



The World Renewal

Monthly

Vol. 56, Number 9, December, 2025

Price Rs. 10.00,

Yearly Subscription Rs. 120/-

विशिष्ट उपस्थिति

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राज्यपाल, छत्तीसगढ़ शासन

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राजयोगी डॉ. भाई

अतिरिक्त

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Nava Raipur: Prime Minister of India, Mr. Narendra Modi, inaugurated the Brahma Kumaris' Shanti Shikhar – Academy for a Peaceful World. Governor of Chhattisgarh H.E. Ramen Deka, Chief Minister Mr. Vishnu Dev Sai, BK Jayanti, and BK Mruthyunjaya were also present.



Belém (Brazil): During the UN Climate Change Conference COP30, BK Jayanti, Additional Chief of the Brahma Kumaris, and BK Maureen are seen with delegates after addressing a session on Facing Ethical Challenges.



Dehradun: BK Manju meeting Prime Minister Mr. Narendra Modi at the Indian Military Academy (IMA).



Jaipur: Deputy Chief Minister Mr. Premchand Bairwa is being presented a Godly gift by BK Shanta, BK Rupa, and BK Hema.



Chandigarh: During the Launching Ceremony of the Security Service Wing Campaign Mr. Pushpendra Kumar, IGP Chandigarh, is being presented a Godly gift by BK Shukla and BK Utra. Punjab Finance Minister Mr. Harpal S. Cheema and Ms. Shashi Prabha, Special DG (Railways), were also present.



Brahmapur (OD): Inaugurating the programme on Emotional Wellbeing are Mr. Bibhuti Bhusan Jena, Transport Minister; Mr. K. Anil Kumar, MLA; Lt Gen R. C. Srikanth, Chief of Staff, Eastern Command; BK Shivani; and BK Mala.



Abu Road: The campaign on Dignified Old Age and a Respectable Life being launched by Union Minister Dr. Virendra Kumar, MP Mr. Lumbaram Choudhary, BK Karuna, BK Santosh, BK Asha, BK Sushma, BK Avtar, and others.



Gurugram (ORC): Vice Admiral A. N. Pramod addressing an event for the security forces. Seated on the stage are Akshay Joshi, Addl. Secretary, National Security Council, Delhi; Vice Admiral Suraj Berry (Retd.); BK Asha; BK Shukla; and BK Ashok Gaba.

From the mighty pen of Sanjay



ATTAINMENT OF PURITY AND PEACE

The soul undergoes an eternal cycle of birth, death, and rebirth driven by the Law of *Karma*, with spiritual practice and knowledge enabling attainment of purity, peace, and state of perfection.

All sensible persons would admit that every happening in this world has a cause. Whether we know that cause or not is a different question. Further, this too, is an established truth that every effect also, in its turn, serves as a cause for another effect independently of whether we have clear perception of that after-effect or not. So, every incident in the world is a link in the continuous chain of cause and effect. No incident is an isolated event, or a broken link in this chain – this is a self-evident, non-controversial truth.

Karma and its Fruits

With a little variation, this law, when applied to human beings, is called 'the Law of *Karma*'. According to this law, every act has its effect,

which devolves on the doer, sooner or later. Every thought leaves behind itself a good or bad impression on the mind of the doer and this affects the total nature or disposition of the person. Nature or psyche serves, in its own turn, as the main cause or basis for further acts, which too, entails good or bad results for the doer. In this way, the wheel of cause (psyche), act (conation) and effect (affection) or of personality traits (nature), *Karma* (action) and its fruit goes on eternally.

The Soul is Eternal

Now, when the soul first took a male or a female body, in a particular family, under particular circumstances (it is immaterial at what

(Contd. on page no. 30)

CONTENTS

- | | | | |
|---|----|---|----|
| ● Attainment of purity and peace | 3 | ● A spiritual perspective of Christmas . | 17 |
| ● The month of silence and inner light (Editorial) | 4 | ● Godly knowledge – the elixir for life .. | 19 |
| ● Life changing advice | 6 | ● Laughter: the best medicine | 21 |
| ● Am I smiling inside? | 7 | ● Subtle miracles of Shiv Baba | 22 |
| ● Slow down we're going too fast | 8 | ● The door of discovery | 24 |
| ● Shanti Shikhar's grand opening and success stories of women in Cricket .. | 9 | ● Fortune doesn't cost a fortune. | 24 |
| ● Get enlightened to lighten the soul .. | 12 | ● Will you embrace love, peace, and goodwill this Christmas | 25 |
| ● Mindful content creation | 14 | ● A remedy for inner emptiness..... | 28 |
| ★ The key to happiness | 15 | ● Garden of thoughts..... | 29 |
| | | ● Ten do's and don'ts of meditation | 33 |

THE MONTH OF SILENCE AND INNER LIGHT

The New Year that never ends



December does not come with fanfare, noise, or celebration. It arrives quietly, almost reverently, as if carrying a sacred message from time itself. The mornings become still, the air turns cooler, and the nights expand in gentle calmness. Nature, in her softest language, seems to say, “Child, pause. Slow down. Listen to the voice of your own heart.” This final month of the year becomes a spiritual sanctuary – a time when the soul feels naturally drawn inward. For the world, December is a season of outward lights and festivities; but for the B.K. family, it is a month of inner illumination, contemplation, and remembrance. It becomes an invitation to sit close to Shiv Baba, to absorb His light, and to reflect upon the journey of the soul with honesty and love.

Listening to the Whisper of the Soul

While the world becomes busy with celebrations, a yogi soul chooses silence as the greatest celebration. In the quiet of December, the subtle voice of the soul becomes easier to hear. It is the voice that speaks between our thoughts, behind our experiences, and beneath all the roles we play. It invites us to look beyond the year's events and

instead notice our inner growth. This month becomes a classroom where Time itself is the teacher, and the lessons are not about achievements or failures, but about understanding the deeper reasons behind each scene. Through silent contemplation, the soul rediscovers its original qualities and prepares to carry them into the next phase of its spiritual journey.

Beyond “Happy New Year”: Baba's Eternal Vision

The world joyfully exchanges the greeting “Happy New Year,” yet Baba gently reminds His children of a greater truth: happiness is not tied to dates. Why should joy be limited to a year, when children of the Ocean of Happiness have the right to eternal happiness? Peace cannot be locked within a calendar, nor can joy be given an expiry date. **Happiness is the natural fragrance of the soul. When I remain aware of who I am – a peaceful, pure, powerful being – and whose child I am – belonging to the Ocean of Bliss – then happiness becomes constant.** Just as a lotus blooms midst muddy water, a yogi soul carries inner joy even through life's changing scenes. Thus, spiritual living teaches us that it is not the arrival of a new year that brings joy, but the awakening of a

new consciousness.

A New Awareness, A New Life

For the world, January 1st marks the official beginning of something new. But Baba's children understand a subtler truth: every day is a new beginning, every *Amritvela* a new birth, and every *Murli* a new chapter. **Transformation does not depend on the turning of a calendar page; it occurs the moment the soul shifts from body-consciousness to soul-consciousness.** A new life begins not through dates, but through realization. When the soul reconnects with its truth, it stops counting years and begins experiencing timelessness. Life becomes less about moving forward in time and more about moving deeper into awareness.

The Sacred Mirror: Reflecting with Grace

December becomes a sacred mirror held gently before the soul. In its quiet energy, the soul feels drawn to reflect on the year with soft honesty. This reflection is not about judgment or guilt; it is about understanding. What lessons unfolded this year? How did joy strengthen me? How did challenges refine me? Where did I forget myself, and where did I rediscover my truth? When seen from Baba's elevated perspective, every experience – pleasant or painful – becomes a meaningful teacher. Gratitude naturally arises when the soul recognizes the perfection of the drama and the wisdom it carries in every scene. Reflection then stops being an evaluation

and becomes a gentle awakening.

Letting Go of Yesterday's Dust

To step into what is new, the soul must lovingly release what no longer serves it. Baba teaches: "Children, do not carry yesterday's dust into tomorrow's dawn." Letting go is not erasing the past; it is blessing the past. It is acknowledging that every scene has played its part with complete accuracy. When the soul gently releases old hurts, expectations, attachments, and self-blame, it creates inner space for new light to enter. In this release, the heart becomes lighter, the mind becomes clearer, and the intellect becomes ready to absorb fresh experiences. The new can only enter when the old has been embraced and set free.

The Inner Celebration of Silence

As the world prepares for fireworks and midnight countdowns, the Yogi Soul immerses itself in the most beautiful celebration – the celebration of silence. In deep remembrance, the mind becomes peaceful, the heart becomes luminous, and the intellect becomes refined. When the soul connects with the Supreme, there is a subtle inner glow that no worldly celebration can match. This inner festival does not depend on place, people, or circumstance. It happens in the quiet moments when the soul feels Baba's presence as a warm light surrounding and sustaining it. This is the true New Year – the moment of inner fullness.

The Eternal Resolution of a Yogi Soul

Worldly resolutions often fade within

days, but the spiritual resolution remains constant: "Let me be the creator of my own happiness." **When the soul stops expecting and begins expressing its original virtues, when it stops depending and begins connecting with Shiv Baba, it steps into self-mastery.** Happiness becomes a natural offering rather than a pursuit. The soul transforms from a seeker into a giver, from one who needs happiness to one who radiates it. In this divine resolution lies the foundation of true spiritual living.

The Supreme Connection: Source of Timeless Bliss

Every human support is limited, every worldly joy temporary, but Baba's love is eternal. In remembrance, the soul feels supported, strengthened, and deeply healed. Even a few moments of true connection with the Supreme Father fill the soul with peace, power, and clarity. Through yoga, the soul remembers its original divine identity – I am a pure, peaceful, powerful soul, a child of the Supreme Soul. In this awareness, happiness becomes unshakeable, untouched by time or circumstance. It becomes a timeless treasure.

A Blessing Beyond the Boundaries of Time

As the year dissolves into another, let us offer not merely a greeting but a blessing that transcends time itself: **May you be happy always – not just for a year, but for every moment of your eternal journey.** May your heart remain fearless, your

intellect remain light, and your remembrance remain strong. For happiness is not a gift of time; it is the inheritance of the soul.

May every soul awaken to its eternal truth, may every mind anchor in the Supreme Source, and may every day of life become a celebration of inner silence, inner strength, and inner joy. ■ ■

Life Changing Advice

- **Follow the 80/20 rule** – 20% of your work will bring 80% of your results. Find that 20% work and focus on that.
- **Do something for someone** – It's the easiest way to make someone show that you care.
- **Love yourself first** – It's a cliché that you need to love yourself first before you can love others. The more comfortable you are with yourself, the better you can love someone else.
- **Words have more power than you think** – Say 'There is a problem with the project' compared to 'There's an opportunity to make the project better'. Which one sounds better?
- **Learn to let go** – you may have noticed I said that previously, but it's that important.
- **Everyone has a story** – Everyone has experienced your problems at least once in their life. Do a quick google search about a problem you have, there's a good chance someone has asked that somewhere. Learn from it.

AM I SMILING INSIDE?

Thoughts are the seeds of our actions; thus, they are very important. Therefore, we must pay attention to them. However, it is not necessary to get lost in thought on any subject. **The things that need to remain in our awareness are:-1) who am I? 2) Who is mine? 3) What do I need to do now?** The soul is very tiny. The soul is light. However, thinking a lot makes the soul heavy.

We have to create such beautiful and subtle vibrations that they reach others. We are hearing the news of one soul or another leaving the body nearly every day. Even if someone is unconscious in hospital, my work is to create such vibrations that reach that soul... Today one may be sitting in his or her body but tomorrow...? There is no guarantee for tomorrow. At present we are here, present on Godly service but tomorrow what happens, no one knows.

The sister whom we called 'Queen Mother' (Mother of Didi Manmohini) left the body very quickly, without any pangs, without even changing her expression. So, one must perform as many elevated actions as one wishes to. These have to be performed through one's thoughts, words and actions. Anyway, we have to perform activity in life so our focus should be to make those actions beneficial.

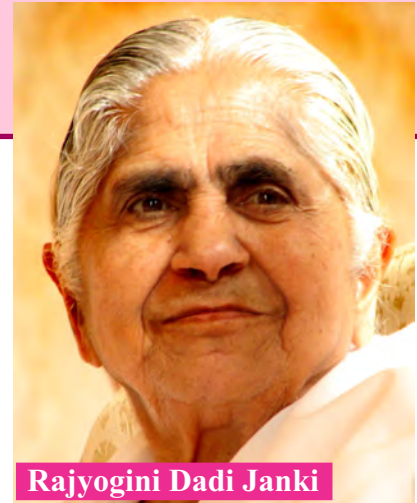
I cannot live without seeing through these eyes, but how is my spiritual gaze (*drishti*)? In what way am I seeing and thinking about people and situations? There should be love and peace in my thoughts. If I want to speak, what should I speak about? What I think and do, affects myself and all others. I have to become a swan, which only picks up what is good. I have to imbibe only what is good. Then only I will be spreading good

vibrations.

Three types of awareness make us smile internally and are revealed on the face. Firstly, it is the smile of the one who is soul-conscious, without a trace of body-consciousness. Secondly, the smile that comes on one's face when thinking of Shiv Baba – knowing Him as the Supreme authority one belongs to. **Third is the smile that comes from inside when one uses the knowledge of Eternal World Drama – understanding that everything is good and accurate and that no-one is to be blamed.** Blaming others wipes away one's happiness in a second. One should remember that there is no need to try to prove anything – truth is automatically revealed. So, one needs to think of what one has to do now.

Let's leave the support of human beings and take the true and constant support of God Shiva, i.e. Shiv Baba. We have three immortal thrones to sit on; the throne of the forehead on which the soul is sparkling, the heart-throne of God Shiva and also the throne of the future kingdom. All the knowledge we have been given is for us to use, not just to listen to or to speak on. Previously we were stumbling; now we have found the path. We are surrendered; we don't have anything of our own. We have to simply lead our lives whilst remaining truthful, blissful, love-full and peaceful. In this way, we have to bring benefit to our own selves and to

(Contd. on page no. ...8)



Rajyogini Dadi Janki

SLOW DOWN WE'RE GOING TOO FAST

Replace being busy with being easy and notice the difference it makes to your emotional health.



B.K. Chirya, New York, USA

Today the energy of being busy is in the air. We radiate a message of having too much to manage and we are not available for people. Being Easy or Busy, indicates opposite states of your mind, nothing to do with not having enough time or the amount of work you do. Replace busy with easy and see the difference it makes to your emotional health. You go with the flow instead of resisting unexpected situations; you no longer hurry yourself or other people and create panic.

Individually and as a society, we are all taught that speed is important in order to accomplish more in less time. So, we do not always let life move at a pace it should. We do not have patience for people who are not our way. Driving and traveling are scenes where our urgency and impatience take over. Create positive thoughts of calm as you travel today. Even if traffic on the road takes time to clear, the traffic of thoughts in your mind should not pile up. Teach your mind the art of remaining calm even in chaos. Finish the vocabulary of irritation.

Our original qualities are peace, joy, love, bliss, purity, power and wisdom. However, after taking many births the energy of the soul has been reduced. We have become full of weaknesses like anger, ego, greed, lust, fear, attachment, jealousy, low self-esteem and hatred.

To develop all mental and spiritual powers needed to tackle negative situations

successfully, we need the power of silence. Silence helps us realise and understand the eternal truths about the self, God and the world, and the true values of the soul such as peace, love and joy. Silence is not the absence of thoughts; it is a state in which the mind is engaged in pure elevated thoughts that nurture these values within. The way to silence is through meditation. Think you are a being of peace and peace will become your personality. Stop, take a minute, and listen to the silence within you today. ■■

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others. The essence of this knowledge is being *Manmanabhav* (attaining the state of being soul-conscious and God-conscious). So, one must ask oneself where one's mind is? Is it caught up in the body or bodily relationships? It has to be seen how much detached one has become from everything – from the body, material possessions, and relationships. It has to be checked: Is the quality of my speech such that it reveals who I am? Have I learnt how to make a mountain into a mustard seed or do I expand small things into big ones? Many have this habit. Others may go into details of the situations and people in front of me. My task at that time is to remain quiet. One must pay attention now to the thoughts one is creating in one's mind. ■■

A Landmark Day for India

SHANTI SHIKHAR'S GRAND OPENING AND SUCCESS STORIES OF WOMEN IN CRICKET



Two celebrations – one spirit: the inauguration of Shanti Shikhar, Brahma Kumaris Meditation Centre at Nava Raipur by PM Modi and the historic victory of India's Women's Cricket Team – both symbols of faith, unity, dedication and determination.

B.K. Onkar Chand, Shantivan



The newly inaugurated *Shanti Shikhar* complex in Nava Raipur, Chhattisgarh stands as a modern architectural expression of peace and spirituality. Designed to support large-scale spiritual,

educational, and meditation activities, it features a fully air-conditioned auditorium with LED screens and a seating capacity of 1,200 people, along with three seminar halls that can each accommodate up to 100 participants. The complex also offers well-furnished guest rooms to provide comfortable accommodation for around 100 visitors, creating an environment conducive to reflection, learning, and inner transformation.

Inauguration by PM Modi

"I am not a guest here – I belong to you."



With these heartfelt words, Prime Minister Mr. Narendra Modi began his address at the inauguration of *Shanti Shikhar* – Academy for a Peaceful World, the newly established Brahma Kumaris Meditation Centre in Nava Raipur, Chhattisgarh.

PM Modi recalled about his long association with the Brahma Kumaris, describing it as a relationship of belonging rather than formality. "I have been fortunate to witness this spiritual movement grow like a mighty banyan tree," he said, recalling significant past events – the *Future of Power* conference in Ahmedabad (2011), the institution's 75th anniversary (2012), and various programmes across Gujarat and Mount Abu.

He observed that wherever Brahma Kumaris are involved, there are fewer words and more service, reflecting the organisation's silent strength and selfless spirit.

Remembering the Blessings of the Dadis

The Prime Minister paid heartfelt tribute to the late Rajyogini Dadi Hriday Mohini and Rajyogini Dadi Janki, acknowledging their profound influence on his life. He expressed confidence that the institution will soon emerge as a global centre for peace, guiding seekers and societies toward harmony.

Dec. 2025

Be the embodiment of your good thoughts, to live a good life.

9

Right Conduct – The Foundation of Transformation

Quoting from ancient Indian wisdom – *Achhary parmo dharm, achhary paramam tapah....* (Conduct is the highest religion, the greatest penance, and the supreme wisdom), he said that true transformation happens only when words are lived through actions. This, he noted, is the essence of the Brahma Kumaris' strength – **every sister embodies her teachings through self-discipline and tapasya before sharing them with others.** "Your very first greeting – *Om Shanti* – carries the vibration of peace and the essence of universal well-being," he said.

India: The World's First Responder

Speaking on India's global role, PM Modi stated that the nation has emerged as a trusted partner in times of crisis.

"Whenever a disaster strikes anywhere in the world, Bharat steps forward first," he said, highlighting India's humanitarian commitment and its image as a *First Responder to the World*.

Harmony with Nature — India's Message to Humanity

Addressing global environmental concerns,

the Prime Minister emphasised the ancient Indian value of living in harmony with nature. He reminded that in Indian culture, rivers are mothers, water is divine, and plants are sacred. "Our use of nature's gifts is not driven by the urge to take, but by the desire to give back," he said — describing this way of life as India's greatest assurance to the world for a safe and sustainable future.

Shanti Shikhar: A Beacon of Peaceful Energy

Highlighting the transformative potential of *Shanti Shikhar*, the Prime Minister expressed hope that the energy radiating from this institution would connect millions across the world with the idea of global peace. He shared how, during his travels to different countries, he always encountered members of the Brahma Kumaris spreading goodwill. **"There may not be a single country where I have not met Brahma Kumaris or felt their blessings,"** he remarked, calling it a symbol of the organisation's global strength.

Concluding his address, he described the dreams of the Brahma Kumaris not as mere aspirations but as firm pledges of service to humanity.

DAUGHTERS OF INDIA, CHAMPIONS OF WORLD! WHO ROSE AGAINST ALL ODDS

India's first-ever triumph at the ICC Women's World Cup is much more than the joy of lifting a trophy. It marks not just the beginning of a new era in Indian cricket but also sends out a powerful message to millions of women everywhere – **if you are passionate about your dream, nothing is impossible.**

The stories behind these champions are as inspiring as their on-field heroics. Many of them rose from humble beginnings, faced poverty, criticism, and stereotypes – often being told that

"girls don't play cricket." Yet, they persevered. **Despite every obstacle, they refused to stop.**

When the team met Prime Minister Mr. Narendra Modi and President H.E. Droupadi Murmu, the players shared their experiences and stories of struggle and triumph — tales that continue to inspire nation. Here are a few of those remarkable journeys:

Leading Through Resilience

Team captain Harmanpreet Kaur reflected on the emotional rollercoaster of repeated

The World Renewal

setbacks before success. "When we kept finding ourselves in the same losing situation, I would often think, **'Why is this happening to us again and again?'** But despite that, we held on to our courage and kept giving each other confidence," she said.

Harmanpreet credited the entire team for its unity and self-belief. "Every player believed that we were improving with every tournament. Perhaps those struggles were written for us – to make us mentally and physically stronger. **We always knew the day would come when we'd lift that trophy.** Over the past two years, we've worked hard on our mental strength. We learned to live in the present. That mindset carried us forward," she said.

Unity in Every Moment

Vice-captain Smriti Mandhana emphasised the power of composure and teamwork. **"Even after falling in a few matches, we stayed united – that unity brought us victory.** Every member of the team contributed equally. If we learn how to manage expectations, we can remain calm and composed," she said.

The True Definition of a Team

Jemimah Rodrigues described how the team discovered its real strength after a tough phase of three consecutive losses. "Those defeats defined what a true team is. **A team isn't measured by how often it wins, but by how it rises after a fall – and we did that beautifully,**" she said.

She recalled the positivity that held them together. **"When someone performed well, everyone celebrated like they'd done it themselves. And when someone was down, another teammate was always there to say, 'Don't worry, you'll get it next match.'**" That's what made us who we are – a true family."

When asked by Prime Minister Modi **how the**



team found the strength to bounce back, Jemimah shared: "After the loss to Australia, all we told each other was: we need one good partnership. We believed the opposition would crumble – and that's exactly what happened. It was pure team effort; every player believed we could do it."

A Win Beyond the Field

Pratika Rawal's story touched every heart. Injured before the tournament, she watched her team play from the sidelines.

"When the team won, I wasn't technically part of the playing squad. Yet, **I was brought on stage in my wheelchair, honoured, and celebrated as one of them. That's what makes this team special – we're a family.** Every player is valued equally. That's what makes such a team unbeatable – and deserving of the final victory," she said.

Standing Together Through Storms

All-rounder Sneha Rana shared the philosophy that bound the team through its toughest times. "We had decided from the beginning – **success is easy to share, but the real team is one that stands together in adversity.** No matter what happened, we promised never to leave anyone behind. That became our biggest strength."

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

GET ENLIGHTENED TO LIGHTEN THE SOUL

Rajyoga meditation helps individuals realize their true identity as souls, connect with the Supreme Soul, and cultivate inner lightness, peace, and divine virtues for a joyful life.

B.K. Dr. Trupti, Shantivan



In ancient Egyptian beliefs, the heart was weighed against a feather (by Maat, the Egyptian goddess of justice, truth and order) after death. If the heart was free from the impurities of sin, and therefore lighter than the feather, then the dead person could enter the eternal afterlife. While a heavy heart indicated a life filled with wrongdoings and that person would be sent back into another lifetime to work through those issues and to heal and to come back into balance, where being in balance means living in accordance with the truth of who you are, in right relationship with others and with respect for the natural environment.

Here, the root of the name Maat is the universal syllable for Mother Ma. The Great Mother, our divine mother is holding us in this process and calling us into her healing energy and compassion to guide us into balance and into a lightness of being. The God Father who has incarnated in the corporeal body named 'Brahma' is our Great Divine mother teaching and sustaining us with His unconditional love to lighten us souls, by making us pure from impure.

Self-reflection

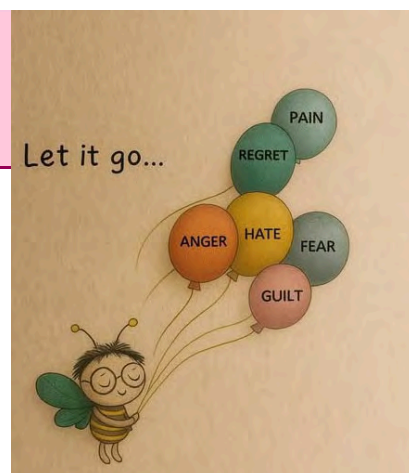
Now take a pause, a deep breath and reflect – Is my heart heavier than a feather? Am I

weighed down by unresolved issues? Is my heart carrying the heaviness of old wounds? Am I burdened by heavy emotions: grief, depression, guilt, resentment, anxiety or anger? Do I critique myself for not being good enough or for in some way being inadequate, wrong or bad? Am I completely free from body-consciousness, ego and vices? If the heart cries out "Yes!" in response to any of these questions, it is the right time to lighten up!

Let us heal, release what weighs us down and become as light as a feather before our time of judgement arrives. For this, practice of Rajyoga meditation taught by the Supreme Soul, Himself, through the lotus mouth of Brahma at the Brahma Kumaris, is highly effective.

Steps to Lighten Up

1) **The first thing to realize in Raj yoga meditation is self-realization that I am not the body but a soul**, a shiny being of light enacting through this body. This realization of being a soul detached from the body itself lightens us up. Soul, a metaphysical being, has no mass and hence weight of its own. As the souls are burdened with body consciousness and vices rooted in it, **the first step towards lightness is to get rid of body-consciousness itself**. Therefore, always keep attention on being in the true identity of the self as a tiny shiny point of light detached from the body.



- 2) **The more we stay in our true identity of being a soul**, the more our innate divine qualities like knowledge, purity, peace, love, joy, bliss, and, power, purity and joy, will come into actions purifying our actions, receiving blessings from the people around and the Supreme soul. **Pure actions and blessings lighten up the soul.**
- 3) **Daily night practice of giving our accounts of good and bad deeds**, of our every thought and emotion of the entire day to our Eternal Father, Supreme Soul, God Father Shiva, not only helps in unburdening, but resets our mind and intellect to act as per Godly directions received in the daily Godly versions called Murli.
- 4) **Being in present and putting a firm full stop to the past whether good or bad, keeps the soul light.** As a traveller with less baggage enjoys the journey relatively more, similarly a soul with no memories of past guilt, resentments, quarrels, etc. will march forward in life's journey with great speed and ease.
- 5) **Refrain from hurry and worry.** Do not rush. Rather manage time well. Have a firm faith in yourself and in God that everything is happening for my own good and there is nothing to worry about. Instead of focusing on fears and worrying, focus on the self and the higher power God, and have patience.
- 6) **Have firm boundaries and distance the self from energy sappers and gossip mongers**, otherwise you may get burdened with the unnecessary negativities and incur subtle sins in the process of people pleasing.
- 7) **Develop a Gratitude mind-set**, and keep a gratitude journal for the same. Being thankful for everything the universe has provided us with, is the surest way to lighten up the spirit.

Practise this more often.

- 8) **The God father says in His daily versions (Murli studied in Brahma Kumaris) to become light and radiate might.** For this one must become chaste in his every thought, word and action and aim to become an embodiment of divine virtues, which is possible through the regular practice of Rajyoga meditation and inculcation of divine knowledge in life.
- 9) **Always stay in the company of the highest and purest being** in the entire cosmos, who is none other than our Supreme Father Supreme Soul. He is also a very subtle shiny being and staying in His remembrance in our true soul form, is the ultimate means to lighten up the soul, for the remembrance of the highest power lifts the soul's consciousness to the higher and purest level making one as light as an Angel.
- 10) **Spinning the discus of self-realisation or practising drill of our 5 forms** (viz., Purest soul form in the incorporeal world, Deity form of Golden-Silver ages, Worship worthy deity form in the middle age, Brahmin form in the auspicious confluence age and Angelic form in the subtle region) again and again, is another sure shot means to lighten up.
- Therefore, surrender to God, with complete mind and intellect and act as per His directions and feel the lightness it brings. We then can engage with others and with the world around us from a place of centeredness, of being a soul, and inner stillness and act in right relationship of being a son of God with all and with the consciousness of universal brotherhood. Then, we become co-creators of our own destiny and of the world around us. In a gist – to lighten up, surrender to God and be Holy, be Rajyogi! ■ ■

MINDFUL CONTENT CREATION

A seed of thought that is toxic – tainted by vice and negativity – will inevitably produce content that can poison minds and actions that lead to conflict.



Creativity is not the exclusive domain of artists in their studios or scientists in their labs. It is a fundamental human expression. To be alive is to create. From the simple act of rearranging a

room to composing an email, every conscious action is an act of creation, a ripple sent out from our inner world into the outer. We are, by our very nature, creators.

In today's digital age, this innate creativity has found a new and powerful frontier: **online content creation**. A generation of creators now directly shapes the consciousness of millions, particularly the youth whose lives are deeply intertwined with the digital world. While having thousands of 'followers' is a testament to one's influence, it comes with a profound responsibility. The same platform that can uplift and heal can also wound and mislead.

The Foundational Seed: Our Thoughts

Every creation, no matter its form, originates from a single, invisible seed: a thought. This primary creation, born in the subtle world of the mind, determines the quality of everything that follows. A thought gives rise to a feeling, which shapes our attitude and vision. These, in turn, manifest as our words, actions, relationships, and ultimately, the reality we build around us.



B.K. Sarika, GGRC, Ahmedabad

The quality of this foundational seed is paramount. If our thoughts are elevated, pure, and benevolent, our creations will naturally serve to benefit ourselves and the world. Conversely, a seed of thought that is toxic – tainted by vice and negativity – will inevitably produce content that can poison minds and actions that lead to conflict.

This is why the greatest service we can offer the world is to first tend to the garden of our own minds. This echoes the most profound spiritual instruction of the Gita: *Manmanabhav* – "Focus your mind on Me." In a world often gripped by the vices of lust, anger, attachment, greed, and ego, God, the Supreme Soul, is the only constant who is Ever Pure, the Ocean of all Virtues.

The good news is that we share an intimate relationship with this Being. He is our eternal Father, Mother, Teacher, and Friend – our most constant Companion. When we make this relationship the centre of our world, the Supreme becomes our ultimate reference point. Our thoughts begin to align with His divine nature, and our actions naturally become as elevated and benevolent as His.

In fact, this is the true meaning behind God's title as the Creator. He doesn't create the physical world or souls from scratch; rather, He re-creates consciousness. He inspires the transformation of impure, degraded human souls into pure, elevated deities. Through this

(Contd. on page no. ...16)

THE KEY TO HAPPINESS

It is a simple law of life that you get what you give. If you want to feel happiness, begin to share it, and it will surely come back to you.

B.K. Jyoti Nanda, Shantivan



For a long time, people have been searching for the secret of happiness. Many believe that having money, fame, or power will make them happy. They run after wealth, fame, and

positions in the hope that these things will bring joy. For some time, money and resources can give a sense of comfort, but they do not guarantee real and lasting happiness. I may feel good when my income increases, when my bank balance grows, or when I can buy more things. Yes, money is useful because it removes worries about daily needs and gives freedom to live comfortably. But after a point, more and more money does not give more happiness. The truth is simple: we get what we give. If I give happiness, I will receive happiness. This is the law of karma—we always harvest the crop we plant.

I may have a big fortune and strong health, but if my mind is filled with jealousy, anger, bitterness, or greed, then I cannot experience happiness. Such negative thoughts act like poison inside the mind, hurting me before anyone else. On the other hand, if I support others in their difficult times, then help will reach me too when I am in need. If I share knowledge, wisdom will keep coming to me. If I spread joy, I will also feel surrounded by joy. When I send good wishes to all—whether they are friends or

those who trouble me—my own thoughts become pure and powerful. These thoughts then keep me light and happy. Pure feelings are like a fresh bouquet of flowers in the heart. Their fragrance keeps me cheerful even if the world outside is filled with problems. If others do not return my kindness, it does not matter, because my positive energy will continue to protect me, just as warm clothes keep us safe even in the coldest weather. Happiness is a special kind of wealth. It increases when we give it to others. The more we share it, the more it comes back to us along with blessings and good wishes.

Meditation is another important key to happiness. It is the first step towards knowing my inner power. During meditation, I get small moments of realisation. These “aha!” moments show me that I can change my life. I see that I always have the power of choice. And this choice gives freedom. I can choose happiness by letting go of old and unhealthy emotions. At first, spiritual truths may look difficult or meaningless, but when I practise them, I see they are real and powerful. Take one example: expectations. Most of my pain comes from expectations. I may expect that people should treat me in a certain way, or situations should be easier, or someone should behave differently. Even if my expectation looks fair, if it is not met, I feel upset. Behind every feeling of hurt, there is some kind of expectation. The way to become free is to accept that people have their own nature. They behave the same way with



everyone, so I should not take their words or actions personally. When I stop carrying hurt feelings, I return to peace and happiness.

Another simple method is keeping a journal (progress chart). At the end of each day, I can write what went well. Appreciating small successes and good qualities builds strength. Then I can also write about moments that did not go well, and think of what lessons I can learn. I can ask: "What can I change in myself? How can I handle such a situation better next time?" Sometimes I cannot change the outside situation, but I can still choose to release the pain and move forward. **It is not useful to hold on to old issues. The wiser way is to see what I can do now to make life better.** This works with the law of energy, also called the law of attraction. Whatever I focus on becomes stronger. If I give attention to sadness, I invite more sadness. If I focus on peace and joy, I attract more of them. The mind is like a magnet that pulls to itself whatever it is directed toward.

The most important truth is this: **happiness is in my own hands.** I should not wait for people, objects, or events to make me happy. Right here, right now, I can make the choice to be happy. If I am waiting, I can wait with happiness. If I am working, I can work with happiness. Even if I do not have much money, I can still be happy. **Happiness is not outside—it is an inner choice.** When I choose to remain happy, life feels easier, situations become lighter, and opportunities naturally flow to me. ■■

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

transformation of consciousness, the world itself is transformed from a state of hell into heaven. He reminds us, "I do not do this alone. You, children, are my helpers, the master creators who make this new world a reality."

A Creator's Checklist: Being the Father's Helper

As we embrace our role as the God-Father's helpers, especially in the digital sphere, we can use a simple checklist before we hit "send," "post," or "publish." This is a moment of sacred pause to ensure our creation is an offering of purity and truth. Let us ask ourselves:

- ▶ **What is the thought (Pure Intention) behind this creation?** Is the thought seed pure, benevolent, and truly for the benefit of others? Or is it tainted by a subtle desire for attention, validation, or ego?
- ▶ **Does this creation offer selfless service?** Is it sharing wisdom that empowers, fostering peace, or spreading vibrations of love? Or could it unintentionally contribute to negativity, division, or confusion?
- ▶ **Does it reflect my true, divine self?** Is this content an honest expression of the elevated self I am becoming through my connection with the Supreme?

This simple act of introspection is a form of meditation in action. It transforms content creation from a mere activity into a profound spiritual practice, allowing us to be true helpers in the most significant creative task in history—the re-creation of a golden-aged world.

This, then, is the sacred art of the mindful content creation: a life lived in constant, loving remembrance of the Supreme. It is the practice of transforming our inner world so that we may, in turn, transform the world outside. The call is clear and timeless: *Manmanabhav.* ■■

A SPIRITUAL PERSPECTIVE OF CHRISTMAS

Christmas symbolizes the spiritual awakening of souls as points of light, marking the transition from darkness to divine light and the promise of a pure, peaceful Golden Age.

B.K. Arzu, Kolkata



Christmas is celebrated internationally on December 25th. It is believed that Santa Claus visits all the way from the far away land of North Pole in his reindeer. He visits every household and enters through the chimney and not through

the main door. Not empty-handed, but he comes laden with gifts for children who were good. The time is believed to be midnight, when everyone falls asleep. Hardly anyone sees him as he secretly comes, leaves the gifts and he goes to the next house. It seems he must hurry as he has time only as long as the night lasts. He must return before morning. The gifts are different for every child. It is what they had wished for, or what they really deserved.

Santa Claus is always jovial and cheerful. He wears red cloths from head to toe. He is a grand old man in silver white hair and beard. Everyone looks forward to decorating a tree that is shaped like a triangle. It cannot be any other tree, but a pine tree. This is a must during Christmas. The ritual is to decorate the tree with lights, ornaments, gifts, and fairies. The topmost point of the tree is decorated with a big, dazzling star. The children are trained to be good, polite, helpful, obedient, and kind so that Santa is impressed and gives them gifts. Each family member, relatives, friends gift each other. They

also share gifts with the poor, as it is a festival of giving.

The day before, or the 24th December is remembered as the birthday of Jesus Christ. It is believed that he was born in the midnight. People visit churches and pray, sing carols and midnight masses are held. They erect scenes of infant Jesus resting in a manger. Other figures in the scene may include angels, shepherds, and various animals. Some go to the church in the early evenings to celebrate Holy Communion with their families. Church bells are rung and candles are lit. Some listen to the annual "Nine lessons and carols" broadcast from King's College in the United Kingdom. In the Byzantine Rite, Christmas Eve is observed as a day of strict fasting. They eat only when they sight the first star in the sky.

All these rituals hold very deep, secret spiritual meanings. Let us start with the Christmas tree. It is a symbol of the incorporeal world where all the souls reside with the Supreme soul. The pattern in which all the souls hold their respective positions in that realm resemble an upturned tree, with the seed at the top, the branches arising from it and expanding in an ascending order. **The twinkling lights** are the souls in their respective positions. The entire decoration with beautiful lights represents the self-illuminated world of bright golden red and yellow colour. The star at the top represents our Supreme Father, as he occupies the topmost

position in the soul world. **Fasting, praying, singing carols, and practising kindness** on the 24th December denotes the Confluence age – becoming eligible to receive the gifts. **Why is it always midnight?** It is because our Supreme Father visits the Corporeal World after the infinite night of the Iron age. Why does He leave before sunrise? It is because the Supreme soul creates heaven in the transformation age and leaves before the Golden age. Why is everyone asleep? It is the infinite night of ignorance, where only a few would wake up to recognise God.

Who does Santa Claus represent? Of course, it is Father Brahma who accommodates the Supreme soul in his physical body. That is why he is shown as an old man in red. White colour is for old Father Brahma and red colour for Supreme Father Shiv our eternal father, a point of light (the land He comes from is bright golden red too). **Why does he enter through the black chimney?** Well, that simply means He does not enter the Corporeal stage through the regular way. He does not take birth from a mother's womb, like any other human being. Rather he enters the body of a fully formed grown up, experienced, old man, or He takes a divine birth, or incarnates. Black represents the impure body as it was born through vices. **Why does he come from a faraway land** – the North Pole? The Supreme soul comes from the Incorporeal World, above and away from this material world. The reindeer pulled carriage may represent the physical vehicle of Father Brahma.

Who are the children? Why are they asked to be good? The children are the souls. During the Confluence Period, the souls who recognise their eternal Father, undertake the spiritual journey of transformation, adorn themselves

with divine virtues, follow the teachings of God, and reform themselves so that they become eligible to rule in the Kingdom of Heaven. Only after they succeed, they can attain Paradise or can claim their heavenly inheritance, or the state of highest perfection called Narayan-hood. **Hence the gift from Santa is Heaven.** Our Supreme Father offers us this valuable present through Brahma that includes our every wish fulfilled. Having a feast, wearing new clothes, meeting family and friends, gifting each other, playing music, and enjoying depicts the heavenly life filled with eternal happiness and fulfilment. Of course, celebrating the baby Jesus may also mean the birth of Shri Krishna – the first prince of heaven. ■■

(Contd. from page no. ...11)

Faith and Focus

Deepti Sharma spoke about her mantra for success. **"A player who learns to rise from failure is the one who truly succeeds.** So never stop working hard," she said.

She also shared the source of her spiritual strength. "I have a tattoo of Lord Hanuman – it's a symbol of my faith. Whenever I face difficulties, remembering him gives me courage."

The Message Beyond the Medal

The journey of India's Women's Cricket Team is not just about a trophy; **it's about transforming barriers into breakthroughs and dreams into destiny.** These women have not only brought glory to the nation but have also ignited hope in countless young girls who now dare to dream bigger. Their triumph is a reminder that empowerment is not given – it is earned through perseverance, passion, positive mindset and belief in oneself. ■■

GODLY KNOWLEDGE THE ELIXIR FOR LIFE

When we stabilise our mind and intellect on the attributes of the Lord, we will experience super-sensuous joy and Supreme bliss.

B.K. Surendran, Bengaluru



We all know that we have two entities. One is the physical entity and the other is the spiritual. Hence, we are all immortal infinitesimal point of spiritual energy having

mind, intellect, and *sanskars* along with seven divine virtues – knowledge, purity, peace, love, happiness, bliss and power. All of us have this spiritual personality and when we wear the physical body as a costume which is made up of the five elements – ether, air, fire, water and earth, we will have a physical personality of man or woman entity. We are seen to be physical, but in truth we are all spiritual personalities. When we are in the human body, we either have a female or a male body. The body is lively as long as we souls abide in the body. As soon as we, the souls, leave the body, the body starts decomposing, and disintegrating. As we are souls, as soon as we leave the physical body, we transmigrate to another human body in the womb of the mother. This cycle of birth and death of the body goes on. In the process the virtues of the soul slowly get infected with the negativity of the vices of lust, anger, greed, attachment, ego, jealousy and a host of the associated elements of vices. This indicates the weakness of the souls due to many rebirths.

In fact, the natural nature of the soul is cent per cent virtuous,

absolutely vice-less, righteous, non-violent, completely pure and 16 celestial degrees complete. Those who were in the golden age had this level of perfection. It shows that when life started in the Golden Age, there were perfect human beings who were known as deities whose idols are being worshipped even now. As the souls transmigrate birth after birth passing through golden, silver, copper and descend to the end of Iron Age, they lose their divine qualities. These souls are having the acquired nature of sex lust, anger, greed, attachment and ego which make the life stressful, miserable and worrisome. This is the state of affairs of the world now. When humankind reaches this level of point of no return, the Creator God the Supreme descends to put the clock back to its original saddle.

As the Supreme Soul is Incorporeal, never comes in birth and death cycle as in the case of human souls, He descends in the body of an ordinary person in his sixties. God uses his mouth organ to reveal His own identity, the vast universe and the human beings who are seen in the world. He is revealing the importance of the present time and teaching human kind, the real



spiritual knowledge. He categorically, concisely, precisely and authoritatively reveals that He descends once in 5000 years to purify and rejuvenate the souls and the nature – the five elements through the real spiritual knowledge and Rajyoga. This divine act of God has been going on for the last more than 8 decades. There is great impact not only on the souls, who study and practise the knowledge but the world also as a whole is poised for a great positive change.

The Sermons of the Lord

The sermons of the Lord is a package of the real spiritual knowledge which consists of the knowledge of the three worlds, the gross, subtle and infinite world of the souls and Supreme Soul, about the true identity of the trinities, the power of mind and intellect, the way to connect with the Ultimate Sources of creative intelligence and Spiritual Power – Almighty God, the karma philosophy, the relationship management – soul and body, mind and body, soul and soul, soul with the Supreme soul, soul and the vast nature. His sermons very clearly and emphatically introduce “Who is who, and what is what in the universe.” The impact, human souls make on the nature and what impact the nature makes on the human souls is also clearly stated.

When life started in the Golden Age, it was beautiful, bountiful, peaceful, love-full and blissful. There was no trace of the vices. Now life has descended to the ground level devoid of almost all kinds of virtues. The Lord as the Supreme Teacher and Sadguru has been teaching us, to elevate us to the level of Golden Age with the power of pure spiritual knowledge and Rajyoga. This knowledge is found to be the elixir of life once we start undergoing the teachings and the practice imbibed by the Lord.

Significance of Godly Knowledge

Life goes through different phases and situations, turns and twists, ups and downs. At each stage, we should have the appropriate knowledge power to successfully overcome such instances. The knowledge handed down by the Lord acts as nectar at one time, yet it acts as a source of strength and source of income at another time. Sometimes, it helps as a weapon to fight against an adverse situation. It is also found to be invaluable wealth. It also can be used as a medicine, yet sometimes it becomes a blessing. It gives us better wisdom to deal with a very difficult situation. It helps to maintain patience in a particular tense situation. When a situation is unfriendly, it helps us to be peaceful. It also gives us happiness. The knowledge makes us to be firm and steadfast when a situation demands. Knowledge helps to maintain non-violence. It helps us to maintain a celibate life very naturally. It helps us to have a mental state of light and might. It is also the third eye of wisdom. Godly knowledge protects us in all situations. This is a powerful medicine towards all kinds of tension and stress. It always helps us in multifarious ways and universally this can be applied by one and all irrespective of religions, regions and language barriers. It is a boon blessed on all of us by the Supreme father as we are all souls, His spiritual children.

Rajyoga: The Magic Panacea for All Ills

We are all souls wearing the mask of a physical body. This is only an outer apparel. When we venture to practice Rajyoga, the real foundation lies in soul-consciousness. We should remember the Supreme Soul with soul-consciousness and reverence and connect our mind and intellect with that Supreme Energy source. He is abiding much beyond the outer sky – the region of infinities, which is called *Paramdham*. *Paramdham* is

flooded with a golden red-light element, which is known as the 6th element. At the top of *Paramdham*, the Supreme abides as a self-effulgent Light. He is an ocean of all virtues and powers, to mention a few – knowledge, bliss, peace, purity, love and so on. When we stabilise our mind and intellect on the attributes of the Lord, we will experience super-sensuous joy and supreme bliss. When we remain in this mental state, we not only get rid of the vices and we the souls undergo a process of purification and we will be cured of the vices' affliction of many births. In fact, the root of all kinds of diseases is due to the vices in the soul and once the vices of the soul are cured, we will become physically healthy. This practice has mesmerising effects in our life with overall development and progress in our life. He uses the power of selfless love, goodness-prone

assurances, pitiful persuasion, humility, gentleness, sympathy, respect, non-violence, forgiveness and a lot of repeated encouragements to transform the souls from devilishness to deity-hood. We should convince ourselves that the Supreme Soul can only bring about such a transformation. The power of knowledge along with the power of Rajyoga meditation work in combination to elevate the souls to the level of golden age.

Both the Godly Knowledge and Rajyoga are the blessings of God Shiva to the humankind who are souls, His children. It is down to earth truth stranger than fiction. God Shiva is on the earth now and the world is poised for restoration process, rising up to the Golden Age era. The renewal process is picking up momentum on a faster pace. Now or Never! ■ ■

LAUGHTER: THE BEST MEDICINE

- ◆ Teacher: "One woman makes 50 rotis in an hour. How many will three women make in an hour?"
Student: "None, sir! Together, they'll just gossip!"
- ◆ Priest checking horoscopes: "Out of 36 qualities, 32 match."
Bride's family: "Then why are you refusing the match?"
Groom's family: "Our boy's a total troublemaker – should we find him a wife just like that?"
- ◆ Beggar: "Please give me one rupee. I haven't eaten in three days."
Sanju: "What good will one rupee do after three days of hunger?"
Beggar: "I just want to weigh myself—to see how much I've lost!"
- ◆ The Forgetful Gardener
Friend: "Why are you planting money in your garden?"
Gardener: "I heard this is where money plants grow!"
- ◆ The Smart Student
Teacher: "If you had ₹10 and asked your dad for ₹20 more, how much would you have?"
Student: "₹10, because my dad would say, 'Return the previous ₹10!'"



SUBTLE MIRACLES OF SHIV BABA

This heartfelt narrative shares the subtle miracles experienced through faith in Shiv Baba and the transformative power of Rajyoga meditation, highlighting a journey from grief to spiritual awakening and peace within the serene environment of the Brahma Kumaris at Mount Abu.



I am associated in teaching learning profession with deemed educational Institutions of Ranchi and Bengaluru for the last 25 years at various capacities as Facilitator, Trainer, Curriculum Developer,

Mentor and Academic Coordinator.

I had almost stopped believing in miracles when my mother BK Saroj left her mortal coil at the very beginning of this year 2025.

She suffered a major heart attack and struggled for a fortnight before she was relieved from this guise of worldly garment.

Her sudden departure shook me, and I was under heavy guilt for having not given her enough time in the last few years. However, this was my personal belief.

As per her, she was completely engrossed and absorbed in her studies at "Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya", which was helping her focus on her personal transformation and spiritual realisation.

As a matter of fact, it was I, who had some 7-8 years ago got her introduced to this University. But personally, I had scant belief in the same as I



Pranati Shee, Begur, Bengaluru

thought I was overtly occupied with my own things and issues. But destiny has its own plans.

I believe my mother had planned her leave and while she was doing so, she made sure to include in her plan, my introduction to "Miracles of Shiv Baba" while she left and even after she left.

Children learn from their parents in their living years, but I learnt and am learning a lot from my mother even after her demise. Her simple living and high thinking and greed for knowledge were brought to light when I got the opportunity to arrange her cupboard during the bereavement period. Most of the people's cupboards have precious jewelry, costly dresses and other stylish accessories but my mother's three-fourths of the cupboard was filled with "Shiv Baba's Murlis" and insightful books on Shiv Baba and His wisdom. I was dumbfounded and intrigued by her way of finding solace in these books.

It was not a forced but a subtle awakening which struck upon me and made me realise that **the calmness and aura which my mother had lately, was due to her Rajyoga meditation and spiritual education which she was gaining at "Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya"**. I vowed that day to understand and find what this Rajyoga meditation and tranquil peace of mind was that my mother had

experienced. I wanted to understand how she could leave her body so stoically, despite being in so much bodily pain. So began my journey of realising the “Subtle Miracles of Shiv Baba”.

In the last few months, I had been going through a lot of upheavals in both personal and professional life starting with the sudden demise of my mother. I had almost given up on all situations. And thence a bright light shone on every dark situation of my life. I was led into a world of pure light in the most subtle way I could think of. I believe this was all because I had started believing in Shiv Baba and began listening to his “Murli” every day as my mother used to do. I started realising the teachings and true essence of these “Murlis”.

And then again, a miracle happened. The most wonderful thing that could ever happen in my living years, happened – a sudden calling of Shiv Baba from the “Heaven” – Mount Abu. I had never in my life imagined visiting this place except as a tourist. But when GOD calls, you cannot say NO.

I had God's sent angels – 'Rani Didi's and Brother Krishna's' assistance to visit the “Heaven” which is “Prajapita BrahmaKumaris Ishwariya Vishwa Vidyalaya” at Mount Abu.

Our (my 'Yugal' Samiran and I) spiritual journey seemed like a pleasure journey to us. We hopped into the Rajdhani Train at Delhi where we met the best co-passengers who made our overnight train journey the most pleasant one. Bro. Krishna was there at the Abu Road station as early as 5 am to receive us. As we reached Shantivan, we realised that in literal sense it's a “Peaceful” place. Our realisation became a belief when we sat in the meditation hall for “Murli” with 5000 other brothers and sisters in absolute silence. Even the dining hall

where we ate with thousands of people was so calm and peaceful.

But this was just a glimpse of what was awaiting us. Bro. Krishna took us on a peaceful and insightful journey of four pilgrims at Baba Hut, Baba Room, Tower of Peace and History Hall at “Pandav Bhawan Madhuban”. We went on to feel the breeze near Nakki Lake and finally reached “Heaven” in its true sense at “Gyan Sarovar”. The food which was served to us and the tea which was offered there was like 'Nectar'.

We had the pleasure of listening to a BK brother at the museum in “Gyan Sarovar” who had initially conveyed that he would just brief us with a short tour around. But as he spoke and as we listened, we didn't realise how time flew, and we had very little time left to visit the other places in the bucket list.

But they say, when GOD wills, you just rest. So as per our initial plan we were only going to visit 3-4 main pilgrims of Brahma Baba at Abu, but we ended up visiting all in the bucket list as per the divine intervention.

Bro. Krishna made sure we could have the glimpse of sacred Dilwara Temple, a tour of 100-acre organic farming at “Tapovan” and get introduced to 5 layered farming which was innovatively being done by Bro. Naveen, have a picturesque view of Aravalli ranges from “Manmohinivan”, Kumbhkarna's live show at the “Peace Park”, watch the gigantic Solar Power plant made by the BK group which is providing power to local people also, a glimpse of Global Hospital which is offering free service to needy patients and finally revisit “Shantivan” where we had the sumptuous ontological food and felt the peaceful aura of “Diamond Hall”.

(Contd. on page no. ...27)

THE DOOR OF DISCOVERY

B.K. Sundar Bhai, Dubai

It's a journey of remembrance
Where I discovered the meaning of my
existence
Your remembrance opened new doors with
brilliance
The door of self-realisation when it is opened
I saw immense light radiating from a point.
It reached me... its rays of comfort cooled me
internally. I could feel the positivity it holds.
Its magical light was whispering something to me.
Realise your true nature
The moment I realised the voice
It was coming from my inner consciousness.
I then witnessed my true nature.
In my original natural form
Untouched by the vices
The journey never stopped there
Then came the door of belongings
Where I met to whom I belonged to
Who always made my eyes wet in his remembrance
I was blessed once again tears broke out from
my eyes
It was the meeting two eternal relationships
No doubt no expectation, no demands.
A pure relation... Oh God!! I followed him blindly
He was taking me to the door of joy.
When it opened, I saw people dancing, playing
and celebrating.
No trace of fear, no worries, no upheavals.
Suddenly I saw myself among them
Dancing playing and enjoying
But looked different; I was wearing dress
decorated with diamonds.
There everyone loved me as I am
Their care, attention and selflessness made me
forget. I forgot everything I forgot my true nature
I forgot my home I came from
I forgot you – O God, who had taken me there.
I forgot to come out from there.
Waiting for the new door to open Oh! God ■■

FORTUNE DOESN'T COST A FORTUNE

B.K. Andrew Grant, UK

The yogi is the fortune of tomorrow
He doesn't give or take any sorrow
He hears horror stories but feels no horror
He is a guest and fortune's author
Such a soul's power remains alight within
If you want to know his secret, then where do I begin
He found inside what he searched for outside
This side of his eyes filled him with a sense of
pure pride
This inner heaven quite separate from outer hell
His inner space served him well
His spiritual education created a force field of light
The dark in bad news failed to touch him – his
heart felt light.
And though his effort on himself was intense
He never felt it was hard and never tense
He simply aligned with what was always there;
While others kept seeking it – here, there,
everywhere.
His vessel ran on peace and joy, both gladly
brought aboard;
Travel the world but it cannot be found abroad
For false happiness depends on many externals
to stay in view, and when they shift,
it cries aloud – “Now this is an issue!”
What's easy to upset was never firmly set; True
peace is self-made – the surest bet yet.
Superficial happiness is truly a sham; Ask a yogi
his secret – he'll say, “I just am.”
Reasons for joy turned to reasons for sad; When
life won't obey – it drives the world mad.
Frank Sinatra sang I did it my way
A world of self-righteousness on display
For “your way” will always clash with another
The soul reincarnates as a child and continues to
suffer; For he bought his old ways (habits) with him
Stamping his feet from deep within
While the yogi will be born in his next life
Without tears, without fears and without any strife
■■

WILL YOU EMBRACE LOVE, PEACE, AND GOODWILL THIS CHRISTMAS OR FALL INTO VICE AND GREED?



Most people unknowingly live trapped in body-consciousness that causes stress, sorrow, and limits their spiritual growth, and true freedom and happiness come from shifting focus from the body to the soul.

B.K. David, Paignton, UK

Most are unaware that they are wearing body-consciousness clothes that are very tight and cause them great discomfort and stress throughout their whole life. The clothes of body-consciousness also make a person shrink, drain their mental energy and causes them immense sorrow.

Can you see yourself clearly in the mirror of truth?

Are you growing in happiness and truth or are you like most that are shrinking daily in sorrow, falsehood and vice? You need look hard at this shrinking process as it's very slow but very real. This shrinking will never stop unless you stop it and you need to as it's the ultimate robber of the most important treasures you'll possess which are happiness and health. If not checked today, this thief can turn into a killer and yet remain an incognito.

This coming Christmas you'll find most are wrapped in the glittering Christmas wrapping paper of illusion, vice and falsehood.

It's time to free yourself from living in the wrapping paper of body-consciousness that's a straitjacket that you got wrapped in by your parents and friends that made you wear it whilst growing up in London, Lucknow, Liverpool or Louisiana.

Wearing this hand-me-down tight and very

uncomfortable straitjacket, that often comes disguised in the form of a three-piece suit, skirt and blouse, high heels, twinset or jeans, stops you from creating a valuable life of goodness each and every day and constrains you to only ever feeling sorrow and your potential life of worth is forever out of your reach.

The world, wearing such vanity, has become grossly unhappy as they are unable to move freely in truth as they are greatly lost and entangled in this world of falsehood.

Mankind dances relentlessly to the age-old tune of Body-Consciousness and Fashion.

Everyone in this world of illusion dances to the same tune of body-consciousness and keeps in step to its tune and would not think to break ranks. Few are able to break free of this regimented dance and ignore its tune that's ingrained in us all as it plays nonstop in the background and can often be heard loudly in the foreground if you stop and listen, and subconsciously, it's hard to ignore.

Almost everyone dances to this tune of body-consciousness and sings along to it. It goes: Love my body, love my Image, and Love my dancing. This it repeats over and over again and soon gets all tapping their feet and singing the same song that's called Vanity. This dance and

song is what the most now think to be happiness and being carefree and will lead to happiness.

Yet this song only leads to sorrow, illness, stress, frustration and nonstop depression and nervousness whereby they still feel compelled to keep on singing the same old song over and over again, never realising that it's this song and what it stands for, that's the ultimate root cause to all their sorrows.

Are you aware that most people are automatically marching blindly to this song of vanity and their smiles are only hiding their dire state of living that is causing them unlimited stress and misery throughout their ranks every minute of every day?

Will you start saluting truth instead of falsehood?

Maybe you turned away long ago from man's army and started to march in line with God's Army singing in peace and quiet His sacred song called, I'm a Soul – I'm a peaceful soul. The B side to the record is called Om Shanti Soul.

As with all armies, Man's army is also marching on its stomach but it's a big stomach with unending greed and with this, the army has gotten obese, diabetic, has BP and has many diseases in many forms and with dire defects in every person's body being all too common.

Watching this marching of humanity is comical as it lasts for minutes before they get out of breath or are in such pain, need rest on a bench or are too ill to march at all or only with a walking stick or on an electric scooter.

Barmy army

This army dances and marches but because it's to false songs, it marches in circles and passes the cemetery gates many times where it often stops to remember those that died early due to their poor lifestyle and saluting the wrong cause.

From butcher's window to endless bellies.....

The turkey is soon set to be the star again and focus of Christmas by taking centre stage on the centre of many tables and soon after, will be in the centre of many a belly.

It's only by living in truth and making the soul the very centre of your life, will you get happiness in return and where the opposite is very true which is evident everywhere you look as there is great sorrow as people live by placing their bodies in the centre of their lives. This is the greatest of mistakes as you are the soul and the body is not you and this age-old concept is the greatest falsehood and ignorance that's even greater at this time of year as people's senses get fed even more sorrow and people get even fatter through their indulgences and so their bellies and sorrows grow next to each other due to their sitting down at the table of vice and eating huge meals of ignorance and poison whose indigestion can last a lifetime and ruin it in the process.

I look around and see that people have become blind to knowing the difference from digesting truth and digesting falsehood. Either I cannot see straight, or people have become blind. What do you think?

So be careful what you pick up this Christmas; be it at the table, from under the tree or from looking at other people and becoming influenced by their poor lifestyles, habits or lack of qualities.

Seeing is really believing, and it's easy to see what most pickup to drink and eat at this festive time without much, if any, thought to the consequences of their basic living when after all, it should be a time given to prayer, thoughts of Jesus, his sacrifice, faith, and how to become more like him.

Each year people hope to get bigger and better gifts when this time should be spent on making one's heart bigger and better.

What will you pick up from your festive table this year to eat and digest?

Will you pick up more bad habits this Christmas or have you learned to put them down or even ignore them completely and focus instead on picking up health promoting virtues and good habits.

Do you know what the greatest and most powerful habit is of all? The hardest habit and most demanding is of course, the most beneficial habit of all and that is to learn to see only the soul and not the body.

This habit needs to be learned and practised not only at Christmas but throughout each and every day and by doing so; you'll make every day special and feel like Christmas: only a few can turn every day into a spiritual celebration that does not require a poor turkey.

Will you be sitting at a Holy festive table this year?

For most, the tables have turned, and the once table of truth has now become a table of greed and ignorance where people sit without the light of truth above their table, so sit endlessly in a darkened room (their minds) on chairs with three and half legs.

Christmas for most sees it start not with Jingle bells or with good wishes and goodwill to all – but instead, starts with the killing of a poor ugly turkey that they're going to allow sit in their bellies and feed them.

Most of humanity will be sitting at a table with three legs this Christmas.

Will it be God, Adam (Brahma Baba) and Jesus that will be sitting next to you this Christmas at your Holy table to share in your Christmas meal? Most will end up sitting next to

the cooked turkey and surrounded by rather drunk friends?

I try to keep the company of those that are always sitting at a table that has no meat and with four strong legs that support a healthy spiritual lifestyle and elevate what goodness is on the table and makes it Godly and special.

Has your old table been turned upside down and is now a table of truth, love and peace?

It's never too late to change your seating arrangements or even your table – and company. Change where you sit (how you think and where you go) and you can change your future into one that's like the lit-up star at the top of the Christmas tree that's much closer to God this festive period than it is the raucous guest that's only interested in drinking and eating turkey. ■■

(Contd. from page no. ...23)

It is said that “Diamond Hall” accommodates 20,000 people at a time who do Rajyoga meditation for world peace. I cannot even perceive the amount of positive energy that would be emitting at that time.

For the first time after visiting a place which was here “Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya” at Mount Abu, I felt like it belonged to me. I have never felt this way before and would never ever feel the same after.

I thank Shiv Baba for this wonderful opportunity that I had. While sitting in all meditation rooms across all miraculous places in BK centres at Mount Abu, I experienced the peace which I had always longed for.

And even as I am writing this article, the subtle miracles of Shiv Baba continue. “Thank you, my sweetest Shiv Baba!” ■■

A REMEDY FOR INNER EMPTINESS

**Murli-Based Rajyoga Meditation Practices to Fulfill the Six
Pre-Installed Psychological Needs**



Psychology recognises that certain core needs are pre-installed in human consciousness. When these needs remain unfulfilled, individuals experience emptiness, anxiety, and a sense of disconnection. The six needs – security, variety, significance, love and connection, growth, and contribution – serve as the foundation of personal and social well-being (Robbins, 2006).

Murli, the daily spiritual discourse of the Brahma Kumaris, provides timeless wisdom on how Rajyoga meditation can fulfil these needs. Murli-based Rajyoga meditation practices reconnect the soul with the Supreme soul, nourishing the innermost dimensions of human life and offers a remedy for inner emptiness.

Need for Security

Security is a universal human need, often sought in material possessions or relationships. The Murli emphasises that true security lies in soul-consciousness and God's protection. "Sweet children, you are imperishable souls. The Father has come to make you fearless" (Murli: 12 March 2001). Rajyoga Meditation Practice: Practising awareness of the self as an eternal soul under God's canopy of protection instils unshakable security beyond worldly uncertainties.



Dr. Rajesh Arora, Abu Road

Need for Variety

Variety keeps the mind engaged and prevents monotony. The *Gyan Murli* (Flute of Knowledge) presents God as an Ocean of Knowledge and Bliss, offering infinite experiences through meditation.

"The more you churn knowledge, the more jewels of thoughts you receive. This keeps the intellect refreshed" (Murli: 7 May 1998). Rajyoga Meditation Practice: By exploring different relationships with the Divine – Parent, Friend, Teacher – the meditator experiences endless variety and freshness.

Need for Significance

Every soul yearns to feel valuable and purposeful. The Murli constantly reminds children of their elevated role. "Sweet children, you are the special souls chosen to transform the world" (Murli: 18 August 2005). Rajyoga Meditation Practice: Meditating on one's eternal dignity as a child of God fulfils the soul's longing for significance, uplifting self-worth beyond worldly achievements.

Need for Love and Connection

The deepest emptiness arises from lack of love. The Murli teaches that true love is found in spiritual connection with the Supreme. "Children, only I, the Ocean of Love, can fill your heart with real love" (Murli: 10 February 2003). Rajyoga Meditation Practice: By experiencing God as the Ocean of Love, the meditator transforms relationships with oneself and others, overcoming loneliness and dependence.

Need for Growth

Personal development is a natural urge of the soul. The Murli emphasises spiritual progress as the

(Contd. on page no. ...34)

GARDEN OF THOUGHTS

Our thoughts are seeds planted in the garden of the mind; by nurturing positive thoughts, we cultivate a life of enlightenment and joy.

B.K. Sarika, Nalasopara East, Vasai



When we talk about a garden, our imagination flows towards the breathtaking beauty of mother nature, where vibrant flowers dance in bloomy lush greenery,

whispers silently and the symphony of life unfolds in perfect rhythm.

The melody of life encompasses the sweet serenade of birds chirping, the soothing melody of water flowing, gentle rustling of leaves that nourishes the soul and awakens the senses.

Similarly, a soft rhythm still within our minds, cadence of consciousness sparks new ideas and inspirations emerge like flowers, unfolding their petals and we start weaving together threads of innovations, self-realisation and enlightenment.

In the garden of minds, every thought is a seed that flourishes revealing the beauty of our inner world.

It is said – “As you sow, so shall you reap”. Which, in real terms, means as – “As you think, so shall you become”.

The seeds of thoughts blossom into actions and actions bear the fruit of reality.

The seeds we plant in the garden of our hearts, bloom into the reality we experience in our daily life. Whatever we nurture within, we harvest the same. In a world filled with life's thorny challenges each moment is a test of our calmness and courage, each moment is a chance to grow, each setback an opportunity to rise.

All we have to do is to keep sowing positive thoughts and hold on to hope in life. Soul energy goes in the direction of what we create. So, bring your intentions to life. The power of good-wishes can transform our life. Our thoughts are our blueprint for our destiny.

Let's illuminate our soul through the light of knowledge, right connection, and right intention and make our life a masterpiece of enthusiasm and joy.

If you Sow

Kindness, you reap Compassion.

Positivity, you reap Resilience.

Love, you reap Connection.

Forgiveness, you reap Peace.

Honesty, you reap Trust.

Self-love, you reap Confidence.

(Contd. from page no. 3)

point of time it did), it must have done so on the basis of its certain predispositions. Naturally, the birth of a person must have been actuated by his bondage of actions, good or bad. Further, the predisposition must have been the result of certain previous actions. But actions can be performed through the agency of the body. And, the body, as has been said, is also determined by previous actions. Thus, this cycle, viz., birth based on previous resolves, resolves actuating further actions, actions again leaving impressions or resolves and the resolves again determining the next birth, clearly proves that the soul is eternal and its resolves (*Sanskars*) are also eternal.

The Thoughts or Acts of a Soul repeat

Now, the chain of cause and effect or of action and its fruit can be continuous and eternal only if it is comparable to a wheel, i.e. if the ultimate effect serves as the cause of the first incident. From this, it should be clear that the thoughts and words and acts of a soul repeat after a definite cycle. It means the personality traits of a man at the time of his last death condition actuate his first birth and death or cause and effect revolve unceasingly.

The Soul is the Worshipper as well as the Worship-worthy

Today, all are in a state of disquiet and misery; this also must have some cause. Evidently, man must have done some actions hinged on self-forgetfulness, which have caused him sufferings and disquiet. This proves that before performing vicious actions, the Self was peaceful, happy, noble and divine. So, the present state of the soul, reduced to the state of sinful worshipers today, is a clear pointer to the fact that, at some time in the past, these very souls were worship-worthy or comparatively

vice-less. This proves that the very deities or ancestors, who are worshiped, are themselves in a degenerated condition today so it is mere ignorance on the part of man to worship the ancestors.

Secondly, since the personality traits of the soul are eternal, it is established that the individual existence of the soul, too, is eternal and immortal. It means that the soul does not dissolve in any other substance as some people say that it does. In other words, it does not merge in *Brahm* or God.

The Aim of Yoga

Therefore, the aim of true Yoga or spiritual discipline is not to attain dissolution in any other entity like God as it is eternal and immortal; it does not lose its individual existence. Rather, the aim is to attain the original state of Purity and Divinity, i.e., the spiritual state previous to the soul's launching upon vicious actions. In other words, the object of Yoga is to attain worship-worthy deity status or, as is popularly said, "to rise to the status of Shri Narayana from the stage of an ordinary man; i.e. to become divine."

The cause of being Disquiet

The sinful acts made man's nature and tendencies vicious. As a result of this, man got entangled in the sorrowful cycle of painful births and deaths, i.e., in the bondage of vicious actions and became a sure prey to misery and sufferings.

The way to eradicate Disquiet

Now, if one wants to get rid of disquiet totally, he has to settle his previous negative accounts so that he may not suffer as a result of them. And, secondly, he must not commit any sin from now onwards and in fact, perform good acts so that he may reap good reward.

How to Attain Absoluteness

For making one's actions virtuous hence-forth and for getting rid of one's past sins, one must

know the deep secret of *Karma*, Neutral *Karma* and Vicious Action. Without this knowledge, man can neither attain absoluteness from past acts nor become vice-less now. That is why there goes the saying: "There is no state of Blessedness and Beatitude without Knowledge."

When a soul gets rid of its past actions, it attains the state of perfection, i.e. the state above pleasure and pain.

Thereafter, when the soul takes a body, it experiences happiness and peace for a number of lives and has divine personality traits. Therefore, the way to become worship-worthy from an ordinary worshipper or to become a holy person from a sinful soul is through the only path of Knowledge and Yoga-Meditation.

Which Knowledge?

Now, there arises the inevitable question: "Which Knowledge did the human soul forget which led to its fall from grace?" A little reflection on this question would bring one to the truth that the ignorance of Action, Vicious Action etc., is also based on the ignorance of three fundamentals.

Firstly, the soul, because of its re-incarnation into a number of bodies, one after another, forgot that it is an immortal soul and, instead, began to identify itself with its mortal body of five elements and looked upon its bodily relatives as its (soul's) own relatives with the result that its actions became vitiated by the vices of sex-lust, anger, greed, attachment and arrogance. So, it became sinful.

Secondly, as it identified itself with the body, it forgot its Immortal Parent, i.e. God, the Bestower of Knowledge, Peace and Bliss. Therefore, the soul, having unrighteous

leanings, became inclined to bad acts.

Thirdly, as it identified itself with the body, it began to look upon this world of matter as its original abode and forgot that its Sweet-Home, i.e. *Parlok*, where it dwelt as an incorporeal being. Consequently, it developed in itself the vices of attachment towards sensuous pleasures and suffered sorrow and grief in the bargain.

The result of forgetfulness of these fundamentals on the part of the soul was that it became susceptible to external influences and lost its divine qualities. Hence, all its acts were against its true Self or original nature, i.e. purity and peace. Man's nature and disposition became vicious and, as a result, he began to lead an ungodly and wretched life.

Way to positive attainment of peace

Summing up, the solution to this predicament is to get enlightened on the following spiritual concepts:

"Who am I? Am I different from my body? Wherefrom have I come on this World Stage? What is the name, form, abode and act of God, the Immortal, the Eternal Father? How can man attain, Peace and Prosperity for 21 births?"

The reflection on these spiritual insights helps one to realise the authentic self, form a deeper relationship with God and experience peace and tranquility in personal life. ■■



Save Energy

Speak Less,
Speak Softly,
Speak Sweetly
and Save Energy.



Jalandhar: The Thousand Minutes of Peace project at Lovely Professional University being launched by LPU Pro-Chancellor Mrs. Rashmi Mittal, BK Anita, BK Sandhira, BK Lakshmi, and Dr. Radhika Gupta.



Vadodara (Atladara): The Billion Minutes of Peace project being launched by H.H. Rajmata Shubhangi Devi Raje Gaekwad, Dr. Bhalchandra Bhangne, Vice Chancellor, MS University, and BK Dr. Aruna.



Sonipat (HR): Inaugurating the Divine Wisdom Art Gallery are Mr. Nikhil Madaan, MLA; BK Sudesh; Dr. Pratap Midha; BK Prem; BK Uttra; and BK Lakshmi.



Bharatpur (RJ): Dr. Tribhuvan Sharma, Vice Chancellor, Maharaja Brij University, is being presented a Godly gift by BK Kavita, BK Pravina, and BK Paawan.



Gurugram (ORC): Seated on the stage of the National Women's Conference are Ms. Renu Bhatia, Chairperson, Haryana State Women's Commission; Fashion Designer Mrs. International 2025 Saloni Malhotra, Dr. Amrita Jyoti, BK Urmil, and Dr. Manju Gupta.



Sambalpur (OD): BK Parbati and BK Dr. Mohit Gupta presenting a Godly gift to Prof. Pradeep K. Mohanty, Dean & Principal, Govt. Medical College (VIMSAR, Burla), after a motivational programme.



Haridwar: Inaugurating the new building Dadi Janki Kunj are Shri Shri 1008 Mahamandaleshwar Sadhvi Jagrut Chetna Giri Maharaj, BK Manju Didi, and BK Meena.

TEN DO'S AND DON'TS OF MEDITATION

A practical and spiritual guide to cultivating purity, focus, and divine connection through ten essential meditation principles.

1. Begin Your Meditation with a Positive Thought – Before beginning your meditation, create a positive thought that you are a pure and peaceful soul and your spiritual father is God – the Supreme Soul, who is the Ocean of all qualities and powers and is always constant in them. This will make your meditation beautiful and keep your mind and intellect focused.

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

3. Keep Your Eyes Half-Open, Not Closed – One of the key things to keep in mind while meditating is that you don't close your eyes completely, as this prevents you from visualising clearly the soul and the Supreme Soul as a beautiful being of light and also you can feel sleepy while creating the peaceful thoughts and not experience the depths of meditation.

4. Sit Fresh, with a Feeling of Goodness – Meditation should not be done while feeling sleepy and without any powerful aim to connect with a Higher Source. So always sit for meditation with a determined thought to have good concentration and freshen up in whatever way you want, before meditating. Freshness of the mind and body will bring success.

5. Play Soft and Gentle Background Music (if you like) – A good way to give the

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

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

7. Imbibe Good Pure Habits Full of Godliness – To connect with God in meditation, it's important to be a good soul with a pure and divine mind and intellect and radiate godliness in every thought, word and action to others. The more we fill ourselves with these vibrations the entire day, the more we get attracted to God when we practise meditation.

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

9. Have a Light, Early Dinner to Make Morning Meditation Beautiful – To make meditation in the morning beautiful, it's important to eat early, eat right and eat light the



night before. This will keep your mind, brain and body light and you will be able to travel to the higher spiritual world of peace – the soul world easily with your mind, without any physical force pulling you down.

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

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

highest form of growth.

“Continue to check and change yourself; in this lies your true progress” (Murli: 22 November 2002). Rajyoga Meditation Practice: Self-reflection through daily progress chart keeping and meditation nurtures growth in virtues, willpower, and resilience, ensuring continuous inner development.

Need for Contribution

Humans seek meaning through service and contribution. The Murli highlights selfless service as the highest practice.

“Sweet children, donate virtues and powers to the world; this is true service” (Murli: 5 January 2000). Rajyoga Meditation Practice: Rajyogis fulfil this need by radiating vibrations of peace, love, and happiness, and by engaging in altruistic service, giving deeper satisfaction than material offerings.

The alignment between modern psychological needs and Murli-based Rajyoga meditation practices shows the universality of human search for fulfilment. Where psychology identifies the “needs gap,” Rajyoga meditation offers spiritual remedies. This synthesis bridges science and spirituality, making meditation a practical tool for modern life.

Inner emptiness arises when psychological needs are unmet. Murli-based Rajyoga meditation practices provide profound methods to fulfil these needs. By reconnecting the soul with the Supreme, Rajyoga not only heals inner emptiness but also empowers individuals to live purposeful, joyful, and service-oriented lives. ■■

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

Editor: B.K. Onkar Chand, Shantivan, Abu Road

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New York (USA): At the 54th Annual Festival of Nations, BK Kamla seen with Congressman Paul Tonko, Congressman Josh Riley, State Senator Patricia A. Fahy, and Event Chairman Manoj Ajmera.



Bhadohi (UP): BK Vijaylakshmi presenting a frame of God Shiva to H.E. Laxman Prasad Acharya, Governor of Assam.



St. Louis, Missouri (USA): BK Priya conducting a creative meditation workshop on Awaken the Inner Light to celebrate Diwali, the festival of lights.



Hisar: BK Ramesh addressing a conference of Ayurveda doctors from Haryana at the Peace Palace of the Brahma Kumaris.



Gurugram (ORC): Inaugurating the conference of educationists are Dr. Amit Dutta, Director, AICTE; Prof. Sanjay Kaushik, VC, Gurugram University; Mr. Gurudutt Arora, President, JBM University; Dr. Nupur Prakash, VC, North Cap University; BK Asha; BK Shukla; and others.



Abu Road: After the inauguration of the Mind-Money Management Conference, Mr. Inder Singh Parmar, Minister of Higher & Technical Education, Madhya Pradesh, is being presented a Godly gift by BK Savita and BK Lalit.



Mohali: Officers along with Mr. Ranjodh Singh, Chief Engineer, Punjab Police Housing Corporation, being addressed by BK Kamal as part of a campaign of Security Service wing.

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 December, 2025.



Botswana (Africa): President of India H.E. Droupadi Murmu meeting a Brahma Kumaris delegation comprising BK Pratibha (Kenya), BK Urvashi (Zimbabwe), BK Dipti (South Africa), BK Usha and BK Mari (Gaborone).



Bhubaneswar: During the Golden Jubilee Celebration of Brahma Kumaris Bhubaneswar, Chief Minister of Odisha Mr. Mohan Charan Majhi is being presented a Godly gift by BK Shivani, BK Geeta, and BK Dr. Banarasi.

Kohima (Nagaland): Speaker of the Lok Sabha Mr. Om Birla being presented a Godly gift by BK Rupa.



Kolkata: At the inaugural event of the Global Enlightenment Retreat Centre, seen on the dais are Justice Biswaroop Chowdhury, Judge, Calcutta High Court; Mr. Dilip Mondal, Minister of State for Transport; BK Jayanti; BK Mruthyunjaya; and BK Kanan.