



The World Renewal

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Bhopal: The Governor of Madhya Pradesh, H.E. Shri Mangubhai Patel, and Chief Minister Dr. Mohan Yadav are being greeted by BK Nirmala at the Republic Day programme.



Raipur: A 'Police Mitran Conference' organised at Shanti Sarovar Retreat Centre is being inaugurated by BK Savita in the presence of Chhattisgarh Chief Minister Mr. Vishnu Dev Sai, Deputy Chief Minister Mr. Vijay Sharma, and DGP Mr. Arun Dev Gautam.



Ranchi: H.E. Droupadi Murmu, President of India, is seen with BK Nirmala, BK Pradeep, and BK Indu at Raj Bhawan.



Udaipur: Lighting candles on the golden jubilee of Godly services are H.E. Mr. Gulab Chand Kataria, Governor of Punjab, BK Sheelu, BK Poonam, and Dr. BK Savita.



Nabarangpur (Odisha): Chief Minister Mr. Mohan Charan Majhi is being greeted by BK Namita, BK Geeta, and BK Rakhi.



Bhubaneswar: Ms. Anu Garg, Chief Secretary of Odisha, is seen with a BK delegation led by BK Leena after a courtesy meeting.



Noida: Renowned actor Mr. Ashutosh Rana and renowned TV anchor Mr. Sayeed Ansari of Aaj Tak are being presented with Godly gifts by BK Aditi.



St. Petersburg: BK Santosh is addressing a programme to celebrate Makar Sankranti. Also seen on the dais are Ms. Neelam Rani, Consul General of India, and Prof. Elena Kalinina, Chairperson of the Department of Russia's Union of Women.



Indore: A felicitation programme for individuals who overcame drug addiction through meditation is being inaugurated by Cabinet Minister Mr. Kailash Vijayvargiya, Medical College Dean Dr. Arvind Ghanghoriya, BK Hemlata, Dr. BK Banarasi, and other dignitaries.



SHIVA RATRI

THE FESTIVAL CONNECTED WITH GOD'S DESCENT ON EARTH

Those who listen to the sermons of God Shiva, the Supreme Father, as uttered through the mouth of Prajapita Brahma, are known as Brahmins or the 'oral progeny of Brahma' or the 'mouth-children of Adam' or 'Brahma Kumaris and Brahma Kumars' and this knowledge, which God gives, is known as the 'original Gita-Knowledge'.

All men, except perhaps the hard-core atheists, at the time of a calamity or in a state of disquiet or some sort of grief, look up to God for help. They pray to Him thus: "O Lord, our Redeemer, O Thou purifier of sinful souls, the Remover of sufferings and the Bestower of Happiness, our most propitious Father, have mercy on us. Come and liberate us from this incarceration. O Kindly Light; lead us out of the whirl of vices, back to our Sweet Home!" **Such prayers are a token of the fact that there was a time in the remote past when God, the Merciful Father, descended into this world and salvaged the souls from the ocean of vices and bestowed peace and prosperity on**

them. It is because of His having done some supreme good to mankind by incarnating in this world that He is worshipped even today through His image, the 'Shivlinga'. It is because of His having given peace to mankind by descending in a corporeal medium into this world that His advent into this world of mortals is sought again and again and is commemorated every year on the occasion of what is known as 'Shiva Ratri' and people daily sing very highly of Him and His deeds.

But even those who celebrate Shiva Ratri and worship Him zealously have little knowledge of how the Incorporeal God Father

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THE UNIQUE FESTIVAL OF SHIVRATRI

The twelve Jyotirlingas in India connect the east, west, north, south, and centre of the country. They bring emotional unity among the people. They convey the message that India is the land of Shiva.



Every country has its own festivals. People of every religion also celebrate festivals related to their religious founders or other great personalities. However, the unique feature of Shivratri is that it is celebrated in remembrance of a formless, point-like entity, not a physical being. Besides this, there is no other festival celebrated worldwide that is associated with a bodiless, luminous, spiritual entity, and whose name signifies a quality that can only belong to the Supreme Being.

For example, the festivals celebrated in connection with Jesus, Buddha, Mahavira, Nanak Dev, etc., are related to embodied individuals, and their names and life stories clearly show that although they were individuals of extraordinary talent, they were not 'God'. The celebration of the Nirvana festivals of Mahatma Buddha, Vardhamana Mahavira, and Swami Dayanand clearly indicates that they were initially in a state of bondage. That is why they strived for and attained Nirvana. The name 'Mahatma Buddha', although descriptive of a quality, does not refer to 'God' because this name signifies the event when Buddha experienced enlightenment while meditating under a tree, or when he attained the knowledge of the Eight truths. This implies that he did not possess this knowledge before. Similarly, the name Mahavira signifies bravely fighting against the six enemies (the six vices). However, the word 'Shiva' refers to the Supreme Being who brings welfare to all, because He Himself is eternally blissful. He is the one who makes others

courageous and is eternally the ocean of knowledge. When we hear the names Jesus, Buddha, Mahavira, etc., physical forms or bodily images appear before our mind's eye, but the word 'Shiva' attracts our mind towards the luminous formless Supreme Being, whose symbol is the Shivling, which does not resemble any human body but is point-shaped.

Shiva's Special Influence on Indian History

Understanding the above mystery clarifies India's glory, as this unique festival is celebrated only in this country. In fact, all of India's ancient history is connected to Shiva in one way or another. Leaving aside the unknown periods, even the known history bears Shiva's profound imprint. The excavations of Mohenjo-Daro and Harappa have now undeniably revealed to the world that Shiva held supreme importance in ancient India, as a significant number of seals related to Shiva and Nandi have been found. Historians are also aware that King Vikramaditya was a devotee of Mahakal, whose temple is located in Ujjain. Kalidasa's *Meghaduta* and *Raghuvamsha* also reflect the reverence for Mahakal among the people of that time. The magnificent and invaluable caves of Elephanta and other sites also convey the message that artists of that era considered it their good fortune to create works related to Lord Shiva, and these works also served to entertain the people.

Later, we see that when foreign invasions occurred in India, the native kings made Shiva the

central point of their resistance against the enemy. For example, when the battle was fought targeting the Somnath temple, the people here chanted "Victory to Somnath!" Maharana Pratap also considered Eklingji his protector and inspired his army by giving them the slogan of protecting the sanctity of Eklingji's land. Similarly, the kings of Ujjain instilled enthusiasm in their armies by emphasizing the need to protect the kingdom of Mahakal from the enemies.

Every corner of India reminds us of Shiva

The twelve Jyotirlingas in India connect the east, west, north, south, and centre of the country. They bring emotional unity among the people. They convey the message that India is the land of Shiva. Their very names repeatedly remind humanity that, "O man, these Jyotirlingas are indeed the symbols of remembrance of the Supreme Being."

But how surprising it is that today some people consider themselves Shiva instead of considering "Shiva" as an attribute of God! On one hand, there are people who chant the mantra "*Om Namah Shivaya*," and on the other hand, there are also people who chant "*Shivoham*."

"Shiva" as a Guiding Principle for Political Leaders, Economists, and Everyone Else

In fact, the word "Shiva" can prove to be an inspiration for political leaders, economists, social workers, artists, soldiers, devotees, and yogis alike. Our current constitution has social welfare as one of its main objectives. Our government considers social welfare as its policy. Therefore, the word "Shiva" can serve as a "political mantra" for our ministers. Today's economists also generally consider socialism to be the best. They formulate plans keeping the benefit or welfare of society in mind. The finance ministers also want to create a budget that is in the interest of all sections of society. Therefore, the word Shiva can prove to be a "guiding principle" for their economic

success. The work of social workers is inherently to promote public welfare. Today, our fine arts have abandoned high ideals and have become instruments that arouse desires and create excitement. Therefore, if they also keep the goal of *Satyam-Shivam-Sundaram* (Truth, Goodness, Beauty) in mind, they can bring about welfare through art. Thus, it is a guiding principle for everyone. ■■

Life Changing Advice

- You must be the change you wish to see in the world.
- You will face many defeats in life, but never let yourself be defeated.
- Never let the fear of striking out keep you from playing the game.
- Keep your face always toward the sunshine, and shadows will fall behind you.
- Know the difference between 'want' and 'need.' Every time you start to spend money, ask yourself if you really need it or just want to have it.
- Three things for better relationships: acceptance, appreciation, understanding. Master these and everything improves.
- Help the people you know to grow, and you'll grow alongside them.
- Find ways to contribute something positive to others as often as possible. Give and give and give. Aim for the greater good with the actions you take every day.

REFLECTIONS, REALIZATIONS AND RESOLVES

These three steps changed sinners into saints, ordinary men into great leaders, and men of clay into higher-souled persons, for these awakened their potential for being good and for doing good.



The great history of mankind gives us a panoramic view of past events and also presents before our mind's eye a parade of similar and dissimilar but significant events that occurred in succession, giving a running commentary on the persons who acted in these episodes and marking milestones on the path of time so as to indicate when these events occurred. These accounts of events were handed down to posterity in the form of oral tradition, pictographs, edicts, coins, and written words. But whatever the form in which these narratives were handed over to successive generations, a study of these leads a person to the conclusion that history is a record of change that occurred in civilisations, nations, cities, states, human settlements, or even nomadic tribes. It is a continuous story of the rise and fall of certain men and women and also of communities, nations, or groups who were led by them during a particular period. These annals or chronicles of change show that certain men and women had great transformations in their lives by reflecting deeply on certain events and their causes, or on certain events and their outcomes, or on the futility of certain acts done by themselves and others before their times. It was always the trio of deep reflection, realisation, and resolve that enabled them to rise to great moral and spiritual heights, and this transformation that began with

them later transformed large sections of mankind. From among the long list of such persons, the ones about whom most of us have deep knowledge and respect are Saint Valmiki, Gautama Buddha, King Ashoka, Poet Tulsidas, and the father of our nation, Mahatma Gandhi.

Saint Valmiki: From Robber to Ramayana Author

We have all heard about Saint Valmiki, who used to rob passengers who passed his way into the deep forest. One day, he made an attempt to rob some *sadhus* or mendicants. The *sadhus* told him that he was earning his livelihood in a sinful way and none of his family members, for whom he robbed, would save him from the punishment for his sins. Valmiki realised this and resolved firmly not to rob anyone in future. This led to his inner transformation, and this, in turn, awakened many of his good qualities. Valmiki was now a deeply compassionate man, and his mind became highly moved to write about the victory of virtue over vice in the form of the great epic, *The Ramayana*.

Gautama Buddha: From Prince to Enlightened Teacher

Similarly, when Buddha saw a sick man, an old man, and a dead body and he reflected deeply, he realised that there was suffering in the world and that he should try to identify the cause of sufferings so as to liberate himself and others from suffering. This brought about a great transformation in him which later led to the transformation of many others.



B.K. Nikunj, Ghatkopar, Mumbai

King Ashoka: From Conqueror to Peace Advocate

Likewise, Ashoka reflected over the great sufferings caused to people as a result of the Kalinga War, and realising the futility of wars, he resolved to give up war forever. This transformation in himself led to the transformation of many others.

Tulsidas and Gandhi: Love of God and National Freedom

The great poet Tulsidas reflected on the remarks of his wife when, one midnight, he visited her at his in-laws without their invitation. He realised that sex-lust was an abject form of dependence on women and it would be far better to love God. When the baggage of Mohandas Karamchand Gandhi was thrown out of a moving train and he too was pushed out onto the platform, he reflected on this sad and humiliating event and realised how degrading it was to be a citizen of a country that was under the yoke of foreign rule. His self-respect then awakened, and he took a vow that he would spend the rest of his life for the political freedom of his mother country. This is how his own transformation brought change in the lives of many others, and the dream of a free India became a reality.

The Three Steps of Transformation

These and such other examples clearly show that inner transformation in great men occurred after deep reflection, realisation, and resolve. These three steps changed sinners into saints, ordinary men into great leaders, and men of clay into higher-souled persons, for these awakened their potential for being good and for doing good. Those who did destructive acts before now became constructive and creative when they took these steps. And they served as inspiring examples of transformation to others. The change in individuals thus resulted in societal transformation.

Overcoming Resistance to Change

But is it that easy to transform oneself? Experience has shown that **the greatest difficulty in this process of change is man's own resistance or non-cooperation or lack of will or absence of intention to change.** But in the present-day situation, when man does not have constant happiness and one is not immune to ill-health and other sorrows and sufferings of the world, and when the clouds of destruction are looming large in the form of nuclear weapons, there should not be any hesitation in thoughtful persons to transform their lifestyles into a kind that does not bring suffering to them. If once this process of transformation starts and a few people get transformed, then it automatically catches other people's attention.

The Ripple Effect of Personal Change

We must ask ourselves: Is there anybody who does not like a smiling rose? None! Who would not like a cool morning breeze on sunny summer days or who would resist its refreshing and energising effect? Similarly, if there is a person who always wears a smile on his or her face and who always speaks words which are refreshing, energising, and sweet as the nightingale's melody, then who will be able to resist this temptation of being like this lovely soul? Does the innocence of a child not attract and impress all? Who has never in his life been nourished by milk? Archimedes had said, "Give me a lever long enough and a fulcrum on which to place it, and I shall move the world." Similarly, the Almighty Supreme says, "If you change individually, you will be able to change through each one of you at least a large part of the world." So, on your shoulders rests the responsibility of the transformation of the whole world. Never think that if X, Y, or Z will change, then only I will change, because if I change, others around me will definitely change. So, the whole process is of changing "I" and not "them." ■■

THE DIVINE ART OF GIVING BLESSINGS

When the mind is clean, the heart is large, and the intentions are pure, blessings flow naturally from within.

Dr. B.K. Dnyanajyoti, Bengaluru



To give blessings is not merely to utter kind words. It is the highest expression of a pure and elevated consciousness. Blessings are the fragrance of a pure soul. Compassion, kindness, equality, and generosity – these divine

virtues form the foundation of blessings.

It is a sacred gift received only by those who live as embodiments of knowledge, who understand the law of *karma*, and see every soul with benevolence. **"A blessing is not spoken; it is radiated."**

Forgiveness:

The First Step Toward Blessings

Before we can bless others, we must first learn to forgive. Forgiveness is liberation – freeing the self from the burden of hurt. When one cannot forgive, the mind becomes heavy, trapped in the chains of resentment. The soul who understands the Drama of Life knows that each one is playing their own predestined part. No one is to be blamed; everyone is acting according to their role. Forgiveness, then, becomes not weakness but wisdom. "To forgive is to heal your own heart before you heal the world."

Freedom from Desires – The Root of True Peace

There is a beautiful truth: "Desire creates one more desire." A fulfilled desire gives momentary joy, but soon another arises – and the cycle

never ends.

True peace does not come from fulfilling desires but from ending them. When the mind turns inward, finding contentment in the remembrance of the Supreme, it experiences the ocean of satisfaction. "Desires are like the waves of the sea; when one fades, another begins. Only in soul-conscious stillness do the waves rest."

The Principles of Giving Blessings:

Be a Well-Wisher

"Thoughts without action" means those thoughts which never turn into action lose their power. Transformation begins when a thought becomes a decision, and a decision becomes action. "A thought without action is like a seed never sown."

► Connect with the Murli (Divine Versions):

Daily Murli study fills the intellect with divine vibrations. It refines our thoughts, strengthens our inner vision, and awakens the well-wishing attitude within.

► Follow the Godly Directions (*Shrimat*):

Shrimat is the compass of a spiritual life, guiding us toward self-compassion, purity, and progress.

► Let Go of the Past:

Do not hold onto what has already passed. Forgive, forget, and move forward. The soul's light cannot shine through the clouds of yesterday.

► Purity in Diet:

"As is the food, so is the mind." Pure food sustains a pure intellect and peaceful thoughts.

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MEET THE REAL YOU NOT THE ONE IN THE MIRROR

You are not this body – you are an eternal soul whose forgotten identity is the root of all suffering.

B.K. Onkar Chand, Shantivan



Libraries across the world are filled with books on science, philosophy, and human knowledge. Modern communication media, too, pour out fresh information every moment. Yet, despite

this abundance, humanity's ancient prayer continues unchanged: "O Lord, grant us true knowledge; dispel the darkness of ignorance," or "We live in darkness – O! God, let the sun of wisdom rise."

This persistent appeal raises a profound question. **What is that higher and extraordinary knowledge that human beings still seek from God?** What is that truth which can remove deep-rooted sorrow and peacelessness and illuminate life with lasting happiness and inner peace?

Just as a patient continues searching for the right doctor until complete healing is attained, humanity's age-old call to God reveals that souls are still deprived of true knowledge. Had this knowledge already been attained, the collective cry for enlightenment would have ceased long ago. Its continuity shows that something essential is still missing.

True knowledge is the knowledge of the eternal cycle of time – the beginning, middle, and end of the world – bestowed by the Supreme

Soul, Shiva, when He incarnates through the corporeal medium of Prajapita Brahma. Through this divine understanding, the soul finds the answer to its most fundamental question: "Who am I?"

Self-Awareness and Right Action

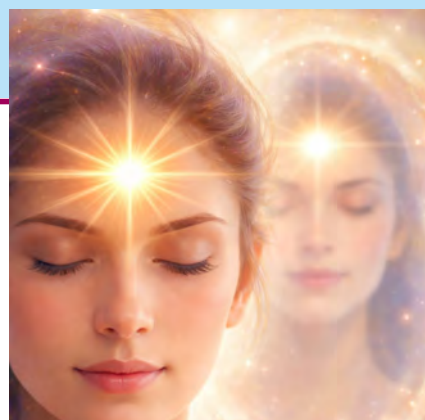
In today's world, many feel there is no need to reflect on the soul or God; sincere performance of worldly duties is considered sufficient. **Yet without knowing one's true identity, how can one clearly distinguish between right duty and wrong duty?**

When a person identifies himself only as the body, his actions remain limited to bodily needs, habits, and relationships. Responsibility is confined to one lifetime. But when he knows himself to be a soul, distinct from the body, his vision expands. He acts with awareness of long-term consequences, including the effects of actions on future lives. Such awareness naturally refines conduct, priorities, and values.

The Reality Behind the Sense of "I"

Modern science sometimes suggests that conscious life may one day be created in laboratories. Yet consciousness means the ability to think, feel, judge, experience, and express inner states. To this day, no evidence exists that such awareness can be manufactured.

Machines may outperform humans in specialised tasks, but they possess no self-



awareness, emotions, or inner experience. These qualities are often mistakenly attributed to the “mind,” which is sometimes seen as a subtle material force or merely a function of the brain.

In truth, consciousness or the mind – is an eternal, non-material entity distinct from the body, operating through the brain. This conscious being is the soul. The word “I” refers not to the body, but to this aware soul. Identifying the body as “I” is therefore a fundamental misunderstanding and the root cause of much human suffering.

Feelings, Memory, and the Quest for Freedom – all exist in the Soul

The sense organs may be compared to instruments: the eyes to a camera, the ears to receivers, the mouth to a microphone, and the body to a vehicle. Yet their functioning is not purely mechanical; feelings are inseparably connected with every experience.

When the eyes see an image, the joy or sorrow felt is not experienced by the eyes themselves, but by the conscious soul. When the ears hear words such as “Please help me,” emotions like compassion or sympathy arise in the soul, not in the ears. Even after sights and sounds disappear, their impressions remain and reappear later, showing that the conscious entity is separate from the senses.

Memory, too, does not belong to the organs. Recognition and recall arise from impressions stored within the soul, which later uses the body to express them. Every thoughtful human being long for freedom from sorrow. At times, one imagines that the body or brain is the cause of suffering and wishes to escape it. But who desires liberation? The desire clearly

resides in the soul.

Actions leave impressions on the Soul

The one who performs actions through the senses is distinct from the body; therefore, the fruits of actions are accumulated on the soul. In this sense, the soul becomes its own friend or enemy through its choices.

Responsibility for an action is assigned to the conscious being behind it, not merely to the physical body. A lifeless body has little meaning for reward or punishment, because the soul responsible for the deed has departed. This shows that the seed of karma lies in the soul's thoughts and intentions.

To remove negative impressions, the soul needs a true intellectual and mental connection with the Supreme Soul, the eternal Purifier. External rituals or material supports cannot purify the soul; they often provide only temporary comfort. Lack of true knowledge of karma has led to blind faith and misconceptions, diverting seekers from genuine inner change.

The Soul can be seen with Divine Vision

The senses can perceive the elements of nature, but the soul is extremely subtle and beyond the physical realm. The senses cannot even detect many subtle energies, let alone the soul itself.

Wherever there is thought, desire, experience, effort, and awareness, the presence of the soul must be accepted. To recognise these qualities is to recognise the soul. The soul becomes aware of itself only through the divine eye of knowledge and the practice of Yoga. Such inner vision emerges through purity and spiritual discipline.

Much confusion surrounds the soul's origin, its journey through birth and rebirth, and the

transformation of its *sanskars*. In this confusion, the true spiritual effort – meant to restore purity to the soul – has often remained hidden.

The Soul's Journey through the World Cycle

Through the highest knowledge given by the Supreme Soul, humanity can move beyond ignorance and argument towards authentic spiritual effort. God Shiva reveals that beyond this physical world of five elements lies a Supreme luminous realm known as *Brahmllok*, the Soul-World.

From this incorporeal realm, souls descend in their original pure state according to their predetermined roles in the world cycle. Souls of the highest degree descend in the first age, *Satyug*; those of slightly lesser degree follow in *Tretayug* and *Dwaparyug*; the remaining souls enter the world in *Kaliyug*.

Through repeated association with bodies and matter, the soul gradually becomes body-conscious, loses purity, forgets its original form, and experiences sorrow. Except for God, all souls pass through birth and rebirth until the final age, leading to the continual increase of population. Thus, in *Satyug* the soul is *sato-pradhan*; in *Tretayug*, *sato*; in *Dwaparyug*, *rajo-pradhan*; and in *Kaliyug*, *tamo-pradhan*.

Humanity's Fall Is Moral, Not Biological

Even when a human being falls from elevated or divine qualities, the external form remains human, though the inner nature may become animal-like. **Just as the seed of one species cannot produce another, the soul of a human being does not change its species.**

Due to negative *sanskars*, the soul attracts physical elements that may result in a weak or unhealthy body. Family circumstances and environment are also received according to

accumulated *sanskars*. God has arranged for the transformation of human nature through divine knowledge, not through rebirth in other species, which would only deepen lower tendencies.

The Soul and the Supreme Soul Are Distinct

The soul possesses mind, intellect, and *sanskars*, whereas the Supreme Soul is a distinct, higher, and eternally pure entity. Just as a father and child have separate identities, so too do the soul and God. The soul becomes a *yogi*; God is the *Yogeshwar*. The soul alternates between purity and impurity; God alone is ever-pure and the Purifier. The soul seeks power; God is eternally Almighty.

Each body houses its own individual soul. Mind, intellect, and memory are not physical organs but subtle faculties of the soul—thought, understanding, discernment, imagination, and self-awareness. Through sincere practice, the seeker begins to experience the jewel-like soul within and moves steadily towards soul-consciousness.

Towards a Soul-Conscious World

Through the knowledge of the world cycle, bestowed by the Supreme Father, a new divine Golden Aged World is being established. In that world, soul-consciousness will be natural and constant, and it will be the source of true happiness.

The present Confluence Age is the time of preparation for this coming pure and vice-free world. At this auspicious time, God Himself has revealed this knowledge to help souls practise and stabilise soul-consciousness. The more a soul becomes free from body-consciousness and firmly established in soul-awareness, the higher the divine status it will attain in the new world. ■■

FROM LOSS TO LIGHT

A Journey With the Brahma Kumaris

A corporate leader's world shatters when his mother slips into a coma, but Brahma Kumaris teachings awaken soul-consciousness, transforming unbearable grief into serene release and propelling him from boardrooms to a life of spiritual mentoring and global smiles.



B.K. Ajai Kumar, Raleigh, Carolina, USA



I had just stepped into the role of Global Head at a rapidly growing IT services firm with 18,000 employees. It was a mission-critical position – responsible for forging alliances with technology giants, private equity firms, and global advisors, all to accelerate exponential growth. Reporting directly to the CEO, I was at the centre of the company's strategic expansion, where every action carried weight. Just weeks into this high-stakes journey, life tested me in a way no corporate challenge ever could.

The Devastating Call from India

I received a call from India. My mother had met with a terrible accident. She was in the ICU and in a coma. I rushed back, and for thirteen nights, I stayed in the hospital, refusing to leave her side. In parallel, I consulted every specialist I could, desperately seeking a glimmer of optimism in their words. I prayed and pleaded with fate – anything to bring her back. Hour after hour, I sat by her bedside, talking to her, recounting childhood memories, whispering words of love and reassurance. With the doctor's permission, I played her favourite hymns. Music was her essence, the very rhythm of her being. A renowned vocalist on local television and radio, she had once filled countless hearts with her voice. I was hoping – praying – that some

familiar note would stir her soul, that she would hear me and find her way back.

Brahma Kumaris Videos Change Everything

In those darkest hours, the doctors had already given up hope. She had been on the ventilator for the past few days and was struggling, yet it felt as if her soul was still caught in worldly attachments, unwilling to let go. My wife then shared a few videos on spirituality from the Brahma Kumaris – on coping with loss and the eternal nature of the soul. At first, I resisted. But grief has a way of making you listen. Slowly, those messages seeped in.

The Final Blessing to a Departing Soul

For the first time, I was able to see my mother not just as my beloved mom in her bodily form, but as a soul on its eternal voyage. Mustering all the strength I had, I spoke to her even while she was in a coma: “If you can make your way back healthy and hearty, I hope you do. But if your time has come to leave this world, please do not worry about all of us. We are all fine and will remain so. I wish you the very best for your onward journey.” I could not have found the courage to say this without my wife's unwavering support; she stood firmly by my side as my pillar throughout this ordeal.

But this time, there was only silence. She never stirred, never opened her eyes. Not even once. And then, she was gone. I lost my mother without

even getting to say goodbye. The woman who had been my anchor – my source of unconditional love – was suddenly... nowhere. The air felt heavier, the world suddenly emptier. There was so much left unsaid – so many conversations we would never have, so many moments stolen in the blink of an eye. Grief stripped me bare and forced me to question everything I thought mattered. In that silence, I began to see life, death, and the soul through an entirely new lens. This understanding brought an unexpected lightness to my heart. Though the loss of my mother was irreplaceable, I no longer felt utterly broken – I felt a serene connection to the soul, a sense of peace that lifted the heaviness of grief, and gratitude that I had been able to share some of my deepest feelings with her, even while she was in a coma.

Key Spiritual Lessons Learned

One of the most profound lessons I learned from the teachings was soul consciousness – accepting that the soul is eternal and simply continues its journey in the benevolent drama. To release grief is to free the departing soul, sending it light for its onward path. While the loss of a life can never be undone, the way we perceive and cope with it can transform entirely. I came across a perspective that encouraged wishing the departing soul well, reassuring it that we are doing fine and hoping for the same on its onward journey. The analogy struck deep – just as we wouldn't want a loved one to begin a journey burdened by our tears, we shouldn't weigh down a soul with sorrow. **To let go with love is the greatest farewell we can give.**

Another realization was the **urgency of closing karmic accounts in real time** – leaving no words unspoken, no emotions unresolved. Life offers no guarantee of second chances. My mother's sudden passing taught me a lesson that now guides how I approach every relationship, reminding me to express my thoughts and share

my heart while loved ones are still with me, rather than waiting for uncertain or final moments.

Little did I know **this tragedy would mark the turning point in my spiritual journey with the Brahma Kumaris.**

Redefining Spirituality

This newfound perspective on life didn't just help me cope with grief – it awakened something deeper. Like most, I had always seen spirituality as an abstract idea – something associated with peace, fulfillment, or perhaps an escape from life's harsh realities. But as I stood at this crossroads, **I realized spirituality wasn't about retreating from the world. It was about redefining my place in it.**

Around this time, I was also running my video podcast series. In one episode, I interviewed my schoolmate Ajeet Singh, who at just 18 – fresh out of high school – made the life-altering decision to dedicate himself to freeing women from prostitution and helping them reclaim dignity. I asked him how, at such a tender age, he found the conviction for such a path. His response stayed with me: "I looked deep inside. Buddha never went to Harvard." That single line captured the essence of inner guidance more powerfully than any textbook could.

The question that stirred within me was: What do I truly want to do in life? The answer came from within: to bring smiles across the world.

For me, spirituality became a force of clarity, a guiding light cutting through the fog of routine existence. It wasn't passive contemplation – it was an active transformation, reshaping my priorities, my ambitions, and the very essence of how I wanted to live the rest of my life.

This practice reshaped my priorities. **I realized true success isn't about accumulation, but about peace, clarity, and joy cultivated within.** In 2025, I transitioned from the corporate world to focus on sharing these

realizations through writing and mentoring as a humble instrument. My books, *BEYOND SUCCESS: Unleash the New You*, and *SPIRITUAL CAPITAL: The New Currency of Corporate Growth*, are humble offerings to help others discover how spirituality can transform life personally and professionally.

Since spring 2024, I have embraced the sacred discipline of Nectar Time (Amrit Vela) – rising at 3:30 a.m. for the 4 a.m. meditation – wherever I am in the world. These moments of stillness connect me to the Supreme, reminding me that:

(a) I am a peaceful, loving, and helpful soul, and I always follow the *Shrimat*.

(b) This spiritual journey is about inner mastery. Just as a king summons his ministers to report on their day, with Rajyoga meditation, I am learning to govern my body's senses, summoning them at day's end to ensure they have acted righteously.

Another daily discipline I follow is listening to the *Murli* and imbibing the learnings shared by Brother Shvetank and Sister Kanishtha, who lovingly serve as co-leaders at the Brahma Kumaris Cary Center in North Carolina, USA.

And so, I continue – committed, disciplined, and deeply grateful for the calling that has given my life its highest meaning. For me, this path is the very essence of how to live life fully. By helping others see spirituality in its true light, I hope to bring genuine peace, happiness, and smiles into their lives. If my journey helps even one soul find comfort, clarity, or peace, then I know I have played my small part. ■ ■

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

► **Avoid the Influence of Negativity:** Company shapes consciousness. Remain in the company of virtues, and you will radiate divine energy naturally.

The Process of Blessing with Compassion

Connect to the Powerhouse – the Supreme Soul. The Supreme Soul is the eternal Powerhouse of Purity and Peace. Connection begins with recognition → remembrance → union → divine love. When we stay connected through yoga, we receive unlimited power and can radiate it to others. "A single pure thought in God's remembrance becomes light for the world."

Be a World Benefactor Soul: A Brahmin soul is never neutral; it is always an instrument for world transformation. Through thoughts of love and good wishes, we create waves of positivity that reach distant hearts.

Bless All Souls and Elements: Offer blessings to your family, society, nation, and even nature. Send healing vibrations to the sick, the sorrowful, and the forgotten. Even the five elements that support our existence deserve gratitude and light.

The Fruits of Giving Blessings

- What you give returns to you multiplied. Blessings enrich the giver before they reach the receiver.
 - They protect the soul from negativity. A heart full of blessings cannot harbour sorrow or anger.
 - They attract abundance and harmony. The law of energy ensures that what we radiate, we receive.
 - They make the soul light and happy. Forgiveness and kindness release all inner burdens.
- "In giving, we grow; in blessing, we blossom."

Living as a Blessing

Giving blessings is not just an act; it is a state of being, a divine lifestyle. A soul who truly knows the self and the Supreme naturally becomes a giver, not a seeker. "Only the free soul can bless; the bound soul still asks."

Let us, in this auspicious Confluence Age, spread the fragrance of divine blessings to every soul, every element, and every corner of the world. Because the law of life is eternal: "To give is to receive." ■ ■

SILENCE POWER

A silent soul radiates cheerfulness, transforms others effortlessly, fosters concentration for success, and creates peaceful atmosphere.

B.K. Dr. Trupti, Shantivan



In the entire world, where all human beings are wandering outside to get a moment's peace, the Ocean of Peace, the Supreme Father, the Supreme Soul, our beloved Shiv Baba, comes in the lucky human chariot whom

He names 'Brahma' and says, 'Children, peace is the necklace around your neck. Be soul-conscious and practise introversion and thus get established in the feeling that I, the soul, am an embodiment of peace, and you will keep experiencing boundless peace within.'

He also reminds us souls of our seven innate qualities, viz. knowledge, happiness, peace, purity, bliss, love, and power. Of course, each quality is of the highest value, but only some of these qualities have also been referred to as powers, e.g., the power of purity, the power of knowledge, and the power of silence.

What exactly does the power of silence mean?

- ▶ God Father says that the power of silence means the 'Power of Remembrance of God'.
- ▶ The power of silence is also the 'Power of Purity' because the power of purity calms down and soothes the soul burning in the fire of vices.

Signs of the soul with the power of silence

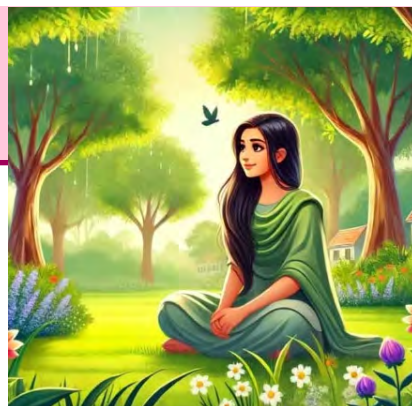
A soul endowed with the power of silence will

always remain satisfied to the core because where there is satisfaction there is peace, and where there is dissatisfaction there is unrest. Such a soul will always be cheerful because of that satisfaction. Happiness will clearly reflect on its face. It will always be happy and will also bring happiness to others.

Benefits of the power of silence

There is more to it. Following is the list of the amazing benefits of the power of silence:

- ▶ The power of silence extinguishes the fire of anger and calms the restless soul.
- ▶ It ends the turmoil of vicious thoughts and makes the soul viceless.
- ▶ It easily transforms the self and helps others transform for the better.
- ▶ Thoughts of such souls can easily touch other souls.
- ▶ It makes even those with violent tendencies non-violent. For example, once a wolf sat quietly in front of St. Francis of Assisi, and a Sikh brother who came to kill Brahma Baba also calmed down.
- ▶ It takes one beyond the attractions of the old body and the bodily world.
- ▶ With this power of silence, a soul can tour the three worlds (incorporeal world, subtle world, corporeal world) with great ease.
- ▶ With the powerful resolutions of silence, you can serve any soul you want, whenever you want.
- ▶ Vibrations of the power of silence spread in the entire world, making the whole world



peaceful.

- ▶ The power of silence develops our ability to discern and judge, thereby helping in taking accurate decisions and making life obstacle-free.
- ▶ The power of concentration is obtained through the power of silence, and every work done with concentration brings success.
- ▶ The voice of devotees can be heard, and their wishes can be fulfilled. The power of silence enhances our telepathic abilities.
- ▶ Such souls catch divine touching easily.
- ▶ They can experience the depths of remembrance of God.
- ▶ It provides relief from mental disturbance and insomnia.
- ▶ It helps to understand the depth of knowledge.
- ▶ By becoming an embodiment of silence, one can give others the experience and inspire them to become the same.
- ▶ Through the power of silence, one can see the past, present, and future all at once and direct one's course of actions towards the more beneficial one.
- ▶ With the power of silence, in less time, less determination, and less hard work, more success can be achieved, and all these treasures would be saved.
- ▶ The atmosphere becomes calm and very powerful. God says that every centre and every home of B.K.s should become a reservoir of peace where any restless soul becomes calm upon entering such an ambience.

How to increase the power of silence?

- ▶ Practise introversion more and enjoy solitude with God.
- ▶ Practise concentrating the mind on the self

and the Supreme Soul (God).

- ▶ Observe silence of mind, mouth, and the digital world.
- ▶ Do an in-depth study of Godly versions (BK *Murli*) daily.
- ▶ Have a mind filled with good feelings and good wishes towards everyone.
- ▶ Keep increasing the practice of the soul-conscious stage.
- ▶ Keep increasing the chart of Godly remembrance.
- ▶ Keep accumulating the treasure of pure thoughts.
- ▶ Have powerful morning and evening sitting meditation sessions.
- ▶ Take advantage of paying full attention to the hourly one-minute pause (traffic control) to check the self.
- ▶ Have complete faith in yourself, God, and the world drama.
- ▶ Keep purity increasing in thoughts, words, and deeds.
- ▶ Stay in the feeling of pure self-esteem. Make self-realisation as:
 - ✓ I am a peaceful soul.
 - ✓ I am *Shantideva*, the one who brings peace to others.
 - ✓ I am *Shantikund*, the vessel overflowing with peace.
 - ✓ I am the embodiment of peace.
 - ✓ I am an angel of peace.
 - ✓ I am *Shitala Devi* (an epitome of a person whose every organ is filled with peace and vicelessness).
 - ✓ I am a master ocean of peace.
 - ✓ I am a peacemaker.
 - ✓ I am the tower of peace.
 - ✓ I am a soul endowed with the power of peace, etc.

While getting up, sitting, walking, moving around, or performing any activity, if we repeat any one of the above-mentioned points of self-esteem again and again until it becomes a part of our subconscious, then the power of peace will become our nature.

Example of the power of peace

Our revered Dadi Janki, who held the record of having the most stable mind in the world, was an excellent example of the power of silence in front of us. She was called the Delta Woman because European scientists, in their research on her, found that Dadiji's EEG brain waves were in delta rhythm while doing every task – whether she was sleeping, solving a maths puzzle, or a needle was pricked in her foot, etc. – signifying Dadiji's brain was in delta rhythm while sleeping or waking, even while doing the

most difficult tasks. Whereas in a common person, delta rhythm is found only in the state of deep sleep because then the mind becomes completely calm. On another occasion, Dadi Janki spread powerful vibrations of peace in the hall, making the souls present there have the unforgettable taste of her power of silence. Dadiji's mere presence would quench the thirst of all hearts and clear everyone's mind of all queries.

Having such a powerful soul as an example of the power of silence in front of us, we can surely fulfil BapDada's wish. And what is His wish? This song of Traffic Control itself conveys BapDada's wish for all of us: With the power of peace, bring peace to the world; create a world where the mind is calm and the body is viceless...! ■■

LAUGHTER: THE BEST MEDICINE

- ◆ **Wife: Can you stop yawning when I'm talking to you?**

Husband: I'm not yawning, I'm trying to say something!

When we go to a wedding, people say, eat food before leaving... who will explain to them that we have come just to eat food.

- ◆ **10 doctors, 5 engineers, and 1 teacher were hanging from a helicopter rope!**

Pilot: Too much weight! One person will have to let go of the rope. No one was ready to do it!!

Teacher: We'll make this sacrifice because we're teachers – so applaud!

All the doctors and engineers started clapping, and the weight reduced on its own. Whether you become a doctor or engineer, a guru is always a guru!!

- ◆ **The newly minted doctor performed the first operation of his life. The patient died shortly afterward. With folded hands and bowed his head toward a picture of God hanging on the wall, the doctor said with complete devotion: "O Lord, please accept this first offering from me..."**

- ◆ **Teacher: What will you do if someone plants a bomb in the school?**
Pappu: We'll watch for a couple of hours. If someone takes it, that's fine, otherwise we'll leave it in the staff room.



BE HONEST WITH BABA ABOUT YOUR THOUGHTS

**Let your heart be happy and your mind cool.
Never let your head become agitated.**

Baba is our Teacher, Protector, and Sustainer. We have been given a divine birth. The quality of our lives can be seen.

My happiness should be such that the people of the world become happy on seeing me. There is no nourishment like happiness. The Creator is happy on seeing His Creation and His children. Baba has filled us with purity, peace, power, love, and happiness. It doesn't matter where you stay; simply fill yourself with these qualities.

Baba is mine. Say to yourself: 'My Shiv Baba, Sweet Baba, Beloved Shiv Baba, thank you Baba'. Baba has given us teachings and we simply have to imbibe them. Shiv Baba says, "My children," and the children say, "My Shiv Baba." We are receiving unlimited happiness from God. God is pleased with an honest heart. Keep courage and be honest with Shiv Baba. Be honest with Baba about your thoughts. It is easy to create thoughts, but I have to be honest with Baba about the thoughts I am creating. This is very important. Now, make your time and make your thoughts successful and worthwhile.

At the Confluence Age, Shiv Baba has given each one of us a very good part. See your part and do the best you can in every aspect: in effort and in service. Serve others through your body, mind, and wealth. Serve the Yagya, i.e., Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. This Yagya belongs to Shiv Baba. Shiv Baba has told us to show mercy and bless others and to neither become upset nor disturb anyone. Even if someone tries to give you sorrow, don't take it. Don't look at the negative aspects of anyone's nature. Mingle with others and keep smiling.

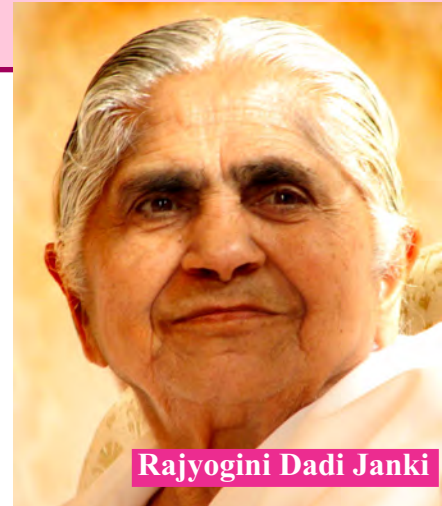
There should be feelings of love and friendship while interacting with others.

Let your heart be happy and your mind cool. Never let your head become agitated. Peace and purity are closely connected. Only when there is purity can there be peace. Let Baba see how knowledgeable you are. Never ask, 'Why?'; rather say 'Wah Baba! Wah!' For this, keep in mind 'who am I' and 'who is mine'. Reveal how sensible you are. A sensible soul follows the Godly code of conduct.

Avyakt BapDada has continually sustained us and doesn't lose hope in any of His children. His words give only happiness. He wants us to claim our fortune. So, keep the aim to reach your perfect stage. There is nothing to worry about; Shiv Baba is called *Karan Karavanhar* (The Doer and the One who makes things happen) and is making me equal to Him. We are simply His instruments. His teachings are like a medicine; and whoever takes that medicine recovers completely.

There are many who stay in the household. They are all detached and loving. We all are Shiv Baba's beloved children. He makes us sit in His lap and makes us the garland around His neck. We are very fortunate.

Whatever you should do, do it now. Who has seen tomorrow? My intellect should be so clean that I can catch Shiv Baba's touching and follow the right path. Only a faithful intellect can be victorious. ■ ■



Rajyogini Dadi Janki

CELEBRATING DIVINE BRITH OF OUR SUPREME FATHER

Ninety Praises of God Shiva on the 90th anniversary
of His descent.

B.K. Sarika, GGRC, Ahmedabad



Even if one were to make the whole ocean into ink, the forests into pens, and the whole earth into paper, that would still not be enough to complete the praise of God. He is our Father! **As we celebrate the**

90th anniversary of His descent, we humbly present ninety praises celebrating His divine birth.

The One, Incorporeal Father

The Father of all souls is only **One (1, Aleph)**, which means beginnings or unity. He is the **Incorporeal One (2, Nirakari)** and the **incognito One without a worldly image (3, Vichitra)**. He is the **Supreme Father (4, Param Pita)**, the **Supreme Soul (5, Param Atma)**. His name is **Shiva (6, The Benefactor)**, and it is His only name; the names of all others change. He is **Sada Shiva (7)**, who always and only brings benefit to the whole world, i.e. World Benefactor **(8, Vishwa Kalyankari)**.

Our Supreme Relation

The Father explains: "There is no sweetness experienced by just saying, 'God' or '**Ishwar (9, the Most Elevated)**'." He is the Father, and so, by calling Him Baba, the relation is complete. He is the Father of souls and also becomes the **Mother (10, Divya Mata)** through Brahma. But God is also the **Child (11, Waris)**, the Inheritor;

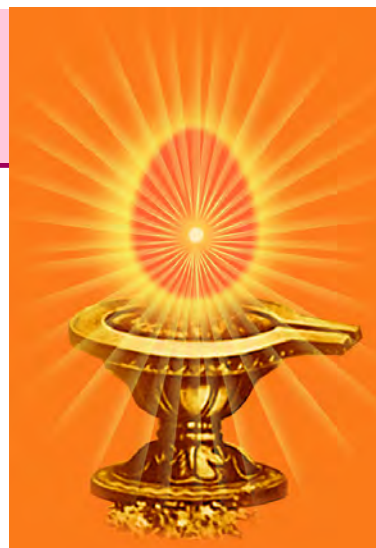
He has the first right. He is the **true Friend (12, Khuda Dost)**, the **Comforter of Hearts (13, Dilaram)** who makes us belong to Him. He is the **Supreme Beloved (14, Param Priya)** of the whole world, the **One who conquers every heart (15, Dilwala)**.

The Living Truth and Supreme Light

He is the Truth, the Living Being, and the **Embodiment of Bliss (16, Sat-Chit-Ananda)**. He is referred to as the **Great Light (17, Prakash Punj)**, but the Father says, "I am not brighter than a thousand suns, like you souls, My form is also of a **tiny point of light (18, Jyoti Bindu)**." He is **Satyam (19, The Truth)**, the one who knows the truth and removes all illusions.

The Ocean of Virtues

Unlike souls who have one or other specialty, the Father is the **Ocean of all Virtues (20, Gunon ka Sagar)**; this is why He is Supreme. He is the **Ocean of Purity (21, Pavitrata ka Sagar)**, the Ever Pure one because He doesn't come into the **cycle of birth and death (22, Ajanma)**. He is **Akaalmurat (23, the Immortal Image)**; Death cannot come to Him. When He comes here **(24, Gora Musafir – the Beautiful Traveller)**, He makes human beings and the whole world beautiful. He is the **Ocean of Peace (25, Shanti ka Sagar)**, the **Ocean of Bliss (26, Anand ka**



Sagar), and the **Ocean of Love (27, Prem ka Sagar)**, who always gives as the Bestower.

The Supreme Teacher and Satguru

He is the **Satguru (28, the True Guru)** who gives elevated directions (*Shrimat*). He is **Omniscient (29, Sarvagya)**, the **Ocean of Knowledge (30, Gyan ka Sagar)**, and the **Knower of the Three Aspects of Time (31, Trikaladarshi)**. He is the **Master of the Three Worlds (32, Trilokinath)**, who tells us of the incorporeal and subtle worlds. His knowledge is the true Gita, sung by **God (Shiv Bhagwan, the God of the Gita, 33)**. It is He who plays the flute of knowledge (34, Murlidhar). He is the **Supreme Teacher (35, Param Shikshak)**, and the **Intellect of the Wise (36, Buddhivano Ki Buddhi)** as He makes us sensible. He is (37, *Trinetri*), as He gives us the eye of knowledge. He is **38, Antaryami**, who catches our thoughts even before they become sound. Some say He is 'The Knower of All' (39, *Janijananhaar*), but the Father's role is to purify the impure.

The Great Bestower (Vardata)

God never takes anything, i.e. Selfless (40, *Niswarth*); He is always the Bestower and Bestower of Blessings (41, *Vardata*). He is The Lord of Divinity (42, *Parasnath*), who makes each child an embodiment of divinity. He gives us knowledge through His intellect (43, *Divya Buddhi Data*), opening the lock of ours. He is the Lord of Immortality (44, *Amarnath*) who makes us immortal and the Bestower of Salvation for All (45, *Jeevanmuktidata*). He is Bestower of Fortune (46, *Bhagya Vidhata*), who shows us the way to our fortune, and as *Bhagwan* (47), He opens that fortune. He is *Abhogta* (48), the One beyond consuming, who says, "Everything is for you children."

The Merciful Liberator

He is The Benevolent One (49, *Shambhu*)

who brings ascent for all. He is The One who has Mercy for All (50, *Sarvodaya*). He is the Innocent Lord (51, *Bholanath*) who gives us palaces for our shells. He is the Father of this poor and sorrowful world (52, *Garib Niwaz*), the Remover of Sorrow and Bestower of Happiness (53, *Dukhharta Sukhkarta*) and the Eternal Herbalist (54, *Vaidyanath*) who liberates us from all types of sorrow and illnesses. He comes by Himself (55, *Khuda*) to liberate His children (56, *Muktidata*). He is **The Ocean of Forgiveness (57, Kripalu)**. He is the **God of Devotees (58, Bhakton ka Bhagwan)**, giving the fruit of devotion. He is the **Lord of Nectar (59, Somnath)** and the **Lord of Rain (60, Indra)** who revives souls with knowledge. The ignited lamp (61, *Ruhani Shama*) awakens the world. He is the *true Khevaia* (62, *The Boatman*) who says, "Remember Me and your boat will go across."

The Transformer and Purifier

His part is to purify the impure (63, *Patit Pavan*). He is the **Almighty Authority (64, Sarva Shaktiman)**, whose remembrance burns away sins. He is **65, Papkateshwar**, who absolves the sins of many births. He changes souls from thorns into flowers; hence He is **The Lord of Thorns (66, Babulnath)**. He is *Rudra* (67), who creates the sacrificial fire of knowledge, and *Mahakaleshwar* (68), who must destroy the old world. He is the **Trimurti Father (69)** who carries out Establishment, Sustenance, and Destruction. He is the **Charioteer (70, Sarathi)** who takes us from sorrow to happiness, acting both directly and through others and The Doer and the One who makes the thing happen (71, *Karankaravanhaar*).

The Eternal Actor and World Server

The Father has the most elevated role in the Drama. He is the **Highest-on-High (72, Parameshwar)** who resides in the Supreme

Abode. He is the **Living Seed (73, Beej)** of the human world tree and its **Master (74, Vrakshapati)**. He is **Yogeshwar (75)**, who shows how to use yoga to come into the new world. He is **Gopeshwar (76)**, who loves each child uniquely, yet remains **detached and loving (77, Nyara aur Pyara)**. He is the **Law Maker (78, Vidhi Vidhata)** and the **Lord of Righteousness (79, Dharam Raj)**, explaining that we create our reward through our own actions. He is the **Protector of All (80, Sarva Rakshak)** and the **Destroyer of Obstacles (81, Vighan Vinashak)**.

The Father is the **God of all (82, Sarveshwar)**. He says, "I am not the **Lord of the World (83, Jagannath)**. I change the world from hell into heaven and make you the lords of heaven."

The Father is the **Creator (84, Rachayta)**, everyone else is the creation. He is the **Main**

Actor (85). He makes old, impure souls new. He is also the **Director**, giving elevated directions.

Shivratri is not Shiva's night; In fact, there can be no night where there is the **Sun of Knowledge (86, Gyan Surya)**. Shivratri commemorates the descent of Shiva when the world is enveloped in the night of ignorance. The **Lord of the Morning (87, Subah ka Sai)** dispels the darkness and brings a new dawn – the Golden Age.

The Father is the **World Server (88, Vishwa Sevadhari)** who makes kings from paupers. The **Magician (89, Jadugar)** says, "My part of magic is being performed right now. I am with you and will always be with you." He is the **unlimited Father (90, Behad ka Pita)**, the One who gives unlimited happiness. ■■

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THE ALMIGHTY ALCHEMIST

B.K. Sarika, Nalasopara, Vasai, MH



Every note you Sing,
is a Painting of Emotions
Painted with colours unseen,
But Deeply Sensed

Your Voice is Like a Bridge,
Between Serenity and Eternity
Making me Soul,
A Rhythm Divine

There is a Rare Alchemy,
In your Voice
Turning words into Gold and
Tune into Diamonds

Your Voice is,
Not just a Voice,
It's a Beautiful Soul,

Speaking in Melody

Your Voice is,
A Lantern in the Night
Guiding me Soul,
With its Gentle Light

If Love had a sound,
It would be your Voice
A Melody so eternal,
My heart's sweetest Choice

Your Voice is a Sanctuary,
Where I always find Harmony
When you sing
Even a silence listens in awe
And my heart surrenders gently,
Without a single flaw ■■

O! DEATH, I LOVE YOU

Dr. Valsalan Nair, Shantivan

Death –
The measure of space between two breaths
The beauty that grants eternity to a fragile life
O Death,
I long to behold you in wonder
They bind my toes together, to heal my sorrow
The sorrow of parting those I once embraced.
They scorned my smile once, yet now stand
before me,
With folded hands, with bowed heads
They broke all my dreams, now they kindle my
pyre,
And offer me light to make amends for the loss.
Those who opposed my ideals through my life
Now praise my journey as a wonder
Those who turned away their faces while I still
lived

Now gather in numbers to sing my glory
They blocked my bread often, they may feed the
hungry
In my name, to reconcile the past
Those who cast me into silence now keep
silence
Observing it solemnly in my memory
O Death
I have come to love you all the more
Many who walked beside me left me alone
You were with me, guiding me to eternity.
Honour grew dim often, yet you kept my mind light,
You came to lead me beyond the sky –
O my sweet Father, I bow to you.
O Death,
You made another beginning auspicious; I love
you all the more. ■■

(Contd. from Jan. 2026 issue...)

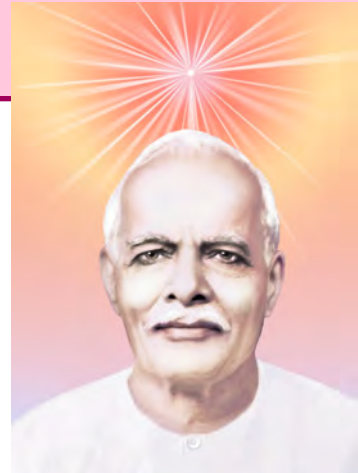
BRAHMA BABA

THE MAN WHO LIVED 'SUPER HIGH'

BY LIVING 'SUPER SMALL'

Only when you learn to turn the very big into the very small will your path become clear and glow in the darkness of today and lead you all the way to heaven's gate, where you'll arrive not late.

B.K. David, Paignton, UK



The Godly pills do not pay your bills and you need make effort to live, eat, shop and work. Godly pills ease any pain and elevate your thinking and slow it down and so stop your basic thinking and you losing your energy with your constant body conscious thinking which produces worry and your precious energy ends up going down the drain after causing you pain.

Hurry produces worry, stress and unhappiness and before you know it, you've hit the daily treadmill that will use up all your gold reserves of energy that is your true treasure in life.

Your footprints of the past never wear out and remain a perfect record as to what you did on your path and get imprinted on your soul.

Your past actions (footprints) might easily get covered by the leaves of time: we even forget what we created until we catch sight of them again today when they are stood in front of us demanding an explanation or else . . .

Out for a walk can lead to you being out for the count.

Are you always clearly aware of who created your footprints? If they were created with love and peace or with hate and anger, ignorance and body consciousness, whilst out walking, the Karma Police will easily track down the creator, snow or no snow, and once caught, if necessary, start the process of punishment or guide them to a place of peace, happiness, coolness and even to

heaven's gate.

A kitten, tiger or whip will depend on how gentle and pure your stroking was in the past!

If your past knocks your door with a person holding a purring cat that wants to play or to someone holding a cat of nine tails or is holding a hungry tiger, will all depend on your past thoughts, actions and how gentle or rough you lived your life.

Many have lived a high life and got high rewards. Most have walked and still walk, a poor and low life and their trail left behind only heavy footprints from their heavy mind, body and dirty shoes as it's a muddy path they walk.

Many live in a house whose windows are dirty and allow minimum light in and have a very poor view. Would you say that your windows (mind) are very clean? Yet even those with clean windows often close the curtains of falsehood that for a time, makes them blind.

Many in the world live constantly behind closed curtains and not wish to see the light of truth. Many do not know of such a light as have lived their whole life next to falsehood that they made their best friend.

Some have thin curtains that let partial light into their room (life). The world population is generally living in a constant state of falsehood and wear clothes befitting a life of falsehood and sorrow behind curtains of vice that one day will catch fire and burn their house (life) down.

Many try to lead their lives to the full but in doing so become empty.

We should live life from small (from the soul) to big. Our small spiritual self is often ignored, getting only a seldom look-in at Christmas or Sundays for an hour.

The world is geared up to serve the 'big you' which is consumed by vice and sorrow. It is only the small 'soulful you' that can live in true happiness and contentment and be master of the senses. If not kept under control, your senses will run riot and cause havoc with your happiness and health and ruin all.

Have you learnt the art of changing from living big to living small?

When you can transform from big to small without even thinking about it as Brahma Baba achieved, you'll be able to walk next to him as invisible friends and partners and where a deep state of happiness is normal.

It will only be by you always placing the small you before the big, that you'll gain ultimate success and God's smile and attention.

The world constantly operates by putting the big (body and the vices) first. When you can reverse this concept of always putting your body first and pleasing it and instead aim to please only your soul, the world shall become yours to enjoy and everything in it.

Living big brings big sorrow.

Man wants to own as much pleasure as he can but his means of gaining such pleasure brings him great sorrow: you only have to look around to see that man lives big, very big, too big, for his own health and wellbeing to ever flourish.

Only when you've learned to fully transform the big (body) that's in your life that is always standing in front of you in the mirror every day into the very small, by learning to see yourself as the soul and thinking only of the soul, will your path become clear and start to glow from the light of truth.

The world grows darker by the day and an illuminated path set amidst the darkness is essential if you wish to arrive at heaven's gate and not late.

You need ask yourself what do you do in order to be worthy of walking a path that will lead you to heaven, much like an escalator or airport moving walkway? So, ask yourself.

A stone God for stone minds creates a stone life.

Most walk a dim path or are completely in the dark, with many mistakenly believing their path spiritual. Yet all paths are lit by old lighting (thinking, notions, concepts) that flicker on and off rapidly that makes it confusing to walk this path. Man's self-made paths hold little more than hope: new age paths take people even further away from truth and God by taking them closer to stone statues or sun worship as they did thousands of years ago; and see where that kind of worshipping led mankind?

The less big a person lives (with their soul always at the forefront of their mind for it to bring them benefit; as opposed to the normal bodily pleasure), the greater the chance of happiness they shall have during their lifetime.

Brahma Baba knew that constant small acts of giving, be it knowledge, truth, love or showing care, leads to a high life walking a clear path that creates health, wealth and happiness.

Ever seen God's rocket called 'New World'.

Brahma Baba, through his spiritual efforts, lived his life with great purpose, in great contentment and happiness, and finally left this earth to travel next to God and join Him in His invisible Rocket.

Brahma Baba is still circling the earth next to God and bringing unlimited benefit to those that are worthy. Only when you become worthy of Brahma Baba's attention, can you hope to feel God's vision on you and become eligible to be touched by His Magic Wand. (concluded) ■■

BUILDING SELF-CONFIDENCE

Believing in oneself and one's abilities is called confidence. Confidence involves a wave of positive belief that in the future one can achieve everything one desires.

B.K. Ram Singh, Rewari



A woman lost both her eyes and started getting very upset. How long would her husband bear the burden of his blind wife? So, he also started living separately from her. The woman's daughter also

turned her face away.

The woman was subjected to everything. Now who would support her? In such a situation, one of her old friends came to live near her, but her behaviour was very strange. If the woman asked for water, she would give it once. But after asking a second time, she would say, "I am not your servant. Get up and take water from the pitcher yourself."

When the woman asked for clothes, she would give them once. After asking a second time, she would say, "They are kept in the cupboard; take them yourself." When the woman felt bored, she would sometimes ask her friend to go out with her, and her friend would go along once. When it came to going a second time, she would say, "I have work to do; you roam alone."

The woman then started getting up and doing her work on her own. Actually, the thing was that her friend did not love her any less, nor did she want to avoid work. **She did not want to make her dependent forever by showing mercy again**

and again, and she wanted to create self-confidence in her.

Gradually, the woman started doing all her work on her own. She did not need anyone's support. Then she understood what a great thing her friend had done for her. Later, she went to an institution for the blind, and there she came to know how many helpless people like her were standing on their own feet.

What Is Self-Confidence?

Self-confidence is an attitude toward a person's abilities and skills. It means that you accept yourself and trust yourself, and this is how control of life begins. Every person knows his deficiencies, weaknesses, and characteristics well and has a positive attitude toward himself.

Self-confidence is quiet inner knowledge:

Confidence is a calm inner knowledge within a person, meaning that you are fully capable. Instead of being insecure, a confident person feels safe. Believing in oneself and one's abilities is called confidence. Confidence involves a wave of positive belief that in the future one can achieve everything one desires.

Confidence can be learned according to circumstances:

Self-confidence is an important quality that strengthens a person to move forward successfully in life. True confidence is not egoistic but helps in living your best life. Therefore, confidence can be learned and strengthened according to circumstances.



Confident people are not worried about the future: A confident person finds it easy to make decisions and remain firm in them. They rely on their intuition and do not waste time worrying about what others will think. A person full of confidence does not worry excessively about the future.

Self-confident people remain calm in every difficulty: Self-believers have unwavering faith in their capabilities. They accept their weaknesses and work on them. They find opportunities to learn from failures and move forward. In every difficult situation, they remain calm, restrained, and stable. They value themselves and respect their feelings.

Achieving strength-based goals with confidence is possible: Confident people understand the feelings and experiences of others. They accept their

mistakes and try to learn from them. They prefer discipline to achieve their goals and have confidence in their ability to overcome challenges.

Indomitable (Ajay) is the power of confidence: Without self-confidence, no person can take even a single step toward great success, because confidence is the key that gives a person the energy to face every problem on the path to success. Hence, it is said that indomitable (Ajay) is the power of confidence. With it, even unimaginable tasks can be accomplished. ■ ■



WORDS OF WISDOM

- ◆ With the right mindset, one can pass through hard times without suffering.
- ◆ Greatness is not about never falling but always rising after a fall.
- ◆ A person who forgives the angry saves both himself and the angry one from trouble.
- ◆ Many live their lives in fear; both fearing and instilling fear are sins.
- ◆ Just as the body is cleansed with water, the mind is cleansed by devotion and love of God.
- ◆ Success is not final; failure is not fatal: It is the courage to continue that counts.
- ◆ The journey of a thousand miles begins with one step.

KEEPING RELATIONSHIPS STRONG AND VITAL

Self-reflection is the door to progress; contemplating others is the root of downfall.

B.K. Chirya, New York, USA



Living in a close-knit world, having good relationships becomes increasingly important. **Sadly, relationships are no longer as deep and meaningful as they used to be, creating early divorces and sudden breakups in friendships with loved ones.** People are less content with each other, and happiness is often diminished. Anger, ego, jealousy, possessiveness, and insecurity continue to surround relationships more than before.

Pointers for Strengthening Relationships

Everyone has their own mindset and perspectives, which may not always align with our goals or life milestones. **Don't give the negative thoughts and opinions of others space in your life to become obstacles or distract you from your purpose.** If you allow the negative comments of others to control your thinking, it will weaken your confidence and self-belief.

The most important cause of relationships collapsing is inner emptiness, low self-respect for self and others, and inability to communicate with the other person. Stay steadfast on your path. Remember, your life's purpose is yours alone, and the determination to achieve it must come from within you.

No One Can Hurt You – Only You Can

No one can make us feel hurt. It is our own internal conversation about the behaviour of others that determines how we feel. Within relationships, we hurt ourselves. Only we can

heal ourselves by changing our own thoughts and attitudes. It is best to empathize because they must be in some pain to behave in that hurtful way.

Balance Sweetness with Detachment

Connect to people with a lot of sweetness and humility, but also keep a distance from people in your mind. **Attachment in relationships creates expectations and desires, leading to sorrow and emotions that create fear, worry, and stress.** These negative vibrations may be absorbed by others, and the goodness and strength of the relationship is weakened.

Expectations are the seed of most problems in all relations and exist because qualities of peace, love, joy, and respect are not present adequately within the self. So, observe what others are doing, appreciate them constantly, but don't get over-attached to them.

Meditation

The Key to Fulfilling Relationships

Meditation satisfies our spiritual desires. Give a few minutes every day to fill yourself with peace, love, and joy through beautiful affirmations, and your relations will also become a reflection of these qualities. No longer needy, we enter into relationships to share and enjoy.

Live freely. Have spiritual love and good wishes for others. With no strings attached, our love is unconditional. My eternal goodness within and my relationship with the highest source, God, is all I depend on, because it never gives sorrow or leaves me. ■■

LETTING GO TO GAIN INNER STRENGTH

If you learn to let go of your desires, whether they are big or small, you will develop the inner capacity to handle any situation that comes your way with peace and stability.

B.K. Shikha, Noida



Imagine your life as a journey, and you're carrying a backpack. In this backpack, you've placed all your hopes, wishes, and expectations for how things should turn out. These are your "desires."

The Core Idea

The spiritual wisdom teaches us: "If you learn to let go of your desires, whether they are big or small, you will develop the inner capacity to handle any situation that comes your way with peace and stability."

Let's break this down:

Obvious Desires (The Tangible Ones)

- These are desires for physical possessions like a luxurious car, a grand house, a lot of money, or constant physical comfort.
- They also include the longing for specific pleasures, such as always eating your favourite food or being entertained all the time.
- Why consider letting them go? If your happiness is entirely dependent on having these external things, what happens when you don't get them or when they are lost? You're likely to feel sad, frustrated, or restless. This teaching suggests that true, lasting happiness doesn't come from these temporary, external things.

Subtle Desires (The Hidden Ones)

- These are often more challenging to

recognise. They relate to how you want others to perceive you or treat you.

- Examples include the desire for constant praise, wanting everyone to agree with your opinions, needing to be in control of situations, or always wanting things to unfold exactly your way.
- Why consider letting them go? If your inner peace relies on getting approval from others or on always being in control, you will constantly be disturbed by what people say or by life situations that are beyond your control. These subtle desires can make you feel vulnerable and easily affected by external events.

How Letting Go Cultivates Inner Strength

When you consciously decide to loosen your grip on these desires – both the obvious and the hidden ones – something truly powerful begins to happen within you:

- **You become internally complete:** Instead of constantly searching outside yourself for happiness, you start to discover a deep well of contentment within. It's like realizing you have an endless supply of peace and joy inside, so you no longer need to seek fleeting drops from the outside world.
- **You become 'unshakeable':** Imagine a mighty tree with deep, strong roots. When a storm rages, the tree might sway, but it won't be uprooted. Similarly, when you are not

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

BE FEARLESS AND FIRM

Lust, anger, greed, attachment, or many types of suspicions are the weapons of Maya to drift us away from Godly Knowledge by arousing wrong things in the mind.

There are children who overlook the God-Father. Even in daily life, some children become unworthy. Children may be unworthy or worthless, but the Father is never known to be like them. Even a worldly father is merciful towards his children, regardless of how the children are; and this One is the unlimited Father. He is famous for this: He is remembered as The Merciful. The Father Himself says: "I come whenever the children are unhappy, to show mercy!" When children become impure and unhappy, the Father comes and helps them. This is why He is known as the Redeemer and as the Saviour. Now, we have found that Father.

Those children who reject such a Father are called unfortunate. Despite finding this Father, the Bestower of Fortune, they are unable to attain anything from Him. So, what should we call such ones? Unfortunate—but one should not become like them. Therefore, one must continue to take care not to be deprived of one's spiritual inheritance.

Maya Is Our Enemy

Many things come before us. Maya (the five vices) is very powerful, immensely forceful. It is her kingdom. This is the end now; she will use her full strength. So, one will be able to face Maya in proportion to one's bond with the Father. It is we children who fight with her. We have learnt to fight with Maya. Earlier, we never knew about Maya because we belonged to Maya; it meant we were under her control. So why would we fight when we were under her control? But when she finds us drifting away from her, she uses the game of excuses and temptations to trick us.

Even if she loves us, she loves with enmity inside her. She tempts us a lot to pull us towards

her. Now we know that Maya is our enemy; all these things will come before us. Many types of things come in front of us.

Even if some Godly children don't have any bondage, still vicious or waste thoughts of their own mind will distress them.

One would face obstacles, papers, and illusions that one did not face before. Scarcity of money, loss in one's business, and many other things will also happen. One would say: "I never experienced all these things in this way before getting Godly Knowledge." Friends will become enemies; relatives will become distant; many wrong things, upside down, will come. This is because Maya will clear our accounts completely.

Now, this is the time when we must finish the accounts we have with Maya/Ravan. When we disconnect our intellect from the body and bodily relationships, we are bound to face Maya/Ravan. Such things must be understood. There is no need to become confused.

Go Across With Caution

Many people think: "Oh, after being Shiv Baba's, there are so many misfortunes! I have found God; I have embraced His love; and so, good things should happen to me! No hardship must come my way." One shouldn't think this way as we are bound to clear tests. Therefore, seeing such wrong things, one need not think one hasn't found God, or wonder whether or not God exists, or whether one is on a wrong path! "Are all the old gods upset with me because I have come here?" One shouldn't think this way. ■■



(Contd. from page no. 3)

Shiva, who is regarded as ever above the cycle of birth, death, and rebirth, incarnates into this world and brings about the welfare and renovation of mankind. We can say it on the basis of our own experiences that if man assimilates the interesting and beneficial knowledge of this supernatural birth of God, the knowledge which God Shiva Himself has revealed to us, he can surely rise from a debased sinner into a highly purified man. He can change himself from an estranged and orphaned soul into a God-embraced and God-blessed one, from a powerless human being into a doubly-crowned deity of heaven.

Why is Shiva's Divine Birth Associated with 'Ratri'?

The most Beloved God Shiva, the Supreme Father, has now explained that the term 'night' is, in fact, a symbol of ignorance, drowsiness, *Tamoguni*, lassitude, lasciviousness, or indulgence in vices. In this sense, *Dwaparuuga* and *Kaliyuga*, i.e., the second half-period of the World History-Cycle, denote the 'Night of the World', because that is the period characterised by ignorance, irreligiousness, sinfulness, and lewdness. At the end of Kaliyuga (Iron Age), when even the *Sadhus* (Holy men) put up only an outward show and are devoid of purity within, when even the *Gurus* (preceptors) are mere impostors and the *Sanyasis* (renunciates) do not renounce their vices and the *Acharyas* have lost all high standards of character, i.e., when even those who are expected to be the source of ethical and moral inspiration are utterly degenerated, God Father Shiva, the most illustrious Preceptor, descends into this world. In other words, when unrighteousness and impurity in personal, social, and international conduct reach their zenith and Bharat, which was once the edifice of Purity, becomes a veritable house of sin, hidden or open, it is then that the advent of God Shiva, the Bestower

of Purity and Remover of Impurity, takes place in this world. Therefore, instead of celebrating a 'birthday' (as it is called in the case of others), we celebrate the 'Birth Night' of God Shiva.

The Extraordinary Way of Birth of God Shiva, the Unborn

The Most Venerated Supreme Soul Shiva does not take birth as other beings do from the wombs of their respective mothers, because He is Himself the Supra-Cosmic, Father-Mother of all mankind and, being above *Karma* and the bondage caused by it, He is also free from the kind of birth the human beings are subject to. Unlike other souls, He does not take a body that is 'His own', because one's 'own body' is had on the basis of one's past actions and resolves (*Sanskaras*). God Shiva does not perform any such actions and has no such bondages and resolves as other beings have. What He does is that He descends from the Supreme Abode and uses the medium of a mediocre man, who has an aged body of 'his own', which he has acquired as a result of his past actions and resolves. God Shiva takes the body of that man 'on loan' so to say, because He requires a mouth-organ for unfolding the knowledge and spiritual yoga unto mankind. This body serves as the corporeal medium or a vehicle for Shiva, the Supreme Soul. God Father Shiva only speaks through the oral organ of this man to divulge the truth and to enlighten the path of mankind. For this purpose, He descends from His Supreme Abode for short periods, as and when He so wills and then, having given the teachings, returns to His Abode. This extraordinary way of embodying Himself into a man's aged body or this entry into another's body is called the **Divine Birth or Supernatural Incarnation of God Shiva** and is peculiar to Him only.

When the Knowledgeful God Shiva reveals the Knowledge, which had hitherto gone into oblivion,

through the mouth of this man, he (the latter) also listens to it and assimilates it, even as many others do, and in this way, the souls transform themselves into righteous and pious ones. The Most Exalted God Father Shiva gives this man a new name because having renounced his previous ways, this man is now changed and, as we say, is a 'possessed man'. **This man is now given the name 'Prajapita Brahma' by God Shiva.**

In other religions, he comes to be known as Adam or Adhem, the progenitor of holy mankind. Those who listen to the sermons of God, the Supreme Father, as uttered through the mouth of Prajapita Brahma, are known as Brahmins or the 'oral progeny of Brahma' or the 'mouth-children of Adam' or 'Brahma Kumaris and Brahma Kumars' and this knowledge, which God gives, is known as the 'original Gita-Knowledge'.

The Disappearance of Ignorance and Vices after the Advent of God Shiva

In this connection, it should be known that when God Shiva, the Sun of Godly Knowledge, enlightens mankind through His Knowledge, this Knowledge makes a lasting and great impact on the world, as a result of which *Tamoguni*, Inertia, and Kaliyuga are ended, thereby giving place to *Satoguna*, Virtue, and *Satyuga*. **This Supernatural incarnation of God, which takes place only once in a Kalpa (World-Cycle), is an epoch-making event, because it transforms the whole world from the den of devils to the abode of deities** and uplifts a man to the status of the deity Shree Narayana and a woman to the status of the deity Shree Lakshmi, which are the highest status a human soul can achieve.

The Present Reincarnation of God Father Shiva

What a strange situation it is that while, on the one hand, the devotees of Shiva prostrate themselves before the image of Shiva, worship

Him and invoke Him in the customary way, on the other hand, God-Father Shiva has reincarnated at the present time, which is the fag-end of *Kaliyuga*, and is transforming the vicious beings into the viceless ones or the impious people into holy ones, by imparting Godly Knowledge and teaching easy Rajyoga.

Shiva's Divine Birth is Worth Multi-Million Gems

What has been said above explains that the Divine Birth of the Most Beloved and the Most Venerable God Father Shiva (Jehovah) is worth a million diamonds, because man attains the God Fatherly inheritance of Liberation and Fruition only when God Shiva descends into this world and takes Supernatural Birth. Any other religious leader, founder, preceptor, or preacher, i.e., any human being whosoever, cannot bestow heavenly inheritance on mankind, because all human beings are 'brothers' among themselves, whereas inheritance is obtained from one's father. Moreover, all human beings without any exception are caught up in the Wheel of Birth, Death, and Rebirth, whereas God alone is always free from this. Therefore, the Divine Birth-Night of God Father Shiva is unique, marvellous, and unparalleled and no other birthday or *Jayanti* bears any comparison to it. That is why, God, the Sermonizer of The Gita, has said, "My birth and my acts are extraordinary and divine and anyone who acquires the esoteric knowledge of these gets liberated from the whirl of pain of this world."

Shiv Jayanti is the Gita Jayanti

We have said above that the original and real Gita Knowledge is being given by the Knowledgeful God Father Shiva through the mouth of Prajapita Brahma. Keeping this in mind, one can appreciate the valuable truth that Gita Jayanti is, in fact, Shiva Jayanti or vice versa. ■■



Malaysia: An event marking World Meditation Day was inaugurated by the President of the Malaysia Council of Hindu Temples and Hindu Associations (MAHIMA), followed by a talk by BK Meera.



Ranchi: A programme on the Ascension Day of Brahma Baba was inaugurated by Mr. Deepak Prakash, Raja Sabha MP, BK Nirmala, and others.



New Delhi: BK Prabha Mishra is being honoured with the "Extraordinary Inspiring Indians Award" by Ms. Saina Nehwal, Olympic medalist in badminton.



Aska (Odisha): Mr. Gokulananda Mallik, Minister of State, is being greeted with a spiritual message by BK Pravati and BK Sugyani.



Kendujhar, Samantaraypur (Odisha): After paying tribute to Brahma Baba on his 57th Ascension Day, seen in the photograph are District Magistrate Mr. Gopal Chandra Behera, CJM Mr. Himanshu Shekhar Biswal, BK Bindu, and others.



Mumbai (Borivali West): Lighting candles to inaugurate a programme on "Say No to Overthinking" are Mr. Tanuj Mahashabde, Indian TV actor, BK Bindu, BK Shreya, and others.



New Delhi (Pandav Bhawan): Mr. Sachin Puri, Vice President, Delhi High Court Bar Association, is being presented a divine photo frame by BK Asha, BK Chakradhari, BK Shukla, and BK Pushpa.

NEED OF CULTURAL RENAISSANCE IN THE CHANGING TIME

Cultural renaissance is the most necessary thing for the reconstruction of a society which is not functioning well at present and is becoming more problematic day by day.

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



When there is a necessity for complete change in a society as a whole, the first thing is the urgency to change the culture of that society, i.e., its living and lifestyle. Cultural change is

always associated with the change of the masses. During this particular period of time, cultural renaissance is very important for the upliftment of human society into a future deity society because cultural change is the root of all other changes within the masses at any particular junction of time for the need of the people as a whole. The need for cultural renaissance in these changing times will be gladly accepted by all of us, and accordingly, we each will take part in it.

Art and Culture: Feeding the Psyche

Art and culture serve the aesthetic needs of man's psyche for better expression, beautiful presentation, making things beautiful, pleasant, attractive, and entertaining. Culture is the colour in which one is dyed. **Art and culture are inseparable twins, creating variations in life so that one does not feel bored.** Culture is a kind of bread for the healthy growth of people. Culture consists of living traditions about manners and etiquettes, different types of food and dress codes, celebrating certain happy occasions, and expressing grief on certain sad incidents. In fact, culture covers the whole life of a person and is

very rich in details of the past; variety of ideas, conceptions, notions, beliefs, and ways of living have been adding onto what has gone before. It gives form, identity, and unity to a community or country and distinguishes it from others. It is an intermixture or blend of various affinities of ancestors and their legacy, language, beliefs, wise sayings, festivals, mannerisms relating to marriage, dress, folk songs, affairs, ways of justice, rituals, respect, serving guests, treating friends, mourning the death of relatives, etc.

Erosion of Traditional Cultural Values

In these changing times, cultural values and norms have undergone vast changes. The traditions earlier followed by Brahmins, *sanyasis*, celibates, husbands and wives, and by the young ones towards their elders, teachers, *gurus*, etc., have been diluted and are now vanishing due to the impact of other cultures, science and technology, travel and communication, exposure to new information, greater mobility in life, liberal attitudes towards food and dress, languages, mannerisms, etc. The result is that a cross-country, cross-community new culture is coming up that has no firm moorings. Now, everything is in a state of flux. Old values, tried norms, experienced truths, and counsels of ancient wisdom have been thrown away without having anything well-tried in their place. **At present, no one can predict the behaviour of another person because he or she no longer has any firm cultural identity. There is no certainty as to whether the young ones would treat their elders**



with respect and be long-time companions or that established norms in relationships at the time of adversity, etc., would hold. The loss of well-established and tried cultural values has added tensions in life and given a great jolt to the feeling of belonging to a particular culture. This is like a severe shock to a person's psyche when one is unable to know where one's roots lie.

Decline in Arts: From Noble to Vulgar

At the same time, arts have also undergone changes. In the case of many arts, some kind of vulgarity, obscenity, violence, and violation of cultural values have entered them. **There has been the slogan of the artists that "art is for art's sake," which in other words implies that it is not for society; but in earlier days, the saying was that art is destined for one's inner happiness and also for the well-being of the people at large.** In expressing the attitudes of arts, it was said that it is for upholding truth, the well-being of all, and beauty. But now it is beyond expectation that art should reflect these attributes. It may now provoke sensuality, promote promiscuity, and be amorous in its effect. All these elements have led to a downfall in character and to a loss of refinement in aesthetics. Now, what is morally rubbish may be sold in the name of art at some places, and those who purchase such stuff are multiplying in numbers.

Spiritual Wisdom: The Path to Cultural Renewal

Spiritual wisdom is the only instrument which would promote arts that do not have morally

degrading elements. It will have beauty that does not lead to moral deformity. It will be noble and angelic in its nature and will be a thing of joy forever. It will never be such as to promote body consciousness and vulgarity but refinement of emotions and sensitivities. **Spiritual wisdom should be the baseline through which humanity would again promote those age-old cultural values and traditions that make life happy and promote harmony, unity, royalty, and divinity.** This will bring the new era that once was the most ancient one. ■ ■

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dependent on your desires, life's challenges (like criticism, loss, or unexpected problems) won't easily knock you off balance. You can face them with a calm and clear mind.

- **You gain true freedom:** You are no longer a puppet controlled by your desires or by external circumstances. You become the master of your own inner state, choosing your response rather than reacting impulsively.

In essence, this teaching encourages us to cultivate our happiness and strength from within, rather than endlessly chasing things or specific outcomes in the external world. When we do this, we build an inner stability that empowers us to navigate any situation in life with profound peace and inner power. ■ ■

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Haridwar: On the 57th Ascension Day of Brahma Baba, present on the stage (L to R) are BK Sushil, BK Meena, Mahamandaleshwar Harichetnanand Giri, Mahamandaleshwar Ravinderpuri, BK Manju, and Mahamandaleshwar Santoshi Maa.



Nagthane (Maharashtra): BK Dr. Suvarna is being awarded the "Desh Ratna" Award by Mr. Raghu Raj Singh, Employment Minister of Uttar Pradesh, at Bharat Mandapam, New Delhi.



Kendujhar, Samantaraypur (Odisha): BK Bindu is extending New Year greetings to Mr. Sampad Swain, Industry Minister, and Dr. Mukesh Mahalinga, Health Minister.



New Delhi (Hari Nagar): BK Jyoti and BK Pratibha are presenting a Godly gift to Mr. Sayeed Ansari, Executive Editor and Anchor of Aaj Tak News Channel, and Ms. Shweta Jha, Editor and Anchor of Good News Today.



Raipur: After addressing a programme at the Chhattisgarh Academy of Administration, Nimora, BK Shreya, BK Ruchika, and BK Rashmi are seen with Mr. Subrat Sahoo, Director General, Mr. T. C. Mahawar, Director, and other officers.



Pune: Mr. Shri Thanedar, Member of the U.S. House of Representatives, is being presented spiritual literature by BK Triveni and BK Deepak.



Mumbai (Powai): A special session on "Art of Focus" at IIT Bombay is being addressed by BK Bala Kishore.

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Pukhrayan (Kanpur):

Hon'ble President of India H.E. Droupadi Murmu, Governor of Uttar Pradesh H.E. Anandiben Patel, Chief Minister Mr. Yogi Adityanath, and Chief Minister of Mizoram Mr. Lalduhoma are seen with BK Mamata, BK Lalita, BK Komal, and BK Kalpana.



New Delhi: BK Leena and BK Nathmal are seen with Shri Ashwini Vaishnaw, Union Minister for Railways, at the 77th Republic Day 'At Home' Reception held at Rashtrapati Bhavan.

Moscow: Ambassador of India to Russia, H.E. Mr. Vinay Kumar, and his wife Mrs. Iona Sinha are seen at the stage with BK Sudha and BK Vijay during their visit to the BK Centre.



Vile Parle (Mumbai):

Sri Sri Ravi Shankar, Founder of the Art of Living Foundation, is being presented with a frame of God Shiva by BK Amrita and BK Deepak.