



The World Renewal

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Abu Road (Shantivan): Mr. Amit Shah, Home Minister of India is launching Brahma Kumaris' annual project on 'Meditation for World Unity & Trust'. Also present are Mr. Bhajanlal Sharma, CM of Rajasthan, BK Mohini, BK Munni, BK Mruthyunjaya and BK Shukla.



Launching of Nationwide Campaign

**SELF EMPOWERMENT
TO
NATION EMPOWERMENT**

Abu Road (Shantivan): A Self-Empowerment Campaign for Security Forces is being launched by Defense Minister of India Mr. Rajnath Singh, BK Jayanti, BK Munni, BK Shukla, BK Mruthyunjaya and Vice Admiral(retd) Satish Ghormade.



Abu Road (Shantivan): An Educators' Conference is being inaugurated by Mr. Dharmendra Pradhan, Education Minister of India, BK Jayanti, Dr. Ajit Kumar, VC of Agriculture University Udaipur, Dr. Srinivas Warakhedi, VC of Central Sanskrit University Delhi, Mr. Lumbaram Choudhary, MP and BK Mruthyunjaya. Mr. Pradhan also paying tribute to Rajyogini Dadi Ratanmohini.



Trivandrum: After inauguration of 'Drug free Bharat mobile van service' H.E. Rajendra V. Arlekar, Governor of Kerala is being presented Godly gift by BK Beena, Dr Banarasi and Dr Sachin Parb.



Karnal: Gujrat Governor H.E. Acharya Devvrat is presented with a Godly gift by BK Chandrika at an event on Martyrdom Day. NIFAA Chairman Mr. Pritpal Panoo and BK Prem are also present.



Hisar: Haryana Chief Minister Mr. Nayab Singh Saini is presented with Godly gift by BK Ramesh and BK Anita at BK Centre. Cabinet Minister Ranveer Gangwa, MLA Randhir Panihar and MLA Vinod Bhayanar are also present.



Ujjain (MP): Chief Minister Dr. Mohan Yadav is paying tribute to late Rajyogini Dadi Ratan Mohini at Brahma Kumaris centre.



Raipur (CG): BK Savita is addressing the swearing-in ceremony of the Chairman of the Yoga Commission. Seen on the dais are Mr. Vishnu Deo Sai, Chief Minister of CG & Mr. Ramesh Bais, former Governor of Maharashtra.



Kanpur (Koyla Nagar): Mr. Satish Mahana, Speaker of UP Legislative Assembly is inaugurating the annual day programme of BK centre along with Mr. Pradeep Dubey, Principal Secretary of Assembly, BK Neelam and BK Archana.

From the mighty pen of Sanjay



PRINCIPLED POLITICS AND VALUE-BASED ECONOMICS *Mantras For Peace And Progress*



Without working in accordance with ancient spiritual wisdom, neither can we have principled politics nor can we hope for a value-based economics.

A society, in which every individual or group is self-centered, is not a society in any true sense of the word, for it lacks enduring unity of minds or commonality of abiding interests of its people. Thus, it falls short of an important cohesive force or uniting factor that should give to it solidarity and integrity. Even if the groups have some common set of customs and social norms, these groups or individuals often break the norms when their self-interests clash with those of others. Such a society is, at best, a loosely-knit network of communities, classes, institutions or nations, each one of which thrives by using the others for its own growth. And, a logical consequence of this is that, when a situation arises for a group to choose between what is of benefit to all and what

is of greater benefit to that group, it opts for the latter, thus unleashing the forces of disruption, conflict and split.

In such a weak-kneed society, pressures exerted by each ego-centric cultural, religious, ethnic, caste or political group would naturally create social, political and economic tensions. These would affect law and order and stability and would be a set-back to collective efforts of attaining set goals. Thus, these would work as obstacles and cause stagnation, disturbance, deadlock and, at times, even destruction. The individuals and groups, in such a society, may, in common parlance, be known as civilized and they may, in their daily life, show manners and etiquette but,

(Contd. on page no. 31)

CONTENTS

• Principled Politics and Value-based Economics	3	• Jealousy: A Virus.....	16
• The Spiritual Remedy for Our Ills (Editorial)	4	• Attracting Positive Energy	18
• Love Yourself	7	• HM Amit Shah Inaugurates a National Dialogue for Security Forces	19
• The Century-long Journey of Dadi Ratan Mohini	8	• International Labour-Day	21
• Life Changing Advice	11	• God's Bench	23
• President Murmu and PM Modi pay Heartfelt Tribute to Dadi Ratan Mohini. 12		• The Divine Lotus.....	26
• Laughter: The Best Medicine	14	• There is a Lot if Found,	28
• B.K. Mohini Didi Ascends as Chief of the Brahma Kumaris	15	• Brother Jagdish – An Epitome of Unlimited Service	29
		• Initiative to Support Soldiers' Mental Health	33
		• Words of Wisdom	34

The process of going within, experiencing oneself as a spiritual being or soul and then connecting with the Supreme Source of energy empowers the self in a lasting way.



The strides made by humans, particularly in the past two centuries, have often held out the promise of ending poverty, disease, and illiteracy, and of overcoming the challenges posed by the forces of nature. Over the past few decades, economic growth across most parts of the world has helped millions of people escape poverty. Science has vastly improved health care, created machines to make countless tasks easier, and given us means of communication and transport that have rendered physical distances immaterial. The result of all this should have been a healthier, prosperous, and happy life for most people on our planet. But a look at the state of affairs at every level - global, societal, and individual - tells us that is not the case.

Even as countless people across the globe go hungry, governments and corporations are pouring massive amounts of money into military research, which is producing increasingly sophisticated weapons that are not only claiming lives in conflict zones, but also have the potential to destroy the whole world.

At the root of all these failures is the

surrender by men and women to their selfish desires, often in spite of clear recognition of the fact that their gains would come at the expense of others, or would harm the environment.

For illustration, take the case of climate change, an issue that is increasingly gaining urgency and importance as adverse changes in weather patterns force governments and experts to take notice. International efforts to take concerted action to reduce the impact of

about the climatic consequences. This dichotomy between professed aims and actual practice is also evident in other areas of economic activity. Businesses and corporations across the world want to produce and sell more in order to earn greater profits. Will increased production and consumption help or hurt the environment? The answer to the question is obvious, but when souls succumb to their desires and other weaknesses, they seek

gratification without regard to the wider or long-term results for themselves and others.

EMPOWER YOURSELF

human activities on the environment have been hobbled by disputes between nations over who should do what. **It is widely accepted that a worldwide shift from production and consumption patterns that rely on fossil fuels to those based on renewable sources of energy is needed to address the issue of climate change.** The professed aim of governments and corporations is to reduce greenhouse gas emissions and use of fossil fuels to slow down the global warming they cause. But what is happening in practice? The scramble for energy resources in the Arctic region illustrates this point. The countries around the Arctic Ocean are rushing to claim the hydrocarbon and mineral resources that the Arctic Circle is estimated to hold. Ironically, this contest has been triggered by the melting of Arctic ice due to global warming, which has made commercial exploitation of those resources feasible.

How can the extraction of Arctic oil and gas go hand in hand with reduction in greenhouse gas emissions? The lure of profits from these resources, it seems, is too strong for governments and energy companies to bother

This tragic state of the human soul is aptly depicted in the character of Duryodhana in the Mahabharata, where the Kaurava prince expresses his awareness of what is right and what is wrong, and at the same time confesses his inability and unwillingness to act on this understanding. **During a conversation with his uncle Vidura**, who tries to persuade him to follow the path of righteousness and avoid war, **Duryodhana said: "I know that what I am doing is wrong, but I am unable to control myself because of the pride and ambition that have taken root in me. My desire for power and kingdom blinds me to the consequences of my actions. Even though I understand the justice of the situation, I cannot act according to it."**

Duryodhana's character resonates with many human struggles today. The story shows how people can be aware of what is right, but still be led astray by their desires, pride, and attachments, which often cloud our judgment, making it difficult to act in ways that align with our higher values. **The pressure to "win" at all costs – whether in our career, relationships, or society – can sometimes push us away**

from doing what is right. We may have intellectual understanding or moral awareness of a situation, and yet struggle to act according to the principles that we would like to uphold, because we are unable to change old habits, patterns of thought, or desires, even when we recognise that it is the right thing to do. **This is because most souls are now too weak to resist their negative tendencies, and they choose to give in rather than make the effort to be upright.**

If spiritual weakness is at the root of our woes, spiritual power is the solution. **When the soul is empowered, it not only knows what is right, but also has the courage and strength to act accordingly.** In the Mahabharata, the wisdom offered by God, as personified by Shri Krishna, is ultimately about overcoming this internal conflict. Shri Krishna advises the Pandava prince Arjuna to rise above his doubts and attachments and act according to his *dharma*, with awareness of the larger cosmic order. This is an essential lesson for us today — when we act on the basis of a higher consciousness, free from the cloud of ego and unrestrained desire, we are able to transcend the



internal wars that Duryodhana represents. To be able to do this, we need to practise introspection, be humble, and have the courage to align our actions with our higher values — despite the internal and external forces that may pull us in the opposite direction.

The most effective way to strengthen the soul is practice of Rajyoga meditation. Rajyoga provides us clear understanding of our spiritual identity, helps us rediscover and use

the positive qualities latent within us, and enables us to develop our strength of character and create new attitudes and responses to life.

Meditation also helps us disconnect from damaging habits of thought, feeling and reaction. It stills the mind and enables the intellect to achieve insight and understanding of the spiritual laws and principles that sustain harmony at all levels of life on Earth.

The process of going within, experiencing oneself as a spiritual being or soul, which is a luminous, sentient point of energy, and then connecting with the Supreme Source of energy empowers the self in a lasting way. This process of self-empowerment is entirely voluntary and involves no element of suppression or coercion of the mind. It is all about aligning one's thoughts, feelings, words, and actions with the soul's innate qualities of peace, love, bliss, and truth.

Regular practice of Rajyoga meditation develops the soul's powers of tolerance, accommodation, discernment, and judgment. A soul empowered in this way is liberated from the influence of negative emotions and habits. In other words, it

becomes the master of the mind. Such a soul is able to face and comprehend challenging situations in all their aspects and take the most appropriate action needed. Its actions, based on spiritual values, bring benefit to the self as well as others and thus ensure the well-being of all.

This process of individual change, if adopted by enough number of people, can help transform the world by rejuvenating on a global scale the virtues that make us human. These virtues contain the answers to the challenges facing mankind.

—B.K. Brij Mohan

LOVE YOURSELF AS YOU SPEND SO MUCH TIME WITH YOURSELF

True love grows and flourishes when we look at each one with spiritual vision and interact with love.

B.K. Sister Chirya, New York, USA



Love is the life-giving force. The way to find true love is to extend love first to yourself. When we receive love, we give the best of ourselves. Now with the knowledge of the soul, we become aware of both our original, innate qualities of goodness and love, and what we have acquired that are false. With meditation and regular spiritual study, our spiritual power increases, and my limited understanding of falsely thinking, "I am a perishable body", finishes. I, the soul, a being of light, tell my mind and intellect to stay peaceful and to think in the right way.

The practical form of love is respect. Respect means accepting each individual as unique and different and has something important and valuable to contribute. Spiritual love has great power. Whatever is spoken with love and respect is free from selfishness and negativity and has a powerful effect on others. **Words spoken out of love can bring about change in myself and others.** The



By being an example of love and humility in the face of situations and people. This helps others find solutions together.

Law of Attraction does not mean we get what we want; it actually means We Get What We Are. Our thoughts and

words are what we are. They vibrate out to the Universe and we get them back.

Love has a connection with the heart. When we speak about love, we always put our hand on the heart, not on the head. This reminds us to love ourselves from the heart before acting, and then perform good actions with my hands.

Build and base your self-esteem on spiritual values, not on achievements or other people's acceptance. Don't let any rubbish accumulate in your heart, or depression and pain will be experienced. Rubbish means thoughts such as "I have given so much love and received so little", or "If others give me love first, I will reciprocate."

Most of us come into relationships to get love, respect and acceptance, without realizing our role is to give, not get. And when our expectations are not fulfilled, we try to change people, which means we aren't accepting them. We then send out negative energy, causing them to move away from us. Our relationships especially with loved ones hold so many promises, but today people are moving away from each other at alarming rates.

"As children of God, we first take love from connecting with God, fill the self with love and give this Godly love honestly. We behave with others in a right way, and learn what good manners are. Look at each one with a spiritual vision and interact with love. This is how true love grows and flourishes." - Dadi Janki.

THE CENTURY-LONG JOURNEY OF DADI RATAN MOHINI WILL BE REMEMBERED FOR CENTURIES

Prof. Onkar Chand Sharma, Shantivan



Our most revered and beloved Rajyogini Dadi Ratan Mohini (1925–2025), the spiritual torchbearer and Administrative Head of the Brahma Kumaris, ascended to the angelic realm on April 8, 2025, in Ahmedabad, Gujarat, at the age of 100. Her transition marked not just the completion of a century in human terms, but a milestone in the journey of divine service, touching countless

hearts with her purity, humility, and spiritual might.

Even after completing a century of life, her face was radiant with the divine glow of yoga, purity, and divinity and her aura infused with soul-consciousness, serenity, and God's remembrance. Known for her unwavering dedication, simplicity, and profound teachings, Dadi's life was a beacon of hope for countless individuals seeking peace and wisdom. Her journey—from a spiritually inclined child to a world-respected spiritual leader—is an



President of India H.E. Draupadi Murmu with Dadi Ratan Mohini



Prime Minister of India Mr. Narendra Modi with Dadi Ratan Mohini



Defence Minister of India Mr. Rajnath Singh with Dadi Ratan Mohini



Yoga Guru Swami Ram Dev with Dadi Ratan Mohini

inspiring testament to the power of purity, love, and elevated vision.

She will always be remembered for her profound spirituality, compassionate leadership, and unwavering commitment to social reform. She was a guiding light, a spiritual mother, and a true embodiment of divine love. Her life, spanning over a century, was dedicated to spiritual service, education, and the upliftment of humanity.

Early Life and Spiritual Awakening

Born into a devout and prosperous family in Hyderabad, Sindh, on March 25, 1925, Dadi Ratan Mohini exhibited deep spiritual inclinations from an early age. Yet no one could have imagined that this young girl would one day become a shining star of spirituality and women's empowerment, illuminating the world through her virtues.

With a passion for spirituality since childhood

and a deep desire to experience God, she joined the Brahma Kumaris at just 13 years of age and dedicated her entire life to the mission of world renewal and spiritual empowerment. She witnessed the 88-year journey of the Brahma Kumaris organisation since its inception in 1937. Over the course of eight decades, she became one of its central pillars, guiding the organization through key phases of expansion and global outreach.

In 2014, Gulbarga University honoured her with an honorary doctorate, recognizing her invaluable contributions to spiritual and social transformation.

Leadership and Global Outreach

Dadi Ratan Mohini played a pivotal role in expanding the Brahma Kumaris' global presence. In 1954, along with Dadi Prakashmani and Dada Anand Kishore, she represented the organization



H.E. Pratibha Patil, the then President of India with Dadi Ratan Mohini and Dadi Janki



Justice Dipak Mishra, the then Chief Justice of India with Dadi Ratan Mohini



Chief Minister of Assam Mr. Himanta Biswa Sharma with Dadi Ratan Mohini



Saints from across the country with Dadi Ratan Mohini

at the World Peace Conference in Japan. She later travelled extensively across Asia—including Hong Kong, Singapore, and Malaysia – spreading the message of peace and spiritual wisdom. From 1972 to 1974, she played an instrumental role in establishing service centres in the United Kingdom, marking a significant chapter in the global expansion of the organisation.

Her leadership extended to several key roles:

Founder Chairperson, Youth Wing

Her role as the founder and chairperson of the Youth Wing for over four decades was truly transformative. At an age when most begin to slow down, Dadi Ji took the lead, guiding and nurturing young minds with deep spiritual values and divine love. Under her leadership, a nationwide Youth March covering 30,000 kilometres was organized in 2006, earning recognition in the Limca Book of Records. Her

efforts inspired thousands of youths to live lives of character, peace, and purpose.

Director of Teacher Training Programs

She oversaw the training of over 50,000 sisters across 5,500 service centres worldwide, enhancing their spiritual capacities and service skills. She gracefully navigated the challenges of leading a global spiritual family while keeping the spiritual well-being of every soul at heart.

Zonal Head for Rajasthan

As the head of services in Rajasthan, she ensured wide spiritual outreach and effective administration. Her efforts brought God's message of peace and unity to people from all walks of life.

Administrative Chief of the Brahma Kumaris

Following the ascension of Dadi Hridaya Mohini in March 2021, Dadi Ratan Mohini was



Dadi Ratanmohini with H.H. Pope Paul VI during his visit to India in 1964



Dadi Ratanmohini with Dadi Prakashmani during a Peace Conference in Japan in 1954



Dadi Ratanmohini with Brahma Baba, the Founding Father of organisation



Dadi Ratanmohini with Mateshwari Jagdamba, the first Chief of Brahma Kumaris

entrusted with the role of Chief Administrative Head. Under her divine leadership, the organisation expanded its work in the areas of de-addiction, women's empowerment, youth awakening, environmental protection, and yogic farming. Her style of leadership was marked by simplicity, clarity, and selfless service. For her extraordinary contributions, she received numerous national and international awards, especially for her work among youth, women, and the underprivileged.

Dadi Ji in Her Own Words

Once, while sharing her experiences, Dadi Ji said: *"The entire journey of our life till now has been spent under the protection of God. Looking at our destiny, we feel happy that we received this opportunity. Due to the good deeds performed during the path of devotion, we were able to live with God in this final birth. Our life progressed under His care, and we continue to move forward under His directions."*

Tributes from the Divine Family

BK Mohini, the current Administrative Head of Brahma Kumaris, shared:

"Dadi Ji was a soul of deep contemplation. She absorbed the jewels of Shiv Baba's Murli so deeply that Brahma Baba lovingly named her 'Ratan Mohini' – the one enchanted by spiritual gems. Her divine vision and uplifting words gave hope to countless souls. Whether guiding mothers, youth, or senior brothers and sisters, she remained ever-ready to serve with joy and humility."

A Legacy Beyond Time

Her legacy goes far beyond administration – it lives on in the countless hearts she transformed, the values she revived, and the spiritual foundations she nurtured. For decades, Dadi Ji embodied the essence of Rajyoga, living as a

true yogi, teacher, and mother. Her physical presence may no longer be with us, but her angelic vibrations continue to bless and uplift.

Through her ideal, inspiring life, she has etched indelible marks that will guide humanity, culture, and society for ages.

Final Tribute

In the end it would be better to pay last tribute to Dadiji in these words:

"Ratan thi Dadi aap Yagya ke, jag aapse prerana paayega. Ek sadi ka aapka jeevan, sadiyon yaad aayega."

"Dadi, you were the jewel of the Yagya; the world will continue to draw inspiration from your life. Your century-long journey will be remembered for centuries." ■ ■

Life Changing Advice

- Always do your best. What you plant now, you will harvest later.
- No need to hurry. No need to sparkle. No need to be anybody but oneself.
- Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think.
- If you don't like the road you're walking, start paving another one.
- Don't let yesterday take up too much of today.
- Keep smiling, because life is a beautiful thing and there's so much to smile about.
- Be persistent and never give up hope.

Heartfelt Tribute

PRESIDENT MURMU & PM MODI PAY HEARTFELT TRIBUTE TO DADI RATAN MOHINI

In a solemn moment for spiritual seekers and the Brahma Kumaris family, the nation mourns the passing of Rajyogini Dadi Ratan Mohini, the esteemed Administrative Chief of the Brahma Kumaris. President Droupadi Murmu, Prime Minister Narendra Modi, and Lok Sabha Speaker Om Birla have expressed their heartfelt condolences, acknowledging her profound contributions to spirituality and society.

Here are the condolence messages from a few dignitaries

Draupadi Murmu, the President of India: "I am deeply saddened to learn about the demise of Dadi Ratan Mohini ji.



She was a beacon of light for the Brahma Kumari organisation. This organisation has contributed significantly to my life journey. Dadi Ratan Mohini Ji shaped the thinking and life of countless people through her teachings and work. She spread the message of service, harmony, peace and charity throughout her life. Her teachings will continue to inspire people to follow the path of spirituality and to work for public welfare. I express my condolences to all the members of the Brahma Kumari family present all over the world and the well-wishers of this organization."

Narendra Modi, the Prime Minister of India: "Dadi Ratan Mohini Ji had a towering spiritual presence. She will be remembered as a



Defence Minister of India Shri Rajnath Singh is paying tribute to Dadi Ratan Mohini.

beacon of light, wisdom and compassion. Her life journey, rooted in deep faith, simplicity and



unshakable commitment to service will motivate several people in the times to come. She provided outstanding leadership to the Brahma Kumaris' global movement.

Her humility, patience, clarity of thought and kindness always stood out. She will continue to illuminate the path for all who seek peace and wish to make our society better. I will never forget my interactions with her. My thoughts are with her admirers and the Brahma Kumaris' global movement in this hour of grief. Om Shanti."

Om Birla, the Lok Sabha Speaker: "The sad news of the demise of Dadi Ratan Mohini, the



head Rajyogini of Brahma Kumari Ishwariya Vishwavidyalaya, is shocking. Her life was a source of spiritual light, which continued to inspire countless souls to follow the

path of truth, peace and service."

Amit Shah, Union Home Minister: "Saddened by the passing of revered spiritual leader and the Chief Administrator of the Brahma Kumaris, Dadi Ratan Mohini Ji. A life dedicated to guiding people to spiritual upliftment, Dadi Ratan Mohini Ji enlightened millions of lives across the world



with her wisdom. She provided solace to the distressed soul with her compassion and the inner strength to the spiritual seekers with her inspiration. Her demise leaves behind a void that will continue to pain us.

My deepest condolences to her followers at this hour of grief."

Jagat Prakash Nadda, National President of BJP & Union Health Minister:

"Deeply saddened to learn about the passing of Dadi

Ratan Mohini Ji, the Administrative

Head of Brahma Kumari

Ishwariya Vishwavidyalaya. As

a spiritual leader and

dedicated social worker, she

guided millions towards

enlightenment with her divine

wisdom and compassion. Her

teachings and unwavering commitment to

selfless service will continue to inspire countless

souls on their journey towards peace and

spiritual growth. My heartfelt condolences to her

admirers and the global Brahma Kumaris

movement in this hour of grief."

Dr Mohan Bhagwat, Sarsanghchalak of the

RSS: "The demise of Brahma Kumari respected

Dadi Ji is very sad for everyone. She

has gone to Sri Vaikunth Dham.

Tributes to Param Pujya

Rajyogini Ratanmohini Dadi

Ji, the chief administrator of

Brahma Kumari Sansthan.

She played the important role of

training thousands of young sisters

throughout her life. She did many padayatras to

propagate Indian culture and values. God will

definitely grant her salvation."



General Anil Chauhan, Chief of Defence Staff (CDS):

"Dadi Ji's life was a beacon of wisdom,

compassion, and spiritual

strength. Her tireless service in

spreading the message of

peace, purity, and universal

brotherhood has left an

indelible mark on countless

lives across the world. Through

her divine leadership, the Brahma

Kumaris flourished as a global spiritual

movement committed to uplifting humanity. We

join the Brahma Kumaris family in mourning this

profound loss. Dadi Ratan Mohini Ji's legacy of

selfless service and her unwavering dedication

to spiritual enlightenment will continue to inspire

generations to come."

Olusegun Obasanjo, former President of

Nigeria: "At this profound moment, as we say

goodbye to a remarkable icon,

spiritual leader, mentor, and

guide, whose life was

dedicated to uplifting

humanity, I, Olusegun

Obasanjo, former President of

Nigeria, wish to extend my

heartfelt condolences. The passing

of Dadi Ratan Mohini Ji, the Head of the Brahma

Kumaris World Spiritual University, leaves a

void not only in the hearts of those who had the

privilege of knowing her but also in the global

community that benefited from her unwavering

commitment to promoting Universal Peace,

Humanitarian values, and spiritual wisdom.

Throughout my personal relationship and

interactions with Dadi Ratan Mohini Ji, I

witnessed firsthand her boundless love,

deep understanding, and devotion to

service. She was not just a spiritual leader



but also a mentor and a guiding light to many, showing the world the importance of inner peace, compassion, and the power of selfless giving. Her contributions to humanity transcended borders, inspiring countless individuals to live with greater integrity, unity, and kindness.

In this moment of sorrow, my thoughts are with the Divine Family of the Brahma Kumaris World Spiritual Organization. May they find strength and solace in the legacy of love and wisdom that Dadi Ratan Mohini Ji has left behind. As we grieve Dadi ji's passing, let us also celebrate the lasting impact she has made, and may her soul continue to inspire and guide us all on the path of spiritual awakening."

Prominent among others who have expressed their grief and have sent condolence messages on the demise of

Dadi Ratan Mohini are: **Union Agriculture Minister Shivraj Singh Chouhan, Union Law Minister Arjun Ram Meghwal, Gujarat Governor Acharya Devvrat, Chief Minister of Gujrat Bhupendra Patel, Rajasthan Chief Minister Bhajanlal Sharma, Rajasthan Governor Haribhau Bagde, Chhattisgarh Governor Ramesh Bais and CM Vishnu Deo Sai, CM of Uttar Pradesh Yogi Adityanath, CM of Madhya Pradesh Mohan Yadav, CM of Bihar Nitish Kumar, Maharashtra CM Devendra Fadnavis, CM of Telangana A. Revanth Reddy, Telangana Governor Jishnu Dev Varma, CM of West Bengal Mamta Banerjee, Dy. CM of Rajasthan Diya Kumari, Prem Chand Bairwa and former CM Vasundhara Raje Scindia, CM of Delhi Rekha Gupta, film director & producer Subhash Ghai.** ■■

LAUGHTER: THE BEST MEDICINE

- ◆ **Doctor - Where is the pain...? Patient. - If you reduce the fee then I will tell you, otherwise find it yourself...!**
- ◆ **Wife - The beggar who came yesterday was a very mean person. Husband – Why? What happened...? Wife - Yesterday I gave him food and today he has given me a book. Husband - Which book...?? Wife - "Learn to cook food"**
- ◆ **I don't understand anything, if we ask for increase in salary they say: what work do you do? And if you ask for leave then they say: who will do your work??**
- ◆ **Today the auto driver fought with 4 auto drivers for me... for the first time I felt that there is someone of my own in life...!**
- ◆ **It is not a big deal to give up alcohol, if any brother wants to give up alcohol, then he can bring it to my house and leave it...!**



SPIRITUAL LEGACY CONTINUES: B.K. MOHINI DIDI ASCENDS AS CHIEF OF THE BRAHMA KUMARIS

Rajyogini B.K. Mohini Didi was officially appointed as the sixth Administrative Head of the Brahma Kumaris on April 13, 2025, following the ascension of Dadi Ratan Mohini on April 8, 2025. The unanimous decision was made during a Management Committee meeting held at the organization's international headquarters in Mount Abu, Rajasthan.

At the age of 84, B.K. Mohini Didi had already been serving as the Additional Administrative Chief for the previous four years. Her appointment marks a significant chapter in the organization's history, as it is the first-time leadership has been entrusted to a "Didi" rather than a "Dadi."

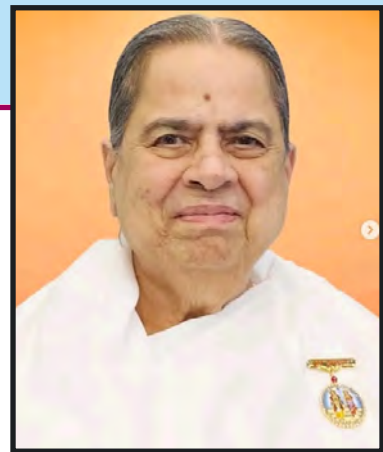
In her acceptance message, she humbly shared:

"I had the fortune of living with and receiving Godly knowledge from both Shiv Baba and Brahma Baba. I have applied their teachings in my personal and social life. I accept this responsibility as a sacred duty."

The Dawn of a Spiritual Life

Born in 1941 in Delhi, India, into a philanthropic family, BK Mohini Didi pursued higher education at the University of Delhi, earning a Bachelor of Arts degree in History, Political Science, and Journalism. The suffering she witnessed during the Partition of India deeply moved her and led her to seek inner, spiritual solutions to worldly pain.

As a teenager, she encountered the Brahma Kumaris and began her spiritual journey – studying, practicing, and offering service even while attending college. Her early spiritual



foundation shaped a life dedicated to the service of humanity and God.

Global Footprints of Divine Service

In 1974, BK Mohini Didi began serving internationally, playing a pioneering role in the global expansion of the organisation. She established a Brahma Kumaris presence in the Caribbean (1976) and later in New York (1978). Her leadership was key to founding the regional headquarters for the Americas.

Since 1981, she has represented the Brahma Kumaris as an NGO member at the United Nations. She continues to serve as the President of the Brahma Kumaris World Spiritual Organization, USA, and as Regional Coordinator for the Americas and the Caribbean.

Spiritual Initiatives and Contributions

A strong advocate of Rajyoga meditation as a way of life, BK Mohini Didi emphasizes living spirituality through daily practice and elevated consciousness.

- ▶ In 1998, she helped launch the Call-of-the-Time Dialogues and Retreats, creating a space for global leaders to explore inner transformation.
- ▶ That same year, under her guidance, the Brahma Kumaris acquired the Peace Village Learning and Retreat Center in the Catskill Mountains of New York, which continues to serve people from all walks of life.

(Contd. on page no.25)

JEALOUSY: A VIRUS THAT INFECTS THE MIND AND SOUL

Jealousy narrows our thinking and breeds negative thoughts. Rather than feeling joy for others, we may envy their success and resent their positive qualities.



B.K. Jyoti Nanda, Shantivan



Jealousy is like a virus that infects the mind and spreads through one's thoughts and behaviour. Just as a virus can damage a system, jealousy can harm relationships and erode self-esteem. Like a virus that

operates below the surface, jealousy can sometimes manifest without conscious awareness, affecting one's behaviour subtly. This virus stems from envy. Envy is a situation where you desire to see a person fail, regardless of what their intention is. Jealousy is often described as an emotional reaction that arises when we perceive a threat to something we value. **It is defined as resentment towards others because they possess something you think belongs to you. It is often accompanied by possessiveness, insecurity, and a sense of betrayal.**

Jealousy is not a good feeling and can make us narrow-minded and generate negative thoughts. It can make us feel worse about ourselves. Instead of feeling happy for others, we may envy their success and resent their good qualities. It is a disturbing emotion and attitude. **It is defined as a state of mind that causes us to lose our peace of mind and incapacitate us so that we lose self-control.** If you think about it, when we are really attached to

something or someone, or we are angry or jealous, we certainly don't have peace of mind, and we lose self-control in a sense because all sorts of crazy urges come up in our minds to do or say certain things that we often come to regret later on. These disturbing emotions and attitudes can cause us to act in ways that are really destructive and hurtful to others and that are ultimately also self-destructive. In the end, we are the losers.

Relating to the world through the fiction of self, we become protective and greedy. We divide the world into me and others. We become jealous when we think others are taking something we are owed. We become envious when we think others are more fortunate than we are. **In Hinduism, the Mahabharata and the Ramayana show that 'jealousy' is one of the root causes of the downfall of man and humanity, and it has brought drastic changes in human history.** The entire tragedy of these epics has its base in the negative emotion of jealousy.

It is always true that those who are lacking in material possessions envy those who have them. In fact, in most cases, it is observed that those who are materially enriched cannot see their colleagues and neighbours flourishing or growing. It is more important to note that though many individuals live in the midst of abundance, yet they remain discontented. It is a negative

tendency of many not to appreciate others who are excelling and flourishing. Initially, jealousy may come out in the form of light mockery, misbehaviour, creating hurdles in others' growth, humiliating, and spreading rumours about them, etc. If it is unchecked by the individual, the thoughts of jealousy will start degenerating into bad karma, like attempting to harm the person one is jealous of. This is a horrible stage in which the jealous person starts trying to eliminate the targeted person in order to usurp their power and position. In the wake of this terrible emotion, the endocrine system starts producing unhealthy hormones, which will again make the person even more negative and more aggressive.

In the age of social media, it is easy to fall into the trap of comparing our lives to those of others. Seeing someone's success or happiness can trigger a feeling of inadequacy. An attitude of comparison is also a cause of budding jealousy. The feeling of jealousy may grow in people existing in the same place and time. For instance, a person doing a job in an office may be jealous of his colleagues in the same office. Generally, jealousy emerges among colleagues, equals, or classmates.

We, unfortunately, forget that everyone is unique and blessed with some special qualities, which are different from others' abilities. If we do not think of what we lack but focus on what we have, we allow positivity to grow in us. A simple way to overcome jealousy is to rejoice in the merit of others. When we see others who are better than us, instead of feeling jealous, we can try to see the good in them and appreciate their good qualities. We must be aware that, depending on our roles and sanskars, we will descend on the earthly stage

at our predestined time and play our predestined roles accurately. After taking a series of births, the soul gets more and more depleted of its original and essential powers, qualities, values, and virtues. Using self-introspection, affirmation, and gratitude, we can overcome the negative trait of jealousy and insecurity.

We need to understand that the eternal world drama is fixed, accurate, and beneficial. Everyone is unique and playing his/her role in a unique manner. No one can play the role of anyone else. By understanding God's wisdom and spiritual powers, we can eradicate this negative emotion of jealousy. We ought to regularly practice Rajyoga meditation, which makes us divine. Introverted souls with divine virtues never bear jealousy towards any being. They remain blissful, peaceful, and content. Such souls will never be affected by the negative thoughts and vibrations of others, whatsoever. They remain ever safe and secure in the serene shelter of remembrance of the Almighty God. ■ ■

MOTIVATE YOURSELF



It's a tough life. Some days it's hard to get out of bed and get going. Why? How come our levels of enthusiasm seem to fall so easily? Why can't we get ourselves motivated? Simple really. We try to reverse the energy flow in a universe where all energy is radiating outwards. We try to break one of the spiritual laws.

ATTRACTING POSITIVE ENERGY

Those who can live in the present moment tend to be healthier and happier.



Farha Sayed, Mumbai



Good energy is high-vibrational, light, nurturing, and associated with growth. Whether someone's spiritual energy is perceived as good or bad is influenced by their karma, deeds, behaviours,

beliefs, attitudes, and values. Of course, it's not as black-and-white as simply being 'good' or 'bad'—there's a lot more nuance to it—but this is how it's commonly understood.

Every living being has an energy—or life force. You might notice this when you get certain feelings around different people. As our auras and energetic bodies are always connecting with others, we tend to tap into other people's energy seamlessly.

People's energy can be calming, loving, passionate, mischievous, intense, awkward—or even make you feel uneasy. But more often than not, it's difficult to put a label on these different energies because everyone's energy is unique. Although we are all manifestations of Source, we exist as separate beings, each with our own energetic signature.

For example, many people tell me that my energy is very calming. It's not just because I play the part—people tend to feel it by tapping into something deeper. You often intuitively sense a certain feeling around others because you're picking up on their spiritual energy.

Just as all living beings have unique energy, places too have distinct energies. Along my

journey, I began to notice the energy of different spaces. The more attention I paid to it, the stronger the presence of a place's energy became.

Those who can live in the present moment tend to be healthier and happier. **To attract positive energy, you need to master the art of letting things be.** This means trusting that the universe has your best interests in mind. Energy will ebb and flow, and sometimes we don't get what we want because it's preparing us for something greater down the road.

If you're constantly trying to control the outcome, change the past, or predict the future, you might miss the miracles that are right in front of you. Each day presents a new opportunity for hope, change, and growth. Often, how you start your day reflects how you'll carry your day.

Get into the spiritual habit of affirming yourself each morning and opening yourself to the day ahead. Lean into a positive mindset. You're alive and breathing, and no matter what happens — it's a great day to be here! To feel the good energy of the universe, you need to have clarity about what you truly want.

To protect your spiritual energy, it's important to understand what I mean by the spiritual energy system. In simple terms, flowing within and around your physical body is a subtle energy field known as the aura. Your aura is a kaleidoscope of electromagnetic energy—not just a beautiful coloured field, but a complex and

(Contd. on page no. 25)

HOME MINISTER AMIT SHAH INAUGURATES A NATIONAL DIALOGUE FOR SECURITY FORCES

▲ For the last 25 years, the efforts of Brahma Kumaris to reduce the stress of security personnel and lead them towards peace are commendable

▲ Brahma Kumari Sansthan has created a wonderful environment of simplicity, abstinence and cooperation in the world through sacrifice, penance and its brilliance

▲ Brahma Kumari Sansthan is working as an ambassador of Indian culture by taking the message of peace and dialogue to the whole world

▲ Pujya Brahma Baba established Brahma Kumari Sansthan and turned each one's soul into a lamp to help them walk on the path of light.

Abu Road: Union Home and Cooperation Minister Shri Amit Shah inaugurated a national dialogue on 'Self-Empowerment through Inner Awakening' for security forces personnel on April 17 2024. The event was organised by Brahma Kumaris at Shantivan campus of its HQ in Abu Road. Many dignitaries including Rajasthan Chief Minister Shri Bhajanlal Sharma, Chief of Brahma Kumaris Rajyogini BK Mohini Didi, Member of Parliament and State President of BJP Shri Madan Rathore, and Rajyogini Munni Didi were present on the occasion.

In his address, Union Home Minister and Minister of Cooperation said that Brahma Kumaris are working to light a lamp of peace



Abu Road: Mr. Amit Shah, Home Minister of India, Mr. Bhajan Lal Sharma, CM of Rajasthan and BK Mohini, Chief of Brahma Kumaris are on the dais.

and spiritual practice in every human being across the world through yoga and meditation. He said that efforts are made here to awaken the goodness within every person and they have been doing it for a long time now. He added that one can feel an amazingly peaceful atmosphere when they arrive here and it is because of the spiritual energy existing in this place.

Shri Amit Shah said that when one finds a Guru in personal life, he is able to lead the path of righteousness and there are many examples of it. He said that some people do such work that it turns every person's soul into a lamp and help them walk on the path of light. He said that by establishing Brahma Kumari, Lekhraj Kripalani Ji made a big call to make every person's soul a lamp and move forward on the path of light, which is having a huge impact on the society today.

Union Home Minister said that Brahma Kumaris have worked to create a wonderful environment of simplicity, abstinence and cooperation across the world through their sacrifice, penance

and brilliance. He said that two programs have taken place here simultaneously today - first, the launch of the theme of the year 2025-26 of the Brahma Kumari Sansthan, 'Meditation for World Unity and World Faith, and, second, the inauguration of the national dialogue on self-empowerment through inner awakening of security force personnel.

Shri Amit Shah said that after 75 years of independence, our country has come a long way and has become the fifth largest economy in the world and in a few years we will become the third largest economy. He said that under the leadership of Prime Minister Shri Narendra Modi, we are aiming to become the leader in every field in the world on the centenary of independence in 2047. He said that India's goal should be to take forward our traditions, that have the ability to lead to world brotherhood, connect the soul of every human with the divine and lead every life on the path of virtue, and organizations like Brahma Kumari are doing well in this direction.

Union Home Minister said that the nation's safety today is the result of the immense sacrifice and dedication of our security forces. He acknowledged the tireless efforts of our personnel who guard the borders under the most challenging conditions. He emphasized that in matters of internal security, the Army, Central Armed Police Forces (CAPFs), and state police forces work diligently to uphold law and order and protect the vulnerable — a responsibility that often brings significant stress. Highlighting the importance of mental and emotional well-being, he said that helping security personnel find peace in their mind, body, and soul is a crucial mission. **In this regard, he praised the Brahma Kumaris for their commendable efforts over the past 25 years in reaching out to security forces,**

alleviating their stress, and promoting inner peace, which in turn contributes to a stronger and more secure nation.

Shri Amit Shah highlighted India's ancient tradition of harmonizing the mind, body, intellect, and soul through yoga and spirituality. He said that this legacy has long guided us on the path of knowledge, progress, and thoughtful policymaking to solve complex problems. He noted that today India continues to share this timeless wisdom with the world. He emphasized that the concept of '*Vasudhaiva Kutumbakam*' — the idea that the whole world is one family — originated from India's Upanishads, which embraced a global sense of unity and belonging. Shri Shah added that under the leadership of Prime Minister Narendra Modi, India took a significant step in promoting its Vedic heritage globally by establishing International Yoga Day on 21st June. He added that today millions around the world are embracing yoga, meditation, and spirituality as a way of life. He expressed confidence that this path will increasingly become a foundation for global peace in the years to come.

Union Home Minister said that the profound knowledge of the soul, God, and the cycle of creation received by Pujya Lekhraj Kripalani Ji came to be known as "Brahma," and the Brahma Kumaris organization was founded to share this spiritual wisdom with the world. He highlighted the vital role of women in this mission, noting that for generations, the divine feminine has been revered, and women have been at the heart of the Brahma Kumaris' leadership and service. He emphasized that true change in the world begins with self-transformation—only when an individual transforms from within can they inspire change

(Contd. on page no.27)

1st May: Labour Day

INTERNATIONAL LABOURS' DAY: A SPIRITUAL PERSPECTIVE

We must honour workers' voices, feelings, and efforts. If labourers could lead an addiction-free and disciplined life, they could manage a decent living even with limited resources.

Dr. Shiba Prasad, Ahmedabad



For most countries, "Labour Day" is synonymous with, or linked to, International Workers' Day, which occurs on 1st May. Some countries vary the actual date of their celebrations so that the

holiday falls on a Monday close to 1st May. Labour Day is an annual holiday that celebrates the achievements of workers. It has its origins in the labour union movement, specifically the eight-hour day movement, which advocated eight hours for work, eight hours for recreation, and eight hours for rest.

Can the Life of a Labourer Change?

Do labourers have the right to a decent life – a life of honour, pride, and aspirations? Must the poor remain trapped in a vicious cycle of poverty forever? Is God not witnessing their hardship, suffering, and humiliation? What about their families – their children, wives, parents, and in-laws? Don't they deserve a dignified and comfortable life?

Increasing pollution and rising temperatures make their lives even more miserable. They cannot afford air conditioners due to growing energy costs and the high price of the appliances. As a result, their suffering continues during and after work. Their future is a gamble with very little chance of escaping poverty and

deprivation.

Many have lost the self-respect needed to fight for their rights. Let us provide opportunities, careers, and dignity to workers. Poverty and disadvantage should not be permanent labels. Let us educate, empower, and enrich their lives.

Addiction and Vices in the Life of Labourers

Addiction, indulgence, and laziness can make a labourer's life even more difficult. Due to the demanding nature of their jobs, many turn to cheap intoxicants like *khaini*, *gutka*, *pan masala*, *bidi*, cigarettes, opium, *bhang*, or alcohol as a means to relieve physical and emotional pain.

However, addiction only worsens their misery and ill-health. If labourers could lead an addiction-free and disciplined life, they could manage a decent living even with limited resources. A life guided by empathy, self-restraint, patience, courage, and truth is more valuable than that of an arrogant, undisciplined, wealthy individual.

The suppressed feelings of millions of poor workers are the greatest poverty of society. First and foremost, we must sympathise with their hardships. There is a large proportion of youth among labourers. Can we guide them toward higher education and skill development? Ultimately, quality of life is not just about money – it is defined by values and virtues.

May 2025

The task of world-transformation is possible only through self-transformation.

21

Commercialisation and Exploitation of Labourer

In mining industries, many truck and dumper drivers die young due to dust, heat, and pollution. Although there are many policies for workman protection and healthy working conditions, there often exists a nexus between businessmen, politicians, and labour union leaders to suppress the voice of the labourers.

In remote mining areas, in exchange for environmental degradation and resource extraction, labourers are given a hopeless future. Many of my friends in those areas died due to alcoholism.

Contractors and companies have been exploiting these areas for years, showing little concern for the development, growth, or survival of local people. Roads are damaged by overloaded trucks, and minimal infrastructure – like schools, hospitals, or training centres – is developed. By exploiting locals' vulnerability to food and alcohol, they are lured into addiction with small incentives.

One of my friends has worked in a textile mill in Surat for over 20 years. He works 12-hour shifts at nearly the same wage for years, with no training, no skill development, no promotion, and no hope. His work profile has become monotonous, and he receives neither appreciation nor growth. Human Resource theories look promising in management textbooks, but in practice – except for a few organisations – they often amount to exploitation.

Spirituality and the Labourer

No job is small or insignificant. Whether it is a street sweeper, security guard, farmer, woodcutter, cobbler, or barber—what matters is how sincerely one performs their duty. As Martin Luther King Jr. once said, "Even if it falls your lot to be a street sweeper, sweep streets like Michelangelo painted..."

At the Brahma Kumaris, God teaches that all

tasks – be it cleaning utensils or delivering a speech – carry equal value. It depends on one's passion, intention, dedication, and state of mind.

Here, from cooking to cleaning to sweeping roads, every act done with a pure heart is considered Godly service. There is no distinction between officers and workers; each is valued for their virtues and pure intentions.

Unfortunately, many workers lose their self-respect due to mistreatment and humiliation. We must honour their voices, feelings, and efforts. They are essential to nation-building. We must also support the careers of their children, regardless of their background. Neglect and insensitivity can push these children toward crime and despair.

If more organisations adopted the Brahma Kumaris model—respecting every contributor – the system would become more like a family rather than one divided by capitalism. In such a system, a *volunteer* is seen as a *server* or *contributor*, not merely a worker. Contribution may be intellectual, financial, or physical – but dignity is determined by character, not class.

God as the Protector and Liberator of the Labourer

God has descended to guide the poor. There are no barriers to Godly knowledge. Even a homeless or slum-dwelling person can access spiritual wisdom and transform their life.

The secret lies in the spiritual treasure – Godly knowledge, divine virtues, and spiritual power – through which even a daily wage labourer can become elevated, like deities. God teaches not only self-respect but also the right way to distribute wealth, empower others, and create a better world.

This May Day, let us pledge to transform the lives of billions of labourers and their families through the treasures of knowledge, wealth, opportunities, and empathy. ■ ■

(Contd. from last issue)

GOD'S BENCH

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

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



B.K. David, Paignton, UK

Now, more than ever, you need to take care of what you think and do. Your two arms and legs determine if you walk upright, pain-free, healthy, and with a smile or a frown – skipping or with a walking stick. You might not realize it, but these four are always in charge of you, as they get orders directly from your mind and map out your happiness – be it today, tomorrow, or all the days thereafter.

If you salute and pay attention to these two aspects of your life, you'll have a good chance of becoming a king, keeping away from the dustbin of waste, poor living, and turning into stone – which is always just around the corner for anyone who fails to stay on guard.

If you want to know whether you'll be happy today and in the future, you only need to look at what these two operators (your mind and thoughts) are up to in your life.

Are your shoes and their footprints covered in mud or shining and clean?

You only need to examine your thoughts and their footprints – where they've been that day – and whether they've been rushing about here and there without clarity. Were you engrossed in body-consciousness? That alone will tell you how you'll feel by the end of the day.

Peaceful thoughts help you slip into your spiritual shoes and walk lightly.

We all have a choice every minute of the day: to go out in spiritual shoes of love and peace or

to wear the fashionable, gross body-consciousness shoes that chase after vice.

Body-conscious thoughts handcuff your hands and lock your mind, soul, and thinking in the cell of sorrow.

It takes many years to figure out where the lock is on that prison door – and just as many to find the key to open it.

Many people lose their key to happiness in their bedroom, on their sofa, or while constantly eating.

It's now a world where it's normal for people to drag their bad habits with them wherever they go. If they wonder why they're always tired, they need only look at what they're carrying in their heavy rucksack (mind) or dragging behind them.

To know what's in your rucksack and understand its true weight—not ignore it – is to know what's in store for you today and in the future.

Many ignore the small price tag of sorrow when choosing their actions

Sin might come in an array of attractive colors that draw you in, but the outcome is inevitable. Sin is heavy, despite its bright appearance, and eventually, its weight will cripple anyone holding on to it.

Many need the support of a strong karmic walking stick to carry the burden they've created throughout life.

It's all too easy to accumulate sins, as most live blindly or blinkered – unable to see truth and act accordingly.

Sin comes with a heavy price tag, but people ignore it because they can only read man's words and are dyslexic when it comes to reading the labels of truth, spirituality, and wisdom.

Being ignorant of karma is no excuse. You can't use that as a 'Get Out of Jail' card when you're stuck in the quicksand of sorrow you created.

Can you hear the *ping* of the microwave of bad karma? If so, will you throw away that sinful food (thoughts and attitudes) and start cooking a new meal – of love?

You'd better hope what you've been cooking all your life has been meat-free and free of the ingredients of hate, sin, body-consciousness, vice, and bad habits. These all have a bitter taste and dire consequences – especially when consumed over time.

For many, it's too late to change. Instead, they regret having cooked all their lives without love. To go through life without a smile or love is a great tragedy. I see people walking around with no love on their faces, wallpapered instead with the frown of vice and greed.

Most have lived a life of poverty – devoid of happiness, peace, and meaning. For such souls, it's very hard to slow down from traveling (thinking) at 100 mph to a walking pace of 4 mph, and to stop seeing themselves as bodies rather than souls.

These two aspects – speed and body-consciousness – have ruined everyone and are crippling humanity.

What shawl do you wear most days?

If you've long been aware of life's spiritual forces, you may have cooked your meals with great care and love. If so, I congratulate you on

leading an elevated life, one that will leave a permanent smile on your face and a future bright with the wealth of wisdom.

Now's the time to start cleaning your microwave from the mess you created – if you've been cooking meals of sin.

God's Cookbook (Murlī) for Creating Meals of Love

By following God's instructions and recipes closely, you won't create a mess you later need to clean up. His Cookbook of Love teaches you how to prepare spiritually nourishing meals that strengthen your soul in many ways.

You need to pay attention daily to God's Cookbook – to learn how to feed your soul. Make tasty, philosophical meals to digest and grow healthy. By following His recipes accurately, there's no limit to how tall (wise and loving) you can grow.

Master the art of cooking peace and happiness for yourself, and you'll soon be able to serve wonderful meals to hundreds.

God's Cookbook comes in a handy pocket-size edition so you can take it with you – in case you get hungry (tempted by vice). You should keep several copies at home, in every room, in your car, bag, on the bus, train, or at your workplace – such is its importance.

Are you in the habit of only eating man's fast food, which is unhealthy?

Man's meals always leave you suffering from heartburn – they are impure (thoughts and actions), hard to digest, and cause discomfort and sorrow.

Most are suffering from obesity of sorrow

Nothing stops people from changing their diet to one that includes Godly meals – slowly consumed, promoting wellbeing and spirituality.

Just make sure you're sitting down to eat

God's food – wisdom and love – and not man's fast food by mistake, which causes the indigestion of sorrow and stress that leads to ill health.

With God's Cookbook – and by sitting on the right bench, playing with the building blocks of love, peace, attention, and care – you can build a high life and an elevated path that leads straight to Heaven's gate.

The Bench of Love...

This Godly Bench is not permanent – it will soon disappear. But for now, it's here! Any- one with a clean heart and pure desires can sit on it. Do you?

Very few have made themselves worthy of sitting on this Godly Bench – and fewer still have such elevated desires.

I speak to many people, and it's all too common to hear that they've made *Money and Vice* their God – choosing to sit on a narrow, selfish bench beside them.

Some go to church once a week, while many now stay at home worshipping their money – thinking of vice every day and every hour.

Many homes have become churches that encourage greed, worship the body, and pray for more money.

The highest form of enjoyment and achievement – the most powerful seat and greatest company – is to sit next to God on His Bench, bathing in the Sun of Truth and receiving a tan of love. (Concluded) ■ ■

(Contd. from page no. 15)

- ▶ In 2008, she authored *The Story of Immortality*, a book that distills the essence of the organization's spiritual teachings.
- ▶ During the COVID-19 pandemic, she initiated the Avyakti Parivar, a nightly Zoom-based series of spiritual talks and meditations that attracted over a thousand daily viewers from around the world.

A Philosophy and Legacy in Action

BK Mohini Didi is widely known for her contemplative nature, visionary leadership, and unwavering commitment to spiritual practice. She continues to speak and write about the power of awakened consciousness and the necessity of inner transformation in an increasingly complex world.

Her leadership style blends spiritual depth, humility, and compassionate service, inspiring countless individuals to embark on or deepen their spiritual journeys.

A Guiding Light into the Future

B.K. Mohini Didi steps into this sacred role with a lifetime of preparation, deep spiritual maturity, and divine guidance. Her appointment ensures the continued legacy of peace, purity, and spiritual empowerment that the Brahma Kumaris have carried forward for nearly nine decades. ■ ■

(Contd. from page no. 18)

remarkable structure. It's constantly sending, receiving, and absorbing energy from everyone and everything you encounter.

It is this silent, invisible energetic interplay that allows you to sense, tune into, and feel the world around you.

A cloak of protection is essential for preserving your good and spiritual energy—and with meditation, everything is possible.

Remember, there are no right or wrong ways to engage in these practices. What matters most is the energy of your intention. ■ ■



THE DIVINE LOTUS A SYMBOL OF NON-ATTACHMENT

The lotus blooms in mud yet remains untouched by it – connected to its roots below, but elevated and graceful above.

B.K. Dr. Trupti, Shantivan



Across various civilizations around the world, the lotus flower has been regarded as sacred in many religious and spiritual traditions. The lotus epitomizes beauty and symbolizes non-attachment. Because of its deep significance in ancient customs, religions, and mythology, the lotus was chosen as the national flower of India.

The Bhagavad Gita uses the lotus as a metaphor for non-attachment, stating that just as the lotus remains unaffected by the murky waters in which it blooms, humans should rise above worldly attachments. In Indian devotional art, various body parts of deities are poetically described using the lotus – such as lotus eyes (*Kamal Nayan*) and lotus hands (*Kamal Hast*) – and most deities are depicted seated on a lotus flower.

Logically, no human being can have eyes, hands, or feet made of lotuses, nor can anyone physically sit on such a delicate flower. This imagery symbolizes the divine qualities of deities—loving yet detached from the body, bodily relationships, and material possessions. After all, the body is made of mud, i.e., the five elements: earth, water, air, fire, and space.

The lotus blooms in mud yet remains untouched by it—connected to its roots below, but elevated and graceful above. Similarly, we can live in a world full of vices, fulfill our worldly

responsibilities, and yet remain mentally detached from the body, relationships, and possessions—blooming spiritually and radiating the beauty and fragrance of vicelessness, thereby making this world a heavenly place to live in.

Becoming a Living Divine Lotus

The soul's innate nature is freedom and independence. But in this corporeal world, we often become entangled in household responsibilities and worldly desires – trapped like a spider in its own web. To elevate our spiritual life, experience super-sensuous joy, and radiate purity into the world, we don't need to renounce our homes or duties. Instead, we must detach ourselves from four key things:

Detachment from Body-Consciousness

For ages, we've lived under the illusion that we are the body. In truth, we are not the body, but the soul – a tiny, radiant point of light who owns the body. We are *human beings*, not just *humus* (earth). “Human” refers to the body, and “being” refers to the soul.

Understanding this truth, we should begin identifying ourselves as souls and interact with others on that basis. When stabilized in soul-consciousness, and seeing others also as eternal souls, we become detached from body-consciousness. We no longer identify ourselves—or others—by physical form. This elevated perception purifies our vision, making our gaze divine like lotus eyes, and our interactions elevated and soul-aware.

Detachment from Bodily Relationships

When we relate to others as souls, we recognize that the soul is eternal, merely changing costumes (bodies) from birth to birth. The relationship between two souls is eternal, whereas relationships between human bodies are temporary and based on karmic connections.

This divine understanding reveals that no temporary, perishable relationship can truly fulfill us. Only the soul's eternal relationship with the Supreme Soul, God, can bring lasting happiness. On the path of devotion, we've remembered Him as our Father, Mother, Friend, and more. Now, we live with the awareness that our eternal relationships are with the Supreme Soul.

This spiritual wisdom creates healthy space between souls and fosters mutual respect. We become more accepting and less expecting, allowing our relationships to flourish. We remain loving, yet unattached—like the lotus, rooted but untouched by the mud around it.

Detachment from Worldly Objects

Today, it may be easier to detach from strained relationships, but detachment from worldly objects is more challenging. A clear sign of attachment is the desire to possess; a subtle sign is "I like it." Even if we don't want something, liking it is a form of subtle bondage.

To achieve detachment from material objects, we must use everything in a state of soul-consciousness, with remembrance of God. Before using any object, pause, connect with God, and then use it for its rightful purpose—ideally for Godly service. We must avoid using any object with personal desire, ulterior motive, or sensual indulgence.

Detachment from Old Sanskars and Nature

Originally, every soul is imprinted with divine sanskars – knowledge, purity, peace, happiness, love, power, and bliss. But over the cycle of repeated births, we began identifying

with the body and absorbed vices like lust, anger, greed, attachment, and ego. This body-consciousness is the root of all suffering.

The Supreme Soul, beyond birth and death, is Knowledgeful. At the end of Kaliyuga – this Confluence Age – He reminds us of our true identity and divine sanskars. Through His Shrimat (elevated directions), He teaches us how to shed our old, sorrow-bearing nature and re-emerge our original virtues – thus becoming a Living Divine Lotus.

The True Meaning of Freedom

When we are detached from these four things – body-consciousness, bodily relationships, worldly objects, and old sanskars – we live in the world but remain untouched by it, like the divine lotus. This is true spiritual elevation, and it inspires others to also experience other-worldly bliss and joy.

This is true independence, the real freedom every soul yearns for. So, let us be loving yet detached, and live life to the fullest by becoming Living Divine Lotuses. ■■

(Contd. from page no. 20)

in others. Guided by this principle, the Brahma Kumaris have spread powerful and positive thoughts around the world. The Home Minister praised the organization for promoting values such as celibacy, vegetarianism, de-addiction, simplicity, and meditation. Through these practices, they help individuals connect the soul with God and realize their inner nature as pure, peaceful, and eternal beings—all in an accessible and relatable way. He said that through the strength of womanhood, the Brahma Kumaris have become ambassadors of Indian culture, spreading the message of peace, dialogue, and spiritual harmony across the globe. ■■

THERE IS A LOT IF FOUND, NOTHING WILL GO WITH

The time spent gathering material things could have been used to gain happiness, peace, joy, love, knowledge, virtues, powers, and purity – these are the true treasures.

B.K. Ram Singh, Rewari



A rich person left a will for his son and said: "Son, after I die, make sure to put a torn sock on my foot to fulfill my last wish."

After some time, the person passed away. As soon as the father died and after bathing the body, the son informed the Pandit about his father's last wish. In response, the Pandit said: "In our religion, the person who dies is not allowed to wear anything."

However, the son insisted that his father's last wish be fulfilled. The debate grew so intense that the Pandits of the city were called, but no conclusion was reached. Then, a man entered the scene and handed a letter, written by the deceased father, to his son. The letter contained the following advice:

"My dear sons, when you die, you must also go in white cloth. So, strive to live a life where you do not hurt anyone for money, earn wealth dishonestly, rob property through deceit, or engage in any form of wrongdoing. No matter how much wealth we acquire, we must return from this world empty-handed. The wealth of your earnings, when used for religious or noble purposes, will carry forward as your virtue. Stay kind, help people as much as possible, and do not give undue importance to people with money and power. Instead, spend your time and

resources helping the unhappy, the poor, and the destitute. Even if people speak well or ill of you, continue doing good for all—because this is what will go with you."

After reading this, the son remembered his father's words throughout his life. He earned his livelihood through honest means and spent his wealth on virtuous causes.

"There is much to go, but nothing to take along."

A wise person is one who, throughout life, uses material possessions, tools, and resources wisely—while keeping in mind that everything we possess must eventually be left behind. This understanding prevents a person from becoming distracted or sorrowful in life.

Many people in this world accumulate wealth, but they can't take any of it with them. The time spent gathering material things could have been used to gain happiness, peace, joy, love, knowledge, virtues, powers, and purity—these are the true treasures. This ignorance and attachment to material wealth are the greatest sorrows of humanity.

"What is the ego of wealth and property?"

It is said that a saint was observing the ashes of two pyres in a crematorium. Someone asked, "Why are you looking at these ashes?" The saint replied: "Among these ashes is that of a rich person who lived his life eating cashews,

(Contd. on page no. 31)

BROTHER JAGDISH AN EPITOME OF UNLIMITED SERVICE

His divine aura was magnetic—anyone who met him felt the super-sensuous joy and love of God.

BK Yogesh Kumar, Ghaziabad



There are some people in this world who are truly extraordinary. Their thoughts, words, and deeds differ from those of ordinary individuals, for everything they do is dedicated to the service of

their fellow human beings. They cannot bear to see the sorrows and troubles of others. So, when they recognize God and understand His being, His duties, and His love, they dedicate every step of their life to God—that is, to world benevolence.

Through their unique and thought-provoking literary works, they leave indelible imprints on the hearts of readers. That is why their readers are often spellbound and inspired to follow in their footsteps.

Such a divine soul was Rajyogi Brother Jagdish, a very senior BK and the chief spokesperson of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. He played a unique and significant role in spreading the Godly knowledge bestowed by Incorporeal God Shiva—through His corporeal medium—to the world, authoring over 200 books.

Early Life and Spiritual Inclination

Brother Jagdish Ji was born in the Multan province of undivided India (now in Pakistan) on September 10, 1929. From a young age, he developed a deep interest in spirituality,

immersing himself in Indian philosophy, Vedic culture, and various world religions.

Meeting the Brahma Kumaris and Surrender

In 1952, Brother Jagdish came into contact with the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV). After resolving his doubts about Godly knowledge, he fully surrendered in 1953. Following the relocation of the Godly University to Mount Abu in 1950, he became the first male to surrender to this divine service. God Shiva often referred to him as the "Prime Jewel" of the Yagya and likened him to Sanjay from the Mahabharata—a fitting comparison due to his vast knowledge of philosophy and unwavering faith in both God Shiva and Brahma Baba.

The Flute of Knowledge – Understanding Divine Truths

Through the lotus mouth of Brahma Baba, God Shiva revealed deep spiritual truths about the Soul, the Supreme Soul, the World Cycle, and the Law of Karma. Prior to these revelations, scholars and sages were unaware of these eternal secrets. These teachings, known as the "Flute of Knowledge," transformed the thoughts, words, and actions of students into divine and virtuous deeds.

Fulfilling a Divine Task

Once, Brahma Baba gave the students an assignment to write a Godly message for the Prime Minister of India. Unlike others, Brother

Jagdish immediately set to work. At the time, there was no electricity in Madhuban, but this did not deter him—he completed the task using a streetlight. Pleased with his dedication, Brahma Baba entrusted him with all institutional correspondence and literature—a responsibility he carried humbly and faithfully until his last breath.

Spiritual Contributions and Literary Service

Brother Jagdish was aptly titled "Sanjay" for his ability to convey divine knowledge to the world. His over 200 spiritual publications include: *Eternal World Drama*, *Manobal Mansa Seva*, *Cartoon aur Kahavaten*, *Real Essence of Gita*, *Illustrations on Rajyoga*, *Manushya Mat aur Shrimat*, and many more.

These works aimed to awaken humanity's "third eye" during this crucial phase of the 5,000-year World Cycle, a time when vices like violence, adultery, and suicides are rampant—the true essence of the Mahabharata unfolding.

Revered as Ganesh – The Remover of Obstacles

God Shiva referred to Brother Jagdish as "Ganesh" due to his sharp intellect and divine virtues. Like Ganesh, he foresaw challenges and overcame them through immense spiritual strength, earning the title of a "destroyer of obstacles."

A Life of Humility and Spiritual Economy

His divine aura was magnetic—anyone who met him felt the super-sensuous joy and love of God. Brother Jagdish lived simply, embodying the principle of spiritual economy. He travelled modestly, stayed in humble accommodations, and understood the importance of saving every penny for divine service.

Punctuality, Discipline, and Devotion

Despite his vast knowledge and accomplishments, Brother Jagdish never missed a single Gyan Murli. Before his official surrender, he would cycle from Sonipat to the BK Centre at Kamla Nagar, Delhi—a journey of 3 to 4 hours in the early morning—just to attend meditation and Murli class. His unwavering devotion and love for God Shiva and His teachings were truly inspiring.

Even in his final moments, he spoke about upcoming publications and Godly service. For such dedication, God Shiva called him a "Dadhichi Rishi," one who sacrificed even his bones in service.

Reverence for the Senior Dadis

Brother Jagdish had deep love and respect for Prajapita Brahma and Mateshwari Jagdamba Saraswati, and revered senior Dadis such as Dadi Prakashmani, Dadi Janki, and Dadi Hriday Mohini. While deeply engaged in literary service, he maintained strict spiritual discipline and sincere dedication.

A Role Model for Dedication and Surrender

Although I never had the chance to meet Brother Jagdish personally, I consider him my role model. His life teaches us the value of commitment to Godly service, complete surrender in thought, word, and deed, as well as punctuality and innovation in spreading God's message.

On his 24th Ascension Day, let us pledge to reveal God through our words, actions, and pure vibrations. That would be the most fitting tribute to Brother Jagdish, who left his mortal coil on May 12, 2001, with the vision of revealing God Shiva's incarnation still unfulfilled. It is now upon us BK writers to continue his divine legacy through our spiritual literary service. ■ ■

(Contd. from page no. 3)

obsessed with their narrow interests, they can go to any length and adopt any means to achieve their coveted goals even though these be to the detriment of other sections of society or humankind as a whole.

For example, a self-centered individual, who is a high government official, may get government quarters or a piece of prime land allotted to him by manipulating or using political pressure even though more than hundred persons, equally entitled, may have been waiting ahead of him in the queue for years. A politician-in-power, keeping an eye on forthcoming elections, may announce certain special benefits and sops for a particular community, even though this may be detrimental to the national interests. Similarly, a self-centered community may demand certain advantages or benefits from some political party or powerful politician, promising, in turn, voting en bloc for that party or politician and paying no heed to the fact that these demands are unreasonable and may result in communal disharmony. Hitler and the Nazis or Mussolini and his party or others of their ilk, are historical examples of what havoc ego-centric individuals or groups can make.

Thus, the fact that a person or a community is civilized, as per the common usage of the word, is no guarantee for stability and progress if the people are not prepared to make even a little sacrifice for the common good of all, in which their own well-being is also ensured. **So, the Mantra for peace, progress and prosperity of all is to tune our mind to the wisdom, summed up in the famous Sanskrit sloka: "Sarvay Bhavantu Sukhina, Sarvay Santu Niramaya ... "(Let all be happy and**

prosperous, and let all be healthy...). Unless and until this forms the basis of our politics, economics and business or industrial management, conflict, confrontation, tension and turmoil will always remain.

But the question is how can we cultivate this attitude? For this, the second mantra is 'Vasudhaiv Kutumbakam ... ' the whole world is our family and we are all sisters and brothers and children of the same Father, the Supreme Soul. It is these two *Mantras* that sum up, in Sanskrit, the whole attitude of the Brahma Kumaris organisation. Without working in accordance with this ancient spiritual wisdom, neither can we have principled politics nor can we hope for a value-based economics. And surely humanity can neither have peace nor constant progress as should give us real happiness. In short, without following these two precepts or *Mantras* we cannot have a value-based society leading to a blissful and safe future. ■ ■

(Contd. from page no. 28)

almonds, and pistachios, surrounded by gold. The other belongs to a poor person who struggled to earn two meals a day. But the ashes of both are the same. So, what is the point of a man's ego?"

"The destruction of all that is visible is evident to the eyes."

The truth is that everything visible in this world—our body, relationships, wealth, property, name, and pride – none of it comes with us when we depart, and none of it will go with us. What truly matters are our deeds and the legacy we leave behind. It is essential to focus on what will stay with us, rather than what will not. ■ ■



Sambalpur: Union Minister of Education Mr. Dharmendra Pradhan is seen with BK Deepa and BK Krishna during a formal meeting.



Abu Road (Shantivan): Rajasthan Dy Chief Minister Mr. Premchand Bairwa paying tribute to Dadi Ratanmohini along with Minister of State Mr. Otaram Dewasi.



Mumbai (Ghatkopar): Jainacharya Shri Yugbhushan Suri Maharaja is being felicitated by BK Nikunj during his visit to BK centre.



Jabalpur: Swami Paglanand Ji Maharaj paying homage to Dadi Ratan Mohini along with Swami Asandas, Dr. Shyam Rawat, Cancer Specialist, Dr. S.K. Pandey, BK Bhavana, BK Geeta and Dr. Pushpa Pandey.



Pune (Bane): Women's World Rapid Chess Champion Ms. Koneru Humpy is being presented Godly literature by BK Triveni, BK Deepak Harke and BK Asha.



Abu Road (Shantivan): After paying tribute to Dadi Ratan Mohini, Dr. Praveen Togadia, President of 'Antarashtriy Hindu Parishad' is being presented Godly gift by BK Jayanti.



Gwalior: BK Adarsh and BK Prahlad greeted Justice Sunita Yadav on being appointed Chairperson of MP State Consumer Disputes Redressal Commission.



Nasik: Mr. Dadaji Bhuse, Education Minister is presenting the Dadasaheb Phalke Award for the film 'Mahamahim Didiji Murmu' to BK Pumposh, Ms. Sampa Mandal and BK Prabha Mishra.

DEFENCE MINISTER LAUDS BRAHMA KUMARIS' INITIATIVE TO SUPPORT SOLDIERS' MENTAL HEALTH



Soldiers need to be physically and mentally strong to tackle complex challenges

Abu Road: “To deal with challenges emanating from today's constantly-evolving nature of warfare, our soldiers must excel in the skills of combat while being equally proficient in mental stability and spiritual empowerment,” said **Defence Minister of India Shri Rajnath Singh while addressing an event organised at the Brahma Kumaris Headquarters in Mount Abu, Rajasthan** on April 21, 2025. He emphasised that, now-a-days, wars are being fought on cyber, space, information & psychological fronts and there is a need for the soldiers to become mentally strong as the nation can be protected with not just weapons, but also with strong personality, enlightened consciousness and awareness.

Shri Rajnath Singh pointed out that while physical strength is fundamental for a soldier, mental strength is equally vital. He stated that soldiers protect the nation while serving in difficult conditions, and these challenges are overcome through an energy born out of a strong inner-self. He added that prolonged stress, uncertainty and working in difficult conditions could affect the mental health, which calls for strengthening the inner self. The Brahma Kumaris' campaign to bolster the mental health of soldiers is a commendable step in that direction, he said.

Defence Minister added that this initiative will further strengthen the minds of the soldiers in view of the present global geopolitical scenario.

“The theme of the campaign '*Self-Empowerment - Through Inner Awakening*' is extremely interesting and relevant in today's times. Self-transformation through meditation, yoga, positive thinking and self-dialogue will provide mental, emotional & spiritual strength to our brave soldiers. Self-transformation is the seed, national transformation is its fruit. In an atmosphere of global uncertainty, India can spread the message that protection of inner-self and borders is possible together,” he said.

Shri Rajnath Singh described spirituality and yoga, which are ingrained in India's culture, as the biggest means to enhance mental well-being and deal with stress, anxiety and emotional turmoil. He said, an alert and strong security personnel becomes a lighthouse for the nation, which can face any storm with determination. **He praised the Brahma Kumaris' long-standing efforts to support India's security personnel through residential programmes, field initiatives, and targeted mental wellness campaigns.**

As part of the event, an MoU was signed between the Department of Ex-Servicemen Welfare, Ministry of Defence and Security Service Wing of Brahma Kumaris in the presence of Shri Rajnath Singh. The aim is to guide Ex-Servicemen Contributory Health Scheme (ECHS) beneficiaries towards achieving better mental health and reducing dependency of medicines. ■■

THE PRESENT MOMENT

Do you remember the importance of the present? In each moment the choice of an experience lies within the soul. When we are aware that we make choices, then we can choose to have good experiences in each moment. The most successful moments are the present moments. The most powerful moments are the present moments. These are the moments when the soul can be conscious of itself as a powerful energy. Consider for a moment the importance of this very moment. Think it, feel it, experience it, know it, enjoy it.



WORDS OF WISDOM

- ◆ A person who never made a mistake never tried anything new.
- ◆ Dreams do not come true just because you dream them. It's hard work that makes things happen. It's hard work that creates change.
- ◆ The future is not something we enter. The future is something we create.
- ◆ The future belongs to those who believe in the beauty of their dreams.
- ◆ Success is falling nine times and getting up 10.
- ◆ We become what we think about most of the time.
- ◆ Ambition is the path to success. Persistence is the vehicle you arrive in.
- ◆ The future belongs to those who prepare for it today.

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Gorakhpur: Yogi Adityanath, Chief Minister of UP is being presented Godly gift by BK Parul, BK Bela and Dr Bhupender.



Balod (CG): H. E. Ramen Deka, Governor of Chhattisgarh is presented with a Godly gift by BK Vijaylakshmi, BK Sarita and BK Bhopsingh.



Bilaspur (CG): Mr. Vishnu Deo Sai, Chief Minister of CG is presented with a Godly gift by BK Savita and BK Sudha. Dy CM Mr. Arun Sao and MLA Mr. Amar Agarwal are also present.



New Delhi: Mr. Jyotiraditya Scindia, Union Minister for Communications is being invited for a media conference by BK Vidhatri and BK Dileep.



Lucknow: Mr. Brijesh Pathak, Dy Chief Minister of UP is seen with BK Radha, BK Divya and BK Ravinder after a formal meeting.



Moscow: H.E. Shobini Gunasekera, Ambassador of Sri Lanka is seen with BK Sudha and BK Vijay during her visit to BK centre.



Shanghai: Mr. Pratik Mathur, Consul General of India is with BK Sapna during his visit to BK Inner Space centre.



Agra: BK Shivani addressing a programme on 'Designing Your Destiny' organised by Rotary International.

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Rajyogini Dadi Ratan Mohini,
the Chief of Brahma Kumaris
(March 25, 1925 – April 8, 2025)**