



The World Renewal

Monthly

Vol. 56, Number 1, April, 2025

Price Rs. 10.00, Yearly Subscription Rs. 120/-

Brahma Kumaris, Hisar

day 10th March, 2025



Hisar (HR): The Golden Jubilee programme of Brahma Kumaris Hisar is being inaugurated by H.E. Draupadi Murmu, the President of India, H.E. Bandaru Dattatreya, Governor of Haryana, Mr. Ranbir Gangwa, Cabinet Minister, Ms. Savitri Jindal, MLA, BK Mruthyunjaya, BK Uttra, BK Prem and BK Ramesh.



Chhatarpur (MP): H.E. Draupadi Murmu, the President of India, Bageshwar Dham Peethadheeswar Shri Dharendra Krishna Shastri, Lok Sabha MP Mr. Manoj Tiwari, BK Shailaja, BK Vidya, BK Nanda, BK Rama and other sisters are seen in the group photo.



Delhi (Kingsway Camp): Mrs. Rekha Gupta, Chief Minister of Delhi is being presented Godly gift by BK Poonam, BK Tara and B K Bindu.



Ambala Cantt: In a programme on Women's Day, sitting on the stage are (R-L): Mr. Anil Vij, Energy, Transport and Labour Minister, BK Uttra, BK Prem and BK Asha.



Bengaluru: Renowned hockey player Padmashri Dhanraj Pillai is seen with BK Shivani during an event on 'It's Time for Check, Change and Become'.



Mumbai (Malad West): World Champion Boxer Ms. Mary Kom is being presented a frame of God Shiva by BK Neeraja and BK Sanjay.



Bengaluru (Gottigere): Mr. Basavaraja Shivalingappa Horatti, Chairman Karnataka Legislative Council, Prof. G R Naik, VC of Garden City University and BK Ambika are lighting lamps on Mahashivratri.



Kunjapura (Karnal): In the inaugural programme of the '12 Jyotirlinga Darshan Mela' Mr. Ram K Kashyap, Haryana Govt. Chief Whip is being felicitated by BK Onkar and BK Nirmal.



Delhi: Renowned film actress Sonali Bendre is being presented Godly gift by BK Deepak, BK Surendra, and BK Vikas.



Mumbai: Renowned film actress Bhagyashree is felicitating BK Yogini with Global World Record certificate. BK Meera and BK Deepak are also seen.



Mumbai (Mulund): Dr. J.J. Rawal, former Director - Nehru Planetarium presenting the "Pratibhashali Nari Gaurav Samman" to BK Godavari and BK Lajwanti.

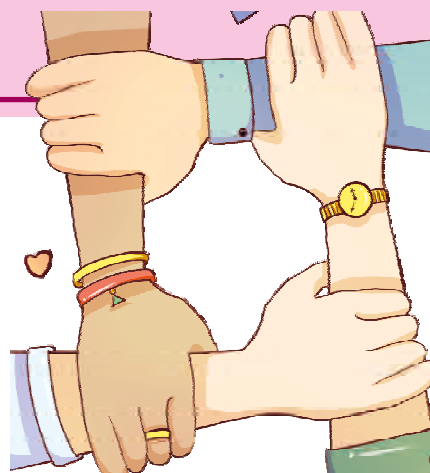
UNIVERSAL HARMONY

The Only Worthy Choice to Solve the Crux of All Problems

A volume, published in the mid-eighties, under the aegis of the United Nations, mentioned more than six thousand major world problems but it did not mention even a single major factor that lies at the root of all those problems.

However, a penetrating look at these problems, most of which are interlinked, would show that the underlying causes, common to all of them, have invariably been some kind of disharmony – political, social, communal, racial, environmental etc. A study of the case-history of any of these problems would also show that if the policy, practice or solution, adopted to solve that problem, had been other than the one that aimed at restoring the harmony, it had not only failed but had also led to a bigger problem because it caused greater disharmony. Let us take an example from history.

In the period preceding the invasion of India by Alexander of Macedonia, there had been



disharmony in the relations between various kingly states in India. This led each one of them to raise great armies. This, in turn, created fear and doubt in each neighbouring state and, instead of bringing a feeling of security, led to greater disharmony. The resulting disunity created resentment and ill-will and gave rise to the wish in the mind of almost every ruler that the other fellow be defeated, humiliated, and dispossessed of power by some other powerful ruler. This kind of situation then was a tempting invitation to the powerful

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THE POWER OF VOLCANIC MEDITATION

Just as one needs to treat gold with fire to purify it, intense meditation is needed to remove deep-seated impurities from the soul. Such meditation is often called volcanic meditation, in reference to volcanoes, whose heat and power can melt rocks and transform the surrounding landscape.



Meditation is now practised by many people as a means of relaxation, an aid to developing mental focus, for experiencing peace of mind, or getting relief from stress and pain. Regular practice of meditation has been shown to have several health

benefits, including lower heart rate, improved blood pressure, a drop in cholesterol levels, stronger immunity, and a slowdown in the ageing process. Scientists have not yet clearly understood how exactly meditation leads to better health, but stress reduction appears to be the key to this, since stress is a contributory factor in most modern killer diseases.

Apart from reduced anxiety and stress, meditation has been observed to have other psychological benefits. These include lower irritability and moodiness, better memory and learning ability, and greater emotional stability.

The above are the better-known and studied effects of meditation. But its practice can bring greater rewards in the form of liberation from harmful habits and negative tendencies, and spiritual empowerment that enables one to lead a happy and

contented life.

Many people inflict harm on themselves, knowingly or otherwise, by their habits, way of thinking, and behaviour. Some of them do not even realize the damage they are doing to themselves, while others, who are aware of their weaknesses, struggle to overcome them. The reason some negative traits seem difficult – at times impossible – to remove is that they are deeply entrenched in the soul and a strong positive energy is needed to counter them.

The soul contains a complete record of the experiences -- thoughts, feelings, actions, etc. – of all its lives. Experiences from previous lives, stored in the unconscious mind, are often manifested in the form of feelings, phobias, desires, or habits. These exercise a subtle influence on our thoughts, speech, and behaviour, without our knowing it. When individuals introspect and recognise the fact that the roots of their thoughts and feelings lie within, they stop blaming other people and circumstances and start making an effort to change the way they see and experience life. This transformation has to be made deep within the soul for it to be meaningful and lasting. If I have a deep-rooted tendency to get angry, then merely trying to be pleasant is not going to change that. I may be able to camouflage my annoyance and put on a smile, but inside I won't be feeling too good. If I just keep suppressing



anger, over time the pent-up emotion will put pressure on the mind and force its way out in unexpected and unpleasant ways. To be free from anger, I have to remove it from its roots in the soul. The only way to do that is meditation, particularly Rajyoga meditation.

In Rajyoga, we first become aware of our true identity -- that we are souls -- and then connect with the Supreme Soul. **The process of going within and experiencing oneself as a spiritual being or soul helps us rediscover and use our innate positive qualities such as love, peace, purity, and truth. The mental link with the Supreme Source of energy empowers the self as His virtues and powers flow into the soul, making it richer and stronger.**

Meditating in this way is akin to lighting a fire in the soul that starts burning away the unwanted things that have accumulated there – unhappy memories, bad feelings, damaging habits etc. Some of these impurities are strongly bonded to the soul, like alloy in gold. Just as one needs to treat gold with fire to purify it, intense meditation is needed to remove deep-seated impurities from the soul. Such meditation is often called volcanic meditation, in reference to volcanoes, whose heat and power can melt rocks and transform the surrounding landscape. A volcano gets its power from the internal heat of the Earth. It is not as if someone lights its fire from outside. Similarly, volcanic meditation is all about having a powerful internal awareness.

For practising volcanic yoga, we first need to become introspective and free our mind from negative and unnecessary thoughts. Introspection and the practice of soul-consciousness -- seeing oneself as a soul -- makes us focussed. From focus comes determination.



If we spend our days noting the faults of other people, we are accumulating waste in our mind. When we are habitually critical, it tends to focus our attention on the flaws of others, fostering a negative mindset. This can make it harder to appreciate the positive qualities in people and situations, leading to a generally pessimistic outlook. In social and work environments, such a critical attitude can set a negative tone that creates a toxic atmosphere. It can make others feel nervous, worried about being judged, and less likely to cooperate or communicate openly. There is likely to be stress and frustration in relationships, leading to more negative feelings that trigger further wasteful thinking which consumes our time and mental energy. Humility, kindness, and a constructive attitude not only help us build healthy relationships but also keep our mind light and strong.

This is important because **we can have powerful meditation only when our state of mind is positive at all times.** If the mind is filled with conflicting emotions and thoughts, the same will come up when we sit down to meditate. We may avoid wasteful thinking for some time, and if we return to that habit later, our mental energy gets depleted. The fewer our

thoughts, the more powerful the mind becomes. Normally, a person creates 20-25 thoughts in a minute. To experience the volcanic stage of yoga, we need to bring this number down to one thought a minute during meditation.

When we focus our mind on any of the positive qualities of the soul or the Supreme Soul for a few minutes and immerse ourselves in experiencing that quality, be it peace, love, purity, or power, the soul gets filled with it. As we enrich the soul with virtues in this way, the weaknesses in the soul get diluted. This is how powerful or volcanic meditation brings about transformation in the self. Just as the fire of a kiln makes soft clay into strong bricks, the fire of yoga imparts determination and strength to our thoughts, making it possible to change deep-rooted habits. Ordinary or casual meditation cannot do this – at best it can create a temporary feeling of change, after which we may fall back to our old, damaging ways.

To make the practice of such powerful meditation easier, we need to make a conscious effort to cultivate good thoughts. When we do this regularly, the mind becomes calmer, lighter, and more powerful, and our thinking, speech, and behaviour change for the better.

The company of those who have a positive outlook helps. Such people tend to have strong values and healthy habits. Being around them inspires us to adopt similar attitudes and behaviours, helping us become a better version of ourselves. Engaging with people who are trustworthy, kind, and respectful also creates a foundation for strong, healthy relationships. These relationships can offer a sense of security and belonging. Being with people who share similar values and goals enables us to stay focused on what matters most to us. They also

help to hold us accountable, making it easier to achieve our aspirations. Their company shields us from negative influences that may trigger thoughts and feelings which prevent us from having deep and transformative experiences in meditation. Such external support is needed until we become powerful enough to be unaffected by any negative atmosphere or company.

Doing volcanic or powerful yoga does not mean seeing oneself only as a powerful soul and drawing power from the Supreme Soul. Power can come in several forms: as purity, love, peace, or tolerance. When a virtue in the soul acquires a high level of intensity, we become a powerful embodiment of that virtue – that is what is called being in the volcanic stage.

Some souls are rich in a virtue or power but are unaware of it and do not use it for the benefit of the self or others. They are like dormant volcanoes that do not show any sign of activity. Then there are powerful souls who use their spiritual powers partially or occasionally, like volcanoes that are active but only ooze some lava now and then. The really strong souls are like an erupting volcano that sends forth rocks, lava, and ash that can permanently change the surroundings. These yogis not only transform themselves but also those who come in contact with them. The power of virtues such as peace, truth, purity, tolerance, and love radiates from them and leaves a deep impact on others. Such souls become instrumental in changing the lives of many. They are like deities, whose images in temples give devotees an experience of peace and love and remove their sorrows. We can serve our fellow human beings in a similar way by becoming an embodiment of power and virtues through volcanic meditation.

– B.K. Brij Mohan

THE TRANSFORMATIVE CAPACITY OF SOFT POWER

Soft power is spiritual power and enables us to manage our emotions, to focus and re-align our values, empower our lives and contribute to co-creating a better and brighter future world.

This, my dear is the greatest challenge to being alive. To witness injustice in the world and not allow it to consume our light.'— Thich Nhat Hanh

Earth can be either Paradise or Hell. Currently the world is obsessed with 'hard power' that controls, imprisons, abuses, colonizes and much more, 'Hard power involves "the ability to use the 'carrots and sticks' of economic and military might to make others follow your will".

However, individuals as well as countries in the world are taking another look and using a fresh approach to explore an authentic inner power known as Soft power, a non-violent, peaceful approach to living. On a national level Soft power refers to a nation's ability to influence others through non-coercive means, such as culture, diplomacy, and persuasion rather than guns and missiles. For example, the five pillars of India's soft power—dignity, dialogue, shared prosperity, regional and global security, and cultural and civilization links—are employed and enhance its global influence.

Soft power comes from within the soul. 'I am the sum total of the basic pure qualities of the soul – peace, love and joy, and all that is good within.' Being aware of my true identity as an eternal thinking soul separate from the body, and in this way being an instrument, detached yet loving

creates an unlimited peace and happiness within. Soft power is spiritual power and enables us to manage our emotions, to focus and re-align our values, empower our lives and contribute to co-creating a better and brighter future world. Medical science has proved our emotional state, worry, anxiety, pain, anger or fear plays a huge role in determining our health, well-being and use of power. **No one can make us feel happy, or hurt, powerless. It is our internal conversation about their behaviour, that determines how we feel.** It is the quality of our consciousness 'hard' or 'soft' that creates our right use of power and non-violent solutions.

We need to also communicate and be dependent on the relationship with a higher source. The basis of soft power is knowing 'God is doing and making us do'. Since God is all powerful and imperishable, God will never leave me.

"Dear God, my wisest Father, you often whisper to me, Become a rose; do not remain a thorn. Spread the fragrance of the self. To be one thing inside and another thing outside, complain about myself and others, allow worry and doubt to rule my mind, to be fearful of people simply because they think differently, I fully see now these attitudes create Hell. Since I have created it for myself, I also have the capacity to change it. but I certainly need Your cooperation." – Anthony Strano.

(Contd. on page no. 22)



B.K. Sister Chirya, New York, USA

THE FOUNDATION OF KNOWLEDGE IS DETERMINATION

God's plans are more beautiful than our wishes. Always have faith in your work. Have faith in God. Be honest with yourself, no matter what difficult times come, God definitely finds a way.



Once, Adi Shankaracharya was sitting on the seashore. One of his sycophantic disciples came to him and said – Gurudev, how could you have acquired so much knowledge? Thinking of this makes me surprised and

proud of you. Shankaracharya said to him – Who told you that I have a wealth of knowledge?

The disciple felt completely embarrassed. Hearing this conversation other disciples also came to him. Shankaracharya took a thin branch in his hand and dipped it in the sea to explain to his disciples that they should not develop ego of their knowledge. After some time, he took it out and asked the disciple – How much water did this branch absorb?

Some disciples said – Just a few drops. Shankaracharya said – Similarly, I also take a dip in the ocean of knowledge and when I come out, I realise how little I know. I constantly try to acquire knowledge.

Shankaracharya further said – **Man's capacity to acquire knowledge never ends. There is no limit to knowledge. Only people with little knowledge try to consider themselves omniscient by knowing a few things. We should keep acquiring some knowledge all the time. I too have a lot to**

B.K. Ram Singh, Rewari

absorb.

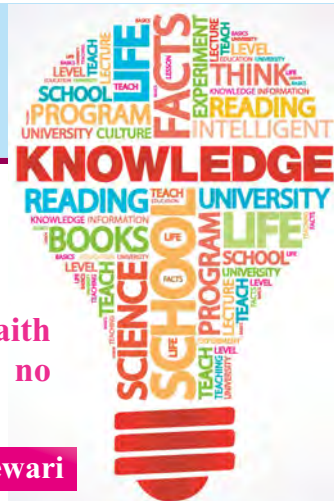
Listening to his words, the disciples learnt the lesson that knowledge is such an ocean, the more you get in it, and the less it will take. Therefore, knowledge should be put to good use for charity but not for creating ego.

**Only knowledge
can give new direction in life**

The foundation of knowledge is determination. If you make efforts with determination, you will reach your destination. One should not hesitate in taking knowledge i.e. knowledge from wherever, from any person, whether good or bad. With knowledge we can give a new direction to our life. After gaining knowledge, it is not very difficult for us to achieve anything, but for this it is necessary to incorporate that knowledge in our character, that is, knowledge is not limited to just listening, it should be implemented in our conduct, thoughts, behaviour and life. Only then can we achieve our goal easily. Only knowledge gives us understanding about the continuous changes taking place in the country and the world. By knowing these things, our mentality also becomes bigger.

**Arrogance arising
from knowledge is poisonous**

If arrogance is born after gaining knowledge, then that knowledge is poisonous, whereas after knowledge humility is born. Listening to



knowledge, liking the words of knowledge, narrating the words of knowledge is not a big thing, but adopting the words of knowledge in life is a big thing. When you do not feel sad due to pain and bitter words towards others, then understand that the concept of knowledge has started in your life. So just keep moving forward and know that you are very close to your goal.

Knowledge is better than wealth:

Knowledge is better than wealth because we have to protect wealth ourselves and knowledge protects us. First of all, a person needs knowledge of his strength, his courage and faith. Knowledge without understanding is useless. Everything has its end – this teaches us wisdom. We should not claim to understand the world on the strength of knowledge alone because knowledge is only a small part of the truth. God's plans are more beautiful than our wishes. Always have faith in your work. Have faith in God. Be honest with yourself, no matter what difficult times come, God definitely finds a way.

Only the light of knowledge removes the darkness of ignorance: A person entangled in the darkness of ignorance can never attain the knowledge of light. As the light of knowledge comes into life, the darkness of ignorance goes away, that is, as a person comes closer to the light of knowledge, he also gets away from the troubles of the world and the darkness of ignorance goes away. The light of knowledge i.e. the conduct, thoughts and behaviour start improving, for this a person should maintain purity in his eating habits and give up useless resolutions and move forward on the path of truth. Through this, the mind also becomes pure and only after becoming pure, God's spiritual knowledge can reside within the person.

Humility is necessary with knowledge: It is said that through meditation, knowledge is born

and without meditation, knowledge is lost. Ignorance can be eliminated with knowledge but stupidity lasts forever. **A little knowledge that is put to use is more valuable than a lot of knowledge that is lying unused.** While walking on the path of knowledge, the greatest cleverness and specialty is to keep oneself from getting lost till the end, that is, one has to constantly increase, test and challenge one's knowledge, otherwise it disappears. The art of knowing the unknown through knowledge and experiences is called *Vidya*. If you always remain humble with knowledge, then it will not take long to become experienced, that is, knowledge is basically a matter of wisdom, not mere interpretation, that is, one has to move from interpretation to wisdom.

Knowledge makes humanity human: More important than knowing knowledge is understanding where to apply it, that is, it does not matter whether you have more or less knowledge, what is important is what you do with whatever amount you have. Knowledge is not meant to explain the past, but to create the future. **It is said that the wise learn by discretion, the common man by experience, the ignorant by necessity and the foolish by compulsion.** Only when the light of knowledge comes in life, one gets relief from sorrows, that is, when the lamp of knowledge is lit in life, the soul will never wander in darkness. The world calls the unusual presence of common sense as intelligence. Knowledge also makes humanity humane, whereas everyone wants knowledge but very few people are ready to pay its price. The gist of ancient knowledge boils down to two things – one is to know oneself and the other is to avoid extremes, life depends on these two things. ■■



IT IS HIGH TIME TO GET IN TOUCH WITH THE BRAHMA KUMARIS

The greatest fallacy of society is to earn more and more by any means and to spend lavishly in the pursuit of comfort, which is mistaken for happiness.



Though there is no doubt in the appropriation of time as part of the world drama, sometimes some moments are more important than others when special things happen. Every moment has its own value, but a few are very

precious and remain in memory; otherwise, we would not derive any pleasure—be it in the form of comfort, happiness, or peace—in life. We could never expect constant peace and happiness, particularly in this stage of life, where no one attains purity, and almost nothing is performed with a pure mind. So, we are always in search of extraordinary events, according to our own way of living, that can relieve us from the monotony of life. We have lived many lives in the flow of birth and rebirth, but we only know the present life, and we are going through it without knowing the past and future. By default, it is always better to be in the present and do our best at this stage, because nourishment can reach both the future and the past from here. Since time is cyclical, we can regard the recent past as a long-awaited future, and whatever rectification we want to make should be done from here, at this point in time. Why should we think this way? Because otherwise, we have no other way but to think about the desired future achievements in this Diamond Age—the transition phase between Kaliyuga and the forthcoming Satyuga. During this beautiful *Sangamyuga*, one can make his/her own destiny

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

for the entire Kalpa of 5000 years. The 100-year *Sangamyuga* is a platform at a junction, from where one can start a new journey, gaining the connecting link. The only condition for this transshipment is to leave the old luggage—that is, mental waste and debris—at the platform and move forward with the original soul qualities.

We are always busy searching for something somewhere, perhaps without knowing what the actual things to search for are. Worldwide, institutional education has contributed to society in countless directions for many centuries. Still, humans have not gotten any closer to a solution for the ultimate desire for peace and happiness. Science and technology, religion and philosophy remain at a stage of incapacitation, despite the modernization and updating being claimed. Humans have gained many materialistic benefits and physical answers, but we are yet to know our true identity because we don't have such queries. The greatest fallacy of society is to earn more and more by any means and to spend lavishly in the pursuit of comfort, which is mistaken for happiness. So, today, knowingly or unknowingly, we are purchasing health, happiness, and peace with wealth. And after death, we say that the soul goes to heaven, leaving the body here—in hell. We are all deeply confused in many ways by false ideas, wrong concepts, and old belief systems.

We have gradually lost all our virtues during the period of the 63-birth voyage over the last 2500 years. But there is no cause for

despair or disappointment; still, there is hope and something in hand to create a good destiny from here. Now, it is high time to regain all those sophisticated qualities of the soul to prepare ourselves for a divine leap once again. But for such a quantum leap, the knowledge of the soul and the Supreme Soul is paramount. Brahma Kumaris is the only unique organization that is wholly principled and directly guided by God Himself to change the present *Kaliyugi* world through the transformation of human souls. Hence, B.K. is designated as a Godly University in the name of Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya. Brahma Kumaris welcomes all human beings into this organization for the manifestation of divinity. Whoever connects with this non-formal university will definitely experience miraculous results, sooner or later, instead of remaining plunged in the present unbearable sufferings. A time will come when people will ask about the Brahma Kumars and Kumaris and will be interested in acquiring this knowledge. Repentance may also come in

some individuals, with the feeling that they regret not having connected with this loving organization despite seeing and hearing about Brahma Kumaris on many occasions.

The life drama is continuing and will continue with a new scenario, which will be completely different from the present picture. We, being limited in body-consciousness, cannot see the things embedded beneath the drama wheel. Without soul-consciousness, we cannot feel the pulse of future events because believing is not possible without realizing the future in advance. For this advanced step, the connection with God is vital, and it is through this spiritual university that we can achieve it. Time will inevitably pass because time waits for no one, but we will fail to prepare ourselves for the future Golden Age after the end of this Kalpa. Without rehearsal, how could we perform in that beautiful stage of Satyuga? So, it is high time to create our own destiny for the grand future. Only the winners, refreshed and renovated with new propensities, will earn the "lottery" of entering heaven through their own effort, strengthened by God. So, it's now or never. ■■

WORDS OF WISDOM

- ◆ **Nothing is impossible. The word itself says 'I'm possible!'**
- ◆ **There are so many great things in life; why dwell on negativity?**
- ◆ **Happiness often sneaks in through a door you didn't know you left open.**
- ◆ **A problem is a chance for you to do your best.**
- ◆ **When we strive to become better than we are, everything around us becomes better too.**
- ◆ **The only person you are destined to become is the person you decide to be.**
- ◆ **Life does not have to be perfect to be wonderful.**
- ◆ **I'm not going to continue knocking that old door that doesn't open for me. I'm going to create my own door and walk through that.**

INNER PEACE AND INNER POWER

Who can establish peace in the troubled world of today? This has engaged the attention of everyone. The Supreme Soul, who has an inexhaustible treasure of peace, knowledge, bliss and love, can alone bestow real peace.

Pease is a state of quietude, tranquillity and spiritual contentment; it is freedom from disturbance, agitation, anxiety etc. Everybody wishes today that their country should progress, it should be safe from the enemies, and that there should be constant peace and happiness. In order to attain the fruit of these wishes, it is first necessary to know that the key to progression and regression is the mind.

Become Master of the Mind

If our mind is peaceful and contented, the world appears to be peaceful. In order to attain peaceful disposition, first of all, one has to become the master of one's mind for which one needs to follow the directions of the Supreme Soul. By the constant connection with God, the original powers of the soul are reactivated and the mind and the intellect are in harmony. If the mind is healthy and it obeys the orders of the intellect, then the body will also be healthy and all the tensions or weaknesses of the mind will disappear.

Determination and Concentration

One of the first steps to achieve peace is to develop the power of concentration. Concentration is to focus and steady the mind to obey your orders. This sounds as an easy plan but the power of courage and determination is difficult to attain. This is where the 'determined thought' to become peaceful is important. By combining spirituality and authority, a person will



B.K. Khem Jokhoo, Trinidad

develop both 'controlling and ruling power' through accurate 'judgmental power'. With this determination, there will always be success. Determination is the key to success. This is not the best method; this is the only method.

Greed for Power

There was a time when the entire world was a place of peace, purity and prosperity. Now we witness chaos and confusion, stress and strain, disunity and discord everywhere. A brother is fighting against his brother for wealth and one religion is at war with the other. History shows that the majority of wars in the world have been fought for religion. Greed for power has made politics a gamble for throne. Today, the seat of secular power is nothing short of a throne of thorns. **Mental tension has become the mother of all diseases as well as untimely death and insolvency.** On the other hand, industry has created problems that have led to lockouts, strikes and unemployment. Law courts cannot cope with piles of lawsuits. Science has provided many facilities for man, but political misbehaviour has turned science into a big genie ready to destroy the very comforts that it has created. Bombs have been stockpiled to annihilate the very abode of man. **Who has now been left to give peace except God Himself?**

The Bestower of Peace

Who can establish peace in the troubled world

of today? This has engaged the attention of everyone. In almost every part of the world, peace and religious conferences are being held. Many schemes have been launched to remove the cause of disquiet. Learned *pundits* deliver long speeches and accuse each other for disruption. But, self-centred people cannot bring peace to the tormented world. The Supreme Soul, who has an inexhaustible treasure of peace, knowledge, bliss and love, can alone bestow real peace. It is important now for each one to examine themselves and remove all the bitterness and hatred rather than to look for blame in others. If there is going to be world transformation, then there must first be self-transformation.

Peace and Purity of the Soul

The establishment of peace is neither a dream nor a magical phenomenon. The Creator with the powers of divine knowledge gets all the souls liberated from the hold of vices that have made them miserable and disquiet. Due to the vices, the body that a soul wears like an apparel has become old and dirty, and the Supreme Soul acts as a 'laundryman' to remove their dirt through austerity. The soul was originally completely vice-less like pure gold, but with the passage of time got impure due to vices, and is leading a life of sin. The master removes the impurity and restores the soul to its original state of purity. The tranquil stage inculcates the innate powers to act with contentment, discrimination, conciseness and all-round perfection. Vitamins increase the bodily strength, but what are the vitamins for the soul? It needs power of peace and purity for its progress. **A baby lion herded together with lambs would behave like a lamb, but a contact with a lion would remind the cub of its original nature and activity.** Similarly, a soul lost in vices and body-consciousness needs just a reminder "I am the

child of the Supreme Soul, the Ocean of Peace and Happiness, and this is sometimes enough to change our attitudes and activity and to experience the divine attributes and powers."

Peace is a natural quality of the Soul

The soul possesses three powers or faculties—Mind, Intellect and Resolves (*Sanskars*) or the Sub-Conscious. The natural habitat of the soul is peaceful silence, solitude and quietude. Deep within us is peace. The basic qualities and attributes of the soul are peace and silence.

Free the Soul from Distractions

When a soul is beyond the attraction of sound and away from the influence of the elements, the soul is very powerful. It has all the original powers and innate virtues. Once the soul is under the influence of the body, some of its intuitive powers, are then, attenuated and it becomes weak and follows the dictates of the senses and body-consciousness. Peace of mind is disturbed by the vices—anger, greed, ego, lust and attachment. To regain your peace, you have to overcome the five vices.

► **Mind over Matter:** Peace is a sovereign power. This problematic world is full of prejudices and disturbances. Various kinds of spiritual, scientific and *tantric* forces are working to set them right. But, knowledge, virtues and power are the requisite forces. The prevailing times witness a lot of information, knowledge and learning, but there is a lack of virtuous living and spirituality. Everybody realises the power of wealth yet the society has not gained virtues.

Spiritual Power is the Key to Inner Peace

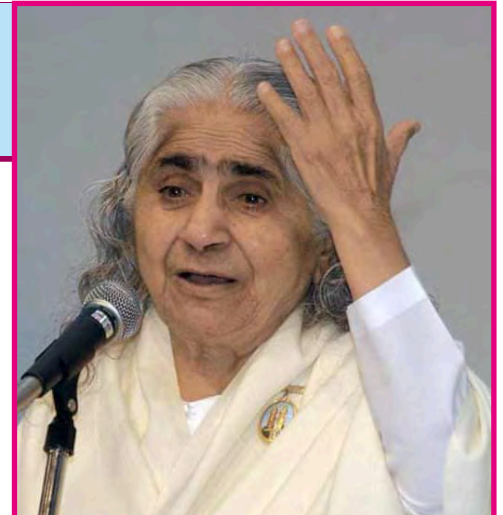
To claim the power of peace, embrace the fundamental principle of spirituality. Look inwards in order to look outward with courage, purpose and meaning. Examine your thoughts, feelings and motives, carefully and honestly

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THIS IS TRUE HAPPINESS...

Souls will not get tired if they can be free from wasteful thinking. When we are tired, we must remind ourselves that world-drama is very good and the tiredness will vanish.

Rajyogini Dadi Janki Ji



Wonderful is our sweet Baba and wonderful is this Drama. As happiness is the most valuable treasure of a spiritual aspirant, let us ask ourselves: Am I happy? When we experience happiness, it runs from the top of the head to the tip of the toes. The soul is so tiny, yet there is such an internal happiness with the yoga of the intellect, which works through the body. Ask again: Who am I and to whom do I belong? This brings great happiness.

Shiv Baba is so wonderful and brings so much happiness. We are indeed lucky as we have a golden opportunity to meet Him. We are making our efforts to make each moment valuable.

Living in the household, we hold a spiritual attitude, which is so beautiful and makes everything easy. It is not necessary to count the beads of the rosary on this path. Internally, just remember the God-Father with deep recognition and hold the faith.

Souls will not get tired if they can be free from wasteful thinking. Whatever scenes are passing by, they are in the Eternal World Drama. When we sit on this seat of drama, we enjoy ourselves and can see the scenes and understand that drama is very good. When we are tired, we must remind ourselves that drama is very good and the tiredness will vanish. **Practising 'Om Shanti' thrice at a time is also very good, viz.,**

1) I am a peaceful soul, 2) I am a child of Ocean of peace God Shiva and 3) My abode is Sweet Silence Home.

Therefore, always remember God Shiva, whom we lovingly call Shiv Baba, Drama, the Confluence Age of Iron Age and Golden Age, the time (to return Home) and the Yagya, the sacrificial fire. Now we are preparing to go Home and to come to Heaven, i.e. *Satyuga* and *Treta Yuga*.

God Shiva has created this yagya according to the Drama Plan, and there has been such huge expansion. In the beginning, many would have visions sitting at home. Many were in bondage... *I would be often asked whether I was reading the Gita or the knowledge from Dada Lekhraj and I would just say the Gita for namesake.*

When we have courage, Shiv Baba helps us. For every step we follow His *Shrimat* (Godly Advice), zeros can be added to highlight its true impact.

We don't say that we 'have' to put a point (i.e. dot)...we just follow Shiv Baba's directions and the point automatically happens. Question marks create great difficulty. The song says: Oh bird, fly now for this is a foreign land – Shiv Baba through Brahma Baba once called me a wondering yogi – we are the ones who churn the

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HAPPINESS: THE ART OF FINDING JOY

We are, blessed with food, clothing, shelter, and countless privileges. We've had opportunities to travel, pursue our interests, and live comfortably. Yet, why do we often find ourselves dissatisfied?



B.K. Mansa, Shantivan



Every year March 20 is celebrated as the International Day of Happiness, which is a reminder that happiness is a universal pursuit. Yet, its meaning varies from person to person. For some, it's found in moments of success,

while for others, it's nestled in the embrace of loved ones. Despite this, happiness often eludes us, especially during life's challenges.

Like many, I too found myself questioning the essence of happiness. Life's ups and downs had blurred my perspective, leaving me restless and searching for clarity. That's when a conversation with a friend, Krishna, transformed my understanding.

Krishna hails from Andhra Pradesh. His life, marked by challenges, is a testament to resilience. His mother is battling cancer, and his family, which includes two sisters, two brothers, and aging parents, faces financial struggles. Their move from their native village to the city for better medical facilities brought with it the daunting task of managing daily expenses down to the last penny.

Despite these hardships, Krishna remains a beacon of positivity. His calm demeanour and ever-present smile made me curious. "Bhai, how do you smile in every situation? Doesn't your

mood ever falter?" I asked. He smiled again and said, "Of course, I'm human. I have my moments, but I bounce back quickly. I have responsibilities to fulfil and goals to achieve. Dwelling on negativity won't change my circumstances—it only makes them harder to bear."

His words stayed with me. How could someone facing so much still maintain such strength and optimism?

Krishna then shared another story, one that further deepened my reflections. He spoke of our colleague, Ramya, a talented young woman with postgraduate degrees in fine arts — Bharatanatyam — and a recipient of many awards and accolades. She recently faced the devastating loss of her father. As the eldest daughter, she had to step up, taking on family responsibilities while navigating her own health challenges. Yet, like a phoenix, she rises above her circumstances, finding joy and purpose in life.

Hearing these stories made me introspective. Here I am, blessed with food, clothing, shelter, and countless privileges. I've had opportunities to travel, pursue my interests, and live comfortably. Yet, I often find myself dissatisfied, questioning my happiness.

Why is it that we compare ourselves to those who have more and not to those who have less? Why do we focus on what we lack instead of appreciating what we have?

Even with all the comforts of life, we find

reasons to complain. This habit of looking upward, aspiring for more, blinds us to the blessings we already possess.

Why Happiness Matters?

Happiness is not merely a personal pursuit; it has far-reaching implications that touch every aspect of life. Studies reveal that happiness significantly enhances physical and mental health, fosters relationships, and accelerates societal progress. Happier individuals tend to exhibit higher levels of productivity, resilience, and empathy. They are better equipped to navigate challenges, maintain emotional balance, and contribute positively to their surroundings.

How to Embrace Happiness?

While the pursuit of happiness can seem complex, simple daily practices can make a profound difference. Here are actionable steps to cultivate a joyful mind set.

▶ **Cultivate Gratitude:** Keep a gratitude journal: Write down three things you're grateful for each day. Acknowledge small blessings: Focus on the positives, even in challenging times.

▶ **Practise Mindfulness:** Be present: Focus on the moment without lingering on the past or fretting about the future. Meditate: Spend time in silence or guided meditation to centre yourself.

▶ **Nurture Relationships:** Connect with loved ones: Spend time with family and friends who uplift you. Show kindness: Acts of kindness can create feelings of fulfilment and joy.

▶ **Take Care of Yourself:** Prioritise health: Eat well, exercise regularly, and get enough sleep. Practise self-love: Treat yourself with compassion and avoid harsh self-criticism.

▶ **Pursue Your Passions:** Engage in hobbies: Dedicate time to activities that bring you joy and satisfaction. Set goals: Work towards something

meaningful that excites you.

▶ **Embrace Positivity:** Shift your perspective: Focus on solutions and opportunities rather than problems. Surround yourself with positivity: Limit exposure to negativity and engage with uplifting content.

▶ **Be Authentic:** Be yourself: Embrace who you are and live in alignment with your values. Let go of comparisons: Focus on your journey without measuring against others.

▶ **Practice Acceptance:** Embrace imperfection: Accept that life isn't perfect and find peace in its flow. Release control: Let go of things you cannot change.

▶ **Spend Time in Nature:** Connect with the outdoors: A walk in the park or time by the ocean can be rejuvenating. Appreciate beauty: Notice and savour the natural world around you.

▶ **Stay Spiritually Connected:** Connect with a higher power: Through meditation or spiritual practices, find a sense of purpose and belonging. Engage in self-reflection: Use moments of solitude to align your actions with your inner self.

Conclusion

Happiness is not a destination but a journey. Celebrate small moments of joy and keep reminding yourself that it is okay to prioritize your well-being and peace.

Krishna and Ramya's stories taught me a profound truth: Happiness is not about circumstances but perspective. It lies in gratitude, resilience, and the ability to bounce back from adversity. It's about finding joy in small victories, embracing challenges with a smile, and choosing to rise above life's trials.

Happiness is a choice—a mind set we cultivate, not something we acquire. When we shift our focus from what we lack to what we have, we unlock the door to true contentment. ■ ■

"CREATIVITY"

**B.K. Sarika, Nallasopara,
Mumbai**



I am Creativity
....the spark of a soul
I bring ideas.....
....to life and give artistry to
the soul
I paint new reality....
....With every brush stroke
I weave tapestry of words
with clarity...

....With every note of the pen,
I dance in.....
..... Dreams with the music of thoughts
Every step of mine.....
..... is a horse within which gentle trots
In front of me.....
..... there is a canvas so blank and clean
I will scribble lovely words, Hopeful Lines...
.....and joyful moments with gentle sheen
Soul my master.....
....Connected to The Almighty, enhances me
Explores my secrets.....
.....Discovers my beauty and sets me free
I am hidden in.....
..... every individual's mind
The one who delves me.....
.....I help him to unwind ■ ■

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Ocean of Knowledge and create happiness. I never had the thought of worrying for anything. I remember how Brahma Baba used to do everything and simply follow this. Shiv Baba speaks through the mouth of Brahma and as this touches our heart, we won't remember anything else. Make the past the past and do not see this old world as living...it is changing all the time.

I have seen only the plays of Krishna. I have never been to the cinema. Shiv Baba gives very good directions and as we follow these, we receive blessings and others follow us. We need to pay a lot of attention to what we think and say. If we wish to stay always happy, there should be Shiv Baba in our thoughts and words and power in our actions. ■ ■

MIRACULOUS

M.B.K. Singh, Patna

Shiv Baba, thou are a store house of Light.
Thou descended on this planet to bathe
and purify the deviated souls.
The world is in trauma and hibernation.
Humans are caught up in the mire of
worldly vices,
They have fallen into a pit of darkness,
From where they only witness turmoil and
strife.
To liberate them from this strife torn filthy
world,
Thou has entered the body of Brahma
Baba.
The world is on the pedestal of decay and
destruction.
To teach the undignified and impious soul,
The value of purity, service and salvation
You are really so gracious,
To take the old body of Brahma Baba.
And turn these smeared souls into gold
Now you use your magnetic power
And pull the bewildered soul up
With heavenly light of purity, service, bliss
and heaven hood ■ ■

BRILLIANT BLOOMING BUDS

Every child is a delicate yet brilliant blooming bud that must be nurtured with love and care. Just as I wouldn't pull up a plant's roots to check its growth, I must trust her process of blossoming.



It's a cup of virtues, they say, as we eagerly draw a bunch of virtue cards from the blue cup. Trusha, my fourth-grade daughter, and I decided to spend this jubilant January Sunday morning visiting Mumbai Malad Masti, savouring the cool winter breeze.

Her small fingers flipped through the cards, turning them over one by one. Each card carried a unique image: a bicycle representing balance, a pigeon symbolising peace, and a rabbit embodying gentleness. We were given a moment to connect each object with its corresponding virtue before returning the cards to the cup.

Trusha then picked up the felt-tip pen handed to her by the Brahma Kumari sister and began jotting down everything she could recall.

On the surface, this appeared to be a simple memory game – a “Cup of Virtues.” But as a parent, I found it to be so much more than a test of her recall. It became an opportunity to expand my perspective.

Every Moment Counts

My child isn't defined by a perfect score – be it 10/10 on this game or any assignment. Life, like this game, is a journey where every fulfilled



B.K. Payal Jethra, Malad, Mumbai

moment holds greater value than the number of moments themselves. Watching her confidently step up to the game counter and attempt it was reward enough for me.

Detachment from Outcomes

Neither of us was attached to the game's result or her 7/7 score. What truly mattered was the time we spent together and the joy of the experience.

Step Aside – Stop, Observe, Support

As my child stumbles through words, struggles with spellings, and navigates her way, I've learned to step aside and let her figure it out. My role isn't to intervene at every misstep but to ensure she knows I'm here when she needs me. She is her own person with her unique thoughts and values. Together, we create the harmony of what we call “family.”

When Trusha misspelled “serenity,” I didn't rush to correct her. She has made it this far and will keep growing, gaining wisdom through her experiences. This is her journey, her game, and she needs to play it her way.

Is a misspelled word or an incomplete assignment the measure of my love or respect for her? Absolutely not. **Every child is a masterpiece in their own right, and I am fortunate to play the role of a parent. But this role does not grant me authority to impose**

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SUBTLE TRANSFORMATION THE CALL OF TIME

Even after becoming Shiv Baba's children, if we keep on doing the same deeds that the worldly people of Kaliyuga do, because of which we are unable to experience the ecstasy of this elevated spiritual Godly life and hence remain deprived of the experience of transcendental and super-sensuous joy.



At the Confluence Age, i.e. the Confluence of Iron Age (*Kaliyuga*) and Golden Age (*Satyuga*); the Supreme Soul, God, gives us the knowledge of the Corporeal World, the Confluence Age and the Subtle World and the Incorporeal World and inspires us to transform our life from the Corporeal

to the Astral/Subtle World and then finally to the Incorporeal World.

'Worldly life', means the sorrowful life of this corporeal world, in which each soul performs every action considering oneself to be a body and under the influence of vices. The Incorporeal World is also called *Paramdham*, where souls reside in their Eternal Incorporeal forms. When we become soul-conscious and remember the Supreme God Father, Shiv Baba in *Paramdham*, we have Godly experiences. Astral life means to illuminate this worldly life of ours with the light of true knowledge whilst living in this corporeal world. The moment we start to stabilise ourselves in our true identity of being a soul and start to perform every action as per *Shrimat* in Godly remembrance and our life begins to transform from worldly to astral and our journey towards spiritual ascension begins.



B.K. Dr. Trupti, Shantivan

The Golden Morning

In the journey of life, a golden morning rises in the life of a few very fortunate souls, when the Sun of Knowledge Shiv Baba shines in their life and His rays of true knowledge gives those souls a Divine Brahmin birth developing a new perspective because of which everything seems new and pleasant to such souls. Thereafter, souls take the sunbath of the weekly course and start to drink the nectar of knowledge from the Murli and after that they also start going to the Maha Kumbh Mela called Baba Milan and, in this way, gradually, the souls start to transform their lives from worldly life to Godly. **But easier the gross transformation, difficult the subtle transformation, due to which, while transforming externally, viz. clothes, food, purity of the body, etc, if the same attention is not paid to the internal transformation such as of being soul-consciousness, having soul vision, achieving purity of mind and intellect and continuous remembrance of Shiv Baba, etc, then instead of transforming the life from worldly to divine, we descend further down to worldly from divine and**

remain as we earlier were. Even after becoming Shiv Baba's children, if we keep on doing or repeating same deeds that the worldly people of Kaliyuga do because of which we are unable to experience the ecstasy of this elevated spiritual Godly life and hence remain deprived of the experience of transcendental and super-sensuous joy.

Factors reducing new life's divinity and charm

Even after having this diamond divine birth and receiving Godly knowledge, if one continues to give too much importance to the worldly festivals, events, special days, etc., and keep on wishing about the same, listens to useless worldly news, wastes his/her precious time in TV serials, cinema, YouTube videos, online browsing and shopping, etc., means continue to wander aimlessly with mind and intellect in the old mundane world of body and bodily things. All these wasteful acts reduce the experience of happiness, peace, joy of this divine birth and such soul then remains weak instead of becoming strong, due to which in this divine Brahmin birth also, even after staying in the company of Supreme eternal relative, God, such weak souls feel the need of a physical companion (sister or brother) for useless conversations and gatherings.

Put Murli to practise

Also, Shiv Baba says that there is only one important day in this precious Godly life and that is Mahashivratri, all other festivals and special days are merged in this one auspicious day. Although, it is necessary to have knowledge about the rituals, customs, festivals etc. celebrated in the path of devotion, that is why Baba, the Ocean of Knowledge, talks about their significance to us in His Murli. We Brahmins who have this *alaukik* life, just have to understand every point of the Murli well and imbibe it in our lives. By being conscious of our true identity as

soul and by staying in the remembrance of the Supreme Soul in Paramdham, we have to keep transforming our life from *alaukik* to *parlaukik* and not waste our precious time and breath in the downward journey from *alaukik* to *laukik*. Even after receiving the knowledge, if we do not understand the Shrimat received daily from the Murli and imbibe it well and here also, like worldly ordinary people, if we continue to waste our time in not-so-productive things related to the body and the physical world, getting angry, being upset and jealous, hating or bragging, etc., then we have transformed our lives only externally, like wearing white clothes, badge, etc., but from within, the nature and habits of the Kaliyuga, of being *shudra* or low clan are still in work, thus keeping us unhappy and dissatisfied to the core. And who will believe that we have found God, when our conducts still remain like that of the worldly people of this Kaliyugi vicious world or if we behaved in the previous manner!

Be attentive and aware

Therefore, for the real transformation one needs to check one's daily routine honestly, to see which deeds, words, resolutions, habits are against Shrimat or as per *Shudra* clan and which are according to *Shrimat*? Did we do anything under the influence of body consciousness or vices or did it in Baba's remembrance? Baba says that by keeping such a precise and accurate account and by examining oneself and moulding oneself in the mould of *Shrimat*, soul keeps progressing and gets transformed from worldly to spiritual or angelic. If we make our whole life spiritual then a time will come when we become angels and our conduct, lifestyle, food habits, everything will become subtle or *alaukik*. Then, easily, we will ascend from *alaukik* to *parlaukik* and we will be able to remain stable in the remembrance of Shiv Baba in the *parlaukik dham*. As a result, we will leave this

body as easily and smoothly as a hair gets separated from butter. For this, only the awareness of weighing each of our thoughts and deeds on the scale of *Shrimat* is needed, along with it, a true heart to make spiritual progress and deep love and unwavering faith in the God and self are of paramount importance.

What's the benefit?

We Brahmin souls of the confluence age have to transform our lives from mundane to divine, but even after being on the path of true knowledge for a long time, if we do not change ourselves by having a true self-realisation, then what is the benefit of receiving Godly knowledge! What is the benefit of meeting the Bestower of knowledge, if even after meeting God, we long for a physical perishable companion! If silence of the mind and mouth makes us restless and we easily get troubled by some kind of fear and anxiety-tension, if we are still suffering from jealousy and hatred, if we keep trying to hurt others, if we are suffering from the disease of ego, then one must ask the self: Have I really found God? Are my deeds worthy of being called God's child, that is, are they good and elevated enough? If not, then how will my destiny become good and elevated or divine?

So, study the Murli and adopt the *Shrimat* and consider yourself as a soul and make a plan of this true *bhatti* of intense effort to remain engrossed in the remembrance of the Supreme Soul in the Supreme Abode and put it into practice. By changing our life from mundane to divine, we will be able to enjoy this new Brahmin life, become eligible for God's blessings and fill all our 84 births with high attainments and make imperishable fortune for birth after birth. So, one must stop for a jiffy to check where am I heading towards, is it back to square one or *laukik* or towards the highest destination of any soul called divine and further than divine to Godly! ■■

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avoid wasteful and negative thoughts especially gossip which spreads disquiet as well as anger. Today everybody believes that the other person is at fault and is the cause of all problems. It is always the other person. No one wants to change but advises others to change. To initiate peace in our lives and in the world, it is important to realize that we should set the date for self-transformation to live in peace and harmony; the world will set its date for transformation immediately. Peace and happiness begin with me. ■■

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control over her growth.

"Would you water the seed or wash every tear and fruit of a tree?" – BK Shivani.

Lessons from the Bicycle

The bicycle card taught me, "Balance is bliss." As a parent, I step in when needed, but like a tortoise, I withdraw when my role is fulfilled. Otherwise, I risk becoming like the honeybee trapped in the sweetness of honey—overbearing and "sticky."

Every child is a delicate yet brilliant blooming bud that must be nurtured with love and care. Just as I wouldn't pull up a plant's roots to check its growth, I must trust her process of blossoming. Academics and assignments are undoubtedly significant, but I cannot let grades, performance reviews, or pay hikes dictate the terms of my love for her.

For every child, every soul, God holds unconditional love and acceptance in His heart. Wouldn't now be the perfect time for me to take a refresher course in parenting—empowering myself by learning from God, the Supreme Parent? ■■



EARTH DAY

Tuesday, April 22, 2025 is the 55th anniversary of Earth Day. We invite everyone to support Earth Day's 2025 theme: OUR POWER, OUR PLANET.

B.K. Indal, USA

The dawn came stealthily and the shadow of night took flight
The horizon explodes with brilliant splashes of gold, yellow and orange
The morning air is dewy fresh and crisp with lovely earthy scent
The creatures, large and small awake from their slumber with varied melodies
The day, Earth Day, they say, stirs with nature's earthy happy melodies
I spin and turn daily, with accurate constancy and journey around the Sun
Hence the presence of Seasons, and day and night, yet unique at places north and south
Nature sings with joy and energises life
My love unlimited and altruistic sustains the trees, animals and Oceans and
All lives including man, also precious minerals and metals
Everyone and everything survive with my constant mothers love unending
I provide for all food, shelter, crops and comfort in every which way
My love sustains man and all that treads and dwell on me
Then! I am abused by man and injected with immeasurable impurities
There is death and sorrow ever so many places above and below
My Oceans are contaminated with destructive and unholy nuclear waste

Man, my child, creates means of destruction to obliterate all, myself inclusive
Experimental bombs, chemicals of death, and by-products of destructive waste erupts
And contaminates the sanctity of survival and the very essence of life
Yes! Today is Earth Day, my day, every day, and I am celebrated too!
Amidst all atrocities created by Man, my child closest to my heart
I remain Mother Earth, the Instrument provider and Sustainer, as God is my Master
And again! yes I am being remembered and celebrated as Earth Day! Like a Mother's Day
Yes, my love and forgiveness supersede all
And I too have hope for Peace Love and happiness. ■■

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We need to check ourselves. How much love do I have for the God-Father? To what extent do I have divine virtues in me? By emanating a strong vibration of soul consciousness through our physical features and personality, we bring others closer to the strong spiritual vibration of God. The way to develop and use Soft power is be connected to God constantly, full of humility and serve in the remembrance of God with a lot of lightness giving all the credit of the service to God. ■■

GOD'S BENCH

A simple bench mark to knowing if you're going to be happy with a constant future, is to check on which bench (God's bench or man's bench) you are seated.

Dedicated to my 'lovely' *laukik* mother that recently flew to Shiv Baba's lap (Bench).

God's spiritual bench is made from slats of divinity grown in the heart of His Godly Forest

God's fruit tree grows the sweetest fruits of love and peace and can only be reached whilst seated on His Bench as its branches overhand the Bench and offers its nourishing fruit.

There is no need for cool shade on God's Bench as His Bench is the embodiment of coolness that reverberates in those that sit on it.

God's Bench is perched between hell and heaven and perched high up in a world of light. God's bench is surrounded by angelic flowers and their aromas.

For those that are super obedient and sweet, the bench offers coolness and the overhanging branches give shade to life's relentless heat of vice that's now become omnipresent and burns all and causes immense stress and sorrow.

The Bench of love must have a tree of love near to it which drops fruits of love into the laps of those sat under its branches from this fruit laden tree of love.

God's Bench can fit one or a billion.

One needs to be worthy of such a seat that's sat next to God. Most will only ever have the Meccano set of rusting nuts and bolts on which to build their life and seat of sorrow and even then, many still end up living as if on the floor.

This Meccano set of 'action and reaction' is being constructed daily by everyone with often its sharp corners cutting the person fingers as they try to build a successful life.

Can you be found often lying on the floor playing with



B.K. David, Paignton, UK

the Meccano set of sorrow? Perhaps Lego is more to your liking?

We need the sunlight of truth to read the instruction book on how to live and build a good life for ourselves but as all builders get busy living in the shadow of falsehood, they cannot read the natural spiritual instruction book on how to build and live a good life.

There are no knots in God's Bench slats.

Man has many knots in the many ropes to his life that tangle him up and restrict him greatly and many of these knots are found in the rope that is tying up his hands.

Man does not lead a spiritual life with peace as his shadow of light following him everywhere.

Man does not eat a simple nourishing diet without flesh. Many do not give up their drink, gambling and often smoke. Man does not dress simple but likes to dress to impress.

Vanity is one of the biggest sins as it causes the biggest sorrow as is the father and gateway to many other sins.

The view from God's Bench takes in the whole world and only from being seated on this Bench can you learn to see life truthfully and inculcate and grasp its goodness and beauty to come.

Where do most people spend their time sitting?

Most people's lives are spent sitting on a chair or sofa watching TV or on a computer chair surfing the internet, buying items, answering emails, or sitting at work for eight hours getting a sore back or in a car going to and from work getting stressed.

On man's bench you can get wet, splinters, sad, a bad back, a poor view, poisoned, a frown, abuse, fat, diabetic and lazy.

On God's Bench you get spiritual, clean, smart, peaceful, happy, healthy, content, fit, optimistic, wise, loving, a halo and even wealthy.

Ask yourself on whose bench where you seated on for most of the day?

God's Bench will be empty and open to you whilst man's bench will be crowded with endless people in sorrow, crying, unhappy.

Man's bench faces here and there, forever changing, trying to catch the sun in the hope of relaxing and getting a tan.

Only God's Bench is always facing towards heaven where you can catch the rays from God's sun that shine virtue, love and peace.

God's bench, as you'd expect, is surrounded by many fragrant flowers giving off amazing aromas. Man's bench is surrounded by mud and barbed wire flowers from which it's hard to walk through and be free from his bench that's almost impossible to finding any true happiness for anyone who is seated on it as restrictive on being able to see truth and act with truth, such is the glare of vice, yet all too easily gives the sitter an unending feeling of sorrow that's hard to escape from, unless very wise, truthful or very loving.

Few have the courage and love to walk away from man's bench as they have been sitting on it for so long and gotten used to its very limited pleasures which they do not realise, act as a

boomerang that comes back and hits them hard on the back of the head: man's pleasures always come with a hefty price tag that one must pay for later in pain and unhappiness.

To get a kick and enjoyment from sitting always on man's bench getting aches and pains and feeling sorrowful, they have created a rotating bench with flashing lights, has many wardrobes, shoes, make up, cars, fashions, food in the fridge and all these are constantly to hand along with many sweets.

God's bench is free of waste, uncluttered, with nothing on it but simplicity and love.

It's now time for you to choose the bench you wish to sit on all your life but also, to make a firm commitment to always be found sitting on it and not ever getting attracted back to sitting on your old bench that's held together by rusting sharp nails and toxic glue that never sets.

Man's bench has no view of beauty and is uncomfortable in the extreme, unstable and crowded in the extreme.

The bench mark to happiness will always be your actions.

It's from your actions that you will become either happy or sad. Your actions are reflections and result from your thoughts. Are you always in control of your thoughts, their speed and aware of your thinking process and can correct it the instant your mind starts going downhill towards the bog of body-consciousness?

The quicksand of body consciousness is hard to escape from and will pull you down easily. Many end up in this bog as soon as a person allows their body consciousness to start consuming them?

Most like to be overwhelmed by body-consciousness and from it, get a temporary high but as a hot air balloon when its gas cools or gets a puncture, will descend and at times fast.

A simple bench mark to knowing if you're going to be happy with a constant future, is to check on which bench you are seated. These benches can tell you if you are in the process of building happiness or sorrow.

The bench you are seated on will easily be able to tell whether you are going to be happy in the present and what you are building for yourself in and future.

If you are bathing in Godly sunlight or if trapped on man's bench surrounded by the sharp metal flowers of falsehood giving off poisonous fumes, all depends on your love for God and truth.

The clouds of sorrow never stop rolling over man's bench and for those seated nearby in their deckchairs of vice.

Those seated in an uncomfortable deckchair pay dearly for it daily. Yet the tan of vice which they crave causes them endless sorrow, be it aches and pains or from the skin cancer of misery.

There's a world of difference from being seated under God's umbrella of protection with its cool shadow away from the sparkle and heat of vice than is to be found under man's umbrella that does not protect from the rays of sorrow.

People the world over are obsessed in getting a tan from vice.

They struggle to remain content with virtue and qualities and enjoy ignoring any hunger (temptation) that comes to bite them.

The world is fed by vice and this keeps them contented momentarily and soon after they feel empty and hungry again. There's only one way to curb hunger pains and conquer them, and that's to lead a simple life where you know you're still growing tall even whilst you feel hungry.

It's only possible when you are walking an elevated spiritual path to still feel very happy whilst feeling very hungry.

Humanity's stumbling block is his lack of self-control and always wanting to feed his basic desires but instead of feeling full after eating his meal of vice, he feels even more empty, less satisfied.

In trying to get a tan from vice, man ends up getting a tan from sorrow.

One tan will give you cancer or wrinkle your skin and make you look older whilst God's sun will make you smile, give you peace and heaven.

All now need to decide on which bench they wish to spend their last few days before the earth shakes and the bombs drop.

The outcome for this world is already set in stone but not the outcome to your life and how you end it and where you'll go after. The chisel of effort is still in your hands and what you chisel on your gravestone still has a margin for change but each day that window gets narrower.

Your shoes also have a big part in your life and where you walk in them is just as important as where you do not walk.

For most, the outcome and future will be bleak as was decided for them long ago based on their thoughts and actions which were false and will prove sorrowful in the future as is now hard for them to steer clear of the outcome as cannot change their direction.

Many are standing on a limited map they drew up for themselves with all narrow roads and paths leading to sorrow.

The population of each town at the end of all these many roads is very great and overpopulated.

This Godly Bench can turn into a throne over time and make you into a king. Alternatively, whilst sitting on man's bench, it can turn into a dustbin and you into stone and hit you with an invisible hammer until you break into small pieces.

(contd. ... on next issue)

BABA HELPS IN UNSEEN WAYS!

B.K. Ravi, Saharsa, Bihar

When God closes one door, He opens another. Even Shiv Baba says that when the child takes one step with courage and conviction, Shiv Baba is also duty bound to help a child.

It was the day of 'Chhat Puja', one of the most pious and the purest forms of Puja (worship) in Bihar, in the Eastern part of India. I had been recently posted to Saharsa in North Bihar and I was witnessing the devotion and taking part in the festivities for the first time.

My childhood had been in Bihar and now, after nearly four decades, being posted here, it was a kind of a homecoming. Being from Kolkata however, I was told that it was the "Durga Puja" equivalent of Bihar, perhaps even more, probably in a stricter, pious and regimented way.

I was witness to how the ladies and the gents dutifully decorated the 'talabs' (ponds) or 'Ghats' with banana tree stumps. The steps were cut and beautifully decorated. The modern-day DJ and colourful balloons also added to the festivities, as did the firecrackers going off. The scale of the festivities can be gauged by the fact that among the families, most of them even while abroad plan their holidays to come to their respective hometowns here!

In the midst of all this, I saw devotion at the highest level, when the ladies, all dressed up, took the ceremonial bath in the pond and had decorated the 'soop' (sieve), which contained fruits of various types, *diyas* (oil lamps) which were lit and placed by the side of the water. The aim was to give 'arghya' to the Sun god before sunset (in the evening) and before sunrise (dawn) the following day.

Chhat Puja, celebrated six days after Diwali, is one of the most significant festivals for the people of Bihar, eastern Uttar Pradesh, and Nepal, which I was to learn. Marked by immense devotion, fasting, and prayers to the Sun, *Chhat* holds a deep spiritual meaning and evokes feelings of community and unity.

Songs of Sharda Sinha rent the air. Known as the "Begum Akhtar" of Mithila, her powerful renditions during the *Chhat* festival have left an indelible mark on the folk music scene. An Indian folk and classical singer, she sang predominantly in Bhojpuri and Maithili and was often called "Bihar Kokila", or the cuckoo of Bihar.

It was quite ironic that she was to leave her mortal coil, on the day before the Chhat Puja, 2025. Though she left her mortal coil, her songs filled the air, proving the adage that the deeds that what remains are memories and as a famous song says..."*Meri awaaz hi pehchaan hai....gariyaad rahe!*"

Being a BK and having gradually stopped taking outside food, my dietary habits were known to the neighbours. I was already visiting the Centre regularly and connected with them. Both the BK sisters, on knowing that no mess existed here, actually were helping and sustain me out, which was again, nothing less than a miracle from God, just so that I could avoid outside food!

Today, in visiting the various 'Ghats' and

seeing the religious festivities, I had completely forgotten about the dinner when it struck me that it was already late.

I was therefore thinking of what to purchase for early breakfast, as it was already getting late and I was to go on a tour early morning the next day.

It is here that they say when God closes one door, He opens another. Even Shiv Baba says that when the child takes one step with courage and conviction, Shiv Baba is also duty bound to help a child.

With this in mind, I was almost going to the market to buy some fruits for the next day, when lo and behold! I find my house owner (or landlord!) standing outside my door, with what, but a tray full of fruits!!

Knowing my dietary habits, he was careful enough to offer fruits to me, taking into account my sensibilities, despite it being the biggest festival of his!

I was really awestruck. This is how Shiv Baba connects and cares! I thanked Him profoundly as tears welled up in my eyes thinking how subtle, how wonderful, and how helpful Shiv Baba's ways are. ■ ■

Characteristics of a Divine Soul

- ▶ Its thoughts are fewer in number, positive in nature, and full of accuracy and strength, which transmit to other souls and to nature, and bring about positive changes in the self and in the world.
- ▶ It has a telescopic vision, and is able to clearly perceive and experience its past of the four ages—The Golden Age (*Satyuga*), the Silver Age (*Treta Yuga*), the Copper Age (*Dwapur Yuga*) and the Iron Age (*Kaliyuga*), in which it has played its roles through different physical bodies, and feels it deeply to be as one's own story and one it has been a part of.

LAUGHTER: THE BEST MEDICINE

◆ **Wife:** "In my dream, I saw you in a jewelry store and you bought me a diamond ring."

Husband: "I had the same dream and I saw your dad paying the bill."

◆ One day Jimmy got home early from school and his mom asked, "Why are you home so early?" He answered, "Because I was the only one that answered a question in my class." She said, "Wow, my son is a genius. What was the question?" Jimmy replied, "The question was 'Who threw the trash can at the principal's head?'"

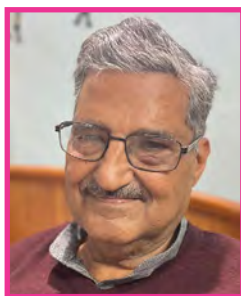
◆ A mother said to her son, "Look at that kid over there; he's not misbehaving." The son replied, "Maybe he has good parents then!"

◆ **Son:** "Dad, when will I be old enough so I don't have to ask mom for her permission to go out?" Dad: "Son, even I haven't grown old enough to go out without her permission!"



TRANSFORMATION IN MY LIFE

S. B. Saraswat, Sr. Scientist, Dehradun



Since my student life, I was determined to become a scientist. So, I used to participate in scientific seminars. With the blessings of Shiv Baba, I visited the Brahma Kumaris centre while I was studying in my native place,

from where I was inspired to follow the spiritual path alongside my scientific studies. Here, it is worth mentioning a quote from a celebrated doctor and author: "All people are structurally alike in that they all have a parent, an adult, and a child. They differ in two ways: in the content of the parent, adult, and child, which is unique to each person, being a recording of their experiences." Though an individual may try to forget the past, the positive memories of the past will always be encouraging for the present and fruitful for the future.

After my retirement from active service with the Government of India, I once again joined the Brahma Kumaris for my regular prayers and meditation. As per the guidance of our B.K. sister-in-charge, I took the basic 7 days course of Rajyoga Meditation at the B.K. centre. I started going to the centre regularly for Murli as well as for other programs. After learning about my background as a Scientist at the National Institute, I was invited by the technical person of the centre for a briefing about the seminar at the B.K. headquarters in Mount Abu (popularly called Madhuban). I was asked to submit my bio-data. After some time, I received an invitation from the SpARC wing with the full

itinerary.

Though I had attended and organized many international and national seminars, it was a unique venture to attend a seminar with a spiritual title at "Ishwariya Vishwa Vidyalaya" (Godly University). I had visited Mount Abu many times while in service in Rajasthan, so I was well aware of the train and road routes. I came alone by train. It was a pleasant surprise (a different experience from our scientific seminars) to be welcomed by white-clad volunteers, who were waiting for individual participants to escort them to the seminar venue. I was accommodated with a retired IIT professor in the guest house. Likewise, other guests from different parts of the country were provided accommodation in ours as well as other guest houses. At dinner, pure vegetarian meals (excluding onions) were served to all. I saw a mini-Bharat there.

While in the seminar hall, I saw people of different age groups with a female dominance (the Brahma Kumaris organization is headed by females as per prescribed norms). There were students/researchers, adults in service, and senior citizens (like me). The democracy of our country was also reflected on the dais, where leaders of some political parties were seated. I was highly impressed by the title of the greeting/symbol of the meeting, "Om Shanti," by one and all, with periodic breaks for meditation. There were PowerPoint presentations by some participants. There were sessions of seminars too. But most inspiring to them was spirituality with a philosophical background. All groups of

(Contd. on page no.30)

KNOW YOUR BEST VERSION

Nobody can steal your mental peace. It is your limitations, weaknesses, negativity, negative thoughts and habits that break your peace and put you in trouble.



Touch your inner power and express yourself. Lay the foundation of a strong and reliable relation. Build the bridges in reliable relations through the powerful tool of your thoughts.

What you think for others is important. Reliable relations are based on trust, respect, and understanding. Cultivate the power of thinking good of others, and make the thoughts pure.

See the specialties and virtues, convert negative thoughts into positive ones and have a sound, healthy and positive relationship.

Transform and sweeten the experience on relationships.

Introversion is the art of touching the inner power and extroversion is the art of expressing that inner power, and the balance of both is an excellent mixture.

There is a hidden, and unique space in your inner self, permanent and eternal, where peace, love, happiness and wisdom exist. You can come out of the outer layer and make yourself free to expose the complete secret of your life, the mysterious one.

Circumstances are like things that have no life. Your thoughts give them life. Good thoughts are more powerful than evil thoughts. We have to overcome the evil ones with the good ones.

Naturally, you are pure. The negativity in you, if any, shows what goodness you miss.

Nobody can steal your mental peace. You are

T.V. Jayaprakash, Palakkad (Kerala)

your own enemy; you are your own friend. It is your limitations, weaknesses, negativity, negative thoughts and habits that break your peace and put you in trouble.

Others don't think about their manners, but how you reacted to them, that only will be a great mistake ultimately.

Truth is eternal. It could be concealed or covered for a while, but could not be destroyed.

It is the higher purpose of serving life, which can generate energy in every cell of being. Tirelessness comes naturally to those who have a higher intention to serve humanity. These determined intentions can help us wake up early each day and act to our fullest potential without wasting our time and energy. It keeps us alert and energetic.

Be free from the shade of *Maya*. Only with the power of *Yoga*, we can win *Maya*, the term for negative qualities collectively.

Remove the sorrow from the lives of human beings. Let the waste thoughts be cleared, and make you free and be in self-esteem. Win over the grip of *Maya*. Think that you have been successful many times previously. So, you have to win in this moment too, because your experience proves that you can.

Gulzar Dadi Ji, the former Chief Administrative Head of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya wanted us not to be perplexed but to be calm and peaceful mentally; that is in her own words the emperor without any perplexing thought; without

thoughts but kings, Self-Sovereign, the one who has control over their own emotions, five plus one senses.

People who live a pure life, can control birth, through celibacy, and prevent population explosion.

Practise the habit of winning, being under the shade of Shiv Baba's umbrella of holiness and purity. Be powerful with purity and virtues to do great things.

Clapping hands is the affair of happiness, and vice versa anger is the one that gives sorrow and leads to waste of energy.

So, experience the rays of purity spread all over the body. Purify the mind and the intellect. Baba gives you a helping hand, a small hand that finishes all your big problems.

Consider Baba the boatman of your life boat...Feel Shiv Baba is giving you His vision, His eyes...Submit all troubles affecting you to Shiv Baba. Feel getting vision and Shiv Baba returns.

Check whether you have any thought left? Whether your burden is over; thoughts have ended, and have become thoughtless emperors? Are you experiencing a valuable and worthy life or not?

Whether occupying a throne of enlightenment? Leave the burden of the baskets of waste and unnecessary thoughts. Emperor means the one who has control over all senses.

Be happy and give happiness to others

Those who take knowledge from Shiv Baba directly are higher than deities. They have the ability to be happy; can do anything, and nothing impossible or nothing inaccessible to them. Happiness is the feature of a blissful soul.

Turn 'mine' into 'Yours', the effect would be wonderful such that you will become free from Maya.

Wear the wings of happiness to fly with high

speed. If you take a step of courage, you will get the help to take a thousand steps more.

The Exchequer of pure thoughts is the highest One. Take the first step, bearing in mind, it's now or never. Loss means the loss of your abilities. So, make the effort. You are having the exchequer of qualities, powers, and blessings. Step forward to fulfil a big dream, and feel that all your efforts will make you double light.

Give happiness, and receive happiness; and vice versa, don't give sorrow and take sorrow.

Learn and teach all through your life. Wealth of knowledge is everlasting, while all other wealth is not. The connection of the Soul with the Supreme Soul, that is, Rajyoga, Yoga with God Shiva, makes you divine. ■■

(Contd. from page no. 28)

people, irrespective of caste and creed, were considered as Godly children. It was an assembly of people from India with true Indian tradition. Some representatives from other countries were also there. There are more than 5,500 B.K. centres in India and as well as in the 140 other countries.

At the farewell of the seminar, we all exchanged our views and greeted each other with the assurance of meeting next time. We all were provided with Prasad from Shiv Baba. I would like to conclude that, in about 40 years of my life as a science student to a professional scientist with the Government of India, having served in many states and interacted with many international scientists, I have never had such a wonderful, positive experience where scientists from different fields—physical science, biological, and paramedical fields—met on one platform due to the blessings of Shiv Baba. ■■

(Contd. from page no. 3)

foreign rulers. Similar events took place repeatedly, inviting Turks, Mughals and others. The British East India Company also took advantage of such a situation of disharmony and disunity. Thus, the devastating forces took a heavy toll of life and property every time they descended on this country, disturbed the stability, ravaged the social and religious life and economy of this country, and, as some of them settled here; they sowed the seeds for future disharmony.

Another thing that people hardly realise is that the cause of all social, political, and other upheavals is the inner disharmony. For example, in the above-mentioned case, history and historians are generally mute on the question as to what led Philip's son, Alexander, to take such a big army to India to conquer it. Though history mentions social, political and other factors, it does not go to the root of all these. It discusses the life of Philip, Alexander and his mother but it does not lay its finger on the nerve that linked Alexander's personal life to the historical role he played. It does not point to the truth that there was inner disharmony that led to disharmony in his family and, later, to continental disharmony.

If mankind had understood the diagnosis that the crux of all problems is disharmony of one kind or the other, and also that the disharmony of all kinds is caused mainly by inner, mental or spiritual disharmony, then people would not have tried to curb violence by using violence nor would they have attempted to remove poverty by such over-ambitious developmental plans that cause ecological disharmony. Instead, it

would consider universal harmony as the only worthy choice. In addition, though political, religious, racial, spiritual, or any other kind of harmony was considered as the need of the time during different periods of a 3000-year long history, there was never such an aggravated or urgent need for all kinds of harmony as it is now. Therefore, let the restoration of harmony in all spheres of life be our first priority and our declared goal, policy and plan and our avowed practice now so that we can have a lasting peace and development. ■■

Life Changing Advice

- **You are in charge of your life** – Figure out what makes you happy and do everything you can to keep it that way.
- **Compliment yourself every day** – Positivity can really change your outlook on life. Be proud of yourself.
- **Happiness is a state of mind, not a destination** – If you think “once I have _____ I'll be happy”. You're going to find out that happiness can only come from within.
- **Be fearless** – Fear is what stops us from our dreams. Never let that stop you.
- **Be curious** – It'll open your mind and bring more passion to your life once you understand how things are in this world.



Oklahoma (USA): After the Women's Day event on "Rising Together: A Gathering for Women's Liberation and Empowerment" several local women leaders are seen with BK Bindu.



Rewa (MP): BK Nirmala is conducting a workshop for officers of Rewa division on Mind Power. Divisional Commissioner B S Jamod and BK Prakash are also seen.



Damoh (MP): Mahamandaleshwar Kamal Kishore, Mahamandaleshwar Shri Radhe Ji, Sadhvi Anita, Acharya Girdhari Lal, BK Narayan, BK Pushpa, BK Laxmi and other saints waving the flag of Shiva Baba on Mahashivratri.



Jaipur (Peace Palace): Lighting candles to celebrate the Women's Day are women and child right activist Bhagyashree Saini, Councillor Santosh Aggarwal, Prof. Prabha Dixit, BK Hemlata and BK Kavita.



Mohali: Lighting candles on Women's Day are Dr. Promila, Dr. Sonia, Dr. Kiran, CA Seema, BK Prem, BK Rama, BK Aditi, BK Meena and BK Suman.



Delhi (Kingsway Camp): Mr. Surya Prakash Khatri, MLA is addressing after hoisting the God Shiva's flag on Shivaratri. BK Sadhna and other dignitaries are also seen.



Jabalpur (MP): Jagadguru of Narasimha Peethadheeswar Swami Narasimha Devacharya Maharaj is being felicitated by BK Bhawna, Dr. Pushpa Pandey, BK Varsha and BK Santosh.



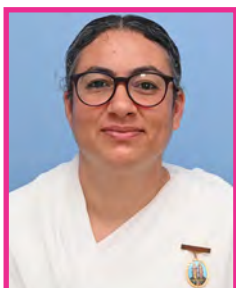
Ranchi: Lighting candles on Women's Day programme are CA Angela Goenka, Cardiologist Dr V K Jagnani, Gynaecologist Dr. Maya Verma, Gynaecologist Dr. Priyanka Srivastava, BK Nirmala and BK Pradeep.



Pune: In an event on 7th anniversary of Jagdamba Bhawan Mr. Laxman Kadbane, Assistant Commissioner of Municipal Corporation is being presented Godly gift by BK Chakradhari and BK Sunandha.

POWER OF YOUR SUBCONSCIOUS MIND

It processes and stores the information, influencing your thoughts, emotions, and behaviours. This remarkable aspect of your mind holds immense power, capable of shaping your reality.



The subconscious mind operates silently in the background, shaping your beliefs, habits, and perceptions. It is the part of your mind that makes decisions without actively thinking about them. The subconscious mind

is like a faithful companion, continuously absorbing information from your surroundings and experiences. It processes and stores this information, influencing your thoughts, emotions, and behaviours. This remarkable aspect of your mind holds immense power, capable of shaping your reality. It determines the outcomes you experience in life. **The most important thing you need to know about the subconscious mind is that it is always "on". That is, it is active all day long and at night, regardless of what you are doing. The subconscious mind controls your body. You cannot hear this silent inner process with your conscious effort.** The subconscious mind acts as a powerful force that drives your behaviour. It constantly works in the background, even while you sleep.

Why is the Subconscious so Powerful?

Strong will and belief are the foundation of the subconscious. Do not forget that "you will be rewarded according to your faith". Some of the powers of the subconscious mind include:

► **Storing All Past Experiences:** It stores all your past experiences, memories, and emotions. This makes it a vast reservoir of

information and wisdom. It can be accessed to support your growth and personal development.

► **Operating Automatically:** The subconscious mind operates automatically, meaning that it controls your thoughts, habits, and behaviours without conscious effort. This allows you to perform tasks effortlessly and without distraction.

► **Influencing Your Beliefs and Values:** The subconscious mind shapes your beliefs and values, influencing your perception of the world and your place in it. It determines your attitudes towards success, failure, and other important aspects of life.

► **Managing Your Emotions:** It manages your emotions, regulating your feelings of happiness, anger, fear, and sadness. It controls your response to external stimuli.

► **Driving Your Motivation:** It drives your motivation, helping you to achieve your goals and overcome obstacles. It provides a constant source of energy and inspiration.

► **Processing Information at a Rapid Rate:** It processes information at a rapid rate. This allows you to make quick decisions and react to situations instinctively, without having to rely on conscious thought.

► **Influencing Your Health and Well-being:** It plays a significant role in your physical health and well-being. It affects everything from your immune system and energy levels to your stress levels and ability to recover from illness.

► **You can certainly use the power of your subconscious mind to heal from issues like:**

- ❖ Self-doubt, ❖ Self-criticism
- ❖ Low self-esteem, ❖ Lack of motivation
- ❖ Fears and anxieties
- ❖ Uncertainty about the future

Functions of the Subconscious Mind

► **Recording Events:** The subconscious mind is always in a recording mode. Whatever gets your attention, the subconscious mind puts the information into its memory bank. However, everything recorded in the subconscious mind can't be remembered for long. The subconscious mind can remember extreme emotions and divergent information easily. The subconscious mind also remembers through rehearsal or repeated actions. Human memory is like capacitive memory of a digital computer. When you repeat something for long, you refresh the circuits for that particular information and get remembered. In remembering relational information for a long period, the subconscious mind refreshes the memory cells of the related information and it becomes easier to remember.

► **Producing Thoughts or Emotions:** Thoughts or emotions are produced through combinations and permutations of the memories within the subconscious. The

subconscious mind produces thoughts and emotions in response to events. Events may be of external sensory inputs or your psychological state. When the thought loads into the processing unit, the processing unit asks the subconscious mind to return the emotion of fear to it, and you experience fear.

► **Controlling Habits:** Through repetition, you have developed many habits in your life. The habits are passed to the processing unit without much intervention of the conscious mind. Habits run on autopilot within your mind.

The Power of Your Subconscious Mind

► Your subconscious mind not only controls all the processes in your body but also knows the answers to the various questions and can solve many problems.

► Before going to bed, refer to your subconscious mind with a specific request. For example, you can visualise success at work or a happy relationship that you are dreaming about.

► Anything that is captured in your subconscious mind will directly affect you in the form of emotions, circumstances, and events.

► Some negative things that happen to you may arise from your unfulfilled desires. If you dwell on negativity and problems, so will the response of your subconscious mind. ■■

Subscription

(India)Yearly: 120/-
(Foreign) Yearly-1,500/-

Payable through Online or Cash

"The World Renewal", Gyanamrit Bhawan,
Shantivan - 307510, Abu Road (Rajasthan)

To Get Regd. Post: Charges per packet (up to 49 copies)- Rs. 204/- yearly (extra)

**For Online
Subscription:**

Bank: State Bank of India, **A/c Holder Name :** PBKIVV (WR & Gyanamrit),
A/c No: 30297656367, **Branch Name :** PBKIVV, Shantivan, **IFSC Code:** SBIN0010638

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Whatsapp: 9057538630, **Emails:** omshantipress@bkivv.org and worldrenewal@bkivv.org

Edited and Published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and **Printed at:** Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307510, Abu Road, (Rajasthan).

Chief Editor: B.K. Brij Mohan, Shantivan, Abu Road.

Associate Editors: Dr. B. K. Ranjit Fuliya, Delhi and B.K. Onkar Chand, Shantivan



Surat: Union Jal Shakti Minister and Gujarat State President of BJP Mr. CR Patil is felicitating BK Leela with Global World Record certificate.



Deoband (UP): A programme on 'Happiness & Mediation' is being inaugurated by Mr. Brijesh Singh, PWD Minister, Mr. Vipin Garg, Municipal Council President, BK Onkar, BK Sangeeta and BK Parul.



Indore: Dr. Swapnil Kothari, VC of Renaissance Univ. is addressing a seminar for youths on 'Call of Time - Internet to Inner Net'. Add.Comm'r of Customs Mr. Dinesh Bisen, BK Chandrika and BK Hemlata are also present.



Durg (CG): Mr. Vijay Baghel, MP inaugurating the Shiv Darshan Spiritual Fair along with Ms. Payal Jain, Pres. COC. BK Rita, Dr. Nirmala Gupta and others.



Bilaspur: Dy Chief Minister of Chhattisgarh Arun Saw felicitating BK Swati for spreading awareness for Road Safety.



Bikaner: After conducting a seminar for Police forces, Haldiram Group chief Mr. Shiv Kishan Agarwal, Add. SP Sukhwinder Pal Singh, RPF Commandant Sanjay Pise, Bikaji Group chief Mr. Shiv Ratan Agarwal, BK Kamal, BK Asmita are in group photo.



Hansi (HR): BK Usha is being felicitated by bouquet by MLA Mr. Vinod Bhyana and SDM Mr. Rajesh Kotha after the inauguration of a programme on happiness.



Brahmapur (OD): Prof. Reena Rath, VC of Khalikote University is addressing an event on Women's Day. Gynaecologist Dr. Sandhyashree Panda, Prof. Madhumita Sahu and BK Mala are also sitting on the dais.



Delhi (Derawal Nagar): Sitting on the stage on Women's Day programme are Ms Kiran Chopra, Director of Punjab Kesari, Dr. Narendra Singh, President of Jhajjar Medical College, BK Chakradhari, Dr Aditi and BK Monika.

RNI No.19818/1970, Postal Regd. No.RJ/SRO/9560/2024-2026 Posting at Shantivan-307510 (Abu Road) Licensed to post without prepayment No. RJ/WR/WPP/001/2024-2026. Published on 28th of each Month & Posted on 2nd to 3rd of each month. Price 1 copy Rs. 10.00, Issue April, 2025.



Gandhinagar: BK Kailash is presenting a bouquet to H.E. Draupadi Murmuji, the President of India along with BK Bhavana, BK Jugnu, BK Kripal, BK Aarti and BK Parul.



Gurugram (ORC): National Conference of Business & Industry Wing is being inaugurated by Ms. Anita Shah Akela, Joint Secretary of the Ministry of Corporate Affairs, Mr. Vishnu Bansal, President, Morgan Stanley Investment Banking, Mr. Iqbal Singh, MD of IFM Group, BK Asha, BK Usha, BK Harish and others.



Karnal (Sector-7): In a programme on 'Universal Culture of Love, Peace & Harmony' Mr. Harvinder Kalyan, Speaker of Haryana Assembly is being presented frame of God Shiva by BK Chandrika. Mr. Jagmohan Anand, MLA, Ms. Renu Gupta, Mayor and BK Prem are also seen on the stage.



Abu Road: Guinness Book of World Records adjudicator Mr. Rishi Nath presenting the certificate of world record to world-renowned surgeon Padma Shri Dr. P Raghuram for conducting a massive event to create awareness for breast cancer. BK Mruthyunjaya is also present.