Monthly

The World Renewal

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Gurugram (ORC): The nationwide Blood Donation Campaign of Brahma Kumaris is being launched by BJP National President Mr. Nitin Nabin in the presence of BK Asha, BK Divya and others.

Imphal: Following the launch of the '10-Crore Addiction-Free Pledge Mega-Campaign', Chief Minister of Manipur Mr. Yumnam Khemchand Singh and Home Minister Mr. Konthoujam Govindas Singh are presenting the Universal Peace Ambassador Award to BK Nilima.

Bhopal: Following the launch of the '10-Crore Addiction-Free Pledge Mega-Campaign', seen on the stage are Governor of Madhya Pradesh H.E. Mangubhai Patel, Social Justice Minister Mr. Narayan Singh Kushwah, Mr. Awadhesh Pratap Singh, Chairperson of the Madhya Pradesh Human Rights Commission, BK Neeta and BK Rekha.

Dehradun: Following an event on 'Resolution through Dialogue', seen in the group photograph are Uttarakhand Governor Lt. Gen. Gurmeet Singh, Cabinet Minister Dr. Dhan Singh Rawat, Devendra Brahmachari, Mahant Lokesh Das Maharaj, BK Shivani, BK Swati, BK Priyanka and BK Deepshikha.

Chandigarh: H.E. Shri Gulab Chand Kataria, Governor of Punjab, is presenting a Scroll of Honour to BK Neha on behalf of the Chandigarh Citizens Foundation in the presence of General V.P. Malik, former Chief of Army Staff.

Bidar (Basavakalyan): Chief Minister of Karnataka D.K. Shivakumar is being presented with a Godly gift by BK Saraswati. Cabinet Minister Mr. Eshwar Khandre and BK Beerappa are also present.

Yangon (Myanmar): Mr. Ashish Sharma, Deputy Chief of Mission at the Embassy of India, is felicitating BK Bhawna after being tied a Rakhi. BK Shakuntala and BK Sita are also present.

St. Petersburg: Mr. Oleg Mukhin, Vice-President of the Russian Cosmonautics Federation, and Mr. Sergey Kuzionov, member of the Presidium, Club of Knights of the Order of Alexander Nevsky, are presenting BK Santosh with the special 'Conquerors of the Universe' Award.

Cooch Behar, Gunjabari (WB): The '10-Crore Drug-Free Pledge Mega-Campaign' is being launched by Mr. Rathindra Bose, Speaker of the West Bengal Legislative Assembly, in the presence of MLA Ms. Sabitri, MLA Mr. Pritosh and BK Sampa.

Jaipur: The '10-Crore Drug-Free Pledge Mega-Campaign' is being launched by Social Justice and Empowerment Minister Mr. Avinash Gehlot, in the presence of BK Sushma, BK Chandrakala, BK Dr. Banarasi, Anti-Narcotics Task Force Deputy Director Mr. Mangilal Bishnoi and others.

From the mighty pen of Sanjay

THE SUPREMELY GREAT LIFE OF SHRI KRISHNA

Janmashtami is not merely a celebration of Shri Krishna's birth but a reminder of the spiritual effort that enabled him to attain the highest divine status.

Shri Krishna is universally revered as one of the greatest spiritual personalities in history. Along with his spiritual excellence, he also possessed extraordinary political wisdom and administrative ability. This is why he is traditionally depicted in paintings and temples with a radiant halo symbolising spiritual purity and a jewel-studded golden crown representing sovereign authority.

Thus, the festival of Janmashtami reminds us of Shri Krishna, who attained the highest excellence in both spiritual and royal authority. Unlike present-day political leaders, who may have birthdays celebrated but are neither adorned with royal crowns nor honoured with titles denoting spiritual greatness, Shri Krishna is revered alike by kings, saints and seekers. He occupies a unique place in Indian culture as both an ideal ruler and an ideal spiritual being.

Shri Krishna Was Great from Birth

Another remarkable aspect of Shri Krishna's life is that, unlike many other celebrated personalities, he was revered from the very moment of his birth.

Most great historical figures earned honour

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Editorial

DEATH: AN END OR A NEW BEGINNING?

Freedom from the fear of death begins when we discover our true identity as immortal souls and understand death as a transition rather than an end.

Fear has become one of the defining emotions of modern life. Despite remarkable scientific progress and material comforts, people today live with increasing anxiety about health, finances, relationships, security, and the future. Beneath many of these worries lies the deepest fear of all—the fear of death. It is often said that the fear of death is worse than death itself because it robs us of peace long before death ever arrives.

A World Filled with Uncertainty

Modern life is more comfortable than ever before, yet it is also more unpredictable. News of accidents, natural disasters, pandemics, violence and sudden loss reaches us every day. Technology has connected the world, but it has also exposed us to a constant stream of disturbing events, creating the feeling that tragedy can strike anyone, anywhere, at any time.

Perhaps what unsettles us most is not only death itself but the possibility of an untimely or unexpected death. When innocent people lose their lives through violence, terrorism or human negligence, our sense of safety is shaken. **While we may accept natural calamities as beyond human control, acts of cruelty committed by people leave deeper emotional scars because they undermine our trust in humanity.**

As a result, fear quietly settles into the subconscious mind, surfacing whenever we face uncertainty or the possibility of losing our health, loved ones, possessions, reputation, or life itself.

Fear Weakens the Mind

Fear is not merely an emotional response; it often becomes a mental prison. It paralyses our ability to think clearly, make wise decisions, and respond effectively to challenges. Instead of protecting us, excessive fear frequently makes us more vulnerable.

Nature offers a simple illustration. When pigeons encounter a cat, they often freeze in panic rather than flying away, making themselves easy prey. Likewise, **when human beings become overwhelmed by fear, they lose their natural capacity to act wisely. The very thing they fear becomes more likely because fear clouds judgment and drains inner strength.**

Courage does not mean the absence of danger; it means responding to danger with calmness and clarity. Like any habit, courage can be cultivated. Every time we choose composure over panic, we strengthen our resilience for future challenges.

Adversity Is a Teacher

Fear also arises from our tendency to view

difficulties as enemies rather than opportunities for growth. Yet every challenge develops qualities that comfort never can. Patience grows through delay, resilience through hardship, and wisdom through experience.

Life's tests resemble school examinations. A student who refuses to sit for an exam because of fear never progresses to the next level. Similarly, avoiding life's challenges only prolongs our weakness. Whether we succeed immediately or not, every experience equips us to handle future situations with greater confidence.

Instead of asking, "**Why is this happening to me?**" we can ask, "What is this situation teaching me?" This shift in attitude transforms adversity from a source of fear into a pathway of personal growth.

The Root Cause of the Fear of Death

While changing our attitude helps, lasting freedom from the fear of death requires a deeper understanding of who we truly are.

The greatest illusion is to identify ourselves solely with the physical body. Since the body is temporary, attachment to it naturally creates fear of losing it. However, spirituality teaches that our true identity is not the body but the immortal soul.

The **Bhagavad Gita** begins with this profound truth: the soul is eternal; it is neither born nor does it die. The body is simply the soul's costume, worn for one lifetime and exchanged when its role is complete. **What we call death is merely the soul's departure from one body before beginning another journey.**

When we understand ourselves as eternal beings rather than temporary bodies, death no longer appears as an end but as a transition. Just as changing old clothes does not destroy the person wearing them, changing bodies does not destroy the soul.

Meditation Removes the Fear of Mortality

This understanding is not merely a philosophical belief; it can become a living experience through meditation. Rajyoga Meditation helps us experience ourselves as peaceful, conscious souls beyond the limitations of the physical body. As this awareness deepens, our dependence on external identities gradually weakens. We begin to experience an inner stability that remains untouched by changing circumstances.

The more firmly we become established in soul-consciousness, the less power impact fear has on us. Death loses its frightening image because we realize that our existence continues beyond the body's lifespan.

Karma and the Roots of Fear

Fear is always directed towards the future, yet its roots often lie in the past. According to the Law of Karma, every thought, word, and action creates a corresponding result. Actions based on violence, dishonesty, or selfishness leave subtle impressions on the soul, creating insecurity and guilt that later manifest as fear. **This explains why different people respond differently to the same situation. What appears frightening to one person may seem insignificant to another.**

Some fears even appear irrational–such as fear of particular places, situations, or travelling alone. From a spiritual perspective, these tendencies may arise

from deep impressions carried by the soul through previous experiences. The remedy is not anxiety but righteous living. The more our actions reflect truth, compassion, and purity, the lighter our conscience becomes. A pure life naturally produces a fearless mind.

Courage Is the Soul's Original Nature

Indian spiritual tradition celebrates courage because courage reflects the soul's innate strength. The fearless determination of Angad in the court of Ravana, the lion-riding Goddess Durga symbolising divine power, and the unwavering non-violence of Mahatma Gandhi all demonstrate that true courage arises from inner conviction rather than physical strength.

History is filled with individuals who faced death calmly because they lived for values greater than personal survival. Their lives remind us that fear loses its grip when our consciousness rises above bodily attachment.

Living Fearlessly

Freedom from the fear of death does not come by denying death but by understanding it correctly. Death is an inevitable chapter in the soul's eternal journey, not its conclusion.

When we cultivate spiritual awareness, practise meditation, perform noble actions, and maintain faith in the Law of Karma, fear gradually gives way to peace. We no longer waste our energy worrying about an uncertain future. Instead, we focus on living each day with purpose, compassion, and integrity.

The greatest preparation for death is to live well. A life filled with love, service, purity, and God-remembrance naturally becomes free from fear.

Ultimately, the question is not **"How long will I live?"** but **"How deeply and meaningfully am I living?"** When we know ourselves as immortal souls and live accordingly, death ceases to be an enemy. It becomes simply another step in the soul's timeless journey. ■■

Life Changing Advice

- **Speak with people older than you.** Older people may not be up with the times, but they can teach you a lot about what actually matters in life. One day with older people can prevent a decade of wasted time on meaningless pursuits.
- **Give back before you're ready.** No amount of money or success will make you feel ready to give back. Giving is a habit, and it's one worth developing. Start giving today, and give more tomorrow.
- **Write about your life.** Write about the mundane details of your life. You'll forget almost everything that happens to you. But reading an old journal will remind you of how wonderful life can be and how much you've grown.
- **Say no to almost everything.** Very few things matter on a 10-year time horizon. Get used to saying no to things that you don't want to do. Life's too short to please everyone.

CREATE HEALTH WITH YOUR MIND

No illness or situation is permanent and always has some hidden benefit in it.

B.K. Chirya, New York, USA

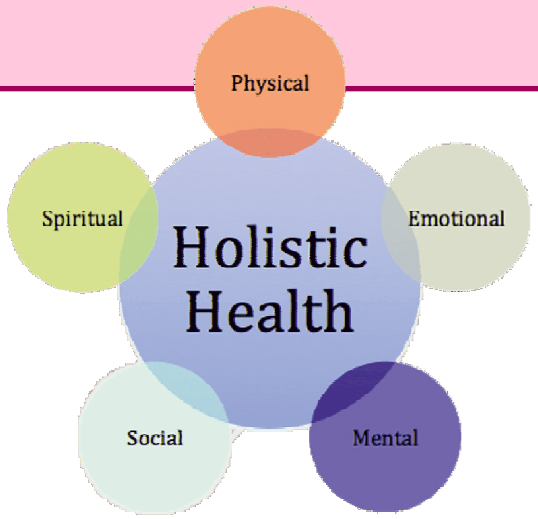
Look within and shift from diseased thoughts to total healing. *Visualise and radiate* happiness and love to every cell of your body. Remind yourself and others by affirming, *'I am fine; it is just this body that is not well.'* Create thoughts like–*"Every day I am feeling better and better. Everything is perfect, my life is beautiful, and my body and mind are at ease."*

Practising affirmations full of positive wisdom and strength sends healing energy to your body, mind, and beyond. No situation or illness is permanent and always has some benefit (hidden) in it. Remain stable and strong and do not give up easily.

How many of us pay attention to and diligently track our physical weight, but ignore the mental and emotional weight we carry every day? The layers of waste thoughts, hurt, beliefs, and constant mental noise quietly weigh us down, often without us even realising it. Your body isn't the only thing that deserves care; your mind does too.

Four Simple Shifts to Feel Lighter:

- **Clean your inner world daily** – Practise Meditation and fill your mind with spiritual wisdom.
- **Think better** – No gossip, judgment, or comparison.



- **Let go faster** – Forgive, release, move forward.
- **Choose lightness** – Self-love, positivity, discipline.

Life, with its deadlines, meetings, targets, and decisions, demands constant mental performance. Train your mind. But very few train the energy system, the soul, that drives it all. **Daily meditation 'exercise' slows down your thoughts, reduces stress and eliminates reactions, stabilises inner stillness, creates positive emotions, the ability to act rather than react, and enhances the ability to lead with clarity.**

Health doesn't come from nutritious foods, vitamins, and medicines alone. It comes from peace of mind, love, and faith in God. Use your positive thoughts, a clean intellect, and God's power to arrive at a solution. God says when we fly with the wings of His love, we can fly high above the problems of day-to-day life. We become light and free from the "what," "why," "how," and "when" questions that arise in our minds when life brings unexpected challenges to our health, relationships, and roles. ■■

WHEN GOD BECOMES OUR TEACHER

At the Confluence Age, God becomes our Supreme Teacher, reminding us of our true identity as souls and guiding us towards self-sovereignty through knowledge, remembrance and divine virtues.

B.K. Sarika, GGRC, Ahmedabad

At this most auspicious juncture in the cycle of time, God Himself assumes the role of our 'Teacher'. He imparts the profound knowledge of our true identity, His divine nature, and the eternal cycle. "You are a soul, not the body," He reminds me, "and you are My child."

The Foundation of Belonging

Indeed, the very first step God takes is to make us truly belong to Him. Without experiencing this profound belonging, anchored in His unconditional love and acceptance, we would lack the inner strength required to follow His elevated directions. Therefore, He first embodies the Father and Mother, and only then does He become our 'Teacher'. He declares:

"I come to find My long-lost children who are stumbling in the ignorance of body-consciousness; I come to remind them of who they are and Whose they are and make them self-sovereigns again."

To shatter the illusion of body-consciousness and reawaken soul-consciousness, His primary directive is clear: to renounce all relationships of the body and belong to Him, considering ourselves to be incorporeal souls. Mastering this is the highest spiritual effort – an examination of such magnitude that God Himself must descend to tutor us.

A Study of Mercy and Transformation

While many plead for His mercy to liberate them from sorrow, He gently clarifies: *"Don't ask Me for mercy; this is a study. Stay in remembrance, follow only My directions, and you will be liberated in this life."*

His teachings are, in essence, the ultimate expression of His mercy and love. When we apply His guidance to every facet of our lives, we bestow mercy upon ourselves and achieve true liberation. Every soul, regardless of religion, holds an eternal right to the Father and to this universal wisdom. Because the Supreme Father cannot bear to see His children lacking in any attainment, He serves tirelessly, day and night, educating us so we can pass this grand examination and emerge as self-sovereigns.

Unlike worldly educators who might eventually give up on a struggling student, God never abandons us. He commits to teaching each of us until we pass with flying colours. Shiv Baba continually refines and reforms us, elevating our character—a vital step, as the character of the entire world must ultimately be transformed. He illuminates the path to imbibing divine virtues, explaining that it is this exact

(Contd. on page no. ...31)

The Power of Gratitude

A GRATEFUL HEART, A HAPPY LIFE

Gratitude shifts our attention from complaints and difficulties to the blessings in our lives, bringing greater peace, happiness, self-confidence and harmony in relationships.

B.K. Ram Singh, Rewari

A person lived alone and suffered from depression because his wife had died untreated, and he was not happy with his job. Troubled by his failures, one day he decided to change his life and, for this, decided to practise love and gratitude every day.

He began to treat the people around him well. Initially, his friends, relatives and family members were surprised to see him so happy. The person started being grateful for everything, from the water coming from the tap to the newspaper vendor who brought the newspaper in the morning.

Gradually, everything started changing automatically. He had better relations with family members. He became free from debt. That is, whatever the circumstances, a person should always live life by being grateful.

It is well known that **expressing gratitude reduces depression and increases inner happiness.** If the mind has a sense of gratitude for the good things in one's life, then feelings like jealousy, frustration, regret, fury and maliciousness diminish. That is, when a person is grateful for what he has, then he does not get angry with the success or wealth of others.

It is said that life runs on the strength of human relations. We oblige each other and also benefit ourselves. Remember the contribution of those from whom you have received anything and thank them not only by speaking, but also through ways like affection, respect, appreciation and attachment. When someone expresses gratitude to God or a person, neither money nor time is required. Then why do we ignore such a powerful spirit? That is to say, by expressing thanks or, in any other way, through gratitude, the intensity of relationships increases, and grateful people oppose others less. They remain calm and also have less tendency to take revenge.

Gratitude Increases Self-Esteem and Self-Confidence

Practising gratitude helps in reducing the level of anxiety and stress in our lives; i.e., it is helpful in feeling more peaceful and focused. Gratitude not only helps us feel better about ourselves, but it also helps us recognise our strengths and achievements, which increases self-confidence and self-esteem.

The Sense of Gratitude Can Change Your Whole Life

When you do not focus your attention on what you do not have, but express your gratitude for

what you have, then you spread goodness. If you take a little time every day to express gratitude, then you will be amazed by its results. That is, whenever something happens in life that causes a bud of your mind, appreciate it. Expressing gratitude for it can change your whole world.

Gratitude is also a similar feeling as praise

The habit of gratitude increases flexibility and helps attain a more satisfactory life. Gratitude is also a similar feeling to praise. Gratitude is both a state and a quality, but it is necessary to accept goodness in your life. Gratitude has a positive effect on satisfaction with life and emotional well-being, with forgiveness instead of an adverse relationship between anxiety and depression.

Expressing Gratitude Keeps Us Stress-Free

Gratitude establishes social harmony and creates an environment where everyone appreciates and supports each other. It also improves the quality of personal life and strengthens our relationships with family and friends. By expressing gratitude, we remain healthy, happy and stress-free.

Gratitude Brings Positivity and Satisfaction in Life

Gratitude is a powerful feeling that brings positivity, happiness and satisfaction into our lives. This is not only important for our personal welfare, but also for social relations and society as a whole. By practising gratitude, we adopt goodness in our lives, have more sympathy for others and develop a more positive attitude.

There is a need to think only of good things in Life

There is such a magic of gratitude that can be understood through various studies. The feeling of expressing gratitude causes a change in itself. For this, it is necessary to think about the good things in our lives with an open mind. That is, we are unaware of our blessings, and our focus remains only on sorrows, troubles, waste thoughts, hurdles and difficulties. But we have to think about the good things in our lives, which is necessary.

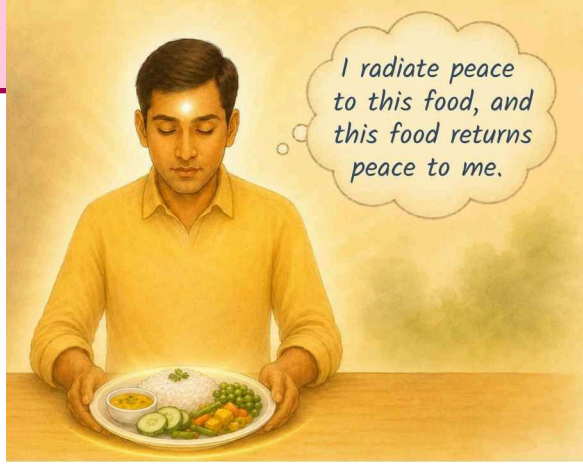
Being Grateful Is the Idea of the Existence of God

If we are grateful to someone, then we will not naturally feel sad. In order to make spiritual progress, the seeker has to rise above positive or negative emotions; only then does that feeling arise which causes him to realise the existence of God. Gratitude is helpful in increasing this sentiment in us.

God Loves a Grateful Heart the Most

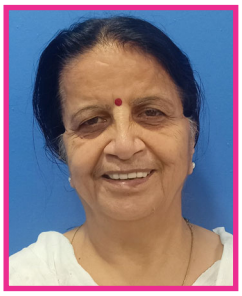
People who feel thankful for the good things in their lives have fewer complaints of pain and sorrow. Feeling grateful and not expressing this feeling is the same as packing a gift well but not giving it to anyone. The feeling of gratitude keeps friendships and makes new friends. Prayer with a grateful and happy heart is most loved by God. ■■

COOKING AND EATING IN A SPIRITUAL CONSCIOUSNESS



When meals are prepared and consumed with purity, love, spiritual consciousness and remembrance of God, food becomes a source of physical nourishment, inner peace and spiritual well-being.

B.K. Manjula Baijal, Bangaluru



Mother, what are you making for dinner tonight? Please make something delicious!" The children often request the menu for their meals from their mothers. Mothers are often in a hurry to finish their cooking work for the day and are also eager to fulfil the tastes of their children and other family members. Often, mothers relax at the end of the day after having spent their energies on the minutest details of their meals—the vegetables, the salt, the spices, the oil, the pulses, the wheat flour and the rice. They take care that food is prepared accurately, leaving no room for error. The objective—satisfying the tastes of everyone and also experiencing the blessings from the family. How come, *in spite of this positive exterior feeling in this family setting, there lie negative subtle energies beneath, which sometimes prevent the food from being spiritually energising, although it may be very tasty to eat?*

Love-filled food, pure-energy-filled food is not only healthy and healing, but also spiritually, emotionally and mentally soothing. This is because of the subtle connection that exists between the physical body and the non-physical mind, causing both of them to influence each other. We have heard of how food cooked by a mother tastes better than food cooked by a maid. Why? Because of the purity of the purpose. The mother is absorbed in the love of her family while cooking the meals, while the maid cooks because she earns from the task, which she experiences as hard at times. The mother will cook with a higher purpose, which reflects in the food quality and the energy its every bite carries invisibly. So, food should be cooked in pure love—a love without any dependencies, attachments or fear, and full of positivity.

When cooking a meal, take on the role of a beautiful creator of pure-energy-filled food, which is the divine sustenance for the mind and body. Switch off the role of a hard-working mother, which makes cooking food a boring and difficult task to be done every day. Create the following affirmation in your mind while cooking the food and bring it into practice: "I love making a meal using the creations of nature, the ingredients that are given to me by the elements of nature. With my beautiful inner state of mind and by being connected with the Supreme Being of pure spiritual energy, or God, I shall

pass on this pure energy to the food I am cooking. By doing this, all those who eat the food will be benefited spiritually and physically."

So, cooking a meal is respecting and loving these elements to the fullest. Also, although the physical elements of nature are eternal, it is important to know that when nature loses its purity, it is God who purifies it and returns it to its original state. That is why God is incorrectly called the creator of nature, which He is not exactly, although He is a transformer of nature from impure to pure. So, the elements of nature, when in their purest state, also give pure energy to the soul and the physical body. But today, as we all know, these elements have lost their purity on a physical level. This is because of causes like vehicle pollution, emissions of poisonous gases from factories, deforestation, depletion of the ozone layer, global warming, etc. This is also because of the use of improper materials to grow vegetables and fruits that are harmful to the physical body. The elements have also deteriorated on a subtle energy level, the spiritual energy level. This is because of the impure and peaceless emotions in the minds of human beings, which travel to the elements and make them impure and full of negative spiritual energy. So, it is important to purify your meal ingredients before their consumption.

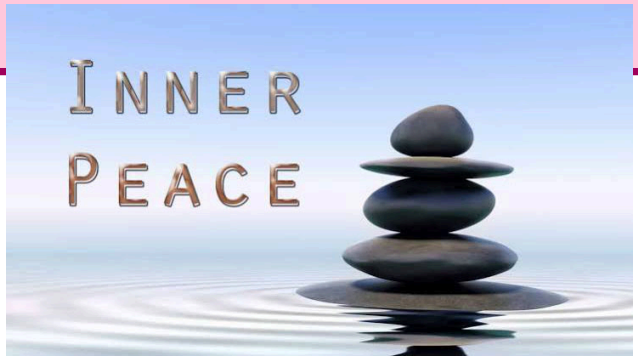
The low subtle energy of certain impure (*Tamsic*) foods like non-vegetarian food, alcohol, tobacco, and also onion and garlic are obstacles in the purification of the soul, which is our life objective, and they also affect the body negatively on an energy level. So, consumption of such foods should be avoided. This is because these foods cause the minds to become agitated and aggressive and even bring the mind under the influence of other negative emotions like lust, greed, attachment, ego, jealousy and hatred. We might say, why not purify these foods by meditation and then consume them? But giving these foods pure spiritual energy does not transform their inherent *Tamsic* nature and does not prevent them from having a negative effect on the mind and the body on an energy level, although some of them may be known to have some positive effects on the body on a physical level, according to medical science.

Also, along with being selective about our meal menu ingredients and using the right recipes, ***it is important to maintain a higher spiritual consciousness while cooking and eating meals.*** This can be done by creating positive and peaceful thoughts or by playing a few peaceful spiritual songs or even playing soothing meditation tunes while cooking and eating food. This will remind everyone of their connection with God and pure spiritual love for their family members. Food should not be eaten while watching television, reading the newspaper or using the mobile phone. Also, before consuming any food item or even water, spend a few seconds creating a powerful thought of spiritual self-respect and focus your vision or *drishti* on the item. In this way, the food or liquid item will be charged with positive spiritual energy through your eyes, and its negative nature, both on a physical as well as spiritual level, will be destroyed. Remember, we are what we eat. Your thoughts are a direct reflection of the kind of energy-filled food you eat. ■■

Meditation

Meditation is a personal relationship and a conversation with God.

CREATING PEACE WITHIN



Peace begins within the mind: by increasing elevated thoughts and reducing waste and negative thoughts, we can experience greater inner stability.

September 21 is celebrated throughout the world as the International Day of Peace (IDP). Peace is the gap between two thoughts; hence, the slower our thoughts, the greater the experience of peace. Our thoughts are fast when they're wasteful or negative, while pure and elevated thoughts are very slow in nature.

Hence, in simple terms, the key to increasing our experience of peace throughout the day is the following:

(I) Increase the number of high-quality thoughts.

(ii) Reduce the number of low-quality (i.e., waste and negative) thoughts.

Role of Spiritual Knowledge

Spiritual Knowledge helps us to increase positive thoughts by reminding us of subtle, elevated truths. Introspecting on different points of knowledge helps us to multiply the positive information by adding new perspectives, viewpoints, and angles to the knowledge. This is called churning of knowledge to create the butter of spiritual power.

Churning of knowledge is not simply repeating what you have read but creating a movement of the knowledge inside the room of your mind and then finally implementing it in life. Such an exercise, when done over many days, creates soul power and strengthens our mind. In fact, it makes us extremely positive and free from negative and unnecessary thoughts that waste our mental energy when we indulge in them repeatedly.

While interacting with others, we need to remember the following points:

- They're pure, divine souls.
- They're children of One and the Same Supreme Father; hence, we are spiritual brothers.
- We should look at their virtues and specialities.
- Remember the elevated self-respect points to remain in self-awareness while working.
- I'm a unique soul with many specialities.
- I'm God's special child. God and all His powers are with me; success is my birthright.
- I'm a victorious jewel.
- I'm the hero actor of this world drama.
- I'm a divine soul.

In relationships, we should remember that others are souls who have been on a long journey, having different experiences and, hence, have created different *sanskars*. Hence:

- They're not wrong but right from their own perspectives.
- They've a reason for what they're doing.
- It's not their fault.
- They must have had a difficult day.
- They're not actually saying it to us, but just reflecting their inner disturbed state of mind.
- Let me send thoughts of peace to them.
- Happiness is my internal creation and choice; hence, I have the power to remain

stable and happy irrespective of situations and people.

Role of Rajyoga Meditation

Rajyoga meditation is the process of creating elevated thoughts. Positive thoughts emerge when we realise who we are and whom we belong to. With that realisation and awareness, negative and waste thoughts finish.

We can create the following thoughts in meditation for a powerful experience of peace:

'I am a peaceful being', 'I am a pure soul', 'I am the master of this body', 'I see through the eyes', etc.

Along with this, we visualise ourselves as a very tiny, sparkling point of light in the centre of the forehead. 'Like me, God is also a point of light', 'He is the Ocean of Peace', 'His loving and powerful vibrations of peace are reaching me', 'I am full of God's peace', 'God's power is with me; all my tasks have become easy. Even if challenges come, God's powers will help me cross them with stability.' 'I give all my burdens to God and become very light.'

Benefits of Peace

Hence, today, let's aim to be peaceful the whole day. Being peaceful not only makes us feel very comfortable, but also helps us to do the following:

- To radiate good vibrations to the body, keeping it healthier.
- Peace makes the body organs work more efficiently and helps to improve sleep.
- To create a peaceful environment around, benefiting all.
- To significantly improve our focus/concentration, resulting in improved work efficiency, intuitive ability, creativity, job satisfaction, etc.
- To provide greater space to understand, accept, and accommodate others, thereby improving relationships.
- To inspire others to work in a peaceful way, thereby creating a wave of transformation.

Hence, in essence, let's remain in the awareness of our original quality of peace and remain connected to God, the Ocean of Peace. This keeps us full of the experience of peace, thereby making us instruments in bringing the Land of Peace, the illustrious time of the Golden Age, once again. ■■

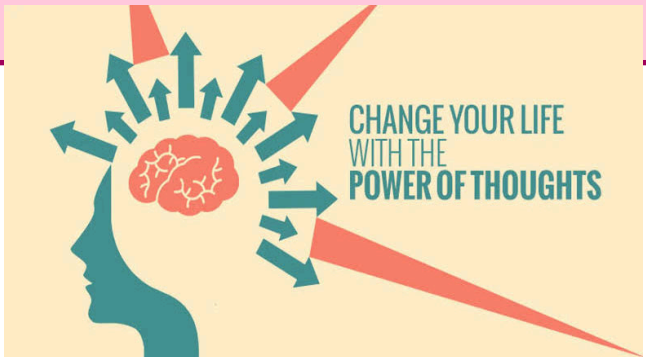
WORDS OF WISDOM

- **To give happiness to others is a great act of charity.**
- **A Smile can make short work of any difficulty.**
- **Balance is the real foundation of a blissful life.**
- **Contentment and bliss go hand in hand. These qualities create great fascination for us among others.**
- **If every step is taken in the remembrance of God, just imagine how much fortune there is in every moment.**
- **Cheerfulness is the beauty of the face.**
- **Life is like a drama. If I understand the plot, there Is Great Happiness.**

THE POWER OF PURE THOUGHTS

Strong determination, spiritual study and deep churning, gradually weaken the influence of impure thoughts and establish the mind in purity.

Pure thoughts are encrypted with spiritual powers, and they begin with strong determination, which is the key that unlocks them. You need enough courage to unlock the spiritual strength, as the dormant state needs to be awakened. Strong determination acts as the foundation upon which you remain unshakable. So, you are aligned with your pure thoughts, freeing yourself from the strong attractions and pulls of impure thoughts. This can be explained using the balancing instrument used to weigh things. To get the actual weight, you need to balance the fulcrum by putting things on one side and weights of equal measurement on the other side. Wherever the weight is high, the fulcrum tilts. At present, the power of impure thoughts tilts the fulcrum, as you have had the practice and experience over several births. These impure thoughts are powered by sense perception and experiences that built trust through beliefs, emotional support, as well as several methods of conditioning. Where there is already power, it is strong enough to maintain its integrity. You need strong determination to weaken this integrity. Your aim is to tilt the fulcrum towards the side of pure thoughts.



Dr. Hima, EHH, Shantivan

The moment you step into the learning of Rajyoga, pure thoughts pour into your mind and intellect. But a repercussion happens where the pure thoughts do not find a proper place to stay inside. You then read pure words of God that feel heavy. You start understanding through your senses and based on the impure thoughts filled in you. God's words get changed into human words. This lack of clarity directs your actions according to old patterns of faith. A strong force of determination is required to win the tug-of-war game, as you are sometimes pulled by the power of impure thoughts and sometimes by your pure thoughts. During the process of this game, you are tossed about in your emotions, as impure thoughts drain you by pulling you towards self-criticism and guilt, while pure thoughts bring happiness and a feeling of purity.

You start your journey towards accumulating the power of pure thoughts by repeating and contemplating affirmations (*Swaman*) that make you feel their power for a temporary period of time. Gradually, you start understanding and stop contemplating these affirmations. When you gain clarity, you accumulate the power to believe, awakening your lost self-honour. The real accumulation of the power of pure thoughts takes place when you start churning, creating a vortex to reach

stability. Stability is the power where you gain the capacity to be at one place without doubt and confusion.

During the churning process, the mind and intellect are so involved in experiencing the taste that the power of impure thoughts gets weakened. The impure thoughts get replaced by pure thoughts. The taste starts shifting. The mind, supported by the intellect, gets a choice for pure thoughts. It enjoys dwelling in them. It is here where your conscience swims in the pure environment, guiding you towards equilibrium.

Regular spiritual study and churning tilt the fulcrum towards the side of pure thoughts. You are now experiencing the inner shift where, like a swan, you can discriminate between the impure and pure. When situations arise, you struggle to free yourself from the negative influence, as the power of pure thoughts, which has now become the taste for the mind, attracts you. This enables you to withdraw from the effects of sense perception and occupy your inner space, fixing yourself in a state beyond sense perception, where there is a flow of pure thoughts.

Here, the intellect knows how to process pure thoughts, and the mind is inclined towards the processed thoughts, as the mind is now aware of not corrupting them. You reach the state of pure integrity, which you accumulated by making high-speed efforts. This integrity is a package of spiritual powers. There is a strong energy generation that you radiate wherever you are. ■■

LAUGHTER: THE BEST MEDICINE

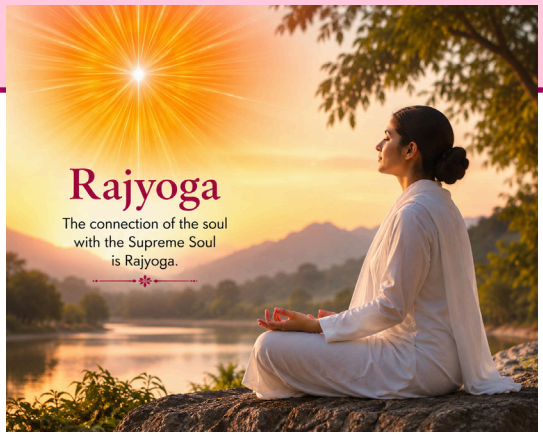
♦**A father was beating his son badly…**
Neighbour: "Why are you hitting him so much? What happened?"
Father: "His exam results will be out tomorrow morning."
Neighbour: "But why are you beating him today?"
Father: "Because I'm going to my village tomorrow!"

♦**Boss: "We need someone for our company who can tolerate insults, endure humiliation, and still keep smiling."**
Candidate: "Sir, you've called the right person — I'm married!"

♦**People who borrow your car may or may not refill the petrol, but they will definitely give you advice like, "Brother, your car needs servicing."**

♦**A thief broke into a rich man's house.**
There was a note on the locker:
"No need to break it. Enter 452 and press the red button."
As soon as he pressed it, the alarm went off and the police arrived!
While being taken away, the thief said,
"Today, I've lost faith in humanity!"

RAJYOGA FOR A STRESS-FREE LEGAL MIND



Rajyoga helps legal professionals transform stress into stability, pressure into purpose, and confusion into clarity while developing emotional resilience, wisdom and ethical strength.

Dr. B.K. Dnyanajyoti, RT Nagar, Bengaluru

In today's fast-paced and highly competitive world, stress has become an inseparable part of life. The legal profession, in particular, demands constant intellectual engagement, critical thinking, and the responsibility of safeguarding justice. Lawyers, judges, legal advisors, and law students often face immense pressure arising from deadlines, complex cases, emotional conflicts, and societal expectations. Amidst such challenges, maintaining a calm, balanced, and stress-free mind becomes essential. Rajyoga Meditation offers a powerful solution to this modern dilemma. Rajyoga, meaning "the supreme union of the soul with the Supreme Soul," is a spiritual practice that enables individuals to connect with their inner self and experience profound peace. **It is not merely a meditation technique but a transformative way of life that nurtures mental clarity, emotional stability, and spiritual strength.**

A legal mind is expected to be logical, analytical, and impartial. However, when burdened by stress, anxiety, or emotional exhaustion, decision-making abilities become clouded. Rajyoga helps in cleansing the mind of negative thoughts and replacing them with positive, empowering vibrations. It strengthens concentration, enhances patience, and cultivates wisdom, enabling legal professionals to approach every situation with clarity and objectivity.

One of the greatest gifts of Rajyoga is emotional resilience. Legal practitioners often encounter human suffering, disputes, and ethical dilemmas. Continuous exposure to such situations can create emotional fatigue. Through regular meditation, the mind learns the art of detachment without losing compassion. This balance allows one to remain sensitive yet strong, involved yet unaffected. Rajyoga also fosters virtues such as integrity, honesty, tolerance, and self-respect – qualities that form the foundation of true justice. When the inner world is harmonious, external actions naturally reflect fairness and righteousness. A peaceful mind becomes a beacon of ethical leadership.

As the renowned saying goes

"Peace is not the absence of challenges; it is the presence of inner strength amidst challenges."

Rajyoga empowers individuals to discover this inner strength. It transforms stress into stability, confusion into clarity, and pressure into purpose. A mind connected with higher consciousness becomes capable of making wise decisions even

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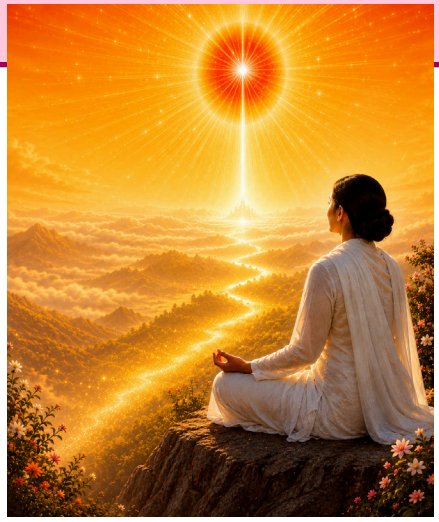
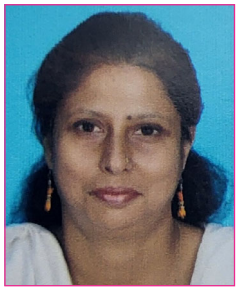
MY SPIRITUAL JOURNEY WITH SHIV BABA



A sincere connection with Shiv Baba through spirituality, meditation, and faith brings inner peace, courage, and clarity in life. This divine relationship transforms the way we think, helping us live with confidence, gratitude, and positivity.

B.K. Bula Deb, Marripalem, Visakhapatnam



I am a devoted follower of the Brahma Kumaris, and this spiritual path has become an inseparable part of my life. From the moment I connected with the Brahma Kumaris, I began to experience a deep sense of peace and purpose. My faith and belief in this path have steadily grown stronger over time, guiding me through both joyful and challenging moments.

Shiv Baba, as I lovingly call Him, is not just a divine presence but a spiritual Father to me. I feel His guidance in every step I take. There is a constant reassurance in my heart that I am never alone because He is always with me. His presence gives me strength, courage, and clarity in life.

Whenever I face difficulties or confusion, I turn inward and feel His support. It is as if He gently shows me the right direction, helping me make the best decisions. This faith has transformed my way of thinking and living. I have become calmer, more patient, and more positive in my outlook.

"This belief has removed fear and replaced it with confidence and surrender. I no longer worry about the future because I know that Shiv Baba is taking care of everything. His love is constant, unconditional, and uplifting."

One of the most beautiful experiences of my journey is feeling Shiv Baba's touch in everything around me. Whether it is in small daily happenings or in bigger life events, I sense His blessings guiding me. There is a deep trust within me that whatever I truly need will come to me at the right time.

Through the Brahma Kumaris, I have learned the importance of spirituality, self-awareness, and inner peace. It has given my life a higher meaning and direction. I feel blessed to be on this path and to have such a strong connection with Baba.

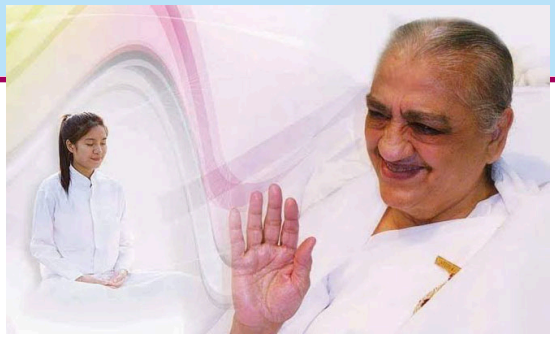
Every day, I feel grateful for this relationship. It fills my heart with joy and contentment. My faith in Shiv Baba continues to grow, and I know that with His guidance, my life will always move in the right direction.

Upcoming Reflections

- Practise silence and meditation daily.
- Spend a few moments connecting with Shiv Baba.
- Reflect on gratitude and inner peace.
- Share positivity with others.
- Strengthen faith through spiritual study.

MIRACLES OF GOD'S MURLI

Murli is the daily spiritual nourishment and direct guidance of the Supreme Teacher. Its regular study enables us to experience divine wisdom, elevated consciousness and the miraculous transformation of ordinary life.



B.K. Dr. Trupti, Shantivan

God must have given knowledge to us (souls) at some point of time, for which, till date, He is remembered as an Ocean of Knowledge and, for the same reason, He is asked to show the path to the one with no vision or to ignorant souls. However, degraded souls cannot catch the inspiration of God, nor are any studies conducted through inspiration. For this, teacher(s) and student(s) must meet face to face. Therefore, when God, after hearing our prayers for half the Kalpa, finally incarnates in an ordinary human body, whom He names Brahma, He begins to share the eternal truth, which is known as "Murli".

Murli – The Spiritual Encyclopaedia

Where '*Sakar* Murli' expands our horizon of knowledge and leaves ample room for further churning and pondering, '*Avyakt* Murli' takes us into the depth of every point, making it easy to understand in detail. Murli is nothing short of a treasure-house filled with wonderful jewels of wisdom, surprising us every time. Whether it is about the path of devotion or people's psyche, Murli is the spiritual library for the longing soul, broadening our horizon, stretching from the ancient world to current as well as upcoming events, covering everything from individuals to global aspects. Murli provides the ultimate guidance for both the inner and outer worlds. Murli alone is the essence of all the worldly books, libraries and spiritual texts combined. Murli is the spiritual encyclopaedia, for which God is remembered as the Ocean of Knowledge. Knowledge is said to be the source of income. Murli – the eternal knowledge given by the Ocean of Knowledge Himself – makes us the richest in the Kalpa, guaranteed for 21 births.

Murli – Mother of Brahmin Life and Guide to Various Services

Wisdom is the innate nature of every soul, and souls are naturally drawn towards it, which is why some Brahmin souls are born directly while listening to the Murli and some have taken this divine birth while browsing through it. Murli provides answers to every question, which astonishes everyone, and hence devotees on the path of devotion firmly believe that answers to their queries are available in the Shrimad Bhagavad Gita, and so they keep it handy. Murli is the progenitor of various services and primordial in bringing out the specialities in various souls. God's name 'Shiva' itself signifies His benevolent nature, which is clearly seen in His Murli.

Murli – The *Sanjeevani Booti*

Murli is the elixir of spiritual life, which can bring spiritually comatose souls back to life and

sustain the Brahmin life. Once, a mother shared her grief, saying, "Never miss a single day's Murli, for that is the mistake I did as a kumari and gradually became weak, got married and now I feel trapped in worldly bondages. Only if I had paid attention to Murli, then I would have become the teacher in-charge of a centre somewhere."

Many others will attest to this fact. So, keep on drinking the nectar of Murli daily to bless the self continuously with the boon of a divinely joyous life till the last breath. Shiv Baba says, "As long as you live, you have to drink nectar of knowledge." **If you have any query, just pick up the Murli and read it carefully; you will get the solution to navigate the situation smoothly.** No matter how disheartened you are, never ever skip Murli and, sooner or later, you will regain your zeal and enthusiasm for Brahmin life, for God is truly the Redeemer, who removes us from the bondages of sorrow and guides us towards awakening or ultimate freedom.

Murli Elevates and Empowers Our Thoughts

Once, a senior sister shared her early service experience, saying there were only 2–3 students at that remote-area centre, so, to utilise the time in a worthwhile manner, she started studying *Avyakt* Murli day and night. Surprisingly, after only 15 days of this *Avyakt* Murli *bhatti*, every thought of hers began to materialise. Shiv Baba's new children arrived at the centre out of nowhere and service bloomed. Murli is truth, the elevated teachings of the Supreme Truth, God Himself. No wonder its study empowers the soul, elevates and empowers the thoughts of sincere students, and makes everything practically possible. The soul with such elevated thought power then serves the entire world, both living and non-living, through their *Mansa Sewa*, i.e., service through powerful vibrations of goodwill and elevated intentions.

Murli – Portal of Connection to the Supreme

From the very beginning, it was far easier for me to sit with Murli for hours than to sit in Baba's remembrance for even half an hour. Engrossed in Murli, slowly I began to get detached from the body and become stabilised in God's remembrance effortlessly, as if the very Murli became a portal of yoga for me. When we listen to or read Murli deeply, relishing the experience of every word, our intellect gets focused and stays in remembrance of God for long. Words like 'soul' and 'Supreme Soul' frequently come in the daily Murli, and simultaneously getting situated in that consciousness, again and again, is bound to make us easy yogis. Indeed, God is the *Yogeshwar* who guides us to have yoga or communion with Him through the Murli.

Murli – The Mine of Bountiful Divine Experiences

The Supreme Soul directs us to read and listen to Murli in a soul-conscious stage and also to experience each and every point in the Murli first-hand. Resolved to do the same, I started reading the Murli, and sooner came a line: "… In the Golden Age, womb is the palace." Suddenly, I was taken to the Golden Age and experienced what the meaning of 'womb palace' (*garbh mahal*) is. The lightness in the body of the mother and her womb is indescribable. The one who goes into the depth of every line of the Murli is bound to receive invaluable gems of wisdom and astonishing divine experiences. No wonder God is sung till date as *Ratnaagar*, the One who bestows all with jewels of knowledge and divine experiences.

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WHO HAS CREATED THIS HELL?

God creates Heaven, while human beings gradually create hell through body-consciousness, vices and negative thoughts.

B.K. Dr. Swapan Rudra, Durgapur

Whenever we suffer excessively in our own family, in the surrounding society, or in the state where we belong, with regard to different problems in life, we think that we are perhaps spending our life in hell, which is full of sorrow, agony, pain, depression, and anxiety, affecting both the body and mind. In that condition, first of all, our body becomes vulnerable to different microbes and parasites, and malfunctioning starts in different organs. Thus, our body gives hints of problems in one or the other parts, and gradually our mind starts depleting its power. Then we start trying to search for the culprit responsible for creating such hell and ask others also to find out the creator of this hell. Sometimes, we discuss the hell together, but we do not find anyone responsible, and, failing to find any accused in front of us, we start blaming each other. The blame game has been very common in human society for a long time. When one finds something wrong in the activity of another person according to his or her own understanding, he or she blames that person, either in front of them or behind their back. Criticism comes later concerning that person or any other personality, known or unknown, with regard to any particular event or incident, specifically or at random. Criticism is expressed either in the absence of the alleged incumbent or through indirect comments against that person. Blame and criticism walk side by side in almost everyone's life, and at present, the whole world is entangled in the web of a vicious blame game blended with criticism, resulting in massive mental pollution and poisoning the entire human environment.

The Vicious Cycle of Blame and Criticism

The critical nature, once started, continues throughout life in an increasing trend, and the most surprising point is that no one is ready to accept that he or she is also somehow taking part in it in one way or another and is thus responsible for contributing his or her own part to the blame game. According to the Abrahamic faith, it is believed that God is the creator of both heaven and hell, but in no way is it true. Godly knowledge reveals that God creates heaven once at the end of every *Kalpa*, and man creates hell by degrading heaven.

How Heaven Gradually Became Hell

The majority of us do not find any trace of why so many negative things are continuously happening in different corners of the world, and not only that, they are rapidly increasing every day. Hellish situations have not been created by any one person in a day; it definitely takes some time to infect the human mind first with body-consciousness and then with other vices like lust, ego, anger, greed, attachment, etc. The

hell-world is termed as *Kaliyuga*, which started after the end of *Dwaparyuga* 1,250 years ago. Before *Dwapar*, there was a beautiful heaven on Earth in the name of Golden Bharat, a deity dynasty surviving for 2,500 years, including *Satyuga* and *Tretayuga*. All the four Ages in a 5,000-year-old *Kalpa* come one after another in succession, each one being 1,250 years long. After the end of the soul-conscious deity regime, *Dwapar* started, when divinity was lost due to the loss of soul-consciousness and the entry of vices into the minds of the people.

The Decline of the Deity Civilisation

The descent of the deity society into ordinary human society in *Dwapar* was not a matter of only a few days or a few months; it took some years, and humanity bore a lot of hardships due to terrible natural calamities in the form of floods and earthquakes during that confluence of *Treta* and *Dwapar*. As a result, the entire deity civilisation had gone beneath the sea, and there was no trace of heaven in any corner of Bharat. Although there was no human conflict at that time because deities did not have any difference of opinion in the absence of body-consciousness, and as a result, they did not have any negativity or vindictive attitude. The then devastation was entirely due to natural calamities only in India because no other country existed on Earth at that time, but that calamity changed the world map from only one Bharat to many other countries, far and near, due to continental drifting of the single supercontinent called Pangea.

A Different Understanding of History

No historian, biologist, or geologist has even heard about heaven on Earth, and that too on the land of Bharat above the Indian Plate, encircled all around by the same oceanic waters. Biologists started describing theories of evolution, the origin of life, the origin of species, etc., elaborating the time scale of millions of years without any concrete proof, and historians started writing history citing times for thousands of years. As a result, everything with regard to history and geography has been massacred, but that exaggerated falsehood still persists, and people are still not ready to accept any other concept, whatever truth there may be.

The Golden Age of Peace and Abundance

The time span of 2,500 years during the deity dynasty continued with full positivity, and there remained no sign of any chaos or crisis anywhere under the rule of the deity kings because the ordinary deity people also lived with complete peace and happiness, taking the basic necessities of life; rather, everything was in abundance. Differences were there regarding the status and gradation among the *Raja-Rani,* the royal family members, and the ordinary deity people, but, instead, there was no adverse thinking or negativity within one deity against the other.

The Role of Drama in the Cycle of Time

But after reigning for 2,500 years at a stretch, the deity souls gradually turned into ordinary human beings, mainly due to the emergence of vices in their minds. Still, at the beginning of human society, differences of opinion might have been minimal, but they gradually widened over time. The same thing happened during *Kaliyuga* also, when we are practically witnessing too much agony, pain, and misery throughout the globe, and all kinds of negativities are going to their extreme day by day.

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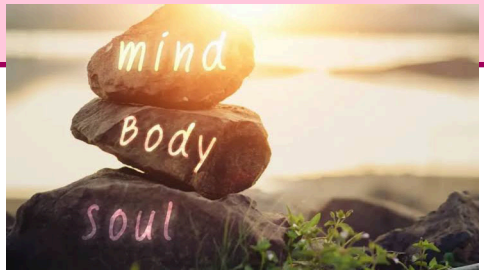
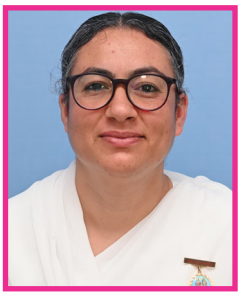
UNPLUGGING THE MIND RECHARGING THE SOUL



Our phones warn us when the battery is low. But who warns us when the soul is running empty?

B.K. Jyoti Nanda, Shantivan



Every morning, millions of people wake up and reach for their phones before they even greet themselves. Notifications, messages, emails, news updates, and social media feeds become the first impressions of the day. Before our feet touch the ground, our minds are already running a race.

We live in the most connected era in human history. With a single click, we can communicate across continents, access unlimited information, and stay updated with events around the globe. Yet, despite this extraordinary connectivity, stress, anxiety, loneliness, and emotional exhaustion are increasing at an alarming rate.

This raises an important question: **If technology is connecting us so effectively, why are so many people feeling disconnected?** Perhaps the answer lies in a simple truth:

We have mastered the art of connecting to devices, but we are forgetting the art of connecting to ourselves. Today, the challenge is not a lack of information; it is a lack of inner stillness. Our minds are constantly occupied, but rarely at peace. We scroll endlessly through the lives of others while losing touch with our own inner world.

In such a scenario, **a digital detox is no longer a luxury. It has become a necessity for emotional, mental, and spiritual well-being.**

But a true digital detox is not merely about switching off a mobile phone. It is about switching on awareness. It is about unplugging the mind from noise and reconnecting it with wisdom.

The Cost of Constant Connection

Modern technology is a wonderful servant but a dangerous master. Many of us begin the day checking notifications and end it by scrolling through screens. We consume thousands of images, opinions, videos, and messages daily. While our devices become smarter, our minds often become more restless. Without realising it, we have become addicted not just to technology but to stimulation. **The fear of missing out keeps us checking our phones. The desire for validation keeps us posting. The habit of comparison keeps us dissatisfied.** Gradually, our attention becomes fragmented. We lose the ability to focus deeply, think clearly, and experience genuine contentment. The mind, like a lake, needs stillness to reflect clearly. But when constantly disturbed by waves of information, its natural clarity disappears.

A cluttered phone slows performance. A cluttered mind slows life

Spirituality teaches that peace is not something we need to create; it is something we need to uncover. It is already present within us, hidden beneath layers of unnecessary thoughts, worries, and distractions. The problem is that we spend so much time connected to the outside world that we rarely visit our inner world.

When Silence Becomes a Luxury

There was a time when silence was natural. Today, silence has become uncomfortable. The moment we find ourselves alone, we instinctively reach for a screen. Waiting in a queue, sitting in a room, travelling, or even eating meals – every empty moment is filled with digital activity.

Yet silence is not emptiness. Silence is where healing begins. Silence is where wisdom grows. Silence is where the soul remembers who it truly is. Every great spiritual tradition has emphasised the value of silence because it allows us to reconnect with our authentic self. When external noise reduces, inner clarity increases. **The world becomes louder every day, but the soul grows stronger in silence.** A few moments of silence can often provide answers that hours of searching cannot.

Rajyoga: The Soul's Recharge Point

Just as a mobile phone requires charging to function effectively, the soul also needs regular recharging. Unfortunately, many people attempt to recharge themselves through entertainment, shopping, achievements, or social approval. While these may provide temporary excitement, they rarely offer lasting peace. Rajyoga Meditation offers a different approach. Rajyoga teaches us to shift our awareness from the body to the soul. It reminds us that our true identity is not defined by our profession, possessions, status, or social media profile.

I am a soul, a being of peace, a being of love and a being of spiritual light. This awareness immediately changes the quality of our thoughts. As we withdraw attention from external distractions and focus inward, we begin to experience our original qualities. Stress starts dissolving. Anxiety loses its intensity. Clarity returns. But Rajyoga goes one step further. It teaches us to connect with the Supreme Soul – the eternal source of peace, power, and unconditional love. When a soul connects with the Supreme, it experiences a spiritual recharge beyond anything the material world can offer. **The Supreme does not send notifications; He sends vibrations of peace.** This divine connection fills the mind with stability and empowers us to face life's challenges with courage and wisdom.

Are We Feeding the Mind or Flooding It?

We are careful about what we eat because we know food affects our physical health. But what about the food we give to our minds? **Every video we watch, every conversation we engage in, every piece of content we consume leaves an impression on our consciousness.** Negative information creates negative thoughts. Positive information creates positive thoughts. Spiritual wisdom creates elevated thoughts. If we wish to experience peace, we must become conscious of what we allow into our minds. A spiritual digital detox encourages us to ask: Is this information helping me grow? Is it strengthening my peace? Is it adding value to my life? Is it bringing me closer to my true self?

Practical Steps for a Spiritual Digital Detox

A digital detox does not require abandoning technology. It requires mastering it. **Here are some simple practices:** ▸ Begin your morning with 15 minutes of silence before touching your phone. ▸ Practise Rajyoga meditation daily. ▸ Create "device-free zones" in your home. ▸ Dedicate one hour every day to screen-free living. ▸ Spend time in nature and observe its healing energy. ▸ Read spiritual wisdom before sleeping. ▸ Reflect on three things you are grateful for each night.

These small habits gradually restore balance and inner harmony. So, when we unplug from the world for a few moments, we do not lose anything of value. Instead, we regain what matters most – our peace, our clarity, our purpose, and our connection with the Divine. Because the greatest network in existence is not powered by technology. It is powered by the eternal connection between the soul and the Supreme Soul. ■■

AN EMBODIMENT OF LOVE, FORGIVENESS, AND COMPASSION

Brother Nirwair Ji possessed such a magnanimous personality that he was loved by all and remained ever-loving to all. He was a divine leader with a kind heart.

B.K. Vinod Jain, Trauma Centre, Shantivan

As the name suggests, so were his qualities – he carried no *vair* (enmity) towards anyone. Brother Nirwair Ji was a spiritual jewel, a leader with divine vision, who always acted according to *Shrimat*. His life was an embodiment of humility, compassion, and service.

I first came into this knowledge in 1964 while studying Mining Engineering at Dhanbad. At that time, Brother Nirwair Ji was offering Godly service in Bombay. Baba would often take his name in the Murli, and I developed a deep desire to meet him.

In 1966, Baba used his Murlis to explain the picture of the ladder (*seedhee*) depicting the rise and fall of Bharat. Many times, Baba added new features to it – such as how the 84 births are depicted, how natural calamities are shown, and how *Paramdham* is represented. Brother Nirwair Ji faithfully incorporated these directions into the picture and finally presented the modified version to Baba, which Baba approved with only a few refinements.

First Meetings in Madhuban

During my summer vacations, I frequently visited Madhuban to meet Baba. In 1970, I finally met Brother Nirwair Ji in Madhuban. From the very first meeting, I was deeply impressed by his divine vision, radiant personality, and generous heart. He bore no animosity towards anyone; thus, everyone loved him dearly and fondly called him *"Uncle Nirwair Ji."* He uplifted the lives of countless souls. If anyone made a mistake and sought forgiveness, he would lovingly pardon them, gently advising, *"Do not repeat the mistake,"* and would even offer them sweet *toli*. He never became upset or angry – his heart was always full of love. He cared for the sick with fatherly attention, visiting the Global Hospital daily, meeting patients personally, and fulfilling their needs.

Blessings for Foreign Service

He always treated me like a younger brother. In January 1981, when Baba sent me to London and the USA, Nirwair Bhai Ji lovingly granted me leave and blessed my journey. Later, while I was working as a Construction Engineer near Baltimore, I drove to New York in 1982 to meet him during his visit for UN meetings. We spent memorable time together, and he always remembered that trip. He continued to celebrate my birthdays whenever I visited India and always invited me to dine with him. He had complete faith in me, and I always kept him informed about my services abroad

In 1990, when the construction of Gyan Sarovar began, he asked me to return from the USA to assist. Though he later arranged other engineers and asked me to continue my work

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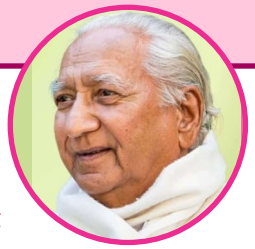
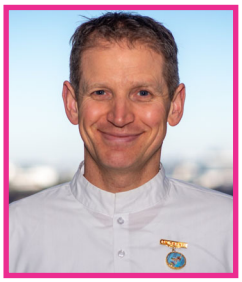


THE BACKBONE OF MY SPIRITUAL LIFE

Being with Brother Nirwair was like being with the richest person in the world, rich in the treasures of Godly knowledge.

B.K. Dan Haworth, Australia



Nirwair Bhai Ji was the most influential human soul in my life, and I believe he always will be. In practical terms, the actual hours and minutes spent with him were not that many – he lived in Madhuban while I lived in New Zealand and Australia. At best, I could meet him a couple of times a year. Yet, the impact of those meetings has been profound and lifelong. He became the backbone of support for challenges I didn't even know I would face. His words often return to my mind at the right moment, and the elevated consciousness he embodied is imprinted on my heart.

My First Glimpse of His Spiritual Power

The first time I heard of Nirwairbhai was when he took a class for double-foreigners in the Meditation Hall at Pandav Bhavan. He shared his experiences with Brahma Baba and, at the end, guided a meditation commentary. With his words, he transported us into our soul-conscious form and then beyond this physical world, into our sweet home with Shiv Baba.

The whole atmosphere was charged. I felt the entire hall immersed in a golden-red light. Nobody wanted to move, not even for lunch. His connection with Baba was so strong that he could take others into Baba's presence. I immediately knew – this was someone I wanted to become like. His speaking was gentle, his humility genuine, yet his vibrations revealed how elevated a stage he had attained.

A Personal Meeting that Touched My Heart

My first personal meeting with Nirwairbhai was during a ride from Shantivan to Pandav Bhavan. I was only one and a half years in *gyan* and painfully shy. As we drove up the hill, I silently wished to hear what his first journey to Pandav Bhavan in the 1950s had been like. To my amazement, he began to describe exactly that–how he came up in a bullock cart! His ability to catch thoughts left me stunned.

Travelling Together: A Treasure Beyond Value

Another significant encounter was travelling with Nirwairbhai and Dr. Pratap from Melbourne to New Zealand in 2006. I had joined their flight, hoping to ask him many questions. Though I don't recall the words exchanged, I clearly remember the feeling – being with him was like being with the richest person in the world, rich in the treasures of Godly knowledge.

His face radiated spiritual power, as though he had absorbed jewels of knowledge into his very being. During the flight, he kept sending me snacks through the air hostess and checking if I was fine. When I went to sleep, I felt as though I was embraced by my big brother, Nirwairbhai.

The Living Murli

As years passed, I listened to thousands of classes, but my interest in attending general classes lessened. Yet I never lost interest in meeting Nirwairbhai. After hearing Baba's Murli, I would go to see him and experience the Murli in a living form. Observing him was like watching

God's teachings expressed as *dharna*.

He had absorbed the knowledge so deeply that it became his subtle form. Sitting in Mahadani Cottage, I would simply watch him meet group after group, supporting thousands of souls with BapDada's *sakash* flowing through him.

Lessons from My Spiritual Brother

As a baby BK, I was curious about his personal efforts. Once, I asked him about *Amrit Vela*. With simple naturalness, he explained how after *Amrit Vela*, BapDada would take him in subtle form to different centres across India to spread vibrations and remove obstacles. For him, this was as ordinary as going for a walk around Nakki Lake.

He lived in such a high stage of consciousness that physical travel was not necessary – he served through his angelic form. So, when on 19th September 2024, his role in the physical world transitioned to the subtle regions, it felt natural – he had been preparing for this for years.

Carried by His Love and Power

Every time I left Mahadani Cottage, I felt filled with divine love and spiritual power. Often, I would embrace him, and it seemed even his body was charged with spiritual energy. That charge would flow into me too.

Once, overflowing with gratitude, I told him, "You are so special – you are the most important person in my life." Unlike his usual accommodating nature, he remained silent. His vibrations conveyed that my feelings should be directed towards BapDada, not him. He didn't correct me with words, but his silence became a mirror, showing me the truth.

My heart always rejoiced at the thought of visiting Madhuban – for meeting BapDada and spending time with my angelic brother, Nirwair. The scenes of the drama keep moving, and who knows how long these opportunities remain. But whatever is destined must be accepted – with gratitude and love. ■■

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abroad, his trust in me never wavered. In 1999, he again advised me to return, and this time I helped with the construction of Om Shanti Retreat Centre (ORC) near Gurugram, which was completed in 2002. Later, Dadi Janki Ji entrusted me with opening the BK Centre in Sacramento, California, which I successfully established. Though I eventually returned to India in 2009 as directed by Dadi Ji, the Sacramento Centre continued to flourish.

Personal Care and Fatherly Concern

Upon my return, Nirwair Bhai Ji appointed me Manager of the Global Hospital Trauma Centre, later promoting me to Advisor in 2017. His care for me was deeply personal. Once, while drinking goat's milk (which he preferred over cow's milk), he instructed his assistant to also keep a cup ready for me daily. Another time, he directed the brother serving him to arrange an extra bed near his so that I too could be well looked after. Such was his loving concern.

Empathy in Action

His compassion extended to everyone. I offered to build a residence for BKs from the USA. Seeing brothers in Tapovan living under leaking tin sheds amidst mosquitoes and even snakes during the rains, he guided me to construct Khushnasib Bhawan in Tapovan for all, which was beautifully completed and inaugurated by Nirwair Ji and Dadi Ratan Mohini Ji on 1st January 2023. Following his *Shrimat*, I always felt like a truly fortunate soul.

Brother Nirwair Ji was indeed a Great Spiritual Leader – an embodiment of love, forgiveness, and compassion. He uplifted thousands with his vision, lived without enmity, and served tirelessly as a guardian of the Yagya. His life remains an eternal inspiration, a shining example of humility in leadership and divinity in action.. ■■

3.7 Crore People Across the Country Take the Pledge to Quit Addictions

Ranebennur (Kar): BK Malathi administered the Nasha-Mukti pledge to 2,500 people in the presence of MLA Mr. Prakash Kolivad, Tahsildar R. H. Bhagavan and others.

Jari, Manikaran (Himachal Pradesh): BK Komal administered the Pledge to Quit Addictions in Kasol village, known for its drug-related challenges, in the presence of Mr. Abhishek Sekar, SP and Mr. Surjeet Singh, ADM.

Bhubaneswar (Unit-9): The Nasha Mukt Bharat Abhiyan pledge was administered to 3,000 students at KISS University.

Manendragarh (Chhattisgarh): BK Madhuri administered the Nasha-Mukti pledge to over 10,000 students and youths across 25 institutions and villages.

Durgapur (West Bengal): BK Janki and BK Ruma administered the Pledge to Quit Addictions at the National Institute of Technology.

Tapa (Punjab): BK Onkar conducted the sessions on Nasha-Mukti for 5,000 students across 10 institutions.

Kurali (Mohali): BK Ranjeet administered the Nasha-Mukti pledge at Jawahar Navodaya Vidyalaya.

Nagpur: BK Shivlal Kawale conducted a session on Drug De-addiction at Visvesvaraya National Institute of Technology.

Eco Care and Disaster Management Campaign was organised in CG and MP for 15 days

Ambikapur: Mr. T. S. Singh Deo, former Dy Chief Minister; Mr. Harminder Singh, Chairman, Municipal Corporation; along with BK Piyush, BK Onkar, BK Vidya, BK Tarika, BK Jyoti are inaugurating the campaign.

Jabalpur: Following a talk on Eco Care & Emotional Well-Being, Dean of Govt. Medical College Prof. Navneet Saxena is being presented with a Godly gift by BK Swati, BK Onkar and Dr. Shyam.

Dhamtari: Mr. Onkar Sahu, MLA, along with BK Sarita, BK Anjali, BK Onkar, and BK Tarika are inaugurating the campaign.

Rajnandgaon: Mr. Daleshwar Sahu, MLA, along with BK Pushpa, BK Bharat Bhushan, BK Piyush, BK Anjali and BK Onkar, inaugurating the campaign.

A Blood Donation Mega Campaign was organised at over 1,000 BK centres

Abu Road: 401 units of blood were donated at Diamond Hall, Shantivan.

Karnal: Following the inauguration of the blood donation camp, BK Prem is seen with Mayor Ms. Renu Bala Gupta and Mr. Dinesh Bakhshi, a 250-time blood donor.

Hisar: 1,060 units of blood were collected by organizing 9 blood donation camps. Prof. Narsi Ram Bishnoi, VC of GJU, BK Ramesh and BK Anita are seen inaugurating the camp.

Kathmandu (Nagarkot): A blood donation drive is in progress. A total of 1,436 units of blood have been donated at different locations across Nepal.

(Contd. from page no. ..... 3)

through their achievements later in life. For example, Swami Vivekananda came to be regarded as great after embracing monastic life. Mahatma Gandhi became famous as a political leader and saint during his adulthood. The same can be said of saints such as Tulsidas, Kabir and Lord Mahavira.

Shri Krishna, however, is unique. According to tradition, at the time of his birth, his mother, Devaki, had a divine vision of Lord Vishnu in his four-armed form, signifying the extraordinary destiny of the child. Even depictions of Krishna as an infant or a young boy portray him with a halo, a peacock feather and jewel-studded ornaments, symbolising his innate divinity and purity.

Even today, on Janmashtami, mothers lovingly place an idol or symbolic representation of the child Krishna in a beautifully decorated cradle and gently rock it with deep devotion. Devotees eagerly visit exhibitions and tableaux depicting episodes from Krishna's childhood. No other historical or religious personality is traditionally portrayed as glorious and worthy of reverence from birth in quite the same way.

Shri Krishna Was Perfect in Sixteen Celestial Virtues

Another unique feature of Shri Krishna is that he is described as perfect in all sixteen celestial virtues. According to Indian spiritual tradition, this represents the highest state of physical, mental and spiritual perfection.

Shri Krishna embodied perfect health, extraordinary beauty, complete purity, immense inner strength and all divine virtues in their fullest expression. He represents the highest level of human excellence possible. No other personality has combined such physical charm, spiritual power, moral purity and regal dignity in the same measure.

From the beginning of the Golden Age (*Satyuga*) until the end of the Iron Age (*Kaliyuga*), no one has equalled this level of perfection. Such was the magnetic power of Shri Krishna's personality that, even today, people of every faith admire him with deep respect. If he were to appear before humanity even for a brief moment, people from all religions would be captivated by his divine presence.

How Shri Krishna Attained Such Greatness

A natural question arises: **if Shri Krishna was born so great, what spiritual effort enabled him to attain such an elevated birth?**

A well-known devotional verse asks Radha, "What spiritual endeavour did you perform that Lord Krishna became so devoted to you?" In the same way, we may ask: What supreme spiritual effort enabled Shri Krishna to attain the highest divine status and royal fortune?

The *Shrimad Bhagavatam* mentions that Krishna was Yogiraj and practised yoga. Yet this raises an interesting point. Spiritual practice is generally undertaken to attain something that one has not yet achieved. But Shri Krishna, as the embodiment of perfection, already possessed complete happiness, prosperity, virtue and liberation while living. There was no deficiency in his life that required further attainment through yoga.

Therefore, it is reasonable to conclude that the yoga referred to in the scriptures must have been practiced in his previous birth, before he attained the divine status of Shri Krishna.

The Spiritual Effort Behind the Divine Birth

According to the teachings of Godly Knowledge, an ordinary human being can attain the status of Shri Narayan, and an ordinary

woman can attain the status of Shri Lakshmi through divine knowledge and Rajyoga. This indicates that before becoming Shri Krishna, the soul must have lived an ordinary human life and, during that lifetime, imbibed the wisdom of the Gita and practiced Rajyoga.

The Gita contains God's assurances that through divine knowledge and yoga, a soul can attain a royal birth in heaven and be born into a noble family. These teachings suggest that before becoming the emperor of heaven, Shri Krishna earned that elevated destiny through sincere spiritual endeavour.

A popular saying also reflects this truth: *"Who knows in what ordinary form Narayan may appear?"* This implies that Narayan was once an ordinary human being who transformed himself through spiritual effort into the highest divine being.

The Real Message of Janmashtami

As people celebrate Janmashtami every year, they should also remember the spiritual effort that enabled Shri Krishna to attain such greatness. According to the Brahma Kumaris' understanding, **it was through the study of God's knowledge and the practice of Rajyoga in his previous birth that he earned the highest divine status.**

Today, millions sing devotional songs, worship Shri Krishna and praise his greatness. Yet many overlook the very spiritual disciplines that made his life so elevated. Rather than limiting ourselves to admiration and ritual worship, we should draw inspiration from his example.

If Shri Krishna is our revered ancestor and ideal, then our true tribute to him is to follow the path that he followed – imbibing divine knowledge, practising Rajyoga, cultivating purity and developing noble virtues. By doing so, we too can transform our lives and move towards our own highest spiritual potential. ■■

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

knowledge that changes us from ordinary humans into deities.

The Divine Charioteer

Only through the Creator can the creation be fully understood. No one but the Father reveals how ancient Bharat was once heaven, populated by deities, and what precisely triggered its spiritual decline. Through Him, we gain access to the newest and most profound truths.

Therefore, our duty now as students is to remember. We lost everything when we forgot who and Whose we are; to reclaim our spiritual inheritance, we must remember. Although storms of distraction will inevitably arise during this practice, the Father provides unwavering courage. *"This is a battlefield, and the Father is your Charioteer."*

As long as we faithfully follow the directions of our Divine Charioteer, victory is guaranteed. There is a well-known saying: *the student shows the teacher*. A law student who successfully becomes a lawyer might proudly declare that their mentor made them who they are today. However, until that student actually masters the profession, they cannot truly honour their teacher.

Our teacher is God Himself, and He is teaching us to become self-sovereigns. As we celebrate Teacher's Day this September, let us pledge to study with absolute dedication and reveal to the world the greatest, most beloved Teacher of all. ■■

Porvorim (Goa): Mr. Rohan Khaunte, Minister for Tourism, inaugurating a Blood Donation Camp organised in loving memory of Dadi Prakashmani Ji, along with BK Shobha, BK Vanita, BK Surekha and BK Chaya.

Dehradun: The mega-campaign for the '10-Crore Drug-Free Pledge' is being inaugurated by Education Minister Dr. Dhan Singh Rawat, Padma Shri Dr. Anil Prakash Joshi, Sant Siyaram Das, BK Meena, BK Manju, BK Sushil and others.

Hisar: A Rural Development Wing project of the Brahma Kumaris to develop Ladwa village as an Ideal Village is being inaugurated by Cabinet Minister Mr. Ranbir Gangwa in the presence of BK Ramesh, BK Sarla, BK Vijay, BK Anita and others.

Abu Road: The 11th National Conference of Nursing Professionals was inaugurated by Dr. T. Dilip Kumar, President, Indian Nursing Council; Dr. Mahendra Kumar Aseri, Vice-Chancellor, Marwar University; BK Jayanti; BK Karuna; and BK Dr. Mruthyunjaya.

Abu Road: Three thousand runners are ready to participate in the 8th Dadi Prakashmani Abu Half Marathon from Abu Road to Mount Abu.

Jammu: The '10-Crore Nasha-Mukti Pledge Mega-Campaign' was launched by Dr. Rakesh Minhas, DC, in the presence of BK Sudershan, BK Ravinder and BK Kusum.

Gwalior: The '10-Crore Drug-Free Pledge Mega-Campaign' is being launched by Cabinet Minister Mr. Narayan Singh Kushwah and Deputy Narcotics Commissioner Mr. Brajendra Chaudhary, in the presence of BK Adarsh and BK Prahlad.

Sambalpur: 10 Crore Addiction-Free India Campaign, was conducted at Veer Surendra Sai University of Technology (VSSUT), Burla, in the presence of Prof. Dipak Kumar Sahoo, Vice-Chancellor, VSSUT.

Vadodara: Brahma Kumaris' delegation of Drug-Free India Campaign are seen on the stage of the Grand Tricolour Rally. Dy Chief Minister of Gujarat Mr. Harsh Sanghavi and Mayor Ms. Gitaben Makwana are also present on the stage.

Secunderabad: An Administrators' Conference on 'Karmayoga for Empowered Bharat' is being inaugurated by Justice A. Rajasheker Reddy, Lokayukta of Telangana, Justice Ishwaraiah, BK Asha, BK Harish, BK Veena and BK Raju.

Gurugram (ORC): The Transport and Travel Wing conference is being inaugurated by Transport Minister of Arunachal Pradesh Mr. Ojing Tasing, Work with Dignity Foundation CEO Mr. Rama Shankar Pandey, former wrestler Ritu Phogat, BK Asha, BK Divya and BK Suresh.

New Delhi: An MoU was signed between the Central Council for Research in Yoga and Naturopathy (CCRYN) and the SpARC Wing of the Brahma Kumaris. Seen in the photo are Dr. Jyoti Keswan, Director, CCRYN; BK Srikanth; BK Saroj and others.

Bengaluru (Kumara Park): Following a seminar on 'State of Mind in Current Times', seen on the stage are Mr. Dinesh Gundu Rao, MLA, BK Saroja, BK Geeta, BK Vijayalakshmi, BK Surendran and others.

New Raipur: At the 7th Nirmal Pandey Smriti Film Festival, BK Prabha Mishra and BK Pumposh Mishra are being felicitated with the Best Director and Best Writer Awards by MLA Padma Shri Ramanuj Sharma.

Surat: BK Vidhatri is addressing students at Sardar Vallabhbhai National Institute of Technology on inner strength and positive thinking.

Jalandhar: BK Sandhira is presenting a divine gift to Deputy Commissioner Mr. Varjit Walia. Also present are BK Shikha, IMA President Mr. Dheeraj Bhatia and BK Dr. R.L. Bassan.

THE JOURNEY

B.K. Andrew Grant, UK

The early morning hours in God's light
Remove the heaviness of our plight.
He's not everywhere nor down here,
Far up above, He will appear.

No physical form does He own,
Beyond the cosmos, quite alone.
The spacecraft of the mind can track Him down;
Our journey to the source returns our crown.

"Seeing is believing," the non-believer said,
Heaviness of their mind continually fed.
Mind over matter is a wonderful thing;
A light mind, unabsorbed in matter, makes the heart sing.

To be in His presence, mind to mind,
Is ecstasy of a very different kind.
There're no people there to weigh down the mind,
Just a Super Being, most divine.

The mind enters a nonphysical dimension
Where the mind can heal with divine intervention. ■■

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in the most demanding circumstances.

In conclusion, a stress-free legal mind is not merely a professional necessity but a personal blessing. Rajyoga Meditation serves as a bridge between intellectual excellence and emotional well-being. By embracing this spiritual practice, legal professionals can cultivate inner peace, enhance their effectiveness, and contribute to a more just and compassionate society.

"When the mind is peaceful, justice becomes not just a profession, but a noble service to humanity." ■■

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Editor: B.K. Onkar Chand, Shantivan, Abu Road
Associate Editor: Dr. B. K. Ranjit Fuliya, Delhi

New Delhi: BK Asha tying a sacred Rakhi to Brigadier (Retd.) Mark Phillips, Prime Minister of Guyana.

New Delhi: Mr. Nitin Gadkari, Union Minister for Road Transport and Highways, is being tied a Rakhi by BK Manju.

Kurukshetra: BK Saroj is tying a Rakhi to the Chief Minister of Haryana, Mr. Nayab Singh Saini.

Jaipur (Rajapark): BK Sneh tying a Rakhi to Mr. Bhajan Lal Sharma, Chief Minister of Rajasthan.

Dehradun: After tying a Rakhi to Mr. Pushkar S Dhami, Chief Minister of Uttarakhand, BK Manju is presenting him with a divine gift.

Ranchi: BK Nirmala is tying a Rakhi to Mr. Hemant Soren, Chief Minister of Jharkhand.

Shimla: Mr. Sukhvinder Sukhu, Chief Minister of Himachal Pradesh, is being tied a Rakhi by BK Rajni.

Pune: BK Rajeshwari is tying a Rakhi to the Governor of Maharashtra, H.E. Jishnu Dev Varma.

New Delhi: Mr. Sarbananda Sonowal, Union Minister for Ports, Shipping and Waterways, is being tied a Rakhi by BK Nikita.

Jaipur: BK Poonam tying a Rakhi to Mr. Vasudev Devnani, Speaker of the Rajasthan Legislative Assembly.

New Delhi: Dr. L. Murugan, Union Minister of State for Parliamentary Affairs, is being tied a Rakhi by BK Sunaina.

Chandigarh: Uttarakhand Cabinet Minister Dr. Dhan Singh Rawat is being tied a Rakhi by BK Uttra and BK Neha.

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Ranchi: The '10-Crore Drug-Free Pledge Mega-Campaign' is being launched by the Governor of Jharkhand, H.E. Santosh Kumar Gangwar, in the presence of BK Nirmala, Dr. Nitin Madan, Principal Secretary to the Governor; Dr. Saroj Sharma, VC, Ranchi University; Dr. Rajiv Manohar, VC, Dr. S P Mukherjee University; Dr. S.C. Dubey, VC, Birsa Agricultural University; and Dr. D.K. Singh, VC, Jharkhand University of Technology.

Patna: The '10-Crore Drug-Free Pledge Mega-Campaign' is being launched by the Governor of Bihar, Lieutenant General Syed Ata Hasnain; Chief Minister Mr. Samrat Chaudhary; Chief Secretary Mr. Pratyaya Amrit; Additional Chief Secretary to the Governor Mr. Deepak Kumar Singh; BK Varnika and BK Sangita.

Bhopal: At the Independence Day programme, BK Nirmala is presenting a bouquet to the Governor of Madhya Pradesh, H.E. Mangubhai Patel, in the presence of Chief Minister Dr. Mohan Yadav. BK Dr. Reena, BK Neha, BK Dipen, BK Ravendra and BK Prakash are also seen.

Raipur: Governor of Chhattisgarh H.E. Ramen Deka inaugurated a 15-day 'Eco Care and Disaster Management' campaign from Raipur to Jabalpur in the presence of BK Mohan Singhal, BK Hemlata, BK Asha, BK Savita, BK Piyush, BK Onkar and BK Tarika.