



# The World Renewal

Monthly

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**Abu Road:** On the Centenary Celebrations of Rajyogini Dadi Ratanmohini, Chief of Brahma Kumaris, a garland of 150 kg dry fruits is being presented to Dadiji. BK Jayanti, Add. Chief of organisation is also seen.



**Brahmapur (OD):** HE Draupadi Murmu, Hon'ble President of India is being greeted by BK Manju and BK Mala at the convocation ceremony of Brahmapur University.



**Kohima:** HE La Ganesan, Governor of Nagaland is inaugurating 88th Mahashivjayanti Programme along with BK Rupa & BK Rajni.



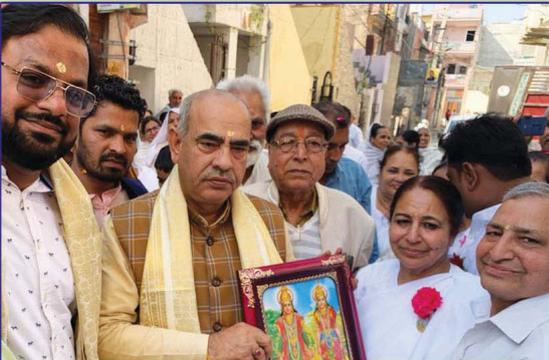
**Chhatarpur (MP):** HE Gangu Bhai Patel, Governor of MP is being presented Godly gift by BK Shailaja.



**Prayagraj:** HE Lakshman Prasad Acharya, Governor of Sikkim is being presented Godly gift by BK Manorama.



**Patna:** Mr. Vijay Sinha, Dy Chief Minister of Bihar is addressing a programme on Mahashivratri. Also on the stage are BK Sangeeta and other BK sisters.



**Faridabad:** Mr Moolchand Sharma, cabinet minister of Haryana is being presented Godly gift by BK Suman.



**Ambala (HR):** BK Shivani is addressing a spiritual event on "The Secret of God, Karma and Destiny".



**Gaya (Bihar):** On Mahashivratri Dr. Prem Kumar, Tourism Minister is being presented Godly gift by BK Sheela after flagging off the spiritual procession.



**Indore:** Famous Bollywood Actress Simrat Kaur Randhawa is with BK sisters of Divine Girls Hostel run by Brahma Kumaris.



## UNIVERSAL HARMONY

The only Worthy Choice to Solve the  
Crux of all Problems

**A** volume, published in the mid-eighties, under the aegis of the United Nations, mentioned more than six thousand major world problems but it did not mention even a single major factor that lies at the root of all those problems.

However, a penetrating look at these problems, most of which are interlinked, would show that the underlying causes, common to all of them, have invariably been some kind of disharmony – political, social, communal, racial, environmental, etc. A study of the case history of any of these problems would also show that if the policy, practice, or solution, adopted to solve that problem, had been other than the one that aimed at restoring harmony, it had not only failed but had also led to a bigger problem because it caused greater disharmony. Let us take an example from history.



In the period preceding the invasion of India by Alexander of Macedonia, there had been disharmony in the relations between various kingly states in India. This led each one of them to raise great armies. This, in turn, created fear and doubt in each neighbouring state and, instead of bringing a feeling of security, led to greater disharmony. The resulting disunity created resentment and ill-will and gave rise to the wish in the mind of almost every ruler that the other fellow be defeated, humiliated,

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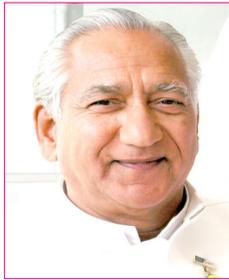
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## THE GREATEST REVELATIONS COME FROM THE SUPREME BEING

**The spiritual teachings revealed directly by the Supreme Being, Incorporeal God Shiva, in the form of *Sakar* and *Avyakt Gyan Murlis* are high in accuracy and universal in nature.**

**T**he prayers, rituals, belief systems, and holy scriptures of *Bhakti Marg*, the path of devotion, bestow strength, hope and direction onto its devotees to a certain extent; they instill wonder and feelings of faith (*bhavna*) in the aspirants, however in recent times, we are also recognizing that these rewards last for only one birth... However, the spiritual teachings revealed directly by the



Supreme Being, Incorporeal God Shiva, in the form of *Sakar* and *Avyakt Gyan Murlis* are high in accuracy, universal in nature, involve the student or seeker in a personal, transparent way, and also guarantee rewards or attainments for 21 future births or half the Cycle of Time! In fact, not just that time frame but even further, and so the Spiritual Study is very much worth contemplating, imbibing and living up to.

**The *Gyan*(knowledge) of the Ocean of Knowledge inspires us to renounce negativities and inculcate godly qualities, yet it is not done by belittling or reprimanding us, but by reviving our real Self-Respect and Spiritual Powers, all**

**that has been long forgotten for centuries.** The truths we have been blessed with now come directly from the Benevolent, Almighty Supreme Mother & Father, and these convince us to understand the significance of Spiritual Knowledge and the power of Rajyoga Meditation, and eventually transform our outlook, actions, perceptions and destiny.

**HAPPY CENTENARY BIRTHDAY  
RESPECTED DADI RATAN  
MOHINIJI!**

We are very proud of Rajyogini Dr. Dadi Ratan Mohiniji, Administrative Head of Brahma Kumaris institution, celebrating her 100<sup>th</sup> birthday in the year 2024 (25<sup>th</sup> March), having lived a pure, disciplined and serviceable life since the age of 12. Dadiji has acted as Chairperson of the Youth Service Wing for decades, and specifically contributed towards development of the BK Teachers' Training & Sustenance department for young women and men of India to hone their skills, talents and qualities, and dedicate their lives in spiritual service of society and the world, which is presently a powerful group of 40,000 BK Teachers in India and Nepal.

Her personal achievements are unlimited, be it Godly service in Bharat or foreign



lands. Her journey of spiritual awakening, service and culmination of spiritual enlightenment is most wonderful. Throughout her long life she has remained crystal-clear and ever-glittering like a flawless diamond, and on her Centenary Birthday we aim to emulate Dadiji to the best of our ability.

Happy Birthday Dadiji – May your 100<sup>th</sup> year bestow a lot more joy and strength to humanity!

**While hearing the recent *Sakar Murli* on 26th March 2024, I was motivated to share the essence of the same with our avid readers for their spiritual growth and progress:**

“You spiritual children know that the unlimited Supreme Father is once again making you *satopradhan* (most elevated and pure). The main method He tells you to use is to consider yourselves to be brothers, souls. The main teaching you are given is to have a great deal of spiritual love for each other. You used to have spiritual love but you no longer have that...

“I am your Father. I look after you with so

much love. I make you *satopradhan* from *tamopradhan*. Your *aim* and *objective* are to become *satopradhan*. You understand that the more *satopradhan* you become, the more happiness you will experience... You have now come to know from the Father that, as deities, you were very loving to each other. There is a great deal of praise of those deities and their *heaven*. You too were residents of *heaven*... There are now only a few more years remaining out of 5000. It is in your intellects how you have been playing your *parts* from the beginning. Now, because of your body consciousness, there isn't that love for one another. You continue to see each other's defects: So-and-so is like this. When you were soul conscious, you never found defects with each other. You now have to imbibe that same stage again. Here, you look at each other with such vision that you start to fight and quarrel amongst yourselves...

“You were so sweet. You now have to become just as sweet again. You were bestowers of happiness and have now become bestowers of sorrow. In the

kingdom of Ravan, you started to use the sword of lust and causing sorrow for each other. You did not use the sword of lust when you were *satopradhan*. These five vices are your enemies. This is a vicious world. You also understand what is meant by the kingdom of Rama and what is meant by the kingdom of Ravan... Even the iron age is now about to end. Your spiritual happiness disappeared and your lifespans also became short. I have now come, so I will definitely make you *satopradhan* again... I come every 5000 years at the confluence age. Now, consider yourselves to be souls and remember the God Father. The more you remember Me, the more your defects will continue to be removed.

“The Father says: Make your own efforts in order to claim a high status. You understand that the Father had made you completely full by giving you such an inheritance. The Father has now come, so why should we not follow His directions and claim the full inheritance once again? You sweetest children were so unshakeable. There was no conflict amongst you and you did not defame anyone. Now, there is one weakness or another, and so that has to be removed. We are all brothers. You have to remember the one Father alone...

“If anyone does anything wrong, it is understood that that person is *tamo* or *rajopradhan*, and so his behaviour would definitely be like that. The Father has the most virtues. Therefore, imbibe all the virtues from the Father and renounce all other things.

Renounce defects and imbibe virtues. He says: You children also have to become as virtuous as Me. The Father is the Bestower of Happiness. We too have to become bestowers of happiness. That's it! You should just have the one concern to become *satopradhan*. Do not listen to anything else or defame anyone. Everyone has one defects or another. The defects are such that you yourselves are not able to understand them. Others understand that someone has defects, whereas that one considers himself to be very good. However, at some point or other, wrong words emerge from that one. Such things don't happen in a *satopradhan* stage. Here, you have defects but, because of not understanding this, you consider yourselves to be clever. The Father says: I am the cleverest One of all. I have come to make all of you clever, the sweetest of all...

“Check your own pulse and see: To what extent do I remember the sweetest, spiritual Father with love? To what extent do you understand these aspects and to what extent do you explain them to others? Follow shrimat and remember Me. This is the one concern you must have. The Father has now awakened you.

“At the time of destruction, the intellects that have turned away from God will be led to destruction, whereas the intellects that have love for God and are personally in front of God will be led to victory. Try to remember the Father as much as possible.”

–**B.K. Nirwair**

## UNDERSTANDING A NEW IDENTITY

**Meditation is a cleansing process, as the old habits and routines fall away, meditation increases our closeness with God. We become more efficient and productive, our actions become lighter and more beautiful.**

**L**ive each moment in your day and experience your life to the full. Life is made up of millions of moments. We experience pleasure and appreciation when we are mindful of our thoughts, realizing each passing moment is most valuable and important. The quality moments are those when the soul is focussed, alert, and in the present, yet very few moments are lived in this way and enjoyed to the full. *Eighty percent of the time our behaviour and speech are unconscious; only twenty percent of the time is there conscious awareness of what I'm thinking and feeling.* We actually create a new thought every two seconds or even less, when the speed of thoughts increases during a panic attack or are worried about the negative influence of an external situation.

For example, on a particular day, I feel gloomy or am frightened for no reason. Sometimes outside situations and information are affecting me - something I read, saw, or heard on another occasion I feel unsuccessful although everything in my life is going fine, or am worried about falling ill, although I am completely fit. We worry about a task left undone. Incomplete tasks in your head consume the energy of your attention as they gnaw at your conscience and siphon off a little more of your personal power every time you delay.

Harvesting these life-changing lessons asks

us to let go of outward focus and go inwards to understand a new identity. Worries are created completely by me, the thinking being within. The problem is actually how I, the soul, think about the problem. I have created the situations through my vibrations of negative thoughts and personality traits. When we realize our true nature, the real me, the soul, is actually very positive, we think differently and internally change our feelings about the situation.

**Meditation is a spiritual exercise in which I, the soul, an eternal point of spiritual light, connect with God the Supreme Soul.** Meditation is a charging process, in which the soul's inner powers are awakened. Based on the thoughts of your acquired wisdom, the soul begins to experience its natural original qualities of peace and purity. Using my mind and intellect and the power of wisdom, the soul has a subtle conversation with God, the Supreme Being. creating a positive state of mind. Merging these qualities and powers from God, the soul transforms, emerging its original goodness.

Meditation is a cleansing process, as the old habits and routines fall away, meditation increases our closeness with God. We become more efficient and productive, our actions become lighter and more beautiful, and our nature free from weaknesses. ■■



B.K. Chirya, USA

## IF THE GOAL IS CLEAR, DISTANCE DOES NOT MATTER

The goals are not achieved by putting pictures of the rising sun and running horses. To achieve the goal, one has to run like a horse from sunrise to evening.

B.K. Ram Singh, Rewari



One day a problem arose before Edison regarding a machine. He explained this problem to one of his assistants, George, and asked him to work towards its solution.

George worked on that problem for two years, but he could not find its solution. Now his patience had given way. One day he came to Edison and said: Mr. Edison, I wasted thousands of dollars and two years of my life in this work, but the result was nothing. Had it been anyone else in your position, I would have never stayed this long and would have left the job. But now I have lost patience. I want to resign. Please accept it.

Saying this, George placed his resignation on Edison's table. Edison immediately picked up that paper tore it and said: George, I reject your resignation. I believe that for every problem that comes in our life i.e., God wants to test us, He also has the solution for it. Even though we may not be able to reach that solution, sooner

or later someone will definitely find it.

Edison said to George: Do this, you go back and work hard for some more time, maybe after so many days of hard work, success is just around the corner. This is what George did and he finally found the solution to the problem.

That is why there is a saying that the **journey of important achievements is completed only with patience and hard work and then desired goal is achieved.**

Therefore, to reach the goal, we must think about the goal. Belief and hope make the goal not only easy but possible. Weaknesses become obstacles in your path and prevent you from achieving your goals. So, focus, be disciplined, and set your goals. Choose a matter that shows you the passion to achieve your goal and the right path, which can increase your inner strength.

**If your goal is clear then distance does not matter.** If disappointment suddenly comes, how will you deal with it? Will you let it dominate you or take out your anger on others? Therefore, **consider**



**disappointment as an ally on the path to your goal, do not consider it an obstacle, but emerge from disappointment and move forward.** It doesn't matter how hard you fall; what matters is how hard you get up. It is said that the goals are not achieved by putting pictures of the rising sun and running horses. To achieve the goal, one has to run like a horse from sunrise to evening.

### **Goals are more important than dreams**

Keep these things in your heart and mind that you should work hard, do not think about what others are doing. How much are you doing? Trust yourself. When you have achieved something, do not think that you have achieved everything, but consider that goal as another milestone in your destination, make a new and even bigger goal for yourself, and then achieve it. Also, be satisfied with the fact that you have done your best and always have the determination that neither have I given up before nor am I going to give up now.

Goals are more important than dreams. The goal means working on your dream. A man wanders without a goal and never knows where he is going, so he reaches nowhere. When a person sets a goal and takes steps towards it, the energy increases manifold.

### **Being successful means learning from adversity and defeat**

When you go through the most difficult learning experiences, you have to trust that the difficult situation you are facing is

part of a process that ultimately will take you to your goal. People who are successful consider adversity and defeat as learning experiences because they find benefits in every difficulty, situation and disappointment and learn from every experience in life.

### **Without a goal, all hard work is useless**

There is only one goal in human life, to achieve the goal and to be successful, due to which our attention gets diverted from other things and we spend all our time on our work. **Your goal, your dream, keeps you full of enthusiasm, so always remember that without a goal, no matter how hard you work, everything will remain in vain.** When a person focuses his entire energy on one point, one goal, then success will be at your feet.

### **Only successful people consider adversities as experiences**

To achieve any goal, we must have three things, (1) Desire, (2) Faith, and (3) Hard work. If the goal is supreme then criticism or praise do not matter. Therefore, one should never give up one's goal due to fear of criticism because as soon as the goal is achieved, the opinion of the criticizing people changes. You will have many occasions when you do not know the future but do not give up.

It is said that people achieved their greatest success when they came one step ahead of their biggest failure. He was closest to his goal when he got the signal

to give up. You have to have faith that whatever difficulty you are facing will lead you to your goal. Those who are successful consider adversities as experiences.

**With a great goal,  
life becomes great**

Life moves towards greatness only when our goal is great but if the person is limited only to joy, happiness, and prestige influence, then man is like a frog in the well. Will remain shrunk within a limited circumference. If a person's goal is selfless, this world will become global. The journey of life will be satisfying and meaningful only when one keeps such great ultimate decisions in mind i.e., making progress towards goals increases your self-esteem, then you remain happy and feel excited about life.

**Determine your definite direction**

If a person moves forward with a definite goal in his life, then he will not face the chance of getting lost in the journey of life. Today, two types of people are often seen in the world. One is those whom time and coincidence drag to their destiny. Such people tend to move with the flow, that is, they get carried away in the direction in which the wind blows. They don't see any marks, so they don't have any definite direction. For example, a person stopped at a crossroad and asked a passerby- Which way should I go? The passerby replied: Where do you want to go? That person said: I don't even know this. The passerby said: Then it doesn't

matter which path you take.

Others are those people who not only map out the goal of life's journey at the very beginning of the journey but also decide their destination. After this, in the path of achieving the set goal, they move forward continuously, battling many problems, disasters, and circumstances, and achieve their destination, that is, only such people are always successful in their goal, they pave the way for creation from zero point.

**Having a goal means being worthy of  
patience, dedication, and hard work**

To achieve a big goal, big efforts are also necessary. Sometimes years of hard work and preparation may be required. For that, the price has to be paid first in every field. Unless you're exceptionally talented, be honest with yourself and accept that if a goal is worth pursuing, it's also worth working hard for, with patience and dedication.

**Change is necessary for  
development and progress**

If the goal is fixed then you will not be afraid of change. The biggest enemy of success is your comfort zone. A person wants things to remain as they are, but to become better, whereas change is necessary for development and progress. No one is afraid of change that makes a situation better. When there is a clear goal and a detailed plan of action, then the coming change will only make your life better. In this way, you eliminate a major cause of fear and insecurity. ■ ■

## LOVEFUL REMEMBRANCE OF GOD AND ITS CONSEQUENCES

Experience has shown that the happiest and loveliest moment in the life of a soul is the moment when the soul remembers the Lord as the soul experiences super sensuous joy. We are convinced that God's remembrance is the panacea for all ills of the world.



**M**any founders of religions, Sages and Savants, God-men and God-women have come and gone over the years. Many *rishis*, *munis*, founders of religions,

spiritualists, and many ardent disciples have appeared in the world and professed and advised about various kinds of preaching methods. They preached and practiced spirituality of their belief and faith. They have all exhorted the masses to remember God, to pray to God, and to submit to the will of God.

When the devotees, faithful masses, and millions of believers on the existence of a Supreme God in the universe, the Supreme Lord also has now descended to the level of human beings, when life becomes very burdensome and worrisome and reveals His entity and identity. He descends on the body of an ordinary human being and reveals that He requires a mouth organ to communicate to



**B.K. Surendran, Bangaluru**

the masses. He is incorporeal and hence the ordinary human being on whom the Lord descended has named him as Prajapita Brahma. He pronounces categorically that He descends from *Paramdham* – the region of infinities once in 5000 years to renew the life on earth to usher in the golden age. As soon as He descends, He exhorts to the world that He has descended and that all should remember Him and Him only. Therefore, now we repeatedly hear and listen to a message every day in the sermons of God calling upon one and all irrespective of religion, caste, creed, sex, language, region, and nation to 'Remember the Incorporeal God of gods. He is our eternal Supreme Father – the father of all souls. With His remembrance, only the souls can get liberation from sins and attain fruition. This unprecedented significant message continues and explains the

consequences of this remembrance. The message is unequivocal, assertive, authoritative, and sought to be followed by one and all. The message in advance unfolds the consequential benefits. These benefits narrated by those who have been remembering Him and also listening to His sermons are to be underlined. Since 1936, from the time of the descent of the Lord, the message He has been invoking the masses to follow has swayed away lakhs of people. Their life since then has been noticeable, positive, and elevated. **Some of the outstanding experiences are noted for the benefit of the esteemed readers.**

- ▶ They became mentally, emotionally and physically healthier.
- ▶ They are experiencing the process of liberation from sins making their life lighter and brighter.
- ▶ They underwent a natural nature cure process in which the *sanskaras* were divinised.
- ▶ They are experiencing a bondage free life and their interhuman relationship is very harmonious
- ▶ They are able to be naturally happy and peaceful and find there is a specific meaning to the life without any kind of stress.
- ▶ Their life span is naturally prolonged with health and happiness. There is a lot of hope and aspirations.
- ▶ They can feel a self-sovereign state of life, having control over all sense organs.
- ▶ They feel that soul-consciousness has become the natural state of life.
- ▶ The core goodness of purity, peace, love,

happiness, bliss, etc., of the soul is manifested in all spheres of life.

- ▶ Thoughts, time, words, and deeds are properly invested and enjoyed.
- ▶ They are able to experience super sensuous joy and a highly blissful life as a natural nature.
- ▶ They are elevated from the bankruptcy of the wealth of knowledge, virtues, and powers to the level of real richness.

### **Self-introspection**

I am sure that many of the esteemed readers are regularly listening to the sermons of the Lord and have heard the above underscoring points and many more. I, one among you, when started listening to the sermons, had my reservations. However, as I started on the spiritual journey of remembrance with all sincerity, commitment, and faith, I started getting amazing, incredible, and surprising experiences beginning with the area of physical health. My experiments continued and favourable very exciting results on many of the points cited above are found to be real. The results gave me a further boost in my faith on the Lord, and I came to attach the utmost importance to His *Shrimat* - directions, guidelines, advice and orders. In the beginning I was wondering as to how I was going to be purged of all sins when I simply remember Him who is abiding in *Paramdham*. All of us know that the Lord is the Supreme authority of the Universe, Creator, Director, and Principal Actor of this world drama. **When we simply remember Him in *Paramdham*, which is far far away from us, our down fallen life is elevated to that of deities.** I also wonder as to what would be the experience when we

happen to be in His presence at all times. He descends in the body of Prajapita Brahma which again conveys and clarifies that the Lord comes on His own, comes down to the level of human beings, and reveals Himself to the human souls. The Sun of knowledge appears on the horizon of the globe and we start understanding Him through His rays of thoughts as His sermons engulf all the souls present in His presence. He throws over His audience a web of spiritual power that helps the souls to understand His thoughts and His personality. There is a miraculous transformation taking place in the lives of these souls. They slowly ascent to the subtle and incorporeal region. Unlike other remembrances, the Lord's remembrance is found to be sweet, sweeter, and sweetest, as we advance in His remembrance extending the duration, there comes a thirst for remembrance. **In the process, we came to know that the Supreme God is so sweet, lovely, humble, simple, and gentle. He is the best of the best Incorporeal person in the entire creation.** We will find Him as a mountain of sweetness, smoothness, lovely, lively, and holy. **This process is popularly known as Rajyoga Meditation.** There is a cornucopia of invaluable treasures hidden in this process. We all must explore and exploit these treasures through intense penance in this lifetime. It is the right time for all of us to take maximum advantage of His presence. It is high time that the world is on the verge of destruction and the Lord is preparing to ascend to his abode of peace – *Paramdham*. He has promised His children that since the time He descended to the world until he ascends to His abode, He

stays with His children as the moment His children remember Him, He will appear before them and bless them whatever they desire. We are not kidding. It is strange but is a reality that we have been experiencing for a very long time in the presence of the entire multitude of souls who are also the children of the Lord. Please come and recognize Him and inherit your God-Fatherly birthright of peace, plenty, and prosperity. The creation is being self-managed with the personality strength and power of the Lord.

### **Insight and enlightenment**

God is not a human being. He is an incorporeal self-effulgent light. He descends to reveal Himself and the creation to humanity in detail. **Those who are remembering Him have enough evidence to show that the Lord is on earth now enacting His roles.** All the above points of remembrance in one way or another help us to remember the Lord constantly. Experience has shown that the happiest and loveliest moment in the life of a soul is the moment when the soul remembers the Lord as the soul experiences super sensuous joy. We are convinced that God's remembrance is the panacea for all ills of the world.

It is unfortunate that even though the **Lord is on the earth now and there are lakhs of people who have recognized and experienced the presence of the Lord, attend His sermons** and have substantive evidence with experience are shouting at the world that the Lord is on earth now and bestowing the God-Fatherly birthright to be ever happy, ever healthy and wealthy, the so-called seekers are not able to listen to the voice. This is truth, stranger than fiction. ■ ■

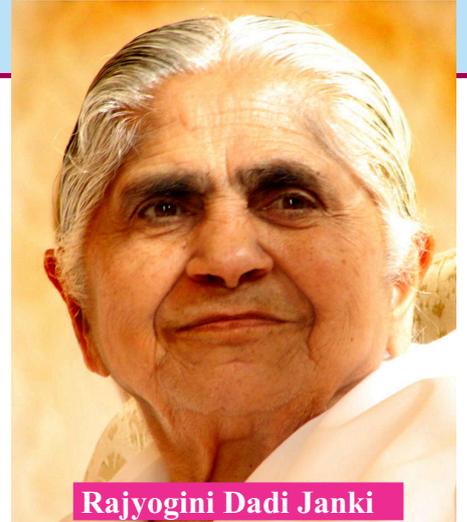
## THIS IS TRUE HAPPINESS...

**Just ask yourself: Who am I and to whom do I belong? This brings great happiness.**

**W**onderful is our sweet Shiva Baba and wonderful is this Drama. As happiness is the most valuable treasure of a spiritual aspirant, let us ask ourselves: am I happy? When we experience happiness, it runs from the top of the head to the tip of the toes. The soul is so tiny, yet there is such an internal happiness with the yoga of the intellect, which works through the body. Ask again: Who am I and to whom do I belong? This brings great happiness.

Shiv Baba is so wonderful and brings so much happiness. We are indeed lucky as we have a golden opportunity to meet Him. We are making our efforts to make each moment valuable. Wonderful Baba, wonderful kitchen, and wonderful servers! We can all celebrate happiness. Taking care of this happiness, let us dance. How will we dance in the golden age? We will meet and greet with true happiness.

We visit Madhuban to meet Bapdada (God-Shiva) and it brings such benefit. Wherever we stay, Baba alone makes us move along. If anyone asks us, 'How are you'? We tell him that we have Shiva Baba's blessings on us. God is my companion and I am His. Living in the household, we hold a spiritual attitude, which is so beautiful and makes everything easy. It is not necessary to count the beads of the rosary on this path. Internally, just remember the God-Father with deep recognition and hold the faith.



**Rajyogini Dadi Janki**

Whoever comes to meet Baba is a fortunate soul because it is the special quality of a soul to be able to recognize and understand God and His divine acts. Baba, the Bestower, is bestowing. Souls will not get tired if they can be free from wasteful thinking. Whatever scenes are passing by, they are in the drama. When we sit on this seat of drama, we enjoy ourselves and can see the scenes and understand that drama is very good. When we are tired, we must remind ourselves that drama is very good and the tiredness will vanish. Practising 'Om Shanti' thrice at a time is also very good.

Remember Baba, Drama, the Confluence Age, the time (to return Home), and the Yagya, the sacrificial fire. Now we are preparing to go home and to come to Heaven. Baba has created this Yagya according to the Drama Plan, and there has been such a huge expansion. In the beginning, many would have visions sitting at home.

People should now wonder who we are and what we are doing. Are all those who have come to Madhuban for the first time, happy? When we have courage, Baba helps us. For

**Contd. on page ...17**

## POWER OF IMAGINATION

The Power of imagination is the highest form of human intelligence. We visualize everything before doing it.

**B.K. Farha Sayed, Yemen/Mumbai**



The power of mental formation is most useful in Yoga; when the mind is put in communication with the **Divine Will**, the supernatural Truth begins to descend through the layers intervening between the mind and the highest Light, and if, on reaching the mind, it finds there the power of making forms, it easily becomes embodied and stays as a creative force in us.

Before we do anything in our life, we see it in our minds. We imagine it, many times, subconsciously. We imagine what our wedding will be like, our homes, and our lives. Even seemingly little things like planning a holiday or baking a cake, we imagine it. We see the result in our minds before creating it.

When we are children, imagination comes easily. We've seen little of the world at that time; we are young and hungry with health and vitality.

Over the years, however, we have gone through several not-so-pleasant experiences. We become jaded. We don't



stop imagining. But we let our experience colour our imagination, almost always, in a negative way. Or worse, we stop expecting anything at all. And many times, we do all of this quite subconsciously.

We've been disappointed and let down so many times, that we rarely start anything with passion or a 200 % commitment. We tread carefully, poke around the edges, and make our way carefully.

**Imagination is the power of mental formation. When this power is put at the service of the Divine, it is not only formative but also creative.**

There is, however, no such thing as an unreal formation, because every image is a reality on the mental plane. The plot of a novel, for instance, is all there on the mental plane existing independently of the physical. Each of us is a



novelist to a certain extent and possesses the capacity to make forms on that plane; and a good deal of our life embodies the products of our imagination. Every time you indulge your imagination in an unhealthy way, giving a form to your fears and anticipating accidents and misfortunes, you are undermining your future. On the other hand, the more optimistic your imagination is, the greater the chance of realizing your aim.

**The imagination is like a knife that may be used for good or evil purposes.** If you always dwell on the idea and feeling that you are going to be transformed, then you will help the process of Yoga. If, on the contrary, you give in to dejection and bewail that you are not fit or that you are incapable of realization, you poison your being.

The Power of imagination is the highest form of human intelligence. We visualize everything before doing it. So, if you are not imagining your life, you are not planning it. You are not consciously creating it.

Imagination lets you create your reality. If you are stuck in a place where you don't want to be, imagine your way out. Keep working and keep imagining a brighter future. **If the world is our canvas, what are you painting today? What does the painting of your life look like?** Remember, we are all oils on canvas. If you don't like what you've painted so far, it's super easy to just start over. Often, we are bogged down by reality. We are sucked

in and drawn out. The only way this can be undone is through imagination. We don't just get a breather from reality when we take a break, but we also start creating a different reality when we start imagining things differently in our lives.

What idea are you entertaining today? Are you still rerunning something from the past? Or creating something truly amazing in the present?

So, let's start imagining in the present, your present stage is the best to begin for an amazing life, and opportunities to explore Raja yoga. A thorough divine experience in our lives connecting to the Supreme powerful aura and incorporating it in our daily lives; fulfilling and endowing luxuries in without any sorrow or misfortunes in our lives. ■ ■

### *Life Changing Advice*

- **Keep your eyes on the stars, and your feet on the ground.**
- **Strive to be the best version of yourself every day.**
- **Don't be afraid of making mistakes, learn from them and grow!**
- **Learn something new every day.**
- **Good thoughts make you a happy person.**
- **If you have a dream, never let go of it, chase it till the end.**
- **Always have goals in life. Both short-term and long-term.**

## RAJA YOGA

B.K. Andrew Grant, UK

Everyone loves to be in control  
Self-control is the Raja Yogi's goal  
To not be controlled by his own negative  
emotion  
That emerged to meet any external  
commotion  
A stable mind would achieve success  
For a mind that's pulled caused all the distress  
He thought it was outside but his pain was inside  
To change what's outside, everyone has tried  
To be immersed in one thought will be his quest  
A faulty consciousness caused the unrest  
Life just became a series of many tests  
To have control of his mind is a mind that is  
blessed  
The soul, so stable, still, peaceful, and light  
Light, might: white light, shining day and night  
He looked at his body and said "That's not me"  
All weaknesses stem from living as this horror  
story  
Lust, anger, attachment, fear, and various greed

Throw in the ego, no wonder he had so many  
needs  
Living as these elements weighed him down  
In fear and anger, he'd continued to drown  
And though he'd been promised love from  
another  
It wasn't his own and so he would continue to  
suffer  
For no point talking of betrayal when his love  
betrays him  
For self love is needed for his light within  
A Raja Yogi spends his life breaking the  
consciousness of the body  
To realize I am a soul would help cure  
everybody  
The control of his senses and mind once like  
wild horses  
Brought an end to the suffering of all negative  
forces  
Until soul consciousness became natural  
Anyone and everything would continue to pull ■

### Contd. from page no.... 14

every step we follow Baba's *Shrimat* (Godly Advice), zeros can be added to highlight its true impact.

We don't say that we 'have' to put a point (full stop), we just follow Baba's directions and the applying of full stop automatically happens. Question marks create great difficulty. The song says: Oh bird, fly now for this is a foreign land – Baba once called me a wandering yogi – we are the ones who churn the Ocean of Knowledge and create happiness. I never had the thought of worrying about anything. I remember how

Baba used to do everything and simply follow this. Shiv Baba speaks through the mouth of Brahma and as this touches our hearts, we won't remember anything else. Make the past the past and do not see this old world as living...it is changing all the time.

I have seen only the plays of Krishna. I have never been to the cinema. Baba gives very good directions and as we follow these, we receive blessings and others follow us. We need to pay a lot of attention to what we think and speak. If we wish to stay always happy, there should be Baba in our thoughts, words and in our actions. ■ ■

## LET'S BE HUMAN BEINGS, NOT HUMAN DOINGS

**W**e are all special angels in this world born for a higher purpose. Have you ever wondered that apart from living a life from morning to night, full of actions like dressing up in the morning, going to work, cooking meals, and going off to sleep at the end of the day, we also have a higher purpose in this lifetime? Take e.g. a machine in your home like an air conditioner. It runs when we put it on and shuts down when we instruct it to. When it is not running, it remains idle without ever thinking that it could do something else. Does it have a higher purpose? No. Then one day comes when we discard it forever and it is abandoned. We all are human beings first and not human doings only. **Human doings work from morning to night, performing different actions, without a higher purpose. Human beings have a higher purpose - to look after the being while performing actions necessary to life.** So, let us not be like a machine today. When we step into our workplace or when we look after our home and family and interact with our friends, let us think and be aware that one day we will leave this body and take with us nothing. No financial success, professional achievement, beautiful relationship, and looks and outer personality will go with you when you are no longer in this physical costume or body.

So, pause for a minute at this moment and look inwards. I love my son or daughter or husband or wife but one day they will no longer be with me when I leave this physical costume. For me, the purpose of my life may be looking

after them. But my higher purpose is looking after my inner self, my *sanskaras*, my inner being, which I will carry with me. So, take an affirmation every morning – I choose to beautify my inner self in the complete day and give happiness to everyone I meet. I choose to be good at work but also work on my actions, which makes me receive blessings from everyone. Also, I choose to be a mirror of goodness for everyone, in which people will see positivity and be inspired to become better human beings. Why? Because you are special, a special human being, and not an ordinary human doing!

Whenever you begin the day, look at everything and everyone around you and realize deeply that my education, my professional qualifications, my wealth, and my role – all this and much more is not mine. This is because you are a being full of peace, love, and happiness, which is non-physical, first. And, all this expanse of physical belongings, people, close relationships, and everything else, even your physical body – all of this, you have acquired later. The non-physical is controlling and running the physical. The non-physical is eternal and the physical is limited to this lifetime only.

Happiness is the primary quality that we are looking for. Also, we are looking for peace and love. As long as your consciousness is centred around the physical, all these three emotions will not be experienced by you permanently and forever. They will come and go. This is

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## COLOUR OF THE COMPANY

It is said as is your company so will be your colour, means your attitude and vision will become like the company you keep.

**H**ave you ever experienced, when you stay with a person for a long period, you get influenced by their habits and personality, unless your aura is more powerful than theirs and then you influence them through positivity? **What are the types of company or influences we have around us?**

- ▶ 1. The soul first has the company of its body.
- ▶ 2. Bodily relationships
- ▶ 3. Physical comforts or things needed to live in this corporeal world

If the body is not keeping well that will influence the stage of the soul. Baba that is why keeps reminding us to practice the bodiless stage, the incorporeal stage. If I have practiced the stage of being bodiless over a long period, then *karma bhog* will be transformed into *karma yoga*. It is important for the master i.e., the soul to fill power through the Supreme soul, so that, the master can positively influence its chariot – the body. Baba also teaches us to take care of this physical instrument, not through fear or attachment but, with the awareness that if the chariot (the body) is performing well, the master (the soul) will be contented.

In the Murli's Baba emphasizes keeping the company of yogi and *gyani* souls, who benefit many others through their elevated company. Unconsciously and unaware, you become like



**B. K. Mahima, Mumbai**

the people around you. You start to copy the way they behave, talk, and do things, their habits. Hence, keeping the company of elevated souls helps us to create an obstacle-free stage.

Physical comforts also influence our personality. If I have a subtle dependence on any facility of science then, the presence or absence of that particular facility will influence the stage of my mind. That is why Baba emphasizes simplicity. Shiva Baba says you have to live with royalty but, simplicity. There should be more attainment in less expenditure, in thoughts, time, or physical means. Because simplicity is uncomplicated. The simpler I am, the more I will stay. And someone who is simple and easy will automatically not be influenced.

Food influences the purity of the soul and then, the atmosphere. We often complain that I did not intend to do what I did, but the atmosphere was such that it provoked a reaction.

Shiva Baba gives us ways to not get influenced by the atmosphere. Baba asks us to become so powerful that our presence influences the atmosphere in a positive way. But, if I can't do that at least I should have enough stock to save the self, and the soul from all the influences around me, whether it is a

negative one or a positive one. Baba also says that sometimes we are not influenced negatively but, in a positive way through someone's special virtue, or the way they do service. That is also an influence. Influence is anything that removes the remembrance of Shiva Baba from my intellect, and I keep on remembering that influence.

Baba says, that if we practice bodilessness whilst performing karma, listen to Baba's versions that is the Murli every day without fail, and keep Baba as our companion, we will stay in the company of Baba and become like him. Because, **wherever the thought goes energy flows and the soul attracts a similar kind of energy or vibration back. And, this energy which the soul absorbs (negative or positive) creates the world around.** The more I keep Baba in my awareness the more I attract his virtues in me. And to keep the Incorporeal Father in my awareness for a long

period, I have to take care of my company. What you see, read you become that. So, a good student is always busy with his studies and he removes his focus from every other distraction because a student knows the importance of studying. As a Godly Student, I should have an interest in studying. I can remain close to Baba when along with the Murli, I take time out to study the other literature of *yagya*. The more you read about God and God's knowledge the more you know Baba, the Supreme Father, and the better is the power to imbibe.

During the festival of Holi, they put up banners "Play Safe, Stay Safe". They have a variety of harmful colours. It's that time when *Maya* is all set to play Holi with us. Baba says, *Maya* will try to colour you with her company in ways that you never thought, hence if you colour yourself with the company of the Supreme Companion, you will remain safe. ■

## LAUGHTER: THE BEST MEDICINE

- ◆ If a barber makes a mistake, it's a new style.  
If a politician makes a mistake, it's a new law.  
If a scientist makes a mistake, it's a new invention.  
If a tailor makes a new mistake, it's a new fashion.  
If a student makes a mistake, it's a mistake(only).
  
- ◆ **Naughty Kid:** "Hello! Do you have a refrigerator?"  
**Man:** "Yes, I have. Who are you?"  
**Naughty Kid:** "Is it running?"  
**Man:** "Yes, it is running. What do you need?"  
**Naughty Kid:** "Get hold of it... Otherwise, it might run away."  
**The man slams down the phone.**  
**After a minute, the same boy again called him.**  
**Naughty Kid:** "Hello! Do you have a refrigerator?"  
**Man(angrily):** "No, I don't have."  
**Naughty Kid:** "Didn't I tell you to hold it?"



## PEN AND PAPER

**B.K. Sarika, Nalasopara, MH**

Pen & Paper are greatly connected...  
Uncovered Stories are revealed & reflected...  
From an ancient Times...  
They have Set Knowledge to the World...  
History & Mystery has come up Whirled...  
Pen which does Signature on the Paper...  
Makes a Man Touch Skyscraper...  
Pen that Writes the Destiny...  
Un-reveals the Life Secrets with Scrutiny...

Pen can Design a Book...  
Pen can Fashion one's Outlook...  
Pen can read one's Thoughts...  
Pen can see what's in the Hearts...  
Pen can Build a Relation...  
Pen can Gift Jubilation...  
Pen can Cheer a Winner...  
Pen can Hear voice Deep Inner...  
Pen & Paper are Great Friends...  
They bring Literacy & New Trends...  
I am Always Grateful to Paper & Pen...  
For, Whatever I Write they say.... "Amen"....

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## DON'T LABEL PEOPLE, GIVE RESPECT

**W**hen you meet someone even briefly – relative, co-passenger, neighbour, client, shopkeeper, or anyone for that matter – do you make conclusions about them? Do you categorically label the person as being either calm, arrogant, not good enough, skinny, dishonest, wise, and so on? Society today seems to insist on applying labels on everyone, especially negative ones, too quickly. The risk is that people start living by the negative labels they receive. The energy of labels radiates to them and triggers more of that particular behaviour or habit in them. This means, that if we repeatedly label someone as dishonest, we reinforce dishonesty in him or her. Let's give people the privilege to be viewed as pure, perfect individuals. Otherwise, we only perceive them through the lens of labels we give. Eventually, we also attract that label into our energy field.

**Everyone has admirable qualities. Focussing on them, magnifying them, and giving positive labels will uplift them and also elevate our thinking standards.**

If we look at how many times in a day, we judge other people, label them, criticize, compare, or assess what they do, the number would be too high. We casually say – he is lazy, she is arrogant, that place is boring... Sometimes we tend to do it unknowingly as though it is very natural and obvious. We even tend to justify such behaviour by saying – I only spoke the truth, after all, he or she is like this. It might be the truth but why magnify it and show that person in poor light? Let's focus on ourselves instead. Today different sources of media are also being used to spread biased views about someone or something, influencing society to perceive them in that way. By negative judgments and labelling, we not only lower our compassion but we also deplete our inner power. If we find the need to talk about someone, let us highlight and spread the word about their virtues and values. Let go of judging others and stop getting affected by others' judgments. It is protection for you and empowerment for others. ■ ■

## THE WORLD WE ARE LIVING IN IS NOT HEAVEN

A new world is coming soon, a better world where people have ample money, food, and housing.

B.K. Dr. Jasween (M. Eng., PhD), UK



**D**o you know we are living in *Kaliyuga*? This means the dark age where souls have lost their knowledge of God and themselves. Apart from spiritual knowledge they have lost their spiritual powers and Godly virtues. Without Godly wisdom you cannot survive on Earth, there is too much corruption of the human being due to lust, anger greed, ego, and attachment. The grass always seems greener on the other side. This is how wars start.

Scientists are the only ones making progress in the fields of science, technology, and medicine. The rest of humanity is going backward in terms of character advancements. But it won't last forever. A new world is coming soon, a better world where people have ample money, food, and housing. In *Kaliyuga* people do not even own 3 square feet of land. In *Satyuga* people own palaces within a 10 miles radius. In *Kaliyuga* the houses are made of brick and cement. In *Satyuga* the palaces are made of golden bricks.

In *Kaliyuga* babies always cry when they are born. In *Satyuga* all the babies are happy. In *Kaliyuga* the teenagers always fight and can use violence to try to get what they want. In *Satyuga* the teenagers are respectful and doubly non-violent. In *Kaliyuga* babies can be born illegitimately. In *Satyuga* babies are created through the power of yoga without the

use of violence.

In *Kaliyuga* even natural food products can be poisonous. In *Satyuga* all the foods are highly nutritious and nourishing, so much so that you don't need to eat so much to fill up your stomach. In *Kaliyuga* grains are highly expensive, in *Satyuga* they are cheap, and a bartering system is used.

In *Kaliyuga* the rich people have fridges stocked up with food but they can't eat much due to health conditions such as diabetes, cancer, and stomach ulcers. In *Satyuga* all people are disease-free, even the poor. In *Kaliyuga* people cry when someone dies. In *Satyuga* people celebrate when their friends and relatives leave the body.

In *Kaliyuga* there are wars and natural calamities all the time. In *Satyuga* there is always spring weather, even the five elements are pure and everyone lives in peace and harmony. In *Kaliyuga* people drive in fast cars and travel by planes and end up having accidents. In *Satyuga*, the deities travel by *Viman* and control vehicles through the power of the mind.

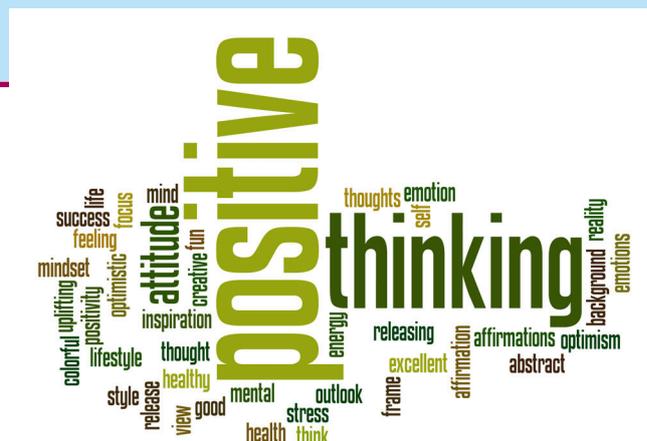
So even though we may be rich, how can we even think that we are living in heaven? When we travel around in our fast cars and eat out at restaurants, just remember that our brothers and sisters all over the world are suffering due to poor living conditions and lack of food. ■ ■

## POSITIVE THOUGHTS BASED LIVING

Living a life of giving joy to others through the simplest possible ways like a smile, a warm greeting or a gesture of appreciation is a beautiful way of gathering blessings from everyone.

Living in a world of high speed and actions in our everyday lives, we need to spend a few minutes every day looking at how much time did we spend in the day giving and spreading the fragrance of our specialties and loving each one whom we meet, with a big heart. **Always see and check whether each action of yours is dedicated to the benefit of others and not only to benefit the self.** We all know and realize that the day-to-day routine includes work tasks of different types but life is also about giving and receiving from others all that's beautiful in life like peace, love, and happiness. It's fine to be over-involved with work but even in that work, some people are more in touch with their inner goodness. Some will make it a point to share good things with others in the form of good words while talking to them and good gestures while interacting with them. Some people will make it a point to share with others, something good over email or through any other social media before starting their daily routine at the office or even the regular work at home if they are not working.

**So, life isn't all about working hard for**



**a living but living a value-based life and spreading the fragrance of values to others.** Values are not to be kept within you but shared with others and distributed with a big heart. Some people will put up some good thoughts and spiritual words every day in their homes or at some place in their office where everyone can read them, take inspiration from them, bring them into practice, and also inspire others with them. This is called positive thought-based living and not just plain living which many people in the world indulge in. Live life to the fullest and enjoy it but not at the cost of giving up values. Let every person whom you come in contact with, feel you are different not only in terms of personality and skills but also in terms of your basic nature and the virtues or qualities you possess. Then the world will become a beautiful place to live in and we will be like one big family closely knit together in a bond of pure love and happiness.

**Blessings from every person you meet will make your life more beautiful, and free of difficult situations.** Living a life of giving joy to others through the simplest possible ways like a smile, a warm greeting

or a gesture of appreciation is a beautiful way of gathering blessings from everyone. It is said very commonly – to give blessings and take blessings. That means the more you keep good wishes for others, the more full of good wishes you will be which you will receive back from others. A good practice whenever you meet someone is to ensure that you have shared something with the other person. E.g., if a person comes to you and he is lacking love, just look at him and create a pure and positive thought in your mind that this person will experience his original quality of love and share the same with others. Do this with a humble consciousness. This is like giving a blessing to the other. This will inspire the other person to change and imbibe the quality of love which he is lacking. You may think this won't work, but the power of a positive thought created by you is immense, and can transform the other person completely. After all our thought energy does touch the other person's consciousness on a subtle level. It's like whispering into the other's ears a message of pure love which he is lacking, listening to which is an inspiration for him to change himself. In the same way, if someone has a habit of becoming angry very easily and you pass by him on a particular day on the street, look at him and send him a good wish that you will experience lots of peace which is your original *sanskar*. These are blessings that work magically. Powerful thoughts have immense power, much more than words.

The pure love that you carry in this incognito way for others is like a healing

balm for others which can make people more beautiful and bring them closer to you. **Try giving a good wish to every person you meet in the day for one week. This way you will see how all your relationships with people become more beautiful and how everyone around you starts becoming better individuals.** It's a beautiful practice.

A very easy technique of radiating good wishes at the level of the mind is looking at others as a spiritual being of light i.e., looking at the spiritual form of others. The soul is a spiritual energy which constantly radiates energy to the world. When I look at the star-like form of others which is the form of the soul at the centre of the forehead, which is the same as my spiritual form, I radiate my original qualities of purity, peace, love, and joy to others. It's like empowering others with my vision. This again is to be done in complete humility and remembering that the other person is my soul brother and we are children of one Spiritual Father and Supreme Soul - God and we share a common bond with Him. Also, since we are children of the one Father, we have the same original *sanskaras* or qualities mentioned above. Every day you meet so many people. Look at them as soul brothers at the centre of the forehead – the sparkling star of spiritual energy, full of pure qualities. This way they will return what you share with them through your vision. God looks at all of us with this type of vision. God knows your physical body or role but always looks at your star-like spiritual form or the soul, which is your

eternal form. The physical costume that we call the human body and the role we play is temporary and keeps changing.

**Lastly, never think negative about any person.** The busier we become, the more negative we get at times for others because we do not have time for introspection or looking inwards. Very often, we have got into the habit of having a negative mind-set especially when we talk to our loved ones or close ones about others. We commonly say such and such person is not so nice and we mention some negative personality characteristic or weakness of the other

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because everything physical is temporary and changeable. One day your relationships are good and, on another day, there is a lack of co-operation and you feel less loved. Sometimes, everything is going smoothly at the workplace, and on another, there is the pressure of uncompleted tasks and deadlines which make you feel peaceless. Also, at times your physical costume or body is healthy and running well and suddenly an illness arises and you lose your inner contentment and feeling of wellness. So, life is about twists and turns. When your consciousness is focussed on your inner being, you are peaceful, loveful, and happy at all times. This is because the foundation of your peace, love, and happiness is permanent and unchangeable. Also, by looking at the eternal and inner self as the basis of your existence, you will not be affected by the situations outside. They will come and go and you will remain stable because you are a source of peace, love,

person or a certain negative way in which he or she has behaved. So common this is. You come home from the office and talk to your family members about all the negative things that took place in your office and all the negative behaviours of everyone there. And all that you talk or discuss far away from the other person on a physical level but it all travels to others on a non-physical level, which creates barriers in relationships. So, think positive and think good, spread the energy of positivity to others all the time, and enjoy what we call positive thought-based living. ■ ■

and happiness and you will fill every situation of your life with them. The situations are no longer your source for them and you are no longer dependent on them to remain full of peace, love, and happiness.

When we have a higher purpose of redefining our thinking and modifying our feelings into better ones, our little world around us—our family and then the little bigger world around us – our workplace and then the even bigger world – our society followed by our country and then the complete world will begin to change. If we had the complete human race acquiring a higher purpose before short-term purposes of eating and feeding, earning and spending, producing and gaining, then all these things outside us would be full of more accuracy and beauty. So, take a step forward today and start living like special human beings who love the being before the doing. This will create little worlds of happiness full of peace and love around you ... the little heavens, which will create a beautiful paradise in the whole world. ■ ■

## MEDITATION AN INNER JOURNEY TO THE PLANET PEACE

**Are you walking barefooted in your garlic field or sitting in your orchard eating sweet ripe fruit?**

In meditation, you can escape all life's problems, hassles, stresses, and untold hardships that can follow a person around day and night.

It's somewhat like sitting in a rocket, taking off and leaving all your rubbish and worries behind you. In this inner space rocket fuelled by desire, you can see your life more clearly.

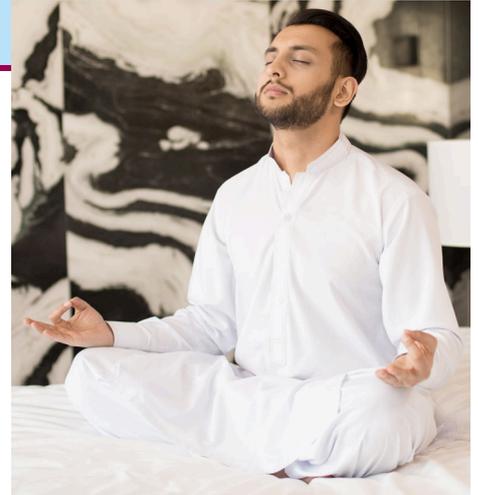
Are you one who allows the loving genie out of your bottle (soul) every day or only on special occasions?

The great advantage of meditating is that you realize the potential you have within yourself as you start to feel the core of your soul and with that, how much love and peace is inside you.

If you allow these virtues to surface, they can impact your daily life with startling benefits where your life becomes one filled with quality, peace, and happiness instead of the usual quantity full of stress and shallowness.

From this elevated viewpoint and stance, meditation enables you to see yourself in a new light and see what you really should be doing with your life what needs to be done now, and how best to do it and gain success.

To gain achievement today is not easy with so many ropes pulling at us we become fractured, stressed out, and confused not knowing which way to turn for the best: when



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

we do act, it's often only with 20% love, peace, and strength, if any.

When we only see life from its ground level, we end up leading a basic life like all those around us.

Instead of elevating ourselves and feeding our minds with rich spiritual thoughts of love and peace that can grow fruits and flowers that make us strong and happy, most tend to end up feeding themselves the same old basic thoughts which are only capable of growing weeds which are sharp to eat and digest and have no nutritional value that can promote health and well-being.

Weeds, when eaten daily, are responsible for creating ill-health and stress. if you do not agree with that, look at all the tablets taken by most people and if you could see what thoughts are being created, grown, digested and sustained in their minds for most of the day, it would correlate to planting, harvesting and then eating nothing but weeds.

Most people spend their life walking amongst fields of various weeds and sadly, do not even realise it.

Weeds grow at an alarming rate that can

suffocate and deny you the oxygen of happiness where instead, you breathe in the polluting greenhouse gases of sorrow. Over time, such gases become poisonous and weaken not only your body but also your mind (soul).

**You can take off in this Meditative Yogic Rocket (MYR) anytime you like and come back having been refreshed, refuelled and recharged.**

The fuel of this rocket is love, desire for peace, and truth and so powerful is this fuel, it can send you to the highest realms possible where you can meet God the divine. No other method can grant you such a meeting and get you to take off and go above our human existence that's now at best mundane and at worst, living in constant worry, stress, and ill health which is grown in their fields of basic pleasures where people are consumed by vice and greed for money.

The gate to this field has a warning sign on it in large letters that read **PRIVATE PROPERTY. KEEP OUT. OWNED BY A VERY SELFISH AND BODY-CONSCIOUS PERSON.**

What seeds you sow in your field could and should be of the highest quality as you will have to eat what you've sown.

We all own our field (mind and lifestyle) and if we grow to love and peace, happiness and contentment or let our field become overrun with stress and worry and become ill and unhappy, it will all be in your hands and as we all farmers with a choice of what seeds we sow, grow and will have to subsequently eat.

Some fields are full of fruit trees that grow and offer the sweetest fruits to the farmer and

have beautiful flowers and fragrances that give endless pleasure to those who walk through them.

This fruitful field can be right next to a field that grows only strong weeds. Some weeds are so prickly that they are left to dry and perish under the hot sun of falsehood.

The sun of falsehood can beat down so strong with rays so relentless that it can turn some fields into a barren desert.

Most of humanity is now sustained by fields of weeds.

The fields growing weeds are endless and everywhere if you look. Such a field only allows the farmer to exist and survive day-to-day and is incapable of letting the farmer grow strong and happy.

It's one thing to eat dried fruit and another to eat dried weeds.

If the seeds sown in a field are not fed correctly and watered and nurtured, they will either wither and die or grow weak, small, and undernourished.

The seeds you sow from the sack of your mind are constantly mapping out your life. Everything important to you is very much in your hands and will determine if you walk amongst fragrant fruit trees wander through your field of weeds and garlic or suffer in a hot desert with no water of happiness anywhere to quench your thirst.

**What you do today you have to live by and digest tomorrow.**

If you plant onion bulbs you will never get tulips. If you pay attention and sow the right seeds with love and walk in peace, your field can provide you with great happiness, health, and a bright future. ■ ■

## WHEN WE CHANGE OTHERS CHANGE

Living a life full of many different types of relationships sometimes brings with it different types of challenges and relationships can become a test of our mental strength when what we expect from others is not what we receive. Expectations from others can sometimes burden us so much that at times we can find people extremely difficult to deal with. Also, we may lose interest in our lives to an extent, difficult to imagine.

There was once a king who ruled a very big kingdom, which was full of different types of people, who were not only different in their roles but also very different in their personalities or *Sanskars*. The king sometimes wondered why I was not able to satisfy so many different people because everyone had different expectations of me. At the same time, his different expectations from the people of his kingdom were immense and at times it became difficult for him to experience peace and inner stability while handling their concerns and demands. A minister of the king gave him a suggestion that instead of trying to focus on everyone's desires and what they wanted, you be your good self and focus on playing your role in the best possible way and leave the rest to happen as it happens.

**Many times, it's not about making the effort to change others but it's changing yourself which brings positive results.** This is because it is your change that inspires others to change. Remember everyone will not act or behave as we want and sometimes it can be



difficult to cope with this. But if we remain determined in our positive behaviour and change, they will, after seeing our change, over some time, begin to realize their mistakes and become the way you expect them to be.

**Handling people with different personalities requires a lot of spiritual strength** and can be the most difficult thing to achieve for some. It's not just about physical skills like a way of speaking or presenting yourself, which are some measures we take in our office or our relationships. But it's more about qualities and powers as well as the wisdom of different types of actions and their results.

E.g., if you are preparing for a meeting in your office with many different office colleagues, then you will take different steps on a physical level - like seeing what is on the company's agenda to discuss, what are the different complaints of the different people in your group, where is the company lacking and things like how best my outer personality should be so that everyone is satisfied with me. But do

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## SPIRITUAL TECHNIQUES & SKILLS TO FACE CHALLENGES

Just as there are physical and scientific technologies to solve the material and physical problems of the world, similarly there are certain spiritual techniques to make life successful, stable, and obstacle-free.



Day by day economy, job conditions, organisational climate, and natural climate are changing, rather degrading faster. Individually fighting with infinite is getting difficult, because of various reasons. Many are developing health problems quitting the profession or getting into depression. Facing and fighting with infinite to remain still against the storm, needs psychological strength and sharp intellect. **The purpose of meditation is to derive energy from the infinite by connecting the consciousness with the source of Spiritual power, the Supreme Father.** He is the invisible supporter, guide, and protector in this fight. There are various forms of fighting: fighting with own old suppressed negative habits, organizational issues, disease, and health problems. Like Angad to remain stable, capable, and peaceful within the storm one needs to be



Dr. Shiba Prasad, Ahmedabad

supported by the weapons of divine power: tolerance, patience, and adjustment. One needs to be in a responsible position whether it is family or in the organization, not for the self but for others. The whole of humanity is watching you with great hope and expectations. If you lose patience and moral strength to face the situation, it will have a cascading effect on the lives of relatives and friends. Your calmness, obstacle-free, and misconduct-free life spread invisible power and aura to protect millions. The powerful magnet also does not realize its effect on the other magnetic substances. Earth has magnetic power and a magnetic field that affects all objects, even distant satellites. Your Pure and Powerful emotional and psychological state solves the problems of millions.

Just as there are physical and scientific technologies to solve the material and physical problems of the world, similarly there are certain spiritual techniques to make life successful, stable, and obstacle-free. Six of them are mentioned below.

- ▶ **1. Safeguard your mind and intellect from the bad or negative:** Save your mind and intellect from bad movies, web

series, YouTube videos, or any other virtual programs. The power of silence and purity can safeguard your life and ensure progress. Dadi Janki was a bright example of Purity and Silence. She had mastered the art of reducing speed and quantity of thoughts. She had a treasure of the Power of Silence through constant and continuous meditation. Though she was the Chief of the Brahma Kumaris, she used to tell her secret that she had 90% attention on self-progress, psychological health, and meditation, which used to act as fuel to manage the day-to-day activities of the organisation flawlessly.

- ▶ **2. Keep your accounts of Karma clean:** Keeping your karmic account clean means not indulging the self in any form of vices, impurity, or misconduct: To develop moral and physical strength to connect the self with the Supreme Father, the source of Pure and Perfect treasures. A clean and focused mind catches the required signals to sense the challenges and solutions in the journey.
- ▶ **3. Do not leave your good friends and family members:** Be with good friends and family members to face the oppositions with empathy, courage, and adjustment. Developing trust in the brothers and sisters of the spiritual family and good friends makes life enjoyable, relaxed, and meaningful.
- ▶ **4. Be decisive in life:** Decision-making is the ultimate achievement or *Sidhi* in life: Which needs knowledge, wisdom, concentration, analytical power, and convictions. Brother Ramesh, who was looking after the accounts and finances of

the organisation was a Chartered Accountant and Gold Medallist. Brother Ramesh had to make several decisions regarding purchasing land and construction of Brahma Kumaris branches. Brother was sharp and clear regarding his decision. A single wrong decision could have cost a lot, but he did not commit a single mistake in his service.

- ▶ **5. Be a carefree emperor by surrendering your intellect to the Almighty:** Surrender your own life, role, and worries to the Almighty psychologically, and then you can derive infinite power and strength to face the situation: The then Chief of Brahma Kumaris Dadi Prakashmani was so honest and confident in her role that even after managing thousands of dedicated sisters and branches across 100 countries, she was calm, peaceful and courteous.
- ▶ **6. Hard work, there is no alternative to it:** Brother Jagdish's willingness, determination, and devotion in *Sewa* were unmatched, he used to get up as early as 2.30 am and keep on writing books and articles. He used to refer to 100 books, articles, and research papers to write the matter with all details, references, and validation so that no one could question his review and deduction. The above six qualities can empower and enable one to cross many hurdles and barriers in life. As technology makes life simpler, similarly spiritual techniques and approaches can make life simpler and successful. ■ ■

## UNIVERSAL HARMONY

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and dispossessed of power by some other powerful ruler. This kind of situation then was a tempting invitation to the powerful foreign rulers. Similar events took place repeatedly, inviting Turks, Mughals, and others. The British East India Company also took advantage of such a situation of disharmony and disunity. Thus, the devastating forces took a heavy toll on life and property every time they descended on this country, disturbed the stability, ravaged the social and religious life and economy of this country, and, as some of them settled here; they sowed the seeds for future disharmony.

Another thing that people hardly realise is that the cause of all social, political, and other upheavals is inner disharmony. For example, in the above-mentioned case, history and historians are generally mute on the question of what led Philip's son, Alexander, to take such a big army to India to conquer it. Though history mentions social, political, and other factors, it does not go to the root of all these. It discusses the life of Philip, Alexander, and his mother but it does not lay its finger on the nerve that linked Alexander's personal life to the historical role he played. It does not point to the truth that there was inner

disharmony that led to disharmony in his family and, later, to continental disharmony.

If mankind had understood the diagnosis that the crux of all problems is disharmony of one kind or the other, and also that disharmony of all kinds is caused mainly by inner, mental, or spiritual disharmony, then people would not have tried to curb violence by using violence nor would they have attempted to remove poverty by such over-ambitious developmental plans that cause ecological disharmony. Instead, it would consider universal harmony as the only worthy choice. In addition, though political, religious, racial, spiritual, or any other kind of harmony was considered as the need of the time during different periods of a 3000-year-long history, there was never such an aggravated or urgent need for all kinds of harmony as it is now. Therefore, let the restoration of harmony in all spheres of life be our priority and our declared goal, policy plan, and our avowed practice now so that we can have lasting peace and development. ■■



☀  
*Control*

To control oneself is  
to have everything in  
control.



**Delhi (Kingsway Camp):** A programme on “Facing challenges with God's Power” is being inaugurated by Prof. Rajni Abbi, Proctor, University of Delhi, Mr Shashi Bhushan, Director, ISSA, DRDO, BK Shivani, BK Aruna and BK Sadhna.



**Panipat:** Dr. Anthony Raju, President, Int. H. R. A.Council, Mr. Mukesh Kumar, GM of Panipat Refinery, BK Santosh, BK Sarla, BK Bharat Bhushan and Dr. Bini are inaugurating the "Russian Cultural Program".



**Mumbai (Borivali West):** A tableau of Kedarnath on Mahashivratri is being inaugurated by Mr. Gopal Shetty, Member of Parliament, Mr Sunil Rane, MLA and BK Bindu.



**Jaipur:** On Women's Day programme Singer Mr. Ravindra Upadhyay, Sushma Arora, IAS, Ms. Sudhi Rajiv, VC of HJ Journalism and Mass Communication University and BK Poonam are on the stage.



**Amreli (GJ):** BK Shivani is addressing a programme on “Peaceful Mind & Blissful Life”.



**Bikaner:** Sitting on the stage in a Shivaratri Programme are MLA Mr Jethanand Vyas, Mahila Seva Sangh Gen Secretary Ms Asha Nainwal and BK Kamal.



**Raipur (CG):** A tableau on Shivratri is being inaugurated by Prof. Baldev Sharma, VC of KTJ & MC University, Mr. Saket K Singh, IG of CRPF, BK Savita and BK Rashmi.



**Mount Abu:** BK Binny is being honoured by Mr. Danesh Rana, Director, Internal Security Academy of CRPF for her 35 years of glorious service to the Academy.



**Patna:** Mr Nand Kishor Yadav, Assembly Speaker is being presented Godly gift by BK Rani.



**Yeola (MH):** Principal Father Mathew, Vice Principal Father Augustine, BK Hemami, Sister Velangana and BK Neeta in a group photo after a programme on the Women's Day.



**New Delhi (Karol Bagh):** Lighting the lamps on the Shiv Jayanti Mahotsav are Mr Vishesh Ravi (MLA), Ms Mandeep Kaur, Delhi President of Akali Dal, BK Pushpa, BK Vijay, BK Renu and BK Dinesh.



**Kolkata:** Sitting on the stage in Women's Day programme are Ms Neelam Meena, IAS, Ms Smita Pandey, IAS, Ms Chaitali Chakrabarti, IAS, Ms Santi Das Basak, SP, Mr Virendra, former DGP, BK Kanan and BK Supriya.



**Udaipur:** In the Shivaratri Programme seen on the stage are District Collector Mr Arvind Poswal, Divisional Commissioner Mr. Rajendra Bhatt, BK Gangadhar and BK Reeta.



**Jalandhar (Pb):** BK Sandhira & BK Vijay presenting Godly gift to Mr. Raman Arora (MLA) after hoisting flag of God Shiva on Mahashivratri.



**Nagpur:** On International Women's Day sitting on the stage are Ms. Rupali Pawar, District Judge, Ms. Kirti Shah, Civil Judge, BK Sunita and BK Rajni.



**Indore:** Mr. Mal Singh Bhadiya, Divisional Commissioner, Ms. Preeti Agarwal, Post Master General, BK Hema and others are flagging off the spiritual procession on Shivratri.

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we ever think of how is my inner personality? Am I good-natured, am I able to fulfil everyone's inner desires with my love and good wishes? Also, have I spiritually empowered myself so much so that I can tolerate everyone even if their behaviour and way of working is different from mine? Otherwise, when we see different personalities of people and different intentions as well as aims and objectives that everyone possesses, it disturbs us. Also, that

unfocused state of mind does not let us act positively and our decisions can become incorrect. Of course, we cannot always think that people will be easy to deal with and also our efforts to please them can be unsuccessful at times. But, to bring harmony in relationships, we also need to have spiritual skills like good judgment power, discrimination power, the ability to mould, the power to accept, and the ability to give respect to each one's opinion, etc. All these will make it easy to succeed. ■

## WORDS OF WISDOM

- ◆ When one door of happiness closes, another opens; but often we look so long at the closed door that we do not see the one which has been opened for us.
- ◆ Happiness is not something ready-made. It comes from your own actions.
- ◆ Smart people learn from everything and everyone, average people from their experiences, stupid people already have all the answers.
- ◆ Your actions will always have consequences.
- ◆ You are smarter, braver, and much stronger than you think.
- ◆ To be successful we must first believe that we are capable of it.
- ◆ Your passion is waiting for your courage to catch up.

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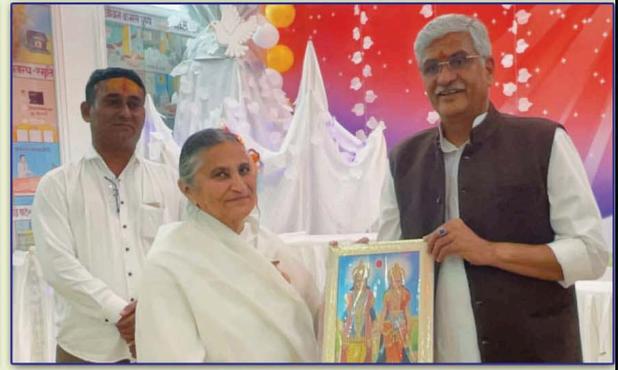
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**Rishikesh (UK):** Mahamandaleshwar Swami Asanganand Maharaj, Mahamandaleshwar Swami Vijayanandpuri Maharaj, BK Sharda, BK Manju and BK Arti are inaugurating the newly constructed Tapasya Dham.



**Jodhpur:** Mr Gajender Singh Shekhawat, Union Minister is being presented Godly gift by BK Sheel.



**Moscow:** A dialogue on 'Power of Women' is being addressed by BK Sudha. Sitting on the stage are Ms Lyubov Kazarnovskys, Legendary Opera Singer, Ms Yulia Shpakova, Head of Union of Russian Women, Bk Ludmila and BK Elena.



**Karnal (HR):** A programme on "Stress Free Happy Life" is being inaugurated by MLA Mr. Harinder Kalyan, Mayor Ms Renu Bala Gupta, BK Shivani and BK Prem.



**Jalandhar (Pb):** Jaya Kishori, famous spiritual orator is being presented a Godly gift by BK Sandhira, BK Vijay, Dr. Ratan Lal and BK Krishna Miglani.



**Kurukshetra:** A programme on 'Secret of Happiness' is being addressed by BK Onkar. Mr. Ashok Arora, former Minister, Mr. KK Gupta, President of Bar Association, BK Saroj and BK Shakuntala are also on the stage.



**Lucknow:** A programme on "Know the Secrets to Live Right and Think Right" is being addressed by BK Shivani.

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**Surat:** HE Draupadi Murmu, Hon'ble President of India is being felicitated by BK Falguni and BK Saroj.



**Mandla (MP):** BK Mamta and BK Omlata are presenting a bouquet to Chief Minister Dr. Mohan Yadav and BJP State President Mr BD Sharma.

**Gangtok (Sikkim):** On Maha Shivratri God Shiva's flag is being hoisted by Chief Minister Mr Prem Singh Tamang, Madam Krishna Rai and Master God Angel Guru Hajur, BK Sonam and BK Diki.



**Panipat:** BK Shivani is addressing a spiritual programme on "Miracles of Meditation".

