

The World Renewal

Monthly

Vol. 55, Number 12, March, 2025

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



Abu Road: The Prakashmani Wisdom Park and the Navsrijan Aqua Laser Show is being inaugurated by Mr. Om Birla, Hon'ble Speaker of Indian Parliament (Lok Sabha), BK Mohini, BK Jayanti and Mr Lumbaram Choudhary, Member of Parliament.

स्नेह मिलन समारोह एवं ब्रह्मा भोजन (Lunch)

आयोजक: राजनीतिज्ञ सेवा प्रभाग, प्रजापिता ब्रह्माकुमारी ईश्वरीय विश्व विद्यालय



Raipur: On the first day of the budget session, the entire house of Chhattisgarh Legislative Assembly reached Brahma Kumaris Retreat Centre which included CM, Dy CM, Speaker, LoP, Ministers and MLAs. Seen on the stage are Chief Minister Mr. Vishnu Dev Sai, Assembly Speaker Dr. Raman Singh, BK Mruthyunjaya and BK Dr Banarasi.



Guwahati: Dr Himanta Biswa Sarma, Chief Minister of Assam is being presented Godly gift by BK Karabi & BK Moushumi on his birthday.



Vadodara: Gujarat Chief Minister Mr. Bhupendra Patel is seen with BK Poonam and BK Jagbir during the flag-off ceremony of the Vadodara Marathon.



Khajuraho (MP): Union Agriculture Minister Mr. Shivraj Singh Chauhan is being presented Godly gift by BK Vidya after the inauguration of a living tableau on Shivratri.



Baner (Pune): Union Commerce and Industry Minister Mr. Piyush Goyal is being presented spiritual literature by BK Triveni and BK Dr Deepak.



Dindigul (TN): Inaugurating a programme on Spiritual Wisdom are Mr. N. Ravichandran, Corporation Commissioner, Dr. N. Panchanatham, VC of Gandhigram Rural Institute, BK Uma, BK Pandiamani, BK Jayakumar and BK Sivasubramanian.



New Delhi: BK Mruthyunjaya is meeting Mr. Kishan Reddy, Union Coal and Tourism Minister at his residence.



Karnal (HR): Mr. Harvinder Kalyan, Speaker of Legislative Assembly is being presented a frame of God Shiva by BK Prem and BK Shikha.



Mumbai (Ghatkopar): The event "Sakhi Minithon 2025" on "Celebrate, Inspire & Unite: Every Mile is a Milestone," is being flagged off by BK Shaku, BK Nikunj and other dignitaries. About 2500 Women participated in the Minithon.

From the mighty pen of Sanjay

THE ROLE OF WOMEN IN ESTABLISHING UNIVERSAL HARMONY

Every mother is a mother because she has motherly love and affection. She cannot see her children crying in pain. She cannot sleep or rest if her child is restless. She would sacrifice her comforts, rest and happiness for the sake of her children.

We can see that man's ways of living have created disharmony not only in his relations with Nature or the environment, but has caused social, political, ethnic, racial and communal disharmony as well.

There is, therefore, pollution not only in the environment now, but another kind of pollution has also penetrated all aspects and fields of life. The cases of arson and killings that have occurred due to the outbreak of communal discord in the recent past, and the turmoil between various racial, ethnic, communal, regional or cultural groups elsewhere in the world, are clear reminders of the truth that disharmony is spreading.

Today, human relations have deteriorated to

such an extent that it has become extremely difficult to maintain law and order in many countries. It is, therefore, being felt that it is essential to take some urgent steps to restore harmony, for, otherwise, the very existence of society would be endangered.

One could discuss the question of harmony from many angles and in its many aspects, but it would be appropriate to discuss the question of harmony in human relations first, because, once harmony in human relations is established, other problems can be solved by unity, love and mutual co-operation.

Family is the basic unit of society. Moreover, it is during childhood, in family life, that the

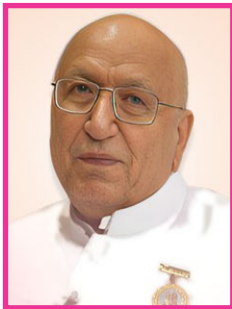
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RULES, RITUALS AND GOOD DEEDS

Performing religious rituals by itself will not make us a better person if we do not live by the values that religions teach.



Religious and spiritual teachings have the ultimate beneficial aim of making us better human beings, having moral integrity, compassion, and generosity. In recent years there has been a noticeable increase in overt religiosity in parts of the world,

with a growing number of people participating in religious ceremonies and prayer rituals. For many people, religious rituals offer a way to connect with God, providing them a sense of purpose and fulfilment that transcends everyday life. This gives them peace, comfort, and a sense of belonging. Since rituals are often performed within a community, they also help individuals to bond with others, share beliefs, and support one another. Moreover, many rituals have been passed down through generations, and engaging with them is a way for people to feel connected to their ancestors and their cultural history. This continuity provides people a sense of stability and grounding, especially in times of change.

Important as rituals are, they are not an end in themselves. **They should serve as means to achieving greater goals of self-realization, self-purification, coming closer to God, imbibing His virtues and powers, and sharing the same with our brother souls.** Performing religious rituals by itself will not make us a better person if we do not live by the



values that religions teach. It is naive to think that if we have gone through our daily rituals, we have done our bit and need to do no more. Consider the example of a student: if he goes to school daily and admires, praises, and reveres his teachers, but does not study, will he learn much? Respecting one's teachers is good, but it is not enough. In order to learn and grow, the student has to remember, understand, and put into practice the knowledge imparted by the teachers.

The same is true of spiritual and religious practices. However, we often come across instances of people who consider themselves deeply religious, but have little love or empathy for others. They may be interpreting religious teachings in a narrow or self-serving way, or focusing on rituals, rules, and doctrines to the exclusion of the core messages of love, compassion, and empathy. This may cause them



to have a judgmental or exclusionary view of others. For example, they may love their own kind, such as their family, community, or those who share their beliefs, but not extend that love to

others.

Sometimes, excessive focus on personal piety, such as meditation, worship, and self-purification, can make us self-righteous, with little concern for helping others. This inward focus limits our awareness of the needs and suffering of others. Some religious people even prioritize appearing morally correct over actively engaging in compassionate service of others. Religious devotion may even foster a sense of superiority in us, and this holier-than-thou attitude creates barriers to loving and empathizing with others, especially those who do not share our beliefs.

Certain religious communities emphasize strict adherence to commandments or religious codes. This legalistic approach leads many people to focus on following rules rather than on the spirit of those rules – such as showing love, kindness, and mercy. In such an environment, the act of doing good becomes a way to prove one's religious correctness rather than a reflection of a caring and humane outlook and genuine concern for the well-being of others.

It may also be the case that a religious person feels that their beliefs are threatened by a different world view, and they respond by distancing themselves from others or even being cold and unkind to them. This fear often stems from insecurity in one's own faith or a lack of exposure to diverse perspectives.

Our behaviour towards others and ethical living are integral to spiritual practice and a moral life. **The Bhagavat Gita emphasizes the importance of good deeds and righteous action, or *dharma*, over merely performing religious rituals without true understanding or intention.** It teaches that actions should be performed selflessly, with dedication to a higher purpose, rather than just as mechanical rituals.

Rituals such as prayer and meditation are important for spiritual development, but they are considered incomplete without righteous actions. The Gita encourages all to live a life of virtue, with compassion, non-violence, and truthfulness as central moral values.

According to Buddhist teachings, ethical behaviour, good deeds, and compassion are essential aspects of the path toward enlightenment. While rituals such as meditation, offerings, and prayers can support spiritual progress, they are not the goal. Right action, right speech, and right mindfulness are said to encourage ethical living, and cultivate wisdom and compassion.

Anyone who has been to a Gurudwara would know that in Sikhism, good deeds are of paramount importance. **Guru Nanak Dev emphasized that it is not enough to perform rituals or recite prayers without living a life of justice, honesty, humility, and service to others.** The concept of *seva* or selfless service is central to Sikhism, and the faithful are encouraged to serve humanity and contribute to the welfare of society.

Christianity too teaches that faith without good deeds is dead. Rituals are important, and are meant to express love for God and others, but the teachings of Jesus focus on living a life of kindness, mercy, humility, and justice. Helping the poor and loving one's neighbours are central to Christian ethics.

Islam holds that prayers, fasting, and pilgrimage are fundamental rituals, but they are not sufficient on their own, and faith must be accompanied by righteous actions.



Believers are urged to help others, be just, and show kindness.

In Judaism, ethical living and good deeds are given as much importance as rituals. Helping others, seeking justice, and living with integrity are considered vital parts of one's relationship with God. In fact, acts of kindness are held equal to all other commandments combined, highlighting that one's faith is reflected in deeds of compassion.

The disconnect between religiosity and a lack of respect and empathy for others often stems from a failure to live by the core values of one's faith. The reason for that is lack of awareness about the law of karma – that we reap what we sow, and our future, and fate, is determined by our actions in the present. **The law of karma emphasizes personal responsibility for our actions, thoughts, and intentions. Positive actions yield positive results, while negative actions have a like outcome.** There is no escaping the consequences of our actions, which may be felt immediately or experienced later. Later here includes subsequent lives, because it is the soul that performs actions through the body and experiences the results thereof. The immortal soul is the living being that thinks, speaks, feels, and acts; the body is the physical medium through which it functions. The soul carries with it a record of all its actions, and it may experience the results thereof at any point of time in future.

Knowing this encourages ethical behaviour, and promotes kindness, compassion, and mindfulness in our actions. It also teaches us that adverse experiences might be the result of our past deeds, helping us accept and reconcile with them, learn from our mistakes, and evolve spiritually. In addition, we can aim to create a better future for ourselves by cultivating positive actions and intentions.

While the law of karma offers us a guideline for personal development, if we are not careful, it can cause us to be callous, harsh, and judgmental. When we know that everyone is experiencing the consequences of their actions, we can sometimes look at the misfortunes and hardships of others and tell ourselves, "They have surely done something to deserve this", and turn our back on them.

One of the lessons of the law of karma is not to judge others for their karma – if we do that, we too will be judged harshly. Being benevolent is one of the best kinds of karma. A benevolent soul does not look at who is wrong, whose fault it is, and who deserves to be punished. They know that the one who has been wronged and one who has done wrong, both are in need of empathy and good wishes. It is the energy of goodwill and love that brings transformation and healing in souls, so that is what benevolent souls give. To rise above the karmic story of someone, see them as a brethren soul, and help elevate the quality of their consciousness and actions is, perhaps, one of the highest forms of karma.

Most religions urge us to have love and kindness for all people, but negative tendencies — such as pride, fear, and a focus on rules over relationships — hinder the practice of these values. However, **there are spiritual individuals and communities, including the Brahma Kumaris, that embody compassion, selfless service, and goodwill for all people, regardless of their background or beliefs.** For them, religion or spirituality is not just about ritual or belief, but about living by spiritual values. They remind us that the proof of true spirituality is how we treat others, not just how we worship or follow spiritual or religious laws.

– B.K. Brij Mohan

THE SUPREME STAR SHINES ABOVE US

Life is a beautiful journey, in which we are always surrounded by many people, and we wish for good things for others as well as ourselves. Yes, sometimes, all that we wish for everyone is fulfilled and sometimes it is not. **It is worth wondering that though everyone wants well not only for their loved ones but for each and everyone in the world, at times it can happen that all the good that we feel everyone deserves does not come to them, or comes a little late.** Do we wish for the same things for each other? Yes, at times, in fact, most of the time. After all, all of us desire the same good things in life – love, joy, and peace on a spiritual level and health, wealth, and success in our roles and relationships on a physical level. We are souls or beings who have played many beautiful roles with each other in many past lives or births. And, while doing that, we have experienced many relationships filled with pure love. **God is the Supreme Star of spiritual light, the Spiritual Parent, whom we all look up to and wish for good things in this life.** We do this not only for ourselves but for all the souls of the world, which is our world family, with which we are connected eternally.

God fills us with the knowledge and strength to fulfill these wishes of happiness for each other and for ourselves. Let's embark on a journey in reaching out to each and every soul in the world and fulfill this task. God, the Supreme Star shines above us, under whose guidance, we can do this.

Looking at the world around you, create a pure and positive thought in your mind, "The world is my family." Carry a duty inside your consciousness that you have to serve the

world. All human beings are linked to each other by a common bond of brotherhood. And just like we want good things for ourselves, give a few moments to share the invisible treasures that you carry inside your mind and heart with others. Perform this simple exercise throughout the day. Whenever someone comes in front of you, use your inner ear or the third ear as you may call it, or the ear of the mind, to hear the other's inner voice or desire for some quality or power. If someone meets you on the street, and you judge that that person lacks happiness, then emerge that quality in your heart. Give that quality to the person through your smile and pleasant behaviour and your mental state of joy. If you go to your office and you meet a colleague who is disturbed and in a disquiet state of mind, then share the quality of peace and calmness with such a person through your eyes and gentle words. In the same manner, if someone in your home is lacking the power to tolerate negative situations, provide support to that person through your inner state of mental stability and powerful energy. This is called, "being a constant giver," or, "one who fulfills everyone's wishes."

Of course, all these qualities and powers come inside you immensely, when you keep God as your constant companion. **God is the Guiding Star, under whose canopy we all live, and all that we wish for ourselves and for others will come to us and to them by being connected with God on a mental level.**

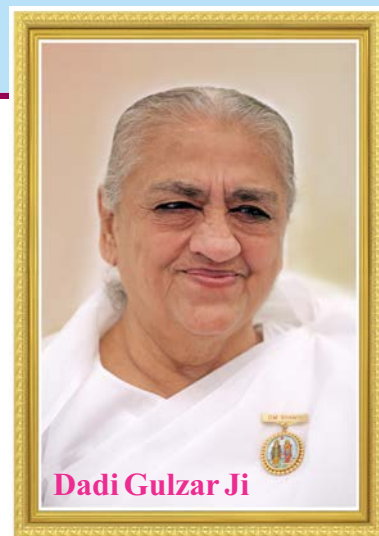
This is because the more we love God, the fuller with qualities and powers we will become, and the more empowered we would be to fill others

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DADI GULZAR AN EMBODIMENT OF HUMILITY, DIVINITY AND ALL VIRTUES

Dadi, who became the living medium of God, never kept anyone's shortcomings in her mind. Her words were very few and humble. Her sweet voice transformed the lives of many souls.

Prof. Onkar Chand Sharma, Shantivan



Dadi Gulzar Ji



Whenver anyone saw Dadi Hridaya Mohini, fondly known as Dadi Gulzar, they would automatically remember Shiv Baba. When Brahma Baba became *Avyakt* on 18th January 1969, the entire BK family felt a void in their lives. But on 21st January 1969, *Avyakt* BapDada started to play His role through Gulzar Dadi and made Dadi the new chariot. After that, all of them felt that BapDada is still here and will continue to give them guidance and *Shrimat* (Supreme Advice).

Chariot of God Shiva

On 21st January 1969, Shiv Baba and Brahma Baba (BapDada) both entered the body of Dadi Gulzar and from then until 31st December 2017, for 48 years, thousands and millions of BK brothers and sisters from India and abroad continued to receive BapDada's *Avyakt* sustenance through Dadi's chariot. Dadi also left her mortal coil and reached her angelic stage on 11th March 2021. Today, most of our brothers and sisters are those who have come to know

Shiv Baba through Gulzar Dadi's chariot and those who have come to know Shiv Baba through Brahma Baba's chariot are less.

Millions of people saw how *Avyakt* BapDada, through Gulzar Dadi, personally nourished each one, took them into the depths of knowledge and explained the greatness of the divine virtues and powers. Through her, during the *Avyakt* BapDada meeting, BapDada kept meeting each one and guiding them for personal progress.

'What's past is past, now move on'

Dadi never kept anyone's shortcomings in her mind. Even if someone spoke about a weakness or shortcoming, she would look at them with love, take their hand in hers and say lovingly,



'Now everything will be fine and good, you should be completely relaxed now.' Even if

someone had a burden of problems on their mind, they would feel light in a second as a result of meeting her. She always remained firm on the wisdom of world drama and lovingly told everyone, 'What's past is past, now move on.'

Gulzar Dadi was a strong embodiment of virtues. On the basis of her divine values, she would speak only a few words and get success. People would be drawn to her. The glow and smile of Dadi's face used to do service of everyone. Her words were very few and humble. She had a feeling of affection for everyone. She respected everyone a lot. Sometimes Dadi Janki and Dadi Gulzar would come in the same plane and if Dadi Gulzar would get off the plane first on a wheelchair, she would wait for Dadi Janki. Both would come out together. Sometimes Dadi herself would go to the airport to receive Dadi Janki in Delhi.

Very Humble Personality

The teachings that BapDada gives in the *Murli* were seen practically in Dadi's life as if she had been completely coloured by Baba's company. Especially the power of silence and the power of remembering Baba could be experienced by many people from her. Dadi used to say with great love, "When I meet you people, you do not look at me, you look only at Shiv Baba and I also feel very happy that you look at Shiv Baba and not me." Dadi was so humble that she would make herself invisible. Brahma Baba always used to say that do not look at me, look only at Shiv Baba. In the same way Dadi used to specifically underline that do not look at me, look only at Shiv Baba.

Such a great soul of the world, who became the living medium of God, through whom thousands and millions of souls received Shiv Baba's sustenance, never showed even the slightest ego, and hence became the recipient of blessings of many. In her heart and on her lips, the words of Baba, Baba, Baba



Chariot of God Shiva

were always there.

She was so polite that she never used the word 'I' even in her talking. She was so obedient to elders that whatever Baba said, whatever Dadis said, she always used to say 'Yes Baba, Yes Dadi' and won everyone's heart. Her sweet voice transformed the lives of many souls.

Number One Trance-Messenger

Dadi never reacted to anything. Dadi always lived in solitude and was an introvert in nature. Talking too much with anyone, laughing, gossiping was not in Dadi's personality. She was very cool and calm, and practiced solitude deeply. Even when she was in the midst of the gathering, she would not speak a word unless someone asked her. She would give very short and sweet answers and would say the truth and then become silent.

Dadi's nature was very simple since childhood and due to this nature of hers she got the number one role of trance-messenger. Many deep secrets of *Avyakt Vatan* (subtle world), the secret of *Avyakt Brahma*, were first revealed by her. Dadi used to see many scenes in the subtle world, on the basis of which many pictures of spiritual

knowledge were made. Due to her intellect being very clean and divine, very clear messages of trance kept coming through Dadi.

Dadi's relationship with Baba was so close and so deep that it was difficult to tell whether Baba was speaking or Dadi was speaking. Baba's touching or Baba's presence was always there at that time. When someone asked her, Baba would touch Dadi's mind through the connection she had with Baba and she would be able to answer.

Free from Waste Thoughts

From time-to-time Avyakt BapDada has described many specialities of Dadi. Once Baba said that this child has saved the energy of her thoughts and words, so that energy is being used in the Shiv Baba's task; because energy is spent by thinking or speaking too much. This child never thought wastefully. She never went into the questions of what, why, how.... Dadi always said in her classes that if you want to avoid wastefulness then you should not go into the queue of these 5 questions - why, what, when, where and how. These questions are the reason for the origin of wasteful thoughts. Dadi herself also remained free from them and inspired everyone to avoid them.

Whenever someone visited Dadi, she would always meet them in a very smiling and light way. There was never any confusion or anxiety on her face. If anyone ever deliberately asked Dadi any strange questions, Dadi would answer with a very loving smile; and sometimes she would say, Baba has not yet answered this question, how can I answer it. She would satisfy everyone in such short words. Dadi was simple and friendly with everyone. No one would feel from her gestures that Dadi is so big personality.

Although she was God's chariot. Any kind of pride could not even touch her. If someone wants to progress in spiritual life then Dadi would advise that one should look at oneself and look at Baba, and not look at any side-scenes.

Always Cheerful and Light

Dadi was so innocent and honest that she always considered herself a little girl in front of other elder Dadis and Didi Manmohini. She was an embodiment of humility, divinity and all virtues. No worry was ever visible on her face. Despite having big responsibilities, she was so detached and light. Even if someone else had made a mistake, it would not have any effect on Dadi. Such an embodiment of forgiveness, an embodiment of affection, she would generate the feeling of forgiveness in other souls as well.

The way all our Dadis, senior brothers and sisters have taken the *Yagya* forward, we all have to come together and complete their remaining work. The task of world transformation should be completed and we all should also become complete and perfect so that we can open the door of the *Paramdham* (incorporeal world) with Baba. May all souls get *Mukti* (liberation) and *Jeevanmukti* (liberation-in-life), may all be free from sorrows - with such a good feeling we have to meditate very well. Just as Dadis made their stage stable, similarly we all also have to remain steady, unshakeable and stable in our spiritual stage.

If we love *Baba wali Dadi* (Dadi through whom Shiv Baba played His role) from the bottom of our hearts, then we should adopt the all-subtle teachings of Dadi in our lives. This will be our heartfelt tribute on her 4th Ascension Day. ■ ■

UNLOCKING THE TREASURE WITHIN

Once we find and identify ourselves as a shining point of eternal light, our chase and quest for the outer world and perishable things stops, our attention goes inwards, and we start exploring our inner world's potentials, powers and virtues.

B.K. Dr. Trupti, Shantivan



There is a famous story, Acres of Diamonds, by Russell Conwell. In the story, an African farmer began to hear of other farmers who had become rich discovering diamonds. This farmer became so excited that he

sold his farm and went on a wild expedition to find his own diamond mine. Alas, he spent years, searching in vain. At last, ran out of money, lost all hope, and threw himself into a river to drown.

Back on the old farmer's land, the new owner stumbled across a small stream on his property one day, and noticed something shiny under the surface. He reached down, picked out a pretty stone, and put it above his fireplace for everyone to admire.

One day, a visitor saw the stone and his eyes nearly popped out of his head as he held it in his hand.

"Do you know what this is?" he asked the farmer.

The farmer shook his head. He thought it was a worthless pretty crystal. The visitor was quick to correct him. "This is one of the largest diamonds the world has ever seen!" The farmer was surprised. It was not unusual to see many gems just like this one in his creek. It turned out

that his farm was to become one of the biggest diamond mines in Africa. But pitiful is the first farmer who had sold it, thinking his treasure lay elsewhere! He had sold his land for a few dollars and sacrificed his life chasing the wealth he desired, only to have it hiding within reach at home.

The Big Lesson from this Story is Easy to See

The first farmer didn't bother to look at, or appreciate, what he had. He didn't believe there could be any value in his farm. So, he gave away everything in exchange for nothing. He didn't bother to invest the time or energy in exploring his farm, and so he chased worthless dreams around the continent. Also, he refused to do the work that mattered.

Doesn't this story resemble our life? Due to our self-limiting beliefs or ignorance, we often fail to recognise that what matters had been there, within us, all along, waiting to be discovered. The old saying, "You don't know what you've got until it's gone," applies.

If we had the wisdom and patience to do the work, we could find happiness, success, and true wealth in what we already have and where we are right now, as it is all hidden within. But it is human nature to believe that the grass is greener on the other side, and to chase shiny objects in business and personal life, always



looking for something better than the previous one. This pursuit is simply because we don't have the wisdom, for we are ignorant of the eternal truth told by our Supreme Father, God, that we are no body, but a shining point of light called soul, the master of this perishable body. The soul, being the master and a child of the Supreme soul, has all divine virtues and powers merged within itself, and so, there's no point in looking for those power and virtues outside.

What does a human being really want? Man has since long searched for the treasures of happiness, peace, contentment, love, comfort, etc., and has chased them outside under the wrong impression of finding them in the outer world, after completing or accomplishing certain goals or material objects. Those who have been in this long chase of materialism must have learnt till now, that happiness ever attained from worldly objects, are temporary, just like a thirsty deer looking for water in the desert. And, those who are yet to learn this truth of life are stuck in the quagmire of sand (vices), waiting for God, the ultimate truth, to save them from further sinking (getting frustrated) in it.

Similar to the story of a lost diamond necklace at last found around the neck of the princess herself, what we are searching and longing for is not outside but within. We just have to tap in to that long-forgotten treasure-chest lying dormant within us to relish the eternal joy, happiness, peace, tranquillity, solace, love, solitude, bliss and what not! We will get everything we have eagerly longed for.

To find this eternal treasure chest within, one must first withdraw from the bodily senses and turn the consciousness within, and experience the self as the true being, a soul, a tiny shining point of light, detached from the body. Staying in this true identity of the self for as long as

possible, is the way to unlock the long-lost and now-found eternal treasure-chest. When one gets stabilised in this soul-consciousness and forgets the body-consciousness, even if for a second, one starts experiencing tremendous amount of peace, tranquillity, solitude, solace, happiness. Now, we have met the self, the real gem. The more we practise being soul-conscious and start living our life with this true identity of ours, we start unlocking the treasure chest of happiness, which fills our life with the light and might of purity and knowledge, respectively. This is the ancient wisdom of Rajyoga. This yoga, i.e., connection with the self, will make us the *Raja*, meaning the ruler of the body and of this bodily world surrounding us. Like dopamine surging high, this spiritual intoxication of being soul-conscious, will empower us to carry out our worldly tasks with zeal and enthusiasm, by being light and spreading light to those in our vicinity, radiating happiness, and peace to them, thus empowering them spiritually.

Once we find and identify ourselves as a shining point of eternal light, our chase and quest for the outer world and perishable things stops, our attention goes inwards, and we start exploring our inner world's potentials, powers and virtues. Like a Pandora box, each time we open the treasure-chest i.e. become soul-conscious, we get spiritual experiences we have had never before, and gradually our life starts to elevate as we start to become the better version of the self – much more contented, cool, calm, and collected, basking in super-sensuous joy. That peace and ease begin to reflect on our face, and our aura begins to brighten up, making us a magnet attracting various positive people and profitable events in life.

With regular practice of soul-consciousness,

a day will come when we get completely stabilised in this consciousness, detached from the body, when we would feel like an angel, and every angle of our life would get enlightened. We would start shining like a bright star. By being soul-conscious it becomes easy to stay in remembrance of the Supreme soul God as well, because of which, our spiritual treasures of peace, happiness, bliss, purity, knowledge, joy and power increase multi-folds. By bagging these spiritual treasures, we become multimillion times more fortunate. God's grace and spiritual treasures – what else would man want?!

So, without further ado, let us draw our attention inwards and get stabilised in the soul consciousness and enjoy those imperishable treasures of being at peace and bliss, and make life elevated by lightening our aura and by radiating peace and happiness to those around us. This is to live, and help others live their life with ease and bliss. ■ ■

Characteristics of a Divine Soul

- ▶ A divine soul is an embodiment of God's wisdom, and is completely free of negative and waste thoughts.
- ▶ It is absolutely pure and viceless, with God's pure thoughts and feelings influencing its thoughts and feelings continuously.
- ▶ It performs each divine action keeping in mind all the three phases of time – the past, present and future, and experiences success in each action.
- ▶ Whatever a divine soul thinks and gives its positive energies to, it manifests in practical life easily.

WORDS OF WISDOM

- ◆ When we are no longer able to change a situation, we are challenged to change ourselves.
- ◆ Failure is a great teacher and, if you are open to it, every mistake has a lesson to offer.
- ◆ I can accept failure; everyone fails at something. But I can't accept not trying.
- ◆ If you can do what you do best and be happy, you are further along in life than most people.
- ◆ You can be everything. You can be the infinite number of things that people are.
- ◆ In three words I can sum up everything I've learned about life: It goes on.
- ◆ You have to believe in yourself when no one else does.

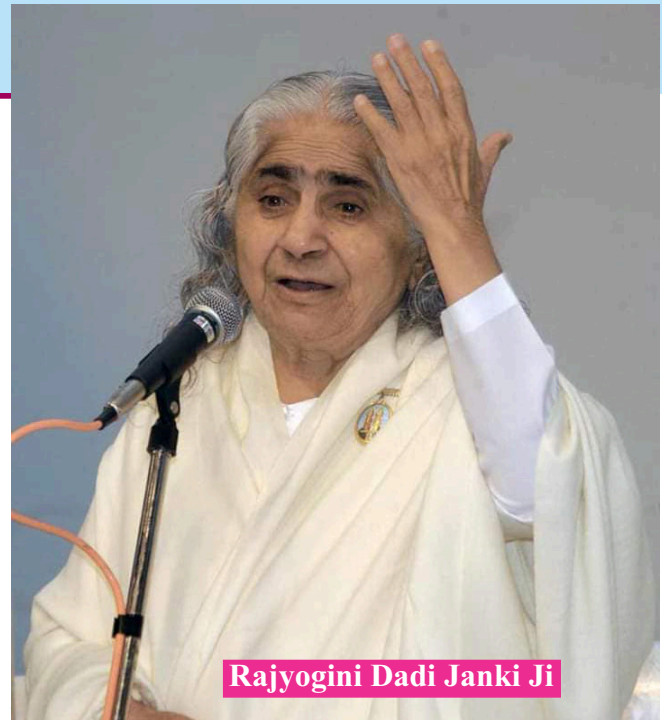
DADI JANKI'S DRISHTI AND BLESSINGS

Dadi Janki gave me 10 minutes of powerful *Drishti*. That divine experience gives me unlimited zeal and enthusiasm as well as appetite for Murli, remembrance and service.

B.K. Khem Jokhoo, Trinidad

Four months after doing the Rajyoga Meditation Course in October 1993 in Trinidad, I met Dadi Janki in London, U.K. The moment Dadi's vision fell on me, she whispered, that I was lucky and fortunate that Shiv Baba had found me. She seated me very close to her and kept looking at me not saying a word. At that time, I did not understand "Drishti." Looking back into her eyes, I forgot where I was, and all the multiple questions I had disappeared from my awareness. Dadi, through Sis. Hansa, kept asking me questions, and I sat there mummified as though in trance.

A few years later in Trinidad, I had the good fortune to chauffeur Dadi Janki and Sis. Jayanti for the day. At 5:30 AM, as Dadi entered the car, she asked that I play a meditation song. Luckily for me, I had a CD inserted just moments earlier. She then read the morning Murli in Hindi, pausing at times and questioning me via Sis. Jayanti. I had read the Murli in English the evening before and knowing a few Hindi words, I was able to give the right answers assisted by the vibrations and the atmosphere created by Dadi. The journey was of forty minutes, and as I slowed to park, she read the Murli slogan. Sis. Jayanti said that Dadi read the Murli especially



Rajyogini Dadi Janki Ji

Murli for me as *karmic* blessings in return for the transport provided.

During 2013, Shivratri meeting in Shantivan, although Dadi was not well, Dadi Janki gave me 10 minutes of powerful *drishti* in the presence of Sis. Hemlata. That divine experience is still fresh in my memory and it gives me unlimited zeal and enthusiasm as well as appetite for Murli, remembrance and service. Despite living in Trinidad, I joined Dadi Janki for Amrit Vela in Madhuban because 7.00 PM evening meditation in Trinidad coincides with *Amrit Vela* (Nectar time) in Madhuban. I have had the good fortune of chauffeur Dadi Prakashmani, Dadi Ratan Mohini, Sister Mohini (NY), Sis. Sudesh, Sis. Shashi, Sis. Shielu and many other seniors, and my experience is that power and blessings received from the *Drishti* of *Sakash* from elevated souls creates permanent transformation, whereas the same power and blessings attained by merely listening to the Murli is temporary in nature as it is sometimes forgotten. ■ ■

BEHIND CLOSED WINDOWS

He figures out who or what is best for me. His plans for me are better than my plans for me.

B.K. Payal Jethra, Malad, Mumbai



This place by the window will do well at the moment. I smile back at the Angel Sister at the B.K. centre after she's seated me on the floor before the row of chairs. Let the chairs be for those who need it the most. "Let elevators also be free for those who need them the most"

I savour the soft golden rays soothing on the warm winter morning as I perch myself at the last row at the centre closest to my house in Mumbai. Murli class is about to begin. Life is a gift. Every moment a precious gift. What I wish to do with each moment is a choice I've got to make. What's a mere limit of worldly/mundane vision compared to the unlimited stock of jewels and diamonds He's filled my apron with?

"You have a problem, *Beta*," asks a concerned elderly gentleman at the door of the elevator after *Murli* class, as we slip our feet into our shoes and turn toward the elevator on the fourth floor. A friend who escorted me to class this morning points out my shoes as she holds open the elevator door for the three of us.

"Not really," I respond with a smile to the gentleman who stepped out of class with us this Thursday morning, "It may seem like a problem to some, a lack of worldly vision or legal blindness, whichever way you look at it. To me it



"But, there's so much to manage and look around, *Beta*," he says, with lines of confusion across his forehead. "There's so much that needs seeing."

"Sure, there is." I agree as we step into the building lobby. There's no denying that. Beyond visiting the ophthalmologist every three months for an intraocular pressure check-up and following instructions of using eye drops time to time, there's really not much I can do about it.

"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference." – Reinhold Niebuhr

"What do you do when you need support or assistance commuting to unfamiliar places?" he asks further. "Does family always accompany you?"

"Could you be more specific?" I ask.

"You mentioned you're working full time. There's home and office commute, meetings, and a whole lot of commutes beyond office too. Your son's school, groceries, basic requirements... I mean I can't... I mean..." he stumbles over his words.

The mind, when coaxed gently, learns to bite the bullet. Sure, it takes a while to unlearn and learn but patience and persistence pay off. "The bottom line" I share, "is None but The One. **Meditation has taught me to connect to the One, the Only One.** It's not my job to

figure things out. A toothbrush falls to the floor as I step into the washroom this morning. I stop, observe, and stir my thoughts (SOS). I refrain from the impulse to push the panic button. He ensures whatever is to reach me, reaches."

"With Him, I step out for office each morning. It's His job to navigate me through this drama. He sends me a ride; He figures out who or what is best for me. His plans for me are better than my plans for me. What reason can I have to complain or even want? All gaps are full. Every thought is taken care of. His Pearls of Wisdom fill all nooks and crannies of my mind so that it becomes airtight and leaves no room for stale thoughts."

"What about stuff on the computer and... I mean online and stuff?" he asks as we stroll around the building, exploring a newly inaugurated park.

"In the Confluence Diamond Age, there's top-class accessible technology for the blind. Technology is evolving as we speak, on the phone and on the computer. There's technology when you need what you need. It's another ocean. Again, it's all out there. I need not put my finger in every pie. He connects the dots, putting me in touch with the right soul at the right time. I wish to understand filing returns on the yet-to-be-accessible Income Tax website. He figures the perfect person to guide me through. A call or message pops up on the screen of my phone. Had I initiated effort in any direction, it would be out of my limited worldly vision of the past, a tunnel vision that blurs images. It's better I see little, only basic functional. From up there, He ensures I get a pair of eyes at the appropriate time for appropriate worldly tasks."

The three of us by then, were sitting on a garden swing broad enough to accommodate

all of us. The freshness of little violet flowers, fragrant and light, filled my nostrils, and every cell of my body vibrated with energy. Thank you, dear Nature, for every beauty you've shared with us since the inception of time.

"When I need to buy vegetables and groceries," I continue, responding to his next query, "the grocers/sellers around where we live are aware of the worldly low vision. They suggest to me what fruit, what vegetable is seasonal and feasible. Their judgement works well for me. It's my nature to generally believe people. In fact, people go out of their way to tell me if there's something to be seen. They "be My Eyes" for me. Drama sends across a variety of souls with a variety of worldly eyes, but all with crystal-clear vision. God ensures their thoughts and visions are focused in the direction He intends me to move. I thank them and Life at large for each passing day. Rickshaw drivers share honestly that they forgot to turn on the meter before we began the ride. They trust me to pay whatever fare I feel will be appropriate. Vegetable sellers go one step further to show me weights and sizes of apples and pomegranates. Where should I have a problem, I see not?"

"He leaves no stone unturned. For what should I whine? Can you give me one reason from your perspective? Accepted and acknowledged – one door is closed. That's a fact, but what about the 99 doors that stand open waiting for me to hop through? The time and energy spent on highlighting and magnifying the one door that is shut can be steered in a different direction and channelled in a positive way. We all on Earth have a 24-hour day. No one is going to give me an extra hour or two which I can spend sitting down with melancholic thoughts. No way. I am not parting

with my precious minutes. **Why must I allow Mr. Grief and Company to steal my stability and peace?** I guard them close to my heart. I shield them from the world outside as one protects an earthen lamp (*Diya*) from the wild wind."

Whether it be a lack of worldly vision, which hardly matters with all the tons of gifts that overshadow and overcompensate, making me forget about it until I'm reminded, or turbulence around, I choose to guard my mind. I choose

not to let thorny thoughts prick or poke the lotus petals that rise above the waters of the mind.

To the outside world, it appears like I'm legally blind, so be it! If you choose to hop in through this spiritual threshold and come sit beside me as I share space beside my God-parent, you'll be intoxicated, captivated and addicted to this space that's tucked in "Behind Closed Windows." ■■

(Contd. from page no. 7)

with the same. And, the more everyone becomes fuller inside, their health, wealth, relationships and roles improve.

We are looking for something good and positive in our lives at every step. Have you ever looked at the world around you, and seen everyone carefully? Everyone is living their lives with a purpose. **Some carry a purpose like earning wealth, having a good family, or possessing a good academic qualification and job. These are all short-term purposes. They give happiness to people. But, these purposes do not make them happy forever.** The rush and the hurry, the running behind these purposes, can, at a later stage, come back to them and tell them that they were running behind these things but forgot the higher purpose of life. One must check if they have every contemplated on the real purpose of their life. To be a source of peace, love and happiness, based on my internal fulfillment. Jobs come and go, and money may increase and decrease. One must contemplate along these lines: "*The family members who once gave me happiness, do not continue to do so any more, and I struggle in my relationships*

with them. Though my educational qualification gave birth to a good career, somewhere down the line, I felt that something was missing. I excelled in my friendships, but today everyone has their own life and don't always have the time to listen to me, or they don't understand me. I feel lonely. I was a sparkling success story, but my health deteriorated on the way." So, what does all this signify? Wrong life purposes!

"So, what is my real purpose, beyond all these physical things that are temporary and changeable, and don't give me permanent happiness?"

"To be... To be peace, love, happiness and power, which I experience from within and not from friends, careers, sports, education and family." Then, what is the next step? **"To fulfill...** To fulfill everyone's wish to attain peace, love, happiness, and power - but not through physical means, but by fulfilling them internally, which is the permanent way. And who will help me do that? **My Father...** the Father of me, the soul... The Father of all of us... He is the Supreme Star that shines above us and is always guiding us to this purpose through His love and support." ■■

A UNIQUE SCULPTOR SHAKTI NIKETAN (INDORE HOSTEL)



Shakti Niketan
Kumaris in Pandav Bhawan

You might have heard of many sculptors, including some famous ones who make statues worth millions. But today, we want to tell you about a truly unique sculptor who is unlike any other in the world. This sculptor doesn't create statues from clay, stone, marble, gold, or silver. Instead, it shapes and moulds living, divine beings.

No matter where a young girl comes from – her country, state, language, caste, or religion – this sculptor works tirelessly to transform her into a shining, diamond-like personality who spreads light and positivity wherever she goes.

Who is this sculptor?

This special sculptor is Shakti Niketan, located in the spiritual city of Indore, Madhya Pradesh—known as India's cleanest city. Within the peaceful campus of Om Shanti Bhawan in New Palasia lies this beautiful hostel for girls.

Shakti Niketan was founded in 1983 under the guidance of Avyakt BapDada and through the efforts of Om Prakash Bhai Ji and other dedicated Brahma Kumari members. Since then, it has been helping young girls grow into confident, pure, and capable individuals. Here are some of the special features of Shakti Niketan:

Features of Shakti Niketan

- ▶ 1. It offers a unique blend of worldly and spiritual education.

- ▶ 2. The hostel follows all processes and practices of the International Headquarters of the Brahma Kumaris in Mount Abu.
- ▶ 3. Girls from any country, state, language, or religion can easily gain admission here.
- ▶ 4. It trains girls in a lifestyle similar to that of sages and seers, making them examples of purity and simplicity.
- ▶ 5. Pure vegetarian food and a loving environment are its standout features.
- ▶ 6. Efforts are made to ensure the holistic development of every girl. They are trained in culinary arts, oratory, music, yoga, acting, painting, dance, and other creative skills, enhancing their overall personality development.
- ▶ 7. Highly educated Brahma Kumari sisters provide spiritual guidance and mentorship to the girls
- ▶ 8. The nurturing care provided here is unparalleled, surpassing that of ordinary families or other hostels.
- ▶ 9. Every year, the girls of Shakti Niketan visit the sacred Madhuban pilgrimage, where they receive blessings and guidance from senior Dadis and Didis.
- ▶ 10. Due to their focus and discipline in yoga and spirituality, the academic results of the

(Contd. on page no. 34)

AWAKEN THE KING WITHIN THE ART OF SELF-MASTERY

Self-mastery begins with recognising the self as a spiritual being—a soul. True mastery lies in regaining control over our thoughts, feelings, and actions, becoming the ruler of our inner kingdom.

B.K. Mansa, Shantivan



The essence of true happiness lies not in controlling the world around us but in mastering ourselves. This timeless principle resonates deeply in both ancient wisdom and modern spiritual practices.

Let us understand with this famous story of Gautama Buddha –

Once, someone insulted Buddha. Buddha listened and said, “If you are done speaking, may I leave? I need to reach another village where people are waiting for me.” The person who insulted him said, “We have hurled insults at you. Don't you have anything to say?” Buddha replied, “On your end, they may have been insults, but to me, they are just words. You spoke, I heard, but I have no interest in them.”

The people around asked, “What are you saying? We have hurled harsh insults at you, yet you remain unaffected?” Buddha responded, “If I were to take pleasure in them, you should have come ten years earlier. Back then, my sword would have been drawn, your head would have fallen to the ground, and blood would have been

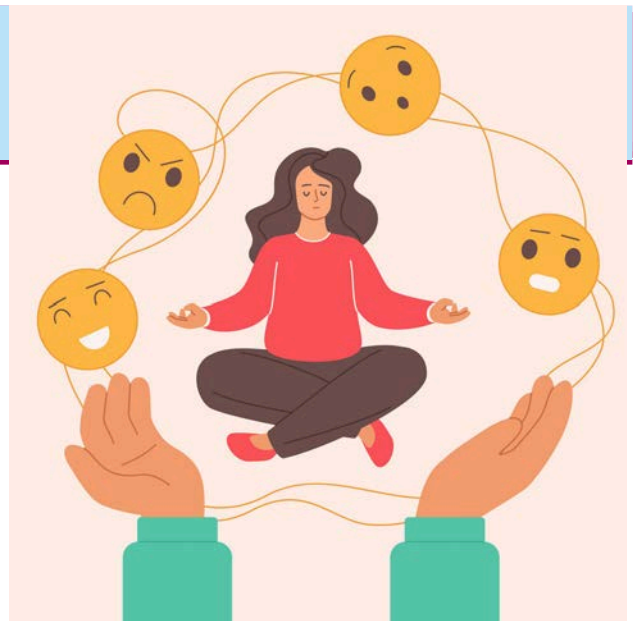
spilled. But you've come too late. Now, I am my own master. Your insults no longer disturb me. Just before this, in the previous village, some people brought sweets for me.

I told them, 'I'm full; I don't need these.' What do you think they did with the sweets? Someone in the crowd said, 'What else? They must have taken them back home and shared them with their children.' Buddha said, 'Exactly. Now I am wondering what you will do with your insults. You brought them, but I say I don't take them. I am already full. So, what will you do now? Take them back, share them with your children, and give them to your wife or your family, because I won't accept them.'

“You give because it's your choice. Thank you, but I choose not to accept. And unless I accept, how can you give it to me? I am my own master.”

Understanding Self-Mastery

Self-mastery begins with recognising the self as a spiritual being—a soul. As souls, we are inherently peaceful, pure, and powerful. However, we often allow external situations, people, or emotions to govern us, leading to inner turmoil. True mastery lies in regaining



control over our thoughts, feelings, and actions, becoming the ruler of our inner kingdom.

The Journey to Self-Mastery

The journey to self-mastery involves three transformative steps: -

- 1. Observation and Awareness:** Self-mastery begins with cultivating the ability to observe our thoughts and emotions without judgment. By stepping into the role of an observer, we detach from reactive patterns and gain clarity about the workings of our mind. Regular meditation sharpens this awareness, helping us realign with our natural state of inner peace.
- 2. Understanding and Acceptance:** Recognising that every individual acts according to their unique journey and understanding, allows us to release feelings of anger, frustration, or blame. Acceptance fosters inner stability, enabling us to view challenging situations as opportunities for personal growth and spiritual elevation.
- 3. Transformative Practice:** The consistent practice of Rajyoga meditation becomes the cornerstone of self-mastery. By connecting with the Supreme Soul (Shiv Baba), we draw spiritual powers and virtues into ourselves. This connection equips us to navigate life's adversities with love, patience, and resilience, anchoring us in our true, unshakable essence.

Keys to Mastering the Self

- 1. Mastering the Mind:** Thoughts are the seeds of our actions. With consistent meditation, one can cultivate pure and elevated thoughts, replacing negativity with positivity.
- 2. Mastering one's Responses:** It is important that one chooses how to respond to external situations. As Buddha demonstrated, one can choose not to react, preserving one's

inner peace.

- 3. Mastering one's Inner World:** Regular introspection and connection with God Shiva, help align actions with spiritual values, making the individual a true master of the self.

Living as a Rajyogi

A Rajyogi is a true master—a king of their own mind and senses. They neither react impulsively to insults, nor seek external validation. Instead, their strength comes from their connection with the Supreme and their unwavering inner stability.

This mastery doesn't mean detachment from life but engaging with it from a place of strength and love. When one becomes their own master, they radiate peace and inspire others to walk the same path.

Conclusion

Self-mastery is not an overnight achievement but a journey. It requires patience, practice, and unwavering faith in the self and the Supreme. *"We are the creators of our destiny" -- It empowers us to rise above external influences, respond to challenges with grace, and live in alignment with our higher self. By cultivating awareness, practicing detachment, and drawing inner strength through spiritual connection, we become the true rulers of our inner world.*

When we master ourselves, we discover a profound sense of freedom and peace, enabling us to live with purpose, love, and resilience. True mastery is not about controlling others but about embodying virtues that inspire and uplift those around us. It is in mastering ourselves that we find the key to a fulfilled and meaningful life.

Be your own master, and the world will no longer control you. ■ ■

MY DIVINE ANGEL

B.K. Sarika, Nalasopara, Mumbai



You are an Angel of Treasure and
Delight
Sent out from God's Abode to guide us
right
I had heard in my childhood...
...that Angel's lived up Above the Sky
With Beautiful Wings and Magical
wands, they Fly

Now, I saw one of them Here on this earth
Whose Beauty is Marvellous Smile is Fabulous
Voice is Miraculous Presence is Luminous
He is a Symbol of Purity and Goodness
My Guardian, with a heart full of Kindness
He ... Dries my Tears Away Cares for me Night and Day
He.... Sings for me Sweet Sweet Lori (Lullabies)
Makes me Laugh and Fills with Glory
He.... Travels with me on the Train
Flies with me in the Plane
He is... The Lord's Finest Creation – Specially Designed
Ready to Serve people for the Betterment of Mankind
His.... Thoughts are Always in Unison with The Supreme
Words are Powerful with High Self-Esteem.
Oh... Divine Angel,
May All your Dreams and Wishes come True
My Inner Heart Blessings are Eternally for you
Oh....Divine Angel, I Honour and Adore you
I express my Deepest Gratitude and Owe you??
Oh....Divine Angel, You are like a Sacred River
You are like a Cascade – A Perpetual Giver
Oh....Divine Angel,
With you, everyone is Fortunate and to be glowing
You Light up the World & Keep it Growing
Oh....Divine Angel,
May your remembrance be Beneficial
Love you beyond expression, for being so Special ■■

FEED YOUR SOUL

B.K. Prerika, Hisar, Haryana

Just like you take care of your body
Listen to yourself – soul as well
As it has its own story to tell...

Perform a random act of kindness
To increase the soul's brightness.
Feed the soul with good thoughts
And it will also destroy the blood clots.

To repair the soul that has become
fragile
Do something to make someone
smile.
Forget all the past memories
To fulfill the soul treasures.

Feed it with moments of peace and
gratitude
For the soul to experience real
solitude.
Oh Dear! Just don't run in this rat race
Fill yourself with God's Grace
For now, is the time
Wasting it will be crime

To recharge the soul's drained battery
And make our life Happy and
Satisfactory. ■■

BEHAVIOR

**Your Belief don't make you a
better person, your Behavior
does.**

March 2025

Be always attentive not to be influenced by any royal form of *Maya*.

21



LET THE DIVINE GODLY COLOURS OF VIRTUES SHINE ETERNALLY

Let's colour our lives with the eternal virtues of love, peace, purity, and joy that God Shiva bestows upon us. Only then will these divine colours shine eternally within us.

B.K. Yogesh Kumar, Ghaziabad



Life is short, but it is filled with countless colours. These colours symbolise the different stages we go through—childhood, youth, and old age—and enjoy the colours of happiness, love, patriotism, relationships, and festivals. Without them, life would feel monotonous and devoid of excitement. To live fully, we must stay energetic, zealous, and joyful, regardless of circumstances.

However, today's fast-paced life has made it hard for us to appreciate the vibrant colours that once defined our existence. Let's examine some of these colours that seem to be fading from the life of the common person:

The Colour of Patriotism

In the past, parents were filled with pride when their children would join the army, knowing that they would serve the nation. Today, many join the armed forces not out of patriotism but merely for a livelihood. They say that patriotism cannot earn them bread and butter for the living. With such a mind-set, can they truly fight for the country? Ironically, self-interest and materialism have overtaken the sense of duty towards the nation. We only speak of great freedom fighters such as Bhagat Singh, Subhash Chandra Bose, and Mahatma Gandhi, but few make them their role models. We must remember, every citizen

has responsibilities towards their country. Only by fulfilling these duties can we truly earn the fundamental rights granted to us.

The Colour of Love

Love is another essential colour that fills our lives with meaning. True love is unconditional and unlimited—it extends to all, not just a select few. Unfortunately, in today's world, love is often mistaken for infatuation or physical attraction. Such fleeting emotions lead to crime and heartache. True love is a spiritual virtue, a deep connection with God, the self, and others. It is pure and eternal, not based on selfishness or ego. God teaches us to be detached and loving, like a lotus flower—giving love freely, without expectations. This spiritual love, showered upon us by the Supreme Soul, God Shiva, is the purest form of love and the foundation of all virtues.

The Colours of Festivals

Festivals bring joy and celebration into our lives. Bharat is known for her many vibrant festivals, such as Holi, the festival of colours. But despite celebrating these festivals for years, many feel stressed, anxious, and unhappy. This suggests **we have lost touch with the true essence of festivals**. It is a matter of great fortune that Incorporeal God Shiva has reincarnated on this earth from the Supreme World, also called the Incorporeal World, to renew this old world into a new world of peace, love, and joy, through His Godly Knowledge.

The present era is a period of extreme decay in human values and virtues. This is why, at this very time, called the Confluence Age of Iron Age and Golden Age (Paradise), God reincarnates on Bharat. This divine reincarnation is celebrated as Shiv Jayanti, the greatest among all festivals. Thus, all other festivals, including Holi, are linked to this supreme celebration.

The Holi bonfire, for instance, symbolises the burning of our old resolves (*Sanskars*) such as lust, anger, greed, attachment, ego, and jealousy in the fire of remembrance of God. By doing so, we purify ourselves and transform our thoughts, words, and actions. The next day, which is called Dulhandi and the main Holi festival, is celebrated by colouring each other. **This act of colouring during Holi signifies spreading divine qualities such as peace, love, joy, and purity.** Unfortunately, today's synthetic colours often lead to skin problems and fights, distorting the true meaning of this beautiful festival.

In reality, Holi is about becoming a Rajyogi (a royal yogi) and living a life of purity—our original

and eternal nature. Purity, as God Shiva teaches us, is the mother of all virtues and the foundation of real happiness. We must not only purify ourselves through the remembrance of the Ocean of Purity, God Shiva, but also help others by radiating peace and love.

Finally, **we must celebrate Holi by letting go of past grudges and enmities.** Let the phrase “*Ho-li*” (meaning “it has happened”) remind us to release our pain and embrace new beginnings. By burning the past in the fire of knowledge and celebrating with God, we can enjoy the most important colour of life, i.e. happiness.

Holi also means I shall have become God's. This is true surrender. When we burn our old resolves in the fire of God's remembrance, our past sins and old resolves get burnt, and we will be able to transform ourselves from ordinary human souls to angels and thereafter deities of the forthcoming Golden Age.

Let's colour our lives with the eternal virtues of love, peace, purity, and joy that God Shiva bestows upon us. Only then will these divine colours shine eternally within us.

On that note, here's wishing all our esteemed readers a very Happy and Colourful Holi! ■■

LAUGHTER: THE BEST MEDICINE

◆ A hilarious conversation between the judge, husband and wife. **Husband:** Your Honour, I want a divorce, my wife hasn't talked to me for a year.

Judge: Think again, only lucky people get such a wife.

◆ **Chintu:** Do you know how to read Japanese language?

Pintu: Yes, I know it very well but it should be written in English.

◆ After reading an English book, the **wife** asked: What is the difference between Complete and Finish?

Husband: If you get the right wife after marriage then it means life is complete and if you get the wrong wife then it means life is finish.

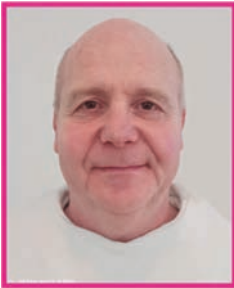
◆ **Teacher:** Why do doctors make patients unconscious before operation in the hospital?

Student: If the patient is not made unconscious and he learns to operate, then who will give value to the doctor?



BLAME MADE US LAME WITHOUT ANY AIM

B.K. Andrew Grant, UK



Time passes quickly,
nothing stays the same;
This part of history is just
part of the game.
It's just a small piece of a
much larger cake;
No point getting absorbed
by all that's fake!
People's petty jealousies
burn them inside;
Life is too short and
precious to climb aboard that ride.

Comparing and competing is just so depleting;
Bringing others down becomes self-defeating.
Creating misery with selfish prejudice,
We take everything with us that we wouldn't
really wish for.
We don't take our money, possessions or status,
We do take our jealousy and disdain that defeat
us.

Two wrongs can never make a right;
A perpetrator feeling victimized can never be
light.
Jealous of one thing, then of another;
Change the self and choose not to suffer!
A Yogi knows the secret; prepares for the next
birth,
Changes himself to regain his worth!

He looks at God, His Spiritual Mum and Dad –
A Spiritual Being that never gets mad;
Who's so divine, loving and kind –
You'd run out of paper writing about His beauty,
so sublime!
The Yogi aims to be the same like every child
should;
He sees his potential like everyone could.



He visits the temples quite regularly –
His aim is not to worship but become like a deity!
He now knows how they became so great –
They molded themselves on God and changed
their state.
You may think Adam and Eve are just from a far-
fetched story;
But they earned their fortune and their glory!

The yogi ignites all the qualities hidden inside –
'What would love do in this situation' – is his
mantra; his guide.

He never blames others for their petty jealousy;
For, to be honest with themselves takes great
humility.
And their ego will rage - "It's *they* who are like
this!"
Only changing others will be on their Christmas
list!

The yogi looks at his self - It is an art!
His weaknesses are not his own;
Just carried in a shopping cart;
For, if he said, "My anger, my ego and my
jealousy,"
His assumed ownership would never him to be
free.
We began this life the same with all weaknesses
intact;
We saw in others our own weaknesses but
chose to turn our back.

Humility is the key to great honesty;
There are none as blind as those who won't see;
For they will just continue stabbing others in the
back,
And others will do it to them, hope they can
handle the flack! ■■

(Contd. from page no. 3)

foundation of a person's future is laid. And, undeniably, mothers have a very important role in laying this foundation at the formative age of their children. **A little contemplation would lead us to the understanding that there are mainly six positive qualities or moral values which are essential for restoring and sustaining harmony.** It would be proper to discuss these six values in the context of family life.

Love, Affection and Goodwill

Life, without love, is a burden. As sugarcane, without juice, is merely sapless cane, so is life without love – tasteless and without essence. It is, therefore, essential that one should learn, in one's early childhood, how to lead a life of love and affection with one's sisters and brothers and other members of the family. If a person does not allow hatred, enmity, bickering and quarrelsome habits to enter their lifestyle at that early age, he will find that, in the later period of life too, he will be helped by this positive attitude. If, on the other hand, jealousy and habits of getting things done by creating fear, giving threats and adopting a dominating and obstinate attitude, get set at that age, or one gets spoiled by too much fondling, they would continue to live in an unsocial way and would be a problem to society.

Justice, Honesty and Sensitivity

Justice is another factor that sustains harmony. If someone feels that people intentionally continue to be unjust to them, they will one day, decide to confront them, take the law into their own hands and throw to wind all norms of discipline and tradition. If then people allege that he does not observe discipline and does not give regard to his seniors, they would be speaking only half the truth because they too have been unfair and unjust to him. If, therefore, one gets training, from an early age, of being fair to

others, with transparency, sincerity, and honesty, and if the atmosphere at home, is of justice and impartiality towards all, without any bias, a person they would grow up to be fair to everyone and would honour the rights of others. They would never think of being dishonest or of grabbing what belongs to others. On the other hand, they would have sensitivity to the needs of others and so, there would be no cause for confrontation and quarrels. Obviously, in this task of training at an early age, mothers have a very important role.

Co-operation and Sympathy

Co-operation and Sympathy are other important factors that contribute to unity and harmony. If one feels jealous and puts obstacles in the way of others, the feeling of animosity and the inclination to quarrel will get a fillip. If, on the other hand, everyone follows the principle of giving and co-operating, life will run smoothly. A quarrelsome person, who creates hurdles in the way of others, will always work towards obstructing others' smooth sailing. If the seed of the qualities of cooperation and sympathy are sown in one's early childhood, these will grow strong, bear fruit and work well in later life. And, mothers have a crucial role in this.

Service and Simplicity

To be concerned for the well-being of others is a great thing. **To think of merely one's own well-being is selfishness whereas thinking of the ways of doing good to others is service. If one practices this noble quality from an early period of life, this good nature would prove to be an asset to the self and society.** If the mother cultivates this attitude in her children so that it gets set into their minds that it is the sacred duty of a human being to serve others, especially those in distress, then this will work well in bringing unity and harmony.



If the citizens of a country are narrow-minded and selfish, each striving to only make their ends meet, the country would remain backward with its people always fighting among themselves for small odds, wasting away their efforts and energy. So, it is necessary to cultivate the qualities of service and simplicity, because simplicity helps save resources, and only when there are savings, is there something to serve others with. A greedy person, on the other hand, hardly feels motivated to serve others.

Co-existence and Adjustment

One finds that, at times, the views of the members of a family differ. Their habits and their understanding also differ. However, the family members try to adjust, accommodate, and maintain family unity and coherence, rejecting any negative idea of getting separated. So, if, during the early years, a habit is formed of giving a helping hand to others, and of co-existence even in the face of differences; this, in due course, serves to maintain and promote harmony in the society. If the policy enunciated by the phrase 'live and let live' gets rooted strongly in one's mind since early times, there would not be any cause for fights in the future. It is evident that people have different lifestyles,

ideologies, languages, dresses and cultural backgrounds. But that is no reason for any hatred or clash. These differences are like the difference in colours and fragrance of various flower beds in a garden, and this variety is in fact beauty, rather than a cause for bitterness.

So, it is necessary to learn this lesson from the very beginning that there are two kinds of families – one that comprises close relatives, kith and kin, and the other that comprises the wide family of mankind; and the smaller family is the training ground for the success of the bigger family. This leads to constant and lasting harmony in the world. So, it has to be explained to children that we are all progeny of Brahma and Saraswati, also called Adam and Eve, or Adam and Hauva, and, we therefore, belong to one great family, for the Father of us all is One, God, the Supreme. So, we all should live in the spirit of love, cooperation, sympathy and co-existence.

Tolerance

If the members of a family differ among themselves or if some members shout at others or misbehave, then others, thinking that they belong to the same family, tolerate this and forgive and forget it. Knowing each other's *sanskaras* and nature, they close that chapter

and march forward, helping each other and living happily again. They do not cease to have good wishes and goodwill towards one another.

Likewise, there is a vast variety of people in this world in respect of their lifestyles and cultural backgrounds. We have to tolerate if there is anything not entirely to our taste and we have to march happily together.

The important role of women in creating harmony

After having discussed briefly women's role in creating harmony in the family, let us now see how important women's role is in bringing harmony to society.

Someone has truly said that hidden in every girl, is a mother. And every mother, of course, is a mother, due to her motherly love and affection. She cannot see children crying in pain. She cannot sleep or rest if a child is restless. She would sacrifice her comforts, rest, and happiness, for the sake of her children. She would do anything and everything to wipe dry the tears of her children. She has such strong feelings to keep the family united and sustain harmony at home. Her unique role is because of her awareness, denoted by the words "I am a mother."

In the same manner, if now this awareness dawns on her; 'I am the mother of the world; she would be able to play the important role of creating and sustaining harmony in the world. About 50 percent of the world's population is constituted by women and girls. So, as a mother stops quarrels among children at home, if women of the world unite and resolve that they would not allow men to take missiles or weapons in their hands to fight, then would communal riots be possible? Would there be any act of destruction by the use of cannons or tanks or bombardment? But, it is a pity that, instead of stopping men

from building up militaries and waging wars, they have now themselves started getting commissioned into the fighting forces!

Women can teach a lesson in non-violence

Women are, generally, kind-hearted and full of motherly love; how can then women give help and cooperation to killers or war-mongers? When a brother is indulging in acts of bloodshed of a brother, can a woman, i.e., a mother, aid or abet such a crime? No, never, because she is full of kindness and affection and loves all as she loves her children. Thus, women, because of their natural qualities, can be very successful in teaching the lesson of non-violence. But, their success in this role depends upon the awareness encoded in the words, "I am the mother of the world; Love is my natural quality, kindness and tenderness are in my very blood."

If women sustain this awareness, they can do what no other religious leader has been able to do, just because of not taking the help of women. Women also, in this male-dominated world, have been dancing to the tunes of men, playing as puppets in their hands. But, now, if they unite for this noble cause, they can wipe out violence from the face of the earth and restore harmony in human relationships. Will it not be a great step towards harmony? ■■

Manage

Managing stress is all about taking charge of our thoughts, our emotions, our schedule, our environment and the way we deal with the problems.

HOLI – THE STORY OF GOD'S TRUE CHILDREN



There was once a powerful king named Hiranyakashyap, who did a lot of penance and meditation, and lived a very pious and virtuous life. God was very pleased with him for setting such a good example for others to follow. God offered to grant the king whatever blessings, wishes or boons he desired. The king requested for a boon that he should die neither during the day nor night, neither inside nor outside a house; he should be killed neither by any human being nor be destroyed by any beast, nor be annihilated by metallic or wooden weapons.” The boon was granted to him for his exemplary glorification of and faith in God.

Absolute Power Corrupts Absolutely

After the boon was granted to him, the king was so confident of the security of sovereignty that his love for worship decreased, while his greed for power increased. This changed his humility into arrogance. The king thought that since the boon had made him invincible and invulnerable, he could rule forever and assume the role of God. The king, overcome by the lust for absolute power, ordered that everyone in the kingdom should praise and worship him as God. The subjects fearfully obeyed the king's orders. The king had the thought that after a few generations, most people would forget about the existence of a true God. His clever plans came to pass and eventually, he forgot God and did, however immoral, what pleased him.

Prahlad – witness to a miracle

The king had a son named Prahlad. Prahlad was passing through the city one day and saw a

potter praying to Vishnu whom the potter referred to as God. The potter had inadvertently lit the furnace to bake his pots when he realised that a litter of kittens was in one of the pots. He felt that it was too late to save the kittens. In a tearful prayer, he was crying out to Lord Vishnu to save the kittens as he believed only the Lord had the power to perform such an act of charity or miracle. When Prahlad heard this, he said to the potter, “But you should pray to my father, the king, who is God”.

Prahlad's Realisation of God

The potter then suggested to Prahlad that he would worship the king if he, the king, could save the kittens. Prahlad was taken aback and became confused as to whether the king was God. The statement of the potter worried him all night and Prahlad returned to the potter's home to satisfy his curiosity early next morning. When the furnace was eventually opened, the potter as well as Prahlad found that the fire had not reached that particular part of the furnace, and the kittens were alive and safe. Prahlad was amazed to observe this miracle and he immediately had the realisation that his father was not God, but an imposter and fake. Prahlad then openly defied his father's decree to be worshipped as God.

Prahlad, a Child of God, shows his divinity

Prahlad began worshipping God Vishnu to the great annoyance of his father. The king realised that his son's determination could undermine and erode his absolute power. The king ordered capital punishment for his son as a

deterrent to the people to see what could happen if they did not worship him. The king tried to get his son Prahlad killed by throwing him down from a hill, but as providence intervened, Prahlad was saved. Prahlad was then made to sit in a fire but instead, the King's sister Holika was burnt to ashes. Next, he was put before a lion, but the lion bowed playfully and played with Prahlad and did not harm him.

Greed for Power kills a Father's Conscience

Finally, the king thought that his instructions to kill Prahlad were not carried out by his officers because they all loved him. So, he decided to kill Prahlad himself to demonstrate to the entire kingdom what could befall them if they blindly followed Prahlad. The king had a huge city gate constructed with iron spikes at the top. Huge hollow iron pillars were heated to glowing red-hot temperatures. The king instructed Prahlad to embrace the fiery pillars if he had so much faith that Lord Vishnu would save him. Prahlad was determined and had the faith that God would intervene and save him from this cruelty. His father, the king, bellowed in arrogance and dared Prahlad to embrace the red-hot pillars.

Prahlad's Unshakable Faith in God

Prahlad with firm belief in God, thought that this was his moment of faith and that God would intervene. Prahlad saw an ant moving on the pillar and thought; if an ant could move on the hot pillar, so could he. He embraced the hot pillar and the pillar cracked open to reveal a living creature of half man and half lion. The creature had the head and feet of a lion and the body of a man. The king was overpowered as the creature clawed into the king's body killing the king by hurling him into the air where he fell on the spikes of the huge Iron Gate.

Flaws in the Boon

The big question is: How could God kill the king, whom He had given an invincible boon? God never reneges on his blessings or boons. The answer to this is in the revelation of God as one who is beyond birth and death and this is the sovereign secret of the Gita and in particular Chapter 4, Verses 1-9.

Revelations of the Boon

Let us now examine the boon of the king and how he was killed. The king asked for a boon that he should never be killed either during the day or night, or by anyone born of woman, or by an animal or beast, or by metallic or wooden weapons as well as inside or outside a house.

1st Boon – Neither in the Day nor during the Night: The period between the Iron Age and Golden Age is called the Auspicious Confluence Age referred to in the Gita as Purushottam Sangam Yug, when God descends, as stated in Gita (Chapter 4, Verse 7). The Golden Age and the Silver Age are called the 'day of Brahma'. The Copper Age and the Iron Age are called the 'night of Brahma'. This period of 100 years between the Iron Age and the Golden Age, is called the Confluence Age. This period of 'dawn or era of transformation' is considered neither day nor night. This is when God Shiva descends to destroy the darkness of ignorance or the evils of the world at *Sangam Yug* or the Confluence Age. This descent of God Shiva is called "Shivratri"—*Ratri* signifying the Dark Age or the period of unrighteousness, irreligiousness or lawlessness. When God descends, He protects the virtuous souls who become the instruments of God. Such instruments of God are symbolized by Prahlad. 'The boon of neither day nor night' points to the 'dawn' or the 'era of transformation.'

2nd Boon – Not by anyone born of human beings: The Gita (Chapter 4, Verses 7-8) says that when there is unrighteousness, irreligiousness and lawlessness in the world, God would descend to protect the virtuous, destroy the evil and to re-establish *dharma*. God Himself says that He is '*abhokta*'.

God is immune to Birth and Death

The Gita is very explicit that God is not subject to the cycle of birth and rebirth. God is '*Abhokta*,' means that He is above the bondage of karma, nature and matter. Therefore, if God is '*Abhokta*', He surely does not have a mother or father. In the Gita (Chapter 9, Verse 11), God tells Arjuna, "Fools, not knowing my supreme nature, think low of me, the Lord of creation, who has put on the human body. That is, they take me, who has appeared in human garb through my Yogamaya (divine potency) for the deliverance of the world, to be an ordinary mortal."

God continues to advise in the Gita (Chapter 10, Verse 3), "He who knows me in reality as without birth and without beginning, and as the Supreme Lord of the universe, is the un-deluded among men, purged of all the sins". The Gita continues to point out to the devotees that God is never in human form, the Gita (Chapter 7, Verse 24), "Not knowing my unsurpassable and un-decaying supreme nature, the unintelligent think of me, the Supreme Spirit as beyond the reach of the mind and senses, and as the embodiment of Truth, Knowledge and Bliss, to have assumed a visible human form."

Chapter 7, Verse 25 continues to expound on God's form: "Veiled by my Yogamaya, I am not manifest to all. Hence, these ignorant folk do not recognise me as the unborn and imperishable Supreme Spirit, that is, take me to be subject to birth and death." Therefore, all the epithets in

the Gita that refer to Krishna are but the divine attributes of God Shiva who is the only One who can liberate mankind when trapped in the chains of Ravana.

3rd Boon–Neither by an Animal nor by a Beast: The creature was described as "half man and half lion," and was named "Narsingh". The creature cannot fit into the category of men, animal, or beasts. Narsingh, when spiritually interpreted means "the lion of mankind" which is a title symbolic of God alone.

4th Boon–Neither inside nor outside the house: The Iron Gate was constructed so that it might separate the inside from the outside of the palace. The king died on the spikes that pierced his body and were held in place on top of the gate. It was neither inside nor outside. Symbolically, this also describes the Confluence Age or the "dawn" of transformation.

5th Boon – Neither by metallic nor by Wooden Weapons: The claws of the creature are not considered as metallic or wooden. The claws here represent the weapon of '*Gyan and Yog*', the teachings of the Gita. Recall how Ram killed Ravan with the '*Brahma Astra*' when all other weapons simply made Ravan unconscious and could not destroy him. The '*Brahma Astra*' is not a bow and arrow, but it is symbolic of the weapon of Gyan and Yog. Recall the '*Sanjeevani Booti*,' the herb, that Hanuman brought from the mountain to cure Lakshman. This herb is but the 'herb of knowledge' which can conquer the forces of anger, greed, ego, lust, and attachment represented by Ravan. This is why the Gita is considered the 'Mother of all Scriptures.'

Prahlad means 'Child of God'

The secret of this story is that the name 'Prahlad' is the shortened version of 'Prabhu Ki Aulad' which means 'the child of God.' The

kittens in the oven represent God's faithful and virtuous children who will be protected from the raging fire of the oven, symbolic of the 'evil heat,' caused by the vices of anger, greed, ego, lust, and attachment, the characteristics of King Hiranyakashyap.

The story of Prahlad is symbolic of the Iron Age when greedy and evil rulers hijack the world and its resources. They create chaos in religion, language, law, power, and people, destroying evidences of the truth, and creating mass confusion. This is why, the scriptures say that in the end, false prophets would be honoured. It is only God who can save this world and this is the significance of Holi and Shivratri. The bonfire of Holika is symbolic of the burning of the old, vicious things of this corrupt and promiscuous world. Only God can fit the description of "the One who possesses the divine power to destroy the vicious and malicious boon." ■■

BEHAVIOR

Behavior is sometimes greater than knowledge, because in Life, there are many situations where Knowledge fails but behavior can handle Everything.

Life Changing Advice

- When in doubt, say, "Let me think about that." – This a polite way to get more time to think about something and lets the person in question know you're taking it seriously.
- Do the important task first – You don't need me to tell you this, if it didn't need to do then it wasn't important, to begin with.
- Meditate more – Such a great way to relieve stress, anger, and concentration.
- Understand that most people don't care about you – and that's okay. There's no worry to care what others think.
- There are people who care about you – those are the ones who need to seek the most.

MEMBERSHIP INFORMATION

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



Novosibirsk (Russia): BK Vijay is meeting Dr. Nikolai Grigorievich Krasnikov, Mayor of the Science city.



New Delhi: H.E. Vinai Kumar Saxena, Lt. Governor of Delhi meeting BK Suraj, BK Gita, BK Vikas and BK Deepak at Rashtrapati Bhavan.



Kolkata: BK Shivani is addressing a public programme on the theme "Karma is My Protection".



Narsinghpur (MP): A programme on "Design Your Destiny" is being inaugurated by BK Shivani, former Rajya Sabha MP Kailash Soni, former MLA Sunil Jaiswal, Municipality President Pt. Neeraj Maharaj, BK Hema, BK Usha and others.



Delhi (RK Puram): BK Suraj is being felicitated by Ms. Devika Raghuvanshi, Controller General of Defence Accounts after a programme on Rajyoga mediation. BK Anita is also seen.



Kharar (Mohali): Ms. Jaspreet Kaur, President, Municipal Council, Mr. Shashi Pal Jain, Editor, Daily Yugmarg, BK Prem and BK Karam Chand are lighting candles during a programme on Mahashivratri.



Kadma (HR): Mr. Arsh Verma, SP and Mr. Subhash Chandra, DSP are being presented a memento after a programme on Mahashivratri by BK Vasudha.



Nagaon (Assam): Mr. Swapnaneel Deka, Superintendent of Police is seen with BK Sarita after a brief meeting.

It is now not just kids in bad neighbourhoods or with “bad” friends who are likely to be exposed to bad things when they go out on the street - A “virtual” bad street is easily available to most of the youth now.



media have not only introduced new psychological threats to our children, but have also made it much harder to protect youth from various dangers, and have exposed many more of them to risks that only a few might have experienced before. It is now not just kids in bad neighbourhoods or with “bad” friends who are likely to be exposed to bad things when they go out on the street - A “virtual” bad street is easily available to most of the youth now.

However, when we examine the nature of the evidence linking crime and media in these cases, the argument begins to unravel, which begs the question: what is at stake in blaming the media? Frankly speaking, most of the people who pass such comments often have very little knowledge either of the individual cases or the extensive body of research done by the media on such sensitive cases. Yet, rumors

and opinions quickly take on the status of 'truth' and its victims.

'authority.' However, this does not mean that watching violent material on any visual medium does not affect the human mind. No! The effects may differ from person to person, but one cannot rule it out completely that violent depiction of crime and violence does not affect its viewers. In fact, there are several well-researched reports which document the impact of cinema and television violence on real life tragedies. **While freedom of media is extremely important and should be zealously guarded, but at the same time responsibility should co-exist with freedom.** Steps should therefore be taken to ensure that at least the more obviously harmful depiction of violence and crime on TV or cinema is checked. Parents too should try not to expose children of a tender age to violent programs, or even those seemingly harmless ones which if imitated can lead to accidents. While parental supervision and film certification rules help shield children to a large extent from objectionable content on television and in films, but the internet, by its very nature, is beyond regulation and therefore there is no way to check the free availability of such harmful content on the net. Hence, if we continue to turn a blind eye to this malaise, soon a time will come when even those of us who consider ourselves immune to such acts of violence will become one of

(Contd. from page no. 18)

hostel consistently remain at 99% or 100%.

- ▶ 11. The culture here involves waking up at Brahm Muhurta (early morning) and maintaining silence in God's remembrance until 8:00 AM.
- ▶ 12. Girls from any class, ranging from 6th grade to graduation, can take admission here.

Admission and Contact Information

The admission session at Shakti Niketan is open from January to June. For more information, you can contact the following address:

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

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

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



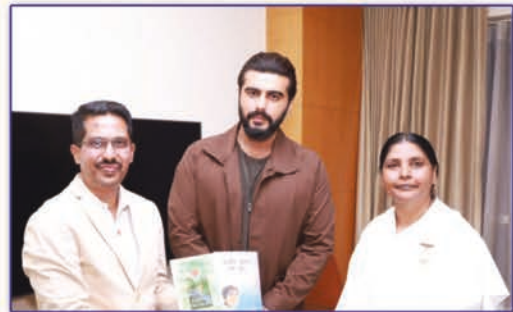
New Delhi (Khanpur): Inaugurating a programme on Happiness, Health and Mediation are Mr. Gajender Yadav, MLA, Ms. Mamta Yadav, Councillor, BK Onkar, BK Asha and others.



Houston, Texas (USA): During a programme on 76th Republic Day of India BK Mark is with Mr. D.C. Manjunath, the Consul General of India.



Moscow: BK Sudha, BK Vijay and BK Olga Smirnova are seen with members of a socially significant project "Music and Poetry Club Lyra" on its 10th anniversary.



Pune: Mr. Arjun Kapoor, famous Bollywood actor is being presented spiritual literature by BK Usha and BK Dr Deepak.



Philippines: BK Rajni is presenting Godly gift to Mr. Harsh Kumar Jain, Ambassador of India to Philippines, Palau, and Micronesia.



Mohali: On Shivratri after hoisting the God Shiv flag Mr. Vinay Bubblani, DG of School Education Punjab, Mr. K.K. Singla Add. District and Sessions Judge, BK Prem, BK Rama, BK Karmchand are seen on the stage.



Pune: BK Shivani is addressing a public programme on "New Mindset for Changing Era". BK Sunanda, Principal Income Tax Commissioner Munish Gupta, Dy Commissioner Madhav Jagtap, Dean of Sassoon Hospital Eknath Pawar are also present.

[illegible]

Betul (MP): BK Shivani is addressing a public programme on “Design your Destiny”. MLA Mr. Hemant Khandelwal, MLA Dr. Yogesh Pandagre, MLA Mr. Ganga Uike, District & Session Judge Mr. Dinesh Chandra Thaplival are also present.