



The *World Renewal*

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NEW EDUCATION FOR NEW INDIA

22nd November 2023

Organiser : Brahma Kumaris, Sambalpur



Sambalpur (OD): HE Droupadi Murmu, Hon'ble President of India is on the dais during launching of "New Education for New India" campaign along with Governor of Odisha HE Raghuvar Das, Union Education Minister Mr. Dharmendra Pradhan, BK Parvati, BK Shilu and others.



Gandhinagar: In the inaugural programme of Kesariya Garba festival sitting on the dais are Mr Amit Shah, Home Minister of India, BK Kailash and others.



Cuttack (Odisha): The President of India, HE Droupadi Murmu is being presented Godly gift by BK Sulochana, BK Nathmal, BK Sudhansu and other sisters and brothers from the Cuttack Sub-zone.



Thane (MH): On the occasion of Bhai Dooj, BK Sarla, BK Jyotsana and BK Vishakha are presenting Godly gift to Mr. Eknath Shinde, the Chief Minister of Maharashtra.



Raipur: On the occasion of Bhai Dooj, BK Savita is applying tilak to HE Ramesh Bais, Governor of Maharashtra.



Pune: A Car Campaign of Security Services Wing is being launched by Lt Gen Narender Kotwal SM, VSM, Maj Gen Gopal Verma, VSM BAR, Mr Makrand Joshi, distinguished Scientist, BK Shukla, BK Sunanda, Col BC Sati, Capt Shiv Singh and BK Dashrath.



Mohali: HE Banwarilal Purohit, Governor of Punjab and BK Rama is on the dais in a programme organised by Aarogya Bharti Sansthan at Chandigarh University.



Roorkee (UK): In a seminar of Media Wing sitting on the stage are Rajya Sabha MP Dr. Kalpana Saini, MLA Mr. Umesh Kumar, MLA Ms Mamta Rakesh, Joint Director of Education Department Dr. Anand Bhardwaj, BK Meena, BK Shantanu and Dr. Shrigopal Narsan.



THE RISING BHARAT

The spiritual heritage of Bharat has given its people the spirit of renunciation and sacrifice, love and hospitality, peace and friendship, purity and piety and, above all, the strength to 'forgive and forget'.

Bharat, the place of God's divine birth, is the eternal land of ancient culture. It is the holiest of the holy lands, most sacred among the world pilgrimages. It is the land of the deities. It was held that God had established the Kingdom of Heaven or Paradise just 5000 years ago. It was here that the people of the ancient periods observed the highest code of conduct. It is the land of the highest love and affection, where even the lion and the goat sipped water from the same pool. The culture and tradition of *Bharat* are as old as the world drama itself. **Bharat, due to its spiritual, moral and material perfection, was once the Lighthouse of the world. Even today, the entire world looks up to this country for spiritual wisdom.** God, the

Sermonizer of The Shrimad Bhagwad Gita, the highest scripture of the world, gave the Supreme Wisdom in this land of the deities and devotees.

Bharat, being the land of the Mother and Father of the entire humanity, has always taken people of all religions or races in its lap. Even the present set-up of India as a secular state, is evidence of the fact that Bharat is the Motherland of all religions. In fact, the most ancient Deity religion of Bharat, is the mother religion of all the races of the world. How could a mother or a father ever attack or destroy their own children?

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ELECTIONS IN FIVE STATES

It doesn't paint a good picture when a few leaders spread negativity and gossip against their opponents, whilst in Bharat or abroad. I have witnessed formations of village Panchayats in my childhood days, when the members of the Panchayat were chosen on the basis of good character and spirit of service. Can we not work towards re-creating such a culture?!



For over a month we have been witnessing many scenes of making and breaking of groups, especially that of Bharatiya Janta Party and Indian National

Congress. The level of election campaign has touched many new *low standards*... Those were the days when political stalwarts like Pandit Jawahar Lal Nehru, Shri Yashwantrao Chavan, Shri Atal Bihari Vajpayee pursued their agenda in very royal and clean ways. However, as is the natural way of decay, the electioneering has been going from good to bad, bad to worse, and lately, the worst! Instead of just one Congress and one Jana Sangh, there are nearly 150 different political parties at this time!! **No doubt the population has multiplied in a big way, but the formation of Government on national or state levels requires purity**

and sanctity within electioneering, which is currently missing its shine. As we learn from the newspapers, previously the expenditure of a candidate for contesting the election used to be between 10-25,000 rupees only, whereas these days it has multiplied into lakhs and crores! One can understand the source of corruption as being greed for power and pennies. Shameless exploitation of ordinary, hardworking citizens has also been witnessed where they are enticed with liquor, and significant amounts of cash in return for each vote. **There is an urgent need to listen to our conscience, and abstain thoughtfully from spreading the culture of corruption.**





Corruption in any form is unleashing sicknesses in a variety of ways, thereby reducing the nation to a place of social and physical diseases, and sudden deaths. It doesn't paint a good picture when a few leaders spread negativity and gossip against their opponents, whilst in Bharat or abroad. I have witnessed formations of village Panchayats in my childhood days, when the members of the Panchayat were chosen on the basis of good character and spirit of service. Can we not work towards re-creating such a culture?!

Let's awaken our third eye of wisdom and connect with our true nature of honesty, purity, and patriotism. The people of Bharat would then be so proud of singing songs that project Bharat as the true '**Golden Sparrow-Sone ki Chidiya**'!

**PLEASE RETHINK ABOUT
TOPOGRAPHY & MODERN
TECHNOLOGY**

With growing population and increase in travel across the country on highways and trains especially for work/holiday/tourism, Bharat is advancing its technology and adding high-speed trains for the sake of reduced travelling time etc., and now we see many new trains running all over the country. However, with all the precautions and monitoring, there are still incidents of sabotage or human error or mishandling

resulting in loss of lives in thousands. The age-old adage, "**Sahej pakke, so meetha hove**" – "The fruit which ripens naturally is more delicious and sweeter than otherwise". In other words, though trains of the good old days used to be slower, they were sure to reach their destination safe and sound. In contrast, the present combination of high-velocity, impetuosity, and at times sabotage is resulting in passengers dangerously facing accidents or fires from time to time. Bharat is trying to benefit from Japan's intelligence and technology, but we should also remember that their population is small in comparison; so, while we continue to introduce greater inventions in Bharat, it would be sensible to exercise caution, train the staff proficiently and run the trains at an average speed of about 100km/hour. Security and calamity-free travel should be the principle of modern-day commute. The Government has also done wonderful work by renovating or reconstructing outdated railway stations and bus-stands, and we look forward to the renovation at Abu Road railway station which is scheduled in the near future.

WELCOMING THE NEW YEAR 2024

At a momentous time when we are nearing the end of 2023, we know that some parts of the world are facing a lot of bloodshed, sorrow, bombs and war. **The**



disintegration of society has resulted in hell playing out in the lives of millions around

the world. Climate Change too has unleashed tragedies in several countries in the form of droughts or floods or earthquakes... **Let's pray that the year 2024 brings good tidings in all parts of the globe. As 2023 is coming to the final wrap-up, we believe in the advent of new beginnings and realisations of living life with dignity, accuracy, respect and peace. Let's design a personal resolution and new agenda to lead pious lives and serve others open-heartedly.**

The vice of anger has always been dangerous as it comes alive suddenly and unexpectedly. **But a few minutes of meditation in silence every morning and evening can help in inculcating inner peace and comfort, multiplying one's strength and avoiding unnecessary squabbles;** this will allow us to further explore the beauty of inner happiness and contentment. Those who are already on the path of practicing meditation can become examples of ideal, respectful and happy instruments for positive change in one's own family or society.

Wishing our readers and their families a joyous and prosperous New Year! We send our good wishes in soul-consciousness for the safety and well-being of all those facing hardships in their lives. May the New Year commence with glowing spirits and rosy garlands of good wishes!!

– **B.K. Nirwair**

THE WAYS TO EXPERIENCE PEACE IN A BUSY WORLD

Experience Yourself as a Peaceful Soul and

Talk To Yourself Everyday: As soon as you get up from sleep in the morning, visualize yourself as a beautiful spiritual light of peace at the centre of your forehead and feel that you are radiating beautiful vibrations of peace all around yourself, in your home and to everyone around.

Carry Spiritual Wisdom to Read Anywhere

You Go: Keep a book or some other source of spiritual wisdom on your phone or computer anywhere you go. Read or listen whenever you feel that your mind is stressed and creating too many thoughts. Positive input of wisdom full of qualities and powers will touch your thoughts and make them peaceful and free you from the influence of any person or situation.

Experience Mind Traffic Control Every

Hour for One Minute: Experience peace for one minute every hour, in the middle of anything you are busy in doing. Create few positive thoughts of peace in this one minute. This slows down the mind and you are active in the next 59 minutes but your mind is concentrated with lesser and only important thoughts.

See Everyone as a Peaceful Soul And Radiate

Vibrations of Peace to them: Everyday as you meet family members and friends, keep your vision on each soul as a peaceful energy performing actions through its body. This practice will radiate peace to them and they will feel connected to God - the Ocean of Peace. And you will also experience peace. ■ ■

INSIDE OUT – LETTING GO

Put the rubbish out and don't pick it up again

B.K. Chirya Risely, USA

Just as we put the rubbish out for collection, in the same way, we can put out the rubbish from our minds and hearts. Throw out the wasteful thoughts and get rid of all the piled up toxic emotions. And, remember once you've put the rubbish out, don't pick it back up again! **Keep your mind and heart clean, and you'll have space for clear thinking and happy emotions.**

The hardest prison to escape is inside your mind. What we run away from blocks our light of positivity and remains a lingering shadow within. This makes us feel trapped, or heavy, and results in tolerating periods of unhappiness. Such subtle darkness will remain until we turn around and courageously face it with true knowledge and divine intellect. *Once we overcome the darkness of our waste thoughts of doubts and fears we can accomplish anything we truly desire.* Just as the bird has to find the courage to let go of the branch in order to fly, so we also must let go of our branches of attachments if we are to know the exhilaration of flying, soaring to the highest potential of our life.

The branches we hold to are our *inner attachments* – our beliefs, ideas and memories, and our *outer attachments* – people, possessions, positions and privileges are a few. As long as we hold on

to them we will live in fear of letting go and loss, and never be free. As soon as our happiness is dependent on anything outside, we become a slave to a substance, a condition or perhaps a person, position or place. For example, love in the form of attachment suffocates, represses and controls, whereas pure love frees and empowers the other as personal power leads to freedom. Attachments turn love into fear, peace into anger and distort our attitudes and actions towards others. This is neither relaxing for ourselves, nor those around us, which is why detachment is the secret to living lightly and lovingly.

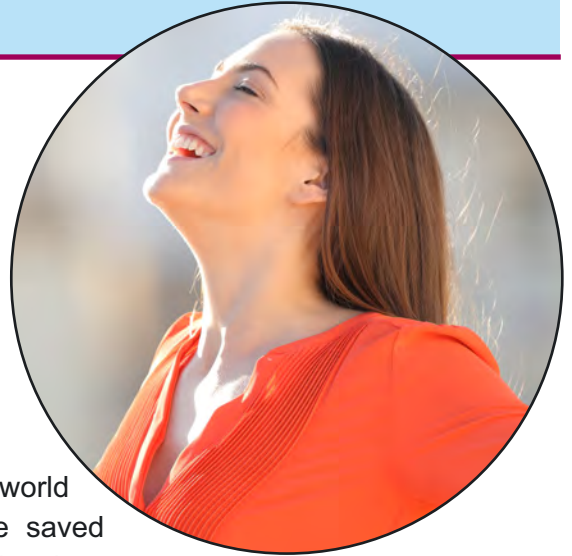
And watch those 'detached' birds. By letting go of one branch they are able to spend the rest of their life alighting on a million other branches, and enjoy the view from each. **Are you flying and soaring in your life, or are you stuck on one branch, thinking waste thoughts as others fly past.** Introversion, the practice of looking within, enables one to be in constant touch with oneself and one's true nature. It helps express these inherent qualities of love, peace and happiness in everything we do. Because of having practiced for a long time with them, these qualities emerge very naturally at the time of need. Go on, try it... let go. ■■



INNER BEAUTY IS REAL BEAUTY

A beautiful face without a beautiful mind is like a glass eye, which can shine but cannot see anything. Beauty of the face fades with time but beauty of character is remembered even after death.

B.K. Ram Singh, Rewari



A balloon seller was selling balloons. He used to release red, yellow, green and pink balloons, sometimes one or two in the air, to attract the children. A dark-skinned small child was standing near the balloon seller and watching all this. Because of his dark complexion the child had to face contempt many times.

The child asked the balloon seller: If you release a black balloon in the air, it will also fly into the sky. The balloon seller was lost in thought. When his eyes fell on the child, as soon as he saw the child, an electric shock ran through his mind. He lovingly replied to the child: Son, the balloon goes towards the sky not because of its colour, but because of the helium gas inside it. That is, we move ahead in life and achieve success not because of our external appearances or external wealth, but on the basis of our spiritual divine qualities, good behaviour, good thoughts, sweet words, kindness and compassion etc.

The world can be saved only by beauty, whether it is a beautiful idea or a beautiful person i.e. full of qualities. **There is no beauty in the body; beautiful are the actions of a person, his good thoughts, sweet words, good behaviour, his values and character.** The person who has all this in his life is the most beautiful person in the world. The lack of beauty can be compensated by good nature but the lack of nature cannot be compensated by beauty.

Life becomes beautiful by doing good deeds. A beautiful face without a beautiful mind is like a glass eye, which can shine but cannot see anything. Beauty of the face fades with time but beauty of character is remembered even after death. Therefore, man should do good deeds, and then life will become beautiful. Like those people in life whose heart is more beautiful than their face.

Not everyone has a good heart and good thoughts and those who have them are very beautiful at heart. Why does the body which people consider beautiful not look beautiful

after death? Why is it burnt or buried instead of keeping it in the house? Just remove the skin of the body which you call beautiful, then you will see the reality of what is inside it? That means the inside is just filled with blood, feces, disease and garbage. Then how did this body become beautiful? There is no beauty in the body, but in person's actions, thoughts, values, behaviour and his character and the world is also crazy about him.

Not the picture, but the character should be beautiful. The person should not be praised for the face, because it takes a few minutes to make a good face, but it takes the whole life to make a good character. Purity in thoughts, words and deeds is the beauty of life and purity is the mother of happiness and peace. **A beautiful mind is much better than our beautiful faces. The beauty of life does not lie in how happy we are, but in how many people are happy with us.** Therefore, not the picture but the character should be beautiful. Not the building, but the feeling should be beautiful. The practice, not the means, should be beautiful. Not only your vision, your attitude should also be beautiful.

Emotions regarding appearance and height

When these emotions regarding appearance and height start dominating the mind and brain, then it starts affecting the mental and physical health of the person. Lifestyle starts getting affected; eating habits start changing and jealousy, anger, hatred, irritability also start appearing in

daily behaviour. Not only does a person's self-confidence decrease, his efficiency also gets affected. Self-reliance also begins to be negatively affected. A feeling of insecurity awakens within the person and due to disappointment and frustration; the person sometimes goes into depression.

Make your shortcomings strength, take inspiration and move forward

Contribute to building your self-image. Before comparing your self-image with others, also know that character matters more than looks. Good behaviour and virtues will make you different and better than others. Live among such people for whom appearance and physical beauty do not matter. They are connected to you only because of your behaviour and qualities. Don't choose wrong clothes while trying to be like someone after seeing them. Wear only those clothes in which you feel comfortable, this will maintain your confidence.

Remember that there are some things in our life which cannot be changed, like short height cannot be made tall or very tall cannot be made short. Similarly, dark complexion cannot be made fair and if any problem is hereditary then it also cannot be changed. Therefore, adopt these and try to fill yourself with the best qualities. There are many other people who are struggling with the same problem as you, how they have turned their shortcomings into strength, take inspiration from them and move ahead in life. The qualities of a person are of paramount importance, so if you constantly

keep yourself busy with acquiring some new skill, then you will not be able to concentrate on your appearance. Stay with those who value talent and understand the mind beyond the body.

Keep in mind: Do not let the thought of inferiority dominate you. Often we get immersed in the thought of inferiority and become sad when we look or achieve something less than normal. In such a situation, do not support your own negative thoughts and accept the situation as it is by focusing on the positive aspects.

Those whose soul is beautiful, God likes them

Those whose body is beautiful, the world likes them and those whose soul is beautiful, God likes them. Where does that attraction for the body go after death? After the death of this beautiful body, people try to remove it from the house as soon as possible so that it does not start rotting. This body becomes dust, then how did this body become beautiful? Beauty does not lie in the body, the power that runs this body is the soul, which neither dies, nor burns, nor gets cut.

Beauty is within, not outside

Even the most beautiful body loses its beauty one day. Is this beauty? Recognize the futility of the world so that seeing its futility, you start climbing the inner stairs. Beauty is within, not outside. You become beautiful and the meaning of your being beautiful does not lie in the use of cosmetics. Meditation (yoga) makes you

beautiful. As this practice deepens, you will find that an extraordinary beauty will start flowing within you.

Internal beauty only provides you external beauty

At present, to remain attractive, the young generation is using artificial cosmetics more but this is not real beauty. **If we want to remain young, then by always having a feeling of kindness towards others, you will remain more attractive and your brain will also always remain active because your inner beauty provides you outer beauty and this is also the key to living a happy life.** It is a powerful tool. Only when you always sympathize with others will you forget your indifference or dislike and think about moving forward. To increase the feeling of kindness, it is necessary to practice meditation from a spiritual point of view, which not only increases the inner but also the outer beauty of the person because through meditation, the feelings of kindness spread all around in the form of charity. This feeling connects every human being and all life on earth. ■ ■



HAPPINESS INDEX

Happiness, believe it or not, is within your reach. When you're happy, you're more creative, which leads to more innovation and quicker problem-solving.

Farha Sayed, (Tarim, Yemen/Mumbai)



It's something we all want, but struggle to understand.

Something we spend a lifetime seeking, but struggle to find. Something we might occasionally feel, but struggle to maintain.

But, why is the struggle? Why does something that should be our birth-right give us so much trouble?

Happiness, believe it or not, is within your reach. Here's everything you need to know about the true nature of happiness, and yes — even how to find it for yourself.

Humanity has long desired to understand the true nature and meaning of happiness.

Happiness and your physical health

Happy people, overall, experience better physical health. They're less likely to get sick and they live longer, too. Happy people tend to take better care of themselves: for example, when you're happy, you're likely to less indulge to food, drink, and pleasure-seeking behaviours that have negative impacts on your health.

Being happy also impacts your energy levels. When you don't have negative emotions bogging you down, the world becomes your oyster! Happy people also

radiate a youthful glow, which can have a big impact on your self appear (and self-esteem, too!)

Happiness and your relationships

Happy people connect with other people more easily. Happiness, as stated above, impacts your energy – and your energy, it turns out, is one of the most important aspects of your relationship. When you have healthy energy reserves to draw upon, you're better able to remain present and clear-minded, to reach mutually-satisfying resolutions to conflicts, and to share in laughter and fun together.

Another secret to fulfilling relationships is vulnerability. **When you're happy, your ego naturally subsides, and you're better able to deal with feelings like shame, embarrassment, frustration, and fear: all roadblocks to vulnerability.** Happiness doesn't just affect your partnerships, but your ability to parents effectively as well. When parents are happy, children thrive academically, socially, and personally.

Happiness and success at work

Happy people are more productive at work make more money, and tend to be more generous, too. When you're happy, you're also more creative, which leads to more innovation and quicker problem-solving.



Having a strong baseline of happiness helps you to handle criticism at work so that you can bounce back when you make a mistake. Happy people practice gratitude, one of the most important aspects of happiness is gratitude.

Happy people are thankful for the lives they live, plain and simple! They understand that gratitude is not a state of being, but an action and take every opportunity to notice and appreciate the good things in their lives and when you focus on the good, the bad tends to fall away.

Happy people live in the present

Rather than reminiscing about the past or trying to prepare for the future, happy people live in the present. Obsessing about events that have already happened don't do us any favours, and the future, no matter how meticulously we plan for it, is always uncertain.

Happy people are generous

Human beings are not meant to live in isolation and independence. We're wired to be social creatures, and our brain chemistry responds when we act as such compassionate, sharing their time, spirit, wealth, and self with their communities. Extending that same compassion to yourself is a huge step towards happiness, as well!

Happy people know themselves

Happy people know who they are, and that continue to enrich their lives. They manage their thoughts and behaviours, and regularly reevaluate what is working in their lives and what isn't. Knowing yourself deeply and having an understanding of your

strengths and areas for growth will help you address any blockages to happiness you may encounter on your journey.

Happy people are spiritual

Looking at your life through a spiritual lens can help you overcome your symptoms of depression and nurturing your relationship to divine help you feel supported, valuable, and connected to your purpose.

No matter what your expression of spirituality is, no matter what spiritual or religious tradition you follow, seeking spiritual freedom can help you find real and long-lasting happiness.

Meditation:

The ultimate key to happiness?

We know what all happy people have in common: so how can you bring about these qualities in yourself? How can you learn to have more gratitude, live in the present, become more generous, know yourself better, and connect to your spirituality, all at once?

There is one powerful key that unlocks the door to happiness: meditation.

Nathaniel Hawthorne said that, *"Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you."*

"If you are quiet enough, you will hear the flow of the universe. You will feel its rhythm. Go with this flow. Happiness lies ahead. Meditation is key." – said Lord Buddha

Happiness results from having a mind that is stress-free, a mind that is in the present moment. ■ ■

FIVE AFFIRMATIONS FOR EXPERIENCING PEACE

I am a spiritual star like energy, seated at the centre of my forehead ... I experience the beautiful quality of peace and radiate peace to everyone and everything around me ... God, the Ocean of Peace, is with me at every step ... He fills my thoughts and feelings with peace ... I create a peaceful environment ...

- ▶ I am an angel of peace with a beautiful aura full of peaceful vibrations ... I walk and talk with a peaceful attitude ... I look at everyone as peaceful brother souls ... My interactions are full of peaceful energy ... My family, home and workplace carry a peaceful positivity and a goodness which arises from peace ...
- ▶ I am a peaceful being taking care of my physical body always ... Every cell of my body is in a state of peace and free from tension ... I experience good health as a result of that ... I begin and end my day with peaceful affirmations and maintain the peaceful consciousness throughout the day ... I sleep with a peaceful aura around me ...
- ▶ I am a peaceful light ... I see myself just above the eyebrows ... I cook food in the peaceful remembrance of God ... Peace gets radiated through my eyes to everything I eat ... My food becomes filled with peace ... Before I eat food, I remember God for a few seconds ... I eat food peacefully with no negative

conversations at that time ...

- ▶ I am a light house of peace for all the souls of the world ... I visualize God in the soul world and the world globe in front of me many times in the day ... I absorb the rays of peace from God and vibrate peace to every soul of every country of the world ... Every soul gets connected to God through my peaceful energy ...

You are like a Whispered Wind, Which Touches my Ears...,

You are like White Water,
All my Fear Disappear...,

You are Silent, But Teaching all the
Time...,

You are Silent, But your Talk is
Sublime...,

You Taught me to be Silent..
So, I can Stay Close to you..

You Taught me to be Calm..
So, I can Hear you..

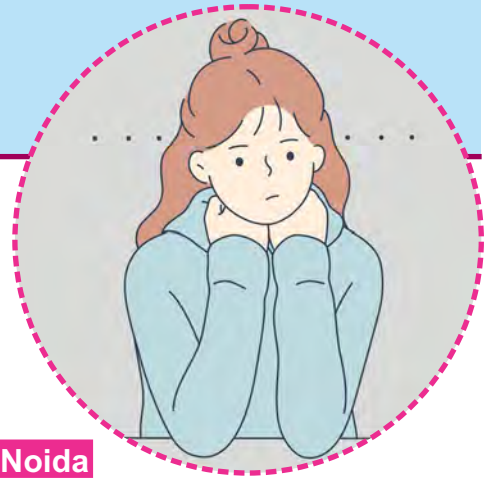
You Taught me to be Quiet..
So, I can See you..

You Taught me to be Peaceful..
So, I can Understand you..

You Taught me to be Gentle..
So, I can Always Love You...

POWER OF THOUGHTS

What we watch and think about determines the kind of neural patterns being activated in our brains. Repeated activation of any pattern reinforces it and turns into *sanskars*.



B. K. Shikha, Noida

Every thought we create is a connection we make with the world around us. And the quality of thought determines the kind of energy exchange we would have. When we watch someone perform an action the area in our brain that gets activated is the same as when we perform that action ourselves. No wonder people love to watch others play various games as they get the same thrill as if they are playing themselves. Children who are exposed to people with violent behaviour in their surrounding tend to pick up similar behaviour patterns. Experiments have been done where children are shown a scene involving use of violent behaviour or foul language and later on these children tend to repeat what they saw or heard.

What we watch and think about determines the kind of neural patterns being activated in our brains. Repeated activation of any pattern reinforces it and turns into *sanskars*. People who do *bhakti* or *sadhana* direct their thoughts towards their object of devotion or any other chosen object, also called as *Ālambana*.

If we direct our thoughts towards the Supreme Divine Father in the world of

silence and purity our mind starts becoming calm and a repeated practice of this makes us more and more peaceful. When getting into worldly interactions if we are able to filter our intake so as to only absorb the qualities of others and the good around us we reinforce similar *sanskars*. If we use our qualities and put them into action they get further reinforced and thereby making our *sanskars* even stronger. Procedural memory is the one that's built by actions we perform and studies have shown that it remains with people even after they suffer memory loss.

In essence, we are the ones who govern what *sanskars* or behaviour patterns we are building and thereby the kind of energy exchange we do with the universe and inner state we achieve. ■ ■



THE SPIRITUALITY OF CHRISTMAS FATHER

Let us, this season, practise the values and virtues that Christ brought and taught and see if we can get caught in that spirit of giving and doing selfless service. Sacrifice the vices of anger, greed, ego, lust and attachment on the cross of Christ and burn them in the sacrificial fire.

B.K. Khem Johhoo, Trinidad

Christmas, as we know it today, signifies the end of the old year and beginning of a new one. This is the time when some people close up projects, settle accounts, do annual cleaning and look forward to a festive time. Others reflect on the real significance, which is the coming of Christ almost 2000 years ago. This event was so auspicious that even the calendar paused to show the change from Before Christ (BC) to After Christ [Anno Domini (AD)]. What a massive transformation; and yet, today, we make all the necessary physical arrangements to enjoy the celebration, but forgetfully ignore the true spiritual significance of Christmas.

Christ represented the conquest of the virtues over the vices. He brought divinity and his lifestyle demonstrated one of significant values, reflecting the purity of a higher and more elevated civilization. He left a legacy that transformed into a single formidable religion and, now, only to witness its innumerable branches. **He had true love for the humanity, while today's world thrives on fear and violence that can lead to destruction and annihilation of this**

planet. The problems exist in places even where Christianity reigned supreme. He lived a life of humility; yet, today, we are slowly drowning in the sea of arrogance. Our intellects have changed from diamond to stone. Where did we go wrong and how did we get derailed from the highway of heaven into the pot-holed, dirty tracks of hell?

Let us pause and reflect on the legend of "Christmas Father" that we have now commercialized into "Santa Claus". The story says he came dashing through the snow on a sleigh packed with gifts, drawn by Rudolph, the red-nosed reindeer, and eight others. It is said that he arrives at the darkest hour of the night and climbs down a blackened chimney to place gifts into stockings and under the Christmas tree. Then, he sneaks out without being seen. Why would anyone bearing gifts of good tidings want to go through this torture only to be kind? Why would he not want to be seen? The good old "Christmas Father" is no one but God, the Supreme Soul, the Supreme Father of all human souls, who



are His spiritual children. The reason is that Rev. 3.3 says, "No man knows what time and hour God would come to free His children from the bondage of the vices." *The Gita* (Ch. 4 V.7) says, "God descends when irreligiousness and lawlessness are rampant in the world." Rudolph's red-nose represents red light, and many religions and cultures believe that God is Light (*Ru* as in Rudolph is the Urdu/Arabic word that means 'soul' just as *Ruhani* means 'spiritual'). The eight other reindeer are symbolic of the instruments that assisted in purification of the world. The gifts that Xmas Father brought were but the teachings of the divine values and virtues.

The 'Christmas Tree' represents the genealogical human world tree. Each *branch* of the tree represents a major religion and the *twigs* represent the breaking up of the major religions into its breakaway fractions. The *leaves* of the tree represent the population (human souls) at the corresponding time in the cycle. The *small colored lights* represent the religious leaders in different bodily costumes. The *fewer bigger lights* represent the elevated prophet souls that came from time to time to sprinkle divine knowledge that simmered the barbarism and unrighteousness. The *blackened soothed chimney* describes the present condition of the world that is full of irreligiousness and unrighteousness, impurity and promiscuity, robbery and violence. A world that was once elevated has, now, become completely degraded. This is why it is said that God comes in the darkness of night, for the *darkness of night*

represents ignorance and immorality. It is at this time that He incarnates and descends upon the earth to destroy the vices and purify His prodigal spiritual children by teaching them divine knowledge. Inculcation of these divine virtues creates armour against the harmful vices. These divine virtues are the gifts of good tidings, which He bestows on them. When the children wake up on Christmas morning to the flourish of the gifts, it signifies the glorification in the time of Christ, representing world transformation through transformation of human souls and hailing of a new golden era of peace, purity, prosperity, health, wealth and happiness.

Let us, this season, practise the values and virtues that Christ brought and taught and see if we can get caught in that spirit of giving and doing selfless service. Sacrifice the vices of anger, greed, ego, lust and attachment on the cross of Christ and burn them in the sacrificial fire. Remember that God, the Supreme Father Shiva, never gives His children crosses heavier than they can bear. Also remember Abraham who introduced spiritual law; Buddha who demonstrated service and duty; Christ who walked with love and Mohammed who brought peace; but, the Supreme Almighty Authority, the Highest on High Father, gave all His children the unlimited inheritance of peace and happiness in the Kingdom of Paradise. So, for this Christmas, let us dance and waltz to the tune of the spiritual knowledge and divine music of the Supreme Master. ■ ■

OUR JESUS-MERRY CHRISTMAS



Jesus of Nazareth,
Galilean Jew--the
awaited Messiah

Descended directly from
the Soul abode with new
message,

The Son of God offered
humanity an excellent passage.

He says--'My teachings are not mine but His
who sent me'.

You shall love the Lord, your God with all
your heart and soul,

Refraining from hatred, you shall love your
neighbours and all.

Jesus used to say that God is kindly light



B.K. Dr. Swapan Rudra, Durgapur

and the highest Entity.

We the people have to repent our sins being
devoted to Him,

Then only we may have the attributes of our
Father, the Supreme.

Now the time has come to be liberated from
all the negativity,

To refresh our minds with love affection to
retain peace and happiness,

And to spread powerful positive waves all
around to the human race. ■ ■

WORDS OF WISDOM

- ◆ A man is alone in the struggle, the world is with him in success.
- ◆ It is very easy to defeat someone, but it is very hard to win someone.
- ◆ No one is born happy, but everyone is born with the ability to create happiness.
- ◆ When you know better, you do better.
- ◆ Be a good person but don't waste time proving it.
- ◆ Always end the day with a positive attitude. No matter how difficult things are, tomorrow is a new opportunity to make it better.
- ◆ Life doesn't get easier you just get stronger.

THE NEGATIVE HABIT OF WRITING OTHER PEOPLE'S SCRIPT

We are all actors in this drama of life, playing several roles. Every scene demands us to write and enact our own script. But often we don't spend time with our scripts. Instead, we are busy mentally writing out other people's script – of what they should say, how they should behave, when they need to respond... We get entangled in their roles and forget ours. People write their own scripts they cannot enact as per our expectations.

- ▶ Do you find yourself frequently evaluating other people, mentally writing out a script of how they should be and what they should do? Have you felt the futility of the exercise when they didn't follow your script? Has that habit affected your own growth and development, since your time and energy get depleted by focussing on others?
- ▶ We are all actors in this world drama, playing several roles in our life. We are the actor, director and also the script-writer in each scene. But while playing our role with fellow-actors, we start focussing on their performance, write their script mentally and expect them to follow it. But other people cannot follow our script.
- ▶ Our focus needs to be on our perfor-



mance. Whatever may be the role, our personality of peace, love, wisdom, should reflect in every role. Even if other actors don't perform right, our performance can show them the path to correct themselves.

- ▶ Be aware of perfecting your own script and not other's script. Cross every scene well, by being at ease, relaxed and empowering your co-actors. Remind yourself - I bring out my personality of peace and compassion in every role, uninfluenced by the performances of my co-actors. ■■

KEEP A PEACEFUL ENVIRONMENT AT HOME AND AT WORK

Always have few things in any room you spend time in. Don't have anything scattered around. Make sure every object carries a vibration of peace in it. Outer peace helps in inner peace and inner peace helps in creating outer peace. Regular meditation in your home and office helps in this.



LEADERSHIP – MANAGING SELF FIRST

A growing number of businesses are looking for leaders who can adapt to changing times and be more inclusive and flexible in their approach. They want leaders “who are not just managers”, those who can motivate and inspire their teams.

B.K. Shalini, Gurugram

Leadership is a complex topic, and there are many different types of leadership. Any generalization we make about the topic will be somewhat unjust. However we all know that **Leadership plays a big role in impacting the personal well-being as well as the performance of the organization.**

In recent years, we have begun to realize that many of the old Leadership Models don't work as well as they used to. A growing number of businesses are looking for leaders who can adapt to changing times and be more inclusive and flexible in their approach. They want leaders “who are not just managers”, those who can motivate and inspire their teams. This is true not only for the corporate world but any organization which has a sizeable number of people, driven by a purpose or a goal.

Each one of us has the responsibility and ownership to lead, to influence and to make a difference in the environment that we live.

The journey starts with self.

Leadership is a journey. It is not a static thing, nor can it be mastered in a short period of time. True leadership requires us to be constantly learning and growing as an individual, which will in turn help others succeed too. Our personal growth will inspire them to grow as well.

Leadership is a lot about self-discovery and learning who we really are as a person so that we can lead with sincerity and authenticity from within ourselves—not just because someone told us so.

Being able to understand oneself is one of the most important factors in being a good leader. Self-awareness helps us to work upon our improvement areas before they get out of hand. In the journey we move from Self Awareness to Self Control. These two skills are a part of Self Management. Self-management allows us to gain clarity about our values and priorities so we can make decisions based on what matters

most important rather than impulsively reacting according to perceived threats or opportunities—something which many of us struggle with on a daily basis due their demanding roles.

Let's look at some of the key traits that would make a leader successful in today's world:

- 1. Inspiring:** As a true leader, we must be a role model by demonstrating what we expect of others. Belief of others depends on “practice what you preach”. Besides this, reflect on some of these pertinent behaviours - do we demonstrate patience, are we genuinely listening, do we give positive strokes, do we appreciate...Hence inspire with your genuine behaviour, your conduct, your attitude.
- 2. Credible:** It is the trust and respect that we earn from people we interact. It is not something that we can claim or demand by the dint of the position or power but rather something that we have to demonstrate and maintain. To build credibility, demonstrate honesty and integrity in everything that you do. Work on building expertise, be transparent, be professional, and communicate clearly.
- 3. Authentic:** Being authentic means being honest and genuine in everything we do—from how we treat people to the way we make decisions. Authentic leaders are not perfect, but they strive to do the right thing even when it's difficult or unpopular. The most authentic leaders are honest and trustworthy. They base their decisions on integrity.
- 4. Being one of them:** Leaders who are

selfless, humble and understanding. They need not be striped to be recognised from a distance. They are not different looking, but they are differently capable in their thinking and approach which makes them the leaders they are. They do not demand by the position but they generate respect by what they give back, by the lives they have touched, by the difference they have made in the personal journey of an individual, by coaching and mentoring, by being empathetic, by giving a patient listening...

- 5. Inclusive:** They create an environment that is optimistic and builds a sense of community among others. They believe that everyone has a role to play and are ready to embrace diversity – diversity of thoughts, ideas, and perspective. They are guided by Strengths Paradigm – accentuating the strengths in a person rather than focussing on the weaknesses. They believe in their vision, but they don't force everyone to get on board with it. They help everyone understand why the vision is important so that everyone wants to be part of it.
- 6. Adaptable:** Adaptability is key for any leader because it allows responding quickly to changes in the external environment or in a particular situation. It is also important for leaders to understand different needs of different people and respond accordingly because it is not “one size fit all”. The leaders should be intuitive enough to grasp the needs and requirements in a situation to be able to make a successful decision.
- 7. Empathy:** Empathy has always been a critical skill for leaders, but it is taking on a

new level of meaning and priority. Unlike the common belief that this is a soft approach leading to nowhere, there are studies showing that it can drive significant results. It is important for everything from innovation to creativity. Empathy tops the list of what we must get right. The reason empathy is so necessary is that people are experiencing multiple kinds of stress,

and varied personal situations—this requires understanding, patience and empathy. Empathy can be a powerful antidote and contribute to positive experiences for.

Only when we are successful in Managing Self then we can Manage Others. As Shiva Baba rightly says, “Self-transformation will lead to word transformation”. ■■

A DREAM WITH MYSELF

B.K. Sarika, Nalasopara, Vasai



Ting...Ding..Ding...Good
Morning...said the
Alarm Clock...
And Lo ! I Got Up, My
D r e a m w a s
Unlocked...

In the Fantasy Land... in
the Dark Night...
I Saw a Dream ...with Inner Insight...

This Dream was a Holy Dream...
It has Wakened me, Deep Down with a
Shining Gleam...

This Dream was a Magical Dream...
I Saw my Inner Light, with a Great
Esteem...

There was a Pleasant Surprise in my
Dream...
It had Realizations at Heart,

Which was a Live Stream...

Dream took me to a Zone, Beyond the
Sky...

A Place.....a Secret World, it's too High...
It is a Land of Almighty - The Greatest...

Where I can keep my Mysteries, my
wishes and also my regrets
Many says Dreams are just Dreams...

They never come True...
But I am the Jockey of my Destiny...

I made my Dreams come true...
Dreams turns up when we are Asleep...

My Dreams made me Awake and I was
able to connect and Worship...
My Dreams gave a precious Divine
Message...

" Just be Calm and Take a Glance"...
" Make an Inner Awareness and
Enhance"...

FIVE BENEFITS OF A VEGETARIAN DIET



- ✦ **Makes Our Mind Pure, Peaceful and Positive:** Eating the flesh of an animal which has vibrations of fear, anger and pain, which have been created when it was being killed, causes our mind to lose its serenity. Our mind becomes more agitated and revengeful and we also create impure thoughts and feelings. A vegetarian diet makes our mind very pure, peaceful and full of positivity.
- ✦ **Improves Our Physical and Mental Health:** Eating vegetarian food improves all types of health and increases our life span. Many serious physical and mental illnesses can be prevented and their symptoms can be reduced by following a vegetarian diet, which not only has a soothing and purifying effect on our mind but also on all the different physical systems of our body.
- ✦ **Makes Meditation More Beautiful and Blissful:** Because a pure vegetarian diet creates a pure consciousness, our thinking and visualization becomes more powerful and clear and we are able to connect to the spiritual self and to God - the Supreme Soul better in meditation, with higher concentration and can also

maintain the concentration for a longer time.

- ✦ **Brings Harmony and Love in Relationships:** It is very commonly seen and experienced that shifting to a vegetarian diet, changes our personality immensely and reduces our anger and ego and makes us more relaxed and free from expectations. This positive transformation helps us see everyone as our brother souls and make all our relationships peaceful, loveful and free from conflicts.
- ✦ **Makes Our Kitchen Pure and God's Space:** Spirituality teaches us the practice of cooking food in God's remembrance and offering food to God before eating it. When we shift to vegetarianism, our kitchen becomes an extremely pure space, where such food which has been obtained from nature and without violence, is cooked and offered to God. ■■

Simplicity

Simplicity combines sweetness
& wisdom. Be simple to be a
sample for many.

GOD'S CHRISTMAS PRESENT IS ALWAYS IN YOUR HANDS

Only when you are 'present' can you see it, open it and use it. Will you wear your Christmas gift of boring brown nylon slippers this year with good reason?

B.K. David, Paignton, UK



I was thinking, when do Christmas decorations actually start giving happiness and pleasure? Is it when they are being made, transported, displayed in the shop or when they are hung up or switched on in someone's home?

If these decorations can cause such happiness, why do we not leave them out on display for the whole year?

Their pleasure cannot be gained whilst being made, maybe late at night, or early morning, by workers that are too tired to keep their eyes open, just wanting to go home to sleep. And it cannot be by the delivery driver that is stuck in traffic and has the job of unloading the many boxes of decorations in the cold and rain. And it cannot be the shop staff that have to carefully unbox and display them late into the night and all they want to do is go home. So, when do these Christmas decorations start giving pleasure and to whom?

It is when, I reasoned, the first customer sees them, smiles and thinks how beautiful they look and how they would look in their house. That is when the pleasures start – and not before.

An assortment of junk that can be transformed into pleasure and happiness immediately when seen.

After all the sweat, toil, worry and work of producing and getting the decorations delivered and on display in the store, finally, after much care and attention, the customer gets to enjoy them: but three months before that very item they now see before them, was lain on a table in bits looking far from beautiful.

People's lives are much the same as an unmade Christmas decoration; looking a mess, in a heap, on the table of life, not worthy of any attention.

As per the decorations, if people paid attention to themselves inside and out, they also would become a decoration that gives pleasure and happiness to others; even when looked at from a distance or met up close.

To make yourself complete, similar to a hanging decoration in someone's house that's complete and attractive, effort is needed to put the parts together; the virtues, qualities and latent skills and if one is dedicated pays attention to his actions, as some do, great achievements can be gained and much happiness given to others when they see the decoration of their life.

Are you constantly present in the room of spirituality?

Will you make yourself worthy or be placed on the Christmas tree for all to marvel at? Will you make yourself so precious as to be a gift for someone at the bottom of the tree? Will you aim to become the fairy at the top of the tree? Might you become Santa's special helper carrying His sacksful of gifts?

Many receive gifts that are almost immediately hung in the wardrobe out of sight as these are unwanted gifts best forgotten about; like a comical pair of socks or a jumper that quickly get put in the cupboard. Some are given flashing ties with others getting themed Santa slippers. Many seem happy with handkerchiefs but struggle to hide their disappointment whilst unwrapping their gift of a plain cardigan as they really wanted a different colour and with a pattern.

I find it amazing that a person's happiness can come about from scrapes of waste that when put together and presented in some order and with glitter and finesse, they can give happiness.

So, I have answered my own question: at what point ugliness become beauty, is when the final item is seen on display in a shop.

And the same goes with us souls when we decorate ourselves on the inside.

We are all at times strewn over a table looking and feeling poor but when we give ourselves time and attention, care and love, we too can become like a Christmas decoration that can bring pleasure to others by just being near to them or even looked at.

A person needs to rid them self of any vice and bad habit that wrap him like a turkey in foil waiting to go in the oven.

Every morning people leave their house having tied an artificial bow on their life the night before. Instead, their gift box containing happiness that they could unwrap and enjoy throughout the day, their heavy box gives them hassle and creates discontentment and makes them tired as it contains nothing other than their heavy sorrow and unhappiness which they've put in it.

Nothing was stopping them packing their gift box with happiness, other than their old self.

So instead of walking round in sorrow for the day, they could have felt light and good about themselves and life if they had paid more attention to what they were putting in their box (mind).

You can free yourself but that requires effort and dedication and the dislike of all things artificial with truth taking precedence in all matters of your life. A person needs to put all of his skills, abilities and talents together and place these carefully in their box as although should not be fragile, they are. When these are present and safely wrapped in the bubble wrap of love in a person's gift box, then their beauty will be felt and seen radiating from that box.

Some people's Christmas tree, from the very top to its bottom, is covered in countless decorations that constantly sparkle and give joy and feelings of comfort.

The trunk of their tree is hidden by the many gifts that surround it for their many friends, family, acquaintances and for those hardly known.

Many have fragile decorations that easily fall off their tree and shatter on the floor and have lights that fluctuate and flicker on and off or simply do not work at all.

There is little difference from being a wrapped present in the paper of love under your tree that gets everyone's attention, to that of being the fairy at the top of the tree. There is a huge difference between being a glowing light at the top of your tree than it is being an inflatable noisy cracker that's been pulled or a broken bauble or hanging melted chocolate.

Famous people often take centre stage and especially over the Christmas period but like the snowman outside, easily disappear never to be seen or thought of again.

We should not forget the Christmas tree lights that all too easily overheat when plugged into the socket of vice. Such lights will set the tree on fire where the good, the bad and the ugly will suffer.

The last word must go of course to Father Christmas who is in reality, is none other than God.

God cannot go far or do much without His Sledge Team (University helpers) that help Him make his gifts and give them out endlessly as God has no hands. God's helpers have become good at making the world feel good and showing the footprints in the snow that lead to paradise.

Are you on God's Sledge handing out gift after gift trying their best to bring peace on earth, as most Christmas carols want?

The lights of Christmas flicker on and off as Jesus is not God but His loving son.

It is only God that is the Sun of knowledge and holds the answers to the mysteries of creation. We are all His children and that also encompasses the religious founders: I often see pictures of Jesus pointing upwards towards God and he often talked about God and the glory of His Kingdom.

Ever seen a picture of Jesus pointing at himself?

The finger of Jesus has always been directed upwards towards God and not once has he been seen to be pointing at himself.

God does not want His children to walk on water but to share with the world the milk of His knowledge and the nectar of yoga with Him and let everyone know its benefits and the bliss gained and the unlimited achievements stored in your soul from having a union (meeting) of your soul with God's Supreme soul.

Will your Christmas morning be spent busily opening the presents of love and peace?

Maybe you are now busy wrapping up these same two gifts of love and peace to send people over the festive period?

You do not necessarily have to be close to someone to send them such wonderful gifts of love and peace which can enrich their lives and improve their wellbeing by calming their minds and hearts with their good wishes and cooling down their souls with the water of truth that can travel in an instant.

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BEING A FLAWLESS DIAMOND

Virtues like Honesty, Cleanliness, Simplicity, Fearlessness makes the diamond radiant. Problems are not problems, obstacles are not obstacles but a way to polish the rough diamond and remove blemishes from the diamond, the Soul.



Natural Diamonds have a unique story. Just as diamonds are unique precious gems, so is the story of their making. Natural diamonds are found deep below the earth's surface where there is high pressure and temperature; this is exactly what diamonds need to become a diamond from a simple crystal– high pressure and high temperature. Also, there are different quality grading of diamonds based on which the cost of a diamond is decided. The best of all are IF (Internally Flawless) and FL(Flawless) diamonds. While diamond is getting formed beneath the earth, many of the diamonds get blemishes and collect dust, minerals and water inside the crystal which reduces the sparkle of a diamond, light is not reflected in such diamonds. Flawless diamonds are those diamonds that do not have any blemishes inside or on the surface, there is no dust and no minerals



B.K. Mahima, Mumbai

inside, these diamonds are almost absolutely clean and perfect. But, such flawless diamonds are rare and that is why their cost is so high that it is practically impossible to afford.

GOD says that the soul is diamond-like but now at the confluence age GOD says the soul has to become a flawless diamond from a flawed one, zero character defects and perfect. Human life today is worth a penny, GOD descends to make human life worth-pound.

How can the soul become a flawless diamond?

- ❖ **1. Looking at the self:** When we look at others, what they are doing, why they are doing, what they did was wrong, this leads to crack or blemishes in the diamond. To make the self the soul flawless, I just have to look at the self. Keep removing the weaknesses in the self, removing even traces of imperfection. What can I do to make this situation light? What can I do to make myself work according to God's

Shrimat?

- ❖ **2. Thinking about the self:** In words of GOD rotating the discus of self-realization (*Swadarshana*). Gita the jewel of all the scriptures is all about thinking and seeing the self, *Swachintan* and *Swa-darshan*. The more we think about others, we become an embodiment of their weaknesses that too unknowingly. The more I think about the self based on the Godly Knowledge the more I become a diamond that emit rays of 8 spiritual powers. As a soul, what was my past, what is my present and what will be my future?
- ❖ **3. Don't make human beings your support:** God says do not make limited, corporeal human beings your support, if you do then that is like putting a black mark in the diamond. Corporeal human being in this Iron Age are full of flaws and imperfection. **There is no guarantee if that support I have kept for myself will give me support at the time of need. But, God says, if you make the One incorporeal being the foundation of everything he will send help / support through any means.** But there has to be One Strength and One Support.
- ❖ **4. Making efforts to become virtuous:** Virtues like Honesty, Cleanliness, Simplicity, Fearlessness makes the diamond radiant. And how can I the soul; imbibe these virtues like a necklace that has all beads attached one after the other? Purity is one power that can

facilitates the process of being full of divine virtues. Purity is being virtuous. GOD says thinking good, keeping good wishes and then being good. Purity is innocence, innocent of the vices.

- ❖ **5. Cutting and Polishing of the rough:** Analyzing the diamond rough is the most complex step in the diamond cutting process and also the step that requires the most experience and technology. A very skilled cutter who weighs all the variables and decides whether a diamond should be sawn or cleaved into pieces and then marks exactly where the cuts should be made. GOD is a highly skilled cutter, HE KNOWS. Problems are not problems, obstacles are not obstacles but a way to polish the rough diamond and remove blemishes from the diamond, the soul.
- ❖ **6. Sharing the sparkle with others:** Sharing is the jewels of Godly Knowledge, sharing the light of knowledge with others. Helping others to come close to the Supreme Diamond GOD.
- ❖ **7. Remembering the Keeper of all the Diamonds.** Most important of all, Remembering the Supreme Father, concentrating the mind and intellect on ONE is the sure-shot method to remove all the dust and defects from the diamond. Because, GOD means perfection, the zenith point, the alpha point of perfection. The more I remember the perfect Supreme diamond the more I become like him. ■ ■

REMAIN EQUAL BOTH IN PRAISE AND DEFAMATION

These four are very important for us: One is Baba, then *Murli*, then Baba's *yagya* and service of the *yagya*.

When we say “*Om Shanti*”, we should say it with a lot of zeal and enthusiasm. When we are happy we don't want to talk in happiness, we want to dance in happiness. If you feel any disturbance, come and sit in *Om Shanti Bhavan* (Mt. Abu) and that feeling will disappear for all time. This disturbance causes pain and sorrow. It may only be a little but you feel it as if it is a lot.

Shiva Baba's *Murli* tells us about the effort we make. He says that our thought is a seed and being His direct children, we must have such a powerful vibration.

Leave the old and give congratulations to the new. Everyone will give congratulations to the newness of experience. How can we get such a stage? The world will applaud later but we should be asking ourselves if we have attained that stage? What kind of a soul am I? We wish to have such a stage that God Himself will say, “This is my right child.”

I am a soul and so are all; except He, who else is the Supreme Soul? This morning I experienced that who am I? Who do I belong to? It is an automatic thing. Don't let your intellect go anywhere else. Everyone belongs to Him. This attitude then becomes a *sanskar*.

We are sustained by the *yagya*; so, we do

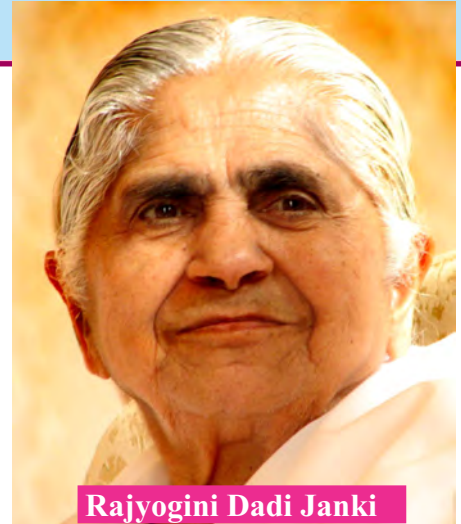
service of the *yagya*. Through service of the *yagya*

we receive power, fruit and food of the *yagya* and we need to give the return of that sustenance as we have a duty to the Incorporeal God Father, who provides these for us. We should not be satisfied only by praising Him.

We should remain equal both in praise and defamation because we belong to Baba. Sweet Baba says that whoever is defaming us is our friend and we should never forget this. Some try to make us happy with compliments but behind our back, they will criticize us and think they are right. We, the souls, have to create such a stage that someone will lose the habit of criticizing.

Before the advent of the New Year, make such a stage. Have such a stage until you die. We have to take full marks in all four subjects, viz. Knowledge, Yoga (God's remembrance), Inculcation of Divine Virtues and Service.

Take time to smile at each other. Give time for yourself and time for each other. There has to be time for the self. We are carefree but not careless. Baba is the One,



Rajyogini Dadi Janki

who gets the service done. So, being His children, we should also be light. Let us take might from Him all the time so that we will not feel any sort of burden. A waste word in my ear can make me heavy because I thought about it and, then, it is difficult for me to be light. Baba gave us the blessing that if someone tells us something and I agree with him/her to make them happy, that “yes” to him/her will, then, not allow me to say “yes” to Baba.

These four are very important for us: One is Baba, then *Murli*, then Baba's *yagya* and service of the *yagya*. Therefore, one must do His service within the *yagya* or of the *yagya* all over the world. The atmosphere within the *yagya* enables us to do service with a true heart. It is a great fortune to do service; we, the serviceable children of God, are really very fortunate. We are the instruments of spiritual service and Baba gets the service done and we receive co-operation from everyone to do it. None of us can accomplish anything by himself/herself. Mamma and Baba were the practical examples of this. Brahma Baba said, “Shiv Baba is getting the work done through Brahma Baba”. Brahma Baba was the moon and Mamma, the daughter, was the luckiest shining star near him; and we are the lucky stars.

Sometimes, Brahma Baba took us to the shores of the Ocean. We are the beloved children of the Sun of Knowledge and the Ocean of Knowledge. We receive pearls from the Ocean; the waves make us cool and Baba changes us from shells into diamonds and makes our value increase.

We all have to become like a diamond. For this, we need to go into the depth of knowledge to increase our value. The sun is above and the ocean is deep down. What we need to do is to go into the depth of them. If we are in between, we cannot go up above to the sun or down into the ocean.

Being His mouth-born progeny, we, the children, must stay in the heart of Shiva Baba. We should have Brahma Baba in one eye and Shiva Baba in the other and BapDada in between.

In the Confluence Age, we are free of all kinds of pushes and pulls. The intellect is held steady. The mind is still and the heart is full with His sweet, benevolent company and quite free from all sorts of distractions and attractions. Therefore, we must keep the intellect stable no matter what comes up. Baba has put so many good things in the intellect that other things cannot pollute it. It is the intellect that increases or decreases our value. We cannot raise or lower anyone.

Baba destroys our sorrows. Now, we must ask ourselves if we receive sorrow from others and/or give sorrow to them. One must be very firm with oneself to finish both.

We should tackle any small issues preventing us from becoming elevated. These issues create pain and stop us from becoming elevated.

Now, this is the time to fly; someone, who flies does not tell others to fly; because when one bird starts to fly and the other birds automatically start flying. But, the

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THE RISING BHARAT . . .

Contd. from page ... 3

This is the prime reason of India ever remaining non-offensive or non-aggressive. The entire history of mankind bears testimony to this fact.

However, one should not be led away by the false belief that the people of *Bharat* are weak or less courageous. On the contrary, the history of the Indian soldiers is full of the legends of valour and courage, sacrifice and loyalty, sincerity and, above all, of the highest conduct in times of war and peace as well. Even in the face of the gravest situations, the Indian soldiers have defended their Motherland by sacrificing up to the last drop of his blood and even, today, the entire nation, nay the whole world, is proud of the armed forces of this great country and is confident of their splendid victory in case of war with any nation of the world.

Indian policy of peace and non-alignment, which is pursued even in critical times, is a solid proof of this country's non-aggressive line of thinking, and owes to the legacy of compassion and large-heartedness that the people have inherited right from the deities of *Satyuga* down to the present days of Gandhiji, the father of the nation. **India believes and its tradition shows that the whole world can be ruled through love and faith;** and when these qualities are lost, the rulership is lost. Look at the example of ancient rule of Shree Lakshmi and Shree Narayana, Shree Sita and Shree Rama and other deities, who

enjoyed world sovereignty without fighting a violent war.

The spiritual heritage of Bharat has given its people the spirit of renunciation and sacrifice, love and hospitality, peace and friendship, purity and piety and, above all, the strength to 'forgive and forget'. No doubt, these spiritual values are, now, on the decline because of the existing devilish atmosphere of conflict, tension and turmoil. And that is why the world Almighty Authority, God Father Shiva, Allah or Jehovah, the Father of all soul-brothers of the world, has re-incarnated again in Bharat to rejuvenate the spiritual standard of the people. He is the '*Kalki Avtar*' of the scripture, who has, now, descended in the body-chariot of Prajapita Brahma (the human white horse). He gives knowledge to the souls and transforms them into *Shaktis* and *Pandavas*, who become instrumental in destroying all evil forces working in the world today. The rule of righteousness will shortly prevail in this eternal land, i.e., Bharat, the land of the descent of God.

Bharat is the land of a variety of races, but there is a sense of innate unity in its visible diversity. God's knowledge unifies souls, helps them to sink all sectional and sectarian differences and to stand united and unified to face any crisis at any time. The spiritual understanding of universal brotherhood and the Fatherhood of Incorporeal God, taught by the Almighty God Himself, strengthens this bond of unity a thousand fold, irrespective of differences in castes, creeds, religions, languages and

sexes.

It is high time for one and all to rally round God Father Shiva, obey His divine commandments of purifying the self and remain in His constant remembrance to gain inner strength to face the challenges of life to come. Victory will be of those, who take the side of God. Others will surely destroy one another and lose everything. That will be the gain of the *Pandavas*, the righteous and religious souls, as the story goes of two cats fighting for butter, who killed each other and the butter was left for the third party, the monkey waiting nearby. *The Pandavas* have always been victorious in every *Kalpa* (a cycle of 5000 years) and they will definitely be victorious again; and the land, where they live, will ever remain immortal.

May this eternal Motherland, God's

birthplace, show light to the entire world! May you be *Holy and Yogi* and may this purity clear the atmosphere of pollution caused due to vices, diseases, wars and tensions! May you, now, become the real soldier of the spiritual army of God in this holy land of God's descent! ■■

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irony is that some stay on a branch and think they cannot fly.

How do we get the wings to fly? We have enthusiasm but as long as there is a "but" or "if" we cannot fly. We must transform reasons into solutions with zeal and enthusiasm and mustn't say "but" or "if". If we remember Him with a true heart, we'll feel so light and good that we can fly easily. Everything gets done through vibrations. There are many souls available to do service and they just need the much-needed vibrations to fly. ■■

LAUGHTER: THE BEST MEDICINE

- ◆ Name the 3 fastest means of communication? Telephone, Television and Tell-a-woman!
- ◆ If you want to change the world, do it when you are a bachelor. After marriage, you can't even change a TV channel.
- ◆ Hear about the new restaurant called Karma? There's no menu: You get what you deserve.
- ◆ What did the dirt say to the rain? If you keep this up, my name will be mud!
- ◆ I'm so good at sleeping, I can do it with my eyes closed!
- ◆ How do celebrities stay cool? They have many fans.
- ◆ How did the student feel when he learned about electricity? Totally shocked.



SHIV BABA'S LOVING LESSONS: NURTURING HEARTS AND MINDS

In the realm of calmness,
Shiva, our Supreme Dad,

Guides us through love and
makes us happy and glad.

He's the kindest, the greatest,
and never a tad,

Teaching us with love, our
hearts never feel sad.

The universe dances with His
love so divine,

Shiva, the Ocean of Peace
and His wisdom does shine.

He's like a caring Father; His love is a sign,

Teaching us great things and making life's
design.

As the best teacher, He shows us the way

In His special class, where we learn and
play.

Through the paths of wisdom, He guides
our day.

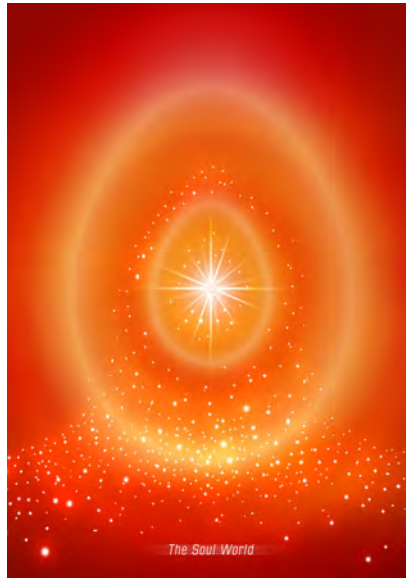
To the truths of life, in His love, we sway.

In every beat of our hearts, His love we find.

In whispers of silence, His teachings
unwind.

He's the rock of truth, gentle and kind,

Our Father's love, in our hearts, enshrined.



In the garden of virtues,
He helps us grow.

With patience and care,
our goodness does show.

Shiva, our teacher, in
actions that glow,

In His Company, we learn,
bloom, and grow.

Oh Shiva, Supreme
Teacher, we thank you so,

For your love and wisdom
that make us glow.

In the Brahma Kumaris
family, together we row.

Following your teachings, in love, we sow
and grow. ■ ■

— **B.K. Dr. Nagseh,**
(Senior Professor
cum Research Supervisor),
Nallur, Chikmagalur (Karnataka)





Delhi (Inder Puri): Mr Parshottam Rupala, Minister of State for Animal Husbandry of India is being presented Godly gift by BK Sunita and BK Heena.



Fatehpur (U.P.): Sadhvi Niranjan Jyoti, Minister of State for Rural Development of India is being presented Godly gift by BK Neeru.



Sunni (Shimla)– A public programme is being inaugurated by Mr. Vikramaditya Singh, Minister of Public Works, Youth and Sports, BK Ultra, BK Prem, BK Shakuntala, BK Prakash and BK Rewadas.



Bengaluru (Yelahanka): A public program on "Artist- The Creator of Swarnim Bharath" is being inaugurated by Mr Woodey P Krishna, General Secretary of S.E. Trust, Mr G. N. Rajashekara Naidu, Actor, Ms. Arathi Nair, Actress, Poet Shri. BR Police Patil, BK Saroja, BK Leela, BK Vijayalakshmi.



Noida (UP): 'Shakti Achievement Award' is being conferred to BK Sudesh by Mr Sandeep Marwah, Founder-Chairman of AAFT&Noida Film City on behalf of Indo-European Chamber of Small and Medium Enterprises.



Delhi (RK Puram): Inaugrating a prog. on 'Celebrating Life' are Ms. Vandana Kumar, Addl.Sec.of Rajya Sabha, Mr.Raj Girdhar, Dir.of Central Water Commission, Ms. Barkha Singh, Prof. Badri Prasad, BK Onkar, BK Anita and BK Jyoti.

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It will be a **Happy Christmas** only in certain affluent parts of the world that will see them getting drunk, eating turkey and partying and dancing the night away whilst for the majority it will be spent poorly, under bombs, in cold basements or dealing with heat waves, floods, starvation, earthquakes or tornados.

Yet for the few followers of God that will wake early Christmas morning as they do every morning, Christmas shall be spent mainly in **Blissful Yoga** experiencing a **Divine Union** and **Powerful Connection** that will not flicker.

People live a life where the only aspects they share are the pulling of the crackers of vice so as to get at the cheap plastic prize inside.

Peace on earth is very much in all our hands but so is the opposite. When we live holding just the cracker, we must live with the constant shadow of sorrow following us everywhere we go.

The consequences of holding this cracker of vice are dire and yet at this time of year, it is clenched even tighter. ■ ■

Life Changing Advice

- **Be your best at all times. You never know what the future will bring, so always make the best use of the present.**
- **Show up fully. Don't dwell on the past, and don't daydream about the future, but concentrate on showing up fully in the present moment.**
- **Don't make assumptions. If you don't know the situation fully, you can't offer an informed opinion.**
- **Be patient and persistent. Life is not so much what you accomplish as what you overcome.**
- **In order to get, you have to give. If you support, guide, and lead others, if you make contributions to their lives, you will reap the best rewards.**
- **Luck comes from hard work. Luck happens when hard work and timing and talent intersect.**

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Motihari (BR): HE Draupadi Murmu, the President of India is being felicitated by BK Anjana.



Bhopal: Chief Minister of Madhya Pradesh Mr Shivraj Singh Chauhan is sitting with a delegation of Brahma Kumaris led by BK Avdhes at CM house.



Raipur: On the occasion of Bhai Dooj, BK Savita is applying tilak to HE Biswabhusan Harichandan, Governor of Chhattisgarh.



Ghaziabad (UP): Gen. VK Singh, Union Minister of State for Civil Aviation and Road Transport is sitting on the stage during Diwali Celebration along with BK Chakradhari and BK Lovely.



St. Petersburg (Russia): BK Santosh & BK Sasha are in group photo after addressing students of St. Petersburg State University of Industrial Technologies and Design.



Ranikhet (UK): Mr. Amit Kumar, IGP of SSB is with BK Col BC Sati and BK Prof Onkar Chand after a program on Happy Living.



Gurugram (ORC): Inaugurating the Security Services Wing program are former Lt. General of the Indian Army Mr Om Prakash, Commodore Arvind Shukla, former Squadron Leader Ashok Gaba, BK Asha, BK Shukla, Colonel B.C. Sati, BK Deepa and others.

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Dehradun: HE Droupadi Murmu, Hon'ble President of India is being presented a boquete by BK Shantanu along with BK Manju, BK Meena, BK Sonia, BK Geeta, BK Susheel and BK Vaishali.

New Delhi: HE Droupadi Murmu, Hon'ble President of India is with a delegation of Security Service Wing comprising former Vice Admiral SN Ghormade, former Squadron Leader Ashok Gaba, BK Shukla, Col BC Sati, Gr. Capt. Shiv Singh, BK Sarika, BK Neha and others.



Delhi (Greater Kailash): General Anil Chauhan, Chief of Defense Staff (CDS) of India and his wife Ms. Anupama Chauhan is with BK Sangeeta and BK Manoj on the occasion of Diwali.

Mumbai: In a divine encounter BK Jayanti accompanied by BK Hansa and BK Shree is presenting a celestial blessing to renowned actress Ms Rani Mukherjee.

