



The Monthly
World Renewal

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Prajapita Brahma, the founder father of the Brahma Kumaris,
whose 55th Ascension Day is being celebrated on 18th January.



Varanasi: HE Draupadi Murmu, the President of India is being presented a Godly gift by BK Radhika, BK Taposhi, BK Soni, BK Sarita and BK Vipin.



Bharatpur (RJ): The new Chief Minister of Rajasthan Mr. Bhajan Lal Sharma is being greeted by BK Kavita, BK Babita and BK Praveena.



Bhopal: The new Chief Minister of Madhya Pradesh Dr. Mohan Yadav is being greeted by BK Neeta.



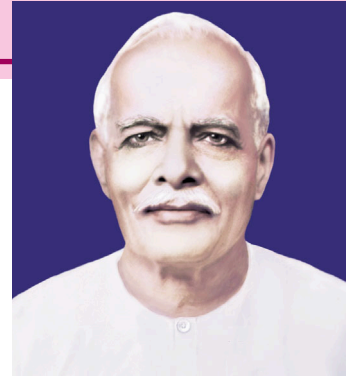
Raipur: The new Chief Minister of Chhattisgarh Mr. Vishnu Deo Sai is being greeted by BK Savita.



Gangtok (Sikkim): A delegation of Brahma Kumaris, including BK Sonam and BK Dicky, in a group photo after meeting His Holiness the Dalai Lama.



Ahmedabad: BK Chandrika is being conferred with 'Dharti Ratna Award' from HE Acharya Dev Vrat, the Governor of Gujarat.



BRAHMA BABA

FOUNDING FATHER OF NEW AGE

Brahma Baba was a great visionary who gave the people a fascinating new-world vision. He was indeed a Maharaja of his sense organs and a consummate yogi who was far ahead of others.

Eighteenth of January is the memorial of the completion of the spiritual efforts of angelic illustrious spiritual Father-figure, who made his debut in the year 1937 in Hyderabad Sindh. In that year, at the age of about sixty, he, by a divine call, became instrumental in giving to humankind, including himself, a system of revolutionary spiritual principles that seemed to challenge many decrepit and decadent beliefs and practices. The spiritual discourses that came from his lotus lips were so original and, in the impact, was so powerful that it caused a sensation and a stir.

Those who had deeply yearned for pristine purity, but had found themselves sliding deeper into the quagmire of vices, now found a new zest and a strong hope in these discourses. Those,

who had keenly aspired for new, fresh and convincing knowledge but had reaped only disappointment, now felt that they had discovered the nectar. They woke up from their deep slumber of ignorance, came out of the grave of their lethargy and began to race towards the high summits of spirituality. Those who had been earnestly seeking liberation from the shackles of cumbersome, costly and time-consuming rituals and chains of cultish custodians and gauche gurus and were sick of outdated and adulterated scriptures and painful pest of the caste system, saw in it, God's cordial invitation and sure formula for deliverance. Womenfolk who were virtually living as prisoners felt that these discourses were like an

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WELCOMING THE NEW YEAR 2024

Let us adopt very simple but practical and sustainable New Year Resolutions. May there be new beginnings for ushering in personal peace, happiness and joyous family lives!



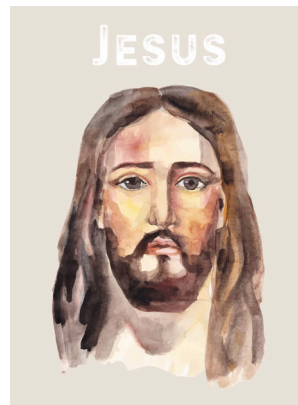
This morning, I was enjoying the fresh and gentle morning sunlight, while watching my little bird friends flying over my head from one branch of the Neem tree to another. They seemed to happily consume the milk *toili* (*Prasad*) that is laid out for them in the garden every day, along with some dry grains to keep them warm and active. Luckily, the winter is not so severe yet in Abu Road, and we are enjoying 24 degrees Celsius mid-morning these days. **How I wish I could communicate with my melodious friends, and ask them if they have any imaginative ideas for a New Year Resolution...**

In a few days' time, all of us will be celebrating Happy New Year 2024. I know the modern trend is loud musical/dance parties, with fun games, cake-cutting and savouring of interesting and delicious cuisines (strictly vegetarian of course!), perhaps like masala dosa. Apart from the



usual festivities, **let's aim to make 'the exploration of New Year Resolutions'** a common chit-chat amongst our friends and family.

Though the birth of Christ was celebrated some days back, it appears that the glorious story of revered and beloved Jesus Christ who was born in Bethlehem seems to be obsolete this year... This is because that pure land, Bethlehem, has been tragically affected with Israel and Hamas continuing their war and killing thousands of innocent civilians. Bethlehem is heavily reliant for



income and jobs on visitors from all over the world who come to see the Church of the Nativity, but celebrations were cancelled this year as no one wants to travel to that region. **How can children learn from the story of Jesus Christ's birth and life, if**

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Christ's teachings are not being honoured in the very place where his birth took place? War mongers have their own way of thinking and planning. The war between Russia and Ukraine also continues with no respite. Undeclared war between Bharat and nearby countries carries on, and similar hostile situations exist in the continent of Africa. **The Pope has been praying for cessation of major wars, since Jesus Christ, like all the Founding Fathers of the main religions, descended to only share the message of peace and love. Let's keep the hope alive that more and more humans will work towards peace and progress for all.**

Despite the chaotic world we live in, there are still some examples of families who decide to lead simple, middle-class lifestyles where the children are given due attention for proper education, good character and stable career. We meet with many examples of young professionals from the lower strata of society, who had worked diligently and passionately to go on and achieve good positions in IAS, IPS or the medical branches. Because of their humble beginning and challenging background, they very well understand the need of society, and respect all members of the community with equal vision. Rather than be tempted by limited attractions or attainments, they identify with the average citizens and are motivated to give back to society, and help others progress and



achieve their dreams. It is a very satisfying feeling to be able to contribute and support honest, hardworking and innovative individuals in this way. **Let one of our resolutions this coming year be to help needy students in pursuing their educational ambitions.**

We also hear of many simple stories about tree plantation that can have manifold results. It was inspiring to hear recently about a person from Pali who started planting Neem trees, and the numbers



reached beyond 10,000! This act became the source of water-preservation in the soil, and

the barren land changed into green pastures!! It is pleasing to know that there is no scarcity of water anymore in that area. Let us resolve to conserve water and contribute in the field of tree plantation according to our capacity.

Here in Bharat, the recent elections proved to be beneficial for the Bharatiya Janta Party in three big states, and as a result has marginalized the Congress party and other opposition parties. Reports state that the previous Government in Rajasthan had spent nearly 90,000 crores very liberally, that is in overdraft, and the Treasury is now needing lots of funds. Well, the new Government will need to design action plans, and start the New Year with new beginnings for the entire State. From a global to state levels, let's now take up a different level: **what are some resolutions that the common person may adopt to lead worthy, healthy and enriching family and work lives?**

On the health front, it's been observed that Nursing Colleges for both Females and Males (which incidentally do not require much capital) are becoming a source of inspiration and well-being to many students and their families. The BSc Degrees or even short Courses are very helpful to those boys and girls who are bread-winners for their families. It is a good idea to support these medical colleges as it not only builds careers for the youth, but also provides trained staff

to needy patients.

Our experiment with combining Meditation with Medicine in hospitals has been much appreciated by patients and their relatives. One of our Trustees of the Global Hospital & Research Centre, Dr Banarsilal Sah, has embarked on De-Addiction Campaigns all over Bharat and even some other parts of the world. This undoubtedly will be a guiding path for people, especially the youth, to educate and safeguard themselves from all addictions.

It would be nice to learn and practise the basic tenets of spiritual wisdom and meditation for leading a peaceful and happy life. Out of 24 hours, let there be an hour or so set aside for reflection and practice of silence/meditation. **As human beings, we can explore the beauty of spiritual understanding and discover valuable benefits by adding spiritual study to one's daily routine, from childhood itself, so that personality traits, attitude towards life and the *sanskars* of giving, sharing and caring are cultivated properly.** Regular imbibing of spiritual values and moral behaviors will contribute significantly towards a peaceful and happy life.

So, let us adopt very simple but practical and sustainable New Year Resolutions. May there be new beginnings for ushering in personal peace, happiness and joyous family lives!

– B.K. Nirwair

GOD HAS SHOWN ME HOW TO LIVE A GOOD LIFE

We have to live our lives whilst following Brahma Baba. He looked at Shiv Baba only and lived his life according to Shiv Baba's directions.

Every person needs peace, love, happiness, and power to experience a good life. But, how can human beings attain these? Purity is the mother of peace. Non-violence is our original religion. It is the most elevated religion. Non-violence means there should not be any negative or evil thoughts for the self or others. There should be unity in what we say and what we practice.

How can a soul receive peace and love? By surrendering everything to God; considering that nothing is mine. This awareness makes the intellect virtuous and the soul starts moving towards its *Satoguni* stage. One has to look only at others' virtues and certainly, one's gaze, i.e. *drishti* will be spiritual and pure. Besides, I need to have the attitude to uplift everyone. If I practice what I preach, others will naturally be inspired by me.

Since the establishment of this *Yagya* in 1937, it is the powers of purity and yoga, which have enabled such a great expansion to take place. I need to ask myself, 'What and who is in my heart?' God has uplifted me and has shown me what a good life is. I should do the same for others.

How should I live and how should I die? God has taught us how to live and how to die. I have to become the destroyer of attachment. I have to live a good life by being detached and

loving like a lotus flower. I have to be detached from my

own body and bodily relationships. There should not be any arrogance, body-consciousness or ego.

We have to live our lives whilst following Brahma Baba. He looked at Shiv Baba only and lived his life according to Shiv Baba's directions. Shiv Baba established this *Yagya* through Brahma Baba. The weak souls need power; everyone now needs the power to tolerate. Everyone now needs spiritual support.

This is the path to establishing peace in the world. This is the path which takes us to the land of liberation. We have understood the five main vices viz Lust, Anger, Greed, Ego and Attachment but Jealousy also sometimes raises its head. Therefore, I need a great deal of power in my mind; enough power that when I see anyone's weakness, it's as if I don't see it. I must remember that world transformation takes place through self-transformation.

I am the child of the Master. He has three main forms – Supreme Father, Supreme Teacher and Supreme Preceptor, i.e. *Satguru*. He teaches me and is making me worthy to go

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Rajyogini Dadi Janki



TRUST IS THE BASIS OF A STRONG RELATIONSHIP

Any relationship is not deepened by talking about big things but by understanding small things.

B.K. Ram Singh, Rewari



A man asked Buddha, what is the difference between liking and loving? Buddha replied, “When you like a flower, you pluck it, but when you love it, then you start giving it water every day, that is, you take your relationship forward by supporting it.”

The key to the success of every strong relationship is trust. One should know when to take support in the relationship and when not to interfere. All relationships are like sand held in the hand. If you hold it light in your hands, then the sand will remain, that is, it will run fine and as soon as you try to press it with a closed fist, it will start slipping from the hand.

There is a saying “Relationships are like air which always keeps on breathing by being around.” If there is no support from them, then life stands on the verge of going astray. The biggest test of a relationship is that you disagree and don't leave your hands.

The plant of relationship is watered with the water of love, respect and care. Sometimes there is a loving spring in the relationship and sometimes there are

troubles like disputes. Only those who stand firmly holding hands in adverse circumstances are successful in maintaining relationships. Relationships are fragile and love is its special strength.

True relationships expect time and don't ask for respect

True relationships indeed demand nothing except time and respect. Any relationship is not deepened by talking about big things but by understanding small things. That's why we need to be humble from within to maintain mutual relations. Wrong thinking and wrong life-style mislead the person from every relationship and the attitude of people to see and use also keeps on changing with time. If possible, **you may not make thousands of relationships in the world but make one relationship such that when thousands of people stand against you, they should stand with you.**

Trust is the basis of a strong relationship

Trust and confidence are such elements that can make any relationship strong, that is, with trust and confidence, maintain relationships with dignity, in which there is no smell of selfishness and there is mutual help and respect for each other, then any

relationship is strong. It will happen. Confidential matters are shared with only those whom we trust. So, trust and confidence can only be earned by behaviour and personality. Faith and trust are necessary to keep the relationship standing firm. If there is complete trust, honesty and understanding in the relationship, then there is no need for rules, vows, promises and conditions to maintain them.

Truthfulness is the basis of beautiful relationships

At present, no human being in this world is full of all virtues. That's why **we should keep the relationship sweet by ignoring whatever shortcomings we see in them because the relationship is bigger than knowledge and wealth.** When knowledge and wealth fail, then the situation can be handled with relationships, that is, life can be meaningful only by maintaining a good relationship. The basis of beautiful relationships is truthfulness and when

everything is truthful, then relationships automatically become beautiful and strong.

Relationships are made from the heart

I am right, he is wrong: This type of thinking destroys precious relationships. Relationships are not what they are shown to the world. A relationship is maintained from the heart, that is, one does not become one's own by saying one's own, one's own is the one that is maintained from the heart. Good and true relationships can neither be bought from anywhere nor can be borrowed from anywhere. That's why give importance to those people, who give importance to you. That's why if you want to value the relationship, then do it in time, otherwise, it is useless to expect greenery by giving water to a dry tree later.

Relationship and trust are friends

Whatever the relationship, it should be like a diamond, small in appearance but precious and priceless. Relationships and trust both

HAPPY NEW YEAR- 2024

On behalf of the Editorial Team of The World Renewal Magazine, we extend warm greetings to all our esteemed Readers for a Happy, Ever-Healthy, and Ever-Prosperous New Year! May every household rejoice feelings of togetherness, not only in the first month of the year, but throughout 2024 by remaining empowered through Spiritual Study and Rajyoga Meditation.

Wishing you again and again very sweet experiences through spiritual learning and 100% positivity in your interactions.

are friends, keep the relationship or not, do keep trust because where there is trust, relationships are automatically formed. **Relationships are also like pearls, even if someone falls, you should bow down and pick them up.** Life's boat gets surrounded by storms, but if the relationship holds hands, then there is a way to get out of the troubles from every side.

Which is the greatest and most sacred relationship?

The biggest relation in the world is that of a friend, who understands the happiness and sorrow of his friend as soon as he sees them. This relationship is the purest and strongest of human emotions. The most sacred relationship in the world is that of brother-sister and parents. In a family where there is love and brotherhood among the family members, there is always happiness as well as prosperity in that house. And on the contrary, if there is a fight between the family members, then there is a domestic conflict and poverty starts coming into the house.

Heritage runs in the family

The inheritance that we get from family relations is not less than any capital, but in the joint family, the fissure of lies is more visible. But instead of taking them negatively, they should be taken positively. When you have this thinking, the question of lying will not arise.

At present, people have started weighing relationships with money. In deteriorating relationships based on money, the situation of financial estrangement should be avoided and the relationship should be strengthened with emotions.

Time donation is more important than blood donation

One does not become one's own only by blood relation. Love, cooperation, trust, loyalty, security, sympathy and respect are all such feelings which make strangers also their own and there is no greater relationship, than the one who holds hands in trouble., Yes, blood donation, and daughter donation are the best in today's era, but to save the relationship in the coming times, time donation will be the most valuable donation for loved ones.

The sweetest, truest and imperishable relation

The most loving, true and imperishable relationship of human souls is with the Supreme Father Shiva, the Supreme Soul. Human beings take many births and, in every birth, there is a worldly father, but we have an eternal, immortal, imperishable relationship with the God. It is said for Him that you are our Mother, Father, Brother, Friend, Beloved and *Praneshwar*. He is also the Father, Teacher and *Satguru*, who liberates you from sorrow and gives you the inheritance of happiness, peace and purity for 21 births. He is the Ocean of happiness, peace, bliss, love, knowledge, virtues, powers, purity etc. He is the Remover of sorrows, the Bestower of happiness, the Giver of knowledge of the beginning, middle and end of the world, the Benefactor, the Purifier of the fallen, the Giver of progress, the Bestower of salvation, the Creator, the Giver, the Bestower of blessings, the Source of liberation. He is the One who gives the inheritance. That's why our most loving, true and imperishable relationship is with Lord Shiva. ■■

THE PERSONALITY OF GOD

This is a personal account of the experiences gained over five decades of constant and regular meditation practice and the study of the sermons of the Lord by the author.

B.K. Surendran, Bangaluru

We all know that we are all spiritual beings enacting a role on this world drama stage with a physical garment. The physical outfit deteriorates as time passes by. But we are all immortal beings not being perished as the physical body. The physical body has its limitations. We, as souls, do not perish but we become vicious and our eternal qualities of peace, purity, happiness, love, bliss etc. distort into vices. At the beginning of this drama, we were deities and life was beautiful, bountiful and beneficent. When we fell from that level of royalty, reality and rollicking life, the vices had a field day to rob us of all our ornaments of virtues, values, powers, purity and divinity, life became hell for us.

The search

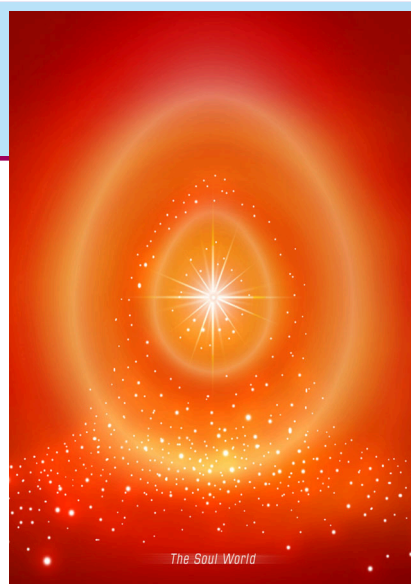
We started searching for the Lord of the universe. We were sure that there was someone to sustain this world. The mass search lasted for nearly two epochs and the Lord descended in the body of the first man of the creation who is popularly known as Brahma. As the Lord of the Universe is incorporeal self-effulgent Light, He needed a medium whose mouth organ He used to communicate with us. His sermons covered the knowledge of the creation, the who is who in the creation, the details of the births taken by each of the souls, the *karma* philosophy, inter-human relationship in detail, the three worlds, the art of living in

detail, the perfection level of human life, the time cycle in detail, the prosperous, glorious and exalted time in human life, the bankrupt and the poverty-stricken time in human life and its reasons etc., in detail.

The most important revelation: He is the eternal Father of all souls who wear human body and play their allotted part as per their *karmic* account. It means irrespective of any religion we are all brothers and universal brotherhood is the essence of human life on earth.

As the Brahma Gyan and the Rajvidhya cannot be taught by human beings, the Lord Himself enacts the role of our Supreme Teacher, Supreme Guru and Supreme Father. He started teaching human kind for the last more than 8 decades now and the author has been a student of the Lord for more than five decades. As the Lord is the Sun of knowledge whose rays of knowledge come to us which we had not heard in the present time cycle, it enralls us with ecstasy and joy. Rajvidhya is nothing but the loveful and reverential remembrance of Him in soul consciousness through which we the souls establish a solid relationship with Him which is called 'Rajyoga'

As we understand His sermons from its right perspective and move closer to Him through His



remembrance, we understand Him and His personality better and better. It involves intense spiritual endeavours with a constant inquisitive approach to know the truth. As we wade through our way forward in introversion and solitude with a lot of hearty love, submissiveness and reverence to Him, we can move closer to Him and understand more and more of His personality traits.

Based on our experiences, the personality traits of the Lord are filled up with the following qualities.

- ▶ He is positive with good wishes and pure feelings even to the most sinful souls.
- ▶ His goodness is immeasurable. His goodness converts the badness of the souls, simple remembrance of Him will convert them into goodness-prone souls. He sustains the whole creation with the power of goodness.
- ▶ He likes everybody, loves everybody, helps everybody, and persuades everybody to scale great heights of divine status and stature. He never complains or blames anybody. He also never curses anybody. His company and companionship over the years were exhilarating, ecstatic, super sensuous and passionate.
- ▶ His simplicity, humility, selflessness, instrumentality, egoless, and attitude of being a witness are incomparable. When some of us resort to self-defeating thoughts and acts, he becomes a witness and becomes silent with a lot of good wishes for us. He will not punish anybody because He is the knower of the course of *karma* and its retributions and remains a silent spectator. The one who goes against the law of *karma* punishes himself by himself. As we are all His children, He never punishes anybody.
- ▶ Soft-spoken, absolutely sweet, is a mountain of sweetness, lovely, lively, courteous, polite, merciful, compassionate, piteous, very smooth and kind. He lavishly showers on His children love and affection, regard and respect, highlighting the different aspects of self-respect, pushing His children above Himself.
- ▶ He is the absolute well-wisher, caretaker and protector of His children, showers on His children, boons and blessings.
- ▶ He is absolutely faithful, affectionate, and assures of His help to His children whenever they remember Him. Nobody can do anything to His children when they have His remembrance.
- ▶ When He is with His children, nothing can be done to them by anybody. Maya-illusion becomes a paper tiger. He provides a canopy of protection.
- ▶ He is impartial, truthful, honest, gentle and open.
- ▶ Powerful, constant, determination, faith, certainty, and carefree, are all the distinct qualities of the Lord. He is ever an embodiment of purity, greatness and worshipfulness.
- ▶ He is constructive, egoless, absolutely viceless and ever incorporeal.
- ▶ During His sermons, He very often reminds His children that He has descended to make His children very great personalities and the King of Kings of the world.
- ▶ He is an ocean of love. When we sit in His remembrance He draws us closer to Him and we become one with Him. We get drowned in His selfless, true and pure love waves. It is for all of us to know that God is the one who loves all of us honestly,

sincerely and selflessly. He transforms the devilish and brutish nature of the souls of the iron-aged world into divine with the power of His love. After experiencing the closest, nearest and dearest relationship with Him, over a long time, we cannot even dream of His absence in our life. Tears roll down from our eyes when we think of this. But as we know as per drama life should move.

- ▶ His love, good wishes, pure feelings, truthfulness, absolute positivity, and goodness are incomparable. When God is with us face to face, we feel ashamed of the innumerable acts of blasphemy, blames and complaints and nefarious acts of ill will attributed to God and widely publicising that God is omnipresent thus decimating His existence as imaginary and so on, we feel that we have committed unpardonable acts against Him. **When we came to know that the Lord is the best of the best, loveliest of the lovely, sweetest of the sweet, kindest**

of the kind, holiest of the holy, purest of the pure, smoothest of the smooth personality, - the Most Innocent Lord, we felt guilty and hence we supplicate to Him to be pardoned, forgiven, for, we were innocent and ignorant. At that time, we felt that all these epithets were intended to glorify the Lord. It was a wrong perception now we understand and regret it.

We are the luckiest of souls in His creation to practically live with Him during the auspicious confluence age, actively involved in His acts of creation of heaven on earth. We are His hands – *khudayi kidmathgar*. We are very much pleased to be part of His mission of World Transformation. It is slowly taking shape and we are sure that when the time comes for the ascension of all souls along with the Lord, we are sure to be with Him. We feel blessed in this birth and all the births from golden age to the end of the confluence age, our life is going to be healthy, wealthy, and happy. ■■

LAUGHTER: THE BEST MEDICINE

- ◆ **What's the longest word in the dictionary? Smiles. Because there's a mile between the first letter and the last.**
- ◆ **Teacher: Why are you late for school?**
Student: Because of a sign down the road.
Teacher: What does the sign have to do with you being late?
Student: The sign said, "School Ahead, Go Slow!"
- ◆ **Bus Conductor: Why are taking two tickets?**
Passenger: Because if I lose one that second ticket will save me.
Conductor: What If you lose both?
Passenger: Listen, I am not a fool. I already have my pass!



BRAHMA BABA'S SUSTENANCE WAS SUPERB!

Baba got us intoxicated to such an extent that the feet of our intellect didn't touch the ground. We always felt that we were up above in the sky.

I was a child when I came into *Gyan* yet Brahma Baba looked after us with such love and care as if we were princes and princesses. It was my fortune that I came to Baba. My *laukik* mother known as Dadi All-rounder had intense love for Baba. My father did not know what yoga and knowledge were and what was happening. My mother had knowledge of the Gita and also used to do a lot of *Bhakti* i.e. devotional practices. Baba allowed little children to stay and study there as they would do in a *gurukul*. I was one of the older children and as I was eight years old, I was put in the boarding house in Om Niwas. Our family was in Karachi and Baba opened the boarding hostel in Hyderabad.

Baba used to call us *Thakur* (idols)

Baba sustained little children with great care and love. In India, small idols of deities are kept at home on a *gaddi* (they make a *gaddi* especially to keep the idols on). The idols are made of gold and silver and people worship them. They're called *thakurs* in Sindhi. Baba used to say, "These are my living *thakurs*." We were told, "You are a *thakur*, you were a deity and you will become a deity." Baba always filled us with intoxication, and we used to move along with the divine intoxication that we were Baba's *thakurs*. Baba used to say that devotees offer the first fruits of the season to their favourite



Rajyogini Dadi Hriday Mohini

deity. "Those are non-living idols, but these are my living idols and so seasonal fruits should first be offered to them". In this way, Baba used to give the seasonal fruit first to us. Baba himself would cut the fruits and put them in a bucket. In boarding school, during the interval, he would hold each of us and feed us in our mouths. Baba looked after us children with so much love.

Baba's Loving Care was Unparalleled

Baba would write lessons for us children, which were taught to us by our senior sisters, i.e., Dadis. He would write dialogue/little plays and we would enact them. He also used to write songs and poems and Dadi Mitthu would teach us through singing. Dadi Chandramani used to teach us drills (physical exercise) every day. Before the drill, we would sit on the bed and practice seeing the soul face-to-face, considering the self as a soul. Baba made this lesson of the soul firm. Every day, after the drill, Baba and Mamma would come to the place where we had the drill, to wish us "Good Morning" by shaking hands.

We children used to live in a big hall where 80 beds were laid out. At night, a mother would make the beds and make us sit inside the

mosquito net. She would check with a torch to see if there were any mosquitoes inside the net. Then she'd close the mosquito net like a curtain is closed in a temple in front of the idol. Later on, Baba and Mamma would come to wish each of us "Good Night."

Are there any fathers and mothers in the entire world who would go to their children to wish them good morning and good night in such a way? Not even in the Golden Age!

Baba used to make us adopt three forms in a day

Along with the best care, Baba gave us knowledge. He would ask us to check our chart for three minutes after sitting inside the mosquito net on the bed. He taught us to check: "What did you do during the entire day?" Baba, would give us the knowledge "Children, become Brahma, Vishnu and Shankar. When you wake up in the morning, create a vision of a beautiful world and become Brahma. Sustain this during the day and so become Vishnu. At night, become Shankar and destroy, finish and let go of the entire day's shortcomings, if any." We had a regular discipline to check our chart like this while the song was played. After that Baba and Mamma would come to wish us all 'Good Night'.

Another song would be played when we sat contemplating ourselves as souls. At that time, we didn't have much knowledge about God. We were only told about soul consciousness and were given the practice of being soul-conscious. This would be for three minutes when we would sit face-to-face and give each other the *Drishti* of soul-consciousness. After that, we would go to sleep with the song 'Sleep O Princess...' being played. All of us would go to sleep at once. That

scene used to be worth seeing. We slept in such a way as if we were Baba's *Thakur* and princesses.

The faith and intoxication which Baba gave us – "You are a soul, you are a *thakur*, and you are becoming a deity" – was very firm. The awareness that I am Brahma, Vishnu and Shankar was also very firm. We used to ask each other early in the morning, "Who are you now?" And we'd reply, "I'm Brahma." During the day when asked we would say to each other, "I'm Vishnu" when asked at night the answer would be, "I'm Shankar."

We were taken for a walk after the drill in the morning. A guru would hold his *Satsang* in the garden where we used to walk. Baba composed a song for those who would go to the *Satsang* and Mitthu Dadi taught us to sing it. We would go into that garden and sing: 'A spider creates its web, makes its household and gets trapped in it, so how can it free others?' We, young children, would sing that song laughing and playing. It irritated them very much but they couldn't do anything because we were children and so they kept quiet. In this way, Baba had Godly service done through us from childhood.

Baba taught us to give a message and serve

Once, some Government officers visited us at Om Niwas. The building was very tall and Baba had devised an 'Om' sign made with electric light bulbs and put on the top of it so it could be seen from a distance, even from the railway station. When those officials came, Baba had us enact a short play. One child played Bhula Bhai and another, a Brahma Kumari. In the play, the Brahma Kumari asks Bhula Bhai, "Bhula Bhai, do you know who you are?" Bhula Bhai says, "Can't

you see? I'm a human being." The Brahma Kumari says, "Bhula Bhai, you are Bhola (innocent). You don't know about yourself. You don't even know who you are!" Those officers understood that it was for them. Then the Brahma Kumari explained to Bhula Bhai who 'I am' and what 'my name is'. The officers listened and understood that it was indirectly for them. Baba always used to say that if young children explain knowledge to adults, they won't feel bad about it, or take it as an insult. So, Baba used to prepare dialogues as per the situation and time and had it enacted by the children.

Picketing

Since many of our family members and relatives were displeased with us for our joining the Om Mandali, they resorted to picketing. Once, we'd gone for a walk in the garden and when we got back, picketing was going on. People were camped on the steps up to Om Niwas. They said, "Children, all of you may go inside, but we won't let the adults in." Among the group were our maternal and paternal uncles and other relatives. When they asked us to go inside, we said, "No. We won't go in unless you allow the elders to go too. We'll stand here." Two hours passed. They began to feel sorry for us as relatives of each child were in the group. They started offering us chocolates, sweets, etc. but we didn't take anything from them and just stood there. They came to us repeatedly and said, "Eat this chocolate, eat that sweet, eat toffee." But we had so much divine intoxication that we didn't take anything from them. We threw the chocolates and everything away. Although we were small, we had the intoxication that we were God's children, hence like God.

Baba Empowered ordinary women

Baba would inspire and uplift us by saying, "You are God's children. You are the masters even of God because a child is both a child and a master." We children forgot the entire world – our mother, father, maternal and paternal uncles and aunties, everybody – because of this intoxication. We felt right from our divine birth that Baba is our *laukik* and *alaukik* mother and father. We never remembered our *laukik* mother or father. In the beginning, I remembered my grandmother just once because she would feed me tasty morsels of food while I kept running here and there. She used to run after me and very lovingly fed me in my mouth. But here we would be given a big plate to eat from. I missed my grandmother just once because of this, and one day when I peeped outside and saw no one there, I went home, stayed for a while, met my grandmother and came back again.

Baba got us intoxicated to such an extent that the feet of our intellect didn't touch the ground. We always felt that we were up above in the sky. Besides, there was the role of trance visions then. Baba would come and give *drishti* and the entire class would go into trance. Someone would be dancing, someone would be running around, or calling out for Krishna; it was a very wonderful part.

A warrant in my name

Our formal education began in Karachi and Baba would write songs and poems as well as daily lectures for us. He would come personally and tell us the song. Baba filled us with divine intoxication and reared us with great love and care. The lesson of 'soul' was so firm that we never forgot it. Sometimes, when we children

sat in solitude, we would see each other as a soul; we never had any other knowledge.

Along with our education, some disruption also started pouring in. The under-age children got a warrant from the authorities and Baba asked them to go home. A warrant had come in my name also so I went home and stayed there for a year. After a year, one day when everyone in my family was sleeping, my mother and I crept out and went to Om Niwas by cart. She left me there and went back home. After that, she didn't return to take me and I stayed on.

Visions

When I was eight- years old, my part in divine visions began. Baba had come to my *laukik* mother for a *Satsang* in Karachi. She took me along and went to attend the *Satsung* but whilst sitting in the *Satsang*, I went into a trance. At that time there was no name for the subtle region at all. All those who had visions

had those only of heaven. I came and grew up in the *yagya* just playing. Trances and visions happened before that. ■ ■

Contd. from page no.... 7

back home along with Himself. People think that there is eternal liberation but no one can exist without playing a part except Shiv Baba Himself.

Who is my companion? It is God. My friend, my master, my true guide is God. Every person must think that they have to live in the home and family as an observer whilst making Him their companion. If one has such feeling, he will then receive so much power that he will move forward. He will do a great deal of service. My Father is *Karan-karavanhar*. To become an instrument, one has to be pure, humble, sincere, obedient and faithful. Such an effort-maker will then receive constant support from the One who is the Intellect of the Wise. ■ ■

WORDS OF WISDOM

- ◆ Mistakes are proof you are trying. Winners are not the people who never fail, but the people who never give up.
- ◆ Let us always meet each other with a smile, because the smile is the beginning of love.
- ◆ Challenges are what make life interesting. Winning over them is what makes life meaningful.
- ◆ Sitting alone is better than walking with the wrong people.
- ◆ Don't trust too much, don't love too much, don't hope too much, because too much can hurt you so much.
- ◆ Be a game-changer, the world is already full of players.
- ◆ If you learn self-control, you can achieve anything.

CHANGING THE QUALITY OF YOUR MORNING TIME

The biggest gifts we can give ourselves is, developing a powerful morning routine for nourishing our mind and body. It's the most important time to start fresh, prepare yourself and set the tone for a rewarding day. How does your typical morning begin? Do you check your emails a few times and then rush through the day? Do you grab the phone upon waking and scroll through social media? Before you know, you might get late. The mind becomes turbulent and the body is stressed. Our mind handles all our roles and responsibilities. So, our first responsibility is to take care of it. We can begin with creating thoughts of highest frequency – by giving gratitude to God, to our mind and body, to people, to objects we use, and to nature. Nourish the mind with few minutes of affirmations along with visualizing the entire day being happy. Meditate for a few minutes, and then read enriching messages for the next few minutes. These activities charge our inner battery and help us experience happiness and peace throughout the day. Let's be systematic and have the self-discipline to follow morning habits that set us up for the day.

Remind yourself every morning that peace and calmness are your natural *sanskars*. Each day is beautiful because you begin it with a perfect routine. Set yourself up for happiness and success. Strictly follow your morning habits every single day. Wake up feeling fresh. Your mind and body are well rested. Exercise or walk




for 30 minutes, activating every cell of your body. It becomes ready to support all your activities through the day. **Meditate for 15 minutes to charge yourself, your mind, by connecting with God, the Supreme Power House.** Emerge your inner powers of peace, happiness and power to be used in every scene. Also plan to work on yourself in the day, changing a *sanskar*, forgiving someone, forgetting the past, being nice to someone. Choose, decide and implement. Read uplifting, inspiring messages for 15 minutes to help your mind create pure, perfect thoughts. Do not check social media or email messages, read newspaper or watch news for the first one hour. Your morning time is your time, reserved for your nurturing. You will see a huge difference all this makes to your mood, energy, attitude and efficiency in the day. ■ ■



BRING GOD'S PLAN INTO THE NEW YEAR

Change the World of Darkness into the World of Light.



1 YEAR = 365
OPPORTUNITIES

B.K. Chirya Risely, USA

“Silence is the language of God. The rest is translation” – Rumi

Life can become fulfilling only when we see the material world in a spiritual light. *We then realize the quality of our life depends on us, on the quality of our thoughts.* Our mind is a powerful thing! Our mind is not a cage. It is a garden and requires cultivating. Put your attention on what you want to become and remove it from what you want to overcome. Plant flowers. Remove weeds!

We may have forgotten or never noticed it, but an aspect of the soul, *our intellect, our conscience*, watches our thoughts as they arise and leave. *We need to get in touch with this observing capacity of the soul, as it helps us see the full picture better, to know what we are thinking.* As we watch our thoughts, how one thought leads to the next, we can see if we are heading down a healthy path. If unhealthy, change directions. **A better way of life is in my hands. Every difficult situation becomes an excuse to do something new. Count your blessings.** By filling the mind with positive thoughts our life begins to change. Focus your thoughts on the brightness of each day, on warm and happy faces, on voices that speak from the heart. Focus on the positive and become light-hearted and our interactions will

be full of love.

Good feelings are generated in the mind, transmitted through our attitude and reflected in our eyes and smiles. Making up our minds means ensuring that our thoughts are positive and our feelings towards others are filled with good wishes. Others will then begin to sense a deeper beauty emanating from behind your eyes and face. Don't hide this inner beauty. Let the real you show through. Wear the glasses of seeing only specialities. Nothing else should be visible. For instance, when you wear red glasses, even something green will appear to be red. When coming into connection with everyone, adopt the vision of seeing only their specialities and you will also become special.

It is the feeling of friendship that gives people inner strength and hope. “Do prove you are with us....you will not let us go...and then life will win over death, and light will win over darkness.”- President Zelenskyy. All 8 billion of us souls are the children of God. We all have the same Father, our imperishable Friend. He takes us beyond concerns of this world, helps us create a strong inner stage, have friendships with everyone and experience fortune in every step.

To experience a Happy New Year and New You, embrace and practice this spiritual wisdom. Recognize '*God is doing*' and we souls

are the instruments helping Him get everything done. In this consciousness send your thoughts of love and power to those in need. Bring God's plan into this world and change the world of darkness into a world of light.

Be Still And Listen To The Power Of Silence

Winter's darkness invites us inwards to hear God whispering, *'Please, Come, Closer. Marvel at the gifts I've bestowed. Discover abundance within. Make the light come from deep within you.'* *The New Year comes in winter and both* invite us to be our most radiant selves, a radiance we find deep in the centre of the stillness of the mind. When we watch the snowflakes tumbling, we are practising the art of being still. Stillness is always nearby and not hard to find. However, I find it takes a dose of concentration. And sometimes a stern reminder; I mumble to myself, "Be still now." Behind all creation is silence, the vital ingredient for all that is created. It is a power. Silence is the very foundation of our being, from which comes all our thoughts. However, we must understand the nature of the power of silence for it to be used beneficially, as silence takes both a positive and a negative form. **Physical silence refers to the absence of sound.** People are normally fearful of this silence because it suggests the absence of life or company - as when a person dies there is total silence afterwards. **Mental silence refers to thoughts which give benefit because it is the absence of wasteful thinking and negative thoughts. This constant positive thinking creates serenity and is like a fragrance filling the room. It is an unspoken language which**

crosses all barriers, not a blank slate or the silence of someone sulking, but rather the deep comfort and joy experienced after being relieved of some pressure or burden.

The only thing required is - "decrease the negative and accentuate the positive".

The way to know the real power of silence and true freedom is through meditation. Stop, take a minute, and listen to the silence within you today. Practice going into the depths of silence and see how much you enjoy it. Any tiredness of the soul is removed. We feel rested and remain carefree. When the soul is tired it is restless and worried; we think I have to do this and that. To clean and energize the mind, observing one minute's silence when waking up and before starting any task helps clear the mind, think right and radiate the energy of success. From today, be disciplined and take a minute of silence when necessary to prepare your mind to be capable of creating the right response for everything that's going to happen.

Silence doesn't mean no talking, no sound. Simply concentrate. Still your attention and you create silence. Silence makes space for the mind to breathe and for creativity to blossom. Use the power of silence in every situation and experience peace and happiness. It is when the turbulence of my mind ceases and I stop being at war with myself that I can begin to make peace with the world. *A New Year starts not from a change in the date and time. It begins when you decide every moment is new, when you choose to make it so.* You just need a new mindset to bring your best to everything you do. ■ ■

Brahma Baba - The Beacon of Love & Wisdom



Almighty God carved a beautiful Angel, named "Brahma"

Who performed a key role in this 'World Drama'
Became Human Chariot of The Geeta Sermonizer
Acted momentarily in

'Nature'

transformation, destined by The Liberator

He made it feasible to be an Ideal

Endeavoured & fulfilled every heart's Appeal

'Yug Purush' - who started as... One Man Army

Being Grand-Father, he shaped a Glorious

Academy

Worshiped as an Aadi-Dev in an Indian History

A True Yogi, The Conqueror of vices, Sealed a

Crowning Victory

He is, God's very first mind born Son

B.K. Sarika, Nalasopara, Vasai

Mastered the mind-emotions & willed powers to Everyone

Every sip of Divine Nectar, made him the 'Canopy of Purity'

He Scooped out innate qualities in souls, founded Solidarity

He bestowed true love, respect with zeal & enthusiasm

His state of aureate peace, turned queries to mum

His life is an open book, a guiding spirit in every step

An icon of an excellence, come.....let's follow his foot steps

Each word, each note, each thought, each feeling.....

is a tribute to this marvellous "Man of The Age"

His gist of Peace, Purity & Self Awareness,

is certainly bringing The Golden Age

Hearty Love To Brahma Baba

BK Yogesh Kumar, New Delhi

The month of profound memories of Pita Shri Brahma Baba,

Reminding his renunciation, austerity, serviceable saga!

A famous diamond merchant of Sindh province, Became God's Chariot – to be 1st heavenly prince.

The eyes start shedding tears of joy obviously, Golden memories of Pita Shri emerge graciously.

Life-transforming divine visions changed persona,

Reformation from the forest of thorns to heavenly aroma.

'Be Holy, Be Rajyogi' – a mantra revolutionary,

Your soulful sound 'Om' echoed across the boundary.

His radiant gaze would lead them to go into a trance,

Forgetting the miseries of life, with a heavenly glance.

Meeting him, all questions would end forever,

His spiritual gaze would bloom them like a flower.

Empowering with Peace, Purity, love, beneficial;

BapDada established a 'Salvation Army Spiritual'.

Howsoever tough and threatening, the obstacles might be,

Conquered them all through remembrance of one Almighty.

Remained God's human corporeal medium till the end,

Made Madhuban the real 'Forest of Honey' and transcend!

Jan. 2024

Become zero (point-of-light soul) in order to be hero.

21

DURING CONFLICTS TALK TO PEOPLE ... DON'T TALK ABOUT THEM

When there is a conflict in a relationship, our inner negative emotions often become a barrier in our communication with the other person. Something about the other person bothers us, but instead of talking to that person directly, we talk about him or her to everyone else we know. If two people do not mutually discuss their differences, their relationship can quickly get worse. When you put sincere efforts to resolve a conflict, the other person automatically feels your pure intentions. You not only win the relationship, but also win over your ego.

✦ **When you have differences with someone, how do you go about resolving them?** Do you directly talk to that person, or share the matter with others who weren't even a part of that issue? Importantly, have you noticed how so many more negative emotions arise, when the two of you don't talk to each other, but talk about each other?

✦ We often find a need to go and talk about a relationship issue to other people, believing that it makes us feel better, or that they can help us and resolve the conflict. Although those people have the best intentions for us, their vibrations reflect their state of mind - which can be of anxiety, fear or anger. Their negative energy might unintentionally but surely deplete and worsen our relationship, which is going through a conflict.

✦ **If we created the energy blockage with**



another person, then only the two of us can resolve it amongst us. Even if we want to take someone's help to resolve, that third person has to be someone who is absolutely unbiased and emotionally detached. Such people bless us, and we can use their energy to strengthen ourselves and resolve the conflict.

✦ **Maintain an open, honest and transparent communication with whoever you are not getting along well with.** Your pure vibrations will allow both of you to move towards harmony. Remind yourself throughout the conflict - I talk only and only to the person I have differences with. I do not talk about them to others. My positive conversations with them dissolves the conflict and restores harmony amongst us. ■ ■

Optimism

Optimists believe that their own actions result in positive things happening, that they are responsible for their own happiness, and that they can expect more good things to happen in the future.

GOD'S MEDITATION GYM

Many live a life sat next to the fire of vice and along with getting a very red face, do not realise they burn their soul, few can live in the coolness of a spiritual fridge that has magical properties.



B.K. David, Paignton, UK

This fridge has the power to suspend your bad karma whilst you work on depleting it. After all, you cannot diet and become thin if your mouth is constantly full of chocolate; but you can if the chocolate is in the fridge.

From burning warehouse to ice rink

If a person has little truth even on the soles of their shoes, they will be unable to put out the flames of vice that surround them and burn on their path. It will only ever be when they start living a life of truth shall these flames of vice start going out naturally as they begin to cool down.

It is not possible to change from burning inferno to ice statue overnight but with dedication you can if you make sure to stay skating on the ice rink of truth so that the flames cannot reignite.

Repentance can catch the fastest athlete, those in a wheelchair, relaxing in a deck chair and especially those sat waiting in the electric chair.

The fire of vice and the flames of repentance can burn so intensely that few can comprehend such a fire surrounding them with no escape.

For most, it will only be when the power of truth is finally stood facing a person staring them in the eye, shall they comprehend the extent of their falsehood under whose umbrella they lived nonstop and which blocked out the rays of truth.

All will try to run away when they start to feel the pain from this fire of truth but there will be

nowhere to run as this fire shall be raging inside them.

Only if they are wise and run inwards to meet their soul will it help and save them from this fire and its flames that cause repentance on an industrial scale.

Switching on God's TV and simultaneously switching off man's TV are actions that can start to put out an internal fire.

It will all depend on whose TV and channels you watch, as to whether you smile or cry during the day.

God's TV has the power to bring unlimited benefit to a person whose soul and mind is on fire; as if the Fire Brigade has arrived.

In God's hosepipe is found the cool water of truth, love, yoga, peace and knowledge. It is only these that can cool down the soul that's burning out of control: and then he needs to hold this Godly hosepipe himself above his head and allow it to wash over him.

God's TV remote control needs a battery of truth and cleanliness for it to work.

The battery within someone's soul is generally completely flat: it was as if their life was once a magnificent 30 story building that's now collapsed and reduced to rubble on the ground.

Where once people would marvel at the

spectacle of their high-rise, elevated building, they now look away as an eyesore and those that walk through its rubble find it can be dangerous.

When suffering in desperation, most of mankind will resort to trying to pull the heartstrings of God but God is not a puppet to whom you can manipulate in times of need.

Even though God has put a bright warning sticker on the plug socket of body consciousness, most still put their finger in it, and repeatedly throughout the day.

God only helps those that help themselves according to His directions and not those that think they can lead a good life according to their own directions which have now become a greatly distorted understanding of what is right and wrong.

God listens attentively to those with a battery which they regularly charge up and whose energy had not been squandered on their selfish needs or body consciousness but instead, used generously in a worthwhile way to help uplift others and of course, themselves.

Many go through life selfishly where instead of giving their finger of cooperation, end up poking that same finger in their own eye of selfishness or in the eye of others.

It is when we can point the finger of truth at ourselves that we can start to move forward in life on the right path and in doing so, will point ourselves in the right direction.

The path of truth can keep you so busy that you'll have no time that you will not notice all those around you making trouble and in sorrow, and being so full of contentment, you will feel no need to point out their faults to them.

There is a world of difference to pointing at someone to blame and pointing them in the right

direction that leads to the path of truth. Which of these two did you last do?

It's far from selfish to want to make your mind receptive and worthy of receiving God's bliss, blessings and His energy. It is possible to live under the cool umbrella and shade of God's peace and live in a loving state of Yoga that radiates out into the world which brings benefit to all.

The storms of bad habits can be relentless as they are powerful and show no mercy once they see your weaknesses.

Bad habits carry behind their back chains and whips and once under their control, you are then easily led to their prison cell where all too often the key is thrown away or left just out of reach outside.

God's Umbrella of Yoga offers love, coolness and protection from the storms of vice and bad habits.

Surprisingly, not many are prepared to open this umbrella, hold it upright and move it slightly when the storms come as vice and bad habits can blow a gale directly at you.

Storms will come that make it hard to keep firm on the path of truth and even difficult to stand up.

Learning to bend and dodge storms to avoid being blown over will prove an invaluable skill that the wise learn where letting go or taking down their umbrella is not an option.

TV and humans pass on automatic sorrow to each other with handshakes of the mind.

God's TV gives automatic happiness to those that switch it on regularly. Man's TV gets very hot with its channels of vice are dangerous. God's TV is clear and cool and takes away headaches

which man's channels give if watched. God's TV makes you smile with contentment and is easy to switch on and the more you watch it, the clearer the picture becomes.

Man's TV stands for 'Terrible Vision', 'Totally Void' of virtue and 'Terror Vision'.

God's TV is for 'Terrific Viewing', Terrific Value and 'Thoroughly Virtuous'.

Man has created many channels which are impure and do not tell the truth and all too easily make the viewer body conscious.

If you search carefully amongst man's endless rubbish, channels and bad habits you will find that there is a Godly Channel tucked away somewhere. It is only on the Spiritual Channel that enables you to listen and see God. God's channel is not found in a Church and neither is His TV Guide found in the Bible or other religious books.

God's Channel never loses power or goes offline - but its viewers do.

What will you watch today? Man is always watching man and woman are always busy watching men and talking to women. Few switch on God's TV and concentrate on one of His divine channels and focus on Him and pay attention to what He is teaching that day and importantly, implement those teachings into their daily lives.

Are You a Regular Member at God's Meditation Gym that's run by His elderly Manager?

This Gym needs a Passport stamp and you can only get this stamp from the Manager at his discretion. His office is found in another dimension and is reached by pure thought only.

God's Gym is a greatly disciplined Gym with many rules, codes of conduct and restrictions as the Owner knows it is only through self-discipline

that a member can perfect their mind. Have you ever seen a lazy, fat, undedicated boxer win a world champion fight or weight lifter with weak legs, arms and hardly any muscles?

The Meditation Gym that can make you super strong from very weak (ill-disciplined and unhappy).

If your curtain of ignorance remains shut and no enlightenment can shine on your soul (mind) or you have tried opening them and they repeatedly get stuck, then you simply need to make more effort and in the right way.

You will need to sign up today to God's Meditation Gym if you want a strong mind.

You can visit **The Meditation Gym** anytime as it's always open: this Gym is located in your mind. You can visit it often and perform simple but effective exercises that if done daily and correctly will build up your inner mental muscle strength that will allow you to open the thick and heavy curtains of ignorance and laziness which most live behind if and when they automatically close as a person's past still has strings that can pull their mind.

You can take out a full membership for this Gym at no cost – other than you having to 'pay' attention!

This Gym membership lasts a lifetime and can be used all over the world at any time. This mental meditative exercising of your mind aids to its growth and feeds it the right food which makes it strong.

To possess and exercise your spiritual muscles is the opposite of creating physical muscle. This muscle people develop in order to gain attention born out of their vanity as they are engrossed by body consciousness.

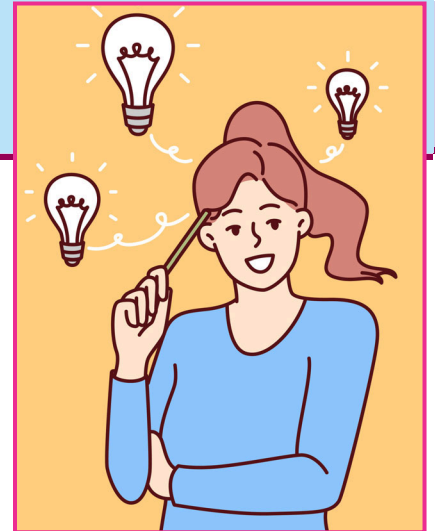
These inner exercises allow you to develop strong arms of love so that you can hand it out,

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VALUE VS WASTE

Just as worldly etiquettes are a prerequisite for worldly scenarios, practising thought etiquettes moulds me into “pure gold”

B.K. Payal Jethra, Malad Mumbai



“Hey Jerry! May I borrow your cell phone for a bit?”

“Why Tom? What's the matter with yours?”

Man! Its running low on battery, merely 2% charging left and I've got a long way to go before I reach home. The call I need to make is an important one.” Shrugs his shoulders, “Nan should have thought about this earlier whilst I had several apps running on the home screen simultaneously and internet switched on for hours.

Do Jerry's words ring a bell? Is this Jerry or me? What does the display of my mind screen look like? Is it overloaded or plane? Have I had a look lately? Never too late to begin, is it?

The concept of waste thoughts was unknown to me before I stepped into The Godly University. Here, my Supreme Teacher through Divine teachings teaches me to distinguish between “value” and “waste”.

God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. – Attributed to Reinhold Niebuhr, Lutheran theologian (1892–1971)

After class at the Godly University, I sit with a page divide it into two: In Column 'A' I give the heading “value” and in Column 'B' call it “waste”

Because He sees me as perfect, because He loves me more than I can ever love myself, because He handpicked me amongst the lot of millions, because He considers me to be “the

apple of His eye” I love to introspect, sit with Him, and work through assignments. **He inspires me to mould myself into a better version of myself with each passing day.**

I carry my Homework book around and begin. As I step out the door to leave for work, neighbours are discussing the sweeper who hasn't done a great job of cleaning the staircase. My Godly Teacher has filled me with enough love and power to be able to discern- Stop-Observe-Stir says the mind. These talks go into Column 'B' Why? Because there is no value, I add to the situation by getting involved in the discussion. I can add value by creating goodwill, power, love and pure thoughts for the sweeper and neighbours by creating thoughts- perhaps there is a situation at home that affected the sweeper's mind causing disturbances that affected the way she works, perhaps neighbours' intention is that the place should be neat and tidy which certainly is a good intention for all but perhaps they are not able to convey what they feel.

What do I choose here at this point of time? Option 1- step into the discussion Option 2- step out, above and beyond to an elevated plane of thoughts where the mind creates elevated thoughts opposite to the direction of the current tide of thoughts.

This is merely one illustration. A colleague talking about another in his absence, a friend discussing her in-laws, a security discussing about the Secretary of the building and the lack of facilities he feels he gets - several in numerous thoughts pop up at the mind screen and demand my attention. If all of them are allowed space and time, then what is the difference between “value” and “waste?”

Hey all you thoughts, hold on a bit. You'll need to stand in a queue and I'll come to you one at a time. For the guys at the far end of the queue, if waiting isn't your cup of tea, if patience isn't something you want to imbibe, feel free to leave or find another screen. It's going to be “one thought at one moment” in my space- “like it or leave it!”

Thoughts are a treasure and so is time. I let no one and none choose what thoughts to create for me or how to spend my time. Time and I are best pals. Time facilitates my spiritual growth. Time favours my study. Time supports me in all Godly Study. **My thoughts are my precious jewels. My Supreme teacher teaches me “thought- management”: what to think, when, where and how to think.** Just as worldly etiquettes are a prerequisite for worldly scenarios, practising thought etiquettes moulds me into “pure gold”.

Either I do something in a particular situation or I choose silence and solitude. I need not put my finger in every pie. **I choose to be “part of the solution” not “part of thought pollution”.** Certainly, there will be situations and times wherein I may be required and at such times, I need not shy away. The clearer I keep my connection with The Supreme Soul, the finer will be the thoughts and the ability to discern the waste from the valuable. Often the

line between the two blurs but that's the game, isn't it? And that's exactly what Tom and Jerry are up to, aren't they?

Now that the both of them are part of the Godly University I doubt they'll be hanging around with low battery phones. Who'd wish to miss this opportunity of “the gift of a lift” a golden chance to check-change, view-review and feel, experience the enormous shift within the self, would you? ■ ■

Life Changing Advice

- **Don't try to impress everyone. The unhappiest people are those who care the most about what other people think.**
- **Listen to learn. Learn how to listen. You can't learn anything when you're talking.**
- **No task is beneath you. Don't put yourself above anyone or anything; work hard in silence and let success make the noise.**
- **Don't make decisions when you are angry or ecstatic. The best decisions are made with a clear conscious mind, not in the throes of any emotion--positive or negative.**
- **Use adversity as an opportunity. Every loss leads to an opportunity, and every adversity leads to new possibilities.**
- **Do what is right, not what is easy. Strength of character leads us to do the right thing, even when there are easier options.**

JOURNEY OF COLLEGE DROPOUT TO DOCTORATE

The practice of meditation and celibacy helped me in improving my personality, self-control, balance of mind, adaptability and intellectual power.

Dr. Shiba Prasad, Ahmedabad



Spiritual power makes the impossible possible. I have been listening to the power of silence and its magic. At the age of four, I was introduced to the Brahma Kumaris and their knowledge through my mother and I became a vegetarian. In 1990 I realized the importance and seriousness of celibacy, meditation and God's Knowledge, otherwise, I was ignorant of chastity, celibacy and purity, their importance in the life of a student. Godly knowledge and meditation guided me to regain my mental strength, physical strength and willpower to do something remarkable in life. As a student, I was sincere and I displayed a similar kind of sincerity and devotion to Godly knowledge and meditation. Meditation is a wonderful tool for memorizing and visualizing subtle aspects of knowledge, whether spirituality, physics, mathematics, biology, psychology, or geography. The practice of meditation and celibacy helped me in improving my personality, self-control, balance of mind, adaptability and intellectual power. Meditation has tremendous power and hence everyone should practice it.

College Life and Godly Knowledge: As a transition, when I moved from home to a hostel,

life went into toss in terms of food, stay and discipline. Slowly and steadily, I started losing my self-control of mind and body, as if I was at the mercy of the external world. I understood that something was to be corrected, but things were not clear. I was not aware of it. Then I was re-introduced to Brahma Kumaris with re-affirmation that this is the way or path and God Shiva, the Incorporeal point of "Light" is the God and Supreme Soul, He can make the impossible possible the "*Biggdi ko Bananewalle*", The One who can transform a disorder into order.

I started respecting and following the Godly Knowledge with all discipline: getting to bed by 10 p.m. irrespective of any exam or demanding situation like exam or professional targets and getting up at 3.30 a.m., early in the morning. The first two steps of discipline are early to bed and early to rise along with home-cooked food or *Sattvic* food. Irrespective of all the challenges of the hostel, I tried hard to adhere to absolute *Sattvic* food without garlic and onion, as prepared by a pure soul. In 1993 seeing many discrepancies in the education system, I decided to discontinue my studies. But the Almighty had a different plan for me. In an unsettled mind, full of disinterest and dissatisfaction with the education system, I was wondering what next?

Transformation and Transition in the Life: I went to Delhi for IAS coaching. In Delhi at Shaktinagar centre, I met Jagdish Bhaiji, who was chief editor of the 'The World Renewal', and

'Gyanamrit' and writer of several books by Brahma Kumaris.

Jagdish Bhajji's statement was "Padhai hi Sewa hai" means "Study is Service to God". Despite great disinterest, I restarted my academic journey. There are many stories and history in short: I completed PGDM (postgraduate diploma in management), the advanced certification in web technology and Java, then an advanced diploma in Finance, MA in History from IGNOU, PhD in Finance from Aligarh Muslim University, then MA in Philosophy from IGNOU. Today I am the Associate Dean and Associate Professor at Adani University, Ahmedabad. I have been also teaching at Symbiosis International Deemed University Pune for 7 years. It is all the blessings of God. Looking back the only thing I can say is, meditation and spiritual knowledge have tremendous potential. Blessings and mercy of God, great souls and parents have been making fortunate souls invaluable in this world of drama. My adherence to spiritual knowledge, disciplined life and celibacy can make the impossible possible.

International Conferences, Publications and Sewa: I am fortunate enough to visit across India and the world to visit and present papers at national and international conferences in various parts of the world: US, Singapore and South Korea. I had been to DePaul University Chicago as a University candidate for the research dialogue. I also presented paper in absentia Seoul in an UN-sponsored peace conference, and Bangkok. Besides, several articles were published by various reputed international journals. I had been the executive member of the youth wing Brahma Kumaris. I am obliged to God, through His guidance, cooperation and divine power, I could manage

my professional and personal life without any incident. **Situations came but with spiritual power, I could transform mountain-like problems into mustard seeds, rather than cotton.** God developed patience in my life, I was intelligent and active but lacked two necessary ingredients of success, patience and self-confidence. Many a time I was overconfident or with very low self-esteem. I had wasted time overthinking and repenting. But later realized we need to try hard to dedicate success and problems to God and to move forward with determination and optimism.

Conclusion and recommendation for the new age youth: With my 21 years of experience of teaching postgraduate students, I strongly recommend that children and new generation youth, should practice meditation and follow *Sattvic* food and disciplined life to be a jewel for the self, parents and the society. Fortune giver Almighty has descended to offer fortune, everyone should avail this opportunity, and everyone should visit a nearby Brahma Kumaris center. Youth can do wonders with this divine knowledge, in their educational and professional career. ■ ■

BEAUTY, TRUTH, PEACE, HAPPINESS
The treasures we seek are not outside but within ourselves – beauty, truth, peace, happiness. We have everything we need. Just as in every walk with nature, we receive far more than we seek, by looking beneath we become aware of our greatness.

KEEPING WORRY FREE CONSCIOUSNESS

Does your mind become constantly pre-occupied with worries of what-if, how-to, when-will and so on? Do you look at your life and the world in negative ways as if there is always one or the other dominant threat? Relentless worry paralyzes our ability to handle challenges. It not only drains us but also attracts more negativity into our life. Are you caught in a habit of worrying? Do you write negative scripts about your life or that of your loved ones, constantly fearing the worst? Worry is an outcome of our mind creating negative thoughts. Most of our worries are about the past, are uncontrollable, or shall never materialize. But the negative vibrations of worry deplete us, radiate to our situations and can complicate them. We mostly worry for people in the name of love. Instead of worrying, let us care. Care radiates positive vibrations. By caring, we create the highest frequency thoughts and these thoughts attract positivity in life. **Let us trust ourselves and our life to be beautiful. We don't need to worry. We have the power to change what can be changed, and accept what we cannot.**

Remind yourself every day, that you are a powerful being. Create your inner power. Use your power in every scene today. You are fearless. Live peace and thereby radiate it into the universe. Whatever may be the situations, respond calmly. Your life is beautiful, health is perfect, relationships are harmonious, career is successful. Don't worry about anything. Take

care of your mind. After every hour pause for a minute to check your thoughts and change them if there is a slight trace of anxiety. Nurture your mind with meditation and spiritual study every day. Increase your inner power every day. Cultivate the resilience to face any pressure with stability. Focus on your karmas. Keep them right so you don't need to worry about your future. The consequences of your right thoughts, words and behaviour create a secure future for you. Worry about nothing. Even if there is a challenge, do not worry. You are a problem solver. Your inner stillness radiates power to the issue and shifts the situation from chaos to calm. Everything in your life is perfect and will always be. ■■



BRAHMA BABA – FOUNDING FATHER OF NEW AGE

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irresistible call for emancipation from the horrific acts of male dominance and torture.

But the entrenched orthodoxy and the putrid priesthood considered it as an onslaught on their already cracking and crumbling fortresses. They formed an unholy alliance with the misinformed guardians, self-serving politicians and unimaginative bureaucracy to safeguard their vested interests and, altogether, raised hue and cry and dust and din. But Brahma Baba stood well against all these social storms and came out as a valiant and dauntless exponent of truth in the face of heavy odds. This was his first heroic success which is now highly eulogized by the priests, the pundits, the parents, and the politicians who have seen the results of his crusade against man's slavery to the five major evils and humiliation and torture of women.

Brahma Baba was a great visionary who gave the people a fascinating new-world vision. He was indeed a Maharaja of his sense organs and a consummate yogi who was far ahead of others. Neither the unjustified criticism nor vile opposition could dampen his high spirit, nor adoration or admiration of his audience could take away from him his humanity. **He remained an undisturbed, calm and graceful spiritual patriarch, who did not rest on his oars until the end, but always helped spiritual seekers with love, care and compassion. He worked tirelessly as a great architect for the new age which he had envisioned and called the Golden Age.** He gave a new definition of Purity and set new and high standards of private and public

morality. He set new, high and clear goals before all. He paved a new path for the people to march on and generously offered his guidance.

He raised the status of spirituality from mere ritualism, scripture reading or rigid forms of worship to its proud place of purity and enlightenment that joined man to God and uplifted him to a worship-worthy state. He elevated spirituality from a confusing set of dogmas to a rationally valid set of simple and profound principles that could be experienced and placed before the circles of sophisticated thinkers and scientists in the world auditoria. He enhanced its sanctity by declaring it a gift of God to His beloved children. His style of presentation of this knowledge was unique. One felt it was like listening to the mellifluous notes of a flute or to melodious divine songs when one listened to him. The discourses came in such a vibrant way that one happily became divested of one's body consciousness and felt a state of ethereal existence with a deep experience of peace and bliss.

In a world driven by selfishness and avarice, Brahma Baba was the epitome of selfless service and the spirit of renunciation. He occupies a far higher pedestal in the pantheon of spiritual figures. He has continued with this spiritual service from the silvery, luminous, subtle, angelic regions after attaining an angelic state on 18th January 1969, as *Avyakt* Brahma, the guiding and guardian Angel. Our heartiest gratitude to him for continuing with his blessings and showers of imperishable gems of knowledge! ■■



Nahan (HP): HE Shiv Pratap Shukla, Governor of HP is being presented Godly gift by BK Rama. Also seen are Mr Suresh Kashyap, MP and Mr Vinay Kumar, MLA.



Sonipat: Inaugurating a programme on Geeta Jayanti are Prof Sudesh, VC of BPS Women's University, Sri Sri 1008 Swami Dayanand Saraswati Maharaj, Dr. Abid Ali, Dr. Shriprakash Mishra, Founder Matribhoomi Seva Mission, BK Veena and BK Satish.



Gurugram (ORC): Mahamandaleshwar Dineshand Bharti is addressing a conference on Shrimad Bhagwad Geeta. Seating on the dais are Swami Dharamdev Maharaj, Indian High Commissioner to Uganda Mr Upendra Rawat, Swami Durgashananda, Sri Sri Swami Tridandi Chinna Jeeyar, Swami Sarvlokananda Ji, Swami Abhishek Chaitanya, Dr. Madhumita Das, former VC of Utkal University, BK Brijmohan and BK Asha.



Neemuch (MP): 'Stress Free Happy Life' program for Police officers is being inaugurated by Addl S.P. Mr. Naval Singh Sisodia, City Superintendent of Police Mr. P.S. Paraste, Dr. E.V. Swaminathan, BK Savita, BK Surendra and BK Mahananda.



Raipur: A Media Dialogue is being inaugurated by Prof. Baldev Bhai Sharma, VC of K.T.J.M. University, Prof. Mansingh Parmar, Mr. Satish Srivastava, editor, Mr. E.V. Murali, editor and BK Hemlata.



Moscow (Russia): BK Sudha is addressing the 34th Anniversary of Brahma Kumaris in Russia. Mrs. Svetlana Savitskaya, Writer, Mrs. Tatyana Kuznetsova, Head of a literary lounge and BK Vijay are also seen on the stage.



Gurugram (ORC): Mr. Rakesh Pal, Director General of Coast Guards is addressing the Security Services Wing Conference. Seating on the dais are Mr. Soloman YK Minz, IG of BSF, Vice Admiral Anil Chawla (retd), Vice Admiral V Srinivas, BK Shukla, Sqn Ldr (Retd) BK Ashok Gaba & BK Sarika.



Dehradun (Nainbagh): After a visit to BK Centre, Mr. Dhan Singh Rawat, Health Minister is in group photo with BK Vineeta, BK Shefali and others.



Ranchi: Inaugurating a seminar for media professionals are Mr. Diwakar Kumar, News Editor of Ranchi Doordarshan, Mr. Saket Puri, Senior News Editor, Prabhat Khabar, Mr. Ashok Jha, Editor PSA News, BK Shushant, BK Nirmla and others.



Puri (Odisha): A Media seminar is being inaugurated by Addl Collector Mr. Harsh Pathak, former VC of Shri Jagannathpuri Sanskrit University Prof. Harihar Hota, Public Relations Officer Mr. Santosh Sethi, BK Shantanu, BK Sarala, BK Nirupama and others.

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pick up truth and hold it above their head all day long if need be and later, these same muscles turn into relaxation muscles that massage your mind with coolness that promotes peaceful thoughts and feelings of wellbeing.

You can become the Wizard of Oz.

You still have time to develop your 'inner spiritual muscle' and expand your mind and make it a muscle that serves you and many others that come into your life. You need this muscle to overcome life's endless difficulties and challenges and if you want to become a wizard with virtues that can others by showing them the path (yellow brick road) that leads to heaven.

Superman and Wonder Woman became 'super' strong and a 'wonder' because they attended daily God's Gym

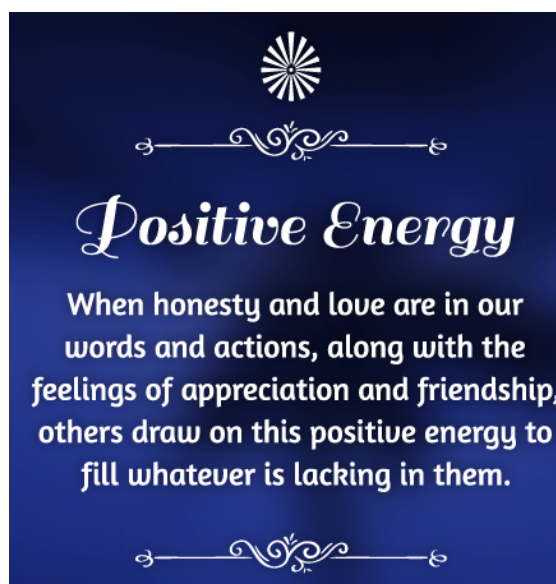
Whilst exercising at the Gym, these two became super human as they took heart and inspiration from the lifestyle and picture that was hung on the wall of the elevated manager Braham Baba. This owner dedicated his life to helping others become fit so that they might rule themselves with love.

If you like the idea of flying and being a hero and doing good wherever you go and are drawn to being like Superman or Wonder Woman, then

know that God says that whatever thoughts and aim you create, you can become the embodiment of that.

In anticipation of your remarkable achievements I salute you in advance as soon, you might be so high up the spiritual ladder of accomplishment that I will not be unable to see you.

Brahma Baba will hold your ladder firm for you as you climb it daily and if you listen to his guidance, you can reach the same heights as what he did. ■■



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Ahmednagar (MH): HE Draupadi Murmu, the President of India is being felicitated by BK Nalini and BK Usha .



Kigali (Rwanda): Dr. Jean Chrysostom Ngabitsinze, Rwanda's Industry Minister is with BK Vedanti, BK Sita and BK Deepak Harke after a meeting.



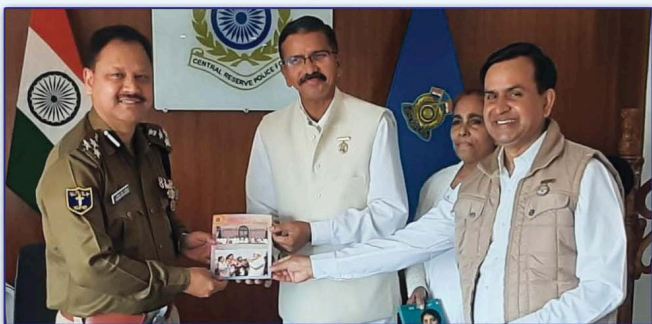
Kuala Lumpur (Malaysia): BK Shivani is addressing a public event on “Transforming Problems into Miracles” at Kuala Lumpur Convention Centre.



Tatarstan (Russia): BK Santosh is addressing at the International Festival “Celebrating Active Longevity” organized by Mr Rais Atnagulov, president of the International Association of Charity Foundations “Mama”.



Dubai: BK Maureen is addressing the UN Climate Change Conference COP28 while Bishop Julio Murray, Archbishop Central America; Bishop Marika Markowitz, Church of Sweden; HE Christophe Zakhia El-Kassis, Holy See Representative are seating on the stage.



Haldwani (UK): Mr Shankar Dutt Pandey, DIG of CRPF group centre is being presented a copy of The World Renewal by Prof Onkar Chand, Col BC Satti and BK Neelam after a programme on Stress Free Life.

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Lucknow: HE Draupadi Murmu, the President of India is being presented a frame of God Shiva by BK Radha, BK Manju, BK Indira, BK Suman, BK Malti and BK Charu.



Panipat: A Drug De-Addiction Campaign is being launched by Mr. Manohar Lal Khatter, CM of Haryana along with Rajya Sabha MP Mr. Krishna Lal Pawar, Panipat Refinery Executive Director Mr. M.L. Daria, BK Dr Pratap Midha, BK Sarla and BK Bharat Bhushan.

Chandigarh: A Drug De-Addiction Campaign is being launched by HE Banwari Lal Purohit, the Governor of Punjab, BK Dr. Banarasi, BK Sushma, BK Prem, BK Ultra and BK Vijay.



Dubai: BK Maureen is speaking at the UN Climate Change Conference COP28 while Sri Sri Ravishankar, Founder, The Art of Living, Muhammad Zubair, CEO, AIHuda Centre of Islamic Banking and Economics are seating on the dais.