

The World Renewal

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Raipur: Chief Minister Mr. Vishnu Dev Sai is addressing a felicitation ceremony of ministers and MLAs of CG at Brahma Kumaris Rereat Centre. Seating on the stage are BK Hemlata, Assembly Speaker Dr. Raman Singh, Leader of Opposition Dr. Charan Das Mahant and others.



Abu Road (Shantivan): Rajasthan Chief Minister Mr. Bhajan Lal Sharma is inaugurating the 'Swarnim Rajasthan' program along with Rajyogini Dadi Ratanmohini, BK Munn, Mr Otram Dewasi, Minister of Rajasthan, BK Sushma and BK Sarla.



Faridabad (HR): HE Draupadi Murmu, the President of India is being presented Godly service report by BK Usha, BK Harish, BK Preeti and BK Ranjana.



Hathras (UP): Jagatguru Rambhadracharya Ji Maharaj is being presented Godly gift by BK Bhawna.



Mumbai (Vile Parle West): Indian cricket team captain Mr Rohit Sharma is being presented a Godly gift by BK Krena and BK Amrita.



Dehradun: A 'Nasha Mukta Bharat Abhiyan' is being launched by HE Lt General Gurmit Singh, Governor of Uttarakhand, Dr Banarasi, BK Manju, BK Meena and BK Sushil.



Reeva (MP): Mr. Mohan Yadav, Chief Minister is being presented a Godly gift by BK Nirmla and BK Prakash.



Betnoti (OD): Union Railway Minister Mr. Ashwini Vaishnav is being presented a Godly gift by BK Vanita and BK Savitri.



Jammu: HE Manoj Sinha, Lt. Governor of J&K is being presented Godly gift by BK Sudarshan, BK Ravinder, BK Kusum and others.



Mumbai: Supreme Head of the Jain Swetambar Terapanth group Acharya Mahasharman is discussing spiritual enlightenment with BK Nalini and BK Nikunj.

From the mighty pen of Sanjay



SHIVARATRI

THE FESTIVAL CONNECTED WITH GOD'S DESCENT ON EARTH

The Divine Birth of the Most Beloved God-Father Shiva is worth a million diamonds, because man attains the God-Fatherly inheritance of Liberation and Fruition only when God Shiva descends into this world.



All men, except perhaps the hardcore atheists, at the time of a calamity or in a state of disquiet or some sort of grief, look up to God for help. They pray to Him thus: "O Lord, our Redeemer, O Thou purifier of sinful souls, the Remover of sufferings and the Bestower of Happiness, our most propitious Father, have mercy on us. Come and liberate us from this incarceration. O Kindly Light, lead us out of the whirl of vices, back to our Sweet Home!" Such prayers are a token of the fact that there was a time in the remote past, when God, the Merciful Father, descended into this world and salvaged the souls from the ocean of vices and bestowed peace and prosperity on them. It is because of His having done some supreme

good to mankind by incarnating in this world that He is worshipped even today through His image, the 'Shivlinga'. It is because of His having given peace to mankind by descending in a corporeal medium in this world that His advent into this world of mortals is sought again and again and is commemorated every year on the occasion of what is known as 'Shivaratri' and people daily sing very highly of Him and His deeds.

But even those who celebrate *Shivaratri* and worship Him zealously have little knowledge of how the Incorporeal God Father Shiva, who is regarded as ever above the cycle of birth, death and re-birth, incarnates into this world and brings about the welfare and renovation of

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MAHASHIVRATRI: THE UNIVERSAL FESTIVAL

Though Mahashivratri had been celebrated for over 2500 years with utmost precision and devotional rituals, it actually represents God's unparalleled descent, with primary focus on transforming human souls.



The devout in Bharat have been overjoyed with the consecration of Shri Ram Lalla Temple in Ayodhya, in January 2024. The initiative from and personal involvement of the Prime Minister of India, Mr. Narendra Modi ji, and his team proved beyond doubt that the festivals of Bharat have an enchanting magnetic pull over one and all. Except for a few political parties, the people of Bharat residing in any part of the world rejoiced at the inauguration of Shri Ram Lalla Mandir. The Prime Minister expressed great respect towards the Trustees and workers at the inauguration; **the coming together of the influential, wealthy and common citizens manifests the ancient saying, “Ram raaja, Ram praja, Ram**



saahookaar hai. base nagaree jiye daata dharm ka upakar hai” which means, “Ram is the king, Ram is the people, Ram is the wealthy subject. To live in a settled city, where all are donors, is a favor of the religion/righteousness.”

After the above momentous event, we will be celebrating the auspicious festival of Maha Shivratri very soon, which mythology depicts as the incarnation of Incorporeal God Shiva, the Almighty Authority and Supreme Being. A large percentage of people scarcely know how Incorporeal God Shiva incarnates, as per His promise, to re-establish the kingdom of deities at the end of the Cycle of Time of 5000 years. **Maha Shivratri is indeed the most significant festival symbolizing world transformation from the darkness of ignorance, Kaliyug, into the Golden Age or Satyug.** Though Mahashivratri had been celebrated for over 2500 years with utmost precision and devotional rituals, it actually represents God's unparalleled

descent, with primary focus on transforming human souls.

As per God's promise, He shares spiritual understanding about Soul and Supreme Soul. He reveals his own identity that of being a self-luminous star of light. Who would have ever imagined that this tiny star has tremendous power of purity, piety, peace, love and benevolence! Over the ages, we have heard and learned about Incorporeal God Shiva's service onto humanity through the scriptures, **which is why He is always worshipped as the Purifier of sinful souls**; Incorporeal God Shiva alone shows us the secret path of purifying the human soul, that is returning human beings to their original elevated consciousness of peace, love, wisdom and contentment, as well as transforming the five elements for the benefit of human race. **The emphasis has firstly been on the purification of human souls, as human intellects alone have the capacity of rejuvenating themselves on the basis of perceiving truth from falsehood, and texts/stories based on blind faith vs real, practical spiritual wisdom.** How long will we humans continue to simply read and study fables and symbolic stories, but not cherish and live by the elevated teachings...

The highest spiritual wisdom in the form of precious advice has been

enshrined in the Shrimad Bhagwad Gita. However as per God's teachings, there is a need for course-correction as there are many aspects about the Bhagwad Gita, its Sermonizer, the time it was spoken, who heard and benefitted from it etc. that need major clarification. **The Mahabharat War is symbolic of the daily field of action where human souls battle against the negativities, and finally conquer them one day having undergo deep realizations, spiritual endeavor, and tapasya.** It gives us so much comfort and hope to hear God reveal that once the negative forces get defeated, the rule of deities (Shri Lakshmi and Shri Narayan) will return and be re-established, and that the Age of Truth (Sat-Yug) will emerge. So, it would be very appropriate if we celebrate Maha Shivratri as the most glorious festival in the world because it signifies the time when God, the Supreme Parent, carries out this huge task; He would truly appreciate that His Godly message reaches one and all.

The Trinity act of Incorporeal God Shiva is beautifully portrayed through the symbolic roles of **Brahma** (Creator of Goodness), **Vishnu** (Sustainer) and **Shankar** (Destroyer of Negativity), and all of us should understand its deep meaning. The most valuable message for humanity is to learn to surrender one's mind and heart onto God, the Supreme

Being, because mind is the prime initiator of goodness or negativity. This is why God's directive is, "*Surrender onto Me and I shall absolve you of all your negative karmic accounts.*"

In Bharat, the Festival of Maha Shivratri has been honoured for centuries, and that too collectively by different community leaders who unfurl the flag of Incorporeal God Shiva in unison. The Brahma Kumaris, spiritual daughters of Brahma Baba, have had the fortune of receiving the third eye of wisdom and realisation, and together they try to enable communities to explore the beauty of spiritual knowledge and Rajyoga Meditation to re-connect with

that Supreme Ocean of Peace, Love and Knowledge: God Shiva.

It is our humble desire and universal appeal for everyone to recognize Incorporeal God Shiva's relationship with human souls, and seek His blessings and boons in the form of *Mukti* and *Jeevan Mukti*. Unless we have a clear aim of cleansing the self and world of the dirt of vices, the world cannot enjoy the benefits of Paradise or the golden-aged world.

With multimillion fold blessings of God Shiva, we wish everyone ever-healthy, ever-wealthy, ever-happy lives for centuries to come!!!

–B.K. Nirwair

HOLI OF VIRTUES

Colours of Holi are so mesmerizing,
Finishing enmity and revitalizing.
Binding all in the bondage of unity,
Bathing the world in joy and beauty.
Violet, Indigo, Blue and Green,
Make life purposeful and clean.
Yellow, orange and red complete
rainbow,
Inspire us: Be happy, spread joy now.
Knowledge, Peace, Love and Purity,
Make us healthy, and wealthy sans
disparity.
Happiness, bliss, peace and
equanimity,
Fill the soul with virtues and divinity.

In the bonfire of intense Godly
remembrance,
Burn all impurities, and spread
sublime fragrance.
The soul will emerge as a real
diamond,
Its shine will brighten the entire
world.
Apply the *gulal* of good wishes in tons,
Dance to the melody of Godly
versions.
'Be Yogi and Holy' its true
significance,
Play Holi of Virtues for divine
existence. ■■

FIVE STEPS TO BE A PERFECT ANGEL

When we become full of all qualities, people will experience perfection from us and get inspired to make themselves perfect.

A very important aspect of our lives is giving respect to everyone we meet in the day and showering praise on each one as they interact with us. People often talk to us and everyone is looking for and expecting love filled behaviour from us. So, to serve others with my nature and good wishes radiating from my inner positivity, I need to be full of the treasures of all the qualities that exist in human nature. There should not be a single positive nature characteristic or virtue that I should be lacking. When we become full of all qualities, people will experience perfection from us and get inspired to become perfect themselves. Sometimes a single negative word, action or even facial expression can distance people from us and also make them inclined towards negativity. **We look at different practical methods to become a perfect human being or angel, who satisfies everyone at every step and becomes an example for others to follow:**

1. Create the 'I am a soul' feeling: The first and foremost step towards becoming perfect is seeing oneself as a spiritual being and not a human form only. This is because it is the soul which performs all actions. To remember that it is me responsible for everything I do, through soul consciousness, will make me positive and powerful and always willing to bring positive changes in myself. The soul is an energy with immense potential to bring about any thought and personality change through the power of self-wisdom and the power of determination.



So, right from the time you wake up every morning and throughout the day, keep the 'I am a soul' feeling in your mind, and make actions beautiful and perfect.

2. Remember God is watching you: The best way to start becoming perfect is to know and remember that our spiritual parent, the soul's Father and Mother is watching us and always wants us to imbibe positive qualities. This is what even any physical parent would want from his or her child. The child should become beautiful within and not just on the outside in terms of looks and personality. Also, as a teacher, God is watching us. He wants us to excel in different ways, as someone who gives respect and gets respect, who makes others content and others are also content with and also as someone who radiates goodness to others, in every sphere of life. Thirdly, as a Guide, God is watching us and wants to be a perfect example of the right way of living. Others should get inspired by how we lead

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TIME FOR POSITIVE CHANGE

It is now time for all of us to initiate positive thinking as a beginning which will promote positive words, activities and relationships.



Change is the nature of life. Life is beautiful because there has been constant change taking place, new changes appearing and old are disappearing. Human kind has been now

struggling under the pressure of negative thinking, negative speaking, negative actions and negative relationships in all fields of life. Many of us have come to accept this as a way of life and cannot be changed. But humankind has enough experience that at the beginning of the golden and silver ages positive way of thinking and living was the natural nature of human beings. But, over the years, as after golden and silver ages, life has slipped down from that exalted level of being and life got perverted and distorted over the years when it passed through copper and iron ages. We all know that life has reached the end of iron age and negativity has become a way of life.

Time For Change

When the Lord of the Universe descended to put the clock back to its original pedestal of golden Age, He started revealing the truth that there was perfect purity and positivity in the golden age and that the 4 epochs have been lived away and human kind have enough



B.K. Surendran, Bangaluru

experiences of happiness or sorrows or miseries, worries and so on. Humankind had a glorious past, kingly and majesty, and as life slipped down to the negative thinking, speaking, doing and negative relationships came to stay. It is now time for all of us to initiate positive thinking as a beginning which will promote positive words, activities and relationships.

Positive Thinking

Thinking is solely our monopoly. We can think negative, positive or vicious, it is left to us. But, when we come to understand the bad effects of negative thinking or vicious thinking, we must become prudent to think positive. **We have now come to know that negative thinking, vicious thinking, wasteful thinking is polluting our mindset and also consequently our life. As we think so shall we become.** A thought is happiness, another thought is sorrow. Our choice is always to be happy and not sorrowful. Hence, it is very important for us to think positive even under negative circumstances, or in the midst of negative people, we have a choice to think negative or positive. We will exercise the choice of positive thinking in the midst of negative people and situations.

In a day, we will have many situations, people, circumstances, thoughts and feelings generated by people in our midst. This is where we should

be careful to stick on to our positive thinking and doing in spite of all negativities. As we maintain the practice of positive thinking unmindful of all kinds of negative, waste, vicious, very ordinary thinking people, our mood should be happy and joyous. We must know that in case we resort to wasteful, negative and vicious thinking we will be losing our precious thought energy thereby we not only become tired but also be very unhappy and lost. Consequently, we may also be taken ill, or that we may develop many kinds of disturbing relationships, or that the job we have been doing finds to be heavy because of the load of wasteful thinking. When we understand the personal loss due to negative thinking, we all will stop negative thinking at all cost.

Therefore, let us shut down all kinds of thinking related to our past failures, bad relationships, losses of many kinds, ill treatment memories and so on. We can also stop thinking about all kinds of brickbats, enmity, opposition and all types of negative attitudes, negative and unhappy ventures. All kinds of adversities, sorrows, defeats etc. We must find out the person we have been whole heartedly supportive over the years and now for simple reason the support is lying low should be reinforced irrespective of the unseen set-backs on the way. We must tie up with GOD for a close alliance to pursue life with a positive attitude. Let us find out what we like the best and do it whole heartedly. We must search for the most important asset we have. *It is certainly our mind. This mind should be invested with pure, powerful, positive, elevated thoughts.* Experience has shown that if the mind is stuffed with pure thoughts, it can do wonders. If the pure thoughts are accumulated life is going to be a gold mine of success. We must strip away bad habits. Abstain from vicious thinking, speaking and doing.

Meditation

Meditation is one of the most powerful tools to win over any kind of bad habits. We must empower our mind with very pure, pious and holy thoughts which are naturally connected to the remembrance of God who can be related to as the Supreme Father, Supreme Teacher, Supreme Preceptor, Guide and Protector. This kind of remembrance will not allow anybody who comes in our connection to hurt our feelings without our consent. You become so good that nobody can influence you with a destructive intention. Let us not worry about the saddest moments or very painful events gone by because ultimately you are the boss, time will mellow the hurt feelings. Pardon a person who is appearing in your mind very often who is responsible for a sad moment in your life and ask him to go away and enjoy life saying that you have pardoned him

Power of tolerance is a great asset. We must strengthen the habit of tolerance. We can keep an open mind irrespective of religion or race. Mercy is a powerful tool to straighten any kind of strained relationships. We are all brothers who belong to the great family of human kind. Love is the connecting cord. Hence love removes all kinds of hurdles and paves the way for peaceful coexistence. The best way to get love is to give it.

Negative thinking also gets triggered when old age sets in. In fact, every stage of life is beautiful and matured in its own way. We are all in the school of life where in we pass on to another class gaining experiences at every stage. Youth age has its own beauty, middle age has its own beauty, old age is the most beautiful and it is graduated with a lot of experiences over the years to this level. One should plan one's life constantly taking care the safeguards such as financial, physical and spiritual necessities for the old age. One should be happy that He or She is a teacher on Life because of the

experiences gained over a life time.

The mega change

We have been a witness to the unorganized and disorganized way in which the forces of nature, the five elements are working at cross purposes leading to many mishaps unexpectedly. Similarly, human behaviour has also been

barbarous and demonic that many power centres are triggering for a world war situation. It appears that this beginning will lead to a colossal outbreak of nuclear war heads head on. All this shows that a major change is going to take place wherein the good will survive and the bad will perish on its own weight. ■■

LAUGHTER: THE BEST MEDICINE

◆ **A saint said to a drunkard: If you drink so much alcohol, you will go to hell after death.**

Alcoholic: So, what will happen to the one who is selling liquor?

Saint: He will also go to hell.

Drunkard: Then what will happen to the man who sells snacks in front of the liquor shop?

Saint: He will also have to go to hell.

Drunkard: Then what is the problem, only hell is fine for me...!!!

◆ **Santa: Oey! What are you doing?**

Banta: I am recording the voice of this baby.

Santa: But, why are you recording it? What would you get?

Banta: When he will be grown-up, I will ask him what he meant by all this.



WORDS OF WISDOM

- ◆ **Live every day to the fullest.**
- ◆ **Welcome each day with a warm smile and thank God for bringing you new thoughts and strengths.**
- ◆ **When you believe in yourself, you've accomplished half the job already.**
- ◆ **Always treat others the way you'd want them to treat you.**
- ◆ **Be kind to animals, always.**
- ◆ **Your attitude and perspective will determine the direction you want to go to.**
- ◆ **Do not stress about the things that you cannot control in life.**

THE SMART IS ONE WHO KNOWS THAT “LIFE IS FINITE”

A wise person is the one who, while using the things and wealth in his life and doing practical activities, always keeps in his mind that whatever we have, it is all given by God and we have to leave everything behind.

A saint lived in a city. The sadhu's daily routine was to set out on a journey before dawn. One day he went out for a walk as usual, and suddenly he saw that there was chaos in the entire city, that is, people were running from here to there as if a demon had come into the city.

On enquiry, it was found that the old volcano outside the city limits has become active again, from which balls of fire are coming out and its lava is flowing towards the city. The monk came to know about this, yet he did not get distracted and continued his journey. Now the crowd of people had started increasing even more and people were running away carrying essential household items on their heads in fear to save their lives.

Seeing the Sadhu without his luggage, a person asked him, “Where is your luggage? While everyone wants to pick up their essential items and leave quickly, you are the one who is roaming around carelessly.” The monk smiled and said, “I have nothing to save and run for. Here I have seen all of you unhappy in the process of collecting things throughout your life.”

The monk further said, “Remembering the things that you could not bring from home and the volcano erupted, you are still sad at this time



B.K. Ram Singh, Rewari

and those who were successful in saving the things are currently carrying them on their heads, they too are saddened by the burden. I was already alert, so I didn't collect anything. I knew that one day the volcano would definitely erupt, that is, there would come a day in life when I would have to leave this world. That's why I neither collect my luggage, nor am I worried about food, nor do I have the hassle of carrying it on my head.”

Death is bound to come one day or the other, so one who is already smart can remain on the journey of life with the same unstressed state as a saint, even at the time of death. No matter how much you save, the day the call comes, all the money you have saved will be kept here.

Have to leave the deposit and go

Then why get upset? A wise person is the one who, while using the things and wealth in his life and doing practical activities, always keeps in his mind that whatever we have, it is all given by God and we have to leave everything behind. Only then will man neither be disturbed nor be sad in his life. By coming to the theatre of form, man has found a lot, but there is nothing to take with him. This body of five elements is also found here and has to be left here. The person who is busy accumulating, cannot take it with him and no one has time to get what he can take with him.

No one can avoid death

The biggest truth of the world which is known by everyone, whether a believer or an atheist, whether educated or illiterate, whether a woman or a man, young or old, no one can deny this truth, is the eternal truth of the world "Death". From the moment a human being is born, his life begins. He wants to avoid death by any means, for which he is ready to do anything. But no human being can avoid it. No matter what he does, makes any claim, does any worship, no matter what kind of gem he wears, when one is born, death is also inevitable, that is, no one can avert death. The death of every human being born on earth is certain.

People are diving in the darkness of false knowledge

Always be aware that the fear of death is felt only by the one who considers the world to be true and is busy accumulating more and more material enjoyment and luxury. His only purpose is to eat, drink and have fun. He doesn't even try to know why he has got a human life like a diamond? Nor does he strive for his own welfare or the welfare of others through this life. He also knows that the things of this world are holding him in such a way that the mere thought of their separation makes the heart tremble. He is getting trapped in such a maze where he considers wealth, fame, woman, son, honour, respect, position etc, as his welfare and day by day considering it as an effort, he is plunging into darkness.

Peace and happiness are not permanent here

The essence of this life is that peace and happiness are not permanent. If you have fame, money, respect, are a politician, a leader, an actor, but peace and

happiness are not more than only 5 to 10 percent. Now it is important that when you leave this world, you should be without any disease. Your illness becomes the problem of others. Therefore, health i.e. A healthy body is the first priority for a human being. If a person is healthy before leaving this world, he will be able to depart from this world without going to the hospital.

No one can end eternal consciousness

Upon death, man forgets all the limitations of the physical body and he realizes how free he is. In the first few moments, there is a feeling of fear, such as fear of the unknown, fear of something, fear of losing loved ones, fear of the consequences of bad deeds with which he is unfamiliar. But after that there is a great feeling. The soul experiences a joyful feeling of happiness, peace, and freedom. You also realize that your existence is separate from the mortal body.

Our true form i.e., soul is immortal. We can sleep for a short time in that change called death. But the soul can never be destroyed. We exist and that existence is eternal. But the body which is found here, will be left here. But the basic element like the soul residing inside this body will never die, that is, no one can end that eternal consciousness. Death is a very inconsistent/misnomer because there is no death of the soul i.e., when you get tired of life, you just take off the outer garment of your body and go back to the subtle world. ■ ■



Maturity

Maturity comes naturally with lessons learnt and experiences gained. It leads to a strength that nurtures love, kindness, and compassion.

CHANGE YOURSELF TO CHANGE THE WORLD

Did you hear the praise of your unlimited Father? 'You are the Father, Mother, Helper, Master, and Friend ... ' This cannot be the praise of a common man. This praise belongs to that One who has the right to it. Because His praises are only sung according to His attributes. His attributes are greater than those of all human souls because His task benefits all human souls. So, He became highest of all. Did He not? The Bestower of Liberation and Salvation to all is One. It cannot be said that He is the Bestower of liberation and salvation to just a few, He is the Bestower to all.

He became the authority over all. Didn't He? He came and did a great task for all of us. One is praised only when some task is done. Whoever does anything, to whatever extent? They are praised to that extent. The Father is not praised just like that. He is the highest and most elevated; and so, He is praised accordingly. He has performed an elevated task for us. He is praised for His task. He is not praised without a task. He has come here and performed a great task for us, which is why we sing of Him, don't we? Otherwise, why would we sing?

Souls Alone Develop Impurity

The Father is known as the destroyer and creator of the world. He came and uplifted the human world. He did not elevate just a few people, or a small population, or just one person. He comes and transforms the entire world, the elements, everything. However, He sits and explains the method through which He brought about the transformation. By transforming human souls first, that strength then works on the body and nature. It is He who makes the soul

strong. So, He sits and explains how the One who makes the soul strong, does that.

When the human soul becomes elevated, only then do the body and nature come to their full strength,

numbers, based on the soul. The entire world becomes green and plentiful, and that which gives happiness. The Father who creates such a world knows how it can become that. As long as souls do not become clean, the world cannot become that which gives happiness. This is why, when the Father comes, he first and foremost cleans the souls. That is where cleanliness starts.

It is souls that 'catch' impurity. As long as impurity is not removed from souls, it cannot be removed from everything else. When the strength of souls is restored, everything that is impure and *tamopradhan* is changed to *Satopradhan*. Then everything is said to be golden-aged. These elements also return to their golden-aged stage.

Look At Yourself: Am I Changing?

Whose stage will change first? The stage of human souls! God, the Father, knows how this world will change. This gives Him the authority to change it, to purify. The One who changes the

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REMAINING UNSHAKABLE WITHIN THE STORMS

Capability and ability come through learning.
Faith in the Almighty and His advice makes one
unshakable and invincible.

Dr. Shiba Prasad, Ahmedabad



To remain unshakable within the uncertainty and storms, one needs to have clarity, understanding and realization of God. Unless until one recognises or identifies the Supreme Father, one cannot believe in

the Supreme Command. The Supreme Father's instruction and direction is the supreme service for mankind. His mercy, compassion and kindness are reflected in His knowledge. The most precious thing in this world is wisdom. Wisdom not only makes one wise but helps in resolving critical issues.

We have been seeing many people from poor backgrounds, through education, experience and training make themselves so capable, that they rule the world. Capability and ability come through learning. Faith in the Almighty and His advice makes one unshakable and invincible.

God's Guidance is a Panacea to all problems

God's guidance is not in the form of a glimpse of trance or visualisation but rather through proper schooling and education. Now God has come to impart knowledge and training through the branches of Brahma Kumaris, where everyone takes formal coaching and training in the form of listening to Murli (teachings of the

Ocean of Knowledge) and regular meditation.

In the Mahabharat, Krishna had been guiding Arjuna through knowledge and conversation, not just through trance or immaterial experiences. Even if you are busy, engrossed with problems and occupied, have some time to visit to the Brahma Kumaris centre, take up the 7-day course, sit in quiet introspection and solve the problems of life.

Be Truthful

The boat of truth will shake but never sink. A person with truth is simple, powerful, and successful. Yes, a truthful man may have to tolerate, sacrifice, and suffer but will remain happy and contented. Success may swing between falsehood and truth, but finally, it gets stuck with honesty and integrity. A truthful person remains fearless and unbiased. In truth, a line statement is enough to describe a situation, but in falsehood, tons of paper or written documents are not enough. Truth is simple. You need not to justify or prove the truth. Truth has the ability and capability to prove itself within all the odds and opposition. Truth makes one tension-free, clear and powerful.

Have Faith in Self and Seniors

One must develop the ability and capability in decision making to be victorious for as decision making is a crucial aspect in life for the self and others. Decision-making needs confidence, knowledge, and experience. One should have



faith in oneself in making decisions. In ambiguous and difficult situations, one must make quick and accurate decisions. In the present time, no decision can give one absolute peace and happiness, but the correct decision reduces one's pain and problems. In this world of Kaliyuga one cannot be completely inert from challenges and uncertainty but the art of decision-making makes life of the self and others happy and meaningful. One should increase one's psychological strength, analytical power, and concentration to be decisive. One should have a strong and clean intellect so that one can connect oneself with the Almighty to catch His signals in solving problems of the self and others. But one should not be overconfident, arrogant and egoistic to justify one's decision. One should take the guidance of seniors, mature and sensible people to make the right decision. From time to time, one should verify one's decision from an expert, experienced and authorised person. One should not be whimsical in one's decision, it should be validated by the Supreme Father's knowledge and instructions.

Increase your Savings

To remain unshakable and stable during difficult times, one has to increase the bank balance of money and divine resources through self-restraint and frugality. Be cautious while spending: unnecessary, careless, and irrational expenditure of money and thoughts, drain out one's resources. Enjoying the present without caring about the future is easy and attractive but punishable. One should have a plan for retirement, old age or uncertain time.

Earning is one part of life, which also needs hard work, intelligence and talent, more than that, saving needs sacrifice, simplicity and sensibility. Sufficient saving makes one carefree for the trouble time. Both monetary and non-

monetary savings play an important role. Non-monetary savings in the form of virtues, thoughts, blessings and physical strength. One cannot be careless about health, vigour, and well-being. Celibacy helps preserve one's strength, stamina, and youthfulness.

Do not waste Time

A person who utilizes time properly, remains carefree. Wastage of time also infuses worries, hesitation, and palpitation. Keep a time margin, make the best use of time, and complete things before time to ensure success. Do the right things at the right time. Time will protect you and will make you relax, burden free and light. ■ ■

Life Changing Advice

- **Learn something new every day – This can be a new language, a skill, a trivial fact, this will make me become an interesting and a better person.**
- **Remember people's names – People are more likely to like you if you say their name to them. It shows that you care and can recognize their presence.**
- **Focus more on the present – Don't regret the past and don't be anxious about the future. Appreciate what is happening right now.**
- **Never forget your roots.**
- **Never forget the sacrifices others made on your behalf.**
- **Never forget how hard you worked to get where you are today.**
- **Never forget that everything comes at a price.**

DIVINE COLOURS OF GODLY HOLI

B.K. Yogesh Kumar, New Delhi



Holi – a great mesmerizing Indian festival
It colours everyone with colours affable
Starting with *Chhoti* Holi of Holika bonfire
Symbolizing the burning of old *sanskars* entire

The fire of Godly love and remembrance
Burn these vices from the root; giving
fragrance
This communion with the Ocean of Purity is
real Holi
That makes us souls real Diamond and Holy.

The colours of Introversion and Contentment
Make us Tolerant, Patient sans resentment
God Shiva's incarnation evokes soul lamps,
His flute of knowledge heals the inner cramps.

Through pearls of Knowledge and Connection,
Adorns us with virtuous fragrance with
perfection.
Raindrops of His Knowledge is His true
affection,
Tilak of soul-consciousness purifies with
perfection.

Colours of Knowledge and
purity make us truthful,
Peace, Love, and Joy
make efforts divinely
fruitful.

Colours of Bliss and Power make equal to
Supreme,
Enriching us with Godly blessings and self-
esteem.

The syringe of God's remembrance redeems
misdeeds,
Make us free from Lust, Anger, Attachment,
and Greed.
Let the past be past is another wonderful
meaning
Makes us double light, letting us play
Heavenly inning

Even in adverse situations, God makes us
jolly,
His Sweet Godly versions make a memorable
Holi. ■ ■

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such that I have meaningful and loving
relationships without being entangled in them.

These days though, we go to Chat GPT for
help with everything! Interestingly, God never
says: "I'm not trained in that area yet" or gives
incorrect answers. In the past, when we had
trouble with a relationship or needed advice,
we'd go to our parents, these days, we go to a
software program which is essentially what AI is.
That's rather alarming! Sure, AI has its place in
our society - it can and is already helping with

mundane, time-consuming, mechanical work.
It's giving us back precious time we'd rather
invest in more creative endeavours. But AI, this
piece of software doesn't know *me*, it doesn't
know my story; only my eternal Father does. If I can
learn to go to *Him*, *He* will help me see things and
make me into a self-sovereign...no one else can.

So, I hope that we will choose *wisely* which is
to say that I hope we will choose God, really get
to know Him, and invite Him into our lives. Then,
we will have access to *real* intelligence, we will
have total access to the only One who knows. ■ ■

QUESTIONS AND ANSWERS WITH DADI JANKI JI

Question: *God opens our intellect through knowledge. What is the method to keep one's intellect pure and clean?*

If you have true love for God, your mind will never go anywhere else. Mamma's mind never wandered anywhere. She focused on the One; *Manmanabhav* (Realising self as a soul and remembering one God). We saw Brahma Baba in the form of penance (*tapasya*) as Shankar and we want to be the same. It has always been my aim to attain 100 percent in all of the four subjects viz., Knowledge, Yoga, Inculcation of divine Virtues and Spiritual service of mankind. By maintaining a balance of all four subjects, we can become a self-sovereign. I have to make my stage stable – all the four legs of a table should be stable and equal.

At the Confluence Age, our self-respect plays a very important role. The power of one's yoga, when it is connected with Shiva Baba, makes Godly Service happen. This is how service has taken place throughout the world. With Him, there is no feeling of being isolated or lonely. He is the Truth. I have to keep myself connected to Him and everything then becomes right. By keeping the self-focused on God and acting upon His advice, the intellect will become clean and pure.

Q. How will people realize that we are unique in the world? How are the sisters here different from women in the world?

Many people are inspired by the divine knowledge. In the world, women want money, position and recognition but we are different. We



Rajyogini Dadi Janki

are Brahma Kumars and Brahma Kumaris. People are recognizing the work we are doing. If there is no cleanliness, the truth will not be visible. If we are civilized and simple, people notice that. People see that we don't waste anything.

Depression will never come if we have good company and keep attention on study. We must also perform spiritual service. We have to give to others what we have received.

Q. How can we remain ever happy?

The first requirement for being ever happy is to keep good company. Don't harbour negative feelings for anyone. Keep the Comforter of Hearts, i.e., *Dilaram* Baba in your heart. When can we win God's heart? First, we should be accurate in our life. We need to maintain the purity of our inner self. Mundane, ordinary and egotistical thoughts decrease our purity. Some have egos about their spiritual efforts or their physical attributes, talents, skills etc. In such a mental stage, one's mind stays away from the truth. When truth is there, the soul gets patience. Through patience, humility comes. Humility is very important. When there is humility, there is sweetness. If patience is missing, what will happen to your purity, to your sweetness?

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HOSTEL OR ANGELS' ABODE?

(Shakti Niketan (Spiritual Girls Hostel, Indore) is run and looked after by Brahma Kumari sisters. In today's world where it is difficult to raise two children properly, here 150 girls are not only raised nicely, but also imparted moral and spiritual knowledge. Every child of today is immersed in the dazzling world like mobile, and computer and is not able to make the best use of life. On the other hand, these little angels are engaged in making a hole in the sky by establishing a new spiritual world.

B. K. Raj Narayan

The spiritual principle that the structure of resolutions over a long period becomes the formula for desired success is true. I came across an article published in Gyanamrit, the monthly magazine published by Brahma Kumaris, in 1995-96, which was an article written about Shakti Niketan. The glory of the hostel was very pleasing and heart-touching. The article came in front of me at the time when I

was thinking of sending my elder daughter to a good college. While the girl was probably studying in the fourth or fifth class.

Along with my studies, accommodation was always my priority. From then onwards I kept getting special information about the hostel arrangements with the college. Till then I had not seen any hostel that met my requirements. I always gave priority to character building over



Dadi Ratanmohini ji with Indore Hostel's Kumaris

studies. Although I did not share my feelings with anyone, I had firmly decided that only if there were proper boarding arrangements along with the academics, I would send the child to study far away, otherwise keep the child with me. Perhaps dear Shiva Baba (God) understood my sentiments and I got hold of that magazine. For many years, I kept that magazine as if it was a souvenir. In 1999 the girl got first division in eighth class and she also stood second in the district. As smart as the girl was in academics, she was equally unmatched in decency and decorum. She was very different from other ordinary people.

Surprise... I had completely forgotten till then about the hostel, suddenly I recollected about it at that very moment. There was an atmosphere of Kargil war at that time and I couldn't even think of taking a leave. I thought I would try by writing a letter to Shakti Niketan. I was not expecting any response in that odd period, it was just a trial. There was no limit to my joy and surprise when I received a thick envelope from Shakti Niketan within just 9 days. I was surprised to see such a prompt response. Inside the envelope, there was a recruitment form, complete guidelines, period for admission etc, along with a welcome letter for admission, from the most respected sister.

Wow, Baba! These words instantly came from the heart. Now I quickly started making arrangements for TC etc. and also got leave. I came to New Palasia Indore along with the family. On the first day, I could hardly believe it was a hostel. It was so peaceful and calm. There were no signs of any group of children or any noise. I thought the hostel may be somewhere else but my wife told me that was the hostel.

The next day after breakfast an angelic girl came and requested us all take a tour of the

hostel. While going around we all were amazed to see the arrangements, discipline and vibration of the atmosphere, we felt great. This thought constantly emerged in my mind, 'Wow Baba Wow!' In reality, Baba's immense blessings were showering on me along with the fate of my children. At that time, I was wondering whether the place was a hostel or Angel's abode.

Since then, I have had the privilege of coming here dozens of times, even today I say the same, is this a hostel or an angel's abode?

Through this article, it's my appeal to every parent in the world. Brothers and sisters, if you wish for the well-being of your darling daughters and yourself, then take your beloved daughter and come to Shakti Niketan, leave her in the care of goddess-like sisters and just relax.

Divya Jeevan Kanya Hostel will transform your daughter into a true diamond. Today, my three daughters are living a happy and high-quality life at their respective places under the sweet and sacred upbringing of this Shakti Niketan. If I want to write about hostel activities, I will have to write 10 pages.

For this, you should contact the hostel directly. In the end, I wish that like me, every parent should get all the benefits of this Shakti Niketan. May every daughter's life be filled with divine and spiritual happiness. Every parent should avoid the trap of false glitter and glamour of the world.

In the end, a few lines are presented from the heart, in honour of Shakti Niketan and a call to the seekers:

Don't let her wander here and there, your daughter is a sparkling light (noor).

Bring her to Shakti Niketan, she will become a diamond (Kohinoor).

Shakti Niketan, transforms their life into

sandalwood.

Bring your daughter to Shakti Niketan, and see sublime all her agonies.

As the name is and the work is called Shakti Niketan, an ordinary girl becomes a goddess here.

The hostel is a unique temple of divinity, there is no cheating here.

Oh Mommy! Oh Daddy! don't worry be happy.

Just obey Baba's rules, be holy be happy.

Introduction: Shakti Niketan was established in 1983 in Indore, the rich and clean city of Malwa, the holy land of Madhya Pradesh, the heart of India. Its originator was formerly the regional director of Indore zone, B.K. Om Prakash Bhai Ji, under whose good intentions, tireless efforts and best-experienced guidance, this hostel kept progressing day and night. Girls from class 6th to graduation level (B.A., B. Com) are studying in the hostel. At present a total of 150 girls from major states of India like Delhi, Mumbai, Calcutta, Madras, Himachal Pradesh, Punjab, Haryana, Uttar Pradesh, MP, Chhattisgarh, Gujarat, Rajasthan, Maharashtra, Orissa, Kerala, Karnataka, Uttarakhand, Jharkhand, Tripura and also from Nepal and Bangladesh reside here.

Daily routine: Here the girls wake up every day at 4:00 in the morning and practice Rajyoga meditation.

After their daily chores etc., they listen to the spiritual knowledge *Murlī* at 6.00. After this, they go to various educational institutions in Indore city for academics. After coming from school or college, girls do regular self-study, having food and rest for some time, they do self-study and go for revision from 3:30 to 5:00 pm. It is conducted in groups as a result the

academic performance remains almost 100 percent every year.

Doing divine service for at least 1 hour every day is an integral part of their daily routine. Service is done as per the chart like cleaning, cooking, cutting vegetables, making bread etc. The responsibility of various tasks is given to the girls in different groups, they are responsible for the maintenance, decoration, cleaning and storage work of Shakti Niketan. All the work continues to be conducted successfully and on the other hand, the girls become proficient in various arts like sewing, embroidery, weaving, home decoration, residential maintenance, hospitality, cooking etc. By completing the responsibilities assigned by the management department on time, all the girls become experts and successful in all aspects. 7:00-7:30 pm they sit together in powerful remembrance of God. At 7.30, details of the whole day are taken by the senior sisters and proper guidance is given regarding right and wrong. After having dinner, and spiritual studies, at 10:00 o'clock again with the auspicious resolution of making *Amritvela* successful, they sleep in the sweet memories of Shiva Baba.

CONTACT

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Note: The process of admission for girls in the hostel Shakti Niketan has started. ■ ■

Oh Women! Your Real face is *Shakti*

The world cannot progress without the progress of women as a bird won't fly with a single wing.

– Swami Vivekananda.

Improvement of women is badly needed if your house or country needs to improve. From the past to the present, the part of women has been great at the world level. Nowadays, women are worshipped as '*Shakti*' or '*Devi*'. Most of the rivers running in India have only feminine names like Ganga, Yamuna, and Narmada etc. The world population has 50% of women, participating in all fields equal to men. Even in the field of education, the performance of girls is better than boys.

If we turn the pages of history, great people like Chhatrapati Shivaji, and Gandhiji have some women behind them in their success and achievement. People like Bhakt Meera, freedom fighter Jhansi Rani Lakshmi Bai and selfless Mother Teresa were gems among women.

Is such a great women's society progress now heading towards healthy progress? If so, the world on earth would be a heaven on earth. But a sad thing is women who were revered saying '*Vande Mataram*' with pride practically became slaves to their feelings or kept others as slaves. Women think of themselves as a weaker section or the males treat women as a weaker sex. Even though many organisations and social reformers are fighting against atrocities against women what is the reason for the rights to be snatched off? This article aims to examine the misconceptions about women and find a solution.



B.K. Sridhar, Vriddhachalam, T. N.

1. Status of women in the society

The position of women in society was particularly degraded especially after marriage. Mothers were treated as mere domestic servants, and as playthings whose only purpose was to satisfy the sexual desires of their husbands. Even if a man was clearly of an inferior sort, a drunkard, an eater of meat and fish, and degraded by the lust for sex, still, according to custom, it was the wife's duty to consider that the 'husband is God'. He is her *Guru*.

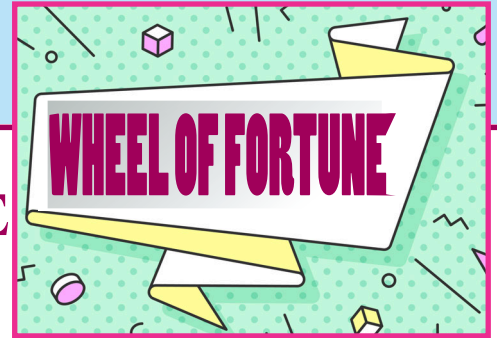
To reinforce this masculine tyranny, women were excluded from getting an education. A wife, a lifelong servant in his family's midst, her hours taken up with the drudgery of cooking, cleaning, and washing clothes for the clan to whom she was in bondage.

Women had no right to engage in religious preaching, nor were they entitled to become renunciates (*sanyasis*) and remain in celibacy. For them, there was no escape from the life sentence of marriage. Even in this digital world, atrocities against women are increasing in the name of religion. Nowadays female infanticide is common in rural areas, particularly in South India. In world's population, 50% are women, and most of them are illiterate, and that is why the government's various schemes and benefits do not reach them. We should not forget that the so-called social development is nothing but

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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

To their horror, in the heat of the queue, they will have to finally realise they are too late to change and instead of being happy they must remain sad, impure and stressed.

Not all will qualify for the gifts found in that sacred hut as their past will have clouded and weakened their minds significantly and will be unable to think clearly and with truth.

Very few will have worked in the original hut in India next to the owner of the hut who has now taken on the role of hiring out this equipment for those desperately searching souls that want peace.

The hut that can fill your mind and soul whilst making you forget about the world and its food.

Long ago, if anyone complained to the man in the hut which was sparse with little food to fill their stomachs, with no shoes to walk in, this head would lovingly tell them to go and make a pair of Dunlop shoes from tyres as he had done himself the week before.

These tyres underfoot make you walk extra slow and feel extra happy, peaceful, loving, spiritual, content and successful.

Do you wear Godly sandals that if worn and kept clean, keep you far from stress and worry?

These magical tyre shoes have a hidden

brake that allows you to put a full stop to the past or on present worry and stress or anxiety over the future. Should any of this approach you, at speed, if not careful, become your front seat passenger for many miles without you even realising who's sat next to you and grabbing your attention.

The tread on these shoes is divine and can stop you slipping down life's degraded ladder and joining life's sad crowd that live at the bottom, whose lives are fuelled by falsehood and vice which is all-consuming in their life so as to offset their mundane lifestyle that must manifest when you ignore truth and instead lead a life based around the body and its senses.

To have success one needs to make effort in the right direction. For this, you always need to be aware of what you are doing and thinking. Most lack this ability which is essential to growth of the soul and its happiness and without it, one easily ends up living an almost meaningless life.

The Godly tread on these elevated Godly shoes, if worn daily and continually throughout the day, allow the wearer to climb God's elevated Ladder right to the very top where they can see heaven in the distance.

If you 'wear and care' your Godly shoes with

great love, they will recharge your soul's battery and revitalise your body which will bring health and wellbeing. These shoes allow you to walk next to God whilst doing His endless service.

It's on the downward lift of life on which most travel

People do not even realise they are heading down in life. Most are fooled into thinking they are heading up to the roof garden where one day they shall be met by a life of constant ease in the sun with nothing much to do other than be served tea and cake.

Lucky are those that have learned to breathe for two?

Have you grown two hearts, four legs, eight arms and five heads (lead five roles) because of your love for God? Do you work constantly for God or do you just live to feed your stomach and senses and care only for those close to you?

There's a huge difference from feeding and caring yourself than caring and trying to feed the minds and souls of those poor souls around you that are strangers but still starving to death.

It's because of man's poor nature and blindness that he's got stunted short arms and walks with a limp or stutters his words and where he needs daily medication to overcome his endless suffering as his bad karma has caught up with him.

Life is about God, you, His work and the sleep giant that's prone to sleepwalking and treading on people.

Ask yourself today if your life feels as if you are travelling on the magic Roundabout or is it one of going down the escalator of sorrow? Many are trapped on the fluctuating lift of worry and stress that can only head down to the subbasement where its doors open on to the floor called Great Despair.

Life is a huge department store where everything is on offer and where everything can be experienced, be it the very good or very bad, amazing or terrible, horrific or brilliant.

How you walk around this store will say a lot about you and what it is you pick up and use and want to gain from life.

Many runs round this store looking for bargains, 50% off, or Buy 1 Get One Free Offers.

In this Department Store is found hospitals with busy emergency rooms, a small oasis hidden away for staff, hot deserts with no water, rough seas, suffering, wars, killings, cakes, sanatoriums for the diseased, with asylums above it on the next floor to house the insane.

Entering the Store foyer, you cannot escape noticing the many betting offices and shops that sell only alcohol and cigarettes.

In which Department you walk and at what speed and for whom you shop, reflects greatly what lived in your soul and shows clearly of you and your future and fortune to come.

There's a hidden meditation room within the Department Store which few know about that gives peace and happiness away for free.

This quiet room is mainly frequented by the spiritual yet is open to all that value peace or want a taste of it.

In this room you'll often find those whose vision is always on God, their soul, the future and who are often trying to ignore their body, its senses and desires.

Many walks around this store aimlessly: only a few are seen working for God trying to spread His important teachings and message throughout the Store that is soon to close from severe flooding, fires and catastrophic explosions. **(Concluded)**

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EQUAL opportunities for women.

2. Men's share in women's development

The need of today is an approach without gender bias for women's development. Moreover, men should not treat women simply to fulfil their desires. Such men should think that their mothers and sisters are women, so why don't they have a similar approach to other women? Moreover, a woman's recognition starts from a house, otherwise, if a brother sees his sister badly treated by his parents considers women-folk in low esteem. On viewing his sisters being treated partially in food, and property rights and neglecting her views on family matters, etc., he begins to disrespect women.

But among men, there are some exceptions also who fight for equal rights to women, give respect to them and treat them kindly. If all men inculcate the above-said divine values, the whole world will be a better place to live in.

3 Women's participation in the improvement of society

The development of a society starts with a house, especially for the women. A child learns its first lesson only from the mother's lap. Psychologists also opined that the first five years of childhood are the most important ones. In this stage, only mothers can shape their children with good conduct and moral values. So, Mothers should not have a partial approach with their female child.

A Mother's responsibility is like that of a gardener who tends the plants carefully, pouring water into his garden, taking out the weeds and protecting it from all the destructive elements. In the same way, a mother should nourish her children with love, in a protected environment.

Like this, a change in society could also be brought about only by women as done at home.

If a man is educated, he can change only at the level of that man, but, if a woman is educated, she can change the whole family.

Mahatma Gandhiji said that in human history lot of injustice was rendered only against women. So, instead of keeping mum, daughters and wives should raise their voices against injustice to get their reasonable rights to lay the foundation for the improvement of society.

4. Women's improvement through Spirituality

Though many women's organisations, social reformers and Government organisations tried different ways for women's upliftment still most of the women were under the clutches of men and considered themselves as a shadow or image of men.

For the real upliftment of the affected women, the Brahma Kumaris organisation having its headquarters at Mount Abu, in the Aravali hills of Rajasthan gives greater importance to women. Here, women are glorified by having the Chief Administrator position and also are in-charges of the thousands of centres all over India and overseas countries.

Earlier, Pitashri Prajapita Brahma, founder of the Brahma Kumaris organisation, and saviour of mankind, had much devotion to women. That is why, he changed the picture of Lakshmi Narayan, in which it was shown serving Narayan, by Sri Lakshmi, his queen, massaging his (Narayan's) legs like a maid. He did not like this picture and his feelings reached such a peak that he found the painter and commissioned him to repaint them to show the equal elevation of the divine couple.

Till now, this organisation has been trying to give mental strength to all particularly to women through its women's wing of Rajyoga Education and Research Foundation. ■ ■

LET'S COLOUR OUR LIFE

Let this Holi be a reminder to cherish every moment, appreciate the beauty of life's mosaic, and celebrate the magic of being alive.

BK Jyoti, Vasant Kunj, New Delhi



Holi indeed celebrates the vibrant hues of life and the joy of togetherness. As we immerse ourselves in the festivities, let's embrace the spirit of Holi to add brightness, laughter, and love to our lives. On this occasion, may we paint our hearts with the colours of compassion, forgiveness, and gratitude. Let's sprinkle the canvas of our existence with the shades of joy, harmony, and understanding, embracing the diversity that enriches our journey.

As we playfully splash colours, let's remember to spread kindness, warmth, and positivity wherever we go. May the laughter and camaraderie shared during Holi resonate in our hearts long after the festivities fade, uniting us in the bond of shared humanity. Let this Holi be a reminder to cherish every moment, appreciate the beauty of life's mosaic, and celebrate the magic of being alive.

Let's enjoy the potential spiritual significance of Holi:

- 1. Renewal and Rejuvenation:** Holi marks the arrival of spring, symbolizing renewal, rejuvenation, and the triumph of good over evil. It is as an opportunity for individuals to shed old habits, negative thoughts, and past grievances, and embrace a fresh start in their spiritual journey.
- 2. Unity and Harmony:** Holi transcends social barriers and brings people together in a spirit of unity, forgiveness, and love. In the Brahma Kumaris' teachings, fostering harmony and

understanding among individuals, irrespective of their backgrounds or beliefs, is essential for creating a peaceful and harmonious world.

- 3. Celebration of Inner Light:** The vibrant colours of Holi can symbolize the inner qualities of the soul, such as love, joy, peace, and purity, which are central to the Brahma Kumaris' spiritual practice. Through meditation and self-awareness, individuals are encouraged to rediscover and celebrate their inner light, illuminating the darkness of ignorance and ego.
 - 4. Letting Go of Ego and Attachment:** During Holi, people playfully smear coloured powders on each other, breaking down barriers and inhibitions. In a similar vein, the Brahma Kumaris emphasize the importance of letting go of ego, attachment, and worldly identities, recognizing the essence of the soul as pure, eternal, and beyond material distinctions.
 - 5. Service and Selflessness:** Holi is also a time for sharing sweets, gifts, and goodwill with others, reflecting values of service and selflessness. The Brahma Kumaris encourage acts of kindness, compassion, and service to humanity as expressions of spiritual love and devotion.
- Absolutely! Embracing the spirit of Holi not only fills our lives with brightness, laughter, and love but also inspires us to spread positive

thoughts and energy to those around us. Holi reminds us a spiritual and beautiful message:

“Be Holi, Be Rajyogi”

Being "Holi" means true awareness of the self (celebrating the colors of life), forget the past (the diversity of experience), and the purity in thought (the richness of relationships).

Being "Rajyogi" implies embodying qualities of royalty over one's own mind and intellect, exercising mastery over thoughts, feelings, and actions. It signifies adopting a royal attitude towards life, characterized by wisdom, compassion, and spiritual sovereignty.

By integrating the essence of Holi with the principles of Rajyoga, we cultivate a state of inner abundance, peace, and love. We radiate positivity, kindness, and understanding in our interactions, nurturing harmonious relationships and uplifting the collective consciousness.

Let us embrace the joyous spirit of Holi and the noble path of Rajyoga to create a world illuminated by the colours of compassion, laughter, and love. Together, let us paint the canvas of existence with the vibrant hues of unity, serenity, and spiritual awakening. We wish that we may all embody the essence of being Holi and being Rajyogi in our lives! May our interactions be coloured with kindness, understanding, and compassion, creating an atmosphere of harmony and joy wherever we go.

We must remember that Holi is not just about colours and festivities but also about fostering bonds of love, forgiveness, and acceptance. Holi may not hold specific religious or cultural significance but it is an opportunity to transcend barriers, celebrate diversity, and recognize the inherent divinity, joy, renewal, unity, and spiritual transformation in all beings.

Wishing you and your loved ones a joyous and colourful Holi, filled with laughter, love, and

profound spiritual insights. May this celebration ignite the light of peace and happiness in our hearts and inspire us to walk the path of wisdom and inner transformation. Happy Holi! ■■

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I wish all souls to have the feeling of belonging, but not of attachment. The feeling of belonging keeps one safe. It increases spirituality... One doesn't need to make anything an excuse to go off in doubt. Each one has amazing specialities. **We should not waste time in talking about people. We need to use our thoughts or energy in a worthwhile way and in that way, it gets accumulated.**

Souls should now receive light from far and they should become my companions in the divine task. If we are completely faithful and trustworthy, Baba gives the highest return. I now just have to be a renunciate; be simple and a sample. Brahma Baba's penance (*tapasya*) was the foundation of the Foreign Service. When I am free from worry, only then Baba can get His work done through me.

Q. How can I overcome body - consciousness and inspire others also to do so?

We are inculcating the knowledge of the Supreme Soul. One who has yoga over a long time will reach Shiva Baba at the end... When one maintains a good yoga stage – a clear connection with Baba, then it is not a big deal for him to experience a bodiless stage. Let us discard all waste thoughts and remain busy serving mankind. Our stage of Godly remembrance provides immense inspiration to others and helps them to experience soul-consciousness—beyond all mundane attachments. ■■



POWER TO TOLERATE

If the soul has the power to tolerate a variety of nature and situations, he will always be happy and spread the same vibrations of happiness.

Tolerance

B.K. Mahima, Mumbai

The soul is addicted to vices in this Iron Age. Addiction means anything done repeatedly becomes a part of the subconscious so strongly, that the soul will automatically function according to the addiction. Example: Mobile addiction, surfing and consuming all types of content in an unaware, uncontrolled state. But if we see what is **the root cause of this addiction, it is a lack of self-control and lack of wisdom.** Lack of wisdom in the soul is reflected in the form of a variety of types of addictions. Like addiction to the use of irritation and anger, people say anger is good and on the other hand some people know that anger reduces our work capacity and is an invitation to diseases in the body, but they say I can't control my anger.

When a soul is addicted to the taste of vices; anger, ego, greed, talking negatively about everyone and everything etc., the soul lacks the power to tolerate. In Hindi, the word for tolerance is "*Sahan Shakti*" which means to tolerate is a power, a *Shakti* and not a weakness. Because of lack of wisdom, as soon as people hear the word tolerance, they think that to tolerate is to look weak in front of the world. And, to have a desire for vengeance is what people understand. But it is not true.

Tolerance means I the soul, can accept anything without creating any fluctuation in the mind, in the form of thoughts that create distress for the self. Tolerance also means that I face the situation and take the necessary steps to solve the problem, if any. Problems are also of two

types: 1. The problem exists like a physical illness or a major business loss, 2. The mind has a habit of creating a problem that does not exist? So, if the soul has the power to tolerate, this power comes with two other powers that are: the power to face and the power to discern or discriminate.

If someone likes red colour and the other one likes blue, a soul that has the power to tolerate will accept all and just focus on self-empowerment. A self-empowered soul only can bring benefit to others. If I do not have any power, what can I give to others except negativity? And, the more I give out negativity, the more I get it back with more intensity, multiple times. Power to Tolerate takes us away from questions of why, how, and what? A very intricately and beautifully designed idol has to tolerate all the hammering and the carving before the idol becomes an idol of blessings for millions of devotees. Similarly, if I can't tolerate it and I am too sensitive and soft and fragile "mentally" then, circumstances will come, break my enthusiasm and take away all my positive energy, and happiness. Versus, when the soul has the power to tolerate i.e., power to accept what it is in the present moment and work towards a positive solution then, I can be happy.

People as souls just have a different way of doing the same things; I cannot label them as right or wrong. Some like to come into expansion of words and talk to explain to

others their viewpoint, while some do not use the tool of speaking too much but, silently teach through actions. So, both of these individuals are right in their way. Someone who does not like to talk too much is placed in a talkative group, and if that person has no power to tolerate and adjust to something exactly opposite to their intrinsic nature; then it will create emotional anxiety inside. But, if the soul has the power to tolerate a variety of nature and situations and fit in, he will always be happy and spread the same vibrations of happiness.

Sharing happiness with others is a great way of collecting blessings. And I can be happy when, I accept all as they are with my heart, not superficially.

Because, if I accept superficially that is, I do not say anything, but, give the silent treatment then that will also create a rift inside. Or, in any situation, you will smile but inside there will be no contentment or satisfaction. We have to accept but at the same time be easy inside. If I have many knots of disagreement and guilt and frustration, I will start to look pale. When you are happy from the inside, you do not need any artificial make-up or brands to look like something that I am not feeling or

—❧—
Power
 We always have the power to be happy, irrespective of the situation. We need to counsel ourselves and create positive thoughts to feel good.
 —❧—

being. Happiness in the heart is the secret to natural beauty and a long healthy life. ■

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world comes and changes us; it means that He changes our world in the same manner.

You see that the world is changing, don't you? The world doesn't change just like that. If we want to change the world, first we should change ourselves. It is on that basis that the world changes. Do you look at yourself and check, am I changing? You must continue to look into yourself. Am I bringing about changes within myself; is there any difference in me? If there is no difference or change in the self, then you cannot come in that changed world.

So first see yourself, and make a rough estimate of your change. Check yourself daily. Just as business people, after a whole day, wake at night to keep their account, similarly you should keep your complete register. Check: how much did I benefit, and lose, in a whole day? If loss is more, you should be cautious and see that it doesn't happen in future.

As you continue to be cautious, you will continue to benefit, and you will hold your position - your stage. This is the method to check oneself. Your changes should become obvious through such checking. You can't think that we are in any case deities, and will become that when we have to. It is only if you change here that you will become that there, isn't it?

How do we know that we are changing? From our *Sanskars*! Our *sanskars* tell if we have changed, or are changing. So far, we had the *sanskars* of the five vices. Now we must see if we are getting rid of them. It should be evident that you are letting go of the vices. You should see if anger or greed or attachment, or whatever vice we had in us, is being removed. If these *sanskars* are removed, then we are changing; if not, then we are not changing. You should feel the difference. Bring change in the self. Each one of you should keep a check on yourself. ■ ■

Shiva Ratri - The Festival Connected With God's Descent On Earth

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mankind. We can say on the basis of our own experiences that if man assimilates the interesting and beneficial knowledge of this supernatural birth of God, the knowledge which God Shiva Himself has revealed to us, he can surely rise from a debased sinner into a highly purified man. He can change himself from an estranged and orphaned soul into a God-embraced and God-blessed one, from a powerless human being into a doubly-crowned deity of heaven.

Why is Shiva's Divine Birth Associated with 'Ratri'?

The most Beloved God Shiva, the Supreme Father, has now explained that the term 'night' is, in fact, a symbol of ignorance, drowsiness, *tamoguna*, lassitude, lasciviousness or indulgence in vices. In this sense, *Dwapar Yuga* and *Kaliyuga*, i.e., the second half-period of the World History Cycle denotes the 'Night of the World', because that is the period characterised by ignorance, irreligiousness, sinfulness and lewdness. At the end of *Kaliyuga* (Iron Age) when even the *Sadhus* (Holy men) put up only an outward show and are devoid of purity within when even the *Gurus* (preceptors) are mere impostors and the *Sanyasis* (renunciates) do not renounce their vices and the *Acharyas* have lost all high standards of *Achar* (Character), i.e., when even those, who are expected to be the source of ethical and moral inspiration, are utterly degenerated, God Father Shiva, the most illustrious Preceptor descends into this world. In other words, when unrighteousness and impurity in personal, social and international conduct reach their zenith and Bharat, which

was once the edifice of Purity, becomes a veritable house of sin, hidden or open, it is then that the advent of God Shiva, the Bestower of Purity and Remover of Impurity, takes place in this world. Therefore, instead of celebrating a 'birthday' (as it is called in the case of others), we celebrate the 'Birth Night' of God Shiva.

The Extraordinary Way of Birth of God Shiva, the Unborn

The Most Venerated Supreme Soul Shiva does not take birth as other beings do from the wombs of their respective mothers, because He is Himself the Supra-Cosmic, Father-Mother of all mankind and, being above *Karma* and the bondage caused by it, He is also free from the kind of birth the human beings are subject to. Unlike other souls, He does not take a body that is 'His own', because one's 'own body' is based on one's past actions and resolves (*Sanskaras*). God Shiva does not perform any such actions and has no such bondages and resolves as other beings have. What He does is that He descends from the Supreme Abode and uses the medium of a mediocre man, who has an aged body of 'his own', which he has acquired as a result of his past actions and resolves. God Shiva takes the body of that man 'on loan' so to say, because He requires a mouth organ for unfolding the knowledge and spiritual yoga unto mankind. This body serves as the corporeal medium or a vehicle for Shiva, the Supreme Soul. God Father Shiva only speaks through the oral organ of this man to divulge the truth and to enlighten the path of mankind. For this purpose, He descends from His Supreme Abode for short periods, as and when He so wills and then, having given the teachings, returns to His Abode. This extraordinary way of embodying Himself into a man's aged body or this entry into another's body is called the Divine Birth or

Supernatural Incarnation of God Shiva and is peculiar to Him only.

When the Knowledgeful God Shiva reveals the Knowledge, which had hitherto gone into oblivion, through the mouth of this man, he (the latter) also listens to it and assimilates it, even as many others do, and in this way, the souls transform themselves into righteous and pious ones. The Most Exalted God Father Shiva gives this man a new name because having renounced his previous ways, this man is now changed and, as we say, is a 'possessed man'. This man is now given the name 'Prajapita Brahma' by God Shiva. In other religions, he comes to be known as Adam or Adhem, the progenitor of holy mankind. Those who listen to the sermons of God, the Supreme Father, as uttered through the mouth of Prajapita Brahma, are known as Brahmins or the 'oral progeny of Brahma' or the 'mouth-children of Adam' or 'Brahma Kumaris and Brahma Kumars' and this knowledge, which God gives, is known as the 'original Gita-Gyan'.

The Disappearance of Ignorance and Vices after the Advent of God Shiva

In this connection, it should be known that when God Shiva, the Sun of Godly Knowledge, enlightens mankind through His Knowledge, this Knowledge makes a lasting and great impact on the world, as a result of which *Tamoguna*, Inertia and *Kaliyuga* are ended, thereby giving place to *Satoguna*, Virtue and *Satyuga*. This Supernatural incarnation of God, which takes place only once in a *Kalpa* (World-Cycle) is an epoch-making event because it transforms the whole world from the den of devils to the abode of deities and uplifts a man to the status of the deity Shree Narayana and a woman to the status of the deity Shree Lakshmi, which are the highest status a human soul can achieve.

The Present Reincarnation of God Father Shiva

What a strange situation it is that while, on the one hand, the devotees of Shiva prostrate themselves before the image of Shiva, worship Him and customarily invoke Him, on the other hand, God-Father Shiva has reincarnated at present, which is the fag-end of *Kaliyuga* and is transforming the vicious beings into the viceless ones or the *Shudras* (impious people) into holy ones, by imparting Godly Knowledge and teaching easy *Rajyoga*.

Shiva's Divine Birth is Worth Multi-Million Gems

What has been said above explains that the Divine Birth of the Most Beloved and the Most Venerable God Father Shiva (*Jehovah*) is worth a million diamonds, because man attains the God Fatherly inheritance of Liberation and Fruition only when God Shiva descends into this world and takes Supernatural Birth. Any other religious leader, founder, preceptor or preacher, i.e., any human being whosoever cannot bestow heavenly inheritance on mankind, because all human beings are 'brothers' among themselves, whereas inheritance is obtained from one's father. Moreover, all human beings without any exception are caught up in the Wheel of Birth, Death and Rebirth, whereas God alone is always free from this. Therefore, the Divine Birth-Night of God Father Shiva is unique, marvellous and unparalleled and no other birthday or *Jayanti* bears any comparison to it. That is why, God, the Sermonizer of *The Gita*, has said, "My birth and My acts are extra-ordinary and divine and anyone; who acquires the esoteric knowledge of these, gets liberated from the whirl of pain that this world is." ■ ■



New Delhi: Mr. Fagan Singh Kulaste, Minister of State for Steel is being greeted by BK Mruthyunjaya, BK Prakash, BK Shivika and BK Shailesh.



Pune: Swami Govind Dev Giriji Maharaj, treasurer of Shri Ram Janmbhoomi Teerth Kshetra Trust is being presented a Godly gift by BK Triveni, BK Asha and BK Deepak.



Mumbai (Borivali West): A Motivational Talk on Stress Free Life is being inaugurated by Ms Manisha Chaudhary, MLA, Ms Geeta Shetty, Principal of Hans Raj Jeevan Das College, Mr Jitender Patel, Corporator, BK Bindu and BK Shreya.



Parbhani (MH): After an address on Farmers' Empowerment at Marathwada Krishi Vidyapeeth, BK Raju is meeting with Prof. Indra Mani, Vice-Chancellor of University.



Gurugram (ORC): A program for business professionals is being inaugurated by Dr D R Karthikeyan, former CBI Director, Mr Harbhajan Singh, Chairman of Skill Development and Livelihood, Mr. Vishal Jain, MD of Accenture, Ms Renu Bhatia, Chairman of Women Commission Haryana, BK Asha, BK Yogini and BK Usha.



Sonepur (OD): Bk Sneha is presenting Godly gift to Mr Pradip K Amat, Forest Minister on the occasion of Asurgarh Mahotsav.



Hansi (HR): Addiction-free India campaign is being launched by Mr Shrikant Jadhav, ADGP, Mr Mohit Maharana, SDM, Mr Maqsood Ahmed, SP, Mr Praveen Ailawadi, President of Municipal Council, BK Chakradhari and BK Lakshmi.



Dehradun: A program on "Role of Men in the Present Scenario" is being inaugurated by Ms Rekha Arya, Cabinet Minister, Ms Savita Kapoor, MLA, BK Sharda, BK Meena, BK Manju and others.



Bilaspur (CG): On Road Safety Month-2024 BK Swati is being felicitated by Dr. Sanjay Shukla, IGP, Mr. Avnish K Sharan, District Magistrate, Mr Rajnesh Singh, SP, Mr Amit Kumar, Commissioner of Municipal Corporation.



Delhi (Dwarka): A service vehicle for 'Nasha Mukh Bharat Abhiyan' is being launched by Mr Saurabh Garg, Secretary - Ministry of Social Justice, Ms Radhika Chakravarthy, Jt. Secretary, BK Asha, BK Shivani and others.



New Delhi: HE Freddy Svane, Ambassador of the Royal Danish Embassy is being presented Godly gift by BK Falak and BK Rama.



New Delhi: A event for business professionals at Talkatora Stadium is being inaugurated by Mr. Surender Valecha, MD of Surendra Auto Traders, BK Shivani, BK Pushpa, BK Urmil and BK Sudesh.



Mumbai: In an event on Road Safety Bollywood Actor Govinda and Gulshan Grover, Indian Cricketer Harbhajan Singh and Mohammad Azharuddin, BK Divya and BK Kavita are taking pledge.



Tapa (Punjab): Mrs Punamdeep Kaur, Deputy Commissioner is being presented Godly gift by BK Kanta, BK Raj Laxmi & Dr Lekh Ram.



Patan (GJ): A programme to mark the Golden Jubilee of BK Centre is being inaugurated by Mr. Balwant Singh Rajput, Cabinet Minister, BK Asha, BK Sheilu, BK Chandrika, BK Sarla and BK Neelam.



Pune: BK Gangadhar is being presented Suryadatta Life Time Achievement Awards 2024 by Acharya Dr. Lokesh Muniji. Famous actor Mr. Raza Murad is also seen.

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our lives. As a friend, God wants us to hold His hand and show the world how true Godly companionship is the need of the hour. It is the key to remaining light and blissful, when surrounded by life's pressures of the physical body, wealth, role and relationships.

3. Remind yourself you are on the world stage:

We are all actors of the world and our every act is like a performance in the eyes of the world. Remember even every thought and feeling of yours is constantly being felt and perceived by people around you. It's as if you are on a stage and just like you notice everything that others do, others are also doing the same. When we remain in this actor consciousness, we will see our every action with greater respect and responsibility and not be careless in the way we present ourselves to people. Also, the slogan that - What we do, others will also see and do the same - will become a positive reality in our lives.

4. Keep a daily chart for your progress: The key to perfection is self-observation and under the eye of self-observation, weaknesses stop existing. So, keeping a daily mental chart about your self-progress is a very important key to

becoming a beautiful person without any imperfections. E.g., I become angry very easily. If this afternoon I observe myself and make a note in my mind that I have been very peaceful and loveful since the morning and will continue to behave in the same anger-free manner for the rest of the day, it makes me more careful. Such a mental chart of regular progress over many days, makes us spiritual engineers who construct bridges of goodness that help us reach our desired stage of perfect human beings easily.

5. Give a gift to everyone you meet: The best way to become a beautiful human being, who does not make any mistakes at the level of the personality is gifting a virtue, a kind word, a lovely smile, a warm and pure vision to people you meet. When you make everyone richer with your love, joy and cheerfulness, they will return the same to you and you will become further richer. Spiritually rich people with the wealth of every virtue in their heart are created by donating that wealth to all. Also, the more others take this wealth from us at all times, the more we become careful that we do not make mistakes that reduce this wealth in anyway. So, take these 5 steps to become a perfect angel! Start the journey today and keep enjoying it! ■ ■

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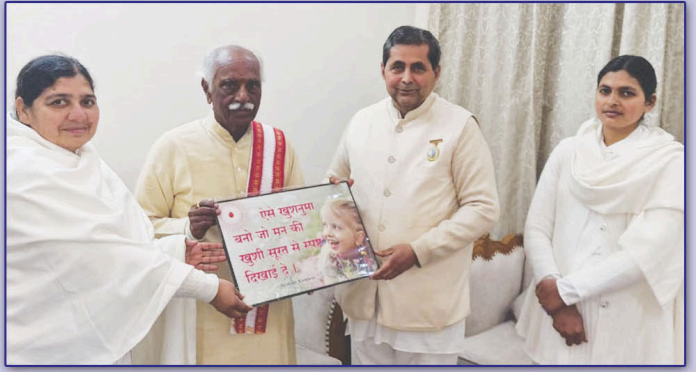
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Bhopal: HE Mangu Bhai Patel, Governor of MP is being felicitated by BK Avdhesh, BK Jaya, BK Sarita and BK Deepen.



Panipat: HE Bandaru Dattatreya, Governor of Haryana is being presented a Godly gift by BK Bharat Bhushan, BK Suman and BK Renu.



Delhi: BK Krishna and BK Falak are with Ms Smriti Irani, Union Minister for Women and Child Development at AIR Studio.



Delhi (RK Puram): Ms Meenakshi Lekhi, Minister of State for External Affairs is being presented a Godly gift by BK Anita and BK Jyoti.



New Delhi: Mr. Amarendu Prakash, Chairman, Steel Authority of India is being greeted by BK Mruthyunjaya, BK Prakash and BK Shailesh.



Delhi: Mr. Kiren Rijju, Union Minister of Earth Sciences is discussing spiritual enlightenment with BK Pius and BK Girija.



Bilaspur (CG): Mr. Arun Sao, Dy CM is felicitating BK Manju, BK Preeti and BK Gaytri for de-addiction services. MLA Sushant Shukla, VC of Bilaspur University, Dr ADN Vajpayee, SSP Mr. Santosh Singh are also on the stage.



Guangzhou (China): Brahma Kumaris participated in Republic Day celebrations in Guangzhou and Shanghai. BK Sapna and BK Khushi are seen in group photo with Consul General of India Mr. Shambhu L. Hakki.

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Valsad (GJ): HE Draupadi Murmu, the President of India is being greeted by BK Ranjan, BK Kanta, BK Prabha, BK Parulata and BK Vinu.



Rajkot (GJ): HE Draupadi Murmu, the President of India is being greeted by BK Anju, BK Rekha, BK Nimisha and BK Julie.



New Delhi: Union Railway Minister Mr. Ashwini Vaishnav is being greeted by BK Mruthyunjaya, BK Prakash, BK Shivika, BK Shailesh and BK Virender.



Mangaluru (KA): BK Shivani is addressing a public programme on "Living with ease and grace" at TMA Pai International convention centre.

