



The World Renewal

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New Delhi: The President of India, Her Excellency Draupadi Murmu is releasing a postage stamp in memory of Dadi Prakashmani, former Chief of Brahma Kumaris at President House. Union Communications Minister Mr. Devu Singh Chauhan and BK Brijmohan are also seen on the stage.



New Delhi: BK Asha introducing a delegation of senior Brahma Kumaris sisters of Delhi zone to Her Excellency Draupadi Murmu, the President of India at Rashtrapati Bhavan.



Kolkata: During launching ceremony of 'My Bengal Addiction Free Bengal' Project at Raj Bhavan HE Droupadi Murmu, the President of India, HE Dr C.V. Ananda Bose, Governor of WB, Dr Shashi Panja, Minister of Women & Child Development, BK Shivani, Dr BK Banarsilal and BK Kanan are on the dais.



Abu Road (Shantivan): Mr. Satish Mahana, the Speaker of Legislative Assembly of UP is being felicitated by BK Mruthyunjaya.



Abu Raod (Shantivan): Dadi Prakashmani MRI Centre is being inaugurated at GHRC Trauma Centre by Rajyogini Dadi Ratanmohini, Mr. Shrikant Madhav Vaidya, Chairman, Indian Oil Corporation Ltd., Mr. Devji Bhai Patel, MP, BK Brijmohan, Dr Pratap Midha and others.



Mumbai: Famous Bollywood Actor Mr. Anil Kapoor is being tied Rakhi by BK Shaku.



Delhi (RK Puram): Mr. Arjun Ram Meghwal, Union Minister of Law and Justice is being presented Godly literature by BK Anita and BK Jyoti after a motivational talk at the ministry.



Ranchi: BK Nirmala is presenting Godly gift to Mr. Hemant Soren, Chief Minister of Jharkhand after tying Rakhi to him.



GOOD DAYS

BAD DAYS

Our thoughts create our feelings; so, if we are not feeling good, then the best thing we can do is try to change the way we are thinking.

Weather or climate of the world is not static. It is filled with lot of surprises, hot and cold, dry or rainy. In the recent years in the US, we witnessed record breaking flooding in one part and forest inferno in other parts. There was record breaking summer hit in cold countries of Europe and North America along with sharp rise melting of ice in Antarctica, surprising as well as confirming the climate changes across the world. One has to adjust and bear with all these changes. Whether we like these or not, these are facts as well as a part of our life and we have to live with these. At the best, what we can do is that we can take precaution and protection against such extremities.

Though a day is always of twenty-four hours, except at poles yet all days are not the

same. Changes do take place often; else life would be dull and boring. Sometimes, an old person, remembering suddenly some happy moments of his childhood days, showing a flash in his eyes and happy curves on his face, says: "Those were the days."

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

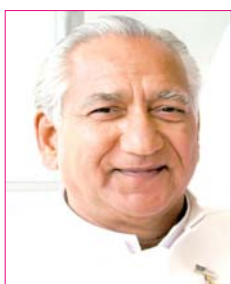
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POPULARITY OF LOVE FOR GOD SHIVA

It seemed like a practical game to manage the external situations while delving within to the peaceful core of our being; this is exactly what Spirituality does for us – it takes us through the training of mind and heart to be able to face all the challenging and disturbing situations of our life.



During the previous few months, Madhuban (Shantivan, Pandav Bhawan, Gyan Sarovar, Global Hospital, Peace Park) played a wonderful part in hosting different spiritual educational

programmes with special emphasis on experiencing nearness to the original Source of Spiritual Wisdom and Principles of **Sahaj Rajyoga Meditation**.

It was unexpected to receive such large numbers of participants in different programmes which included Seminars, Workshops, Conferences and long hours of Advanced Sahaj Rajyoga Meditation Sessions (or *Yoga Bhattis*) that are always designed for the welfare of individuals and society at large. The high participation clearly indicates the regard people have for experiencing peace of mind, and spiritual empowerment.

The Organisers of each event adopt different and unique approaches to awaken lethargic minds, and create special interest in the minds and hearts of thousands of aspiring RajYogis who get fascinated and glued to the art of Sahaj Rajyoga Meditation against all odds. It was particularly interesting to see participants attend all sessions even though they were exposed to annoying, disturbing sounds of repair and renovation work taking

place simultaneously at the Diamond Hall Stage, Shantivan Campus! In fact, it was amazing that our guests and new students remained deeply focused and engrossed in listening to the experienced Senior Rajyogi Teachers, who dealt with different topics connected to and impacting day to day lives. It seemed like a practical game to manage the external situations while delving within to the peaceful core of our being; this is exactly what Spirituality does for us – it takes us through the training of mind and heart to be able to face all the challenging and disturbing situations of regular life at our respective work places and social gatherings, right down to shopping for daily groceries and managing one's physical homes.

DADI PRAKASHMANI MRI CENTRE

The month of August was momentous in many ways. The third Sunday of the month,



20 August, was a period when the people of Sirohi District and neighbouring districts of Rajasthan and Gujarat received a very valuable gift in the form of the latest high-profile MRI facility, which has been named Dadi Prakashmani MRI Centre, at Radha

Mohan Mehrotra Global Hospital Trauma Centre, Abu Road. The crown of responsibility was shared by Indian Oil Corporation Limited, THDC India Limited, and Brahma Kumaris. The generosity of the Donors sent out a very powerful message of brotherhood as far as health issues are concerned, and this was reflected in the joy on everyone's faces at being part of such a worthy project.

CHEERS! CHANDRAYAAN-3 LANDED ON THE MOON



Scientists of ISRO celebrating the successful landing of Chandrayaan-3 on the moon

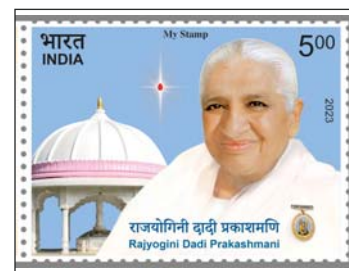
Within few days of installation of the new MRI machine, the people of Bharat and a majority of the world congratulated the Scientists of the Indian Space Research Organisation ISRO for achieving soft landing of Chandrayaan-3 on the south pole of the Moon!! Like all of us, our beloved Prime Minister was overjoyed and flew directly to Bengaluru on 26 August 2023 to congratulate the ISRO Team involved in the project, after his visit of South Africa and Greece.

India has further glorified the name of Shiv and Shakti by naming the landing spot of the Vikram Lander on the south pole of the Moon as '**Shiv Shakti**', in honour of all the female scientists who contributed to the project. It is beautiful to see that the honourable Prime Minister and Government aim to lead the masses towards Spirituality and Women

Empowerment. As PM Modi rightly shared at the 'Mann ki Baat' address on 27 August 2023, "When the daughters of a country become so ambitious, then who can stop that country from becoming developed... When the capability of women power is added, the impossible becomes possible."

DADI PRAKASHMANI HONoured WITH POSTAGE STAMP

It is certainly very auspicious that as Bharat scales new heights of accomplishment, we continue to honour the



contributions of Spiritual Women Leaders like Respected Dadi Prakashmani, former Administrative Head of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, who ascended to the spiritual realm on 25 August 2007. The President of India, HE Smt Droupadi Murmu released a postage stamp in memory of Dadiji at Rashtrapati Bhavan Cultural Centre on 25 August, 11am, under the 'My Stamp' initiative of the Department of Posts, Ministry of Communications to mark the 16th death anniversary of Dadi Prakashmani.

Speaking on the occasion, the President said that Dadi Prakashmani spread Indian values and culture in India and abroad through Spirituality. Under her leadership, the Brahma Kumaris became the largest women-led spiritual organisation in the world. Like a true leader, she stood by Brahma Kumaris family with faith and courage even in challenging circumstances

and always guided them. The President also shared that Dadiji may not be not physically among us, but the memories of her spiritual and genial personality, and her message of human welfare would always be alive amongst us and will continue to inspire generations to come.

Mr. Devusinh Chauhan, Union Minister of Communications, as Guest of Honour on the occasion, said that like India's saints, savants and sages down the ages, Dadi Prakashmani spread the light of spiritual truth, love, wisdom and brotherhood across the globe, thereby paving the way for India to become *Vishwa Guru* in near future. He said that in *Azadi ka Amrit Kaal* of India, the release of this commemorative customised My Postage Stamp in her name is a fitting tribute to Dadiji who served the humankind as an epitome of humility, simplicity, selflessness and human excellence. By imbibing her values, ideals and noble deeds in our lives, we can offer a real tribute to her.

Rajyogi B.K. Brijmohan, Addl. Secretary General of Brahma Kumaris, said that Dadiji was not only truthful, lovable, honest and transparent to the core, but was equally a tireless, egoless and selfless server of human society.

HONOURING RAKSHA BANDHAN

For nearly a month our revered Brahma Kumaris Teachers and B.K. Sisters from different parts of Bharat and Nepal have been visiting Madhuban campuses, and bringing with themselves joyous Raksha Bandhan greetings in advance. They tied Rakhis around us brothers' wrists with great enthusiasm, and shared precious good wishes.

Additionally, very beautiful inspirational messages have been received from Brahma

Kumaris Sisters who coordinate Godly Spiritual service in all corners of Bharat and the globe, some of which we would like to share with our Readers to give you a fragrance of the spiritual love that binds the Brahma Kumaris family together:

"This bond of Rakhi stimulates and evokes in us a deep feeling of large-heartedness, and the nature of caring, giving and forgiving, thereby bringing more meaning to our life".

– **Hyderabad**

"May this love remain constant, May the bond of relationships be strong, May there never be any distance between us, And may the joys of Rakhi be complete!"

– **Jaipur**

"Raksha Bandhan: the symbol of the sustenance of Godly love has come to decorate your wrist today with great love..."

– **Tinsukia**

"In the remembrance of the Divine, let us share the donation of peace through our mind to all the peaceless souls of the world. This would be the spiritual way of celebrating Raksha Bandhan..."

– **Junagadh, Gujrat**

"Rakhi symbolizes the special bond we share with God, through which we realize the vision He has for us as spiritual beings of light."

– **Mumbai**

"May this Rakhi enable each of us to become immovable and unshakeable, stable and carefree in the awareness of being an instrument."

– **London**

I am overwhelmed with the sweet, pure feelings expressed through the spirit of Raksha Bandhan, and I reciprocate the same in million-fold for the welfare of my dear, dear, dear divine sisters and brothers in all parts of Bharat and the world.

– **B.K. Nirwair**

A TRUE RULER

FIRST LEARNS TO RULE HIMSELF

Recognize I alone am responsible for my thoughts and feelings. Our destiny is always in our own hands.

A weakness exists in the heart of our education system. *It is where the skills and abilities of self-management should be.* No one teaches us how to manage ourselves, how to govern ourselves, our thoughts, feelings, attitudes and behaviour, so we find it hard to manage relationships, roles, responsibilities and resources.

To understand how to manage the self, we must recognize the difference between what is original and true in us and what is acquired and false. We experience hope when aware of our original goodness. Without the hope and zeal to do something good in our lives, we are just moving along as the world dictates, and have lost this original goodness deeply embedded within. When I connect to God and hold Him in my awareness, I draw that original truth and powerful pure energy back into myself.

“Keep your face towards the Sun, (the Light of God), and you won’t be bothered by shadows.” – Dadi Janki. Connecting to this pure source of Goodness, I realize the flood of critical, wasteful and negative thoughts does not belong to me; it has been acquired and robs me of my hope and energy. I resolve to put a full stop to them.

Everything, which means everything in our life, begins with our thoughts. When we learn to manage our mind, we keep our thoughts simple and use our time well. Recognize *I alone am responsible for my thoughts and feelings.* Our destiny is always in our own hands. When thoughts are simple, not complicated, we live a



B.K. Chirya Risely, USA

simple life and become a sample for others. Simple means to consciously choose the quality of our thoughts – accentuate the positive, eliminate the negative and clean up the waste. When we get the inside right the outside will fall into place. Talk to yourself first in silence and then to others through words. Once we know about good mental conduct, we perform good actions rather than talk excessively and not do what we say.

Self-management means to enjoy the ability to influence, encourage and empower another to change by always starting with acceptance. We like to put up a fight against anything we dislike on the evening news as we spectate the world. **We all find occasion to find fault and criticize, to reject and resist another person. But we forget by resisting mentally or physically, we empower what or who we are resisting. We don't realize we are losing our own power and peace.** Holding a grudge does not make us strong; it makes us bitter. Forgiving doesn't make us weak; it sets us free.

Managing my mind means to look to myself first rather than blaming others and situations. With acceptance and love, not regret or revenge, the situation dilutes, transforms or evaporates! **Acceptance with a smile does not mean everything is perfect. It means our state of mind is perfect and success is guaranteed!** ■ ■

THE LORD IS CREATING A WORLD OF BLISS AND BEAUTY WITH THOUGHT POWER

The world was a beautiful place during golden and silver ages and then the slow fall was seen over copper and iron ages. The heavenly life has fallen to an abysmal labyrinth condition under the burden of the misdeeds committed by all of us.



Everything in the world starts with a thought. Many people have written the importance and power of thoughts over the years. The creations made by innumerable people in the world are short living, creating some comforts, conveniences necessary for the present which could not retain or sustain its entity and existence for a longer period. Subsequently, a new version will appear which will have its existence for some time. Nothing could remain intact without additions, alterations, conversions and distortions. Any kind of creation has its origin in the mind.

Specific and distinct elucidation of Mind and Thoughts by the Lord.

The mind is the thinking faculty of the soul. It generates thoughts and can be visualised. A thought has energy. This energy in its original form is pure and powerful. Every thought in its



B.K. B. K. Surendran, Bengaluru

natural nature is positive, pure, powerful and elevated. If we have a thought of peace, this thought will carry the peaceful vibrations in our surroundings. Similar is the case with any kind of goodness means, we can pack a thought with a feeling of love, affection, comradeship, hope, aspirations, inspirations, self-confidence, courage, bliss, power and so on and spread to the world. Those who come under the current of these thoughts will experience love, affection etc. **A thought can be given as an affection to a person or an infection to a person. This statement makes it very clear that our thoughts spread its vibrations as a solace or malice.** And it is picked up by similar thoughts and the soul concerned will undergo stress or solace. The Lord has categorically taught us that knowledge is a thought, virtue is a thought, power is a thought, goodness is a thought.

These four significant thought packs are closely related to the soul. If these four plus points are safely integrated to the self and actively used then there emerges the fastest phase in its spreading spree to the world.

The obstacles

As the world has been flooded with vicious, wasteful, negative and toxic thoughts, these thoughts are spreading very fast in the world. The vibrations of these thoughts, influence weak souls who are very easily susceptible to its force. A majority of the souls in the world are succumbed to the influence of these unfavourable thought vibrations because they are drowned in the quagmire of vices. This world has two atmosphere- one is the physical atmosphere which consists of water particles, dust particles, sound and fury and the other atmosphere consists of the thought vibrations of the people living in the world. Except a microscopic minority, all others are actively emanating negative, waste, vicious and animus thoughts which are being spread in the world. In the midst of this kind of thought currents, if anybody wants to be positive, he cannot succeed. In spite of his best efforts, he becomes a victim of this mental vibration. **Thought attacks, heart attacks, brain attacks have become very common among the population.** They are reeling under the unseen force of the venomous thought currents. It is experienced that if in a group of thousand people, 10 are actively spreading positive thought vibrations, these thought vibrations can overlay the negative thought vibrations. Those who are celibates and yogis, have the yoga power to sweep away the negative, waste, vicious and toxic thought vibrations very fast.

God is spearheading the creative process of New World of Bliss and Beauty.

The Lord is teaching humankind for more than 8 decades. In His Sermons, He has been emphatic, categorical and truthfully forcefully revealing that One World was existing at the beginning of this Time Cycle of 5000 years and that world has disintegrated into many divisions resulting into very dismal condition of miseries and sorrows. The world was a beautiful place during golden and silver ages and then the slow fall was seen over copper and iron ages. The heavenly life has fallen to an abysmal labyrinth condition under the burden of the misdeeds committed by all of us. Hence, He wants us to put the clock back to its original place. In this background He has been guiding us with the power of knowledge and Yoga, reiterating that nobody can become the Emperor of this world with the power of sword and gun. It means it could be done only with the power of peace. The power of peace is the power of yoga. This can be secured with the love full remembrance of the Lord – this is the power of yoga. **The power of yoga and knowledge originate from the Lord only.**

The Five Elements

He has made it clear that all the souls are His children. In order to redeem the souls, from the forces of 5 elements and 5 vices, He wants all of us to remember Him constantly so that we will be enriched with His powers. The foundation of worldly life is the 5 elements such as ether, air, fire, water, and earth. The role played by these elements cannot be

given a proper configuration because even our body is made up of these elements, it can take any shape. It is a wonder or the wonder of wonders in the world. The souls sustain life based on these elements. In the process these elements slowly lose its original qualities and in some cases the souls exploit, misuse and abuse these elements then they start working against the interest of the souls. This is the reason why the Rain, the Sun, the Air, Fire and Earth are not friendly with the souls, they work against us. We could not maintain the rhythm and synergy with nature by maintaining self-discipline. They also now require power to empower them. This power is also to be drawn from the Lord through His constant love full remembrance. That means the **Nature** (the sky, air, fire, water, and earth) should also be purified and empowered so that they will start being friendly with us.

The 5 vices (shortcomings of the soul)

The souls have lost their power of knowledge, peace, love, purity, bliss, happiness and power to a great extent. The shortcoming in the soul is called vices or illusions. The result is that the souls have become a victim of 5 vices – sex or lust, anger, greed, attachment and ego. In this context, we require the power of knowledge and yoga from the Lord. We must constantly remember Him with love and reverence to enrich spiritual power, so that we can conquer the assault of these vices. This can be done through the power of thoughts – knowledge and yoga power. Our Supreme Teacher teaches us that sex or lust should be converted into good

wishes and pure feelings, Anger into spiritual goodness, Greed into an attitude of disinterest, Attachment into the form of love, Body consciousness into the form of self-respect so that we can conquer the illusions and the world. Along with this, the mind, intellect, *sanskar* and sense organs (*indriyas*) will also come under our control in a natural way.

Now we can understand that the important part played by the mental energy--thought energy -- in polluting the world, also in purifying the world – all its forces. **Our thoughts combined with the constant remembrance of the Lord creates a world of peace and plenty, bliss and beauty.** This process is picking up momentum, consequently a world of El-Dorado which was really existing is going to re-emerge with the active guidance and support of the Almighty. We are all immortal spiritual light and might - unseen minute point of light, when entered in a human body which is made of 5 elements, start operating life activities through the faculties of mind, intellect and latencies.

Ultimately it is clear before us that the power of yoga is the power of peace that is pure thought energy. When this energy is drawn from the Lord through yoga by a mass of people – souls, it becomes a Master Mind Alliance, with its transformational power; naturally the 5 elements on the one hand and the souls regain their original strength similar to the level of the beginning of the golden age shedding all kinds of shortcomings. It raises itself to the perfection level. Consequently, a world of peace and plenty, bliss and beauty will emerge. ■■

TEACHERS: THE ROLE MODELS OF STUDENTS

Teachers do the work of nation-building by building the future of their citizens. Demonstrating patience, positivity, fairness, and good behaviour as a teacher is a great way to be a role model for students.



When we think of our school or higher education, there is always one or more of our favourite teachers who stand out as an exceptional source of encouragement and inspiration. They might

have been college professors who encouraged us to explore our career field and strive for excellence, or they might have been elementary school teachers whose simple acts of kindness and care made a positive difference in our childhoods and made us feel special.

We frequently think back on the teachers who encouraged us, believed in us, and gave us the wisdom we needed to succeed. They are the ones who taught us to solve any problem with hard work and confidence and who gave us courage during the most hopeless times in life. They taught us how to work hard without giving up and to always keep our goals in mind, turning even our defeat into a lesson.

The Importance of Being a Good Teacher

Teachers do the work of nation-building by building the future of their citizens. Teachers not only teach us, but they also improve our



B.K. Prof. Onkar Chand,
Associate Editor, Shantivan

personality, confidence and skill level. They make us capable enough to face any difficulties and troubles. To do well in life, they inspire us to make every impossible task possible. They help us in many ways to achieve success and mould our lives into the right shape. Teachers have a greater role in our lives than even parents because they turn us towards success.

Teachers are the real potters in the lives of students, who not only shape their minds but also make them capable enough to keep burning like a light even when there is darkness all over the world. They are like that background music in one's life, whose presence is not visible on the stage, but whose existence brings life to the play. September 5 is celebrated as Teachers' Day in India, which is the birthday of Dr. S. Radhakrishnan, the first Vice President and second President of India and a great teacher. This day has been dedicated to marking the greatness of the teaching profession along with the contribution of our teachers to the development of the country and society.

Teaching is the noblest work and one of the toughest jobs in the world. Since every student is different from the others and has his own potential, this task becomes even more difficult. A good teacher always takes into account the

interests of his students, recognizes their abilities, and teaches them to polish their skills.

What Makes an Inspiring and Effective Teacher?

Being a teacher is a very special gift, and those who have this gift make a positive, lasting impression on the lives of their students. Some qualities of a good teacher include strong communication skills, strong knowledge, solid education, lifelong love for learning, patience, adaptability, etc. A great teacher is warm, accessible, approachable, enthusiastic, disciplined, passionate, an active listener and caring.

In seeking to become a great and popular teacher, we should also look to build and hone the following seven personality traits and characteristics:

Admire and compliment the students

The power of a "small pat on the back" goes a very long way. The lack of acknowledgement leads students to feel unimportant, unappreciated, and unworthy. So, teachers need to be rewarding and have to acknowledge the efforts of their students. When teachers say "well done", "good job" etc., and reward students with a good word of encouragement, it motivates them to do better.

Appreciation is one of the most influential tools a teacher can use. Praising students publicly generates positive energy in the classroom. Teachers who use praise regularly tend to have better relationships with their students. A teacher can complement the students by saying such positive words: You can do it, good work, well done, you're really working hard, super, you are doing a good job, great, I knew you could do it, congratulations, keep up the good work, excellent, perfect, outstanding,

fantastic, superb, good attempt, etc.

Never criticise the students

The students are bound to make errors and silly mistakes. The teachers must not get angry at them as it can hurt their egos. Criticism damages perception and creativity, saps away belief and confidence in children, and negatively impacts them in a way that causes them to doubt their identity and capability. When children get criticized in a way that makes them feel worthless, they might end up feeling unloved, and as a result, they might start to look for love elsewhere in the wrong things. Many addicts, controlling people, and narcissists are adults who were deprived of love when they were children.

When a child gets told that he is lazy, dumb, or stupid everyday many times he tends to believe these words and consider them facts. Later on, when that child grows up, he might unconsciously try to prove the beliefs he learned earlier. That child might fail to study or concentrate just because his subconscious mind wants to prove that he is a loser. If a child is always told that he is stupid, then he may believe it. These new beliefs affect the child's self-confidence and make him think that he is not that worthy. Criticism might lead to the development of emotional wounds and affect their mental health.

Therefore, it is suggested that the teachers complement the students before criticizing them. It will help the students to receive the suggestions and corrections positively. A good teacher will inspire the students to overcome their flaws or defects and convert them into strengths. It's good when teachers criticize privately and praise publicly. Give respect, and never humiliate a student in front of the class. Make sure you speak to them with a positive tone and give them words of affirmation.

Be a role model

Students are very sharp observers, and they will know if you practice what you preach. As a teacher, you have to be a role model and inspire your students. Students look up to their teachers, and honesty is one of the important qualities that students need. Honesty comes along with qualities such as truthfulness, punctuality, responsibility, courage, and reliability. Being on time and sticking to schedules and timetables are among the most needed qualities. Students learn from you, and in order to instil a sense of punctuality in them, you have to live by it. This quality reflects your responsibility and commitment to your profession. Demonstrating patience, fairness, and good behaviour as a teacher is a great way to be a role model for students.

Practice empathy

One of the most important good qualities of a teacher is empathy. Empathy is the ability to understand what another person is feeling; simply putting yourself in that person's shoes. For instance, it's natural for a teacher to get angry if despite his efforts, the kid is not performing well. However, teachers should make efforts to understand and address the root issue that's causing a student to fall behind their peers, and perform more poorly than they used to. As a teacher, he needs to put himself in their situation and think like a student in order to understand him.

Be passionate for lifelong learning

Education is a lifelong journey. The learning never stops. There are always new things to discover, new ways to improve ourselves, and new challenges to face. Teaching and learning go hand in hand. Therefore, the best educators aren't just interested in teaching; they also have a passion and love for lifelong learning. They constantly renew themselves as professionals.

They have a passion for learning new teaching strategies or incorporating new technologies into lessons. A great teacher should be able to look at him objectively and see where he can improve. That can be in teaching methods, subject matter, or people skills.

Always be positive

Students would frequently feel depressed and down. Students perform better when teachers exhibit a consistently optimistic attitude in class. A positive attitude and a positive relationship between students and teachers are the most important things needed to ensure effective learning. Positive teachers find honest ways to recognize and admire students, never give up on even the most challenging students, and care about them as individuals. Such teachers also have a practice of communicating regularly with students about their progress and any challenges they may be facing, but always manage to do so in a way that uplifts and doesn't break down, which results in a strong bond of trust between teacher and student.

Lead a stress-free life

Nearly every day, stressful situations arise for teachers. To serve as good role models for their students, they need to keep them cool. Outbursts could be disheartening or even frightening for students, leading them to lose interest in learning. Additionally, it might cause students to lose respect for you, which can negatively affect your classroom. Being a great teacher means being able to manage your stress. Rajyoga meditation, taught by Brahma Kumaris, is a very strong tool that helps us manage our stress and live a peaceful, purposeful, and blissful life. Esteemed readers may contact any nearby BK service centre to learn and practice Rajyoga meditation. ■ ■

SPEAK SOFTLY, SWEETLY AND ACCURATELY

Keep Shiva Baba in front of you at each moment. Keep your mind with Him and as you leave the body, He should be standing in front of you. Keep God in front of you, and you will become more like God.

Shiva Baba has given us support from childhood. He entered in the body-chariot of Brahma and the lovely moments of life began. In the beginning, there were just a few hundred and now see, there are hundreds of thousands of Baba's children. Brahma Baba was a jeweller. His face was always sparkling. With Shiva Baba's remembrance, he became viceless, egoless, and incorporeal.

Shiva Baba is with us and we are with Him. Wherever Baba is there, His children are there too and wherever Baba's children are, He is also present. Before I speak, I remember Baba. This is my personal loveful feeling (*Bhawna*) for Him. All we have to remember: 'Who I am and who is mine'. When we say that Baba is ours, we touch our own hearts. We have an agent in-between, who has enabled us to see God.

God has shown mercy on us and, thus, we have received infinite happiness. By belonging to Baba, we receive infinite happiness. No one should be visible to me and I should not be visible to anyone. Do you still look here and there? We have to take care of ourselves. To take care of ourselves is our own work. **Day and night we should have this remembrance: 'Who am I and who is mine?'** Being hand in hand with Baba gives a lot of happiness. If you want to become an angel, lift your feet above the ground. Be aware of who you are and fly higher up.

Baba is *satchitanand*—the Truth, the Living and



the Blissful One.

He will take us to the Golden Age very soon. Maintain your zeal and enthusiasm. **Never speak with a loud voice. Never raise your voice even by mistake. We have to speak slowly, sweetly and accurately.** Let there be truth in your efforts. Let us live in unity with one another.

Keep God in Front of You

Keep Baba in front of you at each moment. Keep your mind with Him and as you leave the body, He should be standing in front of you.

Do you know how to create a powerful atmosphere? You have to have faith and create good vibrations. No matter what type of soul comes in front of you, have such faith and such good wishes inside that he or she is filled with humility in your presence.

There is a connection between attitude and awareness. Now is the time that we must make spiritual effort to remain in the awareness of God. Then our attitude will be filled with mercy and feelings of benevolence for others. The influence of others should not touch you; your attention should not go towards them. Check to see who is in your awareness. Give others an experience by maintaining an awareness of God when you are with them. People will forget words, but they won't forget the experience.

Keep God in front of you, and you will become more like God. This is my feeling (*Bhawna*), my good wishes for you. ■ ■

NATURAL LAWS VS SPIRITUAL LAWS

Shiva Baba has reminded us that you are originally a divine, pure and powerful soul. All you need is to discard negative and wasteful thoughts to recharge and regain your powerful soulful state.



Out of the innumerable wise concepts from time immemorial about spirituality, one concept which aptly describes spirituality and which derives universal acceptance is the concept of spirit. From

ancient *Rishis* to modern Rationalists; one agreeable point has emerged that immortal spirit resides in the mortal body. The mortal body is made up of "*Panch Mahabhutas*"; Earth (*Prithvi*), Water (*Jal*), Air (*Vayu*), Fire (*Tejas*), Ether (*Aakash*).

We all are well aware that our body is susceptible to be affected, if we ingest any impurity in the form of any of these five elements. The intake of impurities creates negative impact on our mortal physical body and thus we underperform physically. For example, if we drink impure water then we are likely to fall sick and we will not be able to perform optimally. This mortal physical body's performance is thus dependent on the quality of these five physical elements through which it is made up of.

But it is ironical that we had forgotten the immortal spirit, the driver, which is performing through this mortal body and trying to help it



B.K. Ram Pravesh Prasad, Durgapur

perform optimally. Rajyogi BK Brij Mohan opined, "*We normally identify ourselves with our gross body, the way we look, our gender, race, religion and caste. None of these identifies the soul, which is a spiritual being, not a physical thing*". This driver, spirit or soul is a pure conscientious energy or *pranic energy*. The energy of the soul too diminishes while driving the physical body and needs routine recharging. The foundational question – "How the energy or power of the conscientious soul diminishes and how it could be recharged"?

When the soul interacts with other souls or situations, through body, it accumulates or imbibes negativities and becomes negatively charged and the power of the soul diminishes. The soul then suffers unhappiness. To understand it better let's recollect the basic atomic science which is ceaselessly followed by all natural elements. The basic physics has long back established indisputably that atoms are the basic building blocks of all physical elements including all "*Panch Mahabhutas*". These atoms, invisible through naked eyes become positively charged, when it loses electrons (electrons are negatively charged particle).

On the contrary when atoms acquire or gain

electrons, they become negatively charged. All physical elements invariably display such characteristics and so does the metaphysical soul. The spiritual law clarifies that metaphysical soul when acquires negativity or waste thoughts, (thoughts primarily related to five vices i.e., Lust, Anger, Greed, Attachment and Ego), it becomes negatively charged. To reinforce this point, we must remember that these negativities are akin to negative electrons which when acquired by an atom, becomes negatively charged. The negatively charged electrons in physical entities are reminder of the E-L-E-C-T-R-O-N for metaphysical soul i.e., Ego-Lust-Envy-Criticism-Traitorous-Revengeful-Offensive-Narrow mindedness. The million-dollar point for recharging the soul power has been very clearly and lucidly conveyed by ever-powerful (whose power never diminishes because he never adorns physical body) Supreme Soul Shiva- "To be a powerful soul means to finish all waste"

(Sakar Murli 08.10.1994).

It reminds us the age-old wisdom of the great Sculptor, when he politely refused to accept the reward offered by a King for the creation of a wonderful divine deity from an ordinary piece of Stone. When asked by the King for the reason of refusal, the Sculptor humbly said - "The divinity was already there in the stone; I merely removed the waste flakes from the stone. If anyone truly deserves the reward for then He is none other than God, the creator. I thus don't feel worthy of this reward."

Shiva Baba has reminded us that you are originally a divine, pure and powerful soul. All you need is to discard negative and wasteful thoughts to recharge and regain your powerful soulful state. The ever-powerful Baba has inspired in very simple words, "*The powerful souls will finish off the wasteful thoughts in a second and transform them into powerful thoughts*" (Avyakt Murli; 17.12.1984). ■ ■

LAUGHTER: THE BEST MEDICINE

- ◆ Banta said to Santa, "I have invented a new kind of computer that behaves like a human being."
"In what way?" asked Santa.
"Whenever it makes a mistake," replied Banta, "it blames other computers."
- ◆ A girl was yelling in the Church after the Chapel: "Oh God! Please make Moscow the Capital of China!"
The priest inquired: "Why must you pray so, my child?"
Girl: "That's what I've written in my answer sheet in the examination!"
- ◆ Lady: My husband just swallowed an Aspirin by mistake, what shall I do?
Dr: "Give him a headache now, why waste medicine!"



LANGUAGE OF MIND

B.K. Sarika, Nalasopara, Vasai, MH

**Wandering in A Forest
Thoughtlessly...,
Mind is like a Wind Running
Doubtlessly...,**

**Mind is Wider Than Sky...,
So Logical Brain has to keep an
Eye...,**

**Mind is Deeper than Sea...,
Intellect Dives Down to Catch the
Instinct Flee...,**

**Mind is Brighter than Sun...,
The Spark of Knowledge
Reinforces to Run...,**

**Mind is Like A Dense Tree...,
Each Thought...A Seed, is Either
Gloom or Glee...,**

**Mind has many Languages...,
Each Language has its Own
Carriage...,**

**Language of Mind..is only
Known by the Soul...,
Life has many Episodes...**



**It's Me to Myself ..who can very
well Console...,**

**In the Midst of Chaos...,
Let Mind Be My Own Boss...,**

**Cause Mind is in Eer
Traffic..unable to Cross...,
If You Become the Leader..You
Win Your Toss...**

**Silence Is A Beautiful Speech Of
Mind...,
A Natural Soul Power ...Where
Serenity is Designed...,**

**So,
Discover The Language Of
Mind...
Race Ahead..And Leave The
World Behind.... ■ ■**

WORLD IS IN THE CROSS ROAD AND ITS SOLUTION

Problems are there, uncertainties are rising and complexities are increasing, but a patient approach can solve everything. Remaining happy, motivated, and enthusiastic are keys to the solution.

Dr. Shiba Prasad, Ahmedabad



Dilemma in front of the developed countries, economic supremacy is over. Technological supremacy is already threatened by the technological development of China. Climatic disorder can be sensed because of excessive heat wave, flooding, and pollution. Temperature of various parts of the world is rising and ice of Antarctica is melting down. Threats to human existence is obvious. But what about our preparation for such worst situation? Various parts of the US, is experiencing 51degree centigrade, several parts of the Europe are burning due to excessive temperature. Many parts of the world are witnessing economic slowdown, sluggish in demand, and excessive input cost of materials. As a result, unemployment among youth is rising. **Certain steps can safeguard your life:**

▶ **1. Be economic in thoughts and money:**

Situation will force you to think, limitless, uncontrolled, and surplus thoughts will drain out your energy. Be a miser in your thought, think less, positive, and as per the

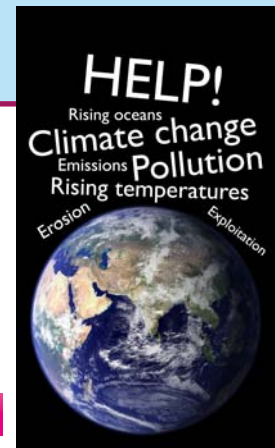
need. Slow down the thinking process.

Spend on necessary things, be economical with money, excessive and expensive purchases attract the attention of others, spending for the self is also necessary but excessive expenditure on the self, means I am not sensitive for others and of future. Financial saving can safeguard your future and help in giving back to the world.

▶ **2. Be empathetic and cooperative:** Be empathetic and sensitive to the problems of others. Problems are rising. Your simple and sincere life can build a trust and reliability. Caring and sharing is the solution. Surplus income and wealth can be shared and donated. Donation makes one benevolent and merciful.

▶ **3. Be motivated, enthusiastic and patient:** Remaining motivated and enthusiastic is the solution of many problems. Problems are there, uncertainties are rising and complexities are increasing, but a patient approach can solve everything. And in certain things one must compromise and remain tolerant. Remaining happy, motivated, and enthusiastic are keys to the solution. Remain dutiful and daring.

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September 21, 2023

INTERNATIONAL DAY OF PEACE

Let's remain in the awareness of our original quality of peace and remain connected to God, the Ocean of Peace.



September 21 is celebrated throughout the world as International Day of Peace (IDP). Peace is the gap between two thoughts; hence, the slower our thoughts the greater the experience of peace. Our thoughts are fast when they're waste or negative, while pure and elevated thoughts are very slow in nature.

Hence, in simple terms, **the key to increase our experience of peace throughout the day is to do the following:**

- ▶ Increase the number of high-quality thoughts
- ▶ Reduce the number of low-quality (i.e., waste and negative) thoughts

Role of Spiritual Knowledge

Spiritual Knowledge helps us to increase positive thoughts by reminding us of subtle elevated truths. Introspecting on different points of knowledge helps us to multiply the positive information by adding new perspectives, view-points and angles to the knowledge. This is called churning of knowledge to create the butter of spiritual power. Churning of knowledge is not simply



B.K. Viral, Borivali, Mumbai

repeating what you have read but creating a movement of the knowledge inside the room of your mind and, then finally, implementing it in life. Such an exercise, when done over many days, creates soul power and strengthens our mind. In fact, it makes us extremely positive and free from negative and unnecessary thoughts that waste our mental energy when we indulged in them repeatedly.

While interacting with others, we need to remember the following points:

- ✦ They're pure, divine souls.
- ✦ They're children of One and the Same Supreme Father; hence, we are spiritual brothers.
- ✦ We should look at their virtues and specialities.

Remember the following elevated self-respect points to remain in self-awareness while working:

- ✦ I'm a unique soul with many specialities.
- ✦ I'm God's special child. God and all His powers are with me; success is my birth right.
- ✦ I'm a victorious jewel.

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If you merge yourself in God, He will do the task of thinking for you.

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✦ I'm the hero actor of this world drama.

✦ I'm a divine soul.

In relationships, we should remember that others are souls, who have been on a long journey, having different experiences; and, hence created different *sanskars*. Hence:

✦ They're not wrong but right from their own perspectives.

✦ They've a reason for what they're doing.

✦ It's not their fault.

✦ They must have had a difficult day.

✦ They're not actually saying to us, but just reflecting their inner disturbed state of mind.

✦ Let me send thoughts of peace to them.

✦ Happiness is my internal creation and choice; hence, I have the power to remain stable and happy irrespective of situations and people.

Role of Rajyoga Meditation

Rajyoga meditation is the process of creating elevated thoughts. Positive thoughts emerge when we realise who we are and who we belong to. With that realisation and awareness, negative and waste thoughts finish. **We can create the following thoughts in meditation for a powerful experience of peace:**

'I am a peaceful being', 'I am a pure soul', 'I am the energy using this body', 'I am the master of this body', 'I see through the eyes', etc. Along with this, we visualise ourselves as a very tiny sparkling point of light in the centre of the forehead. 'Like me, God is also a point

of light', 'He is the Ocean of Peace', 'His loving and powerful vibrations of peace are reaching me', 'I am full of God's peace', 'God's power is with me, all my tasks have become easy. Even if challenges come, God's powers will help me cross them with stability.' 'I give all my burdens to God and become very light.'

Benefits of Peace

Hence, today, let's aim to be peaceful the whole day. **Being peaceful not only makes us feel very comfortable, but also helps us to do the following:**

- To radiate good vibrations to the body, keeping it healthier. Peace makes the body organs work more efficiently and helps to improve sleep.
- To create a peaceful environment around, benefiting all.
- To improve significantly our focus/ concentration resulting in improved work efficiency, intuitive ability, creativity, job satisfaction, etc.
- To provide greater space to understand, accept and accommodate others, thereby improving relationships.
- To inspire others to work in a peaceful way, thereby creating a wave of transformation.

Hence, in essence, let's remain in the awareness of our original quality of peace and remain connected to God, the Ocean of Peace. This keeps us full of the experience of peace, thereby making us instrumental in bringing the Land of Peace, the illustrious time of the Golden Age once again. ■ ■

HIGHEST AND RICHEST

B.K. Andrew, Romford, England

Soul consciousness is a new awareness
Pure feelings within removes all distress

Being in touch again with our true innate nature
"Highest and richest," a return to our true stature

Wealth and position is a temporary fixture
Be gone tomorrow. Quick, take a picture

The soul, a subtle point of power, virtuous being
Behind all that's physical, believing is seeing

For once it's known it becomes very clear
Immortal and eternal is a presence that dwells without fear

For that's who we are, a brilliant star
Using the body like a motor car

The body, the label and vehicle for the spirit
Made happiness and love last barely a minute

Vulnerable and volatile, the soul became
Soul consciousness alone changes the game

Highest, richest, is an internal state
To always feel special back on our plate

These commodities cannot be found outside
Only inside is where they reside

Awareness of what's perishable removed all that's imperishable
The treasures of virtues became invisible

The yogi accumulates fortune in each second
The point of power in every millisecond

Wasteful words came to an end
The soul became its own best friend

Self realisation is why we're here
Everything else created fear

"Highest and richest" hid itself away
Pretending to be the props in our play

Self realisation, when gradually unfurled
An eternal happiness that can never be burned

Cannot be stolen and its novelty doesn't wear off
Don't hold so much interest in worldly stuff. ■ ■



Art of Civing

In a world where all relationships have accounts of happiness and sorrow, the greatest lesson to be learnt about being happy is:
"Give happiness and Take happiness, don't give sorrow and take sorrow".

Sept. 2023

Mitigate your desires, if you wish to invite joys and pleasures.

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FIVE BEAUTIFUL SPECIALTIES OF GOD



God is the one who is beyond birth and rebirth, joy and sorrow, action and the fruit of action. He is the One constant Supreme Soul, always staying in the soul world, ever pure, blissful, Knowledgeful and powerful and always soul conscious, sweet and the most humble Supreme Parent of all souls of the

world.

- 1. The One Whom Everyone Sees as God:** In India, people worship a large number of deities or “*Devi*” and “*Devtas*”. Outside India, different religious heads are worshipped with great respect. But God is the One bodiless Supreme Being of Spiritual Light, the One Ocean of all qualities which remain constant always. He is known in different religions as God, Ishwar, Bhagwan, Allah etc.
- 2. The Highest of Highest:** God is the Supreme Father, Supreme Teacher and Supreme Guru of The World. He does not take sustenance from any other soul. In fact, He is the Supreme One whom everyone looks up to for sustenance. He fills all the souls of the world with His wisdom, qualities and powers and even purifies the 5 elements of nature.
- 3. Beyond the Dualities of The World:**

- 4. The Ocean of Wisdom Who Knows Everything:** God possesses the wisdom of the soul, Himself and the complete details of the World Drama and how it is cyclic in nature. He also knows the secrets of every life situation and how to resolve it. Everyone looks up to Him in times of sorrow for divine help. He possesses the most pure and supreme intellect.
- 5. The Giver of Goodness and Who Does Not Take:** God is the One who never takes or expects to take anything from anyone. He is the constant donor and giver of everything good - both physical and non-physical. By remembering Him, not only do we fulfil ourselves internally but we also achieve success in the world and get everything good on a physical level. ■ ■

GOD KNOWS THE THINGS WHAT WE DO NOT KNOW

No one knows the future of the present world because they do not have any knowledge either about the cyclical time span of a 5000-years-old *Kalpa* or the geographical, historical and cultural revolution automatically happening in 4 Ages, each containing equal 1250 years, one after one.



The whole human life is an experience through different incidents packed in moments of different slots. A Danish philosopher, Soren Kierkegaard, once told that '**Life is not a problem to be solved, life is a reality to be experienced.**' Throughout life, we go through a series of experiences while passing practical situations in life, as the souls continue living through many births in different families and then death after a certain period in equal numbers. In each birth, a soul experiences both good and bad things, positive and negative feelings and as per his own energy exchange through action and reaction, karmic account is created or updated. In each life, a separate balance sheet is prepared with the help of both good or bad karmas, some being brought forward as opening balance in the beginning of a life and then retaining some closing balance at the end. Thus, a cumulative effect of karmic



B.K. Dr. Swapan Rudra, Durgapur

account is being reflected in each and every life. We carry lives, but do not have sufficient knowledge of dos and don'ts. Many times, we think that we are doing the right thing, but later it is proved wrong. So, judging wrong or right does not always give the fruitful result. **As per the eternal world drama, all happenings are valuable; past action is good, present is better and future is the best.** In no way, the drama may be termed as false, rather it is always true because it has been knitted in a particular order and exact repetition of the same occurs in every *Kalpa* cycle.

At present, the whole humanity is suffering due to a lot of problems happening all around, like ethnic clashes and war in Europe, war-like situation in north-east Asia, conflicts in middle-east Asia, financial crisis and political chaos in Sri Lanka, political turbulence in Pakistan and Afghanistan, Hindu-Muslim riot situation and civil war in some parts of Bangladesh and India etc. We are constantly witnessing a lot of adverse situations and people of all the affected countries are continuously suffering even for the cause of food, shelter and security. Many are being physically injured, mentally devastated and many are leaving their bodies. But still, after observation of all such things, the surviving

people could not blame others because, in the present world, no one is under anyone's control. We generally do not consider natural calamities like earthquake, flood, cyclone, hurricane, tornado, tsunami etc as abnormal as they are not due to direct actions of man. **Man does not know many things, but he pretends to know everything and hence he cannot understand the happenings, natural or unnatural, in front of him.** Rather he always argues in every point in each incident and most of the time, he tries to solve the problems artificially as per his own level in limited thought pattern. In most cases he faces defeat, but thinks he is a winner. The same thing is happening in the most devastating more than year-long war between Russia and Ukraine where Russia unilaterally started trespassing and attacking Ukraine in a forceful manner, may be due to balancing some past karmic accounts. The UN countries have already been divided into two corners and few have taken neutral status. Diplomacy has been continuing among NATO, UNSC and QUAD countries, but no solution has come so far. Entire Ukraine has almost been demolished in front of the eyes of the global population, but Russia is still in its own way. There have been many discussions, exchange of ideas, altercations, arguments etc, but no result has come, rather by this time a country named Ukraine is going to be topographically ruined, demographically collapsed and psychologically misbalanced.

Everything starts at a point and then continues to happen for some days, months or years. During the last 150 years, human society has observed a lot of things including two big world wars where axis power and allied powers have been changed in time as per their preferred binding force, but no solution has come out.

Rather, chaos and crisis have been increasing day by day despite so many conferences, meetings, gatherings in different international forums including UNO, UNSC, UNESCO, UNICEF etc which covers almost all the countries of the globe. **We know that degradation comes automatically in course of time within a period of 2500 years primarily due to entry of vices within the human souls; but during the last 150 years, the vices have reached its maximum level reflecting in a number of ways.** Within the last two hundred years, there has been many-fold increase of human population from 1 billion in 1804 (as per UN estimates) to nearly 8 billion right now. The irony is that people want population reduction, they think about this and adopt different measures, but in true sense, it has never been checked. The environmental matter is also same where different types of pollutions are increasing day by day instead of regular environmental seminars at IPCC and COPS. **That proverb is going to be very true that man proposes and God disposes which means that God has other plans what people do not know.** That is why, we can say that God knows the things what we do not know. God has started giving the true knowledge of history and geography of the world to the humanity through Prajapita Brahma since 1936 to change the world order taking a complete U-turn. No one knows the future of the present world because they do not have any knowledge either about the cyclical time span of a 5000-year-old *Kalpa* or the geographical, historical and cultural revolution automatically happening in 4 Ages, each containing equal 1250 years, one after one. One era goes, another one comes and we generally forget the past happenings. We have

no trace in our memory about the Golden and Silver Age comprising a period of 2500 years because deity civilization was totally lost due to devastating flood and earthquake at the end of *Treta* as revealed by God. Only the 2500-year-old history is with us and that also in an exaggerated and haphazard manner. Shiv Baba clarifies in His Murlis that after the end of Silver Age, the era of King Vikramaditya started. The Islam and Buddha religion started little later. In the Copper Age, there was actually no one without sorrow. Shiv Baba reiterates that if we understand the history and geography, we must understand the era and that also not from any books and scriptures of the present world. Indus Valley Civilization including the places of Harappa, Mohenjo-Daro, Kalibangan, Lothal, Kambay etc spread over north-west India is the oldest one and then some other civilizations like Mesopotamian, Egyptian, Mayan, Chinese, Greek, Roman etc peeped through different parts of the globe after their emergence from the sea level, whereas historians have narrated those facts as long ago before 5000 BC.

Man does not have proper knowledge about the true geography of the world, astronomical science of the universe regarding 3 types of motions of earth i.e., rotation, revolution and the 3rd motion, *Kalpa* chakra. They also do not know about the actual process of formation of *Pangea*, the super continent, beneath the Indian plate due to submergence of all the continents below the ocean due to a variety of reasons including both human causes i.e., atomic explosion etc and natural calamities. As a result of equal distribution of land and water in two hemispheres, the centre of gravity of earth will change and hence its 23.5° right-

angled tilt will be no more and immediately the orbit of the earth will be circular for next 2500 years. Due to the reason of massive astronomical changes and attainment of purity level by the human souls, our earth will be transformed into heaven with air-conditioned environment, equal span of days and nights, full moon every day without any stain on moon surface. Soul conscious deities live in *Satyayuga* with 16° celestial purity level and they live in *Tretayuga* with 14° purity level, 2° less than that of *Satyayuga*. At the end of *Treta*, there remains excessive pressure of gas inside earth due to negative pressure for the cause of infliction of souls with vices and hence there happens havoc calamities causing continental drift separating the *Pangea* i.e., the central land mass into 7 continents again. This earth axis also tilts due to changing its gravitational field and unequal distribution of land mass and water in 2 hemispheres. Population starts migrating from Bharat to other places being afraid of cataclysm and some went to caves and forests. Thus, the migration of population was always from east to west and never from west to India. Only God knows all these true facts as He never comes in birth and death cycle except once taking the loan of Brahma's body in this confluence age to transform the body conscious people into viceless, soul-conscious Brahmins who will again be the deities in the forthcoming Golden Age. So, God is always very particular in revealing the truth one after one through His versions to let the children know about the right path and the direction to move forward aiming at a specific purpose that people do not know. ■ ■

GOD'S LADDER AND MAN'S LADDER

There's a Goldy golden ladder that can reach the moon, the stars, the sun and beyond with it resting safely against heaven.

B.K. David, Paignton, England

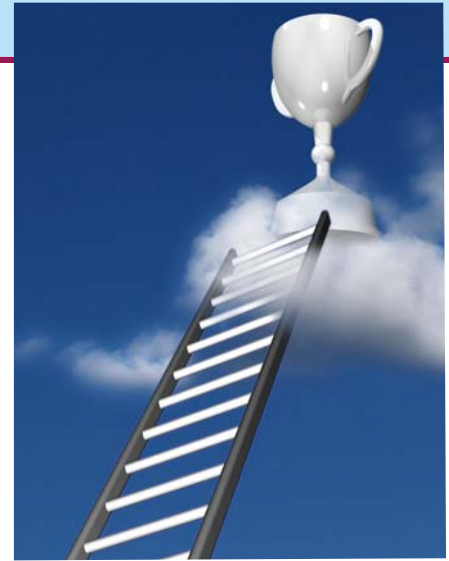
When astronauts return from a trip into outer space they have shrunk and are weaker. When returning from your inner journey to the soul having meditated and gone within it which allowed you to connect with God, you come back from this meeting even stronger, more loving, peaceful and taller in virtue, qualities and radiating peace.

The world is now in desperate need of the peace which can be gained through this Godly meditation practice as taught by Him through His Godly University.

Man occupies his time and life chasing after some distant space dust or rocks. These heavy old objects and man's endless curiosity for knowledge are only serving to take him ever further away from his goals of enlightenment, true knowledge and advancement of the human race by bringing it benefit.

The knot of selfishness was never taught by the Cubs.

In this race man is very much running backwards as he's blindfolded and running in a three-legged race that's leading him to the stars. Man is tied to the leg of ignorance with the rope of body consciousness. The knot tying him to such ignorance is pulled constantly tight as this knot is called Selfishness and Greed and everyone wears its badge showing they can tie



this knot proficiently with many being fluent experts having practiced tying so often they can even tie it behind their backs.

In this race of greed and selfishness man is world record holder and will cross the winning post in first position and win a gold medal. Unknown to all contestants, such glory is short lived and its medal reflects this as it's made from fool's gold. The ribbon, on which this false medal hangs around their necks, has printed on it in large gold lettering, SELFISH and BLIND.

Those wearing this medal of disgrace cannot see what is written on their ribbon but others can. So heavy is this medal that it causes the recipient a headache, backache, heart problems, high blood pressure, often coupled with diabetes and digestive disorders.

Man heads for the stars and Mars whilst here on earth people starve, drink muddy water from jam jars.

Do you live in a Cadillac, caravan or cocoon of sorrow? Is your life precarious with it spent high up the Sensual Ladder of Pleasure that's often seen you falling off.

Hitting the ground of falsehood on which you

had placed your ladder is painful. People are ignorant to the fact it's this ladder and their climbing it that is their problem and is a world problem as everyone is climbing the same ladder of vice.

There is another ladder, a spiritual ladder, which can take you very high up and safely as its rungs are made of truth and so must be very strong and stable. If you should slip and fall off as you climb God's ladder it will not have been the ladder's fault, will it? It will be the fault of the person climbing it.

There is only one thing worse than falling from a high ladder and banging your head on a concrete floor, and that is to do it 10 times a day.

Climbing man's ladder is a risky business and when someone slips from that and hurts himself which he should never have even been climbing it, let alone making up excuses for himself and blaming his slip on bad luck or his carelessness and lack of attention, shows how hard he has been banging his head repeatedly on the hard floor of ignorance.

The big difference between God's ladder and man's ladder is that God's ladder reaches a trillion times higher than man's physical sensual ladder when the reality is that man's only ladder is a cellar ladder beneath a trapdoor that takes man down into the dark cellar which he now calls life.

It is a shame that the trapdoor is not painted on with the words **BEWARE! THE BODY CONSCIOUS TRAP DOOR** – but as yet, no one has figured out what the trap door is, let alone paint a warning sign on its door.

Man's ladder with its balsa wood 'rungs make all those that climb it wrong'.

There is no one that has not climbed man's sensual ladder and fallen off it and hit their big head on the ground.

It's now possible to wish upon a star and for your wish to come true as long as it's a Godly star.

It is only now possible for you to change man's ladder, along with your man's head, thinking, understanding and outlook for a Godly ladder and mind that will allow you to see the stars of truth and start climbing up His elevated Godly ladder that enables you to reach up and touch the stars of divinity and perfection and eventually, land and walk on the planet known as Heaven. ■ ■

Life Changing Advice

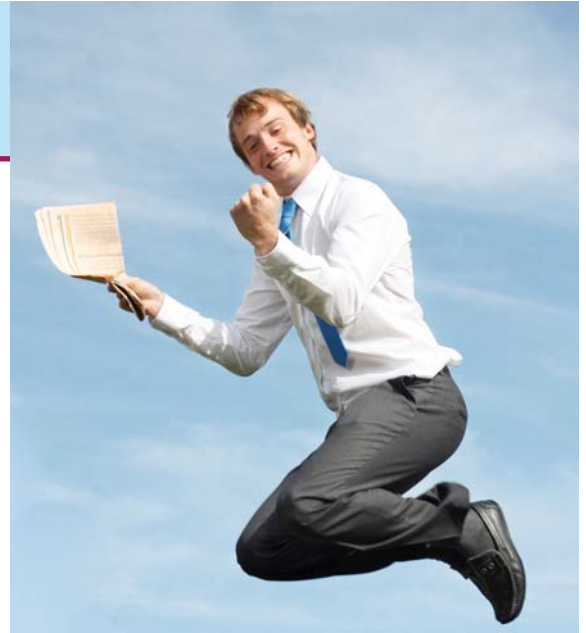
- **Time spent worrying is wasted, so stop doing it!**
- **Get as much education as possible. Be honest in your dealings with others. Respect your elders. Always strive to do the best you can with what you have.**
- **Lead your life so that when you look at the man in the mirror you can be proud.**
- **Be more thankful, be less self-centered, count your blessings daily, be less judgmental.**
- **Laugh more and live each day to the fullest. Above all, forgive others.**
- **Don't worry so much. Life has a way of working itself out.**
- **Love your age all the time, growing old is denied to many.**

EIGHT STEPS ON THE ROAD TO SUCCESS

Just for a minute stop what you are thinking and ask yourself, what use is an achieved mission if in the process we get sleep disorders or our digestive system is weakened or we suffer from high blood pressure or diabetes.

We all live a life that is filled with different actions, which we perform from morning to night. Every action either in the personal, professional, social or financial sphere, is filled with the energy of an intention or a pure desire that 'I have to achieve what I aspire or aim for'. But things go wrong when the ambition starts becoming an obsession and it starts affecting our mind or relationships or health or sometimes all of these together.

They say success for some comes at a price – a broken soul, a stressful mind, an unhealthy body and harmed relationships. **For some, life is like a continuous challenge to be overcome.** *Challenges are good; they bring out the inner powers and help in tapping the hidden potential inside you. But, at the same time, for the life of a man, who eats, sleeps, and breathes challenges, it is the wrong road to success.* **The main cause of professional burnout at a young age is an obsession to focus simply on dreaming and achieving and achieving.** But the truth is that no matter how much you achieve, accomplish, and acquire in life, there is always something more to be had. And, in this race to achieve more, many people put off what really matters in pursuit of the things they want to achieve. They tell themselves that they'll worry



about these things once they've reached their destination. Things like family, enjoying with friends, nurturing relationships, forgiving enemies, enjoying life and experiencing peace are put off, and, most of the time, they are never re-discovered.

This is what cause people to become severely depressive, unenthusiastic and disinterested after a certain period of time in their careers and family lives. Today, many people have realised the importance of meditation and relaxation techniques because they have lost the balance in their lives. **We shall explain 8 different steps one needs to take on an emotional level so that success is achieved.** At the same time, it is a success without any of the side effects, in the form of love lost in relationships or physical and mental illnesses.

Just for a minute stop what you are thinking and ask yourself, if a goal or an achievement is so significant that you do not mind losing some of the important relationships of your life? Also, what use is an achieved mission if in the process we get sleep disorders or our digestive system is weakened or we suffer from high blood pressure or diabetes? Also, we may even suffer from

mental illnesses like depression or sometimes even end up attempting suicide. The same purpose of life can be achieved without losing mental peace, even if the achievement takes place at a date later than the one intended.

So, *the first step* on the road to success is *revising our purpose* to one that can be achieved at a slower speed than the speed we might see others working at. Competition is not at all an unrequired energy in mainstream society but *when competition is accompanied by or mixed with comparisons, it becomes negative or self-harming*. So, competition can be healthy but do not compare, comparisons are unhealthy.

Also, ensure that while moving towards the destination of success, *we need to set smaller goals to be achieved instead of targeting directly at the bigger cause*. This is important because this keeps us extremely light in our journey and keeps us on the road to success and does not let us become tired when the going gets tough. This is a way of unburdening oneself while travelling on the road to success which can be long at times. Another important feature of a relaxed journey to success is *satisfying people who are a part of the journey* and not developing cold relations with them. Very often, people are so obsessed with work or professional targets that a 12 hour at the workplace in a day is a common practice with no time left for their family members. This causes distancing and differences to increase and very often children or husbands or wives are affected negatively by this and they become dissatisfied.

The road to success is filled with major changes, which we as travellers need to adapt to and face, without the changes affecting us negatively. There are people, who are very weak at adapting to change because of lack of spiritual

strength and the tendency to look at the changes negatively. 'Brahma Kumaris' knowledge explains that the one, who moulds himself, becomes real gold or valuable or in other words, spiritually pure or powerful. So, *the ability to mould or the ability to change* is a spiritual power, which we need to fill ourselves with. Also, as with traffic signals, what is required is *the ability to stop on the road* while passing the rough certain signposts. These signposts convey to us that crossing them at that moment of time at the speed at which we are, will cause an accident in the form of an ill physical body or a broken relationship. This can bring the journey to the destination of success to a standstill.

Another spiritual ability is *the ability to inculcate new and constructive sanskaras as per the demands of what side-scenes* are seen on the road to success. These side-scenes may, sometimes, be surprising for many. The type of *sanskaras*, which may be required to be inculcated at that moment of time could be simple like remaining egoless or keeping the feeling of love and empathy for everyone, not focusing on the negative points of others, being patient and unflustered or accepting each one's role with ease. Some other *sanskaras*, which we need to evolve may be like emerging the power to discriminate between wrong and right or remaining economical in using resources like money, time and energy, etc. Also, just like any other journey, sometimes it is also important *not to get stuck in these side scenes*. We need to ignore them and carry on with determination with our complete focus on enjoying the journey. It's great to focus on the destination, but the most important thing is that we should learn to be happy right here and now and give priority to simple things in life. ■ ■

Good Days And Bad Days.....

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Sometimes, bad days just happen and if a person is having a bad day, people just make him feel worse and worse. There may be people criticizing him bitterly without his fault and accusing him absolutely without any basis, or whatever role he plays and the job he does, turns into a complete failure. He does his best yet success eludes or evades him. He loves some people and has good wishes for them and yet these people get estranged from him or turn into his enemies or rivals. He hasn't done any bad act and yet his mind is empty of peace and he feels that happiness is totally missing from his heart. Those very people, whom he had helped in their dire need, have now turned their back on him and show not even a little concern for his wellbeing. People point to his shortcomings and hit hard at his weakness and try to open or scratch his wounds.

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

Thus, there is change of one's days. History is full of examples of even kings becoming beggars or of ordinary men ascending on thrones. But what we need to remember is that the shift in our fortunes or the change in

our days is brought about by the change that took place in the quality of our own actions. The change in days, some say, is due to change in our stars, but even stars in the sky also change due to action of souls, which also are the stars now on earth. The stars in the sky and stars on the earth have a link. **The whole nature is influenced by our own actions; and, so, we are the makers or builders of our own fortune. We determine our own destiny.**

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

If we have a bad day, it can make us feel as

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

Since our bad days are consequence of our actions, we cannot, therefore, run away from them but have only to bear with them happily or with a heavy heart, as we choose. We cannot escape them; we can only take measures to keep ourselves safe from them or to protect ourselves from them as one usually does when an enemy pounces on him. **There is no use cursing our stars or wailing over our misfortune, or barking at our bad luck, or accusing people for having left us or caused misery to us.** On the other hand, we should take lessons from these hard tests and consider these as exercises for self-development or causes for crisis management. **Everything that life throws at us is there to teach us something. When life hits us hard, we are forced to grow and learn.** In every seemingly awful thing, every heart break, every disaster, there is a lesson to be learned, some way in which we are meant to expand our awareness and understanding of ourselves and our values. If we can try to look for the lessons and allow our challenges to help us develop as a person

and improve our situation, maybe we can pass the test with flying colours or with honours.

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

Also, when anyone is on good days, he should not boast of his fortune. One never knows when one will be hauled up on live coals. One cannot always foresee bad days coming. Let us, therefore, not be proud to the point of boasting, bragging or praising the self. One can have jubilation and joy and feel satisfaction that one has done well; let one be confident of one's abilities but all this should not lead to thinking so highly of oneself that one harps on this tune again and again, sings songs of one's success at all assemblies and on all occasions so much so that others feel that one is trying to show them as second-rate people or less wise, less courageous or less in qualities, and thereby hurt their sense of self-respect.

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



New Delhi: HE Droupadi Murmu, the President of India is tying Rakhi to BK Brijmohan, Addl. Secretary General of Brahma Kumaris.



Mount Abu (Gyan Sarovar): A conference of SAT Wing is being inaugurated by Mr. Jeeta Satra Mohanty, Odisha Lokayukta, Dr. Lenin Mohanty, Vice Chairman of Odisha Tourism Development Corporation, Dr. Rajendra Agarwal, MD of AKG Engineering College, Ms Deepika Jindal, MD of Jindal Lifestyle, Dr Nirmala, BK Meera and BK Kamlesh.



Abu Road (Shantivan): BK Brijmohan is addressing the All-India conference on Bhagwad Gita. Seating on the stage are Mahamandaleshwar Swami Dharmdev, Mahant Govind Valabhdas Maharaj, BK Asha, BK Usha and others.



Mumbai: Famous Playback Singer Padmashri Sonu Nigam is being tied Rakhi by BK Shaku.



Delhi (Pandav Bhawan): Mr. Tushar Mehta, Solicitor General of India is being tied Rakhi by BK Pushpa.



Delhi (Harinagar): BK Sarika is tying Rakhi to Mr. Atul Karwal, Director General National Disaster Response Force (NDRF) at HQ of NDRF.



Jhabua (MP): BK Jayanti is tying Rakhi to Mr. Shiv Raj Singh Chouhan, Madhya Pradesh Chief Minister.



Jaipur: BK Sushma is being awarded with 'Yoga Vibhuti Samman' by HE Kalraj Mishra, the Governor of Rajasthan. Ms. Saumya Gurjar, Mayor and Mr. Ghanshyam Tiwari, Rajya Sabha MP are also seen.



Germany: During India's Independence Day Celebrations BK members are with Dr. Amit Telang, Consulate General of India at Frankfurt.



Penang (Malesia): BK Beena is in group photo with Mr. YB Lim Skhim, newly elected state minister and Mr. YB Joshua, assembly person at BK centre.



Delhi (Harinagar): BK Shivani & BK Sarika are presenting Godly gift to Mr. Sanjay Arora, Commissioner of Delhi Police after conducting a programme at Police HQs.



Mysuru: Launching the "Year of Positive Change-2023" are Jagadguru Sri Shivarathri Deshikendra Mahaswamiji, Member of Legislative Assembly Mr. P. Ravikumar, BK Asha and BK Lakshmi.

WORDS OF WISDOM

- ◆ Success comes when your dreams become bigger than your excuses.
- ◆ There is never a bad time to start a good thing.
- ◆ Your actions are your identity, otherwise, there are thousands of people with the same name.
- ◆ Good times belong to those who do not think bad of anyone.
- ◆ To give something, the heart should be big, not the status.
- ◆ He who has patience can get what he wants.
- ◆ There is no mantra for success, it is just the fruit of hard work.

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▶ **4. Be energetic and pure:** Purity gives energy, purity is the key ingredient in refuelling the fuel tank. Energy is the reflection of purity. Energy is essential in removing the obstacles and hurdles, but one must pay the price of purity. Lust and anger deplete energy faster making one empty and weak. In this world people feel great joy, delight and energetic in lust or sex. But that is the biggest enemy in

the path of meditation and spiritual life. Many want to be Yogis but do not want to sacrifice indulgence. Which is not possible at all.

Tranquillity, meditation and deep silence can solve the problems of the self, family members and the world. Silence means sweet silence in the remembrance of positivity and the Supreme Soul. Transformation and initiatives at the personal level can solve the problems of the globe to bring heaven, happiness and smile in everyone's face. ■■

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Ranchi: BK Nirmala is tying Rakhi to HE C P Radhakrishnan, Governor of Jharkhand at Rajbhawan.



Tiruvannamalai (TN): BK Uma is presenting a frame of God Shiva to HE R.N. Ravi, Governor of Tamil Nadu after a spiritual event.



Milpitas (USA): BK Kusum is felicitating Dr. TV Nagendra Prasad, Consul General of India in a farewell function.



Karnal (Sector 9): BK Urmil is tying Rakhi to Mr. Dushyant Chautala, deputy Chief Minister of Haryana.



Raipur (C.G.): BK Shivani is conducting a session on Good Vibes and Good Life. Thousands of people are gathered to listen her.



Bali (Indonesia): BK Janaki is seen with Ms. Neecharika Singh, Consul General of India after unfurling of the Indian flag on 77th Independence Day of India.

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Bhubaneswar:
Lighting candles to launch the programme on "2023: The Year of Positive Change" are HE Droupadi Murmu, President of India, HE Prof. Ganeshi Lal, Governor of Odisha, Mr. Ashok Chandra Panda, Minister of Science and Technology, BK Santosh, BK Mruthyunjaya, BK Nathmal and BK Leena.

New Delhi:
HE Dropadi Murmu, the President of India is being felicitated by team of BK sisters from North-East comprising BK Sheela, BK Nilima, BK Moushumi, BK Karabi, BK Sunita and BK Manideep Sarma at Rashtrapati Bhawan.



Chennai:
HE Draupadi Murmu, the President of India is being presented a frame of God Shiva by BK Beena, BK Muthumani, BK Devi and BK Madhan at Raj Bhawan. Dr R. Velraj, Vice-Chancellor, Anna University is also seen.

Kathmandu:
During a programme to launch "2023: The Year of Positive Change" HE Ramshay Prasad Yadav, Vice President of Nepal is being presented Godly gift by BK Usha, BK Raj and BK Kiran.

