“It is our duty to ensure that these rights are a living reality -- that they are known, understood and enjoyed by everyone, everywhere. It is often those who most need their human rights protected, who also need to be informed that the Declaration exists -- and that it exists for them.” - Secretary-General Ban Ki-moon

The Universal Declaration of Human Rights (UDHR) is not a luxury or a wish-list. It’s core values, inherent human dignity, non-discrimination, equality, fairness and universality, apply to everyone, everywhere, and always. The Declaration is universal, enduring and vibrant, and it concerns us all. Since its adoption in 1948, the Declaration has been and continues to be a source of inspiration for national and international efforts to promote and protect human rights and fundamental freedoms.
To uphold the highest aspiration of a human being is to see that person with innate dignity and divinity. Policies do not give this to a person, but it allows for its unfettered expression.

For rights to be respected, they have to be integrated and assimilated into our lives at all levels, political, social, and spiritual.

Let us celebrate the 60th anniversary of the Human Rights Declaration by witnessing acts of human greatness and recommitting ourselves to appreciating all dimensions of a human life and protecting each one’s right to full expression and contribution to the world’s families, communities, and societies.
The Brahma Kumaris World Spiritual University is an international non-governmental organization in general consultative status with the Economic and Social Council of the United Nations. It has 8,500 centers in 105 countries.

The Brahma Kumaris are celebrating the 60th Anniversary of the Human Rights Declaration in three ways:

- First, creating a booklet featuring “Human Rights and Spiritual Rights,” to foster a greater understanding of the human soul and its innate dignity and worth.

- Second, inviting people to participate in a public conversation project called ‘Witnessing Acts of Human Greatness’ and featuring the stories that emerge in this conversation on a BK Human Rights Blog.

- Third, creating an art exhibition featuring the 30 articles of the Human Rights Declaration.
Article 1
All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

The original, real, nonphysical form of every being is of light. Each being is a soul, and each is naturally endowed with dignity and worth. The recognition of the relationship of brotherhood lies in the realization that we are all souls, entitled to the same rights.
Article 2
Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, property, birth or other status. Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country, or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.

Every soul is entitled to the experience of its spiritual rights of love, happiness, peace, and belonging regardless of caste, color, creed or gender, and regardless of the political or social circumstance in which he or she is living.
Article 3
Everyone has the right to life, liberty, and security of person.

Every soul is unique and its life is immortal. The soul’s security and ultimate liberty is inherent in its immortality.
Article 4
No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.

Every soul is a master. It is the master when it rules over its mind, intellect, characteristics, and senses and a slave when it becomes subservient to these.
Article 5
No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Every soul’s strength is its seat of **self**-respect. To treat others with respect is to become worthy of receiving respect.
Article 6
Everyone has the right to recognition everywhere as a person before the law.

Every soul recognizes the universal law of love. To see the person as a legitimate other is the spirit of the universal law of love.
Article 7
All are equal before the law and are entitled without any discrimination to equal protection of the law.

In the universal spiritual law each soul is equally protected. When the soul discerns right from wrong, good from bad, justice from injustice and truth from falsehood and acts accordingly, it receives natural protection. There is no discrimination in the law of karma.
Every soul is accountable for the effects of its action, and for every action there is a consequence and a remedy.
Article 9
No one shall be subjected to arbitrary arrest, detention, or exile.

Every soul who follows the path of law wants to finish falsehood and to replace it with truth. The sign of truth is respect and regard for all and humility in dealing with others.
Article 10
Everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal, in the determination of his rights and obligations and of any criminal charge against him.

Every soul is valued as a human being and deserves goodwill and compassion in conformity with its intrinsic traits of purity, peace, and love.
Article 11
Everyone charged with a penal offence has the right to be presumed innocent until proved guilty according to law in a public trial at which he has had all the guarantees necessary for his defense.

Every soul’s conscience is the ultimate judge of his or her innocence.
The greatest right of a soul is self-sovereignty. A Self-sovereign soul is stable in its own honor and reputation. It is a master in the private domain of thoughts, words, actions, and relationships, and does not claim the right to someone else’s sovereignty.

Article 12
No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, or to attacks upon his honor and reputation. Everyone has the right to the protection of the law against such interference or attacks.

honor & reputation
Every soul has the freedom of movement in their thoughts, ideas, and feelings.

Article 13

Everyone has the right to freedom of movement and residence within the borders of each state.
Article 14
Everyone has the right to seek and to enjoy in other countries asylum from persecution.

Every soul takes asylum in its relationship with the Supreme Soul, God.
Article 15
Everyone has the right to a nationality.

Every soul comes with a blueprint of the part it has to play and its identity gets formed by its gender, nationality, and faith.
Every soul’s sustenance comes from living in a natural and pure family environment.

Article 16
The family is the natural and fundamental group unit of society and is entitled to protection by society and the State.
Article 17
No one shall be arbitrarily deprived of his property.

Every soul is a trustee of the property and all the resources of its natural environment. Every soul has a right to the spiritual property of knowledge, virtues, and powers.
Article 18
Everyone has the right to freedom of thought, conscience and religion; this right includes freedom to change his religion or belief, and freedom, either alone or in community with others and in public or private, to manifest his religion or belief in teaching, practice, worship and observance.

freedom of thought, conscience and religion

Every soul has a right to self-realization – a mind that is free to think in a domain of benevolent thoughts, a voice of conscience that speaks of fairness, and a nature that embodies the true religion of peace.
Every soul is a unique observer and contributor to the community in which it lives. The communities of the world can only benefit when an elevated and aware soul expresses itself from the depth of its inner experience.

Article 19
Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

freedom of opinion
& expression
Article 20
Everyone has the right to freedom of peaceful assembly and association.

Every soul will naturally connect with those who are like-minded and will have a feeling of belonging.
Article 21
Everyone has the right of equal access to public service in his country.

Every soul responds to the right of equal access as being seen and appreciated.
Every soul in a society will be a more valuable contributor when it is allowed to live in dignity and develop its personality in a caring environment.

Article 22
Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international co-operation and in accordance with the organization and resources of each State, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.
Article 23
Everyone who works has the right to just and favorable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.

Every soul will experience the fruits of its action according to universal laws. When the soul is allowed to live with human dignity and security, it can engage in decent work and enrich the community in which it lives.
Article 24
Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Every soul refreshes itself in silent retreat - to rest, reflect, recharge and renew.
Article 25
Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection.

Every soul comes into the world trusting that it will be loved and cared for.
Article 26
Parents have a prior right to choose the kind of education that shall be given to their children.

Every soul is able to build capacity when provided with a learning process that facilitates its overall development and helps him/her to grow with respect, confidence, and enthusiasm.
Article 27
Everyone has the right to freely participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.

Every soul is endowed with the highest spiritual arts of life that are manifested in the creation of culture.
Article 28
Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

Every soul’s rights are to aspire to a world of peace, happiness, and prosperity and to realize that these are also spiritual rights.
Article 29
Everyone has duties to the community in which alone the free and full development of his personality is possible.

Every soul gives and takes from the community in which it lives and so the quality of the community is shaped by the quality of the soul’s personality.
Every soul must now reclaim its lost awareness and enjoy its highest aspirations to be completely peaceful, loving, and happy. When all souls are endowed with these qualities, there will be freedom for each soul and for the family of souls we know as the human race.

Article 30
Nothing in this Declaration may be interpreted as implying for any State, group, or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.