



The World Renewal

Monthly

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Bhubaneswar: Divine Retreat Centre of Brahma Kumaris is being inaugurated by HE Droupadi Murmu, Hon'ble President of India, Mr. Mohan Charan Majhi, Chief Minister, HE Raghubar Das, Governor of Odisha, BK Mruthyunjaya, BK Leena, BK Lakshmi, BK Yogini, BK Nathmal, BK Santosh and others.



St. Petersburg (Russia): After a dialogue on "Creating Happy Atmosphere in the Family" Dr Valentina Suloyeva, DG of the North-West Regional Health Centre and BK Santosh are in group photo with participants.



Nairobi (Kenya): BK Shivani is addressing a programme on 'Remain Calm and Stable in an Uncertain World'.



Vijayawada (AP): Mr. N. Chandrababu Naidu, the Chief Minister of Andhra Pradesh is being felicitated by BK Padmaja, BK Jaya and BK Bharathi.



New Delhi: Union Railway Minister Mr. Ashwini Vaishnaw is being felicitated by BK Mruthyunjaya, BK Dr Banarasi, BK Prakash and BK Shivika.



New Delhi: Mr Dharmendra Pradhan, Union Education Minister is being presented a frame of God Shiva by BK Kshira and BK Vikas.



Noida: Mr. Chirag Paswan, Union Minister for Food Processing is being presented Godly gift by BK Yashoda, BK Savitha and BK Shivani.



Chhatarpur (MP): Dr. Virendra Kumar, Union Minister of Social Justice and Empowerment is being presented Godly gift by BK Rama, BK Reena, BK Kalpana and BK Suman.



Bilaspur (CG): A programme on Yoga Day is being inaugurated by Mr. Tokhan Sahu, Union Minister of State for Urban Development, MLA Sushant Shukla, BK Manju and others.



HOW WILL IRON AGE END AND GOLDEN AGE BEGIN?

God, who is Incorporeal, has given us a vision of a Beautiful World beyond the present one. We wish to share that vision, that truth and that understanding with mankind at large.

When we tell people that the world will see the dawn of the Golden Age, they find it hard to believe. It is because they see that the forces of negativity and evil are gaining more and more ground so much, so that they are firmly entrenched, and there seems to be no one so great and mighty on the world-scene who can meet their challenges or can subdue or end them.

People are correct up to this point. But God, who is Incorporeal and whose work has been incognito, has given us and hundreds and thousands of others, a vision of a Beautiful World beyond the present one and therein lies our hope. We wish to share that vision, that truth and that understanding with mankind at large.

The truth is that the end of evil forces comes when these forces reach the highest point, or let

us say their bursting, explosive or critical point. Since mankind fails to end them or keep them in check, the forces of evil, at the highest point, indulge in acts of self-destruction, or they end one another. They commit a 'mass suicide' so to say. They die en masse at their own hands. Take, for example, our current global problem of nuclear armament which is rooted in the evils of hate, suspicion, anger, etc., and take also the problems of over-population which is rooted in sex-lust or lack of self-control, and the problem of poverty which is rooted in exploitation by, and greed of, the rich or in their lack of sympathy and compassion. **These evils and their manifestation will reach an ultimate point and will, then, explode and destroy themselves at that point because evil, by its very nature, first**

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NEED OF THE HOUR INTENSE & POWERFUL YOGA WITH THE SUPREME

How to experience a powerful stage of Yoga constantly, where there is unbroken, undisturbed connection with the Supreme ?



It was a special scene to witness 240 Invited Senior Brahma Kumar Instruments, who help to manage services in Bharat, come together from 24-28 July 2024 in Shantivan HQ campus, Abu Road, for an enriching Yoga Bhatti (Deep and Intense Meditation Retreat). It was an honour to share insights and experiences with them on the theme of “***Jwalamukhi Yog Sthiti – Volcanic Yoga Stage***”. This is certainly the call of the time for self-empowerment, and progress of others too.

Firstly, what is the need for such committed, focused effort of Powerful Yoga? In our day to day lives, all of us study the *Gyan Murli* and take in our Supreme Father's inspirations and signals. But we need to ask ourselves how long does the effect of these spiritual discourses stay during the day? We all wish to experience a powerful stage of Yoga constantly, where there is unbroken, undisturbed connection with the Supreme, so let us check our stage of meditation: **1) Did I experience closeness to God? 2) Did I experience the vibrations of God's power and virtues? 3) Did I take the time to spread the energy that I gained in the atmosphere**

and to other souls? 4) What was the result of that half an hour or one hour of intense yoga? How long does that effect remain during the day? Did I experience the old karmic accounts or old *sanskars* burning away? Only then can we truly say that we took full benefit of volcanic yoga.

Most of us have our own spiritual responsibilities in Godly Service, but sometimes we create extra duties or get involved in interactions unnecessarily, or chase limited desires or have expectations for certain things or from certain souls. **After we listen to the daily *Gyan Murli* discourse, let there be the practice of checking our internal state of being against whatever I learned from the *Murli* at different intervals of the day.**

While being engaged in a number of administrative services of the Institution, and interacting with several souls during the day in different capacities of problem-solving etc., I aim to listen to everyone with attention, yet as an unbiased instrument from a stage beyond the physical realm. I wish to neither get lost in conversations nor allow any wasteful or negative impact on the soul. I keep the awareness and company of the Supreme Parent all the time, and this enables me to smile constantly. Such inculcation helps to



understand that situations or any chaos is simply a result of *karmic* settlement between souls, and we cannot assume that we will find a solution to everything. If we can help, and the person is receptive to help, then we take steps that will benefit all involved. We can never make the mistake of misleading anyone onto the wrong path.

Where there is the feeling of belonging to one family, then we can remain cheerful, light and positive while dealing with a variety of *sanskars* and conflicting opinions. **The number one example in front of us is of Pitashri Brahma, who had also dealt with hundreds of spiritual children, but irrespective of someone's nature or personality traits, Brahma Baba always kept the child's original form of goodness in his awareness while dealing with them. It was Baba's elevated good wishes for the soul that helped the child to transform.** All of us also need to follow in the footsteps of our Spiritual Guide, Brahma Baba.

When there is attention to the above, we can clear our minds instantly of even the smallest of negative thoughts whenever we sit for

intense volcanic yoga, since our inner stage is strong and stable. **It's important to check our thoughts minutely to see where they may still be wandering – was I able to remain present in front of the Supreme during my meditation?** Focus on having a blissful experience of being one with God...

It is essential to commit to such focused, powerful yoga regularly, and not just when special programmes or sessions are conducted. **A useful addition to our spiritual efforts is the practice of chanting 'OM' for 5-10 minutes at a relaxed time during the day,** as was the system at the establishment of the Brahma Kumaris institution in Hyderabad, Sindh. It is a good support to our spiritual endeavours as it helps align soul and body, and improves the clarity of our thoughts.

I encourage all BKs and practitioners of meditation to make time for high quality Rajyoga sessions where we connect our intellects lovingly to God, draw in His peaceful, powerful vibrations and experience equality in our relationship with the Supreme Parent.

The Enchanting Festivals in Bharat

The holy *Sawan* month, which started on 22 July and continues till 19 August, is most auspicious for Lord Shiva's and Parvati Mata's devotees, as it is strongly believed that They will bestow boons and blessings when fasts, prayers and rituals are undertaken with love and devotion, along with offering of Bel Patra leaves and a small urn of pure water.

This *tapasya* ends with the much-loved Festival of **Raksha Bandhan**, which falls on 19 August this year. We now understand the deep and close significance of God Shiva's connection with said festival: at a time of undeniable iron-agedness of the world where a very low outlook is harboured towards females in general, we know that Incorporeal God Shiva descended onto the world drama stage to emphasize the beauty of pure vision and attitude. **Those who understand the importance of a spiritual lifestyle, and choose to adopt it personally, take a pledge of purity and spiritual consciousness while dealing with others, knowing that all women and men are the creation of one Supreme Parent.** This pious attitude, awareness and vision works magic in emerging inner peace and joy within individuals, and creating loving and friendly relationships between different communities, and religious backgrounds. Let the spirit of Raksha Bandhan liberate everyone from negativity, peacelessness and violence!

When we live by the above principles, we can truly follow Raksha Bandhan up with celebrations of **Shri Krishna Janamashatami** (26 August 2024), symbolic of the establishment of an era full of innocence, purity, love, affection, laughter and happiness. Shri Krishna's pure innocence is not based on ignorance but on proper *Gyan* or

Wisdom and *Satvick Karma* in life. So let us aim to re-educate our children and the masses about the beautiful significance of our glorious Indian festivals.

Whenever August begins, we reminisce about an extraordinary Spiritual Leader, Rajyogini B.K. Dadi Prakashmani ji, who ascended to the angelic realm on 25 August 2007. Dadiji was a great exponent of the Brahma Kumaris philosophy who threaded the global human family in the sacred thread of purity, spiritual love and unity. Her appeal to all brothers and sisters who came in contact with her was to realise how a pure life would definitely result in real peace and happiness for not just this birth, but many births to come.

During her lifetime, the numbers of BKs following a spiritual lifestyle reached over a million across the globe. As the undeclared Superior Mother of the institution, she is still remembered for her grace and queenly manners. One would feel internally charged to a high degree in her company! Following Pitashri Brahma Baba's ascension, she took over the reins of running Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, and the institution spread its wings not only in all corners of India, but in the five continents as well. Dadiji travelled far and wide to inspire thousands and thousands of simple folk and VIPs with the message of Universal Love and Dignity of Human Life. Her personal example of being upright and courageous to speak the truth in front of any audience motivated souls to commit to a pure and progressive lifestyle. As we honour Dadi Prakash Maniji on 25 August, let's continue to be inspired to lead a life as fulfilling as hers!

– **B.K. Nirwair, Chief Editor**

RAKSHA BANDHAN A CELEBRATION OF BROTHERHOOD

Broaden your vision to the entire earth as one family under the Fatherhood of God.

The Festival of Raksha Bandhan, celebrated annually in August, is a memorial of a time when humanity was united by a loving relationship with God that protected and uplifted them and created a heavenly renewed world. After a few thousand years had passed, the present era has modernized and limited this festival to a relationship within the nuclear family, where sisters lovingly tie the threads of beautiful handmade 'bracelets', called Rakhis, around the wrist of their brothers to honour, protect and pray for their well-being. The brother, in turn, promises to protect the dignity and honour of his sister and family. To date the customs and lessons demonstrated in this special celebration have kept the family strong, functional and united. Family members remain close-knit as it strengthens the bonding, respect, caring, trust and love among them.

Raksha Bandhan will be celebrated this year on August 19, the day of the full moon, 16 celestial degrees complete. It shows us what relationships should be like characterised by love, respect, kindness and empathy. When I am tied with this sacred thread of protection, the Rakhi, I promise to stay in my original nature of peace, love, purity, wisdom, and mercy. I remember seeing myself as a soul with a body, rather than a body with a brain!! **Now, with soul-conscious knowledge, I see others as being a child of God and part of my spiritual family. This unlimited vision of universal**



B.K. Sister Chirya, Peace Villae, USA

brotherhood breaks all barriers of caste, creed, age, gender, religion, socio-economic status, colour and personality traits. Our vision is broadened to the entire earth as one family under the Fatherhood of God. Currently, all religions and over 100 countries value and celebrate this festival.

Raksha Bandhan encourages respect for both genders, particularly women, to protect and ensure their equality and safety. Their protection and honour rests not only on brothers within their family, but on every member of the society. No single individual can protect another person all the time especially now with the decline in moral values. Lust and anger start in the mind and are the root criminal causes, but positive change can happen with spiritual training and empowerment. The antidote is to create pure feelings within, through the daily practice of meditation. This practice enables us to channel our thoughts in a positive direction and put a full stop to wasteful and negative body-conscious thoughts. It creates purity of mind and brings happiness, wisdom and the power to keep on giving. My every thought, word and action become one having good wishes, which work as my protection and stay with me forever!

Yes, this is possible! In these times of potential and possibly deadly changes, the

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THE WEALTH OF THOUGHTS

A thought can be given as an affection to a person or an infection to a person. Our thoughts have magical powers in case we keep them pure, elevated and powerful.

B.K. Surendran, Bengaluru



Thoughts are the vibrations of the mind. It is estimated that 30000 to 60000 thoughts emerge in the mind in a day. A thought is a product of the mind. Such a product will be sometime positive, negative, toxic or

elevated based on the mental state of the individual. Even though thoughts are categorized to be positive, negative, necessary or waste etc. our experience reveals that the following types of thoughts emerge in the mind per day.

Types of Thoughts

1. Positive Thoughts, 2. Negative Thoughts
3. Vicious Thoughts, 4. Pure Thoughts
5. Elevated Thoughts, 6. Toxic Thoughts
7. Necessary Thoughts, 8. Waste Thoughts
9. Ordinary Thoughts

Based on these thoughts, our mental state is altered. As the thought so is the experience of joy or sadness or disturbance.

Hence thought can give us happiness or make us sorrowful. A positive thought gives us positive energy to move forward with happiness. A waste thought will waste our thought energy followed by our words and actions also being wasted. A positive thought is one which has positive energy. The energy of self-esteem, goodness and our high expectations to climb great heights,

zeal and enthusiasm are also found in the positive thoughts.

Self-Knowledge

Knowledge is power. Every piece of spiritual knowledge contains very powerful thought energy. Spiritual knowledge is a package of very powerful elevated pure thoughts. Every such thought has tremendous mental energy. Our optimistic thoughts lead to very great heights and achievements. It is the origin of all powers in the world. It travels faster than even light. It can reach wherever it wants in seconds. It creates wonders. Thoughts have the power to materialize. By sitting at a place, we can make a life or mar a life. Just like solar power it can lighten many lamps or say many lives at a time. Similarly, it can also empower many minds. It is wonderful that when we think positive we can experience a state of mind of overwhelming joy. On the contrary, a negative or toxic thought can waste energy within a second and we get disappointed in the process. We can strongly believe and decide to be an outstanding personality of the world and become like that if followed by planned hard work. Our determined powerful aggressive thoughts followed with constructive and creative action can take us to the level of a great person of the world.

We are Souls

We are all spiritual beings with physical body. Similarly, God, who is our Spiritual Father is also a self-effulgent light. He is the ocean of knowledge and power. The knowledge of self and God and the creation is the real spiritual knowledge. This spiritual knowledge has the real power which is much more powerful than any physical power.

The very base of a successful life is our positive thoughts. It is more powerful than any other source of power. Thoughts in general have spiritual energy, may be negative or positive. We should always consider the positive energy and use it. **Our thoughts can make us empowered and happy, while it can also make us frightened if it is negative.** Based on this clear discovery, it is clear that we are all souls not body. But we are bodily beings enacting different roles in life wearing a body of male or female. If we can feed the mind and intellect with pure thoughts then our mind will be empowered with a lot of mental energy.

Elevated Thoughts

Elevated thoughts with good wishes and pure feelings with the power of concentration can do wonders. Power of concentration with perfect mental control can radiate peace and goodwill to the world which will overtake the power of wireless and television waves, it goes beyond all boundaries. It can also radiate the vibrations of peace and happiness, zeal and enthusiasm. Every thought is a product of the mind. We must see that every unit of this product is of high quality. High quality thoughts will make this world a heaven like place and happiness will spread across the globe if all of us produce very good quality

thoughts of peace and happiness.

A thought can be given as an affection to a person or an infection to a person. Similarly, a person can plan thought attacks on a person or persons at a time. Every thought can be encased with a virtue or goodness and give it to others with a good feeling and emotions. We can send across the globe a thought of goodness to a specific person or spread this thought in a place where there are disturbances which will be felt by and happiness will be experienced. When we plan our life, we can use our thought power accordingly. Based on the quality of our thoughts our plan will be very effective and fruitful.

We must understand that our real wealth is our thought power. **If we utilize or apply the thought power in a purposeful way our state of mind and our karma are going to make us happy.** On the other hand, in case we waste our thoughts in unnecessary discussions, chitchats, complaining or blaming, we weaken our thought power and in turn our power of intellect will be weakened. As the intellect is weakened, it will be confused and the right decision making will not be possible. Such persons are found to be always confused, and indecisive and might commit many mistakes and ultimately, will have to face many failures.

Mind and Creation

Thus, we can understand that every thought of life starts with an intention. We are all thinking collectively therefore we exist. The consequence of our collective thinking is a world with multifarious scenes and sceneries. Whatever is seen in the world is the creation of the mind. The

thoughts are the costliest and precious wealth we have in our life. We are the masters of our thoughts. We have the freedom to choose our thoughts which will make us happy, progressive and successful so that there cannot be any trace of sorrow or failures.

Let us use our precious and invaluable wealth of thoughts to our and others' advantage and also the welfare of the world. Ultimately, we understand that we have the monopoly over the thought energy and it is our birth right. In fact, the physical wealth is the creation of the mind and intellect. Purity, peace, love, goodness, happiness, bliss are the natural imperishable products of our own thoughts. Our thoughts have magical powers in case

we keep them pure, elevated and powerful. We must preserve our thought energy from the onslaught of vices and also from any kind of waste talk, action or relationships.

Mind and Rajyoga Meditation

Rajyoga Meditation is the right way to keep the mind healed. Now the mind is infected with the germs of vices such as sex-lust, anger, greed, attachment, ego etc. When we connect our mind to the Supreme Soul who is the Almighty, the mind is purged of all infections of vices. We should meditate on the Lord in soul consciousness with love and reverence. This meditation is time tested, lakhs of people are experiencing the purging process and also experiencing purity of the mind with super sensuous joy and inner power. ■■

LAUGHTER: THE BEST MEDICINE

- ◆ **Teacher: How old is your dad.**
Student: He is as old as I am.
Teacher: How is it possible?
Student: Because he became a dad only after I was born.
- ◆ **Teacher: Suppose, I give you 2 dogs. Then I again give you 2 dogs. How many will you have?**
Student: 5
Teacher: How?
Student: I have already a dog in my house.
- ◆ **Santa: I got married because I was tired of cooking, cleaning home and washing clothes.**
Banta: Amazing, I got divorce for the same reason.
- ◆ **Samir: My father is afraid of crossing the road.**
Rahul: Why?
Samir: He always holds my hand while crossing it.
- ◆ **Lady: Why have you increased the price of milk?**
Milkman: Earlier I used to mix tap water, now I mix mineral water.



SUPREME WEALTH IS SATISFACTION

Instead of regretting what has gone out of our hands, it is wise to be content with whatever we have, considering it to be God's gift.



There lived a fisherman in a village near the river. One day, when the fisherman reached the river with his net in the morning, he realized that there was darkness all around. The

fisherman started waiting for the light to pass the time.

He was strolling here and there on the banks of the river when his foot hit a bag. He opened it and found that it was filled with shiny stones. The fisherman sat down with that bag and to pass his time, he started taking out one stone at a time from the bag and throwing it into the river. When the last stone was in his hand, the sun's rays fell on the earth. In the sunlight he saw that the stone in his hand was shining very brightly. When he looked at the stone carefully, he realized that it was a diamond.

The fisherman felt very betrayed that he threw so many precious diamonds into the river with his own hands. He was still thinking about this, when a Saint came there to take a bath in the river, then seeing the fisherman sad, the Saint asked: - Child, what is the matter, you are looking very sad? Then the fisherman narrated the entire incident to the Saint and also showed him the diamond that



B.K. Ram Singh, Rewari

was left in his hand.

After listening to all the words of the fisherman, the Saint said: Child, do not be disappointed, you should be happy that you are still lucky to have stopped the one remaining diamond from being thrown away. This single diamond is extremely valuable and is capable of enhancing your life. The Saint further said: Child, **instead of getting disappointed thinking about what has gone out of your hands, celebrate what is in your hands?**

After listening to the Saint, the fisherman regretted his mistake and returned home happily. He had come to understand that instead of regretting what has gone out of our hands, it is wise to be content with whatever we have, considering it to be God's gift. Only with this will there always be happiness and peace in life.

Meaning of satisfaction: One who keeps the auspicious and pure feelings and thoughts arising in the mind and the sweet influence always flows in life without any choice remains satisfied. This is that attitude of the mind in which a man feels happiness in his present condition. Satisfaction makes one virtuous. Renunciation is also the basis of satisfaction for humans and the basis of

satisfaction is the penetration of divine qualities. Satisfaction is excellence, the light of mind, sweetness of speech, divinity of intellect and fragrance of life.

The glimpse of satisfaction always shines from the head of those who are always satisfied. If any sad person sees him, he also becomes happy and the sadness disappears. One who has the treasure of wealth in the form of satisfaction, all other treasures also get accumulated in abundance in him. The contented face of a satisfied person is a consciousness board, which becomes an instrument of service to many souls.

Contentment is the ladder to happiness: A person who is content in his life may be poor but he sleeps happily at night and he does not feel any fear even when death is near. Whereas a dissatisfied person always remains unhappy while committing sins, deceiving others, accumulating wealth and serving his own interests. When a satisfied person gets something, he does not become very happy and when he suffers a loss, he does not get upset, that is, it remains the same in both the situations. That is why it is said that the source of satisfaction and peace is not in wealth but in equanimity of mind?

A satisfied person can only have a stable mind: A satisfied person is cheerful and also soft-spoken. Only a satisfied person gives love to everyone and also behaves easily, that is, the satisfied one is the one who is free from anxiety, has given up hatred, is free from desires and cravings. Only the one who is satisfied can have a stable mind and can also remain yogic. The one who is a Yogi is actually satisfied, that is, he does not try to earn money through greed and corrupt behaviour. After a satisfied person has done his work, that is,

after making strong efforts, he experiences satisfaction in whatever he achieves?

Contentment means not being worried, not getting nervous and not being sad in whatever situation comes our way while fulfilling the responsibilities with zeal and enthusiasm, but sitting on the seat of contentment and watching the play of circumstances, is to become a contented gem and a contented gem is only one whose, the beauty of life is satisfaction.

A contented person is the architect of his own destiny: It is well known that a contented person earns immense fame and wealth in this world because God is always with the contented person and He removes all the obstacles that come in the path of the contented person. Filled with courage and enthusiasm a satisfied person is the architect of his own destiny. Such a person does not create his own destiny, but also gathers the material to build its foundation. The door to success is always open for a satisfied person.

Whatever a person gets after his hard work is a justifiable achievement and he has to be satisfied with that only. Increase your work efficiency, develop your capabilities but do not forget that you will get only what you want to get. If you expect more than that, you will only get unhappiness. For happiness and peace in the society, it is necessary to believe in fate, if we do not believe then unhealthy competition will start.

Desire for more creates dissatisfaction: Worldly comforts and facilities can be acquired by earning money through cheating and dishonesty, but mental peace cannot be achieved. Where there is satisfaction, there will definitely be happiness because satisfaction is the end of desires and cravings

and desire is the root of sorrow. Only hard-earned money and its judicious expenditure on appropriate items provides spiritual satisfaction to a person. Being satisfied with whatever is achieved as a result of proper efforts is the key to ultimate happiness. Desire for more creates dissatisfaction and dissatisfaction becomes the carrier of wrong actions.

Instead of longing for what is lost or unachieved, we should be content with whatever we have as a gift from God? With this, there will always be happiness and peace in life, that is, satisfaction is the key to happiness and only a satisfied person lives happily in the present and remains hopeful about the future. A satisfied person feels close to God every moment and gets everything without asking, thus remaining free from the whirlpool of desires in life. ■■

Life Changing Advice

- **If you cannot do great things, do small things in a great way.**
- **Always do your best. What you plant now, you will harvest later.**
- **Believe in yourself and all that you are. Know that there is something inside you that is greater than any obstacle.**
- **Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.**
- **Don't let yesterday take up too much of today.**
- **Take the opportunity to learn from your mistakes: find the cause of your problem and eliminate it. Don't try to be perfect; just be an excellent example of being human.**

WORDS OF WISDOM

- ◆ **Sometimes your mistakes are your biggest virtues. You learn so much from the mistake. Those things that you think are the worst thing that's happening to you can somehow turn around and be the greatest opportunity.**
- ◆ **The only difference between ordinary and extraordinary is that little extra.**
- ◆ **The best preparation for tomorrow is doing your best today.**
- ◆ **The only limit to our realization of tomorrow will be our doubts of today.**
- ◆ **Success is not final; failure is not fatal: It is the courage to continue that counts.**
- ◆ **The greatest glory in living lies not in never falling, but in rising every time we fall.**
- ◆ **The only way to achieve the impossible is to believe it is possible.**

EVERYONE FEELS BELONGING TO DADI PRAKASHMANI



Dadi Prakashmani had the virtue to appreciate the different *sanskaras* of souls. Even in an organisation of people with great diversities, Dadi would always meet them with love and inspire them to remember God Shiva. Dadi used to say, "Whatever you see or do, always remember the One who makes us do everything and say My Baba". Dadi saw Baba as her companion throughout her life. She experienced such a close belongingness to Him that all became her companions because the closer we are to Baba, the closer become the other souls to us.

She used to see others' problems as her own

Besides loving God Shiva, Dadi loved all. She loved the seniors and paid the same attention to the younger ones and would attentively listen to them and sit with them lovingly. Dadi had equal love for all. If someone had any sickness or any other problem, she couldn't bear it and would help them in all possible ways. If someone shared any problem with Dadiji, she would feel that it was her own problem. She would spare special time for that soul, be accessible to him/her and would try her best to solve the problem somehow. She would give attention to everyone and provide solutions to all who came

Rajyogini Dadi Hriday Mohini

to her with their problems.

She bestowed hearty love on all

Whosoever came in front of Dadi, she would feel their pulse, would deal with them in such a loving way that they would go back satisfied. That is why everyone used to feel that Dadi was closer to them. She would listen to everyone with a lot of respect. Dadi used to consider a woman of her age as her sister and the younger one as her younger sister. While walking if someone asks us, "Are you okay? How do you do?" we feel good and a feeling of affinity grows.' In the same way, Dadi, despite being the older, would ask about the welfare of even the younger ones and would consider them as equal to her.

She would inter-mingle with others

Dadi had a tender heart and would teach all with love. To make sure that all follow the Godly code of conduct, she would make others see the subtler aspects of living a life of virtues. If anyone would get disturbed, Dadi could not overlook that. She had always one aim that first of all there should not be any conflict or disturbance. Dadi would tell others, "If you are disturbed, I'll be disturbed". She would instantly provide a solution to their problem. Dadi was very adept in harmonizing the *sanskaras* of all. ■

AMAZING EFFECTS OF GRATITUDE NEUROLOGICAL STUDIES

By earnest expression of feeling of either giving or receiving of thankfulness we can truly derive the joy that we actually seek everywhere else.



Dr. Veena Mani, (Retd.Principal Scientist), Karnal



We all want happiness and peace of mind and there is no exception to this. Personal life with beautiful relations and healthy social and

professional life not only provide growth in the work area but also fulfil passion to work besides providing financial security which is the desire of everyone. But to achieve such magnanimous state of mind in this chaotic world there is dire need to spare few minutes to silence our mind and thank what we already have at this very moment. This process leads to the awareness that we should not take everything for granted. **Gratitude is a word derived from the Latin word 'gratia', means**

gratefulness or thankfulness. It is a powerful human emotion. By earnest expression of feeling of either giving or receiving of thankfulness we can truly derive the pleasure that we actually seek everywhere else. Psychologists have defined gratitude as a positive emotional response that we perceive on giving or receiving a benefit from someone.

Thanking others, thanking ourselves, Mother Nature, or the Almighty – gratitude in any form can enlighten the mind and make us feel happier thus have healing effect.

Though the scientists are late comers to the concept of gratitude, but religions, philosophies and ancient teachings have long embraced gratitude as an indispensable manifestation of virtue and an integral component of health, wholeness and well-being.

As an area of neuro-psychological research,

however, it was a rare subject of concern until the last two decades. Neural mechanisms that are responsible for feelings of gratitude have grabbed attention. Studies (Zahn et al., 2009) have demonstrated that at the brain level, moral judgments involving feelings of gratefulness are evoked in the right anterior temporal cortex (reported in a journal Brain, 132, 604-616.). Same group of researchers in



year 2014 reported that people who express and feel gratitude have a higher volume of gray matter in the right inferior temporal gyrus (published in "Social Cognitive and Affective Neuroscience", 9 page 1676-1683.) which is beneficial.

The large volume of scientific data on the expression of gratitude (both: either by giver or receiver) is available showing that, our brain releases dopamine and serotonin, the two crucial neurotransmitters that are responsible for managing our emotions, anxiety, and immediate stress responses. These make us feel 'good', enhance our mood immediately, making us feel happy from the inside. The conscious effort in this regard, can help these neural pathways to strengthen themselves and ultimately create a permanent grateful and positive nature within ourselves.

Certain research findings behind "giving" appeared in the journal *Neuroscience*· July 25, 2019. The results summarized that Pnoc neurons in the paranigral ventral tegmental area (VTA) become active when mice seek rewards. Stimulating these neurons with optogenetics promotes avoidance behaviours. It is to mention here these are a group of neurons located close to the midline on the floor of the midbrain from which dopaminergic cell bodies of the meso-corticolimbic dopamine system and other dopamine pathways are originated. The VTA plays an important role in a number of processes, including reward cognition (motivational salience, associative learning, and positively-valenced emotions), as well as several psychiatric disorders

In an elaborative study by Keyong and co-workers 2017 (published in *Scientific Reports*, 7, pp 5058) reported that gratitude intervention as observed via functional Magnetic Resonance Imaging (fMRI) found to strengthen the

participants' ability to regulate emotions (e.g., focus on specific emotions or rethink/reframe a situation in a more positive light). The study used fMRI to observe the activity of the brain during a rested state. Specifically, the activity of the amygdala, a region of the brain known for its role in processing emotions, was observed to be impacted by the gratitude intervention. (The amygdala is an almond-shaped piece of tissue located on the sides of our brain, otherwise known as the temporal lobes, and it is part of the limbic system). When practicing gratitude, the amygdala's activity under the limbic system—responsible for processing emotions and memories—seems to be positively impacted. Here, specifically, researchers also looked for the activity of the nucleus accumbens (NA) during a rested state. The NA is responsible for the cognitive processing of motivation, in part, and its activity may be affected in individuals with major depression. When engaging in a regular gratitude practice, the NA in the brain may very well be positively impacted.

It is to further mention here that the limbic system is the part of the brain that is responsible for all emotional experiences. It consists of the thalamus, hypothalamus, amygdala, hippocampus, and cingulate gyrus. Studies have shown that the hippocampus and amygdala, the two main sites regulating emotions, memory, and bodily functioning, get activated with feelings of gratitude.

Interestingly, at the University of California, Berkeley, researchers challenged long-held beliefs that human beings are hardwired to be selfish. There is a growing body of evidence that shows we are evolving to become more compassionate and collaborative in our quest to survive and thrive.

"Because of our very vulnerable offspring, the

fundamental task for human survival and gene replication is to take care of others," said Dacher Keltner, co-director of UC Berkeley's Greater Good Science Center. "Human beings have survived as a species because we have evolved the capacities to care for those in need and to cooperate." This seems to oppose Charles Darwin's theory "survival of the fittest" primarily a competition model, in which every man has to look after himself. But it is not so as, it seems. In "The Descent of Man," Darwin further talks about benevolence 99 times, concluding that love, sympathy and cooperation also exist in the natural world, like the way a pelican might provide fish for a blind pelican in its flock.

Gratitude as an intervention for treating depression is convenient, less time-consuming, less expensive, and useful for the long-term as reported by Mills and others 2015 published in *Spirituality in Clinical Practice*, 2(1), 5-17.

Dr. John Medina, in his bestseller project 'Brain Rules' mentioned how gratitude could be an eye-opener in low times. **He indicated that by looking around and acknowledging the support that we have right now, we can successfully shift focus from our burdens to the blessings we have.**

It is best therapy against depression because it is impossible to feel depressed and grateful at the same moment.

Depression has a psychological and a neurochemical base – both of which can be addressed by gratitude. By displacing our attention from problems to solutions, gratitude practices hit the serotonin, dopamine, and oxytocin – neurotransmitters that make us feel good (Burton, 2020 <https://www.physicianleaders.org/news/the-neuroscience-and-positive-impact-of-gratitude-in-the-workplace>). With the surge of

these chemicals in the brain, the apathy gets curbed away, and we revive the motivation that depression had sucked away.

Thus, research provides compelling data to support the notion that giving one's time, talents and treasures is a powerful pathway to finding purpose, transcending difficulties, and finding fulfilment and meaning in life.

In summary, the ability for a gratitude practice to positively impact the brain and body is increasingly clear from a scientific viewpoint. To take advantage of the evidence, picking up a regular gratitude exercise is essential. Just like exercise is helpful to the entire body, gratitude is helpful to the mind.

Gratitude decreases heart rate (likely via the nervous system). The scientific relationship between heart rate and gratitude may be due to gratitude's effect on the parasympathetic and/or sympathetic systems, as stated by researchers. The parasympathetic system is responsible for slowing the heart rate and digestion regulation while the sympathetic system is responsible for boosting heart rate, alertness, and sending blood to muscles. Researchers specifically looked into the different heart rate effects between people with gratitude versus those with resentment.

Research in the field of positive psychology suggests that engaging in acts of kindness and generosity can have a positive impact on an individual's mental and emotional well-being. These acts activate areas of the brain associated with pleasure, reward, and social connection. The release of neurotransmitters such as dopamine and oxytocin, which are involved in feelings of happiness and bonding, may contribute to these neurological effects, as discussed above.

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ADMITTING MISTAKES WITHOUT JUSTIFYING THEM

We often hide our mistakes from people, fearing consequences of a punishment and of their opinion about us. Even if they find out what we did, we come up with a justification. Owning up our mistakes, apologizing, realizing and transforming almost always earns us acceptance and respect. Consequences nevertheless come to us, but so will the courage to face them. Start living by your values. Do not compromise on them. Pay attention to being right and doing right. **Ensure your thoughts for yourself and others are pure, your words are uplifting, your attitude is humble, your behaviour with people is polite, your actions are righteous and your decisions are beneficial to you and everyone involved.** But if you make a mistake, admit it immediately, take responsibility. Don't justify, no matter how severe the consequence is. Become determined to never repeat your mistake. Accept your weaknesses and work on them.

Can you handle a harshly conveyed negative feedback about yourself, with stability? Does admitting to your faults seem hard at those moments? Does your ego drive you to get defensive? People who truly care for us, don't hesitate to point out our weakness or mistake. Their intention is pure, but they may deliver it bluntly. Sometimes they even



sandwich one layer of criticism between multiple layers of appreciation. Yet, our ego makes us fear the negative remark and defend ourselves. Received in the right spirit, feedback offers growth and is almost always inevitable. Let us avoid the awkwardness around it by not reacting impulsively. We need to reflect on the suggestions while ignoring the energy of criticism it came with. Let's be authentic, own up mistakes and make feedback a pleasant experience rather than a bitter one. Remind yourself everyday - *I am open to feedback about myself. Keeping my self-respect intact, I admit my mistakes, transform and move forward with dignity. I am an honest being. I come out stronger and wiser by admitting to my wrongdoings and not justifying them.* ■ ■

Contd. from page no. 7

Supreme Father is bound to look after us. God is surrounding and also tying an 'unlimited Rakhi' on his loving spiritual children with golden strings of pure love and light!! Each time we meditate we can experience being tied and surrounded with God's subtle ever present and loving Rakhi of light and might! My pure thoughts and actions ensure I receive blessings from God, my loving Father, and I also receive good wishes from all souls, my brothers, and my global family. Together these work as my protection and stay with me forever. ■ ■

SPIRITUAL KNOWLEDGE IN THE AGE OF AI AND CHATGPT

Can Artificial Intelligence provide right answer to every problem? Can we learn true spiritual knowledge through AI or Open-Source Software?



Day by day knowledgeable fraternities are developing self-doubt regarding their relevance within the ultra-techno-commercial development. Is their knowledge still valid, and are still superior to others to earn a premium? The

threat of the upcoming AI (Artificial Intelligence) revolution cannot be undermined. Even the professionals in entertainment industries: actors, writers, multimedia-designers, directors, and photographers, are in panic. There was a mass protest by Hollywood professionals against AI in the film and entertainment industries. The intimidations and pressure of AI are imminent. How far can humans gather, process and present infinite information, which AI can carry out in seconds? IT professionals, business analysts and coders are in a great dilemma and uncertainty. Their creations will replace them. There is news that AI is more accurate and active in executing the accounts audit job in identifying errors, mistakes and frauds. AI is acting like an expert in substituting good working professionals in business, education, entertainment and healthcare. Many a time looking into such progress and disruption in the knowledge industries, youth get fascinated. New generations or in general we are privileged to be in the age of science and technology.

Going through such a dilemma, I asked a couple



Dr. B.K. Shiba Prasad, Ahmedabad

of questions to AI like Who is God, from where He is from and what are His attributes? The questions are asked to ChatGPT, the open-source AI tool, the answers are given below:

Question: Who is God?

Answer of the ChatGPT: *The concept of God varies greatly among different religions and belief systems. In monotheistic religions like Christianity, Islam, and Judaism, God is typically seen as the supreme being, the creator of the universe, and the source of moral authority. In these faiths, God is often described as omniscient (all-knowing), omnipotent (all-powerful), and omnipresent (present everywhere).*

In other belief systems such as Hinduism, there are multiple gods and goddesses, each representing different aspects of the divine. These deities are often seen as manifestations of a single ultimate reality, sometimes referred to as Brahman.

In some philosophies and spiritual practices, the concept of God may be more

abstract or undefined, representing a higher power, universal energy, or cosmic force.

Ultimately, the understanding of God is deeply personal and can vary significantly depending on cultural, religious, and philosophical perspectives.

Looking into these answers of ChatGPT, it is quite clear that ChatGPT does not have a clear answer about God. Sometimes it defines God as the Creator of the gods and goddesses and sometimes it defines God as Supernatural power the cosmic energy beyond human perception and understanding. As per the different religions definitions and answers are different. So, there is no unanimous answer.

Answers of Brahma Kumaris: God Shiva, the Father of humanity defines Self above all the ambiguity and conflicting answers. God is the Supreme Soul; a divine point of light and all religions unanimously accept God as the Almighty and Spiritual entity. Like all of us souls, God is also a Soul, but the Supreme Soul. Father created the child as a mirror of His attributes and qualities. He is Ocean of Love, Peace and Knowledge. God is a soul like all of us but above the birth and re-birth.

Question: What is the name of God?

Answer of the ChatGPT: *The name of God varies depending on the religious tradition or belief system. In monotheistic religions such as Christianity, God is often referred to as "God," "Yahweh" (in Judaism), or "Allah" (in Islam). In Hinduism, there are many names for the divine, including "Brahma," "Vishnu," "Shiva," and "Devi," among others. Each of these names represents different aspects or manifestations of the divine within Hindu theology. Similarly, in other religious and spiritual traditions, God may be known by various names and titles that reflect different attributes, roles, or cultural contexts.*

As ChatGPT is confused in defining God, also confused in naming God. However, as technologies develop, they cannot replace the Supreme Father in stating the correct knowledge. Any open-source tools work on the past information, variables and the mathematical model. To date, we have a lot of dilemmas in understanding the Universe, we cannot answer certain fundamental questions: whether light is a wave or a particle similarly there is a lot of uncertainty about the position of a particle as per Heisenberg's uncertainty principle. With growing uncertainty and chaos, just extrapolating past trends in predicting the future is becoming a disaster. With disruptions and changes, synthesizing the complete available information and coming out with the answers, even the fastest and most high-end computer processors are facing challenges.

Answers of Brahma Kumaris: Supreme Soul through the corporeal body of Prajapita Brahma described Himself as incorporeal but not above the name and form. God is the Point of Light; Liberator and His name is Shiva. Though there are various names of God like Shiva, Rudra, Mahakal, Mrutyunjay, etc but His own declared name is Shiva means One who does welfare of all. God is the treasure of virtues, knowledge and kindness. There is no second name of God. Although, due to glorification, adoration and devotion, He is named in the several ways by several sects and religions but He is One with defined name and form.

Question: Where does God reside?

Answer of the ChatGPT: *The concept of where God resides varies across different religious and philosophical beliefs. In monotheistic religions like Christianity, Islam, and Judaism, God is often considered transcendent, meaning beyond the physical*

realm, and is believed to exist outside of space and time. However, there are also beliefs that God is immanent, meaning present within creation and within the hearts and minds of believers.

In Hinduism, God is often understood as both transcendent and immanent. There's the concept of Brahm, the ultimate reality, which transcends all limitations and is beyond comprehension. At the same time, Hinduism also emphasizes the immanence of God in the form of various deities who are believed to dwell in sacred places like temples.

In other spiritual traditions, there may be different interpretations of where God resides, ranging from the celestial realms to the depths of human consciousness.

Ultimately, the understanding of where God resides can be deeply influenced by cultural, religious, and philosophical perspectives.

Defining the residence or the abode of God, again the open-source AI failed in concluding. It gave a very political answer that every religion has its own definition of the residence of God. When there used to be several opinions, ideas, definitions and descriptions about God, then God Himself used to descend on the earth to put forward the Supreme Knowledge in the form of the Gita. Though the Indian saints, *Rishis* and *Tapaswis* have been defining *Brahmaloka* as *Brahm* as synonymous with God. Even ChatGPT is also defined God as *Brahm* in certain sentences, so the AI's answers are ambiguous and conflicting.

Answers of Brahma Kumaris: Shiva Baba through the Chariot of Brahma Baba's Corporeal body told. His abode is *Shantidham*, *Paramdham*, *Brahmaloka* or *Muktidham*, the world of Silence. Not only Shiva Baba answering

about His abode but also about all the souls of the Universe. Everyone has descended from the world of Silence, the *Brahmaloka* to play their role in this world-drama. Along with God, all the souls reside in the world of Silence, the *Shantidham*. There are no second answers or thoughts regarding the abode of souls and the Supreme Soul. Truth needs just one line of explanation and, scepticism has multiple explanations.

Question: What are the qualities or attributes of God?

Answer of the ChatGPT: The qualities or attributes attributed to God vary across different religious and philosophical traditions, but some common ones include:

Omnipotence: God is often seen as all-powerful, capable of doing anything that is logically possible. **Omniscience:** God is believed to be all-knowing, possessing complete knowledge of past, present, and future. **Omnipresence:** God is considered to be present everywhere, permeating all of existence. **Eternal:** God is typically understood as existing outside of time, without beginning or end. **Transcendence:** God is often seen as beyond the physical world, existing outside of space and time. **Immanence:** Conversely, God is also believed to be present within creation, within the hearts and minds of believers.

Goodness: God is commonly associated with qualities such as love, compassion, mercy, and justice. **Creator:** Many religious traditions depict God as the creator of the universe and all that exists within it. **Immutable:** God is often thought to be unchanging and eternal, unaffected by the passage of time or any external forces. **Perfect:** God is often described as being without flaw or imperfection,

(Contd. on page no. 25)

INDEPENDENCE

Askers with the mouth and askers with the mind
You are an expectant tiring kind.
Asking for one thing after another
You wore away beautiful relationships and how
we all suffer.
Your requests were many, have to pay them
back one day
Giving people just hid away.
Friends disappeared when you asked too much.
Don't make something you receive become your
crutch.
You asked for more though enough is a feast
You had a lot but it always seemed the least.
The fire of desires burnt up all affection
Relationships spiralled in a downward direction
Demands and expectations became so high
If it were selfless we just wouldn't cry
If it were selfless there are no goodbyes

B.K. Andrew Grant, London, UK

To be independent is only for the wise
And I know I also did quite a bit of that
Became quite giving trying to balance it out
For it comes back to us whatever we put out
What went out was what came about
No more neediness means no more asking
No more disappointment, truly the best thing
Asking, then complaining when our services
aren't met
That superficial love light vanished, leaving only
regret
My strength comes from my God
I won't try to rule anyone with no iron rod
Need no one when fully secure
If you're still expectant, much pain will be
endured
The soul comes into matter in an independent way
All that asking chased our independence away. ■



DADI PRAKASHMANI “The Jewel of Light”

**B.K. Sarika, Nalasopara East,
Vasai, Mumbai**

Dadi "Prakash Mani" a
precious Diamond
with multi-Facets
Mighty balance of

Virtues that God specially Granted

An Elevated being & delightfully Entertaining
Yet Loveful & Lawful, A Leader utterly
Amazing

An Image of Truth, carrying a Magnetic
Presence
A Mother with Selfless Love and Ace
Elegance

A Charismatic and Entrancing Spiritual
Ambassador
A Globe-Trotter, spread the Peace with great

Splendour

A Lion-Hearted Empress, she ruled each &
every Heart
An eye of Positivity, could scan people &
make them Smart

A Triumphant Captain of a Great Team
An image of Inspiration with a Rich Glean

O, Beloved Dadi Ji,

You are a Jewel of Light...
An illuminating Lamp with Divine Insight

We respect and follow you
Our Heartful Salutations to you... ■

22

God Shiva is the only purifier of the sins of souls through spiritual knowledge and Rajyoga.

August 2024

about eating? Most see only a spoon' plate and bowl of greed.

What should be contemplated is what can be gained from a pizza or Chinese compared to leading a self-ware spiritual based life that emphasises the importance of being virtuous, moral, compassionate, loving, peaceful whilst servicing mankind in small or big ways according to your circumstances and capacity.

It's one thing to place a toe or stand up to your knees in a spiritual lake of giving for an hour than it is to spend a week swimming in the lake of self-gratification and lying on its beach of selfishness to rest and get a tan.

What takes up most of your time, energy and thoughts during the day and concerns you most?

Do thoughts of the world and self-benefit occupy your mind throughout the day? Most seem occupied in thoughts of what they are going to eat during the day.

What takes up your time and thoughts as you lead your life? Do you aim to help and service or mainly to eat? Do you find you are automatically occupied, even consumed, with thoughts of the welfare of others or maybe it's more about feeding your belly?

Forgotten or neglected, spirituality is slowly making a strong emergence and on the rise all over the world as modern living and old religions have proved unable to fulfil the desire of the soul for peace and happiness where contentment is the norm and not stress; where happiness and peace are felt often and are far removed from the constant pangs of sorrow and anger.

Serving humanity, God and His University, you are heading to win the race of a golden life

that lasts more or less forever: ordering a Chinese or pizza you might win a free meal or get indigestion or possibly food poisoning.

So, check now to see if you are riding the right horse called 'Soul Conscious' and are seated firmly in its saddle of truth. If you are on such a horse and sit firmly, you will have a real chance in to become a winner full of happiness, peace, coolness and truth when you soon pass the Finishing Post.

Are you brave enough and loving enough to always wear the blinkers of love and disinterest?

If you really wish to win, you will need to make sure you're not carrying any extra weight in the form of vice, bad habits or even waste. These three greatly handicap a rider and cause him to tire or slip from his saddle or let go of the reins.

Have even an office, building or shop the power to distract you and cause a fall?

Many fall off their horse (aim and elevated way of life) whilst looking around or chatting to other riders, seeing if their bank is open or if their building society rate has gone up or if the pub or betting office has closed. Many have even fallen off their horse whilst going past a cake shop (become obese or diabetic) or looking to see if there's a sale on at their favourite clothes shop.

You need double concentration and to always be wearing secure blinkers that can never slip down or fall off while you're running. If you want to keep your mind focused on the race taking place right now in front of you and keep your aim in focus and touching distance and within clear sight of the Finishing Post of victory, you will need to concentrate and have unlimited disinterest in most aspects of life

GODLY RACE TO PERFECTION

Are you going to let your life end in a photo finish as you allowed yourself to become lazy and get distracted in such an important godly race to perfection?

Are you riding a hot favourite to win or do you often become stuck on a rocking horse that's going nowhere? Many times, a rocking horse is whipped to go fast to gain a thrill but exhausts the rider.



B.K. David, Paignton, UK

It will only be when a person falls off their lame horse called 'Body Conscious' and hits their head and breaks bones will they consider jumping on the Horse of Truth (HoT). This horse requires to be ridden with love, care and attention.

The jockey riding such a horse of truth will also automatically know the importance of keeping an eye on the finishing post that's just ahead. Such an attentive jockey will start to soon move up the field and become known as a favourite to win the race to heaven and perfection.

You need to pay great attention to every step and detail in this race.

You need to keep your horse healthy, your saddle tightly fastened and a keen eye on the conditions and approaching fences if you are not to be thrown off and keep up with the leaders in contention.

I know many that are lost in the cities of the Past, Sorrow, Confusion or vanished in Carelessness.

Many do not wish to enter the spiritual race and are at the back of the field out of breath walking around the racecourse unable to live

in Contention making effort and have no possibility of winning the race.

Most people's race starts and ends with them racing to and fro, from work with them always in a hurry to get back home as quickly as possible to eat and lounge on the sofa with the remote.

All live in ignorance, unaware of the Godly race taking place amidst man's race of self-destruction.

Most are concerned more with what they are going to order from the Take-away than with becoming a better, higher person, making self-progress, with spirituality and its values taking priority in their lives. Such noble aims do not even enter their mind when they become absorbed in wanting to feed their belly which for them and humanity has become a constant obsession.

There is a difference from feeding your belly and feeding your soul with truth, self-awareness, knowledge about God and the meaning to life.

Are you endlessly more enthusiastic about feeding yourself spirituality from His God-given spoon of love and care than you are

that you once treasured.

It's now all too easy to get distracted and fall, especially as the race has entered its final furlong with just a few huge fences left to navigate and successfully jump.

A photo that depicts your future.

There's a world of difference between having your photo taken in a Godly Photo Finish in the race to perfection and having a glamour photo taken of you in your new outfit showing off your latest hairstyle.

No one has ever been able to take a photo of the soul but you really can see the soul and photograph it when you take a photo showing a person's efforts. Would a photo of Gandhi holding a map of independent India not show Gandhi's bright, focused and shrewd soul? Would a photo of Mother Theresa or Florence Nightingale caring for the sick not show the dedication and love they had in their souls?

A photo can reveal an effort-making soul that's full and in motion, just as a photo can capture an empty pool devoid of water.

The flash photography of today causes a headache and nervousness as to how you look.

If it's a photo of your soul and its effort or that of the effort of your hairdresser or broker, all will be visible by your lifestyle and become glaringly obvious in your future and fortune. ■ ■

(Contd. from page no. 21)

embodying the highest ideals of goodness and righteousness.

Going through the above answers many of them are true about the Supreme Father but God is not omnipresent and to an extent God is a Transformer rather Creator of every energy particle and cell. God plays an important role in transforming the impure, contaminated, dirty and polluted world into a pure, clean, sacred and holy world, the Heaven.

Answers of Brahma Kumaris: Defining Self, the Supreme Soul stated God as the Almighty, Ocean of peace, knowledge, happiness, treasure of divine virtues, liberator of mankind and a perfect Soul. But categorically God expressed He is not omnipresent. If He will be present everywhere and inside every soul and the creations then there is no possibility of evil, crime, immorality and degradation in His creation. Then everyone will be Divine and Perfect as God will not allow any soul to do anything wrong as the most powerful Soul. God is the embodiment of all goodness, power and knowledge but not the Creator who created each and every material and biological entities. Soul cannot be created nor can be destroyed but can be transformed from "*Tamopradhan*", a state of abysmal impurity to "*Satopradhan*", a state of absolute purity.

In the end it can be said that one cannot learn spiritual knowledge through AI or Open-Source Software looking into current developments, gives more philosophical outcomes than spiritual ones. Maybe in the future with corrections and improvements, the outcome of existing AI tools such as ChatGPT, Google Gemini, Microsoft Copilot or PI may be much closer to Truth. Though as other philosophical resources, they can play a vital role in offering philosophical answers but not Spiritual answers. The new generation who are interested in understanding the Truth about God and His role in this World Drama should attend the seven-day course of Brahma Kumaris to know the details without ambiguity and scepticism. ■ ■

DADI PRAKASHMANI THE EMBODIMENT OF TRUE LOVE

A Mind that never minds, a Heart that never hurts and a Relationship that never ends – thy name is Dadi Prakashmani. Ask your heart, “Do I have pure and good wishes for everyone?” For Dadi, the answer to this question would be, “YES, for today and forever”.

B.K. Janmejy, Mumbai

Rajyogini Brahma Kumari Dadi Dr. Prakashmani was a Jewel among the Spiritually Enlightened. Born in Hyderabad Sind (now in Pakistan), Dadi's childhood name was Rama. Her father, a renowned astrologer of Sind, could foresee his daughter's destiny to lead an ascetic and chaste spiritual life in the service of mankind.

In 1937, at the time of the establishment of *Om Mandali* in Sind, Kumari Rama, aged 14, joined the organization and dedicated her life for the spiritual uplift of humanity. She was chosen as one of its original eight trustees and was given the divine name Prakashmani, meaning 'the jewel of light'. After the institution's founding father

Prajapita Brahma left his mortal body in 1969, she became its Chief Administrative Head and was endearingly called as Dadi. With generosity of spirit and unlimited vision as her prime movers, she led and nurtured the organization by leaps and bounds. Dadiji was an immensely practical woman who in her 38 years period as Administrative Head of the Brahma Kumaris, oversaw the opening of 4,000 centres throughout the world. Opening of a meditation centre every 3 days, seems a fiction but it is a fact.

Whenever people pointed to Dadi as the leader, she would point her finger upwards. She was 'the Server Leader'. When asked once, how many followers she had, she would refute

the idea, saying that Rajyogi students are all becoming leaders. Her leadership was based on humility. Dadi Prakashmani was the embodiment of true, unconditional and genuine



Dadi Prakashmani ji giving loving drishti to Sis. Sudesh

love. She loved all freely and openly who came in front of her, without a trace of attachment. She did not discriminate on any superficial grounds such as position, power or personality. The love that came from Dadi's eyes would flow freely, fill the soul, thereby healing and making it complete.

Sweet memories of Dadi will always be in our hearts and on the screen of our mind. We will cherish each moment experienced in her divine presence. Once our sister took us to meet Dadi; it was the noon time. She was reading/revising Murli, i.e., the flute of Knowledge, spoken by God Shiva through His corporeal medium, Prajapita Brahma. After our introduction, she looked at me and said, "*Aapko kuchh chahiye?*" (Do you need anything?) I said "Dadi ji we have received everything we wanted, now we look forward to your loving company and gaze (*drishti*)." Her smile was simply angelic. At that moment, she could not recollect the name of the sister who accompanied us. So, tactfully she asked us, "Do you know her? Tell me what's her name." Now, it was our turn to smile, experiencing her simplicity and innocence.

During *Baba Milan*, Dadi would open her hands and fold them near her heart, as if she was merging all of us with love. Every soul felt elevated and touched by her simple gesture of love and care.

Even during various programmes, she would ask the audience, "Are you all comfortable? Please let me know if you require anything." Thus, not only the BK souls but guests also felt as if she was their mother. One guest commented, "The love I have received in last three days from Dadiji, I have never got even from my own mother." I am sure many more souls must have felt the same way. Dadiji won the hearts of everyone, both in the organisation and whosoever she came into

contact with, through her sweetness, simplicity, humility and a loving respect for each and every soul. Dadi always treated everyone as her friend and spiritual sister and brother.

Dadi's main concern was always to promote the development of women's potential within the society, creating opportunity for young people, researching the hidden resources of the mind, transforming the consciousness through meditation, reactivating moral and humanitarian values and working to bring unity among people for the establishment of world peace.

She would feel as such: 'There is always progress for the self when there are no expectations and no desire for self-aggrandizement. Success is built on love and respect for all human beings. The lightness of nature and independence of spirit attract the love of others and the love of God. This is what brings the greatest happiness and inspires me every day.'

Dadi was treated at Mumbai BSES MG Hospital managed by Brahma Kumaris during her last years. In spite of several medical instruments attached to her body and heavy medical treatment, she never complained of pain. Instead, she would ask the Doctor, "How are you today? Are you OK?" She had reached her complete stage and become a true Angel.

Our most beloved Dadi Prakashmani left her mortal body on 25th August, 2007 in Shantivan, Abu Road, India. Thousands of brothers, sisters and dignitaries from all over India and around the world gathered there to pay their respects and homage. The atmosphere was charged with divine meditation and contemplative silence; even the five elements of nature were paying their respects to a true jewel of mankind. ■ ■

DEPENDENCY IN MIND CAN NOT MAKE A MAN INDEPENDENT



Until we will give up our vices, we will not be able to enjoy the true meaning of freedom or liberation.

B.K. Dr. Swapan Rudra, Durgapur (W.B)



Independence Day on 15th August is itself a very powerful day and observance of this day in a jubilant way is not only encouraging to the countrymen but also recharge the spirit of the country. Sometimes, we forget our glorious past whose history has been written in blood witnessing the sacrificial fire in the freedom movement. Once we became subservient to the foreign rulers for the reason of our weakness, separatism, betrayal amongst our kings of different provincial states being selfish and losing the feel for the country as a whole and again recovered the lost glory by the dedicated patriots sacrificing their lives after a prolonged period. The number of patriots who emerged in course of time does not include many, but only a percent of the then country population. From the present scenario of day-to-day flourishing turbulence and chaos, we can easily understand the underlying cause of losing freedom in the past. We are still having with the same mental limitations, rather with more complications, as was there at that time. Negativity and waste thoughts in people's mind are spider nets

every day and only few are trying to find out the basic problem and actual solution. Majority are scared and they are always in search of their own safety leaving others in danger and then try to dump all the burdens on other's shoulders. Thus, we have chosen a life apparently seems to be happy, but actually without any happiness and mental peace. Days and years are coming one after one with new chapters for non-stop rotating of earth on its axis and orbiting around the sun, but in no way, newness in mind or mental freshness is coming in our mind. Therefore, even the important days are celebrated with decorum and formality, but most of the time without any heartfelt charm and enthusiasm.

Perhaps, have got freedom from the British after a lot of calculations by them dividing the country and through a huge bargaining from our leaders. At that time, many were busy for their personal gains by means of hook or by crook even in the name and guise of patriot, whereas the honest and dedicated leaders were left through cleverly tricks. However, after being liberated from the bondage of the British, Independent India could not progress up to the mark, may be in agriculture, industry, health, education, transportation, communication, railways, roads etc, during

the next 50 year-long period since 1947 for not having fruitful planning and failing to prioritize the basic requirements of the millions of countrymen. When people lose their inner virtues, they become powerless and then easily become vulnerable to any outside force. All the happenings in our country have come in a series one after one as a result of cause and effect. Moral degradation started in this country long back to *Dwaparyuga* approximately 2500 years ago (when there was no other country on earth) for the sole cause of body consciousness and as a result, we have lost our aristocratic culture and rich heritage. The whole country has gradually been degraded in such a way that no royalty left in the thought pattern within the human mind. Majority people is unaware of the fact that Bharat once existed as heaven during the 1st half of the *Kalpa* through the power of soul conscious state of the deity people and the same earth has turned to become the hell during the 2nd half of the 5000-year-old *Kalpa*. As every event is drama-destined, so they gradually came in a series being linked with one another. People play their respective roles in different costumes falling to birth and death cycle throughout the entire *Kalpa* which repeats.

At present phase of life, we have forgotten the true history and geography of our country and hence only 15th August Independence and some other important days matter much to us. **Though it's our responsibility and obligation to observe Independence Day to give honour to all our patriots in remembrance of their life-long dedication, at the same time we should know how could we know about our own vices**

hidden inside since a long-time birth after birth and to clear off those to liberate ourselves from the vicious bondage of Maya Ravan. Until we will give up our vices, we will not be able to enjoy the true meaning of freedom or liberation. Man can do anything or can give any effort he likes to invest because from inside he is free by nature. As at present, we all are in strong bondage of five major vices i.e. lust, anger, greed, ego and attachment and perhaps we want to be attached with such vices not knowing the truth, we are not liberating ourselves. We practice many things but never practice the things that can help reduce the vices within us in different forms, solely responsible for the degradation in a personal level and the whole human society. People think it very difficult as they never try to confront the same practically due to having strong mental attachment and intellectual argument with and for the vices. When someone gets the taste of the viceless life, he/she will be no more attached with such negative desires and emotions affecting the life in every moment.

The entire human society is now suffering a big haul being inflicted in adverse situations growing day by day through the exchange of negative energy which comes from negative thoughts created in the mind. In every moment everywhere such energy is flowing and the human environment is thus getting polluted invisibly whose practical consequences are observed by us in every moment and the adverse effect is also being transmitted to the nature also. Most of the time, we do not find any solution even after trying to control different types of environmental pollutions occurred due to a

variety of reasons. Intergovernmental Panel on Climate Change (IPCC) is working on different levels to check the pollution including air, water, soil etc. through carbon sequestration, greening the environment, restoring degraded land by plantation, checking soil erosion, solid waste management giving special importance to plastics etc., but instead of all these measures, outside pollution is not and never under control. But, instead of taking all the pollution control measures, we are not keeping in mind the inside cause of pollution i.e., the mind pollution that may not be controlled at present moment of time, may be due to excessive population structure, shortage of place of living and livelihood and thereby tough fight and harsh competition all the time. The Environment (Protection Act), 1986 is there in our country, but could never be properly maintained for the reason of law-breaking tendency by means of excessive greed of the people, though people never confess their fault. Greed is prominent here and along with this the other vices like ego, anger etc also automatically come in series. Whatever fault we find in others, whatever blame we taint others and in whatever way we accuse others, solution is going to be far beyond our hands.

Therefore, we have to know the root cause behind all such man-made massacres including pollution, terrorism, extremist activities, wars in different corners of the globe etc., and to solve the problems accordingly. Although, many benevolent and philanthropic persons are there in this world and they are always busy to address the problem towards an amicable

settlement. Many times, they also fail to do so. Nothing could be controlled anymore because the present *Kalpa* is going to be an end very soon. We are also aware about the natural calamities in the form of cyclone, tsunami, earthquake, global warming, greenhouse effect, glaciations etc., but we have nothing to do against those catastrophes which are also due to human causes destroying nature in different ways since a long time. **The main cause behind the pollution in human mind is being inflicted with vices and hence they all gradually became body conscious resulting degradation of mind and intellect and deterioration in relationship both at home and in the society.** Now the time has come as per the drama plan to take our own responsibility with the help of *Shrimat* (Guidance) of our Supreme Father who has descended on this earth to liberate all His children so far playing their respective roles in different costumes in different countries. The present time is a transitional phase known as *Sangamyuga* in the junction of *Kaliyuga* and *Satyuga* and in this way, the hell world is getting transformation into the heaven. But no more time in hand and we have to adopt the process of repairment and redemption of our mind and intellect with the help of Godly versions everyday read in BK Centres which is the sole organisation to give the true lessons of the soul and the Supreme Soul. Any other personality or entity does not have the spiritual knowledge to reveal the truth of soul, Supreme Soul and without this knowledge, soul conscious state may not come removing the mental dependencies blocks from the human beings and to make them truly independent. ■ ■

How will Iron Age end and Golden Age begin?

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feeds itself and then destroys itself when it reaches its critical stage.

Another truth is that while the forces of evil approach their peak point, the forces of Virtue inch forward initially (meeting a great resistance), then march forward gradually (through an increasing strength) and, then, gaining higher and higher momentum, finally emerge powerfully on the world scene and take control of the world order.

God, the World-Father, therefore, advises us that if and when it is beyond man's power to end the forces of evil, at the national and the global level, let each one make efforts to wrest control from the forces of evil entrenched in their mind, and **let each one be good, do good and spread the vibrations of goodness and virtue.** This will give speed and power to the forces of Virtue and they will, then, soon reach a point where they will take control of the world order, immediately when the forces of

negativity explode or end themselves on the world scene.

So, the point is that while people say that the problems of the nuclear arms race, over-population, poverty, environmental pollution, etc., are all due to loss of values and due to vices having taken a dreadful global form, little do they realise that these will soon die their own death. **People are worried about the future of the world and they ask: "What will happen?"** But they do not show proper concern for self-change and little do they realise that the time for self-change is now because the very gravity of the problems is itself the proof that the point of their explosion will reach very soon.

Let all, therefore, know that our first responsibility is for self-change, for this is where the work of world-transformation starts, and this work of world transformation, which has been taking place since 1936, is gaining a great momentum. This will soon result in the dawn of the Golden Age, for the old era – the *Kaliyuga*–will give place to the new era – the Golden Era or the *Satyuga*. ■ ■

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Furthermore, several studies have shown that engaging in prosocial behaviour, including philanthropy, can lead to increased levels of life satisfaction, happiness, and overall well-being. The act of giving to others can create a sense of purpose, meaning, and fulfilment, which can positively influence one's psychological state.

Our beloved **Shiv Baba, the Supreme Father and Teacher** has revealed high-end knowledge to give ourselves an objective/purpose of life. By practising His teachings, we get the power not only to feel happy but also become a via media to help others who are suffering in various ways the

physical, mental, emotional or social levels. As per His teachings, we are given a clear-cut objective to inculcate divine virtues in ourselves so that we can be helpful in His act of world transformation. the new world where every soul will be happy, satisfied and there being no trace of sorrow. Actually, these divine *sanskars* are adopted as hard-core information in our souls at this confluence age only which will be manifested in *Satyuga* in the form of deities. All the sixteen divine virtues are interrelated in a way, even by picking up one it will lead to improvement in other qualities. Let's have the highest Gratitude for the Supreme Father who have selected us and made us of some worth. ■ ■



Dehradun: In a spiritual event BK Sudesh is presenting a Godly gift to Mahamandaleshwar Swami Prabodhanand Giri Ji Maharaj. Dr. Kalpana Saini, Rajya Sabha MP is also seen.



Jaipur: After a programme on Rajyoga Galta Peethadheeshwar Awadheshacharya Maharaj, Mayor Soumya Gurjar, Dr. Ramsevak Dubey, VC of Rajasthan Sanskrit University and BK Sushma are in group photo.



Rishikesh (UK): A programme on Spiritual Empowerment is being inaugurated by Mr Trivendra Singh Rawat, former Chief Minister, Ms. Anita Mangai, Mayor, Dr. Hariom Prasad, BK Sudesh and BK Aarti.



Bengaluru: A programme on Yoga Day is being inaugurated by B.R. Prasanna, President of R.T Nagar Group of Institutions, Srinivas Raju, Chairman, Vyasa International School, BK Saroja and BK Vijayalakshmi.



Mumbai: On Doctor's Day programme BK Nalini, BK Shaku, Dr. Bhaskar Shah, Eminent Cardiologist & Director of Ashirwad Heart Hospital, Dr. Vijay Khatri, Dr. Veena Naidu, Dr. Nikhil Shasane and Dr. Vasant Bhanushali are in group photo.



Vashi (Navi Mumbai): A programme on Yoga Day organised by Municipal Corporation is being inaugurated by BK Sheela, Mandatai Mhatre, MLA, Ganesh Naik, MLA, Kailash Shinde, Commissioner and Vijay Nahata, IAS.



Vadodara (GJ): A Meditation Programme is being inaugurated by BK Raju, Chirag Bhai Barot, Dy Mayor, CGM of GAIL India Arun Modi and Ajay Ranka, director of Zydex Industry.

THE SPIRITUALITY OF RAKSHA BANDHAN

The true observance of Raksha Bandhan will be when our thoughts, words and deeds will be pure and in remembrance of one God and towards the Godly task of establishment of Golden Age.

Raksha Bandhan is one of the major festivals celebrated all over India and the world too. It is celebrated between brother and sister, where the latter ties *Rakhi* (a decorated thread) on the wrist of the former and in return, the former takes a vow to protect the dignity of the latter at all costs.

However, the real Raksha Bandhan is when one takes a sacred divine vow with the Supreme Soul Shiva to live a life of purity in thoughts, words and action. **This festival is the memorial of protection from the vices and the freedom from the bondage of this material world by The Supreme Protector and Saviour, The Supreme Soul God Father Shiva.** This life of purity and the freedom from bondage elevates a soul to its original pure stage.

Rakhi signifies to protect the self and the other souls from vices. Raksha Bandhan signifies the pure connection among the souls in the Confluence Age (the Age of Confluence of Kaliyuga and Satyuga, also called as leap age) and it is the gateway to the Golden Age where all the souls are divine, and civilization is at its highest pure state.

The Religious Aspect of Raksha Bandhan

As per Hindu custom, Raksha Bandhan is a promise by a brother for the protection of his



B.K. Khem Jokhoo, Trinidad

sister. This is done to the extent of defending her honour even at the expense of his life. This is usually practised in the path of devotion and has religious adherence. Here, the sister shows respect to the brother in the form of adoration or worship. The sacred thread of *Rakhi*, tied to a brother's wrist by the affectionate sister, is the ceremonial expression of her pious hope and wish that her brother be guided by spiritual wisdom, using common sayings as "May you be holy and may you have protection against evil". This symbolic thread is a token of remembrance and inspiration for the brother. History is replete with examples where brothers died in defence of their sister's honour, purity, chastity from lustful advances made against her will. **Today, society is so degraded and impure, that even a mother, daughter or sister is not protected from the criminal eyes of even the close family relations.** The sacred filial covenant between brothers and sisters has been carnally and promiscuously violated.

The Significance of the Physical 'Rakhi'

The physical 'Rakhi' tied on the wrist is to

constantly remind that all the souls are the children of One Supreme Father, making us all brothers, and this is the concept of 'brotherhood'. It is the reminder of one's 'vow of purity' and that one's thoughts and actions should always be the embodiment of 'truth', as that pledge is taken with the 'Satguru Shiva'. Yellow Rakhi represents newness, the freshness of spring, and the beginning of a new era, and it is the colour of Saraswati, the World Mother of purity. Hence, Raksha Bandhan is not to be taken lightly as a ritual or a mere ceremony, but it is a 'deed of covenant' with God. It is a soul's insurance policy when one surrenders body, mind and wealth to the Almighty.

Power of Purity

Purity is the most revered power that could restore the soul and in particular the intellect to the original divine state. This is the observance of continence, chastity or purity that has the divine power to burn the vices of anger, greed, ego, lust and attachment. Lust on the other hand is the soul's greatest enemy. When the soul is purified, there is self-realization and inner transformation and by extension, transformation of the world. Purity is the only foundation on which God rebuilds human character and it is

how He finally reshapes man into an image of perfection (from Man to Narayan). The highest level of co-operation with the Supreme is the task of world transformation and is therefore expressed through the observance of purity. **Observance of purity leads to soul-consciousness which brings out the innate qualities of peace, love, mercy, and bliss. Hence, Raksha Bandhan is not just a simple festival, but its larger purpose is to lay the foundation of world transformation, the greatest event in the world cycle.**

How to tie a Spiritual 'Rakhi'

This vow of purity should be of one's own free will. The true observance of Raksha Bandhan will be when our thoughts, words and deeds will be pure and in remembrance of one God and towards the Godly task of establishment of Golden Age or Paradise, when our each and every thought will be viceless to spread peace and goodwill to one and all. ■■

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Moscow (Russia): After an event on 'Yoga of the Ancient Bharat' BK Sudha is in group photo with Ms. Madhurkankana Roy, Dir., JN Cultural Centre, Mr. Bighneswar Patnaik, Dir. of Indian School and other participants.



Haridwar: A programme on Spiritual Empowerment is being inaugurated by BK Sudesh, BK Manju, Mahant Ravindra Puri Maharaj, Mahamandaleswar Swami Hariharan Maharaj and Mahant Jagjit Singh Shastri.



New Delhi: Mr. Mohan Charan Majhi, CM of Odisha is being presented a frame of God Shiva by BK Kshira and BK Vikas.



Hong Kong: BK Usha is addressing a programme on 'A Way of Life from Bhagvad Gita'.



Nairobi (Kenya): The participants of the 73rd 'Future of Power' event are in group photo with BK Nizar, BK Shivani, BK Vaidanti and BK Neville.



Vijayawada (AP): BK Padmaja, BK Bharathi and BK Jaya are felicitating the new Home Minister of Andhra Pradesh Ms. Vangalapudi Anitha.



Holland: BK Atam Prakash is in group photo with members of Brahma Kumaris family.

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Kathmandu: Dy Prime Minister of Nepal Mr. Prakashman Singh is with BK Raj, BK Kiran and other members of BK delegation



Mount Abu: A Conference for Security Services is being inaugurated by Lt General Vinod Khandare, Ms. Devika Raghuvanshi, Controller General of Defence Accounts (CGDA), BK Brijmohan, BK Asha and BK Ashok Gaba.

Milpitas (USA): Rajyoga Centre in Silicon Valley is being inaugurated by Acharya Lokesh Muni, BK Mohini, BK Jayanti and BK Kusum. Ms. Carmen Montano, Mayor, Ms. Evelyn Chua, Vice Mayor, and Mr. Ajay Bhutoria, Advisor to President Biden were also present.



New Delhi: Union Health Minister Mr. J.P. Nadda is being felicitated by BK Mruthyunjaya, BK Dr Banarasi, BK Prakash, Dr BK Mohit Gupta and BK Shivika.