



The *World Renewal*

Monthly

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July 28, 2021, 38th Ascension Day of
Didi Manmohini ji





Mahesana (Guj): In a Programme on Environment Day Ms. Varsha, Municipal President is sharing her views. Sitting on the stage are BK Sarla, Mr. P B Rathod, Additional District Magistrate, Ms. Kinjal, Forest Officer and others.



Bharatpur : On 56th Remembrance Day of Jagdamba Saraswati, paying tribute are Prof. Rajesh Dhakarey, V.C., Maharaja Surajmal Briji University, Dr. Deshraj Singh, Joint Agriculture Director, B.K. Kavita and others.



Agra (Museum) : Sis. B.K. Madhu presenting Godly gift to CISF Commandor Mr. Rahul Yadav.



Ratlam (MP): On Environment Day tree plantation is being done by Mr. Dhyam Chander Dodve, Distt. Forest Officer, Mr. S Parmar, BK Savita are BK Geeta.



Bhilwara (Raj): On Environment Day a tree is being planted by Ms. Madhu Sharma, Municipal Councillor, Mr. Ladu Ram, Social Worker, BK Tara, BK Indra and others.



Koraput (Odisha): On Environment Day tree plantation is being done by Mr. Rohit Sharma, Forest Range Officer, BK Swarna and others.

|| From the Mighty Pen of Sanjay ||

WORLD-TRANSFORMATION THROUGH SELF-TRANSFORMATION

At the very face of it, it looks almost improbable that one being could change the whole world. There are people of different nature, different inclinations, different traits and different proclivities and, to transform all these seems to be as big a problem as the high Himalayas. Some people must be knowing from their own personal experience that it is so stupendous a task to change even one's own single habit, what to say of the habits of so many people inhabiting the planet Earth. That is very correct but there is the other side to the picture too.

A baby is almost defenseless. It cannot protect itself even from a small ant. It can only raise an alarm by weeping so that people might rush to his help but by the gradual transformation in his body, a day comes when he becomes the commander of a great army and can take on his shoulder responsibility for the defence of his country, of course with the help of the vast army which also he commands proficiently.

A small boy, who was unable to decipher anything written in books, in his later years, becomes, by means of education, a mentally transformed being and can now himself express such marvelous thoughts that millions of people study his books. Or, he has now become the Prime Minister of his great country and what he speaks on the radio is listened with rapt attention by millions of his countrymen.

One single seed, when sown into the ground and watered and nurtured, grows into a tree, every branch of which gives so much fruits year after year and for so many years. One transformed seed can thus fulfil the hopes and aspirations of so many fruit-lovers.

And what is being done today by the botanists, agriculturists and agronomists? New variety of seeds by Hybridization and by Genetic Transformation is produced so that we can have more heavy crops in a lesser area and in a lesser period of time and having better food-value. A few seeds transformed thus bring a revolution in the long region or in the whole world because people now cultivate using the new variety of seeds.

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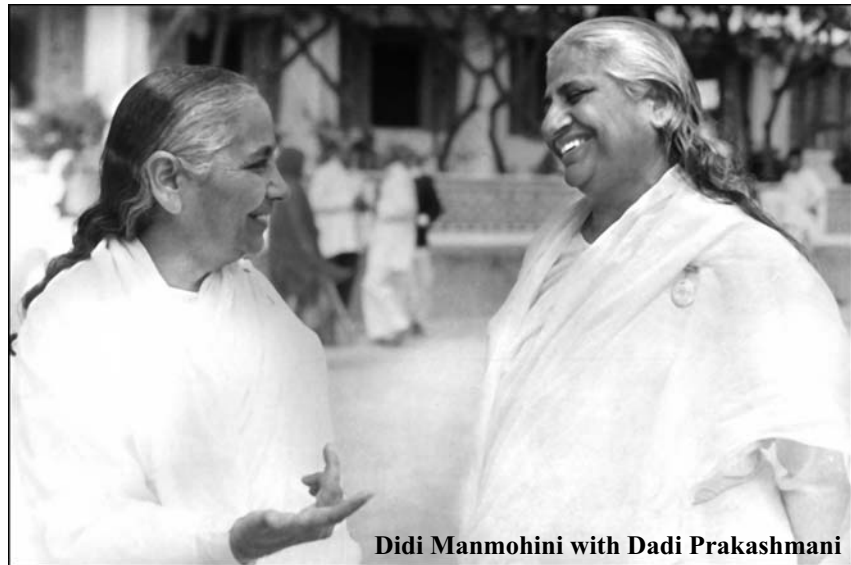
■ Editorial ■

IT'S TIME TO RETURN HOME...

The history of PBKIVV is unique and very-very rich in spiritual wisdom, and values that have nurtured the personal lives of all its responsible instruments, as well as the Student Members who benefit themselves through different Centres in Bharat and all over the world. From the beginning of this great spiritual educational institution, there have been many examples of sisters and brothers who experienced divine visions and learned the depths of spiritual wisdom, as conveyed and explained by the All-Knowledgeful Supreme Father, God Shiva, through the practical example of Pitashri Brahma Baba and Mateshwari Saraswati. One such very important personality within this spiritual *yagya* happened to be **Revered Didi Manmohini Ji**, whose lokik name was 'Gopi'.

Didi Manmohini belonged to one of the richest families in Sindh (the Chanrais). Respected Dada Lokoomal and Dadi Jasotibai were her Uncle and Aunty, who were instrumental in establishing Jaslok Hospital, Peddar Road, Mumbai. In 1936-37, a revolutionary wave spread in Hyderabad (Sindh), when Supreme Incorporeal Father, God Shiva, descended in the

chariot of the Founding Father of what later became the Brahma Kumaris World Spiritual Institution: Dada Lekhraj Kripalani, who was later respectfully known as Prajapita Brahma Baba. This occurrence happened for a very specific purpose of re-establishing a new age with the richness of spiritual wisdom and divine values. In fact, divinity became the very essence of the lives of those sisters and brothers (families), who were enlightened within a short time. They developed deep faith on the basis of recognition of God's special work through Prajapita Brahma Baba. Many of them experienced higher spiritual consciousness in semi-trance or in other words, divine trance. Didi Manmohini was one of the enchanting individuals who had these valuable experiences, and also deep interest for learning spiritual wisdom, and leading a simple lifestyle within the Brahma Kumaris campus from 1936 onwards. Her intellectual acumen and studentship aroused interest in her other family members including her mother, respectfully known as 'Queen Mother' and her sister – Sheel Indra Dadi. All



Didi Manmohini with Dadi Prakashmani

three became ardent followers of the teachings of the Brahma Kumaris, and Brahma Baba wished that they play responsible roles in the Institution. Didi Ji later on became one of the Founding Members of the Management Committee of the spiritual *Yagya*, headed by Revered Mateshwari Saraswati (lovingly known as Divine Mother or Mama).

After 14 long years of learning values of spirituality, practising the same in normal routine, going through rigorous training of observing silence for days together, and serving in different departments of the Brahma Kumaris Institution in Karachi, the entire gathering shifted to Mount Abu in 1950. All members of Om Mandali spent nearly a year or so in *tapasya* on the hilltops of Mount Abu. Empowered with their 14 long years of practising spirituality and doing penance, these more than 380 instruments were groomed to be Spiritual Messengers, who spread out on Godly Service in different parts of India. Didi Manmohini became the Zonal Head of Delhi services, and was based in the Brahma Kumaris Centre in Rajouri Garden, Delhi. Dadi Hirday Mohini, and Brother Jagdish Chander too were rendering their services in Delhi through the Centre at Kamala Nagar, and service began to expand.

Didi Manmohini Ji was extremely brilliant in recognising the capacity and capability of Godly Students who would be visiting the Centre. Didi Ji was a good organiser, who convened many Godly Service Meetings of responsible, respected Brahma Kumaris teachers, and brothers like Brother Jagdish, Principal Sunderlal Bhai, Advocate Sunderlal Bhai, and a few business people. Didi Ji inspired several young sisters to learn the

spiritual way of life, so that they in turn could become worthy BK Teachers within the Brahma Kumaris Institution: BK Mohini (New York), BK Sudeshben (Germany and UK), BK Chakradhariben (Delhi and Russia), BK Shuklaben (Hari Nagar, Delhi), BK Sundariben (Malviya Nagar, Delhi) and others emerged as very studious and responsible Teachers who have been playing impactful roles in the *Yagya* ever since they surrendered their lives.

Didi used to visit the HQs at Mount Abu as well as many centres all over India. She had also gone abroad for Godly Service. **Her speciality was of experiencing deep meditation and bestowing instant spiritual experiences on sisters and brothers from Bharat or overseas centres through 'drishti (exchange of spiritual love and respect through the eyes)' in silence.** Didi spent much time in Madhuban (Mount Abu Brahma Kumaris HQs) helping Brahma Baba, after Jagdamba Mateshwari's ascension in June 1965.

One aspect which is worth noting for aspiring BKs was that Didi Manmohini Ji remained very conscious of her Godly student life. She never missed *Amrit Vela* (early morning) Meditation, or listening to BapDada's elevated versions (Murlis), or noting down Murli points in her diary. She used to have very entertaining and enriching spiritual conversations with Dadi Prakash Mani, as well as other Dadis from every part of India, and of course a few sisters and brothers from abroad. She was a pioneer in exploring the depths of the *Gyan Murlis*, by sharing her vision of 'light of knowledge' and 'might of yoga' with the listeners.

After Pitashri Brahma Baba flew to the Angelic World, Dadi Prakash Mani and Didi Manmohini became Co-Administrative Heads of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, and thereon spent most of their time in Mount Abu (HQs). Both Didi and Dadi were very fond of experimenting with the different stages of Rajyoga Meditation, as well as exploring the most valuable jewels of spiritual knowledge from the Murlis.

The other side of their personalities was about guiding the divine BK family members in living life with enthusiasm and appreciating this Godly Student Life. They were very fond of taking all of us on spiritual picnics to different parts of Mount Abu, where they would participate in games like Musical Chairs, Cricket and *Antakshri*. During those picnics, they used to entertain us with a delicious variety of items, including 5 kinds of *pakor*s (*fritters or snacks*), and 3 kinds of sweet dishes, in addition to full meals! It was the most enjoyable time for all of the BK family.

Over the years, the aging factor started to pose a problem for Didi Manmohini. On one side, she had the normal blood pressure and cardiac setbacks, but also suffered unknowingly from a brain tumour. Dr Banarsibhai and I were often asked to bring a qualified doctor from the military camp at Mount Abu to attend to her, at various times of the day and night. When her condition became very delicate, Dr Anilaben (elder sister of BK Rameshbhai, Mumbai), who used to take care of the Dadis and other BK sisters and brothers, flew to Mount Abu to accompany her back to Mumbai Hospital for complete check-up and treatment. Didi Ji was soon diagnosed with

brain tumour and had to undergo surgery. A very prominent Brain Surgeon, Dr Bhagwati, performed this delicate operation, and then shifted her to ICU for recovery. It was sheer destiny that Dr Bhagwati had to fly to Delhi the next morning to attend to a VVIP, and as ill-luck would have it, there was some mishap during Didi's stay in the ICU where the oxygen supply was affected temporarily... This led to Didi Ji leaving the body three days after the major operation. Her mortal remains were brought to Mount Abu for cremation, where the very talented playback singer, Minoo Purushottam, prepared and sang the song, "*Ab Ghar Jaana hai*", which was always one of Didi Ji's prime advice to all of us.

There are a vast number of jewels of wisdom we can glean from Didi's life and teachings. I personally learned so much of self-discipline and regularity in attending Meditation Sessions and Murli Class from Didi. I also remember Didi being very helpful on several occasions in creating an amicable atmosphere amongst the Yagya *Niwasis*. My spiritual friend, Karunabhai, and I were fortunate to have experienced much of her divine love and guidance.

We, the members of the divine family of Brahma Kumaris, lovingly recollect those wonderful experiences in Didi's divine company, which continue to inspire us even today after 38 long years since her departure... Our love-filled greetings and salutations to our Revered Didi Manmohini Ji on the anniversary of her ascension: 28 July!

Om Shanti,

– B.K. Nirwair

28th July Remembrance Day Special



Didi Manmohini Who Ruled Everyone's Heart



–Prof. B.K. Onkar Chand, Shantivan

Didi Manmohini ji, who left her mortal coil on 28th July 1983, was the Additional Administrative Head of Brahma Kumaris from January 1969 to July 1983. After Brahma Baba attained the state of perfection and became *avyakt* in January 1969, Didi Manmohini carried out a huge task of administering and sustaining of very big international organization together with Dadi Prakashmani excellently with perfect coordination and took it to new heights. The administration of such a big organization required great coordination and cooperation which was visible to one and all in their administrative decisions and actions.

The Wonderful Duo of Dadi-Didi

While Dadi Prakashmani used to appear a symbol of love, Didi Manmohini was considered an embodiment of rule of law. Didi Manmohini-Dadi Prakashmani did administrative work together for 14 years and during that period they never had any conflicts between them and never criticized each other. The duo, Dadi and Didi was famous as being combination of two bodies and one soul. Dadi did what Didi said and Didi did what Dadi said. Didi-Dadi gave complete sustenance of spiritual parents to service associates and spiritual aspirants. Seeing their unity, love and skillful administration people were surprised.

Stiff Opposition to live a Pure Life

Didi Manmohini was born and brought up in an esteemed and prosperous family of Hyderabad (Sindh). She was married into a

reputed family. Though Didi Manmohini was rich, she would spend most of her time in *satsang* (Spiritual gathering) and charity. Her original name was Gopi. Didi had a



feeling in her heart that she herself was a 'gopi', as mentioned in the scriptures. In spite of having all the means of worldly comfort Didi was not satisfied internally. In 1936, at the time of inception of Brahma Kumaris Organization in Hyderabad Sindh, she surrendered her life to the institution along with her mother (Queen Mother), sister (Sheel Dadi) and cousin (Brijshanta Dadi). Didi has to face a stiff opposition in order to live a pure life of celibacy. Her close relatives opposed this organization in every way possible. They tied Didi in various bondages. She had to struggle a lot while pursuing the Godly path. She underwent a lot of harassment because of her determination to lead a pure life. However due to her courage, determination and unshakeable faith on Almighty, she became victorious on all obstacles.

Baba Assigned Her Important Responsibilities

Brahma Baba had lots of respect for Didi because she was highly experienced. In 1937, when Brahma Baba created a trust of kumaris and mothers, surrendering all his movable and immovable property to these women, Didi Manmohini was a prominent member of that Trust. Very soon, Didi became Mama's right hand and special consultant. After the partition, in 1950, when preparations were to be made for this organization to move from Sindh to another place in India, Baba sent Didi for this task. And it

was Didi who made all the enquiries and selected Mount Abu for this purpose. When Godly services started in 1952, she became instrumental in opening centres in Allahabad and Delhi. After Mateshwari Jagdamba Saraswati left her mortal coil in June 1965, she was transferred by Baba to Head Office Madhuban to look after every internal affairs of the organization.

Divine Qualities and Specialties of Didi

Didi's life revealed divine virtues at their apex. To pay real tribute to Didi Manmohini on her Remembrance Day (28th July), let us remember her divine qualities and specialties, imbibe these in our life and be instrumental in establishing a new world order of Purity, Peace and Prosperity. Our most sincere and grateful tribute to Didi's loving sustenance would be if we follow her ideal footsteps in letter and spirit. Here I would like to share some of her specialties for the benefit of our esteem readers:

- 1. Obedient child of Baba:** She was Baba's obedient, faithful, dedicated, honest and worthy child. She had unbreakable love for Baba, so whatever was spoken by God Shiva through the mouth of Brahma Baba, Didi would bring every word into action. Once Baba said, "Child, if Baba asks you to jump into a well, will you jump?" Didi immediately said, "Yes Baba." Then, Baba said, "Daughter, can Father ever say like this!"
- 2. Symbol of motherly love:** Didi ruled everyone's hearts. Being a mother she had a very respectable part in this *yagya*. She always showered spiritual love received from Baba on all souls. By coming in contact and relationships with others she would give them her motherly love or would offer a solution to their problems. Didi would bind them with the thread of love enabling them to leave

whatever was bad in them. Her method of getting the work done was such that everyone was happy with her. On seeing their problems she would offer a solution and also would fill them with inspiration to overcome those problems.

- 3. Remain a student till the end:** She always used to remind all: "Nothing is mine, everything is Baba's." Whatever she had, she would give it away as a gift and bind the person in God's love. She never used those things for herself. Till the end she considered herself to be Baba's student and led a student's life.
- 4. Unique power to discern:** Like a traditional physician who diagnoses a disease by reading the pulse, similarly Didi would understand a person immediately by his face, expressions and words, and then solve his spiritual problem. Using this specialty, she transformed lives and inspired many mothers and kumaris so deeply that they surrendered their life for Godly service, for the service of humankind.
- 5. Special attention to Godly remembrance:** She slept very little. She used to renounce her sleep at night and meditate personally. Sometimes, she used to wake up very early in the morning. She used to be the first one to arrive at 4 a.m. for *Amritvela* (early morning) meditation and would conduct the yoga. She would meditate with such a concentration that she wouldn't even blink her eyes. Many would see the divine visions of BapDada and Golden Aged World through her. She paid a lot of special attention to Godly remembrance. In fact, she was the role model of Baba's sweet remembrance.
- 6. An image of renunciation:** Didi was very simple and an image of renunciation. Although she was born in a rich family, she was very

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simple and ordinary in her food, clothing etc., and lived the same way as others in *Yagya*. She was never proud of her worldly clan, wealth, or property etc. She never ever remembered her *laukik* privileges, comforts and happiness.

ways of attracting others onto the path of knowledge and yoga and knew how to transform people with love. She had a magnetic personality. No-one was afraid to talk to her; people were pulled towards her loving vibrations.



7. Saw the specialties of all: Didi possessed a special virtue of seeing only the virtues of others. She would pick up everyone's virtues. She would say about everyone, 'this soul has become Baba's child therefore he/she definitely have some specialty. This is why Baba has found this soul in some corner and made it His child.' In this way she would always look at the specialties of everyone.

8. Incarnation of economy: Didi was an incarnation of economy. She would always say, "Each and every penny of the *Yagya* is worth pound; therefore, do not waste money on frivolous things; you have to spend less and do great service. Everything must be of good quality, but the expenditure should be less."

9. Magnetic personality: Didi was an affectionate, spiritual trainer. She had unique

10. Keen interest in the spiritual progress of all: Didi looked after the comfort of thousands of visitors who came to Madhuban, taking them into the depth of knowledge and giving

them love and affection day and night. She was very hard-working and served tirelessly for this organization. She took wholehearted interest in the spiritual progress of all the BK brothers and sisters, she would regularly meet them while bidding goodbye. She used to enquire about their spiritual efforts at personal level and suggested ways and means to remove the hurdles and enhance their stage of soul-consciousness.

Didi's favourite song was, '*ab ghar jaana hai*' (It's time to return home). By Home, she meant the real and original home of all souls, i.e., Incorporeal World, *Param Dham* or Soul-World. She didn't say that preparation had to be made; she remained ever-ready. She used to say, "Staying in remembrance of our Silence Home means staying with Baba." ❖

POWER OF GRATITUDE

– Farha Sayed, Mumbai/Yemen

Society has engrained in us to always want more. We feel elated when we acquire and achieve. But the boost is short-lived. The excitement fades away and we get back to our never-ending quest for more and a Always more. **With this tendency of ours to want more and be dissatisfied with what we have, we miss out on the joy of gratitude.**

Gratitude, or appreciating your life as it is, is essential to actually enjoy life. We overlook the reality that gratitude can greatly enhance spiritual growth. People who practice being grateful show significantly higher levels of happiness and psychological well-being. They are less depressed, less anxious, less stressed and report having less symptoms of physical pain. They have more success at work and have higher self-esteem. They have better relationships too.

When we are grateful, our attitude changes from negative to positive. This is a spiritual practice that gains momentum over time and with practice. Constantly counting our blessings helps us to have a very positive view of life. When we are negative, we are much more vulnerable to temptation. When we are tempted, we are more likely to fall into traps of vices and sins and lose some momentum in our spiritual growth.

Gratitude helps us to stay strong. It supports four main aspects of life:

- It allows celebration of the present.
- It blocks toxic emotions.
- It enhances stress resilience.

When you can appreciate every experience in your life, you begin to see that life is happening for you, not to you. You begin to realize that you have endless amounts of opportunities to notice

the signs and gifts that are leading your life in the correct direction. With yourself or with others, look for things for which you can be grateful, and take turns naming them.

This is powerful because creating the feeling of gratitude within your body and spirit raises your vibration. As you raise your own vibration, you naturally affect the energy of others around you. Whether you pray or meditate, you are being divinely guided to create a better life.

Notice the increase in joy, peace, and gratitude that you are creating in your own life. You are worthy of a spiritually-manifested life. Continue to do these steps every day, and you will definitely see a difference. Behind every problem lies an opportunity. Being grateful for your situation – even if you don't like everything about it – allows you to be thankful for the opportunity to learn something new. In fact, gratitude is a choice. **When you consciously practice being grateful for the people, situations and resources around you, you begin to attract better relationships and results.** The habit will be strengthened as you make the choice each day. Daily Rajyoga meditation will enhance your capabilities moving with confidence and monumental importance of practicing thankfulness in our lives and relationships.

When you become grateful for all things physical and meta-physical, you appreciate and value the aspects of life that you had previously given short shrift to. Instead of worrying about how you can obtain your next worthless material possession, you start to explore how you can create your next manifestation of love. Your value system shifts as your appreciation level escalates. The idea of more and more possessions becomes less and less appealing with more and more gratitude. As meditation practice develops the most fundamental axis of our being, it is significant to first be grateful in life. ❖


**SPIRITUAL
 YOUTH EMPOWERMENT**


-B.K. Viral, Borivali (West), Mumbai

July 15th, is World Youth Skills Day, & 12th August is International Youth Day. Hence today, let's discuss some wonderful points on spiritual youth empowerment!

The numerous skills of youth!

The youth is the future of the nation (& world!), having numerous skills:

- The Youth have physical strength... Since the Youth phase of the human body is most agile & efficient.
- The Youth have intellectual strength... Since they've adequate basic knowledge and brains still sharp, hence can study & acquire numerous productive skills.
- The Youth is a symphony of the old & new... Hence, they have experience of the past as well as enthusiasm for the future!

Youth are an example for children, who follow us very quickly!

Using our skills in the right direction!

As we know... Having skills is one thing, but using them in the right direction is much more important.

And most importantly, as is the information put in, so are our thoughts thereby direction in life... Hence, if the main source of information is primarily movies, TV shows, etc, the inclination is likely to be more towards external factors like show-off, physical beauty, attachment, only external success, etc... But if the main source of information is God's direct spiritual knowledge, then we also give priority to the state of mind within... Which enables us to use all our skills in the right productive manner, allowing for true holistic progress!

The beauty of virtues!

The word Youth contains the word You... Hence, rather than saying 'Me First', let's always say 'You First'... i.e., encourage others forward & let them receive facilities first!

Many have lots of expectations on Youth ... Hence, let's keep co-operating with & helping all (for the right things!), to earn lots of blessings throughout the day!

Youth love selfies... Hence, let's always look at the self i.e., focus on what I should do rather than what others should do... This single practice very easily makes us progress very fast in life!

Empowering the mind!

Youth are normally at the start of their career... Hence today, let's realize that any marvel created outside is first created in the mind... Hence, since it's the mind which does everything, let's also focus on empowering the mind, which automatically makes all other aspects of our life very simple, easy & natural... In other words, let's aim to keep our EQ (emotional quotient) enhanced by daily listening to spiritual knowledge & meditation!

Youth need to earn money... Hence, let's realize that if one's full of the jewels of spiritual wisdom within, physical wealth comes running after them... i.e., an elevated state of mind, & a pure clean heart full of divine virtues greatly enhances efficiency & effectiveness, intuition & innovation... Hence, making external progress very easy & simple!

Indeed, while Youth are called hard-working... Let's do the smart work of empowering our mind, to make all aspects of life easy!

Youth use a lot of gadgets & social media... And God also encourages using gadgets for serving others, but He recommends never making your state of mind (*Sadhana*) dependent on gadgets (*Saadhan*)... Because when we make gadgets primary & our stage secondary,

we invite all its disadvantages in our life... But when we use gadgets as the Master, we can create miracles!

Role of Spirituality!

Many Youth are fans of celebrities... Instead, let's become fans of the eternal celebrity God i.e., remain in His elevated company always... This automatically makes us a Superstar too, a hero actor of this world drama!

Many youth get entangled in relationship issues... Hence instead, let's make God our Supreme Beloved & keep only Him in our heart... Since this keeps us full of His divine virtues & powers, hence automatically making all our other relationships also very beautiful & harmonious!

Youth normally have ageing parents... Hence, let's always have full respect & gratitude towards our parents, & earn their blessings... Since parents' blessings makes life very easy & full of fast progress!

Many seniors desire to become a youth once again... Hence today, let's realize the youth phase is just an aspect of the body, with the soul being beyond all physical limitations... Hence, the soul is forever youthful i.e., full of enthusiasm & energy!

Hence this time on World Youth Skills Day, let's consider ourselves a soul, to become full of spiritual youthfulness... Then, let's use this energy in the right direction, for empowering our mind & benefiting all, hence making all aspects of life very easy & natural... Indeed, let's use our time & thoughts as per God's elevated directions, to make our sanskars very pure & divine, hence bringing the divine ever-pure land *Satyuga* once again! ❖

THE RIGHT INTENTION FOR HAPPY RELATIONSHIPS

Never do anything for anyone, do only for yourself. Sound selfish, but herein lies the secret of being selfless.

With relationships often are attached words like sacrifice, compromise and adjustment. Each word sounds more like a suffering rather than happiness. Relationships give us the opportunity to do a lot for others, but we need to check our intention. If we think we are doing it for them, then we could be doing it outwardly but not necessarily be happy inside. If we have negative thoughts of unwillingness or resentment and we do the right action, neither we nor they will be happy, because they will receive our mental energy. And then we will feel we did so much for them and they are still not happy. Before doing anything, introspect - why do I want to do it ... because they will be happy ...why do I want them to be happy...because they matter to me and there will be harmony in the relationship...if there is harmony, I will be happy...so I am doing it for my happiness, not for them.

Actually we are always doing it for ourselves, but we believe we are doing it for them. **We are not making any sacrifices or compromises, we are doing it for our own happiness and this is liberation. We no longer feel like a victim; we are doing everything for our own self;** we are responsible for the consequences of the decision and most important we don't expect them to do anything for us. Let's think of all the things we feel we have done for people and yet felt very let down by them...let's check today, till we finally come to the answer – I was doing it for myself. ❖

CULTIVATING THE GARDEN OF MY MIND

**“The mind is everything; what you
think is what you become.”**



–B.K. Sister Chirya, Owego, USA

Reap the healing benefits of gardening both without and within. Research into the psychological benefits of gardening has created treatment remedies for patients suffering from depression—with excellent results. “Being outside in every weather and season connects you to something bigger than yourself; it connects you to a rhythm of life!” Helping plants grow, nurtures personal growth and change. A national survey indicated gardeners reported increased satisfaction and zest for life, high physical, psychological and social self-concept and a happy optimistic mood. For those struggling with their mental health, this is a powerful message.

Likewise, reap the healing benefits for the soul by creating a most beautiful garden in the mind. By sowing seeds of respect, tolerance, honesty, truthfulness, peace, love, and forgiveness, we harvest quality thoughts. In his book entitled, 'As a Man Thinketh', James Allen, explains, "A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to run wild, but whether cultivated or neglected, it must, and will, bring forth. If cultivated it will grow a beautiful garden; but if neglected, it will grow weeds. If no useful seeds are put into it, then an abundance of useless weed seeds will fall therein, and will continue to produce their kind." *Could this be the root cause of the escalating conflicts in our democracy at the moment – too many useless*

weeds growing in the mind?

However, when gardening in the mind, we are beyond time, seasons, conflicts and the concerns of frost, insects and drought. We can plant whatever and whenever we want according to the type and quality of our thoughts. Do I want roses or beautiful flowers or just weeds? For example, I was paying attention yesterday to having positive thoughts and a loving attitude, so I woke up feeling well and lighthearted. Under a blue sky and warm sun, I could almost smell the fragrant, ever blooming flowers in my inner garden. Or, I can wake up feeling cold, gloomy and tired, which intensifies if allowed to continue. Clouds darken the sky, the wind increases, thunder roars, lightning flashes; even a massive downpour of rain can happen. I finally realized why this storm occurred; the other day, I was irritated, worried and stressed, unconsciously losing spiritual energy by accumulating negative and waste thoughts. Once I understand how the mind creates and implements four main types of thoughts: Positive, Negative, Necessary and Waste Thoughts, then it's up to me to choose and create either a beautiful garden or a jungle of thorns in my mind.

Positive thoughts create health, wealth and happiness. Like a rose, they are beautiful, fragrant, symbols of love and are the secret for success. Learn to create and practice positive, powerful thoughts.

Necessary thoughts keep your day organized, and remind us of practical matters that need to be attended to. Like a tree they protect, provide coolness in the mind and shelter from stress. The trees in our mind can be as big and beautiful as we want. Both Positive and Necessary Thoughts reside under blue cloudless skies with Godly rays of the Sun shining light, might, love, happiness and peace on them.

Waste thoughts, the weeds in the garden of

the mind, are the largest percentage of thoughts and are born from our own desires and attachments and worries. Worrying about the past or future, excess thinking of things that probably never happen is a total waste of time; it steals our joy, causes headaches and heaviness and keeps us busy doing nothing!

Negative thoughts are like thorny cactus branches of anger, lust, greed, attachment and ego that cause sorrow, darkness and disease. They drain our energy, bringing a loss to oneself and others. Both Waste and Negative Thought plants thrive under stormy skies with thunder and lightning bolts of guilt, anger, revenge, stress, jealousy, greed, envy, doubt, etc., flashing all around.

When I convince my mind that everything is good, it becomes so... in all ways! Life becomes like a beautiful garden, a joy, cultivated by my positive and necessary thoughts. Everything comes easily and naturally by eliminating worry and negativity. It's as if life is simply waiting to serve me. Wow! I am the peaceful guest, enjoying the good things in life from the lovingly planted and cultivated beautiful garden of my mind! ❖

TAKING RESPONSIBILITY OF ENVIRONMENT CARE

Our intentions, thoughts, feelings, words are vibrations which radiate into the world. They influence – people, animals, plants and the five elements of nature. Our anger, stress, pain and fear create environmental pollution. Protecting our environment is not just about taking external measures. Our own state of mind or our vibrations which are constantly radiating, are equally important. Each time we love, care or empathize, we are healing the environment. Each time we are angry, stressed or scared, we are only hurting it.

1. Your intentions, thoughts, feelings and emotions are vibrations which constantly change the planet's vibrations. Your thoughts affect your mind, impact your body, influence minds of other people, and radiate into the environment.
2. Your vibrations influence people, plants, animals, and even the 5 elements. Your every thought either heals or hurts the environment.
3. Meditate for a few minutes daily, respecting and giving gratitude to the environment for sustaining you. Radiate blessings of peace and love.
4. Regardless of people and situations, respond with pure thoughts and ethical behaviours. Remember that purity, peace and love are your original qualities. By using them in your actions and interactions, you raise the vibrations of the world and heal it.

Just by being who you are, and radiating your original qualities of love, acceptance, care and happiness, you protect the environment.

FEAR- A FRIEND OR FOE?

–B.K. Payal Jethra, Mumbai

He will smash the computer screen if you don't let me have extended play time. The teenager sits on a stool opposite his mother, threatening her and refusing to let her complete her assignments or move out of the bedroom unless she complies with his request.

What would have been your reaction had you been in her shoes? Should she let anxiety and panic overtake her? Should she threaten him with dire consequences or fear that she, as a parent is losing her grip on disciplining the child? What if he really smashes the monitor? What if it shatters glass all around? What if he hurts himself or both of them physically? Is aggression amongst children today, natural?

Is fear natural? We all at some point in our life have come across people who harbour some or the other phobia. Acrophobia, fear of heights; aerophobia, fear of flying; arachnophobia, fear of spiders; astraphobia, fear of thunder, and lightning; auto phobia, fear of being alone; claustrophobia, fear of confined or crowded spaces; homophobia, fear of blood; hydrophobia, fear of water, the list could go on and on.

Perhaps in this situation, the child is afraid of losing his friends, apprehensive that he might be excluded from social company. Another parent would have reacted impulsively to the child's threats. But this mother seems to be calm and composed. Eager to understand what the secret of her serene state of mind is, I couldn't hold back having a little chat with her.

Mamta, the mother shared that she had been a totally different person a year ago. The child's

father passed away when he was a toddler and life taught her to pick up the pieces and move on. The fear of being alone, the fear of losing her job, the fear of inadequate financial support and fear of being taken advantage of had all visited her time and again, until she began to put in time and effort into understanding how to get rid of these 'unwanted guests'.

"Their job is to visit me; my task is to ensure they don't get chairs to sit on so they'll eventually sense the cold shoulder treatment and turn around", she shares with a glow on her face.

I read about a King in olden times who punished the guilty by giving them two choices before they were put to death in prison – either they agree to go to the gallows or walk through a horrifying looking threshold at the peak of a mountain. All prisoners chose the former. However, one fine morning, Gopal, who had already expressed his choice to be sent to the gallows, expressed a wish to merely ask the King what exactly lies beyond that horrifying looking threshold. "I'm anyway going to be taken to the gallows. Could I please get to know what exactly lies beyond that door?"

"Freedom!" said the King. "That door leads to freedom!"

"The only thing we have to fear is fear itself", said Franklin D. Roosevelt

All phobias are unnatural psychological thoughts created in the subconscious mind. These are nothing but insignificant thoughts created in the mind. In fact, fear is one of the greatest weaknesses of mankind today. It is not so much the pandemic as it is fearful circumstances and thoughts created around it that is causing insecurity and waves of anxiety in society. It all boils down to "fear of the unknown".

The upside is that there are several techniques that can be explored and leveraged upon to conquer this unhealthy emotion. You may toy with the suggested ideas and pick up

one of these or simply create one of your own!

Befriend fear

One way to come face to face with fear, is to 'shake hands' with him and come face to face



with whatever uncomfortable feelings create ripples in the mind. As the saying goes, "Whatever we resist, will persist" so instead of looking for excuses to evade a picnic to the Water Park with family, the best approach would be to challenge the mind and explore if deep waters are really as frightful as the mind has made it out to be.

Imagine the worst

At the most what can happen if I find myself invited to a job interview on the 36th floor? Many of the symptoms of acrophobia, to use the technical term, are shared with other anxiety disorders. These include physical symptoms such as shaking, sweating, a racing heart, difficulty breathing, nausea and a dry mouth. Individuals with acrophobia typically feel intense fear, distress around heights, and tend to avoid them as a result. This particular and all other fears tend to arise out of past unpleasant experiences, in this case, falling off a tree or a high ladder.

However, what has happened once may never repeat itself or perhaps isn't the cause of the fear at all. To start with, make a list of situations that trigger the phobia and put them in order from least to most anxiety-provoking. For the easiest steps, you could begin with looking at

pictures of heights, or creating mental images of heights. The important thing is to start with things that provoke a small but manageable level of anxiety. You could then move on to include standing near heights (such as an escalator in a shopping centre), then actually using an escalator, and then visiting a tall building. Always remind yourself of the several challenges you have overcome in life. Compared to those, this one will gradually begin to dissipate.

Read about people who have overcome fear

You are not alone and you have a lot to be grateful for. Maintain a journal and put those fearful thoughts down. Fear is seldom rational. Often it is a mere lack of knowledge about something that escalates unrest in our minds and blows those thoughts out of proportion. During his student life, Mahatma Gandhi suffered from frequent panic attacks. He had a particularly agonizing experience during a speech he was asked to give to a vegetarian community in London. After reading one line from the message he had prepared, he could no longer speak and asked someone else to read the rest of the speech for him.

"My vision became blurred and I trembled, though the speech hardly covered a sheet of full-scale," he recalled. For years, "the awful strain of public speaking" became a burden so great for Gandhi that he even avoided speaking at friendly get-togethers and dinner parties.

Later in life, as a lawyer, the fear of crowds continued to haunt him. During his first case before a judge, he panicked and left the courtroom, feeling humiliated after not being able to think of any question to ask. He painfully recalled, "My head was reeling and I felt as though the whole court was doing likewise."

What happened, then, to turn a fainthearted speaker into the fearless leader of a revolution?

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Gandhi found a cause that inflamed a passion so great in him that it overrode his anxieties and fears. His desire to see a free India moved him to stand up for what he believed in. He noted that even his "hesitancy in speech" later became an advantage as it taught him to pack meaning into short but pithy statements.

Create a contrasting situation

Here, visualization works best. Auto phobia, fear of being alone has been bothering Manish since he was at kindergarten. His professional assignments now require him to visit places for months together. Creating images and vision boards of himself in the midst of snow-capped mountains or a park full of birds and beasts, he decides to imagine and enjoy the company of nature. The screen saver of his laptop, the home screen of his smart phone and walls of his cabin at office and bed room at home all display images of him walking through the beach enjoying the company of the silver moon and the dancing stars. This visualization contrasts the idea of loneliness and sends the message to his subconscious mind that he is always surrounded by company.

Play with fear

Our friend Mamta has chosen to 'play with fear' as her child continues to fret, she keeps her cool, detaching herself from the situation, as a spectator viewing a theatrical performance by a child who, like any other child, throws tantrums. Infants do while weaning them off milk, toddlers do when asked to share toys, teenagers do when asked to comply...well so do adults at office, don't they? Nothing New! Having read, analyzed and dissected fear from all angles, for Mamta, every situation in 'the drama of life' is something to look forward to. "Without my Friend, Mr. Fear," she shares with a divine sparkle on her face, "wouldn't this world be a dull

place?" Let's learn the art of welcoming fear and overcoming it and thanking it for transforming us into a better version of ourselves.

Connect with the Supreme Protector

Meditation is "The Master Key". Realizing that God, the Supreme Being is my Protector, my Guide and He has always been with me and will walk or carry me through loneliness, heights, deep waters, and any other situation which is only a shadow of fear magnified a million fold. Rajyoga Meditation helps emerge the innate qualities of confidence, fearlessness, power and peace within me that I seem to have forgotten about. If God is with me... Who can be against me? ❖

Life's Situations Are A Game For The One Who Is Prepared To Face Challenges.

Expression: For the one who is a skilled player, every situation, however challenging it may be, seems like a game. Even the most difficult situation is faced bravely, knowing that it has come to teach something and increase the skill within. So such a person becomes a source of support to those around during difficult times.

Experience: When I am aware of my own skills and specialities, I am able to face all life's situations with lightness and confidence. I enjoy everything that comes my way. I also am able to experience progress as I use all situations as a means for further increasing my own potential.

MEDITATION INCREASES BRAIN POWER- NEUROLOGICAL STUDIES

–Dr. Veena Mani, Principal Scientist,
ICAR- National Dairy Research Institute, Karnal

Human Brain is composed of neurons. Normal human adult comprise of roughly 100 billion neurons, means though while in mother's womb the number is 1 trillion neurons indicating gradual reduction up to 1/10th of the initial ones. However, the concept is being changed after a study which was published in 'Nature Medicine Journal' in 1998 which revolutionized that old belief proving brain has in built ability to upgrade itself. Researchers proved that brain is capable of regenerating the neurons and the process is called neurogenesis. In order to make full use of process of neurogenesis, the brain needs proper guidance and action. Take an example- if a farmer wants to have bumper harvest from his field- he needs to sow good quality healthy seeds, apply proper fertilizers, provide required irrigation, with hope for favourable weather conditions as adverse climate will further affect the yield. Similarly, if we want to have a healthy and happy life, it will be affected by the mind –the thinking faculty with proper wisdom, and brain is the hardware involved in all these subtle processes. Increasing the neuron yield will be helpful. The good part is that **meditation is all in one solution**. It plants the healthiest neurological seeds, fertilizes with the desirable neurochemicals, stimulates the brain in the most effective and precise ways by providing the most congenial inner environment for helping them to flourish. **Meditation is nothing but practice of**

thinking deeply or focusing one's mind with the goal of obtaining feelings of relaxation and inner peace. Though it is not a new concept, but from ancient times the practice is being followed by our revered seers and recently its effects on the human body are being researched. Studies showed that meditation has enormous benefits, thus high performers have included meditation in their work routine.

Scientific interest in the last few decades had shown that **brain is plastic — meaning changeable** and meditation can bring about variety of changes i.e from gross changes in brain (volume) to subtle ones (decreasing activity in parts of the brain involved with stress). While practicing, new neural pathways can be formed to become happier thus changing the destiny.

Functional MRI scan is the modern technology which has been used to understand what is happening in the brain while meditating. A study was published (in journal - *Psychiatry Research*, year 2011), which was conducted by a team of researchers (Hölzel and coworkers 2011) at Harvard University. They used brain scans to determine the outcome of eight weeks of a mindfulness training program and found regional **brain grey matter density** (it is peculiar for containing the neuron cell bodies) was increased. The brain is made up of two types of tissue, grey matter and white matter. Grey matter is involved in analyzing information. White matter conducts information between grey matter areas. The ratio of grey to white matter changes over the lifespan. This change is the healthy part of meditation.

Another important observation was, increase in cortical thickness of hippocampus. **Hippocampus is the part of the brain which controls learning and memory and plays an important role in emotion regulation.** It is well known that several mental health disorders,

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including major *depression and post-traumatic stress disorder* are associated with decreased volume and density of the hippocampus. They also found decrease in the volume of the **amygdala (the part of the brain involved with experiencing emotions like fear, stress, and anxiety)** thus suggesting benefit of mindfulness program. Since, the amygdala has become best known for its role in fear processing, on exposure to a fearful stimulus, information about that stimulus is immediately sent to the amygdala, which can then send signals to areas of the brain like the hypothalamus to trigger a “flight or fight” response. **The observed altered structural changes in brain scans also matched with their actual behaviour i.e how those practicing it actually felt in terms of lowered stress and feeling.**

Researchers from USA and Australia (Luders and others, 2015) compared the brains of people who had meditated regularly over the course of 20 years with those of who didn't (published in: *Frontiers in Psychology*). They found loss of gray matter was comparatively less in people who meditated regularly showing its age defeating effect.

Subsequently another study by Singleton and co-workers (entitled Change in brainstem gray matter concentration following a mindfulness-based intervention is correlated with improvement in psychological well-being) and findings published in February 2014 in the journal *Frontiers in Human Neuroscience* also showed changes in the brain following meditation which were correlated to improvements in participants' perceived level of stress. They grew new grey matter in their cerebral cortex, which connects to attention and emotional integration. Also, the grey matter in the amygdala, the brain's emotional center, decreased.

Another study on mindful meditation was conducted on unemployed adults seeking employment and who were under acute stress (Cresswell and others findings published in the journal *Biological Psychiatry* July 2016). They selected and distributed participants into two groups for a three-day intervention: one that was taught a formal program of mindfulness meditation and one that was taught a sort of “fake” meditation focusing on distracting oneself from worries, such as observing light talks with chatter or jokes. They found that those who had participated in the meditation training showed more expressive activity in the areas of the brain related to resting state in comparison to the other group. Even after four months later, those who participated in the meditation group also had lower levels of inflammatory biomarkers (these are undesirable factors).

Another interesting finding (Brewer and his group their results published in *Proceedings of the National Academy of Sciences* 2011,) that the **default mode network** was relatively deactivated while the participants were practicing various forms of meditation, which translates to fewer distracted thoughts. The default mode network or the part of the brain which is active when the person is not focused on the outside world. It's responsible for the wandering thoughts that appear even when a person is sitting still or about to go to sleep. It is documented that people who let their mind wander are unhappy and under depression. Meditation is a non-invasive technique without use of any medication has proven to increase meta-awareness and cognitive ability of the person.

These studies provide the scientific evidences of mindful meditation; it is helpful in improving holistic health i.e physical, intellectual and emotional health which will obviously be

reflected in social health i.e harmony in relations too. It is really amazing such complicating issues have been dealt by our Beloved Supreme Teacher-Supreme Neurologist-Ocean of Knowledge - Shiv Baba in a very simple and understandable way. He has bestowed His knowledge on us regarding "how to be in mindful or awakened state i.e control the wandering mind, increase thought and concentration power, to get rid of negative and waste thoughts" as these drain energy and lead us in depleted state. **Baba is showering sap of love, vigour and energy which is helpful in making our life happy and healthy, not in this life time but thereafter in future births too. He has imparted True knowledge that our today's thoughts or action will be stored in the soul, in the form of *sanskars* which will be carried to the future births too and this being the most crucial period of world transformation "the confluence age" which will be followed by *Satyuga* where there will be holistic health, happiness, prosperity and harmony in human relations. This is beauty of *Rajyoga* meditation! ❖**

FEATURES OF FAITHFUL PERSONALITY

– B. K. Kala, Yelahanka, Bengaluru

Faith is one of the soul powers which creates miracles in life. The one who is filled with faith, finds constant success in his life. To pass through successful life journey, we need to raise this inner power of faith through the practice of meditation.

When a soul is charged with a power of faith, we can see certain features developing in the personality:

- One's words and actions will be the carrier of subtle energy of faith. Along with this we can also see a divine glow on one's face.
- Every thought becomes a reality, without any effort.
- The one with faith will be free from doubts about self or others. He will have complete trust on God and will remain free from worries all the time.
- He will remain stable in all the conditions of life whether they are in favour of him or not. Situations will not change his state of mind. He will be strong enough to change the situations using his powerful, positive, fulfilled mind.
- Due to his pure unconditional love for God, he would not have difficulty in renouncing his negativities and being free from the pulls of people and objects even at thoughts and dreams level.
- He will be always charged with enthusiasm and induce enthusiasm in others also.
- We will be able to implement the values of instrumentality and humility in his life.
- He will be always generous in nature, i.e., always support others to grow. When we allow others to grow, we will never be behind.
- He will be free from any kind of expectations. His thoughts will radiate generosity, contentment and good will.
- He will never be trapped by any illusions of *Maya* because he will be having the clarity of situation and its consequential effects.

We can assess our power of faith during certain situations like when we are not respected by people, when our expectations are not met etc. During such circumstances, if we start creating waste thoughts, that means our foundation of faith, faith in knowledge, faith in drama and faith in Baba is weak. ❖

ART OF SYNCHRONIZING TIME AND SELF

–B.K. Dr Shiba, Pune and
–B.K. Dr. Ashok, Ahmedabad.

Time is the most important resource yet it is irreversible, irrecoverable, intangible and irreplaceable. The tomorrow is yet to come and there is no access to the past. The available time is today and now. Understanding and realizing the importance of this invaluable resource can make a person great. There will be definitely distractions, hurdles and challenges in remaining focused; yet, keep the self positively engaged and make the best use of the available time. This will enrich life. Remember the famous saying of Ashley Ormonis, “You can't make up for lost time. You can only do better in the future”.

Anxiety, Stress and Time Management

Research says anxiety is inversely proportional to proper time management, means one can reduce anxiety drastically with proper time management. Research has proved that students with an increase in their time management abilities have decreased their continuous anxiety. Then why not learn the art of time management? Competitive exams are not just all about the testing of knowledge but they try to test the time management ability and the capability of a person.

If many things have to be done in a short duration, then for some, becoming stressful or keeping on howling without doing anything, becomes a habit. We have seen Mr. Captain Cool, Mahendra Singh Dhoni, one of the greatest cricketers of the time, who was an expert in executing tasks even under tense moments and kept his own rhythm and speed thus, challenging the norms and records of the

game. Keeping the self cool, balanced and logical in a tense situation is one of the greatest arts and it is possible. If people want shortcuts to complete many things in a short time in order to be prosperous and successful, which is not feasible, they will follow unethical ways to accomplish them.

Efficient and Effective Use of Time

Time management is all about managing the self in order to complete multiple tasks within the scheduled time period. There should be an effective and efficient use of time. By effective it means, to accomplish the goal or to achieve success within the duration of time. While



efficient means to execute the task with optimum use of time. Learn to be successful with minimum use of resources such as time, thoughts, physical energy, relations and money. As per the researcher McCay (1959) setting life's goals and keeping time logs were the important techniques for effectively managing time. Keeping a log means keeping records and being vigilant about the correct use of time through self-audit. As per the life story of Dr. BR Ambedkar, it is said that he was very much serious about his time, he preferred to eat at home rather than wasting his precious time in visiting hotels. He used to study throughout the night and he was sleeping for just four hours. He had almost 8000 books at his home. He used his time efficiently and effectively to write the Constitution of India.

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Procrastination is human nature of saying “*Kal Kareng*” (I will do it tomorrow). There is no wrong time for the right work, start now! With time, moods and matter change, making things infeasible. Don't leave for the next moment to start a good thing, start now. Students who procrastinate are more anxious and stressed.

There is an example: When Adam was 23, he was one of the most promising candidates to be a professor in nuclear physics, but he had the habit of procrastinating. So, he kept on postponing his effort to prepare for the PhD program. At the end, his task remained unfinished with an incomplete dream of being a professor.

Scheduling and Auditing of Time

Looking into the daily routine, the requirements, the official or academic task, a proper scheduling of time must be done by preparing a plan for the day and to be determined to self-audit before night. Self-auditing means to check retrospectively “whether I have utilized my time properly”. Interruptions will be there but one should learn how to manage such interruptions, by keeping focused, because often the mind is diverted from the main task.

Though wanting to make the best use of time, remaining extremely busy is not the solution. As per research, break must be given to the self in order to increase work productivity and work satisfaction. The Brahma Kumaris have a mental traffic control routine every day where one can check and change one's own thoughts and to audit the past actions. Traffic control means at an interval of 2 or 2.5 hours, take a work break in order to remember God and do self-introspection to audit the thought process and the time utilization.

Time management behaviors - the process of self-reward and self-punishment lead to job productivity and job satisfaction. It helps in reducing self-conflict, work-family conflict and stress. At the end of the day, good students always feel guilty of not studying properly. Skinner's learning theory uses two foundational concepts: reinforcement and punishment. So, to learn faster or to change behaviour, reinforcement and punishment have to get stream lined. Stress free life is good, but one should pay attention to complete a good task on time.

What Not to Do?

Time management also means what not to do. Many times, things which are not required, tempt us to do more despite the awareness that the said task is not my priority. One should learn to say no. One should be able to discern - what is required to be done and what not.

Doing Right Things at the Right Time

Patients should be treated at the right time otherwise it's of no use. Likewise, right things must be done at the right time and in the right manner. Doing the right thing at a wrong time would lead only to wrong results. The value of a particular action increases or decreases according to the appropriateness of time when it is performed. In the recent American presidential election, Joe Biden did not organise mass rallies or gatherings, rather he preferred campaigning online events, still he could beat Donald Trump to become the US President with a good margin.

Present Time Will Also Pass

The time cycle keeps on moving, it never stops. Presently, we may think that the time is not good due to COVID. But it makes us stronger and will be lessons for us in future. This will bring out the best in us. It is not to stay. It will also pass. ❖

PURITY AND POWER OF INTENTION

– T. V. Jayaprakash, Palakkad

Lead a life of enthusiasm and inspire others to become successful too. Courage plus honesty guarantees success. You are simply an instrument in the task. Honesty and courage lead to humility.

Concern for the quality of our actions today ensures the success of tomorrow. Balance the virtues of hope, courage, and strength of convictions to make your journey easy and assure success.

Dadi Janki said, "Success means reaching such a constant level of positive thoughts that pure actions happen naturally".

We are living a life which depends on the interplay of eternal energies; the Soul, the Supreme Soul and the Environment. Time continues to pass and changes occur. Even though we are in the present, the motion of eternity is a cycle.

The deep shift in the soul of humanity that is going on is palpable but difficult to pinpoint what exactly it is. There exists a sense of deep anxiety about the future, as we know what is going on. Be aware about what we need to do at present.

Rajyogini Gulzar Dadi alias Dadi Hriday Mohini ji who passed away on March 11, 2021 at 93 years of age owned the gift of subtle silence that became the ideal spiritual space to express the same in many wonderful ways. She expressed herself best in silence, with pure thoughts, loving feelings, and the language of her eyes. Her words were soft, sweet, and very few that gave a sense of security and safety.

Love can act like a soothing shower to quench

the dryness of the spirit. As Dadi Janki said, the soul's task is to learn and change. Arrogance destroys learning. When learning stops there is no more change, and the soul becomes bereft.

We don't like to listen to others, because each of us thinks "I know this already". To be sensible, that is the aim of learning. There will always be the opportunity to learn for those who desire it. Ensure that more will be understood in the future.

Dadi Janki stayed young even at the age of 104 because of a sense of purpose, inner connection, spiritual discipline, and control over thoughts. Also, selfless service, living with others, early rising, simple life, and healthy living. Moreover, she made laughter a part of her life despite her heavy work schedule.

Be free from stress, never brood over a problem, think to solve it. Good thoughts and actions can change the lines of our fate. Burn the vices through Raja Yoga practice, the constant links of the soul with the Supreme Soul. Also create a positive impact on others with your yogic powers. *Karmic* bondages of the physical world and relationships make our soul heavier. Merge all consciousness of 'mine' in Baba to be liberated from all bondages. He has given you the inheritance of all powers; use them to enhance them.

You can feel that you are carefree emperors in this age of transition. Let us learn from others who are honest and speak truth. Those who feel jealous of others' qualities are the losers, but not others. To remain silent is far better than to speak nonsense. Speak slowly, silently, and sweetly, after due thought and consideration. Take the chance of spiritual service and be great. Stand up and move on if you stumble on the path of spiritual march. Surpass the obstacles that are part of life with perseverance.

Self-confidence makes you win everything in life. The elevated soul with its own

powerful stage overcomes all adverse situations. Be prepared for the drive up to a steep hill. Love your own self without expecting love from others. The time of failure is the real time to sow the seeds of

success. Remain stable both in the state of blame and praise; sorrow and happiness; gain and loss. The task is not important at all; how you do it is all the more important. ❖

DIDI MANMOHINI'S DIVINE MEMORY

—B.K. Yogesh Kumar, New Delhi

O Didi Manmohini, your sweet divine memory
Immortal is your role in this Godly Yagya History.

An apostle of Godly love and power limitless
Breaking the bondage through spiritual prowess.

God's descent in Sindh in Nineteen thirtyseven
Divine task of transformation of this hell into Heaven.

God Shiva's incarnation thus started Om Mandali there
Abidance of celibacy in womenfolk created rift everywhere.

Torture and harassment of women for vice at pinnacle,
Atheist unaware souls protested at their highest level

Thou became real Gopi of God Shiva to write divine story
Surrendered her everything and got crown and glory.

The post partition scenario necessitated movement to India

Thus, Baba sent Didi for selection!
What a glorious idea!

Choice of Aravali Hills was sanctioned by Shiv and Brahma Baba,
It became real Forest of Money for every Brahma Vatsa.

Didi-Dadi's perfect combo ensured the progress revolutionary,
Like a true guide, led thousands towards divine victory.

Didi and Dadi were two bodies and one soul
The perfect sync showed glimpse of heavenly goal.

It's time to go back to home was always on her lips
Clearing the Karmic Account, the angel flew on God's whip.

28th July reminds us of Saga of her glorious destiny,
As Didi got registered as prime *Satyugi* soul credibly.



PREVAIL HAPPINESS AMIDST ADVERSITY

–B.K. Sujoy, Durgapur (W.B.)

Man's many diseases are due to his emotional turmoil or his mental disturbance. Emotional upheaval is caused by one of the vices of lust, anger, ego, greed and attachment which not only spoils his relationships with others but also creates a surge of disturbance in his mind. "If you stabilize in the consciousness of true self and attain *swasthiti*, you will have *swasthya* - health". – God Shiva.

The world has been going through an unprecedented crisis for over a year. Just when we thought the worst was over, the second wave hit us. When situations outside seem so gloomy, even the most optimistic among us find it difficult to remain happy.

We cannot take the virus lightly. It continues to inflict untold misery on people the world over. However, getting drawn into a negative mind set can be counterproductive. We need to keep track of developments on the corona virus to take proactive steps. But we do not need to be obsessed over it. Focus on the positive aspects of life to gain the vitality and resolve to weather the storm.

There was a time when many medical practitioners considered the problem of disease particularly in its relation to microbes or virus and they thought their job was to make an all-out effort to destroy the pathology-producing germs. Of course, there is no denying the fact that they were also aware of the environmental, ecological, dietetic, metabolic and hormonal imbalances as the factors causing disease. So, it

was customary, in those days, to speak of diseases caused by germs or virus, diseases caused by deficiency of vitamins, calcium or mineral salts, diseases due to hereditary transmission, diseases due to deficiency in the hormonal output of the thyroid, liver, pancreatic dysfunctions etc. Moreover, they considered the problem of health and their knowledge of the different segments of the human body and hence the nomenclature used was based on various parts of the body in exclusion to others, as for example, they named diseases as cardiac, neurological, haematological etc., or they named them after one in particular causative factor-dietary deficiency, hormonal dysfunction, etc. Thus, they did not give due importance to conceiving it as the disease of the body as a whole and to considering all the factors together. Not only that, one important truth that was not realised or was not sufficiently understood was the role one's Mind or personality- traits played in causing, aggravating or precipitating diseases or obstructing one's convalescence. The result was that the doctors treated one particular part of the body and after eliminating the symptoms of its disease through drug administration or surgery, discovered another disease and when they treated this second one, the patient complained that another one had come up and yet the basic cause of all these three diseases was mental or psychic which the doctor had not attended at all.

The psychic factor is one of the major or important factor. Those who have done research work in connection with Rajyoga (meditation) have found that meditation reduces, cures or eliminates many diseases and improve one's health or help one's recovery. It is found that cultivation of soul-consciousness and elimination of body-consciousness by means of meditation eliminates anxiety-states and depression and leads to right type of awareness with conforming biochemical changes, the

principal feature being the proper balance of different neurohormones and the related enzymes and improvements in cardio-respiratory function and endocrine vitality. Over and above this all, the tranquility that Rajyoga Meditation brings to mind is of immense value; it physically improves the function of the brain and the power of concentration and clear reasoning.

Happiness is contagious. A person bursting with good spirits touches people with his joyful glow. It could be a street sweeper cheerfully greeting morning walkers or a waiter making people laugh with his witty exchanges as he serves them. On the other hand, a stressed-out executive spreads gloom around him. People quietly walk away from the despondent vibes he exudes.

Happiness draws us to a higher purpose, our brains are wired to seek people, situations and events that bring joy, cheer and happiness. Joyful people are fun to be with. They work better and are more generous with their money, time and their enthusiasm. They give of themselves in every way.

If we view everyone as a competitor or adversary, we then have to protect ourselves from imaginary enemies. The Vedas say that the whole universe is one family. If we see otherness, it is our delusion. **We have been programmed to be happy only when good things happen to us. We get promotion we are happy. If our colleague is promoted, we are unhappy, but if we feel one with the colleague, we celebrate his promotion as if it were ours.**

Assimilate, that the world is a mix of pairs of opposites; it constantly changes and is unpredictable. A year ago, who would have imagined the havoc that Covid-19 has caused? So, acquire the best that the world has to offer, enjoy it to the hilt but never depend on it. The

best and the worst will come. But it will go, shift base to ourselves. Happiness lies inside us. This is why in your happiest moments we shut our eyes, whether we are relishing a delicious dessert or savoring the highs of emotional ecstasy. Then we find true happiness independent of the world. We tap into the fountainhead of infinite happiness. This is the state of perfection that one must aspire for. ❖

DO YOU HAVE A CLOSE AND STRONG RELATIONSHIP WITH GOD?

God is an Ocean of peace, love and joy and we are His children, who are souls with the same original qualities. When we have a beautiful relationship with God, we can fill ourselves with these qualities from Him. A beautiful relationship is defined by two lines - I am yours. You are mine. Also - Everything that belongs to me is yours. Everything that is yours is mine. A relationship with God is also based on these four lines, if we are really close to God and experience Him very very closely. When normally asked to anyone, who is the closest to you, many will say - my child, my spouse, my parent, my teacher, my sibling etc. Very few will say that God is my closest one. Why? Is it because He is not visible to our physical eyes? Is it because we haven't tasted His love closely? Is it because we do not know how to remember Him? Or is it because physical relationships are easier to connect to?

NECESSITY OF PURITY

–Dr. B.K. Vijayalakshmi,
Koramangala, Bangalore

One afternoon, I was standing in front of an old Victorian ceramic sink, rinsing my lunch box. While my fingers were busy scrubbing off the food that was stuck inside the box, my mind was lost in thoughts about God. The only One who has so many names without a proper address and photo ID!

If I have to talk to my dad or mom I should be dialing their number right? I cannot dial my friend's number and expect mom/dad to speak at the other end. Similarly, if we want to communicate with God, the first number in his contact list is that of 'Purity'. If one gets this number wrong or misses this number while dialing in, it's unlikely that he/she will get through the line to talk to him.

Well then, my mind wanted to understand this word 'Purity'. In the context of spirituality, it is often interpreted as, *brahmacharya* or celibacy. Thinking of this word, the first thought that pops up is that it is probably about physical intimacy with another person. However, if that's all that was required for one to realise God or achieve salvation, then all the *sadhus*, spiritual leaders and even the commoners who remain celibate should have realised God. However, we know that this is not the case.

Many years ago, I learnt from the Brahma Kumaris World Spiritual University that God is the Ocean of Purity, Peace and Bliss. God being the Supreme Soul or *Paramatma* is the Father of all souls. So, I don't think being the Father he would want us to do all that we have been doing to reach out to Him. A Father cannot watch his children in pain, can he?

Suddenly, I remembered the golden words of God-the Almighty. He says, "To attain salvation means to go home – a journey back to the home of all souls (*Nirvandham/Mukthidham/Shanthidham/Paramdham/Supreme Abode* etc). Sweet children since your home is a very pure world, one cannot enter it without becoming pure". There it was! He was referring to purity not at a gross body conscious level but at a soul conscious level. After all, it is the soul that journeys back home while the body decomposes.

As a general practice, women aren't allowed to touch the feet of male sages. Some follow this very strictly and some don't. Some don't even eat the food cooked by women, they distance themselves from human interaction to practice spiritual *sadhana* or penance. I have absolutely nothing against them or their practice. They protect their celibacy with utmost care. Hence, they cut themselves off from everything that can evoke impure thoughts and cause disturbance to their spiritual journey.

My point is, when one can be so careful about physical proximity and the consequences that arise out of it, how can one allow impure thoughts to enter one's mind? Aren't these thoughts manifesting through our lives and making us who we are? You might wonder how can positive thoughts about others be impure thoughts? However, at times, positive thoughts can be a trap. The thought of, 'Oh! He teaches so well!' or 'She is so caring and kind!' can become a cause of attachment that may cause pain if not checked. Negative feelings like anger, jealousy, disapproval, fear and sadness clutter our mind and become a barrier to attain purity. If I realise that I am not this body, this is my body and so is my mind. Then who am 'I'? I am a soul, a point of light, the child of the Supreme Soul.

Being caught up in the humdrum of rituals we often forget to guard the unforeseen part of our

soul – our mind, our thoughts. Coming back to the point of purity, in God's words (words spoken by God Father Shiva as I learnt at the Brahma Kumaris) and as I understand it, purity includes good wishes and vibration for everyone. I remember this proverb from my childhood “cleanliness is next to godliness”. In school teachers would tell us this and make us clean our classrooms and school ground as part of *Shramadaan*/donation of physical labour. Back then, I thought if the place is clean then God would visit us, but now understand that would be a gross meaning of the proverb. If this was the case, then all clean places on earth (most western countries) would be a paradise! Of course, cleanliness should begin at a gross level but it shouldn't just stop there, it must continue at a soul level and conscious level with elevated thoughts.

In order to clean the mind, one must know what the dirt or impurity lying there is. Simply put, anything that doesn't enrich/enhance the soul, such as gossip, being judgemental, harbouring negative thoughts etc. would be considered impurity. All these are akin to allowing others to 'touch' your soul. If I am a child of God, then I should be like my Father, always giving and filled with mercy and benevolence. The *Swacchh Bharat Abhiyaan* need not stop at clearing dirt and debris but must permeate to make our mind clean too. It is then that the once Golden Bharat will become a land of unlimited peace, prosperity and happiness. ❖

EXPERIENCE HAPPINESS IN THOUGHTS, NOT THINGS

Our society made us believe that having things makes us happy... and having more things makes us happier. All products and services that we saw promised us happiness. We started buying everything for happiness — homes, vehicles, gadgets, expensive watches, branded clothes ... but realized they weren't the answer. We felt good but when their higher/bigger versions became available, we wanted to own those. So we became unhappy again. **Truth is that happiness comes from thoughts, not things.** On buying a phone we think: Wow! Now I have the phone I always wanted, this is so feature-rich. These good thoughts (not the phone) create happiness. Someone having a basic feature phone will be happy if his thoughts are nice. Someone having the latest most expensive phone in the market will be miserable if his thoughts are of stress, greed, jealousy or anger. Creating right thoughts generate a comfortable feeling which is happiness. **Happiness becomes a constant feeling if we think correctly in every situation.**

Our deep belief system is that we will be happy, when we have what we want. Objects are physical and are important for physical comfort. Let us prepare our self to be emotionally comfortable today. Sit back and visualize yourself happy and independent of the things you use. Your house, your vehicle, your phone ... the list is long of all that we use in a day. Take care today that your emotional comfort of happiness is not dependent on the objects for physical comfort. Be stable and calm while you are using the object. Remember that you control the object; the object does not control your mind. Pause a few times in the day and repeat the affirmation: I am happy while I am using all I have. ❖

... contd. from June 2021

YOUR MIND (SOUL): A BANK OR DUSTBIN?

–B.K. David, Paignton, England

On the relaxed scale, where would you put yourself? With 10 being super relaxed and 3 being nervous and often anxious and a worrier, with 1 being a total wreck? I guess I come in at times at about – 3. Many, fool themselves, thinking they are a 9 but this is supported to a large degree by the vices, beer, fashion or too much food.

Do you ever chase clouds of peace?

The chances of people becoming peaceful in our disquiet world or of meeting someone that's super relaxed, is the same as you seeing the same cloud you saw yesterday returning in six months' time for you to see it in the same place.

How would you feel about someone travelling round the world in six months' time trying to find that very same cloud which they had seen today? The chances of them being successful are about the same as it is for anyone today chasing after peace and finding it. People are travelling round trying to find somewhere, that illusive 'peace' but they are searching for 'a cloud of peace'. Can anyone travel the world and see the same cloud twice? Can anyone find a cloud of peace?

If you want peace, you'll first need to locate you, soul and God and then under His elevated directions, build yourself your very own portable cloud of happiness.

God can supply you with all the tools and materials you'll need to build this divine cloud that can follow you everywhere you go. Many stop its construction halfway as they find it takes

for them, too much effort and needs constant dedication and daily planning. Many get distracted but those that do carry on building it out of love get showered by peace everywhere they go, regardless of what stands in front of them.

So, there are no excuses for you when you find you are unhappy and feeling disquiet and God will have given you the right tools and knowhow; just as He supplied all for Noah when he wanted the Ark built. Do you think God would have asked Noah to build such an Ark and not supply him with enough wood and a saw? Man would expect another man to undertake such a feat with only a few trees growing in what he calls a forest and gives him a saw that has one blunt blade.

The secret to success is to use the tools God has given you and which you have possibly misplaced or forgotten all about and lost in your clutter (busy, body conscious life). You need pick these tools up if they are to work for you as they can and build you a life of happiness but if they are under your bed, they simply cannot build anything for you of value.

Even a billionaire cannot have a Godly Cloud that showers him in happiness.

Have you been given Godly tools? If not, you can get them from Him via His University Storeroom. You can even now get them online! You might already have suck tools but have forgotten where they are or how to use them. It's these Godly tools and none other, which shall allow you to build your own portable cloud of happiness that follows you everywhere you go and showers you in a rain of constant happiness.

The billionaire would not give all his wealth for such a cloud but prefers to walk round with heavy nuts and bolts (wealth) in his pockets and rucksack for safe keeping and yet his wealth is blinding him to true happiness and robbing him of ever being complete where the act of 'one'

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kind act of giving is worth 'a billion acts' of taking.

This cloud will block out the sun when you are hot and give you water when thirsty; it will cloud your vision so you cannot see people's defects; block your ears to their insults; paints an arrow in the sky for you to see clearly which way to go throughout the day as this cloud can turn into a map in an instant that shows you the right direction and path to take at each junction you come to.

Cloud 9 is here for you and is your 'Godly Gift' and is waiting for you to open the box it comes in and read its instruction book carefully.

This cloud of wisdom that contains the lightening of truth and power can descend on your mind every morning and eradicate any dark clouds that might have formed overnight from the day before. This lightening has the power to stop dark clouds accumulating in your mind and reforming during the day.

This cloud of goodness always makes for 'clear thinking'.

Without clear thinking, we are prone to a muddy and dirty life. This cloud can rest above your eyes like eyebrows, so you can see and think clearly throughout your stressful day. This portable cloud can turn into fire that keeps you warm and can easily change to shower you to keep you cool. This divine cloud can transform into a magic carpet on which you can walk and fly. This cloud can make pictures in the sky to keep you amused and entertained when the repetition and greyness of your daily life seems never ending and boring in the extreme.

Never forget: God's Cloud does not have a silver lining but gold. At the heart of this gold lining is a huge diamond that holds within it everything that is good and worthwhile in life that can bring you happiness.

Chasing after man's cloud and gold contains

everything within them which will bring you unhappiness. The clouds that follow all of mankind and every continent will never shower him in blessings but only in a toxic rain that makes him wet and to cause him to catch a cold.

The Godly cloud enables you to catch hold of perfection and see a distant heavenly sunrise. The difference is not only of night and day but of hell and heaven.

God's Tool Kit is free – it's never too late to repair your house (life).

In order to use these tools, you'll have to make sure your three brothers are not about, as these tools will not work. The brothers Not Bothered, Not Care and Not Interested are not good brothers and are best ignored completely if you want a good life that moves you forward in the right direction. These brothers, if you let them, will talk you into going the wrong way, get you in trouble or simply waste your precious time.

The parents of these three brothers, Great Care and Great Attention, disowned their three naughty children as soon as they realised they would never change and cause harm to their other two wonderful children. One of these children, Now or Never, the twin of Much Care, and just as obedient, was a very quiet child and was greatly loved by his parents; just like Much Care.

It was clear to these loving and wise parents that these two children were going to become top in whatever they chose to do in life. They took it upon themselves to try and protect them and provide as many opportunities for them as possible and give them a lot of love and care.

Much care is needed if you are to have a peace cloud hovering over your head following you about.

It was wise of **Much Care's** parents to warn him of his destructive and unruly brothers. They were so unruly they did not care for their gift of

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Godly tools and had thrown them away. Much Care cherished his tool kit very much and knew all his success was because he always had to hand its many tools. Much Care and his tool kit went with him everywhere he went.

Much Care and Paying Attention, with their elevated attitudes and Clouds of Peace following them, like the tool kits they both carried, became inseparable.

Much Care, with this constant cloud of divinity over him, was slowly making him divine. And whilst Much Care became ever peaceful, the blessing from the cloud above Paying Attention made him extremely light.

The path that becomes a runway for you to take-off and fly to the new world.

These two divine clouds matched their every move and step and never left their sides and cast a shadow of peace and perfection on them everywhere they walked and not even one-step was ever missed. The rays from their clouds made their walk a walk that shed light on others as they walked past them. Those fortunate people would unknowingly become influenced by these brothers light that will have ignited their dormant fire in them which shall slowly burn brighter each day that in the future will light up their own elevated path of perfection as it becomes visible and allows them to see clearly where they are going.

It's only yourself that's responsible for you either living in a storm of sorrow that sets your mind in a constant spin or in a calm oasis.

Does your life feel like you are eating dates of love and you never get thirsty as you have the sweet nectar of life to quench your thirst? Are

you always to be found bathing in the cool water of truth and later dry yourself under the shade of peace with a towel of contentment?

Have you used your gift that sees a loved shaped Cloud 9 following you?

Many live in a storm of sorrow conjured up by their bad habits that then blows over them and chases away any goodness that might otherwise have been approaching them to put a spell of peace on their forehead and a smile on their face.

Your birthday candles that adorned your sweet birthday cake were once lit by the flame of cleanliness and love.

It's always worth remembering but few do, except for the wise, to always keep at the forefront of life, mind and hands, the knowledge that, bad habits easily blow out the candles on your cake of sweetness and happiness. Once these candles have been blown out you become an unworthy birthday boy. Such a naughty boy cannot eat such a sweet cake whose candles he let get blown out.

You only get to ever taste a sweet cake when you have candles that are burning away in morality, goodness and truth.

All candles were lit from the flame of truth and will burn away in cleanliness and love which allows people to see truth.

If your life seems rather boring and plain, it will be because your candles, having been blown out by the wind of your bad habits in the past, will cause you to have to sit in the dark with a stodgy cake that is both not sweet but unpalatable as it has far too much salt and grit added to it. *(Concluded)*

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(World Transformation.... contd. from page no.3)

The number of examples can be multiplied to give support to the idea of transformation of many through the transformation of one. However, the transformation of one also involves hard work. The case of human beings is, no doubt, different, from the case of seeds. Transformation of human beings is comparatively much difficult as well as easy. It is difficult because one cannot have that much control over a human being as on a seed. It is easy because human beings can also co-operate in the process of bringing about their transformation whereas seeds, perhaps, offer no such co-operation.

Transformation – A Natural Process

Transformation is, in fact, a natural process. Every human being gets transformed physically, mentally, spiritually moment after moment and throughout his life-time. The processes of physical growth, the social and ecological environment, learning and education and the events in life are some of the factors that are constantly playing upon every human being and are bringing about transformation. If negative transformation can occur, even without one's being much aware of it, the positive transformation should also occur without much difficulty. **The greatest difficulty in the process of transformation is man's own resistance or lack of will or absence of intention to change.** But in the present-day situation, when man doesn't have constant happiness and one is not immune to ill-health and other sorrows and sufferings of the world and when the clouds of destruction are looming large in the form of natural disasters or nuclear weapons, there should not be any agitation in thoughtful persons to transform their life-styles into a kind that does not bring sufferings to them.

Humans are living an artificial life and having a

mere existence. Man has become a slave to his habits and is aware of it but is weak of will and does not know how to get rid of it. There is not a single human being who is not caught up in the quagmire of one or the other habit which he wants to give up but cannot. So, if there is any difficulty in the process of transformation, it is at the individual level. If once it starts and few people get transformed then it catches other people like infection or I should say that other people adopt it like a fashion.

I ask: who does not like a smiling rose and who can remain unaffected by the infection of the smiling rose? Who would not like a cool morning breeze in sunny summer days or who would resist the refreshing and energizing effect? Who would not enjoy the melody of a cuckoo or a nightingale? Similarly, if there is one person who always wears a smile on the face and who always speaks words which are refreshing, energizing and sweet as the nightingale's melody, then who will be able to resist this temptation of being like this lovely fellow? Does the innocence of a child not attract and impress all? Who has never in his life been nourished by milk? So, I tell you that innocence in a grown-up man and compassion and kindness cannot but impress and give strength to one who comes in contact with such a person. Archimedes said, "Give me a rod long enough and strong enough and I will move the whole world". Similarly, Shiva Baba says, "If you change individually, you will be able to change through each one of you a large part of the world. So, on your shoulders rests the responsibility of transformation of the whole world." Don't think that a person A, B or C will change or that if such and such person changes, only then I will change for. Shiva Baba says, "If you change, others around you will definitely change. Your spiritual smile, your ethical fragrance and the freshness of your spirit will

certainly affect the environment around you and that environment affects the still next and so on. This is how the process of world-change goes on and on and on."

Transformation In Thoughts Brings Transformation In Personality

Now the question is: "How can self-transformation take place?" How one's old proclivities change into new ones, one's old *sankaras* and habits give place to better ones and how one acquires a peaceful nature? Just as in physiology there is a process called 'metamorphosis; we have in this case the process of "psychomorphosis". The well-known proverb says: "As you think, so shall you become". The process therefore starts from transformation in thinking which in turn brings change in outlook and level of consciousness and this further makes the man react to situations in altogether a different way. This last one brings different results and works as the feed-back. It is better to explain this by an example. A person is imparted divine knowledge. On the basis of this, he now thinks that he is a soul and immortal being of light and that all other embodied beings are also souls. This spiritual outlook replaces his material outlook. One's relationship with others now improves and there is mutual love. This gives one happiness which in turn, strengthens his belief in spiritual values and emboldens him to sustain this new spiritual look. The transformation in thoughts unavoidably brings transformation in one's speech and acts. One becomes a changed personality with a benign kind of royalty which has its basis in purity. The nature also becomes peaceful. Where there was fear before, there is now self-confidence and where there was feeling of vengeance or jealousy or hatred, there is now emotion of love and motive of service and of doing good to others. "Be good and do good"

becomes the motto. One has now risen up from body-consciousness and has stabilized at a higher and holier level of soul consciousness. Life is now not a burden or a drudgery but it finds its fruitfulness in service. There is now an eternal fountain of bliss for the mind is now linked with the Supreme who is the inexhaustible Ocean of Peace, Bliss and Love.

Points To Remember To Bring Transformation

1. One of these is that though the world is constantly changing, it is now moving from Iron Age to Golden Age. Just as the seasons change from winter to autumn to spring to summer and back to rainy again, and we prepare ourselves accordingly, even so do we know the world having passed through its Golden Age, Silver Age, Copper Age and Iron Age, now is the time for the dawn of the Golden Age again. The present time is the confluence of the end of Iron Age and the beginning of the Golden Age. As one always thinks of waking up when it is morning, so one should now think of waking up spiritually and prepare the self for the Golden Age. Just as one is alert and active during the hours of his business for that is the time to work and to earn, so is now the time to have jewels of knowledge and virtues. It is neither the time to sleep nor to while away for this is the most crucial period of history. So, if we remember that this is the time to wake up and to rise spiritually, this consciousness would help to bring a rapid transformation. The awareness of time does affect one's speed and one's tendency to act or to rest. So, if one remembers that the time of slumber, and sloth is over and now is the time to awaken, one's sluggishness will get eradicated.
2. If one has an ideal to be realised in his life-time or a higher goal to be achieved or a noble aim to be fulfilled, then one makes efforts to

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achieve these. His mind is devoted to his goal. He is able to direct his energies to that very task. He has a set destination towards which he marches. This psychologically helps him to re-channelize or sublimate his thoughts. His mental energy instead of flowing wastefully in all directions, finds a deep channel through which it forcefully flows like a river. He is now better able to have concentration because he knows his purpose well. All other thoughts which come to him are considered by him as mere distractions and he therefore tries to ward them off. But the most important of all things is that the praise-worthy qualities which are there in the ideal also begin to appear in him, for the saying goes- 'As one's ideal so are one's qualities'.

3. Another thing is that when we consider ourselves the children of the Supreme Being, who is Knowledgeful, Blissful and Almighty, then our level of consciousness becomes sublime. These kinds of thoughts enable us to be in-tune with the Supreme Being so that our mind is now full of bliss and our negative thoughts give place to positive and holy thoughts. This gives us mental association with God who is full of divine qualities and this association has its powerful effect on us. By being associated with the Almighty, one does not only get confidence, fearlessness and strong will but gets powerful inspirations for a higher and better life. This brings in an inner transformation which is lasting.
4. By deciding that one has to reach, in this very life, the angelic stage, one tries to have, in

practice, the qualities like detachment and to become double light, that is, luminous as an angel. One's attraction for the gross now loses its grip and one becomes pure day-by-day like an angel. One is always stabilized in silence of mind and is, in his behaviour, lovable and sweet and much higher than ordinary. Such a being is a source of inspiration to others.

5. When one keeps in one's mind a number of important divine qualities like humility, introversion, sobriety, simplicity, etc., then one works hard to put them into practice despite all obstacles. The secret of change lies in one's firm determination to change the self and in one's understanding that only divine qualities are the source of happiness and progress.
6. Last but not the least important is the company of divine people. By having a close and frequent contact with those who practice meditation and have higher principles in life, one can feel a change in his own life, naturally and effortlessly. That is why they say that the environment makes a big difference. By being associated with noble-hearted people, one is able to observe the principle of hearing no evil

Drama of Life

Every passing moment is like a passing act in a play. Each of us are the actors playing out parts very well. An actor is never focussed on another actor's part, continually criticizing it. He just gets on with his own part, playing it as best he can.

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Khargone (MP): BK Devkanya and BK Manisha are donating PPE Kits to Mr. Hardeep Singh Dang, Cabinet Minister. Also seen are Mr. Gajendra Singh Patel, MP and Mr. Shailender Chouhan, SP.



Varanasi: Mr. Ankur Chadha, General Manager, Dainik Jagran is in group photo with Sis. BK Surender, BK Deepender, BK Bipin and others after a spiritual dialogue.



Panipat: Mr. Pramod Vij, MLA is handing over Oxygen Concentrator Machines to BK Bharat Bhushan and BK Sonia.



Sangareddy (Telangana): A team from Brahma Kumaris offered daily home cooked food to Covid-19 patients and their families.



Khilchipur (MP): Mr. Priyavrat Singh, MLA is being given Godly gift and message by BK Neelam.



Agra (Avdhpuri): Ms. Deeksha Chaudhary, Rural Development Officer is in group photo with BK Ashvina, BK Geeta, BK Sarita and others after a spiritual dialogue.



Porsa (M.P.) :
BK Krishna along with BK Nikita presenting Godly gift to Mr. Narendra Singh Tomar, Minister of Agriculture & Farmers Welfare, Rural Development, Govt. of India.



Pune:
HE Bhagat Singh Koshyari, Hon'ble Governor of Maharashtra is being felicitated by BK Sarita.



Houston (USA):
BK Dr Hansa is speaking at ground breaking ceremony of Eternal Gandhi Museum. Mr. Aseem Mahajan, Consulate General of India, Mr. Sylvester Turner, Mayor and Mr. KP George, Judge are also present at the ceremony.