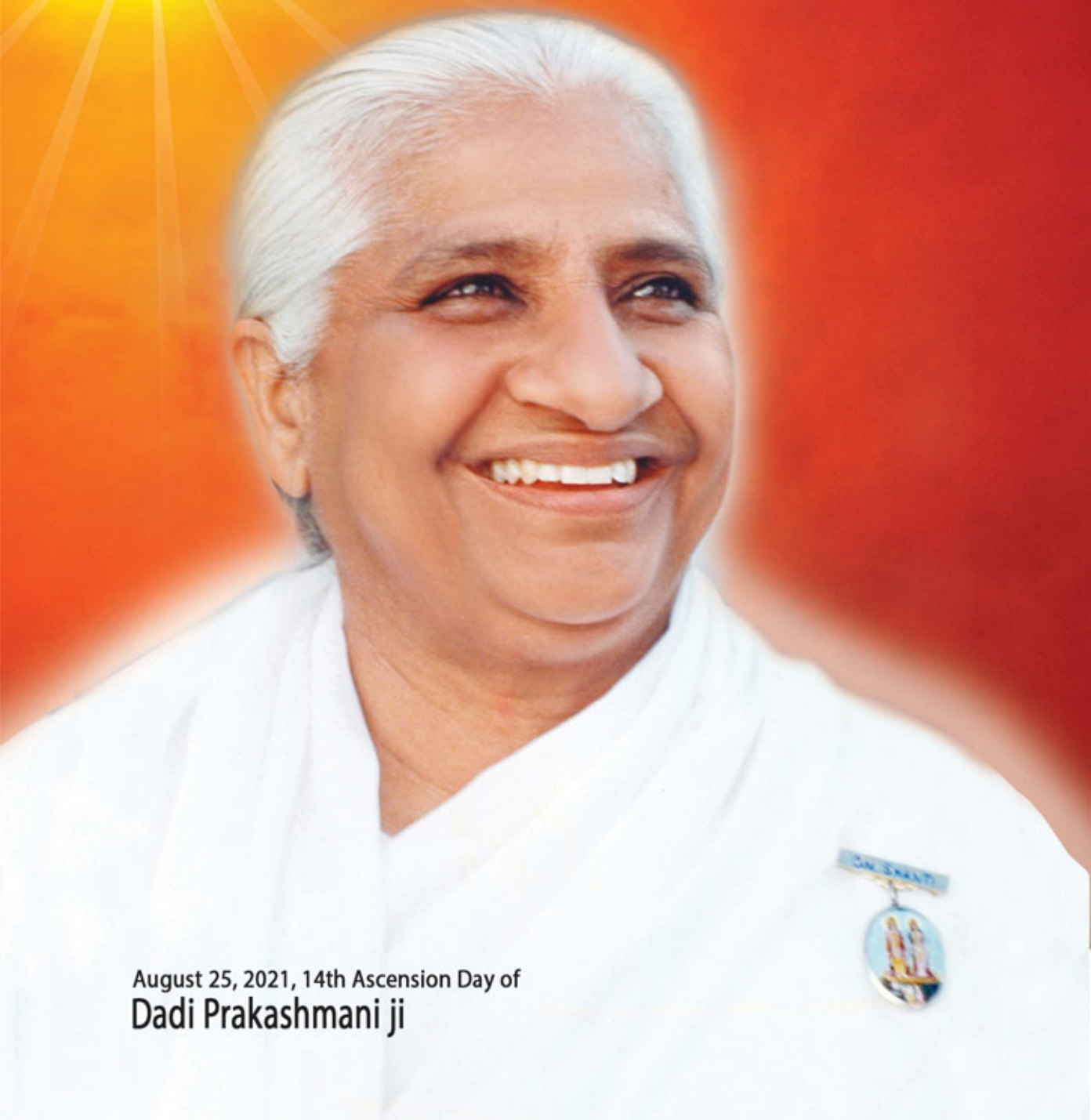




The World Renewal

Monthly

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August 25, 2021, 14th Ascension Day of
Dadi Prakashmani ji



New Delhi:

The National President of BJP Mr. J.P. Nadda is being felicitated by BK Mruthyunjaya, BK Shivika, BK Prakash and BK Shailesh.



Guwahati:

After being felicitated, Mr. Hemanta Biswa Sharma, the new Chief Minister of Assam is in group photo with BK Sheela, BK Jonali, BK Vijay Gupta and others.



Gurugram (ORC):

Inauguration of 'Divya Prakash', India's first Mega Watt-hour Scale Hybrid Energy Storage Project by BK Brij Mohan in the presence of BK Asha and others.

|| From the Mighty Pen of Sanjay ||



GOD'S CALL FOR REAL INDEPENDENCE



India attained its political independence on 15th August, 1947. Great leaders of India, like Mahatma Gandhi, Pandit Jawahar Lal Nehru, Rajendra Prasad, Sardar Patel, Maulana Azad, C. Rajagopalachari and thousands of others made great sacrifices and suffered grievously at the hands of the British bureaucracy. Many even lost their lives, faced bullets or the brutal treatment, meted out to them by the British. Millions had to leave their homes and their native towns when the political partition of the country was announced. There was horrible bloodshed between two communities - the Hindus and the Muslims - when the country was divided and there was transition of political power. All this now goes under the name of 'The Struggle for Independence'. All who took part in this struggle (which devoured innumerable lives and enormous wealth), made sacrifices because they thought that India, after Independence, will regain peace and prosperity. They had a beautiful vision of a united India which would be free from poverty, communal hatred, slavery to foreign habits and goods, and would also have the full liberty to build its own future, which was styled by Mahatma Gandhi as the "Ram Rajya".

But today, when we look at the present state of our beloved country, we are unable to match it with the vision which the Father of the Nation, or the other great leaders, had before the political partition.

What do we find?

One thing to which all are agreed is that what we have today is not "Ram Rajya" or "Swa-Rajya" (self-rule). In fact, it seems that Ram Rajya or Swa-Rajya are nothing but a mere mirage, for a well-known verse about Ram Rajya says that it is that kind of
(Contd. on page no.33)



CONTENTS

▶ God's Call for Real Independence	3
▶ Simple Living & High Thinking (Editorial)	4
▶ Dadi Prakashmaniji was always open to New Ideas	7
▶ The great significance of Raksha Bandhan	9
▶ Shri Krishna The Epitome of Perfection!	11
▶ Where is God in all that is Happening?	14
▶ Be victorious with Distinction in the Crises	15
▶ Experiencing the Power of Light and Might	17
▶ Selfless Service	19
▶ The Subtle Power of Silence	21
▶ The Drama of Life	23
▶ Get well soon, My world	24
▶ Apply Brake while your thoughts Go Astray	25
▶ Raja Yoga Teaches the art of walking on Quicksand.	27
▶ Holistic Education for Excellence in Life	29
▶ Team Lead – Qualifications	30
▶ What is True Independence?	31
▶ The Virtue of Mercy	32

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SIMPLE LIVING & HIGH THINKING

Though this is an old adage -'Simple Living & High Thinking', we continue to see practical examples even in the very materialistic and superficial world we live in. One most admirable model is that of our beloved and respected Prime Minister, Shri Narendra Modi ji, who had a very simple upbringing and education, but later did a lot of learning through travelling and aspiring for a spiritual life. However, destiny had its own plan and on the advice of a Saint in Kolkata he switched over to Politics with the aim of serving society. In this world of competition, our Prime Minister too had to work very hard as an RSS Volunteer, and later became an Organiser also. These experiences became the springboard for him to participate in Politics, where he went on to become Chief Minister of Gujarat for four consecutive terms.

During his tenure as CM, on 21st April 2013, Shri Modi ji came as Chief Guest for the inaugural programme of the newly-built Youth Training Centre of the Brahma Kumaris at Mahadev Nagar, Ahmedabad, held at University Convention Centre. It was during the Welcome Address that our divine sister, B.K. Chandrikaben, Senior Rajyoga Teacher and Coordinator of B.K. Services at Mahadev Nagar, expressed very spontaneously, her deep and pure wish that our respected spiritual brother, Shri Modi ji, would become Prime Minister of India. Soon after, we all saw how this wish of many millions of *Bharatwasis* became a reality! Respected Prime Minister has always identified himself with the poorest of poor of the nation, and served them in many ways.

Over the past 7 years, Shri Modi ji and BJP Government have been very supportive of our

national sports persons and their progress. He has been a strong source of encouragement for the 124 athletes of Bharat who participated in the Tokyo Summer Olympics 2020. 5th August 2021 was a day that will go down in history, as the Indian Men's National Field Hockey Team sealed a 5-4 win against Germany in their bronze medal match! This win is a monumental achievement as it ended the Hockey Team's 41-year medal wait at the Olympics. The credit goes to the hard work of the Captain and all the Team Players for their sacrifice, dedication, accuracy, and acumen in playing very clean games throughout the Tournament. Credit goes equally to the Coach who motivated the team members to play while observing a lot of patience and inner calm.

We had previously received joyous news of the accolades earned by India's daughters at the Olympics from different fields: Saikhom Mirabai Chanu, who won Silver Medal in Weightlifting Women's 49 kg; P.V. Sindhu, who won Bronze in Badminton Women's Singles, and Lovlina Borgohain, who won Bronze again in Boxing Women's Welterweight (as of 5th August 2021 morning)!

There were many surprises along the way of winning and losing, many almost reaching the quarterfinals, but a game is a game eventually, and we should enjoy playing or watching it in the right spirit. This is only possible if one can detach oneself from all physical boundaries. A spiritual-minded person would always value the winners as well as the losers, because both teams play their level best at the time, and therefore both deserve applause and appreciation.

Remembering Dadi Prakash Mani ji

While writing these lines, I am reminded of our beloved Rajyogini Dadi Prakash Mani ji, former Administrative Head of the Brahma Kumaris, who was an example for the entire Brahma Kumaris and Brahma Kumars fraternity. Dadiji led such a noble and divine personal life, and befriended one and all through her wisdom and highly simple ways of communication with elders, equals, youngsters and children. She was always at ease and very respectful while interacting with nobility, authority figures in government and high society, and spiritual personalities. **Her most heart-warming gesture was the way she would greet everyone with folded hands, reflecting her humble and down-to-earth nature.** This is how she conquered the hearts of Presidents, Prime Ministers, Chief Ministers, other Ministers, Government Officials, Business Tycoons, Judges, Advocates, Doctors, and leaders in all the different professional fields, especially the Heads of Religious Institutions and Media Houses. Within the family of Brahma Kumaris, whether it was senior Brahma Kumaris Teachers, senior Brothers, or BK students who glorify the Supreme Father by leading lotus-like lives while caring for their families and careers, Dadiji won everyone's heart with her innocent gestures of kindness and spiritual love.

Her magnetic personality glorified God's teachings, which she had been learning and practising right from the age of 16 until the year 2007, when she transcended the physical realm to the angelic region.

Not only, she was a great example of a Godly Student, but also an engaging, elevated Spiritual Teacher, whose Morning Murli Classes and thought-provoking Sessions for Teachers and Dedicated Brothers were

unforgettable and life-transforming.

During Mega Programmes for audiences between 1 lakh to 2 lakhs, Dadiji always spoke from her heart with dignity, thereby enabling hundreds of thousands to understand and accept the beauty of purity in life. We were very fortunate to have had glimpses of her wonderful interactions during these Mega Events in all corners of Bharat.

Personally, I had the fortune of discovering a very dear and near relationship with Dadiji from the year 1959, when she happened to be in Mumbai for Diwali Celebrations along with Brahma Baba. Since then, I was always uplifted in her company. She began to shower her sisterly love immensely from 1964 onwards, when I received the fortune of being near her, and taking her counsel on many Godly service projects. On a spiritual level, there was a lot of affection between us, and I never forget the warm motherly hugs she used to give whenever I left Madhuban for service.

It was in 2006, when Dr Partapbhai and I were in St Petersburg, Russia on a Godly Service tour, when Dadiji called me on phone, and shared a very strange incident of a snake appearing in her bathroom! She courageously took a bucket of water and doused the reptile with it, thereby forcing it to retreat into the commode. I was stunned after listening to her story, and could feel that though Dadiji was courageous in overpowering and brushing away the snake, the inner calm must have been affected. Even in the last phase of life, Dadiji's character was a force to be reckoned with.

Soon after we returned to Delhi from Moscow, we heard the news that Dadiji had been taken to Mumbai due to ill health, and she advised me to proceed to Mumbai instead of Madhuban. From then on, I stayed with her for 14 long months as the chariot went through some health issue or the other, and she

required treatment in Mumbai or Ahmedabad. Even after returning to Madhuban, I used to meet her thrice a day and we would sit together to chat or share news. I used to also read the *Gyan Murli* to her, which was her favourite past-time.

Dadiji had in fact wanted to continue her spiritual services, but the transition was inevitable especially after the brain haemorrhage in August 2007. The final moments on 25th August 2007 were quite surreal. There were BK Munniben and I, sitting on either side of Dadiji's bed, holding her hands; all of us could see that the parameters were falling, but all of a sudden, it became stable, and it was as though the life force returned for a short while. However,

knowing that this old chariot wasn't capable of carrying on any more, our beloved Dadiji took her final leave and we gradually felt the body heat reduce and parameters drop...

Dadiji left for the Subtle Region 14 years back to continue her cherished task of the re-establishment of Golden Age, as per the advice of Most Beloved *Avyakt BapDada*. Every day, I continue to invoke Dadiji's powerful and loving presence during my Morning Meditations so that I may receive personal inspirations and guidance in maintaining high spiritual standards in life, and on the field of service. May all of us continue to look up to beloved Dadiji for all strength and wisdom!

– **B.K. Nirwair**

HAPPY RAKSHA BANDHAN!

India's most heart-touching festival, Raksha Bandhan, will be celebrated on 22nd August 2021. It has been my honour and pleasure to receive beautiful, colourful and star-studded Rakhis from different centres of India, via the BK Sisters who are attending their Refresher Course (*Yoga Bhattis*) in Shantivan.

This reminds me of very sweet memories of our beloved Dadi Prakash Mani ji, Dadi Janki ji, Dadi Hirday Mohini ji and other Dadis, who were always there to tie the Rakhis and exchange sweets with us. I wish that these sentimental moments keep nourishing my psyche, so that I never miss their presence on Raksha Bandhan.



With all good wishes for this auspicious festival,

– **B.K. Nirwair**

August 25th Remembrance Day Special

DADI PRAKASHMANI JI WAS ALWAYS OPEN TO NEW IDEAS

— Dr. B.K. Nirmala,
Gyan Sarovar, Mount Abu

I came to know Dadiji in 1964 when she was appointed as the co-ordinator of the Brahma Kumaris, Mumbai branch. She was a *kumari* but had many motherly qualities; she was very loving, caring and sacrificing.

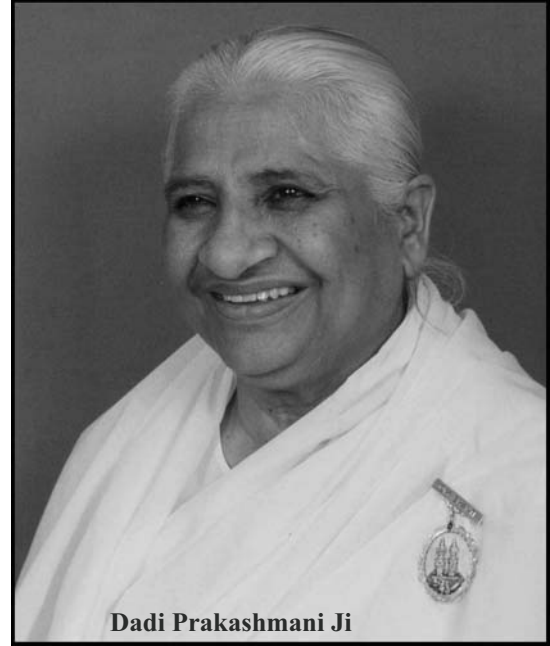
She was also very humble and had great interest in all *Yagya* activities. She used to visit different centers, countries and, of course, Madhuban, the B.K. Headquarters.

In the Brahma Kumaris, a leader does not just take responsibility for spiritual aspects but is also involved in administration and managing household activities such as buying grains, fruits and vegetables; general stock taking; maintenance of buildings and gardens, etc. Dadiji always knew what was in stock. She also knew a lot about construction. She kept tabs on the price of a square feet of land and how much it costs to make different types of *tolis*. Following in Brahma Baba's footsteps, she used to visit the kitchen and construction sites everyday.

Brahma Baba was a unique teacher and trainer. He trained many senior teachers and trainers such as Jagdish Bhajji, Ramesh Bhajji, Nirwair Bhajji and Brij Mohan Bhajji. All the Dadis had in-house training for 14 years on the subjects of Spiritual Knowledge, Yoga and *Dharna*. It was Brahma Baba, who established the administration model, and Dadiji followed it.

She had numerous administrative specialities.

Perhaps, the most prominent of these were



Dadi Prakashmani Ji

as follows:

- i) She was readily available to listen to suggestions and complaints.
- ii) She would create plans with the other two administrative heads and senior brothers. She would, then, present those ideas in front of the full gathering of staff before implementing them.
- iii) She regularly visited each department and held meetings with its staff.
- iv) She was action orientated and plans were implemented immediately.
- v) Like a mother, she would take the staff for picnics, to play games with them and to go on tours to the nearby cities.
- vi) Because of her friendly and loving nature, whenever she would make a request or ask for something to be done, everyone would do it immediately, even if they had to sacrifice their rest, food or comfort.

Dadiji shared the responsibility of looking after various departments with certain individuals. She personally trained those individuals, trusted them and gave them the authority to



co-ordinate their those departments.

**Dadiji was very positive
in every aspect.**

She was always open to new ideas. She would suggest experimenting with new ideas on a small scale to see how they worked before implementing them. In this way, all BKs felt listened to and inspired. Her *sanskara* of inclusiveness gave everyone a sense of belongingness.

She was not only a good administrator but also delivered good lectures and had a charismatic personality. Her inspirational tours to various cities and overseas helped the local teachers promote the teachings of the BKs and, consequently, the VIPs came closer to the BKs.

In India, one senior sister was appointed in each zone as zone-in-charge to oversee the activities in the various zones. Dadis, who had over 30 years of experience, were sent to Kolkatta, Delhi, Kanpur, Bengaluru, Chennai, Indore, Bhopal, Amritsar, Mumbai, etc. Through exhibitions, lectures and seminars, the scope of Godly service expanded a great deal during the 60's and 70's.

Dadiji loved to meet people. She would sit in the courtyard every day and answer even the smallest questions. Many sought her guidance in all aspects of life.

After Brahma Baba became *avyakt* and ascended to the Subtle Angelic World in

January, 1969, Didi Manmohini and Dadiji started the training programme of the Kumaris in order to empower and inspire them. At that time, many Kumaris surrendered which, in turn, helped in expanding the Godly service.

**One of Dadiji's specialities was her
'balance of love and law'.**

Once, two brothers had a conflict when one hit the other in the room. The way Dadiji dealt with the situation was to call senior Madhuban *Niwasis* and ask them: whether the brother, who hit the other, be sent to his home or not? Only when everyone agreed positively, was he sent home. Dadiji would sometimes correct someone but afterwards would not carry on thinking about him/her but would maintain her pure vision.

When I first traveled overseas, Dadiji gave me a grand farewell. On my return, she gave me a grand welcome. When I first went to New Zealand, I stayed in the homes of various contact souls. Living in such an environment was challenging. When I wrote my experience to Dadiji, she replied saying, **"You are like a lioness, who moves around alone whereas the elephants move in herds."** This letter of praise and encouragement helped me to stay overseas and establish new centers despite the challenges of unfamiliar environment and culture. ❖

HERE IS AN ANGEL

*How can we serve others
around us?*

*By making our lives
inspirational and interacting
with tact and wisdom. We should
be so cheerful, and our lives
such examples, that they say
'Here is an angel.'*

THE GREAT SIGNIFICANCE OF RAKSHA BANDHAN



– Prof. B.K. Onkar Chand, Shantivan

Rakhi, or Raksha Bandhan, the festival to celebrate the incomparable and eternal bond of love between a brother and a sister, is here once again. The sisters wait eagerly for this festival every year. It brings immense joy to all when Rakhis are tied, sweets are fed, and gifts are exchanged. Streets and markets wear a festive look on this auspicious occasion. Such is the charm of this festival that no one wants to miss it.

Raksha Bandhan, which literally means 'knot of protection', is celebrated on the full moon day i.e. *Purnima* in the month of *Shravan*, during the monsoon season, in July-August. A Rakhi ranges from a simple thread to an elaborate, diamond-studded wristband. The sister ties a Rakhi around the brother's wrist, asking him to protect her from every evil she may face in her life, and wishes him a long and prosperous life at the same time. The brother, in turn, vows to protect the sister's dignity, honour, purity and chastity in difficult times. It is the day to forget old animosities and make cordial relations.

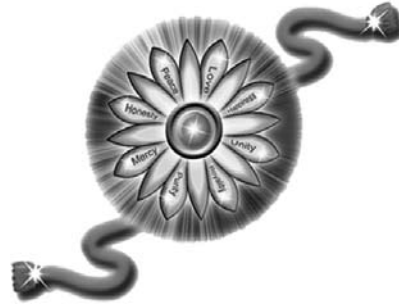
There are also public celebrations, with ceremonies held to tie rakhis around the wrists of soldiers, and women and schoolgirls visit political and social leaders, and other public figures to carry out this symbolic ritual. Such gestures help bring people from different walks of life together, but our celebration of this festival needs to go further.

Today's Relevance of Rakhi

The sacred thread of Rakhi is the ceremonial expression of protection from the vices and

freedom from the bondage of this material world by the Supreme Protector and Saviour, the Supreme Soul God Father Shiva. The life of purity and the freedom from bondage elevates a soul to its original pure stage. Raksha Bandhan means to protect the self and other souls from vices and evils.

Also, today, let us expand our feeling of brotherhood and sisterhood to include our entire planet as a family. Our scriptures remind us *Vasudhaiv Kutumbakam*, the world is a family and Raksha Bandhan is the occasion to deeply remember that. On this occasion, we should deeply realize that all of those with whom we



share this earth are our sisters and brothers, and it is our responsibility to love, respect and protect them. That means we must protect their lives, their dignity, their human rights, their feelings and their freedom to live a happy, healthy and prosperous life.

At a time when frequent incidents of sexual assault have highlighted the issue of women's safety, Raksha Bandhan can be celebrated in a more meaningful way. India has several festivals in which goddesses, the feminine deities of power, are worshipped, but Raksha Bandhan is different in that it encourages respect for even ordinary women.

Like all criminal and unlawful acts, crimes against women begin in the mind, and it is there that the remedy must be applied. The root cause of it is lust and the antidote to lust is pure feelings. On the day of Raksha Bandhan, we can decide to

extend pure love and feelings to everyone. More than a change in laws, it is this change in attitude that will better ensure the safety of women.

Message of Raksha Bandhan

Raksha Bandhan shows us that our relationships should be defined by love, respect, acceptance, understanding, compassion and empathy. Our attitude and approach even towards people we do not know personally should be governed by these basic human qualities, which are, in fact, inherent to every human being. That is why even a person, who has committed crimes against women, wishes for his sister to be treated with respect by others. Such a person only needs to be reminded that every woman deserves the same respect.

The power of the humble and sacred Rakhi is illustrated by mythology related to this festival. There are stories of rival kings turning protectors after having a change of heart on receiving a Rakhi sent by the queen of an opponent kingdom. If the Rakhi could change political fortunes in the past, it can also help create a safer environment for women today. The responsibility of protecting women's dignity and honour rests not only on their brothers but on every member of society. No human can offer complete protection to another, at all times. In reality, God is the source of protection that Raksha Bandhan promises. God Shiva Himself ties the Rakhi of purity to His spiritual children at this auspicious Confluence Age. It is only when He ties us with the thread of purity that we not only get liberated from the bondages of five vices, but also are filled with divine virtues through His divine knowledge.

How to feel divine protection

In this year, if you want to tie a spiritual Rakhi and feel divine protection, in early hours of morning on the day of Rakhi, sit in solitude, concentrate on Almighty God Father Shiva, the Supreme Protector, remember Him with full of

love and then make a promise with Him to live a life of purity in thoughts, words, actions and relationships. The main benefit of living and leading a life of purity is that you become the master of the world of happiness.

In conclusion, the festival of Raksha Bandhan is connected with the sacred vow of purity. The Rakhi is undoubtedly the only bondage that frees us from all other bondages i.e. all insecurities, fear, sorrow... And it is God alone who can protect us from all dangers. The origin of Rakhi is at the present Confluence Age and the purpose is the purification of all souls and transformation of the world. So, let us celebrate most auspicious Raksha Bandhan festival in a unique way and real sense by tying the threads of divine virtues such as purity, contentment, politeness, cheerfulness and truth. ❖

GO DEEP

Most of us think too much, especially about events and people, local and global, famous and not so famous. When we are always thinking about what is happening on the surface of life, the visible, then it is as if we are living a superficial life. Deep down inside there is a voice, a longing, a calling to depth. It's our heart, reminding us to visit, explore and express the depths of ourselves. Going deep and being deep requires time spent in solitude, some periods of introversion and a conversation with ourselves. How on earth will we ever see what is in our heart unless we dive deep inside, switch on the light and look. Those who do will tell you it changes everything. What do they see? Simple, only beauty and truth. They are always there, waiting for us to return. Waiting to welcome us and to introduce ourselves to ourself.



SHRI KRISHNA THE EPITOME OF PERFECTION!

Wish you a very Happy Janmashtami!
Let's understand the Spiritual Significance of Shri Krishna.



– B.K. Viral, Mumbai

Shri Krishna is always shown full of all virtues (*sarvagun sampann*)... Indeed, the title Shri denotes being 100% pure & divine!... Hence, let's also become the same! And becoming an embodiment of virtues has numerous benefits... Denoted by numerous stories:

- We become as sweet as honey... Madhusudan.
- Our life becomes a celebration every moment!... Murlidhar
- Everyone likes us... How Krishna is most loved by Gopis!
- We win over vices & weaknesses... Dancing on deadly serpent Kali.
- Enhances all our skills & talents... How Krishna is shown most intelligent!
- Even nature showers us with all attainments... The river Yamuna & serpent royally transporting baby Krishna to Gokul.
- Emerges the hidden divinity within souls around... Krishna touching two trees, who transformed to deities!

Krishna is always shown perfect... Hence, we just need to adopt a divine consciousness (i.e., the awareness of being a very pure & divine soul)... Then our thoughts, words, actions & roles automatically flow perfectly!

Krishna is shown an ordinary cowherd... Hence, showing that even ordinary souls can become complete, perfect & divine!... By just emerging the beauty within!

The 1st Prince of Satyuga!

He's called Lord Krishna, & was shown with the whole globe in his mouth ... This just means



being the Lord i.e., emperor of the world!

The idol of baby krishna has a very playful pose, with butter in one hand and kicking something... Hence, the soul of Krishna leaves (i.e., kicks) the old world *Kaliyuga* and enters the new world *Satyuga* (butter)!

Krishna is shown the King of the Golden city of Dwaraka... Since he's the 1st Prince of *Satyuga*, where the world is golden & people live in golden palaces!

He's shown with a peacock feather on his crown, denoting purity... Since the peacock is the only bird who lays eggs with complete purity (i.e., just using the power of thoughts!)... Like in *Satyuga*!

Krishna is lovingly swung in a beautifully decorated *Hindola* (swing)... This denotes the

The World Renewal

time of *Satyuga*, when there was complete abundance of all resources!

The Magic of God's Love!

Many stories actually represent praises of the incorporeal Supreme Soul God Shiva.

Krishna is shown stealing Rukmini... This denotes that when God descends, He steals our hearts through His divine love!

Krishna is shown to have 16108 wives... This just means all of us souls, who consider God as Supreme Beloved... Hence effectively, one bridegroom (God) has numerous brides (souls)!

In the *Raas Garba*, a separate Krishna is shown with each Gopi.... Hence, everyone can have a close loving relationship with the Supreme, through the mind!

He's always shown protecting the Gopis from monsters... Hence, remaining in the constant company of God, keeps us protected from old sanskars!

Just one touch of Krishna straightened the crooked *Kubja*... This shows just one of touch of God's powers in meditation, finishes several weaknesses at once!

It's shown that after Krishna left, all the Pandavas lost their special powers & skills.... Hence, it's God who's given us all specialities, hence let's always credit Him!

God's Divine Guidance!

He's called Murlidhar... Hence God's direct elevated versions (*Murlis*) are so melodious; it stabilises us in the experience of peace, love & joy!

It's shown Krishna shared the Geeta on the battlefield of Kurukshetra... Hence, God shares this most wonderful spiritual knowledge, that we have both original virtues & weaknesses within us, & empowers us to make the original victorious!

It's shown Krishna didn't take up arms himself in the battlefield... Hence, God's role is just to

give us knowledge (the most accurate, perfect & divine knowledge!) as teacher, then it's our role to accordingly do the right karma!

It's shown the Pandavas were victorious because God was by their side... Hence, when we live our life based on God's *Shrimat* (God's elevated directions), we're victorious at every step!... i.e., in the experience of peace, love & joy always!

It's shown Krishna warned the Kauravas numerous times, but they didn't listen.... Hence, God's direct spiritual knowledge will reach every human soul... Thus, let's not ignore it, instead let's connect to God & transform ourselves under His elevated *Shrimat*, thereby become ready for *Satyuga* once again!

The True Meaning of Shri Krishna

God reveals Shri Krishna is the 1st Prince of *Satyuga*; hence he is full of all virtues, fully charged (16 celestial degrees complete), completely free from vices & violence... Indeed, the whole society was perfect when Shri Krishna was present (since *Satyuga* is the perfect world)... Hence, these stories are actually a symbolic representation of the divine tasks of God at this auspicious Confluence Age (this time between end of *Kaliyuga* & start of *Satyuga*, which is currently going on)... This awareness helps us appreciate the true perfection & divinity of Shri Krishna!

This also shows a clear difference between God (who is Incorporeal, Ocean of all Virtues & Powers, free from the cycle of birth & death, and creator of *Satyuga*) & Shri Krishna (who comes as the 1st Prince of *Satyuga*, takes a body hence comes in the cycle of birth & death)

The Importance of the Present Times

His birth is shown at midnight... Because (being the 1st Prince of *Satyuga*) he's actually born at the very ending point of *Kaliyuga*, just before the dawn of *Satyuga* begins!

He's called *Shyam Sundar* (dark & beautiful) & is usually shown darkish in color... This signifies that the same soul who was completely beautiful & pure (fully charged battery in Satyuga), slowly becomes impure (discharged) at end of *Kaliyuga*, then again gets pure charged in this auspicious Confluence Age (since it's time now for Satyuga), and this cycle goes on..

Krishna is shown leading the villagers to lift the entire mountain of Govardhan, by just using their one finger of co-operation each... Hence, each of our small contributions in becoming pure, working on ourselves, etc will lift this entire mountain of *Kaliyuga*, and bring *Satyuga* once again!

It's shown Sudama gave just few grains of rice to Krishna, and received golden palaces in return... Hence, we give very little to God in this auspicious Confluence Age, but He fills us with all attainments!

Hence today, let's strive to make ourselves 100% pure, divine & perfect like Shri Krishna... Through the power of God's direct spiritual knowledge, & by filling ourselves with all His virtues & powers... Thus, we'll automatically keep illuminating the lives of everyone around, & bring the divine land *Satyuga* once again! ❖

BEING HAPPY IS THE ONLY WAY TO GIVE HAPPINESS

The greatest gift we want to give to our loved ones every day, at every moment is happiness. We spend time with them, buy them physical comforts, support them, and yet they are unhappy at times. Most likely, it is because we are unhappy. Happiness is energy, not matter. Just by being happy ourselves and being happy while discharging our responsibilities, our happy vibrations radiate and trigger the happiness frequency in our loved ones and uplifts their state of mind to happiness.

Have you sensed at times that you need to make a lot more effort in sustaining your roles and responsibilities, if your mind is unhappy? Despite your extra efforts to care and provide for them, are family and friends not happy with you? Does it leave you wondering what more should you have done? We often quantify our efforts and measure our loved ones' happiness against it. The truth is, how much we do for people doesn't matter. What matters is how happy we were, while doing everything. While caring for people or doing something for them, let us not create thoughts of stress, fear, anxiety, anger or pain. Otherwise our negativity is sure to deplete people we do so much for, not allowing them to be happy with us. Without being happy, you cannot give happiness to others. Be happy and do everything that you need to do. It's your energy which influences their happiness. Remind yourself – I am an embodiment of happiness. Being happy myself and then taking care of people, keeps my loved ones happy. When you experience unconditional happiness, you have nothing but happiness to give to everyone. You don't even have to give, it automatically radiates. From today, let bliss be your natural way of living. Let nothing and no one pull you down. In every scene contribute towards creating a happy family, happy workplace and happy world by being happy always. ❖



WHERE IS GOD IN ALL THAT IS HAPPENING?



We need to have a spiritual parent who can correct us when we go wrong, and make our personality positive and pure again.

–B.K. Chirya, Owego, USA

God is our spiritual Father and the Highest spiritual energy in the Universe. Over many centuries, God has been loved and respected by millions of people all over the world. In order to understand God, we must also have a clear understanding of ourselves. We need to redefine ourselves as a soul, a spirit, and not define ourselves by the flesh of the body. Today we hear the call for doing meditation, to look within so that each one of us may remember he or she is a soul and get back in touch with God to help transform the world. Have you ever wondered that you are a spiritual energy and so is everyone in the world? We undergo changes in our personality, depending on our actions. With wrong thoughts and actions, we continue to lose our peace and purity; so much so we can even reach the stage of killing our conscience. Are we aware that we need to have a spiritual parent who can correct us, when we go wrong and make our personality positive and pure again? This is God's role in the Universe, to correct us and make us beautiful again. If He did not exist, we would not be able to restore our pristine original spiritual energy, and instead would keep falling down in qualities and powers. So, isn't it wrong to question His presence? He is eternal and so are we and so is our relationship with Him.

Some people feel that human beings created the concept of God so that they would have someone to fear and as a result they would not perform any negative actions. But God is a merciful Parent, not someone to fear. Some people said that the creation of the world is a completely physical process and God has no role

to play in it. On the other hand, some others gave the view that God created the world and human beings. However, according to spiritual wisdom shared by God, these ideologies are incorrect. God has revealed that three entities are eternal in the Universe - God, souls (that means you and me!) and nature, and all three of them have never been created and will never be destroyed. Out of these three, souls and nature undergo change in their qualities from positive to negative and negative to positive. God however, never changes and is always constant in qualities. His true occupation as a spiritual Generator is to recharge the souls when our spiritual batteries have become flat. God transforms souls and nature from negative to positive, whenever they become negative in the process of time. This is a process of spiritual creation or spiritual rejuvenation or making the old new again by God. This is a drama of life which we need to understand deeply, feel God's presence and transform ourselves by connecting with Him, instead of questioning His existence. Now begin to see yourself as a soul, full of love, truth, and peace and allow yourself to be transformed by the new knowledge being imparted by the Supreme.

We can call Him Baba. Baba is a more intimate and affectionate name for God amongst the many other names given to Him. Baba means Father. God as our father is an Ocean of love. We can receive God's love in the form of vibrations and energy by remembering God in true form. God's pure vibrations acts like a charging for we souls and that re-invokes the peace within us. ❖

BE VICTORIOUS WITH DISTINCTION IN THE CRISIS

**No work is small or big; it is the way we are executing them with excellence.
Maintaining excellence in the work ensures one's relevance
with the situation to be employable and resourceful.**

**–Dr. Shibparasad Parhi & Dr. Ashok Jethva,
Pune and Ahmadabad**

Present time gives a hint and when we cannot understand the opponent, the best strategy is to defend and play safe, with time one will get clarifications. In this situation we cannot understand the opponent. In COVID-19, let us maintain patience, perseverance and prepare ourselves to face the situation.

In this delicate situation losing patience means questioning our survival. It is important to survive



within the storm and to remain protected. Survival has two perspectives - the external and internal. External means biological, which is visible and internal means psychological. External safety needs internal sanitization and protection, cleansing of negative thoughts and sanitizing the toxic thoughts with God's remembrance. Physical survival depends on psychological preparedness, positive vibes and mental fitness through good practices and spirituality.

Psychological Preparedness to Face External Challenges

Externally or biologically one can survive or struggle to survive, if psychologically

courageous and motivated. Be defensive to protect the psychological warfare for emotional well-being. During the time of challenge and crisis, remaining optimistic, playing safely can ensure the victory of self and society. Crisis disturbs the balance of mind. And a disturbed mind becomes aggressive, anxious and loses temper and self-control. The disturbed mind easily becomes a victim of the situation. Remaining cool, maintaining the balance of mind and focus in the need of the hours can enable one to pass through the difficult time smoothly.

All of us should maintain the balance of mind and coolness. As many people are losing job and income, keeping peace of mind and maintaining focus is difficult. Tough time will surrender after our strength and determination.

Defending mind means maintaining psychological well-being and aspiration in the tough time. Preparedness along with the tough mind are key to the success during the disturbing situations. Preparedness cannot be ignored. Patience, practice, preparedness and performance are the slogan of the current time. It will enable us to conquer the Himalaya like problem. The mountain-like problem can be transformed into the mustard with perseverance and practice. We do not have control over the problem. Even in the sport like cricket, batsman has no control over the bowler, but it is his discretion to bat or strike the ball, similarly we have to take our own stance against the

The World Renewal

problem. Situation is not under our control. We have a control over our preparedness and performance not on opposition. Just preparedness will not ensure victory; it needs timely performance. Youth need to protect, prepare and to perform. Like a student facing exam, needs to study, preparation and practice to face the exam. This is the exam like situation for us we need to cross it and pass with distinction.

Victory not just for the Self, but for the Society and the Nation at large

We have to survive and to get success not just for ourselves but for society, for the surroundings. People are anxiously waiting for our performance; we have to be responsible. It is the time to change. Understand the transition, things are changing faster like a tsunami, Things are unfolding the gigantic secret without any prior notice. One needs to understand the biological, psychological, relational, physical and economic threats. One can protect oneself with the knowledge, power and love of the Almighty. Catching signals, spiritually preparing the self with good virtues and habits is the need of time.

Financial Health and Preparedness

Financial health, that cannot be ignored, a person financially weak lacks preparedness to cope with challenges. Yes, God will support financially during the dire time if one is economical, efficient and effective. Save each penny, do not waste them, otherwise it will make you unsafe. Financial well-being also ensures the safety and survival. Financial well-being does not mean crores or sheer accumulation of wealth. It means being parsimonious and to be resourceful. Listening to the signal of time,

whatever income opportunity as one is getting one should not ignore. No work is small or big; it is the way we are executing them with excellence. Maintaining excellence in the work ensures one's relevance with the situation to be employable and resourceful.

I remember the situation in the Cricket World Cup final in 2011, when India lost valuable wickets within a few overs. The formula for the victory was to safeguard, survive, stabilise and strike. This is the exam time of all, not the academic exam, the psychological and financial exam we need to understand the indication of time and to act accordingly. This pandemic has certain positive consequences such as cleansing of the environment, eating healthy and hygienic food, cutting down consumption and transport, leading to less exploitation of nature. With the development of science and technology we ignored the inner voice and voice of the planet earth. Mother earth needs mercy not for her own survival but for the survival of mankind. Transition is posing a tough challenge to test our knowledge, ability, capability and preparedness. Let us accept the challenge and act with courage and determination to avert any untoward situations. ❖

You Can not Change The Past

Letting bygones be bygones is easier if you remember you can not change the past, but you definitely can change the future. You can change here and now so that a mistake is not repeated.



EXPERIENCING THE POWER OF LIGHT AND MIGHT



**When we human beings have the right to live and die as per
our own normal natural way, why not the animals?**

– B.K. Subramanian, Avadi

The term 'Light' has several meanings and connotations. Let us see one by one. (a) Light means Lamp-the power to dispel the darkness. (b) Light means weightlessness i.e., easy to lift, move and handle (c) Lightheartedness means cheerfulness (d) Light means enlightenment- Power to understand the truth with self-realization and realization about the philosophy of *Karma* / Human Acts (e) Lightly means equally i.e., balance in the (*Laukik*) family Life and (*alaukik*) spiritual Life (f) Light House means projecting the Light to far off distant places on the ocean / sea to guide the ships towards Harbour / Port during night hours. Spiritual Light means guiding the Souls to the Truth.

Brahma Kumars and Kumaris are expected to be Light and Light-hearted in all our dealings with others. We know that the articles made up of fibre plastic particularly furniture articles are easy to lift, move and handle. At the same time such articles are unbreakable also. When man-made goods are light and strong enough to withstand the change of climatic conditions, why can't we souls stay strong and powerful with the Light and Might of God, the Supreme Being in any adverse situation?

**'Might' means power – the power to
stand by what is right**

What is Real might? I could explain it from the biography of a great English poet and philosophical veteran by name Bertrand Russel who lived in England a few centuries ago. One

day he fell down and cracked his leg while stepping down from the stairs of his house. He was rushed to the clinic / hospital for treatment, where he was diagnosed with bone fracture. The doctor who treated him tied up his injured leg with a big bandage cloth, advised him to take complete rest and turn up for review after a few weeks. Accordingly, he did and went to the doctor for review after the specified period. The doctor after removing the bandage, observed that the sore /injury/fracture on the leg was not cured and the bone did not get set, or fixed. Now the



Vegetarian

doctor advised him to take bone soup of animals like cow / bullock / goat / pig so that the wound will get cured and the bone settings will return to normal quickly. Russel told the doctor that he was a vegetarian and as such how could he consume bone soup. The doctor again advised him that he must take bone soup for medical reasons otherwise the fracture / infection might lead to amputation of the leg and if the situation worsened there would be of maximum risk even to his life. **Russel smilingly replied to the doctor who stood with his team members**

that in case he dies, his funeral would be attended to by the cattle including dogs and pigs with tears in their eyes as a token of gratitude mourning in their hearts that there was a great/divine man who sacrificed his life, for the survival of animals in this world.

Human beings and all other creations in this world are part of the nature only. When we human beings have the right to live and die as per our own normal natural way, why not the animals? Who conferred the right on human beings to kill the animals and eat their flesh and bone?

Vegetarianism is consistent with leading a life of nonviolence. The Golden Rule implores us to do unto others as we would have others do unto us. If we apply this to our lives, it means that we would not want to kill others.

Bertrand Russel was a great man who lived for a noble cause with strong determination. It could be presumed that it was he who laid the foundation for establishment of Blue Cross Society and SPCA (Society for prevention of cruelty to animals) across the world including India.

The spiritual reason for being a vegetarian is to avoid lowering our spiritual consciousness with the vibrations of the animals we ingest. When we eat an animal, we are making that animal a part of us. **We are ingesting not only the body of the animal but also the vibrations of that animal as well as their hormones.** Think of the fear that an animal would be feeling at the end of its life, caged and mistreated, and then on the way to the slaughterhouse. Think of the tremendous fear and panic the animal experiences as it is being killed. We know that when we experience fear, the hormones of

cortisol and adrenaline are released in our body. They affect us by putting the body in stress and breaking down bodily functions. The hormones of cortisol and adrenaline remain in the slaughtered animal, and when we eat that animal, it becomes part of us.

In meditation, if we wish to experience ourselves as soul, a vegetarian diet speeds our progress. To enter realms of light and love, we need to develop ethical virtues. We need to have the purity of heart by which we can experience the light and might of the Supreme. By following this diet, we develop nonviolence, love, and service to other forms of life. Just as God is love, we can experience God also through love. Those who have been successful on the spiritual path know that vegetarianism aids meditation and spiritual progress and makes us lighter and mightier. ❖

THE SECRET OF HAPPINESS

The secret of happiness is to be free of fear. Fear is like a toxin that runs through much of our thinking. It feeds on insecurity, feeling of loss, loneliness, inadequacy and attachment. You are loveable and loving. Accept this as Truth. Appreciate and care for yourself – truly, deeply, intensely, in a way that reflects your real value. Then you will automatically have the same regards for all other living beings and things.

SELFLESS SERVICE

– B.K. S. C. Sunil Kumar, Bangalore

It is said that "The left hand should not know what is given by the right hand." The reason is a hidden charity is great charity forever (*Gupt daan maha punya*). But it is very rare for present day donors to donate without reward. Even though they are doing charitable work such as orphanage, free housing, meals, free school, charity, old age home and so on for the needy, with that they write their names in bold letters for their promotion and publicity. This is demanding of reward for what they have done. But it does not matter how good it is. But that which had to be profited for 100% will get only 10% because of expecting a reward for their charity. The service, made by the desire of the fruit, is not virtuous. It's like make a favor and ask for a thanks.

Some are wealthy by birth, some are interested in arts, literature, sports, dance,



singing, acting, etc., as in their pre-birth culture and they may have achieved great success in their particular field. With regular efforts and hard work also some people will get achievements in their fieldwork. Whatever the case, the lord has given everyone some special status and skill. It is a gift from the Supreme God to everyone. But it is inappropriate to become egoistic because of the special status or skill that has been given by God.

Our specialties in any field are the gift of God. He gave it to us for good work. But if we misuse it, we will lose those specialties. Similarly, when it is diligently used for good, it will double. Diligence, persistence, and humility are the basis for the knowledge. It is said that 'the art comes in search of an artist'. If such art is used for selfishness, it will gradually deteriorate. Let us never forget the donor who gave it.

The tree does not eat its fruit, the river never drinks its water, the vine does not have its fruit and the plant does not wear its flower. The Sun, Moon, Earth, Sky, Planet, etc., are still doing their duty sincerely till today. But today man is raising a cow, sheep, goat, poultry, pigeon, parrot, etc. for his own sake. He feeds the cows and buffalos to drink its milk by snatching it from its calf. And the bee rearing for honey sake and feed the oxen for the cart and the plowing purpose. The raising the sheep, poultry, pig, goat, pigeon, etc..., is also for only his benefit to eat with salt and *masala* tastily. Even one raising a parrot is also to say someone's future, which will fill stomach of his keeper who does not know his own future. Domesticating the dog, cat, or even a pet animals is for show and to protect their house or to catch a mouse.

Thus the whole of nature, including cattle and birds, is selflessly serving man. But the man who is most intelligent on earth is today become a selfish creature. Man would not do anything today without any expectation and reward. When the desire for fruit will inspires the any work we do, there is always a response to our actions. We don't need to demand it. Whether we want it or not, we will always have it. But what is important here is not to be selfish. Today, politicians brag in their speeches of their social work. But they will have eaten 90% of the government-sanctioned money and built only 10% of them into a stadium or hospital. And will put their portraits on large streets in the city's

main roads. But he has not done any great job or good here. Instead, he ate the people's money and made the people with little or no money. But everyone knows that how much it would make him well.

Today in the school people will distribute free books to students and put their photos and names on its cover pages. In the board of religious temples, devotee's names will be written according to their donations. They distribute fruit-milk in hospitals and publish it in the newspapers with details as a news of donation. If the bus station was built, they would write their name on it. Like this way some owners (not all donors) donate their money to charity for name sake and publicity. Even if this charity is rewarded, they will cut by themselves for it.

But today the five elements (namely) Earth, Sky, Wind, Fire and Water are serving all unselfishly. The Creator of Whole Universe, the God is always serving each and every one unselfishly. That is what the devine people wants from us too, to serve every one by our good deeds with good wishes. We only have the offerings in the name of God in temples too, because He is *aboktha*. The God who is most powerful, almighty, and supreme soul for all is unselfish, kind full, will never expect anything from anyone. But how much right is it that we expect for our every little thing for which we have done. The specialty or whatever we have today, all are the gift of Almighty God. It is our arrogance, ego and selfishness to feel that they are our own. The true worship which He expect from us is to serve everyone unselfishly as we too are the children of God who always serve unselfishly and without any expectation. ❖

STOP CONTROLLING NEGATIVELY AND START INFLUENCING POSITIVELY

The power of influence in relationships is extraordinary, but it practically disappears when we try to exercise control and force.

You can influence anyone positively in many ways:

- Encouraging,
- Sharing,
- Listening,
- Communicating in the right way.

In negative control we generate stress, frustration and anger. In positive influence the energy flows in a relaxed way with harmony and is not threatening, respecting each one for their specialty and allowing each one to be as they are.

In order to influence positively we need the power of discrimination and judgment in relation to what to say and what to do e.g. when you believe that the other person is the problem; generally the problem is not what others say or do, but rather how you perceive them. The way that you judge is what creates your negative feelings about them. We have the choice to perceive others as a threat, as a problem, or as an opportunity; an opportunity for learning, for change, for dialogue and understanding. We can choose to have compassion; to feel that the other is a problem indicates a lack of compassion.



THE SUBTLE POWER OF SILENCE



**Staying silent is also a practice, but speaking thoughtfully is an art.
Staying silent is also called fasting, which simply means to balance your tongue.**

—B.K. Ram Singh, Rewari

At present time all, you and we, are in our own hands, that is, in fact we have only our hand in our hands, if we hold it tightly, then we will have the experience of meeting ourselves because this time has not allowed us to spend time with ourselves. Our shortcomings were also exposed. While we have been far away from our traditional thinking of spiritual experience, which every person has been realizing time and again, but today how many things are being talked about spiritual need from every corner of the world. Everyone is speaking but loneliness is echoing in everyone's words. Individuals cannot support themselves and others even if they want to.

Today a person is facing the shock of loneliness like this, someone has lost himself by defeating, some are not even able to emerge from the shock, then one has lost somewhere to understand oneself, look within and judge because people buried him under a lot of noise, too many words and meaningless arguments, tumults. Whereas those who are sitting with scales, sometimes they raise the noise, sometimes they bow down like their words.

At this time, along with silence, people's search for peace of mind has also been lost somewhere. Due to lack of silence and peace of mind, many difficulties come in human life. Silence is such a reaction that does not prick anyone nor does conflict come in the relationship. This silence and its practice is the true and sure companionship with one's own mind, the silence that introduces oneself to oneself, that gap whose realization is too wonderful to exemplify. But still, to understand

and explain, it can be said that there is a prick in the mind, there is pain, there is loneliness, there is a feeling of relief in it. Just as it is comforting to sit with legs folded after exhaustion, and bitterness mixes in little drops of sweetness between the cups.

The real meaning of silence

Silence means to remain silent, at that time only peace and loving thoughts should run in the mind. If any negative thought runs in the thoughts, it is not silence. By remaining silent, the mind becomes *rajo* from *tamo* and *sato* from *rajo*. It is necessary to speak only as much as is necessary because by speaking the allergy ends, but by being silent, energy increases. Silence is that state in which the power of thinking is encouraged. Staying silent is also a practice, but speaking thoughtfully is an art. Staying silent is also called fasting, which simply means to balance your tongue. Silence is an argument that is extremely difficult to refute. It is said that there is no discord by being silent. Silence becomes a defense. By remaining silent one can prevent troubles from coming near. Silence relaxes the mind and that means the whole body gets rest.

There is a world within us too

Silence means there is a way to return to the inner. There is such a world within us in which our mind rests there happily, feels relaxed, becomes happy after covering the exhaustion, obstruction and hassles outside us; in which a person walks of his own free will walks on the path of this silence and reaches within. When we are with ourselves, then the mind becomes very cheerful, but when no one is seen standing

The World Renewal

with us, then silence takes our hand and the mind is once again with us. The turmoil that has taken place outside at this time has created chaos inside as well. That is why the practice of silence is the journey to the inner world and we can keep ourselves in our hands.

Silence is a subtle power

Silence is a subtle power. The smaller the object, the more powerful it is. Like magnetic



power, nuclear power and electricity, the more subtle they are, the more powerful they are. Nature is calm so it is powerful. Similarly, by being completely silent, all the powers get accumulated inside, so that you can take further into meditation, that is, the soul is from the very subtle to the subtle and invisible, which through meditation can reach the abode of peace in a second. Whereas more than half of your energy is wasted in speaking only because when we speak, subtle energy is created in the center located below the larynx.

Spread the pure vibrations by remaining silent

To save the mind from vicious thoughts, end the wasteful thoughts, behavior,

vibrations received from other people and give good wishes. We do not need to go to the forests and keep silence, like sages, saints, *mahatmas* used to live; but sitting at home, in silence, spread vibrations of peace to one or the other disturbed, troubled, sad, tormented souls with elevated thoughts or vibrations. Because of peace, thoughts spread around like the fragrance of incense sticks and roses.

By observing silence, the intellect works

It is natural to have difficulties in human life, so to deal with the difficulties, first of all, calm yourself as much as you can. You will definitely become calm from the mouth but if you will not be able to be mentally calm, then you will not be able to solve the problem well. When all the trouble suddenly knocks, then often a person panics and assumes that this problem needs to be solved immediately, but man does not understand how to solve the problem in mental haste, but only on calming the mind, the intellect works properly. That's why a person should maintain silence and keep churning every moment in the mind that "I am a soul in the form of peace", "I am the resident of the land of peace" and "I am the child of the Supreme Father, God Shiva, the ocean of peace."

Silence awakens the power of truth

If seen, silence is a life-giving power, through which the energy present in the life of man develops. One who practices silence continuously, his speech also becomes pure and the power of truthfulness awakens in him. Through the practice of silence, whatever one says with the mouth, it becomes true. When silence becomes completely perfect by holding it continuously, then the person's mind also becomes calm because silence is the message of peace and silence is also a means to connect with God. ❖

THE DRAMA OF LIFE

**This drama of life is best enjoyed
when we shift our role from
actor to spectator whenever needed.**



– B.K. Mahima, Mumbai

If we are watching a play or drama, we usually enjoy it and have no complaints. But if our mind starts to question the scenes and we get absorbed in 'why this and why that?', then we get sucked in the spiral of negative emotions.

Our life and every interaction within our world is also a part of one large drama. And within this drama, every single individual has their own unique part to play, which is essentially an expression of their own inner self. This drama of life is also best enjoyed when we shift our role from actor to spectator whenever needed. We know that the actors are given a script and whatever is their role, dialogues, circumstances, it is not real, it is a made-up story with mixed emotions. As an audience we pay a certain amount to watch someone else's not-so-real story and enjoy. We enjoy because, we know it is not happening to me and the scenes are not real. When a scene touches a personal chord then the audience start crying or laughing, or they become sad or happy with that scene. Till the time the audience are watching the drama as an audience, they have no personal involvement, the response is neutral, but as and when, they get entangled in a scene there is an endless wave of emotions.

We humans pay money, then invest our time to watch unreal life moments and miss out on the unlimited real drama called "Life". Our life - an unlimited drama with variety colors, emotions, people, stories, roles. In the real drama of Life there is diversity of actors and roles which cannot be found in the unreal scenes. In this

drama, actors range from small kids to a mature elderly; an actor plays multiple roles of a mother/father, wife/husband, daughter/son, professional, mentor, guide, or friend to someone; actors follow different religions, speak different languages; such unrepeated diversity in the drama of "Life"

While facing situations in real life, there is an adage: "Everything is funny as long as it's happening to someone else". However, the Supreme Soul teaches a method to enjoy your real-life Drama as well, not just a paid one.

If, I book a special balcony seat labeled "Detached Observer", I will always appreciate, learn from the situations and accept the scenes. Let's discuss an example – A scene of drama life is unveiling- "I get up in the morning from a restful sleep and my companion flares-up, unexpected. If I am a good actor, I will not waste time in retakes. **Retake here means, reacting, outburst, endless arguments, fruitless discussions, songs of why-why-why and how-how-how, why did you do this to me? how could you do this to me? This is the seat of an interfere – the one who interferes in self-progress and becomes an obstacle for others too, this seat is very uncomfortable.** In lieu, if I look at the scene from my detached observer's seat I will, first take responsibility of my acting and script, I will certainly not spoil it. **I will not lose my calm but, immediately project spotlights of patience and understanding with focus lights of good wishes and forgiveness towards my co-actor** so that, the unwanted, not-so-good scene also turns out to be a "wah-wah- once more" scene. In this way, not only will my real-life acting shine in that given situation, but I can help the other actor as well. In the artificial live drama too, if one actor forgets his lines then his co-actor will try and cover-up for him, so that, their show becomes a big hit. If one actor performing on stage is falling

then his co-actor will not push him further and make him fall. Similarly, in the real-life drama, we're here to cover-up for one another, if one actor is making a mistake then, it is the duty of the other actor to give a great performance and put the wrong thing right. God Father, the Supreme Director says, "It is a unique power to put wrong things right and to see virtues amidst weaknesses". If someone is nice to me and I am being nice to them in return, that's easy, that's give and take business. But, someone is insulting me over and over again without any fault of mine, yet, I accept the situation with grace, with feelings of forgiveness, and with my continuous vibrations of spiritual love the situation changes slowly, then that is without a doubt an outstanding performance.

We are actors, we are souls on a journey, our role is just not limited to a mother, father, child, boss or subordinate, rich or poor, these are labels than roles. Our role as individual actors is to make our acting top-class irrespective of the part we're playing and support others to make their acting worth remembering. Having acceptance, passing a scene with lightness, forgiveness, learning different experiences are like popcorns which can be relished always. Let's choose the comfy seat of a "Detached Observer", make our real-life stories a hit and truly win hearts. ❖

GET WELL SOON, MY WORLD..

– B.K. Manjula Baijal, Bangalore

Get well soon, my world, Get well soon!

The wrinkles on thy face
Tell stories of pain and rage;
The little crazy virus distaste
Has set the life's wits ablaze!

The birds aren't singing anymore
The hungry pets lining the road
The fragrance from the flowers
Finding their gateways closed!

There is no music in the air
The little children are scared
Leaves are falling from family trees
Lo! In ghastly autumn unaware!

The bells in houses of prayers don't chyme,
The hornbills aren't seen in the forest line,
The honeycombs are small with no shine,
The clouds are dark but without rain.

There is not a rainbow in the horizon,
The poet's moods are low and frozen,
The strings of the violin are mourning
The spirits need to get up and walk again!

Unfair are we, the humans everywhere
And gamble with news fake for fare and fair,
In a mortal world feeling immortal we live
Losing mirth and laughter for petty cash!

Nature is always the food and medicine
Needless to ask her any foolish questions,
With her endless energy to be reborn
Will humankind give her a chance again?

Get well soon, my world, Get well soon!

APPLY BRAKE WHILE YOUR THOUGHTS GO ASTRAY

– T.V. Jayaprakash, Palakkad

One has to be free from the fetters of *maya* and make others to be free from the prison of *Ravana* and become the saviours themselves. The knowledge you acquire directly from the source of omniscient Supreme Soul acts as the shield you wear to protect yourselves. Now, you are safe. Knowledge that you receive from the highest point evolves into wisdom. To expect a Golden Age, self-purification is essential.

You have become rich now. With the powers of knowledge you have inherited, it is your duty to make the world aloof from the filth of *Kaliyug*, the Iron Age. Wake up from slumber, get purified and be prepared for service, then you reach a situation where pleasure and sorrow are all alike. The hot sun will be cool for you. You are at a higher stage. A whole world is before you.

We are living in a changing world that continuously demands to readapt new challenges and changes. Approach life with certainty and confidence. We know what we have and what we miss. Trust yourself, your mind, judgement, and ability to cope with change. Be happy and feel successful. Take advantage of opportunities with self esteem. Real success flows from our ability to enjoy life. Possibilities expand and with a positive attitude we can attempt things we thought impossible in the past.

Trust in ourselves nurtures self confidence and the sense that we are competent make us deserve success and go for it. Don't be afraid of failures; don't give up, but move on. Accept, value and express the real self and live in. Experience joy and self-fulfillment. Feel powerful purpose in life. Our values and beliefs are clear to us and we

consistently act according to them.

Feel good about ourselves, be valued and cared about. Deal blows to our self-esteem and then rebuild it again. Apply a sudden and smooth brake while your thoughts go astray. Put a full stop to an argument with hatred before it starts. Then the silence you keep in your mind has a wavelike effect that makes others also check their negativities. Let our self esteem govern what we do and how we do it.

Instead of just preventing the current level of self esteem from decreasing, you have to strive to increase it. Your need for self-esteem governs much of what you do and how you do it. You experience purpose in life, joy and self-fulfillment, feel powerful and wanted. When we lose self-esteem, negative emotions like rage, hopelessness, bitterness, worthlessness, loneliness, grief, fear, depression, guilt and pain may be felt.

Set the goal and have a recognizable influence on it. Be personally committed. By setting challenging goals, yet not so difficult ones in which success is impossible, one can enhance self-esteem. Regular feedback is essential to check how successful you have been.

Have control over what happens. It is not the event itself that makes one feel hurt, but the fact that they have no control over it. The core set of values and beliefs that guide much of our behaviour makes us judge ourselves and others. You value yourself and respond positively. Experience and accept the eternal inner beauty each one has and live it powerfully and consciously. You are dynamic, active and interactive in relationships all that life has.

Regard your actions, talents and skills. Assess honestly your successes and the internal strengths that made you victorious. Have the knowledge and awareness of your own intrinsic uniqueness, beauty and value, and the courage to try again. You have the sense of right

or wrong as regards thoughts and actions, the conscient consciousness. Constantly value the inner self, the innate qualities within.

Manifestation of the combination of the qualities and the specialities unique to the individual who is performing, action includes thoughts, feelings, speech and the drive within the being to express itself. Soul is the being, the inherent seed, consciousness, intrinsic quality, eternal spirit, unlimited and internal. The body is the physical, acquired tree, limited, external, short lived, manifested, performing speech and action, talent and skill.

Understand, discriminate and decide. Emerge the innate qualities accurately in action. Whatever is valued, power is directed there, and growth generated. Empower the innate being eternally, multiply the power within, increase the value of the inner qualities. Positivity leads to vitality, energy, happiness, freedom and lightness. Self-respect is valuing the integrity and honesty within the self.

One can light a candle in a dark room. Be adventurous and spontaneous. Darkness is a state of mind and not a reality. Everything is easy when we know and believe that it is easy. Don't feel guilty about not being successful. Generate positive thought from the innate for the self or others. Understand, develop and process innate strengths and be confident.

Handle setbacks without long term destructive consequences. As we become more successful we have to make bigger and more important decisions. Become more powerful and effective. Consider our mistakes as valuable lessons and constructive experience. Accomplishment is something done admirably or creditably. Achievement is something accomplished, especially by superior ability, special effort and great courage.

Belief is confidence in the truth or existence of

something not immediately susceptible to rigorous proof. Confidence is belief in oneself and one's powers or abilities, self-confidence, self-reliance and assurance. ❖



AN ATTITUDE OF GRATITUDE

Sometimes we take for granted, all the people in our life and everything which makes life comfortable. When things are not right, complaining seems natural. If we look at our life's journey, a huge percentage of it is smooth. But we readily highlight difficulties and rarely acknowledge all that is good. Let's cultivate an attitude of gratitude for people, situations and things that come together routinely to make our life beautiful.

1. Gratitude creates happiness and being happy keeps you contented. Begin your day with gratitude. Connect to God and thank Him. Thank your mind and body for sustaining you. Then give gratitude to people in your life and objects you use.
2. Create a relationship with the objects you use. For example, don't leave your bed with blanket unfolded or pillow lying haphazard. Thank them for a good night's sleep and place them neatly.
3. Leave no room to crib or criticize, when there's a lot to thank. Not just situations and people who are nice, but be grateful even to those who're not being nice. They have made you stronger.
4. Start being grateful for literally everything. Then, once in a while when you experience something not being right, your mind will not complain. ❖



RAJYOGA TEACHES THE ART OF WALKING ON QUICKSAND



**A bad habit, like all insects, grow when feed regularly.
When you feed and give attention to your bad habit with either poor thought or
action, it too will grow and grow and slowly become all-consuming in your life.**

–B.K. David, UK.

Life's fraught with a million hidden problems and difficulties that when you least expect it, can poke you in the eye or slap you in the face or kicks you in the head and stops your heart from beating in peace.

**In life you have the tortoise,
crocodile, lion and cricket.**

Rajyoga teaches you to get over your vices, bad habits and spiritual ignorance by acquiring the qualities of the tortoise. The specialty of a tortoise is that it performs actions and then easily withdraws into his own shell.

Any bad habit, when seen in its infancy, can seem insignificant. But a bad habit, like all insects, grow when feed regularly. When you feed and give attention to your bad habit with either poor thought or action, it too will grow and grow and slowly become all-consuming in your life. Yet whilst it is taking centre stage in your life, unknown to you, it is eating and consuming you.

Bad habit has the word 'bit' in it and it's these small daily bits when added up at the end of the year, make for a huge giant that can tread all over you and crush you. Some bad habits for many have such a power that they easily cripple a person and once crippled, they are at its mercy and can be thrown around like a rag doll against a wall.

A bad habit in its small state can bite you and eat at its leisure without you really noticing what's going on. Only when the bad habit has taken hold and eaten so



much of you and grown into a giant, do you start realizing just how influential and masterful it has become in controlling you and ruling your life in many aspects.

Now everyone is ignorantly busy feeding their inner bad habits and some of these habits in most people have grown into giants that rule them. This inner incognito giant controls most people and yet most people are ignorant to this fact.

Just as a caring mother feeds its new born baby and it slowly grows from the mother's nurturing and sustenance, in much the same way, you are the creator and mother of your bad habits and the more you feed and look after your bad habits, the stronger, more powerful and domineering they'll become.

You should check each day and on the hour to see if you are feeding your bad habits and if you are, you will be surprised to find just how much time you are giving to them.

Everyone adopts negative habits that in time become the boss of their family and starts to rule their parent that gave them birth.

As in later life, children start to look after their parents. Bad habits are no different and start to control the parents that gave them birth. The big difference being, that these poor uncaring children handcuff their parents and make them do things that cause them to be very unhappy and become sick and unhealthy.

So how many poor children have you given birth too in your life? Many smoke, drink, get angry, eat meat, tend to be lazy, selfish, and are always body conscious. The average sized family of today is about seven. They will often be accompanied by several of their unruly children when they go out shopping or take to work out. People do not wish to feel lonely and so keep the company of these bad children, even though they know they can give them a headache and cause trouble for them.

It's with you always pushing the pushchair of bad habits that has square wheels and carries many noisy children, that is causing you to get so tired.

Do you have such children that you take out everywhere you go? How many children are in your family? Do you push your children around in a weighed down pushchair that has a handle of ignorance? Many will carry their children of bad habits on their back which makes them feel extremely tired everywhere they go.

Walking with such a large and demanding family is most tiring and will only lead to the mother walking round in circles as they cannot think straight as their children have grown to be so naughty and disobedient.

You really need to be fully aware of whose hand you're holding at any given moment. The force of habit blinds you to see what you are doing as you cannot see whose hand you are holding and being led by. Many walk around oblivious to holding hands of such screaming kids.

Now is the time for you to make concentrated effort in totally disowning these troublesome children to whom you've given birth.

Everyone gets attached to their children and has much love for them, right? As it's impossible to ignore a screaming child and is much easier to simply give in to them as it makes for an easier life, so people give in all too easily to their bad habits by feeding it.

Your shadow of bad habit is hard to ignore or fight

The reality is humans have grown very weak and find it far easier to feed their bad habit and gain some temporary pleasure from that, as opposed to trying to ignore it or taking the option of fighting it. God teaches us the art of walking above the rubbish in life similar to that of the lotus growing unaffected by all the dirt that surrounds it.

God teaches us the importance of 'learning and confirming'. God teaches us the art of Rajyoga and we must then put it into practice. It is only by putting God's art into your practical life, that you confirm to God what it is you've actually learned. So learn it, study it, think about it, plan it, do it, confirm it. ❖



Success is merged in every step of those who have a pure and gentle nature.





HOLISTIC EDUCATION FOR EXCELLENCE IN LIFE

**The planet today needs healing energy of peace,
love and power, but we created energy of pain, and anxiety.**



–B.K. Sujoy, Kolkata

Trying Times brings out our ability to endure, prevail and emerge stronger, kinder and wiser. The second wave of Covid was a critical challenge for humanity. This was the time to invoke the valor in us, stand together and overcome the crisis once more.

When Covid-19 broke out, the one line that we were taught was – 'take care, don't panic'. We learnt to take care of our hygiene, but we ignored the don't panic part, because we believed fear and panic are normal emotions in crisis.

So, we created fear, criticism and worry in response to the situation, and took to complaining. The fear which initially gripped a few minds became as contagious as the virus itself. The world was vibrating at the frequency of fear and anxiety. The matter soon escalated to depression, relationship conflict and even suicides. The planet today needs healing energy of peace, love and power, but we created energy of pain, and anxiety. Together we lowered the 'Global vibrational frequency'.

All this had nothing to do with Covid-19, it was our creation in response to the situation. Here comes the responsibility of magnificent holistic education imbued with spiritual knowledge and moral values.

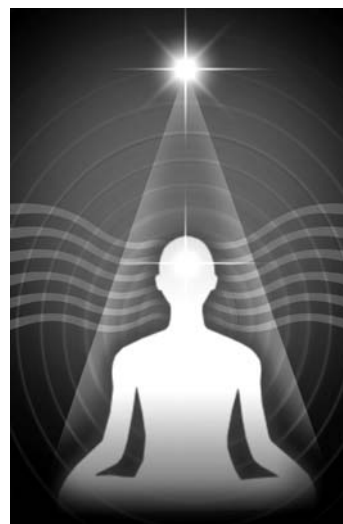
'The Global vibrational frequency' which I mentioned earlier can easily be uplifted by positive mindset and knowledge of consciousness instilled upon by the holistic education. Such education contrary to goal-oriented and money minting education increases inner power. When we see death all around, our mind is forced to rise above the small

worries that keep it occupied every day. It draws our attention to the truth of life. And what is the truth of life? There is something inside us that never changes, which never perishes. It is eternal. We need to pay attention to that energy. When we do that, we will get the strength to handle adverse situations.

I congratulate and thank the Brahma Kumaris for organising various educational programmes at this adverse time to empower people. This is truly the need of the hour.

Moreover, the slogan of 'Atma Nirbhar' or 'Self Reliance' cannot be fruitful until and unless the spiritual wisdom and virtues is integrated with the traditional education system of our country. Rajyoga Meditation as taught by the Brahma Kumaris is a journey of understanding our true nature and our responsibility in creating a paradigm shift in the world.

Meditating on our pure qualities and energizing the self by connecting with God



radiates divine vibrations to our mind and body and impacts our relationship with others, nature and the whole world. Meditation thus is a simple but powerful method to create happiness, health harmony and 'Excellence' in life. ❖

TEAM LEAD – QUALIFICATIONS

–B.K. Sis. Kala, Bangalore

Good leaders are need of an hour. Let us be in that list. To become a good team leader, we need to build certain qualifications.

- 1) A team leader should be able to build friendly and co-operative environment within the team.
- 2) Team leader should be able to execute the task with minimum team efforts.
- 3) He should remain contended with his team and be able to keep others contended.

How to develop the first qualification?

- Ensure during group meetings, each one's specialties/plus points are identified and appreciated by one another.
- Never expose anybody's weaknesses in public.
- Have ongoing unbiased introspection of self, if any weakness is identified in self, correct it.
- If any weakness is identified in team members, treat his/her weakness as your weakness and first appreciate that personality and create happiness in that soul. Then convey corrective actions required from his/her side privately.

When we make somebody happy, it is easy to get the work done from them or call for corrective action in them.

How to develop the second qualification?

Any kind of obstacles we come across while converting plan to execution, we should not blame any team members or situations. This blame game is something like foundation less

pillar. The real reason for any kind of failure in plan to execution is any kind of weakness in the team lead himself, it may be at thought level, speech level or weakness in building relationships. We need to identify and take corrective actions on the self. The main reason for obstacles during execution is the ego in team lead itself. Hence, we need to change our thought pattern, attitudes and speaking methods for the smooth flow of execution. When we have good thoughts and good feelings for everyone, no evil forces can affect our performance. Hence be a positive thinker.

Team leader should always be on giving mode. But what happens when we give something, we switch over to receiving mode expecting appreciation, name, fame, position etc.

This will block our further flow of energy outside. Always focus on giving. Returns will be automatically deposited in your bank of karmic accounts.

How to develop the third qualification?

Always give regard to the ideas of others, whether they are young or elder to you, literate



or illiterate. Ideas, suggestions expressed by an individual may be invalid or difficult to implement. But when an individual

is expressing an idea do not interrupt in between and reject it. Listen with patience and appreciate as very good, then try to make him / her understand the reality of the situation. Since he is respected in the first go, he will be in a mode of listening and accepting your feedback on it. First create a ground by making his mind-set positive, then make him understand the realities. This works like an anesthesia for the treatment of human minds. ❖



WHAT IS TRUE INDEPENDENCE?

August 15th is Independence Day of India ...
Hence, let's learn how to achieve True Independence!



When we ask someone “Can you remain happy always?” or “Do you get angry or hurt?” The answer is it depends on a list of things i.e., situations & people, in essence. Hence, since it still *depends* on something, it shows we haven't yet achieved full independence!

Independence means In-dependence i.e., dependency only on the real self. Hence, no dependency on external situations or on people for feeling good!

Everyone prefers independence, whether it's physical or financial independence. But what about emotional independence! Indeed, true freedom means becoming free from the bondage of our old habits and *sanskars*.

Freedom can be equated to a flying bird, & bondage with a caged bird. Hence, let's break free from the bondage of vices and weaknesses, to fly high in the experience of peace, love & joy always!

How to achieve True Independence?

While that freedom struggle was against external and powerful opponents, regaining emotional freedom is just an inner exercise!

Many freedom fighters sacrificed their lives for the nation's freedom. But here, it's just about a little bit of attention! Hence, we can definitely make this little bit of effort to achieve true independence!

It's possible to regain 100% control over the self, by:

- Remaining in the awareness of 'I'm the Master', 'I'm a ruler over the self, etc.
- Connecting to God (who's the Ocean of peace, love & joy), to empower the mind.
- Creating pure & powerful thoughts (i.e.,

meditating) and reducing waste thoughts (by using spiritual knowledge).

- Remembering 'I'm the creator of every thought & response', 'I've the power to choose'. Situations are powerless without my reaction.
- Limiting the amount of information we put inside us (e.g., through TV, internet, social media, etc.), so it doesn't pull us!
- Protecting from outside influence, by creating less thoughts about the external world.

Using our True Independence!

Independence Day is a public holiday... Hence this holiday, rather than just focusing on temporary entertainment, let's also spare some time for listening to spiritual knowledge & meditation as this makes all our subsequent working days very smooth, easy and natural!

The Constitution of India confers numerous fundamental rights on us:

- We've freedom of speech... Hence, let's share spiritual knowledge with all!
- We've freedom of religion... Hence let's remain in our divine original *dharma* of peace, love & joy!
- We've freedom of expression... Hence, let's keep the purest thoughts within, to ensure what we express outside (i.e., our words and behaviour) are automatically very sweet and royal!

Happy Independence Day wishes

Bharat was called the Golden Sparrow. Hence to make it the same again, let's achieve true in-dependence through the power of spiritual knowledge and meditation and emerge our original divine *sanskars* of peace love & joy, thereby restoring back the divine land of *Satyuga* once again! ❖



THE VIRTUE OF MERCY



August 19th is World Humanitarian Day.

Here are some interesting spiritual aspects on the virtue of mercy!

Mercy basically means understanding the other's plight, hence then naturally motivating us to lift them up!

Mercy is related to the soul's original virtue of love... Indeed, all great souls have the virtue of mercy!

God is also called Merciful, since He never holds anything negative against us... Hence being children of the Merciful, let's also inculcate the virtue of mercy within! Devotees look towards God for mercy, and God looks towards His faithful children for helping their fellow brothers... Hence, let's fulfill God's faith on us, and become His right hand in benefitting others!

Indeed, everyone around are facing lots of challenges & problems today... Hence let's emerge the virtue of mercy, and share much needed love & sweetness with all!

Emerging the virtue of mercy

When we're experiencing supersensuous joy (by being full of all treasures), it automatically emerges the feeling that everyone should benefit from what I've received... And emerges natural mercy when we see others' emotional state! When we're in true self-respect through the power of meditation... It automatically emerges lots of respect, compassion & mercy towards others!

When we're in pain, we can never understand the other's pain... Hence first, let's go beyond even the slightest trace of sorrow, through the power of spiritual knowledge & meditation!

Sympathy (i.e., feeling other's pain) makes us ourselves go in pain, hence we can't take them out of pain... But empathy (i.e., compassion, understanding the other's pain) emerges the virtue of mercy, making us pull them out of pain!

Indeed, all souls today are under the influence of body-consciousness, hence experiencing sorrow... Thus, let's develop an unlimited feeling of mercy, and serve & benefit everyone around with a lot of love!

At the very least, let's follow the religion of humanity... i.e., let's not send such energy out (i.e., our thoughts, words & behaviour), which we wouldn't like receiving from the other side!

Benefits of mercy

The feeling of mercy towards others, automatically emerges the attitude of gratitude within us, regarding our great fortunes!

The virtue of mercy automatically leads to the virtue of giving, making us give good wishes & look at virtues of all! Indeed, rather than just giving physical things, let's donate vibrations of peace & love to all... It will provide much needed subtle relief, which is the need of the hour!

And seeing our actions benefit others is one of the greatest happiness!

Further, apart from building a stock of good karma, benefitting others earns us lots of blessings, which helps easily maintain an elevated state of mind throughout the day!

Hence being children of the Merciful, let's emerge the virtue of mercy within to benefit & serve everyone around with a lot of love... This is actually for our benefit, since it keeps us protected from outside influence, earns lots of blessings & builds a tremendous amount of our future fortune... Indeed, it builds such a wonderful fortune, that we also end up transforming the fortune of the world from *Kaliyuga* to the divine land *Satyuga* once again! ❖

(God's Call For Real Independence.....Contd. from page no.3)

polity or a socio-economic set-up in which every one, right from the king down to the most ordinary subjects, is righteous and that 'purity' which is the essence of true religion, is visible everywhere. But one finds that, in the present Indian Society, not character but corruption, not purity but poverty, and not virtues but violence and vandalism, are visible everywhere.

We also find that the people of India are more divided today than ever before the independence. It was said at that time that people of India are divided because the British followed the "divide and rule policy", but we find that after the British left the reins of government into the hands of Indians, i.e., after India attained its Independence, there have been more disputes among the States and there have been more riots among the various religious communities and there has been a great turmoil, and almost every State is disturbed. With the passage of every day, we have lesser and lesser security. There are more people below the poverty line today than, perhaps, we ever had before. The prices of essential commodities are soaring sky-high. Thus, the overall condition of the people is, presently, characterized by greater sufferings and more peacelessness than before the independence. The worst thing, however, is that the democratic rulers of the States and the country, to whichever party they might belong, seem helpless in the face of the current awful situation.

What is the present plight due to?

The question is: "Why has our country fallen to the present miserable situation? Why has the beautiful dream of the leaders of the struggle for independence not been fulfilled?" The answer can be found by studying the situation as it has developed.

The population is growing at a tremendous

rate, thus giving birth to many problems in its trail. No government, however efficient, can cope with the consequences of such a rapid growth of population, which results in grave unemployment, shortage of living accommodation, lack of the opportunities of higher education and overall deterioration in the standard of living and the quality of the environment. The rapid growth in the number of people leaves the production of consumer goods far behind and the result is the rocketing prices. Enormous increase in population also leads to cities growing bigger and bigger with the result that there is more of crime and less of law and order, because it becomes easier for the criminals to hit, run and hide and it becomes more difficult for the law-enforcing authorities to trace the culprits and to control the crime.

The increase in crime-rate is not only because of very larger cities but also because of the political climate, the fall in business-ethics and the absence of moral content in education. Actually, the whole situation is due to lack of self-control.

In short, the present pitiable condition is due to man being in the bondage of sex-lust, anger, hatred, greed, apathy and such other negative forces.

Where is the real independence?

So, one easily comes to the conclusion that though our country has attained political independence, the people here are yet in the chains and shackles of negative traits, bad habits or satanic tendencies. Though the British rulers left India long ago, the unrighteous, irreligious and unlawful tendencies have become all the more strongly entrenched. They have taken people into their hard grips. Today, the people are the slaves to their past negative *sanskaras* and no one really is independent mentally of the forces of Evil.

The World Renewal

So, if we want to have real freedom, we will have to liberate ourselves from the chains of Maya - the forces of nescience and negativity. All our miseries and sufferings are due to the unethical and 'morally wrong' acts. As long as we have not secured a release from the five well-known enemies of mankind – 'sex-lust, anger, greed, attachment and pride', we cannot sleep or dream free from feelings of suffering.

Who can bring to us the real independence?

Such state of independence, in which the 'soul' feels as 'liberated' from the influence of negative thoughts and sufferings, can be had only through the help and guidance of God, who also is eternally above Maya. It is He, who according to His sacred promise in the Gita, incarnates into human medium at such a critical phase of human history when souls have become bond-slaves of Maya and are suffering from their subjugation of sex-lust, anger, greed and other vices. He teaches mankind the real-Gita-Knowledge and easy Rajyoga which brings purity and peace to the mankind by liberating it from these vices.

It is, therefore, high time when people should realize that the Supreme Father of mankind is now preparing mankind to fight their subtle enemies, hidden within each one of them. He has now started the struggle for freedom from these evil forces. It is for us to participate in this 'holy war of independence' which is neither against any particular cultural community nor against any country but is against our own bad habits, weaknesses, devilish tendencies and bad thoughts.

For waging such a war, we have to prepare

ourselves not by preparing an atom bomb or equipping ourselves with the most sophisticated missiles, tanks, submarines and electronic devices, but with Godly Knowledge, divine qualities and spiritual power. For this, we have to link our minds to the Supreme Being who is Ever-Peaceful, Ever-Blissful and Ever-Loveful. That is the only way we can transform ourselves and attain release from our impure sanskaras and thoughts.

God says:

So, for our own betterment and for blessing with real independence, God, our Father, says, "Dear children, the whole world-to-day is a battle-field. There are three enemies, occupying the whole globe. There is the huge army of *Kauravas* who are none other than the body-conscious people who have lost moral judgement. There is also the army of *Yadavas* which, as is mentioned in the Mahabharata, has built up a huge stock- pile of '*Moosals*' (nuclear weapons and Missiles). They are heavily drunk. Now you should rally round Me because I am now raising an "army" of non-violent, soul-conscious *Pandavas* who have no lethal weapons but the power of Godly knowledge and Rajyoga. It is this incognito 'army' of yogis and holy people, led by yogi sisters and mothers which will bring the real liberation to India and the whole world, for its main task is to destroy the enemy, called-Maya. May you, therefore, realize the gravity of the situation and awaken and rise to My call and join this incognito, spiritual army, kill the subtle army of Maya by means of the yogic power and attain full independence." ❖

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New Delhi:

Mr. G. Kishan Reddy, the new Union Minister of Tourism, Culture and Development of North Eastern Region of India is being felicitated by BK Mruthyunjaya, BK Prakash and BK Shivika.



Mumbai

(Vile Parle) -

Inauguration of Viraj Profiles Management Centre, Boisar by BK Yogini, BK Meera, Mr. Neeraj Kochhar, CMD of Viraj Profiles and Ms. Pooja Mehra, ED of the company.



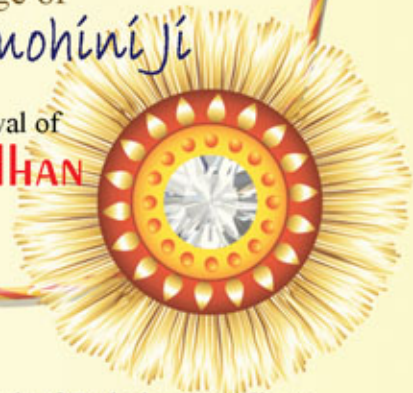
Cuttack:

After handing over the Corona test kits to Dr. Satyabrata Chhotray, CDMO, BK Kamlesh, BK Sulochana, BK Nathmal and members of Maitree Trust are in group photo.

The Divine Message of Dadi Ratanmohini Ji

on the Auspicious Festival of

RAKSHA BANDHAN



“The sacred festival of Raksha Bandhan inspires us to inculcate complete purity in thought, word and action by following the elevated directions of the Supreme Protector, Saviour and Guide - God Father Shiva. It is my heartiest wish that this year all souls tie the Rakhi - the bond of protection from evils and vices, on the wrist with strong will-power and take a pledge of living a pure and divine life. Always remember the *mantra* of ‘Be Holy, Be Rajyogi’. Also, feed the imperishable sweet of soothing, cordial, sweet and loveable words and apply the *tilak* (mark) of soul consciousness on the forehead. May this great festival bring a complete positive change in your life and indeed transform the world into new Golden Age (Satyuga)!”

- Dadi Ratanmohini

