



Monthly
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New Delhi: H.E. Droupadi Murmu, President of India, is being felicitated by BK Shivani and BK Asha at Rashtrapati Bhavan. A MoU on "Ageing with Dignity" for welfare of senior citizens was also signed between the Union Ministry of Social Justice & Empowerment and the Brahma Kumaris.



Lucknow: Shri Yogi Adityanath, Chief Minister of Uttar Pradesh is being formally invited for upcoming Global Summit-2025 by a delegation from the Brahma Kumaris, comprising BK Mruthyunjaya, BK Radha, BK Manju and BK Suman.



Raipur (CG): BK Savita addressing the Sarva Dharma Sabha organized at Raj Bhavan. H.E. Ramen Deka, Governor of CG and Mr. Vishnu Dev Sai, Chief Minister are present on the dais.



Agartala: H.E. N. Indrasena Reddy Nallu, Governor of Tripura is being presented the report of Drug De-addiction Campaign by BK Dr. Banarasi, BK Jonali, BK Vijay Gupta, BK Jyotishwar, BK Mamta and BK Manika.



New Delhi (Lodhi Road): Mr. Pravesh Verma, Dy Chief Minister of Delhi is being presented Godly gift by BK Piyush and BK Girija along with Ms. Bansuri Swaraj, Lok Sabha MP.



Moscow: Mr. Sanjay Seth, Indian State Minister of Defence is being presented bouquet by BK Sudha in an Interaction program with the Indian community. Mr. Vinay Kumar, Ambassador of India is also seen behind.



Sambhajinagar (MH): Mr. Jagat Prakash Nadda, Union Health Minister and National President of BJP is being presented Godly gift by BK Sheela and BK Deepak Harke.



New Delhi: CA Charanjot S Nanda, President of the ICAI and CA Jai K Batra, ICAI Secretary are seen with CA BK Lalit, BK Khyati and BK Ishu after being invited for a upcoming conference of finance fraternity.



Mateshwari Jagdamba
Saraswati

I SAW LIGHT EMANATING FROM HER EYES

How did Mateshwari (Mamma) become the goddess of knowledge? Mamma's love, caress, and personality were so impressive that she was exemplary in revealing Godly teachings.

In my lifetime, I saw Jagdamba Saraswati, the goddess of knowledge whom people worship, incarnated in Mamma. In schools and colleges, Saraswati is worshipped either in the form of idols or images/pictures. People say that she was the goddess of knowledge. How did she become the goddess of knowledge? What were her qualities? In this regard, listening to the experiences of those who lived in close proximity to her is very advantageous. You know that the name of the founder of Arya Samaj is suffixed with the title 'Saraswati'. But who was this 'Saraswati'? This Saraswati had a very thorough knowledge of the soul and the Supreme Soul. She applied unequivocally what she had understood. She was the real embodiment of virtues.

There was a person in Delhi who used to harass his wife because she followed purity as prescribed by the Brahma Kumaris. He'd tell his relatives that ever since his wife had started going to the BKs, she had stopped doing household work and taking care of the children. But he wouldn't tell the real facts, as they would go against him. He even attempted to beat me up as he believed that I co-operated with everyone on the path of Godly Knowledge. He dispossessed his wife from the house. Until the settlement, we kept that sister in a women's ashram. I took the chief of that women's ashram to the Rajouri Garden (New Delhi) centre of the BKs to let him meet Mateshwari Ji, lovingly called Mamma, who was then staying there.

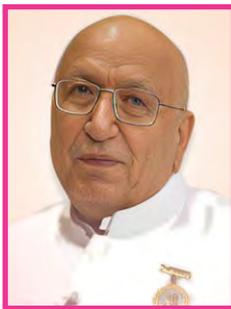
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THE SPIRITUAL DIMENSION OF PEACE-MAKING

People everywhere, regardless of the language they speak, the passport they hold, and their beliefs about God, want to live peaceful, happy, and comfortable lives.



We regularly hear news of armed conflicts in different parts of the world, including civil wars, terrorist attacks, and inter-state hostilities. Looking at these, and also taking into account economic upheavals and the

increasing frequency of destruction wrought by extreme climate events, the future of mankind appears bleak, and world peace seems to be a distant, even impossible prospect. For millions of underprivileged people across the globe, even thinking about peace is a luxury. Their lives are consumed by the daily struggle for survival in the face of grinding poverty and persistent insecurity.

None of the above facts inspires optimism for the future. However, when we look at our past, we find hope. There was a time in history when there was peace and prosperity in the world, and man and nature existed in harmony. Memories of that era are etched in human souls. This is why we all yearn for peace. Even in recorded history, parts of the world have experienced periods of peace at various times, which saw the development of art, culture, the sciences, and trade. Almost every civilization and nation has progressed when it was not in conflict or threatened by it.

Violence destroys not only human and

physical resources, but also social and political institutions. It disrupts economic activity and diverts assets from productive areas to security and military expenditure. Studies show that peaceful societies are more likely to achieve development, are more resilient in the face of crises, and have fewer grievances. They are also more likely to adapt and make concessions to reconcile grievances.

The complex challenges before the world call for global solutions. Finding those solutions requires that all nations and other stakeholders cooperate for their common well-being. Without peace, it is not possible to achieve the levels of cooperation and trust necessary to solve our challenges. Unfortunately, in spite of the urgent need for peace and the dividends it brings, we are far from achieving it globally.

The reason is the mismatch between our desire for peace and our actions. All of us want peace, but our actions are often guided by other motives. As the constitution of UNESCO points out, ignorance of each other's ways and lives has been a common cause of suspicion and mistrust between the people of the world through which their differences have often broken into war.

Failure to recognise and appreciate the uniqueness of each human being is not the only cause of discord between men. **Even where individuals and nations know and understand each other's differences, peace**

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becomes a victim of the desire to dominate, to control or gain superior access to resources, or to fashion rules to one's advantage.

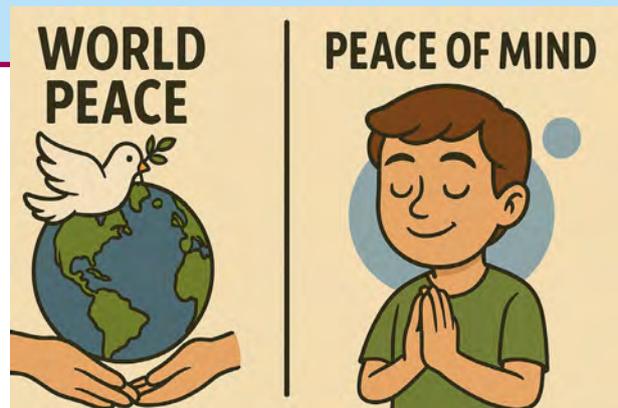
International institutions and mechanisms designed to ensure peace, too, are rendered ineffective because peace is superseded by other matters in the competing agendas of the stakeholders.

When individuals and nations disregard the concerns of others and pursue their goals at the expense of others, they damage the fabric of mutual respect, goodwill, trust, and cooperation that, more than anything else, serves the interests of men and nations in the long term. Such behaviour undermines the values of universal cooperation and brotherhood and sets wrong precedents that can only lead to a world order governed by the principle of 'might is right'.

Even peace treaties have often failed because, while laying down rules and setting out mechanisms to ensure peace, they do not effectively address the underlying suspicions, hatreds, and grievances that led to the conflict.

The roots of conflict lie in our minds, where we see those who are different from us – in appearance, beliefs, practices, or other ways – as undesirable and as a threat. We can rise above such thinking only when we realise that the human family we speak of is indeed one family, tied together by spiritual bonds.

People everywhere, regardless of the language they speak, the passport they hold, and their beliefs about God, want to live peaceful, happy, and comfortable lives. That is because the human soul is a being of peace, love, and truth, and it is the nature of the soul to be happy. But when we forget this and start to define each other by race, religion, nationality, or



gender, we begin to think in terms of 'us' and 'them', 'mine' and 'yours'.

To achieve world peace, it is imperative that we first create peaceful individuals who live in harmony with others and with nature.

Each such person will serve as a brick in the edifice of global peace, and as the basic unit of peaceful communities and nations. Just as laws cannot bring about a crime-free world so long as there are people who have criminal intentions, political agreements cannot create global peace if there is no peace in the minds of men.

We sometimes witness the peculiar sight of rival parties who hate each other holding peace talks. Such diplomatic exercises may produce agreements to stop violence, or bring about compromises agreed under duress, but they leave the door open for further hostilities as they don't end the animosity and mistrust that generate conflict. Mistrust acts like an invisible wall that blocks the path to friendship and peace by distorting our view of the other side, so that we see ulterior motives even in well-intentioned gestures.

Our idea of peace has been diluted to such an extent that merely keeping warring sides apart is now seen as a major achievement.

True and lasting peace cannot be enforced with international pressure or contrived through inducements. It can only emerge from a genuine

desire among those involved to avoid conflict, put aside their bitterness and rivalry, and work for a peaceful, mutually beneficial future.

Indeed, there are examples of nations and communities thereof making the enlightened choice of staying above quarrels and resolving their differences peacefully, which has enabled their people to enjoy long periods of peace, stability, and prosperity. These nations illustrate that when people are aware of their shared destinies on this planet and make a conscious choice to abstain from conflict and cooperate rather than compete, peace can certainly be achieved.

But such behaviour does not come naturally to all, as centuries of conditioning impels us to see the world as an arena where each nation has to fight to exist and be treated on an equal footing with others.

We need to lay the foundations of peace in the minds of men and women all over the world, and for this, governments and international institutions can invest more of their resources, as well as their time and attention, in education and human development. Not just formal education, but a more holistic instruction in what it means to be human, so that people gain greater awareness of the values that form the core of each human being, such as purity, peace, love, and truth. It is also imperative to foster in each citizen of the world a sense of responsibility for this planet, which has been given to us in trust by our forefathers, to be safeguarded and passed on to future generations.

When we learn to connect with our inner values, they begin to be expressed in our actions, and empathy and acceptance come more easily to us than criticism and rejection, which are the attitudes that initiate the process

of detachment and animosity between individuals as well as nations.

Once there is a critical mass of enlightened people who think and act on the basis of these values, their energies can be harnessed to create a worldwide movement for peace that will change the way nations interact with each other, supplanting competition, suspicion, and hostility with trust and cooperation.

The youth of the world, who make up a large proportion of the population, offer great hope in this regard, as they are not as entrenched in the historical, political, and social conflicts that have shaped the views of those belonging to the older generations. This "clean slate" perspective often allows them to approach problems with new, creative solutions and a willingness to try unconventional methods of peace-making. Young people represent the future, and their ability to challenge outdated norms and systems, while advocating for social justice, creates potential for a more peaceful and equitable world.

A people's movement for global peace may sound like a fanciful idea, but it is perhaps the only one that can achieve lasting results. For centuries, diplomacy has attempted to paper over the divisions in the human family. But those rifts can be healed for good only when each one of us looks within and rediscovers the spiritual bonds that connect us with all other humans on this planet. We are all souls, children of the Supreme Soul. When we recognise and accept this fact, we can transcend the man-made boundaries which separate us, and embrace each other as members of one global family. This spiritual dimension of peace-making holds the key to its success.

–B.K. Brij Mohan

THINK OF THE REALITY YOU WANT

Don't think of the reality happening today; think of the reality you want, because thoughts create our lives and our world.

B.K. Sister Chirya, New York, USA

We attract our destiny into our lives with the power of our thinking. This is the power of the mind, because it is the mind that creates the world. It always works! Meditation teaches us: don't think of the situation as it is; don't think of the reality happening today; think of the reality you want, because thoughts create our lives and our world.

Why not try this out? **Create and practise the following thoughts; repeat them constantly, daily, for a month:**

1. First thought: "I am a powerful being. I consciously choose positive responses before coming into sound."
 2. I am calm and stable always.
 3. I am always happy (not *I want happiness*). I am happy.
 4. I am fearless and confident. With post-COVID and many conflicts in the world, a vibration of fear has become an energy that exists on this planet, so protect yourself. Use God's power and blessings as a divine circle – a shield of protection around the self. Envelope yourself with the highest energy of thought, because a high vibration of positive thought protects us from a lower vibration of energy.
 5. Choose a positive thought about yourself. For example: "I am on time." Even better: "I am always before time." But be careful! We are constantly reinforced by others – "You are always late!"
 6. My body is perfect and healthy always.
 7. I accept people; people accept me. I am loved. My relationships stand on respect and trust. My family is united.
 8. I forgive. I let go. I bless them.
- Visualise what you want to see happen, and

write it down as if it has already happened. If someone owes you money, instead of complaining, think: *I know you are going to return my money.*

The two most powerful times to practise these thoughts: before going to sleep and upon waking. Do not say good morning or good night to your phone or computer. Don't consume anything from the media before sleeping or upon waking. Use technology in the right way. Instead, have gratitude: first thought in the morning, have gratitude for the self, God, others, nature. Before a meal, have gratitude—thankfully pray and bless the food. Remember: *I am what I eat*, not just the nutrients, but the vibrations of how the food was cooked and served. Everyone's energy is in that food. **Create high-energy thoughts whilst cooking and eating to purify the food.** It takes only five seconds—like washing our hands—to first bless the food and water before eating and drinking to remove emotional vibrations. Also, bless your water before drinking to purify it from the chemicals and all the vibrations of the city. Water absorbs our thoughts; if there is fear in the city, then fear is in the water. **By thinking I am a powerful soul. My body is perfect and healthy, you can positively change the quality of the water and food.**

It works even if you don't believe it. Practise these affirmations daily, and you will begin to feel and accept these thoughts. **Think of the reality you want, and it happens – because thoughts create our destiny.** ■ ■

Create
Your Own
Destiny

STOP COMPARING CHILDREN NURTURE UNIQUENESS, NOT COMPETITION

Don't compare your child to others. There's no comparison between the sun and the moon. They shine when it's their time.

Prof. Onkar Chand Sharma, Shantivan



Comparison is a natural instinct – but when it comes to children, it can become a quiet thief of confidence. In today's fast-paced, achievement-driven society, many parents, teachers, and even relatives fall into the trap of comparing children. Whether it's about academics, behaviour, looks, or talents, children are often measured against siblings, classmates, or neighbours.

"Look how well your cousin studies!" or "Why can't you behave like your brother?" These seemingly innocent remarks may come from a place of concern, but their impact can be long-lasting and damaging. While it may seem to be a harmless or motivating strategy, comparison actually causes deep emotional and psychological harm.

Parents and teachers often make remarks with good intentions, hoping to motivate or correct behaviour, but these comments can unintentionally create insecurities, resentment, or a sense of not being good enough. Here are some common remarks by parents or teachers

that set a child up for internal conflict, self-doubt, and sibling or peer rivalry:

- ▶ "Why can't you be more like your brother?"
- ▶ "Your cousin always comes first in class – what's wrong with you?"
- ▶ "Look how disciplined your sister is. You should learn from her."
- ▶ "You never do things properly, unlike your classmates."

The Impact of Comparison Among Children

Parents and teachers often believe comparison motivates children. In reality, it can lead to emotional scars that may take years to heal.

1. Damages Self-Esteem: When children are constantly compared, their self-esteem suffers. They begin to doubt their worth. When a child repeatedly hears, "Look at how well your brother does it," they begin to feel inferior. Repeated comparisons can erode a child's confidence and lead them to believe they are "not good enough unless they outperform others." For example, a child who is told, "Why can't you be more like your sister who gets straight A's?" may begin to feel inadequate, even if they are performing well on their own. Low self-esteem developed in

childhood can affect personal, social, and academic performance for years.

2. Creates Sibling Rivalry or Jealousy:

Instead of building love and understanding among siblings, comparison often breeds jealousy, resentment, conflict, and competition. Children may start to view each other as rivals or competitors instead of companions. This weakens the sibling bond and mutual support and creates a toxic environment at home. Instead of admiration, they may feel bitterness toward the one they are compared with. This can also lead to social isolation, as children may feel alienated from their peers.

3. Triggers Anxiety and Stress: When children are told they must match or exceed someone else's performance, they feel undue pressure, which can create significant stress. A 2023 study published in the *Journal of Child Psychology* found that children who experienced frequent comparisons were more likely to exhibit symptoms of anxiety and depression. Fear of failure and rejection builds anxiety, which can lead to sleep problems, aggression, depression, or withdrawal. The fear of falling short in the eyes of parents or teachers can make children overly cautious, stifling their willingness to take risks or try new things.

4. Suppresses Individual Growth: All children are unique, with their own strengths, interests, and pace of learning. Comparison ignores this individuality. It pressures children to fit into someone else's mould rather than discover and develop their own unique potential. It can discourage children from pursuing their own interests and passions or developing their unique talents, hindering their personal growth and creativity.

"A flower does not think of competing with the

flower next to it. It just blooms." – Zen Shin

Comparison creates unhealthy competition. Children may try to outshine others rather than collaborate or learn from each other.

5. Fosters a Lifelong Habit of Comparison: A child who grows up with comparison tends to develop a habit of comparing themselves to others throughout life – leading to constant dissatisfaction. Even their successes might feel meaningless if someone else is doing better. They're more likely to undervalue their achievements and base their happiness on outshining others, rather than inner satisfaction.

Strategies to Avoid Harmful Comparison

To nurture children's growth without the pitfalls of comparison, parents and educators can adopt the following approaches:

1. Celebrate Efforts, Not Just Results:

Emphasize progress over perfection and effort over outcome. Instead of comparing a child to others, celebrate their small efforts and improvements. Encourage children to strive for improvement, not just to achieve a certain result. Focus on the child's hard work, sincerity, unique talents, and abilities rather than comparing their score or success with others. For example, acknowledge improvements in their grades or effort in an activity, regardless of how they stack up against peers. This reinforces the value of self-improvement over external validation. Recognize their achievements, even small ones, and help them discover their passions. Praise their efforts and resilience, rather than focussing solely on grades or wins.

2. Promote Cooperation Over Competition:

Encourage children to help and uplift each other rather than compete. Foster collaboration, not competition. Let children help each other instead of competing. Siblings can be

teammates, not rivals. So, inspire them to work together, support one another, and celebrate each other's victories.

3. Highlight Unique Strengths and Encourage Individuality: Every child is unique, has distinct talents and qualities. Nurturing uniqueness, rather than competition, is crucial for a child's well-being and development. Show children that it's okay to be different. Help them discover and shine in their area of strength. Notice what makes each child special.

"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing it is stupid." – Albert Einstein

Just like no two fingerprints are alike, no two children are alike in personality, talents, or learning pace. Each child is a unique soul with distinct *sanskars* (traits). One child may excel academically, while another might have exceptional emotional intelligence. One may be a quiet thinker, while another bursts with energy and creativity. One child may excel in art while another may be a strong writer. Comparing them is like comparing a sunflower with a rose – both are beautiful in their own way.

4. Use Positive Role Models: Instead of comparing children directly, use role models to illustrate desirable traits like perseverance or kindness. For example, sharing a story about a historical figure who overcame challenges can inspire children without making them feel inferior to their peers.

5. Be Mindful of Language: Words have lasting impact. Replace comparison-based remarks with affirmations that build identity and self-worth such as: "I'm proud of your effort." "I see how hard you worked." Instead of pointing

out what a child lacks, praise what they do well.

Here are some constructive remarks that motivate children from within – rather than through pressure or competition:

- ▶ "You're improving step by step – I'm proud of your effort."
- ▶ "It's okay to be different. Everyone learns in their own way."
- ▶ "I love how curious you are. Let's build on that."
- ▶ "I noticed you said 'thank you' at dinner. That shows such nice manners!"
- ▶ "You waited so patiently for your turn. That really helps everyone have a good time."
- ▶ "You told such a fun story today. You're really good at making people smile!"
- ▶ "I saw how hard you worked on cleaning your room today. It looks so organized now!"
- ▶ "You shared your toys with your sister so kindly. That made her really happy!"
- ▶ "You've made great progress in reading this week. Keep practicing."

Final Thought

Every child is a unique flower in the garden of life. After all, a garden blooms best when every flower is allowed to flourish in its own way. When we water each seed according to its needs, every plant grows strong and tall in its own time. Comparing them not only overlooks their individuality but also stifles their inner growth. Let's stop ranking children against each other and start recognizing the beauty of their individuality. Let us nurture each child with love, acceptance, and encouragement. Instead of comparing, let us connect. Instead of saying, "Be like him," let's say, "Be your best self." In doing so, we don't just raise good students or obedient children – we raise confident, self-aware human beings. ■■

THINK AND TALK ONLY ABOUT SOLUTIONS

Sometimes we face times when situations are challenging or people are difficult to manage. If we focus on the problem, we get upset, we worry, we fear, we blame and we complain. All these deplete our energy, and in a depleted state, our problem appears even bigger. We need to save our energy and focus it on creating solutions. Do you often keep talking about your problems more than solutions, and dwell on negative feelings? During a crisis, do you get stuck ruminating, thinking and discussing – Who was responsible, why did it happen, how could things go so wrong with me? Or do you remind yourself and others involved, to simply focus on what is to be done now? However bad our situation is, its solution is the only thing that really matters. **Loading the mind with overwhelming questions drains our energy apart from wasting time. We need to silence the mind, not allow it to go on with thoughts of blame, feeling like a victim, criticising or rejecting the situation.** These thoughts deplete us, deplete others and deplete the energy of the situation. This approach magnifies the problem. Details of the problem can be thought of later, immediate need is to shift to solutions. Let's accept the problem. It has already happened so we need to focus on the present moment. Let's divert our every thought to seek a solution, create a solution and implement it. Remember your responsibility and empower everyone to together focus on solving the problem.

From today, when you are in the middle of a difficult situation or with a difficult person, tell yourself your life is perfect and every scene is beautiful. Direct your energy towards solutions whenever there is an issue, big or small. Accept the situation, the person. Do not waste your



energy in questioning scenes or behaviours. Know that it is people's *sanskars*, know that it is your past *karma*; you had written this scene in your destiny. Focus on yourself, your actions, and your behaviour. Focus on your objectives, on the next scene and use your energy to be in the present. Your power is in the present. So, remain calm. Focus on the solution, think of the solution, talk of the solution and create a solution. Finally, implement the solution and cross the situation. This is being solution-oriented and the key to positivity, happiness and stability. ■■

PLAYING WITH PEARL OF VIRTUES

"Sticks and stones may break my bones but words will never hurt me" is inspiring in print; however most people would agree it's very challenging to live by. Turning a deaf ear to idle gossip, criticism or insults requires a major shift in thinking. **When I surround my mind with thoughts of self-transformation and more importantly God's powerful divine words, I put myself in a secure state of introversion.** Only then I am able to build my self-esteem and the resistance to deflect unworthy vibrations from the outside world. ■■

EASY STEPS TO ENJOY RAJYOGA MEDITATION

Our principal aim is to stabilize our mind and intellect on the self-effulgent light form of the Supreme and to maintain constant spiritual conversations with Him.



B.K. Surendran, Bengaluru



We are all practising Rajyoga meditation for longer or shorter periods. Meditation is an enchanting and enjoyable spiritual practice. The Shrimad Bhagavad Gita also underlines the fact that Rajyoga

meditation is a spiritual practice to achieve the best, heart-fulfilling attainments.

The Godly knowledge and Rajyoga meditation taught by the Supreme offer easy steps to attain spiritual power for fulfillment, liberation, and fruition.

Power of Celibacy and Purity

Celibacy is the essential foundation for practising Rajyoga meditation. We all know that all kinds of impurities reside in our minds. Hence, first of all, we should generate pure, positive, elevated, and peaceful thoughts, and avoid vicious, negative, and wasteful ones. To practise purity of the body, mind, and intellect, we should keep good company, have sattvic food, and listen daily to the sermons of the Supreme. These sermons contain pure, positive, elevated, and powerful thoughts that help ward off all kinds of negative, toxic, vicious, and wasteful thoughts.

Our thoughts, words, and deeds should be morally and ethically right. Since all these aspects affect our mind and intellect, they

should never be taken lightly.

Power of Knowledge

To practise Rajyoga, Godly knowledge is a must. The Supreme Teacher teaches us the importance of the Auspicious Confluence Age, the self-esteem of those souls who take birth in the Golden Age, and their descent into the Silver, Copper, and Iron Ages. He also explains about souls whose qualifications and status decline progressively from the second generation of the Golden Age, gradually descending while fresh entries take place. Those born at the beginning of the Golden Age will take 84 births, while others will take 83, 82, 81, and so on, in descending order. By the end of the Iron Age, there may be some souls who take only one birth in the entire cycle of birth and death. Until then, these souls remain in a dormant stage in the soul world, the world of silence.

Similarly, the Supreme Teacher systematically teaches us how to remain in an incorporeal, subtle stage and in an angelic state. He explains how to become self-sovereign, have control over the mind, intellect, *sanskars*, and sense organs, and how to rule over these faculties. He trains souls to exercise perfect control and ruling power.

He also summarises the importance of *karma* and the consequences of good and bad deeds. This is a brief account of the spiritual knowledge

God Shiva teaches us. He emphasises the need to attend every Godly discourse to sustain the knowledge base.

Power of Self-Observation

One must constantly observe oneself to maintain soul-consciousness and God-consciousness. We should be aware of what we think, speak, and do. The vices of lust, anger, greed, attachment, ego, jealousy, laziness, and others should not emerge in the mind. Instead, pure, positive, elevated, and powerful thoughts should become a natural habit.

As karma yogis, we spread vibrations of peace, love, goodness, and divinity. We should always stay focussed on ourselves. Since we are souls, when we interact with others, we must remember that we are dealing with soul-brothers. As yogis, pure vibrations and elevated thoughts should be reflected in our vision, thoughts, dealings, vibrations, and interactions.

Power of All Relationships with One Supreme

As yogis, we always remember the Supreme Father, who is the Father of all souls. Our primary relationship is with the One Supreme. Even before we knew of the Supreme Soul God's descent, we addressed the Almighty as our Father, Mother, Friend, Guide, Protector, and so on. Now we are delighted to know that the Almighty Authority is our Eternal Father, and all others are souls – our spiritual brothers.

This world is a vast drama stage where we, the souls, play roles as fathers, mothers, brothers, sisters, etc. The real Father is the Supreme Almighty. He is the One who gives us health, wealth, and happiness. All others, who wear the costume of male and female bodies, are souls who cannot give us anything and are also seekers, not givers.

Throughout the 84 rebirths, we have

sustained our lives through bodily relationships. The body, made of five elements, is perishable. Souls transmigrate from one birth to another, taking male or female bodies.

Now we understand that we are minute, immortal lights – souls – possessing a mind, intellect, *sanskaras*, and the seven virtues of the soul. We are all brothers and sisters.

Trapped in a quagmire of bodily relationships and vices, we find that when we sit for meditation, bodily relationships emerge. Hence, the Supreme has enlightened us that He is our real Father, Mother, and all relations, and others are souls playing different roles. To have a better experience and concentration in meditation, it is essential to have all relationships with the One Supreme Father, which blocks the emergence of bodily relations.

Power of Visualisation

We know that God, the Supreme, is an incorporeal, self-effulgent light who cannot be seen with gross eyes. Similarly, we are all souls – incorporeal, minute points of sentient light – who also cannot be seen with gross eyes. The incorporeal world, beyond the Sun, Moon, and stars, also cannot be seen with gross eyes.

Rajyoga meditation is the practice of remembering the Supreme in soul-consciousness, who abides in the incorporeal world. Even though we have images of these entities explained by the Supreme, we should visualise ourselves as points of sentient light and focus our mind and intellect on the Incorporeal Supreme Light in *Paramdham*. We should engage in silent, loveful conversations with reverence.

This practice will enable us to experience super-sensuous joy, and in the process, our sins will be purified.

Power of Attainments

When we acquire knowledge, it means we gain light and might. Light means understanding what is what, who is who, and gaining the right insight. Might refers to the capacity to understand everything in its proper perspective. Right knowledge, the real spiritual knowledge, is the king of all wealth.

Meditation is the primary source of peace, happiness, and joy. It helps us develop concentration, which ensures stability in life. A stable mindset is key to achieving higher accomplishments.

Power of Blessings

The spiritual path shown by the Supreme provides us with the golden opportunity to grace others with self-knowledge. The highest form of charity and donation is the right knowledge—known as the supreme form of charity.

Recipients of this knowledge will be freed from worries and miseries, attaining peace of mind and happiness. They will also inherit health, wealth, and happiness. Those who practise Rajyoga meditation will achieve higher levels of meditation experience with less effort.

When we share this knowledge, we earn heartfelt blessings from others, and as a result, we also receive the blessings of the Supreme. This, in turn, helps us stay engrossed in His remembrance.

Power of Experiences

When we practise Rajyoga meditation regularly, following the specific guidelines blessed by the Supreme, we will definitely experience peace, happiness, solace, and pleasantness in various dimensions. Our lives will become orderly, and our thoughts, words, and deeds will flow smoothly and harmoniously.

Our lives will spread vibrations of peace and

goodness. We will approach others with love and goodwill, regardless of how they treat us, sending good wishes and pure feelings. Our positivity will always overshadow the negative thoughts, words, and actions of others.

Since we are mentally connected to the Supreme, His power of love and blessings will flow through us, spreading to our surroundings and the world in general. Rajyoga meditation uniquely draws spiritual energy from the Ultimate Source of Creative Intelligence—the Supreme.

Power of Concentration

We have been gradually and mentally progressing through various steps that strengthen our meditation practice. In fact, every step is a separate topic in its own right, which can be further elaborated for more clarity, precision, and lucidity.

Experience shows that if we follow these steps, concentration of the mind and intellect can be easily attained. Our principal aim is to stabilize our mind and intellect on the self-effulgent light form of the Supreme and to maintain constant spiritual conversations with Him.

Concentration power is like a laser beam that helps us mitigate the sufferings and miseries of people in the world. ■ ■

NEW PERSPECTIVE

It is easy to create new things, change places or do something different. To keep that sense of newness that creates enthusiasm is more difficult. The secret of newness in life is not to do new things constantly, but to see everything you do with new eyes, new insights and a new perspective.

KEYS TO SUCCESS FOR FACING EXAMS

A very important way of remaining stable in the days before exams, during the exam days, or while facing any challenge of life, is keeping a few positive thoughts full of inner peace, strength, and stability.



B.K. Manjula Baijal, Bangaluru



We all live our lives with different types of challenges always in front of us. One of the most important challenges which all of us, at some time or another, face – or

our children face – is giving a school or college exam, which will determine our or their future. We often hear some of our close ones tell us, “We have an important exam in the coming days.” These are mostly school or college exams, and the ones giving them are important to us, and we want them to do well in them.

So, what should I, as a teacher, friend, or relative, advise the people close to me so that they succeed in exams? A first step in giving exams that is extremely important is being determined and mentally strong, and having a positive vision as well as attitude towards them. Very often, some very intelligent children or



grown-ups don't do well in their exams. This is because of a lack of concentration,

which is affected by their fear and nervousness. Some very well-prepared students, despite being thorough with their

courses and syllabus, are not able to answer the questions properly at the last moment because their minds are flooded with lots of thoughts. Most of these thoughts are negative and unnecessary – of failure or the fear of failure. On the other hand, **some students who are less prepared but mentally stronger sometimes do well because their mental stability and positive drive to excel is much higher.**

We shall explain different ways of increasing mental strength and focus, which will help students in their exams; they will also help in facing different problems in life.

A very important way of remaining stable in the days before exams, during the exam days, or while facing any challenge of life, is keeping a few positive thoughts full of inner peace, strength, and stability – and repeating them in your mind a few times during the day. For example: *I am a peaceful soul, full of inner strength. I remain stable in every situation. Or, I study peacefully and remain strong always. My studies are very easy, and I take care of them easily.* These self-conversations can be done starting from the morning as soon as you wake up and ending at night just before you go to sleep. Positive affirmations reduce your fear and increase your confidence and motivation levels. This could be done about 10–12 times a day, preferably before eating or drinking anything. Always remember that God, who is the most powerful spiritual energy in the world,

is my constant companion at every step. Also, if I remember God often and leave the responsibility of my exam performance to Him, I will not get stressed.

Talk to God while studying: God, you are my best friend and companion, and I hold your hand to take me to my destination of success.

In this way, you will remain extremely light. Experience that God is sitting with you while studying and while giving the exam, and you will not only remain light, but you will perform in your exams with immense satisfaction and success.

Another method of remaining powerful and focussed mentally during exams is visualising a scene of your successful exam results – the outcome you want to see happen in your life, which is important for your future, as defined by you and people close to you. Always think: *I will perform excellently in my class or school or college.* Even if you have many friends or classmates who are better in their studies than you, visualize your success with conviction. A positive visualization becomes reality when filled with the energy of hope and determination. Always think and believe that the good wishes of all my close loved ones are with me. Those who have the blessings and positive energy of many people with them are more successful. So, ensure that all the people you come in contact with, including your family members and close friends, are giving you their love and support at all times. Also, take the help of your teachers and ensure that they are always thinking positively about your performance and encouraging you to do well.

While facing exams, always keep a check on your concentration and ability to focus while studying. Check yourself: *Am I taking too long to finish studying or revising a chapter in my course?* If yes, check the number of thoughts in your mind. They are not only many, but many of

them are unnecessary and unrelated to your studies – maybe about the past, the future, or other people. **Reduce these unnecessary thoughts** by stopping your studies and remaining silent for 1 minute every hour during the day and giving that short period to meditation. This will reduce your thoughts and increase your concentration for the next 59 minutes.

Also, as a student, keep in mind that the effort you make now is very important because, as per the spiritual law of karma, *as you sow, so shall you reap.* The more you study hard, the more you will experience happiness, and it will give you strength in different ways—not only in the present, but also in your future life. This will make you responsible and focused, and you will look at the exam period and the time before that with seriousness.

Another key to success in facing exams is an attitude of **detachment**. As per the laws of spirituality, to experience freedom of the mind and success in studies, an important step is detaching yourself from your studies and seeing the task with an attitude of **lightness** instead of attachment. This will make you less stressed and worried about completing the task. To experience detachment, keep your study hours short but full of concentration, instead of long and unfocused.

Lastly, a key to success is reducing exam pressure by reading at least one page of spiritual wisdom or knowledge every morning. This could be done before you begin your studies. It will keep you calm, relaxed, and positive throughout the day. Remember, the mind is like a blotting paper early in the morning, and whatever positivity you feed it, it will absorb very easily and quickly. That will keep you full of positive information throughout the day and maintain your attitude toward your studies as positive and full of sure success. ■ ■

UNLOCKING THE SECRETS OF THE RIGHT HAND

If one is the right hand of GOD then He will guide them in every decision, assuring them that they are on the right path.



The dominant hand, the right hand shapes the destiny of our dreams. It also crafts the masterpiece of our lives. It is the hand which holds the brush that paints the canvas of our imagination.

The Human body is a marvel of complexity and functionality with each part playing vital role in our daily lives. Among the various body organs, the right hand holds the special significance in many cultures, traditions and different aspects of human life. Hand is capable of performing a wide range of movements from delicate gestures to powerful grasps.

The right hand is controlled by the left hemisphere of the brain which is responsible for motor skills, language and logical reasoning.

In many cultures, right hand is considered as a symbol of Strength, Power and Authority.

Right hand is often used in performing important tasks and household or office work. In western culture, right hand is preferred for handshake. People use it for signing important documents and taking oaths. In Islamic culture, Hindu culture, and all the majority of the cultures, right hand is preferred to perform most auspicious rituals; it is regarded as sacred for those acts.

"Hand of Wisdom" is another special identity of a right hand.

B.K. Sarika, Nalasopara East, Vasai

As we journey through life, we often find ourselves in situations where we can offer support and care to those who have come to us. Being a right hand of an elderly is a privilege and responsibility that requires Education, Compassion and Wisdom. **Being a right hand is a position of Trust.** When we take on the role of supporting elders, we are entrusted with a great responsibility. We become their trustworthy like the one they can be confident about and hence becoming their reliable partner (supporting hand) in navigating the complexity of life. But the beauty of it is that it is one noble and a rewarding role.

Springing from – corporeal aspects to incorporeal perspective, we can say being God's right hand is a Bold and Powerful role.

When we say, "We are God's right hand", we are making an important statement. This shows our faith, spiritual beliefs, and acknowledgement of God's divine presence in our lives.

We are taking a role of being an instrument of God's will with the responsibility to act with Wisdom, Compassion and an Integrity. It is about recognising that our strength and abilities come from a higher power and being willing to be used for a greater purpose.

It is said that – "GOD the almighty power" is always watching over us.

Unseen hand of GOD is always working in our

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WHAT IS YOGA?

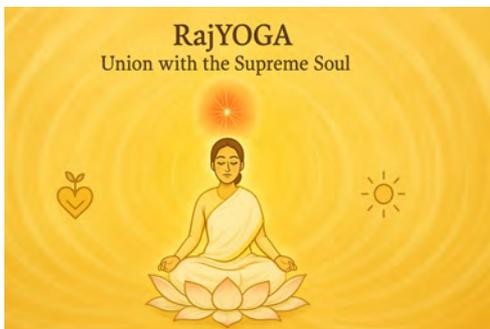
The UN has declared 21st June as the International Day of Yoga. The Brahma Kumaris celebrate it through worldwide programmes every year.

Yoga means belonging to One – to God Shiva – and staying connected to Him. It's about unity, now-ness, and spiritual awareness. We must do things now instead of delaying them – that, too, is yoga.

All human beings are God Shiva's children. So, we are a family. In this family, there should be such harmony that we understand each other even without words. That's yoga in action.

Distractions, like phone calls during spiritual gatherings, can break this connection. Both the caller and the receiver miss something valuable. So, we are advised to stay:

- ◆ Connected to God through remembrance,
- ◆ Wise and tactful, and
- ◆ Aware of the deeper secrets of the spiritual journey.



When our heart is clean, when we are not entangled in worldly responsibilities, and when we feel light – we're able to receive signals (touchings) from God. That's real yoga.

Even if our body is not well, we can still experience easy yoga by keeping Shiv Baba in front of us in remembrance. Our duty is to take power from

Him in the way He gives.

All the five elements of Nature respond to our

vibrations. If we speak negatively, we send those vibrations into the atmosphere.

That's why service is not just physical work – it's vibrational.

To remain in self-respect and give respect to others naturally is to have the cooperation of matter. We must live with moderation and simplicity.

True service is looking at others with love and good wishes. Our attitude should reflect truth, love, patience, humility, and sweetness – with no pride.

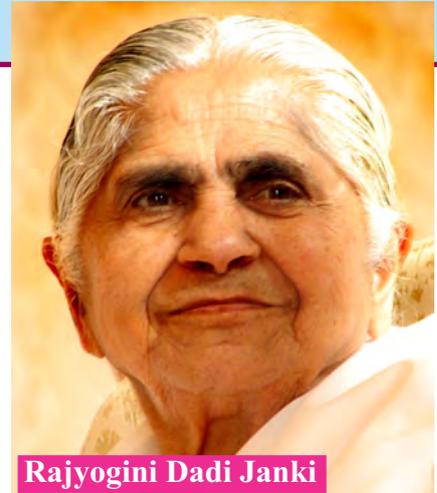
We must check our limitations. Are we thinking of only our area or the whole world? Others should see that Shiv Baba is in our hearts, and we are in His Heart. This is the power of yoga.

Yoga helps us become free from waste thoughts. In such a thoughtless state, we attract God's love naturally. Shiv Baba lovingly calls us, "Come to Me, My friend."

When love for Shiv Baba is strong, it creates acceptance, power, and deep transformation.

A spiritual atmosphere is one of quietness and stillness. Noisy behaviour and repeating the past should be avoided. We shouldn't worry

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Rajyogini Dadi Janki

THE WAY TO MAKE A GOLDEN ENVIRONMENT

Now the time has come to rethink the environment from a different perspective – i.e., through spirituality – for our peaceful coexistence with nature.



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



Fifth June is celebrated as World Environment Day every year, bringing together millions of people from across the globe and engaging them in the effort to protect and restore the Earth. This important day provides a global platform to

inspire positive and fruitful changes by taking actions for a pollution-free environment with the help of government power, policies, businesses, and the people, to create a more sustainable world. The event has been led by the United Nations Environment Programme (UNEP) since its inception in 1973, and 2024 marks the 52nd year of Environment Day celebrations.

This special day is particularly aimed at addressing and pressing environmental challenges, particularly air pollution causing excessive heat, and plastic pollution on land, in rivers, seas, and oceans, causing a lot of harm to both terrestrial and aquatic ecosystems. Many times, both the central and state governments have taken different steps regarding the production, consumption, and disposal of plastics, plastic products, and packaging to beat plastic pollution, but to date, the success rate has not been up to the mark – mainly due to human causes including greed, insincerity, and callousness. Air pollution comes from many sources – mining, petroleum extraction, power

plants, and iron and steel, cement manufacturing furnaces using fossil fuels, the automobile sector, etc. The entire global humanity is suffering from a suffocating environment, but still, it is difficult for the government to ban all existing policies at once, and at the same time, the government also fails to take stringent measures against violations of environmental protection due to different socio-economic factors.

After all, we, the people, are not very aware of all those pollution-creating factors, even the ones that can be controlled by ourselves, like changing our habit of using plastics in daily life, using ESP machines in factory chimneys, and restricting the movement of two-wheelers, private cars, etc.

Basically, nature nurtures us, but now the time has come when we have to nurture nature for our own cause – i.e., a better future. So far, Mother Earth has continued to nourish us all with her most productive and beautiful stockpiles of plants and trees, animals, birds, insects, and natural resources like rivers, streams, lakes, forests, hills, mountains, seas, and oceans. There was a time in human history when nature was pure and virgin because there was no human interference, but in the last few centuries, nature has been invaded and exploited by human greed in a number of ways. The natural world or environment may be explained in terms of biotic and abiotic components involved in creating different types

of terrestrial and aquatic ecosystems, which as a whole are linked to the ecology of the Earth in different geographic locations.

Ecosystems have been damaged and, as a result, ecological balance has been disturbed. Now we have to think and work practically for its restoration. We know and discuss different types of pollution – i.e., soil, air, water, sound, etc. – but we never think of our mental pollution, which is the root of all types of pollution. The basic five elements (soil, water, air, fire, and sky) of nature have been fully damaged mainly due to human activities in numerous ways. Behind such environmental destruction, some vital causes may be population explosion, deforestation, open-cast mining, unplanned urbanization, rapid industrialization – particularly in third-world countries – random consumption of fossil fuels in the furnaces of power plants and manufacturing industries, and the flourishing automobile industry, etc.

Despite regular climate change conferences by the Intergovernmental Panel on Climate Change (IPCC) and various measures taken at international platforms to check high levels of pollution, it is increasing day by day.

Now the time has come to rethink the environment from a different perspective – i.e., through spirituality—for our peaceful coexistence with nature. There is a complex web between human souls and nature. When souls were pure, nature was also pure and qualitative. But that time has passed since Dwaparyuga, 2500 years ago, when the soul-conscious deity stage started deteriorating, giving way to body-consciousness due to the entry of the five vices. Once, during Satyuga and Tretayuga, we were the masters of nature, but now nature has become our master and is not under our control. Rather, it is showing its devastating signs and

symptoms everywhere, which are expected to increase manifold in the remaining short duration of the rest of Kaliyuga.

Now, nature will perform its duty of cleansing and sweeping the Earth as destined in the world drama. The Supreme Soul will purify all human souls as the Supreme Purifier, and nature will sweep the entire Earth. As a result, we are going to get a pure environment in the forthcoming Golden Bharat very soon, where again we, the deities, will be the masters of nature, who will then always be busy satisfying their masters.

So let us sanitize our mind and intellect to purify thoughts and emotions through the sanitizing filters of concentration, contemplation, realization, and meditation, and hope for the best with a Golden Future. ■ ■

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lives. He is constantly shaping circumstances and orchestrating events as our Protector Guard.

Becoming God's right hand is being faithful, obedient and trustworthy. It also means standing firm in own commitment to the GOD even in the phase of challenges and uncertainties.

As God's right hand one will have direct access to Him, enjoying a deeper and more intimate union with Him. And if one is the right hand of GOD then He will guide them in every decision, assuring them that they are on the right path.

God's right hand will be rewarded in the eternity so.....

Let's uncover God's divine identity, become His right hand and make our life a masterpiece of his divine love and glory.

"Right hand – A hand of an honour, A hand of Healing, A hand that brings vibrancy"

Becoming right hand of GOD fills us souls with harmony. ■ ■

REPUTATION FADES CHARACTER REMAINS

Life should have a clear goal and foundation only then does it gain true meaning.

B.K. Ram Singh, Rewari (Haryana)



A person once asked a young man, “What do you do?”

He replied, “I study.” Then the person asked, “Why do you study?” He said, “To pass.”

The person asked again, “Why do you want to pass?”

The young man answered, “To get a certificate.” Then the person asked, “Why do you need a certificate?”

“To get a job,” replied the young man. Next came the question, “Why do you want a job?” He said, “To earn money.”

“And why do you want money?” “To eat,” the young man replied. “Why do you want to eat?”

“To live.” And finally, the person asked, “Why do you want to live?”

At this question, the young man fell silent – because he had no answer.

There are crores of people in this world who still have no answer to this final question. Yet, it must be said: there should be a sacred purpose to human life. Life should have a clear goal and foundation – only then does it gain true meaning.

The condition of man today is such that: Born on Monday, grew up on Tuesday, married on Wednesday,

Children fell sick on Thursday, hospitalized on Saturday, And departed from the world on

Sunday.

This is just a snapshot of human life.

But the important thing to note is that this is a distorted and incomplete picture of life. There is no beauty in this image, whereas the picture of life should reflect the beauty of moral character.

It is said: *The essence of a flower is fragrance; the essence of life is character.*

The one who collected fragrance gained knowledge, but the one who developed character made life successful.

If one is only born and dies, what is the purpose of coming into this world?

Character is not inherited at birth: The refinement of character is the ultimate goal of all education. True education is only meaningful when it builds character. But for that to happen, it is essential that the teachers and parents – the mother and father – are themselves virtuous and truthful. Learning alone has little value when compared to character. If the character is good, learning naturally becomes meaningful.

A man's character is his fortune, and the making of his life depends upon his moral character.

We are not born with character; it is cultivated through behaviour and experience over time. Character is not formed in times of crisis – it is revealed. In times of difficulty, one

only displays the preparation done beforehand.

Reputation is a picture; character is the face: Character is like a tree, and reputation its shadow. The shadow is what others perceive; the tree is the reality.

Thoughts matter – they are a vital part of life. They shape character, and character influences habits, which eventually guide one's willpower and actions.

Doubt or faith in our thoughts directly begins to mould our character.

It takes a lifetime to build character: Honesty is the true identity of one's character. Reputation is formed in the circumstances we live in, but the truth we believe in forms our character.

Reputation is what others think we are; character is what we truly are.

Reputation is given from the outside; character develops from within.

Reputation is what comes to us from society; character is what we bring to society. Reputation can be made in an instant; character takes a lifetime to build.

Reputation is seen quickly, while character takes time to understand.

Reputation can be like a bubble, while character raises its flag for eternity.

Character is the greatest of all powers: Character consists of a person's moral values, beliefs, and personality, reflected through behaviour and actions.

It is more valuable than all the wealth in the world and needs to be preserved more diligently than any material treasure.

Character is a superpower, greater than all

powers. Before the wealth of true character, the grandeur of positions, assets, and luxuries of the world bow down.

A person rich in the power of character is committed to fulfilling the purpose of life. He acts according to his inner values and does not engage in anything that his conscience does not approve of. Such a person never gives up in life. Every victory awaits him, and success comes naturally – because he leads with clarity, speaks with purity, and thinks with positivity. His thoughts are free from all negativity ■■

KEEP IT SIMPLE

With so many choices and decisions, so many demands from people and events, in our modern fast changing world, it's a real challenge to 'keep it simple'. Making it simple means making things easy and clear. The magic wand to wave over your life is 'planning and prioritising'. Make plans, long and short term and then prioritise. Then practise taking one thing at a time, so you can have one thought at a time, with some space before you have to have your next thought. But don't get attached to your plans or priorities. Be flexible (easy) and yet focused (clear) and in this way you can teach yourself to think simply and act simply. One thought at a time. At your own pace. In your own space. A simple life is a contented life.

DON'T GET CONFUSED IN ANY ASPECT

The Supreme Father has come now and is showing us the path. To the extent that we imbibe this knowledge, to that extent we gain attainment.

The one who becomes, and the One who makes, are two different entities. Are they the same? The self becomes impure, but the Supreme Self remains ever-pure. **This is why it is not possible that the soul is God, or that the One who reforms would Himself become spoiled – impure from pure.** God, the Supreme, never becomes impure. The Father is always pure, is He not? His beauty, power, and qualities remain ever constant. Therefore, the one who becomes is one thing, and the One who makes is something else. There is a difference. The Supreme Father, Incorporeal God, through the lotus-mouth of Brahma, explains how we became impure.

One should never get confused in anything but should recognise the real Supreme Father, God Shiva, His unique love towards us, and make efforts to rise higher. There is no such thing as making effort to fall. One doesn't have to make an effort to fall, or to become unhappy.

Effort has to be made now, in the Confluence Age – i.e., the confluence of Kaliyuga and Satyuga. The God-Father comes and teaches how to make elevated attainment, and what kind of effort is accurate. No one taught us that effort previously. Those who teach in this world are in the cycle themselves. Everyone has to come down. So, till now, we could not find anyone who would uplift us.

We have now found the One who teaches in order to uplift us. The Supreme Father has come now and is showing us the path. To the extent that we imbibe this knowledge, to that extent we gain attainment. We have the entire knowledge

in our intellect, and so whatever we want to do now, we have to do that alone. All the strength of our effort should be applied in doing this.

The Cycle Has to Spin

The cycle continues to spin as per its time. One has to focus on how to attain an elevated status within the cycle. Everything will continue to happen as per time. What sort of time is it now? A time to rise higher and reach our elevated stage. This is why one has to make effort for this – to become pure from impure. Now God Himself comes and teaches us, inspiring us to make the effort to rise higher. So, there is only One who purifies all the impure ones. Christ, Buddha, and other founders come pure and establish their respective religions, but as they come into the cycle of birth and death, they also become impure – they come down. They come down themselves, and their followers also go through decline. Ours is now the ascending stage, as we have to become pure from impure because the God-Father is now teaching us. We should understand all these accounts. Each soul that comes on this stage of the Drama will go through decline until the Father comes and lifts up the souls who have fallen. This is the very time when the new Deity religion and the new heavenly world are being established. It is now the end of this old world. We should understand all these things and make efforts accordingly.

Now We Must Attain That Fortune

The Father is present for such an elevated task, so we should take full benefit now. What sort of benefit? The inheritance of 21 births. This



Mateshwari Jagdamba
Saraswati

is the highest benefit of all, which no one gave to anyone, nor will anyone ever give. Whatever task the religious fathers performed was different. The task that the Supreme Father is doing is the most elevated one. The religious fathers come during the time of descent; the God-Father comes and takes us all into the ascending stage. We have to understand the importance of the present time.

Religious fathers do not come at the end of the cycle. They come during the Copper Age, and they themselves fall from grace in the Iron Age. They have come down birth after birth and become impure. They are not called purifiers of the impure ones. It is only the Supreme Father, God Shiva, who purifies the impure ones. He takes all souls back to liberation and salvation. This is the responsibility of the One. The rest all have to come down. No matter how great souls are when they come, they have to come down. They have to become impure because the cycle spins downwards. It isn't that the cycle spins upwards when the religious fathers come—it continues to spin down.

Now it is time to become full in purity and divinity and climb up the ladder. We do this for the self. Our treasure store is getting filled. Even though it is not visible, we Godly children are accumulating an income for 21 births—it's like receiving a hundred-fold, thousand-fold. We are making more and more. It's good. Whatever mundane activity is done for the children and family, that is for our karmic account. Here, we are doing service and accumulating for the future. Whoever does, gets – and they'll receive in the new world too. We'll get everything new there. We have this in our thoughts.

'Incognito' Has Great Significance

Some do it forcefully – they are doing what they do because of circumstances. Some do it to show off. It is similar on the path of devotion

when people do things. The fruits of such actions will not be great.

Those who do with their heart will get the full return. Those who act forcefully or to show the world that *we did this* – the strength of such donations is lost.

'Incognito' has great significance. Why? Those doing incognito service will get more fruit. There is an account in creating fortune as well, isn't there? Doing is doing, but there are different ways of doing: *sattoguni*, *rajoguni*, and *tamoguni*. There is an account in doing also. One needs the method so that one's attainments become elevated. ■■

(Contd. from page no. 18)

about the future either.

When our vibrations become powerful, our very presence becomes service – without words. People will feel the spiritual power in us and remember the One who made us like this – Shiv Baba.

Before going to sleep, we should say “Good night” to Shiv Baba and reflect on the benefit we received from Him. All over the world, BK centres follow a daily routine with discipline and love – this brings success.

Spiritual love brings spiritual change effortlessly. When we live with this love, God uses us for service anywhere, anytime. Let's keep Shiv Baba in our vision, and stay in His vision, too. This is a great charitable act.

Let's now create an atmosphere of love, closeness, and trust. We don't need to speak much – pure love and honesty will reach others silently.

Finally, remember: mind, body, and wealth are not ours. Every karma should bring success. Let nothing go to waste. Let success shine behind us like a light. ■■

Road to Perfection

Are you often driving at speed down life's hectic fast lane, feeling you cannot slow down and escape the constant stress? Does your mind speed out of control? Have you become oblivious to seeing yourself rushing around, getting nowhere fast? Are you guilty of chasing your tail instead of perfection?

Perfection will finally come to those who pay attention to ignoring their bad habits by always focussing on being good, doing good and, importantly, and thinking good.

Are you stuck on what should be the merry-go-round of happiness but which has turned into the merry-go-round of sorrow, unable to free yourself?

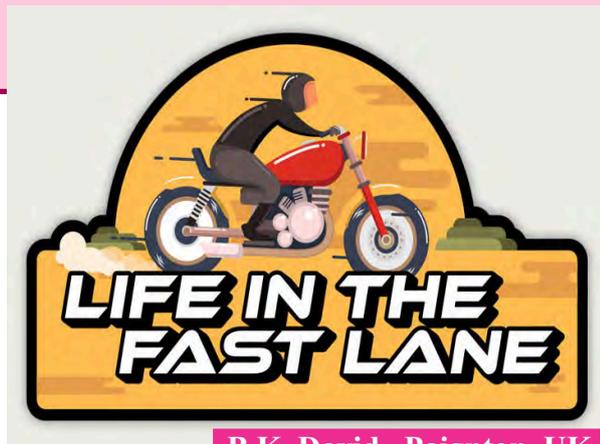
Does your life often feel like a steady cycle down a sunny country lane shaded by overhanging trees, or does it feel more like a mad, nonstop dash down a crowded, fast-moving motorway where you struggle to remain in control, trying to avoid the endless cars that seem to get in your way and only serve to slow you down?

Cyclic paths, roads, and sorrows all need attention within life's cycle and are woven together by the strong thread of unending suffering.

Life was once five steps forward and one back. Has your life changed into one of three steps forward and four back? Can there be any gain in that?

All roads are cyclic and ultimately bring you back to the starting point of your original journey. The longer you've travelled life's roads, the more their surfaces get worn and develop deep potholes that can cause you to crash – even die!

Some roads are impassable because the



B.K. David, Paignton, UK

driver caused rock falls from his reckless living and even pushed others off the road, being so egotistical, selfish, and full of anger and hate.

Yet some remain so at peace, confident, and relaxed, they even wave others on to overtake them while having good wishes for them – and then wave them goodbye as they pass. Which driver most resembles you? The cool, relaxed, giving driver full of peace and good wishes, or the hot-headed maniac forever rushing here and there, trying to beat the crowds?

When did you last feel peaceless, selfish, or angry? Or have you been overflowing with love and peace the last few months, without room for dislike or sorrow – not even the smallest gap appearing through which anger or sorrow could creep in?

Some live like a tank, battling their way through life. Others live like angels, spreading love and peace. Is your mind full of good wishes or missiles to fire?

I never see people in a rush to give, only to take.

The wise drive on roads with traffic lights, because even if they forget to drive (think) slowly and speed up, joining life's constant rush to take and gain, these inner traffic lights bring them to a controlled stop – where they can “stop and think,” take stock of where they are going and what they are thinking that's causing them

to speed up.

All motorists easily get caught up rushing – always for the reasons of vice, body-consciousness, wealth, or material gains that drive them (often into despair and spinning out). They never stop to question this and think it somehow right to follow the tail of the speeding car in front of them that is malfunctioning and spewing out a thick toxic cloud – dangerous fumes that choke and pollute everyone following.

The Yogi breathes in love and breathes out peace. The world rushes around, leaving only fumes of anger for all to breathe in – including you, your family, and children.

The air of hate, dislike, stress, and metaphorical knives pollutes the fragrant air of peace, love, and good wishes. So now it's very important to keep your lungs full of the purest oxygen (thoughts) available, which can always be found in God's own shop – and for free.

God teaches us to breathe in love and recycle it into the air, rather than create toxic clouds that pollute the environment (minds) and later recycle such toxic air from our lungs (mind).

Sooner or later, you'll drive over a cliff edge of your own making if you've spent your life following a car you trusted to know the best way in life.

This typical way of living is called “the blind following the blind,” now an omnipresent conscience and weak state of mind that few can see, let alone break free from. Rare is the one who turns away from convention and sets themselves free from the chains of so-called normality – and searches out, and later finds, the only road that leads to perfection and heaven.

Were you aware that the road to heaven has as many potholes, skid marks, crashes, near misses, and dangers as man's road to hell,

travelled daily – except for the brave few souls who threw man's book of rules out the car window and took an alternative route that was not on man's road map to happiness?

Much is to be said for the slow coach that travels in the slow lane.

Wise is the driver who likes to travel slowly, taking in the views, aromas, and beauty spots, and taking time to stop off and share picnics of laughter and love.

Does it not make perfect sense to travel a slow, pleasant road that's not busy – which allows the driver to be content, at peace, relaxed, and able to think clearly, with love, and know where he's going?

Life can be led without stress when you stop and take time to plan the best route for your passengers (family and friends) travelling with you down life's road. It can be beautiful and entertaining when your journey is planned using a spiritual magnifying glass that reveals any problems on your route.

And your street would be called what?

All of man's routes go through cities such as Tomahawk, Stressed, Lonesome, or towns like No Paddle, Sciatica, and Lumbago – which come under the expanding conurbation of Bulging Disc, whose capital is called Slipped. It has many suburbs named after its prominent residents: Out of Control, Depressed, Sorrow, Hurt, and Pain.

Is it not better to learn to travel in happiness with a smile than be a victim of man's speed machine?

Most are constantly caught up speeding behind the wheel of sorrow and stress, while always wearing the baseball cap whose logo reads: “Float, Drown, or Frown.”

(Contd.)

NECESSITY OF VALUES IN LIFE

Man's rise and fall is integrally related to the development and decay of values in his life.

Values are the invaluable wealth of life. They are the real friends providing happiness in life. A value-based life is the most self-respecting and respectable life; these make the soul worthy of being nearer to God, and life attains its true significance and meaning. Values make humans free of all bondage, independent, and self-sufficient, and protect them from all external dangers and problems. – *Rajyogini Dadi Janki Ji (Former Chief of Brahma Kumaris)*

The question of values now occupies the centre stage. There is no profession, no field of activity, no area of learning where the question of values is not being discussed. It is being said repeatedly and vociferously that our education should not neglect values. Politics should observe some moral principles, business and industry should have a code of conduct, and administrators should have a set of values to put into practice. Thus, the inculcation of values is being stressed everywhere.

In spite of material, economic, and scientific sources of comfort increasing in abundance, one finds true happiness, love, and peace being lost somewhere in the journey of life. Comparatively, **our present life is so full of material comfort, yet one finds life losing its path and direction in internal restlessness, loneliness, hopelessness, disappointment, and strife.** No doubt, material progress is an important factor in the development of human



B.K. Sujoy, Durgapur (WB)

civilization, which makes our external life prosperous and provides material protection to existence. Yet, values are indispensable for making our inner self contented. Values are, in fact, the guides that direct our civilization in a positive direction. It is only when human values degenerate that the whole human civilization is destroyed by destructive weapons like nuclear bombs. When values decay, man even tends to lose his title as the 'crown of creation' on this earth, because man's rise and fall is integrally related to the development and decay of values in his life.

However, it is little realized that values are derived from our beliefs. Values do not exist independently of beliefs. One must first have some ideals and goals, some visions and aspirations, and these determine the set of values necessary to realize those goals or achieve those ideals. There is no human being, however remote from civilized society he might be living, who has absolutely no beliefs. Beliefs are basic to life, and whether lettered or not, everyone has some values. Even a cave man has some values.

But the question is: **what are those values that will enhance human experience and enable men and women to live a life characterized by harmony and health, well-being and wealth, and heavenly happiness and purity?**

The United Nations has declared 'tolerance'

as a key value, as much of the conflict in society today is due to a lack or absence of tolerance. It is tolerance – of differences in views, diversity of religious beliefs and cultures, plurality of races and nations – that brings about unity and cooperation, and creates efforts for the amelioration of the world's miserable condition.

But tolerance or unity cannot exist or survive alone. In fact, no value or virtue can stand alone by itself. In the case of tolerance, there is either some common purpose that holds people in unity, or there is an urgent common need, waiting to be fulfilled, that impels or compels people to be tolerant. But even if there is a common purpose and common need, tolerance becomes shaky, weak, emaciated, or even dead if there is suspicion about a person's motives, doubt about his intentions, or awareness of a lack of sympathy. Above all, one may tolerate civilized and wise people – even if the latter are bitter critics or opponents – but a higher degree of tolerance is required when confronted with people who are compulsive, vile, or wicked. For

this, one must develop within the self the supportive values of goodwill, patience, introversion, calmness, and, above all, love, which is the highest among them.

If we ponder deeply, we will come to the conclusion that **love is the mother of all divine qualities, virtues, or values**. Remove love, and the whole edifice of values crumbles or caves in. But true and pure love gets its sustenance from **soul-consciousness, purity, and meditation**. Without these, love, tolerance, and other values cannot stay strong for long. So, **purity, peace, love, and meditation** are the four pillars on which a better world – a value-based world – can be built. ■■

SUCCESS

Success means to reach such a constant level of positive thoughts that pure actions happen naturally. Pure actions are like good seeds which, when planted, produce healthy, sweet fruit.

WORDS OF WISDOM

- ◆ **There are no regrets in life. Just lessons.**
- ◆ **Coming together is a beginning; keeping together is progress; working together is success.**
- ◆ **If you are not willing to risk the usual, you will have to settle for the ordinary.**
- ◆ **Life has no limitations; except the ones you make.**
- ◆ **In the end, it's not the years in your life that count. It's life in your years.**
- ◆ **Life is very interesting...in the end, some of your greatest pains become your greatest strengths.**
- ◆ **Before anything else, preparation is the key to success.**

(Contd. from page no. 3)

Just half an hour before our arrival, that person had also reached there. He threw the mat of the centre, broke bulbs, scattered chairs hither and thither, and created a scene. Then he began to ask, "Where is Mamma? Today I'll leave only after squaring things." The BK Sisters were worried about what he'd say to Mamma. They had sent Mamma to the top floor. He then said, "Where have you hidden Mamma? Why doesn't she come before me? Let me talk to her." Saying so, he roamed around the whole house on his own and finally reached the top floor.

In the room, there was a cot and a chair. Mamma was seated on the chair. When he reached there, Mamma stood up from the chair and said, "Come, child, come; how did you come?" She spoke to him so lovingly, "Come, child!" that he said in all honesty, "Maa, Maa, Maa!" All his questions ended then and there. Then Mamma again asked, "Say, how have you come?" He said, "Nothing." The complaints he had, the dispute for which he had come, were set aside. He was deeply touched by Mamma's divine personality. Mamma hadn't said anything except lovingly, "Come, child, be seated here." To which he replied, "No, Mamma, you remain seated here; I'll sit there." Then Mamma spoke very politely, "No, no, you sit." He was surprised that despite being so senior, Mamma was offering him her own seat. Even though he sat, he kept receiving Mamma's *Drishti*, i.e. spiritual gaze. He benefitted greatly from that gaze and had a wonderful experience. When he came back, he began to tell people that Mamma was so great. He became a fan of Mamma. He also told them that Mamma didn't get angry or argue. He said, "She didn't even ask me why I had gone there, or by whom I was accompanied, or why I

didn't take permission, or whether it was proper to go like that. She said nothing." Mamma's love, caress, and personality were so impressive that she was exemplary in revealing Godly teachings.

It has been sung in the praise of yogis that their inner state is such that they spread love and goodwill towards one and all. They treat their critics as friends. We saw in the life of Brahma Baba also that he didn't say it just for the sake of saying that the defamer is his friend, but for such people, he'd say, "They're children. They don't have knowledge; it's not their fault. As per drama, it is their part; when they understand, they won't do this. Therefore, there is no need to feel bad about what they say."

The reason why Mamma had magnetic power was because she treated everyone as her child. She was not just the mother of the Brahma Kumars and Brahma Kumaris, but from her behaviour, it was obvious that she considered all to be her children, irrespective of their age. She didn't have the body-consciousness of friend or foe, male or female, age, or anything else. She had become a yogi. Without the power of yoga, i.e. God's remembrance, body-consciousness cannot be conquered. The power of yoga is the best. A yogi triumphs through this and becomes a bead of the rosary. This is what we saw in Mamma conspicuously.

Those days, people had contradicting reactions towards the Brahma Kumaris. Many people used to disparage Brahma Baba so much. A person can hear his own defamation and somehow tolerate that of the institution also, but hearing the defamation of Brahma Baba, with whom one had special love and through whom one had got a new lease of life,

would provoke them. But this shouldn't happen. This is what we all learnt from Mamma's life. Like Mamma, we too need to have tolerance, sweetness, politeness, and nobility towards one and all. Until one has a role model in front of them, whom should one follow? Mamma's life was clean like a mirror. Whoever saw her or sat beside her, whether he was her opponent or associate, would say, "This is my Mamma."

Likewise, at another place, a group of opponents came to meet Mamma on the top floor of the centre. They saw that she was sitting in meditation in a still and stable state – totally unaffected by the slogans of resentment echoing from downstairs. They came and sat in front of Mamma. They each had some kind of divine experience. When someone sits in meditation in a righteous state, then Shiv Baba also helps. Having sat for a while, they experienced that bright light was emanating from Mamma's eyes, as if torchlight was being thrown on someone. When they looked towards her eyes, what they could see was only light. They felt that it was the power of penance, because otherwise any woman in such a situation would either get frightened or quarrel or shout loudly – but she was absolutely calm. Through the power of silence, Mamma had absolutely calmed them. At that time, they needed the power of silence because they were disquiet souls. Those powerless souls received spiritual power. They experienced themselves to be in a place beyond the world of sound. They wondered how these BKs could sit in one posture for such a long time. They were sure that these people had disciplined their body, mind, and eyes completely. These were great souls. Some of them had read religious scriptures. They knew the qualities of a yogi.

The animals who are believed to be enemies of each other since birth behave like friends when they sit around a yogi, as shown in a memorable picture of deity Shankar. He is shown surrounded by snakes, buffaloes, peacocks, etc., who, though considered enemies by nature, are depicted sitting like members of one family. In other words, because of Shankar's yoga and *samadhi*, even those animals were calmed. Such was the condition of those anti-BKs sitting around Mamma. They didn't want to leave. Mamma's power had held them, but still, they came downstairs so that the people standing outside wouldn't create more noise.

When they came downstairs, the people were anxiously waiting for them. They said, "Brothers, their Mamma is wonderful. You can see it yourself. She is very nice." The opponents said, "See, you people too have been bewitched by these people. We were already suspecting that, since you had been sitting there for so long, you also would have been captivated by their magic." They told them it was not like that. They could see it for themselves. On which they said, "What do you mean, that we should also go and get bewitched?" "No, brother, our children and wives would ask us how we have changed; we won't go inside the room." Having said so, many left. But some were still standing. They began to ask, "Did they apply collyrium/soot in your eyes?" They said, "No." Then they asked, "Did they feed you something?" They said, "No." Then they asked, "Then how did they bewitch you? They might have done it through gaze." They said, "You may say whatever you want to say, but the truth is that if true peace can be attained, it can be attained here only and through Mamma."

I told you two illustrations. Shiv Baba frequently advises us, "Children, your stage of yoga should be such that you can do service through the mind. At the end, only such service will be done. People will be very anxious and disquiet. You remain in silence and give them the power of peace, give them what they need." We have not yet attained the stage that Mamma had attained in those days. Brahma Baba did not have to repeat teachings to Mamma again and again. It was Mamma's quality that if he gave her any teaching once, he wasn't required to repeat it, as Mamma would imbibe it in her life instantly. This is called *purusharth* (effort). She always said "Yes" to Brahma Baba. Mamma used to say, "When you say that you're an effort-maker, you mean that your life has flaws or weaknesses and you're prone to mistakes. But an effort-maker really

means that what has been understood once does not need to be explained again." We want to change *sanskars*, yet they are not changed, but Mamma would immediately transform them and therefore went ahead and attained the state of perfection and completion. ■■

HEART SONG

Everyone has a song in their heart. Everyone has a reason for being here and a season for making their highest, greatest most auspicious contribution. No one knows what that is or when that is for anyone else. Only our own heart knows what and when it is for us. Your heart wants to sing. Don't die with your music still within you.

LAUGHTER: THE BEST MEDICINE

◆ **Yamaraj (God of Death):** "Hey being, where do you want to go...???" "Heaven or Hell?"

Man: "Hey Lord," "Send me my 'mobile and charger' from Earth" "I will stay anywhere."

◆ **Husband:** I want a divorce from my wife. She throws utensils at me.

Judge: Has she just started doing this or has she been doing it for a long time?

Husband: She's been doing it for a long time.

Judge: Then why are you asking for a divorce after so many years?

Husband: Because now she hits the target perfectly.

◆ **God:** What do you want?

Santa: One good job, a room full of money, a peaceful sleep and relief from heat.

God: Amen! (may it be so)

Today Santa is a security guard at ATM.





Delhi (Kingsway Camp): Mr. Raja Iqbal Singh, the new Mayor of Delhi is being felicitated by BK Sadhna at BK centre.



Panipat: A programme on 'World Earth Day' is being inaugurated by Dr. Vikas Singh, VC, Geeta University, Mr. Mukesh Sharma, Sr GM, ISRL, Panipat Refinery, BK Bharat Bhushan and BK Kriti.



Mohali: BK Rama is felicitating the newly appointed Deputy Commissioner Ms Komal Mittal.



Mumbai (Gamdevi): BK Anju is seen at Interfaith Religious Prayer Meeting for victims of Pahalgam Terror attack at the Bahá'í Centre.



Gurugram (ORC): Students from various schools are attending the Digital Wellness Program organized by the Brahma Kumaris. SDM Mr. Dinesh Luhacha, BK Aditi, BK Vijay, BK Divya, and others addressed the students.



Gwalior (MP): Security Service Wing of Brahma Kumaris organized programs on 'Self-Empowerment for Stress Free Life' for security forces at SAF battalions of State Police, BSF Academy, CRPF group centre and CTC.

In present-day life, nobody is perfect when it comes to goodness and virtues. Hence, it cannot be denied that we all need to be enlightened, and we urgently need to improve the quality of our thoughts, speech, and actions. Since we cannot avoid learning – even if we wish – why don't we choose to learn and inculcate in ourselves moral values, virtues, and good qualities so that we may progress towards perfection? Why do we wish to carry a heavy load of rubbish on our heads? Why do we want to delay our march towards our goal? What do we gain by making lame excuses, saying we have no time or interest? What is it that we are really interested in? Are we interested in our downfall, decay, or doom – in sinking and drowning in the quagmire of vices, evils, and filth?

Remember! The more we delay, the worse our condition will become, and the more difficult it will be to rectify our ways. The process of learning, as mentioned earlier, is ceaseless and continuous. Someone has rightly said, "We learn every day and must shed the ego and the perception that we know everything." Hence, we cannot stop learning even if we try our best, putting all our might into resisting it. So why not remain alert and follow the right path that saves us from the tragedies,

traumas, tensions, and turmoil of life?

The answer lies within us. ■■

Life Changing Advice

- **You define your own life. Don't let other people write your script.**
- **Take the time to enjoy the little things, for one day you may look back and realize they were the big things.**
- **You will face many defeats in life, but never let yourself be defeated.**
- **If you change the way you look at things, the things you look at change.**
- **Once you face your fear, nothing is ever as hard as you think.**
- **Next time, ask 'What's the worst that will happen?' Then push yourself a little further than you dare.**
- **Let us make our future now, and let us make our dreams tomorrow's reality.**

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Pune: H.E. Ramen Deka, Governor of Chhattisgarh is being presented Godly gift by BK Bhagyashree, BK Akanksha, BK Deepak, BK Ganesh and Miss India Dr Isha Agarwal.



Lucknow: Mr. Brajesh Pathak, Dy Chief Minister of Uttar Pradesh is being invited for Global Summit-2025 by BK Mruthyunjaya, BK Radheshyam and BK Ravindra Agarwal.



Tashkent (Uzbekistan): B.K. Atmaprakash seen with Indian Ambassador Ms. Smita Pant after a courtesy call on her.



St. Petersburg (Russia): BK Santosh receiving "Global Leader Award" at Global Economic Summit from Dr. Hari Krishna Maram, Founder Chairman, Valeria Mir, former Miss Russia and Andrei Chirva, founder and CEO, Poolmann Co.



Vadodara (GJ): After a seminar on 'Artificial Intelligence to True Intelligence', Dr. Hemang Joshi, Lok Sabha MP is being presented Godly gift by BK Aruna.



Gurugram (ORC): Padmashri Shivanand Maharaj is being presented Godly gift by BK Manju during his visit to Om Shanti Retreat Centre.

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Moscow (Russia):
Solemn Prayer Meet in memory of the victims of "Pahalgam Terrorist Attack" is being addressed by BK Sudha, Ambassador of India to the Russian Federation, H.E. Vinay Kumar, also present.



Agartala: Dr. Manik Saha, Chief Minister of Tripura is being presented the report of Drug De-addiction Campaign by BK Dr. Banarasi, BK Jonali and BK Vijay Gupta.

Mount Abu (Gyan Sarovar): National Media Conference is being inaugurated by Mr. Krishna K Vishnoi, Rajasthan MoS for Industry and Commerce, Dr. Gopal Sharma, MLA, BK Sudesh, BK Sheilu, BK Atamprakash and BK Shantanu.



Mount Abu (Gyan Sarovar): Rural Wing Conference is being inaugurated by Lok Sabha MP Mr. Purushottam Rupala, VC of Chandrashekhar Azad Agricultural University Kanpur Dr. Anand Kumar Singh, BK Sarla, BK Prabha and BK Raju.