



# The World Renewal

Monthly

10<sup>th</sup>  
International Day of  
Yoga 2024

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New Delhi: Thousands of Brahma Kumaris sisters and brothers gathered at Red Fort grounds to celebrate 10th International Day of Yoga.





**Mount Abu:** All India Jurists Conference is being inaugurated by Justice RK Patnaik, Justice Shashikant Mishra and Justice Aditya K Mahapatra of Orissa High Court, BK Sudesh, BK Brijmohan, BK Pushpa and BK Latta.



**Imphal:** HE Anusuiya Uikey, Governor of Manipur is taking pledge during the Launching Ceremony of a programme on Universal Culture at Raj Bhawan. BK Pandiamani, BK Chandrika and BK Nilima are also taking pledge.



**Shimla:** An 'Addiction Free India' campaign is being launched by HE Shiv Pratap Shukla, Governor of HP in the presence of BK Rajni, BK Sunita and others.



**Karnal:** Mr Nayab Singh Saini, CM of Haryana is being presented Godly gift by BK Prem and BK Shikha.



**Sambalpur (OD):** Mr. Dharmendra Pradhan, Union Education Minister is being presented Godly gift by BK Parvati.



**Bhopal (Sukh Shanti Bhawan):** Mr Shivraj Singh Chouhan, Union Agriculture Minister is being presented Godly gift by BK Neeta.



**Mumbai (Gamdevi):** Mr Jackie Shroff, renowned Indian film Actor is being presented Godly gift by BK Niha and BK Hema after Int. Yoga Day programme at Marine Drive.



## RELIGION AND SPIRITUALITY

True knowledge of the soul and the Supreme Soul, the course of the world-cycle, the relationship between Supreme and the souls, the secrets of *Karma* are the subjects of spiritual knowledge.

In order to release man from the grip of vices and to purify and strengthen the soul, spiritual efforts are a powerful means. Just as the doctor keeps in mind the patient's condition, his age and the climate of his living place in order to prescribe a medicine to treat him, similarly it is necessary to keep in mind the state of the inner self and the situation in which man is placed, in order to cure him of perverted tendencies which make him a perverted soul. The individual is a member of the society, and both exercise their influence upon each other. Hence, the individual's spiritual efforts cannot be entirely isolated from society. While it is necessary for man to awaken the spiritual side of his life, he also has to be the instrument of social uplift. Hence, spirituality is not confined to an individual, but it has to be observed and

understood by the whole society. In the background of this aspect of life, we shall find out what man has been doing or has accomplished so far in the field of spirituality, with what object he has been pursuing his efforts, how far his needs, as well as those of the society, are being fulfilled and what is the really potent form of spirituality which has the power to resolve the situations in the world of today.

### *Bhaktimarg and Karma Sanyas*

We can classify the current forms of religious practices generally under two heads. One is that of '*Bhakti*' and other is of '*Karma Sanyas*' (i.e., renunciation of activity).

Most of the devotees have faith in some deity or saint or a recluse, or someone whom they accept as their preceptor (*Guru*) or a temporal

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## GOD'S WORDS OF WISDOM IN PRAISE OF OUR WORLD MOTHER

**Mateshwari Jagdamba Saraswati stood out amongst thousands; her unique far-sighted vision and warm smile commanded genuine respect from everyone in a natural way.**

**W**hile honouring the 59<sup>th</sup> anniversary of the first Administrative Head of the Brahma Kumaris: Mateshwari Jagdamba Saraswati ji, on 24 June 2024, we reminisced on her powerful spiritual personality. She stood out amongst thousands; her unique far-sighted vision (*spiritual drishti*) and warm smile commanded genuine respect from everyone in a natural way.



This is why, irrespective of age, all of us addressed her fondly as “Mama”.

My initial interactions with Mama, which were filled with care, guidance and spiritual love, made me feel that I had found my long-lost spiritual mother. There are many-many qualifications and principles of Mama's life that took her to highest level of spiritual endeavor, some of which I share from my observations:

1. Mama practiced early morning deep meditation, 'Amritvela', from 2-2:30am every day.
2. She never raised her voice for any reason; she lovingly and patiently drew attention to any signal or correction. Mama never reprimanded anyone.
3. She always wore the sparkle of a sweet smile



on her face.

4. She always feed a little mouthful of food from her plate to anyone around her, before starting her meal.
5. She gave time to listen to the instrument Teachers, and never cut the conversation short. She would listen to all sides of the story, and then share her own thoughts about a solution.
6. Her talks or classes displayed diligent focus on one subject, and they were shared with simple yet precise clarity.
7. Mama always addressed others, whether senior or junior in age and stature, by saying their name followed by 'Ji'.

The Supreme Being's regard and pride for the elevated personality of Mama, as a Spiritual Administrative Head, is evident from His golden words of wisdom shown



Jagdamba Saraswati ji is with senior sisters of Brahma Kumaris.

below. Thus, Almighty Father spoke onto Jagdamba Saraswati ji as her journey in this form within the corporeal world culminated:

### **Elevated versions spoken by the Almighty Being through a trance messenger (for Mateshwari Jagdamba Saraswati ji)**

▶ 1) “O elevated daughter Radhe, every day you are engaged in this divine task, the same as I am, that is, you are a pure Vaishnav form. You are doing pure service and this is why you are My form in a practical way. I am very far away from the children who do not follow the Father's footsteps, because children definitely have to be like their Father. This law is being established now and will continue from the golden age to the silver age. There, as is the father, so is the child. However, in the copper and iron ages, children are not like their fathers. Now, children have to make effort to become like the Father, but there it is a natural law. As is the father, so is the child. God, the Father, comes practically and establishes this eternal law at the confluence age.”

▶ 2) “Sweet, effort-making divine daughter of the sweet Gardener, you now have to be very entertaining and have sweetness and make others the same. To attain the key to world

sovereignty in a second and also enable others to do this is in your hands. Look, the Almighty, who is the Master of all living beings, has now come practically onto this field of action and the whole world is becoming a happy house. At this time, that Master of all living beings is making the world function in an avyakt way. When He becomes a bodily being in a practical way and comes onto the field of action as the Master, then all living beings become happy in the golden and silver ages. There, the court of truth is open. Those who have made effort to attain Godly happiness will receive happiness there constantly. All living beings do not receive the donation of happiness at this time; the effort made now draws the reward. Those who have yoga with God receive the donation of complete happiness from God.”

▶ 3) “Oh! you are that same Shakti who shows the colour of your spiritual strength, destroys this devilish world and is establishing the divine world. Then the praise of all the Shaktis emerges. You are now being filled with that strength. You constantly have to maintain the spiritual power and status of your position, and you will then constantly have limitless happiness. You will be constantly cheerful. You should have the intoxication of “Who am I? Whom do I belong to? How fortunate am I? How great is my status!” You are now receiving the sovereignty of the self and then, in the golden age, you will become the prince(ss). So, how much intoxication you should have! Seeing your fortune, be happy! Look at your luck and how much of a lottery you have received through that. Oho! your luck is so elevated, the luck with which you receive the lottery of Paradise. Understand, luckiest, deity flower child.”

▶ 4) *“At this auspicious time of the confluence, the Incorporeal Supreme Soul Himself comes in a corporeal form and opens this Godly factory, where any person can give his perishable straws and receive the imperishable jewels of knowledge. The purchasing of these imperishable jewels of knowledge is very subtle, and you have to purchase these with your intellect. This is not anything physical that you can see with those eyes, but, because it is very refined, incognito and hidden, no one can loot it from you. By receiving the treasure of such elevated knowledge, your stage remains completely free from any other thoughts and full of happiness. Until someone purchases these imperishable jewels of knowledge, they cannot remain free from worries, carefree and free from any other thoughts. Therefore, earn these imperishable jewels of knowledge, instil them in the subtle locker of your intellect and remain constantly free from any worries. Perishable wealth is full of sorrow whereas this imperishable wealth of knowledge is full of happiness.”*

▶ 5. *“Just as the sun draws water from the ocean and then it rains on the high mountains, similarly, this is also showered directly by God. It is said that the Ganges emerged through the locks of Shiva. Now, the nectar of knowledge is flowing through His lotus mouth, which is called an imperishable, Godly flow, with which you have become a pure and immortal child of Bhagirath. This is a wonderful gathering to make you the crown of the head. Any man or woman who comes here will become a crown of the head. The world is also called a mandli (gathering). Mandal means a place, so where is this*

*mandli? In the form of “Om”, that is, in my original religion, whereas the whole world has forgotten its original religion and is stable in the religion of matter. You Shaktis have forgotten matter and are now stable in your original religion.”*

▶ 6. *“In this world, all human beings remember incorporeal God. They have such deep love for the One whom they haven't even seen with their eyes that they say: “O God, make me merge in You!” However, it is such a wonder that, when God Himself comes in the corporeal form, they don't recognise Him. The very loving devotees of God say that wherever they look, they only see Him. Even if they don't see Him, they feel with the yoga of their intellects that God is everywhere. However, you say from experience that Incorporeal God Himself has come here in a corporeal form in a practical way. You can now come and meet Me easily. However, even some of My children do not recognise God, the Father, in the physical form. They find the Incorporeal very sweet, but if they were to recognise that Incorporeal One who is now here in the corporeal form in a practical way, they would be able to attain so much, because, after all, the attainment has to be through a corporeal one. Those who consider and see God to be Incorporeal and far away, who do not have any attainment, they are devotees; they do not have any of this knowledge. The knowledgeable children who know the corporeal Prabhu Pita, those sweet flowers who are filled with the fragrance of all the divine virtues, they offer their lives to Prabhu Pita, and, by doing this, they receive a beautiful, divine completely deity-like bodies for birth after birth.”* — **B.K. Nirwair**

## ATTITUDE IS THE FOUNDATION OF ALL RELATIONSHIPS



**B.K. Sister Chirya, USA**

**Take care of your attitude;  
always have a positive attitude and outlook for everyone.**

**T**here is a voice within which occasionally gets our attention and reminds us of our self-worth. It calls us from a time long ago when we first arrived for our journey through time and space, and reminds us of how good and beautiful we are. Now as this memory reawakens, we understand the necessity of relinquishing our outward focus, and instead look within and appreciate a new identity. As the body conscious old habits and routines fall away, we remember our eternal identity of being a soul, an imperishable energy of spiritual light that gives life to the body. Our imperishable treasures of virtues and powers reside within the soul - kindness, mercy, compassion, forgiveness, humility, contentment, love, peace and many more.

Through meditation, we emerge and strengthen these treasures which are like living magnets attracting our best possible future.

**Kindness** is when you extend selfless pure love to others.

**Mercy** is when you send good wishes and pure feelings to those who are in sorrow.

**Compassion** is when you see the virtues rather than the weaknesses in people.

**Forgiveness** is when you bless and uplift someone even if they insult or defame you.

**Humility and self-respect** are when you tolerate a situation and give cooperation even when not appreciated.

**Contentment** is the feeling that wherever you are is where you are meant to be; whatever you and others are doing is what you are meant to be

doing. By remaining content right now with wherever you are and whatever you are doing, your positive thoughts attract positive people, opportunities and invitations.

**Generosity** is when you are more than just giving; it also means cooperation to others. The greatest act of generosity is to see beyond the weaknesses and mistakes of others, helping them to recognize their specialties and inner value.

In order to inculcate these spiritual attitudes, every morning, set aside 20 minutes to meditate to ease and energize the mind and the body. Connect and communicate with God to give a clear view of how you are progressing as a person - what your weaknesses and strengths are. Ask Him how you should remove your weaknesses and improve your strengths further.

To begin your meditation, focus on your breath. By regulating our breath, we regulate our thoughts, helping to heal our body and our mind. With each inhalation focus and reflect on one of your strengths and then exhale a weakness in yourself. Inhale and hold peace, exhale stress. Inhale and hold compassion, exhale anger. Inhale faith, exhale fear. With each breath take in these powerful vibrations and expel negative energy. Now practice the advanced course! Breathe in giving and breathe out cooperation. Breathe in kindness and breathe out love. Breathe in good wishes and pure feelings and breathe out forgiveness. Being a master of your inner world is to be the master of your destiny. ■ ■



## RESPECT AND SELF-RESPECT

While going deeper into the problem of the ever-present beggarliness of the people for respect, it is found that only those who have self-respect can give respect to others.



It is observed that in all fields of life, people expect respect from others. If the office attendant or other subordinates do not salute the boss he gets upset. One immediately devalues oneself if he does not get respect and becomes pessimistic. It is also observed that parents punish their children, people in authority punish their subordinates, and elders complain against youngsters for not showing respect towards them. Many fights also take place in the name of respect. Some people are seen disheartened and dull if they are not given respect; they doubt their abilities or their self-worth. The person who accepts respect only from people of his position and stature and not others is perpetuating cruelty on humankind. He is not able to appreciate the sentiments of another human being and he identifies himself with his position and does not identify himself as a human being.

### Respect

What is, after all, this 'respect?' It is an act of showing honour or regard – a great feeling of love to a person. One does not get respect by demand. Command respect, as the maxim goes. **How can we command respect?** There are no compulsions which force a person to give regard to a person. If it is forcible, it is no respect at all. Commanding respect means one is in his

**B.K. Surendran, Bengaluru**

own state of self-worth. A person always evaluates the value of a person, the greatness of a person, the high ideals and ideas, the helping nature of a person, the cooperative attitude of a person, the elevated thoughts of a person, the knowledge and intellectual acumen of a person, the special qualities of a person, because all these count for one to be able to give regards and respects to an individual. In this case, respect is not asked but is given naturally because the person to whom regard is given deserves it as a natural privilege.

In the spiritual field also, the longing for respect makes one inactive, lazy, hopeless, lethargic and aimless. He takes a lane and by-lane in almost all cases to excel himself in the field of effort-making, attracting the attention of others. If he does not receive the respect he seeks, he may start mudslinging or looking at the weakness of others. Expecting others to salute, expecting others to say words of respect and regard is a sign of beggarliness. One is not conscious of his own worth, his own stature, or his own abilities. Let us examine our greatness. Self-respect is a state of natural consciousness of the true embodiment of oneself, the worth of oneself, the plus-points of oneself, the blessings of oneself.

### Self-embodiment and self-worth

One is an immortal being. In the immortal state one has a lot of spiritual energy. Spiritual



energy is the sum total of energy of purity, peace, love, goodness and happiness etc. One does not require anything from outside. Mental energy is pooled up, and original inherent latencies are employed and utilised for one's self- upliftment and self-development. One is a positive being. When one thinks of positive things in life, positive encounters and countenance, positive approach, positive action, etc. will become inner greatness to build around him. He has a vision and values of others as he visualises himself and evaluates himself. He is conscious of the worth of others, the immortal embodiment existence of others, the greatness of each and every other person. He looks at the virtues of others and the plus points of others. He is free from ego, insult, outrage, affront and scorn. He is always constructive. Humility, tolerance and the power of accommodation always stand by him in good stead. He is an adept handler of inter-human relationships. He has the sense and essence to properly identify who deserves respect and who deserves love and care. He himself commands respect and love. He strengthens his commanding position to naturally make others shower respect on himself.

### **Plus-points for enhancing self-worth**

The self-worth of a person is further enhanced by the fact that one is a good speaker, one is an artist, one knows many languages, one has good looks, one's handwriting is very attractive, one has many other unique artistic abilities and his contribution to the welfare of the world. These are attributable to particular individuals which enhance one's self-worth in addition to the worthy qualities discussed above. These plus points can be used for one's own self-development by serving others. This is an added advantage for serving others and by serving

others, one is naturally served. In self-respect there is no scope for inebriation or ego. The special qualities are to be considered as a blessing-in-disguise for one's humility and maturity. This enhances the stature of the self, the personality of the self to command respect from others.

### **Self-achievements**

Achievements in life are the by-products of one's self-embodiment stage, one's hard constructive work and also plus points. These achievements are again used to serve others and for the welfare of the world. This act takes one to the stage of ruling over the hearts of others. He finds a place in others hearts in all situations. The achievements become part of the self-worth. "I am a child of God," is an elevated consciousness. I experiment and experience the fact that I am a child of the Almighty and thus I am a master Almighty. I am a destroyer of barriers and obstacles in my life and that of others. This now becomes my seat of self-respect. Authority has a particular seat and while being on that seat of authority the orders are honoured and executed. I am a viceless and stable person which itself is going to enhance my self-respect. I have come to stay as the embodiment of the innumerable titles which the Lord has bestowed upon me. I can be proud of myself while I am in a state of humility. God is my company and companion and I have all relationships with the one Lord. We can take along everybody. We keep everyone in the front. We can push others and also push ourselves in the process. But while implementing God's directions relating to my self-development let me first do it in my life to set an example for others. Let me concentrate on higher learning based on Godly knowledge. I have no time for anything else. I have to assimilate the Godly

knowledge into my inherent nature. I have to enrich myself with a lot of experiences by applying the knowledge into my own life and become an authority on life and life situations. I have got the wealth of knowledge, wealth of divine virtues, the wealth of divine powers, to help others who are in need.

### **My blessings**

I have sound health and an alert and mature mind. I have an intellect which is blessed by God. God is my life and my family. I have a group of people who are well-wishers at all times. God has blessed me with the true Gyan which itself is the greatest of blessings. I am a sensible person with a lot of common-sense backed up with the eternal knowledge of the soul and creation. I have *laukik* and *alaukik* family members who are lovely, respectable and selfless well-wishers. God himself gives me respect and regards by virtue of my being a Godly servant. In all, I have a lot of blessings from all corners which make my life easier and happier. This is my immortal asset. Now I am firmly fixed on the seat of self-respect.

### **Giving respect to others**

While going deeper into the problem of the ever-present beggarliness of the people for respect, it is found that only those who have self-respect can give respect to others. They will

## *Independent*

If we become dependent on people's approval for taking decisions in life, we may end up with decisions that are not right for us.



have good intentions, through which they also uplift others, the thoughts of the world welfare, always

thinking of the well-being of others and putting efforts to convert the weakness of others into goodness. The weakness of others is not only ignored but is not at all discussed anywhere, considering that this was one of my weaknesses, and such weaknesses are transformed into strength, giving encouragement to those who are weaker in effort-making, creating hope, optimism and enthusiasm. He will be merciful and if any effort-maker is found slipping back due to the force of Maya. Such souls are given respect and love, by which they get uplifted. The entire world is my family. Those who are good with us are given respect. But, when we are in a self-respect-state of being, we will give respect and support even to those who oppose and malign us.

### **God practically demonstrates the real element and embodiment state of self-respect**

The Supreme Incorporeal God who is the spiritual teacher of all souls has descended, enacting mainly three roles. As the supreme spiritual father, He is sustaining His children with love, respect, regard, appreciation and persuasion to mutually help and progress in life. As the supreme teacher, He is teaching the souls the ancient Rajyoga to become self-sovereigns. As the supreme preceptor, He is spiritually adorning the souls with greatness, goodness, virtues and values.

Even though the Lord is the most supreme authority in the creation, His humility, simplicity, gentleness, selfless love, impartial demonstration of the manifestation of His respect, regard, reverence and immeasurable love, goodness and kindness to His children, clearly conveys what the real respect and regard means. We have all fallen in line. Millions of thanks to the Lord. ■■



## NOBLE DEEDS MAKE US LUCKY

**Bad luck and good fortune do not come from God, rather God himself shows the way for man to become lucky.**



**W**hat is in man's destiny? It is hidden within him. Good luck and bad luck – these two words reflect the weakness of man. It is possible for a person to achieve good

fortune by making great efforts because those who are always satisfied and always happy are called lucky. Lucky are those people whose problems match their temperament and abilities. But the best people are those whose temperament and abilities can solve any problem. Where the efforts are great, luck also has to bow down, but a man's character is his fate.

If you look at it, this bad luck and good fortune do not come from God, rather God himself shows the way for man to become lucky. But man himself is responsible for spoiling and changing his destiny because it all depends on his deeds. **One becomes lucky through good or noble deeds, while one becomes unlucky through bad deeds.** Just as sins and virtues make a person's *sanskars*, in the same way bad luck and good fortune come. But man puts the blame on God that it is He who makes things good or bad.

Good luck and bad luck – what do these two depend on? Presently people know that the one who makes them lucky is God and the one who makes them unlucky is man himself. A



**B.K. Ram Singh, Rewari**

man is called lucky when he is always happy but when he is sad, he automatically starts calling himself unlucky because he gets trapped in the five vices of Maya Ravana and it is these vices that make the man unlucky. **It is said that fate knocks at every man's door once, but when it sees that no one is ready to lead it, it returns from the door.**

Lucky are those who do good deeds - there is a saying that if the deeds are good then fate is also good and deeds are related to the results. If the result of your actions is good then your destiny will also be good. *Karma* can be divided into three parts in which every action must be good, these are - *Mansa*, *Vacha*, *Karmana* i.e. actions of the mind, actions of speech and actions of the body.

**Actions of the mind:** The actions done through the mind show the path to speech. If the mind is true and good then the actions of speech and body will also be good. Therefore, always keep only the best thoughts in your mind because most of the actions are carried out from the mind and then come into speech. After that the actions take place through the body.

**Actions of speech:** Speech helps in keeping the actions of the body good. So sometimes speech brings one on the right path. Through speech itself, sweet words,

truthful words, words with good intentions and courageous words are of paramount importance, which can also be called auspicious and gentle speech. Words that hurt or disappoint someone are not very good deeds.

**Words of karmana:** Physical actions i.e. actions done through the senses are called *karmana* or *karma*. Their accounts are related to the results of happiness-sorrow, profit-loss, and hope-disappointment. Actions done out of ego are always fruitless. But actions done for someone's benefit, free from ego, are always fruitful, that is, to become lucky, it is necessary to do good deeds.

Give a great donation of happiness and make yourself fortunate. The one who always remembers God and remains busy in divine service is the most fortunate of all. One remains in this divine intoxication and happiness that we are the children of God, the master of the world; so, we are the masters, wow my great fortune (destiny), always keep swinging in the swing of this happiness because we are always lucky and always eat and feed the food of happiness. Yes, make others also happy by giving them the great gift of happiness. It is said – Keep doing good like flowing water, evil will itself wash away like garbage.

To become lucky, be pure. Lucky is the one who always remains happy and keeps distributing the treasure of happiness. Exams are also tough for those whose fortunes are high and wonderful. Lucky means fortunate and unlucky means unfortunate. Therefore, to become fortunate, one has to make a vow to God and not get attached to this filthy, fallen world. When Shri Lakshmi-Narayan

ruled, everyone there was fortunate, no one was unfortunate. Being lucky, there was neither any sorrow, nor any disease or sorrow. Right now, it is here - the world of sinful souls (i.e. in *Satyayuga* and *Tretayuga*, it is fortunate and in *Dwaparyuga* and *Kaliyuga*, it is unfortunate). They keep crying and beating, untimely deaths keep taking place. To become fortunate i.e., one must become pure in this birth.

There is still a chance to become lucky - times changed, era changed and finally in *Sangamyuga* (i.e. the time between the beginning of *Satyayuga* and the end of *Kaliyuga*), we met again. Due to the grave sins of *Kaliyuga*, one changed from good to evil, that is, from good fortune to bad luck. God made everyone full of knowledge, virtues, powers, purity, happiness, peace, joy and love and said - Now go to the new world (*Satyayuga*) and rule the world.

God asked us – What else do you want? I have been sharing everything for the last 87 years, that is, I have given all the knowledge. People said – Due to family, job, shop and business, we could not give full time. Now we will definitely come here to listen to the knowledge, serve and learn Rajyoga, just spare some more time for us, Lord.

God said - Now the time of destruction has come very near. Don't you see, commotion is starting all around. If you have to do some *Dharma*, then there are many places of my service in the country and abroad, reach your nearest Brahma Kumari *Seva Kendra* and make this end time successful, otherwise the chances of coming among the people in *Satyayuga* will also be lost. This is the only chance left to convert your bad luck into good luck. If you can still find some time, then good luck, otherwise after attaining liberation, you will definitely reach the abode of peace after suffering the punishment of *Dharamraj*, then this will keep repeating in every *Kalpa*. Think carefully - "now or never". ■ ■



## THE RETURN JOURNEY

B.K. Andrew Grant, London, UK

I remember well how bliss came about.  
Woken abruptly in the middle of the night  
Waves of love kept coming to me.  
Beyond human beings' capability  
Drawn out of the body away from the ground,  
The light of love took me beyond all sound.  
All my questions just flew away.  
How far I travelled, I could not say  
Found myself surrounded by light,  
The body down below far out of sight,  
Blind, deaf and dumb but my senses came alive.  
Perception and Intuition seemed to collide  
For I remembered this love that I once had  
That removed all the thoughts that made me sad.  
I saw my past, present and future,  
How man fell but rose again with the Highest tutor.  
Bodiless am I as an identity

Validation from others would never set me free.  
I felt a deep sense of belonging to this Being of  
Love  
Who shaped my reality up above,  
Away from this world brought clarity  
Nothing on earth is a part of me  
The essence of myself that cannot perish  
Is something I will forever cherish.  
And even if I one day fall again,  
God will always remind me He's my very best  
friend  
And one day I will be abruptly awakened  
From my sleep of ignorance that I had created.  
The essence of myself displaced through time  
The return journey is so subtle and divine  
The removal of remembrance of any type of crime  
Brings an end to this little rhyme. ■ ■

## TRUTH

There are no colours in the sky to-night,  
There's no actual light in sight.  
The city light is artificial.  
The joy of the view is superficial.  
Travelled from city to city,  
Searching for a solid reality.  
The world seems illusional.  
People's joy is delusional.  
Masks on their faces,  
Inside they are intractable cases.  
Their Ego, they're unable to face it.  
And I really, just Hate it.  
Where's honesty? I crave it.  
You have an apology? Please Save it.  
The moon Seems fake at this point.  
Hearts have turned cold, can't find an oint.  
What are everyone afraid of? Is it the jail?  
Or their life that has no moral sail?  
The storms or the hail?  
Phones got them world, on tips of their nail.  
You see, I don't see a real point.

B.K. Srishti Solanki Haridwar

Everyone is twisted on every joint.  
I feel my mind wrapped in a foil.  
My heart is in a snake's coil.  
And I'm running out of breath.  
So, there's no point in patience, when my  
vision Is blurry.  
My coffin's door is covered by a wreath.  
I need to hurry.  
Oh, when I finally met Him.  
Even the memory of it never dim.  
He was above, the Ocean of love.  
The Bestower in his grace,  
I felt His smile, no need for a face.  
Couldn't imagine that the Incorporeal,  
Was the truth and was actually Real.  
For me it was at first odd,  
But hey, He was actually God.  
He told; His name was Shiva.  
For me, He is the reason why I live.  
He said, "my child, you'll see soon."  
"The sapphire night and heavenly moon." ■ ■

July 2024

In the heavenly kingdom, both the kings and commons are well-equipped.

13

## LOOK AT SOLUTIONS NOT AT PROBLEMS

**When a situation is not your way, do you label it as a problem, crisis, chaos or misfortune? In reality, it is just a scene of life, meant to be the way it is.**

**T**hinking about what already happened just because it did not match your expectations, destroys your inner power to fly over it. Any situation is not really the problem, our perception about it makes it a problem. The situation is only as big as our mind perceives it to be. We often radiate negative energy by blaming, judging, questioning or trying to control the situation, which is actually not in our control. Acceptance of what happened silences the mind. Our efficiency and decision-making powers increase. We start to see solutions and new possibilities in the stillness of our mind. Our calmness influences the situation and controls the situation. Let's always be focussed on what is in our control - our response. Resolve the situation and if nothing can be done, accept it with dignity. Remind yourself, *I take responsibility of my state of mind irrespective of external factors. I am a master of my mind and a master of my situations.*

We have so many accomplishments over the years right from childhood, that we are really proud of. We must have faced many challenges along the way of achieving them. There might have been difficulties, interruptions or disagreements. Remember all those times to see how you crossed them. **You will notice that whenever you were focussed on solutions**



**you would have got better results than when you were focussed on the challenge itself.**

So, whether it is an issue in our health, in relationships, in a project, or in finances, let us cultivate a solution-oriented approach. Do not avoid or delay during challenges. As a problem-solver you start converting dreams into goals, and goals into reality. You can handle everything that comes in your way, with your solution-oriented mind-set. ■ ■

### *Life Changing Advice*

- **Never stop doing your best just because someone doesn't give you credit.**
- **The way someone treats you is a reflection of how they feel about themselves.**
- **Listen more than you speak.**
- **Your life is your responsibility.**
- **Bad experiences often become good stories.**
- **Don't compare yourself — just compare yourself to you were yesterday.**





need dedication, practice, art and skill. Along physical personality, many youths are intellectually sharp and intelligent. They can calculate difficult mathematical problems. They can solve complicated equations. Their intellectual capacity, stamina and shrewdness used to be much higher than the average person. Their memory power and power to analyse the information is extremely high. People with intellectually bright personalities used to be decisive, they are very good at making decisions by thinking clearly and precisely. Like physical personality, they used to have very good intellectual abilities and capabilities. Einstein, Madam Curie, Sir Barnard Shaw, CV Raman, Nicolo Tesla, APJ Abdul Kalam, etc. are the personalities who led their life by self-restraint, discipline, hard work and values. They were intellectually sharp, broad, clean and determined.

**Personality derived by Value:** We have seen there are many youths, who are focused, sincere, responsible and skilful in their action. They may not be good-looking, but their personality is derived from their values of discipline, hard work, expertise and punctuality. Whatever task you will offer them, they will do with all care and calculation. They are good at sensing the person's needs and fulfilling them with all art and aptness. They have the art of satisfying people through art, skill, understanding, empathy and adjustment. They may not be that intellectually strong but emotionally quite mature, tolerant and strong to manage the situation. Along with the necessary knowledge and talent to do something, they have the virtues like patience, love, compassion, discipline, and self-restraint to make their life invaluable. A life filled with compassion, sacrifice, and virtues becomes

charismatic like Mother Teresa, Mahatma Gandhiji and Subash Chandra Bose. Many people have both physical and value-based personalities and they become quite charismatic. Their physical beauty along with beautiful nature attracts masses. A person with a social personality used to be active in social services and social development. He or she used to be a very good team player with quality of unity, adjustment and benevolence.

**Spiritual Personality or Divinity:** Such personality makes one worship-worthy, divine and adorable. Such personality used to have divine virtues such as Godly wisdom, divinity, and purity. **Such a personality keeps on spreading constructive and encouraging vibes in and around.** Every activity of her or him used to be blessed. The divinity in nature also makes the physical personality divine or virtuous. That is the reason gods and goddesses not only have a beautiful mind but also a beautiful body or appearance. The face is the mirror of the mind. Their smiling face, with compassion and wisdom solve millions of problems just through a look or appearance. They become fairy-tale or magical. Their presence electrified the atmosphere with peace and divine happiness. Their aura eliminates the negative feelings, remorse and sadness among the congregation. They used to act like an angel as if shaped and created by God and Godly task. They used to have unconditional love, blessings and good wishes for all. They used to be a continuous donor through their behaviour, gesture, and posture. They are benevolent like the sun and moon and can influence millions through their positive vibrations. **They become the lighthouse in guiding millions towards divinity and perfection. They inspire millions**

**to be beneficial, virtuous and useful for the self and society during and after their life.** Their separation from the body or death does not limit them from inspiring civilization for ages. They do not have any enemy, rival or opponent. They are much beyond jealousy, vices and depravity. **This is considered to be the highest form of personality possessed by preceptors, angels as well as gods and goddesses.**

**The Negative Personality:** A person with cruelty, selfish motive and negativity considered to be devil *Rakshas*, the negative side of personality criteria

#### **Inner-Outer Personality**

The development and safeguarding of the inner personality can take off the outer personality. In general, those who have destroyed the sanctity, purity and peace of inner

personality, also destroy the outer. **Through any form of masking, beautification or makeup one cannot hide the ugliness of the inner personality.** The clean character, thoughts, feelings, intentions and purposes cannot be hidden by the facial and eye expressions. Outer beauty is the reflection of inner personality, through spirituality one can purify our mind and soul to strengthen outer personality. Many a time we have witnessed addicted people destroy both inner and outer personalities. ■ ■

*Be Happy*  
A happy person is  
loved by himself and  
everyone.

## **LAUGHTER: THE BEST MEDICINE**

- ◆ Some scientists decided to do the following experiments on a dog. For the first experiment, they cut one of the dog's legs off and then they told the dog to walk. The dog got up and walked, so they learned that a dog could walk with just three legs. For the second experiment, they cut off a second leg from the dog and then they told the dog once more to walk. The dog was still able to walk with only two legs. For the third experiment, they cut off yet another leg from the dog and once more they told the dog to walk. However, the dog wasn't able to walk with only one leg. As a result of these three experiments, the scientists wrote in their final report that the dog had lost its hearing after having three legs cut off.
- ◆ Teacher: You are late today, Mike.  
Mike: Sir, I obeyed a sign.  
Teacher: What sign?  
Mike: COLLEGE AHEAD, DRIVE SLOW.
- ◆ A teacher asked student, what is the full form of Maths?  
The student answered, 'Mentally Affected Teachers Harassing Students'





## VISION FOR A VALUE-BASED SOCIETY

**A value-based society is one where the values are our moral compass; they guide our choices and decisions, and show us the path of right and wrong.**

**D**id a value-based society ever exist in our world that we can refer to? Indeed, 5000 years ago, the world was heaven, it was called the Golden Age. The praise of that time is that the world was one family. Everyone had pure, selfless love and respect for each other, naturally. It was a land of peace and happiness, there was not even a trace of sorrow. There was abundance, no lack. Based on this description of the golden age, it is easy to agree that the present-day world is the opposite of the world then.

**What made the world 'Golden Aged' then and why is it different from today?** The difference is that the people of that world lived based on the values of the soul because they were naturally aware that they are souls. In other words, they were *soul conscious* and thereby operated based on the seven original qualities of a soul: Purity, peace, love, happiness, bliss, wisdom, and power. Today's world is different because we have forgotten who we are; we have forgotten we are souls and instead think of ourselves as bodies. While people in the golden age considered themselves souls who expressed themselves through their bodies, we believe the opposite. We consider ourselves as bodies who have a soul!

*Body consciousness* means that I think of myself in bodily terms - as a name, gender, appearance, nationality, role, relationship, social status etc. **Body consciousness, therefore, divides us whereas soul consciousness**



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**unites us. I see myself and everyone else as pure souls with all the same qualities.** Where there is unity in society, everyone lives and works in tandem, as brothers, and so there is prosperity, there is peace and there is happiness. Where there is division, there is jealousy, competition, and the need to 'win'.

And so, if we want to return to a Golden Aged world, a value-based world, then we have a blueprint available to us. All we have to do is become soul-conscious again and re-emerge those original qualities of the soul. That's easier said than done because the world is filled with negativity. Every single day, I see and hear things that make me peaceless, and steal my joy. I find myself in situations that make me angry, bitter, and resentful. I have the right intentions, but I lack the *power* to remain peaceful and happy no matter what might be going on. How do I fill myself with this power? Through remembrance of God, the *Almighty Authority*.

God is the only soul who is *always* soul conscious, He never forgets who He is and therefore, He is our only reference for stepping back into soul consciousness. The good news is that God is not just *God*, He is my Eternal Father. In other words, I am intimately related to Him; I just forgot. **To recognize God as my Father and make myself belong to Him as His child**

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## DIVINE DESCENT OF LORD SHIVA FOR GOLDEN BHARAT

Today, we are totally blank inside due to having body-conscious nature and have lost the original soul-qualities like peace, purity, happiness, love, power, truth and bliss.



India is the country of saints, sages, prophets, great and noble persons where worship and admiration, prayer and penance, offering and sacrifice have been in practice since

immemorial times and the entire country thus remains vibrant and jubilant for all these religious practices. Once, nearly up to 1200 AD, India was completely surrendered to the devotion cult in Hinduism, Buddhism and Jainism. But the scenario gradually started to change due to Muslim invasions in India since 712 AD onwards mainly from the middle-east Asian countries and later by Portuguese, Dutch, French and British from the European countries. Indian population after getting an admixture of a variety of people coming from different countries, maybe through trade, commerce or invasion, started practicing the rituals according to the culture of the family since childhood and thus they have been accustomed to the respective religious traditions including Islamic, Zoroastrianism, Christianity. Though, India has become a secular country since 26<sup>th</sup> January 1950 in honour to give equal respect to all the existing religions as per the high ideals of our great Indian Constitution, but still, India is more popular in front of the world as the country of Goutam Buddha, Adi Shankaracharya, Guru Nanak, Sri Chaitanya, Sri Ramkrishna,

### B.K. Dr. Swapan Rudra, Durgapur (W.B)

Swami Vivekananda and Mahatma Gandhi for their sacrifice and dedication, non-violent principles, universal love and acceptance, fearless exemplary life-style for the cause of suffering humanity. Instead of all these things, the truth about God and deities was not known to the people in absence of Godly knowledge which started since 1936 only after divine landing of God on earth.

**Shiv-Jayanti** is celebrated on the day of *Krishna Pratipada*, a day before the New Moon in *Falgun* month every year from the time of King Vikramaditya at the onset of *Dwaparyuga* 2500 years ago. According to the *Vikram Samvat* calendar, *Falgun* is the end of the year and in this holy month two big things happen, 1<sup>st</sup> is the Birth Day celebration of Shiva and the 2<sup>nd</sup> is the Krishna Janmashtami, the day of Happy Holi. Before Christ i.e. 2000 years ago, many things were not clear to the historians and they didn't have any past records before 2500 years. From the recorded ancient Indian history, we could know about Bimbisara, belonged to the Haryanka Dynasty, was the King of Magadha from 543 BC – 492 BC. He was the great patroniser and saviour of Goutam Buddha. Godly knowledge reveals that Maharaja Vikramaditya was the first King of *Dwaparyuga* who established the first *Jyotirlingam* in

Somnath.

**Shiv-Jayanti** is observed every year with grandeur occasions not only in India, but also in some other countries. This is also called Maha Shivaratri supposing the fact that God Shiva was born at night. No one knows since which accurate time Shivaratri has been continuing to be celebrated, but whatever may be the starting year, it must not be earlier than 2500 years. We know about 12 Jyotirlingas namely Somnath, Mallikarjuna, Mahakaleshwar, Omkareshwar, Kedarnath, Bhimashankar, Visheshwar, Tryamkeshwar, Vaidyanath, Nageshwar, Rameshwar and Grishneshwar constructed scientifically at different topographical locations of the country in specific latitude and longitude. People say that the twelve Jyotirlingas bear the name of their respective presiding deities and each is considered a different manifestation of Shiva. According to the mythological story, once Brahma and Vishnu had an argument over the supremacy of creation. To settle the debate, Shiva pierced the three worlds appearing as a huge infinite Pillar of Light, the *Jyotirlingam* which later cooled into the Holy Mountain Annamalai where the Temple of Arunachaleshwara is located. It is also called that the *Jyotirlingam* shrines are regarded to be the temples where Shiva appeared as a fiery Column of Light. Shiva Puran describes that the 12 Jyotirlingas are the body and the *Jyotirlingam* at Pashupatinath in Kathmandu is the head over that body.

**Different** stories are there in Hindu mythology and Puranas, but nowhere the true facts have been revealed because the truth was not known to any human being. Civilization runs and accordingly, society moves forward in support of its own culture formatted, formulated and adopted by the people of that society. Saint personalities and great thinkers generally serve

the society through their enlightened thoughts and visions for the good of the people, but no one was able to narrate the mystery behind the worship of Shivalinga and its spiritual significance. Now at this time, God Himself has started revealing the fact details about the history and geography of the world through Prajapita Brahma since 1936. Since starting *Dwaparyuga* and before descent of God, people of different religions, sects and faith of different countries explained, analysed and motivated themselves and others by their own opinion guided by the religious versions, saint doctrines, philosophical interpretations and scientific approaches, but there were no Godly versions till then because God did not descend in the world stage before 1936, He was taking rest in His own residence *Paramdham*.

**God** always descends in His accurate time at the end of every 5000-year-old *Kalpa* just remaining 100 years before starting the next one. So, when *Kaliyuga* of one *Kalpa* is going to be an end and *Satyuga* of next *Kalpa* is knocking the door, God appears at that juncture in the platform of this eternal world drama (EWD) and takes the body of Dada Lekhraj of Sindh Hyderabad at loan to pour the true knowledge to the Brahmins originated from the mouth of Brahma. Every 1<sup>st</sup> half of the *Kalpa* including *Satyuga* and *Tretayuga* on Earth i.e., Bharat is treated as heaven where the deities live in soul conscious state and later in the 2<sup>nd</sup> half on the same earth, the deity status deteriorates into humans losing the divinity due to inflicting in vices. Present human society has started taking a reverse direction in the last 88 years when God has entered into this world stage and He is educating the whole human society through Brahmakumaris organisation. This excellent, beautiful but incognito knowledge has already been spread among the people of 142



countries of the world and everyday many people are getting interest in this innovative knowledge without any prejudice and limitation. The speciality of this knowledge is to know the EWD accurately and to know himself as a soul, the true identity. Whenever one starts believing this knowledge, he/she will start progressing irrespective of his/her present position, status and life situation. God directly presents His *Murli or Shrimat* in such a way that each and every soul, bathing in it, finds solution even at the time of adverse situations including human chaos and natural calamities. Apparently, it seems to be difficult to follow God, but when one could know his own identity as soul and relation with the Supreme Soul, he could easily recognise the Father as his own.

**In heaven**, the deity dynasty sustains for a period of 2500 years and at that time, for soul conscious state, there is no need for God. The 2<sup>nd</sup> half is called the devotion cult or the dark phase, due to the body conscious state, for entering the human souls into vices. Most unlikely, all the people of the present society are comfortable in their companionship with 10-headed Ravana promoting the vices within both males and females, but at the same time it is also true that without this Godly knowledge, no one will get liberation from vices. Our Beloved Shiv Baba every day teaches us through Murli in more than 9000 BK Centres all over the globe and He always reiterates that only Godly knowledge and His remembrance can transform a human being into a deity clearing the waste and negativities within the soul. This 100-year *Sangamyugi* time is very short for such a huge preparation just like getting the lottery for entering into the *Golden Age* and hence it is very urgent to give shape to 33 crore humans, now living in different countries, into deities. During

this high-quality and powerful time in *Diamond Age*, we can make our own destiny according to our own thoughts and desires. Shiv Baba always says that it is now or never. The meaning of it is that I can make myself whatever I like to be in future, deity or ordinary. So, keeping in mind all the aspects of the great change, Maha Shivaratri is a very special occasion to acquaint the people with the message of God through sweet words and mind power in remembrance of Him.

Brahma Baba was the Chariot of the Supreme Father and he was the first to listen to this knowledge and then other Brahmins started coming to adorn the Brahmin family. Later people from different walks of life became attracted and attached with this BK Organisation and now the number is more than 12 lakhs. Many more to come, a total of 33 crores up to the end of *Treta* and the rest souls, from coming since *Dwapar*, for their own purification at that level to again start their journey from any point of time in the next *Kalpa*. Though, entry in this knowledge by any soul from any part of the world is both by choice and chance, still it is drama-destined as per the *Sanskar* of that soul. Today, we are totally blank inside due to having body conscious nature and have lost the original soul qualities like peace, purity, happiness, love, power, truth and bliss. Maya Ravana is our best friend now though we burn his effigy every year and we worship Rama i.e., God not following Him from inside with true knowledge. We hope that men and women from every family will come to this knowledge a day whenever they could learn that this knowledge knows no bound and there is enrichment in every step of life in all aspects. So let the Flame of Godly Light of Knowledge be ignited to the people living in darkness. ■■

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**again is therefore the first step on this journey back to my truth.** Sure, I've been singing the praise in the temples: You are the Mother and Father and I am Your child... but do I *actually* relate to Him that way? This is what I need to do first, become the child. Next, **I need to spend time with Him so that I can reacquaint myself with His nature, His character, and how He thinks, speaks, and acts.** To reacquaint myself with God is to be reacquainted with myself. I remember my true self; I started to see His qualities in me because I too have them. Sure, I had forgotten who I am, but forgetting doesn't change the truth that I am indeed the child of the Supreme Father, that I too have His nature and His qualities. I just have to re-emerge them by considering myself a soul and remembering the Father.

The more I remember the God-Father, the more I transform my consciousness and emerge my original qualities. The key word is

*remembrance.* Sometimes, the word 'yoga' is used and that can feel scary because it suggests *asanas* (postures) or recalls the visual of a *sannyasi* performing penance in a forest. Here, there is no question of postures or penance; rather, I, the child simply remember my Father with a lot of love. When I fill myself with power and emerge with the divine qualities, I change the atmosphere. When someone comes to me angry, I stay peaceful, I offer them the co-operation of tolerance. When someone makes a mistake, rather than talk down to them or tell others about it, I merge it into my heart and maintain a pure attitude. When circumstances are tough, I continue to keep a good attitude because I know this too shall pass.

My transformation inspires others to transform, and thus self-transformation leads to world transformation. When individuals become value-based, the society automatically becomes value-based. ■■

## WORDS OF WISDOM

- ◆ Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.
- ◆ Hard work beats talent when talent doesn't work hard.
- ◆ If everything seems to be under control, you're not going fast enough.
- ◆ The best way to appreciate your job is to imagine yourself without one.
- ◆ Unsuccessful people make their decisions based on their current situations. Successful people make their decisions based on where they want to be.
- ◆ Work hard for what you want because it won't come to you without a fight. You have to be strong and courageous and know that you can do anything you put your mind to. If somebody puts you down or criticizes you, just keep on believing in yourself and turn it into something positive.

## REMEMBRANCE OF THE GOLDEN AGE IN ANCIENT LANGUAGES!

The very existence of numerous languages, with many things in common, implies that there was one perfect language in the beginning, whose memory is retained in various ways in the later languages.

The term 'history', has been humorously defined as "his story" which means that history writing varies from person to person. History books of two conflicted countries would drastically differ and may even contradict each other. No wonder we have a famous factual saying: "History is written by the victors".

However, truth about Golden Age, the first part of human history, unwittingly remains protected in certain words or phrases of ancient languages. The very existence of numerous languages, with many things in common, implies that there was one perfect language in the beginning, whose memory is retained in various ways in the later languages. This could be discerned from the name given to one of the ancient scripts –*Devanagari* [combination of two words *deva* (god) + *nagari* (civilized) – which refers to the script used by human souls when their behaviour was like civilized gods. This shows that there was a time when everything (including language) was perfect with human souls till they fell into the imperfection of narrow, limited view or 'me-first' attitude. Following this Great Fall, each one began to feel self-important, and divisiveness started with like-minded people migrating in all directions, which gave rise to various man-made systems –religious, political, social, lingual, economic, etc.

This explains why we find in many languages



**B.K. Rose Mary**

the same words or sound combinations having the same meaning. For example, the sound pattern behind the word 'mother' looks similar in many languages: *môdor* (old English), *máthair* (Irish), *mótė* (Lithuanian), *mâter* (Latin), *mať* (Russian), *madar* (Persian), *mata* (Hindi) and *mât* (Sanskrit). There are cases of similar sound pattern such as *parvati*, *parwat*, *power*, *poder*, *putere*, *páttur*, each of which highlights basic aspects of the same reality. Then, there are plenty of cases of the same sound pattern with slight differences such as *atma*, *atom*, *adam*, etc. each of which highlights some aspects of the same reality. Then there are cases of words evolving into different sound pattern yet retaining the same meaning such as *svarna* (Sanskrit, literally, "that which is of best quality and colour") which means gold – it evolves into *swornam*, *or*, *oro*, *ouro*, *aurum*, *altýn*, *zlato*, *gull*, *guld*, *gold* when it goes into other languages. Even in the case of proper name, people tend to leave behind the original sound pattern and begin to pronounce it the way they like. For example, the original Hebrew-Aramaic name of *Jesus* is *yehôshu'a* which means "Yehovah is salvation." This implies that only God Almighty can give us liberation – a powerful thought that is originally found in *Bhagavat Gita* (4:7) which presents God as playing the role of Liberator at the end of each *Kalpa* (a cycle of 5000 years).



This very thought is seen worldwide in the famous symbolic word of *Lingam* which is a combination of initials of *layam* (dissolution) and *agaman* (recreation), hinting that history is a never-ending cycle of recreation and eventual dissolution. In other words, human souls transform earthly heaven into earthly hell, and God recreates it into earthly heaven.

This shows that things deteriorate as time passes by just like the Second Law of Thermodynamics teaches us. We know a stream extending itself too far into a desert will go dry; similarly, human souls moving further and further away from their original nature and God-remembrance in search of external pleasures dry up inside, spiritually and emotionally. Conversely, the more we go backward in history, the things would show themselves as better, and better, and best in the beginning. The words *Raj* (King) and *Rajya* (kingdom) are the proof. In the first half of the *Kalpa*, kings were known for their duty of making their subjects joyful/delightful, thus a king was called *Raj* (from *Ranjana*, one who brings delight to others) and the territory where people were made delightful was called *Rajya*. In such a time period, people were like gods (*devas*, those shining with divine qualities) whose nature and texture were like the sun, the giver of light and heat (symbol of illuminating wisdom and empowerment, and suffering no variation), hence they were called *Suryavanshis* (of Sun-Dynasty). In the first half of the *Kalpa*, people lived in soul-consciousness because they were referring to soul, the self, as *Antahkarana* (that which causes from within) which shows that immaterial entity in man was remembered as more important than its costume which it was changing whenever it becomes worn out. In such a mind-set, people would naturally view

each other as spirit and treat each other with equality. In such a system where no one would feel superior or inferior, everyone joyfully worked for common good which made it *swarga* (combination of *swa* + *gati* meaning soul-oriented or living in soul-consciousness, thus in heaven).

When people fell from such a lofty path into body-consciousness and its attendant me-first attitude, *swarga* began to decline into *narka* (from the root *nar*, water, which forms bulk of human body, meaning living in body consciousness, thus in hell). Thus, these words *swarga* and *narka* point to the two phases of history in which human souls were ruled by virtues in the first half and by vices in the second half. In body-consciousness, people begin to feel self-important, think in terms of me and mine, love things of God (rather than God Himself), worship God for material blessings through devotion or *bhakti* (from *bhaj*, meaning to divide or share). No wonder, the very word for the world in some languages is *Duniya* (which literally means the world that has become debased/evil). **A decaying fruit implies that it was once perfect. Similarly, the present decaying system of things shows that it was once perfect.** Interestingly, *The Bible* too says that history had a “perfect” start where both human beings and animals were vegetarian. (Genesis 1:29, 31). If the world has become debased, it means the present version is only a deviation from a perfect world which was the first half of the history. No wonder, *The Bible* sums up the work of all prophets as speaking about “restoration” of that first phase of the perfect system of things (Acts 3:21) “in which righteousness is to dwell” again. (2 Peter 3:13).

In that perfect half of the history, people were virtuous or good. Each time an action was

performed, an *imprint* was created which became dispositions, or behavioural traits, which were then carried forward as *default* from birth after birth. In other words, behavioural traits are prepared and perfected by a person through many births; hence, it is naturally called *sanskars* which is a combination of *san* + *kara*, meaning doer of good deeds. This shows that the word *sanskars* originated in the first half of the *Kalpa* where people were virtuous in their thinking, speech and action. Once fallen into egoism, paradise is lost and world becomes *duniya* where people naturally feel separated and feel the need to re-connect with God. This concept is found in words such as *yoga* (derived from *yuj*), religion (derived from *religare*) which suggest that we need to reconnect with God to attain real fulfilment in life. Thus, words such as *sanskars* and *religion* too point to a time when people were once connected to God, being one with His qualities and thus enjoying a good relationship with God, fellow human beings and Nature.

Although good-intentioned religious leaders tried to reconnect people with God, they did not succeed as the general tendency of the people was to degrade down from good to bad and from bad to worse. Real re-connecting happens only when God Himself takes initiative in the concluding phase of each *Kalpa* when moral decline nears its peak. At that time, God Shiva makes His descent (or *avatar/avatara*) in the body-chariot of a worthy person, and renames him as *Prajapita Brahma*. Through this one, God Shiva trains worthy souls who figuratively die to their old habit of *shudra* (sorrowful and complaining) nature and become like their spiritual father *Brahma* (*Brah+ma*, meaning 'great mother' (*badi ma*) great mind, who views God as Father and all human beings as brothers and sisters); hence, they receive the name

*Brahmins* [*Brahma Kumaris and Brahma Kumars*] who pass on the knowledge of *Rajyoga* to as many people as possible. Since this spiritual training takes place in the concluding phase of the Iron Age (a dark period figuratively), this short period is naturally called *Brahma muhurta* (Brahma's time), a word which is found virtually in all Indian languages which reminds that the Golden Age followed after *Brahma muhurta*. That memory found its way to this present *Kalpa* and people began to call two hours (from 4 a.m. to 6. a.m.) preceding the literal day as *Brahma muhurta*. **People who get up early in the morning know that in all the 24-hour cycle, Brahma muhurta is the best time to study and meditate when our mind, body and even environment are very fresh.** Then we go through the cycle of morning, noon, evening and darkness which actually correspond to the greater phases of a *Kalpa* which comprises of:

- 1) Diamond Age or *Sangama Yuga* [resembling *Bhramamuhurta*],
- 2) Golden Age or *Satya Yuga* [resembling morning],
- 3) Silver Age or *Treta Yuga* [resembling noon],
- 4) Copper Age or *Dwapar Yuga* [resembling evening],
- 5) Iron Age or *Kali Yuga* [resembling night].

Just like the literal *Brahma muhurta* from 4 a.m. to 6 a.m. is the best part of the 24-hour cycle, **the real Brahma muhurta period, the Confluence Age, between Iron Age and Golden Age, is the best part of each Kalpa, because this is the only time when God plays His role.** Effect-wise too, this is the most auspicious time when many of the *Shudras* are transformed into *Brahmins* who always live in remembrance of God and, thus, are always

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## ARE YOUR FINGERS OF FORTUNE ALWAYS BUSY MAKING YOU RICH AND A DIVINE LIFE?

Are both your hands always busy creating your fortune or is it you only use one finger now and then? Many keep busy having their nails painted pampering themselves or can be found often pointing a finger of blame.

**N**ever mind stem cell treatment, man should be busy trying to solve the never-ending problem of keeping hordes of people out of the prison cell.

We send rockets to the moon, and create clever robots yet cannot create a world where someone does not think to steal from a shop shelf. Better to leave Mars alone until we stop people stealing Mars bars.

Governments try to rule the population to aid a better life, yet the main governing body is the 'Snack Attack' to which all are prone and which eventually causes them health problems.

Can the guilty find the guilty?

Strangely, everyone I meet, without exception, thinks they are the body (car) and not the soul (driver). Are these people ever locked up or even questioned? No! The police, the judge, the doctor and the psychiatrist, all routinely think they are the body and not the driver.

What a person does daily makes their life either glow in happiness and peace or throws them into the cell of sorrow whose floor is of quicksand. Many do not realise their lives are led on top of quicksand and when they do wrong, fall through it. It's then a huge battle where they can be seen kicking to stay afloat using up all their



**B.K. David, Paignton, UK**

precious energy to get their head back up above to live.

The world is oblivious to the problems caused by seeing themselves as the car and not the driver. Most have been sucked under by the quicksand of vice and allowing yourself to be surrounded by vice is to wear lead clothes and cannot live as one should live: in peace and happiness.

There is no get-out-of-jail card when it comes to karma and suffering.

The lifebuoy that's thrown by man to man when he's stuck fast in quicksand and cannot move, is the lifebuoy of vice that's made of concrete.

People walk through life thinking when they stub their toe it was a simple accident. People suffer daily regularly but that suffering is far from being an accident. When you think and act against the natural spiritual law of putting the soul before the body, the horse before the cart, you can expect the worst. The worst is now taking place and happening every minute of the day all over the world without exception.

Your aching knees, back, head and teeth are not accidental but the result of your past catching up with you and giving you the return of sour fruit from the body-conscious seeds you sowed on the field of action.



We are all governed by the law of large pumpkin and soft mango.

If your fruit is sweet, soft and lovely it would be because you had acted with love and sweetness in the past. If your fruit is bitter and as hard as a pumpkin but which you have to eat, it would be in direct correlation to the past actions that had seen you being hard and bitter towards people: now you must eat and digest the results of your hard past that's now on your dinner plate and must be eaten.

The rich and saintly, famous or poor, no one can ever be excused from the Table of Karma.

Only those who think good, and have good intentions, can put their best foot forward.

The fingers of fortune are tenfold and can point yourself and others to many elevated paths that lead to a better life. At the other end of the compass needle, are painful toes that might number the same as your fingers but which are often prone to pain when hit from past sins (bad karma) coming back to be paid for.

Your toes are just as countable as your fingers and can be just as serviceable in helping you create a paradise in which to wake up and a path of peace on which to walk. Yet toes are now counted in the negative as often sore, broken or infected and in many cases, smelly!

They say the eyes are the windows to the soul but I say so are the toes.

Some live from the head, others the brain, some the eyes, neck or throat, some the heart, many the belly and most from their sexuality.

The feet take you where you wish to go or away from where you do not want to go or where you shouldn't go.

But bad actions easily end up being stored in the toes at the end of your feet.

The path you walk how quickly or slow you walk how much care and attention, and the

company you choose to have next to you, all add up and will over time dictate how life treats you. Some walk in great peace and happiness whilst those walking with dishonesty end up pacing their prison cell.

The company one keeps is as important to you as what it is you think and those around you will influence what you think.

It's good to follow the person walking to church more than it is following the crowd walking to a football match or down to the pub.

Do you often spend the whole day smiling?

It is the wise that take note of their company and can take pride in walking alone or walking to meet elevated company and later walk by their side and then walk home alone still smiling.

Where you walk today has a great impact on where you'll walk in the future.

The wise know it's better to walk alone than with loud ignorant people whose only goals in life are money, drink, food and self-gratification.

And whose job is not boring? There is an art in turning it around from mundane activity to elevated service. Have you the necessary skills to transform the mundane turned upside down and make it constructive?

Trying to engage yourself in elevated activity enriches your soul and keeps you safe. Performing this service at your workplace keeps you well away from having to endure spells of limping to the hospital or walking up and down a hospital ward.

Hoo-ray and up she rises, Hoo-ray and up she rises, Hoo-ray and up she rises early in the morning.

Use your finger to point yourself always in the right direction towards heaven and never poke yourself in the eye which would cause others to start singing about putting you in a longboat till sober.

**(Concluded)**

## GREED DOESN'T PAY

**Greed always leads to downfall and destruction. Giving up greed does not mean that one should not earn money. Money is a necessary thing but the greed for money is a bad thing.**



In recent times, there has been an increase in cyber-crimes and online financial frauds as compared to robberies. Fraudsters take advantage of people's ignorance of cyber systems and their greed to steal their money.

Greed, fear and stupidity are the reasons why people become cyber-crime victims. It is important to stay alert to ever increasing strategies of fraudsters. These financial scams involve false promises, high profits, quick returns and part time jobs. **An important step to save yourself from cyber criminals: Don't fall prey to your greed.** No matter how smartly the fraudster plays, you can save yourself if you are not greedy.

### **Difference between greed and need**

The great Indian political and spiritual leader Mahatma Gandhi said, **"There is enough in the world for man's needs but not for man's greed."** This quote draws our attention to the delicate balance between human needs and excessive desire or greed. Our needs are limited but our greed has no limit. Needs are necessary for survival, well-being or fulfilling basic requirements of human existence and functioning. They play a fundamental role in fulfilling physical, psychological and social wellbeing.

There are sufficient resources today in our world to easily fulfil the needs of all the people of



### **Prof. Onkar Chand Sharma, Shantivan**

the world. However, there is no end to greed. The stomach does not eat more than handful of rice or bread. **Greed is an excessive craving or desire for wealth, power, possessions or status beyond what is required for one's well-being driven by self-interest and often at the expense of others.** Needs are fundamental and provide essential requirements for survival and well-being; greed represents a harmful desire to accumulate beyond what is necessary, often for personal gain but often with negative repercussions such as exploitation, inequality and neglect of others' needs.

Greed is an assumption that it is all for my consumption. Greed is a never-ending journey that exhausts a person in an endless effort to satisfy needs without reaching satisfaction. Greed forces one to commit crimes and injustice. Greed drives a person to steal, ask for bribes and lie. These activities will create unrest in the mind of greedy person and does not allow him to sleep properly.

It is very true that if we ask for too much, we lose even that which we have. **Here is a short story "How much land does a man need?" written by Leo Tolstoy in 1886. The story is summarised as:**

Once upon a time, there lived a rich farmer in a remote village. The farmer was so greedy that he wanted all the good things for himself. Then, one day he was offered a deal. He was told that he would be given the length of the land he walks in a day but by sunset he will have to return to the

same place from where he started. This was the only condition.

To get a head start, early the next morning, the farmer started to cover ground quickly because he wanted to get as much land as possible. He walked for a very long distance and even when he was tired, he kept walking all afternoon. He did so because he did not want to miss this “once-in-a-lifetime” chance to gain more wealth.

Later, before evening, he remembered that the condition to get the land was to get back to the starting point before sunset. Unfortunately, his greed had taken him very far away from the starting point. He immediately began his return journey keeping an eye on how fast the sun was setting. The closer it came to sunset, the faster he ran. He was exhausted and out of breath, but he continued up to the extent of pushing himself beyond the point of endurance. When he finally reached the starting point before the sun had set, he collapsed and died. All that the farmer ever really needed was only six feet of land for his grave, even after walking such a long distance.

This answered the question posed in the title of story “How much land does a man need?”. The moral of the story is to avoid being greedy because greed makes you fight for things at all cost without caring about your health and the well-being of others. If we are always greedy for more, we will never be satisfied. We should be content with what we have, and we should be kind and compassionate to others. Let's learn to be contented with what we have and also learn to share the little we have.

### **Meaning of giving up greed**

Giving up greed does not mean that one should not earn money. Money is a necessary thing but the greed for money is a bad thing. Greedy person will be always busy in accumulating more and more wealth by adulteration, fabrication, black money, under-

weighing, charging very high prices, paying less wages to the workers, harming the business of others and some legitimate or illegitimate means. Therefore, he will remain always unsatisfied in the pursuit of wealth and such greed always gives unrest to man. Therefore, a man should always earn a fair amount in a righteous manner.

### **Ways to overcome greed**

We should remember this fact that we have all come to this world empty hand and we cannot take anything from here when we go away from this world. A long as we have life, these belong to us. The moment life ends everything ends. Nobody can take anything from this world. Everybody can only use whatever he wants for his subsistence and satisfaction. Nobody can be the owner of anything available in this world. Hence, we can use things and after that we have to handover the things to others who are behind us.

Therefore, it is not good to waste our precious time in amassing wealth. It is wise to live in peace and happiness and help those who are less fortunate which will give us more contentment in life. Greed destroys our peace of mind and happiness because the attitude of pooling up for self-satisfaction leads to anxiety and uncertainty. It is a false belief that if one has lot of wealth one can be happy. We must know this truth that happiness is a state of mind. It does not depend up on material progress, possessions, power, post and status.

We have to learn to be satisfied with whatever we have in life because contentment is the greatest wealth. Keep this feeling in mind that God has given us everything, God has not lacked anything in our life. Whatever we achieve in life is enough for us. Even if we get it, it is okay and even if we don't get it, it is okay too - this is a sign of controlling the desires. ■ ■



## RELIGION AND SPIRITUALITY

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guide, and worship him or her accordingly, nourished by means of ritualistic ceremonies. Being laid low by the well-known five vices, one is overcome with fears and takes shelter under the umbrella of orthodox beliefs and practices. One has in him the secret tempting idea that if he pleases these deities or saints or guides, his present desires for children and wealth, etc., will be easily fulfilled. One also fears, he may come to harm if they get displeased with him. This kind of so-called spiritual effort is founded on wishes and fears, and, therefore, asks for the compassion of others. The present method of worship cannot fill one with spiritual strength to become strong. One can't earn the power to resolve his own difficulties and naturally no one can expect him to solve the problems of others.

The other kind of spiritual effort is abandoning all activities, called '*Karma Sannyas*' which has no place in the society. One who renounces activity, considers this world as well as his body to be the meeting place of sorrow and unrest which he or the world cannot shake off, and it is, therefore, his aim to obtain complete release from both sorrow and unrest. According to him and to those of his way of thinking, the only means of man's complete freedom from his situations is lasting freedom from the cycle of transmigrations. So, he takes the earliest opportunity of leaving behind his society and the world of activity and retires to a forest or to high hills, and adopts a course of *Samadhi*, (i.e., total physical, mental and intellectual apathy to the world and its concerns) leading, as he fondly thinks, to forgetfulness of everything around himself, only not to have any thought of anything else other than release from the bondage of life.

**Both kinds of present spiritual efforts are,**

**undoubtedly, individual in nature.** Neither type of activity has done anything to contribute to the cohesion, peace and happiness of society, nor can one have any hope for the future. *Bhakti Marg*, is based entirely upon the narrow outlook that is implied in selfishness. It cannot provide scope to create, much less to nourish, the ability in man to solve the problems of society. Being fed on unreasonable faith, the devotee cannot think of becoming a useful member of the society, not to speak of actually becoming a worthy member. He lives in a very narrow sphere, and flourishes, as he thinks, in indulging in rivalries. The path of *Sanyas*, i.e., renunciation, puts forth the wiping out of the existence of not only society as worthy of note but that of one's own self also. He has no urge to work for or even think of social uplift or to resolve the problems of society. In short, both these paths of spirituality have failed to bring about the welfare of society. This is why there has been a constant decline of social morality and decency. On account of the preponderance of these two trends of thought, the state of affairs in today's world is very dangerous and difficult.

### **Endeavours to Bring the World to Order**

This ignorance, which may also be regarded as a lapse in the matter of overlooking interaction between the individual and the society, takes in its fold the materialist as much as it does the individualist. It cannot be denied that the materialist has now and then become aware of this lapse on his part and has, according to the circumstances current at that time, made efforts to set right the society by bringing about economic, political and social changes to infuse order in the society. In order to bring about a complete change, psychological treatment is needed to replace what is called

body-consciousness with soul consciousness. One has to understand it quite clearly that he is not the body, but the soul that wears this body. By dint of this understanding and consequent easy change of point of view, one can get rid of the Five Vices, and this also changes one's perception towards problems and situations. And, when one is rid of the vices, one can also achieve liberation-in-life, which is what is meant by *Jeevan Mukti*.

Spiritual efforts undertaken by man to purify his ways, do not have any room for blind faith or ritualistic exercises nor do they countenance any renunciation of activity. Only then religion will not be merely a matter of faith, but will rightly become the philosophy of life, in which form it will be regarded as a branch of knowledge. True knowledge of the soul and the Supreme Soul, the course of the world-cycle, the relationship between Supreme and the souls, the secrets of *Karma* are the subjects of spiritual knowledge.

### Need of Spiritual Revolution

This spiritual revolution is as greatly needed as the present time is suited to make it useful and popular. The man of the modern scientific age has learnt to understand things on the basis of his reason and his experience of the secrets of Nature. He has it in him to find new ways of thinking, as he hates conservative ideas, blind faith, hackneyed traditions and illogical opinions. Even the present state of affairs of the world has not weakened one's faith in the importance of spirituality. It is only the last refuge, the only means of getting out of the distraction of the world. This explains why the western countries regard the glory of the ancient spirituality of Bharat with deep reverence in spite of the fact that science and technology have reached their highest points in those countries. However, true divine knowledge and easy

*Rajyoga* have been all but completely lost in the limbs of the past, i.e., it is lying deep down in the womb of oblivion. And this knowledge needs to be brought up to the surface, to be revived and made to flow like a current in man's mind so that millions of people who are lying deep in the sleep of ignorance like *Kumbhkarna* of yore, can be awakened from their stupor. ■ ■

### (Contd. from page no. 25)

joyful. No wonder the word for *bliss* is *anand* or *ananta* which is a combination of *an* (a negative prefix) and *anta* (end) which means *unending*. This combination is interesting as the very quality is known by its intensity and length as though for those who experienced bliss, both bliss and infinite were like almost interchangeable. Thus, *ananta*, the word for bliss too, is another proof that there was a time when people enjoyed *unending* joy which they got from linking with God's unending qualities. Interestingly, this is something anyone can experiment and experience for herself/himself even today by practising *Rajyoga* meditation. Many have already availed themselves of this grand opportunity that comes once-in-5000-years that also enables them to gain a majestic inheritance in the first half of the *Kalpa*.

The words we saw above could not have been coined without the real Golden Age existing. How happy we are, because as seers of three worlds (*Teen Loka*) and three phases of time (*Teen Kaal*), the beginning, middle and end – called *Trikaladarshi* we now know 'what has happened in the past, what is happening now, and what is going to happen in the future!' It is simply a course of wisdom imparted by God, the Knowledgeful and Almighty – a privilege He extends to all those who are willing to learn from Him. ■ ■

## LIBERATION RENDERED TO ALL

**T**he God Father says: “Nobody knows about My task and My part, and so I come and tell you about Myself, and about My task. Because of this, being the human world, I have to come in a human body to help you children; to liberate you from sorrow, and to grant peace and happiness forever.”

Some people think that God is very, very big, and that if He comes to this world, some miracle will happen. That there will be lightning and all will gather together. But the God Father says: “No: not everyone will gather here. No, not everyone in the world will be there in Heaven. The population will be small there.”

“I will give benefit to everyone because all are My children. However, those who have knowledge will get more benefit. The benefit for those who take Godly knowledge, is different from the benefit received by those who don't take it. The benefit for those who don't take the knowledge is that I liberate them from the bondage of Maya through punishment, and make them sit in the Land of Peace – *Shantidham*. They also like to sit there. They don't want to come here. Fine, I make them sit there. I give liberation to all but both liberation and liberation-in-life to those only who inculcate My knowledge. I am the Bestower, who gives and gives to everyone. I liberate everyone. I give benefit indirectly to those who do not know Me and I give direct benefit to those who know Me, through a direct relationship with Me, make efforts, and become pure. One is a direct benefit, and the other is an indirect benefit. However, I give it to everyone. That is why I am called God, the Supreme Father.”



“My task is such that nobody knows about it. It is very incognito. It looks very ordinary because I do it like a human being, don't I? I come and fulfil everyone's desires. I give inheritance of purity, peace, love and happiness.”

Baba (Supreme Father) establishes a world where there is no disease, sorrow, unhappiness or disquiet; and where the whole world is untainted by impurity or vices. It is not the question of one or two people but everyone there is happy. Even the animals and birds never get sick, and they never fight either. With the animals as such, imagine what the human beings would have been! The law over there is such that there is no untimely death. The souls there are immortal, which means they leave their bodies after a full life span. Here, you see and hear that so-and-so died of a heart attack, or died in an accident, or died while sitting, but this doesn't happen there. Everything there happens at the right time.

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**Chandigarh:** 7 Days Personality Development Summer Camp for students is being addressed by Ms Monika Sharma, Principal of SD School. BK Atamprakash, BK Ultra and BK Neha are sitting on the stage.



**Kathmandu:** A seminar on "Proactive Media for Positive Transformation" is being inaugurated by H. Praval Raj Pokharel, HOD of Journalism of Tribhuvan University, Khagendra Khatri, Dy. Director of Radio Nepal, BK Sarala, BK Shantnu and BK Raj.



**Bengaluru:** After inauguration of a new Rajyoga Centre of Brahma Kumaris "Om Shanti Bhavan" BK Asha is addressing a public programme. BK Saroj, BK Surendran and other dignitaries are sitting on the dais.



**Indore:** A programme on World Environment Day is being inaugurated by Abhay Rajgaonkar, Add Commissioner of Municipal Corporation, District organic farming women coordinator Vaishali Malviya, BK Hemlata, BK Anita and others.



**Raipur:** Sitting in a programme on Environment Day are: Principal Chief Conservator of Forests Anil Sahu, Add Principal Chief Conservator of Forests (Wildlife) Prem Kumar, Add Principal Chief Conservator of Forests Vanaspati Pandey, BK Savita and BK Neelam.



**Mohali:** On International Yoga Day program hundreds of Brahma Kumaris brothers and sisters performing Yoga.



**Mumbai (Borivali West):** During a seminar on Peace of Mind Dr Saurabh Sangore, Chairman of Phoenix Hospital, Ganesh Naidu, Lokshahi Marathi news channel owner, PV Shetty, Past Joint Secretary of the Mumbai Cricket Association, BK Shreya and BK Bindu are on stage.



**Kohima:** BK Rupa is receiving certificate of appreciation by Col. Tarun Rana, 13 A.R. Kohima, for conducting Yoga Day event.

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Some people don't even believe that such a world ever existed. Why is that? It is because the scriptures show battles between Rama and Ravana, Krishna and Kansa. If there were such things even during the time of the deities, you would definitely say such a perfect world could not exist. They have taken the names of the deities and incorporated such things in their biography; this is why the poor and ignorant people are confused. All these aspects have to be understood very well.

**God Inspires Three Tasks at a Time**

Some people think that to say that 'God comes only at the end of the Iron Age' is like limiting God. "I say, this is not a limitation, but the understanding of His task. Just as Christ comes at his own time, even God has His time to come. He will not come in all the *yugas*. He will come at His time, and finish His task of transformation before He goes. This is no limitation, but an accurate knowledge." We should also understand the meaning of being limited, and unlimited. The Supreme Father says: "I come once only, because I am the Almighty Authority and I do everything at one time. It isn't that My task goes on forever." To consider that God will

come and uplift some at one time, and others at another time, is limited. To uplift all at one time is actually unlimited. The Supreme Father says, "I come and complete the entire job just in one go."

This is why Baba also further says: "You belong to Me all together. I do My job in one go, so you also do it in one go. It isn't that it should be done gradually, little by little. This is your last birth. It is the last birth in which you have to complete the task of transformation; so, do it in one go."

The Supreme Father's task is unique. This is why it is said of Him, "Only You know Your ways and methods." It is never said, "We know Your ways and methods." The methods and ways are His, which means only He knows His ways and methods to give knowledge and liberation. Nor it is said that the scriptures, the *granths*, the *pandits*, and the scholars know His ways and methods. Only He knows; and the One who knows will be able to tell. Won't He?



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**Gazipur:** BK Nirmala is being presented 'Sanatan Prahari Samman' by HE Manoj Sinha, Lt. Governor of J&K.



**Reeva:** Mr Mohan Singh Yadav, CM of MP is felicitating BK Nirmala and BK Prakash.



**Sunni (Shimla):** A spiritual programme is being inaugurated by Mr Rajesh Dharmani, Cabinet Minister, BK Asha, BK Karuna, BK Prakash, BK Anita and BK Rewadas.



**Malaysia (ARC):** The participants of Asian Chinese Retreat 2024 on the theme "Sustaining a Balanced Lifestyle" are in group photo with BK Meera and BK Peru.



**Bhopal:** Former Chief Minister of Madhya Pradesh Mr Digvijay Singh is addressing an event on World Tobacco Day. BK Avdhesh, BK Suryamani and BK Mamata are also seen on the dais.



**Philippines:** BK Usha and BK Rajni are with participants after a talk on 'Mediation: A Positive Response to Stress' held at Gateway Gallery.



**Begumganj (MP):** Cabinet Minister Mr Prahlad Patel is taking pledge for water conservation along with Brahma Kumari sister Richa.



**Bengaluru (Koramanagala):** Veteran Actor Padma Shri Arundhati Nag is being presented a bouquet by BK Geetha during her visit to BK Centre.



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**Gurugram (ORC):** A programme on 'Universal Culture of Love-Peace-Harmony' is being inaugurated by Union Environment Minister Mr. Bhupendra Yadav, NIFA President Preetpal S Pannu, BK Asha and BK Chandrika.



**Jui Kalan (HR):** Satguru Mata Sudiksha Maharaj, Head of Sant Nirankari Mission is with BK Nirimala and other Brahma Kumaris sisters after a tree plantation event at BK centre.



**Mumbai:** Chief Minister Mr. Eknath Shinde is being presented Godly gift by BK Asha, BK Diksha and BK Anil. Dy CM Mr. Devendra Fadnavis is also seen.



**Abu Road (RJ):** Thousands of Brahma Kumaris brothers and sisters from all over India are performing Yoga on International Yoga Day.

