



# The Janki Foundation for Spirituality in Healthcare



The Janki Foundation is a UK charity promoting spirituality and compassion in healthcare. It advocates the central role of positive thoughts and feelings, compassion and kindness in maintaining wellbeing and preventing illness.

Guided by scientific and medical advisors, it does so by providing values-based educational events for healthcare professionals for the purpose of exploring how spirituality can be integrated into current working practices. The Janki Foundation's public programmes also enhance understanding of the value of spirituality in healing and wellbeing.

Recent seminars, lectures and retreats have included the Practice and Science of Yoga, The Psychology of Meditation, Shining Light on Death and many other topics related to Spirituality and Healthcare. Publications and resources include the Foundation's educational programme *Values in Healthcare*, published in 2004 to support practitioner wellbeing through personal and team development. The full pack can be downloaded from the website without charge.

Two self-help guides *'Lifting Your Spirits: Seven tools for Coping with Illness'* and *'The Heart of Well-being: Seven tools for thriving & surviving'* include audio CDs providing relaxation and meditation commentaries, daily practices and short affirmations.

The Foundation supports the J Watumull Global Hospital and Research Centre in Mount Abu in the state of Rajasthan in India. The hospital provides free or subsidised services in an area where there is an acute shortage of health care, and offers conventional allopathic medicine alongside complementary treatments. Global Hospital also provides outreach medical teams, specialist trauma and ophthalmology services, and nursing and postgraduate training for doctors in family medicine.

The president of the Janki Foundation is Dadi Janki, a spiritual teacher who has worked for more than 80 years to develop her own inner peace and power. The stability she has attained is such that even now, at nearly 103 years of age, she is able to serve as head of the Brahma Kumaris, an international spiritual training organisation.

Activities are offered without charge and are funded through voluntary contributions from well-wishers and participants.

