



The World Renewal

Monthly

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New Delhi: After an Interfaith Meet at Rashtrapati Bhavan, HE Draupadi Murmu, the President of India is in group photo with BK Jayanti, BK Brijmohan, BK Charlie, Jain Muni Acharya Lokesh, Salim Engineer, Vice President, Jamaat-e-Islam Hind, E. I. Malekar, head of the Jewish community in Delhi, Dr. A. K. Merchant, General Secretary, Temple of Understanding, Mahamandaleshwar Swami Dharamdev Maharaj, Giani Ranjit Singh, Head, Gurudwara Bangla Saheb, Delhi, Swami Sarvlokand, Secretary, Ramakrishna Mission and Bhikkhu Sanghasena, Buddhist religious leader.



Bhopal: Mr. Narendra Modi, Hon'ble Prime Minister of India is being greeted by BK Avdhes at airport.



Patna: HE Draupadi Murmu, the President of India is being felicitated by a delegation of Brahma Kumaris comprising BK Sangeeta, BK Kiran, BK Anupama, BK Ramendra, BK Satyendra, BK Pramod and BK Vedprakash.



Jaipur: An educational campaign (RISE) is being inaugurated by Mr. Rajyavardhan Singh Rathore, MP, Dr Alpana Kateja, VC of Rajasthan University, Dr Sudhir Bhandari, VC of Rajasthan University of Health Sciences, BK Sushma and others.



Bahadurgarh (Hry): Mr Jai Prakash Dalal, Agriculture Minister of Haryana is being presented Godly gift by BK Manisha and BK Anjali during a farmers Conference on 'Self-reliant India'. Ms. Saroj Rathi, Chairperson of Municipal Council and Mr. Naresh Kaushik, former MLA also participated in the event.



Gazipur (UP): HE Manoj Sinha, Lt. Governor of J & K is being presented Godly gift by BK Nirmala.



Gwalior: A Media Seminar is being inaugurated by Mr. Nitin Tripathi, Resident Editor of the Patrika, Mr Atul Tare, Group Editor of Swadesh, Dr. Manish Jaisal, Head of Media Department of ITM University, BK Shantanu, BK Sushant, BK Sarla and others.



Bengaluru: HE Thawar Chand Gehlot, Governor of Karnataka is inaugurating the 'Nasha Mukta Bharat Abhiyaan' along with Ms. Kusuma Hariprasad, ADRM (A), SW Railways, BK Mruthyunjaya, Dr BK Banarasi Lal, Dr BK Sachin Parab and BK Ambika.



Delhi (ORC): Inaugurating a conference for educators are Prof JP Lal, Vice-Chancellor of Jharkhand Central University, Dr. Sanjeev Sonawane, Vice-Chancellor of Nashik Open University, Prof Satya Narayan, Vice-Chancellor of GD Goenka University, BK Brijmohan, BK Mruthyunjaya, BK Asha, BK Shukala, BK Raj and others.

From the mighty pen of Sanjay

ABSORPTION IN LOVE AND EXPERIENCE OF GOD

The right concept of God helps
to have right type of meditation.



When a person gets his first full acquaintance of the new and wonderful concepts of Godly Knowledge, a spiritual revolution starts taking place in the world of his thinking. This obliges him to answer the question: "To be or not to be?" If his mind, finally, resolves in favour of him being a yogi and having a life of *Sanyama*, i.e. self-control; then, he longs for being face to face with God. He aspires for a full-blast yogic experience. At this stage, thoughts that are irrelevant to the idea of God-realisation, and interests that have no real connection with his goal of consummating yogic experiences, seem unhelpful and extraneous; therefore, an attempt is made to shut these out.

In this attempt, the theological concept of

God as an Incorporeal Being of Light, which he had earlier learnt, helps him; it serves as an anchor to the tossing ship of his mind. The Godly knowledge dwells on Matter (*Prakriti*), Soul (*Purusha*) and God (*Param Purusha*) and explains that *Param Purusha* is not a supreme man or male, but He is the Supreme Being of Light; and, hence, is the only One to be meditated upon. So, his mind now thinks directly of God; it does not harbour on the visible objects of Matter in the cosmological scheme. He does not fix his mind on objects such as a lotus, flame, etc., as some *hatha-yoga* teachers advise but begins to have more and more intense thoughts of his Beloved Father-on-High. Thus, the right concept of God helps him to have right type of

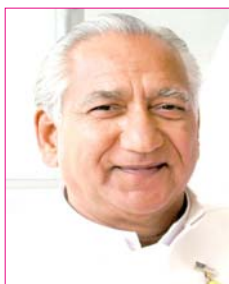
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BHARAT: THE SYMBOL OF DHARMA, FESTIVITY & PROGRESS

It would be so good if the elections in Bharat were also like the game of cricket where honour, dignity and sportsman spirit prevail.



After nearly four months of wet season, the rains have finally withdrawn and the sunshine in the early morning hours especially is very pleasant, refreshing and

healthy. The birds and squirrels enjoy roaming around the colourful trees that are loaded with bright red flowers. Who wouldn't wish to experience the morning sunshine when winter is around the corner, and is already bringing about a change in weather?! In contrast to the tranquility of smaller towns, the challenges of residing in bigger cities are ever-increasing. Recently we heard strange news of stray dogs being a menace to joggers and pedestrians: our heart-felt condolences to the family members of Founder and Executive Director of Wagh Bakri Tea Group, Parag Desai, who suffered a brain hemorrhage from a fall that occurred while he was being attacked by stray dogs. This is not a rare occurrence as stray dogs and other animals are often found blocking roads, causing accidents or mishaps.

We also learned from newspapers and the media that many young garba enthusiasts lost their lives due to untimely heart attacks



after hours of playing garba, despite the authorities having arranged for ambulances to be available at the Navratri Programme locations to take care of such emergencies. Someone remarked that these sudden deaths in young people over the past few years is the aftershock of COVID-19 in different forms, which is claiming promising, intelligent lives in many parts of Bharat.

May the responsible officials connected with the Health Department in every state awaken to the occasion and find ways and means to overcome these health hazards. Let the Central and State Governments also come up with improved designs of toilets and bathrooms for the health and hygiene of general public.

The tragedies unfolding on the Gaza strip, due to the years-old enmity between Israel and Hamas is proving to be a relentless war killing thousands of people from both sides. It is shocking to see innocent people, especially the aged and children, looking bewildered and terrified as they try to survive, never ever having had the thought that they would be victims of warmongers... **May all of us continually send vibrations of peace to help wiser counsel prevail upon the leaders of both sides to declare cease-fire, and work towards peace in the region through negotiations.**

It is most apt that while wars are being fought in some parts of the world, Bharat is honouring a number of important religious festivals that are memorials of the victory of goodness and righteousness over ego and the vices, such as Navratri and Dusshera. The Hon'ble PM Narendra Modiji, while referring to the *Shastra Poojan* tradition, emphasized that **in India weapons are not used for annexation but for defense. He said that *Shakti Pooja* means wishing for the happiness, well-being, victory and glory of the entire creation.** He emphasized the eternal and modern aspects of Indian philosophy saying, “We know '*maryada*' (codes of conduct) of Shri Ram as well as also how to defend our borders”. He emphasized the need to stay vigilant against the forces of pathologies that wreck the harmony of society; to spread casteism and regionalism is selfishness, and it doesn't allow for the development of India.

The Prime Minister reiterated the importance of the next 25 years for India. “We have to create an India of Lord Ram's ideas: A developed India, which is self-reliant; a developed India, which gives the message of world peace; a developed India, where everyone has equal rights to fulfill their dreams; a developed India, where people feel a sense of prosperity and satisfaction...” he said.

One current piece of encouraging news is connected with the field of sports: Cricket-loyal fans have been enjoying the World Cup matches for weeks together, and this has created very healthy, exciting feelings amongst the people of Bharat, Bangladesh, Sri Lanka, Pakistan, Afghanistan and others. Sports teach us to live our lives with sportsperson spirit, to work hard, act fairly and focus on bringing happiness to every heart.

It would be so good if the elections in Bharat were also like the game of cricket where honour, dignity and sportsperson spirit prevail. During their campaigns, every candidate promises several good things for the benefit of women, children, economically-challenged, and professional youth especially. **We wish that these promises should not be forgotten after the results of the elections are announced...** We hope our leaders will live up to their ideals and plans during the month of November when Rajasthan, Madhya Pradesh, Chhattisgarh, Telangana and Mizoram will be conducting their Assembly Elections.

Speaking of leadership and role models, it is with a sense of deep regard that we share the news of the **ascension of Rajyogini Dr. B.K. Nirmala Ji to the angelic realm on Friday 20 October 2023 around 11am, from Apollo Heart Institute, Ahmedabad.** Didi Nirmala maintained a dignified,



Dr. B.K. Nirmala with Rajyogini Dadi Ratan Mohini

introverted personage right from the beginning of her spiritual life in 1962, after she became a MBBS Doctor and continued to also manage a dispensary of the Mumbai Municipal Corporation. Due to her pious life of dedication and sacrifice, Brahma Baba gave her the title of '*Nirmal Ashram*'. Her parents were very kind-hearted to bestow on her a big flat for running a spiritual training centre, especially for the young sisters, which went on to become one of well-developed Centres established in Brahma Baba's time and an example for all.

In 1971, the first delegation of Brahma Kumaris and Brahma Kumars went on a world tour to spread the teachings of the institution, and Didi Nirmala was part of this illustrious group that helped establish and strengthen BK services in several

countries. Didi's contribution to spiritual service in all the continents, especially, Africa and UK, and then Austral-Asia (from 1978 as Regional Coordinator) is remarkable. After Rajyogini Dadi Manohar Indra's departure in 2007, Didi Nirmala was requested to spend more time serving in Gyan Sarovar Complex, Mt Abu, which she did to the best of her ability for 15 long years. The Brahma Kumaris family extend their heart-felt respects to this elevated soul as she moves on to a new task in world transformation.

Our readers will also be interested in hearing an update on the new multi-speciality Global Institute of Health Sciences (GIHS). The Prime Minister has often shared that if he lays the foundation of any good project connected with health sector which will serve citizens of Bharat, he would love to inaugurate the final set up within a stipulated time, and so we are hopeful that this will prove true in the case of GIHS too. We trust the donors will continue to be encouraged to contribute to the development of the same. Presently, we await the green signal from the Urban Improvement Trust.

After the destruction of effigies of Ravana, Meghnath and Kumbakarna, our country is preparing for the colourful Deepawali celebrations. **We extend our hearty greetings to all our Readers and Well-Wishers in million-fold for a very healthy, happy and sparkling Deepawali!!!**

– B.K. Nirwair

KEEP REMINDING YOURSELF

Think in a new way and you will be a new person.

B.K. Chirya Risely, USA

If you know a little of yourself, you will have realized that you are more than what meets your eyes in the mirror in the morning. In quiet and profound moments, we innately know that is true. The world wants us to believe we are what we externally see in the mirror – and we accept. However, what we see is not what we are. But we forget. We see the physical form not the content, the body not the soul, the matter not the mind. **That's why the awakening of spirit and the blossoming of our spirituality means we have to keep reminding ourselves, a hundred times a day, I am a soul – not a body, I am an eternal spirit – not a perishable piece of meat.** I am spiritual light, I am quality, not quantity. I am free.

One does not become soul-conscious and good by trying to be good, but by finding the truth and goodness already within just a bit buried. For this, it is very necessary to go within and develop self-knowledge, discover our virtues and specialties, and accumulate inner strength of will power. Meditation is really a dialogue with oneself, it is a spiritual endeavour. Turn the eye of your attention and awareness within and learn to talk properly to yourself. Think in a new way and you will be a new person. Your thoughts will

guide you to your destiny. Remember thoughts from the past and worries about the future do not create a good conversation. Instead, focus on peace, determination, good feelings and your mind will give the right experience in return. Talk to your mind with love and experience peace and happiness. **Lovingly tell your mind to become quiet and allow your being to be still for a few minutes, and in this clear connection receive God's pure and loving thoughts.**

Each one of us has an inner guru, our conscience. Your conscience will let you know at the end of the day how much you have remembered to be soul-conscious and to have only the positive in your mind. The more good wishes and kind feelings we have for the self and others, increases our own happiness. When I want more roses in my garden, I start planting them. If I want more love in my life, I start spreading it. *Surround yourself with what you like by continuously generating it!*

I asked a wise man, "Tell me sir, in which field should I study to make a good career?" He said with a smile "Be a good human being. There is a lot of opportunity in this area and very little competition!" ■■



THE PERSONALITY OF GOD

As we understand His sermons in its right perspective and move closer to Him through His remembrance, we understand Him and His personality better and better.

B. K. Surendran, Bangalore



We are all spiritual beings enacting a role on this world drama stage with a physical garment. The physical outfit deteriorates as time passes by. But we are all immortal beings not being perished as the physical body. The physical body has its limitations. We, as souls, do not perish but we become vicious and our eternal qualities of peace, purity, happiness, love, bliss etc. will distort into vices. At the beginning of this drama, we were deities and the life was beautiful, bountiful and beneficent. When we fell from that level of royalty, reality and rollicking life, the vices had a field day to rob us of all our ornaments of virtues, values, powers, purity and divinity, life became hell for us.

The Search

We started searching for the Lord of the universe. We were sure that there was someone to sustain this world. The mass search lasted for nearly 2 epochs and the Lord descended in the body of the first man of the creation who is popularly known as Brahma. As the Lord of the Universe is an incorporeal self-effulgent Light, He should have a medium whose mouth organ he used to communicate with us. His sermons covered the knowledge of the creation, the who is who in the creation,

the details of the births taken by each of the souls, the karma

philosophy, inter-human relationship in detail, the three worlds, the art of living in detail, the perfection level of human life, the time cycle in detail, the prosperous, glorious and exalted time in human life, the bankrupt and the poverty-stricken time in human life and its reasons etc., are explained in detail.

The most important revelation: He is the eternal Father of all souls who wear human bodies and play their roles. It means irrespective of any religion we are all brothers and universal brotherhood is the essence of human life on earth.

As the Brahma Gyan and the Rajvidya cannot be taught by human beings, the Lord Himself enacts the role of our Supreme Teacher, Supreme Guru and Supreme Father. **He has been teaching for the last more than 8 decades now and the author has been a student of the Lord for the last 5 decades.** As the Lord is the Sun of knowledge whose rays of knowledge come to us which we had not heard in the present time cycle, it enthral us with ecstasy and joy. *Rajvidhya* is nothing but the loveful and reverential remembrance of Him in soul consciousness through which we the souls establish a solid



relationship with Him which is called 'Rajyoga'

As we understand His sermons in its right perspective and move closer to Him through His remembrance, we understand Him and His personality better and better. It involves intense spiritual endeavours with a constant inquisitive and curious approach to know the truth. As we wade through our way forward in introversion and solitude with a lot of hearty love, submissiveness and reverence to Him, we can move closer to Him and understand Him and His personality traits better.

Based on our experiences, the personality traits of the Lord are filled up with the following qualities.

- ▶ 1. He is absolutely positive with good wishes and pure feelings even to the most sinful souls.
- ▶ 2. His goodness is immeasurable. His goodness converts the badness of the souls whose simple remembrance of Him will convert them into goodness prone souls. He sustains the whole creation with the power of goodness.
- ▶ 3. He likes everybody, loves everybody, helps everybody, persuades everybody to scale great heights of divine status and stature. He never complains or blames anybody. He also never curses anybody. His company and companionship over the years were exhilarating, ecstatic, super sensuous and passionate.
- ▶ 4. His simplicity, humility, selflessness, instrumentality, egolessness and attitude of witness are incomparable. When some of us resort to self-defeating thoughts and acts, he becomes a witness and becomes silent with a lot of good wishes for us. He will not punish anybody because He is the knower of the course of karma and its retributions and remains a silent spectator. The one who goes against the law of karma punishes himself by himself. As we are all His children, He never punishes anybody.
- ▶ 5. Soft spoken, absolutely sweet, is a mountain of sweetness, lovely, lively, courteous, polite, merciful, compassionate, piteous, very smooth and kind. He lavishly showers on His children love and affection, regard and respect, highlighting the different aspects of self-respect, pushing His children above Himself.
- ▶ 6. He is the absolute well-wisher, caretaker and protector of His children, showers on His children boons and blessings.
- ▶ 7. He is absolutely faithful, affectionate, assures of His help to His children whenever they remember Him. Nobody can do anything to His children when they have His remembrance.
- ▶ 8. When He is with His children, nothing can cause harm to them. Maya-illusion becomes a paper tiger. He provides a canopy of protection.
- ▶ 9. He is absolutely impartial, truthful, honest, gentle and open.
- ▶ 10. Powerful, constant, determination, faith, certainty, carefree, are all the distinct qualities of the Lord. He is ever an embodiment of purity, greatness and worshipful.
- ▶ 11. He is constructive, egoless, absolutely viceless and ever incorporeal.
- ▶ 12. During the course of His sermons, He very often reminds His children that He has descended to make His children very great personalities and the King of Kings of the world.

- ▶ 13. He is the ocean of love. When we sit in His remembrance He draws us closer to Him and we become one with Him. We get drowned in His selfless, true and pure love waves. It is for all of us to know that God is the one who loves all of us honestly, sincerely and selflessly. He transforms the devilish and brutish nature of the souls of the iron aged world into divine with the power of His love. After experiencing the closest, nearest, and dearest relationship with Him, over a long time, we cannot even dream of His absence in our life. Tears roll down from our eyes when we think of this. But as we know that as per drama the life should move.
- ▶ 14. His love, good wishes, pure feelings, truthfulness, absolute positivity, and goodness are incomparable. When God is with us face to face, we feel ashamed to the innumerable acts of blasphemy, blames and complaints and nefarious acts of ill-will attributed to God and widely publicising that God is omnipresent thus decimating His existence as imaginary and so on, we feel that we have committed unpardonable acts against Him. **When we came to know that the Lord is the best of the best, loveliest of the lovely, sweetest of the sweet, kindest of the kind, holiest of the holy, purest of the purest, smoothest of the smooth personality, the**

Most Innocent Lord, we felt guilty and hence we supplicate to Him to be pardoned, forgiven, for, we were innocent and ignorant. At that time, we felt that all these epithets were intended to glorify the Lord. It was a wrong perception now we understand and regret it.

We are the luckiest of souls in His creation to practically live with Him during the auspicious confluence age, actively involved in His acts of creation of heaven on earth. We are His hands – *khudayi khidmatgar*. We are very much pleased to be part of His mission of World Transformation. It is slowly taking shape and we are sure that when the time comes for the ascension of all souls along with the Lord, we are sure to be with Him. We feel blessed in this birth and all the births from golden age to the end of confluence age our life is going to be healthy, wealthy and happy.

Now we are in a race donating imperishable jewels of knowledge,

- ▶ What we receive every day from our beloved Father phase by phase.
- ▶ God Shiva is the Ocean of Knowledge educating His children with affection,
- ▶ He is the most beloved Teacher giving lessons with great care and compassion.
- ▶ Education not only means to achieve a degree and to make an earning carrier,
- ▶ It also means to be sincere and honest in work whatever it may be lower or higher. ■■



Flexible

With flexibility you are willing to change in thoughts, words and deeds.

A GOAL IS A MORE VALUABLE ASSET THAN REPUTATION

Man is not born only to exist; he is also born to know why he is living. The real birth of a man is on the day he comes to know the goal of his life.



B.K. Ram Singh, Rewari



Once a king announced that he would give a part of his kingdom to anyone who would come to meet him till evening on a certain day. Then the Prime Minister of the King said:

“Many people will come to meet you *Maharaj* and everyone will be given their share, then the kingdom will break into pieces. Don't do such immoral work”. Then the King said, “Prime Minister, don't worry, keep watching, what happens!”

The fixed time also came, when everyone had to meet, the King organized a huge fair in the garden of that palace. There was a gathering of dancing, singing, drinking and eating in the fair. It was filled with many attractions above all, there were many delicious things to eat. Many exciting and merry making games were taking place. Many people who came to meet the king were engrossed in dancing and singing, some were engrossed in beauty, some were engrossed in wonderful games, and some were engrossed in the pleasure of eating, drinking and travelling.

This is how time started passing. But

amongst all these, there was one person who did not even look at any attraction because he had a firm and determined goal in his mind that he had to meet the King. So, he crossed the garden and reached the door of the palace. But there were two soldiers standing there with swords who stopped him. Ignoring their signal to stop, he pushed the soldiers and ran into the palace as he wanted to meet the King at the appointed time.

As soon as he reached inside, the King met him in front of his Prime Minister. Seeing him, the King said: “I am glad that my kingdom has such a person who could reach his goal without getting trapped by any temptation, so I will not give you half, I will give you the whole state. You will become the heir of my kingdom.”

The moral of the story is that one is successful if after determining the goal, he ignores the difficulties that come in the way. On the contrary, those who consider themselves weak in setting their goal, either do not achieve their goal or they achieve after facing a lot of difficulties.

ALL HARD WORK IS USELESS WITHOUT A GOAL

One should decide one's goal in life, to make the journey of life successful. This

helps in focusing all our attention and energy on our duty and the task to achieve it. Your goal, your dream keeps you energetic and enthusiastic. No matter how hard you work, without a goal, it will be unproductive and unsuccessful. When people put their heart and soul on one goal, then definitely they will attain success. Divided heart or half-hearted effort does not bring success.

**IF THE GOAL IS GREAT,
THEN LIFE WILL BE GREAT**

Life moves towards greatness only when our goal is great. If the person's goal is limited only to momentary joy, happiness and prestige, then man will remain shrunk in a limited parameter like a frog. If the goal of the individual is selfless, then his world will become global. The journey of life will be satisfactory and meaningful only when individuals keep pious, broad and selfless goals. A goal which can serve the humanity and can destroy or lessen the obstacles of many.

**A LIFE WITHOUT PURPOSE
IS MEANINGLESS**

Where there is no goal, there is tension. Walking in life without a goal is also futile. There is nowhere to reach. Man is not born only to exist; he is also born to know why he is living. The true joy of life lies in knowing oneself. The real birth of a man is on the day he comes to know the goal of his life. Right now, what you call life is unconscious sleep of ignorance. Life is meaningless, filled with emptiness and the long saga of sorrow as life is deprived of self-realization. Only the one who knows oneself is wise. **If life is to be enjoyed, then life must be given a meaning.** A meaningless life is futile, and a meaningful life is virtuous. Today man has become a lover

of the body which is meaningless. True meaning lies in self-realisation.

**IT IS DIFFICULT
TO TAKE A STEP WITHOUT A GOAL**

If you do not have any goal, then success is uncertain in your life. You can't get anywhere if you don't know where you want to go? When you don't have a destination, how do you plan to reach there and walk in that direction? If you want to do something in life, then you must understand that it is difficult to take even a step forward without a goal. The person who keeps on running in the race of life, without setting a life goal, will end up with a question within himself with regret about what was he doing so long which could have been a unique life? While the right to choose between futility and meaningfulness was in our own hands, then why couldn't we do so? Therefore, we should choose only what is auspicious and meaningful.

**FOR BIG GOALS,
BIG EFFORTS ARE NECESSARY**

It is said that to achieve a big goal, big efforts are necessary. Sometimes, it may require years of hard work and preparation. Initially, for that, the price must be paid in all aspects. Unless you are honest with yourself with patience and persistence it is difficult to reach your destination.

Distance doesn't matter if your goal is clear and big. How do you deal with a sudden disappointment? Will you let it dominate you or take your anger out on others? That's why consider disappointment as a companion on the way to the goal, don't consider it as an obstacle. Rise above despair and move forward. It doesn't matter how hard you fall, what matters is how well you rise again. ■ ■

A SILENT TALK

B.K. Sarika, Nalasopara MH



For a long time, you
were Mute...,
I was Searching you
in Darkest Route...,
Suddenly, You have
come down with a
Magical
Parachute...,

Can't see you, You are so Minute...,
You are Invisible, Unseen...,
Your Vibes makes the Whole Universe
Clean...,
But,
I can hear your Voice, Feel your
Presence ...,
Your Silent words has a
Transformational Essence...,
A Cord of Love has Linked me to your
Heart...,
A Key of Treasured Words are making
me Smart...,
You are like a Whispered Wind, Which



Touches my Ears...,
You are like White Water,
All my Fear Disappear...,

You are Silent, But Teaching all the
Time...,
You are Silent, But your Talk is
Sublime...,
You Taught me to be Silent..
So, I can Stay Close to you..
You Taught me to be Calm..
So, I can Hear you..
You Taught me to be Quiet..
So, I can See you..
You Taught me to be Peaceful..
So, I can Understand you..
You Taught me to be Gentle..
So, I can Always Love You... ■ ■



Learn

Instead of being scared
in sensitive situations,
learn lessons from them
and mature yourself.

NOTHING IS DIFFICULT WHEN WE APPLY THE POWER TO TOLERATE

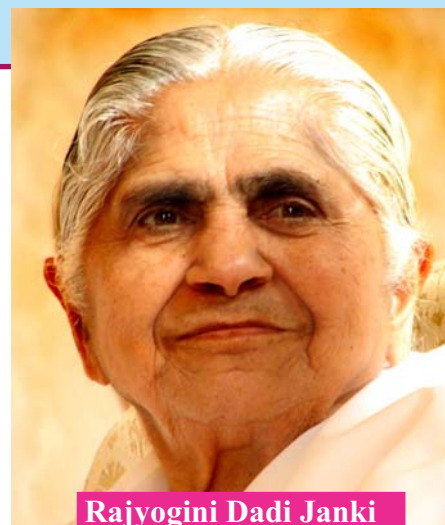
The important values we should pay attention to are humility and truth. The value of our lives lies in becoming samples for others. Have you made your life a sample?

Every day in the *Murli* (Godly Versions), Shiva Baba (God Father Shiva) explains to us about the fact of "who we are". When we realise that we are souls, we experience peace. In the beginning, we didn't say 'Om Shanti'. We just used to chant 'Om'. Internally, we need to remember 'who we are'. The soul has three faculties of mind, intellect and *sanksharas*. In the beginning, we received only this much knowledge: Who am I? Who is mine? We used to look towards Baba. Baba's divine glance (*drishti*) would give great happiness.

Originally, there was only Pandav Bhavan at Mount Abu. The foreigners started coming there. Then, Gyan Sarovar was built. Now, we are sitting in Shantivan and Diamond Hall has also become small with respect to our present requirements. The Godly family has become so big. This was in the drama plan. This is God's act. We have the knowledge of drama and we need to use it every day. If we use the knowledge of drama, we can remain free from waste and negative thoughts.

The power to tolerate makes difficult task easy. Nothing seems difficult if we apply the power to tolerate. When we remember that we belong to Baba, nothing will seem difficult.

Now, we are detached from the body and



Rajyogini Dadi Janki

bodily relationships of the old world. We are detached and we receive God's love. The love we have received is merged in our eyes. Now, we don't have the bondage of bodily relationships. We are free from ego and attachment. We don't now say: I want this, I want that. Even if you are living at home, don't come in the bondage of actions. Don't get unnecessarily entangled with anybody or anything. Don't come into the fluctuation of relationships. **Remember that our Father (Shiva Baba) is pleased only with the person, who has an honest heart. Such a soul receives help from the Father. That soul will feel that Baba is making him move ahead.**

I have seen that many souls argue with one another. Baba has made us instruments. We have the power to accommodate and pack up. Whatever situation comes in front of you, don't expand it. Don't drag it along in your life. Use silence in the soul-conscious stage to put a full stop. Whatever has happened is good and whatever is to happen in future, will also be good. When you keep applying a dot, your power increases.

The important values or qualities we should
Contd. on page ... 16

BE KIND TO YOURSELF

Is that something you practice daily? We value being kind to others, but rarely think about it in terms of ourselves.

Farha Sayed, (Tarim, Yemen/Mumbai)



It is easy for us to focus on our imperfections, our mistakes and shortcomings. We set standards, rules and expectations for ourselves that are incredibly difficult to meet. Then we tell ourselves there must be something “wrong” with us for not living up to who we think we “should” be.

Self-compassion, self-kindness and self-love is an important part of the journey.

Self-kindness is about caring and embracing ourselves for who we really are: emotionally, physically, spiritually, and mentally. It's about being honest with what we really need in our lives and creating that. It's about showing ourselves love, acceptance, forgiveness, and patience regardless of our mistakes and imperfections. It's about understanding and being gentle towards ourselves in our thoughts, feelings, actions, and behaviours. It's about progress not perfection and giving our selves permission to be human.

Sometimes you need to accept things as they are for today. **Stop putting your time, energy and focus on the things that are not within your control; the things you can't change.** Think about the things you need in your life to thrive and really feel alive. It may be self-care. It may be time to be creative. It may be healthy

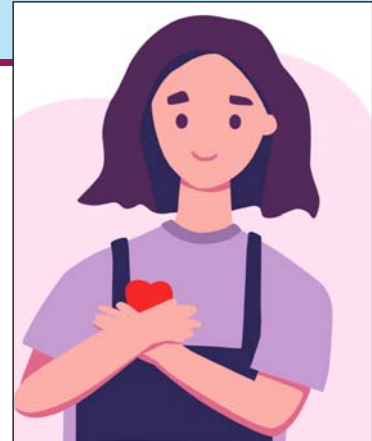
relationships with people you love. It may be creating a business of your own. It may be discovering and living your unique purpose. Whatever it is, honour yourself and what makes you YOU. Start to bring those things to life and give yourself permission to thrive. No apologies necessary!

Nurturing your spirit, however, doesn't have to involve religion. It can involve anything that helps you develop a deeper sense of meaning, understanding, or connection with the universe.

Whether you enjoy meditation, attending a religious service, or praying, spiritual self-care is important. Being kind to yourself is a way to show yourself that you matter. It develops self-trust and inner strength. It dissolves negativity and diffuses the power of the limiting beliefs that often keep us stuck. It gives us a sense of emotional balance, well-being and inner peace.

Self-kindness allows us to recognize blessings and see progress and growth, instead of flaws and mistakes. Taking the time to be kind to yourself fills you up to not only serve yourself, but others as well. It makes your life happier.

These little acts of kindness add up. **When you are kind to yourself consistently, you'll notice that your self-esteem improves too. You'll begin to feel loved and cared for regardless of your circumstances.**



It's important to have healthy coping skills to deal with uncomfortable emotions, like anger, anxiety, and sadness. Emotional self-care may include activities that help you acknowledge and express your feelings regularly and safely

The demands of your daily life can dictate what type of self-care you might need the most. A self-care plan for a busy college student who feels mentally stimulated all the time and has a bustling social life might need to emphasize physical self-care. A retired person, on the other hand, may need to incorporate more social self-care into their schedule to make sure that their social needs are being met.

Self-care isn't a one size fits all strategy. Your self-care plan will need to be customized to your needs and what is currently going on in your life. You don't want to wait until you've reached your breaking point. The goal is to take steps each day to make sure that you are getting what you need to deal with the challenges you face in your daily life.

Acknowledge your accomplishments, big or small. This is an important step towards seeing yourself in a more loving and positive way. Congratulate yourself daily for all that you do and celebrate how far you've already come. Think "Progress over Perfection." When you can appreciate the little steps you take towards reaching your goals, you'll feel more grateful and appreciative of who you are.

Whether you're learning something new, overcoming a challenge, having to begin again or trying to bring a dream to life; some days you're better at "it" than others. Some days you're stronger, more focused and more motivated. Some days the path is straight and flowing and easy. And other days it's not. Staying

patient with yourself will bring you more peace and gratitude along your journey.

The journey is easy and comfortable for those who choose a meditative, contemplative path in their life. Slowly advancing to the growth in all the spheres and reinforcing a powerful thought of being alive at every moment irrespective of the challenges they deal according to their actions and progressing the journey full of love and kindness. ■■

Contd. from page no.... 14

pay attention to are humility and truth. Even a slight arrogance doesn't allow one to earn a true income. We also need patience. Don't allow yourself to be in a hurry. If you hurry, you can make mistakes. Be generous. Increase your concentration. Sweetness is also very important. Make these values or qualities quite natural in your life. Every trace of arrogance should be erased. **Say to yourself, "Baba is making me an instrument for His task. If I have these qualities, He can use me."**

We are Rajyogis. Our life is simple and diamond-like. The value of our lives lies in becoming samples for others. Have you made your life a sample? Have you made yourself into a diamond and become a hero actor? Baba has given us so many good points of knowledge. He is making us trustees and soul-conscious. When anyone comes in front of me, I get the feeling to give him/her something. Baba has made us detached but loving. Now, we take from Baba and give to others. In the future, we will receive the inheritance of the heavenly kingdom. ■■

FIVE AFFIRMATIONS FOR EXPERIENCING PEACE



- ▶ 1. I am a spiritual star like energy, seated at the centre of my forehead ... I experience the beautiful quality of peace and radiate peace to everyone and everything around me ... God, the Ocean of Peace, is with me at every step ... He fills my thoughts and feelings with peace ... I create a peaceful environment ...
- ▶ 2. I am an angel of peace with a beautiful aura full of peaceful vibrations ... I walk and talk with a peaceful attitude ... I look at everyone as peaceful brother souls ... My interactions are full of peaceful energy ... My family, home and workplace carry a peaceful positivity and a goodness which arises from peace ...
- ▶ 3. I am a peaceful being taking care of my physical body always ... Every cell of my body is in a state of peace and free from tension ... I experience good health as a result of that ... I begin and end my day with peaceful affirmations and maintain the peaceful consciousness throughout the day ... I sleep with a peaceful aura around me ...
- ▶ 4. I am a peaceful light ... I see myself just above the eyebrows ... **I cook food in the peaceful remembrance of God** ...

Peace gets radiated through my eyes to everything I eat ... My food becomes filled with peace ... Before I eat food, I remember God for a few seconds ... I eat food peacefully with no negative conversations at that time ...

- ▶ 5. I am a light house of peace for all the souls of the world ... I visualize God in the soul world and the world globe in front of me many times in the day ... I absorb the rays of peace from God and vibrate peace to every soul of every country of the world ... Every soul gets connected to God through my peaceful energy ... ■■



Compassion

Compassion is a skill that needs to be learnt and practiced. It's a choice we make that love is more important than comfort.



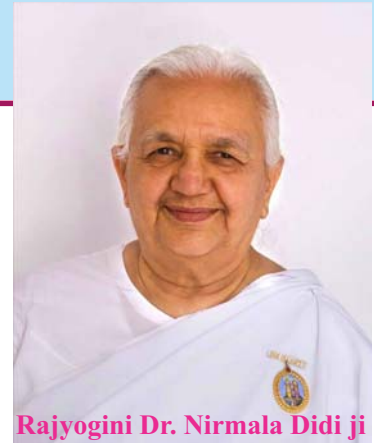
DEMISE OF RAJYOGINI DR. NIRMALA DIDI, JOINT CHIEF OF BRAHMA KUMARIS

Rajyogini Dr. Nirmala Didi ji, Joint Chief of Brahma Kumaris & Director of Gyan Sarovar, Mount Abu, reached angelic stage and left her mortal coil at 11.00 am on 20th October, 2023. The 88 years old Didi ji was not keeping well for some time and was taking treatment at Apollo Hospital, Ahmedabad. Due to her old age and multiple organ failure, her treatment was going on. Her last rites were performed at Mukti Dham, Mount Abu on Saturday, 21st October 2023.

Baba's dearest jewel, Respected Dr. Nirmala Didi ji, joined Brahma Kumaris at the age of 27 and dedicated her entire life to social welfare. Thousands of people made their lives joyful and purposeful by taking inspiration from the life of Dr. Nirmala Didi, an embodiment of simplicity, humility and generosity.

Dr. Nirmala Didi, born in the year 1935 in a famous business family of Mumbai, was endowed with many unique qualities since childhood. She completed her MBBS in the year 1962. She continued her medical practice there for another 10 years. She came in contact with Brahma Kumaris in Mumbai, where she received Godly knowledge from the first Chief of Institution, Mateshwari Jagdamba Saraswati (Mamma) in 1962. After being influenced by Mama's life, her special interest in spirituality and social service increased manifold.

Since 1966, she was serving the organisation with complete dedication. She also ran BK Centre from 1966 to 1971 in Mumbai. In the year



Rajyogini Dr. Nirmala Didi ji

1971, being highly educated, the then Chief of Institution Rajyogini Dadi Prakashmani handed over the responsibility of foreign services to Dr. Nirmala Didi. After serving for some time with Dadi Janaki at London, she awakened the spirit of spirituality and ancient Rajyoga meditation of India among people in 70 countries including Africa, Mauritius, Australia, New Zealand and Singapore.

It is the result of her strong will power, self-confidence and high-quality character that in just a few years, she brought about a positive change in the lives of thousands of people by taking them out of the Western culture and connecting them with the Indian culture through Rajyoga.

She served as the director of the institution's Gyan Sarovar campus in Mount Abu for about 12 years and as joint head of the organization for three years. She was also the director of the Brahma Kumaris Raja Yoga Centres in the Asia Pacific region. Nirmala Didi is no longer physically with us, but she will always be with us and guide us towards the higher goal of becoming an angel like her. We will always remember and follow the practical lessons of purity, truth and simplicity taught by her. The entire 'The World Renewal' team pays its heartfelt tribute to such a great soul of the spiritual world.

– Editor

BRAHMA KUMARIS THE GODLY NATURE CURE CENTRE

The main purpose of those centres is to cure the people by natural means i.e., through Godly Gyan and Yoga (Knowledge and Rajyoga) to make them healthy, wealthy and happy and as a whole to transform humanity into divinity.



Nature cure literally means natural cure which refers to the methods of self-healing through fasting, dieting, resting, yoga, Pranayama or meditation.

Hydrotherapy i.e., water cure or naturopathy i.e., cure by using the natural things may also be termed as nature cure. **People want to keep themselves physically fit and mentally sound. Healthy, wealthy and happy life is the objective of human life and therefore they are in search of knowledge to know the things inside and outside of them.** Definition of health is also the physical, mental, emotional, spiritual and social well-being. Outer things may be available from the matters and materialistic achievement by different means, but how are the inner things to be achieved? Due to having a lot of crises, we have gradually adjusted to be healthy or happy by artificial means rather than natural. The entire population living at present in different



B.K. Dr. Swapan Rudra, Durgapur

countries across the globe are striving for the basic necessities in life, though all are not getting the same for multiple causes. Some are always more benefitted than others in many aspects due to own efforts and sometimes may be due to good fortune. So, naturally, in this phase of life and time, Darwin's proposition of 'Struggle for existence' and 'Survival of the fittest' are being noticed within the human society, though not linked with Darwin's theory connecting all other animals in comparative analysis. God has disclosed the knowledge before the humanity that the struggle is only amidst humans due to their variety *sanskars* in this phase of life. In the last 2500 years, we all have been trapped into Maya-Ravan's jail and suffered a lot in several ways. We burn the effigy of Ravan and celebrate *Dusshera*, but we do not know the meaning. We never try to understand that so far, we have been in Ravan's kingdom and now we are shifting into Rama's heaven from Raven's jail. But we don't have such knowledge and even not desirous to come out of this hell because by this time we have become

adjusted to live with Ravan i.e., vicious qualities. We do not want to be free from this 'so far built-up comfort zone' in demonic combination and hence we prefer Ravan from inside more than Rama. Observance of *Dusshera*, Ravan's effigy burning etc. are all outside showmanship, suffice it to say that we are reluctant to change ourselves from inside destroying the inner Ravan in the form of negative thoughts and old belief system.

Ministry of AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) has been formed in our country in 2014 aiming at good health and serene mind for all. Ayurveda, Unani and Siddha are the most ancient medical systems in India. In Ayurveda, it is said that for any human disease, plant remedies are there, but that is to be specifically searched out. **We see that people who are vegetarian are less affected with diseases than the non-vegetarians.** As Mother nature takes care and nurtures her own creatures, the animals and they always remain well protected in every respect i.e., food, shelter, climate etc. being very close to nature and they survive long without having chronic diseases due to their strong immunity and hence their mortality rate is also very low. Even in human society, when people become reckless or being scared in the name of many diseases, the tribal's don't have that kind of psychological pressure. Therefore, nature helps man also from many odds in a number of ways and acts as a nature cure in many aspects. Spiritual people have the capability to empower themselves through mind power with the help of powerful knowledge. Even amidst a lot of physical

pollution, social pollution, they know how to be free from mental pollution. They are assets of any society for vibrating positive energy towards both physical and meta-physical environment. Today's world is mostly dependent on allopathic means where cure is through drugs or medicines made in synthetic or semi-synthetic processes causing more or less side effects in majority cases. This allopathic mode of treatment has progressed in last 200 years that has diverted the people from the age-old system of nature cure i.e., naturopathy or homeopathy due to having life style changes within the majority population.

Brahmakumaris is the place where people get refreshment with the help of sweet words, peaceful mind and silence power. God is now giving the knowledge to burn all the debris from inside to gain purity and to make the human souls real gold practicing nature cure through spirituality. Nature is always dependent on the power of human souls and the quality of nature is directly proportional to the power and purity of the human souls. This confluence age is the right time to charge the soul batteries by getting immense light and might from the Supreme Powerhouse. People have now every opportunity to get that power directly from God and one may get the company of God through Brahmakumaris organization now rooted throughout the world and these are called the Godly nature cure centres. The main purpose of those centres is to cure the people by natural means i.e., through Godly Gyan and Yoga (simple knowledge and Rajyoga) to make them healthy, wealthy and happy and as a whole to transform humanity into divinity. ■ ■

START LISTENING MORE ... BE LESS JUDGMENTAL

We may all be great speakers, but are we good listeners? A perfect conversation is not just about our ability to speak well and make someone understand our words. It is more important to listen to others. By listening well, we will recognize people's intentions, resolve issues and build strong relationships. Do you often find yourself speaking more and listening less to others? Do you mentally start building your response even as the other person is speaking? At times do you even interrupt someone if you have a different opinion? *We have two ears and one mouth; we should listen more than we speak* is a common quote. But with our increasing age, position, role, and responsibility we are losing the art of listening. We may hear their words, but our mind internally starts judging their words and starts preparing a response. Since our mind is talking, we're not listening, we're already radiating vibrations of rejection. **Listening means we silence our mind, understand they have a different opinion, we detach from our perspective, respect their opinion and accept their words.** There is no distraction outside or in our mind. We introspect on their views and then express ours. Listen to people with an open mind, keeping aside your views, even if they seem to be wrong.

To have beautiful relationships with the people you live with and work with, master the art of good communication. When someone is



speaking, pay attention, put aside distractions like phone, TV or computer and make eye-contact. Do not focus on their appearance, accent or language and listen to every word. Feel their vibrations, understand them as they are, do not interrupt them, wait for your turn. Also, listen calmly and patiently, ensure that people feel comfortable talking to you. Your listening skills help you understand what they say, what they intend, what they want, wait for an appropriate time even if you have questions and ask politely. This will keep your communication harmonious, transparent and peaceful and make every interaction a pleasurable experience for you and for other people. ■ ■





FREEDOM FROM ATTACHMENT

B. K. Shikha, Noida

A container which is completely filled remains stable and one which is partly filled gets disturbed easily.

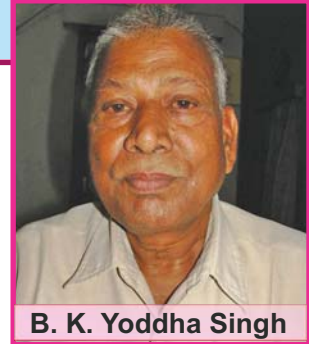
What is the reason for our inner disturbance? We seek something from the outside world. There is a constant feeling that something is lacking in me and I have to get other's approval for my inner fulfilment. In times of difficulties, we seek help and support from the outside world. If we examine our experiences, we will realise that it's actually this constant feeling of lack and insecurity which brings us into disturbance and drains us of our mental energy. Trying to make everyone happy never works. Instead, if we realise that the true source of all powers is the Supreme divine Father, we will gradually realise that we belong in the drama anyway. In our most difficult times when we become hopeless from everywhere we remember God as a last resort. Just like Draupadi from Mahabharat, we call our one true source only after facing humiliation and suffering from all false supports we build. Instead, if we realise that he is the only true support we will not have

to suffer in the first place.

The famous Shloka '*Purnamadah purnamidam..*' states that the consciousness is full and complete. Anything subtracted from zero is zero and anything added to zero is zero. The soul or the consciousness is also full and complete and is a point of light. We neither bring anything with us nor take anything back when the role in this mortal body is complete. The feeling of lack goes deep in our mental patterns and it takes continuous effort and practice to break these patterns. Just knowing a fact does not change our mental patterns. Rather when we apply it when faced with a situation, when we actually use our knowledge, our mental patterns gradually change. Something which is stabilized in its centre of gravity does not come into disturbance. When we stop looking for completeness from people or things around us and take powers by spiritual connection with one Supreme Father, we become stable and can play our role with an inner state of peace and bliss. ■ ■

A REAL WARRIOR

He surrendered his mind, body, and even breath in Godly service. It was his nature to give all a feeling of respect for one and all, cooperate with all, and keep the relation of spiritual love.



Brahma Kumar Brother Yoddha Singh was born on 1st February 1942 in the village Kesarada at the district Jagatsinghpur in the state of Odisha. He was the eldest sibling among two brothers and two sisters in the family. Since childhood, he did not take much interest in devotion, God, etc. He believed in the ideology 'Work is worship'; 'Karma is God'. On the professional front, he joined the Indian Army in 1965.

He got the Introduction of Supreme Father

In 1975, he was posted in Ambala Cantt., Haryana. On the day of Raksha Bandhan, he was missing his sisters. Therefore, he had been sad since morning. To overcome sadness, he went for a stroll in the market. In the market, his eyes fell on the Brahma Kumari sisters in white clothes going to the Brahma Kumari centre. He started feeling a divine magnetism from the sisters. He reached the service centre mesmerized, where he met Dhyani Dadiji (maternal aunt of Mateshwari Jagdamba Saraswati, Sandeshi Dadi ji, and Dadi Shantamani ji). With a divine gaze and smile, Dhyani Dadi said, "Brother, you have come at the very right time. Today is the sacred festival of Raksha Bandhan. In such a case, how could your wrist remain empty? Come, we'll tie a Rakhi to you." Receiving such divine and selfless love, he

became overwhelmed. It seemed to him as if his physical sisters were tying Rakhi to him. After being tied Rakhi, he took some notes out of his pocket and gave them to Dhyani Dadi. Dhyani Dadi said, "We cannot take this from you. Yes, if you want to give something to us, will you give if I ask you for it?" Like a mechanical device, he automatically said, "Why not? Whatever you ask for, I'll surely give you the same."

Transformation of Life

Dhyani Dadi said, "Today, you promise to do the 7-day course and give up non-vegetarian food and wine." In a second, Bro. Yoddha Singh replied in the affirmative. For the information of the readers, it is essential to tell that prior to this, Brother Yoddha Singh's food was vengeful, and he used to drink wine and eat non-vegetarian, which he was fond of a lot. Thus, he transformed his life and, started walking on the Godly path. He made all four subjects of Godly Path - Knowledge, Connection with God (Yoga), Inculcation of Divine Virtues, and Godly Service as the aims of his life.

Entitled with 'Double Army Man'

After following the path of divine knowledge, he no longer liked the military job. He decided to leave the job. Those days, he had gone to Mount Abu for Baba Milan, where he expressed his desire to leave the job to

Avyakt BapDada. Baba gave a very loving gaze to him and said, "You are a double army-man – Spiritual and Physical Army. You have to remain in both armies. Just as you are serving the country by being in the Indian Army, similarly, you have to serve the world by being in the Spiritual Army."

Became an instrument soul for the family

After receiving the blessings of God, he took leave and came to the village and introduced God Shiva to his family members. His family consisted of two sons, viz. Brother Rajesh (Presently giving services to Baba Online, Shantivan), Bro. Santosh (Associate Editor, Gyanamrit magazine), daughter Leena (the sub-zone in-charge, Bhubaneswar), *laukik* sister Angoor (the centre in-charge, Gopalganj, Bihar) and wife Tulsi Mataji, who along with him brought all family members into Godly knowledge.

Aim to give the introduction of Godly knowledge to the maximum number of souls

With the aim of giving an introduction of God Shiva to every soul of the world, he took retirement from the military in 1989. He went from village to village and gave the message of God Shiva and many souls were benefited. In India today, more than 100 brothers and sisters are devoted to BK centres by receiving knowledge and inspiration from this divine soul. He used to say to all that sandalwood that gets worn is applied on the head of God. However, the same which is not worn is only used for burning dead bodies. Hence, we must understand the goal of our life. And, then, decide what we have to do and where to

go, whether to die one day while living a worldly life in this world or to become Godly children and sacrifice our lives for world benediction.

Surrendered Mind-Body-Wealth for Godly Service

He surrendered his mind, body, and even breath in Godly service. It was his nature to give all a feeling of respect for one and all, cooperate with all, and keep the relation of spiritual love. He received the sustenance from almost all Dadis and senior brothers and sisters in this Godly *Yagya* and, gave love and hospitality to younger ones and, thus, took everyone forward in the path of Godly Knowledge.

Took the lap of God in *Amritvela*

He had a special love for *Amritvela* (nectar time) meditation. He used to say that no matter what time one had to sleep at night, one should not miss the *Amritvela* meditation. *Amritvela* is the only time when the Bestower of Fortune becomes present to give away everything with an open heart. On 26th July 2023 at *Amritvela*, he said "Good Morning" to Shiv Baba. After sometime, he had a heart attack. And, within just five minutes, he left his old mortal coil and took Shiv Baba's lap.

Entire divine B.K. family pays loving tribute to such an affectionate, serviceable, benevolent and great soul! – *Editor*

Safety

Detachment is a great virtue, it is to remain stable, create our feelings independent of others emotions. It brings emotional safety.

DURING CONFLICTS TALK TO PEOPLE ... DON'T TALK ABOUT THEM

When there is a conflict in a relationship, our inner negative emotions often become a barrier in our communication with the other person. Something about the other person bothers us, but instead of talking to that person directly, we talk about him or her to everyone else we know. If two people do not mutually discuss their differences, their relationship can quickly get worse. **When you put sincere efforts to resolve a conflict, the other person automatically feels your pure intentions. You not only win the relationship, but also win over your ego.**

▶ 1. When you have differences with someone, how do you go about resolving them? Do you directly talk to that person, or share the matter with others who weren't even a part of that issue? Importantly, have you noticed how so many more negative emotions arise, when the two of you don't talk to each other, but talk about each other?

▶ 2. We often find a need to go and talk about a relationship issue to other people, believing that it makes us feel better, or that they can help us and

resolve the conflict. Although those people have the best intentions for us, their vibrations reflect their state of mind - which can be of anxiety, fear or anger. Their negative energy might unintentionally but surely deplete and worsen our relationship, which is going through a conflict.

▶ 3. If we created the energy blockage with another person, then only the two of us can resolve it amongst us. Even if we want to take someone's help to resolve, that third person has to be someone who is absolutely unbiased and emotionally detached. Such people bless us, and we can use their energy to strengthen ourselves and resolve the conflict.

▶ 4. Maintain an open, honest and transparent communication with whoever you are not getting along well with. Your pure vibrations will allow both of you to move towards harmony. Remind yourself throughout the conflict - I talk only and only to the person I have differences with. I do not talk about them to others. My positive conversations with them dissolves the conflict and restores harmony amongst us. ■ ■

WORDS OF WISDOM

- ◆ **Bending of the mind is very important, only by bowing the head does not meet God.**
- ◆ **Problems make you stronger, not weak. Note one thing, today's pain is tomorrow's victory.**
- ◆ **You cannot cross a river just by standing and watching the water.**
- ◆ **Success does not come from doing great work, but by working continuously.**
- ◆ **Those who love themselves do not need anyone else's love.**
- ◆ **He who bathes with water can only change his clothes, but he who bathes with sweat can change history.**

THE TICKING TIME BOMB OF MAN'S MIND

Wise is the one that has no delicate nitroglycerine in their mind. For how much longer can man's false happiness last for? I think just a few more months.

At most, 6 months and then it comes and goes daily and depends largely on other people and even the weather or money has a great impact on someone's happiness or sorrow.

God's promise is that His happiness will last you almost an eternity and today He's offering you the chance to make happiness and peace your way of life. But will you take this chance?

One flew over the cuckoo's nest.

NASA used to send monkeys up into space and so it is clear NASA is not searching for God, nor hoping for some spiritual intervention or third eye enlightenment as its obsession with rocks, dust and distant photos.

I am amazed that NASA would not want a photograph of God or the soul or from our distant spiritual home from where once we all came?

Does NASA not grasp the fact there is nothing out there other than space, as its very name is telling them - space.

And having travelled back from space in his trillion-dollar spaceship, he returns back in time for chips, mushy peas and plaice.

Yet it's only God that can point NASA in the



B.K. David, Paignton, UK

direction of knowing the answers to the mysteries of creation and show them the hidden world of divine light, our original home, that's located far beyond the sun and stars, and what God calls The Soul World, our home.

To see such a world, one needs not a rocket or telescope but love in one's heart for truth, God, and humanity. With these aspects in your soul, you can see the three worlds and how mankind has sunk in the quicksand of poison, vice and falsehood.

With love God teaches us to know of our past, present and future with aim of making our present elevated. The main aspect of time we gain from man is that when we're late, we're punished.

There is no telescope or computer that can tell man of the three aspects of time or show him the three worlds.

Man's mind has become blurred to the daily horrors that lie in front of him by him always focusing on his body, wealth, or other people. And how much time and effort are spent by NASA trying to acquire distant space objects that have no relevance in helping mankind deal with its poverty,

starvation, suffering and climate change and aid its people in becoming healthy and happy, moral, and virtuous, and in saving the planet from its pollution and its polluters.

The soul is of light where dust is just very old dust.

If we cannot stop and change the world's problems that are staring us in the face every second of the day, we must stop and examine ourselves, our thinking, outlook and actions and the waste of money spent on collecting rocks and dust.

Man's degradation is in front of us all to see clearly and those in power should be working night and day in trying to reverse it. You can conclude by the many worlds Government's idleness or lack of such noble activity, that countries are more concerned with their GDP than that of promoting spiritual awareness and growth of the soul.

In spiritual terms, within the Brahma Kumaris Godly University, God's GDP stands for **God's Divine Purpose**. In this, God has constant attention and can show overwhelming results to date.

It would be great if one country could step forward and show sincere involvement in trying to stop man's moral decline into vice as mankind the world over is firmly in the quicksand of bad habits.

It is now man's mind is in deep puzzle and problem as he is turning his back on man's plight of constant wars, polluting, stress, worry and starvation, in favour of searching space for drops of water.

Man had bought all these problems on

himself in much the same way that when leaving the house, he chooses which shoes he will put on.

It is man's coat (thinking and attitude) with these two endless sleeves, along with his muddy shoes (what he does or does not do). Man's tight-fitting shoes of body consciousness are causing man endless stress, sorrow, illusion and falsehood, which in turn are all constantly contributing to killing the planet along with all of us that are trying to live on it.

Man, if he could only wake up and focus on the situation to hand and start implementing long term solutions to the many life-threatening situations, we all are facing today, which are growing the speed and intensity of the problems are increasing much faster, as if a year of changes getting packed in a second.

Man's ignorance is the fuse on the time bomb that man has built with man being the bomb.

Man seeks solutions of problems that he has created within his mind that are reflected in his lifestyles and bad habits, Although, everything emerged out of the ignorance, still man that he is to be blamed for the lit fuse, bomb and outcome.

The coolness of spirituality, truth and goodness can be defused and put out. The burning fuse of man's bomb that's soon to explode can be easily reignited through the power and influence of body consciousness. The offspring is Ignorance which are now both omnipresent and ruling the globe with their large family. ■ ■

REALIZING WHY GOD IS NOT OMNIPRESENT

A very common concept in the world that many people believe in is that God is present in each and every one and in each and every living being and everywhere else. This concept is what is meant by God is omnipresent or present everywhere. In Hindi, it is mentioned as God is *sarvavyapi*. In this message, we will look at 5 reasons why this is not true –

▶ **1. God is A Spiritual Father of All Souls And is not Present in Every Child or Human Being** – We understand from spiritual wisdom shared by God that each one of us is a spiritual energy or soul and the world has a large number of human souls playing their roles through different physical bodies. We also know that God is a spiritual energy and a soul like us, but a Supreme Soul with greater powers than us. So, we are all brother souls and that is why we commonly say – *We belong to different religions and countries, but we are all brothers*. Since we are all souls, we all have our own identity. We all feel God's presence in the world and His love in our hearts because the entire world, including us, remembers Him very much. But that does not mean that God is Himself inside us and in every human being. God is our Spiritual Father and lives in the soul world, which exists beyond the physical Universe and the world of five physical elements. He does not live in the physical world but He

radiates His vibrations to the physical world and gives different attainments to human souls.

▶ **2. If God was inside us, We Would all be the Same in all Ways** – We also know from spiritual wisdom that each and every human soul has a unique mind and intellect and unique sanskars of its own. Also, God has His own mind, intellect and sanskars. If God was inside all of us, our mind, intellect and sanskars would not be different. But we all think in our minds differently, judge and visualize through our intellect differently and have our own different sanskars. That means that God is a separate identity and is not thinking, speaking and performing actions through all of us. He only guides us how to think, speak and perform actions. We all follow His instructions differently depending on the quality of our mind, intellect and sanskars.

▶ **3. If God was Omnipresent, there would be Complete Happiness in the World, which is not True** – God is an Ocean of goodness and divinity, which He radiates constantly. If everyone in the world had God inside their hearts, and God lived in physical nature everywhere in the world, all human beings would perform only good actions and there would be no sins, vices and bad habits in the world. Everyone would live in harmony and there would be complete

goodwill amongst people because they would all be God like. Also, physical nature would be completely free from any sort of disturbances and calamities because God would be in every particle. But all of this is not true.

▶ **4. If God was in Our Hearts, we would not Search for Him and Call out to Him for Peace, Love, Joy and Power** – We have called out to God since thousands of years and we have searched for Him outside ourselves and looked up to Him for His sustenance of peace, love, joy and power. Also, whenever we have called out to Him, we have often looked upwards to the sky. If God stayed inside all of us, we would not do that. We feel God's wisdom, qualities and powers inside us and also talk to Him in our consciousness. When we do that, we feel His closeness, but that

does not mean He is in every human being in the world and in every animal, bird and insect as well as everywhere else in the world.

▶ **5. God is A Supreme Giver. If He was in Every Human Being, He will no Longer Be That** – God is a Supreme Ocean of all qualities and powers and He is a constant giver of these qualities and powers to humanity and the entire Universe. If He was in every human being, He would also come in the process of action and reaction and *karma* and its fruit. Also, He would no longer be a giver and would become One who expects and desires like human beings. Also, if God was in every human being, He would come under the influence of the physical elements of nature, which He does not ever. ■■

LAUGHTER: THE BEST MEDICINE

- ◆ **Dentist: Why is one of your teeth broken? Man: I ate a *chakli* prepared by my wife that was very hard, Doc! Dentist: If it was so hard, you should have refused to eat. Man: Then all 32 teeth would have been broken.**
- ◆ **Doctor: I have some bad news and some very bad news. Patient: Well, might as well give me the bad news first. Doctor: The lab called with your test results. They said you have 24 hours to live. Patient: 24 HOURS! That's terrible!! WHAT could be WORSE? What's the very bad news? Doctor: I've been trying to reach you since yesterday.**
- ◆ **Law of equality: The time taken by a wife when she says I'll get ready in 5 minutes is exactly equal to the time taken by husband when he says 'I'll call you in 5 minutes!**



Absorption in Love And Experience of God . . .

Contd. from page ... 3

meditation.

The process of transcendence starts

Until now, he was a mere novice in yoga; he had his ego attached to the worldly things, he had identified himself with his body and could not think of objects in any other way except in a space-time frame of reference. But, now, **during his meditational practice, his first thought is of reminding the self that he is a soul.** The soul, now, begins to return to its own original nature. In this process of transcendence, it, now, withdraws itself from the experience of the phenomenal world.

The soul, now, comes nearer to God

The self, now, stands on its own status. There is, now, more harmonious flow of awareness of God. The soul is, now, not aware of anything else except its Spiritual Father. The mental distance between soul and God, now, narrows down. God, the object of meditation, comes nearer and nearer to the soul, or the other way round, the soul goes nearer and nearer to Him. As the meditation process advances, the human soul gets more and more clear view and comprehension of God's glory. Now, meditation begins to take the form of concentration of thoughts on God. Gradually or quickly, attention becomes manifestation, that is, *Dharma becomes Dhyana. The stages of meditation: concentration and absorption, finally converge into a single continuity of experience wherein the feeling of body or the gross world is absent.*

Though the human soul dwells in the body yet it is no longer aware of it and the bond of love between the soul and God, now, is as between two intensely loving friends, who have lost all the awareness of the world and are cut off from the immediate present environment and are enjoying the happy spiritual union.

In this state of absorption, ideas of space and time evaporate

Then, the state of absorption becomes so intense that the ideas of space and time, which were there because of the touch of body, now, evaporate into pure being. In this state, one is not conscious of being in London, New York or Delhi nor is one conscious of whether it is day or night. No more is any 'human-ness' present there. Man is, now, not a national of any particular nation or country. The gross form of objects has gone and even the subtle form has been transcended. In this state of absorption, the awareness of time and space is gone. One, now, becomes less and less an object and more and more a subject so that a stage is reached when one becomes a spiritual being-in-self. Only the idea of 'I' (soul) and 'He' (God) is there in the form of realisation.

It is like the river meeting the ocean in a metaphysical sense. The soul, now, feels inundated, as it were, by the Light and Might of God. It, now, begins to feel as though it is getting a strong infusion of joy. This consummating experience is very ecstatic and wonderful. It is an all-inclusive experience. It cannot be described in language.

The luminous contact

One, now, feels satisfied that a union between soul and God, the Supreme Soul, has taken place. The soul is enchanted by this luminous contact, which looks like two flames from welder's pipes, meeting together. The soul, now, shines brilliantly in its pristine purity and glory. The very fact of being penetrated by God's light and might is, now, a source of inexpressible and immeasurable joy.

It is a joy that does not come from things and objects because they are not any more there. It is a joy that is the very characteristic of the self. The mind is, now, transported into a state of blissful experience.

This experience is super physical. The spiritual glory, now, reveals itself to its own self. It is a sort of feeling, which one gets when bright sunlight is falling on one's face in cold winter or moonlight is falling on a hot summer night. It is both in one, for it is soothing as well as energizing. It brings with it a feeling of satisfaction, born of the luminosity and resplendence of the self and of God.

One, now, feels as if one is being carried away by a very strong current of God's light and might or is being 'charged' by it, as a battery is charged by a dynamo. One is possessed, so to say, by the power of God, the Supreme.

One is extremely happy because *one is a pure being now*. There is complete melting away of the sense of physical body and its sense-organs. It is a state of being-qua-being or *self-qua-self*. This is

the state of being, which is known as the state of "I-am-what-I-am" or "I-am-that-I-am".

One has touched the Ocean of the Highest Being and is enchanted by His very contact and feels transformation reaching his very core. Words fail to describe this. Speech is hushed. Liberation, one feels, is not an attainment to be had in the future but is an experience of now and here.

When one comes back from this highest state of being into the world of matter to engage in action, one still has an awareness of the Transcendent. One does not have the ego that he is the doer. He considers himself as a mere trustee. There is the pure sense of being there, now. One wonders where all the physical objects, the house, the office, the friends and relations, the status and wealth, have gone? Where are they? Soon, one realises that they have vanished because his body-consciousness has completely vanished and that body-consciousness has been eliminated by the supreme transcendence and realization of soul-consciousness. So, he, now, realises the self and also the esoteric truth that the world-consciousness will go if one lights up the lamp of divine wisdom and soul-consciousness and that one can always have this peace that passes understanding, for this is his very own real, original and essential nature. ■ ■



LIGHT, STABLE AND ADJUST

Be light, stable and accommodating then you will fill with might, very light in thoughts, stability of mind and intellect and then the power to adjust.



B.K. Mahima, Mumbai



How can I be light in thoughts? When the mind is free from thinking about the past and the future, but even in the present what food it is that I should feed the mind with? If even for a second, I am heavy in my thoughts, i.e., that heaviness persists for a long period of time, I will not be able to give the world GOD's current and powers. I will not be able to remain stable in the ever-changing situations of this world. Even a small change will trigger a hurricane of uncontrolled thoughts inside.

To remain light is a blessing. We have to learn the power of erasing the thoughts and cleaning the intellect. The soul needs power to erase or edit the thoughts in the mind.

You see, the aura of lightness the white aura of light, that's made because of pure thought-churning is such that it relieves the pain from many hearts. And then **the stability of a soul is tested when the soul is faced by a sudden unpleasant change or just an abrupt change that came without invitation.** I am a bodiless, colourless soul and nothing can do any harm to me. Suddenly something happens, even little, if there is a little sound also, we get disturbed. This is called delicate nature. Scenes are changing at rapid fire speed, a minute ago it was something, something else happened the next minute, I should become so mouldable and flexible that I can move along with the scenes

that too with happiness and not with helplessness. Adjust with that intoxication of happiness and that really is Power to Adjust else, it's a laborious life, keep pushing the car to move forward, but there is a mismatch between what the heart wants and what the head says.

How can I become light, stable and easy to adjust? When do I develop this habit of only extracting positive from everything? Whenever I am faced with any situation that is not comfortable for me, I must only see the positive, the hidden positive future in the present negative situation. This is a practice, nothing more or less than a practice. Like if I want to learn a new skill, I need to practice, nobody is born perfect, you practice and become perfect.

In spite of knowing that the food I am about to have has poison in it, will I still eat that food? Unless, I want to commit suicide. Inhaling negative is poison for the mind and body both, negative thinking is also committing suicide, the only difference in this suicide is I look alive to the world on the outside but, inside I have no life. State of mind decides the state of the body, not the other way round. "I" the soul will decide the state of "MY" body. Any situation, even in worst situations according to me, but what was my first thought in that situation will decide my fate. It is just a paper of one second - one positive thought I pass in the situation one negative thought I fail and I fail badly. Situations are my teacher and situations will make me powerful and experienced. ■ ■



Lucknow: After signing a MoU between Eastern Frontier ITBP & Brahma Kumaris on Eradication of Stress are Mr Shyam Mehrotra, IG, Mr Vishwamitra Anand, DIG, Mr. Nirbhay Singh, DIG, Mr Mandhir Ekka, DIG, Mr RK Chauhan, DIG, Mr. PK Jaiswal, Brigadier, BK Suman, BK Girish and BK Nirmala.



Raipur: Inaugurating the Spiritual Sindhi Conference are Mr. Ram Gidrani, President of Chhattisgarh Sindhi Academy, Mr. Srichand Sundarani, former MLA and Chhattisgarh Sindhi Panchayat President, Mr. Lalit Jaisinghani, Sindhi Council of India President, BK Jayanti, BK Hemlata, BK Ush and BK Savita.



Davangre (Kar): Tension Free Administration Program for Administrators is being inaugurated by Ms. Rajeshwari R Hegde, District Judge, Prof. B Kumbhar, VC of Davangere University, BK Asha, BK Dr Basavraj, BK Nirmala, BK Leela and others.



Gharaunda (Hry): Inaugurating a programme for educators are Mr Rajpal, Distt. Education Officer, Mr. Ravinder Kumar, Block Education Officer, BK Prof Onkar, BK Renu and BK Sangeeta.



Varanasi: Police Commissioner Mr. A Mutha Jain is being presented Godly gift by BK Surendra, BK Deependar and others after Navratri Celebrations.



Vadodara: BK Aruna is awarded with the degree of "Doctorate in Literature" by ITM Vocational University. Dr K Sivan, former ISRO Chairman, Dr Anil Bisen, VC of ITM Vocational University and Prof. R.S.S. Mani, Vice President of Institutional Development are presenting degree to her.



Neemuch (MP): A workshop on Stress Management is being conducted at Collector Office by BK Savita and BK Shruti. Participating in the event are Mr. Dinesh Jain, District Collector, Ms. Neha Meena, Additional Collector, Ms Preeti Sanghavi, Joint Collector and Ms Kiran Aanjana, Dy. Collector.



Mulund (Mumbai): A Seminar on 'Ancient Wisdom for Inspirational Administration' is being inaugurated by Mr. Sandeep Malvi, Addl Commissioner of Thane Municipal Corporation, Dr. Ashes Ganguly, Past District Governor of Rotary International, Mr. Sham Rukme, District Judge, BK Asha, BK Godavari and Dr. BK Lajwanti.

THE PERFECT SOUL

B.K. Andrew Grant, USA

When the human soul leaves the home of silence it is perfect, flawless, without weakness or fault. In this human life a person reaches his peak and when it's gone, it's gone. While the perfection of the soul lasts for many, many lives.

The trick is to recapture those feelings of joy when you as a perfect, flawless being, left the home for its journey through many parts it has to play. The power of its original form. Pure joy when the soul comes from silence and bursts into sound with silent excitement. Bliss.

Everyone looks for perfection. It is the perfection of our divinity that is still there, underneath the dust, that searches for that perfection outside trying to make a slice of heaven. Perfect is perfect. Only imperfections stop the self-bursting with happiness every moment of every day.

Now see the perfect form, move with it, speak under the influence of it, think under the influence of it, respond under the influence of it. Feel the silence of its mind. The joy of being is not empty but full. That fullness can uplift anyone and everyone. It has no restrictions. It is pure joy. It is harmless and disarms all that is harmful. See it, feel it, love it, live with it. ■ ■

Life Changing Advice

- **Figure out what you want from life. You and you alone are the only one who can make it happen. There are many people willing to help but, in the end, you are the only one with the resolve to succeed.**
- **Work hard at school and get a good education. Enjoy life while you are young and just have fun. Dream big and believe in yourself. Listen to your parents, they truly love you and they want the best for you.**
- **Take time to know yourself. "Know thyself" said Aristotle. When you know who you are, you can be wise about your goals, your dreams, your standards, your convictions. Knowing who you are allows you to live your life with purpose and meaning.**
- **A narrow focus brings big results. The number one reason people give up so fast is because they tend to look at how far they still have to go instead of how far they have come. But it's a series of small wins that can give us the most significant success.**

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Indore: Inaugurating a programme on Blissful Life are Mr. Shankar Lalwani, MP, Prof. Renu Jain, VC of Devi Ahilya Vishwavidyalaya, Mr. Pushya Mitra Bhargava, Mayor, BK Jayanti, BK Hemlata, BK Asha and BK Usha.



Goa: Famous film actress Ms. Juhi Chawla is presenting "Pride of India Award - 2023" to BK Deepak and BK Mamta



Gurugram: Inaugurating 9 days Celebrating Life programme are Mr. Rajveer Singh Verma, Addl Secretary, Union Ministry of Law and Justice, Ms. Vinita Malik, famous TV actress, Goswami S.K. Puri, National President of Purvanchal Mahasabha, BK Prof Onkar, BK Kusum, BK Anita and BK Harmohan.



Oklahoma (USA): BK Bindu is tying Rakhri to the City Mayor, Mr David Holt, after an event on International Day of Peace.



Delhi (ORC): A Media & Public Relations Conclave is being inaugurated by Mr. Chandrashekhar, IFS, Mr. Srinivasan, Founder Prime Point, Chennai, Mr. Dhun Jyoti, Dean and Director, India Today Institute, Mr. MB Jayaram, Chief Mentor of Indian Public Relations Council, BK Asha, BK Shantanu and BK Sarala.



Bali (Indonesia): Mr. Sandeep Chakravorty, newly appointed Ambassador of India to Indonesia is with BK Janki during an event.



Gangtok (Sikkim) : Brahma Kumaris brothers and sisters visited many flood affected places and met affected people, give them relief kits and conducted meditation for everyone's peace.



Ambala Cant : BK Shaily receiving "EK NARI - 100 PE BHARI" award from Global Empire Events for her service for mankind.

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New Delhi:
Divine Cultural Group of Brahma Kumaris Nepal organized a cultural program at Rashtrapati Bhavan. HE Draupadi Murmu, the President of India, BK Raj and BK Kiran are seen during the event.

Delhi (Lodhi Road):
BK Piyush and BK Girija are with Mr JP Nadda, National President, Bharatiya Janata Party and Ms. Meenaxi Lekhi, Minister of State for External Affairs & Culture during an event on 'Man ki Baat'.



Thiruvananthapuram: HE Arif Mohammad Khan, Governor of Kerala is addressing a programme on Golden Jubilee Celebration of Brahma Kumaris Kerala. Seen on the dais are Mr IB Satheesh, MLA, Mr. Vincent, MLA, BK Beena, BK Usha and BK Minni.

Hyderabad (Shantisarovar):
HE Dr Tamilisai Soundararajan, Governor of Telangana is with BK Kuldeep, BK Shivleela and others after Navratri Celebrations.

