



The World Renewal

Monthly

Vol. 56, Number 8, November, 2025

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



Thiruvananthapuram (KL): Hon'ble President of India H.E. Droupadi Murmu with a delegation of Brahma Kumaris sisters from Kerala and TN comprising BK Beena, BK Radha, BK Mini, and BK Pankajam at Raj Bhavan.



Mauritius (Trianon): After inaugurating the 50th anniversary celebrations of the Brahma Kumaris in Mauritius, President of Mauritius H.E. Dharam Gokhool seen on stage with BK Sudesh, BK Vedanti, BK Charlie, and others.





Abu Road: H.E. Mohammad Arif Khan paying his tribute on the demise of BK Brijmohan, Secretary General of the Brahma Kumaris. Also seen on stage are BK Jayanti and BK Asha.



Bhopal: Mr. Mohan Yadav, Chief Minister of MP, being presented with a pledge letter for cooperation in the Swadeshi Campaign by BK Nirmala, BK Khusbu and BK Leela.



Abu Road (Shantivan): After the inauguration of the National Media Conference 2025, standing in silence are H.E. Haribhau Bagde, Governor of Rajasthan, BK Mohini; BK Karuna, Prof. Man S Parmar, former VC, BK Shantanu and BK Chanda.



Jalandhar: Mr. Bhagwant Mann, Chief Minister of Punjab, being presented with a Godly gift by BK Lakshmi and BK Neha.



Mohali: The programme on 'Mera Gaon Bane Mahaan' being inaugurated by Agriculture Minister Mr. Gurmeet Singh Khudian along with BK Sarla, BK Prem, BK Rama, and BK Prakash.



Gurugram (ORC): National Jurists' Conference on 'Justice with Wisdom' being inaugurated by Justice Mini Pushkarna, Judge, Delhi High Court; Justice V. Eswaraiah, former Chief Justice of AP High Court; former Justice B.D. Rathi and A.R. Masoodi; BK Asha; BK Pushpa; and BK Lata.

From the mighty pen of Sanjay

HUMAN VALUES

True humanity lies in compassion, forgiveness, and integrity – values that elevate man above beasts and demons. When these virtues fade, society descends from heaven to hell; their revival alone can restore *Satyuga*.

When a person does not receive the desired treatment from another person, he is often heard saying that the latter lacks humanity or that he is a disgraceful man, i.e., a degraded human being. In today's social milieu, when people do not hesitate to deprive others of their rights and treat them barbarously, and like to see vulgarity and nudity demonstrated everywhere – in literature, in art, in the movies or on the stage of a theatre – we hear some people saying that man today has become debased or that he has come down to the level of an animal. Worse still, when one country drops bombs on hospitals, places of worship and also on residential areas of another country, we hear words like: "Humanity has departed from this world" or that "Man has become worse than a beast",



in fact, a veritable devil. On other occasions when talk is on the subject of neighbourly treatment, the relationship between factory owners and their workers or, again, between the rich and the poor in general, we hear words such as "Man has become stone-hearted", that even the sight of poor children crying from hunger or lying on stones in the scorching heat in the month of June does not move him to pity. Such words

(Contd. on page no. 30)

CONTENTS

● Human Values	3	● An angelic voice	17
● The life and legacy of B.K. Brij Mohan Bhai Ji (Editorial)	4	● A relationship of trust with God	18
● United Nations to United Natures	7	● Give blessings and receive blessings...	19
● A beacon of wisdom and love	8	● Time stay at <i>Paramdham</i>	21
● Angel of wisdom and happiness	9	● Introversion and Introspection	24
● The name that gave me life	13	● Gratitude for challenging situations ..	27
● The magic of time.....	14	● Make your life a celebration	28
● Learning from the little earth angels ...	15	● Laughter: the best medicine	31
		● Never forget Godly Childhood.....	33

THE LIFE AND LEGACY OF B.K. BRIJ MOHAN BHAI JI



Life and death are the eternal laws of the soul. Every soul enters this world, experiences the play of time, and eventually leaves the physical body to play its next part in the world's eternal drama. While the body is temporary, the virtues, wisdom, and love that a soul manifests remain eternal. A meaningful life is measured not by wealth, status, or recognition, but by service, love, and the spiritual upliftment of others. Among the souls who lived such a life, BK Brij Mohan Bhai Ji shines as a beacon of devotion, wisdom, and tireless seva.

Brij Mohan Bhai Ji was a true jewel of BapDada, nurtured by the care of his corporeal parents, cherished by the Dadis, and respected by the entire Brahma Kumaris family. Always wishing happiness for every soul, he departed from his physical body on 9th October 2025, at 10:25 AM, merging into the loving lap of

BapDada, continuing his divine task in the subtle world. His life was a perfect embodiment of the balance between worldly responsibilities and divine dharma.

A Brilliant Mind Guided by Divine Inspiration

Born on 7th January 1934, in Amritsar, the sacred city of the Golden Temple, Brij Mohan Bhai Ji was destined to blend intellect, discipline, and inner illumination. From a young age, he displayed exceptional intelligence and integrity. He completed his Graduation in Commerce (Honours) in 1953, Law in 1955, and became a Chartered Accountant in 1956 – one of the most prestigious qualifications of the time.

He served with distinction in the Fertilizer Corporation of India, rising to the position of Deputy Finance Manager over seventeen years. But even at the peak of professional



B.K. Brijmohan ji greeting Dr. A.P.J. Abdul Kalam, the then President of India.



B.K. Brijmohan ji having a spiritual discussion with Mr. Narendra Modi, Hon'ble PM of India.

success, an inner spiritual fire called him toward something higher, purer, and eternal. In 1955, he came in contact with the Brahma Kumaris and was drawn deeply to the teachings of the Supreme Soul, Rajyoga meditation, and the vision of a pure, peaceful world.

Renunciation and Total Surrender to Seva

In 1973, at the height of his worldly career, he made a courageous decision – he renounced his secure job and surrendered himself completely to the Godly task of world transformation through the Brahma Kumaris. From that day onward, his life became a living scripture of spiritual service.

His dedication, devotion, and clarity of thought earned him the role of Principal Secretary, Secretary-General at the Global Headquarters, Mount Abu, and Secretary of the Rajyoga Education & Research Foundation. He served on the Apex Committee, was a chief spokesperson, and edited the Purity magazine, reaching countless souls across India and

abroad. He also served as editor of The World Renewal, spreading spiritual wisdom internationally.

A Harmonious Blend of Worldly and Divine Dharma

Brij Mohan Bhai Ji embraced both worldly and divine responsibilities with equal dedication. While *karma* inspired him to become a karmayogi, the call of God led him toward a life of divine love and meditation. He valued both paths and built a balanced, disciplined, and radiant personality. Serving humanity became his life's dharma, and his spirituality shone through his smiling, radiant face.

He wove discipline into love, practicing it himself and inspiring all around him. Any Brahma Kumar or sister who approached him for guidance found practical solutions, encouragement, and compassion. Even when administrative roles were held by sisters, his dedication and trustworthiness earned him vital responsibilities, under which service expanded both nationally and globally.

A Global Ambassador of Values

B.K. Brij Mohan Bhai Ji carried India's spiritual wisdom to the world with grace. He was a speaker and delegate at international conferences, including the World Hindu Conference in Mauritius, the International Religious Conference in South Africa, and the World Forum of Spiritual Culture in Kazakhstan. He also represented the Brahma Kumaris at the United Nations Millennium Summit in 2000, advocating a vision for a peaceful, value-based world.

He travelled across all five continents – Russia, USA, Canada, South America, Europe,

Australia, New Zealand, Kenya, Southeast Asia, and the Caribbean – awakening hearts and inspiring minds. One of his most impactful initiatives was the Million Minutes of Peace Appeal at the UN Headquarters, emphasizing that true peace begins within the individual soul.

Visionary Leadership and Innovation

Beyond his speeches, he was a visionary organiser. He initiated Correspondence Courses on Godly Knowledge and Rajyoga in eight languages, reaching those unable to attend classes physically. As Director of Jollywood Studio at the Om Shanti Retreat Centre (ORC), Gurgaon, he directed short feature films on socio-spiritual themes, pioneering the use of media for spiritual awakening.

He served as Principal Advisor to ORC and Director-in-Charge of Delhi-NCR Zonal Services, nurturing countless souls with guidance, warmth, and subtle power. His involvement in the Core Committee on Education in Human Values, under India's Ministry of Education, reflected his commitment to value-based education – teaching that moral and spiritual values are the foundation of life.

An Embodiment of Virtues

Brij Mohan Bhai Ji's personality radiated a rare combination of discipline and sweetness, intellect and humility, authority and compassion. His heart overflowed with love and understanding; his smile carried reassurance, and his words carried conviction. He was not merely an administrator or speaker but a spiritual craftsman, shaping the institution with divine intellect, tireless service, and steady humility.

He fulfilled the dual dharma of worldly and divine work. While karma inspired him to action, his love for God guided him to contemplation. He exemplified purity, simplicity, accuracy, and devotion in every thought, word, and deed. His Amrit Vela practice, reaching the Diamond Hall at 3:20 AM daily, reflected unwavering discipline and spiritual steadfastness.

A Legacy of Eternal Inspiration

This noble soul left his mortal body at the age of 91, merging into the loving embrace of BapDada, whom he had served all his life. His departure marked the completion of a journey that began in worldly wisdom and culminated in divine enlightenment.

Yet great souls never truly depart. BK Brij Mohan Bhai Ji lives on in every lesson taught, every life inspired, and every heart touched by his love, wisdom, and guidance. He showed that true leadership is purpose-driven, true education is value-based, and true spirituality is living life in awareness, purity, and service.

Even in subtle form, his vibrations continue to fill Madhuban, Delhi, and the global Brahma Kumaris family, inspiring every class, seminar, and murli session. His life reminds us to serve with complete *nishtha*, divine intellect, and Baba's love, walking the path he illuminated with devotion, humility, and steadfast faith.

Let us pledge to follow the path shown by him, to make our lives angel-like instruments, and to continue the revelation of BapDada through our own thoughts, words, and actions. Such souls do not depart; they become subtle lights continuing to empower the *yagya* eternally.

–B. K. Atam Prakash

FROM UNITED NATIONS TO UNITED NATURES 2025

Only by conquering inner vices and awakening our original nature of peace can humanity move from a world of divided nations to one of United Natures, ruled by righteousness and spiritual power.



B.K. Sister Chirya, New York, USA

There are many kinds of energy: coal, oil, atomic power, sun, wind, water. But none of these can be used safely or successfully until we harness another kind of energy first. The energy we need today will not be found by digging into the earth, but by looking within and conquering our limited material natures. Our real and original nature is peace, but this energy is the resource we have forgotten. All of us recognise the vices in others, be it anger or lust or arrogance. But who is willing to conquer these vices himself? Unless this happens, can any form of energy bring relief to humanity? **To make the world peaceful again, 3 ingredients are necessary.**

First, the vision of the brother. Looking at each other with the heart-felt understanding, behind the differences of race, nation and religion, all souls are the children of one Father and we are a family. The centuries old Festival of Raksha Bandhan, a festival of brotherhood and sacred connection, reminds us of this. It is a time to look inward, to reflect on the virtues and values we wish to strengthen, and to let go of whatever may be holding us back from becoming our highest, purest and happiest self.

Second, a desire to share what we have. Why does the world seem poor today? It is said, 'there is enough for man's need, but not for man's greed'. But where are the programs to wipe out greed? Currently, for example, unlike traditional EVs that rely on external charging stations, Maxwell Chikumbutso's vehicles

generate their own energy, allowing them to run indefinitely without fuel or charging. However, he has to safeguard his efforts to revitalise Tesla's destroyed research as this could happen to him.

The vision of future change and transformation is the third ingredient needed. What kind of world is forming beyond this winter of war and sorrow, poverty, pollution and death? Those with vision of the future give us an image of a world on this planet where all things are given freely, where nature supplies us with unlimited and freely obtainable energy, where the highest human potential is fully realised.

Today we have the United Nations; in the future we shall have United Natures. But we can get to that stage only when there are leaders to take us there. Only those, who have the powers of righteousness and spirituality, leaders with spiritual light and might, who love their country, put their people before profits, have experienced the power of connection with God and have used that power first of all to rule themselves.

Actions speak louder than words. Actions reveal the state of a soul, whether righteous or degraded. When we create pure energy in ourselves, the world will follow. How you understand God – as peace, as love, as harmony and unity, simply make those qualities your own. What will you do? The world has been a jungle long enough. Now let us make it a garden. ■■

A BEACON OF WISDOM, TAPASYA AND LOVE

BK Brijmohan Bhai Sahib will be remembered for his farsighted intellect, deep churning of knowledge, and his rare ability to share profound truths of Godly Knowledge with humour and warmth.



Over the past several months, I had the privilege of meeting respected Brijmohan Bhai Sahib several times in Delhi – both at the hospital and at O.R.C. Each meeting was an uplifting spiritual experience.

His presence radiated deep *tapasya* and divine power. Observing him, it felt as though he had already entered the *avyakt* (subtle) stage.

His *drishti* was filled with silence and strength – one could sense Baba's living presence through him. In those moments, it seemed he was settling all remaining *karmic* accounts in complete serenity – without any sorrow, only accumulating treasures of yoga. A tender, soothing smile always adorned his face.

Silent Strength and Yogic Awareness

The closing scenes of his physical journey were deeply benevolent – true scenes from the divine Drama. It appeared that his inner wish had been fulfilled – to receive a period of complete silence and deep *tapasya*. Even earlier, when he conducted *Amritvela* meditation, those sessions were golden moments of powerful spiritual concentration. His



**B.K. Jayanti,
Addl. Chief of Brahma Kumaris**

vibration constantly reflected total remembrance – “*One Baba, none other.*” His very *drishti* conveyed the presence of Baba's light and love.

Wisdom with Humour and Grace

Bhai Sahib will be remembered for countless divine qualities – his far-sighted intellect, deep churning of knowledge, and his rare ability to share profound truths of Godly Knowledge with humour and warmth. His unique gift was to make everyone smile before concluding a session. Yet beneath that light-heartedness were insights that touched every soul and brought them closer to Baba. His classes, filled with love and depth, remain unforgettable melodies of wisdom echoing in the hearts of all who heard them.

Service Beyond Borders

His global services were inspiring and full of dedication. I vividly recall the time two years ago when the Global Retreat Centre, Oxford, reopened after renovation. Though his health was delicate, he graciously accepted the invitation to attend.

At nearly ninety years of age, travelling overseas was not easy – but he came with great love and humility. No matter how many programmes were held, he remained cheerful, calm, and deeply focussed. Even abroad, his

(Contd. on page no. ...12)

BK BRIJMOHAN: THE ANGEL OF WISDOM, POWER, AND HAPPINESS

Two qualities made him so successful: first, he never wasted a single moment; and second, his goal was always crystal clear.



An ever-living member of our divine family, who grew under Baba's blessings, moved forward step by step with the elders' good wishes, and laid the strong foundation of this Godly University through discipline, purity, dedication, and *tapasya* – elevating it to international glory. We offer our deepest homage to such a respected soul, Brijmohan Bhai Sahab.

I shared a sacred and deeply inspiring bond with Bhai Sahab for nearly fifty-two years. His love for the Yagya (B.K. Family), his honesty, dedication, and loyalty towards Baba were so profound that I have rarely witnessed such pure love anywhere else – it was beyond expression.

A Soul Blessed with Double Power

Once, revered Gulzar Dadiji told me, "Almighty Baba says – this soul has double power." Indeed, he was one who transformed the impossible into possible. He not only resolved the complex situations of the Godly University but was also efficient, productive, and a calm yet powerful personality in his professional life.

When he worked at Fertilizer Corporation of India, Nangal, whenever a problem arose, people would say, "Take it to Ustad Pedro



B.K. Asha, Director, ORC, Gurugram

(BK Brijmohan); he will surely solve it." For him, nothing was difficult – the word *impossible* simply did not exist in his dictionary. He would often say, "Difficulties come only to make us progress."

In this World Drama, we all are actors playing our parts, unaware of when one's part will conclude. Respected Brijmohan Bhai played the part of a *Mahavir* – ever victorious through the power of faith, always keeping Baba as his constant Companion.

Foundation of the Second Service Centre

When the Godly University was founded and services began in 1952, the first service centre was opened at Kamla Nagar, Delhi. Baba said, "This has opened through the Yagya, but there should be some householders who open service centres." Then respected Brother's parents – lovingly known in the Yagya as Chacha and Chachi – opened a centre in their home. The first teacher there was revered Dadi Prakashmani. That same centre gradually expanded and became today's Pandav Bhawan, Karol Bagh, Delhi (Zonal Headquarters).

A Lover of Knowledge Discussions

He was talented, intellectual, and deeply fond of spiritual discussions. Whoever came to him, he never spoke superficially. Until he made the other soul understand knowledge clearly, he did not feel satisfied.

Many distinguished souls, such as the Governor of Bihar and Narayani Ganesh from *Speaking Tree*, visited ORC several times for Gyan discussions. Many others also came regularly to take what they called “an intellectual and spiritual treat.” They would often say, “We receive something special from this soul.” He never sent anyone empty-handed – his gift was always a jewel of knowledge, a practical insight that became a life lesson.

Light Nature and Unshakable Faith

His nature was very light and cheerful. For him, *Amritvela*, Murli study, and evening meditation were not mere disciplines but an integral part of daily life. Even in testing times, his faith never wavered. He would say, “Sister, don't think too much. Don't allow any other thought. This will happen – and it will surely happen.” And indeed, things would unfold exactly as he said – it was truly amazing to witness.

Purity of Mind and Clear Discernment

His mind was extremely pure and so he could easily discern right from wrong – he understood everything through subtle signals and needed a few words to communicate.

Yet, even after discerning right and wrong, he never held negativity in his heart for anyone. I never saw him engage in waste or negative thinking about any soul. He would simply say, “Look at yourself and see what you need to do.”

He was number one in truthfulness, fearlessness, and purity. He used to say, “The one who is truthful will naturally be fearless.” Therefore, for Brijmohan Bhai, we can truly say he was an Angel of Wisdom, Angel of Power, and Angel of Happiness. To remain happy and to make others happy – this was his innate speciality.

An Example of Excellent Health

He spent his entire life in excellent health. He would proudly say, “Even at this age of 91, Baba

has kept me so well – my eyes and ears are fine, not a single tooth is broken.” Truly, Shiv Baba kept all his body parts healthy and strong.

In the final year of his life, Baba enabled him to complete all his *karmic* accounts. Till his last day, he listened to the Murli attentively. On 9th October, I read the entire Murli to him, and he was completely alert.

In that Murli, Baba said, “Such souls will have a golden spoon in their mouth, will pass with honours, will not go into the womb prison, and will take birth in the royal family.” These words perfectly applied to him. Doctors were amazed that, despite physical discomfort, there was never a trace of pain on his face – the reason was his deep, inner *tapasya*.

Three days before he left the body, his blood pressure began fluctuating due to a urinary infection that led to complications. When we discussed taking him to the hospital, he clearly said twice, “The soul's part is complete.”

Time Management and Focus Keys to His Success

Two qualities made him so successful: first, he never wasted a single moment; and second, his goal was always crystal clear. He even carried his notepad on flights to jot down his reflections. Once, when the pad was mistakenly checked in by his assistant Anand Bhai, he said, “You've wasted my two hours – now what will I do?” Then he took tissue paper from the air hostess and began writing on them!

His focus on his chosen aim was unwavering – once he set a goal, he achieved it with complete concentration.

His Humility Won Everyone's Hearts

He had unshakable faith in Baba and deep respect for the sisters. He always said, “This is Brahma Kumaris Ishwariya Vishwa Vidyalaya.” For public or government

invitations, he never used his own name – invitations were always sent in the name of the Brahma Kumaris. He would say, “We brothers are the guardians; these sisters are the organisers. I am just their humble server.”

His humility and simplicity truly won hearts everywhere.

Sisters from across India and around the world would call him for guidance. Every month, he conducted a Global Question-Answer Session, where the entire family would ask questions, and he would answer them online.

Embodiment of Fearlessness and Self-Respect

He was a true foundation stone of the Yagya – a living example of what he taught. He possessed great fearlessness and self-respect. In government offices, he always spoke from the stage of self-respect, never begging for favours. He would often say, “I alone am enough, for the Almighty is with me.”

His motto was: *Nishchay Buddhi Vijayanti* – “The intellect with faith is always victorious.”

Deep Tapasya and Karmateet Stage

In his later years, he would go to Baba's room at Perna Bhawan at 1 or 2 a.m. for deep meditation. When asked why he woke so early, he would say, “You sleep, I'll sit with Baba.” Through this intense inner *tapasya*, he attained his ultimate aim – the *Karmateet* stage. Even while merging into Baba's love, he continued to keep everyone content, always saying, “I am fine.”

He became victorious over nature. Despite physical challenges, Baba's powerful help remained with him at every step. He was cheerful, sang songs, and even danced – Baba truly protected His beloved child throughout.

A Visionary Communicator and Scholar

His love for knowledge and mastery in communication shone through every form of his

service. He shared Baba's teachings through personal interactions, print, broadcast, and visual media.

As **Chief Editor of Purity**, he ensured that the magazine carried intellectually rich and spiritually inspiring content – from thought-provoking articles and knowledge-based cartoons to the popular “Mr. Wise” column. For the past year, as **Chief Editor of The World Renewal**, he continued to enrich it with insightful articles. He also contributed to *The Speaking Tree* column of *The Times of India*, taking Baba's knowledge to a wide and diverse readership.

A **profound scholar of the Bhagavad Gita**, he simplified its essence in over 1,000 television episodes and also produced more than 1,000 talks on spiritual knowledge and Murlis. He also created six inspirational films for the Brahma Kumaris, using visual media to bring Godly wisdom to life.

A Far-Sighted Visionary Who Pioneered VIP Services

Baba often said in the Murlis, “Give this Godly knowledge to politicians, leaders, and influential souls who will become instruments to spread the message everywhere.” Brijmohan Bhai turned this vision into reality. He built strong relationships with policymakers and dignitaries, opening the organisation's doors to them. Gradually, Mount Abu became a renowned spiritual destination visited by Presidents, Vice Presidents, Prime Ministers, Chief Justices, Governors, Ministers, and other distinguished personalities.

A Steadfast Pillar of the Yagya

Few know that the name of the organisation – *Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya* – was officially approved after great effort. Since Baba Himself had chosen this divine name, Brijmohan Bhai made every effort

to ensure its acceptance. He met senior officials, studied precedents, and presented convincing arguments until the name was formally recognised.

Many times, when the Yagya's disciplines or administrative needs did not align with government regulations, his wisdom and persuasive communication brought harmony and success. He also organised many historic programmes at **New Delhi's iconic venues** – including the Red Fort, Jawaharlal Nehru Stadium, Indira Gandhi Stadium, and Bharat Mandapam – bringing national visibility to Baba's message.

A Legacy of Power, Love, and Perfection

Thus, this great soul perfectly played his divine part in front of all of us on the world stage. Now only memories remain – but those memories are filled with power and wisdom. Every memory of him carries a lesson and strength that will continue to inspire us.

He has bid farewell to us lovingly – and we too, not with sorrow but with gratitude and love, offer him farewell. He conquered nature, won the hearts of the Brahmin family, won Baba's heart, and won the world. He has chosen his next part according to Baba's *Shrimat*, and wherever Baba sends him, he will surely excel – for Excellence was indeed his true identity.

Such a great divine personality – whom we may not see again in this *Kalpa* – yet his love, sustenance, and teachings remain deeply etched in our hearts forever. ■■

(Contd. from page no. ...8)

early morning meditation sessions reflected profound *tapasya* and unwavering remembrance of Baba.

The Gift of a Divine Intellect

Bhai Sahib was endowed with a divine intellect that enabled him to understand situations deeply and make balanced, harmonious decisions accepted by all. His choices were never forceful – they emerged from clarity and truth, naturally winning every heart. His presence brought unity and peace wherever he served.

Even as his body grew still, his mind remained immersed in Baba's remembrance, spreading vibrations of peace and strength to all. Undoubtedly, Baba has entrusted this great soul with a special task in the subtle region, continuing his service of world transformation.

Eternal Service to Humanity

In Delhi, his spiritual influence elevated many distinguished personalities – including political leaders, Presidents, and Prime Ministers. He played a key role in bringing divine wisdom to those in positions of power, inspiring inner transformation and moral awakening.

Baba now continues to work through him more subtly, accelerating the task of world service. His deep wish – to reveal Baba globally and assist Brahmin souls in attaining the *karmateet* stage – will surely manifest through his subtle service.

A Tribute from Every Heart

Our pure feelings and good wishes forever accompany this elevated soul—flowing not only from Madhuban but from the entire Brahmin family across the globe. His guidance, humility, and tireless service have left an indelible mark in every heart.

Today, we offer our heartfelt tribute filled with gratitude, love, and remembrance. We know that Bhai Sahib continues to serve humanity alongside Shiv Baba, radiating vibrations of light, love, and elevated spiritual power. ■■

THE NAME THAT GAVE ME LIFE

BK Brij Mohan Bhai Ji didn't just give me a name – he gave me a new life. At every step, he held my hand and guided me.

The very first time I met our Sr. Brother Brij Mohan Ji was when I came to Pandav Bhavan, Delhi from Nepal. He asked me gently, "What is your name?" I replied, "My name is Raghunath." He smiled warmly and said, "We already have a Raghu Bhai here. From today, your name will be *Anand*." And in that very moment, I became *Anand*.

But Bhai Ji didn't just gave me a name – he gave me a new life. Though my parents nurtured me in Nepal until I was nineteen, for the next twenty-seven years, he cared for me like a father. He never raised his voice, never showed anger. I regarded him as my father, and he saw me as his son. Sometimes he called me *Anand*, sometimes *Nandu*, and sometimes with deep affection, simply *Bachcha*. At every step, he held my hand and guided me – just as a father steadies a child learning to walk. He taught me how to walk through life.

A Father's Hand, A Guru's Heart

Today, Baba is with us, and Bhai Ji is with us. The sisters, the Brahmin family – their support and strength surround us. Bhai Ji taught me how to live – in every action, every task, every moment. From the simplest acts like cooking to the most elevated acts of service, he trained me patiently. He became the instrument, guide, guru, teacher, father, and companion – all at once. Because of him, I am what I am today.



B.K. Anand, Prerana Niwas, Shantivan

A Life of Discipline and Deep Yoga

One memory shine brightly in my heart. When Bhai Ji moved from O.R.C. to Shantivan, he made his life even more austere. He would wake up between 12 and 1 a.m. to sit in deep meditation in Baba's Room.

I used to sleep in the same room. When I awoke and saw his bed empty, I knew where he was. Quietly, I would walk to Baba's Room – there he sat, motionless, immersed in powerful yoga. Even if I nudged him gently, he would remain deeply absorbed. I would then sit silently by the door, waiting until he opened his eyes.

Once, I said softly, "Bhaiji, why do you go alone? The floor tiles are slippery; you could fall. Take me with you – don't leave me behind." Bhai Ji smiled lovingly and said, "Child, you were sleeping. I didn't want to disturb you." Such was his nature – calm and quiet on the outside, yet vast and tender within.

The Living Murli

From morning till night, Bhai Ji remained devoted to service. He read the Murli several times each day; his life itself had become the Murli. From one Murli, he could extract four or five deep insights, which by evening he

(Contd. on page no. ...17)

THE MAGIC OF TIME

When you become the silent witness of your thoughts, the illusion of time fades away. In that timeless awareness lies true peace, freedom, and mastery over life's changing waves.



For half of our lives, we develop our personality to become a mature vehicle for the next major step in our life – to become a spiritual being and help others using our unique gifts and talents. It is time to bring together our two paths – the

ego and the soul.

When we understand the bigger picture, universal truths, and laws, the experiences and events of our lives begin to make sense. Are you ready to make the shift from being a *human doing* to a *human being* – to know how to manifest your needs and dreams in life?

The Illusion of Separation

All living beings on Earth are knowers and in relationship with one another, but we have created a culture around the world in which we have almost gouged out our eyes, leaving us blind to the reality of relationships all around us.

So, what does that mean? It means that we live in a situation where humans must be very frightening to other living creatures.

The Nature of Time

Time, like the mind, is also a process – a phenomenon, an event. It is like a wave: it exists but is not substantial. It has no substance in it, and thus cannot be dissolved. As it has no substance, it can disappear without leaving a trace behind.

So, time doesn't truly exist – only events and thoughts exist. These events and thoughts



Farha Sayed, Mumbai

move so fast that we think and feel that something called “time” exists out there in continuity. It is like a crowd – it seems to exist as a whole, but in reality, only individuals exist.

Living in the Present Moment

In truth, only the present – the here and now – exists. When you penetrate deep into time, it disappears, and you are left with only individual thoughts. Then you come to know that thoughts are like clouds – they come and go – while you are timeless, vast, and open like the sky.

You can immediately perceive that you are no longer involved in the thoughts. The thoughts are there; they pass like the wind passing through the trees. In such a deeper, penetrative state of looking at time directly, you become the watcher, the witness, the observer. This very phenomenon of witnessing, of looking, becomes the control. Then the illusion of “time” disappears.

Witnessing through Yoga and Meditation

Yoga or meditation helps you in centring yourself and moving towards your inner core. When you become rooted there, your whole perspective of time changes. The disturbing waves will still be on the surface, but they won't reach you.

Abiding in your centre, you see that the

(Contd. on page no. ...17)

LEARNING FROM THE LITTLE EARTH ANGELS

Children mirror the divine virtues of carefreeness, simplicity, purity, curiosity, and cheerfulness. By imbibing these angelic qualities, adults too can regain innocence and radiate joy, becoming true Earth Angels who uplift the world.

B.K. Dr. Trupti, Shantivan



There is a Hindi song "Children are true at heart, stars of the eyes of the whole world; these are little flowers whom God loves..." Really, who does not get charmed by the innocence of children! Every child thinks

that I should grow up as soon as possible, then I will do this, I will do that, I will become this, I will go there, etc. And then when that child grows up, he thinks how beautiful those days of childhood were and wishes to live that carefree life once again! This is because as we grow up, we move away from that innocence of childhood, that carefree life, the fragrance of those divine qualities once aromatised our world. We begin to miss that carefreeness, simplicity, spontaneity, light heartedness, which once lightened our lives. Of course, we cannot retreat back to the age of a child, but those sweet enchanting qualities can definitely be adopted to experience that carefree state again. Here are a few of many qualities of children to imbibe in our lives to become Angels like them:

1) Carefreeness: You must have seen the child's laughter when he is tossed in the air –how carefree and fearless it is! He is sure that the one who has tossed him will catch him. He neither has

the thought of falling nor the fear of getting hurt. He is just enjoying the play. Forget about the worry of tomorrow; he does not even have the thought of what will happen next. Whatever it is, it is just this one moment, which he lives with great zeal and enthusiasm. In the same way, the Supreme Father also tells us, "Children, do not worry, I am here by your side always" So we too should hand over all our worries to God with a true heart and adopt the quality of having faith in Him to become carefree again.

2) Simplicity: Children are simple; their mind is like a clean slate, wherein there is no negative feeling, jealousy, hatred or malice towards anyone. Their simplicity keeps them light hearted and cheerful. They blend with the surrounding with ease, mingle with new people and do not harbour ill-will towards anyone. We, the divine children of God, should also imbibe the fragrance of simplicity from children. See the person or situation as it is; do not unnecessarily complicate them with ego, misconception, jealousy, hatred or hopelessness. There is an ease and clarity in simplicity. So be simple in your thoughts, words and actions.

3) Vicelessness (purity): Children are pure to the core, which make them win over everyone's heart, to become an apple of everyone's eye and the centre of attraction. Similarly, the attribute of vicelessness and purity makes us



God's beloved and brings us closer to Him. Take an oath of becoming vice-less to relive that childlike untainted spirit lifelong.

4) Curiosity: Children have curiosity to know each and everything. Ever noticed how curiously he observes his surroundings and tries to get familiar with them. He keeps on asking questions to the elderly..."what is this, why is this, how does it work" the elders will get tired of answering them but children's questions are endless! This is an art of ever learning, which we should also adopt. The eagerness to learn and know new things every day is the key to flood life with daily dose of novelty. It keeps the enthusiasm alive and life remains interesting. Hence, it is important to learn and know to rekindle that genuine long-lost enthusiasm. Learn something new every day and keep progressing.

5) Closest to the parents: Children are very close to their parents. Even if they meet everyone, go in everyone's lap without a second thought, their heart remains with their beloved parents, they feel peace only in their mother's lap and safety in their father's company. For children, their parents are their world. Similarly, for us souls, God Father Shiv Baba is our world. We too must remain connected to our eternal parent all day and all night and incorporate Him in our daily routine.

6) Surrender: If someone gives a child something, money, candy, etc., he first looks at his mother or father, then after understanding their gesture, he takes the thing and hands it over to them. He does not have any attachment towards those things, nor is he greedy. We must have such a surrendered mind and intellect and not get attached to anything and surrender everything to our God Father.

7) Putting a firm Full stop: Children have this

characteristic that they fall, cry and forget about it, they got scolded, and after a while they come back to us and behave as if nothing has happened. They break up with their friends and make up with them the next moment! This means they do not hold on to resentments and pain. They are the embodiment of the quality of letting go, and this is why they always keep laughing, smiling and dancing as if nothing has happened. We should also learn to let go of the past and put a firm full stop to it. Continue to flow like a fresh water river and never become a stinky pond filled with remnants of the past.

8) No discrimination: Those innocent ones are ignorant of what caste or creed the person in front of them belongs to, whether he is rich or poor, educated or illiterate. Children look at everyone with the same eyes, behave selflessly with everyone and win everyone's heart. They teach us what the practical form of *Vasudhaiva Kutumbakam* is.

9) Play Games: No matter where you take your children, they make any place into their playground and get busy playing. Every moment is their playtime. Whether at home or outside, whatever may be the situation, they are busy playing only. We should also adopt this playful attitude from the children and take every scene unfolding in this eternal World Drama as a play which is for our benefit and entertainment. Have this playful attitude, a sports spirit in life to enjoy life to the fullest.

10) Cheerfulness: From waking up in the morning to going back to bed at night, the joy of children spreads vibrations of happiness around. In that gleeful ambience, one does not even realise when the day passed by. Such vibrations of happiness should spread from us too. Let us become cheerful to such an extent that whoever meets us also gets a smile on their face.

There are many wonderful qualities in these little angels, after all they are also souls like us, however in a smaller costume. Let us get adorned with some or all of these angelic qualities and become the real Earth Angel of happiness and hope for the gloomy world around. ■■

(Contd. from page no. ...13)

would record and share. His entire life was a reflection of *tapasya*, discipline, and self-mastery. He was deeply engaged in the practice of yogic purity and continuous self-refinement.

The Offering of Gratitude

Now, as he is not with us, the mind quietly asks, "What can I offer him? What can I give?" All that I can truly offer is my heartfelt devotion and gratitude. May his teachings continue to illuminate our intellect; May his love and humility remind us of divine simplicity; May his *tapasya* and fragrance of purity continue to guide every step of our lives. ■■

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

disturbing waves don't belong to you – they are merely conflicts on the surface caused by the intruder called the mind.

The Art of Letting Go

Gradually, as you move deeper into your witnessing state, the conflict ceases and you relax. When you are not worried, even the waves can be enjoyed. Nothing is wrong with them – and nothing was wrong before either.

The problem arises because you are also on the surface with them, in your small boat. The waves can toss your small boat around. Fighting to control them won't help – you will be defeated.

But if you can accept the waves and let your boat move *with* them, not *against* them, there is no danger. It becomes like surfing – a deep state of letting go. This can become a great meditation and lead you into a meditative state.

Then, time need not be controlled – and time need not control you either. ■■

AN ANGELIC VOICE



The voice I hear each day
Wish I could always
rewind it and replay
A voice of a divine angel
Strongly pulls me out of
a dark tunnel

A voice that feels like soft hand glove
It's touch is like a language of sheer love

He sings lullabies, it brings me peace
He sings with glory and sets me to ease
It connects me with "The Supreme"

BK Sarika, Nalasopara East, Vasai, MH

Melodious like a pure light stream
The voice I admire and wish to reward
This voice itself is the highest award

Oh !Almighty,
Cannot thank you enough,
for what you have gifted
Still can't miss to say again,
This voice is everything,
It balanced my breathing
A 'Master Light', A divine manifestation.
Oh, dear Leading Light! ■■

A RELATIONSHIP OF TRUST WITH GOD

Realise God is Our Supreme Parent and Constant Guardian – We need to realise very deeply that everything happening in our life – negative and positive is not happening because God has decided that. It is happening as a result of our every thought, word and action of many past births and the present birth. God is not responsible for everything happening in my life, but He is responsible for helping me in everything happening in my life.

Take A Step of Determination and God Will Offer a Thousand Steps of Help – Even when you are in the worst phase of your life, with many negative events happening at the same time, remember God's instruction to you that you will not lose hope and will remain determined and God will remember His promise to you that He will help many times more than you expect Him to and resolve every problem of yours at the right time and in the right way.

Remember God Every day to Build Trust With God – Every morning as soon as you get up, take love, blessings and power from God and for a few minutes remember Him and tell Him about your day ahead and about the challenges that you may face in the day. Begin the day full of strength. In the day, keep God with you in every important action and talk to Him constantly. In the night, before sleeping thank God for his help in the day and remember Him for a few minutes. Go to sleep in His lap full of confidence and carry the confidence into the next day.

Make God Your Companion in Joy and Sorrow – In times of sorrow, we have

remembered God many times. In times of joy, we have forgotten Him many times.

And then we say

we love God very much. But if we really love God, it's time to keep Him with us in times of both sorrow and joy. The more we do that, the more He will love us back and the more we will feel that He is with us always and as a result we will trust Him more and more.

Perform Beautiful Actions and Experience Help from God – Check every thought, word and action of yours and fill it with all beautiful qualities which God and everyone in your life loves. This will bring you closer to God and He will constantly protect you in every sphere of life. You will never feel that God is not there for you and life will become a joyride and you will have immense trust in Him. ■■



Vibrations

Our thoughts become the energy field we carry around, like the perfume we use. People receive our vibrations even before they receive our words and behaviour.

GIVE BLESSINGS AND RECEIVE BLESSINGS

True peace and spiritual progress come from giving and receiving blessings, rooted in forgiveness and love. By drawing strength from God, we liberate ourselves and others, transforming hearts and situations.



Do you ever feel weighed down by resentment or find it hard to let go of past hurts? What if the key to unlocking inner peace was simpler than we imagine?

God says, **"The easiest effort of all is to give blessings and receive blessings."** Even if we struggle with other spiritual practices, this one principle holds immense power, and it's worth reflecting on whether we truly understand how to give and receive blessings.

It feels natural to bless those who are kind to us or do good in the world. But God says something profound: even when someone causes you sorrow, you still have to give blessings. Giving blessings doesn't mean physically placing our hand on someone's head; rather, it means choosing not to hold onto negativity and instead living with compassion and forgiveness.

In reality, though, we often find it incredibly difficult, if not impossible, to forgive someone, even when God Himself advises it. "Could this really be God telling me to forgive them?" we might think. "Not after what they did to me!" We can even feel betrayed by God, as if He's taking

B.K. Sarika, GGRC, Ahmedabad

their side by asking us to forgive.

Why Forgiveness Isn't for Them, It's for You?

The truth is quite the opposite. God asks us to forgive others not for their benefit, but for our own liberation. **Lack of forgiveness is the most significant barrier to our spiritual progress and to experiencing God's boundless love.** When we carry lack of forgiveness in our hearts, we can't truly remember God; our minds become consumed by what someone did or said. It drains our happiness, our zeal, and our enthusiasm – it feels like the wind has been knocked out of our sails, preventing us from soaring.

God never asks us to do more than what He has already done for us. If we reflect on the immense forgiveness He has extended to us for our own mistakes, we'd realised that what He has forgiven us for is infinitely greater than any wrong done to us. Our calling is simply to extend the same compassion we have received from Him.

The Self-Deception of lack of Forgiveness

Sometimes, we even deceive ourselves into believing we've forgiven but we haven't forgotten. We might think we've moved on, but

the moment we see that person, the memory floods back, and we want nothing to do with them, actively avoiding them. Sometimes, hearing others speak kindly of them ignites an urge to "set the record straight": "You have no idea what they're really like..."

God reminds us of a powerful truth: **"Self-transformation leads to world transformation."** Don't wait for others to change, He teaches, because then neither will they nor will you. Our attitude must be: *I have to change*. Going to God with pleas like, "God, please remove this obstacle-creator from here, then the situation will change," reveals that we aren't self-sovereign and that our happiness depends on someone or something else. Let's truly grasp that God is far more interested in transforming us than our circumstances. In fact, as the Purifier, He masterfully uses situations and people to draw out our negative attitudes, our biases, and forge our character.

We wait for an apology thinking it is the least someone can do, but it's a trap. It gives away our power and hinders our own progress. People can only give what they possess, and at this time, vices have robbed every one of their self-worth that one would need to apologise. By consciously forgiving and letting go, we break free and liberate ourselves from their hold, and liberate them by releasing the *karmic* debt we believed they owed us.

The Source of Unconditional Forgiveness

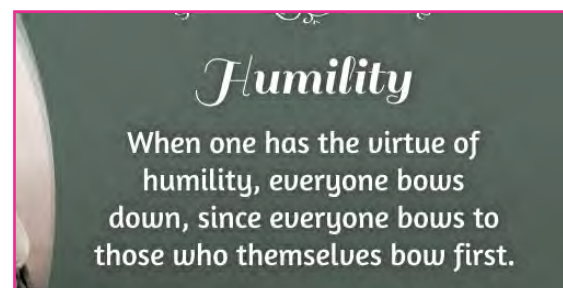
To truly forgive and embody the unlimited tolerance and mercy God has shown us, we need to be filled with His power. He is called the

Almighty Powerful not because He can bring the dead back to life but, because His mere remembrance burns away our sins and makes us light. It fills us with love and gives us rest and comfort. And so, He instructs: **"Have love for me."**

We see powerful examples of this in the lives of Meera and Brahma Baba, whose remembrance and love were like a fire that not only purified any hurt feelings but also, because they were so overflowing with God's love, peace, rest, and comfort, they found it effortless to forgive others. Without experiencing these attainments from God, being asked to forgive can feel like an insurmountable sacrifice. "Where there is love, there is no labour," God says. "If there is labour, then say from your heart, 'Father, sweet Father!' and the labour will be finished."

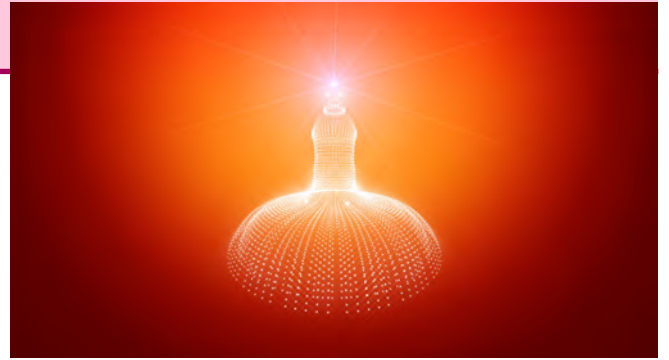
I turn to *Him* for all my needs; *He* is the source of all attainments, not other souls. I receive from Him and give to others – that's the principle. It's when we attempt to receive our fulfilment from other human beings that we inevitably encounter disappointment. **Mine is the One Father and None Other.**

Let's take a moment today to reflect on who we might need to forgive for our own liberation. The journey begins with a single step. ■ ■



TIME STAY AT PARAMDHAM

Paramdham, the eternal abode of souls, where they recharge with divine energy to prepare for their roles on Earth. Through Rajyoga meditation souls reconnect with this eternal home, experiencing peace, joy, and spiritual empowerment.



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



We know from Godly knowledge that we, the souls, live in the soul abode with our Father, the Supreme Soul, and we are permanent residents of that meta-physical world called

Paramdham. Unlike our temporary stay on Earth, *Paramdham* is timeless, eternal, and our true home. In every 5000-year cycle, the souls descend from that place of silence to this physical world, one after another, since the beginning of *Satyuga*, remaining here until the end of the Kalpa.

The souls initiate their divine play on the heavenly Earth on a first-come, first-served basis. They assume various roles—emperors, empresses, members of royal families, rich, ordinary citizens, or deity servants. Lakshmi and Narayan become the first emperor-empress of the Golden Age, and that dynasty continues in eight stages. They rule over the deity kingdom of the world with complete sovereignty and control over land, water, and air, though at that time, no other country exists except Golden Bharat.

Gradually, the 16 celestial degrees of *Satyuga*

slightly degrade to 14 degrees in *Tretayuga*. Human souls continue to descend from *Paramdham*, and the initial 9 lakh deity population grows to 2 crores at the beginning of *Tretayuga*, eventually increasing to 33 crores by its end. A soul, once entering the world stage, cannot return to the soul abode between births until the completion of the Kalpa cycle. Baba says that souls are the original inhabitants of *Paramdham* and foreigners in this world.

The Supreme Father descends only once in every Kalpa, at the end of Kaliyuga, to rejuvenate the souls with power and purity within a time span of 100 years, also called the Confluence Age or *Sangamyuga*. The population growth from 33 crores at the end of *Tretayuga* has now reached 8 billions, slowly but steadily. This indicates that the majority of souls leave *Paramdham* later, giving them an extended period of rest and silence. However, the question arises: how long can souls, taking the maximum number of births, remain in *Paramdham*? Even divine souls, who play their roles throughout the Kalpa, mainly in Bharat or occasionally in other countries, spend only a short duration in *Paramdham*.

Time and Its Illusion on Earth

Earth-bound time can be calculated in days,

months, and years according to the rotation and revolution of the Earth. However, there is no concept of time in *Paramdham*. Even on this Earth, when a soul leaves the body, it enters another realm of existence, which is timeless. Between two births, the soul cannot return to the soul world but rests in a different dimension of reality, preparing for its next role.

Time does not exist independently; it is intimately associated with space, forming the space-time continuum. Within this continuum, there is no missing point in space or instant in time. Our physical world is embedded in this four-dimensional space-time, where all events, places, and moments in history exist without evolving—they simply are. Light rays, for instance, return to their origin after encircling the closed universe in a single cycle, showing that time is cyclical, not linear.

Human civilization has always functioned within this cyclical time. Generations have grown gradually, and the functions of the human mind and intellect have been the driving force behind cyclical changes in knowledge. The evolution of knowledge in cycles is influenced by the nature of Earth and its relationship with the cosmos.

The Timeless Realm of the Incorporeal World

What, then, is the condition where time does not exist? Beyond this physical dimension lies the Incorporeal World, an extra-terrestrial region where life exists in a metaphysical form. God has explained that the universe has a triple-layered structure. Beyond the physical dimension is a vast, illuminated region called the subtle world. Shiv Baba uses this realm as a resting house once He descends from *Paramdham*, an infinite world of light also called *Nirvandham* or *Brahmaloka*.

Through our intellect, we can visualize this realm and sit lovingly beside Him in meditation, known as Rajyoga. In this state, time is not an element of experience. Para-psychical research by Dr. Raymond Moody shows that in out-of-body experiences, individuals describe timelessness. Though they can express the experience in temporal terms, true time does not exist there as it does in physical life. The spiritual sense can move anywhere, look anywhere, and perceive everything instantaneously.

In after-life experiences, souls are overwhelmed with joy, love, and peace, beyond the capacity of human words. They experience solitude, quietness, and relief in consciousness. Some describe seeing their body lying on the bed while simultaneously perceiving their surroundings without occupying physical space. Souls in the spiritual body have a privileged perception—they can see and hear others, while others cannot perceive them. Physical objects present no barriers, and movement from one place to another is almost instantaneous. The overwhelming feeling is timelessness, though everything seems to move quickly in one eternal moment.

Connection with *Paramdham* through Meditation

When we listen directly to God and feel in meditation the journey of the soul through intellect into the subtle world or *Paramdham*, we perceive no sense of time. We can access this realm anytime through a change of consciousness, leaving the physical body anywhere on Earth. BapDada can manifest any soul in any costume, at any time in the subtle world, for any purpose necessary in the physical dimension. At the deepest level of consciousness, there is no flow of time – only an

The World Renewal

eternal now, in which all events coexist simultaneously.

Within the body, the soul functions according to the Earth-bound clock, influenced by latitude and longitude. But when the soul leaves the body, there is no sense of time. Hence, beyond space-time, time does not exist.

Recharging of Souls in *Paramdham*

When souls stay in *Paramdham* with the Supreme Father, they reside in their original, timeless, eternal consciousness. Here, they are recharged by the Supreme Power House. This recharge is essential for them to perform their roles again in deity or human forms in the corporeal world. It refreshes the soul, freeing it from the accumulation of worldly impressions gathered through multiple births across different geographies and historical periods.

Before Shiva Baba's descent on Earth, people lacked true knowledge of history, geography, science, philosophy, astronomy, and other subjects. Since *Dwaparyuga*, human society has been divided into various religions and cultures. People felt disconnected, unable to identify a common link among themselves. Their knowledge was limited to 2,500 years, though they projected it to millions or billions in various spheres, including biology, geology, literature, and philosophy.

Over time, humans misinterpreted their origins, assuming monkeys and apes as their ancestors. The deities, unaware of their true divine lineage, became devotees. They worshipped Lord Shiva first as Shivalinga, later different deity idols, and eventually nature, including the five elements and celestial bodies such as the sun, moon, and planets.

The Role of the Confluence Age

At the end of the Kalpa, massive destruction occurs, separating souls from their physical bodies and preparing for the renovation of the world. Present-day science and knowledge will transform and advance into the next Golden Age. But before this, souls rest in *Paramdham* to recharge fully. No soul returns to Earth to play its role without complete rejuvenation.

Even though the souls may spend multiple births on Earth, *Paramdham* remains their permanent residence. The duration of their stay there cannot be measured by Earth-bound time. The Supreme Soul, the seed of humanity and the Father of all souls, ensures that His living place is the home of all His children, wherever they play their roles in this drama.

Rajyoga and the Power of Recollection

He Himself prepares His deity children through Prajapita Brahma and Avyakt Brahma during the 100-year Confluence Age, also called the Diamond Age, which transforms the stone-like intellect into a diamond intellect. At present, it is our time to return home spiritually. We remain happy and busy, remembering our Sweet Home and Sweet Father. The brief stay of first-generation souls in *Paramdham* may be attributed to their remembrance and regular practice of Rajyoga meditation in this powerful Confluence Age, which keeps them constantly connected to their eternal home. ■ ■

Merciful

To be merciful means always remembering only that which is good and beneficial, and never letting go of giving love.

INTROVERSION AND INTROSPECTION

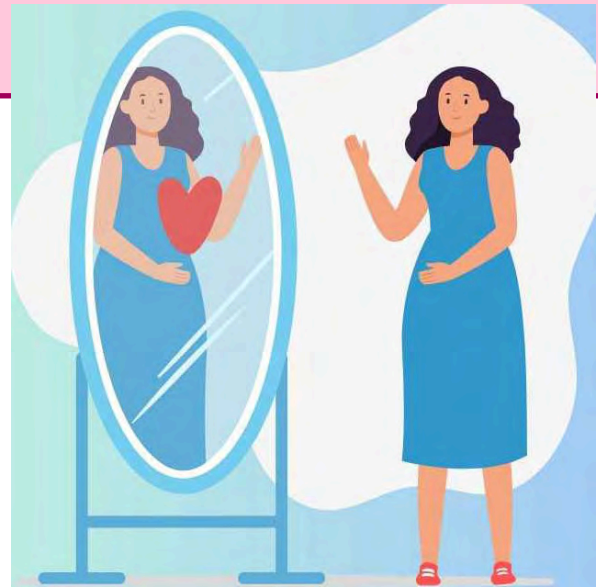
By turning inward and reflecting on thoughts, feelings, and actions, we achieve true peace, clarity, and spiritual growth.



We live in a world of attractions, p o m p and show, play and display, showbiz and drama. Most people are extroverts. There is a mad race to earn more wealth, acquire and possess material things, gain and regain powerful positions, and seek trophies, awards, and rewards. Along the way, we find that many people remain unhappy, miserable, and dissatisfied. Very few take the time to look inward and reflect on what is truly happening in life. Introversion has great value in worldly and also spiritual life. Introversion is the art of looking inside, listening to the soundless sound of the inner portal, smelling the fragrance of the feelings of life inside, speaking to the incorporeal self, and tasting the unique experience of unfolding the latencies of the self. Past is gone and future is yet to be born. The present belongs to us. What is available is the present which is the reality. This realisation comes to us when we withdraw to the inner portals. We are able to be with us when we become introverts.

External and Internal face

We must know that the world has two faces. One is the external face and the other is the internal face. We also have two faces. Normally



B.K. Surendran, Bengaluru

people look at the external face of the world with their external face. They look with the gross eyes and listen with the gross ears. An introvert looks with the eye of knowledge, listens with reference to the reality of life. We all know that this world is constantly changing. The scenes, sceneries, bodily beings, events and incidents are always attracting us. Normally people go by the changes taking place in the external world. Everything we look at changes, and become old. When we look with the eye of knowledge, we look at the ever-changing five elements, the soul, the self-effulgent form of the Supreme, the soul world, the subtle world, the emerging new world, and the angelic form of the souls, which cannot be seen with the gross eyes. When we look at the world with the gross eyes, we are carried away by the glitz and glamour of physical gross objects which may be animate or inanimate. But when we start looking at the internal face of the world, we are baffled to find that we are trapped in a constantly changing world. We cannot trust these entities. The truth lies in our true eternal identity– that of the shining stars – the soul that drives the body.

Although mind and matter are deeply connected but the soul is the essence of whom we are and this subtle understanding in itself is liberating.

Introversion for inner stability

An introvert looks at the mind, intellect, thoughts and feelings. He is a detached observer, a silent spectator and a witness. He can understand that this world is a huge drama stage and all the souls wearing the costume of body are playing their respective roles. An introvert keeps a watch over himself to see that he is not influenced by the goings-on in the world. He enjoys the scene of sorrow and happiness with equipoise and understanding. He is able to be in a stable position even in destabilising and severely opposing situations. He enjoys the taste of peace, silence and solitude. In this stage, he deals with others as souls. He is conscious that the body does not belong to him, but he is using the body for rendering Godly Service and providing assistance to the world transformation-mission of God. Introversion helps us to be in a state of intoxication of meditation and enriches the life with divine virtues. It becomes easier for us to maintain bodily purity, and purity in thoughts, words and deeds. It helps us to maintain mental and intellectual concentration, which in turn helps us to develop quick decision-making abilities. Introversion helps us to study the Godly Knowledge in depth and apply that knowledge in life. We are able to be what we are in truth and enjoy that true existence while being busy in the field of life. We become free from all kinds of wastes – waste thoughts, words, deeds, relationships and connections. We become true karma yogis as we maintain constant attention on our mind and intellect. We are able to discriminate men and matters, events and

eventualities in their right perspective and initiate the right course of action. Whatever we do through our mouth, eyes, ears and sense organs will result in the enrichment of the self – the soul. We will be in the mind-set of “think no evil, see no evil, talk no evil and do no evil”. Whatever we do, we do it through our sense organs in soul-consciousness with an attitude of detachment and instrumentality. We come into the field of action, perform our role and after that, just like a tortoise we can withdraw from the outside world. We are aware that we are dead from the gross world and have taken a spiritual birth for rendering Godly Service. My body belongs to God and we stay in the body as guests. We experience super-sensuous joy. Introversion is the sign of being an embodiment of knowledge and purity.

In fact, the aim and object of a spiritual seeker is to imbibe and experience introversion. In such a stage of life, an introvert is always in a meditative mood and develops his divine virtues naturally. We are able to understand even the minutest trace of impurity and remove them. We come to like long hours of meditation and also naturally develop interest in deeper study of Godly knowledge and render Godly service with renewed interest and enthusiasm.

Introspection

It is our experience that when we practise introversion, we have a lot of time to introspect. We are able to watch our thoughts, feelings and emotions. We are able to evaluate our stage of life. Our intentions, desires, expectations, aspirations, wishes, whims and fancies are seen with clarity and discrimination. We can mould them to suit to our well-being and also for the betterment of others. We are able to teach ourselves the need for generating the best

thoughts and feelings. Life seen from outside is the manifestation of life inside. Life should be proper at the subtle level hence; it should be regulated from the subtle level. Introspection means to engage the self in self-talk, self-teaching and self-transformation. When we start introspecting, we can refer our stream of thoughts to see that it conforms to universal principles of living, moral laws, ethical laws and values in life. We are able to see that the feelings emanating from our thoughts are conducive to our growth and others' well-being. We can ensure that the thoughts and emotions are not creating disturbance in our mind, thus enjoy and celebrate the good feelings that are spread in our surroundings.

Generating positive feelings and emotions

When we practise introspection, we are able to avoid negative, waste and vice-ridden thoughts and convert those thoughts into pure, positive, pleasant and elevated ones. We are able to decide what kind of thoughts can elevate our life to a state of stability, purity, peace and prosperity. We come to realise that even though we are living in the external world, our real world is inside us. The world situations keep on changing as time passes by. There are people who move along with the outside situations but some of them get annoyed by them. But, when we are focussed inside and are closely introspecting our thoughts, reactions, responses and the feelings emanating therefrom, we are capable of regulating our inner state of life according to our needs and requirements. We can be what we want to be at all times and we need not depend on others for our well-being. Introspection helps us to realise the harmful consequences of generating

thoughts like hatred, jealousy, anger, ego, arrogance, opposition, ill-will and the related feelings and can transform them into thoughts of humility, simplicity, tolerance, love, co-operation, enthusiasm, zeal and creativity. Our quality of life is decided by the quality thoughts that we generate. We are able to constantly weigh the pros and cons of negative thoughts and also positive thoughts and the feelings and emotions that are spread by these thoughts. Based on the experience, we learn to take a final decision not to generate negative, waste and vicious thoughts whatever they maybe, instead, we determine to cultivate the habit of generating only positive, pleasant and elevated thoughts. The most important pure thoughts are those thoughts which are related with the seven divine core virtues of the self.

Introversion and introspection are the two very important and subtle effort making processes which enable us to enrich ourselves to attain the stage of liberation and fruition. Churning is the essence of introversion and introspection. The churning on the discus can be a beautiful experience which not only wards off all undesirable, polluted and useless thoughts, but also it elevates one to the level of total fulfilment and world sovereign stage. Constant remembrance of God is again the most powerful thought process which can fill the self with a lot of spiritual energy. When we remember God with a lot of interest, love, submission and reverence, we experience the presence of God. Meditation teaches us to face life from the inside when we learn to become silent and connect with Supreme, we find the strength to change and heal the self and the whole world. This is the need of the hour. ■■

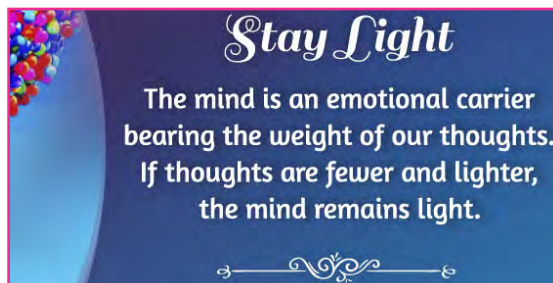
GRATITUDE FOR CHALLENGING SITUATIONS

When we respond with gratitude instead of anger or blame, we conserve energy, transform pain into wisdom, and influence the situation positively.



We usually express our gratitude for all the good things in life, but we rarely practice gratitude for challenging situations. It is important to be grateful to the toughest struggle and the deepest grief, because those difficult experiences are beneficial – either they result in something good, or they make us internally stronger. Can you recall a situation you really struggled to cope with? While going through that challenging phase, did you get angry, critical, anxious, bitter or hurt? And after you successfully crossed the issue, were you grateful to the chaos, for bringing out your best? Instead of accepting challenges, we feel it's normal to get hurt, upset, blame our fate, or blame someone else. These reactions deplete our energy further and snatch our strength to face the circumstance. Our weakness makes the problem appear even bigger than it actually is. Let us be grateful to challenges for showing us our true potential. When pushed out of our comfort zone we emerge certain qualities which we were not even aware of. Our power to face, power to tolerate, power to adjust are activated. Gratitude strengthens us internally, increases our capacity, protects us from negative energies and radiates our highest energy to the scene. Accept and respect challenges by showing gratitude. Your energy influences them and helps you cross them with stability.

Start teaching your mind to be grateful to adversities in life for showing your inner potential. Experience contentment and thank God for whom you are and what you have. Thank every situation in your life. Remember every scene is perfect, as it is meant to be. Thank whatever it brings to you. Accept every situation as if you had chosen it. Understand it is a *karmic* outcome, a result of your past karma. Even in the face of a tragedy, a calamity, a crisis, doesn't question the scene. Understand it is accurate and beneficial. Situations can be imperfect, but your state of mind should be perfect. Don't create stress, pain or fear. Your gratitude influences the situation positively; your acceptance silences your mind. Choose the right thoughts, activate your intuition and listen to your inner voice. Do the right *karma* now and cross the situation with stability and dignity. Be grateful for the opportunity to settle your past *karmas*. Be grateful for the opportunity to increase your inner power, to come out of it stronger and to take the lessons forward. ■■



MAKE YOUR LIFE A CELEBRATION

By aligning our lifestyle, food habits, and consciousness with our eternal nature and practising Rajyoga, we can transform life into a celebration of health, joy, and spiritual fulfilment.

There are some people who have made their lives a celebration. What is the secret? They distinguish the changeable from the unchangeable, the temporary from the eternal, and make wise choices, proving themselves to be CREATORS rather than reactors.

You can change your physical health

Our human body is an incredible machine which has its own cleaning mechanism inside. Skin eliminates sweat, respiratory tract expels carbon dioxide and mucus, the kidneys eliminate urine, the digestive tract eliminates stools and so on. What happens if our lifestyle leads to the accumulation of wastes and toxins in the body? They will provide a fertile environment for germs to grow and multiply, inviting diseases. This explains why some who interact with those with contagious diseases, do not get them while some of them get it. Besides, certain unhealthy eating habits and lifestyle may not cause immediate adverse result in the body as its organs are capable of handling the harm to some extent. For example, kidney may not show major symptoms of defect till it has lost approximately 80% of its function. The situation is like cutting a tree down by an axe—it takes many hitting for the tree to come



BK Rose Mary

down. By the time the body shows some symptoms, it may be too late. No wonder, diseases linked to lifestyle choices kill 16 million people each year, reports *World Health Organization*. That means if lifestyle is changed, diseases [except those related to hereditary/*karmic* account] can be minimised.

With some basic knowledge about your body and mind, you can minimize diseases. Observe those who have minimum diseases, and arrive at your own conclusion. Health is mostly related to what you feed to your stomach and mind. People who are not stressed but have loving relationships, peace, joyfulness, cleanliness, inner strength, practical wisdom and balance, have stronger immunity, hence most of such people enjoy good health. Some of them further minimise their diseases by choosing a healthy food-habit which means they know the following:

(1) What to Eat: There is food that harms, and there is food that helps/heals which are called ontological, food rich in life-force, fresh, vegetarian, easily digestible, nourishing, and prepared with minimum spices. “If you shift to a diet more about plant-based foods, you are likelier to live healthier and experience less chronic disease,” says Dr David Katz of the Yale University. It also means avoiding or minimising processed food that often contains artificial chemicals which can add to wastes and toxins in the body and also activate disease-causing genes that might have stayed dormant otherwise. Hence strike a balance between cooked foods (which have less vitality, enzymes, proteins and vitamins) and sprouts (which have more of them), because you are what you eat.

(2) How Much to Eat: In moderation – about half of one's capacity

(3) How to Eat: Slowly, in gratitude and remembrance of God, with full attention on eating, chewing well before swallowing, which aids digestion and prevents improperly digested food from entering the bloodstream and causing various health problems.

(4) How Many Times: You may decide this by looking at your body's response. The ancient Greeks (the finest of people, physically and mentally, that ever lived) ate only two meals a day. Their better health might be due to the fact that the body turns into cleansing work once digestion work is over whereas frequent eating keeps the body always engaged in digestion work only with no time left for cleansing.

(5) When to Eat: Only when you are hungry, which means normally 4–5 hours gap between each meal / intake. The stomach takes about 3 to 4 hours for a meal to be fully digested (fatty food would take even longer time to digest). Those who eat supper before sunset and sleep 3–4 hours later experience restful sleep, enabling them to wake up early, rejuvenated and refreshed. In addition, some people practise things such as deep-breathing, occasional fasting, enema, *jala-neti* (nasal cleaning).... etc. all of which can give additional help to the body in its cleansing process.

It was easy for Mahatma Gandhi to adopt the above food-habits; for he knew that food is all about fuelling the body (rather than filling the body) and “the real seat of taste is not the tongue but the mind, and best relish is when we eat after we feel hungry for some time.” Interestingly, Rajyogini Dadi Janki poetically summarised the above principles when she said: “Curry, Hurry, and Worry” are at the root of many diseases.

Follow your Eternal Nature

Water boils and becomes vapour when in

contact with adequate heat; and when the cause of boiling is removed, it returns to liquidity which is its eternal nature. Similarly, the eternal nature of our souls is to be in harmony with others—especially with our Heavenly Father – remaining connected to His qualities through remembrance of Him (Gita 12:2 – 4, 20; 16:1 – 3). Once in a material body, the soul's affinity gradually changes from parents to friends, to life-partner, to wealth, to fame ... and so on. And the soul never finds fulfilment in any of these as they are all temporary and unreal. On the contrary, if one returns to his eternal nature of connecting himself to God, life becomes a celebration, because this is the most natural thing to do as both the soul and the Supreme Soul are eternal, and both share the same qualities. Also, God takes the role as Father, *Satguru*, Companion, Sweet Heart, Mother, Teacher and Almighty as the need may be, thus giving you His infinite source of power, purity, joy, love, peace, knowledge and bliss. When you have God Almighty playing such a variety of roles in your life, you have 'a life of happiness at every moment' making your life a celebration.

People, who have studied *Rajyoga* Meditation from Brahma Kumaris, never lament on any situation asking: “Why did God permit this to happen to me?” Because, they know GOD PLAYS NO PART in such events. He comes in the Auspicious Confluence Age (*Sangamyuga*) and shows the path of Heaven to His children. In this period, He, using His medium Brahma, trains the willing ones for Golden Age and teaches them *Rajyoga* which enables them to remain in His loving remembrance and also to view all experiences from a spiritual perspective. The good news is that you can also make your life a celebration! It's very easy! Contact your nearby *Rajyoga* Study Centre, and ask for a free study—one hour daily for a week! ■ ■

(Contd. from page no. 3)

have become very common, as: "We wonder where humanity has fled!"

In the face of all this talk and these comments, the question arises: What is the principal difference between man and demon, man and beast or man and devil? Or, in other words, what are the human values or attributes because of which man has been placed on the highest pedestal? Or, what is it that justifies his rank as the highest and the noblest being in God's creation?

The Main Human Values

In this context, it would not be out of place to briefly mention here some of the values due to which man is considered 'human' and distinct from other species.

Forgiveness, Mercy or Compassion

In the foregoing paragraph, we compared man with a beast. A beast is barbarous; it never thinks of the good of others. Beasts like the lion, tiger, or wolf, etc. prey upon others, and inflict pain on them to satisfy their own hunger. They live by attacking, killing and shedding the blood of fellow animals or human-beings. Man, on the other hand, is expected to live in this world in accordance with the golden rule of 'live and let live'. Far from trampling upon others' rights, he is supposed to be fair and just in his dealings with other people.

Thus, when a person acts upon the principle of 'might is right' or behaves cruelly towards others, he is considered to be devoid of humanity. This evidently means that goodwill towards fellow human-beings, fair play, sympathy, non-violence and mercy or compassion, are human values that must be lacking in him. Forgiveness is, of course, a part of these, for, without it there can be no mercy, which, in fact, becomes limited in scope for the lack of it.

Looking at this a little closely, we come to the

conclusion that the word 'compassion' comprises all the above-mentioned human attributes. Where there is compassion, there cannot be violence, cruelty, selfishness, injustice, etc. On the contrary, these latter traits get supplanted by good ones – tolerance, patience, friendliness, co-operation, fellow-feeling etc., while a compassionate person automatically adopts renunciation, service and other similar virtues for the good of fellow beings.

If we peep a little into this workaday world, we don't find anybody perfect in all respects. Thus, if a person does not forgive a lapse on the part of another, he should not expect to be forgiven by others, when, on another occasion, he becomes guilty of a lapse himself. Hence, to repent for a lapse and correct oneself as well as to forgive another's lapse is the way to make not only one's own life happy but also to assure friendliness with others. Thus, love and not hate and forgiveness instead of resentment are the real human attributes. To transform one's own life by self-reform is a great virtue of humanity; to avenge a wrong done to oneself, on the other hand, is a fall in one's grade of humanity. To do 'good' even to the wrongdoer is a human value, whereas to reproach or insult is inhuman.

Wishing Well and Being a Well-Wisher

It is humanity that differentiates a man from a demon or a devil. Demons and devils, in seeking their selfish ends, don't care at all even if they injure others. Their behaviour towards others is arrogant and harmful. They always violate the rules of conduct and morality as well as social conventions. A demon does not know the value of honesty, faithfulness, obedience and civility: whereas for a man these are basic values. Thus honesty, faithfulness, integrity, civility and etiquette/discipline or self-control and balance of mind are human virtues. These help to

maintain stability, peace and love in human relations, otherwise there are troubles/quarrels and squabbles and consequent disquiet in the world.

Vices Give Rise to Demonic Values

The devil, as distinguished from man, is anti-social, cruel and destructive. He commits crimes, disrupts social life by resorting to sabotage and vandalism and destroys the peace of the community. Looking from this point of view, passions like sex-lust, anger, avarice, attachment and arrogance obviously lead a person to devilish conduct.

A sex-ridden person, for instance, commits offences like eve-teasing, criminal assault, molestation, abduction, rape, promiscuity and prostitution, thereby violating social peace, sanctity and order. A person swayed by anger carries its fire and smoke here, there and everywhere, inflicting mental pain and resultant

remorse all around. With his harsh words piercing like poisonous arrows and his fiery fuming eyes and his boiling temper, he commits so many offences, all at once. A person dominated by greed, attachment or arrogance is liable to commit similar acts. It may thus be said that humility and innocence are human values whereas self-conceit and other passions are devilish traits. The Bible says 'God made man in His own image', surely then the man created by God must have been vice-less or Godly in His attributes. The presence of all these values or virtues is therefore, expected in Adam, the primeval ancestor of man (*aadmi*) as also in Manu, the progenitor of man (*manushya*). But we observe today that, owing to the disruption of these human values, this world has turned from heaven into hell. Hence, by the re-establishment of these values alone, *Satyuga* can be ushered into this world. ■ ■

LAUGHTER: THE BEST MEDICINE

- ◆ When an apple fell on Newton, he discovered gravity.
If it had fallen on someone in India, they'd have said: "Arre, fate! Every fruit has the eater's name already written on it."
- ◆ Teacher : "Where does peace live?"
Golu: "In homes where both husband and wife are busy on their phones!"
- ◆ Disciple : "Guruji, my right hand is itching."
Guru: "Child, that means money is coming your way."
Disciple : "Now my right foot is itching too."
Guru : "That means you'll be travelling soon."
Disciple : "My stomach and neck are itching as well."
Guru : "Get lost! You've got a skin infection!"
- ◆ Doctor: "You're out of danger now. Why are you still so scared?"
Patient: "Because the truck that hit me had a line painted on it – 'If life permits, we'll meet again.'"
- ◆ Gentleman: "I've been listening to 'Geeta's sermons for 20 years!"
(After inquiring, it turned out Geeta is actually his wife.)





Agra: Mr. Keshav Prasad Maurya, Deputy Chief Minister of Uttar Pradesh, being presented with a Godly gift by BK Madhu and BK Mala.



Ahilyanagar (MH): Mr. Asaduddin Owaisi, National President of AIMIM and MP, being presented with Godly literature by BK Suprabha, BK Ujjwala, and BK Deepak.



New Delhi: BBC's renowned anchor Sarika Singh being presented with a Godly gift by BK Jyoti, BK Khushboo, and BK Naveen.



New Delhi: A transformative session on Stress Management being conducted at the Union Ministry of Women & Child Development by BK Divya.



Abu Road: Valedictory session of the National Media Conference being addressed by Mr. Rajesh Dharmani, Minister of Technical Education, Himachal Pradesh. BK Mruthyunjaya, BK Sarla, and other dignitaries are seen seated on the stage.



Abu Road (Shantivan): Prof. Ram Shinde, Chairman of the Maharashtra Legislative Council, with BK Mohini, Chief of Brahma Kumaris, after a courtesy meeting.



Mumbai: Maharashtra BJP President Mr. Ravindra Chavan felicitating BK Nikunj with the prestigious 'Jan Chetna Ratna Puraskar'. BK Shaku was also present.

NEVER FORGET GODLY CHILDHOOD

When we remember our Godly childhood – living under the canopy of Shiv Baba's love and *Shrimat* – we remain carefree, courageous, and ever-happy, no matter what tests life brings.



B.K. Yogesh Kumar, Shantivan



Multi-million times fortunate are those who become God's children, receive His divine knowledge, dedicate their mind, body, and wealth to Him, and cooperate in His supreme task of world transformation through self-transformation. I feel blessed to be one of those multimillion fortunate souls, living under His guidance (*Shrimat*). Hence, all my worries belong to Him. Whatever struggles I face while settling past *karmic* accounts are, in fact, blessings in disguise that make me lighter and freer. The more sincerely we follow *Shrimat*, the greater the fruits we reap.

God lovingly reminds us: **"Sweet children, never forget this Godly childhood."** Childhood is the best phase of life – carefree, worriless, filled with love and protection. In the same way, in our Godly childhood, we receive the deepest sustenance from our Supreme Parents – Incorporeal God Shiva and His corporeal medium, Brahma Baba. To remain under their canopy of protection, we must never forget this Godly childhood; otherwise, *Maya's* trap awaits. Forgetting it means leaving *Shrimat* aside and following our own or others' dictates, which ultimately deprives us of God's love and care.

Personal Void

Parents are among God's most precious gifts, for no one can love us more. Yet this world is a guesthouse – everyone must eventually move on to play another role. At fifty, I find myself in a testing phase after losing my physical mother. With her, I shared not only life's struggles but also the sweetness of Godly memories, as we both became God's children together.

When my father left this world, I was deeply attached to him, but my mother became my strength and never let me feel his absence. Just five years later, we together took Godly birth. Now, with her departure too, I must courageously farewell her with happiness. Whenever sorrow arises, I return to memories of my Godly childhood – and sorrow melts away.

Blessings of Sustenance

We were fortunate to be guided by senior instruments like BK Ramnath of Vikas Puri Centre, who had direct sustenance from Brahma Baba. His virtues of simplicity, patience, humility, and care inspired me deeply. In every *Avyakt Milan*, BapDada reminded us to remain disinterested, austere, and in remembrance.

Though storms of life kept coming – failures, job loss, and my mother's illness – those countless moments of meeting God Shiva in Shantivan gave me a feeling of constant protection under His canopy. Shiv Baba assures

us that if our intellect remains clear, we'll always receive His touching and guidance.

Wonderful Knowledge of Eternal World Drama

When I think of the void created by my mother's demise, grief arises only when I remember her body. Such remembrance disconnects me from Shiv Baba and makes me feel like an ordinary soul. Instead, I must remember her as a soul, playing her beautiful part in the Eternal World Drama.

How happy we became after taking Godly birth! Now her role has changed; she has to move on to her next part. If I remember her sorrowfully, it will only give her sorrow. Shiv Baba says: **"Sweet children, even if you lose your mother or wife, eat the halwa of happiness."** That *halwa* is nothing but the sweetness of divine virtues we experience when we listen to the Flute of Knowledge with love and faith in Shiv Baba. This sweet *halwa* nourishes us, making us spiritually healthy, wealthy, and ever-happy.

Tests and Determination

Whether it was my mother's departure or financial struggles, I never lost courage. During my last job, while caring for her, delays sometimes angered my seniors. Eventually, I

lost that job and have since remained unemployed. Yet I recall Dadi Prakashmani's words during a Yoga Bhatti in 1999: **"Kumars must always remain self-dependent."** I pledged to Shiv Baba to follow this.

If our intention is pure and intellect clean, Shiv Baba fulfills our needs in His own way. Shiv Baba reminds us: all treasures bestowed by Him – time, breath, thoughts, words, and deeds – must be surrendered to God and used in His service.

Always Remember this Godly Childhood

Life's journey becomes easy when we walk hand in hand with Shiv Baba and our Brahmin family. Challenges will pass, but victory is guaranteed for those who remain under His canopy of remembrance. By daily sharing our thoughts and actions with Shiv Baba and keeping our love constant, we stay light, fearless, and ready for new roles. Success and happiness are our God-Fatherly birthright. ■■

SCAN & PAY



(for payment)

Subscription

(India) Yearly: 120/-
(Foreign) Yearly-1,500/-

Payable through Online or Cash

"The World Renewal", Gyanamrit Bhawan,
Shantivan - 307510, Abu Road (Rajasthan)

To Get Regd. Post: Charges per packet (up to 49 copies)- Rs. 252/- yearly (extra)

For Online Subscription:

Bank: State Bank of India, **A/c Holder Name:** PBKIVV (WR & Gyanamrit),
A/c No: 30297656367, **Branch Name:** PBKIVV, Shantivan, **IFSC Code:** SBIN0010638

CONTACT US:

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

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

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

Associate Editor: Dr. B. K. Ranjit Fuliya, Delhi



Nangal: H.E. Gulab Chand Katariya, Governor of Punjab, being presented with a Godly gift by BK Pushpa and BK Reema.



Rohtak (HR): H.E. Acharya Devvrat, Governor of Gujarat, being presented with a Godly gift by BK Raksha and BK Seema.



New Raipur: Chief Minister of Chhattisgarh Mr. Vishnu Deo Sai seen with BK Savita during his visit to the newly built Brahma Kumaris Centre.



Guatemala: Ambassador of India, H.E. Raj Kumar Singh, joined the Brahma Kumaris in celebrating the Festival of Diwali.



Moscow (Russia): BK Sudha being awarded the "Civilian Order of Afanasy Nikitin" by Ms. Ekaterina Valerievna Avdeeva of the All-Russian Public Organization Delovaya Rossiya.



London: BK Swati Shukla addressing an event for healthcare professionals on 'Artificial Intelligence vs Emotional Intelligence'.



Dallas, Texas (USA): BK Ranjan and other dignitaries lighting the ceremonial lamps to inaugurate the 18th Hindu Mandir Empowerment Council Conference.



Myanmar: Ambassador of India Mr. Abhay Thakur, First Secretary Mr. Ashok Kumar, and BK Shakuntala inaugurating a programme on 'Importance of Language in Indian Culture'.

RNI No.19818/1970, Postal Regd. No.RJ/SRO/9560/2024-2026 Posting at Shantivan-307510 (Abu Road) Licensed to post without prepayment No. RJ/WR/WPP/001/2024-2026. Published on 28th of each Month & Posted on 2nd to 3rd of each month. Price 1 copy Rs. 10.00, Issue November, 2025.

New Delhi: Hon'ble President of India H.E. Droupadi Murmu addressing a delegation of the Brahma Kumaris Medical Wing comprising Dr. Ashok Mehta, Dr. Pratap Midha, Dr. Satish Gupta, Dr. Banarasi, Dr. Usha Kiran, Dr. Mohit Gupta, and Dr. Sachin at Rashtrapati Bhavan.



Ahmedabad: Union Home Minister Mr. Amit Shah being greeted by BK Asha on the occasion of Gujarati New Year.



Abu Road: Global Summit 2025 on 'Unity and Trust for Inspiring a Sustainable Future' being inaugurated by Punjab Finance Minister Mr. Harpal Cheema, RSS National Executive Member Mr. Indresh Kumar, Dr. Nischalanandanath Mahaswami, BK Mohini, BK Jayanti, BK Munni, BK Mruthyunjaya, and others.



Abu Road: Plenary Sessions of the Global Summit 2025 being addressed by Mr. Durgadas Uikey, Union Minister of State for Tribal Affairs and Mr. Kailash Vijayvargiya, Minister of Urban Development, Madhya Pradesh.