



The World Renewal

Monthly

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Gaya (BR): HE Draupadi Murmu, the President of India is with BK Sunita, BK Pratima, BK Rajkumar and others.



Mumbai (Mulund): BK Shivani is addressing a public programme on "Joy Forever in 2024 and Beyond".



Jaipur: The new Chief Minister of Rajasthan Mr. Bhajan Lal Sharma is being greeted by BK Mruthyunjaya, BK Sushma, BK Prakash, BK Chandarkala and BK Komal.



Reeva (MP): HE Mangu Bhai Patel, Governor of MP is being felicitated by BK Nirmla along with BK Jyoti, BK Arti, BK Subhash and BK Prakash.



Vadodara (GJ): BK Shivani is addressing a grand program on "From Confusion to Enthusiasm".



Shahpur (UP): HE Shiv Pratap Shukala, Governor of HP is being presented Godly gift by BK Parul.



Mandala (MP): HE Mangu Bhai Patel, Governor of MP is being presented Godly gift by BK Mamta and others.



Madurai (TN): A National Jurists Conference is being inaugurated by Justice G. R. Swaminathan of Madras HC, Justice Satrugana Pujahari, Chairperson, Odisha H R Commission, Justice V. Eswaraiah, Former CJ of AP High Court, BK Lata and BK Uma.



Faridabad: HE Bandaru Dattatreya, Governor of Haryana is being presented Godly gift by BK Binny, B.K Monica and BK Preeti.



LET US CLAIM OUR GOD-FATHERLY INHERITANCE

Of all the births that have taken place or will take place, there is one birth which is unique, extraordinary, supernatural, and divine. It is the divine birth of the Incorporeal Supreme Soul.

People celebrate the birthdays of their friends and relatives with great joy and jubilation. They consider it as an occasion of happiness and offer each other happy greetings. Even if the person was born in the night, they call it the 'Birthday Celebrations'.

Of all the births that have taken place or will take place, there is one birth which is unique, extraordinary, supernatural, and divine. It does not have any parallel. It is mysterious and most wonderful. The exact time and date of that birth is not known to anyone, yet the event of that birth is recorded in one of the most famous and most sacred books. It is the birth of God, the

Father of all mankind, mentioned in Shrimad Bhagwad Gita, in God's own words. It is the divine birth of the Incorporeal Supreme Soul. It is a divine birth, not like that of human beings – the birth in the form of an infant to certain parents. No, for God has no *Karmic* accounts that He should take a birth of this type or should take succour and sustenance from human beings in this way. It is the descent of Shiva, the Point-of-Light into the aged body of a man whom He now renames Prajapita Brahma. Since this birth takes place at the time of the height of darkness of irreligiousness and ignorance which is

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INAUGURATION OF MARVEL OF BHAKTI: RAM LALLA MANDIR

It was not just a religious event, but represented the hope of re-establishing a Bharat where the society, kingdom and citizens exist without tension or divisions or upheavals.



Multimillion salutations to our beloved Prime Minister Narendra Modi and the U P Government especially, for bringing all citizens of Bharat (wherever they may be) together to honour the re-instating of Lord Ram Lalla in Ayodhya! The way the Shri Ram Mandir had been visualized, conceptualized, and constructed by Larsen and Toubro, has proven beyond doubt that there are such amazing eternal truths hidden in our scriptures, temples and mythological stories. This mega event of grand inauguration of Shri Ram Temple in Ayodhya on Monday, 22 January 2024, may be easily translated into the vision of “*raam raaja, raam praja, raam saahookaar hai. base nagaree jiye daata dharm ka upakaar hai*” which means, “*Ram is the king, Ram is the people, Ram is the wealthy citizen. Living in a settled city where all are donors*



(contributors) is a favor of religion.” It was not just a religious event, but represented the hope of re-establishing a Bharat where the society, kingdom and citizens exist without tension or divisions or upheavals.

Though the programme began at 10 am with arrival of the 7000-8000 VVIPs and VIPs from the religious, business, political and film fraternities and performances of devotional songs, the actual '*Pran Pratishtha*' ceremony involved a 48-minute-long ritual that was believed to infuse life into the idol of Lord Ram Lalla. It was conducted amid Vedic chanting and marked the moment when the idol becomes a living entity. The main sacred 84 seconds of the *Abhijeet Muhurat*, which is the eighth *muhurat* (auspicious time) of every day, was when the Sun reaches its peak, and this was the reason behind choosing that particular time.

The spirit and vibrations of Shri Ram and Ram Rajya have spread all over the world, thereby transforming the psyche of those

who personally witnessed the Consecration Ceremony, as well as the public programme following the Ceremony in Ayodhya. Much admiration was directed to Hon'ble Prime Minister Modi ji for his discipline and reverence in preparing himself to preside over the holy ceremony with a 11-day ritual of rigid diet, sleeping on ground, and visiting the Temples and sites in Maharashtra, Andhra Pradesh, Kerala and Tamil Nadu where Shri Ram and Shri Sita had visited and lived at during their 14-year exile. Not many Indians would be willing to undergo similar religious endeavours to fulfill their pure goals in life, but this will serve as an inspiration for people from all strata of life.

One very beautiful scene was of course when the Invited temple workers were showered with rose petals by the PM himself! Before departing from the venue, the Prime Minister ji also expressed his personal respect for the audience by going around the parameter of the VVIP Guest Section, with hands folded in 'Namaste', silently thanking them for their patient participation.

The popularity of the Temple is drawing innumerable people from all corners of Bharat and the world. The authorities are finding it difficult to manage the Public *Darshan* of hundreds of thousands on a daily basis, and will take some time to regularize the movement and safety of devotees.

As our Readers would know, the making of the glorious idol of Lord Ram Lalla and the construction of the Mandir are a collaborative, loving effort of millions of Bharatwasis and friends of Bharat from across the world, and so the Shri Ram Mandir indeed belongs to all of Bharat and humanity!

We end with sharing heart-felt gratitude for the Centre Government, State Government, RSS, State Police and many incognito instruments for their brilliant organisation, dedicated intellects, time, devotional feelings, and execution of the whole programme, which all made the day a total success!! Congratulations for this Marvel of Bharat!

**CELEBRATING
75th REPUBLIC DAY:
THE DAY BHARAT DECLARED
ITSELF A SOVEREIGNTY**

It has taken 75 years in reshaping and realizing the beauty of the motherland,



Bharat. Our great nation declared itself a Sovereign, Democratic and Republic state with the adoption of the Constitution on

January 26, 1950, and we are practically witnessing Bharat coming nearer to its original glorification where every citizen will feel totally proud of being born in, or nurtured by Bharat. Today our nation is one among the top-25 most powerful countries economically, geographically, militarily, and most importantly, spiritually; each year we realize more and more benefits of living in and being associated with Bharat.

While there are still many aspects of life that require improvement and enhancement, let us take time out regularly to appreciate the positives, give regard to every single being who is supporting Bharat and its values, and aim to do something for Bharat each day of our lives. The following songs continue to fill our hearts and minds with pride and humility too: “*Hum us desh ke vaasi hai, jis desh me Gange behti hai...*” and “*Mere desh ki dharti sona ugle...*”

The people of Bharat felt very proud in participating and viewing the Republic Day Parade on 26 January 2024. With the theme '*Viksit Bharat*,' the parade focused on showcasing the vital role of women, *Nari Shakti*, in the various states, including an unprecedented all-women Tri-Service contingent. With the Incorporeal Supreme Parent directly sustaining Bharat, it is only a matter of time when God's elevated versions for World- and Human-Transformation become a reality again. It is our duty now to not over-think Godly *Shrimat*, but become the embodiment of the same.

–**B.K. Nirwair**

INCREASING YOUR INNER BEAUTY

Time and again we hear that our real quality is not in making the physical body attractive, but in increasing our inner beauty. **We all know deep down that a person's inner beauty is more valuable than their physical appearance.** Yet today the society is using cosmetics, makeup and even surgeries to look beautiful.

- ▶ Do take care of your body to appear presentable. But focus more on inner beauty, which is the collective vibrations of your thoughts, feelings, attitude, behaviours, habits, values and personality traits.
- ▶ Meditate every morning and study spiritual knowledge for at least 20 minutes to consciously create powerful, pure and positive thoughts. It's your quality of thinking which creates your feelings, and that will automatically reflect in your appearance.
- ▶ If your physical weight increases, the first result is that your physical appearance is affected. In the same way, if your thoughts are heavy and pile up, then your inner beauty is affected. After every hour, pause to check for any thoughts of stress, anger, fear, worry or pain. Change them immediately.
- ▶ Take care of yourself, have a healthy lifestyle, be cheerful, help others, and remain light. Your facial expressions, eyes, smile, gestures and body language are the indicators of who you are in the inside – pure and powerful. ■■

THE POWERFUL ENERGY OF BLESSINGS

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

Each one of us is a walking radiator, radiating thoughts and attitudes. When these vibrations are pure and positive, they influence our state of mind and help us create powerful and pure thoughts. These thoughts of happiness, health, harmony and success when spoken or written and given to others are called blessings.

Give blessings silently with your thoughts. How? When someone is not at their best, instead of internally criticizing them, notice the best in them. Ask yourself - What is the one quality I appreciate in this person? Notice-and keep in mind their successes and qualities however small. Visualize any change you want to see. Then start radiating this vision of change to the person or to the situation believing it has already happened. This change of thoughts and vision helps to bring out the best in them.

In reality the only person we can change is ourselves. For this we learn to give blessings to our self – for any habit we want to change. Previously we were unaware that we were creating negative thoughts, and now being aware, we pay attention to creating positive thoughts. Blessings are pure and powerful thoughts we create. When thought, spoken or written these blessings have the power to transform our problems. **Blessings are like affirmations which radiate energy; these vibrations help us to create a thought of what we want the reality to be, and helps**



B.K. Chirya Risely, USA

to bring about change.

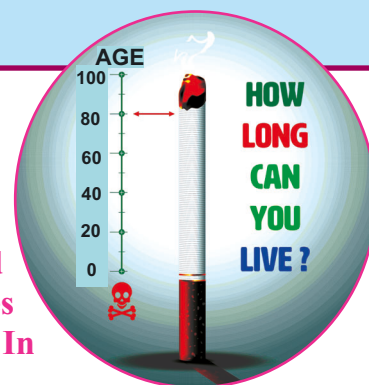
- ▶ **To change a habit of anger**, Blessing – I am a peaceful soul. I accept everyone as they are. I express my opinion, but with dignity. I get work done with love and discipline. Peace and patience are my nature.
- ▶ **To change a habit of being late**, Blessing – I am a powerful soul and can be everything I choose to be. I am punctual and I always reach before time.
- ▶ **For good health**, Blessing – I am a pure soul. Every cell of my body is filled with love and happiness. I have released past hurts. My body and mind are healthy.
- ▶ **To heal relationships**, Blessing – I am a loveful soul. I take good care of people; give them the space they need and do not fear to lose them. I create the best in all my relationships. All past negative emotions are over.
- ▶ **To have a great day**, Blessing - Whoever I meet, I create beautiful thoughts in my mind about the other person's specialties.

Assignment

Similarly, we can create blessings for our work or other situations. Every morning repeat and visualize your selected blessing at least five times. Every hour, pause and focus for a minute to absorb the beauty of the blessing. Before going to sleep these should be the last thoughts. ■■

OVERCOMING DRUG ADDICTION

Scientific research has proven that people become addicted to drugs due to lack of a substance called dopamine in the brain. Rajyoga meditation generates dopamine which controls the mind and boosts morale. In this way the person becomes free from addiction.



Addiction is making our society hollow.

Drug addiction is one of the most burning problems of modern society. Addiction is such a disease which is rapidly swallowing us, our society and our country. Today, in the cities and villages, at the age of studying and playing, school and college children and youth are getting caught in the noose of drugs. It has destroyed the creative powers of millions of youths. Any person who knowingly or unknowingly gets trapped under the influence of drug addiction, dies before his time.

A few years ago, Prime Minister of India Mr. Narendra Modi in his monthly 'Mann Ki Baat' program on radio had said that drug abuse leads to three D's: destruction, devastation and darkness and he had underlined the need to fight this habit.

People often sing this old movie song after drinking alcohol '*mujhe peene ka shauk nahee, peeta hoon gam bhulaane ko*' which means that I am not fond of drinking, I drink to forget my sorrows. But the reality is that drinking does not reduce the sorrows and sufferings, rather increases it. And as a

Prof. Onkar Chand Sharma, Shantivan

result, the whole family also becomes sad and miserable.

Why does a man drink alcohol or smoke? The reason behind it is that he wants to get out of the cycle of worry. When a person gets rid of tension and comes out of the cycle of worries, the intoxication of happiness is so strong that he does not need any artificial intoxication.

Why do people take drugs?

People take drugs for a variety of reasons, and motivations can differ widely based on individual circumstances, cultural factors, and personal experiences. Sometimes in the name of hobby, sometimes in the guise of friendship, sometimes on the pretext of worldly sorrows, sometimes on the pretext of compulsion or peer pressure, sometimes to relieve tension and sometimes to relieve boredom, people consume various types of intoxicants like alcohol, cigarettes, tobacco etc. But they don't even realize when addiction becomes a part of their life, by the time they realize it is too late.

Symptoms of addiction

If one does not get the opportunity to consume drugs, one starts feeling very restless. He no longer feels happy without

these drugs. The situation becomes so bad that when there is no money, fighting and theft at home becomes common. Not only does it become difficult for him to live without drugs, but in his desire for this, he leaves all the work behind or forgets to do that. That person is unable to fulfil his responsibilities because of his addiction. Be it office work or family responsibilities, his mind always revolves around that addiction.

Harm from intoxication

Harm from intoxication can manifest in various ways and can affect an individual's health, safety, relationships, and overall well-being. Chronic use of certain substances, especially alcohol and drugs, can lead to damage to vital organs such as the liver, kidneys, and heart.

Addiction is a major reason behind many crimes like violence, rape, theft, suicide etc. It is common to have accidents while driving under the influence of alcohol, it is common for married people to have fights while drunk. The main cause of mouth, throat and lung cancer, blood pressure, ulcer, liver disease, depression and many other diseases is various types of intoxication. If there is shortage of money then he starts fighting, stealing etc. to fulfil his addiction.

How does one gradually become addicted?

There are many levels in reaching the state of addiction or dependence. It is not that today someone consumed intoxicant for the first time and got addicted. Generally, by the time addiction occurs, the mind stops getting pleasure from those things which make normal people happy. The happiness which was earlier found in playing, traveling,

talking, watching healthy movies, listening music, eating tasty food etc. now starts to be found in drunkenness. When a person gets addicted to drugs (cigarettes, alcohol, opium, ganja etc.) or any other thing, then the person gradually loses happiness in the things mentioned above. Dopamine is released in his brain only after he has achieved his addiction.

1. Curiosity: First of all, a person gets attracted towards a particular type of drug. He gets information from media, movies, friends etc.

2. Experiment: To satisfy his curiosity, for the first time he will consume alcohol, take drugs or smoke. If the experiment is successful then good, otherwise the matter gets buried for some time, but does not end. His friends or acquaintances tell him how to take it correctly. If things still don't work out then its brand changes.

3. Strong Desire: When the experiment is successful then a drunken party is held on some special occasion. In the beginning it will happen only 2 to 3 times a year. Such people generally think that what will happen if they do it 2 to 3 times a year. But the truth is that gradually this frequency and the quantity starts increasing. The intoxication which used to come in two pegs, now starts coming in four pegs. Later this effect also disappears. Some people's quantity of 4 pegs converts to a bottle. Same situation happens with cigarettes also.

4. Addiction: When you get addicted to something, you will have craving for that



**I WANT YOU
TO BE
DRUG FREE**

and you get pleasure from consuming it again and again. When the addiction continues for a long time, the last stage comes from where recovery is not possible because the liver, lungs etc. are damaged. Therefore, treatment of addiction should never be postponed.

How to quit drug addiction?

First consider how important your family, children, career and health are to you, and how much your drug addiction is affecting these things. Think seriously about what benefits you will get by quitting drug addiction and what ill-effects it will have on your future if you continue the drug addiction.

Many people want to quit drug addiction but are unable to get rid of it. They say again and again that we know that consuming gutka and tobacco is not good, but what to do if the craving arises; time and again we feel that it is not good to consume beedi, cigarette or alcohol, but what to do if the urge arises! There is a very good solution for this which you can do very easily. **If anyone is unable to control his cravings, it simply means his mind is weak. The question also arises that why has today's man become so weak? A 5–6-foot tall person is slave to 3-inch cigarette! So, first make your mind strong. The easiest way to strengthen the mind is to practice a spiritual life-style.**

Meditation inspires a healthier outlook towards life, decreases depression, and increases euphoric feelings of wellbeing. Meditation also teaches the practitioner healthy detachment and can assist in reducing cravings for drug and alcohol addiction.

Scientific research has proven that

people become addicted to drugs due to lack of a substance called dopamine in the brain. Due to intoxication, dopamine chemical is released in our brain which gives a feeling of pleasure and in order to get the same feeling again and again, the person becomes a victim of drug addiction. Although we don't need these addictions to truly feel happy. Through spirituality, we can also experience real happiness through meditation. Rajyoga meditation also generates dopamine which controls the mind and boosts morale. In this way the person becomes free from addiction. Regular practice of Rajyoga meditation cures even the most severe drug addiction.

Some people are finding happiness in alcohol and cigarettes. But people who learn Rajyoga meditation become intoxicated with such a divine intoxication that they remain in happiness always and automatically get rid of all the harmful addictions. There are not just one but lakhs of examples of people who are completely free from addiction today due to Rajayoga mediation taught by Brahma Kumaris.

Today, the 'Drug Free India' campaign being run by the Brahma Kumaris has become a people's revolution. Enthusiasm regarding the campaign is at its peak across the country. Brothers and sisters of the organisation are working with full dedication to free people from the clutches of drug addiction. In schools, colleges and factories, people are being made to pledge to remain free from this curse, while in public places, they are being motivated to give up drug addiction through lectures, counselling and exhibitions. ■ ■

JEWELS FROM DADIJI'S TREASURY

B.K. Prabir Kumar Bose, Bhubaneswar

Beloved Dadi Janki lived constantly with peace, love and happiness, drawing those qualities from the inner source and radiating them into the world. Dadiji became the Chief of Brahma Kumaris World Spiritual University in the year 2007 and continued with the same responsibility for almost 12 and half years. In her 90s, she humbly accepted the responsibilities and continued doing Godly services with utmost zeal, enthusiasm and positive energy - Dadi became "Dadi of the world".

Dadiji used to say, "Normally it is God who lifts us onto His shoulders and takes us on service, but now I carry God on my shoulders and take Him all around, because I want to show the world who my Baba is. I want to share the bliss and attainments that God has given me."

Dadiji was a spiritual teacher in the true sense. She could transform souls merely by her existence. She was like a mirror to many souls; seeing her we could know what we are at present and what we could become. Dadiji's words of wisdom became blessings for those who put them into practice, leading them from darkness to light, from sorrow to bliss, from insincerity to sincerity. She will be always placed in high esteem as an elevated and powerful Rajyogini.



Rajyogini Dadi Janki

Compiled below are a few lessons and learnings from the writings of our esteemed Dadiji.

- The entire knowledge is contained within "Om Shanti ". It gives answers to questions like: Who am I? Whom do I belong to and what do I need to do? We are all in the relationship of spiritual brothers and sisters. We are in the body but detached from it, beyond the bodily relations and are beloved of God. This is our life; do you like this life?
- Wearing the white clothes and having empty pockets, we are the rulers of the globe. We have to give Shiva Baba's message to the world. Everyone's attention should be drawn towards this message. We desire that the entire world should come to know and understand the meaning of "Who am I and whom do I belong to?"
- We should know, who am I and who is mine? I am a soul and I belong to the Supreme Father. There is nothing else that "I" and "mine" refers to. We have to go beyond this world of noise or sound to the world of peace or silence. We do not belong to this

world. We should have the firm *sanskar* that "I am a soul and Baba is mine". We should have this remembrance.

- What is yoga? To let the intellect be drawn only to Baba. To leave thoughts of money and physical things. Not to remember other human beings. To keep only Baba in mind. I am detached from this body and bodily relationships and I am loved by Baba. In order to receive love from Baba I have to be detached from the body and bodily relationships. I need to see Baba at *Amritvela*; then, throughout the whole day I will see only Baba. These are certain aspects of yoga.
- Many souls love peace. To remain in true peace, remain in the awareness of "who am I? and who is mine?" Look inside yourself, keep churning the ocean of knowledge. Remain open hearted and remain aware of the blessings you have received in your life.
- We are easy yogis, the Rajyogis. Live with the understanding that nothing is difficult, and, then, we should not feel anything to be difficult. This is Baba's wonder.
- Baba is our beloved and so sweet. He is full of sweetness and love, and so each one of us must become like Him too. This love of God that we receive at the Confluence Age, cannot be received at any other time in the whole Kalpa.
- This Confluence Age is the most praiseworthy and auspicious time. This time does not come again, so make the best use of it now, just keep moving ahead and look forward to a very bright and golden future.
- It is time for the Golden Age to come, but before we go there, we have to go back to *Nirvandham*. Baba is preparing us for that moment. Baba is telling us to give up body-consciousness and to stabilise ourselves in the soul-conscious stage, and to be detached from the body. Are we detached from it yet?
- This is Baba's wonder. He makes us sit in His plane and will take us back home. He says, "Remember Me and remember the Sweet Home. We have to go back to our Metaphysical Home."
- Baba likes to see us smile. In fact, He is the One who has taught us to smile truly. By belonging to Him, we become very fortunate. If we remain in the awareness of belonging to Baba, we feel very good. This is my personal experience.
- Shiva Baba is with us children and we are with Him. Wherever Baba is, His children are there too and wherever Baba's children are, He is also present. All we have to remember is 'who I am and who is mine.'
- You feel that God is with you, that He is your companion, and that you have all the love and understanding you need. It's as if within the flame, there is the fuel that makes the light shine brightly. It shows in your eyes, on your face, and it comes through in your action. It lightens up others, too.
- When you begin to think positively, you accumulate power. Your self-confidence and effectiveness increases. When you allow negative thoughts to come, it is as if a leak develops in the vessel of the soul.

The World Renewal

- We have to be like clouds, filled with love, truth and purity, showering on the people of the world. There is great power for change in this.
- It is as though God, who is truth, gives me the aim of making my life truthful and valuable, like a diamond. As I move towards the goal, my thoughts and feelings become very light. I feel life is a free spirit, still part of this world but not bound by it. I can fly, like an angel in the service of humanity.
- I draw love and power into myself through relationship and connection with the Supreme. I make that love and power my own so that it constantly radiates into the world. This is the royal path to real lasting peace.
- When the sun's rays are harnessed as solar energy, a special system is needed to receive, store and distribute or use the energy and share its power, I need a very pure consciousness.
- The wonder of peace, love, purity and happiness is that their vibrations reach everywhere. And that is why the Angels have been remembered.
- God shows me real, true, love, and through that, teaches me to understand the difference between truth and falsehood. This creates an inner light and warmth, a rekindling of the flame of the soul, that forms the heart of the process of purification. Care is needed to keep the flame burning strongly and complete the job of becoming free.
- When I embrace purity in my life, it serves to finish all traces of the physical body from my thinking. A human being has a body, of course, but the point of purity is to become free of the hold that the body has on my consciousness. This is what makes it possible for me to live and serve as an angel. ■■

WORDS OF WISDOM

- ◆ **Mathematics may not teach us how to add love or how to minus hate but it gives us at least one great hope that every problem has a solution.**
- ◆ **Only very few people come in our life as blessings, all others come as lessons. So hold the blessings and learn from the lessons.**
- ◆ **Cheating, bluffing and diplomacy gives temporary success in life but, hard work, honesty and transparency gives permanent success in life.**
- ◆ **Excellence is not being the best; it is doing your best.**
- ◆ **Happiness is the highest level of success.**
- ◆ **Concentrated thoughts produce desired results.**
- ◆ **A dream is not something that you wake up from, but something that wakes you up.**

HOW TO BECOME A TRUSTEE OF GOD

While taking care of the wealth, honest trustees always keep the consciousness that this is not their wealth or property and will always use it in the right way, as they have been instructed.



Spirituality introduces to us a very beautiful concept of trusteeship. At first, I realize that as a spiritual being or soul, I possess the treasures of my thoughts, words, actions, qualities, powers, time, physical wealth, etc. While I may have many a times misused these treasures earlier, now I learn from God how to use them correctly for my spiritual upliftment or the long-term benefit of me, the soul. As per God's instructions, I use these treasures for a positive purpose of bringing not only myself but others also, closer to a state of truth, a state in which the soul experiences its original virtues of peace, joy, love, bliss, purity, power and wisdom. By doing that I, in return, experience spiritual self-growth.

Each time I deviate from this purpose, I come down spiritually, or I do not grow spiritually. This is a different type of existence as compared to before when I did not even realize that these were treasures in the first place. A treasure can be defined as something of immense value. So, these spiritual and physical energies or resources, which we have mentioned, which I own or possess, become treasures because by the right use of them towards myself and others, I can increase my spiritual self's value. Once that is

increased, the value of all the physical dimensions of my life and my success in them also increases as a result.

While it's important to realize that these treasures possess immense potential since they help me grow spiritually by their right use, it is also important to maintain a relationship of detachment with them, because we live with these treasures all the time and it is very easy to become attached to them. Where there is attachment, there develops ego and the treasures start getting misused. An important concept in this regard is that of trusteeship. God, while sharing the knowledge of these treasures and the method of using them, also shares, that for our benefit, once we realize what these treasures are, we should surrender these treasures to Him. This is an invisible or non-physical surrender, not a physical or visible one.

Once these treasures are surrendered to Him, unlike worldly surrenders, the treasures don't remain with Him, because being an Unlimited Donor and being Incorporeal or bodiless, God doesn't keep them with Himself and returns them back to us. Anyway, the surrender is deep but is on a mental level and not on a physical one. But, while returning the

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SIMULATION, SCIENCE AND SPIRITUALITY

Let us start practising meditation, soul consciousness and churning of the divine knowledge to have a strong, pure and stable mind.

Dr. Shiba Prasad, Ahmedabad



As per the scientific definition, a simulation is an imitative representation of a process or system that could exist in the real world. This technique is being used by science and technology to manage sensitive and costly operations. For example, the training of a pilot does not happen directly in an actual plane. A lot of costs and danger to life are attached to such realistic training. Pilots are taught flying and air navigation in a simulated environment. Training of a pilot or captain is carried out in a simulated setup. If they can understand, manage and handle it properly in such environment, then they can also handle in real life. During the simulation, they have to pass through all kinds of challenges, situations, risks and uncertainties, so that they can handle real-life challenges properly. Whether it is flying an aeroplane or sailing a ship, one faces storms, bad weather, technological difficulties and physical illness, practice in simulated environment helps in overcoming such hurdles with little cost and compensation.



There are two kinds of simulation visual or mathematical or logical. Video games are the best example of visual simulation, the game tries to replicate a real-life situation and challenges to succeed in the situation. In science and technology mathematical simulations are predominant to solve many complex problems through statistics and probabilities.

Meditation and Simulation

Meditation is an art of psychological simulation through which one prepares oneself to face and cross the challenges in real life in the form of conquering vices, negativities and evils. Meditation psychologically prepares us to be tough and to be ready to face the uncertainties and challenges in life. In meditation there are visual and analytical simulation in solving any situation. **Early morning meditation helps in preparing oneself psychologically to face the person, situation and problems of the entire**

day with spiritual skill and acumen. In meditation through visualization techniques, one analyses and visualises the situation as a detached observer in the company of the Supreme Soul. The spiritual power of God in such simulated exercise gives moral strength and confidence to face and conquer any situation.

Simulation, Trance and Visualisation

Trance is also a kind of simulated environment when the mind travels beyond the physical world of attachment and attraction to design a hypothetical world in the mind to conduct various interactions, experimentation and reactions to draw conclusion in different perspectives of life. As long as the mind is stable and clean, it can sense and catch the right information otherwise one uses to add own biases in the outcome to distort the results. **So, meditation helps in stabilizing and purifying the mind which ultimately helps in visualization, trance or simulation. Meditation is also an art of spiritual experimentation.** Ultimately it is the power and purity of mind that helps in conducting psychological combat with threats and barriers to succeed. A mind without divine power or spiritual power cannot imagine and face the simulated situations. If one can face and overcome the challenges physical, psychological and social challenges in the thought world, one can also overcome similar ways in the real world. But sensing, facing and overcoming

needs the Supreme energy and signals of divinity. That divinity and Supreme energy cannot be achieved just through emotional adherence to divinity but rather through practice, determination, and prohibition. Protecting and prohibiting the mind from negative energy and thoughts are the foundation for such exercise.

Fearless and Unbiased Mind and Simulation

Like in scientific simulation, missing any single variable or factor can distort the entire exercise, similarly here in the psychological simulation one should have the power to analyze the entire situation to gather all possible variables affecting the situation or reality. It needs an unbiased and fearless mind. **Only a fearless and unbiased mind can accurately visualize and sense upcoming threats and challenges, otherwise, an emotionally weak mind cannot tolerate such a situation even at the psychological level.** To develop a fearlessness and carefree state in the mind it needs a long duration of practice of soul consciousness. Body-consciousness infuses fear, anxiety and distress. Soul consciousness awakens the power, peace and purity of the soul.

The journey of a million steps starts with one step. Let us start practising meditation, soul consciousness and churning of the divine knowledge to have a strong, pure and stable mind to face the upcoming challenges in the world through the techniques of visualization and simulation. ■ ■

HOW TO BLESS YOURSELF?

We have all experienced the power of blessings of saints, parents, teachers, family and friends, in our life. A blessing means they create pure thoughts and words of happiness, health, harmony and success for us. Their vibrations influence our state of mind, raise our vibrations and change our destiny. **If someone else's blessing can create miracles in our life, why not we bless our own self?**

God bless you! All the best! May you be blessed! - might have been the most repeated wishes you received since childhood. You might have also travelled far and wide to seek blessings of elders, saints or someone you highly regard. Have you ever considered bestowing blessings upon yourself? We have all invoked blessings and experienced its power. By itself, a blessing doesn't create miracles in our situations. It first creates a miracle in our mind, by shifting our mind to a high-vibrational frequency. And then our mind which has just become powerful, comes out into action to manifest the blessing into our reality. What most of us don't realize is that we are qualified to bless ourselves (and others). Our every thought and word for ourselves can either be a blessing or the opposite of blessing. **Low-energy thoughts and words of doubt, fear, failure or worry, radiate opposite of blessings for ourselves and block success.** Let's

shift to a vocabulary of blessings. Check and shift any

low-vibration thought and word about the self in your inner and outer conversations, into a blessing. Remind yourself - I bless myself. I radiate the energy of the reality I want. My thought and word are blessings for who I am and what I do.

Repeat this affirmation a few times to bless yourself, acknowledge who you are and celebrate what you are becoming. You will gradually be more self-reliant and confident. Your blessings will eliminate negativity within you, and protect you from negative energies around you. **Remind yourself - Blessing myself is an important part of my daily spiritual practice. The more I bless myself, the more I attract what I bless myself with.** ■■



TEN DO'S AND DON'TS OF MEDITATION

Begin your meditation with a **positive thought**: Before beginning your meditation, create a positive thought that you are a pure and peaceful soul and your spiritual father is God - the Supreme Soul, who is the Ocean of all qualities and powers and is always constant in them. This will make your meditation beautiful and keep your mind and intellect focussed.

Think and visualize at the same time: A very important principle of meditation is that you create positive and powerful thoughts of spiritual wisdom of the soul and God in your mind and at the same time, you visualize those same thoughts in front of the eye of your intellect, making concentration an easy and natural process and leading to a beautiful experience.

Keep your eyes half-open and not closed: One of the key things to keep in mind while meditating is that you don't close your eyes completely, as this prevents you from visualizing clearly the soul and the Supreme Soul as a beautiful being of light and also you can feel sleepy while creating the peaceful thoughts and not experience the depths of meditation.

Sit fresh in meditation with a feeling of goodness: Meditation should not be done while feeling sleepy and without any powerful aim to connect with a Higher Source. So always sit for meditation with a determined thought to have good concentration and freshen up in whatever way you want, before



meditating. Freshness of the mind and body will bring success.

Play soft and gentle music in the background: A good way to give the mind a soothing feeling in meditation is to have soft and gentle meditation music playing in the background. Also, you can play a soft meditation commentary, to give the mind a direction and not let the mind waiver anywhere. If you prefer silence, do not play anything.

Experience being a soul and seeing other souls in action: An important foundation of meditation is soul consciousness, which is feeling and experiencing yourself as a soul, its form - a spiritual being of light and original qualities and also seeing other souls and their form and remembering their original qualities. The more we do that in action, the more our meditation is accurate and powerful.

Imbibe good pure habits full of godliness: To connect with God in meditation, it's important to be a good soul with a pure and divine mind and intellect and radiate godliness in every thought, word and action to others. The more we fill ourselves with these vibrations the entire day, the more we get attracted to God when we practice meditation.

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LIFE OF DEITIES IN HEAVEN

Owing to their most elevated consciousness that they achieved in their past life by learning Rajyoga meditation, they earned the most extravagant and luxurious life in heaven.

B. K. Arzu, Kolkata

The Supreme soul, our eternal Father is a magician. He changes humans to deities. It is then, that this world changes into heaven. **Deities dwelled in heaven. They were humans too. But they were human beings in their complete state of perfection and were next to God. They conquered their vices in the previous birth, and reached the highest level of purity.** They earned the qualification of sixteen celestial degrees full, complete with virtues, non-violent, viceless and law abiding. Later they were remembered as gods and goddesses because they were God-like.

The deities were gifted with 100% perfect bodies, flawless, healthy, and pure. The reason behind it is that the soul is complete pure. No one was born with deformity or defects. Babies smiled the moment they were born. Though they aged but their bodies never lost lustre, never grew old and retained the youthful charm. They had naturally beautiful appearance, without any effort. Males and females almost looked the same, with negligible differences in their



movements. They had sweet voices and spoke in soft tones. It sounded like music. When they moved, it was graceful and looked like a dance. They were dressed in garments made of the best quality fabrics designed for comfort and elegance. Their clothes were soft, silky, and studded with precious gems that shone bright. Their jewellery was of the purest of pure gold, embedded with rare stones. They changed attires for different events, and never repeated the same clothes.

In this magic world, relationships were sweet, simple, and comforting. Deities knew of no ill feelings, jealousy, revenge, hatred, or any negative emotions. They were caring, affectionate, helpful and had no expectations. They spoke less, as they understood each other without any explanation. There had no arguments, debates, gossips, disagreements, and sulking. Deities were full of good manners, etiquettes and had respect for one another. They were fully civilized and responsible. Rules were never broken. Not only with one another, but deities had good relationship with nature too. Here even animals were well behaved, helpful, and friendly.

As nature was in full bloom and was in its purest form, the produce was fresh, nutritious, organic, and delicious. Deities consumed plant based natural food. The trees were laden with the most exotic, aromatic, juicy fruits that offer themselves to the deities requesting to be plucked. Some of the vegetables were solar cooked and ready-made. Since the food was of the highest quality, it left the deities satiated without a second helping. The air in this magic world was purest of pure oxygen, and mildly fragrant. The water was like a flavoured drink. It served as a tonic that was infused with medicinal and aromatic herbs. Deities ate very little. They ate very slowly and consciously, enjoying every morsel. This diet left them with well-toned and healthy bodies.

Owing to their most elevated consciousness that they achieved in their past life by learning Rajyoga meditation, they earned the most extravagant and luxurious life in heaven. After being reborn as deities, they no longer needed to make any effort. Everything was served to them by nature. Huge palaces made of gold, studded with precious stones were offered to them, complete with personal attendants. Valuable gems and metals were freely available and no one hankered after them. They travelled in aerial crafts that flew smooth, fast, and safe. Everything was controlled with the power of mind. The palaces were lit up with the bright glow of diamonds and invisible, wireless illuminations. Prosperity was clearly visible

everywhere. They were awakened by the singing of birds, music from the rustling of leaves, and cool perfumed gentle breeze. Their attendants helped them to a royal bath, dressed them and laid out a feast. And their day begins..... ■ ■

Contd. from page no.... 18

Eat clean and fresh vegetarian food cooked in god's remembrance:

A very important principle of spirituality is - As the food, so the mind, which means depending on the vibrations of the food we eat, our mind becomes full of that spiritual energy. That is why cooking and eating vegetarian food in God's remembrance helps in meditation immensely.

Have a light and early dinner to make morning meditation beautiful:

To make meditation in the morning beautiful, it's important to eat early, eat right and eat light the night before. This will keep your mind, brain and body light and you will be able to travel to the higher spiritual world of peace - the soul world easily with your mind, without any physical force pulling you down.

Sleep well and for the right amount of

time: Sleeping well and peacefully is a very important aspect of a spiritual lifestyle. Sleeping too less can make your brain heavy and body tired and sleeping too much can make you lazy. So, pack up all your thoughts and give all your burdens to God before sleeping to have good and dreamless sleep and wake up fresh for good meditation. ■ ■



MY DIVINE SCHOOL

B.K. Sarika, Nalasopara, Vasai

This is my "Alaukik Divine" School...

It's a Roof of Faith and wisdom so Beautiful...

Almighty God Himself is Our Teacher...

He Controls the Universe & Set Forth Bright Future...

Here we Acquire Deep Knowledge of Life...

Explore Innate Qualities & Power to Survive...

There is no Dress Code, but we go Dignified...

We Carry only One Book, One Pen & Uniform so Shiny White...

We never carry Tiffin...

But on Thursdays, we get Bhog(Prasad) like Halwa, Sweets, Cakes & Muffins.

There are no vacations, no Holidays & also no Fees...

But there is a Sacred Celebration in Every Feast...

There is no Age Group Limit...

Children, Teenagers,

Golden Agers Study together with High Spirit...

There are Picnics, Trips, Seminars & Conference...

To Mount Abu, Rajasthan, Head Quarters...

Which is a Pilgrimage of Excellence...

There are Subjects on Human Values...

Which Develops Deep Down Hidden Virtues...

There is Spiritual Science that gives New Vision...

And Calculative Maths that gives Formulas for Life Mission...

Geography of the Beyond World...

History of Ancient Antique Bharat that Repeats & Swirls...

Civics of Self Administration & Sovereignty...

We also learn the Language of Honesty and modesty...

This is the Purpose of This Institution ...

It is a School cum University with Divine Constitution .

There is a Self-Charging Room for Meditation...

Sitting there Peacefully One can enhance Concentration...

If You are Already Studying in this "Alaukik Divine" School..... then, "You are Blessed"..... ■ ■

TOLERANCE

B.K. Andrew Grant, UK

In the early morning when everyone's asleep

The vibrations are so good, time to go in deep

Make the mind so liberal and vast

Like an angel that travels so fast

The best of best wishes to 8 billion souls

Who know nothing beyond their roles

Remove the me, me, me from your part

Give, give, give from deep within the heart

The mind holds the welfare of the earth

Will it be peaceful or filled with grief

No more thinking of what I'm going to get

The world is sinking fast with this debt

A giving mind doesn't suffer from intolerance

A giving mind is not selfish and holds no grievance

The world is burning in I, I, I

Selfish love will always make you cry, cry, cry

Make the mind like a generator of good wishes

Giving is receiving, so make a difference

Incognito charity is the best charity

7 billion souls waiting for clarity

And as this holy offering carries its own momentum

Home security becomes your own protection

Love surrounds you for that's its mission

A more than useful protective addition

Just remove the self from the equation

An instrument, a conduit for a divine creation

And as our best wishes encircle the earth

A new wave of thinking will take birth

Noisy minds will fall silent by degrees

Life will become like a summer breeze

And more and more will ask the right question

For who they are has been a pedestrian

All irritations vanish in a day

A lighthouse needs nothing to come his way ■ ■

CREATING THE DESTINY OF YOUR CHOICE



To change our destiny, we will need to create the right thoughts and to make that happen in a natural way, we need to consume pure information.

In this information age, we have an overflow of knowledge. **Do we pause and check the quality of the information we are consuming?** Does it matter or can we listen, read and watch everything that is fed to us. Like food is a vital part of our body, information is the food for the mind. Every piece of information we consume becomes the source of our thoughts. Our every thought is followed by a feeling. Feelings over a period of time develop our attitude. Attitude comes out into action. Any action done repeatedly becomes a habit. All our habits put together is our personality. **Our personality radiates energy and as will be the energy we send out, so will be the energy we receive according to the law of karma, which becomes our destiny.** Let us be aware of this inner process and see the impact of our thoughts on our destiny and the influence of information on our thoughts. Simple formula Information = Destiny.

Let us take simple scenes of our life and check how we react – Your child has not reached home and phone is not reachable ... are thoughts of worry, anxiety and mishap natural? You have worked very hard on an assignment and you get criticism in return ... are thoughts of hurt natural? You expect someone to behave in a particular way and they just do not seem to understand ... are thoughts of irritation and anger natural? We live in a world where uncomfortable emotions like stress, anger, rejection, hurt, jealousy, resentment are being called natural. This chain of emotions means we are creating a disturbed mind, diseased body

and conflicting relationships.

We want a destiny of peace, love, happiness, health, wealth and harmony. To change our destiny, we will need to create the right thoughts and to make that happen in a natural way, we need to consume pure information. **Stop and check the quality of information we are feeding the mind daily. Very often, we are feeding our self with information full of terror, violence, hatred, ridicule, impurity, manipulation ... which is reflecting in our destiny today.** The next time we receive any information, we need to check whether it is the right diet for us to be spiritually, emotionally, physically and socially healthy. If not, let us not read or absorb it, like we refuse to eat food which is not right for us. **Reading negative information and sharing it with friends is creating a deep karma of radiating negative energy and this collective energy makes our world what it is today.**

Let us begin the day with ten minutes of healthy information. Spiritual information can be our friend on this journey. Information full of wisdom and deep insights which nurture the mind and empower us to create right thoughts in every situation and choose a beautiful destiny daily. Facing a challenge or just a little confused ... our friend is always with us. Just read a little piece of spiritual information and read every word and feel the mind getting strengthened to cross the challenge in a dignified way.

Creating a destiny of our choice ... It's only one thought away! ■ ■

THE WHEEL OF FORTUNE WHICH ONLY YOU CAN SPIN BY YOUR HAND ALONE



It is not gambling if you give all your time, money, gold, energy, body and possessions to God, as the returns are great and guaranteed. Are you a brave enough gambler to gamble your life, future, time, soul and mind on God?

B.K. David, Paignton, UK

Does your life feel as if you are on the Magic Roundabout?

The wheel of Fortune turns very slowly and never goes backwards but at times, can appear to stop.

It is not gambling if you give all your time, money, gold, energy, body and possessions to God, as the returns are great and guaranteed. Are you a brave enough gambler to gamble your life, future, time, soul and mind on God?

God wants you, His child, to step back from this hell.

He wants you to drop all your worldly rubbish and leave it on the floor behind you. God wants all of you and that includes your time, soul and yes, time, attention and wealth.

For many, their wealth is an anchor that keeps them trapped on the boat called 'Selfishness' and out at sea in rough storms.

On the rare occasions their boat does dock in the harbour (find peace), it's always next to the stall that selling old fish.

Ever seen an angel that liked to gamble?

If you do not gamble now and give yourself over to God, you can say goodbye to the good times and welcome in the floods,

fires, poverty, hardship, torment, hunger and wars that will be all be wrapped with a barbed wire bow in gift paper of doom and gloom.

Gone will be the chance to taste God's sweet gifts that nurture a sweet life and for most, it's now poison at every meal and on each channel is sorrow and death. Soon, they will see in their mirror always a reflection of failure.

The unlucky have all played the game on their terms and with two blurred eyes and now their luck has further run out as each turn of the Wheel of Fortune is seeing them land on BANKRUPT.

The whole world is gambling with the cards of vice whilst holding dynamite in the other hand. The soles of their shoes are made from dynamite and as they walk with it in their shoes it's not uncommon to see them stop to have smoke and show off by juggling with fire.

The divine gesture of Gethsemane

The gesture of Gethsemane might have got lost in the dark, cold night and fell on the stony hillside but that has not stopped that gesture from Jesus setting fire to the whole world which is now ablaze in Godly love,

hope and Worship.

From that dark night thousands of years ago came a small light that is now illuminating, touching and blinding many souls today, even two thousand years after the seeds were sown and the flame lit.

The satellite that left a trail of stardust in the night sky that fell to earth and set it alight.

The flame grew brighter and stronger as it spread across the globe. This Godly light still burns brightly today in every church and city which it passed over and set history books burning and aglow.

This once small hillside flame that was lit with powerful love, ascended into the night sky and can still be witnessed as a streaming comet lighting up the earth as it goes.

He might have introduced himself from a donkey but left on an astronomical rocket.

This spiritual comet circles the earth countless times daily and will soon turn into a Godly sun so that all call can see it and marvel at its wonders. Its powerful rays of splendour reach to every land and corner.

The suntan gained from this sun can last an eternity and colours a soul with purity, love and peace.

You need sit in the Deckchair of Meditation with dedication and love and focus deeply with a laser-like attention on this Sun we call God.

There's a deckchair and laser which can transform the old tired looking you that lived as a threadbare rag doll, into living as a revitalised glowing angel.

It this laser of love you hold in your mind

that when focussed accurately internally on your soul with love, burns away past sins, waste and dissolves false notions built up throughout life about being a body and the resultant body consciousness which that vision gives birth to daily.

This deckchair and laser can only be hired out from the Hut found on The Godly Beach of Truth.

There is no queue presently waiting to hire a deckchair or laser but soon a queue shall form for as far as you can see: might you find yourself unhappily at its end.

The question should be: will you sunbathe on the beach of body consciousness at every opportunity or will you get to the Godly Hut and hire out a Godly Deckchair of nobility, love and peace soon? This Godly deckchair gives a tan of divinity and lightness.

When you start to use the Godly laser on yourself internally with its concentrated power of spiritual energy, you will slowly transform from human into angel. Don't believe me? Then try it.

We are all faced daily with two choices: remain a stressed out human or keep on an elevated path of love and peace that leads to perfection.

Many are so blind they cannot even see the choices, let alone make the right one. Most are too lazy, ignorant, unable or unwilling to make a choice. For these, when they reach the Hut of Change and Happiness, as all will one day be found stood in its queue sooner or later, will find its door closed.

Contd. on next issue...

A RELATIONSHIP OF TRUST WITH GOD IN FIVE EASY STEPS

Realise God is our Supreme Parent and constant Guardian:

We need to realise very deeply that everything happening in our life - negative and positive is not happening because God has decided that. It is happening as a result of our every thought, word and action of many past births and the present birth. God is not responsible for everything happening in my life, but He is responsible for helping me in everything happening in my life.

▶ **Take a step of determination and God will offer a thousand steps of help:**

Even when you are in the worst phase of your life, with many negative events happening at the same time, remember God's instruction to you that you will not lose hope and will remain determined and God will remember His promise to you that He will help many times more than you expect Him to and resolve every problem of yours at the right time and in the right way.

▶ **Remember God every day to build trust with God:**

Every morning as soon as you get up, take love, blessings and power from God and for a few minutes remember Him and tell Him about your day ahead and about the challenges that you may face in the day. Begin the day full of strength. In the day, keep God with you in every important action and talk to Him constantly. In the night,

before sleeping thank God for his help in the day and remember Him for a few minutes. Go to sleep in His lap full of confidence and carry the confidence into the next day.

▶ **Make God your companion in joy and sorrow:**

In times of sorrow, we have remembered God many-many times. In times of joy, we have forgotten Him many times. And then we say we love God very much. But if we really love God, it's time to keep Him with us in times of sorrow and joy both. The more we do that, the more He will love us back and the more we will feel that He is with us always and as a result we will trust Him more and more.

▶ **Perform beautiful actions and experience help from God:**

Check every thought, word and action of yours and fill it with all beautiful qualities which God and everyone in your life loves. This will bring you closer to God and He will constantly protect you in every sphere of life. You will never feel that God is not there for you and life will become a joyride and you will have immense trust in Him. ■■



Determination

Difficulties create
barriers but
determination
breaks them.

DISCOVERING THE TRUTH

Let us create our own destiny! Emit a powerful and positive frequency that is attracting back to you more good things that make you feel good.



T. V. Jayaprakash, Palakkad

Prajapita Brahma Kumaris say, "I am a Soul", and explain the Soul as the being, spirit, light, power, and consciousness; the energy, the operator of the functions of the brain and body that contains the capabilities of awareness, consciousness, powers, thoughts, feelings, and emotions; the energy that can neither be created nor destroyed; never not existed, and will never cease to exist.

You say, "I am a peaceful soul".

Peace is not just the absence of anger, but an antidote to it, our very state of being, which translates into pure thoughts, kind words and courteous behaviour.

I, the person writing this, say, "I am a human being".

The word 'human' comes from the Latin word '*humus*' and 'being' refers to the energy, mentioned already, the 'soul'.

The soul continues its journey, after leaving one body, by entering the womb of a mother; which you call 'rebirth'.

The soul changes the body, as we change the clothes we wear.

A minute spark of energy, the soul is of a spiritual nature. The mind is experienced, so is the soul. Doctors, the surgeons, say; we have dissected bodies but not found a soul or mind, but a brain.

The soul is the thinking mind; the analysing and deciding intellect; and when the decision

comes into action and done repeatedly becomes one's *sanskar* or culture. It is the mind, intellect, and *sanskar*; that does the work of thinking, deciding, and experiencing, respectively, in order; the single energy performing three functions.

The mind is related to thoughts, feelings, emotions, moods, and imagination.

The intellect represents visualization, discrimination, evaluation, and decision.

The *sanskar* or impressions formed as one's experience, personality; personality traits, types, habits, and will power.

The mind creates four types of thoughts; pure or positive thoughts, toxic or negative thoughts, necessary thoughts, and wasteful thoughts.

The intellect could be called *Buddhi* or *Vivek*, responsible for visualizing, evaluating, discerning and judging the thoughts created by the mind. It decides which thought is to be brought into action and which one is to be discarded. This is the intuition, conscience, or gut feeling. To sum up, the intellect is the charioteer who holds the reins of the horse, the mind; to make feel the robustness.

Our *sanskars*, the personality traits, are recorded in our subconscious mind. Thoughts come from our *sanskars*.

When there is a stimulus, the subconscious mechanism triggers an angry reaction, if anger is recorded, deeply embedded in our

subconscious mind.

The hidden subconscious mechanism constitutes 90 percent, and the exposed ones, the activities of the mind and the intellect 10 percent, of the total cycle.

Sister B. K. Shivani says; Master your mind, master your life; awareness of healthy *sanskars* will enable you to use them more often. The more you bring them into action, the recordings of those *sanskars* will get reinforced.

Awareness of uncomfortable *sanskars* will enable us to avoid them consciously. When we do not use them, their recordings remain dormant; temporarily quiet, inactive or not being used. Recognizing unhealthy *sanskars* sets us on a journey of change; and that is the very intention of her book, *The Power of One Thought*.

We need to fix the consciousness, the belief system which is the source of our thoughts. You, the soul; think right, speak right, work right, and live right.

The beliefs we hold, the content we consume, and the past experience we carry are the three sources that our mind uses to create thoughts.

Thoughts give rise to feelings, that develop our attitude, leads to actions as words and behaviours, done repeatedly become our habit/*sanskar* or culture; all our *sanskars* put together shape our personality, and according to that we create our destiny in everyday life at every step.

Beliefs, contents, and past experience are evolved as thoughts. Thoughts lead to feelings, attitude, action, *sanskar*, personality, and ultimately destiny.

Let us create our own destiny!

Accept the law of nature and transform. Be in the right place at the right time. Avoid thoughts of fear and separation.

Be powerful and persistent. You know that your life experience is in your hands. As the way we think, all good can come into our life. We have a choice and whatever we choose to think will become our life experience.

Summon your experience through persistent thoughts. Make your destiny through the great creative power of your thoughts.

Through our feelings let us know what we are thinking. Researchers say we have about sixty thousand thoughts a day. Feelings are our greatest tool to help us create our life.

Thoughts are the primary cause of everything, we see and experience, the effect that includes our feelings.

Your feelings are an immediate signal for you to know what you are thinking. So, you can control your thoughts.

Good feelings make you feel good, and the bad ones make you feel bad. The latter is the depression, the anger, the resentment, the guilt.

Bad feelings don't make us feel empowered.

Your thoughts cause your feelings. There is an entity called frequency of drawing more; feeling bad one draws more bad things; and so, feel good to draw more good things. Nurture good thoughts.

Good emotions and good feelings make you feel good. You experience excitement, joy, gratitude, and love.

Create a future that is on track with your pure desires. Emit a powerful and positive frequency that is attracting back to you more good things that make you feel good. ■■

RESPECT AND REGARD ARE THEY DIFFERENT?

Regard and respect are different, contrary to popular belief. **Regard is an external gesture of courtesies and protocols, given for people's roles and positions. Respect is internal, a feeling and vibration radiated for who the person is.** Regard may vary, but respect should be equal for everyone. What are your parameters for respecting people and giving regard to them? How well do you treat someone who is junior to you by age or designation, or has achieved lesser than you? Do you believe regard is same as respect? Our roles and positions in society are different. We called the roles higher and lower. We also mixed respect and regard. Respect is a feeling for what a person is. Regard is an outer gesture for people's achievements, roles and possessions. We need to extend courtesies and follow protocols externally, according to people roles and positions. So, regard is for people's role. Respect is for the being, for who we are. Since we are all equally pure, equally beautiful and equal beings, respect should not vary. Every individual is to be equally and uniformly respected. **Radiate nice thoughts, speak well and behave cordially with people. This is how respect radiates to them. Your regard can vary based on what they have, but your respect for them shouldn't.**



Respect is the foundation of your relationships, separate respect and regard. Give respect for the Being and give regard for their Doing. Extend regard for people's age, knowledge, achievements, wealth, roles or position. Do not equate regard with respect. Your respect should not change according to people's role. There can be differences of opinion but you continue to respect them. Respect yourself and radiate respect to all. Respect every individual for who they are, for their qualities, nature. Your every interaction should begin with a pure vibration to the individual. Before meeting anyone, first create a thought for them as Beautiful being or Peaceful person and then you talk to them and come into action. Respect everyone by accepting their behaviour and not questioning it. Connect to who they are and before connecting to the roles they play, build a foundation of authentic respect. Your vibrations of thoughts, words and behaviour should be the same for everyone, your respect should be uniform for everyone. ■■

SUCCESS RE-DEFINED

The real success or victory is not the outward achievement of desired goal but maintenance of inner calm and control while passing through the journey of realization of these achievements.



B.K. Ram Pravesh Prasad, Durgapur

The popular definition of success as per the dictionary in broad terms is fulfilment of desire or realization of wants. Though we all know well that the number of wants a person may have in his lifespan will easily outnumber the stars in the galaxy. However, there is a certain common area of wants, which if achieved then temporarily it is assumed as success.

For a large number of people in today's world, material possession like dream house, fleet of cars, fat bank balance, aggregation of glittering gold and gems is the real measure of success while many others believe that healthy and loving relationship among family members, friends and society as a whole is real measure of success. While many wise men believe that good physical body or a disease-free body is far valuable than all other success parameters combined together because success in all other areas are unworthy if the body is not well. That's not all. Even those who have enough wealth, healthy body, satisfactory interpersonal relationships too have a longing to achieve pole position or important position in public sphere and they assume it as a real success. And so on.

However, all these wants or few more unlisted above are relative and transitory and thus gives a sense of temporary

fulfilment and happiness. When the achiever weighs the just-achieved-success in comparison to other's achievement, his joy of just-achieved-success starts evaporating. We need to be mindful that all success will yield temporary and transient happiness so long our state of mental joy is dependent only on external achievement. Expecting permanent mental stability and happiness (which is perceived as outcome of success) with temporary or transient seasonal success in the fast-changing world is like expecting whole year sweet fruit from a seasonal tree.

Let us examine what drives us to be on a permanent chase behind each subsequent personally defined success milestone. Why do we direct our total effort, toil day and night, ceaselessly face all challenges to achieve these success milestones? There is only one reason and that is the desire to experience sense of fulfilment, calmness and happiness. So, this common phrase is very popular, "unless I achieve this or that, I am not going to sit in peace." Alas! Even after sitting without peace and after achieving (this or that) the longing for the new wants raises its head and doesn't allow to sit in peace for long.

But it is very common to see that **after achievement of the desired goal we experience peace and happiness**

momentarily like the morning dew on the winter grass and the race for another freshly sprouted desired goal begins. The just-in-success becomes illusory like dews and the never-ending race for another success milestone remains constant.

Now the Supreme Teacher clearly spells out to us that to become an embodiment of success constantly and easily one needs to have two powers, “one is power to fight (*Sangram*) and power to take and accumulate goodness (*Sangrah*). If you have both these powers, then there is no lack of success”. [Avyakt 12.03.1972, page 91 of Spiritual Powers of Soul]

Here the *Sangram* or power to fight does not mean to fight with people or situations, but the inner fight to remain calm, stable and happy in all life challenges. The real fight is to remain composed and calm and in a state of emotional and mental stability in all presumed obstacles which appear to block the path of our self-designed so called success milestones. Further God Shiva has cautioned us that we are very meticulous in *Sangrah* or accumulation of wealth apparels, fame, newer relationships, home decors etc. We are always watchful to accumulate those things which are superior in quality and looks than the previous one. Almost each one of us is vying for continuous updating of our skill and knowledge to stay ahead of our competitors. No doubt upgrading is essential for progressive realization of a worthy goal but we need to ask ourselves, how much had we

been serious to take and accumulate goodness from our known or unknown acquaintances or life challenges.

Suppose your colleague Mr. X is a very simple and easy-going person and he is skilled in inputting data with speed and accuracy. Everyone likes him and he had been recently given a raise for his skill. You too worked hard and within months you surpassed him in data entry skill with higher speed and even with far more accuracy. Now it was your turn to happily accept the reward of your newly acquired skill completely forgetting that there are others in the surrounding who may overtake you on some fine day. Will you remain calm, easy and happy on that fine day as well. Take a pause and ask yourself how much effort you have made to imbibe or accumulate (*sangrah*) the goodness of Mr. X which was his simplicity and easy-going, accepting nature. Did you make any real effort to surpass him in simplicity too? If not, then, could it be called a real success.

No amount of up-skilling in any field can give us genuine happiness if we fail to up-skill in our core nature i.e. Love, Peace, Purity, Simplicity. Thus, Baba has rightly guided us that to be always in the pedestal of success we need to have the power to fight with our inner vices to remain calm and controlled and the power to adopt virtues in our lives.

This is the real success. The real success or victory is not the outward achievement of desired goal but maintenance of inner calm and control while passing through the journey of realization of these achievements. Concentration of mind to remain ever stable is real measure of success. Baba's slogan has rightly redefined success. “Those who attain total success by concentrating their minds, become embodiment of success”. [Sakar: 30.10.2023] ■ ■

Let Us Claim Our God-fatherly Inheritance ...

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compared to 'Night', it is called 'Birth-Night' and has been celebrated year after year as 'Shivratri'. **By incarnating, God Shiva transforms the Iron-Aged world of sorrow and suffering into the Golden-Aged world of hundred per cent purity, peace and prosperity and bestows upon all human souls—His beloved children—the inheritance of heavenly health, wealth and happiness.** Not a single human being remains without a divine gift—either Liberation or Fruition. So, this is an occasion for extreme joy and jubilation, to all human souls, to whichever

country or religion one may belong. This divine birth has taken place again, exactly as it did a Kalpa ago. **We celebrate 'Shiv Jayanti' as Shiv Baba descended on the body of Prajapita Brahma in the year 1937 to bless all the souls.** So, Ever-happy Greetings, to all!

Shiva, the World's Father-cum-Teacher-cum-Preceptor has descended on the body of Prajapita Brahma exactly as He had done 5,000 years ago. You can take your God-Fatherly inheritance from Him. But how much of this inheritance you take as your 'birth-right' depends on your faith and efforts. Of course, it is 'Now or Never!' ■ ■

LAUGHTER: THE BEST MEDICINE

◆ A man is talking to God.

The man: 'God, how long is a million years.'

God: 'For me, it's about a minute.'

The Man: 'How much is a million-dollars?'

God: 'It's a penny for me.'

The Man: 'God, May I have a penny?'

God: 'Wait a minute.'

◆ Santa: My wife died yesterday.

I want to cry but tears are not coming out.....What to do?

Banta: Nothing, just imagine she came back.

◆ An elderly woman filed a divorce case against her husband...

The judge asked in the court...

Mother, is there any special reason for taking divorce after so long of marriage?

Old lady: Judge sir, he tortures me mentally.

Judge: How is that?

Old lady: Whatever comes to his mind, he narrates it to me and when I answer back... he takes out his hearing aids.



PRACTICE LISTENING TO YOUR INTUITION



When our mind is calm and intellect is pure, the power of our intuition is activated. **Intuition, also known as the inner voice or 6th sense, refers to the inner wisdom which goes beyond the limitations of our five senses. Intuition knows what is right or wrong, feels the truth, and constantly gives us signals.** Tapping into our intuition is our greatest gifts, but often we don't listen to it.

Have you been in situations that made you say - I wish I had listened to my instincts; something tells me this is not the right step. or I have a feeling this relationship will be wonderful. Do you experience that inner voice or intuition giving you signals from time to time? There are thousands of decisions we make every single day, and sometimes we just can't seem to discriminate what is right or wrong, and what is true or false. **Our intuition or wisdom has all the answers we need. So, we just need to listen to it.** But often we discriminate things based on beliefs created by society, people's opinions or acquired information. Our innate wisdom which we call the inner voice or intuition always knows what is right for us. It constantly guides us in the right direction, and all we need to do is to learn to listen to it. Let us spend a few minutes with ourselves on a daily basis. Meditation and spiritual study silence our noisy minds and activate our intuition. You have all the answers within, tap into that wisdom to make every choice and decision. Remind yourself - I am intuitive. Each time I need to take a decision, I surrender to my intuition and it always gives me the right answer.

Your intuition will protect you in every situation. When you listen more to your intuition, you will also master the art of silencing your mind, thereby controlling your thoughts better. Remind yourself - I trust my intuition. I listen to it and get a response, which is right for me and for everyone else involved in the scene. ■ ■

Life Changing Advice

- **Learn something new every day. Have the mindset of a student. Never think you are too old to ask questions or know too much to learn something new.**
- **Don't worry what other people think. Personality begins where comparison leaves off. Be unique. Be memorable. Be confident. Be proud.**
- **Dreams remain dreams until you take action. Without action, an idea is just a dream.**
- **Treat others the way you want to be treated. Do right. Do your best. Treat others as you would want them to treat you.**
- **When you quit, you fail. The surest way to lose at any endeavour is to quit. But fatigue, discomfort, and discouragement are merely symptoms of effort.**
- **Trust your instincts. What good is intuition if you let second-guessing drown it out? The worst enemy of success is self-doubt.**



Bilaspur (CG): Mr. Arun Sahu, Dy CM of Chhattisgarh is honouring BK Swati with 'Givers Gain Award' of B.N.I.



London: BK Gita is being conferred with '23 Positive Change Makers in 2023 Award' by Mr Ramji Chauhan, Mayor of Harrow and Prof. Parin Somani, Director of London Skill Development org.



Kohima (NL): A programme on National Youth Day on 'Determined Mind, Successful Life' is being addressed by BK Rupa at 13 Assam Rifles, Kohima.



Gannaur (HR): A programme on National Youth Day is being inaugurated by Mr. Devender Kadiyan, Chairman of Mannat Group of Hotels, BK Onkar, BK Ramdevi, BK Satish and BK Archana.



Thane (MH): After a programme to celebrate Police Raising Day Mr. Mahesh Patil, Addl. Commissioner of Police is being presented a Godly gift by BK Lajwanti, Dr EV Swaminathan, BK Seeta and BK Mukesh.



Gaya (Bihar): BK Sheela is with Bodhgaya Temple Management Committee President Mahasweta Maharathi, former BTMC President Ain Dorje, Vedic Pathshala Guru Raja Acharya, Pradeep Jain and others after an interfaith prayer meet.

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treasures back, God presents a condition in front of us. He says that since these treasures now no longer belong to us, we need to remove any sense of ownership over them and become His trustee while taking care of them and using these treasures only for the purpose instructed by Him, the purpose of bringing the self and others closer to a state of truth. **The word trustee comes from the word trust. In this case, God says that He wishes and hopes that we keep His trust and don't break it at any cost, at any point of time, in taking care of and using His treasures, because don't forget, although the treasures are with us, there are no longer ours. They are God's and we take care of them as a spiritual trustee of God.**

In the physical world, one common example of a trustee is when a rich person does not have any heirs to leave his wealth with, he will leave his wealth in the hands of a trustee or a group of trustees, to ensure the right use of his wealth as per his last wish. Another common example is of trustees associated with temples and welfare

organizations. All the wealth and ornaments that devotees offer in temples out of faith, love and devotion for God or all the wealth and property that people give in charity to welfare organizations is taken care of by a group of trustees. In all these cases and more, while taking care of the wealth, honest trustees always keep the consciousness that this is not their wealth or property and will always use it in the right way, as they have been instructed. This is called keeping the trust of the owners of the wealth, hence the word trustee.

In this way, now as a trustee of God, throughout the day I keep a consciousness that the treasures of my thoughts, words, actions, qualities, powers, time, physical wealth, etc. are God's property and I have been appointed as a trustee by Him to take care of them. In this way, I will use these treasures in a positive way, for a positive purpose of bringing myself and others close to a state of truth only; in a way God wants me to and has instructed me to do so. This establishes a relationship of detachment with the treasures I possess and it also benefits me and others at every step. ■■

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Sangamner (MH): BK Shivani is addressing a programme on 'Golden World with Golden Thoughts'.



Mehsana (Guj): BK Usha is addressing a five days programme on “Practical form of Shrimad Bhagavad Gita”.



Buxar (BR): Mr. Ashwini Kumar Choubey, Union Minister of India is being presented a frame of God Shiva by BK sisters.



Ratlam (MP): A public programme on 'Happiness Unlimited' is being inaugurated by Mayor Mr. Prahlad Patel, Collector Mr. Bhaskar Lakshkar, DRM Mr. Rajneesh Kumar, BK Shivani, BK Hemlata, BK Asha, BK Anita and BK Savita.



Mumbai (Ghatkopar): Uttaran Serial Fame – Actress Ms. Tina Dutta is with BK Nikunj and BK Shaku after her visit to BK centre.



Gulbarga (Kar): Justice ES Indires of Kar. HC is addressing a Jurist Conference. Justice V. Eswaraiiah, former CJ of A.P.HC, BK Pushpa, BK Vijay, BK Prem, BK Lata and Justice BD Rathi are on stage.

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New Delhi: Mr. Jagat Prakash Nadda, National President of BJP is being greeted by BK Mruthyunjaya, BK Prakash and BK Shivika.



Jaipur (RJ): The new Chief Minister of Rajasthan Mr. Bhajan Lal Sharma is being presented Godly gift by BK Sannu, BK Kinjal and BK Mahipal.



Indore: Mr. Kailash Vijayvargiya, Cabinet Minister of MP is extending greetings in a programme on 'Bank Balance of Blessings'. BK Shivani, BK Hemlata, BK Asha and BK Usha are on the stage.



Abu Road: Mr. Otaram Dewasi, new Minister of State of Rajasthan is being presented Godly gift by Rajyogini Dadi Ratan Mohini and BK Brijmohan.