

# The World Renewal

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रिट्रिट सेन्टर

## समृद्धाटन समारोह

आयोजक  
ब्रह्माकुमारी ज्ञान संस्थान, एकेडेमी  
नगरकोट, चाँगुनारायण, काठमाडौं, पा. - ६



**Kathmandu:** During the inauguration of Nagarkot Retreat Centre of Brahma Kumaris present on the stage are H.E. Ramchandra Paudel, the President of Nepal, Mr. Prakash Man Singh, Dy Prime Minister of Nepal, BK Mruthyunjaya, BK Raj and BK Kiran.



**Bhopal:** A programme on “Healthy and Clean Society through Spirituality” is being inaugurated by Mr. Mohan Singh Yadav, CM of Madhya Pradesh, Mrs. Malti Rai, Mayor, Mr. Rameshwar Sharma, MLA, BK Pushpa and BK Neeta.



**Kota (Dadabadi):** Mr. Om Birla, Speaker of Indian Parliament is being presented a Godly gift by BK Sarswati and BK Sapna.



**Karnal (Sector-7):** Mr. Harvindra Kalyan, Haryana Assembly Speaker is being presented a Godly gift by BK Prem and BK Shivika.



**St. Louis, Missouri (USA):** BK Priya is conducting the "Awaken the Inner Light" workshop explaining the spiritual significance of the Diwali.



**Paradeep (OD):** Mr. Mohan Charan Majhi, Chief Minister of Odisha is being presented a Godly gift by BK Suman.



**Dehradun:** Mr. Pushkar Singh Dhami, CM of Uttarakhand is being presented a Godly gift by BK Manju, BK Meena and BK Sushil.



**Karur (TN):** Om Shanthi Auditorium is being inaugurated by BK Jayanti, Ms. Jothimani, MP, Er. Sekar, MLA, BK Beena, BK Sharadha and others.



**Bahadurgarh (HR):** A programme on 'Shrimad Bhagwat Gita' is being addressed by BK Usha. The event was attended by Municipal Council Chairperson Mrs. Saroj Rathi, Vice Chairperson Pt. Pale Ram Sharma and others.



**Mohali:** Mr. Kulwant Singh, MLA, is being presented a Godly gift by BK Rama, BK Swaraj and others.

From the mighty pen of Sanjay

## THE RISING BHARAT

The spiritual heritage of *Bharat* has given its people the spirit of renunciation and sacrifice, love and hospitality, peace and friendship, purity and piety and, above all, the strength to 'forgive and forget'.

**B**harat, the place of God's divine birth, is the eternal land of ancient culture. It is the holiest of the holy lands, most sacred among the world pilgrimages. It is the land of the deities. **It was held that God had established the Kingdom of Heaven or Paradise just 5000 years ago. It was here that the people of the ancient periods observed the highest code of conduct. It is the land of the highest love and affection, where even the lion and the goat sipped water from the same pool.** The culture and tradition of *Bharat* are as old as the world drama itself. *Bharat*, due to its spiritual, moral and material perfection, was once the Lighthouse of the world. Even today, the entire world looks up

to this country for spiritual

wisdom. God, the Sermonizer of *The Shrimad Bhagwad Gita*, the highest scripture of the world, gave the Supreme Wisdom in this land of the deities and devotees.

*Bharat*, being the land of the Mother and Father of the entire humanity, has always taken people of all religions or races in its lap. Even the present set-up of India as a secular state, is evidence of the fact that *Bharat* is the Motherland of all religions. In fact, the most ancient Deity religion of *Bharat*, is the mother religion of all the races of the world. How could a

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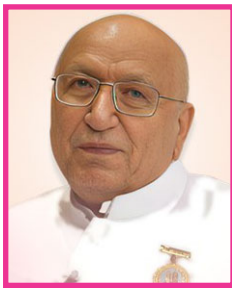


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## THE SPIRITUAL KEYS TO SUCCESS

**Does reaching our objectives count as success if in the process we and those around us become stressed, angry, unhappy, and start detesting the very task we are performing?**



**A**chieving success in any task requires requisite levels of knowledge, skill, and power. It may not be too difficult to attain our goals if we have even one of the aforementioned qualities in abundance. But

does reaching our objectives count as success if in the process we and those around us become stressed, angry, unhappy, and start detesting the very task we are performing? **Success is supposed to bring us joy and a sense of fulfilment, but if we pursue it in a manner that yields the opposite results, we might end up feeling empty and upset in spite of having accomplished our aim.** In today's competitive world, people are sometimes advised to be ruthless in the pursuit of their goals. Ruthlessness is not the same as determination. The latter is a worthy quality necessary for success in any area of life, particularly in difficult circumstances. But ruthlessness is hard and callous behaviour that stems from a resolve to get what one wants without caring if one hurts other people. Ruthless ways may produce the desired results, but at considerable cost to our well-being and that of the people around us. We become selfish and uncaring, which hurts those we work with, making them resentful and apathetic, which in



turn damages relationships, vitiates the working atmosphere, and in the long run harms the mental and physical health of everyone involved.

**This is why the spiritual concept of success includes more than just achieving material goals, and calls for qualities in addition to competence and cleverness.**

Discipline is one of them, as it helps us stay focused and stick to our plan even when our motivation ebbs. It ensures that we consistently take actions that bring us closer to our goal. To cultivate discipline, it helps to set clear goals, establish a routine, and avoid distractions. The last is important because distraction can derail progress. To avoid it, we need to prioritise work, minimise interruptions, and break larger tasks into manageable parts.

Success rarely comes without setbacks. Unexpected obstacles may crop up during the course of our efforts, requiring adjustments to our plan. Adaptability helps us make the necessary changes. **Being open to new ideas and not being attached to our way of doing things helps to make us adaptable. The ability to mould ourselves according to the time, situation, and person keeps us and others at ease.** This is a subtle form of renunciation wherein we give up our preferences and agree to whatever is conducive to the common good, according to the

circumstances and the time. In addition to adaptation, resilience enables us to bounce back from failure and keep going, and to view obstacles as opportunities to learn and grow. It can be cultivated by embracing challenges, maintaining a positive attitude, and having a long-term perspective.

Patience is also needed when the task is long-term, requiring time and effort to come to fruition. It plays a key role in how we approach challenges, handle reversals, and maintain focus over time. It enables us to endure the process without giving up midway. Trust in the process and recognition of the value of the eventual goal allows us to maintain a steady course. Patience also allows for more thoughtful decision-making. It creates the mental space to step back, think calmly, and tackle challenges in a more effective way. On the other hand, rushed decisions, often made out of frustration or impatience, can lead to poor choices with unintended consequences.

Tolerance is another spiritual attribute essential for success in any field of service. It is an invaluable virtue when one is working with diverse individuals who have different perspectives and temperaments. **One who is tolerant can calm down those of a volatile nature with their power of tolerance, and make them cooperative.** A less tolerant person, on the other hand, would react and spark a confrontation, which damages interpersonal relations and impairs the effectiveness of a team.

**At a more subtle level, the awareness of being an instrument for service often plays a big role in the success of teamwork. Being an instrument means considering yourself to be a medium or agent through whom a higher power is getting something done.**

When we are conscious of being an instrument to serve others, we are able to recognise and appreciate our good fortune in being chosen for the service, and strive to fulfil the responsibility bestowed upon us. In the absence of this awareness, ego

and possessiveness can easily slip into our attitude and behaviour: "This is my task...", "I am in charge...", "It will be done my way...". Such thinking makes others feel that they have little or no stake in the work, and they distance themselves from us, depriving us of their contribution. **Thinking of oneself as an instrument makes us humble and open to the ideas of others, which encourages greater involvement and sincere efforts on the part of other people.**

The importance of humility in teamwork cannot be overstated. Humility encourages open communication and listening to others' perspectives. **When team members are humble, they value the input of others, leading to better collaboration and idea exchange. Humble team members are also less likely to engage in power struggles or conflicts driven by personal agendas.** This creates a more harmonious work environment. There is also greater trust and respect when everyone in a team is humble. This in turn creates a culture where people are more willing to contribute and support one another. Contrary to what many people think, humility does not make us small or weak; rather it is a magnet for respect, cooperation, and success.

In addition, commitment to the task is crucial.



We cannot put in 100 per cent effort in the absence of commitment. Just as a fort can be breached if even a small part of it is weak, if even one member of a team lacks commitment and is indifferent to the task, it can set back the efforts of everyone else. But when everyone feels that they are responsible for the completion of a task, success is assured.

While doing service, we also have to be detached sometimes, and loving at other times. If we do not serve with love, that is not right, and if we are trapped in attachment to those we serve, or to the task itself, we are setting ourselves up for sorrow, because if our role changes for any reason and we are assigned a different task, we would find it difficult to adapt. So, successful service calls for love and detachment in equal measure.

A clean and honest heart is another factor that affects the outcome of our efforts. **When individuals in a group have honest intentions, they are more likely to trust one another. Trust allows them to rely on each other, communicate ideas, concerns, and feedback without fear of judgment, and make decisions confidently.** When trust is lacking, people hesitate to cooperate, fearing hidden agendas or deceit. Honesty also makes people more willing to contribute their skills and expertise, creating an environment where they support each other, rather than competing or undermining one another. In addition, there are fewer misunderstandings and conflicts. Since everyone is clear about their purpose and goals, there is less room for misinterpretation or manipulation, which can create tension or division within a group. It is said that God is pleased with an honest heart, which means that our efforts receive the

Almighty's blessings if our intent is clean. When someone has support from the Almighty, even the impossible becomes possible.

In a group, relationships among members are sometimes hierarchical, based on age, qualifications, or experience. However, when everyone is given regard — they are shown respect, their input is valued, and their perspective acknowledged — it has a positive impact on group dynamics. Being acknowledged and respected increases people's sense of belonging and morale within a group. **When members feel that they matter and that their contributions are appreciated, they are more likely to stay engaged, motivated, and committed to the group's objectives, which goes a long way towards the success of its efforts.**

Practising the maxim, "To give regard is to receive regard", works like a lucky charm. Giving regard to everyone strengthens group cohesion by creating a sense of unity and fostering camaraderie. Putting others first does not set us back in any way. When we are generous and enlightened enough to help others progress, we mature and develop spiritually in the process. Our record of giving regard is noted and remembered by others, who respond with goodwill, respect, and cooperation.

Good wishes and pure feelings in people's minds do not merely make us feel good, they carry a subtle power that energises us and contributes to the success of our efforts. When the atmosphere in a group or a place of work is charged with positivity, it uplifts the state of mind of everyone there, making success easier to achieve.

– B.K. Brij Mohan

## THE POWER OF SILENCE

Silence doesn't mean no talking, no thoughts and no sound!

B.K. Sister Chirya, New York, USA

**S**ilence is the best language for communication. Silence is the language of God. It helps us understand the eternal truths about the self, God and the world. Behind all creation is silence. It is a power in its own right. The artist starts with a blank canvas – silence. The composer places silence between and behind the notes.

All our thoughts come from silence. A seed grows with no sound, but a tree falls with a huge noise. Destruction has noise but creation is quiet. Grow silently. This is the power of silence. Before speaking, create an atmosphere of silence. The way to silence is through meditation where virtues of compassion, kindness and peace emerge. **Silence is not the absence of thoughts, but it is a state where the mind is engaged in pure elevated thoughts that nurture these values deep within.**

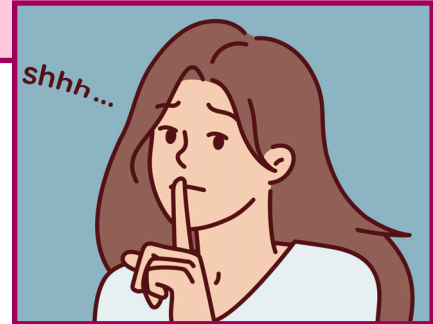
Awareness of yourself means you don't miss anything inside. because knowing yourself is vital to being comfortable with yourself. Be aware of the quality of your thoughts and feelings, of how you sometimes give your power to others, how your self-esteem occasionally fluctuates. As my thinking goes, so do my actions and experiences in life. By going within, I touch the stillness and pure love at the core of my being, and every thought I create is of benefit to myself and of benefit to humanity. The soul creates and chooses the thoughts. Thus, **the power of silence develops all mental and spiritual powers needed to tackle various situations successfully.** Everyday fill yourself with peace, love and joy. The more your habits and personality are full of these three qualities,

the more your thoughts, words and actions will be the same. Learn to stop, take a minute, and listen to the silence within you today.

However, Individually and as a society we are taught speed is important in order to accomplish more in less time. So, we do not always let life move at a slower pace, and do not have patience for people who are not our way. Driving and travelling are scenes where our urgency and impatience take over. Create positive and calm thoughts as you travel today. Even if traffic on the road takes time to clear, the traffic of thoughts in your mind should not pile up. Teach your mind the art of remaining calm even in chaos. Finish the vocabulary of Irritation. The energy of peace and patience created will continue as you enter your workplace or home.

When we add the energy of being busy to our vocabulary, we radiate a message of having too much to manage and are not available for people. Being Easy or Busy indicate opposite states of your mind, and they have nothing to do with the amount of work you do. Replace busy with easy and see the difference it makes to your emotional health. You will no longer hurry yourself or other people and create panic. Radiate vibrations of peace to your mind, health to your body, harmony to your relationships and happiness to your environment.

Take a moment to be silent to teach your mind to go with the flow today instead of getting stressed about things which it cannot control. When you arrive in your own silence you will know true freedom and real power. ■■



## I AM A VICTORIOUS JEWEL

**It is a fact that everyone wants a successful or victorious life. But it is not necessary that we will win every time. While success may vary for different individuals, it is essential in any field.**



In today's world, life has become a battle. For a young student, carrying a very heavy bag and then studying under the consistent pressure being put on by his/her parents is also a battle; after that, securing a good job, choosing a suitable life partner, and maintaining that relationship have all turned into a battle. It is a fact that everyone wants a successful or victorious life. But it is not necessary that we will win every time. Though we can survive without victory, living repeatedly with failures is like swallowing a bitter pill that no one enjoys.

This is why the great freedom fighter Bal Gangadhar Tilak proclaimed, "Freedom is my birth right, and I will take it." This slogan ignited a revolution among the true sons of Mother India, ready to sacrifice their lives for independence and ultimately achieving it. While success may vary for different individuals, it is essential in any field. A defeated person becomes indifferent and disheartened, and when he compares himself to others, feelings of inferiority arise. Sometimes, this inferiority complex can grow so intense that it leads them toward destructive behaviours.

Whether in careers, relationships, or work ethics, without success, everything feels demoralized. History shows that when someone resolved to achieve a goal and worked hard for it without being swayed by failures, he eventually attained it.



**B.K. Yogesh Kumar, Delhi**

We can achieve whatever we desire, as long as we truly want it from the heart. If the great scientist Thomas Alva Edison had given up after 999 failed attempts, the invention of the light bulb wouldn't have happened, and we would still be living in darkness.

Life is bound to have its ups and downs. Often, people discourage us due to their own bad experiences or jealousy. However, if we know ourselves well enough to ask, "Can I do this? And if I can, how will it benefit society and the world?"—if the answer is positive, we should strive with all our might to achieve victory.

In mathematics, every calculation has a formula. Similarly, while there may not be a single formula for victory, based on my experiences, here's my formula for achieving **VICTORY**.

**V - Vice-less/Virtuous:** The word victory begins with "V." Here, "V" stands for being "vice-less/virtuous." In order to become victorious, one needs to start making efforts to become virtuous; negative words like failure or insecurity mustn't exist in one's vocabulary. One has to persistently strive for victory until one achieves it. First, we must understand why it is essential to be virtuous to become victorious. When your intentions are noble and aimed at the greater good, that's your first step toward victory. **A virtuous person won't resort to unethical means to achieve success. They will ensure that, in their pursuit of victory, they do not unnecessarily cause suffering to others.**



Thus, being virtuous is very crucial for all of us to become victorious.

Besides, a virtuous person embodies purity, truthfulness, spiritual love, etc. When these qualities are present, even though Victory may come late, it will surely come. Such a person will always remain positive and dedicated to his goals, much like Arjuna in pursuit of his target. No matter how much they struggle in the league matches of life, the final victory will ultimately belong to them.

**I - Indifferent:** The one who aims to be victorious needs to be focused on his aim, thus remaining indifferent from all distractions. Here, I'd like to share my own experience, which relates to this point. Being a marathoner and passionate to run whenever there is an opportunity to run, I do run. I do this to reach my destination in time. However, sometimes, while running, I'm confronted by dogs. Earlier, I had a phobia of dogs. But, then, once I read a book named '*Cartoon aur Kahavaten*' written by a renowned Rajyogi Brahma Kumar Jagdish Chander Hassija. In this book, BK Jagdish ji beautifully explained the meaning of the proverb "An elephant doesn't get bothered by the barking of dogs." It means that an elephant always walks freely and is never bothered by a dog's barking. By reading this beautiful explanation, I overcame the phobia of dogs. Now I run or walk fearlessly, even though I remain completely conscious of dogs but now I am not afraid of them.

Similarly, one can apply this phrase in any field to achieve success. In my case, whenever someone tries to distract me from my aim in career on the ground that my current job profile of content writing doesn't have much scope due to the increasing impact of artificial intelligence or even advises me to leave this spiritual path as it is not helping me in getting a job, then I don't say anything to them because I know what I am doing is right. This is because if you love someone and that someone is God Himself, who is our Supreme Father, Supreme Teacher, and *Satguru*, then we need to ignore what

he/she is advising us to do.

**C - Clarity:** To become victorious, one must have clarity of one's aim and object. If I have clarity that I am not a body but a soul, then I'll also come to know about the Supreme Soul God, His abode, His as well as our aim and objects. This clarity of our role, duties, etc. comes only when one's intellect is divine. Divinity comes from purity in one's thought, word, and action, which comes from godly knowledge. If we have godly knowledge, purity, love, etc., which are our own qualities, we take things easily. We are not troubled by any problems, obstacles, etc., but remain stable under all circumstances. We also must know that it is Satyam Shivam Sundaram (the truth, benevolent, and most beautiful) God Shiva. If we have faith in God and godly knowledge, our aim will be to become pure. Purity, in fact, is the mother of all virtues. So, it helps us to conquer problems. It is due to this clarity that I have become patient that whatever is happening is for good, so I don't need to worry at all. Thus, the way to victory becomes much easier.

**T - Truthfulness:** It is rightly said that God is happy with a true heart. If one wants to be victorious, one must be truthful to oneself, God, and others. A liar can be victorious only for a short period. For speaking truth, it is also said, "***The boat of truth may rock, but it will never sink.***" Therefore, one must follow the path of truthfulness constantly. For instance, a candidate applies for some post at XYZ Co., providing his details falsely. In this case, he/she may get the job, but once he/she joins the company and starts working, the truth of his/her wrongly applying would become evident, and the person would be thrown out of the company. That is why even God loves those, who have a true heart.

**O - Optimism:** Optimism means confidence. Suppose one possesses all the above-mentioned points but is pessimistic; he/she will never be able to become victorious in his/her life. An optimistic person has a never-dying attitude. Now, I'd like to share an example in this regard, which relates to the 1983 Cricket World Cup, highlighting India's underdog status and their previous ordinary performances. Captain Kapil Dev, then just 24, dreamed of leading India to victory. In a crucial match against Zimbabwe, with India struggling at 17 for 5, he played a stunning innings of 175 runs, turning the game around and securing a spot in the semi-finals. This ultimately led to India's historic win against the powerful West Indies in the final. The narrative draws a parallel between Kapil Dev's leadership and divine guidance, emphasizing that success is a birthright for those who follow the right path. When Kapil Dev, who was just an all-rounder and skipper of Team India at that time, with optimism, patience, and passion to win the world cup for India, could create history to defeat the two-time World Champion, the West Indies, then, when God Himself is calling us, "Come, sweet children, I will make you the master of the world; you just have to follow my commands; I will free you from all sins and make you the master of the Golden Age world," then what would you call them, who don't follow His commands and miss the golden opportunity to become a virtuous soul in the Golden Age?

Thus, whatever your aim and object are, keep making sincere efforts; never give up, and you will see that one day.

**R - Righteousness:** While treading on the path of victory, one must keep asking oneself if one is following the righteous path or not. This is because, mostly in today's world of hardships, it is not easy to become an instant success, but it may take the entire life. So, it is possible that even one may not be aware when he/she starts following an unrighteous

path. According to the third law of Newton, "for every action (force) in nature there is an equal and opposite reaction." Therefore, one must be careful about one's deeds. For example, to achieve success, sometimes we are lured by fraudulent people who defraud our or our parents' hard-earned money. Such a mistake is also a sin because wealth is also our treasure, which we must spend frugally and for noble causes. It is only God Shiva who tells us how to become righteous, and that is possible by following purity in thought, word, and deed. If we follow this command, no one can prevent us from being victorious.

**Y - Youthfulness:** Youthfulness is such a virtue that motivates us to always remain energetic, not only physically but mentally and spiritually as well. Spiritual youthfulness comes with the help of Rajyoga that is being taught by God Shiva through His chariot, Brahma Baba. Rajyoga ensures health, wealth, and happiness for 21 births. Youthfulness is not concerned with physical age but with our zeal, enthusiasm, and passion to live the life cheerfully and to the fullest and, thus, attain victory over vices as well as nature and all situations.

If you're spiritually youthful, even physical sickness can't prevent you from making efforts towards attaining success or victory. A youthful person always remains highly self-esteemed; he/she not only remains youthful and self-motivated but inspires others too to become motivated for victory.

**Real victory is to realize oneself as a soul, which is a point of light, and become the master of all the organs, viz., mind, intellect, and resolves.** If we become self-sovereign and remember God Shiva only, who loves us as the Ocean of Love and purifies us as the Ocean of Purity, then our life becomes balanced, and this victory of the self makes us the future world sovereigns. ■ ■

## MAN'S BEST ASSET IS MODESTY

Just as each brick is important in building a house, similarly each thought is important in building character. Therefore, make your thoughts pure and sacred.

**B.K. Ram Singh, Rewari**



**M**any students used to come to Maharishi Bodhayan for studies.

His Ashram was full of students. He paid special attention to the all-round development of the students. One day, on the request of his disciples, he went

to a river bank near the Ashram. All the disciples kept swimming in the river with the Guru for a long time. When they got tired, everyone came to the shore and lay down to rest after the meal. Soon everyone fell asleep.

When he woke up the next day, the Guruji first thought of waking up his disciple Gargya who was sleeping under a tree and walked towards him. He went there and saw that the disciple was awake and a snake coiled on his leg was sleeping. Seeing this, the Guruji got worried. The disciple said, "Guruji, don't worry, this snake will go away automatically after waking up." Hearing this, the Guruji started waiting with the other disciples. After some time, the snake woke up and went into the bushes.

The Guruji and other classmates were very happy to find the disciple who remained calm even when a terrible snake was wrapped around



his leg. He hugged him. The Guruji blessed Gargya and said – Son, may your modesty remain eternal. Gargya's friend Maitrayan was standing nearby, he did not understand Guruji's blessings. He asked – Guruji, Gargya's behaviour shows courage and determination, then you blessed him to keep his modesty intact, why so?

Guru Ji said – *Vatsa*, just as the solid form of water is snow, similarly the condensed form of modesty is courage, determination and patience. If a person remains conscious of protecting his modesty in every situation, he can develop extraordinary bravery. Generally, modesty and patience are not considered qualities of bravery but in reality, valour resides in them.

**Identity of a well-mannered person:** A well-mannered person is one who is honest, has good conduct and good personality. He treats people with righteousness and truth. A polite person is always alert. He keeps himself away from any kind of wrong policies, and bad habits.

Always supporting truth, honesty and service to the country is his priority. A well-mannered person is not afraid of anyone and does his work with full dedication and hard work.

**A virtuous person is one who is always engaged in good and noble deeds, helps others and lives honestly.** He keeps his words and shows good deeds. One may be religious but not every religious person can be virtuous because there can be a difference between religion and virtue.

A well-mannered person has many qualities like he speaks the truth, is kind, respects everyone, and protects women, children and the elderly. He respects another man or woman as his own brother or sister. He is tolerant, patient, forgiving and willing to accept his mistakes. Along with a knowledgeable and *Yogi* life, he is also a *Karma Yogi*.

Generosity, sweetness, purity, tolerance and kindness continuously flow from a virtuous person. Just as the fragrance, beauty, charm and coolness of the flowers in the garden are worth seeing, similarly, the sun of love, sweetness, affection and charity keeps flowing every moment through the good habits of a virtuous person. Modesty i.e. good character is called the best strength.

**Inspiration for building character comes from being polite:** Modesty (character) means living within one's limits. Only that person has character who has qualities like forgiveness, kindness, gentleness, patience, charity, friendliness, generosity and cooperation. A well-mannered person is one who inspires to develop a noble character.

Modesty is the supreme beauty of man, that is, only through modesty, man can attain all the opulence of the world. Modesty is that nectar in

human life, which makes us intelligent, wise, good-doing, steady-minded, and bright and by developing our good habits, provides happiness, peace, joy and prosperity. Modesty is such a lit and illuminated lamp in human life that leads from extreme darkness to divine and supernatural light.

**Modesty is the greatest ornament:** Only those whose words do not cause even the slightest pain to anyone, who do not create bad feelings in their mind, are polite. Without modesty, the power of promise cannot arise. A virtuous person has everything like intelligence, understanding, celibacy etc. and also has natural humility.

**Forgiveness is the scripture of the polite and the weapon of the non-violent. A virtuous person will not talk about the strength he has gained through his penance, but the one who is soft-spoken and happy-hearted is virtuous.** Modesty is the biggest ornament, that is, a man's nature, his conduct, his behaviour, his good and excellent behaviour are his ornaments. A modest person has such an effect that even if someone has come with the intention of abusing, his tongue stops as soon as he comes in front of him.

From a practical point of view, etiquette is politeness; politeness, means moral conduct and behaviour, is a permanent attitude of the mind, good or virtuous in nature. A well-mannered person protects the feelings and self-respect of others and does not hurt anyone's mind with his words. Modesty includes respect for elders, affection towards younger ones and friendliness towards kind-hearted people. Modesty has many qualities like gentleness, decency and generosity. From a practical point of view, etiquette is politeness and character.

**Modesty is the wealth of a human being:** Just as each brick is important in building a house, similarly each thought is important in building character. Therefore, make your thoughts pure and sacred. Character is like a tree and respect is like a shadow. But the person thinks about the shadow whereas the tree is the real subject because your character is also your property, do not waste it.



**Fate is shaped by character:** A man's destiny is shaped by his character. Character is the indicator of rise and fall, success and failure in his life. **If you want your children to become successful individuals, good citizens and**

**useful members of the society, then it is important to build their character.** This is possible only when religious and moral education is arranged for them. Today many great thinkers have come to the belief that it is essential to inculcate proper values in the students through religious and moral education.

**Man's best asset is Modesty:** Excellence of character is the criterion of greatness of man. Modesty is said to be the best asset of a human being. It is modesty that gives a true assessment of a person. The history of golden India has been written in the background of bright modesty. Intellectuals have said: Purity of modesty should be the focus of all knowledge. Therefore, our education system should also be development oriented. 'Munshi Premchand', believed that a person cannot achieve self-respect by being very learned, for this it is necessary to be polite. The value of knowledge is very less compared to modesty. ■■

## LAUGHTER: THE BEST MEDICINE

- ◆ **My boss calls me "The computer"**  
Not because of my calculation skills  
but because I go to sleep when left unattended for 15 minutes.
- ◆ **Boss: Can you work this weekend?**  
**Me: Yeah no worries but I'll probably be a bit late**  
as public transport is slow on weekends.  
**Boss: What time will you get here?**  
**Me: Monday.**
- ◆ **An employee asks his boss, "Can I have two weeks off for Christmas?"**  
His boss replied, "It's May...", to which the employee responded,  
"Oh, sorry. May I have two weeks off for Christmas?"
- ◆ **My boss said to me, "You're the worst train driver ever. How many have you derailed this year?"**  
I said, "I'm not sure; it's hard to keep track."



## WALKING HAND IN HAND WITH SHIV BABA

**Baba's remembrance also acts as a powerful shield, keeping physical and mental ailments at bay. By staying connected with Him throughout the day, we experience inner strength and resilience to overcome challenges with grace.**



**B.K. Geetika Sharma, Delhi**

**S**iva Baba (God Shiva), our true and most adorable friend, is always by our side, helping and guiding us from morning till night. He wakes us up with immense love, gently bringing us into the awareness of our true selves and reminding us of our divine connection with Him. As we begin our day, we engage in a sweet dialogue with Baba, sharing our plans, thoughts, and feelings. We seek His guidance and wisdom for the day ahead, knowing that His divine energy will protect and support us in all our endeavours.

With Baba's rays of peace, joy, purity, bliss and power we feel deeply nourished and energized. His *Shreemat* (divine directions) acts as a compass, steering the ship of our mind and preventing it from getting lost or overwhelmed in the turbulent waters of life. Whether we are at work or home, Baba's presence is always with us, infusing every action with joy and purpose. We share our breakfast, lunch, and dinner with Him, feeling His sweet remembrance filling us with positivity and enthusiasm. His companionship keeps our hearts light, our minds peaceful, and our spirits uplifted.

Baba's remembrance also acts as a powerful shield, keeping physical and mental ailments at bay. By staying connected with Him throughout the day, we experience inner strength and resilience, overcoming challenges with grace.

When evening comes, we meet Baba again, sharing with Him all the events of the day. We reflect on our actions, writing out our chart of yoga (meditation) and identifying areas where we may have faltered. In His loving presence, we ask for forgiveness for any mistakes, and Baba, with His boundless love, forgives us, helping us learn and grow.

**Before we sleep, we meditate, handing over all our burdens, worries, and thoughts to Baba, resting peacefully in His lap.** Baba takes care of everything as we drift into sleep, knowing that His divine protection is with us even in our dreams.

As we kick-start the next day, we maintain this constant communion with Shiv Baba, drawing strength, wisdom, and love from Him. His guidance continues to light our path, helping us navigate life's journey with confidence and clarity. **Baba's love and power help us remain peaceful, joyful, and spiritually connected, making every day a beautiful experience of growth and transformation. In Baba's sweet remembrance, we find the energy to keep moving forward, no matter what life brings.**

Shiv Baba's presence in our lives is more than just a source of guidance—He is the anchor that grounds us amidst life's chaos. As we walk

(Contd. .... on page no. 18)

## REMAIN EQUAL BOTH IN PRAISE AND DEFAMATION

**We should remain equal both in praise and defamation because we belong to Shiva Baba. Sweet Baba says that whoever is defaming us is our friend and we should never forget this.**

**W**hen we say "Om Shanti", we should say it with a lot of zeal and enthusiasm. When we are happy, we don't want to talk in happiness, we want to dance in happiness. If you feel any disturbance, come and sit in Om Shanti Bhavan (Mt. Abu) and that feeling will disappear forever. This disturbance causes pain and sorrow. It may only be a little but you feel it as if it is a lot.

Shiva Baba's *Murli* tells us about the effort we make. He says that our thought is a seed and being His direct children, it must have such a powerful vibration.

Leave the old and give congratulations to the new. Everyone will give congratulations to the newness of experience. How can we get such a stage? The world will applaud later but we should be asking ourselves if we have attained that stage? What kind of a soul am I? We wish to have such a stage that God Himself will say, "This is My child."

I am a soul and so are all; except He, who else is the Supreme Soul? This morning, I experienced that there is none else. Who am I? Who do I belong to? It is an automatic thing. Don't let your intellect go anywhere else. Everyone belongs to Him. This attitude then, becomes a *sanskar*.

We are sustained by the *yagya*; so, we do service of the *yagya*. Through service of the *yagya* we receive power, fruit and food of the *yagya* and we need to give the return of that

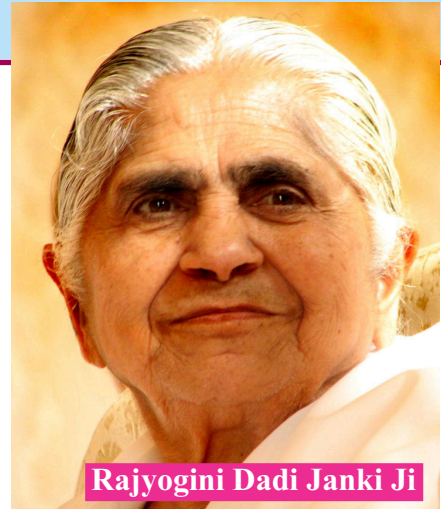
sustenance as we have a duty to the Incorporeal

God Father, who provides these for us. We should not be satisfied only by praising Him.

We should remain equal both in praise and defamation because we belong to Shiva Baba. Sweet Baba says that whoever is defaming us is our friend and we should never forget this. Some try to make us happy with compliments but behind our back, they will criticize us and think they are right. We, the souls, have to create such a stage that someone will lose the habit of criticising.

Before the advent of the New Year, make such a stage. Have such a stage until you die. We have to take full marks in all four subjects, viz. Knowledge, Yoga (God's remembrance), Incultation of Divine Virtues and Service.

Take time to smile at each other. Give time for yourself and time for each other. There has to be time for the self. We are carefree but not careless. Baba is the One, who gets the service done. So, being His children, we should also be light. Let us take might from Him all the time so that we will not feel any sort of burden. A waste word in my ear can make me heavy because I thought about it and, then, it is difficult for me to be light. Baba gave us the blessing that if someone tells us something and I agree with him/her to make them happy, that "yes" to him/her will, then, not



Rajyogini Dadi Janki Ji

allow me to say “yes” to Baba.

**These four are very important for us: One is Baba, then Murli, then Baba's yagya and service of the yagya.** Therefore, one must do His service within the yagya or of the yagya all over the world. The atmosphere within the yagya enables us to do service with a true heart. It is a great fortune to do service; we, the serviceable children of God, are really very fortunate. We are the instruments of spiritual service and Baba gets the service done and we receive co-operation from everyone to do it. None of us can accomplish anything by himself/herself. Mamma and Baba were the practical examples of this. Brahma Baba said, “Shiv Baba is getting the work done through Brahma Baba”. Brahma Baba was the moon and Mamma, the daughter, was the luckiest shining star near him; and we are the lucky stars.

Sometimes, Brahma Baba took us to the shores of the Ocean. We are the beloved children of the Sun of Knowledge and the Ocean of Knowledge. We receive pearls from the Ocean; the waves make us cool and Baba changes us from shells into diamonds and makes our value increase. We all have to become like a diamond. For this, we need to go into the depth of knowledge to increase our value. The sun is above and the ocean is deep down. What we need to do is to go into the depth of them. If we are in between, we cannot go up above to the sun or down into the ocean.

Being His mouth-born progeny, we, the children, must stay in the heart of Shiva Baba. We should have Brahma Baba in one eye and Shiva Baba in the other and BapDada in between.

In the Confluence Age, we are free of all kinds of pushes and pulls. The intellect is held steady. The mind is still and the heart is full with His sweet, benevolent company and quite free from all sorts

of distractions and attractions. Therefore, we must keep the intellect stable no matter what comes up. Baba has put so many good things in the intellect that other things cannot pollute it. It is the intellect that increases or decreases our value. We cannot raise or lower anyone.

Baba destroys our sorrows. Now, we must ask ourselves if we receive sorrow from others and/or give sorrow to them. One must be very firm with oneself to finish both.

We should tackle any small issues preventing us from becoming elevated. These issues create pain and stop us from becoming elevated.

Now, this is the time to fly; someone, who flies does not tell others to fly; because when one bird starts to fly the other birds automatically start flying. But the irony is that some stay on a branch and think they cannot fly.

**How do we get the wings to fly? We have enthusiasm but as long as there is a “but” or “if” we cannot fly. We must transform reasons into solutions with zeal and enthusiasm and mustn't say “but” or “if”.** If we remember Him with a true heart, we'll feel so light and good that we can fly easily. Everything gets done through vibrations. There are many souls available to do service and they just need the much-needed vibrations to fly. ■ ■

## *Energy*

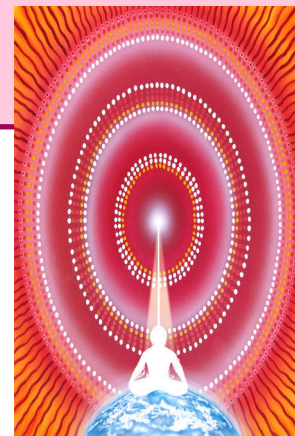
**Our thoughts and feelings create our energy field. If our energy field is pure and powerful, everyone will get influenced by our pure vibrations. This will help them to emerge their own purity and power.**



## RAJYOGA MEDITATION TO OVERCOME TENSION AND FEAR

Every night, before we sleep, give all our possessions and all our desires back to the Supreme Father. Make him responsible for our well-being and security.

B.K. Sujoy, Durgapur (W.B)



**F**ear and tension are pernicious problems that shut our life force. Like depression or any other problem that inhibits the flow of positive energy, fear starts a negative cycle that becomes self-reinforcing. Decreased energy causes

decrease in will which, in turn, reduces our energy even further. But there are ways to reverse this cycle.

And the way is Rajyoga Meditation. The teachings of Rajyoga say that we should be cantered in ourselves. If we can be cantered in our self, and act from within outward, then we will have that degree of poise and relaxation to turn left or right as the circumstances dictate. It also teaches that to overcome fear, we need to develop faith or non-attachment. The more we develop non-attachment the less vulnerable we will be. Every night, before we sleep, give all our possessions and all our desires back to the Supreme Father. Make him responsible for our wellbeing and security. We should especially give him our negative desires, the ones that contract our consciousness and cause us to emphasize our ego or little self. They are the main source of our fears and anxiety.

In fact, Raj yoga meditation gives the practitioner many benefits - some direct and others indirect. **Rajyoga Meditation not only**

**enables a person to rise to the highest level of spiritual experience but it helps one to discharge his professional, household and other social duties more efficiently and with equanimity and better judgment.** In other words, it enables one to become a new person - wiser, more loving, more concerned about and more responsible towards the well-being of others. One now acts more meaningfully in regard to self and in relation to others.

One now looks upon all as 'souls' and as 'brothers' and treats all on a spiritual level. This eliminates one's tendencies of aggressiveness, explanation, sensual indulgence, attachment, suspicion and hate. One, thereby, becomes a peaceful person, spreading vibrations of peace, having goodwill towards all, wishing all well, doing positive acts and having positive thoughts. Rajyoga Meditation is thus the science of peace in one's personal and social life.

**The key to freedom from fear, anxiety and tension is transformation of our attitudes and going back to simple values which tend to get side-tracked in the rat race.** When one experiences peace, one becomes fearless. Peace is the foundation of all attainments. When there is peace there will be love and love enables us to rise above the sufferings and fear that engulfs this age. If we commit any bad actions, we cannot be free from fear. One must free oneself from animosity, be a friend of every one, without any selfish motives. ■■

## BEING AWARE OF WHO I AM

Whatever I thought myself to be and everything I have been working for are false identities given to me by my society, family and surroundings.

B.K. Shikha, Noida



All actions I perform and the life I live are grounded in my awareness of who I am, which mostly includes my name, profession, relations, belongings etc. What if I suddenly realise that everything, I thought myself to be is actually grounded in false beliefs. Whatever I thought myself to be and everything I have been working for are false identities given to me by my society, family and surroundings. All my efforts would suddenly start looking in vain. We are all so deeply grounded in our association with our body, bodily relations, possessions etc. Even though we see how someone leaves their mortal coil and everything they worked for through their lives is left behind. The soul or the consciousness gets detached from all its belongings in no time. But that doesn't make us realise that one day everyone including my own self has to go through this process. **If only we realise and stabilise ourselves in the understanding that I am the immortal soul or consciousness who has taken this body for a temporary period of time and one day I have to move on and leave everything behind, including this body, my actions would be driven by a very different motivation.**

If I am deeply stabilised in the understanding that I am a soul whose true nature is peace, joy, purity and love, I come from the home of peace, and belong to the Supreme Father of all souls

who is the ocean of love, peace, purity and true knowledge, my mental state and the quality of my actions would be very different. We all came in this earthly domain out of our own choice to learn, to share and to experience joy. **Life is not meant to be a painful experience, but we make it so by our misplaced understanding and attachment to things and people that are ephemeral.** By staying in this awareness and practicing for a long period of time, when the time comes to move on, one can proceed on their journey in a peaceful and content state. ■ ■

**(Contd. .... from page no. 14)**

through each moment of the day, His divine companionship fills us with confidence and inner peace. Baba's remembrance is like a gentle breeze, refreshing our souls and keeping our minds elevated above worldly distractions. When challenges arise, we feel His protective hand shielding us, and His wisdom guiding us toward the right solutions. His divine energy revitalizes both body and mind, fostering mental clarity and physical wellness.

As the day draws to a close, in the peaceful silence of the night, we reflect on our journey, expressing gratitude for Baba's love. Surrendering all our worries to Him, we sleep peacefully, assured that His presence will wake us again, ready to begin another day in His sweet remembrance. ■ ■

## CONTENTMENT A FEAST WITHOUT END

**It's not the conditions that make one unhappy, but one's choice of thoughts, attitude and behaviour. We must have the attitude of gratitude for what we have and also must stop comparing with others.**

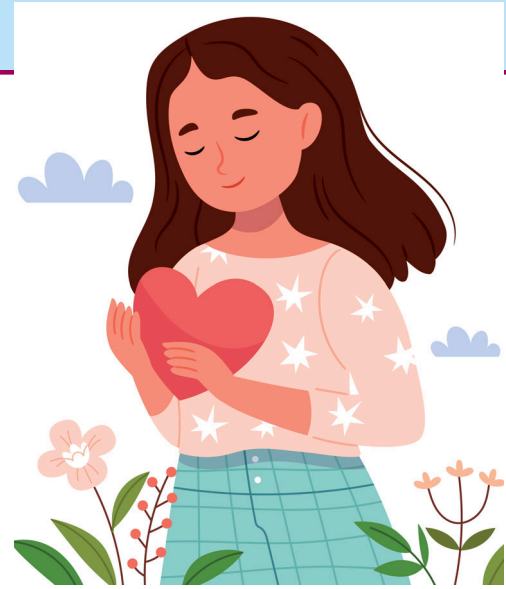
**B.K. Dr. Trupti, Shantivan**



**C**ontentment is the greatest treasure of all. Those who have contentment have everything. Those who do not have contentment do not have anything even whilst having everything, because **a discontented**

**soul is always under the influence of desires and, as we all know, it is the nature of human desires to keep on expanding leaving a person always dissatisfied at the core.** Experience says, one desire gets fulfilled and ten desires will arise in its place. Therefore, it would be wise to become free from the shackles of such limitless desires because the natural nature of a soul, being knowledgeable, is that of contentment. When we forget ourselves as souls and start living under the wrong impression of being a body, the soul gets deprived of its treasure of contentment and starts begging for the fulfilments of the worldly desires, thereby living life of a spiritual beggar, being always discontented and wanting more.

Here one may say that my life is crap! Of course I am going to be unhappy! Some may reassert that my job isn't going well or my



relationships aren't going well or my finances are very bad or I am overweight or my life is a mess, etc. So how am I supposed to be content with it!

We must understand that contentment is not a matter with being content with current situations in life and never trying to improve it. **It's a matter of being content with what we have — but realizing that as humans, we will always try to improve, no matter how happy we are.** If we don't, it's as equal to have given up on life. Also, we must understand that it's proven true, time and again, that it's not the conditions that make one unhappy, but one's choice of thoughts, of attitude, of behaviour. Instead of complaining "why me" if we choose to look at the bright side of life and accept ourselves, people and the situations, when and where we are, we can indeed move forward towards success with a contented mind.

Contentment is truly a never-ending feast if one chooses to relish it. A contented soul will experience satisfaction and others too would be satisfied with that soul. Their heart will be at rest and will no longer ask any questions because of being Knowledgeful about the soul, drama and

*karma* philosophy. **A contented soul will never ask what or why, how and where, but will immediately put a full stop to the chains of such wasteful thoughts.** One who is satisfied to this extent will always remain carefree. So, check honestly within- are there such signs of a jewel of contentment in me?

### **No more blame game**

Another sign of those with a contented mind is that they will constantly be selfless and will always experience others to be blameless. They will never blame others. They will never blame the Bestower of Fortune, the God, saying, "You created my fortune in this way". They will not blame drama saying, "My part is such in drama". Nor will they blame any individual saying, "This one's *sanskar* is such". They will also not blame nature saying, "The weather was such", nor will they blame the *karmic* accounts of the body saying, "My body is such".

### **An Adroitness**

Most of the time, we are content with ourselves, in our head thinking, "What worries do we have? We are carefree; therefore, we are contented." However, to consider ourselves to be contented in this manner is not true contentment. For calling oneself a true jewel of contentment, one must experience all the above signs of contentment within.

### **Why contentment is important in life?**

Contentment enables us to receive love and blessings not only from God but also from others. Blessings will come automatically to a contented soul. Then, such

a jewel of contentment will surely become the embodiment of success. They will experience rest in their head and heart. Also, contentment works as a painkiller because a contented soul will neither experience pain of illness, nor do they speak of their pain and hence, will not spread a wave of pain amongst others. By being contented themselves, they bring about a wave of contentment in others helping them to remain contented as well.

Contrary to popular belief, it is possible to be content with one's life regardless of the external circumstances, whether things are going as one expected or not, for contentment is an attitude that one can adopt at any time. For this, we must always remember that we are eternal souls in this perishable body, therefore no physical or perishable things and objects can ever bring about true contentment to us. We must have the attitude of gratitude for what we have and also must stop comparing with others.

Last but never the least, for becoming a jewel of contentment, we must stabilize ourselves in our true identity of being a soul, detached from the body and remember the supreme soul, the powerhouse from where we can replenish our long-lost powers and virtues and thereby, will become a contented soul who lives a blessed and carefree life. So, be soul conscious and stay in the remembrance of the Supreme Soul to bag this richness of contentment and thus, stay blessed always! ■■

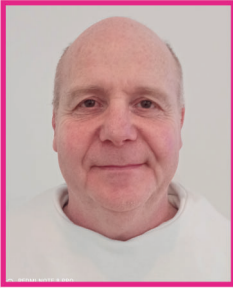


## *Responsibility*

The true meaning of responsibility is not just duties to be done, but has more to do with a sense of purpose.

# THE MONKEY MIND

B.K. Andrew Grant, UK



I woke up early to a brand-new day  
My effort to improve on yesterday  
I watched the monkey mind as it's seldom in line  
I let the mind do its thing, while I did mine  
Watched the way the mind

went to the past then the future  
It's always laughable, the way it tries to be my tutor  
But connection with the self-shone like a beacon  
Though the mind just kept on talking  
It creates a point of interest and sees if I conform  
So many waste thoughts being born  
Passing through on the screen of the mind  
I am not the mind so everything's fine  
It was when man got caught by the mischief of his mind  
He became exhausted and never felt fine  
The yogi knows how to watch and he knows how to wait  
Detachment from the mind alters his state  
It moulds us or we mould it  
Non attachment makes the mind sit  
To sit and be quiet with the quiet one  
We win this battle and become an example for everyone  
For everyone wants to control their mind  
It's just awareness of our self that became so blind



All our attention fell on the role  
The tension in the self, took its toll  
We looked at the symptoms not the cause  
Awareness of the self-collected so many flaws  
Forgot the self completely in the jungle of the roles  
That altered our mind-set through material goals  
It's ok to build a house and live comfortably  
But if your mind is owned by anything it will end unhappily  
It's okay to do your business but don't obsess  
The mind will cry if you live to impress  
The insecure mind is our own creation and how we fell  
Forcing control over the mind never ends well  
You can't run away from it for it's always with you  
It's a spiritual organ that leaves the body with you  
Let the mind do its thing but keep yourself aware  
Being stable and still will take you there  
The soul is a point of power behind the eyes  
The mind is its conquest and its prize ■■



## HIDDEN TRUTH

It's time to take control of our own destinies by embracing the spiritual dimension for a more meaningful journey toward personal growth!

Farha Sayed, Mumbai



**T**he human desire to express oneself is innate. It's an essential aspect of being human. But sometimes, expressing ourselves can be challenging. Words often fail to describe the complex range of emotions and ideas we experience. It's here that symbolic practices come to our aid, allowing

us to communicate profound feelings that transcend language, culture, and even time. Whether it's composing music, writing a poem, or painting a landscape, these creative outlets are a gateway to our inner selves and the world. They help us tap into our boundless potential and offer us a glimpse of the limitless possibilities that await us. **When we balance the spiritual and material aspects of life and create space for creativity, we allow ourselves to express ourselves authentically and enrich our lives.**

Amidst the hustle and bustle of the material world, it is easy to lose sight of the beauty and wonder that surrounds us. **The constant pressure to perform, meet deadlines, and achieve goals can leave us feeling depleted and disconnected from our inner selves. However, cultivating mindfulness and presence can help us find balance and appreciate each moment for what it is.** Focussing on the present allows us to let go of worries about the future and regrets about the past. By embracing the spiritual dimension, we can develop a deeper understanding of ourselves and the world around us. Through this lens, even the most mundane tasks can become a source of joy, gratitude, and meaning.

Life is full of mysteries that go beyond what meets the eye. As we navigate this world, we are often preoccupied with the tangible and material aspects of life, neglecting the spiritual dimension that lies within

us. However, delving into the spiritual aspect of life can offer valuable insights into the deeper truths that exist beyond what we can see or touch.

When one is out of balance, the others are affected. We discover this connection by looking inward and beginning to listen more closely to what our bodies are telling us. We can begin by learning to put ourselves back into our lives.

The most common answer to the question, "How are you?" is, "Busy". In the process of managing the increasing events filling our calendars, we are steadily decreasing our well-being by putting ourselves last. Our calendars are filled with what we believe is most important only to discover that we are too exhausted to find time for the one thing that is keeping it all together. Ourselves. Instead, we are reacting, exhausted, stuck, and trying to make it to the weekend. We are left dreaming of a balance that allows time to do what we desire and more importantly, what we need.

Living a busy, stressful life has a plethora of negative impacts on the body physically, emotionally, mentally, and spiritually. The body will communicate its suffering until we pay attention.

Finding a balance between the spiritual and material aspects of life is essential for true fulfillment. It's time to take control of our own destinies by embracing the spiritual dimension for a more meaningful journey toward personal growth!

Stay organized with your schedule and your clutter. Habits take time to engrain, so make it as easy on yourself as possible by maintaining a realistic schedule and a clean mental and physical space. Take 10 minutes before you go to bed to tidy up before you wind down. Take a quick glance at your schedule for the following day. Begin a meditation practice! ■■



## JESUS'S PLACE ALWAYS FOR NEWNESS

He tolerated unbearable torture and humiliation, but he easily excused all who executed his death sentence and the people who supported them, but still even after 2000 years, we lack tolerance power which brings turbulence and massacre to the worst level.



**M**erry Christmas observed throughout the world is only and only for our most beloved Jesus who is always supposed to be in our own relation and related to the entire humanity. **Jesus is**

**remembered all the time by the suffering humanity particularly when they are in sorrow, pain and misery because Lord Jesus is the symbol of tolerance & forgiveness.** Before Jesus, no one could show that level of tolerance and at the same time, no one even could think that even at the moment of death, one could forgive the conspirators and crucifiers in such a way. What should be the level of thoughts in intellect and serenity in mind that a man could show towards the accomplices who were against him at that time, not for any wrong deeds from Jesus but for his teachings of love and compassion to the relatives, friends and neighbours. He was not a saint by birth through any religious pedigree, not by means of any faith. He was turned from an ordinary person to



**B.K. Dr. Swapan Rudra, Durgapur**

a great personality for the reasons of his practical life-style, teachings, directions and his virtuous presence in Jerusalem & nearby places during his very short-span of life. He took an auspicious birth in such a time when his august presence was very much necessary from amongst the Jews as a Messiah for further growth of the humanity. According to the human historical records, Christianity developed out of the Second Temple Judaism in the 1st century CE and who followed the life, teachings and believed his resurrection after his crucifixion are called Christians. Historians say that Islam developed in the 7th century CE, but as per Godly knowledge, Islam originated from Ishmael who was born to mother Hagar and father Abraham and the Jewish race was born through Issac approximately 2500 years ago. The main difference between the birth of two sons of Abraham was that Ishmael was born from flesh & blood through the maid Hagar and the birth of Issac happened in purity from Sarah through yoga power. The same type of pure birth was witnessed by the Bethlehem people in case of Jesus also from virgin

Mother Mary. Jerusalem and the land of Israel represent the ancient home of the Jewish people, but their struggle to control their land for ever remained a tug of war. Someone once predicted that it was not only the birth place of Judaism, Christianity and Islam, but will be the final battle ground of the end time also and that is what is happening today.

**At present, the whole humanity is suffering due to lots of problems happening all around,** may be ethnic clashes and war in Europe specially between Russia and Ukraine, war-like situation in north-east Asia, conflicts in middle-east Asia, financial crises in Sri Lanka, political turbulence in Pakistan and Afghanistan, Hindu-Muslim riot situation and civil war in some parts of Bangladesh and India etc. But recently the conflict between Israel and Palestine has been turned into a terrible war along with direct involvement of some other countries like Iran, Lebanon, Syria and Yemen with the Hamas group of Palestine and as a result massive attack through bombs and missiles has been continuing from both sides. Hezbollah of Iran launched nearly 200 missiles on Israel on 1st October night which was one of the biggest attacks so far, but IDF was able to intercept most of them and hence casualty was not so much as predicted by Iran. We are witnessing a lot of adverse situations and the people of the affected countries are continuously suffering even for food, shelter and security. Many are being physically injured, mentally devastated or died and many are leaving their countries. Antagonistic campaigns, comments and arguments are coming not only from the affected countries, but also from the other countries of the world for the cause of getting support and creating religious fanaticism. We

generally do not consider natural calamities like earthquake, flood, cyclone, hurricane, tornado, tsunami etc. as abnormal due to not happening directly by human causes. Man does not know many things, but he pretends so and hence he cannot understand the reality of happenings, natural, unnatural or man-made, in front of him. Rather he always argues in every point of each incident and most of the time, he tries to solve the problems artificially as per his own level of limited and partial thought pattern and hence, human problems are increasing day by day, may be through long-time war between Russia and Ukraine and a year-long terrifying war between Hamas and IDF etc. The UN countries have already been divided into two corners and few have taken neutral status. Diplomacy has been continuing among NATO, UNSC and QUAD countries, but no solution is yet to come. Entire Ukraine and middle-east Asia is going to be demolished in front of our eyes. There have been many discussions, exchange of ideas, altercations, arguments, but no result has come in the affected countries.

After 2500 years, completing the soul conscious stage in *Satyayuga* and *Tretayuga*, the world entered into body conscious in *Dwaparyuga* resulting in the entry of vices into the deity souls making them ordinary human beings. Vicious tendencies started to enhance gradually since then and it has become rampant in *Kaliyuga* and hence the period of *Dwaparyuga* and *Kaliyuga* is named as the kingdom of Ravana. Two millenniums ago, divine Jesus brought some freshness and light to the people, but a section of people including the Roman administrators could not tolerate his spirited teachings full of love and



blessings in the name and purpose of God, rather they opposed and punished him in a brutal way that can never be forgotten by the people of the world, but he himself forgot everything even before and during crucifixion and prayed to God to forgive them because they did not know what they were doing. That was the power of tolerance that people witnessed that day and the humanity learnt that lesson from Jesus through generations. He tolerated unbearable torture and humiliation, but he easily excused all who executed his death sentence and the people who supported them, but still even after 2000 years, we lack tolerance power which brings turbulence and massacre to the worst level. At present, the entire Middle East including Palestine, Lebanon, Israel, Syria, Egypt, Yemen, Iraq, Iran, Jordan, Oman, and Kuwait etc. is under the threat of complete collapse. **Nearly 2000 years back, the Middle East Asia got the God-gifted message of unconditional love,**

**mercy and compassion through Jesus, the Son of God, for the good of the society and again that place has become the crucial point of destruction of humanity and the human world.** We do not know about the Deity dynasty for the period of 2500 years, we discuss only about the 2nd half of the 5000-year-old *Kalpa* in exaggeration of everything i.e., time, history, geography, geology etc. Whatever has happened is supposed to be drama-destined and hence we have to look forward to enter into the new world with a new beginning in the forthcoming New Era. Besides *Adi Sanatan Devi-Devata* religion, other major Abrahamic religions namely Islam, Judaism, and Christianity originated in the Middle-East and the same are going to come to an end soon. This is the newness of the place of Jesus which once created the concept of both 'tolerance and forgiveness personified' and again unknowingly craving the message for the Deity World even through destruction. ■■

## WORDS OF WISDOM

- ◆ **Your talent determines what you can do. Your motivation determines how much you're willing to do. Your attitude determines how well you do it.**
- ◆ **The way to get started is to quit talking and begin doing.**
- ◆ **It is during our darkest moments that we must focus to see the light.**
- ◆ **You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose.**
- ◆ **Life isn't about finding yourself. Life is about creating yourself.**
- ◆ **You learn more from failure than from success. Don't let it stop you. Failure builds character.**
- ◆ **All our dreams can come true if we dare to pursue them.**

## HAVE YOU SECRETLY SHRUNK INTO A DWARF?

The world's seven dwarfs that once were tall and good helpers of Father Christmas (God) but now have shrunk and walk around with billions of problems in overflowing rucksacks (souls) which they carry everywhere and that unknowingly are weighing them down from its sorrow and stress.



B.K. David, Paignton, UK

**H**ave you secretly shrunk into a dwarf and like everyone else in the world, walk round thinking you're very tall but in reality, have become a dwarf? The modern-day dwarfs so afflicted with stress they've become completely blind to happiness, peace and love.

Are you mistakenly thinking you are tall but in the mirror of truth are much closer to being a dwarf?

Let me introduce these seven dwarfs: Moody, Unhappy, Body Conscious, Selfish, Greedy, Angry and Tattooed.

They have two cousins, Spiteful and Stressful, which often come to stay with them as no one likes them and everyone avoid them.

Hate, the younger brother of Anger, often visits these dwarfs also, as no one likes him either. He has never given anyone happiness in his whole life or bought a gift or had good feelings for anyone as he's so full of hate.

Hate can and does slowly infect those around him with his hateful company and all those that meet him sooner or later exhibit the same hate he has, with maybe only 30% managing to remain unaffected.

It can be a slow, devastating and depleting infection that can ruin a life and if not super careful

by having built a fire wall of protection against hate, it's possible to end up being infected and thrown in the washing machine of hate that shrinks everything it touches.

Hate grows slowly, remaining dormant out of sight, until finally it reveals its ugly head for all to see.

**Are you consumed with good wishes for yourself and others all of the time or are you closer to being consumed by unhappy thoughts?**

Are you constantly finding you are constantly battling to fight off stress and sorrow? Do you know the solution and easy antidote to all sorrows and stress? Why not ask Father Christmas for His Book on how to deal with life's unending problems and stress?

I heard His book is on offer for a few more months and can be had from any bookshop or online (through meditation) and is called **Santa's (Shiva's) Solution to Avoiding Everything Bad and Accumulating Everything Good in The Sledge (Soul) Of Spirituality.**

If not now, this Santa's Book containing His wisdom, will become a Best Seller.

Once it was 'Jingle bells' all the way at home and on the way to Church with laughter, love and

goodwill overflowing for everyone but now, with our modern fast times lived out in an atmosphere of stress, frustration and unhappiness, it's become 'Jingle smells' all the way as most have the dire odour of selfishness, sorrow and peacelessness emanating from them.

**It's easy to become infected by greed, and as it is with hate, you'll not notice it until you've become fat and lazy.**

Infection starts off at 1% and of course, goes unnoticed, without you even knowing you've come in to contact with a deadly infection that can, if not checked and treated, will alter your life when it manifests in ill health, just as anger does when the infected person gets aggressive by fighting or saying hateful words or having hateful thoughts.

**If you look, Hate has touched and infected most of the world.**

Spiteful constantly emanates his hate everywhere he goes, just as Stressful spreads his nervousness and these two are responsible for polluting the environment; though Stressful does try to be good and often brings gifts for

each dwarf out of love, yet being overwhelmed by worry, simply cannot enjoy the results of his giving that he brings the dwarfs. Stressful has become incapable of sharing in the happiness that he creates for others through his care and generosity.

**The Seven Dwarfs that spoil the seven days of the week for everyone else.**

These seven dwarfs have become omnipresent and taken over the world and rule it in many ways. They can be found shopping or at work feeling stressed-out or hateful, swimming, watching football, painting their face and nails, trying to be fashionable with their appearance and clothes or at home on the sofa falling asleep or eating, watching TV or out drinking at a bar.

Most meet daily a dwarf and have made at least one of them their best friend and companion with whom they eat, drink, make merry and sleep next to them in their double bed of ignorance.

The names of these modern-day seven dwarfs can be translated into Bill, Jill, Phil, Steve, Eve, Adam and Adel, and all have fell.

**(to be contd ... on next issue)**

### TRANSFORM KNOWLEDGE INTO WISDOM

**We all know someone who has high knowledge but doesn't come across as wise. Knowledge is a bundle of data or information stored in the mind. Our intellect then goes through the knowledge base, uses only the useful information, to apply it wisely in every situation. Knowledge is about accumulating facts and information, while wisdom is about using judgment in applying that knowledge in life's situations. This means knowledge is a gift that comes to us with a big responsibility – of churning on it, applying it in life and converting into wisdom. Wisdom shows us how to think and how to live right.**

**Meditate every morning for 15 minutes and study spiritual knowledge every morning for 15 minutes, to fill the mind with God's knowledge.**

## *TUMI HANSLE AMI KHUSI*

**A detached mind will not be swayed by the upheavals in its immediate surroundings, and thus could be able to take most suitable steps with equanimity in all situations.**



**T**umi Hansle ami Khusi, means I am happy, if you laugh.

The quote written in Bengali behind a truck caught my attention. Contemplation began. Mind asserts that human beings are connected with each other and it is

logical and natural that dear one's laugh creates happiness for other dear ones. It establishes the fact that happiness in the surrounding creates happiness. The intellect faculty of the soul is cautious. It says that if the happiness of an individual is dependent upon the happiness of its near one's then it invariably shows that the mind of that individual is not under its overall control. Its response is parasitic and dependent upon the state of its immediate external environment.

The mind is unconvinced. Is it not natural to be happy in the happiness of our near and dear ones? The intellect has a different opinion. It says that showing exhilaration in other's happiness is fair only up to the extent whereby you are not getting attached with the person emotionally. Be careful that this act of show sows the seed whereby you are likely to feel hurt or pain when the same person is in despair or in grief. Showing elation in other's happiness will



**B.K. Ram Pravesh Prasad, Durgapur**

force you to show anguish in their pain even internally you may not be so. Mind had different arguments. Is it not insensitive if one fails to express unhappiness in other's sorrow? Intellect retorted - showing unhappiness and/or becoming sad in other's pain is not sensitivity. It is emotive response. It further vitiates the already heavy moments of sorrow. It is disempowering act. Not extending helping hand in their moment of sorrow is insensitivity. An emotional response churned out from an emotionally attached mind is likely to take decisions which lacks farsightedness. On the contrary a sensitive mind detached with the scene will be able to take decision which is positive-result-oriented. **An emotionally attached mother swirls into utter chaos when she finds her child in pain. The emotional attachment towards her child puts her in utter anxiety and thus her steps to heal or treat her child may not be the most effective or prudent one.** General sensitive response instead of emotional response would have been far more effective and empowering. The requirement of the time is to remain uninfluenced from the pain of the child. This is a state of detached observer. Controlled sensitive response is always positively result oriented. Mind accepted in its mind but asked. **Should we**

**(Contd. .... on page no. 31)**

## I LOVE GOD'S ANGELS AND THEIR WORK

Angelic souls follow the foremost command of GOD “To put the need of humanity at large, first”. Angels work day and night to liberate souls from fear, distress, sorrow, pain.

**B.K. Mahima, Gwalior**



**A**n Angelic soul is God's right hand. God's commands are lifelines for an angelic soul. Angelic souls are pure in thoughts, pure in words and pure in actions. Angels are always shown flying high, that

is symbolic of their inner lightness, and their intellect never gets stuck in matters of this corporeal world. They have a flying mental state. That is why we never find an angel holding tightly, swinging to and fro, not letting go. Once their relief work is done, they move on. Angels have a body of light and they can reach any time anywhere in less than a second. They don't need corporeal means to travel.

**We will never find an angel complaining. In fact, wherever they appear, they bring hope and compassion with them.** Their eyes appear to be like magic boxes, beautiful energy that is radiated through them. The look in their eyes, will ignite hope in humanity for “Goodness”. Angelic souls have “very” serene vibrations.

Angelic souls offer solace in places where there have been wars and diseases. Power of solace comes from GOD; angels are an instrument to transmit this healing energy from God to Us. This also means that an angelic soul will be fearless, without being fearless it won't be able to act as a bridge between GOD and Us.

Angels have a love-filled bond with God. They

have continuous communication with GOD and keep him informed about every move they make. They speak the language of eyes, even when angelic souls come in words, it is their feelings and eyes that convey the message. They think from the heart and not from the head, because they have surrendered their head to God and have taken the inheritance of a “pure heart” from God; like an “exchange-deal”.

In India, Angels are uncommon, but in the western culture they talk a lot about Angels. Whenever people there want something like guidance and healing, they look for Angels. Even in Muslim culture they call them “*Farishta*”.

God is the merciful, benevolent one. God doesn't need to forgive and forget, because to forgive and forget is still human, God doesn't keep anything in his heart, GOD has a plain intellect and God loves his all children irrespective of the roles they play. His vision is always equal for everyone. Angels follow their Father (God). Angels, just like the God are benevolent and merciful. Because, only when we are merciful can we become Bestowers like the Supreme Father. Angels are carefree emperors, for only then can they liberate the human race from all kinds of worry. This power comes from GOD.

The interesting thing is, how do I know that I am near an angelic soul? Angelic souls are in deep remembrance of GOD and those

**(Contd. on page no. .... 31)**

## THE RISING BHARAT.....

### Contd. from page ... 3

mother or a father ever attack or destroy their own children? This is the prime reason of India ever remaining non-offensive or non-aggressive. The entire history of mankind bears testimony to this fact.

However, one should not be led away by the false belief that the people of *Bharat* are weak or less courageous. On the contrary, the history of the Indian soldiers is full of the legends of valour and courage, sacrifice and loyalty, sincerity and, above all, of the highest conduct in times of war and peace as well. Even in the face of the gravest situations, the Indian soldiers have defended their Motherland by sacrificing till the last drop of their blood and even, today, the entire nation, nay the whole world, is proud of the armed forces of this great country and is confident of their splendid victory in case of war with any nation of the world.

Indian policy of peace and non-alignment, which is pursued even in critical times, is a solid proof of this country's non-aggressive line of thinking, and owes to the legacy of compassion and large-heartedness that the people have inherited right from the deities of *Satyuga* down to the present days of Gandhiji, the father of the nation. India believes and its tradition shows that the whole world can be ruled through love and faith; and when these qualities are lost, the rulership is lost. Look at the example of the ancient rule of Shree Lakshmi and Shree Narayana, Shree Sita and Shree Rama and other deities, who enjoyed world sovereignty without fighting a violent war.

The spiritual heritage of *Bharat* has given its people the spirit of renunciation and

sacrifice, love and hospitality, peace and friendship, purity and piety and, above all, the strength to 'forgive and forget'. No doubt, these spiritual values are, now, on the decline because of the existing devilish atmosphere of conflict, tension and turmoil. And that is why **the world Almighty Authority, God Father Shiva, Allah or Jehovah, the Father of all soul-brothers of the world, has re-incarnated again in *Bharat* to rejuvenate the spiritual standard of the people.** He is the '*Kalki Avatar*' of the scripture, who has, now, descended in the body-chariot of Prajapita Brahma (the human white horse). He gives knowledge to the souls and transforms them into *Shaktis* and *Pandavas*, who become instrumental in destroying all evil forces working in the world today. The rule of righteousness will shortly prevail in this eternal land, i.e., *Bharat*, the land of the descent of God.

*Bharat* is the land of a variety of races, but there is a sense of innate unity in its visible diversity. God's knowledge unifies souls, helps them to sink all sectional and sectarian differences and to stand united and unified to face any crisis at any time. The spiritual understanding of universal brotherhood of men and the Fatherhood of Incorporeal God, taught by the Almighty God Himself, strengthens this bond of unity a thousand-fold, irrespective of differences in castes, creeds, religions, languages and sexes.

**It is high time for one and all to rally round God Father Shiva, obey His divine commandments of purifying the self and remain in His constant remembrance to gain inner strength to face the challenges of life to come.** Victory will be of those, who

take the side of God. Others will surely destroy one another and lose everything. That will be the gain of the *Pandavas*, the righteous and religious souls, as the story goes of two cats fighting for butter, who killed each other and the butter was left for the third party, the monkey waiting nearby. *The Pandavas* have always been victorious in every *Kalpa* (a cycle of 5000 years) and they will definitely be victorious again; and the land, where they live, will ever remain immortal.

May this eternal Motherland, God's birthplace, show light to the entire world. May you be *Holy and Yogi* and may this purity clear the atmosphere of pollution caused due to vices, diseases, wars and tensions! May you, now, become the real soldier of the spiritual army of God in this holy land of God's descent! ■ ■

(Contd. .... from page no. 29)

vibrations of God's presence spreads in the atmosphere like the fragrance from the incense stick. And so, because of this invisible soothing effect in the atmosphere, souls will feel as if they are under the canopy of some higher power where there is nothing to fear, you feel there is total acceptance of your "being".

Angelic souls follow the foremost command of GOD "To put the need of humanity at large, first". Angels work day and night to liberate souls from fear, distress, sorrow, pain.

Angelic souls are on a Godly Mission, they just have one aim to bring humanity close to the Supreme Father and get them liberated from all bondages. ■ ■

(Contd. .... from page no. 28)

**not express happiness or sorrow in other's moments of happiness or pain?**

What to do? Intellect's intellectual answer. It is alright to extend hand in other's pain or participate in other's happiness. But in both the situations one need to keep its emotion well balanced. One should be in a detached observer state. A "sakshi drashta stage". A detached mind will not be swayed by the upheavals in its immediate surroundings, and thus could be able to take most suitable steps with equanimity in all situations. The naughty mind nodded. ■ ■

### Life Changing Advice

- **Work smart: If you don't want to work hard, work smart. This is how you get things down with the least amount of energy possible.**
- **Find mentors who are living the life you want: This is great networking as well as someone to help you be accountable in where you want to be in life.**
- **Stay humble: Remember where you came from and there's always someone better than you at something.**
- **Every person has experienced something that you haven't: Be nice to people, you don't know if they can help you with your career later in life.**



**New Delhi:** BK Shivani along with BK Urmil and BK Sudesh is addressing a programme on "Culture of Integrity for Nation's Prosperity" at directorate of vigilance. The event was attended by Mr. Adarsh Modi, DG of Income Tax and other higher officers.



**Pune, Pimpri (MH):** Treasurer, Shri Ram Janmabho Teerth Kshetra, Ayodhya Swami Govinddev Giri Maharaj being presented a Godly gift by BK Sulekha.



**Narsinghpur (MP):** A programme for farmers is being inaugurated by Mr. Prahlad S Patel, Cabinet Minister, Mr. Jalam Singh Patel, former Minister, BK Raju, BK Kusum and others.



**Sambalpur (OD):** Sitting in a programme on Rural Dev. Mr. Kailash C Samal, Dean of OAU Chiplima, Ms. Kumu Nayak, President of Zilla Parishad, BK Raju and BK Parbat



**Nabarangpur (OD):** Woman and Child Development Minister Ms. Sabitri Thakur is being presented a Godly gift by BK Namita and BK Rakhi.



**Gwalior:** A programme on 'Facing Challenges with God's Power' being inaugurated by Collector Ruchika Chauhan, BK Santosh, IITM member Ashish P Singh and IITM Director Dr Alok Sharma.



**Kolkata:** A programme on "Spirituality for a Clean & Healthy Society" is being launched by Mr. Virendra, State Chief Information Commissioner, Mr. Naveen Prakash, State Information Commissioner, Mr. Dushyant Nariala, IAS, Ms. Smita Pandey, IAS, BK Sudesh and BK Kanan.



**Hamirpur (HP):** Dr. Shashi Dhiman, VC of HP Techno University is being presented a Godly gift by BK Jyoti, Asha and Dr Kiran.



## THE SPIRITUALITY OF CHRISTMAS FATHER

Let us, this season, practise the values and virtues that Christ brought and taught and see if we can get caught in that spirit of giving and doing selfless service. Sacrifice the vices of anger, greed, ego, lust and attachment on the cross of Christ.

**B.K. Khem Johhoo, Trinidad**

**C**hristmas, as we know it today, signifies the end of the old year and beginning of a new one. This is the time when some people close up projects, settle accounts, do annual cleaning and look forward to a festive time. Others reflect on the real significance, which is the coming of Christ almost 2000 years ago. This event was so auspicious that even the calendar paused to show the change from Before Christ (BC) to After Christ [Anno Domini (AD)]. What a massive transformation; and yet, today, we make all the necessary physical arrangements to enjoy the celebration, but forgetfully ignore the true spiritual significance of Christmas.

Christ represented the conquest of virtues over vices. He brought divinity and his lifestyle demonstrated one of significant values, reflecting the purity of a higher and more elevated civilization. He left a legacy that transformed into a single formidable religion and, now, only to witness its innumerable branches. **Christ had true love for humanity, while today's world thrives on fear and violence that can lead to destruction and annihilation of this planet. Problems exist in places even where Christianity reigned supreme. He lived a life of humility; yet, today, we are slowly drowning in the sea of arrogance.** Our intellects have changed from diamond to stone. Where did we go wrong and how did we get derailed from the highway of heaven into the pot-holed, dirty tracks of hell?

Let us pause and reflect on **"Christmas Father" that commercialized into "Sant**

story says he came dashing through the snow on a sleigh packed with gifts, drawn by Rudolph, the red-nosed reindeer, and eight others. It is said that he arrives at the darkest hour of the night and climbs down a blackened chimney to place gifts into stockings and under the Christmas tree. Then, he sneaks out without being seen. Why would anyone bearing gifts of good tidings want to go through this torture only to be kind? Why would he not want to be seen?

**The good old "Christmas Father" is no one but God, the Supreme Soul, and the Supreme Father of all human souls, who are His spiritual children.** The reason is that Rev. 3.3 says, "No man knows what time and hour God would come to free His children from the bondage of the vices." *The Gita* (Ch. 4 V.7) says, "God descends when irreligiousness and lawlessness are rampant in the world." Rudolph's red-nose represents red light, and many religions and cultures believe that God is Light (*Ru* as in Rudolph is the Urdu/Arabic word that means 'soul' just as *Ruhani* means 'spiritual'). The eight reindeers are symbolic of the instruments that assisted in purification of the world. The gifts that Xmas Father brought were but the teachings of the divine values and virtues.

**The Christmas Tree represents the genealogical human world tree. Each branch**



of the tree represents a major religion and the twigs represent the breaking up of the major religions into its breakaway fractions. The leaves of the tree represent the population (human souls) at the corresponding time in the cycle. The small colored lights represent the religious leaders in different bodily costumes. The fewer bigger lights represent the elevated prophet souls that came from time to time to sprinkle divine knowledge that simmered the barbarism and unrighteousness. The blackened soothed chimney describes the present condition of the world that is full of irreligiousness and unrighteousness, impurity and promiscuity, robbery and violence. A world that was once elevated has, now, become completely degraded. This is why it is said that God comes in the darkness of night, for the darkness of night represents ignorance and immorality. It is at this time that He incarnates and descends upon the earth to destroy the vices and purify His prodigal spiritual children by teaching them divine knowledge. Inculcation of these divine virtues creates an armour against the harmful vices. These divine virtues are the gifts of good tidings, which He bestows on them. When the children wake up on Christmas morning to the flourish of the gifts, it signifies the glorification in the time of Christ,

representing world transformation through transformation of human souls and hailing of a new golden era of peace, purity, prosperity, health, wealth and happiness.

Let us, this season, practise the values and virtues that Christ brought and taught and see if we can get caught in that spirit of giving and doing selfless service. Sacrifice the vices of anger, greed, ego, lust and attachment on the cross of Christ and burn them in the sacrificial fire. Remember that God, the Supreme Father Shiva, never gives His children crosses heavier than they can bear. Also remember Abraham who introduced spiritual law; Buddha who demonstrated service and duty; Christ who walked with love and Mohammed who brought peace; but, the Supreme Almighty Authority, the Highest on High Father, gave all His children the unlimited inheritance of peace and happiness in the Kingdom of Paradise. So, for this Christmas, let us dance and waltz to the tune of the spiritual knowledge and divine music of the Supreme Master. ■



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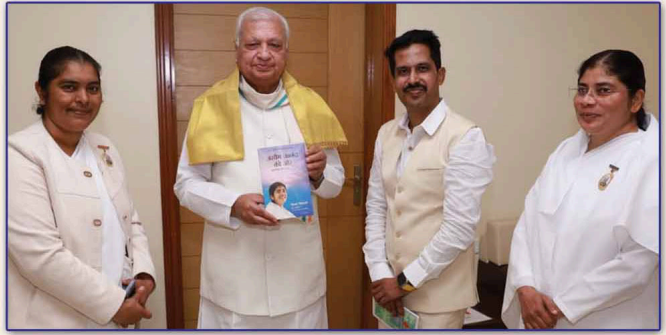
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**Bhilai:** BK Asha is being honoured with 'Swachhata Veer Samman' by H.E. Ramen Deka, the Governor of CG.



**Pune:** H.E. Arif Mohammad Khan, Governor of Kerala is being presented a Godly gift by BK Triveni, BK Suvarna and BK Deepak Harke.



**Karnal (Sant Nagar):** H.E. Acharya Devvrat, Governor of Gujrat is being presented a Godly gift by BK Sonu and BK Bharat Bhushan.



**Noida:** Dr. Sarojni Naidu Int. Award is being presented to BK Prabha Mishra by Dr. Capaya Rodriguez G, Ambassador of Venezuela, Adv. Lebohng V Mochaba, HC of the Lesotho and Dr Sandeep Marwaha, founder-president of Noida Film City.



**Gangtok (Sikkim):** After a programme on 'Spiritual Empowerment for a Clean and Healthy Society' Mr. Prem Singh Tamang, Chief Minister of Sikkim is being presented a Godly gift by BK Avtar and BK Sonam.



**Ropar (PB):** After conducting a workshop on 'Work without Worry' for the officials of distt. admin., BK Piyus is presenting a Godly gift to DC Mr. Himanshu Jain. BK Karamchand, BK Anju and BK Meena are also seen.



**Sonepat (Vishwa Kalyan Sarovar):** Mr. Mohan Lal Baroli, BJP Haryana State President is being presented a Godly gift by BK Suraj, BK Satish and others.



**Mumbai:** After conducting a Meditation workshop for Mumbai Cricket Association's Under 19 Team, BK Shreya, BK Dheeraj and BK Deepak are in group photo.

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**Chhatarpur (MP):** Bageshwar Dham Maharaj Dhirendra Krishna Shastri is with BK Rama and BK Reena after being felicitated during the 'Hindu Unity Padayatra'.



**Chandigarh:** Mr. Nayab Singh Saini, Chief Minister of Haryana is being felicitated by BK Poonam, BK Neha and BK Dilip.



**Dallas (USA):** BK Ranjan is being honoured with the Eleanor Roosevelt Lifetime Achievement Award by the United Nations Association of the USA Dallas president Avalyn Pace and Vice president Kai Stansberry.



**Shanghai (China):** BK Sapna is conducting a meditation session on "Be the Light and Be Light" during a Diwali Mela organised by Consulate General of India. It received enthusiastic response from Chinese nationals and Dr. N. Nandakumar, CG of India.



**Aizawl (Mizoram):** H.E. Dr. Hari Babu Kambhampati, Governor of Mizoram is launching a 'Nasha Mukti Bharat Abhiyaan' along with Dr BK Banarasi and BK sisters.



**Ranchi:** BK Shivani is addressing a programme on "Celebrate Every Moment" at Harivansh Tana Bhagat Indoor Stadium.