



# The World Renewal

Vol. 55, Number 7, October, 2024,  
Price Rs. 10.00, Yearly Subscription Rs. 120/-



Rajyogi BK Nirwair,  
the Secretary-General of Brahma Kumaris  
(20-11-1938 to 19-09-2024)

You will remain immortal in our **HEARTS**  
for the kind act of Nobility,  Morality, Humanity, Love, Respect and Kindness.



**Mumbai:** HE Draupadi Murmu, Hon'ble President of India is being felicitated by BK Rukmani, BK Vandana and others.



**Jaipur:** BK Sushma is planting a tree with Swami Chidananda Saraswati Maharaj and Sadhvi Bhagwati Saraswati after a launch ceremony of Sarvamangalaya Sanatana Dharma Foundation.



**Udaipur:** BK Rita is being honoured with 'Mewar Gaurav Award' by HE Gulab Chand Kataria, the Governor of Punjab and Maharana of Mewar Mr Lakshya Singh.



**New Delhi:** Ms Sushmita Sen is being felicitated by BK Kshira, BK Deepak Harke and BK Vikas.



**Jalandhar:** Rajyoga Thought Laboratory at Lovely Professional University is being inaugurated by Mrs. Rashmi Mittal, Pro Chancellor, BK Mruthyunjaya and BK Mukesh.



**Abu Road:** An Educators' Conference is being inaugurated by Dr KC Poria, VC of North Gujarat University, Rajyogini Dadi Ratanmohini, BK Karuna, BK Mruthyunjaya and BK Sheilu.



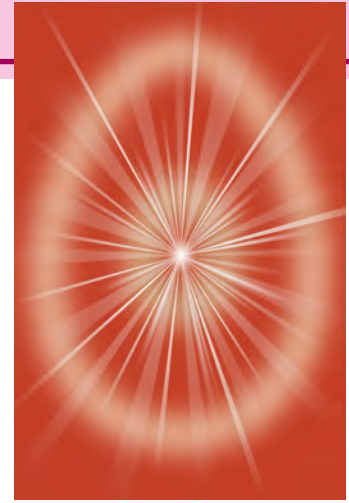
**Abu Road:** BK Nirwair and BK Brijmohan are performing the 'Bhumi Pujan' ceremony of 250 bed Multi Specialty Hospital to be built on 50 acres of land. A panoramic view of proposed hospital.





## GREETINGS FROM GOD

**Is it not a matter of great surprise to the dignitaries and the masses alike, that even when lacs of images and idols of Shri Lakshmi and Shri Narayan are daily worshipped, they do not know the biography of these deities?**



**T**he festival of Dussehra symbolizes the victory of good over evil. After Dussehra, follows the pious festival of Diwali. All the ceremonies performed on or before the day of Diwali, indicate the sacred faith that after the darkness of ignorance has ended and complete purity has been attained, Shri Lakshmi, the revered Goddess, visits this sacred land of Bharat.

Just as the prayers offered on the day of Janmashtami for the reincarnation of God – Sermonizer of Gita at the present time of irreligiousness are the proof that the God-Sermonizer actually incarnated, the invocation offered for Shri Lakshmi on the day of Diwali also are a sure proof that she actually ruled Bharat in the past and that, during her reign and

afterwards, peace and prosperity actually prevailed because the souls of the deities who took bodies in that epoch, had attained purity and enlightenment in their preceding life and got absoluteness on account of their past actions and had, therefore, taken new body (call it the dress of the soul).

### Call of God—the Sun of Knowledge

God, the ever-Light full Being, says: Dear Children! The history, as it is available in the human hands today, throws no light as to how the *Swarajya* (sovereign) of Shri Lakshmi and Shri Narayan, thousands of whose images are worshipped here, was established. **Today, the biographies of Shri Sita and Shri Ram of**

(Contd. ... on page no. 30)

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## HEARTFELT TRIBUTE TO OUR CHIEF EDITOR, BK NIRWAIR

Thousands gather during Rajyogi BK Nirwair's last journey and every eye was moist with the passing of a great Ascetic and an inspiring Spiritual Leader.



**W**ith his kindness, dedication, big heart, purity and sacrifice, Rajyogi BK Nirwair left behind a stamp of pure love that will always live on in the memories of millions, and continue to inspire them. His mortal remains were cremated with a Guard of

Honour in the presence of thousands of BKs on Sunday, 22 September 2024. Every eye was moist with the departure of an ascetic. He spent 65 glorious years of his life serving humankind and illuminating the true light of love, kindness, peace and happiness through spiritual wisdom. He carried out many remarkable works in the field of health, education and social services. The Secretary-General of the Brahma Kumaris Institution, **Rajyogi BK Nirwair, passed away on 19 September 2024 at 11.30 pm at Apollo Hospital in Ahmedabad.**

BK Nirwair - such a unique name that filled everyone's heart with sweetness as soon as it was sounded by our lips. He was a priceless diamond that Brahma Baba himself carved with his own hands. He was a charismatic personality who left an indelible mark on each one's heart at the very first meeting.

Looking at a small boy, Nirwair Singh, born on 20th November 1938 in a small village Gurdaspur in the Hoshiarpur district of Punjab, hardly anyone would have thought that one day he would touch the heights of spirituality and become a strong pillar of true service onto humanity.

BK Nirwair, who read books of Swami Vivekananda, Swami Ram Tirtha, Mahatma

Gandhi, Dr. Radhakrishnan since childhood, was counted among the greatest spiritual personalities of the world. **He served as the Secretary General of the Brahma Kumaris worldwide Institution, with its HQs at Mount Abu. He was the Chief Editor of 'The World Renewal' monthly magazine and also the Managing Trustee of Global Hospital and Research Centre.**

After completing matriculation from Anglo Sanskrit High School Mukerian, he embarked on his higher education at DAV College Hoshiarpur. However, he truly wanted to serve the country by joining the armed forces. His dream came true on 20 September 1954, when he joined the Indian Navy. After completing his training in Electronics and Electrical Engineering by December 1958, he began his work with full dedication in the warship INS Rajput. While serving in the Navy, in December 1961, he also participated in Operation 'Vijay' to liberate Goa from the Portuguese.

During this time in Mumbai, in early 1959, with a desire to learn meditation, he started visiting the Colaba Rajyoga Centre of the Brahma Kumaris with some friends. **There he was introduced to spiritual knowledge and after many spiritual experiences he became convinced that the Incorporeal God Shiva Himself was imparting true knowledge through Brahma Baba.** Soon he started correspondence with Brahma Baba in Mount Abu.

Six months later, on 13 July 1959, he came to Mount Abu to celebrate a meeting with Incorporeal God Shiva personally, through the medium of Brahma Baba. This first meeting with Baba was life-changing for him: While taking *Drishti* from

Baba, he clearly saw the divine light of God Shiva on Baba's forehead and experienced immense supernatural bliss. He instantly told Baba in his mind, from today I dedicate my life to Your sacred task of creating a new world...

During the stay of Brahma Baba in Mumbai from October 1959 to March 1960, Nirwairbhai received training from Baba to do spiritual service of various people. On the directions of Brahma Baba, he visited Somnath Temple on the occasion of Shivaratri that year and met with the then Prime Minister of the country, Pandit Jawaharlal Nehru. **In 1963, at the age of 25, he left a lucrative job in the Indian Navy and dedicated his life completely to the noble cause of divine service in Mumbai.** Under the guidance of Dadi Prakashmani ji, he started giving his services there for the welfare of the people.

Shortly after Brahma Baba's ascension to angelic world in January 1969, the then Chief of Brahma Kumaris, Dadi Prakashmani Ji, entrusted him with the responsibility of managing official work at the headquarters, due to which he shifted from Mumbai to Mount Abu on 7 May 1970.

At the same pace at which the divine services of the Institution were growing day by day, the number of guests visiting the headquarters in Mount Abu was also increasing every year. He played an important role in the development of new residential complexes to provide the best accommodation to the visiting guests. It was under his accurate and benevolent supervision that the Brahma Kumaris were able to construct beautiful and huge complexes like Gyan Sarovar, Shantivan, Manmohinivan, Anand Sarovar, Man Sarovar etc. in Abu, and Om Shanti Retreat Center near Gurgaon and Shanti Sarovar in Hyderabad, to name a few.

In 1982, he represented the organization in the United Nations and also met the UN Secretary General to apprise him of the worldwide services of the Institution. During that period, he provided spiritual service to thousands of people in North and South America, and European countries for

two months. Under his guidance, World Peace Conferences and later conferences of various wings of the sister organisations began to be held every year in Mount Abu from 1983, in which many prominent personalities from India and abroad began to participate.

In 1989, he suddenly had to go to the hospital in Mumbai for surgery. Baba then blessed him saying, 'whatever happens to serviceable children happens for service only', and this statement proved true. In 1991, he became the medium for the construction of Global Hospital and Research Centre in Mount Abu, and Trauma Centre, Eye Hospital, Nursing College etc. were added to it later. **"Do not rest until Satyuga is established" - these divine words of Brahma Baba always filled him with new enthusiasm.** He was also very passionate about deep meditation in silence.

Rajyogi BK Nirwair Bhai Ji continues to be a divine rose of God's spiritual garden whose exemplary qualities filled the entire world with fragrance. He was gifted with the expertise of designing plans for divine service. **"Always do something new in service" was his great mantra.** His ascetic and service-oriented life will inspire us to live by high thinking, take everyone along, and cooperate in the Godly service with our qualities and powers. He was a nurturing leader whose selfless love and concern for the less-privileged endeared him to millions throughout the world.

Though he is physically no more with us, he will reside in our hearts eternally as our beloved-revered great brother, as well as a true friend and all-time guide. His spiritual presence would invariably be a leading light for us.

**The entire Editorial Team of the 'The World Renewal' pays heartfelt homage to our Chief Editor, Rajyogi BK Nirwair Bhaji. We will miss you...**  
– **B.K. Atam Prakash**



## H.E. Droupadi Murmu, Hon'ble President of India pays tributes to BK Nirwair



September 21, 2024

Dear BK Asha,

I am sad to learn about the passing away of Rajyogi BK Nirwair.

Rajyogi BK Nirwair's life was a testament to his unwavering commitment for the welfare of humankind. His remarkable life journey will continue to inspire generations to come. As Secretary-General, Managing Trustee and Vice-President of various institutions, he served as an effective instrument in spreading the teachings of Brahma Kumaris. He embodied compassion and wisdom. His contribution to global peace and value-based society will be remembered forever.

Please accept my condolences to you and the entire Brahma Kumaris community, as well as its countless devotees.

With deep condolences,

Yours sincerely,

(Droupadi Murmu)

## Mr. Narendra Modi, Hon'ble Prime Minister of India pays tribute to BK Nirwair



Camp Office, Wilmington  
भाद्रपद 30 शक संवत् 1946  
21 September, 2024

**Dr. BK Mruthyunjaya Ji,**

I am deeply saddened to learn about the passing away of Rajyogi BK Nirwair Bhai Ji. My thoughts are with every member of Brahmakumaris fraternity on this solemn occasion.

BK Nirwair Bhai Ji became a part of Brahmakumaris at a young age and became an integral part of the institution.

Blessed with profound wisdom, he shared his thoughts with people on making spirituality a part of their day-to-day life.

A powerful communicator and a writer, BK Nirwair Bhai Ji penned several articles on spirituality that will continue to inspire and guide his followers. He touched thousands of lives, triggering an inner transformation, just by the manner in which he interacted with them. His abiding love for humanity was evident, from the deep sense of compassion and empathy he nurtured for one and all.

I fondly recall and cherish my interactions that reflected his simplicity and peaceful demeanour.

BK Nirwair Bhai Ji will always be remembered for his contribution to spread the message of Brahmakumaris family the world over and for his tireless efforts for the expansion of the institution.

My thoughts and prayers are with everyone at Brahmakumaris and with the countless followers of BK Nirwair Bhai Ji.

Om Shanti.

(Narendra Modi)

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Knowledge brings to you success but ego of it brings failure.

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# NIRWAIR BHAIJI HAD A MAGNETIC SPIRITUAL PERSONALITY

**B.K. Jayanti,  
Addl. Chief of Brahma Kumaris**



**G**limpses of a magnetic spiritual personality were always visible in Nirwair Bhaiji. We had a special relationship with him due to spiritual services abroad. When brothers and sisters from foreign lands started coming to Pandav Bhawan in

Mount Abu, he used to meet them very warmly. Despite handling so much of the Institution's services, he never seemed stressed or busy.

### How do you stay so relaxed?

After the inauguration of Om Shanti Bhavan in 1983, the first International Peace Conference was held at the headquarters in Mount Abu. His Holiness the Dalai Lama arrived a day earlier for the inauguration; later the Assistant Secretary General of the United Nations, Mr. Robert Muller, also arrived. Nirwair Bhaiji was sitting in the courtyard wearing a cap. I asked him how he was so relaxed when there was so much service happening, and many guests to attend to. If I had been in his place, I would be running here and there, and thinking about something or the other, like doing this or that. But he smiled and said, look, everyone has got their duty, Baba has kept all these hands ready, so why should I worry?! Baba is getting it done through all of them, I just have to give them good wishes. So he had this firm belief that Baba is enabling us to do all the service.

### He empowered and solved everyone's problems

He gave time to each one, listened to their problems and then solved them. In that regard, I

know that from 1974 to 1978, whoever he met, he filled them with such power that today those souls are managing services of many countries, continents and centres. He gave them much power and inspiration through his *Mansa Seva* (service through mind) and *Vacha Seva* (service through words) that in return, they are managing Baba's task very well and taking it forward successfully. When the double foreigners came to Madhuban, Nirwair Bhaiji used to make them practice yoga, whether there were four or five people in a small group or any number. They had a very special experiences from his *drishti*, and this became the basis for their strong determination on the spiritual path.

### His tireless services were incomparable

His pure feeling was only to see Baba's work progress, ensure that the *Yagya* remained protected, see everyone come closer to Baba, and these pure sentiments ensured that everything worked accordingly. Whenever anyone wanted to meet him, he would clear his schedule by adjusting everything somehow, even to the extent of delaying meals and not caring about his own needs. This sustenance of the Seniors is probably how the *Yagya* has reached this stage. Whatever Baba wants to get done through him, Baba will definitely get it done. He has departed by showing us his perfect angelic stage, and also inspired many souls to join together to take Baba's task to its final and perfect state.

Thanks to Baba and Nirwair Bhaiji for his tireless services. ■ ■



## BK NIRWAIR ALWAYS LIVED UP TO HIS NAME

**B.K. Brij Mohan,  
Addl. Secretary General of Brahma Kumaris**



I am sharing with all of you the good wishes and sweet memories of my dear brother of our *Yagya*, BK Nirwair Bhajji. I spent 65 years with him. He was in the Indian Navy in Bombay when he came in contact with the Brahma Kumaris there. Seeing the future of that soul, beloved Baba made him His child with great affection. From those initial days till his last moments, Baba was in his heart and he served Baba. He sustained the BK family across the whole world and apart from this, he was always thinking about removing the sorrow and pain of the world.

### **He was one of the four Senior Brothers**

To strengthen the roots of the *Yagya* for the future and to carry forward the divine services, a few months before Brahma Baba became *Avyakt* on 18 January 1969, a committee of four brothers was formed which comprised of our elder brother BK Jagdish from Delhi, BK Nirwair, BK Ramesh from Mumbai and BK Brijmohan (myself). Baba then said that sisters should also be included in this Committee, and the entire management of the *Yagya* (BK Institution) was entrusted to said Committee. In this way, Nirwair ji held position of a Member of that Management Committee from the very beginning.

Heartfelt  
Tribute



**BK Nirwair Bhai**

### **Considering others' pain as your own**

Nirwair ji's speciality was that he considered the pain of others as his own, and looked upon every member of the BK family as Baba's precious jewels whose fortune knew no bounds. He always spoke very softly, neither got agitated nor spoke in a loud voice. We saw him listening to everybody attentively, no matter how much time he had to give them, following which he would also fulfil their wishes and requirements, and go beyond his limits as far as possible.

### **He won everyone's hearts**

Since his name was "Nirwair (one without enemies)", he did not dislike and have any animosity with anybody. He lived his life in accordance with his name. Whoever came in contact with him was so satisfied with his behaviour in every way that it was as if they became one of his own, and were ready to do whatever he asked. Whatever service task he undertook, all the brothers and sisters of the team considered him as their mentor or elder brother. They had so much faith in him and would think, "Nirwair ji has said that we have to do this, so we simply have to do this..." As much faith Nirwair ji had in Almighty Incorporeal Shiv Baba, the BK sisters and brothers had equal faith in him.

### **Service through Global Hospital**

Till 1991, there was no big or established hospital in Mount Abu; people had to go to far-off

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Good behaviour may not have economic value but it has the power to win many hearts.

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cities for treatment. So, Nirwair ji thought of building a hospital and took the help of Dr. Ashok Mehta, an oncologist from Mumbai. The then Health Minister of India inaugurated it; at the inaugural address, the Health Minister said that normally everyone comes to me asking for something or the other, but despite being such a great institution, the Brahma Kumaris have never asked me for anything... Observing the services of the hospital, the attitude and mentality towards BKs of the local people of Mount Abu changed completely. They then accepted that the institution is doing something for them too.

Nirwair ji was a very soft-hearted person; whenever a poor person came to him, he would support that person in acquiring medicine and treatment with minimum cost. Gradually the services of the hospital became so big that people from every corner of the country started to come here for treatment.

#### **Love for nature, animals and birds**

I lived in one section of Mahadani Cottage next to Nirwair ji for many years, during my visits to Shantivan. There I saw how much he loved nature as well as animals and birds. He created a special place in the garden to feed the birds and squirrels, and would arrange for water and grains to be placed every day in bowls and on a high stand for them. He loved to sit outside for long periods and watch these innocent creatures play.

#### **Service of souls at the dining table**

I never saw Nirwair Bhai eating alone. Just like there is someone or the other present at the dining table of our country's President every day, be it a Governor, a VIP or an artist from India

or abroad. Similarly, many souls from Bharat and all over the world have had the pleasure of eating a meal with Nirwair ji. I especially saw that double foreigner

brothers and sisters also enjoyed that time at his dining table. He would talk to his guests, and also give them a lot of affection. He even served souls at the dining table sometimes. When they sat together, these individuals used to feel very close to Bhai Saheb.

#### **Always available in Madhuban for help**

I noticed early that Madhuban Headquarters was the most important place on his mind. Since people from all over the world visit regularly, he considered himself to be responsible to serve them. He felt it was very important to stay on in Madhuban, and avoid outside service tours, because Baba had entrusted him with this significant duty. He had taken on the great responsibility of looking after Baba's Yagya. Sometimes someone would fall ill, or something else would happen to someone, some problem would arise, and then everyone would go to Nirwair ji for help and support. After all, he had a kind heart so I saw that no matter what kind of work anyone did, everyone knew that they would receive help if they went to Nirwair ji. Be it a small or big matter, whether it was a shopkeeper from outside, someone from any Zone in Bharat, or someone from BK Colony, he would listen to that soul completely, individually as well as collectively, and then try his best to solve the problem. ■ ■



## B.K. NIRWAIR DECORATED EVERYONE'S LIFE WITH UNCONDITIONAL LOVE

**Dr. Pratap Midha,  
Director, Global Hospital, Mount Abu**



**O**ur greatest tribute to our most beloved, sweet and respected brother BK Nirwair Bhaiji would be to carry forward the vision shown by him, and his principles and values that inspire us. For

me, his personality was so huge that his royalty, grace and dignity always motivated me. It seemed as if his love was immense, had no boundaries, and he adorned everyone's life with infinite and unconditional love.

### **His way of teaching was very impressive**

I initially met him in 1970 when I first came to Mount Abu. I was studying in medical college at that time and living in a hostel. I used to have meals with him and listen to his talks which he spoke from the heart. His way of teaching was very impressive.

### **He addressed me as Rana Pratap**

When he had a bypass surgery in 1989, I asked him how his recovery was going. I remember he told me very lovingly that we are going to build a hospital in Mount Abu and you have to come to manage said hospital. He had written me a lot of loving letters in those days. He used to address me as 'Rana Pratap', and tell me that your land is right here in Rajasthan, so you have to leave Chandigarh and come here. His inspirations were so strong that it was very difficult for us not to follow through.

### **Health is our eternal birthright**

I finally decided to move to Abu in August 1991. After that we kept meeting every day. I felt that there was a lot of attraction in this personality. His spirituality, his love for Baba and Dadis, his affection for *Yagya*, were all worth experiencing. The first thing he did was ask me to write a slogan that health is our eternal birthright and everyone should receive good health/treatment free of cost—such was his love for humanity. When he underwent his own bypass surgery in Mumbai, he thought that he had been able to travel to Mumbai and receive treatment, but how many other brothers and sisters can get health benefits by reaching Mumbai, especially when they have no support. This pure feeling inspired him to build a hospital in a very remote place like Mount Abu. His aim was to see that our diagnosis should be accurate so that we can help people in the right way.

### **Feeling of compassion**

He nurtured me with so much love that whenever I was in trouble and had difficulties, he would come to me to understand my problem and difficulty. He recognized the speciality of each one and encouraged them.

I remember well that he used to take a lot of interest in our Village Outreach Service, and felt that this service is the right kind of service. He greatly encouraged Dr. Vinay Lakshmben, the Doctor incharge of the project, whenever she made her trips.

I often noticed his deep sense of compassion. He had a very kind heart and there were never any discrimination towards anyone in his mind. Sometimes I used to tell him that this person is not trustworthy, so how



can you support him, but in his eyes every soul was unique; he would look at the speciality of every soul, which made his kindness and compassion boundless.

### **He never thought negatively about anyone**

Once an elder brother of ours told me that there is a doctor who does not fit in our system. I suggested that he speaks to Nirwair Bhaiji directly about the matter, but this person replied, "Oh Nirwair Bhaiji can never think negatively about anyone, so there is no point in saying anything to him about anyone..." That day I understood this virtue very deeply. He once told me that he always looks at whatever speciality is present in every soul; Baba has chosen us by looking at our specialties and he not only sees our present, but also our future. In this way, I have been guided by him at every step through his sharing of experiences. Whatever position I have reached today in service or in my own spiritual journey, I feel all the credit for that goes to him.

He always made sure that we kept on advising and mentoring each other and did everything with joy. We started with a hospital in Mount Abu, but later built a small rural service centre, then a big Eye Hospital and then Trauma Centre and Nursing College in Talheti, Abu Road, also. He felt that whatever project he undertook, it needed to be handled and managed well. He worked very harmoniously with everyone. He used to meet all the doctors, nurses, lab staff with love and never let them go without having a meal. He gave both spiritual as well as physical support. He never told anyone that you are wrong, but said only positive things about them.

### **Determined to build A Super-Specialty Hospital**

His fervent thinking since January 2023 was that we should establish such a big hospital that can house every type of specialist, be it a cardiologist,

neurologist or gastroenterologist. He was determined to build a super-specialty hospital spread over 50 acres at Abu Road. I told him that we will not get specialties or experienced

doctors to come to this remote place, but he always said, "If your intention is firm and pure, then everything will happen." Days before leaving for Ahmedabad for his treatment (8 September 2024), he carried out the *Bhoomi Pujan* on the new hospital land, on 26 August 2024, and desired for this project to start as soon as possible.

Today everyone connected with Baba's hospitals is missing him because he used to take care of everyone. His way of working was very dignified, and he treated everyone with respect even if they were strangers.

He often spoke about how his *Amritvela* meditation in the morning was very powerful. I learnt from him the importance of studying *Gyan Murli* after *Amritvela*. Whenever he had to give a class or lecture in a Conference, he would read and churn on the *Gyan Murli*.

### **Aim of his life was to take care of everyone**

He specially took care of the health of a majority of the Dadis. He had a lot of affection towards them. He used to share the story of how Brahma Baba had once given him the responsibility of caring for a patient person, and since then, it became the aim of his life to take care of everyone... Whenever there was a problem, he would call me or Dr. Banarasi and consult us about the health issue and ask us to see the patient immediately.

His spirituality and infinite love will always be remembered and stay fresh in our minds. We take a pledge that to complete his mission collectively with full courage and strength. ■ ■

# THE SELF IS THE PROBLEM AND THE SELF IS THE SOLUTION

**B.K. Andrew Grant, UK**



The soul is peace and peace is the soul  
The light of it ignites the eyes of the role  
To know you are it, and it's something that you are  
Is called self-realisation, little shining star

And if you don't realise it, you'll make something else your reality  
A body conscious existence will falsely be called normality  
The hands of the body move under the soul's commands  
It uses the mouth to issue its demands  
The soul can see the body but the body cannot see the soul  
When the body's time runs out it quits the role  
It's not the blood of the body for it's nothing physical  
It thinks it's the body, which is really quite comical  
The eternal soul thinks it's the age of its physical form  
It came into the body before it was even born

Made the body move about in the womb  
It's glad to come out as there wasn't much room  
The body will grow but the soul will not  
The body will age but the soul will not rot  
For it's eternal and eternal means forever  
It has no beginning, nor end, not ever  
Only in its foreverness can it depend  
It will make its mind its enemy or very best friend  
For anything it claims to own  
Will always be really just on loan  
To see a point of light and know you are this  
Would return you to a state of bliss  
It's the immortal soul that says I nearly died  
That became time conscious and cried  
It's the soul that is a child of God  
The body returns back to the sod  
It is the soul that says I'm English, Arab or a Jew  
No one knew themselves and so the air turned blue  
Made a false reality their only reality  
Worked all their lives in fear of mortality  
But the soul marches on and owns nothing  
To be a good custodian of matter would really be something

## FULL STOP

**B.K. Sarika, Nalasopara, Mumbai**



A beautiful dot,  
Here I am, it's me ..... I  
am a Full Stop  
I complete the Line,  
Can stop a juggling mind  
and make it Divine  
I can end a Sentence,  
Can start a new one and  
finish dependence

I am a longer..... Pause,  
You feel the peace and I am the Cause  
I am a decimal in every Currency,  
Adds a value and eliminates Insolvency

People use me in an Email address and Web Site  
I break wasted thoughts and increase Foresight  
I am the first mark of a Pen,  
And also, the last dot of a Pen  
So ..... I am an important Jot,  
Yes it's me, I am a Full Stop  
Please use me and take a Stop,  
Have a Sanity and reach to the Top

## MEANING AND PURPOSE OF LIFE

We have to go inside rather than running outside  
and rediscover what has always been ours...

B K Shikha, Noida

**A** life without purpose and clarity lacks energy and focus. Do we know who we truly are, where we came from, why we are here and what is our purpose in life?

**If I think that I am this body and just like all other creatures I am here to eat, sleep, make money and one day I die... what motivation would I have to do anything higher?** If a child goes to a school but there is no exam, no degree, no purpose; he just does random things and comes home; would he ever learn anything or reach anywhere?

**Unless I know that every action I do has a consequence, how would I ever take responsibility for my actions and why would I do the right action?** Why would I not do what pleases me irrespective of the effect it has on my surroundings or other creatures and humans?

This is why *Paramatma* (God) descends in the physical domain to remind us what we have forgotten. We are immortal, non-physical energies, *Atma*. We have the same qualities as *Paramatma* because we are his children. We take this physical costume to learn to evolve and free ourselves from the shackles of *Maya* while being in the physical domain. Because the drama is designed in such a way that the moment we take a physical body we forget our true identity and our past births, and we have to rediscover what we have forgotten. And *Maya* comes in various ways to create illusions and distract us. But if we manage to progress on

our journey while overcoming all hurdles and distractions, we can discover the amazing qualities and powers we have. **We have been trying to find cheap substitutes for our original qualities: peace, love, happiness, wisdom, purity... but these substitutes never really make our inner being content. So, we keep running and searching all our lives and feel empty and hopeless in the end, because we are looking in the wrong direction.** We have to go inside rather than running outside and rediscover what has always been ours... We have to connect with our father *Paramatma* and take everything we need because He is the ocean of all virtues and qualities and is ready to give us everything that we have been searching for... ■ ■

***Listen for the birds: Birds chirp everywhere in the world. But when you're wrapped up with your inner drama, you won't hear them. When you're calm and present, you will. Pursue a life of inner stillness. The birds will let you know when you're on track.***



## RAJYOGA MEDITATION FOR WELL-BEING

**Yoga leads one to realization of God or to the union with God. It leads one to attainment of lasting peace and bliss. Such Yoga is based on deep love for God.**



**M.V. Ramesh, Asifabad, Telangana  
(Principal District and Sessions Judge)**

**R**aja means 'ruler' and 'Yoga' refers to 'communion'. So, Rajyoga is a divine communion which makes us a self-sovereign. Meditation comes from the Latin word-'Mederi' which means to heal. Rajyoga Meditation is thus a Self-Healing process. By practicing it, our eyes open to a totally new world: a world inside, activating our dormant inner energies in the form of powers and nourishing the spiritual awareness of the Self, Supreme, Time and World. Once we start exploring this inner world, we find the root of our problems and also the key to their solutions. We start to respond to situations, rather than just reacting to them and begin to live in harmony.

### Why Yoga?

If man aspires for deep peace and eternal bliss, independent of sense-objects, if his aim is to know the mysteries of this life and beyond and to have a link with God, and if he loves to be relaxed in mind and pure in thought, Raja Yoga is the way. Raja Yoga enables one to withdraw from one's senses and to have a long life as a tortoise. It is through Raja Yoga that a world order of complete purity, peace and prosperity can be re-established.

Bliss or super-sensuous joy enables a person to break the shackles of otherwise die-hard habits and addictions. Yoga enables man to have deep relaxation also. It does this in two ways. Firstly, a yogi does not have worries, fears

or spoilt relations. Secondly, he feels detached from the world and from the situations. This relaxation makes him calm and enables him to take decisions without any tension, undue haste or pressure. Further, yoga brings about behavioural transformation of man without any therapy. Raja Yoga is a Spiritual therapy. This brings about an overall enhancement in his personality. His shyness is now replaced by a feeling of confidence. From a dull, dreary and stiff person, he now becomes a man of sociable and charming manners.

### How To Meditate?

It is an easy and natural way of meditation without rituals or mantras or postures and can be practiced anywhere and anytime with 'open eyes', which makes it a versatile and universal practice. But sometimes getting started needs a little explanation. Here is a simple five-step process to follow. Soon you'll arrive at the quiet still place with just a single stride – a single thought – and you won't even need to take five steps: **1. Relaxation, 2. Concentration, 3. Contemplation, 4. Realization, 5. Meditation**

### How To Practice Yoga?

At the threshold practice soul consciousness stage i.e., realizing the Self as an immortal soul and not a physical body. The physical body is nothing but a Costume. Sit in any easy posture.

Feel yourself relaxed. Take your mind to the Soul World i.e., *Brahmloka* which is far beyond the moon, the sun and the stars. There you see with the eye of your mind goldish-red light, called *Brahm*, present everywhere and in it you see a brilliant and conscient Point-of-Light, called God Shiva, the World Father, radiating divine light, might, peace, bliss and love in all directions. Stabilize your mind on Him and considering yourself as a soul and God Shiva as your Most Beloved Father, feel that beam of light, might, peace surrounding you and descending on you and feel yourself as though bathing in that light and peace. Thus, you get connected with the Supreme Soul-God.

Love God profoundly, thinking Him to be the one from whom you had strayed but whom you have found now after a long. He is the one who loves you truly and who is the sincerest Friend, most dependable Helpmate and the most infallible Guide. Snatch a few moments, every now and then, out of your busy hours and meditate thus. You will feel happy, alert, energized and active. Practice this early in the morning, then again after bath, in the evening for some time, and in the night before sleep. The more you practice, the happier and holier you will be.

#### **Where to Meditate?**

Life already feels full – filled with activities and responsibilities, so where can we put in the activity of meditation? That's the beauty of Rajyoga; you can fit it in anywhere. Irrespective of the outer space where you find yourself, you just need to take 1 step inwards to enter a world of absolute bliss. You can visit Brahma Kumaris centres or connect online to learn these techniques and get equipped to practice it:

- \* At home, \* In your workplace,
- \* while travelling,
- \* Outside or inside, \* Quiet among crowds,
- \* Alone or in company,
- \* World Meditation Hour,
- \* Retreats – spaces of calm,
- \* At our centres or retreat centres.

#### **When To Meditate?**

Most people would like to meditate but they don't. Why? Because, they believe they don't have the time to do so. So how and when do busy people, like you, make moments to meditate? What is the good time to meditate and for how long? The answer is: Any time is a good time to connect with yourself, because that is what meditation is all about. We need not close our activities in order to start meditation. But few moments of self-awareness woven in our day-to-day activities creates more time than it takes. Schedule it:

- As the first thing in the morning,
- At meal time, ● At night, ● Anytime

#### **Who Can Meditate?**

Anyone and everyone who wants can practice and benefit from Rajyoga Meditation. This form of meditation is accessible to people of all backgrounds. Practitioners of Rajyoga meditation can belong to any age group, nationality, religion, gender, profession or social strata, and include people who:

- ❖ Have spent time searching for spiritual solutions, and find something they did not find elsewhere.
- ❖ Have achieved and gained much in their lives, and come to wonder, "Is that all there is."
- ❖ Have experienced difficulty and challenge in their lives and seek extra power to help them.
- ❖ Have a deep desire to deepen their understanding of, and connection with, the



Divine.

❖ Have a wish to use their own energy and good wishes to bring peace to the world and share the sense of well-being and contentment they have found with other souls in the world.

### Fundamentals of Yoga

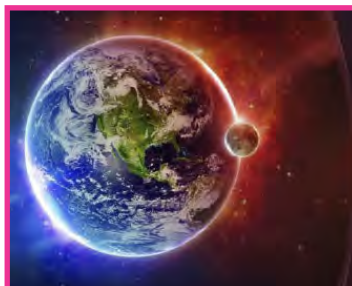
Love is the greatest force which brings about contact, concentration and union. Love is easily transferable. A Baby's love towards her mother, in later years, gets transferred to his playmates, then to his wife and later to his children. Now, transference of spiritual love to God is called – 'Yoga'. This Yoga is easy because it is transfer of love and thoughts that does not require any austerities. Further, this Yoga enables the soul to control the organs of the body, as a king controls his subjects. So, it is called: 'Easy Raja Yoga'.

YOGA leads one to realization of God or to the union with God. It leads one to attainment of lasting peace and bliss. Such Yoga is based on deep love for God. Love easily brings about concentration. But love is based on, and is known in the form of some relationship as between a mother and a child, a sister and a brother or a friend and a friend.

### Benefits Of Meditation:

- ▶ 1. Meditation is a beautiful exercise of the mind in which we connect with the spiritual self or soul and experience its qualities. Also, in meditation we connect with God – the Supreme Soul and imbibe His qualities inside us.

- ▶ 2. The more we meditate the more positive pure and powerful we become. Our thoughts, feelings and attitudes undergo immense positive change.
- ▶ 3. Meditation builds our emotional immunity and inner strength and keeps us protected from different negative situations of life.
- ▶ 4. It also enables us to discover the self and God more and come closer to both of them and create a beautiful relationship with them.
- ▶ 5. Spiritual wisdom also becomes easier to understand when we meditate regularly and meditation makes us an embodiment of spiritual wisdom. We learn new and creative ways of thinking and our belief systems change from ones based on body consciousness to ones based on soul consciousness.
- ▶ 6. Meditation is a gift that God offers us at the present time and He Himself teaches us its technique so that we souls get uplifted and create new realities in life. These new realities are little heavens filled with peace, love and joy in our homes, workplaces and in every other sphere of life.
- ▶ 7. Our mental and physical health becomes more beautiful; our inner and outer personality improves and our efficiency and accuracy in every action becomes higher. And very importantly, our relationships become free from conflicts and filled with good wishes, respect and co-operation. We start earning wealth with more honesty, cleanliness and success. ■ ■



## Radiate

The universe sends back whatever we radiate. Thinking about peace, happiness, strength, success attracts those qualities into our life.

## POWER TO WITHDRAW

By using the power to withdraw, going deep inside and concentrating on the self, we draw close to God and receive His powerful unlimited current of pure energy.

Like the turtle, go within into your shell, withdraw from outer chaos and inner emotions, and receive clarity to create and choose the right response.

The ability to withdraw can be correlated with the behaviour of a tortoise. When it senses any danger, a tortoise withdraws within its tough protective shell. **In the same way, introspection is about stepping within and meeting myself several times during the day. This inner quietness recharges our battery.** By using the power to withdraw, going deep inside and concentrating on the self, we draw close to God and receive His powerful unlimited current of pure energy. God, the Father, is an Almighty battery and His battery never becomes flat. Practicing regularly every hour helps us dissolve negativity and also conquer wrong habits. Once we get into the new habit of remembering and connecting the self to God, we can do it in the midst of any situation, as this ability of being with people and not absorbing their energy protects us.

The energy of our intentions, thoughts, words, attitudes and behaviour creates our aura, which is an energy field that surrounds our being. Take care of this energy field, because our aura is like a lens through which we perceive our world. Our aura becomes dirty or dark, when we hold on to our own negativity or absorb negativity from people and situations, keep your aura untouched by lower energies of anger, fear,



B.K. Sister Chirya, New York, USA

stress and pain. **When someone gets angry at you, do you react, lower your energy and stain your aura; or do not react, rise above them, protect your energy and stay calm?**

Our aura is cleansed and remains white and shining when we regularly release the emotional clutter of unwanted thoughts, negative emotions, unpleasant memories, unforgiving attitudes and limiting beliefs.

Your happiness, peace and power are your protective shields. *The easiest way to protect yourself and experience health, happiness and harmony is to see goodness in others and radiate that goodness.* With regular meditation and spiritual study, you easily empower your energy field and emerge thoughts of peace. Go within, behind the eyes and in this stillness connect to your inner self, the soul and to God, and find creative solutions to problems. Remind yourself everyday - *I am a powerful being. My clean aura protects and helps me experience peace and happiness.* When we respond with the energy of peace, others also become empowered. ■ ■

### Energy

The energy we send out as thoughts, words and actions is our karma; and when the energy returns, it is our destiny.

## PATIENCE ELEVATES A MAN'S PERSONALITY

**Instead of getting frustrated when you face a difficult situation, patience helps you to respond in the right way without getting upset, or losing your temper.**



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



**T**here was a king in Japan who was very fond of collecting porcelain vases. His treasury contained a collection of priceless vases brought from India and abroad. He employed 20 employees to

take care of the vases, who used to clean those wonderful art pieces every day.

One day, while cleaning, a vase broke in the hands of an employee. Everyone got scared and the matter reached the king. The king, furious with anger, ran to that room along with his ministers, courtiers and soldiers and asked him to call the employee who broke the vase.

The old servant trembled and started praying and asking for forgiveness. The king's anger was at its peak. The king sentenced the old servant to death without fully listening to his words. The king further said that this harsh punishment will make other servants more serious towards their work.

The old servant heard all the words of the king and before anyone could understand anything, he broke the remaining 19 vases. The king, ministers and courtiers were astonished to see this incident. But immediately the soldiers caught the old servant.

The angry and surprised king asked – Why

did you do this? The old servant replied - I am certain to die, but by breaking the remaining vases, I have saved the lives of 19 people because if the remaining vases would have been broken by someone or the other, they too would have lost their lives. That's why I took this step. The king praised the old servant for his courage and wisdom and released him.

It is indeed natural to make mistakes while working and this is because thinking too much is inviting mistakes. **At a time when we are in great trouble due to some reason, the right policy is to face it wisely without losing patience.** Only an intelligent and patient person always wins in life.

► **Only the patient moves forward in life:** Among the most successful people in 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 can survive in the most difficult situations. He also does not get disappointed and becomes an extraordinary personality. If a person cannot maintain patience even for 5 to 10 minutes, he can never move ahead in life.

Duty is the only ideal which can never deceive and patience is a bitter plant on which the fruits always seem sweet. **Walking patiently in harmony with family is called love, while walking patiently with others is**

called respect. Similarly, patience with oneself is called self-confidence and patience with God is called faith.

▶ **Success depends on patience:** The first and most important sign of patience is that despite experiencing fear, a person does what he thinks is right i.e. patience does not mean absence of fear but he has conquered fear. Instead of reacting with fear, we must have the courage to do something.

It is said – Flowers come out of stones and stones merge into soil, but not only actions, nature also proves that development is based on humility and patience, not on hardness and ego. Patience is the commitment to start over with no guarantee of success.

▶ **Patience develops through experience and personal development:** Without patience, man abandons his natural nature. Seeing the circumstances he changes himself. In this way, due to lack of patience, man often causes harm to himself. Without patience, man cannot live easily.

Patience is an ability, a personal quality that is present in a person since birth. But it develops through experience and personal growth. Patient people understand and recognize that not everything happens instantly and embrace the journey of development or progress. Furthermore, patient individuals generally maintain a positive outlook, appreciating the value of time and the gradual process of achieving goals. Their ability to remain calm and avoid unnecessary stress contributes to overall harmony in their personal and practical

relationships.

▶ **Patience elevates a person's personality:** It is a state of tolerance of a person in difficult situations which protects his behaviour from negative expressions like anger. Being surrounded by long-term problems, a person starts feeling pressure or stress. The ability to tolerate is also an example of patience. Patience is an excellent quality to elevate a person's personality. A patient person maintains his mental balance even when adversity comes and by remaining calm finds an easy way to avoid suffering.

There is a saying – When a person is going through a bad phase, then he needs to spend it by remaining calm, working and waiting. The person who passes that time becomes great by learning from his experience, that is, having patience is a characteristic of courageous people.

▶ **Patience teaches to cope with difficult situations:** Patience is an essential part of life. Instead of getting frustrated when you face a difficult situation, patience helps you to react in the right way without getting upset, or losing your temper. Now consider who teaches me patience? Then comes the voice from within that no one else but my conscience teaches me patience because for most things in life, no one can really transfer that part of knowledge to us because it is difficult to understand. Understanding is up to us. ■ ■



*Wise*

The wealth of a rich person can be stolen or burnt, but the happiness and wisdom of the wise remain.

## UNITED WE STAND, DIVIDED WE FALL

The world once upon a time was a united family which got broken into pieces and was divided by religion, caste, language and nationality differences. Now if there is someone who can unite us as one family in this world, it is only the power of God which can do that.

All of us in this world are individuals with different personalities and viewpoints but yet there are certain points of truth on which we all agree. One of them is that the world should be full of peace and love. Another point of truth is that God is one and the Supreme. Also, if there is someone who can unite us as one family in this world, it is only the power of God which can do that. Lastly, the world once upon a time was a united family which got broken into pieces and was divided by religion, caste, language and nationality differences. The world today is divided in a big way. In some cases, people of one country dislike people of another country and in some cases even people of different castes but of the same nationality quarrel over many issues. **United We Stand, Divided We Fall – famous quote of unity. But how do we get united? Let's explore:**

▶ 1. First of all, remember my family of parents, siblings and all other relationships is a temporary connection. My permanent connection, my closest and every birth relationship is with God. In every birth, I get new loved ones but God does not change. So, my family changes many times, my physical mothers and fathers change many times, but my eternal mother and father – the



spiritual parent – God is always the same. This is the case with every human being in the world. Also, God is the only one who knows me and my every birth, the best. **So, for me to become a source of love for others, I need to take the first step of giving God an important place in my life. Remember 8 billion sources of love, when created, will make the world united as one.**

▶ 2. Unity between people is based on a common thread of spiritual brotherhood inspite of differences of nationalities, castes, languages and also *sanskaras* and opinions. It's not possible to unite unless we feel we are brothers in spirit. At some places in the world, racism exists and people dislike each other because of that. In such cases, if people remembered the spiritual identity of the other and saw each other as a spiritual being first and a human figure later, there would be immense love between humans. Spiritual wisdom says that we are all one. Sometimes we say that, but we do not feel it. **When we see each other as God's children and we also remember that once upon a time, before coming down on the earth, we lived together as souls, in our**

**spiritual home; then love for each other will flow naturally and unity will be seen in all corners of the world.** The spiritual home is the soul world, which exists beyond the five physical elements.

- ▶ **3.** Love and unity between humans are also based on positive *sanskaras*. When two people with negative *sanskaras* come together for a particular purpose in any sphere of life, then it is very common that there will be a clash or negative differences of opinions. Such people don't vibe well with each other and the effects of these reach families involved or professionals involved or any other people connected. Such people exist all over the world. So, a lack of inner niceness means negative relationships. **The world is a web of billions of relationships. At the moment, this web is very negative and getting weaker with each day with more and more complications on the rise. If human beings become more beautiful, this web will become more positive and stronger.**
- ▶ **4.** The world today needs correct guidance to make their actions beautiful, peaceful and loveful. Sometimes, we see people around us, performing negative actions and we realize that if they had a guiding light in their lives, someone who could be like a parent and explain to them what is right and what is wrong, they would not talk, act and even think in this way. Such a guiding light would be someone who has the divine wisdom of the law of karma and also one who understood what are positive actions and what are negative actions,

which is none other than God. **God is the only one to whom each and every individual in the world would listen to. Unity in the world will happen very easily if people imbibed God's wisdom in their minds and hearts.** Wisdom will bring a spiritual maturity. Actually, negative actions and not loving each other, is a sign of immaturity at the level of the consciousness.

- ▶ **5.** **The most important foundation of unity is co-operation. Co-operation amongst people is today lacking because the energy of competing and comparing has increased in families as well as workplaces and also friend circles.** When people try to overtake others in every sphere of life, then distance between hearts increases. Also, feelings of jealousy, hatred and ego are being filled in every relationship because of this. These feelings need to be replaced with feelings of love and good wishes for each other and also happiness in seeing each other progress in life. Co-operation also means being with each other not only in their moments of joy but also in their moments of sorrow and giving each other the hand of your support. When individuals as well as groups of individuals, become friends at every step and build bridges of co-operation, the river of unity will flow in the world. ■ ■



### Karma

Everything happening to us is accurate and beneficial. Accurate because it is according to our karma. Benefits will get revealed later, and even if there is no outward benefit, we come out of the situation emotionally empowered, that is an inner benefit.

## THE WINDMILL OF YOUR MIND

**Does the windmill of your mind ever catch fire from the hot winds of vice that blow from every direction? What is the greatest treasure the power of thought has given you in life?**

**E**ven dreams can leave you happy but so is the opposite of nightmares that cause you to scream, become tense, shake, sweat and to wake. 'Thought' acts upon your mind and body just as a sweet does the moment it's in your mouth.

Yet thinking of peace has all the benefits of making you relaxed, peaceful, hopeful and optimistic, where breathing slows down and your face smiles.

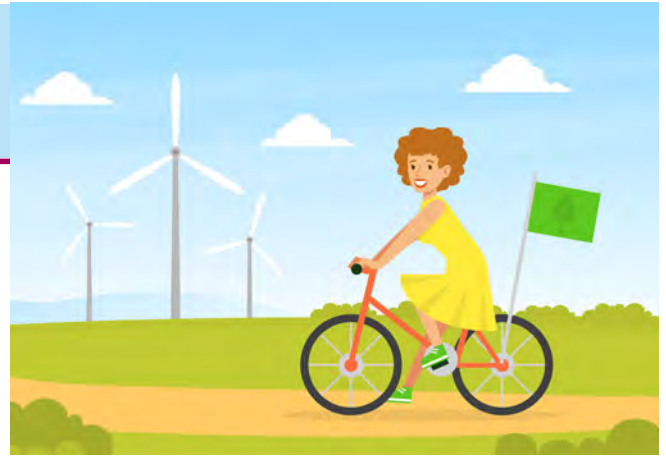
**Many walk a dark path where no lampposts of truth shine for them to see and think clearly.**

Allowing stress and peaceless into your life is to become unhappy, nervous, to stammer, to get confused, feel anger, have mistrust and where your muscles tighten and your thoughts race away down a dark alley of hate, anger, revenge or falsehood.

**Everything you see, even your shoes and gloves, have much unseen thought connected to them.**

All that you ever see that's manmade has come about from much effort, time, care and sweat. All were conceived, designed, manufactured, stored, placed in a van, delivered, put on shop shelves and finally sold to the consumer that then gave the product a whole new life where they now place their time and effort on to it also.

**Take any room any time and all that you see has been toiled over in the past in one way or another.**



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

If you desire peace and happiness, the key to achieving that is to have a blank piece of paper (mind) on which you are not distracted by glamorous objects or busy adding colour or words to the paper (mind).

**The wandering beggar never knows true happiness.**

When you allow your mind to wander here and there you take your mind and concentration power away from achieving that desired peace and happiness by cluttering up your piece of paper and crease it, even spilling ink over it at times.

If you want to catch the bus of happiness that goes direct to the town of Peace along the road of Contentment but allow yourself to become distracted easily as the bus stop, there's every chance you'll miss the bus if you're looking the other way and not paying attention to what's important.

**There are millions of thoughts attached to all objects that you see before you that man have made.**

Does it make sense, that if you want peace, you need cut out being influenced by all the chaos that surrounds you and even comes from looking at it all, holding it, possessing it or desiring it? Everything touched comes with a heavy and sharp iron price tag attached to it.

Much thought went into creating everything and is still attached and will be taken onboard by you when picked up and allowed into your life.

**Are you guilty of often picking up a tin of SORROW and taking it home to eat?**

Allowing materialism into your life is like picking something up that's covered in thick glue which then stays with you for a long time. This glue is hard to get rid of and requires effort and time to free yourself from it. The labels on the tin says 100% SORROW inside.

Many go out into the world and knowingly or not, pick up various tins of SORROW and place them in their bag (mind). With their fingers already sticky from the glue of SORROW, open it and eat the contents. The result is they feel immediate sorrow and later become ill.

A room is like a huge photograph with millions of pixels making up the whole picture that become clear and coherent. Yet break down the photo (each object) and examine the pixels and if you could, you'd see the pixels are made up of individual thoughts (atoms of thought).

**So, any scene that comes in front of you, know well there are millions of thoughts attached to it.**

There are beautiful, interesting, amazing pictures but mostly are basic mundane photos that most take every second of every day but that is totally up to them.

Most live a life not seeing it clearly. Their minds are always out of focus (without truth). All that they ever see is distorted thinking what they see is truth – but it's not, it's an illusion.

Some are embodiments of truth and live a life that is clean and happiness is written on their faces. They know clearly right from wrong. Such people only have goodness and happiness come in front of them.

The wise and loving can see rainbows but also in the distance approaching cloud storms and take appropriate action to safeguard their happiness and wellbeing. Yet for those with

blurred vision that can see no further than their body conscious reflection in the mirror, carry on as normal and end up getting soaked in sorrow and stress.

Some people's lives and photos are worthy of being hung in a gallery as so beautiful. The majority are typical, boring with little colour (the virtue of giving), with many with ugly minds reflected accurately on the face and in their eyes, words and gross insults.

**All that you see has an unseen spider's web surrounding it.**

The less you touch or think of items, the freer your mind can remain as it's easy to become trapped in any web of materialism at any time.

Materialism has the ability to make you end up crawling on the floor where you cut and hurt your knees and get them dirty. The 'mat' in materialism will not save your knees and pain.

Most have a thousand thoughts every 10 minutes and this is one of the main reasons people cannot be happy. Too many thoughts indicate dissatisfaction, stress, unease and leading an unnatural life that makes for poor thoughts that get faster and faster until their speeding thoughts become uncontrollable. It's then very hard to slow your speeding thoughts down and bring them back into a state of peace that only slow thinking can achieve.

**Made in China; made in India; made in the UK and made in EU.**

People the world over create thoughts, mostly of consumerism, manufacturing and with profit at the forefront. Business is good but later all fall down the deep dark hole of body consciousness and must stay there in sorrow.

There is never a profit to be gained from having body conscious thoughts: only sorrow will fill your bank account in the bank of your mind which can never close its doors to the



sorrow created by the account holder.

**We are all faced each day, hourly, each minute or second, with the choice of whether to create love or hate.**

It is one thing to create an atomic bomb, another to refine an aeroplane, design a new car or make a new vacuum cleaner that's super-efficient. What we think and create is paramount to our happiness. Building a dam so catch and regulate water to aid living and to generate electricity is far different from blowing a dam up that later kills people. There is a world of difference from the Dam Busters of WW2 and the blowing up of a dam today.

People store up their thoughts in the soul, just as water is stored in a dam. It's hard for most to change their thought patterns. If their thoughts are selfless and spiritual they can be called great souls but when, as is common now, their thoughts are sinful, vice full, angry and vengeful, they can be called poor, corrupted souls.

**If no one had ever thought to create a gun, no one could ever have been shot.**

If no one had made the canon and bullet, no one would have been keen to start a war with only bows and arrows on their backs.

It is up to each person if they become weak and allow their minds to become polluted or be strong and be filled with only love and peace that helps create a better, happier world in which to live.

The mind produces happiness when it's clean, stable, uncluttered and devoid of lots of thinking that places endless stress on it that easily robs it of the peace that allows for slow thinking.

**The mind works best when it's thinking slowly.**

Speed was once alien to all minds and slowly each became influenced by vice and with that, their slowing thinking minds started to speed up.

To the walkers on the roadside, a car travelling at 40 mph feels so fast; for the passengers inside the car, they think they are going slow and want to go faster. The steering wheel of the car to an ant is gigantic but to the elephant, it's small.

**Far better you invented a square wheel than any kind of gun or bullet.**

Better too many cars, wheels on the road, breakdowns and traffic jams, than it is too many bombs, guns and bullets on the street.

The hot air balloon is huge compared to the party balloon: both designed by different people but not to kill. So, what will you think of and create today? Will you take time to plan it, design and make it come about today? Will it be a new design in screw thread or wheel tread for the car tyre or in organising a peace conference highlighting the hidden power and potential that can be unlocked within the mind and soul?

**Maybe take up meditation to create a cool lake of peace in your mind that's tranquil?**

The boat of happiness can only sail on a lake of peace; if turbulent from the waves of sorrow and anger, this happy boat will capsize.

The world is short on love and peace, so why not sit down and consciously think of these today? Send out your experience of love and peace into the world as a vibration from your cool lake that can be felt as a ray and gift?

**Do you carry the ray gun of love?**

Many leave the house holding a loaded gun that has the bullets of hate and anger.

There's only ever been one gun that can bring goodness and benefit into the world, and that's the ray gun of love and peace. Anyone can own this ray gun of 'light and might' and focus its beam of light at anyone at any time, even from a distance, and cause them to feel good. ■■

## CONSISTENCY AND CONSTANCY IN SPIRITUAL ENDEAVOURS

When we observe the spiritual endeavours with an attitude of a witness, it is found necessary that the efforts should be balanced with consistency and constancy.



**W**e are all spiritual knowledge and spiritual power seekers. Many of us must have put in maximum efforts to empower ourselves with spiritual yogic powers and accumulate godly

knowledge based on the prevailing worldly situations. The five elements are seen to be going out of the natural harmonious routes these days. The five elements appear to work at cross purposes. This has resulted in chaos through natural calamities ending up with a lot of hardship in human life. Human beings are also seen to be hostile and inimical in mutual contacts and connections and also relationships.

### The importance of present time

The creator God who is on earth now has been conveying to us very often the importance of the present time. He has been reminding us that this is the most auspicious confluence age in which the sorrow ridden life in the world is going to perish under the burden of the sins committed by the souls over many years.



**B.K. Surendran, Bengaluru**

We are all the children of, and students of God. We all have recognized the Supreme Almighty Authority God and have accepted His teachings and revelations based on our intellectual capacity to absorb the divine sermons of the Lord. We are all putting in sincere efforts to get rid of the vices and inculcate divine virtues and other divine disciplines as was possessed by the Sun dynasty and Moon dynasty in particular.

When we observe the spiritual endeavours with an attitude of a witness, it is found necessary that the efforts should be balanced with consistency and constancy.

### Consistency

It is heartening to see that every seeker has a concern to listen to the sermons of the Lord and also to remember Him. But in many cases the seriousness and determination to see that regular study of the sermons and constant remembrance of the Supreme is missing. The seekers should understand that seriousness and determination to see that there is consistency in attending the sermons and sitting in remembrance of the Almighty constantly for an hour in *Amritvela*. If the seekers cannot

undergo longer spells of meditation at a stretch, they can select short spells of meditation, say 15 minutes, 30 minutes, one hour etc. We are all aware that our physical needs such as breakfast, lunch, brunch, dinner and various beverages have consistency in use. That is for the body. Similarly, we drink water many times during the day. In fact, we are all souls, who wear the physical body. In the case of the physical body, we maintain consistency for its source of sustenance, whereas we are all really spiritual beings, and based on our wellbeing and necessity the body is sustained. Hence our spiritual endeavour should be consistent and constant. It is not that we listen to or read Godly versions for two days and meditate for 3 days and then neglect the Godly knowledge and Rajyoga Meditation sessions for a week and then meditate for 3 days and do not study or listen to godly versions. Consequently, a lot of waste and negative thoughts or vibrations will rob away the wealth of Godly knowledge and accumulated spiritual power. Hence there is no consistency and constancy in our spiritual area of life. Ultimately, we will remain in worldly life or godly life. Since there is no consistency, whatever efforts we put in ends up at naught.

### Constant efforts - need of the hour

We are all aware that our day breaks at 3:30 am, by 4:00 am we all attend the *Amritvela* meditation. After the morning oblations, we have time to meditate up to the Godly versions class time at 7:00 am. After the class when we sit for breakfast, we again should go into silence while taking the breakfast. After that when we engage in *karma* may be sometime for our physical sustenance or related to Godly service this should be done in the remembrance of the Lord. On the way to the evening of the day we have the schedule of traffic control sessions of one

minute and 3 minutes. This time also offers us the chance to shut down all our physical and mental activities. We withdraw our attention from the mundane world and virtually, we engross in the sweet remembrance of the Lord. This practice helps us to have control over our mind and intellect. Our power of concentration increases. This also helps us to experience the bodiless stage or angelic stage or being in the world of infinities – *Paramdham* with the Supreme. Such type of frequent practices will augment our efforts to stabilize our mind and intellect and freely handle the mind and intellect at our whims and fancies.

When we reach the evening, say 6:30 pm to 7:30 pm, which is also similar to another *Amritvela*, we take advantage of this time also and meditate for an hour collectively. Many such occasions are available to us, for example when we start doing any work we start with a minute of meditation, when we drink water or some beverages, having our breakfast, lunch, dinner etc. or when we go out, while driving, we make it a point to remember the Supreme for a minute or two. Before retiring to bed, it is divine direction that we must meditate for half an hour.

When we prepare to sleep, we should review the day, revise the Godly versions of the day and wrap-up the day in His remembrance with a reverential submission.

If we are attentive on ourselves, focussing on soul consciousness and God consciousness state our life will be easily formatted with consistency and constancy. Our life will be easily detached from the gross level of body consciousness to soul consciousness level. There will be fast progress in our spiritual endeavour and we will attain the stage of total fulfilment. ■ ■

## DIWALI: THE UNIQUE FESTIVAL OF LIGHTS

Diwali, at its core, is not just a festival of lights but a symbol of spiritual enlightenment and the journey towards a better world.

B.K. Yogesh Kumar, New Delhi



**D**iwali, the most famous festival in India, is celebrated with immense joy, particularly by children, who revel in fireworks, sweets, and celebrations. However, this otherwise spiritually significant festival has now

become more of a ritual and a business affair, where financial concerns often dampen the excitement for many. For some, the festival brings as much stress as it does joy, with expenses on gifts and celebrations leading to a sense of relief once the festivities are over.

### A Shift from Traditional Joy to Business

In India, every festival holds deep spiritual significance, but over the years, this aspect has diminished. Diwali, too, has evolved into a festival more focused on consumerism than spirituality. Middle-class families, in particular, feel pressure to distribute gifts to staff, often worrying if their gifts will be appreciated. Children, once enthusiastic about lighting fireworks, are now disappointed by government restrictions due to noise pollution. Despite these bans, some still purchase fireworks illegally at inflated prices. Offices, too, have turned Diwali into a spectacle with grand fairs, games, and food, but without a true understanding of the festival, this often leads to chaos and clashes.



In the past, Diwali was celebrated by lighting earthen lamps, or 'dijas,' which symbolized giving and created a more natural, joyous atmosphere. However, today, the festival has become commercialized, with gift-giving often motivated by the hope of receiving something better in return. This shift has turned a festival once full of warmth and community spirit into a competition, with people becoming increasingly self-centered.

### Mythological Significance

According to Hindu mythology, Diwali celebrates the return of Lord Ram to Ayodhya after 14 years of exile. Traditionally, people lit earthen lamps to mark this joyous occasion. However, despite the significance of Ram's return, the focus of Diwali worship today is on the goddess Lakshmi, the deity of wealth, rather than on Lord Ram. The reason for this discrepancy in focus is not widely understood.

### Spiritual Significance

The commercialization and ritualistic nature of modern Diwali have overshadowed its true spiritual essence. Ignorance of its deeper meaning has led people to waste resources, indulge in unhealthy food, and pollute the environment with fireworks. Additionally, many engage in activities like drinking and gambling, believing that these actions will invite Goddess Lakshmi's blessings. However, such behaviour is far removed from the festival's spiritual roots.

The true significance of Diwali, as revealed by the Ocean of Knowledge Incorporeal God

Shiva, lies in the ignition of the "soul lamp." This represents self-awareness and the realization of one's connection to the divine. **By pouring the oil of godly knowledge, individuals can keep their soul lamps illuminated, unaffected by the storms of adverse situations. This spiritual illumination leads to inner peace and wisdom.** The knowledge of the Eternal World Drama as enshrined by God Shiva helps one to remain a detached observer and happy in all situations because such a soul knows that whatever happened in the past was good, whatever is happening is even better, and what is going to happen will be the best. As we are protected by the Most Benevolent God Shiva, no situation can harm us whatsoever. But Godly Knowledge makes our perspective positive to see every situation as a sight-seeing. If we see every situation in such a manner, we will remain positive under all circumstances.

### Diwali and the Golden Age

Diwali also symbolizes the aspiration to elevate oneself spiritually, as taught by the Brahma Kumaris, a spiritual organization. The aim is to transform ordinary individuals into divine beings like Shri Narayan and Shri Lakshmi. This transformation signifies the dawn of a new era, known as the Golden Age, where peace, prosperity, and purity prevail.

According to this belief, the present time, known as the Confluence Age, marks the transition between the end of *Kaliyuga* (the Dark Age) and the beginning of *Satyuga* (the Age of Truth). God Shiva, with the help of spiritual devotees, is said to be establishing a new world—a Golden Age where every day will be like Diwali, filled with light and celebration.

### Conclusion

Diwali, at its core, is not just a festival of lights but a symbol of spiritual enlightenment and the journey towards a better world. While today's

celebrations have drifted towards materialism and ritual, the true essence of Diwali lies in the illumination of the soul and the pursuit of divine knowledge. By reconnecting with this spiritual meaning, Diwali can once again be a time of joy, purity, and unity, both within individuals and throughout the world.

So, from this Diwali, in order to inherit a great status in *Satyuga*, let us pledge to learn Rajyoga from God Shiva and do the following things:

▶ 1. We will keep our soul lamp always ignited by pouring the oil of Godly Knowledge and Remembrance and never let it go off by getting influenced by body consciousness, thus remaining vice-less.

▶ 2. We will make our thoughts, words, and deeds according to Godly commands so as to be entitled to an elevated status in the Golden Age. The qualifications of the same are complete in all virtues, 16-celestial degrees complete, completely vice-less, complete in all Godly codes of conduct (*Maryada Purushottam*), and non-violence as primary duty.

▶ 3. We will always remain soul-conscious and imbibe all the virtues of the soul, viz., knowledge, purity, peace, love, joy, bliss, and powers, and sweeten the hearts of one another through the virtue of sweetness and all other divine virtues such as contentment, politeness, ease, etc.

▶ 4. We will forge our permanent relationship with God Shiva only, who is the Ocean of Love, and see the other souls as our soul-brothers. We will never compromise on the main virtue of purity and make this world full of peace, prosperity, and purity.

▶ 5. We will keep spreading vibrations of peace, love, and joy to one and all, whatever their behaviour towards us was in the past.

*We would like to wish the esteemed readers of 'The World Renewal' a very happy Diwali. ■ ■*

## Greetings From God .....

Contd. from page ... 3

**Tretayuga are taught in Indian schools but the books of Shri Lakshmi and Shri Narayan who preceded Shri Sita and Shri Ram, are not available.** Is it not a matter of great surprise to the dignitaries and the masses alike, that even when lacs of images and idols of Shri Lakshmi and Shri Narayan are daily worshiped, they do not know the biography of these deities?

If people and their leaders, Mahatma Gandhi, for example, knew these deities, they would have aspired for Shri Lakshmi and Shri Narayan's *Rajya* more than that of Shri Ram and Shri Sita because while the latter was characterised by fourteen celestial degrees, the former were deities virtuous to the pitch of sixteen celestial degrees complete. During their sovereignty, every human soul was completely pure, and peace and prosperity also were at their almost peak. **The most memorable thing of the days of Shri Lakshmi-Narayan and Shri Sita-Ram is that lust, which is the greatest enemy of man, and other vices were also absent and there was complete divinity.**

Even today, when people of Bharat go before the images of these deities in temples, they put on clean clothes and take caution that no vicious thought crosses their minds and no evil word slips from their mouths. Chaste devotees do not take any *Tamsic* food before their entry into the temples and in the prayers that they offer to the deities; they say – 'My revered deity! You possess all divine virtues and are completely viceless and non-violent'. This prayer which has been passed on to the present generation from their ancestors, shows that during the holy sovereignty called '*Shukla-Paksha*' (The Light Phase) or Brahma's day, the human world of that

epoch is called '*Vaikunth*' or Heavenly Abode or *Satyuga*, *Krit-Yuga* or Golden Age.

If Indian people light up, now-a-days, earthen lamps on the occasion of the celebrations of Diwali (which is only nominal), it can be imagined how gloriously and joyously the people of the epoch of Satyuga celebrated the ceremony of anointment of Shri Narayan. The very tradition of celebrating the day of coronation has its origin in the times of Shri Narayan and the celebration of the enthronement ceremony of Shri Ram also was just according to the aforesaid tradition.

### **Great contrast between Diwali then and Diwali now**

But there is a huge contrast between Diwali as celebrated then and now. At that time, Shri Lakshmi and Shri Narayan and Shri Sita and Shri Ram were personally living and their respective Sun and Moon Deity Dynasties also were in existence. Today, however, the face of Bharat has altogether changed. Where are the deities today? Now only the temples and not the deities themselves, remain. Today, the character and life of the masses of Bharat bear no comparison with that of ancient times wherefore that period was called Satyuga, whereas the present period is called Kaliyuga. Now-a-days, deities are only tattooed on arms or tabooed by Pay Commissions and merely outward cleanliness is observed and that also for a day or two on occasions like Diwali, etc. All this shows that people, otherwise negligent about maintaining cleanliness, are particular about inward purity and virtue on these occasions. What a wonderful abode of excellent purity, peace and prosperity Bharat was during that age, of which it is said in allegorical form that rivers then brimmed with milk and *ghee*.

Therefore, a brief and retrospective review of the history should show that if the people of a country are righteous and if their habits of living are good and divine and their 'selves' are enlightened with Godly knowledge, then disquiet, misery, poverty and slavery cannot stay there at all. And, if India is disquiet today, the single main cause of this is that its people are *Tamsic* and impious and the men running the government are also irreligious and *Bhogis* (vicious) – not *Yogis*.

Thus, getting a proper understanding of the significance and origin of Diwali, one should think seriously over the problem: 'How can purity, be it outward or inward, and peace and prosperity be brought about and how can the poverty, misery and corruption be ousted? How can the self (soul) residing in the human temples (body) be lighted by means of Godly knowledge so that the Dark Phase (*Krishna Paksha*) may end and *Satyuga*, the Light Phase (*Shukla Paksha*) may ensue?

How was the Sovereignty of Shri Lakshmi and Shri Narayan established? The question now is that the sufferings, the disquiet, the corruption and pseudo-religions which exist in the present Kaliyuga must have existed a Kalpa (5000 years) ago also; then, who destroyed that vicious world and, in its place, who re-established the Golden-aged, religious, righteous, lawful, peaceful and prosperous world? It is none other than the Supreme Soul, God Shiva who re-establishes the Heavenly Abode of the deities through Adi Deva Brahma and Saraswati.

On the auspicious occasion of Diwali, God Shiva tells us:

“Children! You should tell the people at large that this period of 'Confluence of the end of Iron Age and the beginning of Golden Age' is very auspicious. It is the most appropriate time for you children to greet each other because it is within this short period that the Godly work of re-establishment of the New, Ever-happy, Ever healthy, Ever-peaceful and Ever-prosperous Golden-aged world shall be accomplished and the souls shall close their old account of past vicious actions and open 'New Account', so as to say of their virtuous actions in the light of the knowledge and Yoga being taught by Me, and shall, thereafter, enjoy Diwali in the Heavenly Abode.” ■ ■

### Life Changing Advice

- **Read books:** Books allow you to transcend the limitations of your direct experience. They help you tap into centuries of wisdom from the world's greatest thinkers. Books teach you how to live, how to be a good person, how to lead, and how to succeed.
- **Say sorry more often:** When you've made a mistake, take responsibility. Listen to the person you slighted, give a genuine apology, and commit to being better in the future. If a relationship is important, apologize even when you feel like you're not in the wrong.
- **Be grateful for what you don't have:** Life can always be much worse than it is today. Instead of obsessing about what's going wrong, be grateful for all the horrible things that you don't have.



**Pokhara (Nepal):** Chief Justice of the High Court Dr. Ratna Bahadur is being presented a Godly gift by BK Parineeta and BK Harish during a Conference on Value-based Administration.



**Mohali:** Mr. Satnam Singh Sandhu, Founder Chancellor of Chandigarh University & Rajya Sabha MP and Haji Syed Salman Chisty, Gaddi Nashin Ajmer Sharif are honouring BK Rama with a memento.



**Gurugram (ORC):** A program for farmers is being inaugurated by Chairman of OBC Commission of Delhi Mr Jagdish Yadav, Dy Director of Agriculture Dept. Mr Anil Kumar, BK Asha, BK Sarla & BK Rajkumari.



**Mumbai:** The teachers are being felicitated with 'Shiksha Ratna Samman' by BK Godavari, Mr. Sanjay Dina Patil, Member of Parliament, Dr Anaya Milind, Professor at University of Mumbai and others.



**Bilaspur (CG):** Seating in a program "Ethics in Business" at Atal Bihari Vajpayee University are Prof.A.D.N. Vajpayee, VC, BK Swati and BK Kamal Chhabra.



**Khammam (TS):** Brahma Kumaris sisters are distributing clothes, food and ration material to flood victims in a rehabilitation centre.



## TRUE FACTS ABOUT SOUL

Today the quantity of negative thoughts is very high, so the soul feels drained out, as if no energy is left. The soul blossoms like a rose flower when it feeds on positive and pure thoughts.

B.K. Mahima, Gwalior



**T**he soul is an immortal, indestructible, living force. The soul can never die nor can it be cut into pieces. Fire, water, and weapons nothing can touch or cause any harm to the soul.

The soul is like an invisible energy that controls the body. The soul is like the driver sitting in the vehicle of the body. The soul cannot be seen through any machine or facilities of science but, the soul can only be experienced through the power of thoughts and visualization. A human soul can never take the body of a bird or animal; neither can an animal soul enter a human body. Human soul is highly sophisticated, developed and extremely expressive; has unlimited creative as well as destructive energy in it. What energy the soul uses defines the soul's destiny. What is inside the soul is the story of its maximum "84 HUMAN lives" or minimum 1 HUMAN life it has lived. *There is no soul that will ever attain Moksha or Liberation....forever. The soul does attain liberation but, for some time and then, it has to come down on the world stage to enact its part. The soul will never sleep forever and liberation is sleeping.* An actor's primary responsibility is to act. How well the actor acts, determines the prize.

The body withers away, but the soul in the body can never be destroyed or die, hence the driver carries with it all emotions it has felt birth after birth. The quality of soul is determined by its KARMA. Souls who do great Karmas are called

good souls and on the other hand, other ones are called bad or evil souls. For the Supreme Soul, we will never say Good God or Bad God. The Supreme Soul is the Supreme Soul, the Ocean. But the soul is titled according to its Karmas.

**We can't burn the soul with fire, nor can any bullet or sword pass through the soul, water cannot wet the soul nor can heat dry it up, Soul is waterproof, fireproof, bulletproof, and ultimately death-proof.** We can't put the soul on the death pyre. The soul can never die. The soul lives forever and ever. The soul never becomes a child, teen, adult or old. It is the body that goes through all these stages. We can experiment on the physical organs but, we can't take the soul in our palms and check it out, experiment on it or touch / feel it with our physical hands. The soul is beyond physical touch. The soul is meta-physical!

Who is it that feels cold chills or the heat wave; who is it that feels happy or sad? It's the soul that feels everything when the soul is in the body. The soul also has *three subtle powers of Mind, Intellect and Sanskars in it.* The thinking faculty is called the Mind, the decision-making faculty is called the Intellect and whatever comes into action becomes the *Sanskars* of the Soul. The soul has *sanskaras* of peace, power, purity, knowledge and the soul also has the *sanskaras* of vices in it. The soul enters a womb and that's called the beginning of a new life. Whatever the mother is feeling, emoting, eating, doing, saying affects the soul in the womb. When the body sleeps or is resting, the soul doesn't fly off

somewhere, the soul is very much in the body that's why the body is functioning even whilst asleep, the soul just becomes completely detached from its physical world, the situations of this physical world and that's called sleep. Sleep is a time to give a pause to the faculty of the Mind in the soul, that keeps on creating over thousands of thoughts in a conscious state. If there is no sleep it creates mental and physical fatigue only because sleep is the time when thoughts slow down, and if one is not getting good sleep that means the mind is not slowing down which in turn creates irritation and fatigue.

### Soul

The soul thinks, but most of the thinking or thoughts today are negative; negative means that serve no good purpose. The foundation of such thoughts is – thinking about what's wrong or what's bad in the self, others and life in general. Because the quantity of such thoughts is very high, the soul feels drained out, as if no energy is left. The soul blossoms like a rose flower when it feeds on positive, pure thoughts. Positive thoughts are to look for benefit in every situation and pure thoughts generate from the understanding and knowledge of this world as a

big unlimited drama with variety actions and understanding of the Supreme Director. Then, the intellect decides – to do or not to do, black or white, this or that, greed or contentment, these decisions are taken on the past life data that is in the soul and present upbringing and surrounding. Whatever it is that the soul chooses and brings the choice into action that is to act upon will become the *Sanskars* or the impressions/imprints in the soul. Once, thoughts change, decisions will transform which will create a new *Sanskar* and this is called New Awakening.

The soul is a very beautiful, serene energy just like the Supreme Soul. The soul cannot become the Supreme Soul. The Supreme Soul is one, but "like" the Supreme Soul, the soul too has positivity, c o m p a s s i o n , honesty, patience, selflessness etc as its virtues. But, how is the beauty of soul destroyed? When the soul makes the body and its world function on vices, that's when the beauty of the soul turns ugly. ■ ■



### Subscription

(India) Yearly: 120/-  
(Foreign) Yearly: 1,500/-

### Payable through Online or Cash

"The World Renewal", Gyanamrit Bhawan,  
Shantivan - 307510, Abu Road (Rajasthan)

**To Get Regd. Post: Charges per packet (up to 49 copies)- Rs. 204/- yearly (extra)**

**For Online Subscription:** Bank: State Bank of India, A/c Holder Name : PBKIVV (WR & Gyanamrit),  
A/c No: 30297656367, Branch Name : PBKIVV, Shantivan, IFSC Code: SBIN0010638

### - CONTACT US -

**Mobile:** 09414006904, 02974-228125, **Emails:** omshantipress@bkivv.org, worldrenewal@bkivv.org

**Edited and Published** by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and **Printed at:** Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307510, Abu Road, (Rajasthan).

**Associate Editors:** Dr. B. K. Ranjit Fuliya, Delhi and B.K. Onkar Chand, Shantivan



**New Delhi:** HE Draupadi Murmu, Hon'ble President of India is with Mr Sandeep Marwah, founder-president of Noida Film City, BK Prabha Mishra, BK Nisha and BK Pamposh.



**Kathmandu:** A Conference for Administrators is being inaugurated by Chief Election Commissioner of Nepal Mr Dinesh Kumar, BK Raj, BK Harish, BK Poonam, BK Veena and others.



**Antigua and Barbuda:** Prime Minister Mr. Gaston Browne is with BK Ramshlok and BK Payal at his office.



**Toronto (Canada):** BK Asha is addressing an event on "Awakening Your Inner Powers for a Beautiful Life".



**Penang (Malaysia):** BK Dr Mohit Gupta from Delhi is addressing a Professional Retreat on "Creating a Conscious Future".



**Nairobi:** BK Sharda is addressing a spiritual event on Raksha Bandhan.



**Milpitas (USA):** A Raksha Bandhan event is addressed by a BK sister. Ms. Carmen Montano, Mayor of Milpitas and Mr. Jose Esteves, Past Mayor are also present in the event.



**Moscow:** On 35th Anniversary of BKs in Russia a program is being inaugurated by BK Sudha, BK Vijay, Mr Ovchinnikov Valery, Ms Yulia V. Klepikova, Mr Borisov Eduard and Mr Prokopovich Vladimir.

RNI No.19818/1970, Postal Regd. No.RJ/SRO/9560/2024-2026 Posting at Shantivan-307510 (Abu Road) Licensed to post without prepayment No. RJ/WR/WPP/001/2024-2026. Published on 28th of each Month & Posted on 2nd to 3rd of each month. Price 1 copy Rs. 10.00, Issue October, 2024.



**Ranchi:** BK Nirmla is presenting a bouquet to HE Draupadi Murmu, Hon'ble President of India along with a BK delegation.



**Hyderabad:** Chief Minister of Telangana Mr Revanth Reddy is inaugurating the 20th Anniversary Celebrations of Shanti Sarovar Retreat Centre along with BK Santosh, BK Mruthyunjaya and BK Kuldeep.



**Delhi (Harinagar):** BK Shukla is being felicitated by General Upendra Dwivedi, Chief of Arm Staff, Vice Chief of Naval Staff (retd) SN Ghormade, BK Sarika, NK Choudhary and BK Renu also seen.



**Jaipur:** HE Haribhau Kisanrao Bagde, Governor of Rajasthan is being felicitated by BK Sushma, BK Chandrakala and BK Jayanti.