



The World Renewal

Monthly

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By

SMT. DROUPADI MURMU

HONORARY PRESIDENT OF INDIA



New Delhi (Bharat Mandapam): HE Droupadi Murmu, the President of India graces the National Launch of 'Spiritual Empowerment for a Clean and Healthy Society' organised by Brahma Kumaris. BK Jayanti, BK Sudesh, BK Brijmohan and Dr Mohit Gupta are present on the stage.



Gurugram (ORC): A programme on Bhagavad Gita is being inaugurated by Jagadguru Yatindranand, Jagadguru Omkaranand, Dr. Swami Girjanand Saraswati, Acharya Parmanand, Acharya Chandrashu, BK Brijmohan, BK Asha, Mahamandaleshwar Akhileshwar, Peethadhishwar Samatrajya Sharan, BK Usha and others.



Mount Abu (Gyan Sarovar): National Media Conference is being inaugurated by Mr. Babulal Kharadi, Cabinet Minister of Rajasthan, Prof. Sanjay Dwivedi, former DG of IIMCJ, BK Karuna, BK Atamprakash, BK Sudesh and others.



Hong Kong (Kowloon): Indian Movie Celebrity Couple Akshay Kumar and his wife Twinkle Khanna are with BK Bindu after their visit to BK centre.



Mount Abu (Gyan Sarovar): National Conference on "New Vision for New Era" for Scientists & Engineers is being inaugurated by Mr Sanjeev Kumar, CMD, TCIL, Delhi, Mr Rahul Prashant, Exec. Dir., IOCL, Vadodara, BK Brij Mohan, BK Mohan Singhal, BK Asha, and BK Neville.



Gurugram (DLF-2): Union Minister Mr. Bhupender Yadav, Mahant Balaknath Yogi, MLA are being presented a Godly gift by BK Kusum, BK Soni and BK Renu.



Bhopal: Nobel Peace Laureate Kailash Satyarthi is being presented a Godly gift by BK Jyoti, BK Durga, BK Hema, BK Sakshi and BK Ramkumar.



Kathmandu: A programme on "Spiritual Empowerment for Healthy Society" is being inaugurated by Mrs. Bhagwati Chaudhary, Minister for Women, Minister Mr Shailendra Bajracharya, Mr. Deependra Shrestha, MP, BK Sharda, BK Raj, BK Ram Singh, Singer Ani Chhoing Dolma .



THE UPROAR IN THE COURT

When God Shiva started preaching His Godly discourse through Brahma Baba; many failed to recognize Him and understand this new but benevolent path for humanity and started protesting and even obstructing those who had started following it.

When all human souls on this earth are attacked viciously by *Maya*, i.e. five vices – Sex-Lust, Anger, Greed, Attachment and Ego; when all thoughts, words and deeds become vicious, Incorporeal God Shiva reincarnates in Dada Lekhraj at the time of extreme irreligiousness, to fulfil His promise of Shrimad Bhagwat Gita. Dada Lekhraj was a diamond merchant of Sind province and an ardent devotee of Shri Narayan. He is God's corporeal medium to bestow His Godly Knowledge upon human souls to give them their God-Fatherly birthright of Liberation and Fruition. However, very few lucky souls recognize God's incarnation and follow His innovative path of Purity and Self Sovereignty. That is why,

initially, when God started preaching His Godly discourse through Dada Lekhraj (who was later renamed as Brahma Baba); many failed to recognize Him and understand this new but benevolent path for humanity and started protesting and even obstructing those who had started following it – women and girls. Initially, this Godly mission was called 'Om Mandali' and those who protested it and picketed against it were called 'Anti Om Mandali', who even filed a court case against Brahma Baba on the grounds of provoking their women relatives towards the path of purity and as such disturbing their family life. However, in the court, Mamma represented Om Mandali and answered the court and the

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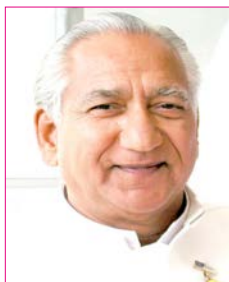
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LIVING THROUGH THE SCORCHING SUMMER OF BHARAT

The Brahma Kumaris campuses continue to serve thousands of new aspirants and BK students every week through the summer months, and our guests are able to spiritually and physically experience relaxation and upliftment in the beautiful landscapes of Mount Abu.

Though every year the days of extreme summer have always been cruel, especially in certain areas near Mount Abu: Barmer, Jaisalmer etc, however this year the average recorded temperature in the State, up till 25 May, reached 47.8 degrees Celsius! The only visible benefit of this atrocious heat is that it helped some labourers to prepare their chapattis without the need of lighting a fire! **The question is whether such weather will only befall us this year or is it the beginning of more calamities?!**



Our hearty congratulations to all the young mothers and sisters who were brave enough to come out and vote for the Lok Sabha Elections in the months of April and May, despite the tormenting weather... The number of votes cast by women (73%) surpassed that of the men (71%). This displays conviction and courage of the Indian spirit.

There is much to learn from the lifestyle of many ordinary, yet clever, Indian

villagers who keep safe in the sweltering summer under the shade of big trees, such as the *Peepal* (Sacred Fig), and have sufficient fresh water supply from deep wells that have been planted and constructed respectively, by wise people in the past.

The ancient Indian Sages must have had remarkable insights to create sanctuaries in different corners of Bharat, with large trees and amazing water sources, just as we have at Gaumukh Temple in Mount Abu – a natural spring that is believed to be the origin of the three sacred rivers: Saraswati, Ganga and Jamuna. **It's high time to think of growing more and more shady trees that have otherwise been destroyed in industrialization and the advent of high-rise buildings.**

Let's hope that the worst weather would be over within a couple of days; the weather forecast has predicted change in atmosphere by early June 2024. Being in the western part of Rajasthan, Mount Abu is experiencing climate that is hotter than previous years, but tolerable to some extent. The Brahma Kumaris campuses continue to serve thousands of new aspirants and B.K. students every week through the summer

months, and our guests are able to spiritually and physically experience relaxation and upliftment in the beautiful landscapes of Shantivan, Gyan Sarovar, Manmohini Van, Man Sarovar and Anand Sarovar.

A four-day National Media Conference and Retreat organized at the Gyan Sarovar campus of Brahma Kumaris Institution was inaugurated on 24th May



A View of National Media Conference held at Mount Abu

2024 morning. Around 400 Editors and Journalists from print, electronic, radio and web media from across Bharat participated in this event on the topic, **“Vision and Values for the New Social System - Role of Media”**. At the inauguration, Rajasthan's Tribal Area Development and Home Defense Department Cabinet Minister, Mr. Babulal Kharadi, said that today the leaders are ready to do anything to get the chair and come to power. The falling moral standards of leaders is a matter of concern. Today people are ready to go to any level to earn money. Ram Rajya will come again and no one can stop it. Media will have to play an important role in this.

International Motivational Speaker, BK Shivani Didi, said that we have to collectively establish Ram Rajya. It is through our values that Ram Rajya and Ravan Rajya are formed. If our values are divine and pure, then Ram Rajya will come. We have to become birds that extinguish fires, and not ignite them. We have to become journalists who give new direction to society.

Former Director General of Indian Institute of Mass Communication and renowned Media Guru, Prof. Sanjay Dwivedi, shared that today is Narada Jayanti. We call him the first Communicator. Communicators never stay at one place. His work is that of *Lok Mangal* (making the world auspicious). He had an authentic vision; such is the vision a journalist should adopt. Brahma Kumaris are teaching all what journalism should be like. Whatever knowledge we have is for giving happiness to the world. Our communication is about dialogue. We have to stop blaming others, and find solutions to our own problems.

Multimedia Director, B.K. Karuna Bhai, said that the Media profession is one of responsibility. When you yourself remain mentally, physically and spiritually healthy, you will be able to achieve a lot for society.

On 24th June, we will be observing Mateshwari Saraswati's 59th



B.K. Nirwair (Chief Editor) is with Jagdamba Sarswati (Mamma)

Remembrance Day. **I recall a few significant teachings from Mamma's life that may act as Guidelines for all our Readers:**

- a) Be regular in studying Spiritual Teachings
- b) To err is human, but always learn from the past, and avoid repetition of any mistake
- c) Be truthful with the Self, God and others
- d) Remember: Patience pays in the long run
- e) Do not let go of one's religion (*dharna* or inculcation) even if one has to leave the body
- f) Follow the Supreme Parent's advice accurately and completely.

All of us are waiting eagerly for the Lok Sabha Election results because there are great hopes that the new Government will pay special attention to 1) counteracting Climate Change, 2) alleviating Poverty, and

3) committing to more De-addiction Campaigns, as these in particular affect Indian society severely.

Bharat has been the source of wisdom for centuries, but this needs to be recognised and propagated further. It's high time that deep-thinkers and those who wish to serve society take the initiative in guiding our juniors and equals on the path of righteousness. Be it circumstances, challenges, karmic settlements or our own defects, all humans are tainted with falsehood at the present time. Thoughts change within no time, making one deviate from right, elevated actions and behavior. Even devotee souls and spiritual effort-makers sometimes find it challenging to overcome the negativities and illusions... However, the Supreme Being who is the Purest, most Knowledgeful and Powerful entity in this universe will fulfill His duty of enlightening us human souls to return to our original state of soul-consciousness, benevolence, peace and goodwill onto all.

While we maintain courage to stay on the right path, one also has to be cautious that our own ego doesn't raise problems for us. Humility will always keep us afloat and on track, but if we allow ego to set in, it destroys all the good we have created. Let us be observant, and keep ourselves safe, so that we don't have to repent for any negative *karma* later on.

—B.K. Nirwair

WRITING LETTER TO GOD



A very beautiful practice on the path of spirituality is to write about your daily activity to God in the night before sleeping or at some other time. God is a beautiful and caring Supreme Parent who is always protecting us and helping us at every moment of the day. Many people sometimes think that God is an Ocean of Wisdom and He already knows what is happening in our lives. Then why should we tell Him anything? We have a deep relationship with God and as an important dimension of this relationship **and because we love and respect God so much, it is good to give him a short 5-6 lines description of the day that has passed and a little about the day that is to come, so that He guides us with His wisdom and Supreme intellect.** How should we write such a letter? Let's discuss 5 important things -

- ◆ Give God a clear view of how you are progressing as a person – what are your weaknesses and strengths and ask Him how you should remove your weaknesses and improve your strengths further.
- ◆ Tell God about what situations are there in your life – both positive and negative. Ask Him how can the positive situations benefit you and how the negative situations can be overcome.
- ◆ Also, share with God your experiences on the spiritual path, and ask for His light and insight into them so that you can take them further and enjoy the spiritual path more.

- ◆ Give God an idea of the different relationships in your life and ask for His opinion on how they can be improved and how your close ones can be connected with God and their lives can be made more spiritual and beautiful.
- ◆ Lastly, express your love to God always in your letters and strengthen your bond with Him. The more you do that, the more you will receive His love in return and His spiritual sustenance will keep making you a more perfect and positive person. ■■

Life Changing Advice

- Keep your eyes on the stars, and your feet on the ground.
- Don't forget to love yourself every day!
- There's no happiness like love and being loved.
- You've got to dance like there's nobody watching, love like you'll never be hurt, sing like there's nobody listening, and live like it's heaven on earth.
- Do what you feel in your heart to be right – for you'll be criticized anyway.
- Whatever you are, be a good one.
- If something is important enough, even if the odds are stacked against you, you should still do it.

SPIRITUAL SEEKERS AND SPIRITUAL ENDEAVOURS

Few points to keep oneself in zeal and enthusiasm at all times.

B.K. Surendran, Bengaluru



Godly student is a lifelong student. Godly study is part of daily life. Such students have a natural taste for progress which keeps them always on the track of study. But despite knowing that God Himself has been teaching them, and experiencing the ecstasy of His divine presence, many students are found to be irregular or slugging. As Swami Vivekananda said, "We have more dead people than living people". **Living people are those who live for others.** There are more dead than living. Few of them appear to have no faith in God and His teachings. Hence, they are found to be inactive or leaving their studies half-done.

Self-Examination - Introspection – by the Godly students

"Let us try to recollect whatever has happened over the years. In the beginning, I was joyous, and in a hilarious mood because I was able to recognise God. I was delighted to find that God was bestowing on me the wonderful knowledge of *Brahmavidhya*. **I had great conviction that I was a member of the global family of God. I had no other aim except to know more and more about the knowledge that the Lord reveals from time to time and also to experience the super sensuous joy of soul consciousness and God-consciousness.** I was mad after doing Godly service. There was a mad race. I have done a lot

of Godly service. But on the way I started looking here and there. Side scenes started diverting my attention at the cost of my speed and spirit. When I had that spirit of enthusiasm, I did not notice whether there was a deep pit, a roadblock, a speed breaker, a molehill, a rock or a hillock. I was taking long jumps and high jumps. But not when I looked at the scenes, there came to me a desire for name and fame. When I look at someone who was not doing anything, was being complimented or honoured on stage, I start asking myself what for I do all these? No reward. Then what happened; there appeared 'I and mine and the devil hindmost', the saying goes. God says '*Ichchhamatram Avidhya*'. But I forgot the meaning and importance of this golden version. I am on a mission to draw others' attention to God whereas I started enacting to draw others' attention towards me. A strong feeling of neglect creeps into my mind. An identity crisis started. There is a strong feeling of nil achievement and that has brought with it sloth and slumber. The love towards God, His teachings and the divine family started disappearing and now there is no trace of it. Disregard started. For everything, there is only one complaint – the circumstances are not favourable, the relationship is not good and so on. I lose my self-confidence thereby inferiority complex develops. There have been

only failures since then. Life started boring. I become jealous of others. I start criticizing others for no fault. I do not now wake up at Amritvela and practice yoga. I miss classes or come late for class saying that many centres in-charges do not attend classes. I do not participate in Godly service saying that I have done a lot of Godly services and now it is time for newcomers to do service."

Self Analysis

"Let me confront myself with a series of questions (these are only samples):

1. Do I have a desire for name and fame?

Yes. Is it right on my part to long for self-praise? My desire should be to glorify the Lord and appreciate the work of His children. My state of mind should be '*Ichchhamatram Avidhya*', I am selected by God to carry out the special mission of world transformation. There is no question of neglect by human beings. I am not working for them. I am working for God. Let my work be appreciated by the Lord. Let me appreciate my qualities and keep such qualities at the disposal of the Lord for the service of the world. There are no failures on my part. When the Lord is with me there is going to be only success, even though sometimes it may look like failures but success is hidden in such failures.

2. Why should I become jealous of others?

Let me ask myself what is the use of becoming jealous of others. I am only polluting my mind, destabilising my state of existence and becoming unhappy. Instead, let me appreciate others' good work by which I am going to fill in more and more enthusiasm in others. That is how they are going to be my well-wishers and a force for world transformation.

3. Life is boring for me, why?

Am I going deeper into the mind thrilling versions of God and churning on it? I am not

mentally involving myself with the Lord in His remembrance to experience the ecstasy of His spiritual embraces and trying to know Him better. I can appreciate the importance of the present time in the cycle of 5000 years and seriously know that this is the ripe time to know God as to what He is. Let me devote my time and energy to become an introvert, and maintain silence to dive deeper into His qualities, and His knowledge to experience the Supreme bliss in this very life. He has given me the subtlest knowledge points to reach Him. Let me take this opportunity to do this on an emergency basis, for, the time is very short.

4. I have no self-confidence; a kind of inferiority complex has developed in me. What should I do?

God says, 'I am with you, you are Master Almighty'. God and I can finish any job however hard and difficult. He says, you become an instrument and the rest He will take care of. Let me place myself at the disposal of the Lord. The inferiority complex is a combination of mainly four vices such as lust, attachment, ego and greed. Let me take serious note of the fact that I am still under the influence of these vices. Let me hold a picture of myself as always succeeding. Let me make a negative thought positive. Let me try to minimise the difficulty when it comes and look at it from that angle. Let me think that I am a unique person in this huge drama, without me, the drama is going to be incomplete. Let me try to understand the origin of this problem and apply the remedy. Let me count my plus points and other values and be always optimistic."

The following are some points which can keep oneself in zeal and enthusiasm at all times.

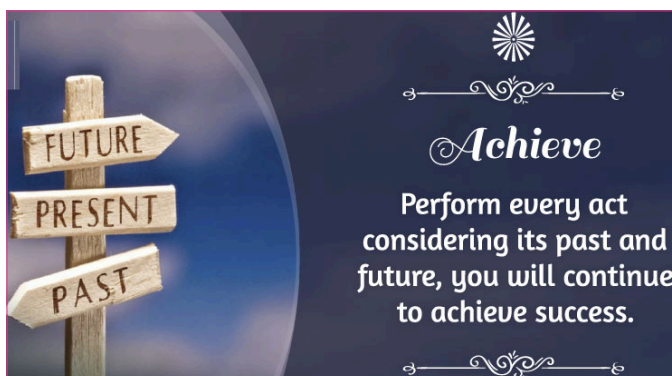
❖ Remember the pleasant things that have

happened in your life, the soul-elevating experiences when you became a Godly student and the pleasant things that are going to come.

- ❖ Compare the *laukik* life and *alaukik* life, count the advantages of *alaukik* life and thank the Lord for the same.
- ❖ Ask yourself who that special person you have met now whom the entire world is searching to have a glimpse of. Remember that you are a member of the global family, the unlimited Brahmin family. You have been selected by God to carry out a special mission for him.
- ❖ Adopt a variety of approaches to life. Do not take the collision course even under trying circumstances. Be flexible and mould yourself as time warrants, and diplomatically deal with negative and wasteful situations to our advantage.
- ❖ Decide specifically what particular characteristics you desire to process and then hold that image firmly in your consciousness. Proceed to develop it by acting as if you possessed the desired characteristics. Believe and repeatedly affirm that you are in the process of self-creating the quality you have undertaken to develop. If you are afraid, tell yourself to act as if you have the courage and spirit. If you are tense, deliberately act as if you are calm and assured of the Lord's grace.
- ❖ Empty the mind from negative thoughts on a day-to-day basis. Tell yourself all the good news you can think of, a healthy body, healthy mind, a lot of people trusting you etc. To make anything good, first, see it as good in your consciousness. Do not allow any mental reservation that it will not be

good. Events are largely governed by creative thoughts, so a positive concept of the day will strongly tend to condition as imagined.

- ❖ Carry the spirit of a child, excitement and wonder, the optimistic attitude etc. and imagine that you are in the lap of the Lord - Mother and Father.
- ❖ Keep absolute faith in God, love God and, the people around you and also love yourself. Adopt new methods, and positive ideas, respect others' ideas and aspirations and appreciate them.
- ❖ Behold God in your every movement. Thank Him in the evening for being with you all day long.
- ❖ Develop an awakened concern for people around you and love them by serving them.
- ❖ Observe at least 5 hours of silence of the mind every day. Silence is the element in which great things fashion themselves. Silence leads to confidence and confidence to strength. Silence is the mother of zeal and enthusiasm.
- ❖ Be a positive thinker at all times. In every difficult situation, there is an inherent good that a positive thinker can find. Make it a point to observe your thought pattern at least 5 to 6 times a day to prevent unwanted thoughts. ■ ■



MAMMA THE SPIRITUAL ROLE MODEL

She never became the trans-messenger or visualized anything, she only followed Baba's Murli accurately in surrendered mind & intellect and thus became the magnetic personality in the B. K. Organisation.

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



In the Brahmakumaris organisation, June is the month of remembrance of our most beloved *Yagya Mata*, Mateshwari and the entire month is celebrated in the sweet memory of a lawful and loveful mother who sacrificed her life since teenage for the elevated cause of Godly services with Brahma Baba. Our most beloved mother joined 'Om Mandali' in 1936 in Hyderabad (now in Pakistan) and she left her mortal coil on the day of 24th June 1965 leaving all other members of B.K. family including Prajapita Brahma in Madhuban, Mt Abu. Though, in Brahmakumaris, leaving body costume by any soul is not a matter of shock or sorrow, but still, the Brahmin children could not easily accept Mamma's departure at such a tender age of 45. We, the Godly students know that whatever happens is per what is in the drama, but still due to the gorgeous presence of Brahma Baba, the emotions of the then surviving Brahmakumars and kumaris in Pandav Bhawan were somehow consoled through sweet, rational and spirited versions by Brahma Baba being guided by Shiv Baba. Even, Brahma Baba sent Dadi Gulzar to the subtle world as a trans-messenger to know the present

status of Mamma's soul. Though, at that time, it was presumed that Mamma's departure from the scenario was sudden, actually the matter was not like that. Mamma had to go on a call from Shiv Baba, the Creator, Director & main Actor in this Eternal World Drama. Like others, her role was also fixed and accordingly, at that time, she had to join the 'Advance Party' in another costume to take control over the heaven-constructing group in incognito form only through high-level refined knowledge and complete viceless culture. Renovation of the old world is of prime necessity and our Mamma reached there in a royal family to take over the charge in that 'Advance Party' as she was the most powerful in all four subjects i.e., *Gyan, Yoga, Dharna and Sewa*. She was highly energetic and all-time-spirited imbibing Godly knowledge in full throughout her 28-year-long nurture and sustenance as Baba's sweet child. Pandav Bhawan in Madhuban witnessed the foundation of the Brahmin family laid by God directly between the period from 1950 to 1969 up to Brahma's ascension where Brahma Baba played the stupendous role of being the Chariot of God and Mamma took care of all the children

with her simplicity, loving attitude and great care. She never became the trans-messenger or visualized anything, she only followed Baba's Murli accurately in surrendered mind & intellect and thus became the magnetic personality in the B.K. organisation.

Dadi Pushpa Shanta once had a divine vision in which she saw Mamma as Sri Lakshmi, the goddess of wealth, but Mamma had no money with her either at the time of her joining in 'Om Mandali' or later in the Yagya history. **So how she had earned such a magnificent number-one status as Mahalakshmi in the forthcoming Satyuga?** This was definitely due to her high-quality service and excellent motherhood and this inner quality has become the mirror to get lessons in this divine knowledge for transformation. She was not only the mother of some Brahmin children, but also the mother of all being the image of stability, peace & happiness. To date, Baba repeats in His Murli about subtle carelessness or royal laziness for all the children, but Mamma had always been very careful and aware of all these things since the beginning. Mamma was very special for her reality, royalty, balanced personality, embodiment of love & mercy and accuracy in every work. She was never inclined to any familiarity and had no expectation from anyone, instead, she silently performed all her day-to-day activities along with necessary command and correction to the children in a positive manner. Being an unshakable character, she directed the Shiv-Shakti Army to pass all examinations overcoming all the obstacles in the form of adverse situations either in Karachi or in Mt Abu. **Mamma was a real trustee in the true sense because she had unlimited trust and love for both Shiv Baba and Brahma**

Baba. We all know that she was full on inside, but at the same time she was the epitome of courage on the outside also what we have seen from the bold lawful arguments before the Judge & audience in Hyderabad Court in 1939 in the context of filing an allegation by 'Bhaibund anti-Om-Mandali Committee' against Brahma Baba to forcefully detain the girls in 'Om Mandali'.

To start any good work, though not imaginary or impracticable, in a society is always very difficult, but the great Godly work started by Brahma Baba as Bhagirath was not so easy to visualise and so it is presumed that what a difficult task was that to re-construct the Golden Age i.e., heaven only by changing the thought pattern & belief system being in this old world? But Prajapita Brahma never retreated or escaped from doing his duty invested upon him by Shiv Baba not only for himself but also for the jubilant presence of Mamma as a strong pillar and the Spiritual Role Model. No work is equivalent to this Godly service where self-transformation is the prime before going to transforming others. In the case of any other works in life, no change of self is made through viceless soul qualities i.e., peace, purity, honesty, simplicity, joy, contentment, bliss etc. In the very beginning of 1936, only a few were attracted to this God-gifted knowledge and they continued to nurture the same, but few left being diverted & few became traitors by dis-service. Many things have happened in the Yagya's history, but still, the B.K. organisation is continuously advancing taking an oath to bring the new world, being the right hand of Shiv Baba and His well-adorned true versions. Mamma is still leading us in 'Advance Party' to give the finishing touch of the pure, viceless, *Satyugi* world for which we all are waiting. ■■

THE YOGIS QUEST

B.K. Andrew Grant, London, UK

The soul gives up a little and gains a lot
Vices to virtues would stop the rot
Anger, lust and greed exchanged for
deep love

His welcome home from the One up
above

The Yogi sits and thinks of that Being's
Oceanic qualities

Absorbs it all in his quest for tranquillity
Aware of himself as a subtle point of
energy

Opened the doorway to deep serenity
And the change he had been searching,
for so many lives

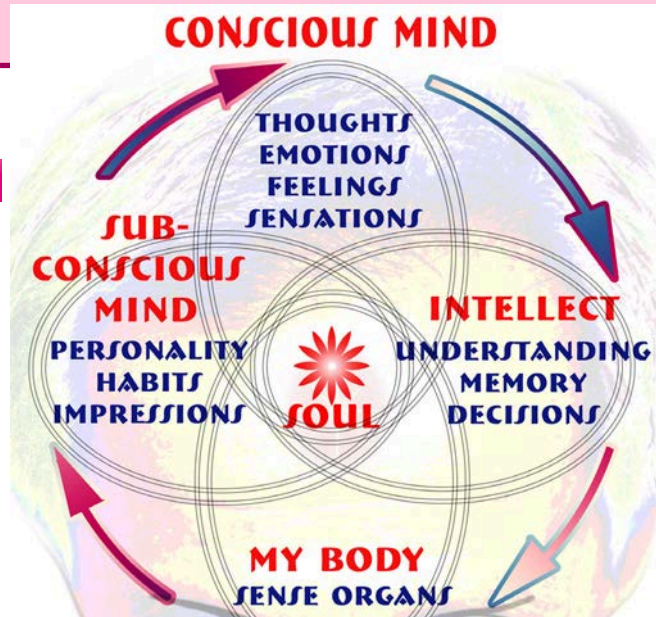
Came to greet him as his prize
For though the man knew of morality
He doesn't have the power to apply it
easily

For what's the point of knowing the best
thing to do

If there's no power to see it through
The Yogi forgets all he'd learned and
knew

He needed a blank canvas to make him
brand new

Ego fell away and humility was born
His simple life created a brand-new dawn
Love entered his mind and stayed forever
more
But he had to show a desire for the door



His mind became focused, his senses
cooled

No matter what happened he was no
longer appalled

The best of good wishes oozed out of
him

He no longer considered himself a her or
a him

Just pure light meeting pure light
While the world slept their lives away
during the night

He knew that only virtues or vices would
go with him

The end of guilt and blame is the end of
all sin

Sorrow ceased to touch him, though it
was all around

His mind held in silence, beyond all
sound ■ ■

THIS IS NOT AN ORDINARY GATHERING STUDY IS PRACTICAL HERE

The main difference between this spiritual gathering and others is that this is based on Godly study, where the main emphasis is on practical life, i.e., inculcation rather than just preaching. During this study, one needs to keep in mind: who we are and what we should do. Now, what we need to do is to move on practically; and put that into practice. Our actions become elevated through such practice. This means bringing purity into practical life. Don't just think: 'Our time was used in a worthwhile way, by listening; we liked it.' If we don't imbibe the teachings, we can't become good just by listening to the knowledge; purity cannot be realised. As everything depends on actions, we must pay attention to actions and try to translate the knowledge into practice.

The Emphasis here is on Actions

During student life, a lot of attention is paid so that the students' study properly and imbibe every aspect of knowledge. This is not an ordinary gathering in which it doesn't matter whether one listens or not. Here it is believed that no one can become pure by merely having a glimpse of something. On the path of *bhakti*, this sort of belief has existed for a long period and continues. This is known as blind faith.

Here, one has to recognize one's true identity and bring that into action. This is why everything depends on practical activity here. The emphasis is on actions. So, it is asked—do you imbibe purity? Do you feel changes within yourself? Are you experiencing being free of the five vices? If there are no changes, one should seek a remedy; and only if one gives one's report to the mother (Brahma Baba, the Corporeal Medium of God Shiva) and father (God Shiva, i.e. Shiv Baba) can they give a remedy.

This is a Study

This is a study. One who studies will know his weak subjects. Only if he tells the teacher, 'I am weak in such



and such subject', can the teacher give the remedy! Every student must tell what his/her weakness is so that their teacher gives them some remedy and he/she can move forward.

Hence, one must look at oneself: "Have there been changes in me?" If there are no changes, one should understand that one has not moved forward. Thus, one must pay full attention to one's practical life, continuing to perform clean actions.

Imbibe and Move Forward

Here, we have to change practically. Only then can we understand that our future is becoming elevated. We have to keep all these things in mind, imbibe practically, and continue to move forward. ■ ■

REALIZATION AND TRANSFORMATION

Stages of Transformation from
Negativity to Positivity



Dr. Shiba Prasad, Ahmedabad



Humans, by nature, habitually become trapped by unconscious mistakes. Many times, people repeat the same mistakes without realizing them. Realizing mistakes and undergoing transformation

follows a certain process and stages. The stages of transformation from unconscious errors to unconscious correctness, a journey from habitual negativity to habitual positivity, have the following four stages:

Stage 1: Ignorance or lack of realization of unconscious mistakes:

Human beings, by nature, commit many mistakes, many of them unconsciously or out of ignorance. Most of these mistakes are habitual, against one's will. Many times, we do not like to commit mistakes, but we find ourselves influenced by past habits, weaknesses, and negligence. Lack of realization of our mistakes, deficiencies, or weaknesses is the biggest ignorance. Many are habitually irritating, over-thinkers, stressed, or stubborn, yet they do not realize their mistakes or shortcomings. Most of us suffer from conservatism, abstinence, rigidity, negligence, carelessness, inattention, and sloppiness. Our minds continuously get bombarded with many good or bad vibrations, pictures, and information, but bad things are

attractive and exciting. Many times, teenagers and adolescents keep such experiences aside as treasure. They love to be with negative temptations. Short-term thrill or excitement is considered a precious treasure for innocent adolescents or youth. Many youths waste their precious time playing cards, gossiping, watching movies, or reading vulgar books without feeling any guilt. Some of them go beyond experimenting and experience smoking, drinking, and obscene practices. Short-term pleasure blindfolds their consciousness. They do not even realize that disobeying or showing disrespect to teachers or seniors is wrong. Moreover, many isolate themselves because of stress, depression, or frustration, disconnecting themselves from the world. Acts of detachment, disinterest, or demotivation may be due to social situations, behaviours by friends or seniors, failures, breakups, and accidents, which drain youths' physical strength, vigor, and psychological power.

Stage 2: Knowledge of limitations, weaknesses, and vices: Conscious mistakes

Individuals commit mistakes at this stage, but they realize they are doing something unacceptable, wrong, and incorrect. They understand the importance of abstinence, but by then, these bad habits become so strong that

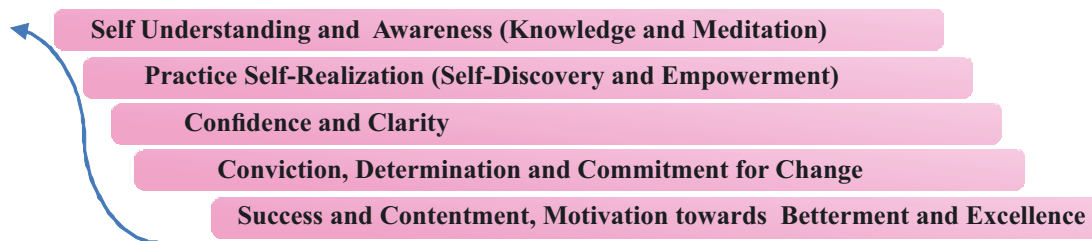
it is not easy to correct overnight. For example, someone may start smoking cigarettes for fun or under the influence of movies or friends during adolescence, and after several years, when they understand it is a mistake, it becomes difficult for them to quit as their physiological and psychological behaviours are already victims of such experiences and feelings. They develop various nausea, deficiencies, emptiness, physical pain, and psychological helplessness due to over-dependency on such narcotic materials. Despite regretting their past mistakes, they feel helpless to break free from the shackles of their bad habits. Such weaknesses lead to failure, rejection, criticism, and censure by loved ones. Social isolation, rejection, or deprivation multiply their pain multifold. Then, they may start listening to religious discourse, following spiritual practices, attending *satsang*, joining meditation courses,

change include inertia, laziness, procrastination, lack of understanding, overconfidence, and complacency.

Stage 3: Conscious Transformation

After realizing their mistakes, individuals slowly and steadily muster the courage and motivation for self-transformation. They begin to understand the technique, path, and process of self-transformation. Gradually, they develop patience and accumulate strength and knowledge to progress in the path of self-healing, self-correction, self-empowerment, and self-transformation. As they move forward, they start enjoying the success of liberating themselves from the shackles of weakness and negativity. The freedom from weakness or vices brings relaxation and joy. They start overcoming negative feelings, thoughts, and actions, becoming masters of their own behaviour. They start realizing the undercurrents of thoughts,

Schematic diagram of Stages of Transformation and Benefits:



or entering rehabilitation in extreme cases. They start understanding the importance of life, career, relationships, good health, and psychological well-being above thrills, temptations, short-term fun, and indulgence. In this phase, individuals sit silently, conducting self-analysis, diagnosis, and self-audit to check their weaknesses and vices. Sometimes, despite all efforts, they lack the necessary strength, patience, and acumen for self-transformation. Various challenges to accepting

behaviours, and actions, enabling them to change course towards the right direction. They develop enough self-control and restraint to be virtuous, ascetic, and innocent. Self-control, self-empowerment, along with passion, help them achieve wonders in life. Despite their efforts, subtle negative forces sometimes prevent them from being completely free from influence and mistakes. In the process, they may relapse into the same weaknesses and

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THE CALL

B.K. Srishti Solanki Haridwar

Every dream, I hear a call.
Every dream, I walk down a hall.
Every day, There's a whisper in my dreams.
Melodic, heavenly, divine, that's what it seems.
In Every dream, I walk down a hall.
Lured to follow that mysterious sweet call.

It says, "Child, child, my sweet child."
So sweet, so lovely, I wondered if being
beguiled.
Yet, I follow the voice.
Feeling, as if I have no choice.
In each dream, I never reach it.
"Show yourself," in each dream, I beseech it.
Each dream ends in suspense.
To reach the source, what's the expense?

The voice and source of it, is so belonging.
As if it's someone, for whom I've been
longing.

Finally, one night, I reached it.
"Oh my, who are you?" I beseeched it.
All I saw was light,
Somehow it brought delight.
His presence was like a boon.
As if a heavenly moon.
Yet his shine was like a sun,
Near him, I felt like a son.

"I'm your father." He revealed.
I marvelled; the truth unsealed.
"My name is Shiv," he continued.
"God, the supreme soul." My memory was
renewed.
"You're a soul, a self-luminous being."
I felt my body-conscious fleeing.
In the end, I felt whole.
As if, I had finally met my life's goal.
I woke up both from sleep and ignorance.
My aura had the truth's fragrance. ■ ■

SPIRITUAL PEN

B.K. Sarika, Nalasopara, MH

- S** - Story of a 'Spiritual Pen' through lilting words, I begin.
- P** - Popping out word by word let me narrate my biography therein.
- I** - Initially when a toddler, scribbling on white paper began to ponder.
- R** - Raising high with a piece of literature, Oh!! this magic pen can make wonder.
- I** - I started writing God's Glory.
- T** - Then realized, He is making my life Florrie.

- U** - Unique is this pen beautifying my spirituality.
- A** - Able to write my destiny, I am qualified with divine dignity.
- L** - Let's become the leader of thyself.
- P** - Pen down your virtues & analyse yourself.
- E** - Each one of us has this mind pen within.
- N** - Now just open your Third Eye, enlighten your Soul, take your pen, and you will Win... ■ ■

TIME MANAGEMENT IN OUR DAILY LIVES

It is commonly experienced that by practicing simple techniques like meditation to silence the mind, work efficiency can be increased.

Whenver we are very busy, we need to take a break for a minute or two and talk to ourselves and give ourselves a few positive thoughts. In this way, the negative thoughts will be replaced and reduced in your mind. We need a concentrated mind and intellect to perform actions in a positive manner. E.g. if at a certain point of time, the requirement of your mind is peace, say to yourself - My real nature is peace and I am originally a peaceful being or spiritual energy. Also, look at everyone around you and create the simple thoughts - The energy of my peace is spreading to everyone around me and giving peace to them. Similarly, if you are stressed because of a relationship, talk to yourself - I am a sweet-natured soul and I have to give love to everyone, even if I am not receiving the same from others. You could also think – I am radiating love to my home or my office and changing its atmosphere to one filled with good feelings and good wishes.

This can be done for one minute every hour. Depending on what you need, create the relevant thoughts. Remember, these thoughts will make your workplace and your home as per what you think and feel. Also, before that happens, your mind will become just like what you think. Your thoughts will influence your feelings and attitudes accordingly. Relationships will become successful and people will start cooperating with you much more. Also, you will be able to satisfy people much more with your words and actions.

Very often, apart from creating the right type of thoughts, which help in proper time management, what is required is a good balance. I need to check whether my time given to different actions is being distributed properly. These actions could be your work, your hobbies, your personal life, your health, your relationships, and all other areas of your



life. Very often we define success wrongly for ourselves and run after it with the wrong beliefs acquired over a long time. As a result, our time sometimes gets utilized in the wrong way. So, I need to check aspects like which relationships of mine are the most important ones. I need to also check how much importance I give to my work and to what extent I give it time. Also, is the balance between my personal and professional life, okay? I analyze all this, keeping in mind the

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POWER OF REMEMBRANCE

Remembering Shiva Baba (God) means to re-establish our broken connection with Him, the connection that was broken since the Golden Age.

B. K. Mahima, Gwalior



What does remembering Shiva Baba mean? Remembering Baba means to re-establish our broken connection with Him, the connection that was broken since the Golden Age. Joining the wires of our mind and intellect with Baba is not a time-bound process it will take 5-10 or 20 years before we reach a stable, immovable stage. It takes every day to bring the self, the child of Baba closer to Baba. Every effort that we make to know Baba better as He is, brings the soul closer to the Supreme Soul. And then what does the power of remembrance do? When do we generate power in anything? When we keep that process going on for a long period. Power generated is accumulated only if it is not wasted. Power in the soul is the foundation for an obstacle-free BK Life. Obstacles will come from time to time to test the soul in its power to overcome these challenges with stability. Overcoming a test paper is not important, but what was my inner state, the state of mind while I was in that circle of obstacles is important.

This accumulated power helps the soul in the following key areas.

1. Golden opportunity to spend time with the Almighty
2. Purifies the impure soul
3. Emerges the merged Golden-aged *Sanskars*
4. Intensifies true service
5. Leads to Powerful Actions

► **Golden Opportunity:** Whenever we sit in Baba's remembrance, we should consider it a chance to spend time with the Beloved One. Unless we spend with Him, we won't know the minute details about Him. Giving time, giving thoughts, and giving the self to connect with the Long Lost & now found Father is a pre-requisite to accumulating the Power of Remembrance. Spending time with Him means, trying to understand His Murli more deeply, focusing the mind and intellect intensely on the One FATHER, and sharing every beat of your heart with Him.

► **Purifies the Impure Soul:** The Almighty's role is to purify the impure soul. Since the start of body conscious era, the soul has used vices over and over again. This usage of vices has made the soul weak and impure. Impure means there is an impurity in our *sanskars*, the quality of our thoughts. God's remembrance merges the old, dirty parts of the soul. The Supreme Flame's remembrance is like fire, completely rejuvenated.

► **Emerges the Golden-aged *Sanskars*:** The golden age is a pure, unadulterated age. The Golden-aged *Sanskars* are of purity in which there is royalty. Untouched purity. Innocent purity. The other Golden *Sanskars* of Peace, Happy state of being emerges. The Golden Virtues at the confluence are cheerfulness,

patience, tolerance, maturity, endurance, and selfless giving versus the rock-hard iron-aged *Sanskars*. God's remembrance speeds up the process of making the Golden-aged *Sanskars* and so the establishment of the Golden Age a reality. Helps in Sanskar's transformation.

► **Intensifies True Service:** God has often described the meaning of "true service". True service is always in the name of One God, selfless and for humanity's upliftment. **A true server has no desire for anything less than God's blessings and love and so, a true server will always do service, seva in remembrance of GOD.** A true server's sign is the happiness he receives from doing real service. True service will always bring souls closer to their real parents.

► **Leads to Powerful Actions:** Powerful actions are the foundation for a good destiny. Powerful actions mean actions that benefit the whole of humanity. Only when there is power in the soul, can the soul perform actions not for self-gratification but, for world benefit.

How can I fill power in my remembrance?

1. Instrument consciousness: When I remember that I receive not just touching, but **COMMANDS** from my chief Shiva Baba through Brahma Baba, this consciousness will always keep the soul connected and humble.
2. Considering the self as a SOUL. 3. Away from me & mine. 4. Love for God. 5. Complete surrender of the mind & intellect. 6. None, But ONE. 7. Pure feelings – Only those who have pure feelings for all, can have a powerful remembrance as there is no mixture of impurity. 8. Knowledge is the foundation for accurate remembrance. 9. Practicing bodiless stage. 10. Cleanliness. ■ ■

LAUGHTER: THE BEST MEDICINE

◆ A saint said to a drunkard: If you drink so much alcohol, you will go to hell after death.

Alcoholic: So, what will happen to the one who is selling liquor?

Saint: He will also go to hell.

Drunkard: Then what will happen to the man who sells snacks in front of the liquor shop?

Saint: He will also have to go to hell.

Drunkard: Then what is the problem, only hell is fine for me...!!!

◆ Doctor: I have some bad news and worse news.

Patient: What's it doc?

Doctor: The lab test results show that you have only 24 hours to live.

Patient: Oh my God!

Doctor: The worse news is that I was tried telling this to you yesterday but your cell phone was unreachable.

◆ Maths Teacher: What is a line? Student: A line is a dot that's going for a walk.

Maths Teacher: Then, what are parallel lines? Student: A dot going for a walk with his friend.



SWEET MEMORIES OF MAMMA

In the world history, she has a unique role,
Born in Amritsar in 1919, as an angelic doll.
A fashionable, divine and prominent girl prodigy,
Sang and danced on Twinkle-Twinkle with energy.

Being a teenager, she got God's introduction,
She recognized God Shiva with full reflection.
In a second, she made life's important decision,
Chose God Shiva as bridegroom and companion.

Soon with motherly qualities of sustenance,
She started spreading divine fragrance.
They faced massive opposition due to purity,
She conquered it with 100% faith and clarity.

Summons issued against Pita Shri Brahma Baba,
A true Shiv Shakti, she revealed sweet Shiv Baba.
God's direction and her confirmatory action,



B.K. Yogesh Kumar, New Delhi

She went from Radhe to Mamma with perfection

Thou Vaishno Devi and God's consort – Parvati, and Sati,
Played the banjo of knowledge, thus, called Saraswati.
She got the status of Lakshmi by distributing the wealth of wisdom,
Focusing on *Shrimat*, she got the heavenly kingdom.

Many were transformed through her pure vibrations,
Her sincerity and Godly remembrance reached her perfection
She never let the deadly cancer reflect on her face,
Distributed sweet grapes with spiritual grace.

She blossomed Madhuban with her pure essence,
The luckiest are the ones who got her motherly fragrance.
Her sweet memories will remain in our hearts forever,
Golden Age will be realized by making fast endeavours. ■ ■ ■

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correct definition of success, which is not only material success but a content mind and heart. Contentment is inner success and more important than material success. **Once I understand my priorities correctly, my time starts flowing in the right direction, in the right manner.**

I need to also check what I may gain or lose in every action of mine in the form of my internal mind's treasures like peace, love, and joy. Suppose I am running after my work ambitions in the search of success, but am I neglecting my relationships, my health or my peace of mind in the process? Also, some relationships may be giving me temporary happiness but are they taking me away from my relationship with God? After all, if my relationship with God is strong, all my other relationships will be successful. The answers to all these and many such similar questions lead me to a good time distribution in my life, also called time management.

Living a life full of work pressures and deadlines in the present world of busy lifestyles and challenging relationships can be very stressful for many people at times. What should one do to remain free from stress and at the same time keep one's efficiency at the highest? Whenever one starts a new task, it is important to take care of a few important things.

E.g. if I am a project leader in my office, I need to analyze, apart from the various tasks of my work, many other aspects. The first and most important aspect is

time planning, which means I know exactly how I will complete all the different aspects of the project successfully. I have to do this within the time frame I have at hand. **A very important aspect of time planning is how I keep my thoughts as less as possible. This is because the more thoughts that I have in my mind, the more time it will take me to finish any task.** It is commonly experienced that by practicing simple techniques like meditation to silence the mind, work efficiency can be increased. That means more work will get done in less time. A simple method of relaxing the mind is stopping my work after every hour and performing a thought traffic control of the mind. Traffic control means creating a few positive thoughts of different types of qualities like peace, love, and joy or even characteristics like success, victory, and faith. You can do this for a minute and then continue working. This will keep you focused and charged mentally for the next one hour. This is a principle of the mind and its connection with the body. The more peaceful the non-physical mind, the more efficient we will be in performing actions correctly through the physical body. ■ ■



MANIFESTATION OF SOUL

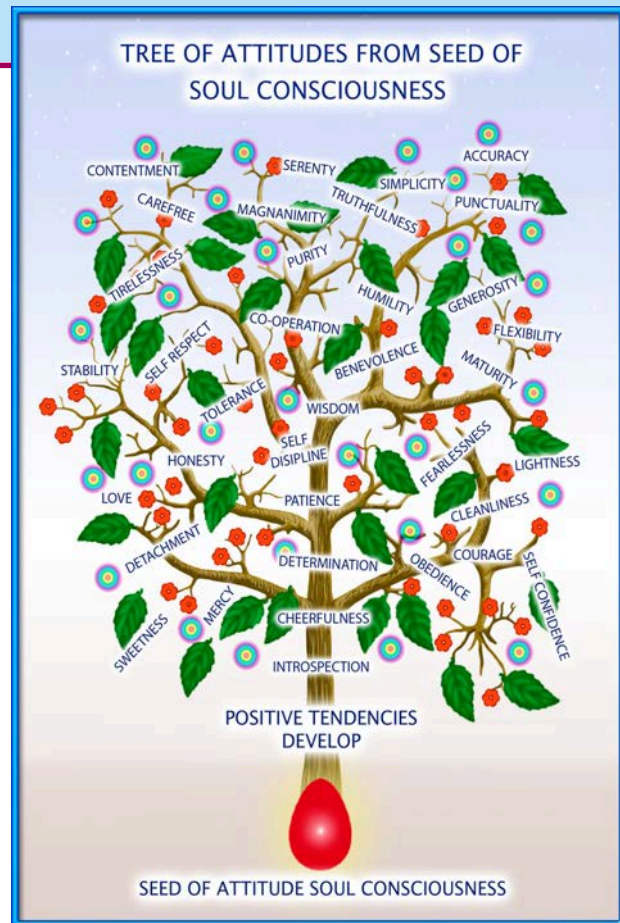
Spirituality has evidence that supports its affirmation of the existence of the soul, a non-physical entity and the belief that the soul is eternal and immortal.

B.K. Bhagwanlal Taunk, Nadiad, Guj.

Consciousness is the inherent, inseparable and eternal quality or attribute of a non-physical entity, called the Soul, *Atma* or Spirit. Spirituality does not consider consciousness as a phenomenon of the brain or of the electromagnetic force that are at work in the brain and the body nor does it consider it as a product of chemical actions or reactions that are taking place in the body and the brain. Spirituality is built on detailed knowledge about the soul and its various forms of manifestations, such as Thought, Judgement, Memory, Belief, Learning, Outlook, Attitudes, *Sanskaras*, etc. Spirituality has evidence that supports its affirmation of the existence of the soul, a non-physical entity and the belief that the soul is eternal and immortal.

Spirituality also affirms that GOD also is a soul, who is Supreme among all souls and has certain special attributes, which other souls do not have. It considers GOD as the Father-Mother not because GOD 'created' other souls in the same sense as a potter creates pots. He is a Father in respect of Knowledge, Purity, Peace, etc. and He provides these to souls at such an hour in history when knowledge of truth and purity of action has almost been lost.

Spirituality affirms that there is an



extraterrestrial region, where there is life in its incorporeal form. There is a world beyond the sun, the stars and the galaxies, it is known as the 'World of Incorporeal Souls', also known as *Parloka*, *Brahamloka* or *Param Dham*, the farthest Abode of the Supreme Soul, where all souls originally dwell in a peaceful and discarnate state. All souls come from there on the world drama stage and become incarnate here to play their respective roles and they pass through various stages. Ultimately the Supreme Soul, who is above birth and death of the mundane kind, takes the divine kind of incarnation to guide and to help souls to purify themselves and to return to their abode.

A child claiming to remember a previous life

usually asks to be taken to the place where he says he lived during that life and for this reason or to satisfy their curiosity, his parents nearly always try to find the family to which he seems to be referring. If the child has furnished enough details, especially identifying proper names and if the distances involved are not too much, the search for the family of the person he has been talking about is nearly always successful. The child is then usually found to have been accurate in about 90% of the statements he has been making about the deceased person whose life he claims to remember. Reports about that person's behaviour made by surviving members of his family usually also indicate close correspondence between that behaviour and the unusual conduct the child has been showing in his present family.

In the usual case of this type, the child's utterances concerning the previous life reach a peak of volume and detail between the ages of 3 and 5. After this, the imaged memories of the previous life appear to fade in most cases; sometimes the memories persist until later, but the child may talk less or not at all about them. His unusual behaviour also resides. In some cases, however, the influence of the memories of the previous life may last into adulthood.

Reports of cases of this type were published sporadically from the late 1890s through the 1930s. I published summaries of some of these previously recorded cases and also an analysis of 44 cases of which the published reports seemed sufficiently reliable for at least provisional acceptance of these cases as authentic. With the help of colleagues and assistants, I have now assembled data on more than 1600 cases of the reincarnation type.

Based on the above information, we may

conclude that the soul or the consciousness never perishes (*Ajar, Amar, Avinashi*) and it only takes different human bodies one after another to play its roles in this world drama.

Shakespeare also said in one of his dramas, "All the world is a stage and we are all actors." Here, 'we' means the souls. The soul plays the role by taking the body as a costume. But when the body costume is damaged, doctors try to repair it. But if it is not repairable, the soul has to leave the present body and take another body, which we call rebirth.

Here, one more information is required to be added. The physical body is surrounded by another layer, called a subtle body made of light. At the time of death, when the physical body is not active, this subtle body leaves the physical body along with the soul. Then it goes to a subtle world, where other such bodies of persons who died earlier may be existing. This is experienced and explained in the story mentioned in the text by 'a clinically dead person. But it may so happen that the doctors may be able to survive the person by different methods and the soul with the subtle body may come back from the subtle world to the physical body and the person survives. This only proves the existence of the soul, even after the physical body is declared dead.

To understand the second issue of Hypnotic Regression, one has to believe and digest the concept of 'storing capacity' of the soul. According to the spiritual knowledge as given by "Brahmakumaris Vishwa Vidyalaya", the soul has a storage capacity like a tape recorder. Surprisingly, it is believed that it can store many roles of human actors for so many births. Since the roles of so many births are already stored in the soul as a tape recorder, the only question left

is to find a technique to run the tape in reverse and get the information stored. Brain scientists (psychologists and psychiatrists) have developed the technique of 'Hypnotic Regression' for this purpose, by which they take the subject to a hypnotic state and by reversing the soul tape, they dig out the information they want by asking specific questions to the subject about their past lives. In most cases, the information made available by the subject is verified by historical/family records and surprisingly they are found to be mostly correct. This also proves the existence of the soul in the body and its activity as a tape recorder.

Let us talk about the last case. As we all know, in any tape recorder, the tape will give or play only the present recording, not the past, which it has already played. Human souls also do the same thing. We, the human souls,

do not know/remember the recordings of our past lives. It is a boon for us. But as a very-very special case, recording of immediate past birth comes to memory of some rare children mostly at the age of 5 to 7 years. Then what happens to such a child is already mentioned in the text above. Once again this proves the existence of the soul in the body as a tape recorder. ■ ■

Mamma always used to say: All of you put so much effort to accumulate power and you then spend it so quickly on useless things! " You use your energy in useless matters and then become weak and sad." You don't give yourself that much time to accumulate it but you just spend it throughout the day and you then become bankrupt. Then, when some situation comes in front of you, you say that it is very difficult because you don't have any strength.

WORDS OF WISDOM

- ◆ Work hard in silence, let your success be the noise.
- ◆ The hard days are what make you stronger.
- ◆ Magic is believing in yourself. If you can make that happen, you can make anything happen.
- ◆ If you believe it'll work out, you'll see opportunities. If you don't believe it'll work out, you'll see obstacles.
- ◆ In a gentle way, you can shake the world.
- ◆ If opportunity doesn't knock, build a door.
- ◆ Don't be pushed around by the fears in your mind. Be led by the dreams in your heart.

ARE YOUR FINGERS OF FORTUNE ALWAYS BUSY MAKING YOU RICH AND A DIVINE LIFE?

Are both your hands always busy creating your fortune or is it you only use one finger now and then? Many keep busy having their nails painted pampering themselves or can be found often pointing a finger of blame.

I know many that live as a statue, unable to move in a good direction where their legs and hands are frozen in the past which causes them frostbite in the present.

People try to keep their hands warm by constantly keeping their hands busy by counting their money in their deep pockets of greed and selfishness.

They line their lives with all mod cons and allow themselves any pleasure they fancy; be that in rich foods, gambling, alcohol or indulging in some other bad habit.

A band of brothers

All of humanity is marching in unison in the same direction down to the same band playing the same old tune of body consciousness. Listening to this band they do not realise where they are heading and what path they are walking.

This tune, their greed and selfishness, all make their path slippery and render them incapable of being a truly good, spiritual, noble, and moral person.

People have become their own worst enemy whereby they cannot help either themselves or others as everyone is now walking this slippery slope of body consciousness. This narrow path



B.K. David, Paignton, UK

is of mud and dirt and is strewn with countless sharp obstacles created exclusively by their insatiable desire for self-gratification and out-of-focus view on life.

The mental scars of humanity are all self-inflicted and so deep they can now no longer heal unless through divine intervention.

Such is the narrowness of this path, and such is the blindness of those walking it, that countless slip off it and fall down this Mountain of Sorrow (MoS) never to be seen again.

There are paramedics at the bottom of a man's mountain trying to piece the injured back together but they have made their lives into an ugly mess whose picture on the jigsaw puzzle of their lives when finally put back together, is not a pleasant picture at all.

If a person is pleasant, he makes a pleasant life and picture for all to see. Their picture (face) and lifestyle cannot be ignored and are living proof of the artist and his ability and love.

It would take a whole hospital and psychiatric ward 10 years to put one person back together to their once former glory; such is the enormity of the problem of solving even one person's mess.

It would be true to say that 99% of people's messes are self-inflicted due to carelessness.

Instead of being a meticulous artist, most create a life for themselves as if drunk by chasing after physical pleasures with their hands, arms and fingers, wealth, time and connections. There is much truth in the saying: an idle mind is a devil's workshop.

Instead of creating a wonderland of happiness in which to live in comfort, many ignorantly have made a hell for them to have to endure daily trying not to slip off the self-made narrow slippery path of vice.

Only by breaking your bad habits, gross selfishness taking your hands out of your pockets being spiritually aware and learning to ignore your body will your sorrows stop bleeding and the broken bones in your mind (soul) start to mend and heal.

One needs constant attention if you want to start breathing in peace and feel the coolness of truth over you. Nothing comes by chance in life, except the sun and rain, and even these are guided by karma at times.

Truth, spirituality, God and His path all act as cool, life-saving water to the thirsty man walking through a hot desert.

The sad scenario of people slipping down this sad mountain is a fact and the world over and it will carry on being the state of play until it finishes soon and each player's runs will be counted by the Umpire who'll decide if a player played a good enough match to go on and play in heaven.

The mountain of life can be traversed but needs healthy strong arms and the hands and fingers of selflessness and truth if you're to climb up its ugly face and avoid slipping now and then.

This once a mountain of butter, love and harmony that nourished and made all strong has become rancid, poisonous, very dangerous and if possible, avoided at all costs.

Many walk, leaving bloody footprints behind them.

People live in so much pain whilst descending this mountain as they perform such bad acts and cause harm to many in the world all too often and in ignorance. Not only do they hurt others but also themselves with their constant body-conscious rituals.

And what should be done with the driver that thinks he's the car, the engine, steering wheel, shiny bodywork, and not the driver?

As the song goes – What shall we do with the drunken sailor (driver)? Put him in a longboat till he's sober; put him in a longboat till he's sober; early in the morning. Give him a dose of salt and water; give him a dose of salt and water; early in the morning.

There are the rich, the poor, the disabled, incapacitated and most prevalent are the plain lazy and ignorant. Which of these do you profess to be or, are hiding?

Such a driver having basic material thoughts of his body, greed, wealth and wanting many types of food often, could and should be viewed as if he's driving under the influence of alcohol.

When a person lives long enough under the intoxication and influence that makes their arrogance grow from always seeing themselves as a body, a time will come when he'll need drastic medical care but man's treatment and medication cannot cure a lifetime of living in the straightjacket with its ties of falsehood.

When someone unknowingly eats day after day a diet of falsehood and poison, they will become sick and turn into a patient. To cure them there's a Godly solution that works but man's remedy is to lock him up in an asylum called 'Today' that has no walls so most that you see walking about need dire help, and do not think for even a second, they do!

(contd. ... on next issue)

ATTITUDE IS THE MEANS TO UPLIFT

Attitude is the most powerful factor in the creation of a happy or sorrowful atmosphere.

A pure spiritual attitude is the most powerful virtue of the soul. Such a soul can meet and greet everyone with a vision of love, filled with good wishes and pure feelings of blessings as well as happiness. As one is in the awareness of soul consciousness, there is a vision to see everyone as a soul. All thoughts, words or actions are for the benefit of everyone including nature and the elements.

On the other hand, when one is body-conscious, the attitude and feelings are influenced by the senses, nature and vices. There is a tendency to see weaknesses and drawbacks in others inducing an attitude of hatred, envy and jealousy. Attitude, therefore, is the most powerful factor in the creation of a happy or sorrowful atmosphere.

Understanding The Depth of Attitude

In the spiritual world, attitude is the “feelings” generated when one is in contact with or in remembrance of people, things or situations. These feelings are generally emotions from past experiences and memories. Feelings can either be positive or negative, loving or vexatious, although they can also be indifferent in new situations. If the past situation was positive, a feeling of enthusiasm emerges to relive that experience. If the experience is negative, then a feeling of anger or despondency emerges and depression follows that unpleasant memory. For example, when you remember or meet someone you had met



B.K. Khem Jokhoo, Trinidad

before, if the meeting was a happy one, the same happy feelings will emerge and there would be some degree of eagerness to meet and greet to reignite those feelings of happiness experienced before. If your past meeting was bitter and it created hatred, envy or jealousy, these feelings would emerge and the tendency would be to cut short or avoid the meeting. The same thing happens in facing situations or things. ***Therefore, attitude is ingrained in our thoughts, feelings, vision and actions; it is our attitude that determines the quality of every relationship or connection. This is why attitude is the most powerful factor that influences our feelings and hence our vision of how we see the world and finally our actions based on our vision.***

Attitude Has Fragrance, Aura and Charisma

In spiritual language, attitude is the fragrance emitted from one's thoughts similar to the fragrance that comes from flowers. ***The fragrance emitted from your thoughts is the intentions and motives that are concealed in your thoughts. If your motive is selfless and pure, your loving vibrations are sure to create peace, love and happiness in the atmosphere and the fragrant aura will have the power to attract and transform others.*** This fragrance and aura in a person are called charisma. Charisma is that magnetic attraction

or compelling pull that simply draws people towards you. People are enriched simply by getting a glimpse or making eye contact and go into ecstasy or trance with a feeling of bliss. A halo of white light is formed around the heads of spiritual people and it is also a form of protection for them from evil spirits.

The Most Powerful Form of Service

Attitude is an extremely important ingredient in donating “service through the mind” and in particular spiritual power (*drishti*) as reminded of in *Avyakt Murlis* “The Spiritual Father has seen that the easiest method for service is to create *vibrations* through your attitude and to create the atmosphere through your *vibrations* because the attitude is the most powerful method of all. Just as the rockets of science can fly very fast, in the same way, your spiritual attitude of good wishes and pure feelings will change your vision and your world”.

Spiritual Attitude Can Remove Obstacles and Waste

The Spiritual Father reminds children in *Avyakt Murlis* of 17-03-2007: “Of course, you have many big *programmes* of serving through words, but each one of you has to create an atmosphere with your spiritual attitude and vibrations. The attitude of your mind should always be clean. ***If you have rubbish in your mind; you will not be able to serve with a pure attitude. With negativity, you feel distressed in your mind, don't you? So, first of all, check yourself: Is there any conflict in my mind?***”

Method

The Spiritual Father has advised that we should finish all waste thoughts in a second and spread the impact of the best thoughts into the atmosphere. With a powerful mind, we can be successful in serving the world at large.

How to Give and Receive Spiritual Power

This transfer of spiritual power (*drishti* or *Sakash*) is most effective when the giver as well as the receiver is in remembrance of the Spiritual Father at that moment. The Father advises in one of His *Avyakt Murlis* “If you want to receive spiritual power (*drishti*), always keep the Spiritual Father in your vision (*drishti*). To take *drishti* means to merge the Father in your *drishti*.” To overcome any attraction, always keep your thoughts in remembrance of God and also when giving or receiving or exchanging feelings.

Presently, a spiritual attitude is required to grow a powerful spiritual stage as well as to do service, however in times of upheavals; a pure attitude will provide the tolerance to be immovable and unshakable.

The Unlimited Power of a Spiritual Attitude

When you extend pure love to everyone with selfless motivation or you send good wishes and pure feelings to those who are in deep sorrow, or when you see the virtues rather than the weaknesses in people, it means you have an attitude of compassion. When you bless and uplift someone even as he/she defames you, this is an attitude of forgiveness. When you tolerate a situation and take responsibility as well as give co-operation even when not appreciated; that is an attitude of humility and self-respect. A spiritual attitude, therefore, takes the support of all the virtues, powers and spiritual knowledge and makes peace, happiness and prosperity your birthright. ***Every second, every moment and every breath of your life is nurtured by attitude. Let us, therefore, mould and nurture such a lofty attitude.*** ■ ■

THE UPROAR IN THE COURT

Contd. from page ... 3

plaintiff. Here are some excerpts from the conversation between the Judge and Mateshwari Jagdamba Saraswati or Mamma (known as Om Radhe then), a fearless lioness in the face of bombardment by the Judge:

Judge: "First you must take the Gita in your hand and say under oath that you will tell the truth."

Radhe: "What is the oath and what is to be spoken?"

Judge: "Take the Gita in your hand and say, I believe God to be omnipresent, and I will speak the truth and nothing but truth."

Radhe: "Judge Saheb, I see that you are present. But I do not know if God is present here. I am not able to see God with these physical eyes, so how can I take an oath that I see God in your presence? I only see you, the soul in the form of a judge. So, if you agree, I am prepared to take this oath that I see a soul in the form of you, the Judge, as present, and whatever I say will be the truth."

Upon hearing this strange answer, people in the court exclaimed in surprise. Many started laughing. Some approved of Om Radhe's remarks and showed their joy by clapping. Some said aloud, "True, true," or "she is right."

The judge had never encountered such a situation before. He became a little angry and pounded on his gavel. "Order, order," he declared.

Judge: (looking at Radhe) "I am not God, so you need not take my oath. To take this oath in the name of God is the rule of the court,

and we cannot break it."

Radhe: (humbly and quietly) "Judge Saheb, you have said to tell the truth. In truth, I do not see that God is omnipresent. I see in everyone's mind there is anger, greed, even lust, whereas I am not able to see God, how can I take a false oath?"

Judge: "This is a court. This is not *Satsang*. You need not give Knowledge to me. Here this is the rule of law; if you break this law, you will be tried for insulting the court."

Radhe: (fearlessly) "Just as you are not able to tolerate an insult to this court, I am not able to tolerate an insult to the Supreme Father of the world. Even in the Gita, God has said, "Whenever there is the darkness of irreligion, I descend." Then how is it possible that God could be omnipresent in this world? The Supreme One is Knowledge, Joy and Love personified. He is the Ocean of peace and stability. In all others, there is today the domination of vices: anger, greed, lust. There are storms of passion and utter mental instability. There is disquiet and ignorance. So how can the Supreme Father be present in everyone?"

The Judge did not know how to reply. Silence filled the courtroom. Om Radhe had spoken with such authority and such obvious love of God that no one could oppose her, or even wish to. Even the Anti-Om Mandali representatives, who were present, seemed touched by her words. But the judge was bound by the law, and so he had to act accordingly. At last, he said, "Regardless of what you believe, the rules of the court must be obeyed. There are no exceptions."

Radhe: “Judge Saheb, I will not take a false oath under any circumstances.”

Judge: “Still, I am going to give you time to think it over. Then I will ask you once more.”

Radhe: “I have already thought over it.”

The judge was in a quandary. He sized up the young woman before him, and he decided that she could be frightened into taking the oath, so little did he understand. He ordered the bailiff to place handcuffs on her. The burly officer approached Radhe with his handcuffs; she stood fearlessly and faced him. The people in the hall held their breath. Could such a goddess be subdued?

At the last moment, the judge ordered the officer to stop. He saw the threat was of no use. The officer retreated to the back of the hall as the audience applauded.

The judge gave up the idea of taking the oath from Om Radhe. She had won. But now the examination began in earnest, and the judge himself led the questioning.

Judge: “Why did you girls leave your homes and run away to Dada?”

Radhe: “Judge Saheb, have you ever read the Shrimat Bhagavat scripture? Why did the *gopis* run to the Lord, intoxicated, when He played His flute? Why were no cases filed against them in court? The flute referred to in the scripture is actually the

same Flute of Wisdom which we are hearing through the mouth of Dada. It is the incomparable knowledge of God.

“Let me ask you, Judge Saheb, if a man leaves his family and takes *sanyas* (renounces a householder's life) why is no legal case ever filed against him? In the eyes of God, men and women are equal. Now God has put the urn of Knowledge on the heads of women. So, when we mothers have the opportunity to attain purity and wisdom, naturally we cannot refuse. Why does everyone not rejoice over such new-found purity and elevation?

Why are these questions put to us? The answer is clear, Judge Saheb. Whatever difficulties have been put in our path, whatever hardships and abuses have been inflicted upon us by our relatives and friends, are all a reaction to our purity.”

The judge continued to put the sharpest questions he could think of to Om Radhe, but she turned back all the points with forthright and knowledgeable replies to the extent that the Judge also felt helpless, rather convinced with what Om Radhe said so boldly and convincingly. ■■

Mamma was number one obedient. Mamma understood each of Baba's signals and then revealed to us children with such clarity. There is clarification of everything in Mamma's elevated versions. Mamma's face would also reveal how we should have love for Baba.

LIGHT'S AWAKENING

B.K. Indal Bhai, Texas

At first, the World was heavenly
Then there was Peace, Love and
Happiness,
Now the light of all Divine virtues
flickers.

The world is in turmoil and sorrow
There are cries of suffering
everywhere.

Echoing far beyond The Father's
home, our home.

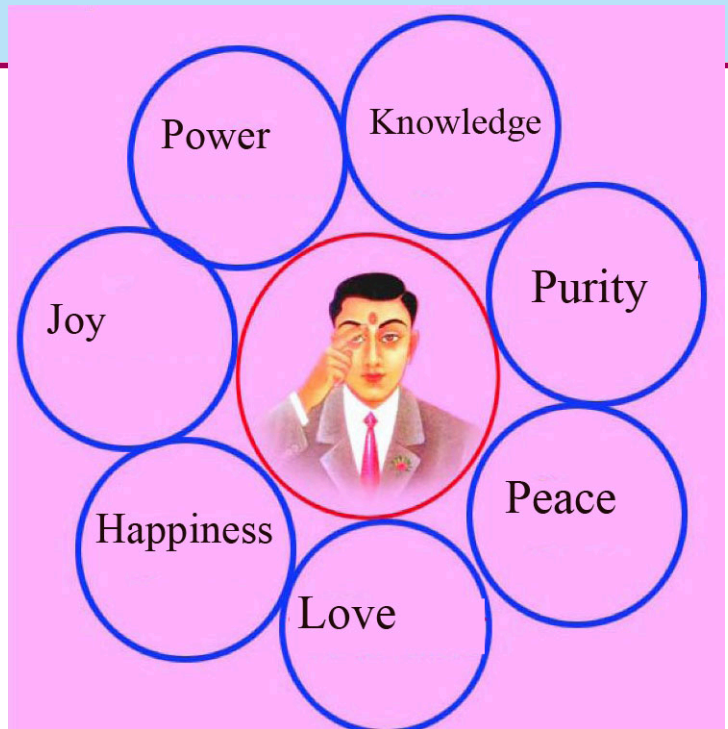
The sustaining light of deity souls now
flickers with time

As the world now infused with
impurities and vices
Darkness and ignorance, now obscure
the intellect,

The Father so love His children
Comes with the mercy of knowledge,
for clarity of mind and intellect,
He purifies waning and tired souls.

Lovingly, we say Beloved Baba,
He sits in the corporeal and teaches
the children.

He reveals Himself, The Ever-Pure
Immortal Light, Father of all souls,
He bestows the Truth and secrets of



pure knowledge,
In silence and incognito, He reveals the
essence of scriptures, and elevated truth, The
Gita
Baba reveals the light of spiritual cleansing
and self-empowerment.

Now the tempests of obstacles and ignorance
subdued,

The power of knowledge, hope and light
awakens.,

Beloved Baba, once more enlightens the
children's souls,

He restores faith and dormant divine virtues
He makes us His direct children

And grants us our unlimited elevated
inheritance for 21 generations and more.

Such is the light revealed by our Father. ■■



Mohali: On the occasion of Vaisakhi, the procession led by the Panj Piare (the five beloved of the Guru) is being felicitated by BK Prem, BK Rama and other BK sisters and brothers.



Shimla: Mr Pramod Saxena, Chief Secretary of HP is being presented a Godly gift by BK Rajni and BK Anita during a Seminar organised by Administrators Wing. BK Harish and BK Bharat Bhushan are also seen.



Solan (HP): After a Seminar by Agriculture Wing Dr PK Khosla, VC of Shoolini University is being presented a Godly gift by BK Sarla and BK Sushma. BK Raju is also sitting on the stage.



Chandigarh: During a campaign on "Empowering persons with disabilities" BK Suryamani, BK Atul, BK Shivprakash and BK Neha are seen with participants.



Bhopal: Mayor Ms. Malti Rai, Principal Secretary of MP Assembly Mr. Awadhesh Pratap Singh, former DG of IIMCJ Prof. Sanjay Dwivedi, BK Avdhesh and BK Reena are inaugurating the screening of a spiritual film 'The Light' based on the life of Prajapita Brahma.



Bhubaneswar: General Manager East Coast Railway Mr. MK Behera, BK Shaktiraj, BK Geeta are inaugurating the 'Happiness Hi, Tension Bye Bye' program for the railway employees.



Udaipur: A programme on Stress-Free Living is being inaugurated by former Union Minister Ms. Girja Vyas, City MLA Tarachand Jain, former Mayor Chandra Kothari, BK Poonam and BK Reeta.



Bhopal: 'Sanskar Srijan', a week-long Summer Camp for students is being inaugurated by Ms. Raksha Dubey, Jt. Commissioner (GST), Vigilance, Mr. Rajesh Patel, chief propagator of Gayatri Shaktipeeth and BK Avdhesh.

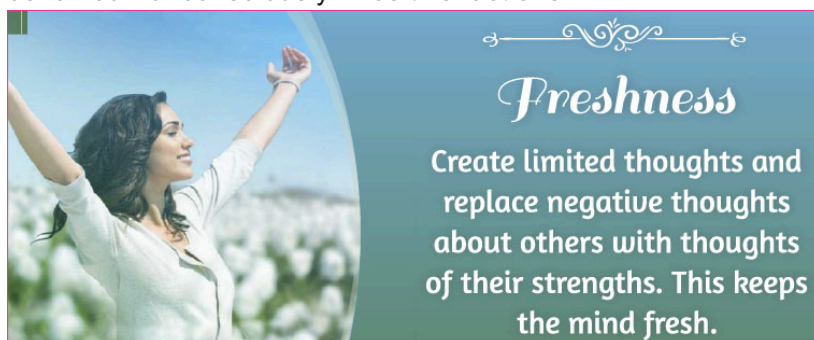
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fallacies. Cementing good habits, positive thoughts, asceticism, and a happy life requires different levels of conviction, determination, predicament, care, rigidity, and sacrifice to make them permanent. Why a person cannot sustain transformation long-term, revert to old habits and traits despite all efforts include lack of commitment, confidence, courage for change, sensitivity to criticism and social rejection, lack of determination and firmness, and inadequate power to hold and implement changes.

Stage 4: Unconscious Positive Lifestyle, Habits, and Healthy Psychology

Once good habits become ingrained in one's nature and life, they start exhibiting good behaviour unconsciously. Positive actions

become spontaneous, natural, and unconscious. Their subconscious mind becomes positive, leading them to unconsciously perform accurate and good deeds for others, family members, and society. This helps individuals stay on the right track of morality, principles, and standards. They remain motivated, energetic, passionate, and focused, progressing in their career paths and helping others. They not only remain good for themselves but also help others as a habit or nature in their pursuit of excellence, success, and happiness in life. Empathy, sympathy, cooperation, and kindness become natural traits of their lives. They take utmost care in maintaining things streamlined, steady, stable, sturdy, natural, and regular. ■ ■



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Mobile:09414006904, 02974-228125, **Emails:** omshantipress@bkivv.org, worldrenewal@bkivv.org

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Rishikesh (UK): A programme on Positive Thinking is being inaugurated by BK Shivani, Mahamandaleshwar Ishwar Das Maharaj, Mahamandaleshwar Dayaram Das Maharaj, Mahamandaleshwar Karnapal Giri Maharaj and others.



Mumbai (Gamdevi): After a meeting Syedna Mufaddal Saifuddin, 53rd Al-Dai Al-Mutlaq and religious head of the Dawoodi Bohra community is with BK Neha, BK Falak and BK Satish.



St. Petersburg (Russia): BK Mruthyunjaya and BK Banarasi are seen participating in the dialogue about Values in Education on the topic 'Youth for Transformation'.



Hong Kong (Kowloon): Indian Movie Celebrity Mr Boman Irani along with his wife are being presented a Godly gift by BK Bindu at BK centre.



Kurukshetra: Mr Subhash Sudha, Minister of State, Mr. Jai Bhagwan Singhla, Social Activist and BK Saroj are present during the screening of a spiritual film 'The Light' based on the life of Prajapita Brahma.



Karnal: Ms. Suman Saini, wife of Haryana Chief Minister is being presented a Godly gift by BK Prem and BK Onkar during the 5 days Happiness Shivir.



Dehradun: BK Shivani is addressing a programme on "Solution to Life's Challenges".

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Shimla: HE Draupadi Murmu, Hon'ble President of India is with BK Hussain, BK Khyati, BK Madhu, BK Sunita, BK Harish, BK Bharat Bhushan and BK Om Prakash after a formal meeting.

Abu Road (Shantivan): Sikkim Chief Minister Mr. Prem Singh Tamang is being presented a Godly gift by Rajyogini Dadi Ratanmohini and BK Brijmohan.



Sirsa (HR): Mr Nayab Singh Saini, Chief Minister of Haryana, BK Bindu, Mr Ashok Tanwar, former MP and others are inaugurating a programme on 'Spiritual Empowerment for Healthy Society'.

Haridwar: BK Shivani is addressing a programme on "Miracles of Rajyoga Meditation".

