



The World Renewal

Monthly

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President of India

Bhubaneswar: H.E. Droupadi Murmu, the President of India is presenting Pravasi Bharatiya Samman Award-2025 to BK Sudha, Director of Brahma Kumaris in Russia. External Affairs Minister Mr. S Jaishankar and Chief Minister Mr. Mohan Charan Majhi are also seen.



New Delhi: At DRDO HQ BK Shivani sharing profound insights on Self-Transformation & Inner Awakening with sr. officers of Indian Navy. Vice Admiral Kiran Deshmukh, several Vice Admirals & Rear Admirals are also present on the occasion.





Abu Road: Leader of Opposition in Maharashtra Legislative Council Mr. Ambadas Danve meeting Rajyogini Dadi Ratanmohini.



Imphal: H.E. Ajay Kumar Bhalla, Governor of Manipur is being presented Godly gift by BK Nilima.



Baner (MH): H.E. CP Radhakrishnan, Maharashtra Governor is being presented Godly literature by BK Triveni, BK Deepak Harke, BK Asha and actress BK Isha Agarwal.



Bilaspur (CG): The three-day event on Happiness and Meditation is being inaugurated by Justice Deepak Tiwari, Judge CG High Court, Mr. Ramesh Rathi, former Distt. Judge, BK Onkar and BK Uma.



Gurugram (ORC): An event on 23rd anniversary of Om Shanti Retreat Centre is being inaugurated by Mr. Ranbir Singh Gangwa, Cabinet Minister, Dr D. R. Kaarthikeyan, former director of CBI, BK Santosh, BK Brijmohan and BK Asha.



Ahmedabad: After addressing a seminar organised by Institute of Chartered Accountants of India on Professional Peace BK Shivani is seen on the stage along with Chairman CA Sunil Sanghvi, CCM CA Purushottam Khandelwal and CA BK Lalit.



LET US CLAIM OUR GOD-FATHERLY INHERITANCE

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

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

Of all the births that have taken place or will take place, there is one birth which is unique, extraordinary, supernatural and divine. It does not have any parallel. It is mysterious and most wonderful. The exact time and date of that birth is not known to anyone, yet the event of that birth is recorded in one of the most famous and most sacred books. It is the birth of God, the Father of all mankind, mentioned in Shrimad Bhagwad Gita, in God's own words. It is the divine birth of the Incorporeal Supreme Soul. It is a divine birth, not like that of human beings – the birth in the

form of an infant to certain parents. No, for God has no *Karmic* accounts that He should take a birth of this type or should take succour and sustenance from human beings in this way. **It is the descent of Shiva, the Point-of-Light into the aged body of a man whom He now renames Prajapita Brahma.** Since this birth takes place at the time of the height of darkness of irreligiousness and ignorance which is compared to 'Night', it is called 'Birth-Night' and has been celebrated year after year as 'Shivratri'. By incarnating, God Shiva transforms the Iron-Aged world of sorrow and suffering into the Golden-Aged world of hundred per cent purity, peace and prosperity and bestows upon all human souls—His beloved children—the inheritance of heavenly health, wealth and happiness. Not a single human being remains

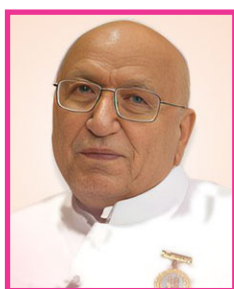
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THE TRUE SIGNIFICANCE OF MAHASHIVRATRI

Let us celebrate the coming Mahashivratri with zeal and enthusiasm to honour God's advent in this world to liberate us from all suffering and usher in a Golden Age of purity, peace, and happiness.



India or Bharat is a land rich in traditions, and a vast number of festivals are celebrated here throughout the year, reflecting the diversity of practices, regions, and communities in the country. The total number of festivals would easily range in the hundreds, including regional, deity-specific, and sectarian observances. Hinduism, with its diverse traditions, offers a festival for almost every occasion, season, and spiritual purpose. While some festivals are pan-Indian and widely celebrated, others are more localized or tied to particular communities or deities.

The most significant and auspicious of these festivals is Mahashivratri, meaning "the great night of Shiva". Other festivals such as Diwali and Holi are more widely celebrated, with joyous gatherings, social interactions, and outward displays of happiness. They are celebrations of victory, abundance, and community bonding. Mahashivratri, on the other hand, is a spiritual occasion focused on introspection and devotion. It is not a festival of public celebrations, but one of deep meditation, prayer, and personal connection with God Shiva. The festival symbolizes overcoming ignorance and attaining spiritual enlightenment. It is seen as a time to transcend materialism and focus on the

divine. Devotees observe a night of fasting, vigil, and meditation to purify the mind and soul. It is an opportunity for spiritual awakening, self-reflection, and inner peace. The practice of staying awake throughout the night is considered a way to overcome ignorance and move closer to enlightenment. It is a night when devotees seek Lord Shiva's blessings for the removal of negative energies, sins, and to attain wisdom. Devotees also observe rituals such as chanting mantras, offering prayers, performing 'abhishekam' (ritual bathing of the Shiva Lingam with milk, honey, or water), and participating in temple services. The chanting of "Om Namah Shivaya" is especially significant on this day.

The solemn observance of Mahashivratri is in keeping with the momentous event it commemorates: the incarnation of God to remove the darkness of evil from the world and usher in a new, righteous world order.

In spiritual terms, darkness denotes evil as well as ignorance. At the root of all evil are vices, such as anger, greed, attachment, and ego. The most damaging vice is lust, which is more generally referred to as desire. It leads to delusion and sorrow, is the "destroyer of knowledge and realisation", and "all-sinful and all-devouring", the Bhagavad Gita says. The Shiv Puran describes Shiva destroying evil by incinerating lust, personified by Kamdev. He is said to have done this by opening His third eye.

God is incorporeal, so the 'eye' is not physical but the eye of wisdom.

Wisdom, the Gita says, is enveloped by the constant enemy of the wise in the form of desire, which is unappeasable as fire. One who is lustful is called '*patit*', which means fallen or impure. The other vices – anger, ego, greed etc., do not invite that epithet. Overcoming lust is necessary for self-realisation and having a loving relationship with God, because indulgence in gross physical experiences destroys the soul's ability to appreciate and experience subtle truths.

Mankind has forgotten the meaning and nature of consciousness and the real purpose of life as it has become increasingly engrossed in exploring and understanding the physical and natural world. Underlying physical reality is the subtle, invisible realm of consciousness. Who am I, beneath all the labels that describe my physical identity and roles – labels of gender, nationality, religion, profession, etc.? Most people have no clear answer to this basic question.

This ignorance of our true identity, that we are souls, children of God, is the root cause of suffering. When we identify ourselves with our body, we look at the labels it carries. Then we look at the labels of other people, and compare them with ours. Instead of seeing the self and others as souls, who are all originally pure, sentient beings of light and part of one spiritual family, we get stuck on the labels. This generates the feeling of 'us' and 'them', activating one or more vices. Attachment to our labels and the consequent desire to defend or promote them leads to conflict with other souls. The result is suffering.

God Shiva opens our eyes to the fundamental fact that we are souls. Just as no

number of lights, stars, or even the full moon can turn night into day, and it takes the sun to do that, the darkness of the spiritual night can be dispelled only by God, who is also called the Sun of Knowledge. Shivratri marks the performance of this task by God that only Shiva can do. This is indicated by prayers that underline His pre-eminent place in the Hindu pantheon. The deities are referred to as such in prayers - '*Brahma devaya namah, Vishnu devaya namah...*' (Salutations to the deity Brahma, salutations to the deity Vishnu...). But only Shiva is described as the Supreme Soul, as in '*Shiv parmatmane namah*' (salutations to the Supreme Soul Shiva). **It is crucial to understand the difference between the deities, who are numerous, and the Supreme Soul, who is one.** Unlike the deities, who have a physical or subtle body, Shiva is incorporeal. It is for this reason that Shiva is worshipped in the form of the '*lingam*', an oval-shaped stone that does not have the limbs or other human features seen in the idols of deities. The '*vyotirlingam*' Shiva temples underline the '*nirakaar*' or incorporeal form of God Shiva.

The names of Shiva temples in India bear the suffix '*nath*' or '*ishwar*' to indicate that He is the God or preceptor of all beings. As preceptor, He is known by the names Babulnath, Bholenath, Somnath, Vishwanath, and Amarnath. As God, He is praised by the names Rameshwar, Gopeshwar, Vishweshwar, Papkateshwar, Mahakaleshwar, and Omkareshwar.

Worship of God Shiva and the deities differs in another respect. The deities are mostly worshipped regionally: In the north of the country, worship of Shri Ram and Sri Krishna is popular, while in the south, forms of Vishnu like Venkateshwara or Balaji are revered more. In the east, Kali and Durga are the preferred

deities, whereas in the western state of Maharashtra, worship of Ganesh is more widespread. Supreme Soul Shiva, however, is adulated all over India.

Another indication of the difference between God Shiva and deities is made in the images of Shankar, who is shown meditating, often in front of a *Shivlingam*. It is implicit that Shankar, and Shiva are different entities.

The most prominent mention of the spiritual renewal that Shivratri commemorates is to be found in the Gita, in which God says that whenever there is a decline of righteousness and rise of unrighteousness in this world, He manifests Himself, "for the protection of the good, destruction of the wicked, and the establishment of righteousness".

To perform this task, Supreme Soul Shiva incarnates Himself in a human body. He does not take birth like humans, but adopts a human medium, who comes to be known as Prajapita Brahma, through whom He gives spiritual knowledge to souls to empower them and free them from the influence of vices. Since His birth is divine and spiritual, God is said to be the One who doesn't have parents. That's why the word '*Shambu*' is suffixed to Shiva. '*Shambhu*' is short for '*Swayambhu*' – the One who incarnates on his own or the One who cannot be created. Supreme Soul Shiva has no father, mother, friend, or relative, preceptor or protector. He is described as the One who is beyond the cycle of birth and death. Hence there is no birthday or death anniversary of God Shiva. In Hindu mythology, Sri Krishna is shown to have been born and died. Shri Ram also takes a human birth, but Shiva is never depicted as born with a human body. Shiva is called '*Ajanma*' (one who never takes birth) and '*Mrityunjaya*' (immortal). He is '*Sarveshwar*', the

Lord of the deities, and is also '*karmateet*' (beyond *karmic* accounts) and '*sadamukt*' (beyond the cycle of birth and death).

God Shiva awakens us to our true identity - that we are souls, not bodies. He reminds us of our relationship with Himself, the Father of all souls, and tells us that by remembering Him we can establish a mental connection by which His powers and virtues flow into the soul, cleansing us of old, damaging habits and making us healthy and whole again. It is by this process that humans metamorphose into deities. This transformation is accompanied by major changes in the world as the wheel of time turns, marking the dawn of a Golden Age.

Mahashivratri marks the start of the process of this historic renewal. However, due to lack of awareness of this critical fact among most people, this festival has not been accorded the importance it deserves. Let us celebrate the coming Mahashivratri with zeal and enthusiasm to honour God's advent in this world to liberate us from all suffering and usher in a Golden Age of purity, peace, and happiness.

– B.K. Brij Mohan

Silence

When the mind is quiet and in silence, the soul can be free from any type of reaction. When there is heaviness inside, we have a reaction. When we remain light, there is no chance for reacting.

THE POWER OF SILENCE

Silence doesn't mean no talking, no thoughts and no sound! Silence is *not* the absence of thoughts, but it is a state where the mind is engaged in pure elevated thoughts that nurture these values deep within.

B.K. Sister Chirya, New York, USA



Silence is the best language for communication. Silence is the language of God. It helps us understand the eternal truths about the self, God and the world. Behind all creation is silence. It is a power in its own right. The artist starts with a blank canvas – silence. The composer places silence between and behind the notes.

All our thoughts come from silence. **A seed grows with no sound, but a tree falls with a huge noise. Destruction has noise but creation is quiet. Grow silently. This is the power of silence.** Before speaking, create an atmosphere of silence. The way to silence is through meditation where virtues of compassion, kindness and peace emerge. Silence is *not* the absence of thoughts, but it is a state where the mind is engaged in pure elevated thoughts that nurture these values deep within.

Awareness of yourself means you don't miss anything inside, because knowing yourself is vital to being comfortable with yourself. Be aware of the quality of your thoughts and feelings, of how you sometimes give your power to others, how your self-esteem occasionally fluctuates. As my thinking goes, so do my actions and experiences in life. By going within, I touch the stillness and pure love at the core of my being, and every thought I create is of benefit to myself and of benefit to humanity. The soul

creates and chooses the thoughts. Thus, the power of silence develops all mental and spiritual powers needed to tackle various situations successfully. **Everyday fill yourself with peace, love and joy. The more your habits and personality are full of these three qualities, the more your thoughts, words and actions will be the same.** Learn to pause, take a minute, and listen to the silence within you today.

However, individually and as a society we are taught that speed is important in order to accomplish more in less time. So, we do not always let life move at a slower pace, and do not have patience for people who are not our way. Driving and travelling are scenes where our urgency and impatience take over. Create positive and calm thoughts 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.** The energy of peace and patience created will continue as you enter your workplace or home.

When we add the energy of being busy to our vocabulary, we radiate a message of having too much to manage and are not available for people. Being easy or busy indicates opposite states of your mind, and they have nothing to do

(Contd. on page no. 13)

THE PEREGRINATION OF REMEMBRANCE

People of all religions have been searching for the ultimate Supreme Lord for centuries and epochs but they could not find the Supreme. The Supreme is not a human being. Many religions believe that God is a Supreme Light.

B.K. Surendran, Bengaluru



People in general traditionally perform worship of idols of their favourite deities or symbols or images on the belief that these are Godheads presently present in subtle form or they believe that they are in a higher region. Some believe that they are in heaven which they do not know where it is. Such people are happy with the offerings they make to these idols or images. **In all the religions, the truth is lost in rituals, images, idols, some festivals, spiritual celebrations, spiritual congregations and spiritual peregrinations.** Some people go to far-off places which may be on the sea beaches, river banks or hillocks or to some mountains etc. Some observe silence of the mouth, they do not speak for days or months. Some perform special worship in a temple of their favourite deity. All these efforts are aimed to find the God of gods, whose gaze they yearn to have. Every such person knows that there is a Supreme Power – God with whom they have close relationship also. Some people sing in praise of Sri Narayana, Sri Lakshmi, Sri Ram, Sri Krishna, some goddesses or prophets or other

spiritual heads without absolutely knowing who they are, when did they live here. They have a lot of faith on these deities or others, but they get lost in praise of them. Some people undertake peregrinations even to Amaranth, Kedarnaath, Vaishno Devi and many far-off places in the mountains for months together. Some devotees even observe fasting during the period of such spiritual peregrinations. This has been going on for centuries. Their firm belief is that they will get a glimpse of their favourite deity, spiritual head, God of gods someday. Some worship even Sun, Moon and Stars, Jesus Christ, Guru Nanak or Satya Sai Baba and many saints and savants. Some take up spiritual peregrination to Mecca, Jerusalem, Vatican and other spiritual memorials.

The Descent of God the Father

People of all religions have been searching for the ultimate Supreme Lord for centuries and epochs but they could not find the Supreme. The Supreme is not a human being. Many religions believe that God is a Supreme Light. God is not Omnipresent but Omni potent. Some scriptures also have highlighted this point here and there. In some scriptures, God the Supreme is stated to be a self-effulgent light who descends on an ordinary person. The Supreme is neither a human being nor a deity who does not come



under the birth and death cycle. The human souls come under the birth and death cycle. The Lord uses the mouth organ of this person who is later known as Prajapita Brahma to reveal the truth about the Creator and the Creation, Who is Who and What is What in the creation is being explained by the Lord unambiguously. The Supreme in His sermons underlines the importance of the present time. This is the most auspicious Confluence Age between the Iron Age and Golden Age. He reveals that the Iron Age will be perished with the burden of the accumulated sins of the souls through natural calamities, world war and civil war. We are all souls minute point of immortal sentient light. We wear the costume of male or female body. When the soul leaves the body, the body perishes.

This world is a drama stage where we, the souls, descend from the Soul World and take a male or female body and play a part which we have inherited based on our past *karma*. We all have a choice to perform good or bad *karma*. If our *karma* results in sorrows and miseries to others, the result is going to be sorrow in our life. The maxim – action and reaction are equal and opposite – operates on every action we initiate and do. The Supreme is the Almighty who descends to the level of the human being as the medium and uses the mouth organ to reveal the truth about the Creator and His Creation elaborately. It has been done for more than 80 years.

Divine Acts of the Supreme

We are all souls the children of the Supreme effulgent light whose image is worshipped in the form of an oval shaped stone, which is popularly known as *Shivalinga* in temples. Such an image can also be found in Mecca and many other similar places. God, who is ever benefactor means one who does good to one and all and His such memorials are known as Shiva temples. Whatever happens in this world is natural! It is not that the Supreme will start speaking from the sky. In this world nothing

unnatural will happen. Everything has a natural source. The Supreme soul is enacting the role of Supreme Father, Supreme Teacher and Supreme *Satguru*. He is teaching mankind through the mouth organ of Prajapita Brahma, the Godly knowledge, Easy Rajyoga meditation, the art of living, the art of sustaining the best inter-human relationships, self-management techniques, self-empowerment knowledge, peaceful conflict-management, *Brahma Vidya* (The knowledge to win over death) and Rajyoga (The knowledge to control mind, intellect and resolves along with 5 sense organs to become self-sovereign) and so on for more than 8 decades. These happenings are widely publicized in public through lectures, exhibitions, social media, TV, radio, print media and through our study centres.

The Creator who is the Father of all of us souls abides in the region of infinities (*Paramdham*). He descends to this corporeal world at the end of Iron Age and the beginning of Golden Age once in 5000 years to reveal extensively the knowledge of the Creation and the Creator by Himself, until then nobody can search out the Lord. The Lord descends to this world to renew the life to the level of Golden age through spiritual education and Rajyoga Meditation. The *bhakti* cult has innumerable scriptures and stories through which people take up many kinds of spiritual endeavours from Copper age and up to the present time without knowing the whereabouts of the Creator God. Since Copper age, there are so many spiritual peregrinations, fasting, reciting many sacred mantras, *yagya* and so on. In the process many of the intense

seekers of truth establish many ashrams, spiritual training centres, spiritual study centres and so on. Many people have left their loved ones and homes and moved to the forest to practise penance and other kinds of austerities to realize God.

God, The Supreme and Others

God, the Supreme reveals the truth by himself and emphatically announces that there is only one God who is Himself only and He is incorporeal ever remains out of birth and death cycle. There is no other God. The idols which are installed in temples and other spiritual places represent the deities who were practically living in the world during Golden and Silver ages. Rishis, *Munis*, Saints, Savants and founders of religions are human souls who have left the body after their lifetime. At the time, when the life on earth becomes very old, degraded after passing through Golden, Silver, Copper and Iron Ages and the people undergo a lot of sorrows and miseries, the Lord descends to mitigate the sufferings by giving the *Brahm-Gyan* and *Rajyoga* and teaching the souls the right knowledge and empowering the souls with spiritual powers. The old miserable world will perish with the burden of accumulated misdeeds of the souls through world war, civil war and natural calamities. Then all the souls will ascend to the soul world where the Supreme Father, the incorporeal light is abiding. During that time the world will get renewed and the new epoch – Golden age will start where Sri Narayan will be the world emperor. During the destruction, all other continents will be submerged in water and only Bharat will remain intact where paradise will emerge as a natural process where the deities will inhabit.

End of All *Bhakti* cult related Spiritual Peregrinations

Now it is clear that through *bhakti* cult one cannot realize God. Of course, some will get a glimpse of their favourite deity through nine types of *bhakti* which is known as “*Nava Vidhya Bhakti*” means nine types of intense and constant devotion. Now the Lord is on earth, His sermons teach us to remember Him in soul-consciousness with love and reverence. This is known as the real spiritual peregrination with the power of mind and intellect to the region of infinities which is called *Paramdham*, *Shantidham*, and *Brahmalok*. When we remember the Supreme, we travel with the mind and intellect and go beyond the Sun, Moon and Stars, the subtle world and up to the Infinite sky flooded with the Golden red light, the sixth element which region is known as *Paramdham*. This kind of spiritual peregrination is known as *Easy Rajyoga*, which is the panacea for all ages in the world. In the corporeal world we can find five elements, the sixth element is in *Paramdham* where the Supreme self-effulgent light abides. Through spiritual peregrination one will realise the real God. As a consequence, the life is prolonged with health and happiness, the souls are all purged of all sins and attain the stage of a deity. The metamorphosis from world human to deity happens in a natural way. All other spiritual peregrinations which were undertaken in the along with all kinds of paraphernalia of the cult of devotion will come to an end once for all for two epochs – Golden and Silver ages. Lakhs of people have realised God through this spiritual peregrination. It may look strange but it is truth stranger than fiction. Take chance to verify personally and attain a cornucopia of attainments. ■ ■

EVERY MISTAKE PROVIDES AN OPPORTUNITY FOR A NEW BEGINNING

ACCEPT YOUR MISTAKES AND MOVE ON

If someone points out our mistakes, we should accept them and try to remove them. This not only corrects our mistakes but also makes our work valuable.

B.K. Ram Singh, Rewari



There was a sculptor. He also taught sculpture to his son. Both of them would go to the market with their own made idols and sell their respective idols. The idol of the father was sold

for five rupees and the idol of the son for one rupee. When both of them returned from the market, the father would explain the intricacies of the idol to his son, draw his attention to his mistakes and ask him to improve it the next day.

The son was serious. He listened carefully to everything his father said, understood it and improved his art. This sequence continued for years. After some time, the idols made by the son also started being sold for five rupees. But the father's process of explaining was still going on and the son also left no stone unturned in understanding his father's words and improving his art.

After some time, the son's idols started selling for ten rupees each. But the order of father's suggestion still remained intact. One day the son became angry with his father's suggestion. He said – “You only find

fault; my art is better than yours. My idol is sold for ten rupees and yours for five rupees.”

The father was not angry with his son's words but instead explained by saying – “When I was your age, the same thing used to happen. The sculptures made by me were sold at higher prices than my father's sculptures. But still he used to explain to me. One day I also told him like you. After that the price of my idols also stopped at five rupees only. I don't want you to make the same mistake I made.”

I want that the price of your sculptures should not stop at just ten rupees, but that your sculptures should become valuable and you should reach the category of best artists. He further said – “If someone points out our mistakes, we should accept them and try to remove them. This not only corrects our mistakes but also makes our work valuable.”

Understanding the reason for making a mistake is the path to progress: If you keep in your mind the mistakes made by others, then there is a danger of committing the same mistakes yourself because whatever happens in the mind comes out in the form of actions. So, if you forgive with a

kind heart, they may realise and change their behaviour. If you do this, your mind will be filled with the love of God, the ocean of forgiveness.

Never commit the mistake of repeating the old mistakes: If you have made or are making any mistakes, do not stop, keep trying to achieve success. Understanding the reason for making a mistake is the key to moving forward on the path of progress. If your intention is good, then small mistakes will not harm you. When life gives you a second chance, never commit the mistake of repeating the old mistakes due to which both your life and your dreams went away.

Not learning from your mistakes is a big mistake: Mistakes help us clarify things in life. Whenever someone makes a mistake, the brain always gives a signal to correct it. Make your point clear to move ahead in life and learn from your mistakes. By doing this you will understand what mistake you are making and how can you correct it?

Mistakes open the way for you to learn and move forward. Analyse your mistake and find out what went wrong? Reflective thinking is really very important for you if you want to learn from your mistakes. **Not learning from your mistakes is the biggest mistake.** If you don't improve yourself and make the same mistakes over and over again, you may not eventually discover something valuable.

Mistakes teach a lot of new things in life: The person who does not see a mistake as a mistake is very special. When you make a new mistake, even if it is unknowingly made by you, you learn a lesson which you

remember for the rest of your life. If you repeat that mistake again and again, then it is an act you have committed for which there is no forgiveness.

Learning from mistakes is part of accepting your mistakes. All that is required is that we develop the understanding to recognise our mistakes and know where we went wrong? It takes a lot of courage for a person to take this step.

Mistakes are an integral part of our life. Everyone makes unknowing mistakes sometimes, no matter how intelligent a person is. Even very experienced people make mistakes in different aspects of life.

This is the time to learn from the mistakes of others: Making mistakes continuously can lead to failure for a human being because fear of failure is natural but when a person makes mistakes then he/she feels discouraged and weak.

Making mistakes is normal for humans but pretending to know everything can be your downfall. Therefore, always learn from others and work with an open mind. To improve your future, learn from your past and present i.e. this is the best time to learn from the mistakes of others.

By learning from mistakes, you can work on your weaknesses and improve yourself. Mistakes should not be repeated but it is important to change in the right direction.

Mistakes make us wiser: When you make a mistake, it leads you to a difficult situation somewhere in the future. It is not good for a person to do anything wrong intentionally. When a person makes a mistake, it shows that he did not pay attention to the lessons

he could have learned.

Mistakes teach us to be more responsible. The greatest courage is to accept your mistakes. The sooner a person accepts his mistake, the better it will be, that is, show honesty by accepting your mistake.

Accepting mistakes is the real sign of courage: Mistakes open the door for you to learn and move forward i.e. change your negative thoughts to more positive thoughts. Focus on the process, rather than the end result. Forgive yourself for past mistakes and move on. Admitting your mistakes is a real sign of courage, it may seem difficult at first but generally people will respect you for admitting your mistake. The sooner you accept your mistake, the better it will be because if you notice the mistake immediately after committing it, it becomes easier to correct it. ■■

(Contd. from page no. 7)

with the amount of work you do. Replace busy with easy and see the difference; it makes to your emotional health. You will no longer hurry yourself or other people and create panic. **Radiate vibrations of peace to your mind, health to your body, harmony to your relationships and happiness to your environment.**

Take a moment to be silent to teach your mind to go with the flow today instead of getting stressed about things which it cannot control. When you arrive in your own silence you will know true freedom and real power. ■■

Love

Love flows naturally through us if we remove the blockage created by ego, labels, criticism, blame, control, comparison or competition.

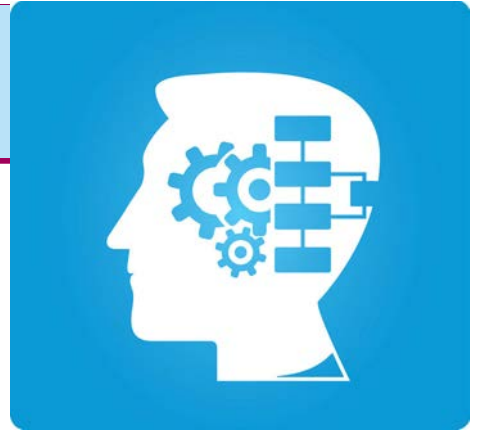
WORDS OF WISDOM

- ◆ It does not matter how slowly you go, as long as you do not stop.
- ◆ The more you know who you are, and what you want, the less you let things upset you.
- ◆ The biggest adventure you can take is to live the life of your dreams.
- ◆ The most important thing is to enjoy your life—to be happy—it's all that matters.
- ◆ The only thing we have to fear is fear itself.
- ◆ You've got to be in it to win it.
- ◆ Confident people have a way of carrying themselves that makes others attracted to them.

FACTUAL COGNITION

God's love cleanses us and renews our consciousness. Do we really want God as our companion and have the courage to maintain that relationship, always?

B.K. Pooja, Chandigarh



Our search for a true companion can be rewarded if we have the courage to make God our companion. How can we make God our companion? For this, we need to touch the truth from deep within. Today, God has been conceptualised in different forms whereas the universal truth is that God is One. Besides, there are certain widely accepted truths about human beings. One of them is that we are metaphysical energies (souls) operating on this world drama stage, using the physical energies as the medium.

We are all radiant points of energy experiencing life through this body. We all know that anything that occupies space and has mass is called matter which in turn is made up of five elements viz. sky, air, fire, earth and water. Likewise, we, the points of light, are the essence of seven qualities, i.e., knowledge, purity, peace, love, joy, bliss and power. Now the question is: If we are made up of these qualities, why do we need them? It is because we have polluted them and we have lost our touch with them. How and when? Before we understand this, let's briefly mention about these original attributes.

- ▶ **Knowledge:** it consists of the knowledge of the Self, God, the World Cycle, *Karmic* Philosophy, i.e., the knowledge of right and wrong etc.
- ▶ **Purity:** it is a mental environment which is without any trace of impure or imperfect

impressions or negativity. It is simply a state of original truth where there is no artificiality.

- ▶ **Peace:** it can be compared with serenity of a sea found at the deepest level which is without any disturbance or turbulence.
- ▶ **Love:** it consists of an unconditional acceptance of everyone and everything without any discrimination.
- ▶ **Joy/Happiness:** its basis is contentment. There ought to be no blockages. It's like an undaunted flow of underground river; a stage completely devoid of chaos.
- ▶ **Bliss:** When happiness gets to its extreme, it becomes a state of ecstasy. This state of exhilaration becomes the foundation for getting power.
- ▶ **Power:** it is the capability of the soul to cope up with adversity, challenges, tragedy, stressful situations and all the problems of our lives.

The first six attributes enable the seventh, i.e., Power, to blossom to its fullest.

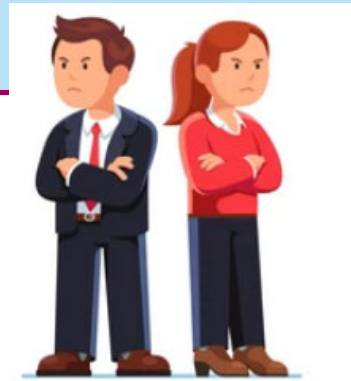
These seven attributes are the metaphysical energies of different frequencies and they manifest themselves through three faculties of the soul, viz., Mind, Intellect and Resolves (*sanskaras*). The seven attributes gradually emerge after the soul enters a physical body. Mind creates thoughts; the intellect decides between right and wrong and gives decisions which are implemented by the soul. *Sanskaras* are the records of our actions.

(Contd. on page no. 21)

STOP REACTING AND START RESPONDING

The goal of becoming responsive is to upgrade your consciousness, to let you make decisions intelligently, to have clarity in your thoughts and to be a better human being.

B.K. Jyoti Nanda, Shantivan



When someone says or does something that upsets us, our impulse may be to react right away, letting them know how we feel. But when emotions are running high, these reactions may

not be as helpful or kind as we would like them to be in the long run. While reacting may feel good in the moment, but taking time to let emotions settle and respond from a more grounded place will lead to better outcome in all of our relationships.

Through knowing or unknowing repetition, you may have trained your mind to be reactive or responsive. You become what you practice.

When you train your subconscious mind to throw away its memorized thoughts, emotions or information without analysis or filtration, you become reactive.

The goal of becoming responsive is to upgrade your consciousness, to let you make decisions intelligently, to have clarity in your thoughts and to be a better human being. The society may throw anything at you; first they train you to be reactive knowingly or unknowingly and then they make a big business out of your reaction. **Negativity is sold most because it makes you react.**

Before starting how to stop reaction and start

responding, have a look at the levels of consciousness:

Three Levels of Consciousness

- ▶ **Reactive Consciousness:** When you don't make a filtration program in your mind, anything can pop-up to the processor of your brain. Reactive consciousness is a state of mind where a person is triggered by intense negative emotions and responds in an irrational way.
- ▶ **Responsive Consciousness:** When you make a filter program in your mind, your consciousness throws processed data into the processing unit of your brain. It is a state of being awake, alert, aware and responsive to stimuli. A person who is conscious is able to respond to people talking to them and understand what's happening around them and know who they are and where they are.
- ▶ **Transcendental Consciousness:** Where you not only make your filtration program perfect, you also train your mind to think structurally and your attention, creativity and imagination reach the optimum level.

How to stop reacting and start responding?

- ▶▶ **Identify what makes you react:** If you don't know what makes you react; could you start responding?

“Through knowing or unknowing practices, you have developed some good

or bad habits which trigger unwanted experiences”

Throughout life, you might have developed many unwanted defaults thought triggers knowingly or unknowingly. These triggers let you react without your cognizance because your consciousness only reflects whenever those triggers are stimulated. Suppose, when you see a flying cockroach, you react to it.

Through self-introspection, you have to identify the corrupted thought triggers, replace them by reprogramming your subconscious mind through repetition. Thinking to visualize the replacement before going to deep sleep is one of the easiest ways to reprogram your subconscious mind.

▶▶ **Regulate your senses:** Be aware of yourself. If you are not aware of yourself, how could you recognize when you start reacting?

“The subconscious mind is always in recording mode through five senses, if senses are not regulated, the mind record whatever it wants”

We are what we practice. If you don't know how to regulate your senses, your mind gets practice of diverting the attention to whatever it encounters through senses. Whenever unnecessary sensory input hijacks your attention, bring the attention back to whatever you were doing before the distraction.

▶▶ **Improve attention skill:** When you are not attentive enough to analyse a situation, your

attention moves from here to there.

“If you don't engage your mind, memorized thoughts are always ready to engage your mind.”

Your mind is never empty, it needs mental activities. When you sleep, only the processing unit of the mind takes rest and you stop experiencing the consciousness. The subconscious mind is always throwing bulks of thoughts, emotions, information and senses to the processing unit of your mind. When you learn to filter out the unwanted one through the conscious mind and engage the processing unit in the right direction, you become the master/controller of your mind.

▶▶ **Meditate regularly:** Meditation lets you discover inner potential, your weakness and makes clarity of thoughts. When you meditate regularly, you boost your attention, skill and peace of mind.

▶▶ **Practice mindfulness:** “life is neither in the past nor in the future, only your thoughts let you travel time.” Being attentive to your work is the key to practice mindfulness. The bulks of unwanted thoughts are always ready to let you experience past or future as reality. When you pay attention to the present, you not only control your mind but you become productive as well. Gratitude is one of the techniques of mindfulness.

So, the basic principle of stop reacting is to



be your own life coach. Train your mind to think structurally, you will become the moon amongst the thousands of stars. ■■

AUSPICIOUS MAHA SHIVRATRI

B.K. Sarika, Nalasopara, Mumbai

The Earth's beauty reflects through Day and Night
Morning brings the Sunshine and Evening the Moonlight
The Miracle of Nature, unvarying, unchanged
World Drama with a Start and an End, Repeats and
Rearranged

Maha Shiv Ratri - an Auspicious Night
When The Lord descends in the purest form of Light
A Night of Awakening, Renewal and Rejuvenation
An opportunity to turn Dusk into Dawn and uplifts Moral
Degradation

Hero actor - his divine action Creates and Sustains a
New World
Soul connects with him, explores Innate Qualities and
gets Pearled
Incorporeal Supreme is Symbolised as "Shiv Ling"
Worshipped as Light and praised as "Jyoti Ling"

He is an Eternal Truth, Benefactor and Beautiful
Has a third eye of Wisdom, is Insightful
Knowledgeful - the master of three aspects of time
Controller of the three World's, he is Prime

He teaches us the meaning of -
True Fast as to stay close to him
True Vigil as to awake from Ignorance and Glim
Has no Creator above him
Almighty Great Magician to vanish our Sin

Let's
Celebrate this *Maha Shiv Ratri* Fest
Surfing on the pure tides of ocean of Love
Re-awaken inner self to end the Quest
Open up the Divine Eye, be Pious and head Above ■ ■

A STAR FROM THE WALLFLOWER

B.K. Prerika, Hisar, Haryana

This Journey is amazing
As I have seen myself raising
From the wallflower
In becoming a shining star

Your arms acted as a cradle
And your versions were like the ladle
As I filled myself with your might
I overcame the boundaries
That were finite

Whenever I felt tired
It is the Supreme abode I admired
As I got filled with your affection
I felt that divine connection

In the times of chaos and trouble
You surrounded me in grace of your
bubble
In every word and action
You guided me with perfection

I promise to obey you
On every path you take me through
I can't give you much,
I feel your divine touch
You can take me, my body, and spirit
And take the best out of it. ■ ■

Contentment

Contentment is the mother of all
virtues because it emerges other
virtues too. Virtues like Patience,
Tolerance, Acceptance, Humility
etc. will be emerged when there
is contentment.

Feb. 2025

If a master orders a power, it will present itself before him in a second.

17

SHIVRATRI CELEBRATION IN A UNIQUE WAY

This festival commemorates the descent of the Supreme Being into this world when it is enveloped in the night of ignorance, vices and unrighteousness. He comes and dispels the darkness of the night and brings a new dawn – the Golden Age.



When we talk about Shivratri, the first thing to note is that Shiva and Shankar are not the same. **Shiva is God, the Creator. Shankar is a representation of deep tapasya (penance)** – he is

often shown sitting in a meditative state before a *Shivlinga*. It is clear that he is remembering an entity higher than him, which can only be the Supreme Soul. Through the remembrance of God and the inculcation of divine virtues, I attain my pure deity form. It is because Shiva and Shankar are different that *Shiv-ratri* is never referred to as *Shankar-ratri*.

Now, why *ratri*? Why is God Shiva associated with the night? **Shivratri is not Shiva's night**. In fact, there can be no night where there is Shiva, who is also called the **Sun of Knowledge**. In truth, this festival commemorates the descent of the Supreme Being into this world when it is enveloped in the night of ignorance, vices and unrighteousness. He comes and dispels the darkness of the night and brings a new dawn – the Golden Age.

The celebration of Shivratri to mark incarnation of God Shiva in this world proves



B.K. Sarika, GGRC, Ahmedabad

that **He is not Omnipresent**. Besides, had He been omnipresent, there would be no evil in this world. He is **incorporeal**. Just as I, the soul, need a body to play my part, so too the Supreme Soul needs a body to play His part in this physical world. Now is the time when God incarnates in a human medium whom He names **Brahma**. Through Brahma He imparts spiritual knowledge to create a new world order. This new order is built by humans **who adopt Godly knowledge in their lives** to become free of the vices of lust, anger, greed, attachment and ego and full of divine virtues (The fasting by devotees on Shivratri is a commemoration of this forsaking of vices). This group of spiritually empowered souls is engaged in this noble task **right now**.

Based on the concept of **critical mass**, when there are enough of such souls, the power of their purity and positive thought energy will bring about massive transformation in this world, and the *ratri* will give way to a golden morning.

Perhaps, just maybe, we are where all that's needed is **just one more soul** to tip the balance. And it doesn't have to be someone rich or famous or influential. It doesn't have to be a saint or a world leader.

It just has to be someone who recognises the Father for Who He is and realises the self as His child. ■ ■

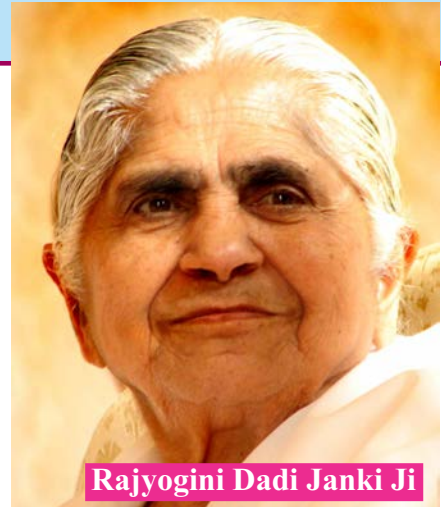
REPEAT, REVISE, REALISE

**You shouldn't see anyone's weakness.
Then no one will see yours – this is a subtle
karmic account.**

God Shiva enables us to understand what our thoughts, words and actions should be like. To make dough, both water and flour are mixed together; you cannot just eat flour. Similarly, there has to be that deep love and connection with Shiv Baba, as we look at our thoughts, words and actions. Shiv Baba has so much love for each and every one of His children. He never says that He has less love or even less inheritance for anyone.

What is knowledge? It isn't about speaking about long and complicated things. Keep yourself free from all that. Shiv Baba has given us so much love and taught us so much and we have attained so much from the education that He has given. It is not a matter of putting it into words but experiencing it in our practical lives.

There is nothing to worry about. My duty is just to remember. Whatever action we perform, we need to do the same whilst being detached from the body. Shiv Baba has kept this soul in the body and is keeping this body moving. The power of the Almighty Authority is making me move along. We have to guarantee that our final moments should be very good. Shiv Baba has said: My children must not have any weaknesses left in them. Shiv Baba cannot bear to see weaknesses of the children. I have the experience that God's versions are the only truth that one needs to know and experience. I ask myself: Do I have any weaknesses or defects? **I have one weakness – I can't bear to see anyone in the Godly family having any**



Rajyogini Dadi Janki Ji

weakness. Is that attachment or love? Shiv Baba is truly a Detached Observer now and has made me His companion.

There are three words: faith, trust and emotion. Shiv Baba has spoken in recent *Sakar Murlis* (Flute of Knowledge spoken by God Shiva) about faith: faith in the self, God Shiva and drama. When there's faith, there's love and then questions cease. Does Shiv Baba have any desire or hope for all of us? Whatever Shiv Baba has said has happened practically. How will Bharat become heaven? When all the souls scattered all over the world come together. Now, there's no time left to waste doing anything else.

When there's honesty and truthfulness in relationships, there's equality with the Supreme Father. It's my desire that everyone comes together with God's love – through that relationship with Almighty Authority God. Just as I become like Brahma Baba, everyone else can too. Dadi doesn't hesitate to share what Brahma Baba was like. Although the Incorporeal One is doing everything; He's doing it through Brahma Baba. It's been easy to follow the Incorporeal One, seeing this one doing it. We don't have to do anything else; we're

completely free.

Shiv Baba advises us to become 'Carefree Emperor, as well as to be 'Bodiless, Egoless Vice-less'. Am I a carefree emperor? Ask yourself this question. Who can stay in this stage for an hour? I'm carefree because I'm accurate. Then be incorporeal, vice-less and egoless. One needs to sit in this stage for an hour and experience it. Faith is something for the intellect to work with, but my emotion/feeling, which is for the whole world, is that it's already accomplished.

A teacher may have been an instrument for one but one must have love for Shiv Baba's *Gyan Murlī* (flute of knowledge). Let go of any feeling of 'I or mine'. How did expansion take place in the world? It happened through feelings and emotions. People may not have heard much knowledge but on the basis of 'my' feeling, they are moving along. Then there's trust: knowing that it is destined to happen. Matter has given me so much cooperation. Because when there's honesty and love, there's faith. I see the body, knowing that Shiv Baba is the Companion. With matter there's also the question of feelings, nature, etc. – but I don't have a problem with these either. If people accept, fine; if they don't, it is OK too. Shiv Baba has made many souls belong to Him and made them cooperative. **I say 'Wonderful Baba' and Shiv Baba says: 'It will happen – it's not a big deal.' Shiv Baba will make it happen – it's His duty.** An instrument has love, cooperation, and equal vision (not seeing any weakness in anyone). God's work of world transformation is already accomplished. Very little time remains. We move along happily like angels, according to how Baba makes us move. This is the wonder of honesty, love and cooperation. If anyone gets

disheartened or arrogant, there is an inferiority or superiority complex. Instead of holding on to such nature, with love and cooperation, it must be finished then and there. You shouldn't see anyone's weakness. Then no one will see yours – this is a subtle *karmic* account.

Shiv Baba says: Have remembrance, such that all your sins are destroyed and no questions arise in your mind. Don't remember anything else. Then there will be no *karmic* accounts with anyone. Everyone is good. This is the stage of completion and perfection. Who else is going to achieve such a stage, if I don't? With the cooperation of love and honesty, completion and perfection can come. Open your heart and see. Let everyone feel that you are honest and truthful. God is the Truth. Knowledge of the drama makes us truthful. With love, transformation takes place. When there's lack of love, there's no transformation. There's no hope of transformation in me, if I don't have hope for others.

When the child has courage, the Father helps. There are so many examples of this. God is present to help us. Dadi has not let go of courage. Courage – and Shiv Baba's company – have brought me here. **The Lord is pleased with an honest heart. If the Lord is pleased, whatever we hope for becomes practical.** The feeling is that it was meant to happen and it did. Shiv Baba is taking us even beyond thoughts now. Time cooperates, Shiv Baba helps. The divine activities of God are really wonderful. My feeling is that everyone should experience Shiv Baba's company. Keep the heart happy; let there be no trace of any feeling of being upset. To create such a stage, I have to have deep attention. Calamities are taking place around the world but Shiv Baba's children are

safe. When you are clean, you are safe. So, there's no worry about what's going to happen.

The other qualities a spiritual aspirant needs to inculcate are that of Renunciation, Penance and Service: That's the feeling of 'I don't need anything'. When you have renunciation, you can have penance and only when you do penance, you can serve. A man of renunciation and asceticism serves like Shiv Baba, without getting caught up in the limitations of 'I and my'. I am Shiv Baba's child and a student. Godly study is my life and brings benefit. It's not just about reading or sharing the Murli; it's our practical life. We have to finish the ego and become soul-conscious. Some people do everything for regard and respect, and so also feel insulted. They don't even realise that they are seeking name and fame. The feeling of remaining honest will keep you free from being insulted. We have the example of Dadi Prakashmani. Everyone had so much regard for her yet she never had any desire for regard.

The ancestor souls* show on their faces such deep faith in Shiv Baba. Their faces also show that they have faith in the self. Being an instrument of the Supreme Soul is about five things: 1) 100% purity then: 2) Truth automatically works. The Father is the Truth, knowledge is the truth and so I have to become truthful: 3) Total patience: thinking and speaking slowly, with care. 4) Humility and 5) Sweetness. One needs to go into the depth of each of these and see practically how one receives Shiv Baba's help. Then He'll be able to give so much help to others. Repeat, revise and realise these things internally. With realization, you'll be able to draw reality into yourself.

So, one must take full benefit of God's company at this time. He is here to help us.

He is kind, compassionate, the Ocean of Forgiveness. Whatever is within, if you tell Him honestly about it, He will forgive, His grace will work within and you'll be able to really move forward.

Understand what the power of realization is and experience that. Keep the aim not just to pass but to pass with honour. Be quick to come into the flying stage and let others benefit from seeing that.

*Ancestor souls are the prime jewels of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, who remained with it since its establishment by God Shiva through His Human Chariot Prajapita Brahma. ■■

(Contd. from page no. 14)

God is also a soul but He is the Supreme Soul – Ocean of all the qualities and attributes, i.e., Ocean of Knowledge, Ocean of Purity, Ocean of Peace, Ocean of Love, etc. He remains full of these qualities through eternity. It is human souls that pass through the cycle of birth and rebirth and in the process deplete their powers and virtues by becoming body-conscious, i.e., when they start identifying and associating themselves with the physical body. As we lose our power and purity, we feel the need to heal and restore ourselves back to our original and divine state. For this we need to turn to God, the Almighty, the Merciful and the Compassionate Companion. God's love cleanses us and renews our consciousness. Let's ask ourselves: Do we really want Him as our companion and have the courage to maintain that relationship, always? Because He is ready to accept us as we are. ■■

KEEPING YOUR MOOD HAPPY AND POSITIVE ALWAYS

Do you experience wavering moods from feeling joyful to sad, or from feeling peaceful to restless? If occasional mood fluctuations are not addressed, they may lead to frequent mood swings. It is important that our mood is always positive and energising. Otherwise swinging from one mood to another can leave us feeling discontented and tired.

- ▶ 1. Variation in moods is a result of your fluctuating thought quality. Check what thoughts trigger a mood change, list down your bad moods, and reflect how you behave when you experience mood swings.
- ▶ 2. A bad or low mood created in one scene, if not corrected, gets recorded on your subconscious mind. Any small trigger re-



activates it and makes it your prevailing mood. This means, if you stay in a sad mood for long, it becomes a frequent state of mind and eventually gets ingrained into your personality.

- ▶ 3. By feeding your mind with pure, positive thoughts and feelings every morning through spiritual study and meditation, you will consciously choose a right thought and right feeling in every scene. Your mood will not be dictated by people, objects or situations.
- ▶ 4. Situations change constantly and can often be challenging. If you let them be your source of happiness, life becomes a roller coaster of good and bad moods. But if you realise that happiness is your nature, life becomes smooth and comforting always. ■■

LAUGHTER: THE BEST MEDICINE

◆ **Father:** How did you fail in the exam?

Son: The teacher asked questions that I have never heard before.

Father: So how did you write the answers?

Son: I am also smart. I wrote such answers which even the teacher never heard.

◆ **Teacher - Children,** always care about others...help others...only then you will become a great person.

Student - Sir, if you had shown this greatness in the exam... We all would have passed.

◆ **Wife:** Are you listening? What is my value to you?

Husband: Dear, you are worth crores...

Wife: So, give Rs. 5,50,000 out of those crores, I have to go to Singapore with friends.

Listening this the husband got unconscious.



The Modern-Day Dwarfs

(Contd. from December 2024 issue)

HAVE YOU SECRETLY SHRUNK INTO A DWARF?

There are seven dwarfs living next door to you that have never grown but rather, are shrinking daily from their sorrows, the heavy sacks they carry around with them that overflow with their bad habits and with their minds consumed by body conscious thoughts that rule and dominate them and their lives and act as chains around their necks.



B.K. David, Paignton, UK

Have you joined the worldwide club that's obsessed by fashion and image and will secretly drain you?

If a person does not eat foods rich in truth and whose diet is not nutritionally balanced with self-discipline and love, he will not grow healthily but slowly shrink and develop a weak heart and mind.

Can you see the modern-day dwarfs inflicted with so much stress they've become completely blind to happiness and truth?

Come meet the modern day seven dwarfs: Moody, Unhappy, Lazy, Selfish, Greedy, Angry and Tattooed. Their two twin cousins, Spiteful and Stressed, often come to stay with them, as no one talks to them. Hate, the older brother of Angry, often visits his brother and the other dwarfs on a daily bases as he lives on his own close by.

It's these 10 dwarfs that are ruling the world with their bad habits. You can easily join them, as most, or join the real Father Christmas (God) Club and become His number one helper and get gifts from Santa often.

The Santa Club is a very elevated club that promotes virtues, kindness and love and is against all forms of vice and body consciousness being their main enemy.

It's very much like a war and most of humanity has joined the dark side without even realising it where they constantly live next to falsehood and embrace it and all that without even realising it.

All the members in Santa's Club want to live a happy life and know that to achieve this, they need live with truth. So, Santa's Club, along with its many loyal daily Club members focusing on themselves and their wellbeing, try to show the world the correct way of living, with the final aim of being constantly happy and at peace.

Hate has never once bought anyone a gift as he's so full of hate and selfishness. This same meanness can also be found in Spiteful but not so in Stressed: though Stressed is often stressed, he still brings gifts and has good wishes for each dwarf but is often so worried he cannot enjoy the results of his generous nature and good feelings. Stressed is sadly incapable of sharing in any happiness that the Seven Dwarfs get from his gifts.

The parents of the seven dwarfs, **Body Conscious and Fashion**, are now so ill they cannot leave their Hospital beds as so sick.

If you travel in a smoke-filled coach on your long journey, sooner or later it will affect you.

Although these parents have countless other

shrinking children all over the world that are also getting weaker at an alarming rate under the pressure of vice and their impure lifestyles, are fashionably popular as most have no idea what they are really doing in life and know not of true spiritual nature, nor of the immediate benefits of having elevated friends instead of the usual degraded, viceful company they keep.

Vice, the rice that now feeds the world population and keeps them going but also, crawling on their knees.

The degraded parents have bequeathed a mind-set that will see their worldly children become as ill and sick as what they have become.

It's up to each individual to throw off the restraints and chains that their parents and society have placed on them and are wrapped in now which makes them a slave to all things bad.

You can and should learn to have a big heart that is healthy and the first step to archiving this is by shaking off and ignoring all that what you learned from your parents about being a body and taught you about being body conscious.

Without letting go of falsehood with both their hands which they have been clutching on to all their lives can carrying everywhere they went and start recognising it's this falsehood that's causing them sorrow, they will be unable to pick up truth and with this, happiness.

You need replace the all-artificial constraints that come from living with vice for many years with their heavy chains, for the oxygen of truth that enables your soul to breathe again and grow strong and pure and move away from the world of vice and chains and live in the world of spirituality and soul consciousness.

You need to free yourself from the heavy clothes of falseness that you wear daily or

sometimes and the image that you lived by and grew up with and that nurtured and sustained your false life but threw you into the bog of sorrow years ago, along with everyone else, and this struggling to most is somehow seen to be normal and it must be correct, is the crazy reasoning of man today.

Man's lifestyle, bad habits and chains are making him live as if he's shrink (shrunk)-wrapped and truth is unable to get to him and breathe new life of truth into the lungs of his soul. **(Conclude)**

Life Changing Advice

- **Work hard and stay humble — Success is a beautiful thing. But unbridled by humility, it can also be an ugly, selfish, all-consuming endeavor.**
- **Read more — No one regrets reading more than they should. It improves attention span, creativity, comprehension, and so much more. They're always better than the movies as well.**
- **Learn to say no — There's only so much time in the day, only say yes to those that bring the most benefits.**
- **Don't fear change — This is how we improve and nothing stays the same forever. Embrace it.**
- **Silence can be golden — You don't need to fill up with words when silence has its own voice.**

DO NOT ABSORB OR REFLECT NEGATIVE ENERGY, TRANSFORM IT

Do **Not Absorb:** It's easy to absorb and recreate the negative energy of others especially if we take it personally. The best real-life example in the world is watching television and being exposed to other forms of media. That's where many people practise getting sucked into the drama of others and recreating the emotional states of others within themselves. And then, when they step out into real life, they are conditioned to judge and perceiving others that way and generating negative energy of their own towards others.

Do Not Reflect: If we send back negative energy what will they do? Likely send it back to us. And what will we do? Send it back to them. And so on. It's called the *ding-dong* of

relationships. And how long does it go on for? Sometimes years in corporate organisations. Sometimes lifetimes in families.

Transform: Each of us has the ability to transform energy. When the child throws a tantrum, does the mother throw it back? No, she accepts the energy of the child's mood, receives it, turns it around, and gives back love in the form of understanding or empathy or support. So, if we can do it with children why not with everyone? Someone has to break out of the repetitive cycle and what usually becomes a habitual creation and projection of negative energy. In any relationship, let us be the one who transforms and sends back positive energy. ■■



CONNECT MORE WITH PEOPLE FACE TO FACE NOT ONLINE

Ever since digital communication has taken over, we prefer reaching out to people online. Sit back and see how you prefer real-world conversations to energise yourself and your relationships. Over the last few years, technology – social media in particular – seems to have become more attractive for our interactions, as compared to the real world. We are secluding ourselves from people and connecting online instead.

1. Do you enjoy meeting people in real life or prefer talking to them online? Do you connect with more people digitally? Even when sitting with family, are you often caught up with someone on the phone?
2. Technology helps you to *communicate* quickly with more people. It cannot *connect* you to their emotions or unspoken messages which you can gather when you meet someone in person.
3. Consciously choose when to engage in online interactions, and more importantly when to log off. Have face-to-face conversations instead, as they are vital to meaningful relationships. They create powerful bonds which boost your happiness, harmony and well-being.
4. Meditate daily to strengthen your qualities of compassion, love and kindness so that you are more sensitive to people's needs. Allocate time for self, family, friends, and social gatherings and for participating in social causes. ■■

Feb. 2025

Set yourself in the stage of zero (point-of-light) to become a hero.

25

THIS VALENTINE'S DAY DISCOVER A LOVE BEYOND LIMITS

The love we seek from others is fleeting because human love is influenced by moods, circumstances, and personal limitations. On the other hand, divine love is constant, selfless, and unlimited.



February, the month of love, fills the air with celebrations of affection and togetherness. Love truly is a festival of joy, marked by the exchange of gifts, flowers, chocolates, and heartfelt expressions of

affection. People eagerly await Valentine's week, planning surprises and moments to cherish with their beloved partners.

But have you ever paused to reflect—how long do human relationships last with the same intensity, the same emotions? Is love alone enough to sustain a bond?

At the beginning of a relationship, everything feels fresh, and couples are often overjoyed, believing they've found their soul mate. However, as time passes, the rose-tinted glasses often fade. Weaknesses surface, routines settle in, and sadly, what was once magical can turn mundane. Some relationships become toxic, filled with arguments, doubts, and even betrayal. The love that once seemed unshakeable fades, leaving heartbreak in its wake.

Why Does This Happen?

At the end of *Kaliyuga* (the age of darkness and ignorance), human souls have depleted



B.K. Mansa, Shantivan

their inner reserves of virtues, peace, and love. This depletion happens gradually over lifetimes, as we drift away from our original divine state of purity and fullness. The soul, like a battery, starts its journey fully charged with qualities like love, patience, and contentment. Over time, negative influences such as ego, greed, anger, and attachment drain this energy.

Now, when two such "discharged batteries" enter a relationship, they look to each other to fill the void within. For example: One partner might seek constant validation to feel loved. The other may crave attention or expect their partner to provide happiness, stability, or comfort.

But here's the challenge: when both are spiritually and emotionally depleted, they don't have enough to give. Just as an empty cup cannot quench thirst, an empty soul cannot provide love, respect, or care to another.

The Cycle of Expectation and Disappointment

- **Initial Attraction:** In the beginning, people feel drawn to each other because of mutual admiration and the novelty of the relationship. They may mistake temporary joy or physical closeness for true love.
- **Unrealistic Expectations:** Over time, they unconsciously expect their partner to fulfill

their inner needs—such as security, happiness, or a sense of completeness. These expectations can never be fully met because the partner is also seeking the same things.

- **Conflict and Disconnection:** When expectations aren't met, disappointment arises. Small misunderstandings grow into conflicts. Over time, unresolved issues lead to bitterness, and the relationship weakens.
- **Seeking Fulfillment Elsewhere:** In some cases, individuals might start looking outside the relationship for the love or attention they feel is missing, leading to emotional or physical distance.

The Root Cause: Inner Emptiness

This pattern happens because most people are disconnected from their true source of love and power: the Supreme Soul (God). The love we seek from others is fleeting because human love is influenced by moods, circumstances, and personal limitations. On the other hand, divine love is constant, selfless, and unlimited.

How to Break the Cycle?

Reconnect with the Source: By meditating and connecting with God, we can recharge ourselves with divine love, peace, and wisdom. This fills the soul with the strength to give, rather than constantly seeking from others.

Self-Reflection: Regular introspection helps identify the expectations we unconsciously place on others. Awareness is the first step to change.

Cultivate Inner Wholeness: Instead of seeking completeness in relationships, focus on becoming emotionally and spiritually self-reliant. When you are full, relationships become a space for sharing, not needing.

Practice Unconditional Love: True love is

about giving without expecting anything in return. This is only possible when the soul feels abundant and fulfilled.

The Transformative Power of Being Full:

When a soul is full—spiritually and emotionally—it becomes a source of positivity and strength in any relationship. Instead of draining others, such a person uplifts and inspires. Relationships shift from being transactional ("What can I get from you?") to being transformative ("How can I contribute to your growth?").

This is why the key to lasting, harmonious relationships is not to find the "perfect" partner, but to first reconnect with the Source of perfection—God. When the soul is charged with divine love, it radiates that love effortlessly to everyone around, creating bonds that are pure, joyful, and enduring.

Being God's Beloved

Now visualize being loved by the Supreme Soul, God Himself. While people pride themselves on their partners' wealth, looks, or accomplishments, nothing compares to the glory of being God's Beloved. He doesn't wait for our approval or beg for our attention. Instead, He lovingly extends His hand, saying, "I will fill you with all that your heart desires. No human can ever provide what I can give."

When we connect with God, our soul's battery recharges. His love is unconditional, unlimited, and nurturing—never demanding or hurtful. It's the kind of love that empowers us to give, without expectations or fear of loss.

As the beautiful words say: *"Tera woh pyaar hai Baba jo, samjhaya nahi jata, Baras jata hai naino se, wo batlaya nahi jata."* (Your love, Baba, is beyond explanation—it can only be

(Contd. on page no. 31)

SPIRITUAL SUNBATH FOR VITAMIN-D

All symptoms of lack of Vit. D (V for virtues and D for Divine i.e., Divine virtues in a soul), can only be replenished through the sunbathing in the divine grace (rays) of God, the Sun of all virtues.



As we know, the only easily accessible natural source of Vitamin D (Vit. D) is the Sun. Vit. D gets synthesized under the skin on exposure to sun, hence it is also known as hormone, which is essential for bones and

muscle health and smooth functioning of various physio-biochemical metabolic processes inside the body. Deficiency of Vit. D causes weakness, pain, lethargy and such other symptoms in the body. Thus, Vit. D is essential for the body. But even if the level of Vit. D in the body is normal, yet the being i.e., soul complains of weaknesses like irritation, stress, depression, anger, frustration, jealousy, etc. and experiences pain of guilt, heartbreak, sorrow, evil deeds, etc. and gets ill with vices, viz. sex-lust, greed, anger, attachment, ego and other such complications of body-consciousness. These are all the symptoms of lack of Vit. D (V for virtues and D for Divine i.e., Divine virtues in a soul) and which can only be replenished through the sunbathing in the divine grace (rays) of God, the Sun of all virtues.

What causes vitamin D deficiency in body and soul? **In general, the two main causes of vitamin D deficiency are:**

►► **Not getting enough vitamin D in the diet and/or through sunlight.** At soul level it means not practising enough divine virtues

in day-to-day life and not connecting to the ocean of divine virtues, God, at the mind-intellect level, thereby remaining deficient in divine virtues a-k-a Vit. D.

►► **The body is not properly absorbing or using vitamin D.** At soul level it means not putting Godly versions i.e., *Murli* in practical applications after thorough churning of knowledge. After listening to *Murli*, if one churns and imbibes the knowledge well, means that soul has digested and absorbed the knowledge well. And in absence of the churning and imbibition of knowledge, Vit. D deficiency develops and the soul remains devoid of divine virtues, thereby feeling ill and frustrated with life and its circumstances.

Spiritual sunbathing for Vit.-D deficiency

As soon as one identifies aforementioned soul level Vit. D deficiency (lack of divine virtues) symptoms, promptly act as per the following guidelines:

- Contact or visit nearby Hospital-cum-centre (Brahma Kumaris Centre) to get, seven days course, free of cost, over the counter medicines of Godly knowledge.
- Start twice a day daily dosing of Tablet *Murli* and Syrup Yoga, both at *Amritvela* and *Numasham* which are the nectar times of dawn and dusk respectively.
- As tablet Vit. D for physical body is taken once a week, similarly every Thursday, i.e.,



B.K. Dr. Trupti, Shantivan

weekly, must take the powerful pill named "*Bhog*" (*Brahma Bhojan*) in Godly remembrance, to strengthen those spiritual muscles of yours. The pure food cooked by the pure *Brahmin* souls cleanse the mind and intellect of impurities, making the consumers intellect, a worthy vessel for *Gyanamrit* i.e., Godly knowledge. Once preserved and practised this *Gyanamrit* adorns the soul with divine virtues by elevating one's life by making it divine and thus replenishing lost divine virtues in that soul.

- Must take yearly or six-monthly shot of Vit. D by visiting Madhuban once or twice a year to maintain vitamin D stocks for the rest of the year or until next visit. When we see various souls at Madhuban practising one or the other divine virtues in day-to-day life, we get inspired to do the same.
- Bask in the Supreme Sun, God, the ocean of all virtues, by staying in His remembrance, to absorb His purest light to make the soul powerful and virtuous.
- Become an embodiment of divine virtues by donating the virtue you lack. Strange but true. Donating what one lacks generates abundance consciousness and distracts us from lack mentality, thereby attracting what we radiate to others back to us. Life is a boomerang after all, one gets back what one gives. Saying - You reap what you sow, applies.
- If one seeks, guidance is also available from the senior spiritual doctors (Rajyogi brothers and sisters) on divine virtues and their practical application for elimination of any doubt and/or quarries one has.
- For further assistance, one may also contact Supreme Surgeon, Shiv Baba, at triple zero. Apply first zero for soul, second zero for Supreme soul and third zero for Drama. This

is God's wireless contact number especially available for His children 24×7.

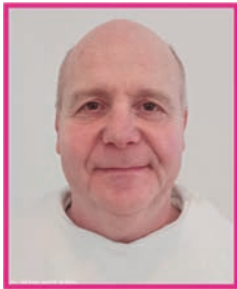
- Visualization of 5 forms*, is one of the potent tools to re-emerge or experience all those divine virtues, currently lying dormant in us. By self or through guided commentary, visualization of 5 forms helps in replenishing divine virtues, (Vit. D) in the soul as visualization raises our vibration to match that dreamed reality of being virtuous like a deity (divine soul).
- Never ever forget to take the dose of Vit. D means always remember that you are the embodiment of divine virtues. When we forget this, we develop symptoms of Vit. D deficiency. Once a mother asked Mateshwari Jagdamba Saraswati, who is lovingly called Mamma, "What spiritual effort should I do to become as sweet as you, Mamma? Mamma smilingly replied, "You are already a sweet soul; it's just that you forget it sometimes."

So, take spiritual sunbath for becoming virtuous and replenish Vit. D levels in the soul and get bestowed with all divine qualities for remaining completely healthy for complete 21 births in the upcoming Deity world called Heaven.

*God Shiva has taught 5 form practice to Brahma Kumars and Brahma Kumaris, viz. 1. Eternal Form: I am an incorporeal soul, a point of light, residing in my Supreme Abode, i.e. Incorporeal World, where Supreme Soul God Shiva also dwells forever. 2. Deity Form: I am a deity in Golden Age, 3. Worshipped form: I am a worship-worthy soul; my idol is being praised and worshipped in temples. 4. Brahman form: I am a special soul, adopted by God Shiva through His corporeal medium Brahma. 5. Angelic Form: This is our light form in subtle world for subtle service. ■ ■

A YOGI LIFE

B.K. Andrew, UK



The Yogi begins his day in the
very early morning
Early to bed, early to rise, no
sign of yawning
And he will say good morning
to God
To the world outside it may
seem odd

All worldly thoughts are put on hold
To imbibe God's virtues makes his unfolding

He leaves his body far down below
To sit in front of the One, no one's interested to know
For knowing God would reveal his true self
Anything else would damage his health
His feel-good factor rises high
Being with the Supreme Being beyond the sky

An Ocean of Peace enters his mind
Being with the One who is always divine
Negative personality traits of the past begin to melt
Experiences of Love are deeply felt
The child is reunited with its original Father and
Mother
The play is finishing, it's not the time to suffer

In silence, the noise of his roles fades away
The One Beyond This World enters the play
Like a sponge, the Yogi absorbs God's loving light
Peace and happiness, light and might
Soul to soul, seed to seed
An oasis of bliss is all he'll need

The One that doesn't judge welcomes him home
The One that cannot hate allows him to atone
Fear and guilt become a thing of the past



Self-transformation happens fast
And he will bring God's light to earth
Enabling others to feel their worth

To be here, yet still dwell up above
His mind pulled beyond that business type of love
The link is strong like a silver chord
A life of attainment, he'll never be bored
The desires of this land lose their appeal
His bond is made with a gold seal

When the way God loves is finally learnt
This human toxic way of loving is naturally burnt
Takes from the source and gives to one and all
It's the way we were, before the downfall

Benevolent love doesn't look for a reward
Giving is receiving, and more gets stored
The best things in life have always been free
There's a point of divinity in both you and me
No point looking outside needlessly
It is triggered by God, it's His role, He performs
happily ■■

(Contd. from page no. 3)

without a divine gift—either Liberation or Fruition. So, this is an occasion for extreme joy and jubilation, to all human souls, to whichever country or religion one may belong. This divine birth has taken place again, exactly as it did a *Kalpa* (a cycle of 5000 years that keep repeating) ago. We celebrate 'Shiv Jayanti' as Shiv Baba descended on the body of Prajapita Brahma in the year 1937 to bless all the souls.

So, Ever-happy Greetings, to all!

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

(Contd. from page no. 27)

experienced.)

Being intoxicated by God's love is transformative. It elevates our self-respect as we recognize, "I am God's Beloved." This realization makes us complete, freeing us from the cycle of seeking validation from imperfect human relationships.

A Divine Love Affair

This Valentine's month, why not shift our focus? **Instead of waiting for love from others, why not experience the ultimate relationship—the love between the soul and the Supreme Soul? When we make God our Valentine, we no longer seek approval,**

gifts, or gestures from the world. His love is the greatest gift of all—a love that charges, nurtures, and heals us. In human relationships, love often fades, expectations rise, and conflicts brew. But with God, there is only giving, no taking. There is only abundance, no scarcity. In His Company, we find not just love but also strength, purity, and peace. Let us embrace this eternal truth: When we are God's Beloved, we need nothing else.

So, this Valentine's Day, fall in love—not with someone fleeting, but with the One eternal source of all love. Experience His embrace and let it transform our life. ■ ■

MEMBERSHIP INFORMATION

- For the year April 2025-March 2026, the annual membership fees for 'The World Renewal' and 'Gyanamrit' magazines in India will be Rs. 120/- and in abroad will be Rs. 1,500. There is no lifetime-subscription plan available, although magazines can be subscribed for 1-10 years at once by paying the full amount.
- Membership charges can be deposited through online methods or e-money order. All details are described at bottom of page no. 34. After online payment kindly send your details (name, address, mobile no., screen shot or ref. no. of bank payment) through WhatsApp No.: 9057538630 or e-mail: omshantiprintingpress@gmail.com.

Feb. 2025

The vices become the garland like a snake around the neck of *Sadhak*.

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Delhi (Greater Kalilash-2): In Sant Sansad 2024 BK Sangeeta is seen on the stage along with Chairman Iqbal Singh Lalpura, Acharya Narmada Shankar Puri, Lokesh Muni, Swami Chidananda Saraswati, Baba Arun Giri, Jagat Guru Shankaracharya Raj Rajeshwar and others.



Jabalpur (MP): Mr. Rakesh Singh, Cabinet Minister, Mr. Neeraj Singh, MLA, BK Hemalata, BK Usha and BK Asha lighting the lamps during the foundation stone laying ceremony of Divya Sanskar Sarovar.



Sambalpur: BK Parvati presenting a bouquet and blessing card to Mr. Sachin Ramchandra Jadhav, Divisional Commissioner on the eve of New Year.



Mohali: A programme on World Meditation Day is being inaugurated by Mr. Vishal Chauhan, Conservator of Forests, Mr Uttam Kumar, GM of Chandigarh Milk Plant, Mr Kulwinder Singh, Dy Director Sports Department, BK Premlata, BK Rama and BK Karamchand.



Raipur: BK Khyati delivering a talk on 'Calmness in Crises' at Border Security Force office. Inspector General of BSF Mr. Harilal, DIG Mr. Subrata Sinha and DIG Mr. HS Rana are also present.



Raipur (Shanti Sarovar): A Project on 'Global Culture of Love-Peace and Goodwill' is being launched by Chhattisgarhi film's renowned hero and MLA Padma Shri Anuj Sharma, MLA Mr. Motilal Sahu, BK Chandrika, BK Hemlata, BK Savita and BK Satish.

BEING HAPPY IS THE ONLY WAY TO GIVE HAPPINESS



The greatest gift we want to give to our loved ones every day, at every moment is happiness. We spend time with them, buy them physical comforts, support them, and yet they are unhappy at times. Most likely, it is because we are unhappy. Happiness is energy, not matter. Just by being happy ourselves and being happy while discharging our responsibilities, our happy vibrations radiate and trigger the happiness frequency in our loved ones and uplifts their state of mind to happiness.

Have you sensed at times that you need to make a lot more effort in sustaining your roles and responsibilities, if your mind is unhappy? Despite your extra efforts to care and provide for them, are family and friends not happy with you? Does it leave you wondering what more should you have done? We often quantify our efforts and measure our loved ones' happiness against it. The truth is, how much we do for people doesn't matter. What matters is how happy we were, while doing everything. While caring for people or doing something for them, let us not create thoughts of stress, fear, anxiety, anger or pain. Otherwise our negativity is sure to deplete people we do so much for, not allowing them to be happy with us. Without being happy, you cannot give happiness to others. Be happy and do everything that you need to do. It's your energy which influences their happiness. Remind yourself – *I am an embodiment of happiness. Being happy myself and then taking care of people, keeps my loved ones happy.* When you experience unconditional happiness, you have nothing but happiness to give to everyone. You don't even have to give, it

automatically radiates. From today, let bliss be

your natural way of living. Let nothing and no one pull you down. In every scene contribute towards creating a happy family, happy workplace and happy world by being happy always.

Four Keys To Constant Happiness

✓ 1. Promise yourself every day that even though the world changes negatively around me, I will remember a beautiful point of spiritual wisdom in my mind always and experience its depth and feel full of happiness and strength, without getting affected by the negative situations that are there in my life.

✓ 2. The best gift I can give myself is a blessing that I am a beautiful soul filled with many specialties and I am loved by everyone, including God. Let me bring my specialties in my words and actions and radiate the light of my specialties to others. This is the key to happiness and contentment.

✓ 3. The more I progress in life, the more will there be challenges in all spheres of my life – mind, body, relationships and role. Let me bring one quality or one power in every situation of my life for constant happiness. My positive and happy aura has the power to impact negative situations and make them positive.

✓ 4. My most beautiful and constant companions in life are I myself and God. The more I connect with them and make them my best friends at every step, the more happiness I will feel inside myself and my face and spiritual personality will radiate happiness to everyone in my home and workplace and everywhere else I go. ■ ■

RENEW FRIENDSHIPS AND INCREASE SPIRITUAL BONDING

Due to ever-growing responsibilities, friendships often take a backseat. And at times we feel offended and withdraw from friends over small differences. We have all shared good times with friends. But because of certain words or behaviours, we drifted away from few friends. It's time to reconnect with them and increase our spiritual bonding with them.

✦ 1. Visualise any friendship that now seems to have faded. You may be in contact, but not truly connected. Check your thoughts about the other person, if there is any expectation, rejection or hurt. Negative thoughts and feelings can uproot the positive foundation of relationships.

✦ 2. It doesn't need two people to heal a friendship, it needs just one. You can be the one. Your opinions and behaviours are different. But deep within, you know they are your well-wishers. Their words or actions may have seemed questionable at some point of time because of



which you drifted apart, but not their intentions.

✦ 3. Meditate daily to heal your hurt. Clean your thoughts about them. For the next few days, radiate these thoughts to them – *I apologise for anything I did which troubled you. I forgive you for what you did. Our relationship stands on the strong foundation of love and trust.*

✦ 4. When the mind is healed, it radiates unconditional acceptance. You will not need people to be your way. Soon you will see energy blockages disappear and beautiful friendships flourish. ■

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CONTACT US:

Mobile: 09414006904, 7793839244, Landline: (02974)-228125,
Whatsapp: 9057538630, Emails: omshantipress@bkivv.org and worldrenewal@bkivv.org

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Secunderabad: Lighting candles during the foundation laying stone ceremony of Spiritual Education & Happy Living Society are Mr. G. Chinna Reddy, Vice Chairman, Telangana State Planning Board, BK Brij Mohan, BK Sudesh, BK Santosh, BK Mruthyunjaya, BK Yogini, BK Manju and others.



Bengaluru: National Conference for Administrators on "Renewing the Mindsets for Better Governance" is being inaugurated by Dr. Artabandhu Sahoo, Director, ICAR-NIANP, Mr S Rajendra Kumar, Chief Post Master General, Mr Rajendra Aiwale, GM, Bharat Electronics Ltd, BK Asha, BK Ambika and BK Harish.



Yangon (Myanmar): Lighting candles during a programme are BK Charle, Mr. Ashish Sharma, Dy Chief of Mission from India Embassy, Ye Min Aung, MD of Myanmar Agribusiness Public corporation and Mr. Ashish Kandhway, President of Swami Vivekanand Cultural Centre.



Guangzhou (China): On the occasion of Pravasi Bhartiya Diwas-2025 Mr. Shambhu L. Hakki, the Consul General of India felicitating BK Sapna for promoting Rajyoga meditation in China.



New Delhi: Renowned film actor Mr. Sonu Sood is being presented Godly gift by BK Gangadhar, BK Jaya, BK Deepak and BK Vikas.



Abu Road: Lighting candles to mark the 14th Anniversary of Radio Madhuban are SDM Mr. Shankarlal Meena, Tehsildar Mr. Mangalram, BK Karuna, BK Anita and BK Yashwant.

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Prayagraj: In Mahakumbh Brahma Kumaris' exhibition pandal "Swarnim Bharat Gyan Kumbh" is being inaugurated by Mr. Brajesh Pathak, Dy Chief Minister of UP, Mr. Narender Gaur, former minister, BK Chandrika, BK Som, BK Manorama, BK Radha and others.



Patna: H.E. Arif Mohammad Khan, Governor of Bihar is being presented Godly gift by BK Sangeeta, BK Anupama, BK Poonam and others.



Hyderabad: Renowned motivational speaker & spiritual orator Jaya Kishori is being presented Godly gift by BK Shakti, BK Madhavi, BK Vasanta and BK Deepak.



Shanghai (China): After conducting a session on 'Awakening the light within - Gratitude for the old year and welcoming new year' BK Sapna is seen in group photo with participants.