

The World Renewal

Monthly

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1. Delhi: HE Draupadi Murmu, the President of India is being felicitated by BK Parvati, BK Binni and other sisters. 2. Abu Road (Shantivan): HE Jagdeep Dhankhar, the Vice-President of India, is cutting the cake to celebrate Diwali and 85th anniversary of Brahma Kumaris along with BK Jayanti, BK Brijmohan, BK Munni, BK Mruthyunjaya and others.



Bilaspur (CG): HE Anusuiya Uikey, Governor of Chhattisgarh is inaugurating the 'Save Water Mission' campaign of Brahma Kumaris along with BK Swati and others.



Ahmedabad: 'KhushRaazi Bhawan' for sr. citizens is being inaugurated by Dr. Nimabehn Acharya, Speaker of Legislative Assembly along with Rajyogini Dadi Ratanmohini, BK Chandrika, BK Lalit and others.



Abu Road (Shantivan): Security Service Wing Conference is being inaugurated by Vice Admiral SN Ghormade, Vice Chief of Naval Staff, BK Shukla, BK Ashok Gaba, BK Geeta and others.



Vladivostok (Far Eastern Capital of Russia): After the opening of the Brahma Kumaris Center Mr. Sai Murali, Consul General of India is with BK Sudha.



Kuala Lumpur: During the 40th Anniversary of Brahma Kumaris Malaysia, BK Asha is giving a talk on "Think Positive No Matter What". Sitting on the stage are H.E. Mr. B.N. Reddy, High Commissioner of India to Malaysia and BK Meera.



Dhiewela(Srilanka): Indian High Commissioner to Sri Lanka HE Gopal Baglay and Dr. Rewant Vikram Singh, Director of Swami Vivekananda Cultural Centre sharing their views on 'Unity in Diversity' at BK Centre. BK Ganesh and BK Rammi welcomed the guests.



RESTORING THE REAL RELATIONS

Let us give up our quarrels and petty-mindedness and learn to live and treat everyone as our own brother and sister.

“**T**he world is a family” or as they say in Sanskrit: 'Vasudhaiv-Kutumbakam'. Those who have a religious or a spiritual bent of mind, explain the adage by saying that God is our Mother as well as Father, and we, as souls, are His children and are therefore, “brothers” among ourselves.

Drawing the attention to the real and transcendent identity and to the all-time spiritual relation is, no doubt, essential and sometimes helpful in transforming the outlook and attitudes for some sober and thoughtful persons in their day-to-day life.

But, as is actually the case, there are hundreds of millions of people, such as Buddhists, Jains, Shintoists etc., who do not believe in God. There are many others, such as Muslims, who do not think of God as Mother or Father. Even among those many who believe in God as Father, there is no agreement with regard to



the name, nature, form or acts of God. Some even believe that the self is God, which means that they all are Fathers. And, whatever belief in God as The Father, The Mother or The Lord is there in the mind of the theists, it is only superficial, weak and devoid of understanding, love, communication and even genuine spirituality. Therefore, in order that the rhetoric may inspire the listeners and serve its

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THE GLOWING SPIRIT OF DEEPAWALI

During the glorious festive days of Dhanteras, Deepawali, New Year and Bhai Dooj, our experience has been that God the Supreme Parent, along with the Trinity: Brahma, Vishnu and Mahesh or Shankar, and the worship-worthy gods and goddesses have been showering their blessings on the believers and followers, and atheists alike. I used to wonder why do we have Shri Lakshmi, Shri Saraswati, Shri Vanayak/Ganpati images printed in bright colours on all pictures connected with Deepawali! **In a way, they symbolise collective spiritual empowerment par excellence:** Devi Saraswati represents Knowledge, Music and the Arts; Devi Lakshmi is the ideal model of materialistic and spiritual wealth, and Shri Ganesh heralds the atomic or scientific age, where logic and spirituality are perfectly balanced and huge amount of understanding and energy can be merged into something small. So in a way, the entire Knowledge, Values, Virtues and Highest Wisdom to be ever found in this universe, has been picturised in the most unique manner through Devi Saraswati, Devi Lakshmi ji and Shri Ganesh. The most interesting part is how the painter's intellect and brush were touched in such a way that the spiritual master strokes or messages got merged in the material form, keeping these divine entities loving and yet so detached, like lotus flowers in deep waters.

As human souls play their respective roles, life after life, and encounter different experiences, **we have reached the point**

when all should be enlightened about the fact that we are on a spiritual journey; it is time to settle karmic accounts and finally return to the star-studded environment of the Soul World, our eternal home. The religious-minded or seekers of truth can decipher spiritual wisdom through the most intriguing pathways. Despite the ups and downs that Bharat and those of Indian descent have witnessed and endured over the centuries, **there is the faith that positive change has started with Bharat in all arenas of life.** It is wonderful to be part of these great times when individuals like Mr Rishi Sunak, new Prime Minister of the UK, are disapproving what



some eminent leaders had presumably believed true at the time of India's Independence in 1947: "...all Indian leaders will be of low caliber & men of straw (that is, a person regarded as having no substance or integrity)." But as Mr. Anand Mahindra ji has rightly said, "Today, during the 75th year of our Independence, we're poised to see a man of Indian origin anointed as PM of the UK."

From an era of British rule when the Union Jack flag flew in almost 90% of the countries of the world, no one could have ever imagined that

such a shift would take place and most of these countries would gain freedom and establish their own sovereignty!

The visit of H.E. Jagdeep Dhankhar, Vice President of India to Shantivan

Another heart-warming and beautiful event for the Brahma Kumaris that unfolded in this festive week was the visit of **Shri Jagdeep Dhankhar, Vice President of India, and Dr. Sudesh Dhankhar, his wife**, to Shantivan Campus (Abu Road), to participate in the 85th anniversary of the Brahma Kumaris worldwide institution, and celebrate Deepawali and New Year too.

While addressing the programme organized on the theme of **“Empowered, Prosperous and Golden India”**, Vice President Dhankhar said, “India is the only country which is talking about the welfare of the world. India was *Vishwa Guru* (Guru for the World) and will again definitely become a *Vishwa Guru*. What we dreamed of will soon come true. Our educational institutions have led the way in the world. In the history of the world, there is no other nation other than India to give the message of truth and peace...”

“Even during the world's biggest crisis, the COVID-19 pandemic, India served the whole world by living by its cultural values. There is no doubt that we will soon be the third largest economy in the world within a decade...”

“There is a need for a change of thought in the minds of today's youth. Today they have no shortage of money. But if you study history, you will come to know that the people of India never talked about poverty; we have always spoken about making the world valuable...”

“I will always remember this day. The truth of



life lies within us. By coming to the Brahma Kumaris, one gets a vision of the thinking of Indian philosophy. There is no part of the world where Brahma Kumaris are not present. This presence is not related to geography but the presence of spirituality. The Raja Yoga that has been talked about here is indelible, and is the need of the world today. What has been shared in a few words is the essence of Gita. The Brahma Kumaris is doing the work of propagating it... Raja Yoga is India's gift to the world.”

On this occasion, the Chief Minister's representative, 1) Rajasthan Labor Minister Sukhram Vishroi, 2) MLA Jagsiram Koli, Commissioner, District Collector, 3) Dr. Bhanwarlal, SP Mamta Gupta and other officers and employees were present. On behalf of the institution, BK Munniben, BK Mruthyunjaya welcomed the Vice President with a shawl, pagdi, garland and memento.

One of the highlights of the event was the soulful cultural presentations by BK Kumaris of Divine Life Girls Hostel, Indore.

We are passing through a precious age of hundreds of possibilities and mind-altering events. Some secrets as shared by the Knower of the Three Aspects of Time: Supreme Soul, Father of all human souls, have revealed beyond any doubt that the era of goodness of gods and goddesses is being re-established here and now...

As believed in many ancient cultures and religions, the Supreme Divine Energy, God, alone has the onus of re-establishing a world of peace, purity and happiness which begins with the foundation of the Deity religion. Only those who have explored the depths of existence i.e. **Soul-Consciousness, Connecting one's intellect in yoga with the Incorporeal Supreme Being, and maintaining elevated attitude, vision and actions**, would understand the principles of the ensuing Golden Age era.

Whether we agree to it or not, a great spiritual revolution is in the offing with transformation guaranteed in human souls, as well as the five elements. There may be sudden strokes of change one after the other, which have been already prophesized by modern day scientists. Most people think that the clock seems to be halting or moving backwards every time there is a slight improvement in systems and way of living, however, true to what some of the old scriptures or prophecies of Nostradamus have indicated, the world appears to be nearing the greatest upheaval in history... The unrest in the minds and hearts of present day rulers and

scientists is palpable as unimaginable happenings occur in most parts of the world: the earth, oceans, and the sun have been very unkind and furious with humanity, but all of this is simply a result of the loss of the sense of human and moral values. **The only ray of hope we have comes from the Almighty Authority, the Divine Being, in the form of practical spiritual wisdom and elevated directions to lead a pure, simple and serviceable life.** Though the forces of positive transformation are limited in comparison to the gigantic amount of negative, impure and useless energies floating around, **let us start the New Year (according to the Hindu Calendar) with the sincere wish that our Rulers, Kings, Presidents and Prime Ministers continue developing the right attitude and karma for others to emulate!**

The God of Gods, Supreme Parent Incorporeal Shiva, rightly ordains us *saligrams* (representative of spiritual children in the form of points of light) to think highly positive, and perform good actions without fail. We have to generate a very powerful army of spiritual guardians of goodness for the time that we have on hand, as this will emerge the new era of noble divine human beings, who are lovingly called '*Devi-Devta or Deities*'.

May all of us focus our minds on that magnetic divine source of Knowledge, Power and Love, our Supreme Mother and Father, in order to regain the lost richness of values and wisdom!!

B.K. Nirwair

AS WITHIN SO WITHOUT

Outer Space is nothing but the reflection of the Inner Space.

B.K. Chirya Risely, USA



The treasures such as beauty, truth, peace, happiness etc. which we seek, are not outside but within ourselves. We have everything we need. By looking inside, we become aware of our greatness.

"It is not just that you say, "I am fine," but that you really feel that you are fine. Your stage should remain so happy that others ask: How does he always remain so well? For this to happen, you must be truly smiling in your thoughts from your heart, not just superficially"
Dadi Janki.

Busy people not only do a lot but also, they think a lot, which makes the smile disappear. The origin of 'busy' is mental. Being lost in thought, thinking constantly about things to do, and what others did or are doing, is not only tiring, but also a brilliant way to waste energy. **We spend so much time 'decking up' our faces to ensure a beautiful appearance, yet we forget to 'make up our mind' to ensure our thoughts and feelings are positive and filled with good wishes.** A better world requires that we become aware of our inner beauty to use our positive qualities and see the good within each soul. It should be easy for others to understand me and to understand God. If my life becomes complicated, how will they experience God in my presence?

As we grow in strength in our spiritual life, we

give up the habit of worrying. **Worrying does not take away tomorrow's troubles; it takes away today's peace.** Can the body think, make decisions or have the ability to judge or feel? No, it is the soul. The soul is the 'being' part of the human being and performs the tasks of thinking and feeling. The soul is the most valuable resource in my possession. The soul is right behind the eyes, but separate from the body. Recognize, Use and Be this valuable resource.

Thoughts created by the soul travel, moving at a great speed with considerable impact. Let the thought of peace sit in my mind, knowing the vibes from my thoughts radiate out and quickly touch any person and any place. The call of time is to connect to God in meditation and send thoughts of peace and power to the world.

Turn your attention and awareness within. Allow your mind and being to be quiet and still, and you will rediscover, 'as within, so without'. When I realize outer space is but a reflection of inner space, I would like to inculcate a habit, where my thought patterns are only those which I like i.e. right, positive and powerful no matter what happens. Transforming the world is the natural outcome of transforming ourselves. This requires much practice, but the benefits are unlimited. ■

SPIRITUAL SOLUTIONS

For Modern Age Challenges

B.K. Surendran, Bengaluru



Unless the individuals are influenced to think right, based on their original nature of goodness for common good, human life will become a struggle and full of misery.

Mankind has scaled great heights in material prosperity. The emerging all round material comfort is now threatening life. The macro family system is almost extinct, and the micro family system has come to stay. Human relation is in doldrums. Good inter human relation is a valuable asset in human life. Its absence has accelerated stress and strain of all sorts. This aspect, in particular has triggered emotional turmoil. If an individual is always focused on outside situations, he seldom tries to understand himself and his own inner feelings. Thus, a high-rise unseen wall of misunderstanding, suspicion, indifference and dissatisfaction separates two individuals from coming together and coexisting in amity and comradeship.

The Ills in the Society

Problems of ill health, unemployment, job dissatisfaction, loss in business, natural calamities, Corona epidemic are some of the negative factors, which are threatening human life. **'Eat-drink-dance and be merry' culture has made people physically and mentally ill.** We have many self-contradicting life style practices. A cigarette is manufactured with a warning on the pack that 'smoking is injurious to

health', while cigarette manufacturing companies sponsor international sports events to promote their business, Some doctors advise their patient not to smoke with a cigarette in their hand, some fathers ask their sons not to smoke despite of being habitual of asking them to buy it for them, some government officers speak in the favor of prohibition on intoxications on the stage, whereas while being off the stage they themselves issue license for more and more liquor joints. While we boast of establishing more and more hospitals, police stations and judicial courts in the name of progress, the hard fact is that we have a sick society, a society of people with criminal and litigation mindset.

The Negative Side of Globalization and Liberalization

Globalization and liberalization have opened a plethora of new avenues for borrowing money, and free flow of goods and services. The multinational companies are swallowing the indigenous comparatively small units with its cost effectiveness and finer products like monsters. Consequently, many promising entrepreneurs are disappearing from the scene along with their workforce, which, in turn is increasing unemployment, not to speak of social

upeavals. Many youths are destroying their lives taking drugs. In many cases, government diverts funds meant for the welfare of the society to their selfish mottos; this borrowing spree is on the move to create a bankrupt State and hence bankrupt people in it. There is disintegration of traditional support system, which is leading to frustration and intolerance everywhere. The emergence of coalition based governments, nurturing and promoting opposing views and ideas; is basically prone to working at cross purposes. It is an indication of the fact that the people of the world have divergent fundamental ideas who cannot coexist. Each person has become an island. No amount of human effort will suffice to control, and regulate better governance in many countries of the world, because there are divergent opposing views. Welfare oriented policies and programs cannot be boldly pushed because the coalition partners have their own partisan ideas, aspirations and self-centered agendas; which are anchored fearing that the other partners might gain more popularity and acceptance from the masses. **A peculiar labyrinthine situation has come to stay where human beings are helpless, hopeless and pessimistic.** The governments, institutions, establishments and individual life are moving at a mule's pace.

The Spiritual Solutions

Now it is for us to go into the spiritual domain of existence, which is the basic and the fundamental domain, to cope with material prosperity and associated comforts and facilities. **Einstein, the great scientist has observed that 'It is easier to denature plutonium than to denature the evil spirit of man'.** This observation tells us that the evils and ill-will of a man needs to be removed with a spiritual hand and not with a physical hand. Life

is the interaction of matter and energy. We have been very actively using the material tools for human development and progress. Man is a spiritual entity. He is a spirit manifesting in terms of feelings, emotions and embodiment of virtues. Unfortunately, spirituality has been mistaken for religious preaching and practices, rituals and rites, religious fundamental ideas and associated violence and piety fringed worldliness. The goodness in the spirit, which is the natural nature of the spirit, consists of compassion, kindness, mercy, politeness, courtesy, civility, love, cooperation, humility, patience, tolerance and peace. Better life condition is directly proportional to the man's goodness. Spirituality is the manifestation of zeal, enthusiasm, creativity, enterprising nature, venturesome attitude for the welfare of the self and the society. **Spirituality binds humankind as a family on the earth.** We have used the mind to be wealthy and prosperous. But it is time that we direct the mind to create spiritual wealth and fill the surroundings and atmosphere with goodness. Unless the individuals are influenced to think right, based on their original nature of goodness for common good and move on as a group, human life will become a struggle and full of misery. **Spirituality on one hand is the awareness and application of one's own natural nature of goodness and on the other hand, it is the technology of linking one's mind to the Supreme spirit - the ultimate source of creative intelligence-God.** He is the embodiment of absolute goodness and power. God is not a phenomenon but a reality. God is the Supreme spiritual energy source. In fact, the spiritual energy is the shaker and mover of the situations accruing in the physical world. Dr. Deepak Chopra *in his spiritual laws for success* writes that, 'The universe operates through

dynamic exchange. Giving and receiving are different aspects of the flow of energy in the universe. And in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives'. The real wealth is the wealth of happiness, contentment, peace, love and bliss in life. **The spiritual law is that - 'the easiest way to get what you want is to help others to get what they want'**. It is again simple. If you want joy, give joy to others, if you want love, give love, if you want attention and appreciation, give attention and appreciation and so on. God, the Supreme spirit is the perennial source of all these virtues. Mentally linking to the ultimate source of creative intelligence enhances the quantity of innate virtues in the spirits. Doing this enables the individuals to keep balance between material prosperity and humanity. Meditate



with the supreme Consciousness – God, to gain spiritual power in order to handle the world situations successfully, and to create the real wealth of happiness, peace and bliss in human life. **Let us all come together to form a mastermind alliance with this purpose in mind. We should not only preach but practice also. In this way, we will be able to help the suffering humanity sincerely and honestly at this hour of global crisis.** ■



Understanding

If we have the spirit of understanding everything in a positive way, we will enjoy each and every moment of life, whether it's pressure or pleasure.

WORDS OF WISDOM

- ◆ A positive attitude helps to bridge a gap between ability and aspiration.
- ◆ Life becomes beautiful when you learn to be as good to yourself as you are to others.
- ◆ Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice.
- ◆ Life isn't happening to you, life is responding to you. How you're feeling now is a great indicator of how life is going to respond next.
- ◆ To make a difference in someone's life, you don't have to be brilliant, rich, beautiful, or perfect. You just have to care.
- ◆ Nobody raises his reputation by lowering others.
- ◆ Challenges are what make life interesting. Overcoming them is what makes life meaningful.

CONSTRUCTIVE JOURNALISM The Call of Time

Let us ask ourselves whether we cannot connect the whole world with goodness by spreading the good and positive news? Till now media tried to broadcast and publish evils of the society in order to end evils and vices. At present, people are tired of hearing bad and negative news. Now, media should spread the good things happening around them. Let us try this experiment and this experiment is being done in Brahma Kumaris.

We are all well aware of the power of the media in the present era. A true journalist can change the world by changing the thinking patterns of the people of the world. Even today, journalism has the power to change society. Today, people have high expectations from all media persons. Now the time has come that the media should use its power in a right way and should provide proper direction in building a better country and society.

Media is a medium through which we can reach more and more people in the shortest possible time. But, what things have to be conveyed to the people is very important. It is always media's choice to spread information about the things that: make the fire or extinguish the fire, enhance love or spread the poison of hatred, unite or divide the people, and only raise questions or provide the solution as well.

The major fundamental objectives of media are to inform, educate, enlighten and entertain



Prof. BK Onkar Chand, Shantivan

people. Here, a reasonable question arises in mind: "How far have media professionals been succeeded to fulfill these objectives today?" The role of media now have been merely to inform and entertain, as the prime role of educating and enlightening people and society have been completely forgotten or relegated to the background.

Today, media houses are in a hurry to broadcast the latest "Breaking News" which sometime can incite people to break and divide society on the basis of caste, color, creed, religion, etc. The purpose of the news should be to make the country, not to break it. Unfortunately, "Breaking News" which may also be called as Shocking News motivates the viewers to wait for bad things to happen. Most of the news headlines and breaking news of printed and electronic media focus on negativity, concentrate on something that goes wrong or on the bad things in life or on a conflict or on something sensational or terrible. This journalistic sickness of negativity creates fear, stress, anxiety and depression which is harmful for media as well as readers and viewers.

Media's motive behind showing bad news

What is the purpose of the media behind showing the news of evils? I have been thinking about this for the last few days and I also ask you to think deeply in this regard that what is the motive of media behind showing the news of violence, crime, corruption, misconduct etc.? Is the purpose of the media the development, expansion, growth, or prosperity of all these ills? Or the aim is to finish all these evils, to develop human qualities in people and create a society where all people love each other, where all are devoted to welfare of mankind, and where all work for and cooperate with each other. The important thing is that for this very purpose media tries to expose the evils.

Has the media succeeded in its purpose?

Now the question is whether the media has succeeded in its purpose? Has crime decreased or increased in today's society as compared to earlier? Has corruption decreased or increased? Has love increased between people or has increased hatred? The media wanted to eliminate all these evils and vices, but these kept on increasing. If media persons have not been successful in their objective, then it means that there is a fault in their approach and in the method of working. Now there is an urgent need to change that.

Can't we unite the world with goodness by spreading good news?

Let us ask ourselves whether we cannot connect the whole world with goodness by spreading the good news? Till now media tried to broadcast and publish evils of the society to end evils and vices. Now, media should spread the good things happening around them. Let us try this experiment and this experiment is being

done in Brahma Kumaris. The organization is running two TV Channels, one FM Radio, several magazines and news letters in different languages and all these are filled with positivity.

At the present, people are tired of hearing bad and negative news. People are already so sad, upset and stressed. That's why they don't want to be sad after hearing or watching bad news. It's media's responsibility to not increase their suffering any more with negative news. It is the hard fact what we see, read, hear, we start thinking like that and after some time also become like that. If we see or show evil, then evil will definitely increase. Evil always grows when it spreads. The aim of a true journalist should not to create a ruckus with his news, but to change the face and condition of the society.

What should the journalism be like?

If we really want to change the face and character of the society, if we want to change both its direction and the condition and if we want to build a better world, then the question arises how should journalism be? If we want to bring the golden aged world i.e. Satyuga, then journalism should be such that it works to educate the people and increases the spirit of peace, harmony and brotherhood in the society. Journalism should not only highlight the problems of the society but also should help in finding solutions, not making people hopeless but creating hope and happiness in them in the atmosphere of despair. Journalism should be constructive, inspirational, solution-oriented, accurate, reliable, unbiased and fair. Journalists should be honest and courageous in gathering, reporting and interpreting information.

How the journalism should not be?

The media persons are not only describing the world – they also affect it. The ultimate end result of an excessively negative biased media landscape is

that the readers, viewers, or listeners become overwhelmed and numb from a feeling of hopelessness. That's why, it should never happen that journalism deceives the public with misleading things, distorts the news, publishes provocative news, and exploits others by blackmail, increases TRP on the basis of negativity, fake news and paid news. If this happens then it is a big stigma on the forehead of media.

Working in a negative environment is a big challenge

When the media has to show news of pain, cruelty, violence, atrocities, brutality and shaming relationships, it is written that these visuals, these pictures can disturb you. Now it is a simple matter that the news which can disturb the audience would definitely disturb the media persons too? As the media persons have to face any negative news first of all, and they have to live in such kind of negative environment throughout the day, so undoubtedly it affects their personal and family life and also their physical and emotional health. So, it is very important for media persons to bring positive attitude and positive thinking in them so that negativity does not affect them.

Inner empowerment of media persons

If the media redefines its thoughts and news a little, then media can prove to be helpful in social transformation. Inner Empowerment of Media Persons is very important for us to resolve to walk in a positive direction. Spirituality can help us a lot to make our mind strong and approach positive. Spirituality helps us to explore the goodness inside. Only a good person can become a good journalist and a good journalist can create a better world.

There is no doubt that the media should aim for a nuanced presentation of reality – describing the good, the bad, the problems, and the solutions.

Our constructive journalism should be based on: a focus on progress, possibilities and solutions to the big challenges facing the world today; a critical but not negative approach.

Constructive journalism: need of the hour

Now, more and more journalists should turn to constructive and positive reporting – an approach that aims to restore balance by looking at solutions as well as problems. They should realize that there is a negativity bias in the news media that needs to be corrected. The international research has shown that people are increasingly switching off the bad news, saying it makes them feel hopeless and passive. Constructive journalism benefits society in addition to news organizations and as well as making audiences more engaged and motivated.

Constructive journalism is an approach that aims to offer audiences with a fair, accurate and contextualized picture of the world, without over emphasizing the negative and what is going wrong. Solutions-oriented journalism aims to show that, beyond problems, efficient solutions exist everywhere. Constructive journalism says we should add another question 'What now?' to the traditional What, Why, Where, When, and How questions taught on day one of journalism school.

Therefore, the urgent need of the society is transformation of media. Reform in media will help in reforming people, society and the world at large, which requires that media should be value-centric. The only, unique and easiest method of making media value based is the inculcation of values, spirituality and practice of Rajyoga meditation by media persons. This will develop in media persons a keen sense of observation, understanding, judgment, journalistic insight and inner conscience for their effective working. ■



GOD: The Bestower of Peace and Happiness

B.K. Subramanian, Avadi

God is the Bestower of peace and happiness. But nobody knows where he exists. On one side, we believe that God is omnipresent; whereas on the other side we go to worship Him in temples, churches, mosques etc. seeking peace and happiness. Until and unless God Himself reveals about Himself, His Supreme abode and His acts, no one from the entire globe can understand even an iota about God.

Since the world drama is eternally predestined, God also has a fixed and eternally predestined role in the drama. As per that role, He Himself explains everything very clearly through the physical body of Pitashri Brahma during the most auspicious confluence age i.e. the transitory period between *Kaliyuga*/Iron age and *Satyuga*/Golden age.

Brahma Kumaris' teachings of Rajyoga meditation are not their own teaching but of God Father Shiva through His corporeal medium Sri Brahma. God is called the Supreme Father of all the souls; hence naturally we human beings, as souls are brothers.

When the great Indian philosopher Swami Vivekananda addressed the audience in Chicago University, U.S.A. as "my dear brothers and sisters"; they were so happy that they applauded him non-stop for many minutes because prior to it, they only had experience of being addressed as "Ladies and Gentlemen". That is why India is considered as the spiritual Guru of the world. India is the only country where Unity in such a vast diversity is observed.

When we establish our mental link with God by knowing His real name, form, abode and acts, all the negative feelings such as anger, greed, heartlessness, jealousy etc. disappear from our mind. Peace and happiness cannot be bought; they are our original attributes. During the mid of the world drama, negative qualities such as lust, anger, ego, suspicion etc. got mixed with the natural positive qualities and spoiled the whole mind, just like a single drop of poison spoils the pot full of milk. God being the Creator teaches the technique of Rajayoga to eradicate such negative feelings and to make us experience peace and happiness. ■

THE JOURNEY OF BEHAVIOURAL CHANGE

The journey of transformation is incomplete if we do not put the knowledge into practice. Knowledge put into practice becomes our behaviour, which is also referred to as competence.

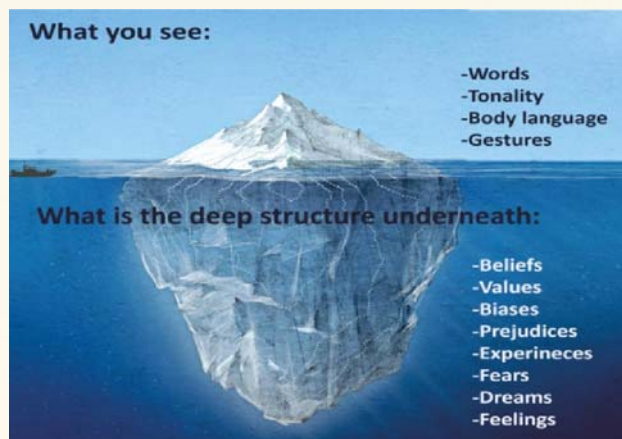
We are embarked upon a new journey of self-transformation, which is the aim and objective of this spiritual life, the moment we became Shiva Baba's children. **For we now know that every change that we bring upon us contributes towards the greater purpose of changing the world.** This is a seemingly long journey, full of peaks and troughs, of success and downfalls, of joys and sorrows, of exultation and tribulations. However more than anything, it is a journey of belief, determination and resilience. When *Maya i.e. the five main vices* attacks us, do we lose hope never to rise again, do we give up or do we draw strength from Baba's pearls of wisdom? **The knowledge and wisdom have to be put into practice again and again so that it becomes a habit, in order to bring about the desired change in *sanskars*.** Our journey of self-transformation is incomplete if we do not internalize Baba's knowledge and wisdom to bring about a permanent change in our *sanskars*.

To understand the journey of self-transformation, we need to understand the process of behavioural change, which is an



B.K. Shalini, Gurugram

uphill task. What we see of an individual's personality is just the tip of the iceberg. It is visible and demonstrable just like the body language, gestures, words, actions etc. What lies beneath the iceberg is the reason behind someone's personality. They are the invisible

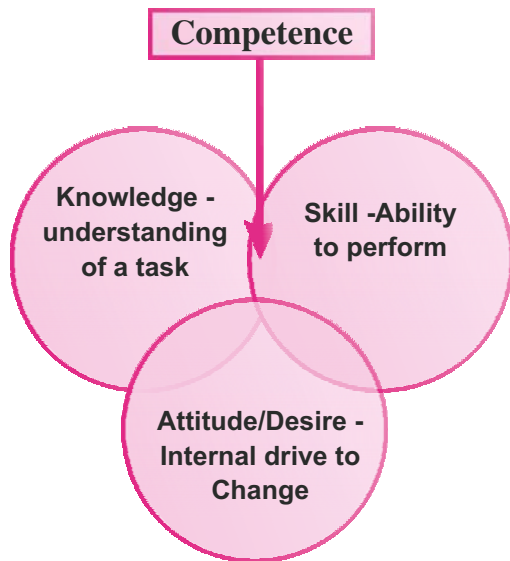


deep-rooted beliefs, values, feelings, experiences etc. These are the *sanskars* that have been built over several births and are difficult to change. To uproot something and plant a new seedling that can grow as desired, takes time.

Several experiments in the area of classical conditioning of human behaviour prove without a doubt that the behaviours can be conditioned or changed. Ivan Pavlov and John B Watson were the pioneers in this study.

What goes into this transformation or learning journey are three key ingredients – Knowledge, Skill and Attitude.

All these three ingredients are necessary to bring about a successful



transformation. Absence of any of these may not give the desired result.

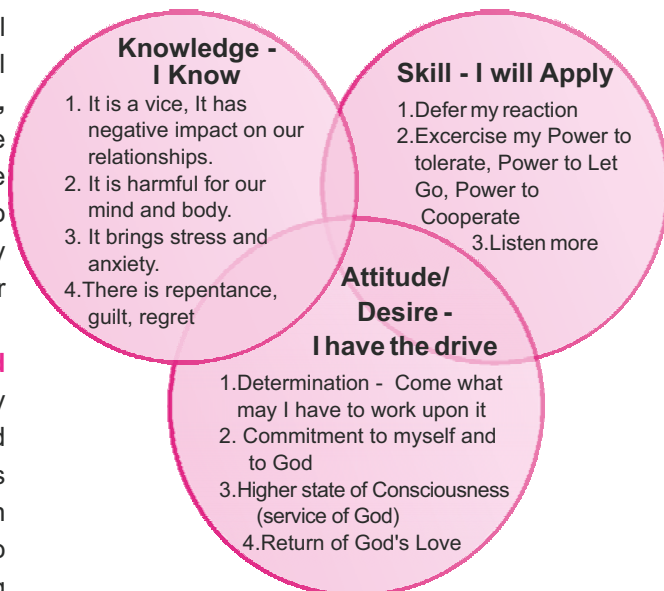
Now, let's try to understand this model from the point of view of our Spiritual Journey. In the Spiritual Journey, **Knowledge is the *Shrimat*** that we receive everyday through the *Murlis*. The identification of right and wrong is no longer a struggle for us being Godly students. Now, we are more aware of our specific improvement areas.

The Desire to change is the drive and the motive, which is necessary for any kind of change. It is the acceptance and realisation of 'the need for change'. If this was not there, we would not have been on this spiritual journey. Our motive is to transform the world through transforming

ourselves. It is thus understood that all those who have adapted themselves to this Brahmin life are definitely driven by a purpose and would have the desire to change.

The most important element on this transformational journey is the **skill or the ability to change**. This is the "How to" of a change. Skills can be acquired and is generally unknown until learned. The journey of transformation is incomplete if we do not put the knowledge into practice. Knowledge put into practice becomes our Behaviour, which is also referred to as competence. This change is now observable and others can perceive and feel the difference. Once it becomes a Habit it becomes a part of 'me'.

Let us take a common example of someone learning to drive a car. The person has to first get the complete knowledge of all of the car's parts and their usage. Let's assume that he has the desire to learn this new skill. However, if he does not practice, he will not be in a position to acquire the skill. So, he enrolls into a driving school, where he repeats the practice over and over again for 15-20 days. It makes him skilled and now he can drive confidently.



He becomes competent. This has become a part of his behaviour inventory.

Now let us take an example of getting rid of anger. The person knows that this is a vice and he should get rid of it. He also knows that continuing to live with it, has an impact on his mind, body and relation. He doesn't feel good after going through such situations. There is a feeling of regret and guilt. He is also driven by a purpose which could be either a determination to bring about a change, or a promise made to God, or to give something in return for God's love or a larger purpose like to serve God and the humanity. With these two things being taken care of, half the battle is already won. **What he now needs to do is to develop the skills of managing the anger– this could be a set of activities like:**

- ◆ Defer Reactions. Give a well thought of response having gone through all the aspects.
- ◆ Practice listening more to understand the viewpoint in totality
- ◆ Exercise the power to tolerate, the power to 'let go' and the power to cooperate
- ◆ Practice to stay in higher consciousness in periodic intervals
- ◆ Stay in remembrance of The Supreme

More repeatedly these activities are practised and checked, more likely are the chances of success. The transformation has to be monitored and observed as we say check and change; and change and check. As Baba says - keeping a chart for this is very important. Behavioural changes will definitely take longer but as we approach closer, we become more determined towards achieving the goal. Never let determination and desire to fade. As discussed earlier, any of the three

elements failing may not give the desired success. Soon it becomes our habit i.e. a new way of living. ■

Karma

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

Life Changing Advice

- **Mistakes are the stairs we climb to reach success.**
- **If you're creating anything at all, it's really dangerous to care about what people think.**
- **Don't let the fear of losing be greater than the excitement of winning.**
- **Be sure you put your feet in the right place, then stand firm.**
- **Love the life you live. Live the life you love.**
- **Associate yourself with people of good quality, for it is better to be alone than in bad company.**
- **Don't give other people permission to ruin your day.**



AFFIRMATIONS FOR STRENGTHENING THE MIND

The Wake-up Call To Will Power

Leader of the Majority in the USA, Chuck Schumer defied skeptics by pushing through a major legislative priority in a 50-50 Senate, a feat that made even some Republicans giving the credit to the Democrats. How did Schumer do it? "I just persist. I don't take no for an answer. If there's a dead end, I find another way to go," Schumer told Huff Post's Igor Bobic.

Determination is a secret and the essential ingredient to nurture the life and make it successful. On my spiritual journey, no matter how enthusiastic I am or how clear my aim is, without determination I will give up sooner or later. But at the same time, we have to be cautious that determination does not take form of stubbornness. If it does, then observing the mind as a detached observer while practicing Rajyoga can help. Let go of resistance. Do not oppose anyone or anything due to ego. Connect to God's light. Quietly listen for the most compassionate way to deal with the situation.

The quality of our thoughts affects the quality of our relations, our words and our

actions. The mind has been ruling us long enough! **One way to take charge and regain loving rule over the mind is to practice affirmations.** Affirmations are promises we make to ourselves that are helpful to strengthen the mind in order to break negative habits or weak thoughts created as a result of conflicts and mistaken attitudes. **The following affirmations can be practiced:**

- ◆ Today I will only see the good in others and not about any negativity.
- ◆ I will see others in the way I would like them to see me.
- ◆ From now on I will not judge others.
- ◆ I will always speak peacefully, slowly and softly.
- ◆ I will stay calm whatsoever takes place and not react.

Think or better say the affirmation with feeling at least five times a day, believing in them. Make sure that you do not say it in a monotonous or impersonal voice. When we listen to something repeatedly, we begin to believe in it. Advertisers and song-writers create a phrase or a slogan, and repeat it over and over again in the media until finally, people believe in them.

We enjoy a lot of contentment by thinking purely. Make positive affirmations a part of your emotional diet. Be determined to consume this diet daily. ■

HARMONY IN LIFE

All our experiences in our relations are manifestations of what happens inside us. The environment outside does not create that experience. We are actually creating that experience every moment inside our mind with our thoughts.

Farha Sayed, (Tarim, Yemen), Mumbai



Cultivating relations perfectly isn't always an easy task. But relations rooted in spirituality have greater chance of survival and satisfaction. People are bonded through their spiritual beliefs and practices as there is a mutual focus supporting one another on the path.

Harmony exists at four levels. The first is harmony within the self i.e. between our intellect, conscience, and our actions. When these are not aligned with one another, there is conflict within, which leads to stress and friction in relations.

The human body is composed of five elements — earth, water, fire, air and ether. When harmony between these elements is upset, then develops disease. More than 90 per cent of the diseases are psychosomatic i.e. they

are caused or aggravated by a mental factor such as stress.

Our disharmony affects nature too. Outer nature is a manifestation of human nature, so growing violence in humans is reflected in natural disasters.

The first step to achieve harmony within the self is to know one's true identity. When we realize that we are spiritual beings or souls expressing ourselves through our physical bodies, our perspective changes. The imperishable soul, a sentient point of light, is the master of the sense organs, but we can exercise this mastery only when we practice soul-consciousness i.e. by reminding oneself again and again that, 'I am a soul, a spiritual light, separate from the body'.

To gain supremacy over the body and the

mind, the soul needs to draw power from the Supreme, who is the ultimate source of spiritual power, by remembering Him. Just as a battery is charged by connecting it to a power source, the soul needs a link with that Source, to fill itself with power. This power, which is discernible in the form of one's judgment, tolerance and fortitude, enables one to achieve inner harmony by aligning one's thoughts, speech and actions.

For harmony with nature, we need to have the qualities of the five elements. Water is fluid and takes the shape of any container; we need to be flexible likewise. The earth provides food and many other things; similarly, we should sustain others by offering love and cooperation. The air teaches us to be light at all times. Fire transforms anything that is put in it; similarly, our state of mind and personality should be so powerful that whoever comes to us goes back as a better person. If we live like nature, it will be harmonious with us.

In reality, all our experiences in our relations are manifestations of what happens inside us.

The environment outside does not create that experience. We are actually creating that experience every moment inside our mind with our thoughts. The people in our lives are just triggers for inner experiences that have existed within us for a long time, well before those people entered our lives. As we expand this awareness; we can actively use our relations as tools to consciously transform ourselves. At the same time, we would be expanding our relations towards mutually beneficial experiences.

A spiritual relation is a true partnership where each person supports each other in happiness, growth, awareness and fulfillment ending up serving the world at large. Blame and victimhood cannot exist in a relation that is based on love, kindness, compassion and creative purpose.

Raja Yoga meditation is a step to gain superior level of thinking by realizing the worth of our inner self and by connecting us to the nature. For a complete harmonious journey, we should be humble and disciplined. ■

LAUGHTER: THE BEST MEDICINE

- ◆ God gave us the brain to work out problems. However, we use it to create more problems.
- ◆ Strong people don't put others down. They lift them up and slam them on the ground for maximum damage.
- ◆ I'm so good at sleeping I can do it with my eyes closed!
- ◆ How do celebrities stay cool? They have many fans.
- ◆ What do you call a bee that can't make up its mind? A Maybe.
- ◆ Why couldn't the bicycle stand up by itself? It was two tired.
- ◆ What did one hat say to the other? You wait here, I'll go on ahead.



LIFE DURING AND AFTER THE PANDEMIC

Dr. Shiba Prasad Parhi, Ahmadabad

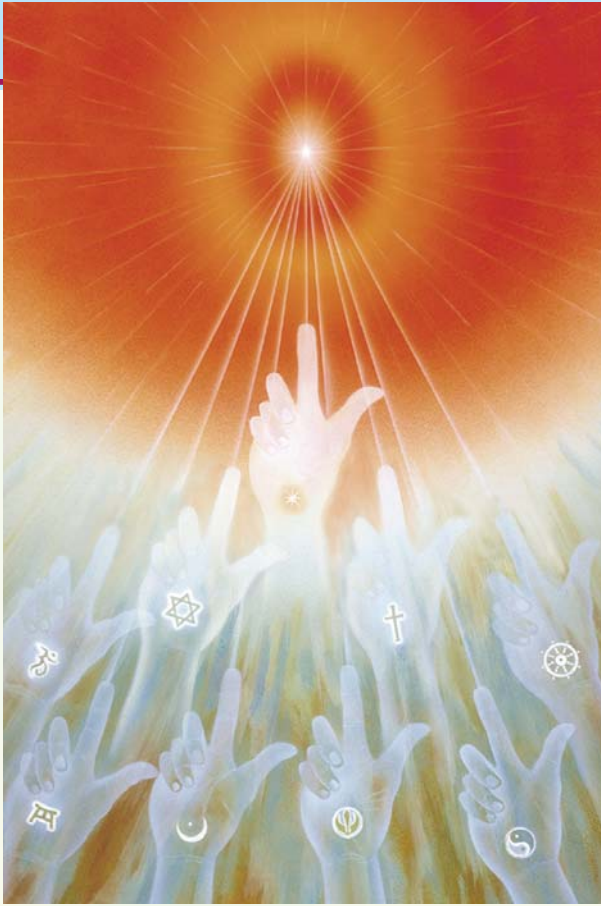
World was different before COVID-19, even if things were difficult, it was quite normal and good. Humanity pushed the world into a zone of catastrophe, calamities and crisis. Every moment of life seems to be precious and memorable. Though hearts are filled with hopes, no one knows what's going to happen the next moment. The pandemic crumbled down the market demand, supply chain and economy of the globe. As per Psycom.net, "75,000 more people can die from what they called "death of despair," (which includes suicide and substance use) because of Covid-19". So, the challenges are not over, still we need to prepare ourselves mentally and physically to nurture others to give them a good life. Addiction both of substance and electronic media has increased during covid-19.

More than 65 lakh people died during the Pandemic. Many families lost their bread earners. Many of them lost their valuables and savings in the treatment of their near and dear ones. Life was at the mercy of the virus. COVID-19 experience was horrific, and devastating. Coping with such a hell like situation while experiencing loneliness, misery, cheated, looted and socially rejected was horrendous. Many people lost their mental balance. The pandemic spread the wave of disinterest and detachment everywhere. There were rays of hope and aspiration but natural calamities such as earthquake in Haiti and Turkey; flood in Germany, China, Australia, New Zealand,

Philippines, Pakistan, India etc. Political turmoil in Sri Lanka, UK, Brazil and Afghanistan and wars between Palestine and Israel; Ukraine and Russia; Azerbaijan and Armenia etc. added fuel



to the fire. People are waiting for a change anxiously and desperately and believe that only a miracle can save this planet. Supreme Father Supreme Soul Shivbaba has revealed that such an aspired miracle is only the regular practice of Rajyoga meditation, which not only makes the mind healthy, stable, patient and tolerant but also sweetens our relations. The blessings and good wishes of others are extremely important for the survival during such a devastating phase. **The pandemic has taught us that sooner we get rid of the illusion that we can keep exploiting nature and live peacefully, better it would be for the entire mankind.** Nature has its own approach of coaching and teaching mankind. ■



GOD OF ALL THE RELIGIONS IS ONE

God is point of light and the Father of all the souls of this world.

B.K. Yogesh Kumar, New Delhi

One Incorporeal God – Supreme Father

God is the Father of all the souls of this world. It is observed that all religions have images, idols or memorials bearing one name or another to represent the form of God, which is point of Light. All over India, the images of the form that Shiva has, are found installed. These images are oval and don't bear any human form. At Mecca, in the holy place of Kaaba, a stone image with oval form is called "Sang-e-Aswad". The devotees, who go for Haj, kiss that holy stone. Jesus Christ said, "God is Light"; Guru Nanak, the founder of Sikhism while singing the praise of God says 'Sat Sri Akaal', meaning One who is Truth, Elevated, and Immortal. The way he praised God is unparalleled. Some of the hymns mentioned in the scriptures of Sikh religion, viz., Guru Granth Sahib, Darbar Sahib, Japji Sahib are as follows:

Atma-Parmatma Alag Rahe Bahu-Kaal, Sundar Mela Kar Diya, Jab Sadguru Mila Dalal (Soul and Supreme Soul remained separated for too long; Incorporeal God Shiva, The Supreme Soul paved the way for a beautiful communion of the both, when He, the *Sadguru* i.e. The true Preceptor, meets the Souls through the agent, i.e. His human medium).

Moot Paleeti Kappad Dhoye (God cleanses the impure and vicious souls)

Manushya se Devta kiye Karat Na Laagi Vaar (It did not take God long to change human

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

..... *Contd. from the last issue*

WINNING THE SPIRITUAL GAME OF HIDE AND SEEK

Your soul can only be seen through a spiritual window i.e. a window which is free from any mud of body consciousness. You can never win a war unless you know that you are battling with a well-known enemy.

B.K. David, Paignton, England

Everyone, without exception, is living oblivious to the plight they are in. They are not aware of the trench war taking place.

The world prefers looking at the TV from their sofa, but has never thought about looking through the periscope of truth that would definitely let them see the approaching enemy, its form and its tactics.

This periscope is more powerful than any rifle or bullet and without it, fighting this enemy will only result in being defeated as is witnessed daily throughout the world.

Humanity is being beaten severely in this war every minute of every day as they are being injured in different ways in differing conflicts.

If you look around you today, you'll see that the mud of vice is not seen as something to be ashamed of and which needs to be conquered, in fact it's celebrated.

People simply do not see their present day degradation as degradation but more as modern living and considering it to be fine. Such a notion comes from those, who are entrenched in their derogatory existence, which's like a life lived in a muddy trench.

Everyone is walking around injured from having shot themselves in the foot from carelessly holding their loaded rifle that fires bullets of bad habits.

Their arrogant army cap with its shiny badge

is always slipping down so they cannot see where they are going and stops them from being able to see right from wrong. Such a cap and rifle blinds most people and for life.

All must walk the minefield of life that's; but you can remain safe when you walk in spiritual shoes (awareness) with a spiritual outlook and are not wearing such a big cap and carrying this army's compulsory rifle that's standard issue that's loaded automatically once fired.

Are you the one that needs chase after and fulfil your desires to the maximum?

If you are a thrill seeker, of the highest or lowest level, or are someone that's trapped down a dark hole of body conscious routine, knowingly or not, and only have fulfilling your basic desires to aim for daily, and not much else, one should sit down and think deeply as to what you are doing with your life and how little you are achieving and how your life is being wasted.

As a rule of thumb, most live just to please your senses by experiencing the vices through the senses.

Most now belong to this worldwide Club of Vice (CoV) knowingly or not, and often think they are not, but to which they are and are fully paid-up members and attend daily meetings, online or in real life, and attend all conferences and conventions, and wave their club flag with pride.



Duty-free is never free but costly, and always leaves you suffering its true cost.

The innocent do not remain innocent for long and will join at some point. This club is the fastest growing club in the world and few are not members as most of humanity is now on board in some capacity; even if it's only to take a day cruise to some island, sightseeing or call into some port to buy duty-free.

The pocket of your mind (soul) is the true customs and always checks the 'goods' and if not good, you will always need to pay in full and often the only currency it will accept is 'suffering' as this currency is used worldwide.

Have you learned to take control of yourself, your mind, your desires and habits, and learned the power contained in self-restraint and denial? The effort and rewards for leading such a life might not bear fruit immediately but they must be placed in your 'Good Bank of Action' where it will sit until it lands back in your lap with interest.

Rarely does good action go rewarded straight into your mind but often gets directed into your account marked GOOD EFFORT. Once in that bank it must mature and hang from a branch on your Fruit Tree in the field of your mind.

It will not be necessary to pick this fruit as it will drop on your lap or head when you least expect it; such sweet and ripe fruit needs no picking but only eating as you walk under its branches and the fruit just falls.

Have you the power and insight to leave your old slave life behind you and walk hand-in-hand with your new master that's elevated and kind?

Most seem destined only to be a slave to their old self and subservient to their poor, basic desires that rule and dominate them from early morning until late night.

If you can take the reins of your mind and control your thinking and keep control of your

desires and learn to ignore them, then congratulations are in order. You belong to an elite group of people called **Truly Great and Noble People** that are worthy of real and lasting admiration.

When you can appreciate the elite and would like to be one of them and follow in their footsteps and learn from them, it's then that you must see the pitfalls of being at the opposite end of the scale with its sorrows and worries.

Avoid walking next to those that walk in the shoes of ignorance whose tongues are far too big for their shoes and whose soles lack tread (truth).

Aiming to be the best gives you impute to be the best and ignore the worst. One needs wisdom to be one of the best and in this, to realise the importance of being in the company of the best and learning from them at each step, instead of walking next to those that are happy to be basic and given time, will trip you up as you try to move forward.

People wear sunglasses of body consciousness and fashion which cast darkness behind them on to their eyes does not allow them to see what's going on in front of them.

The poor that walk life's street called BAD HABITS are not on a journey but leading a basic existence: it's a great shame but a fact. If you can see this duality that sees one group very prominent that's omnipresent, you might have already turned your back on such company that if allowed, will drag you down and drown you in their pool of bad habits where they swim poorly as their lifestyles are not conducive to promoting a healthy mind or body.

If that stagnate pool without the chlorine of truth was not enough for masses to endure, there is also the mire of quicksand where many good people get dragged in and are never seen

again after they've gone under.

The quick sand of their bad habits are heavy and hard to renounce and cling to them.

Few are able to escape their bad habits and the result is that each day they get pulled further down as their body conscious clothes have many pockets of vice which are full and once sinking, are difficult to empty.

The elevated cool lake of spirituality and swimming in it, is a world away from this very common bog that's greatly overcrowded and is without an end, side or bottom.

It stands to reason that when you can see the absurdity within which most live, with this perspective shouting out to you to look, then the opposite must also be true with the side of peace and love whispering to you to come and join their side.

If you feel you are not in the elite group that can control their emotions and thinking and have leaned self-discipline and made it an art, then sadly, you might have resigned yourself to be on the losing side of failure when the final whistle blows.

You can't Touch a Giant's Ear if You're a Midget

Although most of humanity might be on one side of the pitch with scarcely a few on the other side, that other side has such attuned players that have been in training for years and have learned to see their higher spiritual self and to live with truth and remain engaged in spiritual service and by doing such, have created for themselves such sound minds that they must win.

The soul is very much like the hidden front door key left under the doormat but which has been totally forgotten about.

Without this key (soul), no one can enter the magical room of self-realisation and happiness that is waiting behind the door for anyone that's got the courage, curiosity and burning desire within them to

know truth and whose flame is burning them on the inside until they can find the coolness of truth that they know will make them cool.

Such seekers will be looking desperately for the key to open the door that will unlock all their potential, wonderment and powers of goodness and in this room shall be the path that leads to happiness.

Find this front door key and you'll open up your life to truth and a lasting happiness that only truth can give. If you cannot find the key (soul) or are not even looking for it, you will forever be locked out from this room which contains everything you ever wanted. This room is wallpapered in deep peace, happiness and sense of fulfillment.

The wallpaper paste used to stick this wallpaper is eternal and strong as within it is the real you, the soul.

The soul can be found within your body and has a special and unique place, just as your liver, heart, tongue and belly all have their unique places.

Is your soul worthy of being displayed in a museum under lights or is it kept in the dark in biscuit tannin the cupboard?

It would not be right to keep a precious and beautiful diamond in a mere cardboard box out of sight. It should be on constant display for all to see.

Your soul is not just somewhere but is in the museum of your mind, in the centre of the brain, just behind the eyes.

You might have lost the key that unlocks your museum door. It is this key alone that will allow you to step inside your mind to marvel at its wonder.

It is now very much the time to start looking for your lost key (soul) with dedication and not to stop seeking it until it's found and in your hand(mind). (concluded)



COOKING FOOD WITH A PURE CONSCIOUSNESS

Remember that you are what you eat. Your thoughts are a direct reflection of the kind of energy filled food you eat.

BK Manjula Baijal, Bengaluru

“**M**other, what are you making for dinner tonight? Please make something delicious!” The ordering children often dictate the menu for a meal to their mothers. Mothers are often in a hurry to finish their cooking tasks for the day and also eager to fulfill the tastes of their children and other family members. Often mothers relax at the end of the day after having spent their energies on the minutest details of their meals – the vegetables, the salt, the turmeric, the spices, the oil, the pulses, the wheat flour and the water. They take care that food is prepared precisely, leaving no room for error. The objective is satisfying the tastes of everyone and also earning the blessings from

the family. How come, in spite of this positive exterior feel to this family setting, there lies underneath negative subtle energies, which sometimes prevents the food from being spiritually energizing, although it may be very tasty.

Love filled food, pure energy filled food is not only healthy and something which can cure illnesses, but also spiritually, emotionally and mentally soothing. This is because of the subtle connection that exists between the physical body and the non-physical mind causing both of them to influence each other. You have heard of the fact that the food cooked by a mother, tastes better than the food cooked by a maid. Why? It is

because of the purity of purpose. A mother is absorbed in the love of her family while cooking, which reflects in the quality of the food, making every bite full of invisible energy; whereas the maid cooks to earn from the task, which she sometimes finds tedious. So, food should be cooked with a positive mind, which is full of pure unconditional love; and which is free from any attachment or fear.

When cooking a meal, switch on the role of a beautiful creator of the divine sustenance for the mind and body. The divine sustenance is pure energy filled food. Switch off the role of a hard-working mother, which makes cooking food a boring monotonous mechanical process. Create the following affirmation in your mind while cooking and bring it into practice – “I love making meal using the ingredients obtained from the nature. With my beautiful inner state of mind, which is connected with the Supreme Being of pure spiritual energy, I am passing on this pure energy to the food I am cooking. If we do so, then whosoever eats the food, will be benefitted spiritually and physically.”

So, making a meal is respecting and loving these elements to the fullest. Also, although nature's elements are eternal, it is important to know that when nature loses its purity, it is God who rejuvenates it, making it return it to its original state. That is why God is called as the creator of nature, which He is not physically, but is The Transformer/The Rejuvenator of the nature. The nature's elements, give pure energy to the soul and the body, when they are in their pure state. Now, these elements have lost their purity not only due to pollution, emission of poisonous gases from factories, deforestation, depletion of the ozone layer, global warming,

etc. but also due to the use of improper materials to grow vegetables and fruits, which are harmful to the physical body. These elements are also deteriorated subtly i.e. at the spiritual energy level because of the impure and peace-less emotions in our minds, towards which, the nature is very sensitive. **So, it's important to purify the ingredients of your meal before their consumption.**

The low subtle energy of certain foods, which are considered to be *tamsic*, is an obstacle in the purification of the soul, which also adversely affects the body's energy. So, the consumption of such foods should be avoided because they make the minds agitated, aggressive and under the influence of lust, greed, attachment, ego, jealousy, hatred etc.

Also, along with being selective about your meal menu ingredients and using the right recipes, it's important to maintain a higher spiritual consciousness while cooking and eating. This goal can be achieved by listening to the songs full of Godly love and to Rajyoga commentary while cooking and eating food. Experiencing The Almighty's love supremely charges the food. **One should not eat while watching television, reading newspaper or using a mobile phone.** Also, before consuming any food item or even water, focus your vision on it for half a minute or so, visualizing and realizing that it is absorbing the pure and the powerful vibrations emerging from your eyes and hence is getting charged spiritually.

In this way, its negativity, both grossly and subtly, will be destroyed. Remember that you are what you eat. Your thoughts are a direct reflection of the kind of energy filled food you eat. ■



Vladivostok (Russia): Famous scientist Professor Alexander Sokolovsky, Head, the faculty of Oriental Studies of the Far Eastern Federal University is in group photo with BK Sudha.



Delhi (Kingsway Camp): Mr. Sudhanshu Trivedi, Rajya Sabha MP, BK Jasu from UK and Dr. Rama Sharma, Principal are inaugurating the National Youth Parliament of the prestigious Hansraj College of Delhi University.



Nagpur: Mr. Vijay Darda, Chairman of Lokmat Media Group is receiving a Godly gift from BK Nikunj.



Abu Road (Shantivan): BK Mruthyunjaya is giving prizes to the winners of National Painting Competition. 300 artists from all over India showed their talents.



Abu Road (Shantivan): Mr. Sandhya Rai, Member of Parliament from Bhind is addressing the Conference organized by Politicians service wing.



Chandrapur (Mah): Social worker and Padma Shri recipient Dr Prakash Amte is receiving a Godly gift from BK Dashrath, BK Dayal, BK Kunda, BK Seeta and BK Satish.

PROCRASTINATION IS ALSO A DISORDER

The habit of postponing important tasks, at times have deep psychological roots. Such people say 'I will do this work tomorrow morning. Then when comes that morning, he says I will do it in the afternoon. In this way, he keeps passing the time and hence the work always remains incomplete.

The drawback of avoidance is the exact opposite of the benefit of punctuality. Avoidance means to put off doing very important work. The majority of us are more attracted towards doing the work that gives us comfort, but its side effects are terrible.

It's not our habit since birth, but becomes so due to not being able to express our feeling, anxiety, sadness, restlessness, depression, annoyance etc.

Reasons for Procrastination

- ❖ Some people postpone work because they feel that still a lot of time is left to do so. 'I will do it later' this reaction remains till the end.
- ❖ Some people procrastinate because they feel that the task is too big and requires good amount of time separately. In time, we will do it later else other important work might remain pending.
- ❖ Some people procrastinate because of being scared of failing in the work.
- ❖ Many people are unable to decide whether the work should be done or not and hence, they postpone that work.
- ❖ Some people postpone the work because they are interested in running around in the



B.K. Ram Singh, Rewari

last minute and enjoy working with excitement. Many times, such work does not get completed on time. Moreover, because hard work has to be done continuously, due to exhaustion, one can also get upset.

- ❖ If a person fixes deadline for a work, then with the approaching of the deadline, he is afraid that the work might not be done on time and hence he puts it off.

Confidence Gets Hampered Because of Procrastination

If a person keeps procrastinating for a long time, then one day no work will be liked by him. Due to which, he will always appear upset. Due to fear about the work, he keeps avoiding it. Consequently, people will hesitate from giving any work to him. The habit of avoiding gets settled in his mind and heart in such a way that he keeps looking for excuses and finds many of them. Procrastination, if persisted for a long time, can cause a lot of serious trouble including weakening physically and mentally, which invites worries, stress, anger, irritability, shouting, etc. which hampers the self-confidence.

Difference between Laziness and Procrastination

Some people consider the habit of avoidance and laziness as one and the same, however they are different. When a procrastinator postpones one task, he is ready to do another task, which is

pleasant for him. But in the state of laziness, the person neither agrees to do any kind of work nor expresses any desire to do it later. A lazy person finds even the simplest tasks difficult.

Attitude related to work should be that 'I love this work a lot, it's my passion doing it, let's finish it off'.

Postponing Lowers Self-Esteem

The lazy person says 'Never do anything today which you can postpone till tomorrow' but the wise one says 'Do what you can do today, don't put off anything for tomorrow'. The procrastinator is often proud of his habit, but it is a bad habit. The habit of postponing important tasks, at times have deep psychological roots. Such people have low self-esteem. Such people

say 'I will do this work tomorrow morning. Then when comes that morning, he says I will do it in the afternoon. In this way, he keeps passing the time and hence the work always remains incomplete. By arrival of new work, the task becomes bigger and bigger. In the end, due to pressure, he attempts to finish off all the pending work in a hurry, due to which, not only the quality is compromised, but also, it can be fatal for the heart.

If You Pass Time, Time will Fail You

If we keep some hopes, dreams and desires hidden, but pass years lacking the required courage in attempting to achieve them, then we will fail one day. ■

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beings into deities)

Ek Onkar, Karta Purakh, Nirbhau, Nirvair, Akal Murat, Ajuni Saibhung (God is one, He is the doer, He is fearless, He is not subjected to birth and death as human beings).

Mujh Nirgun Haare Mein Koi Gun Naahi, Aape Hi Taras Paroyi (We call upon God to show mercy on us as we have lost our basic values and virtues).

In the olden days, Jews used to hold a stone of oval shape in their hands while taking a solemn oath and it is believed that Moses had vision of this form of God when he saw a flame behind the bush on the mountain Sinai. The Zoroastrians worship God as fire and the ancient Egyptians used to worship the sun as God. Fire and the sun, both contain light, which is the real form of God. A Buddhist sect in Japan focuses the mind on a small red colored oval shape stone, which they call as Chinkaunseki, the peace giver.

It seems therefore that human beings,

without realizing, have all been worshipping and trying to discover the same God. There is only one God and His form is point of light. He is called by different names in different religions.

Basic Teachings of Rajyoga

Let us mould our lives as taught by the most benevolent Supreme Father, who is Truthful (Satyam), Auspicious (Shivam) and Beautiful (Sundaram). The Merciful, Incorporeal God Father Shiva after listening to our calls during devotion is now giving us His True Knowledge, i.e. about ourselves, about Him, about His qualities, about the time when He descends from the Supreme Abode to transform us from humans into deities, about the Karma-Philosophy and so on.

God has been teaching us easy Rajyoga through Prajapita Brahma since 1936-37 and making our lives virtuous so that we can attain the status of deities in the forthcoming Golden Age. Let us hurry up to take His help. If not now, then it will never be possible. ■

Restoring The Real Relations

Contd. from page ... 3

purpose, it is necessary that they are guided to relate to God and to the fellow-beings at a spiritual level.

Again, the transcendental mutual relation of souls with God is to be exhibited into action during our terrestrial existence, for then alone can the Divine lend its power and impact on what is mundane. However, gross body-consciousness prevents most of the people from practically experiencing this spiritual relation during their earthly existence.

In these circumstances, it would be of immense help to individuals and to the society, if this pithy saying is not only properly experienced and adequately explained; but is also shared with other people so that the latter could also realize its real value. People should be given a feeling as to how the concept of the society as a family is very useful as it brings goodwill, coherence, co-operation, love and other values and benefits the society.

So, considering the present state of society, it would be an added-advantage if people are given another plausible and comprehensible meaning of this aphorism. It is that we, human beings, have descended from common great-great-great... grandfather and great-great-great...grandmother whom many remember as Brahma and Saraswati or Adi Dev and Adi Devi or Adam and Eve. Therefore, we have been members of the World Family life after life.

It was perhaps Sir William Jones who first observed in 1786 that Sanskrit, Persian, Greek, German, Celtic, and other languages are so closely connected, that "No philologist

can examine them all without believing them to have sprung from some common source". About fifty years later, *Bapp*, in his Comparative Grammar, said that the ancestors of the persons speaking these connected languages, belonged to one social group, that once lived at one place and spoke one language. Later, Max Muller, in his Lectures on the Science of Language, in 1861, strongly emphasized that there was a time "When the first ancestors of Indians, the Persians, the Greeks, the Romans, the Slavs, the Celts and the Germans were living together within the same enclosure, nay, under the same roof." Today, this fact is corroborated, to the great extent, by many disciplines and it can be stated with authenticity that those ancestors were deities. **So, let us restore our real relation as members of that divine family.** Let us give up our quarrels and petty-mindedness and learn to live and treat everyone as our own brother and sister, as the full Sanskrit adage advises. That of course, adds to our happiness, bliss, peace and contentment. With these divine virtues, how can one be the loser? ■





Raipur: Dr. Raman Singh, former Chief Minister, Mr. Umesh Patel, Higher Education Minister, BK Kamala and BK Savita are inaugurating the live tableau of deities on Navratri.



Chennai: A program on 'Power of Blessings & Good Wishes' is being inaugurated by Mr. Thiru K. Ramachandran, Minister for Forest, Justice Vallinayagam, former Justice of Madras High Court, BK Jayanti, BK Brijmohan, BK Asha, BK Karuna, BK Beena and others.



Chandigarh: The foundation stone laying ceremony of the new BK centre is being performed by Ms. Sarbjit Kaur, Mayor, BK Uttra, BK Poonam and others.



Mumbai (Ghatkopar): Mr. Sharad Pawar, Chief of NCP is being given Godly message by BK Tamilselvi and BK Chetna.



Mumbai: After sharing spiritual insights with Ms. Pankaja Munde, National Secretary of BJP, BK Nalini and BK Nikunj are in group photo.



Mohali: After conducting a seminar at Rayat Bahra University, Dr. Inderpreet Kaur, Dean of the university is receiving a Godly gift from BK Prem. BK Mruthyunjaya and BK Shivika are also standing.

SOUL CONSCIOUSNESS

Illuminates

The Whole World

The state of our consciousness is the barometer of our well-being inside. As soon as we allow our consciousness to be governed from the inside, we start gaining control over our psychology and our body as well.

B.K. Sujoy, Kolkata (Elgin Road)

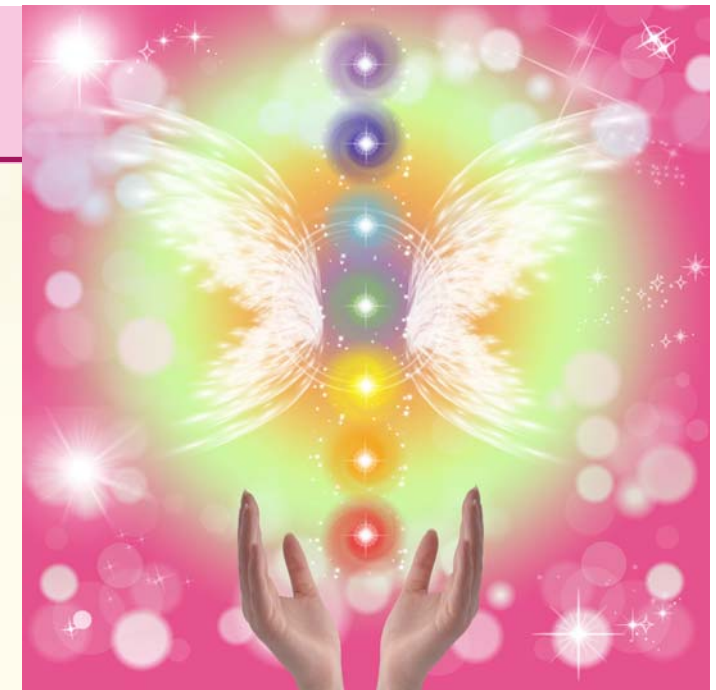
The lamp has great significance in our culture. The brilliant light of consciousness makes our inner thoughts glow. Through that light, we recognize the universe with all its happenings, experiences and limitless wonders.

To a positive mind, everything appears to be beautiful. We radiate the joy of peace and happiness when we feel it.

There is nothing that a person with a pure and focused mind cannot achieve. When our mind is lit with the spiritual knowledge, then we can perform efficiently and reap the desired results. Conversely, when our mind is dull and shaky like a wavering flame, then we lack the self-confidence and hence see distorted image of the world.

Very rarely do we understand that the external obstacles we face are actually an expression of our inner inhibitions, thoughts and beliefs.

Being soul-conscious means to understand our true being; that we all are spiritual energies, which think, decide, speak, listen to and feel. We the souls are the actors playing our eternally predestined roles through the physical bodies as



our costumes.

This soul-consciousness changes how we perceive ourselves and the world around us. When we are aware of being a pure, peaceful, lovely and happy soul, we not only experience these virtues ourselves, but also bestow them on the world.

To adopt soul-consciousness, we need to realize the following thoughts very deeply just after waking up in the morning and just before going to sleep in the night: I transfer all my attention from my body towards a point in the middle of my forehead..... This point is myself.....I see myself as a point of light.....I am energy..... I am a pure soul..... I am a powerful soul..... I radiate love and happiness to all..... I am a giver..... I am content..... every scene of this world drama is beautiful.

The state of our consciousness is the barometer of our well-being inside. As soon as we allow our consciousness to be governed from the inside, we start gaining control over our psychology and our body as well. But, be prepared, every bit of our nature will resist this

change. Our aspiration must be awakened to counter this resistance.

Rajyoga Meditation is not limited to any religion, sect or faith. In fact, it enhances everyone's capacities to follow his faith more enthusiastically.

Regular practice of Rajyoga replaces every negative feeling such as stress and fatigue with a positive feeling. It has been proved by many researchers that Rajyoga improves creativity flexibility and productivity. Rajyoga is not a passive state; rather it is a state of restful alertness. In this state, the mind is fully awakened but silent.

There is no fog so dense, no night so dark, no gate so strong, no mariner so lost, which cannot be rescued through the lighthouse of consciousness. ■

RELATIONSHIPS ARE BUILT BY THOUGHTS

Today we are doing quite a lot to keep loved ones happy. Despite expensive gifts, vacations, shopping and dining out frequently, our relationships are weakening. This is because relationships are built by our each and every thought for the other person, rather than words and behaviours. How do you assess the strength of a relationship? Is it by how the other person speaks to you, or how you respond, or how long you have been together for? The simplest way to assess is to take stock of your thinking patterns for each other. Our thoughts determine how we bond. Thinking right towards people is more important than speaking or behaving right. If we hold pain or anger about them in thoughts, and speak sweet words, conflicting energies radiate and weaken our connection. If we don't pay attention, we judge or blame people unawares, and radiate negative energy. This is why we fail to develop good relationships with some of them despite external efforts to be nice. When we learn to focus on people's goodness and think pure for them, we don't need to worry about our words or behaviours with them – they will automatically be right. Remind yourself - I have perfect relationships. My every thought for people is a blessing for them.

Program your mind to create strong relationships on the basis of pure and respectful thoughts for people. Let your purity flow into all your relationships. When your interactions are based on thoughts of love and care, then your powers of tolerance, adjustment and compassion increase. Remind yourself - I am a pure being. I think good and bless everyone in my relationships. ■

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St. Petersburg (Russia): Brahma Kumari sisters are in group photo with Mr. Kumar Gaurav, Consul General of India, other Indian diplomats and their family members after a program.



Shanghai (China): After conducting a session on "Easy meditation for busy people" at the consulate general of India, Dr N. Nandakumar, the Consul General of India is receiving Godly gift from BK Sapna.



Chandigarh: A program on Bhagwad Gita is being inaugurated by Ms. Sarabjeet Kaur, Mayor, Mr. Anoop Gupta, Dy. Mayor, Justice Daya Chaudhary, Justice S.K. Aggarwal, Justice A.N Jindal, BK Usha, BK Prem, BK Ultra and others.



St. Louis(USA): After holding a guided meditation session for Maryville University students and professors, BK Priya is in a group photo.



Frankfurt (Germany): After conducting a meditation session at Consulate General of India, BK Pratibha & BK Ankur are in group photo with Mr. Pramod Pathak, Spl. Secretary, Ministry of AYUSH, Dr. Amit Telang, CGI, Mr. Dinesh Setia and Dy Secretary, AYUSH Ministry.



Mumbai (Yog Bhawan): BK Shaku is inviting Mr. Ranveer Singh, famous Bollywood Actor to Mount Abu after giving Godly message.



Chennai (Happy Village Retreat Centre):
HE Tamilisai Soundararajan, Governor of Telangana, BK Brijmohan, BK Asha and BK Beena are lighting lamps to inaugurate the Golden Jubilee Celebrations of Brahma Kumaris, TN Zone.

Bhopal:
HE Mangubhai Patel, Governor of MP is inaugurating the 'Save & Empower Girl Child' campaign of Brahma Kumaris along with Mr. PC Sharma, former minister, BK Avdhes, BK Reena and others.



Ujjain (MP):
After the inauguration of the 'Mahakal Lok' corridor by Mr. Narendra Modi, Prime Minister, Mr. Shivraj Chouhan, Chief Minister is in group photo with BK Hemlata, BK Usha, BK Anita and BK Manju.

Nagpur:
During an event on 'Golden Jubilee of Nagpur Subzone Services' Mr. Devendra Fadnavis, Dy. CM of Maharashtra is being felicitated by BK Santosh. Also on stage are HE Banwarilal Purohit, Governor of Punjab, BK Rajni and others.

