



# Ventilation Through Writing: A Spiritual Practice in Brahma Kumaris for Sound Sleep

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## Abstract

This paper looks at the idea of "ventilation through writing", as emphasized in Shiv Baba's teachings via Dadi Gulzar. The Murli highlights the need to express inner thoughts and feelings to find spiritual clarity and peace, ultimately leading to sound sleep. By examining this practice within Brahma Kumaris' spiritual traditions, this study emphasizes the mental and spiritual benefits of writing as a way to purify oneself, release emotions, and relax the mind, improving sleep quality. It also explores how this practice connects with psychological theories on managing emotions and relieving stress.

**Keywords:** Spiritual Practice, Brahma Kumaris, Sound Sleep, Shiv Baba's Teachings.

## 1. Introduction

Using writing for emotional and spiritual release is recognized in various cultures and spiritual traditions. In Brahma Kumaris teachings, Shiv Baba, through Dadi Gulzar, encourages practitioners to keep a written record of their thoughts and experiences at the end of each day. This practice helps lighten mental burdens, promote a peaceful mindset, and deepen one's

connection with the Supreme before sleeping. Modern psychology also views expressive writing as a method for emotional release, reducing stress, and improving sleep quality.

## **2. Concept of Ventilation Through Writing in Brahma Kumaris**

The Murli stresses the importance of 'Pota Mail,' which means giving a daily account of one's actions, thoughts, and experiences to Baba before sleep. This writing serves as a way to clear the mind, promoting mental peace and encouraging spiritual growth. Key aspects of this practice include:

- Self-Reflection: Writing lets individuals assess their daily actions against their spiritual goals.
- Purification of Thoughts: Honest expression helps release negativity and cleanse the soul.
- Emotional Ventilation: Writing allows people to release emotions, avoiding the buildup of stress and worries, leading to relaxation before bed.
- Enhanced Connection with the Divine: Sharing thoughts with Baba nurtures a deeper spiritual bond, enabling restful sleep in a state of trust and surrender.
- Cognitive Reappraisal: Writing about experiences helps individuals view negative events differently, fostering emotional strength.

## **3. Psychological and Spiritual Benefits for Sound Sleep**

Research suggests that expressive writing can enhance sleep by lowering anxiety and reducing ruminative thoughts. Within the Brahma Kumaris tradition, this practice fits with the idea of self-purification, helping practitioners detach from worldly worries before sleep. Expressive writing is known to:

- Lower anxiety and depression by allowing individuals to express their stressors.
- Reduce overthinking at bedtime, creating a calm state of mind that supports deep sleep.
- Improve emotional control by helping practitioners see their experiences from a different viewpoint.
- Build self-awareness and self-discipline, both essential for spiritual and emotional well-being.
- Promote a sense of spiritual surrender, creating inner peace before sleep.
- Engage the parasympathetic nervous system, aiding relaxation and stress relief, leading to deeper sleep.

#### **4. Comparison with Other Spiritual Traditions**

Other spiritual systems have similar practices, such as journaling prayers in the Christian tradition, seeking forgiveness in Islam, and mindfulness writing in Buddhism. However, the Brahma Kumaris approach stands out due to its focus on surrendering written reflections to the Supreme Being. This practice is not just for self-reflection; it acts as communication and surrender, ensuring a peaceful mind before sleep. Psychological research supports these practices, showing that faith-based expressive writing greatly enhances emotional well-being.

#### **5. Practical Implementation for Sound Sleep**

To improve ventilation through writing, practitioners can:

- Keep a dedicated journal for documenting daily both negative and positive experiences specially , feelings, and interactions before bedtime and forgive self and others.
- Write honestly, free from judgment, knowing that Baba is the ultimate observer.
- End each writing session with a positive affirmation or spiritual insight to leave on a hopeful note.
- Review past entries from time to time to track progress in spiritual and emotional health.
- Pair writing with meditation to deepen relaxation and inner peace before sleep.
- Practice guided self-compassion writing, where individuals write from Baba's perspective to foster self-forgiveness and love.

#### **6. Conclusion**

Ventilation through writing, as encouraged by Shiv Baba in the Murli, serves as a powerful spiritual tool for self-purification, mental peace, and deeper connection with the divine, ultimately promoting sound sleep. By incorporating this practice into daily life, practitioners can strengthen their journey toward unconditional happiness and inner stability. The importance of writing as a means of spiritual purification aligns with modern psychological insights, further confirming its role in overall well-being and sleep quality. By blending spiritual wisdom with psychological practices, Brahma Kumaris practitioners can tap into writing's transformative power to achieve mental clarity and emotional stability.

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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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