



The Monthly *World Renewal*

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Georgetown (Guyana): H.E. Dr. Mohamed Irfaan Ali, Hon'ble President of Guyana, hosted a spiritual discourse by BK Jayanti, Addl Chief of the Brahma Kumaris, at the President's House to mark the 50th anniversary of the Brahma Kumaris in Guyana. The event was also attended by Prime Minister Brigadier (Retd.) Mark Anthony Phillips, along with ministers and other dignitaries.



Mount Abu: Dr. Pramod Sawant, Chief Minister of Goa, Ms. Dansari Anasuya, Rural Development Minister of Telangana, former minister Mr. Vikram Kunwar, and Mr. Laxman Rao Dhoble inaugurated a conference for politicians in the presence of BK Karuna, BK Asha, BK Usha, BK Lakshmi, and BK Sapna.



New Delhi: Mr. Mansukh Mandaviya, Union Minister for Labour & Employment and MYAS, Dr. BK Banarsilal Sah, BK Sunaina, BK Kamla, BK Falguni, BK Praveen and others are seen after a meeting on the 10 Crore Drug-Free Pledge Campaign.



Panaji: The Governor of Goa, H.E. Pusapati Ashok Gajapati Raju, is seen with Dr. Ray Bhatt from London, BK Shobha and BK Aarti after a briefing on the overseas service activities of the Brahma Kumaris.



Kolkata: BK Anjali, BK Chandra and BK Supriya are sharing Godly knowledge with Dr. Swapan Dasgupta, Finance Minister of West Bengal.



Pali (Rajasthan): Dr. BK Binny is being presented with Rajasthan Patrika's Dignified Personality Award by Education Minister Mr. Madan Dilawar, Devasthan Minister Mr. Joraram Kumawat and Superintendent of Police Ms. Monika Sen.



Gurugram: BK Asha is presenting a divine gift to Ms. Kumari Selja, Member of Parliament, during the launch of the 'Mother Nature' campaign at the Om Shanti Retreat Centre.



Ahilyanagar (Maharashtra): BK Usha is being presented with the National Prestige Award by Bollywood actress Ms. Ameesha Patel in Delhi.



Hisar: The two-day "Digital Wellness – Train the Trainers" programme is being inaugurated by Dr. B. R. Kamboj, VC of Chaudhary Charan Singh Haryana Agricultural University, Mr. Vijender Singh, District Project Coordinator, BK Ramesh, BK Anita and BK Neha.



Ahmedabad: A state-level campaign on Family Harmony is being launched by Dr. Neerja Gupta, Vice-Chancellor of Gujarat University, along with BK Hema, actor-director Deepak Antani, BK Chandrika, BK Prem, and others.

From the mighty pen of Sanjay



THE TRUE PATH TO LIBERATION

True liberation is not merely political, economic or social freedom; it is freedom from ignorance, vices and sorrow.

Every person in this world aspires for freedom, liberty, or independence. Political parties and governments also profess that they are committed to protecting the liberty, fraternity, and equality of their people. The well-known Statue of Liberty in America symbolises that the American people regard liberty as sacred and that America, as a nation, stands for the liberty of individuals and nations. The Indian Constitution, in its Preamble itself, recognises and enshrines liberty as one of the fundamental rights to be enjoyed by its people. Communists all over the world also avow that their aim is the economic liberation of the people from the yoke of the exploitative bourgeoisie class. During the struggle against the British Raj, the Indian



National Congress had the liberation of India from foreign domination as its professed aim and cherished goal. Similarly, scientists maintain that the liberation of the human mind from age-old superstitions, blind faith, and dogmas is one of the objectives or benefits of science. Psychologists also affirm that the liberation of human beings from various complexes and bad habits is a noble objective of their research.

Various Kinds of Bondage Still Remain

Thus, we all aspire to achieve liberation—whether political, economic, social, mental, or religious. To attain this goal, politicians, economists, social reformers, philosophers,

(Contd. on page no. 31)

CONTENTS

● True path to liberation	3	● Dadi Prakashmani	15
● Every meal creates karma (Editorial)	4	● End of excess is destructive	18
● Life changing advice	6	● Powers of your subtle body	19
● The sacred thread of protection	7	● Unique symbol (Raksha Bandhan)..	21
● God: The Supreme advisor	8	● Self-transformation	23
● Missing dimension of modern life...	9	● Solitude and self-discovery	25
● True spirit of independence	12	● The jewel of light (poem)	27
● Greatest lessons from a flower	13	● Words are energy (poem)	27
● Solving the equation (poem)	14	● Earning money along with blessings..	28
● The inner light (poem)	14	● We are all brothers and sisters	29

EVERY MEAL CREATES KARMA

Vegetarianism is more than a diet – it is a conscious lifestyle rooted in compassion, health, environmental responsibility, and spiritual awareness.

Across the world, a growing number of people are embracing a vegetarian, high-fibre diet. Scientific research continues to highlight its health benefits, while nutritionists increasingly recommend plant-based foods for preventing lifestyle diseases. Yet for many people, the decision to become vegetarian goes beyond health. It is a conscious choice rooted in compassion, non-violence, and respect for life. **Behind every meat dish lies a reality that many consumers rarely witness – a reality of suffering, fear, and exploitation.**

The Hidden Reality Behind Meat

Modern animal farming is designed primarily to maximise production rather than protect animal welfare. Animals are bred, confined, transported and slaughtered solely to satisfy human demand.

In industrial poultry farms, hens are often kept in overcrowded cages so small that they cannot even spread their wings. Their beaks are trimmed, their feeding cycles manipulated, and they spend their entire lives in stressful, unnatural conditions. Similarly, cattle are confined indoors, denied natural movement, and managed through mechanical and electric methods until they are eventually slaughtered.

While the degree of cruelty may vary from place to place, the underlying reality remains the same: millions of living beings spend their entire lives in conditions no human would willingly endure.

The Hidden Cost to Human Health

Animals living in overcrowded conditions are highly susceptible to disease. To reduce losses, they are routinely administered antibiotics and other medications. These substances, along with various hormones and stress-related biochemical changes, eventually become part of the food chain.

Throughout transportation and slaughter, animals experience prolonged fear and distress. By the time they reach slaughterhouses, many are exhausted, diseased, and under immense physiological stress. Ironically, products derived from such conditions are marketed as sources of nutrition.

Alongside ethical concerns, growing scientific evidence also links excessive meat consumption with various chronic diseases, making plant-based diets an increasingly attractive alternative.

Are We Really Separate from the Violence?

Many non-vegetarians admit that if they personally witnessed an animal being slaughtered, they would find it difficult to eat meat. The distance between the dining table and the slaughterhouse often creates an illusion that consumers are not participants in the process.

Yet every purchase sustains the demand that keeps the system operating. Regardless of how attractively the meal is presented, the reality

remains that consuming meat indirectly supports the chain of killing.

Can Compassion Be Selective?

Many people deeply love animals. They care for pets as family members, contribute to animal welfare organisations, and avoid cosmetics tested on animals.

Yet the obvious question arises: **What distinguishes the animals we love from the animals we eat?** If kindness depends only upon our personal attachment or an animal's usefulness, then compassion becomes selective rather than universal. True compassion cannot be divided into categories. Every sentient being experiences fear, pain and the desire to live.

Is There Such a Thing as Humane Slaughter?

Some consumers choose meat labelled as ethically raised or humanely slaughtered, believing this minimises suffering. Such thinking reflects humanity's natural desire to be kind. Yet it raises an important ethical question: **Can killing ever truly be humane?**

If someone were treated kindly only because they were eventually going to be killed, we would regard it as profound deception. The intention behind slaughter remains the same regardless of the method used. Rather than debating better ways to kill, perhaps we should ask whether killing is necessary at all.

Plants and Animals: Is There a Difference?

A common question in discussions about vegetarianism is: **"Aren't plants living too?"**

Plants are indeed living organisms. However, animals are sentient beings with developed nervous systems capable of experiencing pain, fear, attachment and emotional distress in ways comparable to humans. Recognising this distinction forms the ethical basis of choosing

foods that minimise suffering wherever possible.

The Spiritual Dimension Karma and Non-Violence

From a spiritual perspective, every action creates its own consequence. Many vegetarians avoid serving meat even to guests because they believe that participation in the cycle of violence extends beyond the act of killing itself. **According to the Law of Karma, every individual who knowingly contributes to the chain – from production to consumption – shares responsibility for its consequences.**

The real question therefore becomes: **Is pleasing others more important than preserving the purity of our own karma?** Each person alone experiences the results of their actions.

Vegetarianism Reflects Our Original Nature

Some argue that human beings are natural hunters. Yet our emotional responses often suggest otherwise. Children instinctively form loving bonds with animals. Most people cannot comfortably witness cruelty. Acts of kindness naturally bring inner happiness.

At the Brahma Kumaris, we understand that peace, purity, compassion and love are the original qualities of every soul. Violence is not our natural state but a deviation from our original spiritual nature. Choosing a vegetarian lifestyle therefore becomes an expression of who we truly are.

Caring for the Planet

The consequences of meat production extend far beyond individual health. According to international environmental agencies, livestock farming is among the largest contributors to greenhouse gas emissions, deforestation, biodiversity loss, excessive water

consumption and land degradation.

Large areas of fertile agricultural land are used to produce feed for livestock instead of directly growing food for human consumption. Many researchers believe that this contributes to global food insecurity and inefficient use of natural resources. Thus, every vegetarian meal becomes not only an act of compassion but also an act of environmental responsibility.

Do We Really Need Meat?

Nature has already provided humanity with abundant fruits, vegetables, cereals, legumes, nuts and seeds capable of supporting healthy living. In today's interconnected world, nutritious plant-based foods are more accessible than ever before. If wholesome alternatives exist, is it still necessary to take another life merely to satisfy taste? This question deserves sincere reflection.

The Choice That Shapes Our Destiny

Ultimately, every individual makes personal choices. Doctors may recommend healthier diets. Scientific research may present evidence. Spiritual teachings may encourage compassion. Yet the final decision always rests with us. Our choices shape our character, influence our family values, create our karma and ultimately determine our destiny.

Each of us may therefore ask: *Is satisfying my taste worth another being's lifetime of suffering? Do their cries matter to me? What kind of world do I wish to help create?*

Even if you stand alone in choosing compassion, you free yourself from unnecessary karmic burden, contribute to a kinder world, and quietly inspire others to do the same.

Every meal is more than food – it is a moral choice, a spiritual choice, and a choice for the future of humanity and the planet. ■ ■

Life Changing Advice

- **Don't Compare Your Reality with Someone Else's Highlight Reel:** We live in a world that celebrates polished images rather than authentic lives. Social media showcases highlights, not hidden struggles, making it easy to believe others have perfect lives. Since we see only one dimension of people, we often create false impressions and compare ourselves unfairly. Build your character, not just your image. Value authenticity over appearances, and focus on your own growth rather than others' image.
- **Don't fill an internal void with an external accomplishment:** Achievements, possessions, and recognition may bring temporary satisfaction, but they cannot heal inner emptiness. Lasting fulfilment comes from self-worth, meaningful relationships, inner peace, and a sense of purpose. Instead of constantly chasing external success, nurture your inner world. When you feel complete within, accomplishments become expressions of joy rather than attempts to fill a void.
- **Ego is the enemy of everything you hope to achieve, will achieve and have achieved:** When you have experienced any success, it's tempting to believe that you are entitled to whatever comes your way. Ego often derails the promising careers of many people. As a result, rising stars usually spend the rest of their careers lingering in obscurity.

The Festival of Raksha Bandhan

THE SACRED THREAD OF PROTECTION

Raksha Bandhan originally commemorates the unlimited spiritual bond of love and protection with God, the Supreme Father.

B.K. Chirya, New York, USA



Over time, the present era has 'modernized' and limited the Raksha Bandhan festival to honouring relationships within the nuclear family, where sisters tie the sacred thread, the Rakhi, around the wrist of their brothers to honour and protect them, and pray for their well-being and safety. The brother, in turn, promises to protect the dignity and honour of the sister and the family. The customs and lessons demonstrated in this special annual celebration have kept the family functional and united. Family members remain close-knit as it encourages bonding, respect, caring, trust and love amongst them.

Raksha Bandhan is the memorial of when we originally focussed on having an unlimited spiritual, loving relationship with God that nurtured, protected, uplifted, united us and created a heavenly world. Having forgotten our eternal identity of being a spark of divine energy, a soul, a being of sparkling light, we became entangled in the bondage of physical matter, 'body-consciousness'. We forgot to see ourselves as souls with a body and not just a body with a brain! Lust, anger, greed, attachment and ego overpowered and influenced us to perform wrong actions, causing increasing sorrow.

With the re-emergence of Godly knowledge of 'soul-consciousness,' we now have a deeper

spiritual global understanding of Raksha Bandhan. Positive change happens with spiritual study and training including the daily practice of meditation to channel our thoughts in a positive direction to put a full stop to wasteful and negative thoughts. **Our vision is broadened beyond the boundaries of our own family to the entire earth as one family, children of God under the Fatherhood of God. We practise extending pure soul-conscious love to everyone.** This purity of mind removes fear and brings happiness, wisdom and the power to keep on giving. **Every day we can connect to God and have a 'spiritual Rakhi' tied to ensure our protection and safety.** My positive attitude and actions ensure that I receive both God's blessings and good wishes from all souls. These work as my protection and stay with me forever.

The Supreme Father is bound to look after us when we are 'soul-conscious'. **Now in these uncertain times of potential and possibly deadly changes, God the Father, is surrounding and tying all His loving spiritual children with an 'unlimited Rakhi'.** He is protecting us within this bond of His golden loving threads of Light and Might. Over 100 countries and all religions value and honour this festival occurring this year on 28th August 2026. ■■

Aug. 2026

God descends down to this corporeal and temporal world only in the Age of Transition.

7



GOD THE SUPREME ADVISOR

True wisdom comes from making God our Supreme Advisor. Through Rajyoga meditation, we connect with Him, receive divine guidance, and gain inner strength to make right decisions.

B.K. Jagdish Shah, Thane, Mumbai

We are called upon to take decisions, both minor and major, as an essential part of life. We know we cannot always rely on our own judgment, especially for important decisions. We frequently seek advice from parents, teachers, friends, well-wishers, astrologers, and spiritual leaders. Some of us also have role models and try to follow in their footsteps.

The issue is that each one of the above 'advisors' has his or her own limitations. We do not feel secure in depending on their advice every time.

Ideally, we would like to have an advisor who possesses the following qualities: one who has full knowledge, intelligence and wisdom about every life situation, who knows the consequence of every action, who is always available whenever we need Him, who has infinite patience to deal with our tantrums and idiosyncrasies, who is a well-wisher who helps us unconditionally regardless of how we treat Him, and who does not expect anything from us in return.

Is it really possible to have such a "consultant" or an "advisor"?

Well, the six points outlined above actually describe the qualities of the Supreme Soul –

God, Allah, Jehovah, and so on. That is the reason why, the world over, all religions advise us to depend on Him. He is described as the Ocean of Knowledge, Ocean of Love, Ocean of Peace, Ocean of Powers, and Ocean of all Positivity.

Unlike an advisor in human form, this entity cannot be seen with physical eyes. However, His presence and help can be felt, as experienced by millions of people around the world. We just need to connect with Him at the spiritual level, and His advice starts flowing and guiding our intellect — just as He guided Arjuna.

How elevating would that feeling be when I know that the Supreme is deciding on my behalf! I will feel assured that the decisions will always be right and for my long-term good. Rajyoga Meditation is the way to spiritually connect with Him and avail of His Intellect for all our decisions.

The readers must be wondering: if it is so easy to connect to the Almighty, why can't everyone do it? This is a complex subject and an attempt is made below to explain it in some detail. The challenge is that we are used to communicating with a human form, while the Supreme is not in any bodily or material form.

(Contd. on page no. ...30)

The Path to Inner Peace and Global Harmony

SPIRITUALITY: THE MISSING DIMENSION OF MODERN LIFE

Spirituality is not an escape from life but the highest art of living. By understanding ourselves as souls, connecting with God, transforming our nature, and serving others selflessly, we can create lasting peace within and around us.

Prof. Onkar Chand Sharma, Shantivan



In an age marked by unprecedented technological progress, material abundance, and limitless opportunities, humanity is paradoxically experiencing rising levels of stress, anxiety, loneliness, conflict, and dissatisfaction. Families are becoming fragmented, relationships are strained, and societies are increasingly divided despite remarkable advancements in science and communication.

This paradox raises an important question:

Why are external achievements failing to bring lasting peace and happiness?

The answer lies in a simple yet profound truth: while we have learnt to conquer the outer world, we have neglected the inner one. **The solution to many of today's personal, social, and global problems lies not merely in external reforms but in spiritual transformation.**

Spirituality is not an escape from life – it is the art of living life wisely. As we move from material consciousness to spiritual awareness, we experience greater peace within ourselves, harmony in our relationships, and compassion towards the world around us.

The Need for Spirituality Today

Modern civilisation has given us comfort,

convenience, and speed. Yet it has also intensified competition, comparison, and the relentless pursuit of success. People are often measured by what they possess rather than by who they are.

Material achievements can certainly improve our standard of living, but they cannot guarantee peace of mind. Wealth cannot eliminate fear. Position cannot ensure contentment. Fame cannot provide unconditional love.

Spirituality addresses the deeper needs of human existence. It enables us to discover inner fulfilment rather than constantly seeking happiness through external circumstances.

As individuals become more spiritually aware, they naturally become more peaceful, responsible, compassionate, and balanced. Such individuals create harmonious families, ethical workplaces, and caring societies. Thus, the transformation of the world begins with the transformation of the self.

What Is Spirituality?

Spirituality is often misunderstood as something associated exclusively with religion, rituals. In reality, spirituality is much simpler and far more practical.

Materialism is the journey towards the external world; spirituality is the journey within. The word spirituality is rooted in the understanding of the soul. It is the continuous

Aug. 2026

God is the conscient seed of the inverted human genealogical World Tree – *Kalpa Vriksha*.

9

study and realisation of who we truly are, our relationship with the Supreme Being, the law of karma, and the time cycle of world. It is a lifelong process of self-understanding and self-improvement. Spirituality does not ask us to withdraw from society. Instead, it teaches us how to live in society while remaining inwardly peaceful, emotionally stable, and morally strong.

The Four Pillars of Spiritual Life

A meaningful spiritual life rests upon four fundamental pillars.

1. Self-Awareness:

The first step in spirituality is recognising our true identity. We are not merely physical bodies defined by age, appearance, profession, nationality, or social status. At our core, we are eternal, conscious souls endowed with innate qualities of peace, purity, love, wisdom, and happiness.

When we become soul-conscious rather than body-conscious, our perception changes dramatically. We begin to respond thoughtfully instead of reacting impulsively. Our decisions become guided by wisdom rather than emotion. We become less influenced by praise or criticism because our self-worth comes from within.

Self-awareness also enables us to recognise our strengths and weaknesses honestly. Instead of blaming circumstances or other people, we take responsibility for our own thoughts, attitudes, and actions. This marks the beginning of genuine personal growth.

2. Connection with God:

Every soul longs for unconditional love, security, and inner strength. These qualities are fully experienced when we establish a loving relationship with God, the Supreme Soul. Understanding Incorporeal God as the eternal Source of peace, love, purity, wisdom, and power transforms our spiritual journey.

Through Rajyoga Meditation, we consciously

connect our mind with the Supreme Being. This connection fills the soul with spiritual energy, just as a battery is recharged by connecting it to a power source.

3. Self-Transformation:

Knowledge alone cannot transform life. The real purpose of spirituality is to bring about inner change. Every individual carries deeply embedded habits and personality traits – known as *sanskars* – which influence thoughts, emotions, and behaviour. Self-transformation means consciously replacing negative tendencies such as anger, greed, ego, attachment, jealousy, and resentment with elevated qualities like patience, humility, forgiveness, compassion, contentment, and unconditional love. This transformation is gradual but profound. As the mind becomes purer, our speech becomes gentler, our relationships become sweeter, and our actions become more responsible.

4. Selfless Service:

True spirituality naturally expresses itself through service. When the heart is filled with peace and love, these qualities naturally overflow into the lives of others. Selfless service does not necessarily require extraordinary acts.

A kind word, an encouraging smile, patient listening, offering hope, sharing wisdom, or helping someone overcome despair are all forms of spiritual service. Such service benefits both the giver and the receiver. It spreads positive vibrations throughout society while bringing deep satisfaction and divine blessings into one's own life.

What Spirituality Is – and What It Is Not

Many misconceptions prevent people from embracing spirituality.

1. Spirituality is not a separate activity performed only during meditation or prayer. It is performing every action while remembering

God and maintaining elevated thoughts.

2. Spirituality is not a separate way of life. It is the art of living with the right perspective, balance, and noble values.

3. Spirituality is not confined to any particular religion, denomination, sect, tradition, or ritual. It is the practice of embodying divine qualities such as peace, love, purity, joy, and compassion in everyday life. It is not merely acquiring knowledge but living it.

4. Spirituality is not a difficult path. It is the simplest way to make life beautiful, meaningful, peaceful, and fulfilling.

5. Spirituality is not renunciation, escapism, or abandoning family life. It means living a family life while practising divine virtues and renouncing inner weaknesses such as lust, anger, greed, attachment, and ego. *Do not abandon your home, nor forget God. Live in the world like the lotus that remains untouched while living in water.*

6. Spirituality is not reserved only for saints, monks, ascetics, scholars, or priests. It is the birthright of every human being and an essential need for a happy and meaningful life.

7. Spirituality is not limited to worship, rituals, devotional singing, or spending time in places of worship. It is a way of life that is continuously expressed through our thoughts, behaviour, relationships, and actions. It is an integral part of daily living.

Thus, spirituality is not ritualism – it is the highest art of living. It is not about changing the outer world first but transforming the inner self. When the inner self changes, relationships improve, society becomes harmonious, and the world gradually transforms.

Bringing Spirituality into Daily Life

Spirituality is not something to be practised only on special occasions. It can become part of every ordinary day. Begin the day with a few

moments of silence, remembering our true identity as peaceful souls and connecting with God before engaging with the demands of the world.

Throughout the day, we can consciously observe our thoughts, choosing positive responses over negative reactions. Speaking kindly, appreciating others, forgiving mistakes, and performing every task with sincerity become simple expressions of spiritual living. Even ordinary activities such as eating, working, driving, and interacting with family members become opportunities to express patience, gratitude, compassion, and self-respect.

A Better World Begins Within

History shows that lasting social transformation has always begun with transformed individuals. Every peaceful family begins with peaceful individuals. Every harmonious society is built upon citizens who possess self-control, compassion, and integrity.

The world today certainly needs technological innovation, economic development, and political cooperation. But alongside these, it urgently needs inner awakening. **Spirituality reminds us that while we cannot always control external events, we can always choose our inner response.** By transforming our own consciousness, we contribute to transforming the collective consciousness of humanity.

As more people cultivate self-awareness, deepen their relationship with God, transform their character, and serve others selflessly, the dream of a peaceful and harmonious world moves closer to reality. Ultimately, spirituality is not merely a philosophy – it is the highest art of living. It is the journey from the outer world to the inner self, from restlessness to peace, from selfishness to service, and from merely existing to living a truly meaningful life. ■ ■

THE TRUE SPIRIT OF INDEPENDENCE

A nation becomes truly independent only when its people attain inner freedom, peace, and spiritual sovereignty.



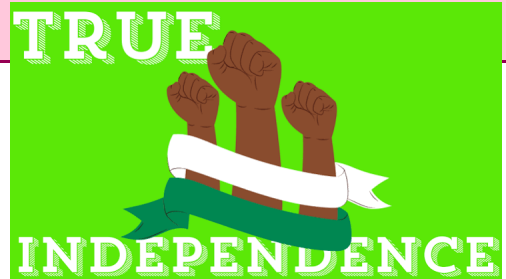
The primary birthright of every child of God is freedom. When we are truly free, we are naturally peaceful and happy. But we must ask ourselves: free from what? **True independence is not**

merely freedom from external people or circumstances, but liberation from the internal vices – lust, anger, attachment, greed, and ego. We often label others as "difficult," but it is rarely the person who is the problem. Rather, it is the influence of these vices, with which every one of us struggles, that creates bondage and makes us subservient to our own impulses.

The Source of Bondage

Why do we fall under this influence? The root cause is body-consciousness. When we forget that we are pure souls and children of God, we begin to identify solely with the physical – our roles, gender, nationality, and social status. This limited identity divides us through the lenses of "I" and "mine," fuelling comparison and competition. It binds us in a constant fear of loss – the fear of losing a position, a possession, or a person.

This consciousness also traps us in a web of expectations. We expect our friends never to falter, our family always to understand us, and our colleagues always to be fair. When they inevitably fall short, as human beings often do, we are thrown into a storm of disappointment and anger. We lose our inheritance of peace the moment we



B.K. Sarika, GGRC, Ahmedabad

forget who we are and Whose we are.

Reclaiming the Inheritance

To reclaim what has been lost, we must remember. This is why the Father's primary instruction is: *Manmanabhav* – consider yourself a soul and remember Me alone. People cannot be our ultimate anchors; only God can. When we remain in this awareness, we begin to see clearly again, discerning truth from falsehood.

In this state of independence, our reactions change. We no longer fly into a rage when someone cuts us off in traffic, nor do we harbour bitterness when we are overlooked at work. When betrayal occurs, we choose to let go—not necessarily for the sake of the other person, but because we value and prioritise our own freedom.

The Divine Example of Forgiveness

We find our greatest inspiration in the Supreme-Father Himself. Countless souls take Him for granted, many turn away from Him, and some even defame Him. Yet, if God were to hold on to our mistakes or harbour bitterness, where would we be today? He forgives instantly and continues to help us because He remains detached – free from the consciousness of "I" and "mine." By following His example, we learn that detachment is not a lack of love, but its highest expression. It enables us to love everyone without becoming wounded by anyone.

Taking Control of the Narrative

When a challenging situation arises and wasteful thoughts such as "Why me?" or "What

now?" begin to surface, we can nip them in the bud. By applying a spiritual "full stop," we acknowledge that the Supreme-Father is the Protector and Benefactor who is guiding our journey.

We no longer need to blame our behaviour on our upbringing or past experiences. While those reasons may be valid, using them as excuses to remain unchanged is simply spiritual carelessness; it keeps us bound in bondage. **The awareness of being a child of God gives us the courage to transform ourselves and become liberated from all forms of bondage.**

A Nation of Independent Souls

"Even against your conscious wish," the Father teaches, "body-consciousness turns the soul, the flying bird, into a caged bird. With this one type of independence from the body, all other types of independence are automatically achieved."

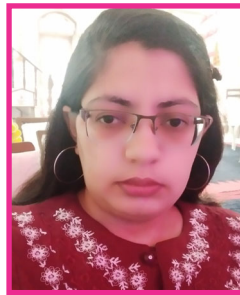
As India celebrates its 80th Independence Day this month, let us recognise that **a nation becomes truly independent only when its people are free – not merely from external conflict, but from internal bondage.** Independent people create an independent nation. ■ ■

The Flower Within

LEARNING LIFE'S GREATEST LESSONS FROM A FLOWER

If you see the miracle in one flower, your whole life will change.

B.K. Ramandeep Kaur, Jalandhar



Life often rushes past us in a blur of duties, ambitions, and endless desires. Yet, hidden in the simplest corners of existence lies a profound secret: the miracle of a single flower. To pause and truly see it – not just with the eyes, but with the heart – is to awaken to a new way of living.

A flower is more than a delicate creation of nature. It is a silent teacher. Its petals unfold without hurry, reminding us that growth is a gentle process. Its fragrance spreads freely, teaching us generosity without expectation. Its beauty shines even in the smallest spaces, showing us that joy does not depend on grandeur.

The Lesson of Presence

When you gaze at a flower, you are invited into the present moment. The mind, often tangled in regrets of the past or anxieties about the future, softens. You realise that the essence of life is not in chasing what is distant, but in savouring what is here. A flower whispers, *"Be still, and you will see the miracle that already surrounds you."*

Inner Transformation Through Wonder

To see the miracle in one flower is to recognise that the extraordinary is hidden within the ordinary. Suddenly, the world changes: a sunrise becomes a blessing, a smile becomes a gift and a breath becomes sacred. This shift in perception transforms life from a restless search into a celebration of what already exists.

The Flower Within

Ultimately, the flower is a mirror. Just as it blooms from a seed, so too can our inner qualities – peace, love, and wisdom – blossom when nurtured. To see the miracle in one flower is to see the miracle within yourself. And when that realisation dawns, life is no longer a struggle; it becomes a garden of meaning, beauty, and joy. The miracle is not in the flower alone, but in the eyes that choose to see it. Once you awaken to that vision, your whole life changes – forever. ■ ■

SOLVING THE EQUATION

B.K.Debolina, Bengaluru



I feel like writing again.
Not of heartbreak,
Not of loneliness,
Not even of growing old.
It is more like solving an
equation,
Arriving at the point
Where storms and rain
reveal themselves

As spring in disguise,
And autumn's quiet fading
Was never without reason.
When I was young, my emotions burned red,
Sometimes a flicker of yellow,
Often drowning in blue. Now,
All those colours blend into meaning,
As if an unseen angel whispered,
Showing me the hidden truth –
The behind-the-scenes of life.
For life is never what it seems
Through these senses –
The true story is always elsewhere,
Quietly unfolding.
For today, this is enough.
Tomorrow – or perhaps not tomorrow –
I may write again.
Like in *Eat Pray Love*,
Life is a quest of physics,
Bound by laws too simple,
Yet too profound.
It took me years to understand the smallest
secret:
Just breathe. That is enough.
Your existence, My existence,
Our shared existence –
Precious beyond measure.

AWAKENING THE INNER LIGHT

B.K. Prerika, Nutritionist, Hisar



Think positive, no
matter the
situation;
Let every thought
become a pure
creation.
This is the time to
deepen your
devotion,

To connect with the Supreme Ocean.
Be mindful of what your mind is
consuming;
In God's remembrance, your soul is
blooming.
Not in the noise of the outer world,
But in silence awakens your inner light.
Your destination is your state of mind,
A pure and peaceful world you're meant
to find.
The light you seek is not far away;
Shiv Baba's love within you stays.
Even when the path feels long and
unclear,
Remember – the Supreme is always
near.
You are a soul, peaceful and bright,
A child of God, a being of light.
So rise again; go deep within.
Let your real journey now begin.
Catch this moment; don't delay.
Transform your thoughts in a divine way.
Reprogram your mind with truth so pure;
In Baba's love, you are safe and secure.
Now shine your light, soft yet strong,
And help the world where you belong.

A Many-Faceted Dazzling Jewel

DADI PRAKASHMANI A RADIANT BEACON OF SPIRITUAL LEADERSHIP

Her timeless legacy continues to inspire humanity to live with simplicity, dedication, and divine values.

B.K. Rohit, Delhi



Dadi Prakashmani

Our beloved Dadi Prakashmani was a truly remarkable and cheerful soul whose radiant, well-chiselled divine features were attractive, magnetic, and unforgettable. Her pristine purity, unflagging zeal, and boundless happiness were transparently reflected in her countenance. When she met the Beloved God Shiva through the Corporeal Medium, Brahma Baba, He showered upon her such abundant and overwhelming love that she became completely immersed in His divine affection. Anyone who saw her, especially a young and impressionable mind, could instantly feel that she was a charismatic, dynamic, and influential spiritual personality of pre-eminence and par excellence—an embodiment of many exemplary virtues. She was naturally drawn to God, the Supreme Soul, and received His unlimited love just as a rust-free needle is effortlessly attracted to a powerful magnet.

A Prismatic Personality

Like a prism, Dadi Prakashmani was a many-faceted dazzling jewel of spiritual light with a magnetic and powerful personality. She possessed numerous admirable qualities and outstanding specialties. She also excelled in good governance, effective administration, sound decision-making, a constructive

approach, and maintaining a perfect balance between love and law. These qualities and specialties beautifully symbolised the many facets of her prismatic personality.

Her virtues inspired and guided countless people in their personal, professional, and spiritual lives. Her purity, love, mercy, peace, spiritual power, yoga, and elevated spirituality, together with her constructive outlook, administrative excellence, and balanced application of love and discipline, helped many souls attain mastery, efficiency, and excellence in their respective fields of service.

A Knowledgefull and Yogi Soul

Dadi Prakashmani was both a knowledgefull soul (*Gyani Atma*) and a yogi soul (*Yogi Atma*), maintaining a perfect balance between the study of spiritual knowledge and the practice of Rajyoga meditation. The powers of knowledge and yoga were clearly reflected in her conduct and interactions with others. Her mastery of spiritual wisdom spread the fragrance of meditation, charged the atmosphere with spiritual power, and created a peaceful, elevated, and divine environment wherever she went.

The combined strength of knowledge and yoga enabled her to win the hearts of all. She deeply appreciated everyone who came into

Aug. 2026

The duration of the Eternal World Drama is 5,000 years, called a *Kalpa*.

15

contact with her and possessed the remarkable ability to recognise their qualities and service even at a single glance. Like an inspiring teacher, she understood that appreciation is one of the greatest incentives for encouraging spiritual progress and dedicated service. Therefore, irrespective of differences in background or personality, she sincerely appreciated everyone who met her. Her selfless love touched and uplifted the hearts of both the dedicated members of the organisation and the countless visitors who sought her blessings.

A Very Humble Soul

Although she was the Administrative Head of one of the world's largest spiritual educational institutions, Dadi Prakashmani remained exceptionally humble. The pride of position or authority never touched her heart or mind. Whenever she met eminent personalities of national and international stature – religious leaders, the President and Prime Minister of India, or the Secretary-General of the United Nations Organisation—she welcomed and greeted them with folded hands and a bowed head.

The Right Choice of Prajapita Brahma

The true basis for selecting a person for any position lies in that individual's qualities, spiritual study, dedicated efforts, and practical experience. Prajapita Brahma Baba chose Dadi Prakashmani as the next Chief of the Brahma Kumaris Organisation because of her outstanding obedience, truthfulness, honesty, integrity, service-mindedness, and exceptional administrative ability.

Following the ascension of Jagadamba Saraswati (Mamma) to the Subtle World in 1965, she was the natural and most deserving choice. Her excellence in spiritual qualities, devoted service, and practical experience

brought her into the limelight and eventually to this distinguished position. Her appointment was not merely an honour but a recognition of the leadership qualities she had cultivated through sincere spiritual effort under the loving guidance and inspiration of the Incorporeal God Father and His corporeal instrument, Prajapita Brahma Baba.

An Able and Skilful Administrator

As an administrator, Dadi Prakashmani was known for her fairness, wisdom, and sound judgement. She personally visited different departments, patiently listened to the concerns and requirements of everyone, and made balanced decisions that earned the confidence and satisfaction of all. She provided timely guidance, practical advice, and clear directions for the welfare and well-being of those serving in the various departments, Service Wings, and Trusts of the organisation.

A Cheerful and Beloved Mother

Dadi Prakashmani embodied the finest qualities of a loving mother—love, affection, compassion, cheerfulness, forgiveness, helpfulness, cooperation, patience, tolerance, adjustment, caring, and sharing. Like a benevolent mother, she showered her love and affection upon everyone and nurtured them spiritually without any discrimination. Just as a jewel radiates many colours through its different facets, she reflected countless motherly qualities in her interactions with dedicated members of the organisation as well as with visitors from all walks of life. Although she lived a life of complete celibacy, her nurturing spirit and parental care naturally blossomed in the divine family atmosphere of the Brahma Kumaris. The title of a beloved mother truly befits her dignified and compassionate personality, for she was the embodiment of innumerable maternal virtues.

A Symbol of Women Empowerment

Dadi Prakashmani was a shining symbol of women empowerment. The Brahma Kumaris is a unique socio-spiritual and educational organisation led predominantly by women. As its Administrative Chief, she inspired countless mothers, sisters, and children who had once felt dejected, discouraged, and hopeless. Through the transformative power of spiritual knowledge and Rajyoga meditation, she instilled fresh hope, courage, and self-confidence in their lives. She empowered them to stand on their own feet and inspired many to dedicate their lives to the service of humanity.

Today, these dedicated sisters continue serving through nearly 6,000 Brahma Kumaris centres in about 140 countries across the world, including India. At a time when many societies still strive to empower women, Dadi Prakashmani demonstrated through practical example how spiritual wisdom can unlock the immense leadership potential of women. Her inspiring personality remains a living testimony to true women empowerment.

A Rare and Magnanimous Person

Dadi Prakashmani's departure from the physical world in 2007 created a profound vacuum within the organisation. Yet, according to the eternal World Drama, it was simply another scene in the divine play. Although the organisation continues to flourish, her inspiring personal presence and unique spiritual charisma are deeply missed.

Even in her physical absence, her spiritual presence continues to be experienced through the love, care, blessings, and elevated vibrations she left behind. She remained constantly adorned with the garlands of blessings and was truly the apple of BapDada's

eyes. She was a rare and magnanimous personality who distributed love, affection, cooperation, encouragement, and her enchanting smile to everyone while faithfully carrying out her immense responsibilities. She reflected the elevated feelings and unlimited love of both Brahma Baba and Mamma, showering blessings and spiritual attainments upon all. As Brahma Baba's unique instrument in world service, she remained constantly merged in Him through deep remembrance and complete surrender.

The Prakash Stambh

Although Dadi Prakashmani's physical departure is a great loss, we continue to experience her spiritual presence because we know that she is still playing her part in the World Drama through the Advance Party with a different physical costume. Her role has not ended; it has merely changed.

The greatest tribute we can offer her is to imbibe her virtues and specialties and dedicate ourselves to selfless service for the upliftment of the many souls who still remain deprived of spiritual knowledge. The Prakash Stambh, built in her sacred memory, has become a source of inspiration and attraction for countless visitors. It stands as a fitting memorial, symbolically reflecting her radiant personality, multifaceted virtues, remarkable abilities, and unforgettable contribution to world spiritual service.

One of her most cherished teachings remains: **"Nimitta, Nirmana Aur Nirmal Bhaav"** – *Be a trustee, be constructive, and maintain pure feelings.* If we translate this simple yet profound guidance into our practical lives, it will become the most fitting tribute to her unforgettable personality and enduring spiritual legacy. ■ ■

THE END OF EXCESS IS DESTRUCTIVE

Every form of excess – whether in thoughts, emotions, desires, ego, or actions – creates imbalance and ultimately leads to suffering and destruction. A balanced life rooted in moderation is the true path to peace, stability, and well-being.

B.K. Ram Singh, Rewari



It is said that there is a particular family that interferes in human life, constantly looking for doors through which it can enter our lives. First, we need to understand the doors that we ourselves

have created, such as excessive punctuality, an overwhelming desire for success, excessive cleanliness, unrestrained behaviour, overthinking, increasing desires, and excessive deliberation in decision-making. These are the doors through which that particular family enters.

Now, what is this particular family? Worry, nervousness, restlessness, laziness, lack of concentration, negative thoughts, irritability, insomnia, stress, and fear – all these together form a particular family. This family constantly looks for our weaknesses, our vulnerable doors, so that it can immediately enter our lives. The name of this particular family is anxiety.

A Balanced Life is the Cure for Excess

Whatever field we are in, let us remember one thing: **excess of anything is harmful.** Expecting exactly the desired result is itself a form of excess, and this excess allows anxiety to enter our lives through that door. The cure for this is not found anywhere outside; it lies within ourselves, and that cure is a balanced life.



Excessive Ego Also Leads to Destruction

Any kind of excess – whether intellectual, emotional, physical, or vital – creates imbalance in life. Therefore, there should be no excess of anything, because excess ultimately harms everyone. For example, according to the *Ramayana*, Sita was abducted because of her extraordinary beauty, Ravana met his end because of his excessive pride, and King Bali was bound because of his excessive generosity. Excessive rainfall causes floods. Kabir Das wisely said:

Neither too much speaking is good, nor too much silence.

Neither too much rain is good, nor too much sunshine.

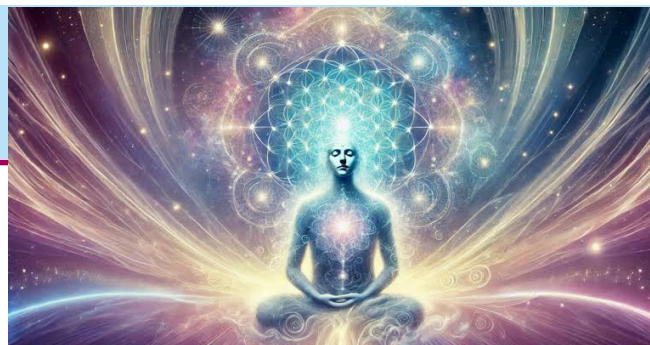
It is a universal truth that excess of anything is harmful and ultimately leads to destruction. Therefore, maintaining balance in every aspect of life is essential. Every excess has an undesirable or destructive end, whether it relates to material possessions or human emotions. Food is necessary for survival, but overeating damages the digestive system. Likewise, greed always leads to an unfortunate end.

Understanding the Meaning of Excess

The word excess means excessive, extreme, abundant, plentiful, immoderate, boundless, copious, or too much. All these words indicate that something has exceeded its proper limit.

(Contd. on page no. ...30)

KNOW AND USE THE POWERS OF YOUR SUBTLE BODY



Through Raja Yoga meditation and soul consciousness, one can consciously manifest and use the subtle body for spiritual experiences, angelic journeys, and profound inner bliss.

B. K. Prafulla Chandra Shah, Nadiad

With the support of science, we should clearly understand that as human beings our existence is three-layered, that is, divided into three levels:

1. Our physical body made of the five inert elements (Physical Body). 2. The subtle body created from light (Aura) or cosmic energy associated with the physical body (Subtle or Astral Body). 3. The metaphysical consciousness located at the central point of the brain of the connected physical and subtle bodies, which we call the soul (Soul).

Understanding the Physical and Subtle Bodies

Physical science has given us complete knowledge about our gross physical body. We feel our gross body, continuously use it, and are fully conscious of it. But how much do we know about our subtle body? How much do we feel it? Are we aware of its existence? We may have heard or read something about it, but do we use it in our daily lives?

Similarly, we have heard or read a lot about the soul as well. Most religions of the world, and to some extent science too, have accepted the existence of the soul and clearly state that a person's mind, intellect, and personality are connected to the soul.

The Importance of the Subtle Body

Research in physical science, spiritual science, and medical science has made it clear that apart from the physical body, we also have a self-luminous subtle body created from

universal energy (Astral Body). **The subtle body is an intermediate body between the physical body and the soul.** Today, images of the subtle body can even be captured through Kirlian photography and spirit photography. Our sages and seers, through meditation, yoga, penance, and spiritual practices, manifested their subtle bodies (Astral Emergence) or projected them (Astral Projection) and achieved many accomplishments and noble works through it.

Powers and Capabilities of the Subtle Body

The capability of the subtle body is many times greater than that of the physical body, because it is not significantly affected by time, place, or environment. It can reach very distant locations in the blink of an eye. A soul possessing a subtle body can travel anywhere in the universe and can also receive all information from there. It can accomplish tasks that seem impossible.

American parapsychologists like Raymond Moody, a near-death researcher, and Sylvan Muldoon, an astral projection author, have conducted many studies about life after death and the experiences that occur when death is near (Near-Death Experiences). Similarly, some people who reached a state close to death or were declared dead and later revived have described their subtle body experiences. Many people have had experiences of observing operations being performed on their physical body through the subtle body (Out-of-Body Experiences).

The ability to clearly see distant objects, situations, or events that are not physically present (Clairvoyance), which may be called divine vision, also gives great importance to the subtle body. Raymond Moody says that in the normal state, the physical body and the subtle body are connected to each other, but sometimes under special circumstances, the subtle body is separated from the physical body and the soul can take it wherever it wishes. However, through yogic practice, according to one's will and for as long as desired, the subtle body can be separated from the physical body and many experiments and tasks can be performed through it. **The soul that functions through the subtle body has been mentioned in many scriptures as an angel.** The subtle body is also very important as a medium for the union of the soul with the Supreme Soul.

The Subtle World and Raja Yoga

In the Raja Yoga meditation taught by Brahma Kumaris, the subtle body as well as the subtle world (Subtle World or Astral Plane) holds great importance. The subtle world is the intermediate realm between the Supreme Abode (Soul World or Incorporeal World) and the corporeal world.

The universe – that is, the entire world – can be viewed in three spheres. The innermost sphere is the corporeal world, the middle sphere is the subtle world, and the outermost sphere is the incorporeal world. In the subtle world, the soul's subtle communion with the Supreme Soul is possible only through the subtle astral body.

Personal Experience and Practice

In November 1973, when I first came into contact with the Brahma Kumaris University, I learned that some Brahma Kumari sisters who had received the blessing of divine vision would travel to the subtle realm (Astral Plane) through their subtle bodies, celebrate communion with the Supreme Soul, converse with Him, and bring back His messages. At that time, I was filled with wonder. I developed a curiosity to gain more

knowledge about this and to experience it myself.

Later, after connecting with the university, I practised Raja Yoga based on spiritual knowledge. As a result, my concept of the subtle body became clearer. With the understanding of spiritual knowledge and the practice of Raja Yoga meditation, as my intellect became more divine, it became easier to forget bodily awareness and remain established in soul-consciousness. For a person established in soul awareness, it becomes easy to emerge the subtle body and to use or experiment with it.

A Simple Practice to Manifest the Subtle Body

Let us do an initial practice to manifest our subtle body and use it. Sit in any comfortable position. Take deep breaths. Along with this process, firmly resolve: "I am completely free from any worry, tension, restlessness, or fear... I am fully capable and prepared to turn inward and enter the inner world..."

Now focus your attention on the centre point between the eyebrows. This place is the power centre of the entire body where the soul resides, and from there the soul operates both the physical and subtle bodies. Through the mind's eye, emerge your threefold existence. See your physical body made of the five elements, and also see your subtle body attached to it. Observe the glorious white aura surrounding your connected physical and subtle bodies. Now visualise yourself as a point of light at the centre of the brain and become free from body-consciousness, remaining stable in soul-consciousness. Then see your subtle body separating from your physical body and watch your subtle body flying in the sky. With the awareness that your physical body has been left behind, you – the point-form soul – together with the subtle body, in angelic form, enjoy a journey through space. You will experience transcendental happiness and bliss.



THE UNIQUE SYMBOL OF SACRED LOVE, SPIRITUALITY AND PURITY



Beyond rituals, Raksha Bandhan symbolizes soul purity, liberation from vices, and harmonious unity across society.

B.K. Bharat Bhushan, Gyansarovar

India, a land of vibrant fairs and festivals, celebrates numerous occasions with traditional rituals, fervour, and enthusiasm. Among them, Raksha Bandhan stands out as a festival observed across castes, creeds, religions, languages, and regions. It transcends differences, uniting people in shared joy and reverence for familial bonds.

The day begins with sisters tying a sacred 'Rakhi' thread on their brothers' wrists. This simple act symbolizes adoration, affection, and a sister's deep love for her brother. In return, the brother extends his hand and vows to protect his sister from life's hardships. Sisters also apply a vermilion 'tilak' on their brothers' foreheads, and offer sweets, invoking divine blessings. Thus, Raksha Bandhan embodies the pure emotions of love, care, and mutual protection shared between siblings.

What is Rakhi?

'Rakhi' is a sacred thread of love and protection. A sister ties it on her brother's wrist, expresses her affection, applies 'tilak' of rice and vermilion, and feeds him sweets. In exchange, the brother promises to safeguard her from difficulties and dangers. While priests or Brahmins tie Rakhi in some communities, the most common practice is sisters tying it for their brothers on Raksha Bandhan.

Celebrations involve family reunions, fun activities, and widespread happiness. Siblings living apart exchange wishes via calls,

messages, or Rakhi cards. Ultimately, Rakhi represents the sacred bond of mutual love, protection, spirituality, and purity in relationships.

Legendary Stories of Raksha Bandhan

The festival finds mention in the 'Mahabharata' and is enriched by several legends. One prominent story involves Queen Karnavati of Chittor and Mughal Emperor Humayun. Facing invasion by Bahadur Shah, the queen sent a Rakhi to Humayun, seeking protection. Understanding its significance in Hindu tradition, Humayun accepted and came to her aid.

Date and Wider Significance

Raksha Bandhan falls on the full moon ('Poornima') of the Shravan month in the Hindu calendar, usually in August. This year, it is observed on 28th August. Primarily a Hindu festival, it is celebrated across India and in Hindu communities worldwide. People of all faiths join the festivities, cherishing its message of unconditional love and affection.

Rakhi symbolizes protection and harmony. The sacred thread binds brothers and sisters in a pure spiritual relationship and promotes unity, integrity, and peaceful coexistence among people of diverse religions, cultures, and backgrounds.

A Monsoon Festival

As a monsoon festival, Raksha Bandhan carries deeper symbolism. The rainy season

brings purifying rains that cleanse the earth, wash away impurities, and usher in new hope, prosperity, and joy. Hindus consider Shravan a holy month ideal for celebrating sibling bonds and welcoming good fortune.

For farming communities in states like Jharkhand, Madhya Pradesh, Chhattisgarh, and Bihar, Shravan Purnima holds special importance. Farmers worship Indra (god of rains), Varuna (god of water), and the fertile soil, seeking adequate rainfall for a bountiful harvest.

Symbol of Change and New Beginnings

The Shravan season also signifies transformation. Rain destroys the old and makes way for the new. Brahmin communities in Andhra Pradesh, Kerala, Tamil Nadu, and parts of Odisha observe **Upakarma** on this day, changing their sacred **Janeyu** threads.

Gujarati communities celebrate **Pavitropana** by worshipping Lord Shiva, the destroyer, seeking blessings for a prosperous future. Thus, Raksha Bandhan marks both renewal in nature and fresh beginnings in human lives.

Significance of Holiness and Purity

In a male-dominated society, women and girls often face violence, rape, harassment, molestation, and other atrocities. Rising cases reported daily highlight the urgent need for protection and respect. Amid modern materialism and vices like lust, anger, greed, attachment, ego, and jealousy, the festival gains greater relevance.

Raksha Bandhan emphasizes **holiness** or **purity**. It calls for shifting from body-consciousness to soul-consciousness, cultivating purity in thoughts, words, deeds, and attitudes.

Redefining Raksha Bandhan

Beyond physical protection, Raksha Bandhan is a spiritual bond. It represents the

sacred thread that protects the soul from negative forces—symbolized as Ravan or Maya—embodying the seven vices. It signifies moving from bondage (*bandhan*) of physical attachments to detachment and liberation (*nirvandhan*), allowing the soul to experience true freedom.

God's Guidance on Rakhi

The **Gita** teaches that when righteousness declines, God descends to restore it. In the Confluence Age (the transition from *Kaliyuga* to *Satyuga*), Supreme Soul Shiva imparts spiritual knowledge and Rajyoga meditation. This practice reconnects souls with the Divine, helping them realize their original spiritual identity.

God Shiva, the Ocean of Knowledge and ever-holiest, teaches purity and celibacy in thoughts, words, and actions. He instructs souls to embody three meanings of “holy”: ***Be Holy*** = Be pure. ***Holi*** = Let the past be past. ***Ho-lee*** = I belong to One God Father. He urges: “Be holy and be yogi.”

Spiritual Efforts to Become Holy and Yogi

God Father imparts this knowledge freely through Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV), with over 6,000 branches in 140 countries. However, true transformation requires personal effort and commitment. By practising Rajyoga meditation and inculcating purity, individuals can lead holy lives while interacting with others.

Raksha Bandhan thus transcends a mere ritual. It is a timeless reminder of sacred love, spiritual protection, purity, and the eternal bond that fosters harmony, respect, and divine consciousness in society. ■ ■

SELF-TRANSFORMATION NOT AN EXTERNAL DECORATION!

True self-transformation is an inner journey from body-consciousness to soul-consciousness.



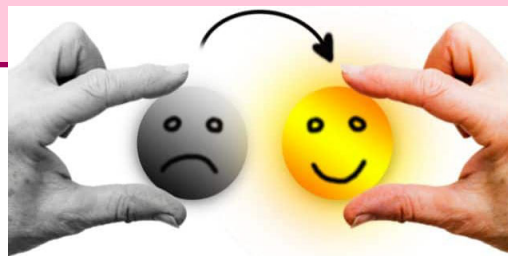
Self-transformation is not an external decoration. It is the sacred transformation that takes place within the soul, whereby the mind, intellect, *sanskars* (resolves), words, and actions gradually become moulded according

to Shiv Baba's *Shrimat*. When the *Murlis* are churned deeply, one essence emerges again and again: first of all, a human being has to recognise his original form.

As long as the soul considers itself to be the body, it continues to be influenced by external situations, honour and dishonour, profit and loss, and relationships. However, the moment the soul experiences itself in the stage of soul-consciousness, it begins to experience stability, lightness, and true spiritual power within. This is the first gateway to self-transformation.

The First Step: Soul-Consciousness

Shiv Baba's *Murli* repeatedly reminds us that the soul is not merely an energy residing in the body, but an eternal, imperishable point of conscious-light. To renounce body-consciousness and practise becoming soul-conscious and incorporeal is the beginning of true transformation. "I am a soul" is not merely a sentence; it is the foundation of spiritual practice. The soul that remains stable in this awareness experiences a complete



B.K. Nityanand Gupta, Denmark

transformation in its thoughts, responses, and actions. Instead of being influenced by situations, it observes them from the stage of a detached observer.

Transforming Old *Sanskars* and Resolutions

The second important aspect of self-transformation is recognising old resolves and transforming them. Many times, we consider ourselves to be right, but small situations reveal the hidden resolves within us. Sometimes anger emerges, sometimes ego, sometimes comparison, sometimes intolerance, and sometimes expectations—these all become obstacles to the soul's progress. Therefore, true effort lies in recognising these weaknesses and surrendering them into the fire of yoga. Just as, during Holi, the old is burnt and a new beginning is made, in the same way, the soul has to finish its inner impurities.

The transformation of old resolves is not suppression but genuine transformation. For this, awareness is essential. Whenever a situation arises, instead of reacting immediately, ask yourself: "Is this my original nature, or is it an old resolve?" Such awareness gradually transforms the soul.

Purifying the Intellect Through *Murli* Churning

Purity of the intellect is a very important dimension of self-transformation. As long as layers of old resolves and waste thoughts remain on the intellect, it is unable to make the right decisions. However, when the intellect

becomes clean, the soul easily draws power from the God Father. Churning the *Murli* is the most powerful method for this purification. The more you churn, the greater the clarity you receive, and accordingly, transformation becomes naturally visible in your life.

The Power of Pure Thoughts

The third foundation of self-transformation is the purity of thoughts. **Thoughts are the seeds of actions. If thoughts are pure and positive, actions automatically become elevated. However, if thoughts are wasteful and negative, unrest increases in life.** Therefore, it is essential for the soul to learn to govern its thoughts. Repeatedly engaging the mind in the remembrance of the Supreme Soul is the simplest and most powerful method. Gradually, the mind becomes peaceful, and the thoughts become elevated and powerful.

Sweetness and Purity in Words

Transformation in words is equally important. Words are the mirror of the soul's stage. If the mind is peaceful, words automatically become sweet; if the mind is disturbed, words become harsh. Therefore, Shiv Baba has taught us to speak less, speak sweetly, and speak truthfully. Words that do not cause sorrow to anyone, but instead give power and inspiration, are truly elevated words. The soul that gains mastery over its words has already won half the battle of spiritual effort.

Elevated Actions:

The Proof of Transformation

The true proof of self-transformation is the quality of one's actions. If our actions cause sorrow to others, it means our transformation is still incomplete. A true yogi is one whose very presence enables others to experience peace. The soul that remains light itself can also make others light. Selfless service, co-operation, patience, and tolerance are the visible signs of elevated actions.

Becoming Mayajeet Through Rajyoga

On the path of self-transformation, Maya also brings tests. Sometimes laziness, sometimes anger, sometimes ego, and sometimes doubt attempt to shake the soul. However, the soul that practises yoga regularly and remains stable in its true identity gradually becomes a conqueror of vices, that is, *Mayajeet*. To be *Mayajeet* does not mean Maya will never come; rather, it means that even when Maya comes, it is unable to shake the soul.

Purity in What We See and Hear

Another important aspect of self-transformation is purity in what we listen to and what we see. If we continue to listen to or watch wasteful or negative things, they inevitably influence the mind. Therefore, it is essential to expose ourselves only to that which uplifts the soul. This practice keeps the soul light, pure, and stable.

Inner Sovereignty:

The Fruit of Transformation

When the soul continues on this path consistently, a new stage develops within – inner sovereignty. This is the stage in which the soul rises above sorrow, worry, and unrest. Situations continue to change, but the soul remains stable. This is true happiness; this is true freedom.

Transform Yourself to Transform the World

Ultimately, the essence of self-transformation can be expressed in one sentence: **First I change myself, and then my world changes.** When the soul becomes pure, stable, sweet, soul-conscious, and equal to the Father, it naturally becomes a light for others. Such a soul gives fewer teachings, yet its stage itself becomes a powerful message. It creates peace in the home, balance in actions, sweetness in relationships, and power in service. This is the true attainment of Shiv Baba's *Murli*s, the invaluable attainment of the Confluence Age, and the true transformation. ■ ■

SOLITUDE AND SELF-DISCOVERY

"The greatest discovery of all time is that a person can change their future by merely changing their attitude." – Oprah Winfrey



In the stillness of solitude, I discovered my true self. It was during this journey that I experienced the movement from pain to suffering, and from suffering back to pain.

Solitude provides an ideal environment for self-discovery, allowing us to explore our thoughts, emotions, and desires. Through solitude, we cultivate a deeper understanding of ourselves, leading to greater self-awareness and personal growth. It also serves as a catalyst for self-discovery, enabling us to confront and overcome our inner fears, doubts, and limitations.

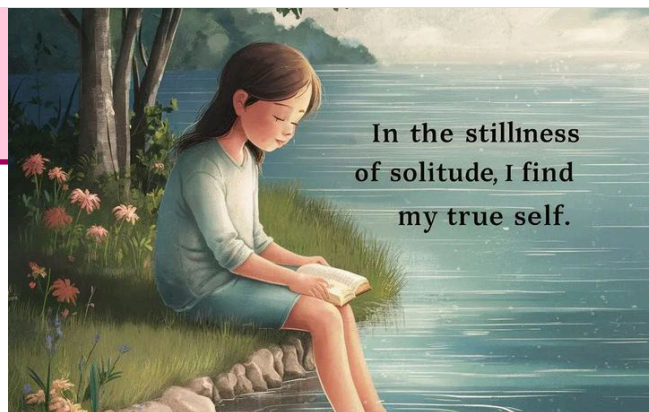
The Foundation of Self-Discovery

The essence of self-discovery lies in identifying our values and passions, understanding our strengths and weaknesses, recognising our emotional patterns and triggers, and developing self-awareness through introspection. It also involves exploring our personal goals and aspirations, cultivating self-acceptance and self-compassion, integrating the hidden aspects of our personality, and embracing authenticity and individuality.

Stages of Self-Discovery

The journey of self-discovery unfolds through several stages:

A. Awareness – Recognising the need for self-discovery.



B.K. Dr. Hima, EHH, Shantivan

B. Exploration – Gathering information about oneself.

C. Reflection – Analysing and interpreting one's experiences.

D. Insight – Gaining deeper understanding and elevated perception.

E. Integration – Applying newly acquired self-knowledge.

F. Growth – Embracing change and undergoing transformation with courage.

Challenges on the Journey

The path of self-discovery is not without challenges. Fear of confronting the unknown often creates resistance to change. Self-doubt and self-criticism may arise, pulling us back into old behavioural patterns. Letting go of these patterns can be difficult, while external pressures and expectations may make us feel vulnerable and uncertain about the future.

These challenges often emerge when old emotional wounds are triggered by present situations. A spark of courage to face these emotions creates a state of detachment, allowing us to separate ourselves from them. As a result, emotional healing and purification begin to take place. Gradually, these emotions lose their hold, making them easier to overcome.

This process becomes one of the greatest benefits of self-discovery. As we become

more aware of our weaknesses, our relationships also begin to heal. We move towards a state of inner freedom, developing greater creativity, enhanced productivity, increased confidence, self-acceptance, stronger decision-making ability, and emotional maturity.

Uncovering Your True Potential

Uncovering your true potential means recognising and utilising your inner strengths, talents, and abilities for both personal and professional growth.

The key principles include developing self-awareness by understanding your values, passions, and strengths; embracing a growth mindset; overcoming limitations through determination; discovering your life's purpose; aligning your goals with that purpose; building resilience through perseverance and effective coping skills; and embracing lifelong learning and continuous self-improvement.

Overcoming the Barriers

Solitude, once a feared state, became my sanctuary. This is how it happened.

The initial phase of fear often pushes us towards seeking constant company, making us vulnerable to unhealthy influences. Therefore, it is essential to choose our company wisely. Uncontrolled emotions can easily drag us into darkness instead of healing.

To overcome these barriers, we can consciously reframe negative thoughts, cultivate self-compassion, and seek guidance or mentorship whenever needed. Resilience grows when we break large goals into smaller steps, ask ourselves meaningful questions before taking action, and prioritise our own emotional and spiritual well-being to maintain an elevated state of mind.

Equally important is setting healthy boundaries to protect ourselves from situations

where we know we are emotionally vulnerable.

Questions for Self-Reflection

Ask yourself:

- A. Do I love myself?
- B. How do I take care of myself?
- C. Do I want to be independent?
- D. What if I give priority to myself?
- E. Do I want to know my strengths and weaknesses?
- F. Can I preserve a space of solitude for myself?
- G. Do I always have to follow what others expect or enforce upon me?
- H. What do I truly want?
- I. What is my choice?

From Loneliness to Inner Fullness

Asking these questions brings us back to ourselves. Meeting the self creates a meaningful relationship with oneself, establishing a strong inner space of solitude. Gradually, the fear of loneliness disappears, and we move into a state of fullness, where we feel deeply connected with ourselves and with the Divine.

Honour Your Choices

When you respect your choices, you develop the strength to remain flexible. Your choices should be prioritised according to your inner strength so that you can remain stable in every circumstance. The objective is to protect yourself and conserve your energy. In doing so, you build resilience and become more adaptable to life's situations.

When you ignore your own choices, you force yourself into situations that drain your energy and disconnect you from yourself. This pollutes the energy within relationships and gradually disturbs harmony. By honouring your inner wisdom and making conscious choices, you preserve your peace, strengthen your resilience, and unlock your true potential. ■■

THE JEWEL OF LIGHT DADI PRAKASHMANI

B.K. Yogesh Kumar, Delhi



She is the light of the world,
with a blissful personality,
Spreading Godly radiance
everywhere, beyond all
disparity.

Born in the province of Sindh,
was lovingly named Rama,
Excellent in studies, adorned

with truth and noble karma.

She recognized God and won His Heart-Throne
divine,

To spread His message of peace and love was her
destined line.

Engrossed in Godly knowledge, limitless in depth
and span,

Making God Shiva her Soul-Mate, as per the Divine
Plan.

Her single gaze would leave an everlasting
impression,

All would call her “My Dadi” with natural expression.

She sustained everyone with divine love and purity,
An embodiment of Godly teachings, grace, and
serenity.

Our glowing faces bear witness to her loving
testimony,

Stressing that accepting defeat can ensure lasting
harmony.

Love-filled were her thoughts, her words, and her
deeds,

As a *Prakash Stambh*, she continues sowing the
seeds of love.

This sacred day reminds us to establish world
brotherhood,

Inspiring us to become Shiva *Shaktis* – instruments
of motherhood.

WORDS ARE ENERGY

**BK Sarika, Nalasopara East,
Vasai, MH**



A faithful word
becomes a
prayer;
The Almighty
returns it with
loving care.
Words transform

energy.

Words heal hidden wounds.

Words spread harmony.

Words convey love, and joy
abounds.

Words are not just sound;

They are miracles.

They lift the soul from broken ground

And keep the heart forever bound.

Words, like thunder, tear apart;

Softly spoken, they heal the heart.

Anger breaks the bond;

Peace and patience keep us strong.

The choice of words we send

Returns to us in the end.

Speech is not just a message;

It echoes wisdom like a timeless
adage.

So,

Speak with divinity. Speak with

grace.

And let your words leave a celestial
vestige.

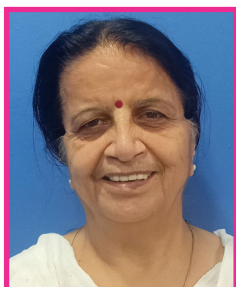


EARNING MONEY ALONG WITH BLESSINGS



Let us start paying attention not only to how much we earn, but also to how we earn it.

B.K. Manjula Baijal, Bangaluru



Earning money is important. Buying all the physical comforts that we can afford with that money is also important. However, money is not only currency; it is also energy. **Money earned ethically comes home with blessings because it is earned by giving peace and happiness to others.**

Money has become an entity with which many people find it difficult to be satisfied. Have we ever been content with how much we earn? Have we felt that the more we have, the more we want? Do you know anyone whose need or greed for money made him or her compromise on ethics in order to earn more?

Money is not just visible currency. It also carries the invisible energy of how it was earned, including the intentions, thoughts, beliefs, behaviours, principles, and ethics behind it. If this energy is pure and positive, we bring home not just money, but also the energies of peace, happiness, and love. When such money, imbued with pure energy, is used to fulfil our family's needs and comforts, everyone's well-being is enhanced.

Earn with Ethics and Integrity

Let us start paying attention not only to how much we earn, but also to how we earn it. Let us be honest, clean, and authentic in our thoughts, words, and

deeds. Let us co-operate with people, live by our values, and earn the blessings of everyone we work with. The money we earn should not carry even a trace of anyone's pain, dissatisfaction, or discomfort. Create your own principles and ethical standards for earning, and never compromise on them.

Bring Home Blessings, Not Just Money

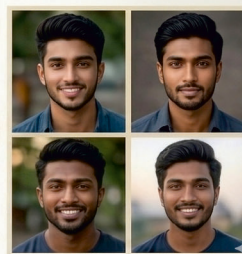
We should remind ourselves every morning that **I am a pure being**. Be sincere and honest in everything you do. Carry pure energy into your workplace. Let your thoughts, words, and behaviour earn blessings throughout the day, both at home and at work. Build beautiful professional relationships.

Understand that, to be truly successful, we need to earn blessings along with money, complete our tasks efficiently and on time, help our colleagues, and co-operate with everyone. Give blessings and earn blessings. Radiate happiness through your performance and dedication.

Make sure the money you earn carries the energy of satisfaction from the people you work with – your supervisors, colleagues, clients, and everyone associated with you – and that it is energised with vibrations of happiness. Come home earning not just money, but blessings. The food, comforts, savings, and everything you purchase with such pure money vibrate at a higher frequency. The blessings associated with that money bring health, happiness, harmony, and lasting success. ■ ■

Universal Brotherhood

WHY WE ARE ALL BROTHERS AND SISTERS



Soul-consciousness reveals the eternal truth that all souls are children of the one Supreme Father. This spiritual understanding forms the foundation of true brotherhood, purity, and universal equality.

B.K. Dr. Surendra Sharma, Gurgaon



In today's age, humanity is entangled in a web of relationships. Every individual builds his identity based on his family, society, and personal relationships. He becomes so entangled in

the notion of "mine" and "yours" that expectations, selfishness, and suffering naturally enter relationships. In such a situation, when knowledge of Brahma Kumaris states that "we are all souls, brothers, and sisters," and "Brahma Kumars and Brahma Kumaris are true brothers and sisters," this idea seems contrary to common sense and surprising. However, when understood deeply, logically, and from a spiritual perspective, it becomes a life-changing truth.

For the average person, the foundation of relationships is the body. They consider only relationships with their parents, siblings, husband, wife, and relatives to be real. Along with love, these relationships also carry expectations and a sense of entitlement, which lead to suffering when these expectations are not met. This is why most of today's mental stress and family problems arise from relationship complexities. In this view,

relationships are temporary and changeable because the body itself is mortal.

The Soul: The True Identity

Now, if we adopt a rational approach, the first question that arises is, "Who am I?" If we consider ourselves not the body but the soul, it becomes clear that the soul is neither born nor does it die; it only changes bodies. All souls are conscious points whose original source is the same – the Supreme Soul. Based on this, it follows that all human-beings are children of the same Supreme Father, and therefore, all souls are brothers. This idea is not only logical but also establishes a sense of universal unity and equality.

The Murli's Spiritual Vision

Knowledge of Brahma Kumaris clarifies this truth even more deeply. The elevated versions of the Murli repeatedly state, "O souls, you are all children of the one Supreme Father, Shiva, and therefore, you are brothers." Here, the identity of the soul, not the body, is considered fundamental. From this perspective, there is no distinction between high and low, nor any discrimination. It is a spiritual vision that sees all humanity as one family.

The Speciality of the Confluence Age

The question now arises: "Why are Brahma Kumars and Brahma Kumaris true brothers

Aug. 2026

God Shiva is the only purifier of the sins of souls through spiritual knowledge and Rajyoga.

29

and sisters?" The answer lies in the speciality of the Confluence Age. According to Brahma Kumaris knowledge, in the present age, when souls receive knowledge from the Supreme Soul, they become the children of Prajapita Brahma and are called **Brahmins**. This

relationship is not temporal, nor merely transcendental, but **supernatural**. It is based on knowledge and purity, which are the soul's two innate virtues. Here, brother and sister do not refer to physical relationships but to spiritual equality and purity. ■■

(Contd. from page no... 8)

We recognise things only when they are in material form. The Supreme Soul, like us souls, is not made of any matter. He is a metaphysical entity – a point of supreme spiritual energy.

The connection can be established only between two metaphysical entities, that is, between us souls and the Supreme Soul. Hence, if I want to connect to the Supreme, I should first mentally stabilise myself in a soul-conscious stage, as against my usual body-conscious stage.

Though difficult, the soul-conscious stage can certainly be realised with some practice. This is the first step in Rajyoga meditation. Once this stage is achieved, the connection with the Supreme becomes easy and His energy starts flowing into our souls.

This is the real experience of lakhs of meditation practitioners around the world. The depth of experience, of course, varies depending on one's ability to achieve the soul-conscious stage at that instant.

Once we start experiencing the feeling of peace, love and purity from the Supreme, the guidance to take the right decisions comes almost automatically. ■■

(Contd. from page no... 18)

For instance, according to another episode from the *Ramayana*, Kaikeyi was abandoned by her own son because of her greed. Similarly, in the *Mahabharata*, Dhritarashtra's excessive ambition led to the destruction of all his sons.

Excessive physical labour weakens the body. Excessive charity may lead to poverty, while excessive sleep results in laziness. Excessive affection towards children often spoils them. Excessive attachment becomes bondage, and excessive accumulation of wealth turns a person into a miser.

When Excess Crosses the Limit

Excess refers to an overwhelming abundance of something. It is rightly said that even nectar becomes poison when consumed in excess. Milk and ghee are nourishing for the body, but if taken beyond the body's capacity to digest them, they become harmful.

Whenever anything crosses its natural limits, it becomes unbearable and begins to have a negative impact on life. This is the eternal law of nature: **every excess ultimately results in imbalance, suffering, and destruction, whereas moderation and balance lead to health, happiness, and lasting peace.** ■■

(Contd. from page no. 3)

and religious preachers have all been striving in their own ways. Numerous theories, ideologies, isms, and so-called philosophies have been tried, yet humanity continues to remain enslaved to the State, dictators, innumerable desires, ill health, and bad habits. None has been able to eliminate crime, lawlessness, suffering, mourning, accidents, and unrest. None has succeeded in arresting the moral decline of society or in liberating humanity from every kind of sorrow and suffering.

The Reason for Failure

The principal reason for this failure is that vices such as lust, anger, greed, attachment, and arrogance – which make governments coercive, unjust, and inconsiderate; dictators tyrannical; individuals exploitative, corrupt, crime-prone, and inefficient; nations violent; communities aggressive and expansionist; sons disobedient; fathers harsh; students irresponsible; teachers careless; clerks corrupt; officers idle and demanding; citizens law-breaking; and rulers intoxicated with power – cannot be eradicated by any human effort alone.

Undeniably, spiritual education is the only means of sublimating the ignoble habits and perverted instincts of human beings, and Rajyoga is the only discipline that can establish lasting peace within a person and eradicate evil tendencies from the mind. **It is Divine Education alone that can root out conceit and crookedness from the human mind and prepare a person to face every situation in life with equanimity.** The discipline born of spirituality can straighten the mind and fill it with peace, serenity, and happiness arising from purity and simplicity. Therefore, Divine Knowledge and the practice of Rajyoga are the only true paths to liberation from

ignorance, vices, and suffering.

Only these two can pave the way to Liberation (*Mukti*) and Beatitude (*Jeevan Mukti*). Such refreshing Divine Knowledge and the effective practice of Rajyoga, which completely overhaul and rejuvenate the soul, are imparted only by the Incorporeal God at the end of the Iron Age (*Kaliyuga*), when all souls have descended far from their original state of perfection and when the Golden Age – the era of world peace – is about to be re-established.

Can All Paths Lead to the Same Goal?

Ignorant of this truth, many sadhus and so-called religious preachers claim that all paths ultimately lead to Liberation (*Mukti*) and Liberation-in-Life (*Jeevan Mukti*), the highest state of mental, spiritual, political, economic, social, religious, and cultural well-being. In order to please everyone, they often make such sweeping statements as:

"Dear friends, you may undertake pilgrimages, perform Yagyas, engage in acts of worship (Puja), or practise *Japa*, and you will ultimately attain Liberation, provided you are sincere in your faith and devotion."

Such people fail to realise that individuals following different paths possess different beliefs, habits, *sanskars*, cultures, modes of thinking, and patterns of action. They also pursue different goals in life. Consequently, they cannot all arrive at the same destination.

People have differing concepts of the self, of God, of Liberation, and of Fruition. They walk along different, and often opposing, paths. How, then, can they all reach the same destination? If every path truly led to God, why should they not all be called the **Paths of**

(Contd. on page no. ...34)



Indore: BK Aarti is being presented with the Lifetime Achievement Award by Rotary International District Governor Mr. Sushil Malhotra, along with Presidents Mr. Rakesh Bamoria, Mr. Hemendra Singh and Mr. Sanjay Dixit.



Manikaran (Kullu): After a programme at the Parvati Hydroelectric Power Project of NHPC, Mr. Saroj Gupta, General Manager, is being presented with a Godly gift by BK Onkar, BK Kiran and BK Kamal.



Mohali: On International Yoga Day, Dr. Kashish, Senior Pulmonologist at Max Hospital, is felicitating BK Prem with a shawl.



Bahadrajhola (OD): BK Laxmi is presenting Godly Gift to Nayagarh Collector Ms. Madhumita Rath with other sisters.



Ranchi: A programme on Doctors' Day and CA Day is being inaugurated by BK Pradeep, Dr. Himanshu Srivastava, Dr. Priyanka Srivastava, Dr. Kumkum Vidyarthi, Dr. Pawan Burnwal, BK Nirmala, CA Anish Jain, Chairman of the CA Association, CA Vivek Khawal, CA Shubham Keshri and CA Shrinkhla Khawal.



Mumbai: Following the "Rejuvenating Medical Minds" programme on Doctors' Day, Dr. Vijay Khatri, Senior Chest Physician and Professor at KEM Hospital, Dr. Bandagale, Senior Dental Surgeon, eminent bariatric surgeon Dr. Sanjay Borude, BK Vishnupriya and other doctors are seen in a group photograph.



Agra: BK Madhu, BK Mala and BK Deepak Harke are presenting a Godly gift to Shri Krishna Chandra Shastri Thakur, one of India's renowned narrators of Ram Katha and Bhagwat Katha.



Amritsar: BK Manisha presents the Godly gift to Commandant Mr. Vishal Singh of the Border Security Force at the Attari-Wagah Border.



Mumbai (Yog Bhavan): Following the "Reel or Real? – The Conscious Creators Meet" organised on World Social Media Day, RJ Dilip of Big FM, RJ Archana of Radio City FM, BK Vishnupriya and BK Nikunj are seen in a group photograph.



Jalandhar: Following a programme on the International Day Against Drug Abuse, BK Dr. Sachin Parab and BK Sandhira are presenting a divine gift to BSF Deputy Commandant Mr. Praveen Chandel.



Rupnagar (PB): A programme on World Environment Day is being inaugurated by DFO Mr. Kamaldeep Singh, General Secretary Mr. Mandeep Singh, Rotary Club President Mr. Suresh Sharma and BK Anjani.



Vadodara (Manjalpur): During a programme on the International Day Against Drug Abuse, Municipal Corporator Mr. Ketan Chetan Parmar, Mrs. Madhaviben Gaekwad, BK Dheeraj and others are seen on the stage.



Neemuch (Madhya Pradesh): BK Savita and BK Shruti are delivering an awareness talk on drug de-addiction at Panchayat Bhawan.



Bilaspur (HP): BK Onkar is delivering a motivational talk on 'The Secret of Success' at the Government ITI College.



Leh: At the Mahabodhi International Meditation Centre, BK Sangeeta is seen with the students of Mahabodhi Residential School after delivering a motivational talk.



Raipur: MLA Mr. Purandar Mishra, Police Commissioner Dr. Sanjeev Shukla, BK Kavita, BK Savita and BK Suvas are inaugurating the 'Yatri Kripya Dhyani Dein' (Passengers, Please Pay Attention) programme.

(Contd. from page no... 31)

Yoga or the **Paths of Knowledge**? And since true Knowledge and true Yoga are one, why should these paths contradict one another?

This naturally leads us to the conclusion that the only true path to Liberation and Fruition is the **Raj Path** – the Royal Road of Divine Knowledge and Rajyoga – which God, the Supreme Truth, Himself teaches through His personal incarnation.

God's Call to Humanity

For the benefit of humankind, we therefore proclaim that the Incorporeal

God, the Most Beloved Father of all souls, is now revealing the true Knowledge of Rajyoga – the Rajyoga of the Gita – to bestow genuine freedom upon every soul.

Let all lovers of Yoga take note of this divine revelation, and let all lovers of God rise to this sacred opportunity. We lovingly beckon all brothers and sisters throughout the world to drink deeply from the fountain of this refreshing and life-giving Divine Knowledge, with which God has blessed humanity, and to receive the fullness of bliss that He lovingly bestows upon every soul. ■■

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



Milpitas (USA): On the International Day of Yoga, BK Kusum is being felicitated by Mayor Mr. Carmen Montano.



Ulaanbaatar (Mongolia): During the International Day of Yoga programme hosted by the Embassy of India, BK Inna Kim is seen with participants after guiding them in Rajyoga Meditation.



Karnal: State Information Commissioner Mr. Sanjay Madaan is being presented with a Godly gift by BK Prem and BK Onkar following a three-day seminar on "Stress-Free Happy Living."



Jaipur: Mr. Avinash Gehlot, Minister of Social Justice & Empowerment, Dr. BK Banarsilal Sah, BK Manisha, BK Pooja and others are seen after a meeting on the 10 Crore Drug-Free Pledge Campaign.



Kolkata: Mr. Manoj Kumar Agarwal, Chief Secretary of West Bengal, is seen with BK Anjali, BK Chandra and BK Supriya after a courtesy meeting.



Srinagar: Dr. Arvind Karwani, Relief and Rehabilitation Commissioner of Jammu & Kashmir, is being presented with a Godly gift by BK Sudarshan, BK Ravinder, BK Romal and others at a drug de-addiction exhibition during the famous Kheer Bhawani Mela in Kashmir.



Dar es Salaam (Tanzania): BK Laita is addressing the All Africa Teachers' and Students' Retreat, "Returning to the Source." Also seen on stage are BK Ken and BK Vedanti.



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Haridwar: During the Divine Saint Conference, seated on the stage (L-R) are Swami Dineshanand Bharti, Acharya Mahamandaleshwar Kamal Kishore, Mahamandaleshwar Akhlananand Akriya, Mahamandaleshwar Swatantra Nand Saraswati, Mahamandaleshwar Santosh Bharti, Mahamandaleshwar Anand Chetan, BK Sharda, Mahamandaleshwar Sadhvi Maitreyi, Acharya Mahamandaleshwar Jagrit Chetana Giri, Sadhvi Kamleshwari, BK Manju, Swami Hariharanand and BK Sushil.



Dehradun: Ms. Ritu Khanduri Bhushan, Speaker of the Legislative Assembly, Dr. Dhan S Rawat, Cabinet Minister, and Mr. Shyamveer Saini, Minister of State, inaugurated the state-level launch of the Brahma Kumaris' theme, "Spiritual Awakening for Global Upliftment," in the presence of BK Sharda, BK Meena, BK Asha, BK Manju, and BK Sushil.



New Delhi: Dr. BK Banarsilal Sah and BK Kamla met Dr. Virendra Kumar, Union Minister for Social Justice and Empowerment, regarding the 10 Crore Drug-Free Pledge Campaign of Brahma Kumaris.



Sweden: After a programme on 'Harmony with the Self and the World' at Mundekulla Retreat Centre, BK Golo and BK Sonja are seen with participants from Denmark and Sweden.