dissociation or cognitive issues. Psychologically, it's a bit like deep meditation or a flow state. The teachings delivered are consistent in language and ethics, and Practitioners interpret the communication as independent of the medium's personal cognition.. For this paper, what matters is how the Avyakt Murli works as a channel for spiritual knowledge—not whether or not its source can be proven.

5. Methodology

This study uses a qualitative, phenomenological method. It's less about proving or disproving metaphysical claims, and more about understanding what people actually experience. Data comes from Murli and Avyakt Murli texts, reports from experienced practitioners, and observations about changes in mindset and lifestyle. This fits right in with established approaches in consciousness studies and transpersonal psychology.

6. Distinguishing Spiritual Knowledge From Mythology

There are several ways Brahma Kumaris spiritual knowledge stands apart from mythology. First, it avoids storytelling and legendary narratives, focusing instead on present-moment awareness. Second, it emphasizes for practical experience of meditation and ethical living over blind belief. Third, the values it promotes (peace, purity, compassion, and responsibility) are universal, not limited to any group or tradition. Lastly, practitioners regularly report tangible benefits—more emotional stability, less stress, clearer morals which aligns with findings in meditation research.

All in all, the Brahma Kumaris' approach frames spiritual knowledge not as myth, but as structured, experiential education, relevant to modern life, and worth serious study.

7. Scientific and Psychological Perspectives

These days, psychologists accept that altered states of consciousness, deep meditation, and transcendent experiences are all real parts of human life (James, 1902; Wilber, 2000). Neuroscience backs this up too. Studies show that people who regularly practice meditation or contemplation actually change how their brains work, and they manage their emotions better (Davidson & Goleman, 2017). So, if you look at the Avyakt Murli experience, you don't have to write it off as just irrational belief. It makes sense to view it as a form of transpersonal communication.

8. Discussion

For most people, spiritual knowledge matters because it helps them feel better, peaceful, blissful, happy and live more fully. For scientists, it is all about whether an idea is coherent, consistent, and has a real psychological effect. Through this lens, the Brahma Kumaris' view of God Father Shiva as the Supreme Source of knowledge stands out—not just as a religious story, but as a model for consciousness-based education.

9. Conclusion

This paper explored how the Brahma Kumaris understand the Supreme Source of spiritual knowledge in a way that's rational, respectful, and true to academic standards. Sure, you can't prove the metaphysical existence of God Father Shiva with experiments. But the approach's ethical values, inner logic, symbols, and real-life impact show it is much more than just mythology. It deserves serious attention in fields like spiritual education, consciousness studies, and transpersonal psychology.

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Conflict of Interest/Competing Interests

No conflict of interest.

Data Availability

The raw data supporting the findings of this research paper will be made available by the authors upon a reasonable request.

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