



The World Renewal

Monthly

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New Delhi: HE Droupadi Murmu, Hon'ble President of India is tying the sacred thread of Rakhi to BK Brij Mohan, Addl. Secretary General of Brahma Kumaris. BK Asha also tied Rakhi to the President.



Kathmandu: Mr. K.P. Sharma Oli, the Prime Minister of Nepal is being felicitated by BK Raj and senior members of the Brahma Kumaris.



Chennai: BK Jhansi Rani is tying Rakhi to Mr. M.K. Stalin, Chief Minister of Tamil Nadu.



Bhopal: BK Avdhesh is tying Rakhi to Dr. Mohan Yadav, Chief Minister of MP.



Mumbai: Mr. Eknath Shinde, Chief Minister of Maharashtra is being tied Rakhi by BK Shaku.



Karnal: BK Urmil is tying Rakhi to Mr Naib Singh Saini, Haryana Chief Minister.



Bhubaneswar: Mr Mohan Charan Manjhi, Chief Minister of Odisha is being tied Rakhi by BK Geeta.



Raipur: Mr Vishnu Dev Sai, Chief Minister of CG is being tied Rakhi by BK Savita.



Ranchi: BK Nirmala is tying Rakhi to Mr. Hemant Soren, Chief Minister of Jharkhand.



Srinagar Garhwal (UK): Mr. Pushkar Singh Dhami, Chief Minister is being tied Rakhi by BK Usha.



Itanagar: Mr Pema Khandu, Chief Minister of Arunachal Pradesh is being tied Rakhi by BK Junu.



Shimla: Mr. Sukhwinder Sukhu, Chief Minister of HP is being tied Rakhi by BK Sunita.



Begusarai: Bihar Dy Chief Minister Mr Vijay Kumar Sinha is being tied Rakhi by BK Kanchan.



Jaipur: After tying Rakhi BK Chandrakala is with Ms. Diya Kumari, Dy. Chief Minister of Rajasthan.



GOOD DAYS AND BAD DAYS

Since our bad days are consequences of our actions, we cannot, therefore, run away from them. Everything that life throws at us is there to teach us something. When life hits us hard, we are forced to grow and learn.

From the point of view of climate, some days are hot whereas some other days in other months are cold, depending on whether it is summer or winter. Similarly, some days may be dry whereas others may be rainy. One has to bear with all these changes. Whether we like these or not, these are facts as well as a part of our life and we have to live with them. At best, what we can do is that we can provide against this weather and have certain kinds of things that can counter the effects of weather and can protect us against the extremes.

Though a day is always of twenty-four hours, except at poles, yet all days are not the same. Changes do take place often; otherwise, life would be dull and boring. Sometimes, an old person, remembering suddenly some happy moments of his childhood days, showing a flash

in his eyes and happy curves on his face, says: "Those were the days ..."

The days can, thus, be of many kinds if we consider them from different points of view. There are some days, which we consider as 'bad days' whereas there are some others, which we consider as 'good days'. We have all heard some people saying: "I have fallen on bad days". **Actually, the days are neither bad nor good because a day is just a name given to a period of twenty-four hours;** it is just a unit of time but still we have a meaning when we say: 'I am on bad days' or 'That fellow is on good days.'

Sometimes, bad days just happen and **if a person is having a bad day, people just make him feel worse and worse. There may be people criticising him bitterly without his fault and accusing him absolutely without**

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A SHINING STAR OF EVERY OCCASION

The more we realise that we belong to one world family, we are able to emerge true spiritual love for one another. All of us should keep our minds clean of any misconceptions or negative thoughts for any soul to be able to tackle the delicate and peaceless times we are living through.



The month of August is traditionally very impactful with celebrations of two heart-warming and joyous festivals of all time: Raksha Bandhan and

Janamashtami. August is even more important to the Brahma Kumaris worldwide spiritual family as it marks the anniversary of the ascension of the longest-standing Administrative Head, Rajyogini Dadi Prakash Maniji. Every year, Dadiji honoured the above festivals with great regard and spiritual significance, and her legacy continues with the present Seniors of the Brahma Kumaris participating in festivities and sharing the same spiritual love, grace and strength as our ancestor Dadis used to make us feel.

The **Festival of Raksha Bandhan** has the very unique speciality of unifying souls of every



background, race, language and religion. The foundation of the relationship with other human souls lies in the eternal truth that 'we souls are spiritual children of one Supreme Parent; we belong to One, and will eternally live as companions of the One Divine Being'. The Brahma Kumaris around the globe host programmes every year to share the significance of Spiritual Rakhi and tie Rakhis to hundreds of thousands of Contact Souls and BKs. The more we realise that we belong to one world family, we are able to emerge true spiritual love for one another. All of us should keep our minds clean of any misconceptions or false or negative thoughts for any soul to be able to tackle the delicate and peaceless times we are living through. Let's live up to the pure feelings embedded in the famous Rakhi song, "*Bhaiya Mere, Rakhi ke bandhan ko nibhaana...* (O Brother, fulfil the responsibility of this bond of Rakhi)"; let us be mindful of meeting each other with pure vision and attitude, and feeding each other sweet and joyous words. Raksha Bandhan enables us to experience real holy-ness, and



inner strength. It teaches us how to look after one another, be it sisters taking care of brothers, or brothers respecting and watching out for sister. These learnings will bring about unity amongst communities and nations, and establish the beginning of a golden-aged world.

On **25 August 2024**, we honoured **17 years of Dadi Prakash Maniji's role as a Leading Angel**. She was one of the greatest examples of leadership, administrative acumen, and royal manners to influence the big and small. Pitashri Brahma Baba bestowed all spiritual powers on Dadiji on 18 January 1969 night before leaving his mortal costume, by holding her hand fondly, and that additional strength developed her magnetic personality which attracted souls not to herself but to the Supreme Light of Wisdom, Love and Purity.

As we recollect the good old days spent in her company, we remember her as a shining star of every occasion, who taught

us a new and valuable way of living. Those who had the fortune of meeting her can never forget the feeling of belonging she created within us unconditionally.

Dadiji was as humble as she was great. Be it mothers, young women, men or children, everyone cherished her *drishti*, divine vision, which was shared from the heart. Dadiji never distinguished between prominent personalities or simple folk; she gave regard to each one's opinions on service projects or events to be organized. Her ability to make VVIPs and VIPs feel welcomed, and engage them in deep spiritual conversations was wonderful. Though Dadiji led a simple life, she filled every moment with spirituality and was able to take souls beyond the physical realm instantly.

A beautiful gathering of Surrendered Madhuban Residents, *Sevadharis*, and about 5500 BK *Kumars* and BK *Adhar Kumars*, who were specially invited for *Yog Bhatti* around Dadiji's Memorial Day, offered Bhog to beloved Avyakt BapDada and Angelic Dadiji on 25 August at 12pm. The essence of the divine Sandesh is shared below for the benefit of our Readers:

Dadiji always said Haan Ji to Godly directions, and brought them to fruition with accuracy and love. She brought so many souls close to Baba by sustaining them. Baba and Dadiji know that the Brahmin children, who are jewels of the Rosary, are close to each other, and now should come even closer, stay united,

and reveal God in the world.

Dadiji's gift for all Brahmin children was 1) a Tilak on which was written "**BapSamaan Farishta Bhav (May you become an Angel like the Father)**", and 2) a Crystal with a knotted thread, symbolizing the determined pledge we have to take: **No matter what happens, I have to keep my inner stage firm. I will not shake or fluctuate.**

Time continues to show different chaotic scenes, so everyone has to remain alert so that time, situations or

negativity does not influence you. Use the Power of Discernment and Power to Merge to handle all situations.

Throughout her life, Dadiji remained honest, and maintained a clean attitude. Just as Dadiji kept the spiritual family united while carrying out services, all of you should continue to give respect to others, and make the gathering ever stronger. Understand situations and Maya beforehand to safeguard yourselves and others.

The Om Experience: Uplifting Body, Mind and Relationships Silver Jubilee Celebrations of the Brahma Kumaris' Peace Village Retreat Center, USA

The first Spiritual Retreat Center of the Brahma Kumaris in USA was established in 1999. In these 25 years, it has welcomed about 60,000 people from across the world for spiritual study, meditation, talks, and weekend retreats on its 300-acre campus in the Catskill Mountains of New York. We congratulate the local teams and international teams that continue to sustain and support the spiritual services with such dedication, quality standards and spirit of giving.

The Brahma Kumaris family has been singing the song, "*Hum swarg dhara par laayenge...* We will establish Heaven on earth" for many decades, and it is heart-warming to know that our Supreme Parent has been able to create a model of the same in Peace Village over 25 years. The more we

realize the intricacies of reaching the highest stage of consciousness, the closer we are to experiencing the beauty of the coming age, and distancing ourselves from the worthlessness of the end of Iron Age. The more we all continue to focus fully on achieving an elevated and adorable stage of consciousness, we will be able to restart our roles of upholding the highest codes of conduct, virtues and dignity. On this auspicious occasion of the 25th year of Peace Village, let us invoke a world family that lives by such special standards, and becomes cherished examples.

Multimillion fold congratulations again to those who have invested time, skills and love in sustaining Peace Village, and will continue to do so!

–**B. K. Nirwair**

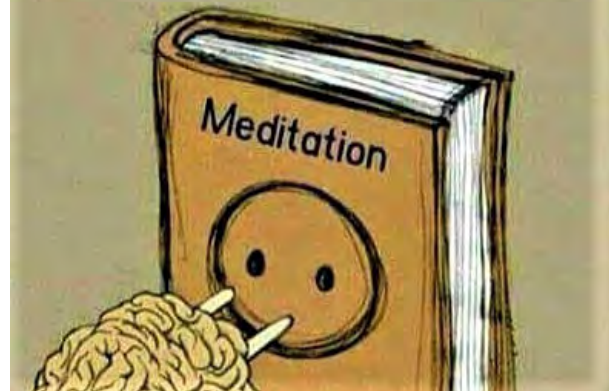
KEEPING YOUR MIND HAPPY AND POSITIVE ALWAYS

A stable mood is our original and current state of mind when we are stable in our form of light.

Do you experience wavering moods from feeling joyful to sad, or from feeling peaceful to restless? If occasional mood fluctuations are not addressed, they may lead to frequent mood swings. **Our mood needs to be always positive and energizing. Otherwise swinging from one mood to another can leave us feeling discontented and tired. Variation in moods is a result of our fluctuating thought quality.** Check what thoughts trigger a mood change. A bad or low mood created, if not corrected, gets recorded on your subconscious mind and easily be re-activated. *When you stay in a sad mood for long, it becomes a frequent state of mind and eventually gets ingrained into your personality.*

In the physical mirror we see our physical form. However, inside this physical body is the invisible inner being, the soul, playing its part through the physical body. **The first step for avoiding mood changes is seeing oneself as a spiritual being and not just a human form.** The soul is an energy of spiritual light's a natural storehouse of all our qualities and powers. The soul performs all actions. All our activity will be light and our mood constantly positive when we stabilize ourselves in the form of light. Along with repeating what you have read, concentration is also necessary to create a 'space', inside the room of your mind to merge spiritual knowledge. **By feeding your mind with pure, positive thoughts and feelings every morning through spiritual study and meditation, you are able to consciously choose a right thought and feeling in every scene.** This daily

Don't forget to recharge your
Minds Every Morning



B.K. Sister Chirya, Peace Village, NY, USA

exercise, done over time, creates soul power, strengthens our mind and makes us extremely positive. We become free from negative and unnecessary thoughts that waste our mental energy. A simple method to bring these qualities and powers into my consciousness and actions is reminding myself – ***I am a peaceful soul, or I am a loveful soul, or even I am a powerful soul.*** By simply dwelling on these thoughts and affirmations you become like these.

But what happens is we start acting on a physical level, without giving importance to the inner spiritual self, and lose our peaceful and contented state of mind. If you let situations, which change constantly and can be challenging, be your source of happiness, life can become a roller coaster of good and bad moods. Our first responsibility is to take charge of our state of mind by increasing inner strength. It is the only entity in our control, and gives us the power to face any situation. Your positive thoughts and words will raise your energy and the energy of others. Those who have a positive vision of the self are always happy. Mood swings disappear by re-connecting with your most beautiful and constant companions in life, that is yourself and God. Make them your best friends. ■■

CAN YOU ALWAYS BE HAPPY?

Every effort should be made to avoid consuming negative or wasteful content if one wants to achieve complete control over the mind.



Does everyone want to be happy? Yes. Does everyone always want to be happy? Yes. One of the core characteristics of human nature is the desire for happiness. Even though everyone wants to always

be happy, is this possible? A lot of people say that you cannot always be happy as human emotions are dynamic and they fluctuate in response to various factors, including external circumstances, one's thoughts and chemical processes in the brain. They say that the natural flow of emotions, whether positive or negative, is an integral part of the human experience. Most of them also say that external factors play a significant role in influencing our state of mind. They argue that everyone experiences ups and downs in life, nobody can completely avoid difficulty or hardship, and that loss, stress, disappointment, and challenges are inevitable aspects of life. They can even go on to say that attempting to always be happy in the face of such adversity is unrealistic and can lead to frustration and disappointment.

It is true that not everyone can always avoid difficulty or hardship. Life may present a lot of challenges and external circumstances may not always be in one's control. **Even when one faces numerous difficulties and challenges in life, is there some way in which one can still be**



B.K. Rucha, Pune

happy? To understand if this is possible, we need know the tool through which we can be happy. The tool is nothing but the mind, which is the thinking and feeling faculty of the soul. The mind has two functions: thinking and creating emotions. It is like a factory that produces thoughts and emotions. What needs to be understood is that I, the soul, am the creator of my thoughts and I am the creator of my emotions. Nobody else can create thoughts and emotions for me. Understanding this and taking ownership of one's thoughts and emotions pave the way to always be happy. One realizes that external circumstances might not always be in one's control, but one can have complete control over one's mind. Once I acknowledge this, I realize that nothing external to me is responsible for the thoughts or emotions that I create. I learn to take full responsibility of my thoughts and emotions. When one masters the ability to achieve complete control over the mind, it is indeed possible to always be happy. It is said that one who conquers his mind can conquer the world; such is the power of the mind.

But how does one achieve the state where one has complete control over one's mind?

The first and most important step is to acknowledge that I, and nobody else, am the creator of my thoughts and emotions. The next step is to maintain constant awareness of the kind of thoughts and emotions one creates. Thoughts

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BE FULL OF SWEETNESS AND LOVE LIKE BABA

This Confluence Age is the most praiseworthy and auspicious time. This time does not come again, so make the best use of it now, just keep moving ahead and look forward to a very bright and golden future.

When I see you all here, even if I don't speak your language, my heart appreciates Shiva Baba's wonder. Each one has his/her own special experiences with Baba (God-Father-Shiva). At least, once a year, this gathering from all over the world takes place. We forget the places we have come from, and the yoga of our intellect and focus of our attention are towards the One Above. Everyone's aim is the same. Baba is everything to us. The heart says, "I just want to look at you all, sweet brothers and sisters! Do I have to speak? Would you like to speak?" Baba's children are so sweet. You are all racing ahead very well. There is no jealousy between you, is there any? Each one is racing in his/her own way. Rajyoga is so good.

I came to Baba when I was 20 years old. It was such a wonder that Baba made me His creation. He is our Mother and Father as well as our Teacher. The same One plays all these parts. He teaches and protects us. We are very safe under His broad canopy of protection.

The entire knowledge is contained within 'Om Shanti. It gives answers to questions like: Who am I? Who do I belong to and what do I need to do? We are all in the relationship of spiritual brothers and sisters. We are in the body but detached from it, beyond the bodily relations and are beloved of God. This is our life; do you like this life? Baba gives us so much love. How

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good chat, we forget everything concerning this world. In *The Gita*, when Arjuna had the vision of the multiple forms of God, he was very happy, because he saw the whole variety of God's expressions. I also see such a variety here, with everyone coming from different places. You are Baba's hidden children and He has found you from different corners of the foreign lands. You are so fortunate that Baba has found you; selected each one of you and made you the beads of rosary. This is Baba's wonder! Now, all have gathered together which is so good. There needs to be a message which could be spread around the world, not as a message from the Brahma Kumaris, but a message from the people so that the world can understand that this place is God's creation. We are all one and we all belong to One. This creates such a good feeling.

The Sweet Beloved is the Innocent Lord, Baba. This is a wonderful expression (*Shiv Bholonath*). If Shiva is the Innocent Lord, then who is Brahma? When we look at Brahma Baba's image for some minutes at any time of the day, we do not remember old things or other people. I do not remember what happened yesterday. What has happened today has been



Rajyogini Dadi Janki

according to Drama. Now, what do I have to do?

Silence filled with love and peace, gives happiness and power. Happiness is so nice. Since coming onto this path of knowledge, we do not have to walk or run; how do we get from one place to another? We fly. Baba is our beloved and so sweet. He is full of sweetness and love, and so each one of us must become like this too. This love of God that we receive at the Confluence Age, cannot be received at any other time in the whole *Kalpa*.

As a detached observer, I see how Baba's children are coming from so many places across the world. When we came here from Karachi, we came up to the top of this mountain and asked Baba, "Is this the place?" We liked it very much.

Baba asks the children not to worry. We know that if we worry, we will hurry and, thus, make

curry, a mess! When we are in a rush, then harsh words can emerge. We need to glorify Baba's name. In this happiness of glorification, there is so much income. In any form of sorrow or suffering, we forget Baba. This heart of mine is filled with happiness and this head and brain are cool. Let our nature be easy. Each one should check the self. If you do not like something from your heart, what will happen in your head? You won't be able to catch the vibrations. The entire work of the Brahma Kumaris is about the heart, the brain and the *drishti*. In dreams, I see the Drama. In Drama, I see my dreams. This Confluence Age is the most praiseworthy and auspicious time. This time does not come again, so make the best use of it now, just keep moving ahead and look forward to a very bright and golden future. ■■

LAUGHTER: THE BEST MEDICINE

- ◆ Reaching the end of a job interview, the HR Officer asks a young engineer, "And what starting salary are you looking for?" The engineer replies, "In the region of 50 lacs a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks' vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."
- ◆ I told my boss that three companies were after me and I need a raise....
My boss asked "what companies?"
Gas, water and electricity company.
- ◆ Employer: We need someone responsible for the job.
Job Applicant: Sir your search ends here! In my previous job whenever something went wrong, everybody said I was responsible.



PATIENCE THE SOLUTION TO EVERY PROBLEM

One needs to be more patient after failures because there is some goodness hidden in failure, which we do not see immediately.



He was a prosperous businessman. He was the owner of many buildings and had gardens in a vast area. Whenever he got time, he would go to see his gardens and get information about

each tree and plant from the gardener.

The gardener was also very loyal. He kept a watchful eye on every small and big plant and tree in the garden and took care of them with utmost devotion. One day the merchant asked the gardener to plant a fig tree. The gardener immediately planted the sapling.

Quite a long time passed. The fig plant became a tree, but it did not bear fruit. The businessman was very upset. He said to the gardener – This tree proved useless. This tree has unnecessarily occupied so much land. Three years passed but this stump did not bear any fruit. Cut it out.

The gardener said - Master, give me one year's time, I will make a pond around it, provide water and fertilizer. It is possible that our one-year wait will bear fruit and new life will come to this stump. If it still doesn't bear flowers and fruits, I will cut it. The businessman agreed and it actually bore fruit the next year.

Many times, it happens that a gardener plants a seed but the seed does not germinate. Even if



B.K. Ram Singh, Rewari

it germinates, it cannot grow into a tree. Even if a tree is formed, it does not bear flowers and fruits. **Many times, it happens in life that we do not get the expected results of a particular task, in such a situation we start feeling uncomfortable and our patience starts breaking, but it is important to have patience for success.** One needs to be more patient after failures because there is some goodness hidden in failure, which we do not see immediately. By being patient, time will definitely show it. Therefore, one who has patience can get whatever he wants, that is, patience is the solution to every difficulty. One should keep trying by being patient and not giving up due to failure. With strong self-confidence, hard work and dedication, one day success is definitely achieved.

What is Patience: Patience means that where we are, in whatever situation, even if it is not favourable for us, we should not be restless. There should be readiness to get out of that situation, but there should not be haste. Spend those difficult times with the thought that when the time comes, everything will be fine or think that whatever happens, it will be revealed to us one day. Therefore, only the person who waits like this is

patient.

The Importance of Patience: The person who is patient gets everything from the house of God for which he strives because patience is the energy which strengthens our soul. Therefore, when we start any work, till we get its results, it becomes important for us to be patient. Being patient means doing work with simplicity and waiting for the result. Therefore, it proves inappropriate for every person to complete the work with patience.

The Power of Patience: Patience is that quality of our mind due to which we do not get distracted in any kind of situation. This is the state of endurance of a person whose patience is recognized in difficult situations. It is the state of tolerance that protects the human mind from the influence of vices like anger or irritation because it is the state before negativity, which reflects our level of tolerance. This quality makes us mentally strong.

One who is wise, understands the importance of patience. He has derived his principle of life from this principle of nature. He says that whatever happens, it happens according to time, hence we should keep doing our work calmly and wait patiently for the results.

Karma is Important: A patient person does not lose his patience even in normal circumstances, that is, only that person is patient whose mind does not get distorted even in any situation that creates disorder. *Karma* is important in human life. If your actions are good then their results will also be good. Therefore, we should remain engaged in work with full devotion and patience, that is, we should keep making continuous efforts. If you don't have patience, the delay in results makes the mind restless. One who has both meditation as well as patience in his life can achieve everything in his life.

Qualities Associated with Patience: Among the most successful people of the world, along with many qualities, one quality of patience is found because this quality increases the power of tolerance of a person, due to which the person does not get disappointed in difficult situations. And he becomes an extraordinary personality. A person who cannot keep patience for five to ten minutes can never move ahead in his life.

Patience is the quality that enables a person to face adverse situations without falling victim to fear. Patience is neither the name of boldness nor of defiant behaviour. Patience is the constant struggle without fear. Patience is a display of wisdom that shows you have a strong resolve to make tomorrow.

Patience Helps in Understanding the Situations: Patience increases a person's ability to tolerate every failure i.e. patience is a skill that enables a person to remain continuously focused, no matter how far we go in the journey of life. Why not face difficulties and problems too? When we feel surrounded by any difficulty, patience helps us to understand those situations again.

Patience is also the practice of self-control and opens the way for us to live a happy and peaceful life because patience plays an important role in a person achieving success. We need patience to achieve our objectives and goals. Patience only provides us energy, cooperation and enthusiasm. At the same time, it helps in keeping away stress and irritability and helps in building one's reputation and taking better decisions.

Patience is an Important Part of our Life: Patience itself means: Peace, self-control, bearing every hardship with patience, that is, patient people are more fair, cooperative,

sympathetic and more forgiving. Whereas patience is an essential part of our life because whenever a person faces any trouble, instead of getting disappointed, his patience helps him to give the right response. Patience makes a person feel like working more intelligently and efficiently and with greater control over this chaotic world.

Without Patience a Person Remains Poor and Unhappy:

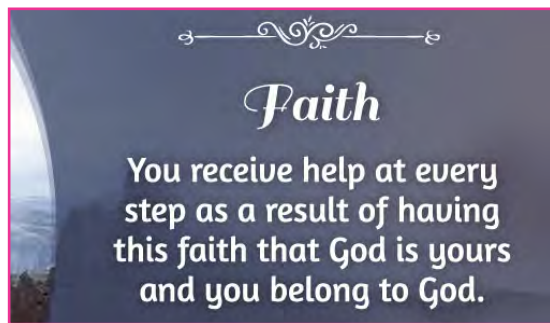
Saint Kabir ji has said:

"The wise are cut off from knowledge, the ignorant are cut off and cry.

Death, old age, disaster, everything happens to why?"

That is, the person who does not take the help of patience becomes destitute i.e. poor, due to this they remain more unhappy. In this world, one who is dependent on others, who has some kind

of hope by going in front of others and pleading, there is no other suffering greater than this. That is why it is said that whenever one is going through difficult times in life, one should maintain patience and try to remove the causes of difficulties or get other facilities because a person spends so much energy in being impatient and being sad. If you put even half of this energy into trying, then it is possible to resolve difficulties. ■ ■



WORDS OF WISDOM

- ◆ **The only thing standing between you and your goal is the story you keep telling yourself as to why you can't achieve it.**
- ◆ **If you work hard, you have a better chance of producing something that you're proud of. If you don't, you won't. It's really simple.**
- ◆ **The way someone treats you is a reflection of how they feel about themselves.**
- ◆ **The greatest glory in living, lies not in never falling, but in rising every time we fall.**
- ◆ **Strive not to be a success, but rather to be of value.**
- ◆ **The journey of a thousand miles begins with one step.**
- ◆ **Challenges are what make life interesting, and overcoming them is what makes life meaningful.**

SETTING HIGHER STANDARDS FOR LIFE

For those in the process of upgrading themselves, here are steps to setting higher personal standards to live the life they want.



For those of you who aren't exactly sure what standards are, think of them as the set of behaviours, beliefs or values that you have decided to live by. Standards govern how you live your life, what people

learn to expect from you, and what you're willing to put up with.

So what behaviours, beliefs and values determine your daily habits and routine? What identity or story about yourself have you formulated in the minds of others? What are you putting up with or tolerating in your life? Answering those questions determine your current personal standards.

You should have a set of personal standards that you hold yourself up to, in order to live a life that you love.

So, for the ones who are in the process of upgrading themselves, here are the steps to setting higher personal standards:

Create a Compelling Vision for Your Life

To transform your standards, you must make sure that you've created a compelling vision for your life first. This means that to get from Point 1 to Point 2, you must develop a vision for yourself on what you truly, deeply, badly want your dream life or circumstance to look like deep down to your core. It must be a vision of yourself that gets you excited and pumped and jumping for joy that you get to work on it every day.



Farha Sayed, Mumbai

Assess the Areas of Your Life You Must Improve to Achieve Your Compelling Vision

Now that you've decided upon the compelling vision of a future that gets you excited, driven and inspired every time you think about it, it's now the best time to look at the different areas of your life that affect and influence the reality of your compelling vision. There's magic in writing things down, so make a list of every area of your life where you must set higher personal standards in order to achieve success.

Is it your physical or mental health? Is it your time management? Is it the state of relationships – with yourself and others? Is it your work ethic? Is it your spiritual life? Is it procrastination? Is it poor organisation?

Know Your Why

It's also important to know your why. Why do you want to raise your standards in these areas of your life? Ask yourself that. What are the strong reasons behind improving these areas of your life?

Have Rituals and Routines

The truth is that your dream life isn't going to fall into your lap. It takes a lot of work. You know that already. So, to bring that dream into reality, it's important to develop rituals and routines that reflect your higher standards for yourself, that get you closer to your goal with every passing day. Some of these can be waking up every morning at 4 a.m., to meditate, to work on a project before time, or reciting powerful affirmations to yourself before bed so you go to sleep with high vibes. Experiencing little accomplishments like these every day is the key to building momentum. Momentum will keep you proactive and in action-mode for the long run.

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ATTITUDE MATTERS

A beautiful aspect of our lives which we sometimes do not give adequate importance to, is the need for taking care of our attitude towards everyone and how we look at each one.

There was once a businessman who became known as the most successful person in his field because of his hard work and dedication. Thousands of people admired and respected him. Everyone's attitude was extremely nice and positive towards him. Sometime in the middle of his career he started doing badly and suddenly people began to move away from him. The attitude of many people towards him started becoming negative and the same people who were happy with him during his success, were no longer there for him, in his life's difficult situation. The world had turned its back to him. Why did he face such a response from the people around him? Was something lacking in him? Did he commit some mistake? Not at all. But the world was like that for him - having a negative attitude. Spiritual wisdom says **your attitude for everyone should not only be positive but ever-positive i.e., continuously positive.**

Are we able to always have a positive attitude for everyone? Do you ever wonder what stops us from doing that? Our attitude towards people changes very easily. There is an example of two people A and B having a conversation amongst each other. B explained something negative about C to A and went away. Later in the day, C came to A to ask for help and A refused to help because he thought C was not a nice person. Who was responsible for this action? B and his negative feedback about C which he gave to A.



This changed A's attitude towards C. This can happen with us in our social circles or in our offices or even in our families. **Attitude matters. It is the foundation stone of all relationships.**

Our attitude towards a person is commonly based a lot on what we listen from others about him or her, as discussed in yesterday's message. On the other hand, **a person who is determined to have a positive attitude will not let all that he hears, affect him. He will maintain a balance by knowing everything about a person or what others are saying about the other person, if required and yet remaining the same in his attitude.** This is because sometimes in a particular role, in any sphere of life, it may be important to know everything about a person from others also. That does not mean that we should gossip about the other person and indulge in discussions about him or her. This may be unnecessary at times because sometimes people give incorrect feedback also. But that's not true every time. Sometimes the feedback may be correct and not so positive. Also, it may be important to know that piece of information about a particular person, which you are receiving, so that you can take the right steps to correct the

person or the situation involving the person.

At that time, use your power of discrimination and judgment to know whether what you are hearing is true or not because the other person sharing the information with you, may be incorrect or may purposely be lying or lying because of his or her own lack of discrimination and judgment power. Also, at times, it may be good to refuse the other person's piece of information or if that's not possible, hear it, but not let it affect you negatively. In other words, neither should you be disturbed by that piece of information and neither should you share that piece of information with others. Lastly and very importantly your attitude towards that person, about whom information was shared with you, should remain the same. Otherwise **following your attitude change, your behaviour towards that person changes and as a result your relationship with that person gets affected negatively. How to keep a positive attitude for a person about whom we hear negative information?**

When listening to a piece of information use your third ear to listen. We normally use the words third eye or the eye of wisdom. In the same way, **the ear of wisdom means while you listen to something about a person with your physical ears, use this third ear to differentiate between what is right and what is wrong.** What that means is emerge spiritual wisdom of different life situations in your mind. Also, emerge the knowledge of Law of Karma (Action). The Law of Karma states that every action on a spiritual level causes a similar reaction or life situation to come back to us. A positive action brings a positive life situation back to us and a negative action brings a negative life situation back to us. The two ears will listen physically but the third ear will listen to

the physical information after filtering it with the filter of the Law of Karma. That additionally means understanding every hidden aspect of the information being shared with you about a particular person and yet keeping a positive attitude towards that person.

At the same time, **use the 8 powers in that particular situation – the power to tolerate, power to accommodate, power to face, power to pack up, power to discriminate, power to judge, power to withdraw and power to co-operate, to bring about success in that particular situation.** What that means is – do the right thing at the right time – resolve the problem filled situation without harming anyone's interests on a physical level or subtle level of mental energies. Also, keep good wishes for everyone involved, keep yourself free from waste and negative thoughts and maintain the positive environment of the workplace or home. Also, spread good information about everyone including the person who may have committed a mistake or the person who has given you right or wrong information about that person. Lastly, remember everyone's original qualities are peace, joy, love, bliss, purity, power and wisdom. **Look at everyone with these spectacles of their original qualities and don't look with the filters of negativity and weaknesses of different colours.** Then everyone will look beautiful. Attitude matters and it is the key to success. So always keep it nice, pure and positive for everyone. ■ ■



CELEBRATING TRUE TEACHERS' DAY



A child is a soil;
teacher being the
potter
Shapes students'
lives, being true
supporter
Their teachings
make students'
career

Years of hard-work removes all barriers
Their expert care and able guidance
Lay nation's foundation with real
fragrance
Guru Disciple tradition - now a thing of past
World is moving towards materialism too fast
Every student of today becoming
Abhimanyu
Trapped by Internet, Social Media sans
any clue
Religious diversions are ingredients of
education
Spoiling teacher-student uprooting
foundation
Selfless teachers and sincere students rare

B.K. Yogesh Kumar, New Delhi

Still keeping alive real values with
care
Creating civilized society is responsibility of
one
He's Ocean of Knowledge, glows
shiner than Sun
He imparts Rajyoga, thus, builds our
character
Makes us soul-conscious; being real
protector
He is Supreme Father, Supreme
Teacher, *Satguru*
Commences the process of Golden
Age, anew
Establishes a value-based society
and civilization
Paving the way of gods-goddesses
creation
God Shiva Supreme Friend, Saviour,
World Transformer
Make all relations with Him – Friend,
Child and Teacher

I AM " THE MASTER " OF MY LIFE



Busy though in personal
Care
Must fuel the Mind and Be
Aware
Innate is a secret Positive
Reservoir
Lake of Alacrity to charge
daily Devoir

Just a second's positive thought
Ignites core energy and treasures are Sought
Me a Sparkling Light, Throned in the Forehead

B.K. Sarika, Nalasopara East, Vasai, Mumbai

My Third Eye is awake and Life Goals set
Ahead
with High Quality Buoyant Mind
I feel Light, Peaceful and Refined
I the Divine Energy, Royal King, Ruler of Self
Controls Mind, Body, Emotions being
Oneself
Mighty and Graceful Soul I am ready to thrive
Bacons....Now.... I am The Master of my Life ■

HEALING AMIDST SERENITY A JOURNEY AT GLOBAL HOSPITAL



My experience at Global Hospital was exceptional. The compassionate care, combined with the serene environment, made us feel more like guests at a resort than patients in a hospital.

B.K. Mansa, Shantivan



Nestled amidst the tranquil beauty of Mount Abu lies a sanctuary of healing, where illness meets solace and patients are embraced with warmth and compassion. Global Hospital, run by Brahma Kumaris at Mount

Abu, a beacon of hope for those in need, offers more than just medical treatment; it provides a haven where patients are treated with utmost care and dignity.

If you ever find yourself unwell and in need of hospitalization, I highly recommend visiting Global Hospital in Mount Abu. You will feel as though you are on a holiday vacation, staying at a resort while receiving exceptional care from the staff.

Recently, I had the great opportunity to experience the hospitality of Global Hospital firsthand. Illness is something that everyone, young or old, has to face at some point. My mother and I were admitted on June 4th, 2024. She was suffering from severe leg and hand pain. Despite the illness, I was overjoyed by the level of care and hospitality we received.

The nurses, staff, ward boys, attendants, and cleaners were incredibly humble and cordial. Everyone performed their duties with a smile on

their face, from the main reception counter to the admission desk and the Ward P2 counter. Every staff member attended to us with a smile. I have never seen such a beautiful family-like atmosphere in any other hospital. In the outside world, hospital staff are often stressed and under a lot of pressure.

At Global Hospital, patients are provided with three nutritious meals a day: breakfast, lunch, and dinner. In addition, tea and snacks are served three times a day, along with fruits between breakfast and lunch. The food is very hygienic and well-packed.

The nurses were diligent in administering prescribed treatments on time. Everyone and everything was very punctual.

How can I forget Cleaning Staff, they used to clean rooms and wash room twice a day, change bedspread, dust and keep everything arranged.

Now talk about the Doctor, the captain of the ship - without him we couldn't be cured. When my mother and I visited Dr. Sachin due to her severe limb pain, his expertise and compassionate approach were immediately evident. Dr. Sachin quickly devised a comprehensive treatment plan. He prescribed the necessary medications.

He ensured that my mother received timely and appropriate care. His attention to detail and

(Contd. on page no. 27)

REWIRING THE BRAIN

If a person is exposed to threatening situations for long durations, specially, during childhood, strong patterns and memories are created which drive our behaviour throughout our lives.

There are functions in the brain whose sole purpose is self-protection and ensuring continued existence of any species. These are lower brain functions and are common in humans and other lower order species. They are completely driven by *Prakriti* and our logic and rationality doesn't have much role to play in these. When we experience an intense event that threatens our survival or causes trauma, a fear response is initiated. The memory of this event is stored in our brain. Whenever we face similar stimulants again, the same fear response is initiated at mental and physical level. Our body's threat response system takes over and we don't have much control over how we behave at that time. For example, a sudden burst of anger because things don't go the way we want.

If a person is exposed to such threatening situations for long durations, specially, during childhood, strong patterns and memories are created which drive our behaviour throughout our lives and control us in ways which we may not like or find it tough to understand. This causes high levels of stress and anxiety because the brain's threat response is always active. This affects functions which are meant for our well-being and can lead to digestive issues, heart problems etc.

We need to understand our own behaviour and work on these stressors and triggers in order to erase these conditioned responses.

Many spiritual points of knowledge can help



B K Shikha, Noida

to change our behaviour.

First of all, complete surrender to one Supreme father, and deep trust that HE is the ultimate source of protection for everyone helps one in changing his behaviour. As long as we seek safety through other humans and social structures, we will try to ensure that things on a physical level continue to be such that we are protected. But what happens in the physical realm is not in our control. The only thing we can control is our own thoughts and actions. Instead of trying to control what by its very nature is transient, if we understand and rely on the one real support, we can be at peace with ourselves.

Understanding that this is a drama where we are playing out our script and so everyone else is important. There could be unpleasant events that happened in the past which triggers us when we come in contact with those people again. But no event happens without a reason. And every action has an equal and opposite reaction. If we feel that we have been wronged, we can be sure that we have done the same to others at some point in the past and we are paying back. Even if that is not the case, **facing a tough situation with calm increases our inner strength and makes us better equipped for next time.** It's a great strength to

be able to decide how we want to behave in a situation rather than getting triggered and giving all our control to external situations.

No situation or person in our life remains forever. Why not live every moment in a way that when we look back or when it's time to leave, for us or others, we don't have to regret about the way we behaved?

When we get angry or emotionally disturbed, even if the reason might be that I am right and the other person is wrong, this fire of anger or hatred first burns me. Because it's my mind where the

thoughts are being generated. And **the moment we create negative thoughts about someone, we form a subtle negative account which then has to be settled through future suffering. And when we bring it in words and actions the account get even bigger.**

Regular meditation, giving spiritual food to the mind, connecting with the Supreme and introspection can gradually make us more and more peaceful and help us to understand our own conditioned behaviour and find ways to remodel our inner world. ■ ■

Contd. from page no. 8

can be categorized into positive, negative, waste and necessary thoughts. By being aware of one's thoughts, one can try to create positive thoughts always and necessary thoughts when required. The process is a simple check-and-change process. One checks the kind of thoughts and emotions one is creating and changes negative thoughts and emotions into positive ones.

Along with this, there are certain other things one needs to take care of. When people want to be physically healthy, they exercise and follow a specific diet. They avoid eating certain foods, such as junk food, which can have a negative impact on their body. Similarly, one needs to focus on the exercise and diet of the mind in order to make it healthy. One exercise of the mind is the one mentioned before – to check and change one's thoughts and emotions. Another powerful exercise of the mind is to detach from everything around and connect with God. Such a drill of the mind can be performed multiple times a day. One can perform this drill for one minute, every hour throughout the day. Along with exercising, the diet of the mind plays a crucial role in its health.

The diet of the mind is nothing but what one sees, listens to and reads. The content one consumes affects the quality of thoughts and emotions one creates.

Every effort should be made to avoid consuming negative or wasteful content if one wants to achieve complete control over the mind. Consuming positive content helps in creating positive thoughts and emotions. Just as a bucket with a hole cannot be completely filled with water, consumption of negative content drains one's positivity, preventing the mind from being filled with positivity to the brim.

Committing to the exercise and diet of the mind requires effort, and achieving the desired outcome may take some time. Results cannot be achieved overnight and constant effort is required to attain the desired outcome. It is important to not give up and with full faith, continue the effort to master one's mind. This journey of effort would not seem difficult, as God himself helps those who help themselves. We need to just take one step of courage and God helps us in a thousand ways to achieve our goal. With our efforts and God's help, we can gain complete control over our minds and thus always be happy! ■ ■

MAKING SLEEP PEACEFUL AND BLISSFUL

Sleep is one of the most important aspects of human wellness and influences our physical, spiritual and emotional health immensely. Let's look at 5 tips for making sleep peaceful and blissful: –

1. Meditate For A Few Minutes Before Sleeping:

The entire day, the soul performs actions through the body and the mind constantly creates thoughts. So, it's good to experience soul consciousness and connect with God - the Supreme Soul for about 15 minutes before sleeping. This makes the mind silent and the intellect pure, which is the perfect preparation for a good night's sleep.

2. Reduce Mobile Phone Use and TV Viewing Before Sleeping:

For about 45 minutes to one hour before sleeping, keep your mobile phone away as much as possible from your eyes and avoid viewing anything on the television. This will relax the mind and the brain immensely and it will be easy to sleep easily as soon as you lie down in your bed.

3. Thank God for The Day and Clear All Burdens Before Sleeping:

Tell God about the entire day that has passed, thank Him and if something negative has happened in the day, clear that

(Contd. on page no. 14)

Live Up to Your Standards

Firstly, you must surround yourself primarily with go-getters and people of excellence who can inspire you, motivate you, guide you and help you grow.

Secondly, investing in your own personal growth journey is imperative.

The growth journey begins with Rajyoga Meditation. Once you identify yourself in a new way and own it every day, that higher standard

burden before sleeping. Don't take the burden into your bed.

4. Visualize A Circle of Positive Energy Around Your Bed and Experience an Affirmation Before Sleeping:

Visualize a golden circle of peace, purity and power around your bed for a few seconds before sleeping and experience an affirmation that - I am a peaceful and blissful soul. I am protected and I sleep easily. This will make your aura positive and will protect you from negative and impure energies of the world which might disturb your sleep.

5. Avoid Talking Too Much and Unnecessary Conversations Before Sleeping:

The more you talk before sleeping, the more thoughts the mind creates and the more active the brain becomes. So, talk less, talk sweetly and talk softly before sleeping. ■ ■

you've now set for yourself will naturally become the standard by which you govern your life.

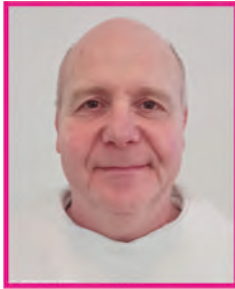
By setting higher standards and continuing to live up to them you don't need to worry about settling for average. You won't. You won't allow yourself to accept anything less than what you truly want because you'll be dedicated to excellence and determined to succeed. ■





THE PAIN OF THE EGO

Only the "I" of the body makes us cry. The "I" of the soul sees the "I" of the body and wages war on it. It is the only war man can ever win because it is the war to end all wars.



We know that ego lifts us up and drops us on the floor. Pride comes before the fall. What goes up must come down. The ego of the body always needs massaging. It desires control of someone or

something. It seeks praise and feels insecure. The ego needs to be reined in as it keeps arguing with others. It keeps complaining about one thing or another in the background of my mind. It's the seed of anger and fear.

It needs neutralising for because it is in a biased state. The ego takes the knocks and never handles them well. It left us vulnerable, volatile and sensitive.

Through this false sense of security, man attained his so-called self-worth from others looking at him favourably. It cannot handle people looking at him unfavourably.

A neutral action is when you're not fazed by others. Whether they care for you or not, whether you are praised or not praised, it's the removal of feeling of being disappointed by others. It is the removal of thinking what others should or shouldn't be doing.

Often the ego doesn't consider others, it works towards being massaged and that's all that counts. Being selfish when the wills of a passing loved one, is defined as self-preservation or looking after one's self. Egoless means whatever comes is fine and whatever doesn't is also fine. Egoless has no asking nature.

In fact, the ego can be described as a prosecutor of any perpetrators in our life and the

B.K. Andrew, Grant UK

defence counsel when we feel ourselves to be the victim. It doesn't just state its case but goes on at length to prove our case again and again. It will make its case in the dungeon of the mind without the person realising they are imprisoned by it.

It's the ego that hooks onto a situation and emphasises what needs to be corrected. It spends its life trying to prove itself to be right or prove itself to not being treated fairly. It can be an intimidator or interrogator. It can also play a victim role that replaces the word excuses, with having very good reasons for its carelessness or laziness. It makes an obscene effort to paint itself as a good, moral person. It mustn't be seen by others as weak. It offends others but defends itself if the finger of blame comes its way.

It made life a roller coaster from making us feel confident and then making us feel insecure and vulnerable.

Pure thoughts for the self: "I am an angel, I am a light and might house, I am God's child, I am an elevated soul, I am a Shiv Shakti combined with God, I need nothing, I have everything" challenges the ever-emotional ego. The ego has been seen for what it is and we don't ride that horse anymore. We neutralise it and that comes across in our interactions with others.

Only the "I" of the body makes us cry. The "I" of the soul sees the "I" of the body and wages war on it. It is the only war man can ever win because it is the war to end all wars. There is no end to the other wars externally because a new enemy will keep emerging one after another. Inner peace is the result of fighting the good fight. Neutralise means we now have neutral eyes. We see everything much more clearly. ■ ■

THINK WELL

Think well, to be well, to do well, and to live well. With the ink of your thoughts in your unending inkwell (mind), what do you write?

B.K. David, Paignton, UK



Does your inkwell contain gold in? If so, you can write yourself a golden future, lifestyle and book of adventure, love, ease, peace and nobility.

Most can be seen writing about their daily life from down the sewer using sewer water as ink. All they can write of is their daily life of living down the sewer that's far from the sunlight of spiritual truth and happiness.

Our thoughts cannot ever lie and reflect outwardly what's taking place in their present and influenced from their troubled past and most likely, are creating a dreary future based on the inspirations for their book that will see them have to suffer in the sewer.

People complain of their boring, painful uneventful lives but it's they are writing the script from which they will find it hard to deviate and must endure the consequences of acting with falsehood, deception to the true self and allowing their life to be wrapped in the chains of bad habits.

Some ink is as poisonous as snake poison as the person holding the pen that filled it, has a life full of hate, revenge and hostility to most they meet and can never smile, laugh, be kind, gentle or positive.

Many are always busy looking at everyone else around them but such activity blinds them in seeing their self in the mirror of truth.

The more we live a life of falsehood and vice, the more the gold ink in the soul dries up and is

replaced with blue or even red ink as instead of leading a disciplined life focussing on the self, its progress and elevated thinking and doing, many get consumed by looking at what others are doing: their whole seems to revolve around trying to correct others and have forgot completely to look at themselves that are making the greatest mistakes.

The challenge should be to not see others but only the spiritual self as you walk and talk. Achieve this noble aim and you'll slowly achieve lasting happiness, a true success and a life of contentment. Are you ready for this elevated challenge? Many are not and live under the constant showers of vice.

Using gold ink will put the 'Seal of Happiness' on your soul that guarantees you lead a healthy and contented life.

Many use silver ink to write letters (to think with), others silver and blue, with most using plain blue and end up getting many red ink corrections over every page every day.

Writing in pencil is now common place everywhere. With pencil (body consciousness, fickleness, sensitive nature) it's easy to change what you write (think), become influenced and at the whim of many people from minute-to-minute with you being led here and there.

Let's not forget those who write with invisible ink as they wish keep their private lives of vice a hidden secret.

At least in pencil it can be rubbed out to

correct it and made good. Most write with the pencil that has no rubber on its top so can rub out any mistakes. For those that write with lead, are led away to suffer and what they do write (think) remains forever imprinted on the page of their soul.

Some books are covered in plastic and some in gold with gold leaf pages.

Many books contain horror stories, some romantic novels, detective stories or simply mundane read easy to put down as have no plot to ever develop. How would you describe your book's story: comedy, tragedy, mystery or amazing thriller?

Living a life without God and truth is to fly in a hot air balloon that's devoid of hot air.

The bland black and white pages of a book reflect the majority of people's lives that are either for God or against Him; lived for others or only for self gain. Without God, there is no white (the happiness that purity brings), with such books containing many boring black and grey pages. You'll never find even one coloured picture in any book that's devoid of mentioning God.

The lightning bolt of vice strikes many times in the same place during the day that injures and even kills.

The short pencil of vice and falsehood has a very sharp tip that easily punctures your hot air balloon that will keep you grounded, struggling and dirty on man's mud that can and does, turn to a dangerous bog if it pours down with the rain and hail of bad habits.

Blessed and wise are those who wear the thick clothes of truth that make them lightning, fire and waterproof.

When you conduct yourself spiritually, always

putting your soul first and ignoring your physical body, your body will not be acting as a lightening conductor as you'll be living vice free.

The spiritually wise write daily their elevated activity and thoughts in their spiritual diary that keeps them safe and away from being set on fire, hit by lightning, away from the bog of falsehood or drowning in the ocean of vice that is surrounding everyone.

This simple daily diary will keep you on the straight and simple path that at its end is paved with gold with diamonds for cat's eyes. Do not be fooled by this path's simplicity and plainness as it's paved with endless enlightenment and peace and at its very end, is the great wealth of all, constant happiness.

Most walk a crooked path at speed and without thought.

Their paths are of show, glamour and greed chasing after immediate pleasures gained from indulging their senses and when not, can be seen rushing here and there to make more money, stopping only at their bank that's the prominent building in their lives, along with the pub, hairdresser, clothes store or cake shop.

Can you be seen speeding through life without thinking, other than how and when you can next, please your senses and wallet?

Most people study daily the pages that teach of vice or how to make money and is their ritual and obsession to which they chant inside.

Peaceful remain those in control of their mind and senses. Peaceless are those that have succumbed to life's temptations of indulgence where constant satisfaction is their religion and scripture book they carry everywhere and study is called GREED. ■ ■

“WHO AM I”

When I was young, the world seemed vast and intimidating,

But my grandfather, with profound wisdom never flaunting,
Pointed to a star with a gentle hand,
"See that star, my dear? It'll guide you through the land."
I marvelled at these concepts grand,
As he gazed at me like a sage in command.
I restrained my impatience with all my might,
But alas, our communication remained out of sight.
As I grew older, I uncovered a treasure,
Realizing my worries about fate were mere clutter.
For I discovered within, a radiant light,
A star within, shining ever bright.
No longer bound by earthly scars,
I am the essence beyond the bars.
This flesh and bone, a mere facade,
As I am a shining star, I proudly laud.
The highest of the highest Supreme star, Taught us how wonderful we are.
It's not the body and my relations which are defining me so far,



B.K. Banu, Mandi (HP)

Whatever stresses am I creating with a physical mentality is bizarre.
I am an eternal *avatar*.
My destiny shaped by actions pure,
Life's journey, a grand allure.
Delighted to realize, I am a celestial being,
In this earthly vessel, I find meaning.
Driving through the physical realm,
With the Supreme Star at the helm.
Choosing to embrace my true reality,
In the embrace of divine totality.
We are all stars in this world drama,
God Shiva is teaching us the ways to *nirvana*,
By using the old chariot of Brahma,
We the stars are meeting with the Rama.
Now I find out I am a wonderful star,
Powers and virtues are innate to me are now not so far,
It's me who has to become the exemplar,
The world is facing a turmoil and war,
To bring truce it's better to embrace the reality of who we are.



The Power of a Peaceful Mind

Often, when we encounter challenges or tough situations, our initial reaction is to respond with worry or negative thoughts. This internal turmoil can make it seem like we're addressing the issue, but in reality, it hinders our ability to effectively manage the situation, leading to frequent setbacks. The key to overcoming obstacles lies in first finding inner calm. It is only with a serene mind that we can uncover the solutions we seek. It's important to remember that every challenge carries with it a solution. By maintaining tranquility, we enable ourselves to tap into our intuition and discover the answers that are waiting to be found.

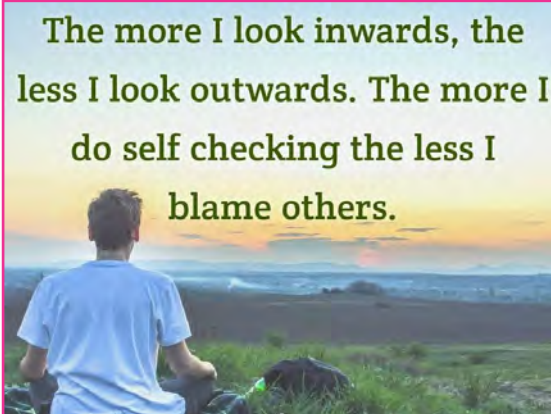


When we co-operate or help someone, we experience enormous satisfaction and contentment, increasing soul power. We also earn blessings from the person who received our co-operation.

T rue co-operation means extending unconditional support to everyone in every situation, with a feeling of belongingness and an intention of empowerment. It strengthens our original qualities of humility, love, compassion and empathy, thereby helping us overcome negative *sanskars* of ego, jealousy, resentment and competition. Co-operation often does not need us to do anything, we just need to be our self-calm and stable. Our vibrations give co-operation and support to ease people around us and make those moments a beautiful experience for them. Our vibrations help them to emerge their divinity in response to situations.

Co-operation is an antidote (neutralizer) to Competition. Many of us have lived with the belief that life is a competition. We created stress, anger, jealousy, hatred and at times had to compromise on our ethics to get ahead of people. Let us internalize and finalize today - we are not in competition with anyone. Each one receives a result of their past and present karmas. Each one is getting what is fair for them. We can improve and increase our achievements only in reference to our self not in reference to others. When we co-operate or help someone, we experience enormous satisfaction and contentment, increasing soul power. We also

earn blessings from the person who received our co-operation. If we reject people because our *sanskars* or opinions differ, our energy of love, sharing and caring gets blocked. Whenever we co-operate let us check our intention behind the act - whether we expect to get something in return. If so, the energy of cooperation gets adulterated with the energy of greed. Also, we need to check for ego or a feeling of being superior to the person who receives our co-operation. Ego dilutes the energy. By accepting and adjusting with different *sanskars*, by sharing and caring, we are radiating pure vibrations into the world. Our vibrations are influencing the collective consciousness of the world. When we change, the world will change and become more united and fuller of harmony. ■ ■



YOUR MIND IS YOUR INNER CHILD

The mind is like our child. Even as we go about fulfilling our responsibilities, priority needs to be the well-being of this child within. We need to nourish it, love it and comfort it. **People believe they have lost control over their mind and wish to control other people's minds to feel powerful.** Our mind is the only entity in our control. A little attention and love will discipline this inner child.

1. As you like to remain connected to your children always, be connected to your mind and guide it at every step: While fulfilling responsibilities like household work, family, career and health, your priority should be the child within.

2. This inner child may not be in your control only because it is not taught how to

think or how much to think: Meditate and read spiritual messages daily, it becomes a source for the mind to create right thoughts.

3. While taking care of your responsibilities, the child might start crying: Which means it is irritated, angry, jealous, scared or hurt. Withdraw for a minute from whatever you are doing to silence the child. Teach your mind to be powerful when people are not fair to you, to forget the past and to think nice for all.

4. Discipline this child with love, not force or harshness: When you understand your mind, understanding others becomes simple. While dealing with others, you are dealing with the child within them. ■ ■

Contd. from page ... 18

dedication to her well-being were evident throughout her stay.

Dr. Sachin is one of the esteemed physicians at Global Hospital, Mount Abu, whose dedication and expertise have made a profound impact on countless patients. Known for his compassionate care and exceptional medical skills, Dr. Sachin exemplifies the hospital's ethos of holistic and patient treatment.

My Mother also has great faith in the Doctor, she got admitted only after knowing Dr. Sachin will be treating her. She called her mother, my grandma and told - "Doctor is a great Yogi, And I will be okay soon" and I was wondering where did all his degrees and study of medical sciences go!

Well, he also referred for Physiotherapy and Magnetic therapy. The thing which caught hold

of me was, Dr. Ramesh Dharamthok's enthusiasm. He heads the Magnetic therapy department. He might be in his eighties, full of zeal and enthusiasm. Full of life, treats his patients with utmost care. He used to sit in front of me and share his memories and experiences with *Avyakt Bapdada*, Dadis and Didis - A wonderful man - with complete faith on God, *Ek Bal Ek Bharosa*. He shared many instances where The Supreme helped him, and catered his needs without asking anybody.

Finally, By the time of mom's discharge after five days, she felt significantly better and had a renewed sense of hope and health.

Overall, my experience at Global Hospital was exceptional. The compassionate care, combined with the serene environment, made us feel more like guests at a resort than patients in a hospital. ■ ■

MY SWEET FATHER

How many times we must have encountered such situations seeking the Supreme Father's intervention in our life? Every time we did this; His love, His mercy, His guidance has sailed us through turbulent tsunamis.



Nevertheless, at home our father supports us a lot, loves us a lot; however, as we grow in our life a time comes when we have to look up to the higher power - the Supreme Father. We surrender to His will to get an

accurate answer as our life gets entangled in taking care of our own desires to live a better life. If we "stop" for a second and look back – how many times we must have encountered such situations seeking His intervention in our life? Every time we did this - His love, His mercy, His guidance has sailed us through turbulent tsunamis.

Waiting for His answer isn't an easy task. But, a determined thought to sought His help 'only' fill us with great patience. On reflection we see innumerable times so many barriers came in our life and gone but every barrier kept us grounded as we had a spiritual quest to rely on His final decision. We encircled ourselves in His highest on high company by making Him the "light house" of our life. No matter if we commit several mistakes but He being a companion always help us to change it into the best with His unconditional permanent support. Like us, He never grumbles why sometimes we shun Him but at one sigh He immediately appears as He can't see us miserable. We are His children. How can a



B.K. Priti Dhopte, Nagpur

father see his children in distress?

His presence becomes a shadow as we walk under the sun in thorns of failures. Have not we experienced at times during failure when we are about to fall in an instance a mighty help comes from nowhere and hold our hands of intellect? A new thought, a new solution, a sparkling idea changes everything in a moment.

There is a saying "life is not a bed of roses". But have we not seen He transforming all hurdles, blockages and helplessness to a big opportunity? We grow in life as our narrow mind broadens when we practice spirituality. We empathize and encourage others at their tough times by providing the assistance as per our limits. We will involve others as well for a noble cause. Spirituality awakens humanity. As we move ahead, we do our best to give back to the people, to the society what we got in ample. We knew a small drop of good deeds counts when we all are sometimes walking in the darkness of ignorance. While doing so we don't expect anything in return. It becomes a way of life. Giving selflessly in whatever way we can to someone who needs it desperately. In fact, it's the answer of the God to that person who is invoking Him for help.

It's the God's wonder how He does by making others an instrument. Let's honour Him for His unwavering affection and comfort He gives untiringly. Let's spread the vibrations of selfless love and heart full of generosity in the globe by offering gratitude with a one-minute pause. ■ ■



Ranchi: BK Nirmala is presenting the bouquet to HE Santosh Kumar Gangwar, Governor of Jharkhand.



Lucknow: HE Anandiben Patel, the Governor of UP is being tied Rakhi by BK Radha.



Patna: HE Rajendra Vishwanath Arlekar, Governor of Bihar is being tied Rakhi by BK Sangeeta.



Bangalore: HE Thawar Chand Gehlot, Governor of Karnataka is being tied Rakhi by BK Ambika.



Chennai: BK Beena is tying Rakhi to HE R.N. Ravi, the Governor of Tamil Nadu.



Raipur: HE Ramen Deka, Governor of CG is being tied Rakhi by BK Hemlata.



Dehradun: BK Manju is tying Rakhi to HE Lt General Gurmeet Singh, Governor of UK.



Shimla: HE Shiv Pratap Shukla, Governor of HP is being tied Rakhi by BK Rajni.



Guwahati: HE Lakshman Prasad Acharya, Assam Governor is being tied Rakhi by BK Jonali.



Gangtok: HE Om Prakash Mathur, the Governor of Sikkim is being tied Rakhi by BK Sonam.



Mysuru: BK Lakshmi is tying Rakhi to the Governor of Meghalaya HE C H Vijayashankar.



Kohima: HE La Ganeshan, Governor of Nagaland is being tied Rakhi by BK Rupa.

Good Days and Bad Days

Contd. from page ... 3

any basis, or whatever role he plays and the job he does, turn into a complete failure. He does his best yet success eludes or evades him. He loves some people and has good wishes for them and yet these people get estranged from him or turn into his enemies or rivals. He hasn't done any bad act and yet his mind is empty of peace and he feels that happiness is totally missing from his heart. Those very people, whom he had helped in their dire need, have now turned their back on him and show not even a little concern for his well-being. People point to his shortcomings and hit hard at his weakness and try to open or scratch his wounds.

And, when one is having a good day, people come out to help him, appreciate his works and qualities and like or love him. He feels that there is happiness in relationships; he has stamina and good health and he is fairly comfortable. He feels that people do not misbehave with him and that he, generally, meets success whatever be the venture he embarks upon.

Thus, there is a change of one's days. History is full of examples of even kings becoming beggars or of ordinary men ascending on thrones. But what **we need to remember is that the shift in our fortunes or the change in our days is brought about by the change that took place in the quality of our own actions.** The change in days, some say, is due to changes in our stars, but even stars in the sky also change due to the action of souls, which also are the stars now on earth. The stars in the sky and stars on the earth have a link. The whole nature is influenced by our own actions; and, so, we are the makers or builders of our own

fortune. We determine our own destiny.

So, basically, bad days are those days when a person has bad thoughts or does bad actions; and good days are, basically, those days when a person thinks good and does good. So, we need to check with our self-talk. Are we being kind to ourselves? Are we talking to the self in a way in which someone who loves you would? Or is the inner critic running amok right now? Our thoughts create our feelings; so, if we are not feeling good, then the best thing we can do is try to change the way we are thinking. Show the self some compassion. We need to give ourselves the love that we would want to receive from others. If our mind is saying things to us that we would not say to our best friend, things like 'you are useless, no one loves you', etc., then we really are not being kind to ourselves and we are not going to start feeling better until we turn that around. We need to forget, stop blaming the self and others, forgive ourselves and others and tell that inner critic to stop being critical and become more like an awesome friend.

If we have a bad day, it can make us feel as if our whole life is the worst. And it's not. Acknowledge that it's just one day and tomorrow will be different. We should also keep in mind, during the days of stress and strain or tests and tribulations that these odd days also will change because nothing, in this world, stays forever. Night is succeeded by day; and, so also, good days will follow bad days sooner or later and we should, therefore, have patience.

Since our bad days are consequences of our actions, we cannot, therefore, run away from them but have only to bear with them happily or with a heavy heart, as we choose. We cannot escape them; we can only take measures to

keep ourselves safe from them or to protect ourselves from them as one usually does when an enemy pounces on him. **There is no use cursing our stars or wailing over our misfortune, or barking at our bad luck, or accusing people for having left us or caused misery to us.** On the other hand, we should take lessons from these hard tests and consider these as exercises for self-development or causes for crisis management. Everything that life throws at us is there to teach us something. When life hits us hard, we are forced to grow and learn. In every seemingly awful thing, every heart break, every disaster, there is a lesson to be learned, some way in which we are meant to expand our awareness and understanding of ourselves and our values. If we can try to look for the lessons and allow our challenges to help us develop as a person and improve our situation, maybe we can pass the test with flying colours or with honours.

There is also a lesson for all others, who are not on bad days. It is that they can at least have empathy for those, who are passing through tough times. Even if they cannot help in any other way, they should not point to the defects of and talk impolitely to such people, who are under tests. Let us not forget that one day we also have to face, more or less, such tests or situations in life.

Also, when anyone is on good days, he should not boast of his fortune. One never knows when one will be hauled up on live coals. One cannot always foresee bad days coming. Let us, therefore, not be proud to the point of boasting, bragging or praising the self. One can have jubilation and joy and feel satisfaction that one has done well; let one be

confident of one's abilities but all this should not lead to thinking so highly of oneself that one harps on this tune again and again, sings songs of one's success at all assemblies and on all occasions so much so that others feel that one is trying to show them as second-rate people or less wise, less courageous or less in qualities, and thereby hurt their sense of self-respect.

So, whether days are good or bad, we should always be good in our actions, our state of mind, our dealings and relations with others, our attitudes and our response to various tests or situations in life. We can turn even bad days into good ones if we take to this course. ■ ■

Life Changing Advice

- **Set goals — Don't expect to achieve anything if you don't know what your end goal is supposed to be. Set destination, then set sail.**
- **Celebrate all the successes – no matter how small, a win is a win, especially when we take losses harder than we should. Take advantage of it.**
- **Play to your strengths – You'll be good in certain aspect in life and terrible in others. Find out what you're good at and make it a priority in every situation you can.**
- **View challenges as opportunities – This is how we improve as a person because life has constant challenges every day. There really isn't an excuse to be the same person year after year.**
- **Always give credit – People can be upset for using their stuff without permission, but they will be more willing to forgive if you always give credit where it is due. Always be a team player.**



Bengaluru: Mr. N. V. Anjaria, Chief Justice of Karnataka High Court is in group photo after being tied Rakhi by BK Bindu.



New Delhi: BK Neha is tying Rakhi to Prof. M Jagadesh Kumar, Chairman, University Grants Commission.



Delhi: Saudhanshu ji Maharaj, Founder of Vishwa Jagriti Mission is being tied Rakhi by BK Aditi.



New Delhi: BK Neha is applying tilak to Prof. M Afshar Alam, Vice Chancellor, Jamia Hamdard University.



Bengaluru: Mr. U. T. Khader Fareed, Speaker of Karnataka Legislative Assembly is being tied Rakhi by BK Bhuvaneshwari and BK Meenakshi.



Guangzhou (China): BK Sapna is tying Rakhi to Mr. Shambhu L. Hakki, the Consul General of India.



Brahmapur (OD): BK Mala is tying Rakhi to Mr. Jay Narayan Pankaj, IG of Police.



Karnal: BK Prem is tying Rakhi to Mr Sanjay Bathla, OSD to Chief Minister of Haryana.



Bharatpur (Raj): Mr. Keshav Kaushik, District and Session Judge is being tied Rakhi by BK Kavita.



Nabrangpur (OD): Dr Shubhankar Mohapatra, Collector is being tied Rakhi by BK Namita.



Sambalpur (OD): BK Parbati is tying Rakhi to Mr. Siddheswar Bondar, Collector.



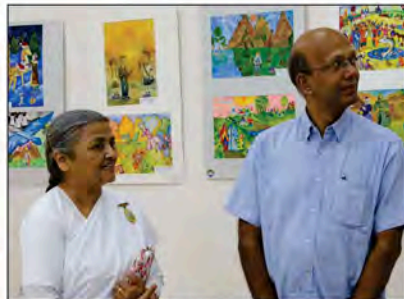
New Delhi: Ms Anuradha Prasad, Chairperson, News 24 TV Channel is being presented Godly gift by BK Anasuya and BK Sushant.



Patna: Mr. Samrat Choudhary, Dy Chief Minister of Bihar is being tied Rakhi by BK Asha.



Mumbai: Mr. Devendra Fadnavis, Dy Chief Minister of Maharashtra is being tied Rakhi by BK Shaku.



Moscow: Mr. Vinay Kumar, Ambassador of India is with BK Sudha during his visit to the BK Centre.



Noida: Ms. Rubika Liyaquat, Consulting Editor, News 18 India Channel is being tied Rakhi by BK Aditi.



Pokhara (Nepal): BK Parinita is tying Rakhi to Mr. Dilliraj Bhatt, the Provincial Chief of Gandaki Province.



Chandigarh: Mr. Rajeev Verma, Adviser to the Chandigarh Administrator is being tied Rakhi by BK Neha.



Noida: Mr. Sayeed Ansari, Sr Anchor and Editor Aaj Tak News Channel is being tied Rakhi by BK Aditi.



Jalandhar: Mr. Vijay Kumar Chopra, Editor-in-Chief of Punjab Kesari is being tied Rakhi by BK Sandhira.



Mumbai: Mr. Rahul Narvekar, Speaker of Maharashtra Legislative Assembly is being tied Rakhi by BK sister.



Myanmar: Mr. Abhay Thakur, Ambassador of India is being tied Rakhi by BK Shiela.



Mohali: Ms. Ashika Jain, Dy Commissioner is being tied Rakhi by BK Rama.

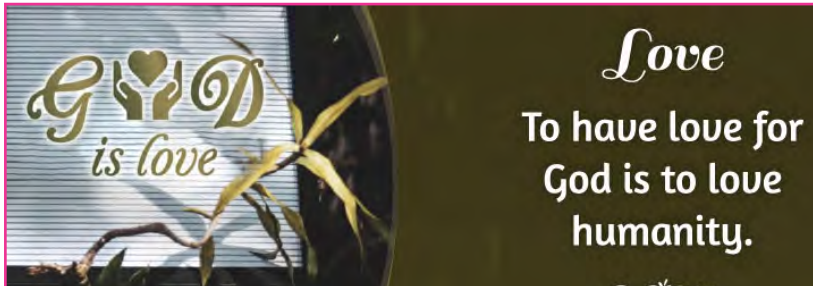


Noida: Ms. Chitra Tripathi, Sr Anchor of Aaj Tak News Channel is being tied Rakhi by BK Aditi.

HEAL YOUR MIND TO HEAL YOUR BODY

You hit the gym and workout regularly. As a health-freak you routinely consume fruits and vegetables. You get a good 7 to 8 hours of sleep each night. Despite all the care, your body develops bouts of illnesses, aches and pains. Do you have a burning question on your mind - What more should I do to lead a healthy lifestyle? Our thoughts and feelings create a subtle energy body. While diet and exercise influence physical health, a clean energy body is needed to sustain a perfect physical body. **Any emotional blockages like fear, pain, confusion, anger or jealousy creates energy blockages in the energy body. It then manifests as an illness in our physical body.** Let us cleanse our thoughts to radiate happiness and love to every cell of the body. Release past hurt to strengthen every organ. Forgive people to heal aches and pains. Remain calm and stable to cleanse the body. We have the power to create a healthy mind, which then creates a healthy body and a happy life. Remind yourself - My every thought creates happiness and health. All my health parameters are perfect. My body is healthy.

Also, if there is something troubling your body, do you know that you can use the power of your thoughts to influence your health? Each thought has an effect on the cells of our body. When we are physically unwell, we cure the body with medicines, but do we heal blockages in the mind? Just by thinking or saying – My cholesterol is high... My fever isn't coming down, what will happen next... How will I manage to walk with this back pain... we radiate an energy of sadness, worry or anxiety to our body. These vibrations slow down or block healing. Changing our thinking is as important as treating the body. ■ ■



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New Delhi: Mr Nitin Gadkari, Union Minister of Transport and Highways is being tied Rakhi by BK Rajni.



Bikaner (RJ): BK Kamal is tying Rakhi to Mr Arjun Ram Meghwal, Union Minister of Law and Justice.



Bhopal: Lighting the candles to mark the 17th Ascension Day of Dadi Prakashmani are Mahamandaleshwar Shri Anilanand Ji Maharaj, BK Neeta and others.



New Delhi: Mr. Ashwini Vaishnav, Union Minister of Railways is being tied Rakhi by BK Sunaina.



New Delhi: Mr. JP Nadda, Union Health Minister is being tied Rakhi by BK Sunaina.



New Delhi: Mr. Manohar Lal Khattar, Union Minister of Power is being tied Rakhi by BK Sadhna.



New Delhi: Mr. Mansukh Mandaviya, Union Minister of Youth Affairs & Sports is being tied Rakhi by BK Anusuya.



New Delhi: Mr Sarbananda Sonowal, Union Minister of Ports & Shipping is being tied Rakhi by BK Nikita.



New Delhi: Mr Bhupinder Yadav, Union Minister of Environment & Forest is being tied Rakhi by BK Rajni.



Delhi: BK Kshira is tying Rakhi to Union Education Minister Mr. Dharmendra Pradhan.



New Delhi: Mr. Piyush Goyal, Union Minister of Commerce and Industry is being tied Rakhi by BK Nikita.



New Delhi: Dr. Virendra Kumar, Union Minister of Social Justice and Empowerment is being tied Rakhi by BK Laxmi.

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New Delhi: BK Asha is tying Rakhi to Mr. Ram Nath Kovind, the former President of India.



New Delhi: First Indian woman to win two medals in a single Olympics (Paris 2024) Ms. Manu Bhaker is being tied Rakhi by BK Kshira.

Abu Road: 49th Mind-Body-Medicine Conference is being inaugurated by Acharya Balkrishna, MD of Patanjali Ayurveda, Dr. Kaustubh Upadhyay, Advisor, Ministry of AYUSH, Dr. Subhash Kaushik, DG of CCRH, Prof. PK Prajapati, VC of DSRRA University Jodhpur, BK Brijmohan, BK Mruthyunjaya, Dr Pratap and Dr. Banarasi.



Abu Road: Thousands of runners from all walks of life participated in the Dadi Prakashmani Mount Abu International Marathon to spread the message of unity and integrity.