



# *The World Renewal*

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**Angels of Love & Light**

Rajyogini Dadi Janki & Rajyogini Dadi Hirdaya Mohini



**Abu Road (Shantivan):** Lighting candles during a musical event on the occasion of Shivaratri are eminent Singer Padma Shri Kailash Kher, renowned Poet Dr. Kumar Vishwas, BK Jayanti, BK Nirwair, BK Munni and others.



**Shimla:** HE Rajendra Vishwanath Arlekar, Governor of Himachal Pradesh is inaugurating a programme on 'Azadi Ka Amrit Mahotsav' along with BK Rajni and BK Sunita.



**Gorkhpur:** Yogi Adityanath, Chief Minister of UP is being presented Godly gift by BK Parul.



**Guwahati (Maligaon):** Dr. Himanta Biswa Sarma, Chief Minister of Assam is being felicitated by BK Medhabati on his birthday.



**New Delhi (Karol Bagh):** On Shiv Jayanti after hoisting the flag of God Shiva standing in silence are Fr. Dinesh Dass, chairman Baptist Church, Swami Vivek Muni, Swami Guru Dass, Imam Azizur Rahman, BK Pushpa and others.



**Chandigarh:** A public programme on Mahashivratri is being inaugurated by Justice Sudhir Mittal, Judge of Punjab & Haryana High Court, Mr. Debendra Dalai, Chief Conservator of Forests, Dr. Jasbinder Kaur, Director-Principal of Govt. Medical College, BK Ultra and BK Anita.

From the mighty pen of Sanjay



# THE SPIRITUAL SIGNIFICANCE OF HOLI

This year let us celebrate the festival of colours in a unique way

The festival of Holi is one of the major festivals of India. This festival covers in it many spiritual mysteries, but these days many people set aside morality and spirituality while celebrating it. They resort to celebrating Holi in such a manner that encourages eve-teasing and unruliness, because of which both in India and abroad, many civilized people have started disliking Holi. We must understand the real spiritual significance of Holi and celebrate it in a dignified manner, so that it may give a new direction to mankind.

## The Method of Celebrating Holi

The festival of Holi which follows the festival of Shiva Jayanti (Shivaratri) falls on the full moon night of the Phagun month of Hindu calendar year.

## The people celebrate Holi in four ways:

1. They colour each other, i.e., inspire one



and all to synchronize their *sanskars* and nature.

2. They burn the bonfire of Holika, which symbolises the burning of vices and negative tendencies, habits, and attitudes.

(Contd. ... on page no. 33)

## CONTENTS

|  |    |  |    |
|--|----|--|----|
| ● The Spiritual significance of Holi ..                        | 3  | ● Sailing Through Difficult Situations.....                    | 20 |
| ● Longing For Peace .. (Editorial) .....                       | 4  | ● Don't Be a Fault Finder, Be a Solution Seeker.....           | 22 |
| ● Gulzar Dadi - the Embodiment of Clear & Pure Intellect ..... | 7  | ● The Great Women Power (Poem)                                 | 23 |
| ● The Journey of Consciousnes...                               | 10 | ● Women are Breaking Conservative Shackles.....                | 24 |
| ● Appropriation of Time .....                                  | 12 | ● Value Verses Waste .....                                     | 27 |
| ● Dadiji Lifted me Sky-High .....                              | 13 | ● The Growth of your Mind will Depend on What you Feed it .... | 28 |
| ● Spirituality Unfolds at the Realization of Infinity .....    | 16 | ● Light, Elite and Delight have connection with Enlightenment  | 31 |
| ● PURITY - The Best Personal Discipline.....                   | 18 | ● You can Change any Habit                                     | 32 |

# LONGING FOR PEACE...

Most of us in Bharat celebrated MahaShivratri (1st March 2022) with a lot of religious splendour by performing all rituals connected with MahaShivratri. From the media reports we are able to glance over the festivities carried out with complete devotion and feelings of belonging to one human race. In every part of Bharat, the worship of Supreme Father, God Shiva, in His incorporeal form is very unique; it is definite that those who become not just witnesses, but part of the huge gatherings at Lord Shiva Temples, are temporarily transported into trance-like experiences, engulfed by the ringing of bells and dancing to the tunes of heart-touching songs in praise of Lord Shiva. Every region of Bharat has its own distinct Jyotirlingam, and these 12 main temples honour Lord Shiva's attributes in different ways. Every one of the official and personal names for Lord Shiva are loved and revered such as: 'Bholanath', 'Maheshwara', 'Trilokeshaya', 'Vishveshwaraya', 'Babulnath'...

On the path of *Bhakti*, devotees have undertaken arduous pilgrimages to these Temples for thousands of years despite the far distances from their own homes. There are different ways of covering the journeys as per the topography of the Temples. In modern times of course, the need to travel on foot for weeks together are matters of the past, yet there is still much time, energy and effort that goes into reaching those Temples built on the hilltops of all regions. The aspiration to have visions, and receive boons and blessings on MahaShivratri is

very common amongst the masses. The power of faith does wonders even if people are rejoicing Lord Shiva's blessings temporarily on the path of *Bhakti*. The numerous practices in religious pursuits continue to vary every 100 years; however as per Lord Shiva's promise He fulfils the desires of His ardent devotees in special ways, at times through visions or materialistic gains. Though *Bhakti* begins at the start of Dwapur Yuga (Copper Age), all the wondrous achievements in the form of fruition have lasted for just one lifetime. However, in contrast when we are awakened through the teachings of Incorporeal Supreme Soul, God Shiva directly, the entire scenario changes in a way that human beings could never have imagined.

The true meaning of 'Shiva' is *Kalyankari* (Benefactor), and within the abundance of His praise are a few glorious words that are commonly heard in poetry and songs: Satyam Shivam Sundaram (The Truth, the Benevolent One, the Beautiful One) – each word contains volumes of Knowledge or Wisdom. During the days, months and years of Lord Shiva's reincarnation at the end of the Iron Age or Kaliyuga, we become aware of some of the mysterious truths about the Creator and His divine Creation. The Godly Knowledge revealed by the Supreme Being Himself has the vastness of wisdom par excellence of who we are, who He is, what the Cycle of Time reveals; as well as it showcases the power of God's wisdom to transform the entire iron-aged into Satyug (Golden Age), governed by purity, peace, happiness and

righteousness. The process is unparalleled and benefits are tremendous. Unless we listen to His words of wisdom and appreciate them by putting them in practice to gain practical experiences, one may not be able to understand and draw full benefit.

Though we had not realised it previously, but our revered scriptures like the Shrimad Bhagwad Gita have always spoken of how there will come a time when the Supreme Divine Being will reveal Himself and bestow the Highest Knowledge or Wisdom to the earnest seekers. It is now that most beneficial time when invaluable lessons are being learned from Incorporeal God Shiva's teachings, either through Corporeal Mediums or through Trance Messengers. The re-establishment of the relationship between human souls and the Supreme Soul is the basis for opening the gates to heaven, or in other words the catalysis for transformation of souls and the five elements. It's so important to accept, value and cherish the facts that we are unique individual selves or spirits, and our eternal relationship with the Supreme Being is that of spiritual progeny or Children and Parent. The difference between worldly parents and the Supreme Father & Mother becomes crystal clear from the fact that the inheritance received from human beings is limited to one life, whereas Incorporeal God Shiva descends onto the world drama stage to bestow Spiritual Knowledge (*Gyan*), to teach the 5000-year old form of Rajyoga Meditation, to guide us in imbibing Divine Virtues and Powers, and then to Serve Humanity so that others may also re-connect with the Supreme Being, and re-claim their spiritual inheritance. No other means or ways can enable human beings to attain both materialistic achievements, as well as intellectual and emotional well-being in the

form of deities in the forthcoming world of Paradise or Golden Age, for 21 lives in the first half of the world cycle known as Satyuga and Tretayuga (Golden and Silver Ages respectively). Such worship-worthy double-crowned royal lives can never be achieved by waging wars, but is the guaranteed result of imbibing Spirituality in our lives, and earned as a Spiritual Inheritance. Those who have searched and thirsted for meeting and knowing the Almighty, and become His immediate spiritual children, deserve to be the heir-apparent deities who claim full world-sovereignty. The time to accomplish all this is short (just 100 years), however, this tremendous change on psychological, physical, and environmental levels is inevitable. The auspicious transformation of the world has been mentioned in some of the scriptures of the path of Bhakti, but the lapse of 2500 years and the exactness of events has got mixed up and therefore, misunderstood. It's only when the Wisest Being and Knower of the entire world drama cycle descends from His highest abode (*Paramdham*), to reveal the truth about Himself, the three aspects of time and His creation, then all of us are rejuvenated. His clarion call awakens us from the sleep of ignorance to welcome the dawn of self-transformation. Though no one wishes to endure scenes of world destruction, it is in fact a cleansing process that is destined to transform this Iron Age into Golden Age. Having understood the complete world history of 5000 years, it is definite that goodness and peace will return to usher in the era of one deity dynasty, and one religion again, while souls of all other religions would be granted the 'Mukti (Liberation) that they deeply desire and pray for.

Some astrologers and even historians

have been warning the world for the past few decades about the last World War, which we continue to witness in phases year after year. Whenever there is any conflict between countries, people look towards the Divine Being, the Almighty, the Purifier and Benevolent One, and pray for peace and well-being of all members of society. At this crucial time, it's our humble suggestion that we become activists of peace, promoters of peace and reservoirs of peace through spiritual understanding, and regain our inner strength by connecting with the original source, God Shiva, so that we can act as a pillar of support for souls in need. Challenges are at their peak, but we only need beloved God's guidance and support in a real, practical way to conquer those shortcomings, and emerge as victorious Angels!

### **Preparation for Self-Empowerment & Serving the World through Vibrations**

While many countries are being thrown into dire circumstances, people are looking towards us for strength; if we have empowered ourselves, then we can share strength, courage and hope with others. Restoring peace in the minds and hearts of souls requires channelling a very powerful vibration of peace, hope, love and enlightenment in all four directions. This is possible by investing the resources of time, spiritual knowledge, finances, and skills to spread the message of the Supreme Being and reawaken the interest for Spirituality within humanity. Can we not help ourselves by removing all negativities from our consciousness, and becoming truly worthy children of God? The more we become obedient to the Spiritual Laws and Principles, the more we gain His trust, in order to claim the spiritual inheritance: "*Tum Maat-Pita*

*hum balak tere, tumhri kripa se such ghanere* (You are our Mother and Father, and we are your child, With your Blessings we gain happiness in abundance)...” Let us invoke these sentiments in ourselves and in our fellow beings.

The following extract from the Elevated Versions of *Avyakt* BapDada, dated 6th March 2022, illustrate beautifully the link between empowering the self and serving others: “What is the meaning of service? Why do you do service? It is to create enthusiasm in souls by giving them God Father's introduction. When you make plans for service, you have the enthusiasm, do you not, that you quickly want to give deprived souls the inheritance from the Father? Now, whenever you see souls, no matter how important they may be in the world, what is the first thought that arises when you see a soul? When you meet or see a soul, are there the good wishes that this soul should also take the support of attainment from the Father? Only when this pure wish arises in you will that soul receive the power to experience the fruit of your pure wishes. They are your pure wishes and that soul receives power as the fruit of your pure wishes, because there is a great deal of power in the thoughts of pure wishes of you elevated souls. Each pure thought of each of you elevated souls creates an atmosphere in the world. They say that the world is created through thought, do they not? These pure thoughts and pure feelings transform the atmosphere in all four directions, and they transform the world...”

Let the culture of peace become a matter of global concern, so that it may alleviate the suffering and despair of our global family.

- **B.K. Nirwair**

# Gulzar Dadi

## The Embodiment of Clear & Pure Intellect

-BK Asha, ORC, Gurugram



**T**o receive BapDada's company and sustenance at the confluence age is a great fortune. Along with that, we receive the sustenance of Dadis, who were raised in the direct sustenance of Mama-Baba, that fortune is also not less. When I used to come to Madhuban during summer vacations of college, Manmohini Didi would tell Gulzar Dadi, "Ask her, what the purpose of her life is." It is also a fortune that all the Dadis (Senior Sisters) and Senior Brothers have come to my parental home many times. Gulzar Dadiji, holding my finger lovingly, used to take me to Nakki Lake many times in the evening. When both of us sat there, Dadi used to tell life stories of Brahma Baba and inspire me to make the goal firm. At that young age, Gulzar Dadi's eyes fell on me, who became a kind of instrument for me to be dedicated in this organization.

### A quick Trance Messenger

Dadiji was a very quick Trance Messenger. Baba used to tell in the murli class that you should not take much interest in the things of trance. Once we were sitting in the History Hall, it was Thursday. Brahma Baba was sitting in the middle, Gulzar Dadi was sitting on one side and the other side was empty, we were all sitting in front. It was the time to offer *bhog* to Shiv Baba and

bring the divine message from the subtle world. Brahma Baba said to her, "Go soon and come soon". Dadi's power of concentration, power to become thoughtless and power to be detached from the body was so great that a song was played, Dadi ji went to the subtle world, offered bhog to Baba and by the end of the song, Dadiji came back from the subtle world.

When Godly services started, respected Jagdish Bhaiji used to compose literature and if any clarification was needed, he would call from the printing press asking to take directions from Baba for him. Dadi would keep the receiver of the phone by the side of the table, bring a trance message for Bhaiji and tell him on the phone. We saw this with our own eyes.

Once under some circumstances I was not able to take a decision. Dadiji was in abroad at that time in the deserts of Israel, where the phone could not be reached. But I wanted directions from BapDada, so I called up her, Dadiji was in the car. Anyway, she got a call and I told the whole thing to her. Dadiji answered me immediately. She used to go Baba even in the moving car and Baba responds her. Baba can make fly away only a soul with such a clear and pure intellect. Similarly, sitting for 16 hours for avyakt meeting was not a simple thing; it is possible when one has rule over one's body and lordship over nature.

### **A caring personality**

It was my fortune that I stayed in Dadi's room. She used to take so much care and attention of me. I should have taken care of her but Dadi used to do this. Dadiji used to think for me that she does service all day long and when she comes into the room there should be no disturbance of any kind. Dadi was so amazing. Her behaviour was very sweet; she used to make the souls her own very quickly with the power of spirituality, with the power of yoga and with her sweetness.

### **Heart touching speech**

Gulzar Dadi was a very knowledgeable soul. Dadi had narrated, once Baba had come to Delhi. Baba said that how do you do stage programmes, show them by doing all that. So one became the chairman, one became the stage-secretary, another one became something else and Gulzar Dadi gave a speech. Baba passed her as number one in it. Dadi's speech used to be number one in Delhi and India, absolutely touching hearts of everyone, which brings even tears to the eyes of many.

Apart from being the number one student, Dadiji was also an ideal teacher. When Dadi ji came to murli class, she would narrate new things from the murli, she used to ask us by new questions. She used to ask such questions so that our intellect could work. In those days, there was no essence, questions and answers in the murli. Dadiji used to say, sit here, do study and take out new questions from the murli. When I would go to class, Dadiji used to listen to the class and ask us, "Did you tell this thing today?" She gave such attention on us.



### **She used to do her work herself**

Dadiji would never let us sit empty-handed. If no one was coming to the spiritual museum to see, Dadi would say, "It is your fault that visitors are not coming to Baba's museum. If you are sitting in Baba's museum, don't talk (we girls used to talk to each other), invoke souls, souls should come to see the museum.' She herself used to sit in complete silence. Dadi was very humble and polite. If she had to call someone, she herself used to stand up and call that person from inside, although we were also sitting there. We used to say, Dadiji, why didn't you tell us, we were also sitting here? But, she did not order anyone; she used to do her work herself.

### **Embodiment of economy**

Dadiji would do even small tasks like sewing and she would do it so gracefully as if she is not in the body. She was the embodiment of economy. If a cloth was torn, she would cover it by stitching a small piece of cloth around it and wear it. Once she attached one arm of a blouse to the other arm of another blouse and said, look, a blouse is ready. She valued money very much. Sometimes, if the younger sister took something in the airplane and said, Dadiji,

take it too; Dadiji used to say, it would be so expensive, I will not take it. Then she used to tell Dadiji, it is free, we have paid for it along the ticket, and then Dadiji would say, okay. Her attention till the end was that extra money should not be spent on her.

**Play your part as a detached observer**

Once there was a big event in Delhi, Pandav Bhawan. All Dadis like Brijendra Dadi, Nirmal Shanta Dadi etc. and senior brothers had come from all over India. Sanjay Gandhi (Son of Indira Gandhi, then PM of India) had died during those days, so Nirwair Bhai asked me to take appointment to meet Indira Gandhi. One day we all went to meet her along with Dadis. After reaching there, someone told us that in the room where Sanjay Gandhi's body was kept, Indira Gandhi visits daily in that room; you also come and sit here. Then we sat there but Indira Gandhi refused to come in that room because only 13 days had passed since Sanjay Gandhi's death and she used to get emotional after coming to that room. Then Dr. Kumud Joshi brought Indira ji and Dadiji met her.

I was very young and new in the field of service; I was shocked that so many senior Dadis went there and the appointment did not go as I had imagined. So my mind became depressed. In the same evening, I had to conduct the stage in a program, so I told Gulzar Dadiji, 'I will not do the evening program and you tell someone else.'

Dadi didn't say anything, only once asked if this is knowledge. This incident completely opened my mind. One thing was set in my mind and intellect that "It should not be that if something good happens, be happy otherwise get upset; do your work as a detached observer and do it by applying the knowledge."

**Silence is great**

The VIP service was done by Dadi herself in Delhi. We didn't even have a car at that time. Brijmohan Bhai ji used to bring auto rickshaw by scooter and till auto rickshaw was not available, we used to walk on foot. I learned how to handle VIPs from Dadiji. Dr. APJ Abdul Kalam (then President of India) used to receive Dadi ji at President House. After coming out of his office, sitting outside in the garden, he used to talk about meditation, about Shiva Baba, about this world, and about divine knowledge.

Dadiji should not have to walk on foot; her car should also come in the porch, Dr. Kalam used to take so much care. Dr. APJ Abdul Kalam once said, "Science is big or silence?" Then he himself said that science. But in the company of Dadiji, gradually it became clear in his intellect that silence is big. I have not seen such importance of silence anywhere except you, he used to say.

Dadiji always prepared her speech herself and took me everywhere with her. She used to teach me how to conduct classes, how to speak and what points of knowledge to explain. She used to tell me that let's go to the third floor, you prepare your speech and I will prepare my speech.

Dadi Gulzar always used to walk like a little kumari in front of Janki Dadi and Prakashmani Dadi. There is a photo in which Gulzar Dadi, Prakashmani Dadi and Janki Dadi are standing. By showing that photo, we intentionally told her that Dadi, you are the eldest, aren't you?' So Dadi said, "No, I am not elder, Prakashmani Dadi is elder in status and Janki Dadi is older in age and I am tall in body height. ■

# THE JOURNEY OF CONSCIOUSNESS

*Why is it important to become self-aware?*

■ Farha Sayed, Tarim, Yemen



**H**uman beings are ruled by emotions. The emotional self can be explored through self-awareness of our mind; our emotions and thoughts. Housed within us are a plethora and range of emotions that come with the human condition. At the basis of our condition lie these typical understandings: the wish to be loved but the fear of ourselves and the ever present reality of birth, life, and death. From these come circumstances that are first experienced through emotions. **There are six basic emotions, “happiness, sadness, anger, disgust, fear, and surprise. In addition we experience other emotions such as “love, doubt, aggression, affection, compassion, empathy, boredom, ecstasy, euphoria, gratitude, guilt, hatred, forgiveness, pleasure.”**

In this society, the **most consistent negative emotions** of these that we feel are unfortunately anxiety, frustration, grief, depression, unhappiness, and, fear which culminate to and produce stress; a disease that slowly kills the mind, body, and spirit. So, you may be asking, why is it important to become self-aware? We begin with self-awareness and begin to awake so that our emotions do not override our thoughts, and our thoughts do not override our emotions.

So, we may have balance and not live in the perpetual distress of the mind caused by both the self and the world.

It is imperative to explore so that our stress does not become someone else's anxiety or trauma, so we may still share our burdens thoughtfully and that our pain does not consume us. So we may come to know ourselves better, not walking around blind to our reality.

The problem is the failure to sustain our godliness-the quality of context-transcending spirit-in the midst of repetition; the failure to embody spirit in the routine. As a result, we live most of our lives in a daze, as if we are acting on a script someone else had written. The someone else, however, is not an individual or even a group; it is the impersonal, crushing collective authority of the others who set our terms of reference and who exercise power or suffer servitude, in the world we inhabit. We become like them, but they do not become like us. The flickering of the life force is a little bit of dying, or dying by steps. It comes with its own solace: the narcoleptic state of diminished consciousness into which we descend prevents us from focusing on the enormity of the loss or from confronting our situation. And the pressures of material

need and economic scarcity keep us chained to our practical responsibilities.

## Recognition of our emotional self

Thus, the recognition of our emotional self is extremely important. No matter what the social context is, because of the human condition, that emotion must be expressed before getting to the deeper issue of thoughts and actions or else it will be a waste of time and severely delay resolving a person's issue, i.e., through the change process.

The human mind particularly has the capacity to get entangled and to think in terms of qualities and relations. Every thought that is generated in our mind is in terms of certain qualities of things and their relation to other things.

Close your eyes for a few minutes and just imagine what you think daily, from morning to evening. All your thoughts are in terms of certain qualities, characteristics of objects and their relations to other things, persons or objects. It is impossible for us to think, except in these terms of relations. Thought is in terms of relations alone. This is why sometimes we are told that this is a world of relativity. Everything seems to be related to something else, at least in our thoughts, and we are thus bound up psychologically with the objects of the world. It is this psychological bondage which keeps us earthly conscious and not spiritually conscious, because to be spiritual would be to be aware in terms of the Spirit, not in terms of the qualities and relations.

It is very important to choose conscious decision to change thought process and really begin to think intentionally about contentment in life. As that develops the

characteristic of devotion opens up with it.

We are embodied beings. We live in bodies, and our contacts are with other bodies in the world, so we have a bodily life – a related life, an Earthly life, and life which is tethered to the consciousness of space and time. Not for a moment can we be spiritually conscious because we cannot be free from the clutches of these relations. The mind is a part of creation in this sense that it is related to every other object in creation.

It is the attitude of consciousness, the way of thought that determines our state of evolution. The mind, which is a form of consciousness working in space and time, so much identifies itself with the qualities and relations that we cannot for a moment remain as witnesses of the world situation. We are involved in the world situation and we are the world, and many a time it appears that what happens to the world happens to us. Our joys and sorrows are connected to world situations. We are living an external life, an objective life, a life of sensory perception. We live in terms of qualities and relations, not in terms of our own Self. ■

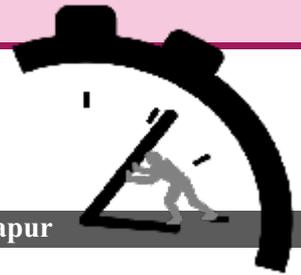
## GOOD EXPERIENCES IN EACH MOMENT

Do you remember the importance of the present? In each moment the choice of an experience lies within the soul.

When we are aware that we make choices, then we can choose to have good experiences in each moment.

# APPROPRIATION OF TIME

■ B. K. Dr. Swapan Rudra, Durgapur



**T**here is an appropriate time for everything, but how that time is to be anticipated? We always say that we may get the desired result, if we act according to the time. Many things happen naturally in conventional way and people know its time i.e. time of sowing seeds, watering, adding manure, spraying supplement or pesticide, harvesting the crops etc., but still sometimes desired result does not come due to some other undue factors. For example, sowing may be late due to any crisis, watering may become difficult due to water crisis or harvesting may be troublesome for having excessive untimely rain. Besides these, some other untoward incidents like Covid or natural calamities may also come in our life. So, we can definitely say that work is in our hand, but not the result as on Bhagavat Gita shloka -

*'Karmanye vadhikaraste  
ma falesu kadachano,  
Ma karmafaloheturbhurma te  
sangomastyakarmani'.*

Everything does not happen according to our desire and expectation, rather following the eternal rule irrespective of choice.

**We have to always keep in mind that there is a natural good in every incident which** is embedded with reasons not to be seen or understood externally. As a whole, whatever happens is meant to be as it should be. Any unprecedented event like unnatural death or any kind of loss due to fire, earthquake, cyclone, tsunamis etc. is very difficult to accept but everything is a part of bigger life drama and has its roots in

Karma philosophy. This is life and hence it is called live drama.

Actually, time is the fundamental intellectual structure, within which humans sequence and compare events. Cyclical time is for cyclical rotation and revolution of earth for the purpose of sparing human lives. Earth is the only suitable planet for human living and for this purpose it has become auto-decorated in a number of ways starting from the protective magnetosphere to troposphere in atmospheric layer, hydrosphere, lithosphere, tectonic plates, living core, magnetic moment, polar attraction, electromagnetic field etc. Human soul energy interfere with the other living and non-living environment on earth. When human souls are pure and perfect, there is perfect physical environment along with quality animals and plants. But when the human souls start degrading, the nature becomes deteriorated both in biotic and a biotic environment. Here is the interplay of energy exchange between the soul and nature and it remains embedded in a complex web. **God is the Ocean of Powers who descends on earth at its worst phase of degradation in every aspect.** Metaphysical energy is always powerful than any form of physical energy and it works with the help of either energy. When the soul degrades, the energy content becomes very low due to depletion of other energy through which the soul functions all over the body. The soul battery is to be recharged only by connecting to the Supreme Soul, the Supreme Powerhouse. ■

## *DADIJI LIFTED ME SKY-HIGH*

■ B.K. Shubh Karan, ORC, Gurugram

I came in contact with Dadi Janki in 1971, when I was a student of Rajyoga at the Mira Society centre in Pune. I had received Godly knowledge in April 1969 at the Colaba centre in Mumbai. I attended the Murli class (Godly versions) there for one and a half years. I had got married in February 1969, and I felt that the experienced Dadis, senior brothers and the sisters who used to take classes at the centre were very nice, and if I took my wife to the centre, she too would get to learn many things. I was serving in the Army and was allotted an apartment, after which I brought my wife to Mumbai. She did the seven-day course and became a regular student at the centre.

The brother who had taken me to the centre was a very humble person with a lot of spiritual intoxication, and he was a good speaker. He too was serving in the Army. He was from Allahabad in Uttar Pradesh and was married, but his wife lived with her parents. His spiritual love and godly service soon made a strong imprint on me and I began doing various kinds of Godly services.

Sometime later, the Army sent me to the Armed Forces Medical College in Pune for a course. I left my wife with her parents and moved to Pune.

When I went to the centre in Pune, I found that it was mostly mothers who came to the class, with just five brothers

attending. The brothers included a trader and a student. They did Baba's service only at the centre. For any major service outside the centre, experienced brothers



B.K. Bro. Shubh Karan with Dadi Janki ji

from Mumbai were called.

Dadi Janki used to have the thought that Baba should send her an experienced brother for service in Pune.

I considered myself fortunate to have become a student at the Pune centre. When you entered the centre, the first room had a sofa and she used to sit there with the Murli in her hand. She would repeatedly read the Murli, or sit lost in Baba's remembrance. Whenever I asked her something, I would receive very powerful vibrations from her. There was not much service, so she used to give knowledge to her contacts over the phone. She trained one of the mothers so well that when she went abroad, that mother became centre-in charge.

**In the morning class, when she used to share her churning before reading the Murli, it seemed as if a disc of light was spinning on her forehead. Her intoxication used to attract everyone.**

I would repeatedly ask Dadi to give me some opportunity for service. She would just smile and remain silent. She used to think that I was just two-year-old student. One day when Dadi had gone out of the centre for service, I picked up the Rajyoga exhibition pictures, informed one of the other sisters at the centre and went to a Mahalakshmi temple to hold an exhibition. We held exhibitions there several times, and as a result many new brothers and sisters started coming to the centre. After some time, a group of brothers was formed and we used to hold exhibitions every Sunday in a temple and give Baba's message. Dadiji was very happy with this and I became one of her trusted hands.

### **Dadiji was an image of tolerance**

Once, Dadi asked me to find a good hall for a public event on the occasion of Shivratri. With Baba's help I found a hall belonging to the Arya Samaj for a nominal rent. I was very happy and told Dadi about it. Dadi said we could not have a programme there. I had liked the hall very much and became a bit annoyed as I tried to convince Dadi about it, and I started speaking loudly. However, Dadiji remained calm. She smiled and asked me to discuss the matter with a brother who was present at the centre. In this way Dadiji herself remained stable and tactfully maintained the peaceful atmosphere of the centre. I

was moved by Dadiji's tolerance and humility. The next day, after the Murli class, Dadi said, "Let us go and see the hall." I apologised to Dadi for my behaviour the previous day. Dadi smiled and said that it did not matter, adding that she too was sometimes stubborn with Baba. Dadi liked the hall, the exhibition was a success, and the number of students increased at the two centres in Pune.

Once, Dadi said that a programme to celebrate Raksha Bandhan had to be organised in a ground, and told me that I must attend it. The day of the event was a holiday, but I had been assigned a duty in my Army unit and was required to be with the unit. I also wanted to attend the event, so I informed a fellow soldier and went to the programme. Soon after, all those on duty in the unit were ordered to assemble, but I was away. However, one of the soldiers in the unit mistakenly thought that he was on duty that day, and he took my place in the assembly. Baba helped me in this way! I returned to my unit and was not reprimanded for my absence.

In 1971, when a war with Pakistan looked imminent, I was posted to Kashmir. A day before I was to depart, I went to Dadi and told her that I had been posted to Kashmir and I would leave my unit by 2 pm the next day. Dadi smiled and said, "How can you go, you have to be here for the Janmashtami celebrations. I told Dadi that the commander of my unit had ordered me to leave by 2 pm the next day. Dadi laughed and said, "My Supreme Commander has ordered that you will not go tomorrow, you

will go after the Janmashtami programme". Dadiji advised me to go and see a doctor the next morning to get treatment for the frequent stomach pain I used to suffer from. She sent her powerful vibrations to the doctors. When I went to the Army doctor and told him about my stomach pain, he admitted me to the hospital. I found that an old friend of mine was in charge of the medical ward where I was sent. He helped me and my stomach ailment was cured. Due to my treatment, I did not go to Kashmir and was also able to attend the Janmashtami celebrations. I left for Kashmir after spending ten days in the hospital.

I informed Dadi of my wish to dedicate myself, along with my wife, to Godly service. Dadi sent my wife to the centre in Jalandhar, Punjab. She told me that since I was in the Army, I would get the opportunity to go to different parts of India and give God's message to people there, so I should not live at the centre.

Sometime after the war with Pakistan ended, Sister Jayanti came to Srinagar with a brother. They brought a letter from Dadi for the mother who ran the sub-centre there. Dadi had written about me, saying that I had great love for service and she should give me opportunity for the same. That mother asked me what service I would do, and I told her Dadi had the thought that there should be a centre in Srinagar so that Baba's service could grow. The mother replied that only a few elderly people come to the class and opening a centre was a far-fetched idea. I told her that

if she could find a house and make arrangements for Brahma Kumari sisters to stay there, more students would start coming to the class. Once the centre opened, many students extended their cooperation and the centre functioned for about two years. Later, I was posted to Panaji in Goa, and Dadi had the thought that there should be a centre in Goa. Baba made me an instrument for opening a centre there in 1975 as per Dadi's directions.

### **Dadiji had a sharp memory**

After she went abroad, I did not meet her for 15 years. Then one day, when I was in Gyansarovar, I saw her coming from the kitchen. I greeted her from a distance and walked by, thinking that she must have forgotten about me. But Dadi gestured to me and I went to her. She asked: "Do you know me?" I smiled. She shook hands with me and said, "Do not forget your childhood days."

Whenever I visited her in her room, she would introduce me to others as one of her old students from Pune. One day she asked me if I wrote a letter to Baba every month. I told her that I did, and that I gave the letters to Dadi Ishu. She asked me to give the letters to her in future, and I did so.

In this way Dadi used to keep inspiring everyone. Now, I feel as if our loving Dadi visits all our service centres to inspire each one of us to become angels. I salute the great divine soul, our sweet and lovely Dadi, who filled everyone with joy and enthusiasm. ■

# *SPIRITUALITY UNFOLDS AT THE REALIZATION OF INFINITY*

■ B. K. Rose Mary

**W**hen view changes, value too changes. Suppose you have a property in coastal area and suddenly you realize its value is losing if sea-level rise becomes a real threat. Here, value of property changed because people's view changed!

So is the case with vices and virtues! **Vices, once thought to be important, would lose its importance, and virtues, once thought to be difficult, can become easy to practice depending on how you view life.** In body-consciousness vices assume importance while in soul-consciousness virtues assume importance! Let us see how:

All religions started in fatherhood of God and brotherhood of man, thus spirituality ruled the lives of early followers in each religion. Yet spirituality gradually erodes once founder of religion leaves the stage. This is because followers become power-minded wanting to become superior over others and to rule over others. It results in creation of divisiveness and sects—thus we have many religions and sects within them.

One becomes power-minded when he falls into body-consciousness. In soul-consciousness it is impossible to feel superior to others as one is ruled by sense of equality. That means the key to spirituality is to realize infinite realities such as soul,

Supreme Soul and eternal drama of life.

**Great change happens when you know you are soul and immortal**

When you awake from a dream and recollect the vivid, colourful scenes you saw in the dream, you realize that you saw them with the eyes of your immaterial reality, not with physical eyes of your body which was at rest. Sometimes, dreams also have some insightful guidance for the life. This makes you convince that you are not this body but the rider of this body, hence immaterial and immortal. The fact that soul took this birth means it has done so numerous times in the past and will do so in the future.

Yet people who are not serious-minded may not reach the above conclusion because they don't go deep into the subject.

**Two types of perceptions**

Some may choose to limit their perception by their senses alone wanting to go till their senses go and end up in believing what can be observed, whereas others choose to go beyond senses as eye of the eyes is mind, and eye of the mind is the soul. Thus, people differ in the way they perceive things and events. For example, if asked what is the cause for road accidents. **One with limited view** would say things such as heavy traffic, faulty vehicle/signalling, bad road conditions ...etc. are the causes for road accidents.

**One with unlimited view** would say ego is the real cause. If a pedestrian doesn't have patience to wait till green signal for him and thus gets into accident, it is his ego. If one starts late and begins over-speeding and thinks only he has the need to reach his destination in time, thus causes accident to others or to himself, it is his ego. If roads/vehicles are not well-maintained it is again ego of parties concerned, and ego is the result of poor rearing!

Interestingly, Bhagavad Gita says there are two types of people — “divine and demonic” (16:6). The word demonic does not mean those who believe in demons. Original word used is *āsurāḥ* (from *asurya* = a + *surya*) which literally means “without sun's qualities.” Sun is the giver of light, heat, purity—thus symbol of enlightenment (divine knowledge of right and wrong), symbol of warmth/love, and symbol of transformation respectively. Hence Scriptures and Epics present two types of people—**GIVERS** such as Abraham (in the West) who is known for giving first choice to others (Genesis 13:9), and Rama (in the East) in the earlier history, and the **GREEDY** such as Judas (in the West) and Duryodhan (in the East) in the later history. The *āsurāḥ* or “the demonic” are described as those with “limited view.” (Bhagavat Gita 16: 9), and limited view is described as 'not seeing the immaterial reality' that rules our body and universe. (Bhagavat Gita 16:8).

**In limited view**, one would think he is this body, and this universe and life with all provisions for its sustenance and

enjoyment function “without God.” In such limited view one thinks he is this body and knows that he will die any time, and before that happens he feels he should enjoy as much as possible. Thus his desire is felt very strongly (also called lust). If desire is obstructed/not fulfilled it becomes anger, if fulfilled it becomes attachment, greed and pride which put him in a vicious cycle of repetition, and he also feels envy when others fulfil their desires. Life becomes miserable with these six vices.

**In unlimited view**, this present life is one out of many births, and this planet home, earth, too is like a tiny dust in the incomprehensibly vast universe, and one sees soul as ruling over body and Supreme Soul as ruling over this universe. In this scenario, no self-importance is felt; hence his desires are not felt strongly thus he acts without ulterior motive which means purity. If desires are obstructed/not fulfilled, joy is not lost, and love, peace and divine knowledge of what is right and wrong and bliss rule all his thinking, speaking and actions.

With this awareness that he is an eternal soul, he becomes realistic about his desires. His desires are not felt very strongly as he knows that he has lived infinitely in the past and would live infinitely in the future. **He has a relaxed attitude that “if desire is fulfilled it is good, and if not it is even better because it is not in my karma.”** This enables him not to pursue the desire vigorously using any means good or bad, thus do not create bondage and negative *karma*. ■

# PURITY

## THE BEST PERSONAL DISCIPLINE



■ B. K. Surendran, Bengaluru

**P**urity is the mother of peace and happiness. Where there is purity, there is peace and happiness and 'Maya' or illusion, cannot interfere even in sleep. Purity is such a fire that it can burn the rubbish of the world in a second. Complete purity is such an elevated power.

Purity is based on truth. We all know that truth will always survive all kinds of falsity and lies. Truth will prove itself. It is often said that nobody needs to prove truth. Here, purity is not merely truth or honesty; it has a deeper meaning. **Purity is more than 'Brahmcharya or celibacy. It includes mental purity.** It's having purity in vision, words, hearing, body, food, company, contacts, relationships, karma, attitude, and so on.

We all know that human souls are drowning in the quagmire of vices at this time. In order to liberate souls, God Himself has descended to empower His children. He has come to liberate souls from unprecedented worries, hurries, tension, and stress. All souls are originally pure but as it slowly passes from one birth to another, it begins to lose its power. The soul becomes body conscious and comes under the influence of any of the five main vices – lust, anger, greed, attachment and ego or weaknesses connected to these

impure emotions, like jealousy, hatred, revenge, criticism, fear etc. It can be seen and understood that in every crime or litigation, the triggering point is one of the 5 vices. It has become an addiction in our lives. Human souls have fallen from the exalted state of deity hood into a dismal state of degradation. The Gita says that lust is very bad. Lust results in the loss of reason. It causes complete ruin.

*dhyayato vishayan pumsah sangas  
teshupajayate*

*sangat sanjayate kamah kamat krodho  
'bhijayate*

*krodhad bhavati sammohah sammohat  
smriti-vibhramah*

*smriti-bhranshad buddhi-nasho buddhi-  
nashat pranashyati*

(Gita: ch. 2, verse : 62, 63)

It means that a person dwelling on sense objects will develop attachment for them. From attachment springs lust and from unfulfilled lust ensues anger. From anger arises delusion. Delusion results in confusion of memory. From confusion of memory, there is loss of reason and from loss of reason, one experiences complete ruin.

This is the time when God Himself has descended to rejuvenate life on earth. God is our Supreme Teacher and Supreme Surgeon. He knows the root of this disease. He gives us the most powerful medicine to enable us to get rid of vices and to restore our health, wealth

and happiness. He teaches us *Rajyoga* which is the most powerful antidote for body consciousness and vices. It has also been referenced in the Gita:

*raja-vidya raja-guhyam pavitram idam  
uttamam*

*pratyakshavagamam dharmyam su-  
sukham kartum avyayam*

*Gita (ch. 9, verse: 2)*

God explains that Yoga means to connect, relate and link. God is not a human being. He is a self-effulgent light. He is the Supreme Soul. As souls, we are all His children. The act of remembering Him with love and reverence, in a state of soul consciousness, is known as *Rajyoga*. We have a perennial relationship with Him. He is our eternal Father. Hence our remembrance of Him is also easy in the context of that relationship. He is Almighty Supreme Soul and the main source of power. We get rid of our sins and vices when we remember Him. His remembrance becomes a source of experiencing peace, bliss, and super sensuous joy.

When we connect with Him, His spiritual energy flows into us. His remembrance is again highlighted in the Gita.

*Manmana bhava mad-bhakto, madyaji  
mam namaskuru*

*Mamevaisyasiyuktvaivamatmanam mat  
parayanah*

*(Gita: ch. 9, verse: 34)*

It means, fix your mind on Me, be devoted to Me, worship Me and make obeisance to Me, thus linking yourself with Me entirely depending on Me, you shall come to Me.

Here the Supreme Being says, 'You souls need not worship Me, you can have

reverence and obeisance while remembering Me because you are my children. Children need not worship the Father.' In worldly life, children sometimes worship their father after his demise. But here, the Supreme Father doesn't have a physical death. Once we understand who our eternal Father is, we remember Him with a lot of love and salutary inclinations. This helps us to get rid of all our bondages, worldly burdens, relationships, and attachments with our own body. When we remember Him, we voluntarily and wholeheartedly eliminate all vices. This is the mesmerising effect of God's remembrance. God Himself is teaching us this ancient *Rajyoga* because it is His blessing to humanity. This is happening now; millions of people stand testimony to this fact. Our Godly Knowledge and *Rajyoga* Meditation centres are available almost everywhere in the world. Get connected now to learn more about this miracle yoga. ■

### BEST HELP WE CAN GIVE

To help others discover their talents is the best help we can give. Sometimes people are unaware of their talents, or afraid to use them. But if we do not use the gifts we have been given, we can never be truly happy. Throughout our lives, people help us grow. As we grow older, we can help others too.

# SAILING THROUGH DIFFICULT SITUATIONS

*It is very challenging to keep oneself calm in the midst of a storm.*

■ B. K. Dr. Shiv Kumar, Ahmedabad



**T**hings are deteriorating much faster than anticipated, whether it's the political situation in Ukraine or natural calamities in Haiti. Almighty God Shiva Baba has been warning us on several occasions throughout his lessons to prepare hard for the hard times to come... to make preparations to face multiple calamities, hazards, and war. It is very challenging to keep oneself calm in the midst of a storm. **One needs to make diligent and systematic effort to remain stable and unshakable, not only for the self, but also for their family members as well.**

Countries are currently facing multiple emergency situations, as witnessed by the Dixie fire which is burning millions of hectares of forest in California and the nearby regions, along with the ongoing global pandemic of COVID-19. African regions are facing economic and political turmoil. Look at our own country! While there are floods in some regions, other regions are extremely dry without rain. Looking at such disasters, many of us are fortunate to still have good food, shelter, and relations.

## **Safety is an Opportunity to Serve**

We need to ensure the emotional

wellbeing of self and others when future catastrophes occur. Today, there may be problems in Ukraine, Afghanistan, Haiti, Nigeria, Algiers, Turkey, US or Indonesia. Tomorrow, the problems can come to us. The future is uncertain. We need to ask, "Am I prepared

*"Sincere, systematic, and meaningful efforts can awaken our spiritual and psychological state to achieve wonders. It needs self-control, self-discipline, and sincere effort."*

for such uncertainties?" For many who are working or studying outside India, or doing a job far away from their native home, the uncertainties are high. It requires sincere effort to live a problem free life within obstacles. Within challenge, there is margin to prepare oneself. Time and time again, Shiva Baba has been guiding us to practice the incorporeal state and angelic state so we can smoothly sail through difficult situations.

Those who are financially safe and sound can safeguard many others through their wealth and resources. Similarly, a bank

balance of spiritual treasures, emotional strength, and good wishes can also help and serve millions of souls.

**Do not Allow Situations to Snatch your Opportunity**

Chances come once a lifetime. Become a chancellor by identifying golden opportunities. We have seen many occasions where laggards put in tremendous amount of effort and energy and come out as winners. Whether it may be a 100 meter Olympic race or academic exam, those who put in dedicated effort can be winners. Let the past be. Whatever happened, happened, so let go of the past. Put in sincere and determined effort to move forward and accomplish goals. Even a second of negligence and loss of effort can result in missed opportunities. Sincere, systematic, and meaningful efforts can awaken our spiritual and psychological state to achieve wonders. It needs self-control, self-discipline, and sincere effort. Life is becoming more challenging day by day. Challenges are not going to go away. We can face challenges better by doubling our efforts. Face challenges with determination and the attitude that yes, I will do it! These are opportunities for us to bridge the gap in the spiritual race. It's the end moment effort. Preparation for the last moment of the exam can make a huge difference. Let go of complacency and remain vigilant and active.

**Do not waste time seeing others**

Many waste their invaluable time and energy watching, observing, and analysing others. While some move fast with motivation and seriousness, others watch, gossip, loiter, and laze on the lap of comfort

and negligence. Everyone has their role. During examination time, some students think about achieving high results. Others waste valuable preparation time in analysing what others do. Self-analysis and sincere effort at a personal level can ensure

*“During examination time, some students think about achieving high results; whereas, many waste their invaluable preparation time and energy in watching, observing, and analysing others.”*

success. Since the last few years, we are being guided through lessons given by our seniors and God, the Ocean of Knowledge. It is now time to act, not react.

We don't know how long we will enjoy the safety and comforts we now have. Many in our nation and others in the world are dying. There is crisis. Thanks to God, we are safe and alive. But things are changing fast. We have to move fast by increasing the practice of soul consciousness and the remembrance of God to sustain what's good. ■

**SELF-RESPECT**  
Self-respect is not a matter of what you are doing in your life, but rather of how you are doing it. It requires that you bring quality and virtue into each action, whatever that action may be.

# DON'T BE A FAULT FINDER

# BE A SOLUTION SEEKER



Prof. Onkar Chand, Shantivan

**T**here is no dearth of Fault Finders in the world, those who find faults... there are millions. Today, there is a need of Solution Seekers and those who remove the shortcomings. Everyone has some or the other merits or demerits. It's just a matter of observing what you see, merits or demerits? In the prayer we ask God not to hold our bad qualities. God also tells us that I will accept your words, but you also do not hold on to the demerits of anyone.

Once there was a famous painter in a city who was very passionate about painting and used to make beautiful landscapes and other paintings. One day he made a painting with lot of effort and found it to be the best painting he ever made. So he decided to put it for display in the square of the city. In the next morning he put that painting on display and besides painting he also put a note saying, "If you find any mistake please circle that part with black color."

In evening when he came to check his painting he saw that whole painting was covered with black circles. He got very sad and depressed as it was best painting he ever made. Then a friend passing by him asked the reason for his sadness, and then he told him the whole incident. Friend told him, do one thing, make another painting and keep it on display but this time he should put

a note with painting saying, "Please correct the mistake in painting if you find any."

He did the same thing the next day. When he saw his picture in the evening, he saw that no one had done anything on the picture. He was surprised to see that. He went to his friend to ask the reason.

His friend replied, "**It is easy to blame, condemn, criticize, and find faults in others but it is very difficult to remove those shortcomings.** We should understand that even after trying our best in doing things and building anything people will keep finding mistakes in them. One should not get sad or depressed by that, instead should keep working harder to achieve ones goals."

Friends, what happens when we are engaged in fault finding, in seeing the demerits? By doing this we think negatively, misuse our energy, attract even more stress and tension in our life and the biggest thing is we allow fault to remain fault.

Now let's see what happens when we keep on looking for solutions and eliminating the demerits? We think positive, use our energy properly, attract even more happiness and self satisfaction in our life and most of all we do not let the problem remain the problem, we look for a solution for it.

Now what would you like to be, a Fault Finder or Solution Seeker, the one who sees

the shortcomings or the one who removes the shortcomings? The decision is easy, everyone would say, 'be a part of the solution, not the problem'. Believe me, the habit of seeing evils, shortcomings, flaws in others is a big hindrance in your personal development. By watching the weaknesses of others, one day you will become weak yourself. As long as you keep seeing the faults of others, there will be sorrow and troubles around you. When you see the whole world without faults, then you will feel happy.

Don't let the thought enter your mind that he/she doesn't do well. Keep in mind that if not today then tomorrow he/she will do well. In this way free yourself from seeing the faults of others. Neither see nor listen to anyone's shortcomings. You should decide in your mind that from today you will see something good in everything and in every situation, no matter how bad it is... remember if we see the goodness of others, then we too one day will become good. ■

Women Day Special 8<sup>th</sup> March

### THE GREAT WOMEN POWER

■ B.K. Yogesh Kumar, New Delhi

She is the embodiment of virtues adorned by God,  
Determination, courage reflected in action and word.  
When the world is endangered by violence and crime,  
God incarnates from Soul World to do His duty, prime.

When women power too is downtrodden and oppressed,  
His Divine Knowledge evokes their third eye, full-fledged.  
Puts the urn of Knowledge on them and fulfils His promise,  
His Rajyoga makes them self-sovereign, conqueror of vice.

Gives the slogan *Vande Matram*, singing their glory,  
The world too starts recognizing their incognito bravery.  
The same power is reflected in every field of the Universe,  
The Indian women too show excellence in complete colours.

From Olympics to World Cup Cricket, they dominate,  
From army to space, they are a new power, ultimate.  
The Spiritual Power will bring the World Transformation,  
It will change the thought pattern and bring reformation.

Our Dadis spiritual excellence wondered all scholars,  
The way they led BK surprised the researchers.  
Their powerful aura solves the queries of all,  
It proved Women Power's superiority which stands tall.

Now this Women Power will bring World Transformation,  
The bells of Covid and increasing violence last intimation.  
Let's recognize their power and become a real power,  
And you will get God's floral, joyful and blissful shower. ■

# WOMEN ARE BREAKING CONSERVATIVE SHACKLES

**The woman is a complete being in herself, in which the powers of creation, nourishment and transformation are inherent.**

■ B.K. Ram Singh, Rewari

**T**he present era is the era of revolution, there are inequalities all around, but the real harmony is to establish similarities between the disparities. Just as establishing humanity in this *Kali* period is the religion of the age in the most adverse circumstances, in the same way, establishing economic, religious and social harmony in every situation and circumstances is the real human religion. Women today have an important role to play in establishing harmony in such times. Just as it is the duty of the duodenum to make their overall arrangements according to the nature and interest of each member in the family, similarly, women can keep the society tied with the best *sanskars* for maintaining adjustment in the society.

Thoughtfulness, patience, empathy, mutual adjustment and relation, gentleness, tolerance, exuberance, enthusiasm, spontaneity, skill, compassion, simplicity, coolness etc. are naturally found in women and on the basis of these qualities, they become cooperative in many tasks. Today is the foremost. Simultaneously, imbibing the qualities of a skilled manager and firmness with tenderness, threading the world in the threads of affection is always

moving forward. The woman is a complete being in herself, in which the powers of creation, nourishment and transformation are inherent. That is why it has been said that the verbal ability of women is better than that of men.

In today's fast-paced life, the complexities and tensions in the lives of common people are increasing day by day. There is competition and many pressures everywhere, but empathy is a quality that women have biologically. When it comes to understanding herself or explaining to others, women act with better understanding and empathy. Women are not only empowered, feminism is concerned with changing the world's view of women's power.

Women are working selflessly for the prosperity of the society and family, by always moving ahead on the path of progress, through savings and money management. Woman has proved to be helpful in this with innate qualities like planning, patience, prioritizing nature and foresight. Women have those abilities, on the basis of which they can keep the society bound by best values like love, courage, trust, tolerance. According to modern times, **women have this power that they**

**can change a lot in the society and the country. They can deal with any problem in the society better than men.** With good family planning, one is fully capable of managing the economic condition of the country and the family.

Women are open minded and are breaking social shackles to get their rights in all dimensions. Women are more aware of the rights of women in modern society, as a result of which many voluntary groups are also working in this direction. While there is a provision for worship of goddesses in Indian society and to give respect to women in the society, there is a tradition of worshipping women as mother, sister, daughter, wife, but today it has remained only pretence.

### **The Role of the Woman of the Modern Age**

With this changing environment, the women of the modern era are also free to read and write. She is aware of her rights and takes her own decisions. Now she is coming out of the boundary wall and doing special work for the country and society. As women constitute half of the population in the country, the goal of nation building can be achieved only by keeping the role and contribution of women in the great work of development of the nation completely and in the right perspective.

Talking about women empowerment, today, **Brahma Kumaris institution is a unique example of women empowerment all over the world, which is well known.** The truth is that *Shakti Roop* (female power) possesses a mysterious key that leads to freedom by opening the closed doors of truth, beauty and power. It has the capacity to take responsibility in view of the

limitations of tradition. Regaining strength and reviving her essence so that she experiences courage that is vibrant, active and unwavering.

To put it in other words, woman is the embodiment of power. **All those qualities are present in a woman, which enable her to deal with the problem directly or indirectly in every situation.** Woman is actually a form of Durga. The upliftment of any world is not only possible financially, but it is absolutely necessary for it to have character, moral and spiritual values. Without these values, material attainment is like a body without life. **Apart from this, there is no dearth of many such women in India, who did not let their inner fear for change in society and women's respect dominate them:**

**Avani Chaturvedi:** Became the first woman fighter lieutenant of the Indian Air Force. Her mother said, "Daughters find the opportunity themselves."

**Geeta Gopinath:** She was the first woman to become the Chief Economist of the International Monetary Fund. Her father said, "The daughter took all the decisions herself."

**Bhuri Bai:** The first international tribal artist from Madhya Pradesh who became a world famous painter.

**Thinlas Korol:** Became the first woman trekking guide, who used to herd goats with her father as a child. First became a travel guide, but later trained many girls as a trekking guide.

**Nadia:** Became the first football coach of Kashmir. Earlier, they were not allowed to play football as a girl. Nadia's passion did not end there, formed her own team, played

national and coached the Under 13 team in Thane (Maharashtra).

**Farida Rehana:** She is the country's first female paratrooper. And says I can do this work and became a paratrooper.

**Sunita Krishnan:** The woman fighting the smugglers tells that 21000 girls and women have been rescued from the smugglers. There were 400 cases of children, there were attacks 17 times, acid attack happened, even fatwa was issued, but she said that I will keep fighting.

**Amrita Pritam:** Considered to be the most popular author of Punjabi language, who has around a hundred published books.

**Kapila Vatsyayan:** She was rich in versatility. She was awarded the Padma Vibhushan as a civilian award, the Ramon Magsaysay Award for Community Leadership, and the UNESCO Award for Handicrafts.

**Mahasweta Devi:** Her short novels were originally published in Bangla. She received the Bharatiya Gyanapith Award.

Apart from this, this list is very long, which will be less to mention in this series.

### Why is women empowerment necessary?

In today's modern era, women empowerment is a topic of special discussion. Considering the importance of women in our ancient texts, it has even been told that "*Yatra Naryastu Pujyante Ramante Tatra Devata*" means that where women are worshiped, the gods reside there. But it would be ironic to say that despite having so much power in a woman, there is a great need for her empowerment.

Woman is considered to be the power of creation, that is, the existence of human race

has been considered from woman. The meaning of women empowerment is to provide opportunities for social, economic, political justice, freedom of thought, belief, religion and worship, equality of opportunity by developing culture in the power of creation.

Women empowerment means to improve the social and economic status of women so that they can get equal opportunities for higher education, employment, economic progress, so that they can get social freedom and progress. **To become proficient in all the above mentioned tasks and to achieve the needs of women empowerment, it is important for a woman to know spirituality as much as to know other things in life.** Therefore, spiritual power will be the basis for the upliftment of women.

Even though many women in today's society have become Prime Minister, President, Governor, Chief Minister, Administrative Officer, Doctor, Judge, Lawyer, Writer, Defence and Police Officer etc. But still many women still need cooperation and help. They also need more cooperation in education and independent work, safe life journey, safe work and social freedom. This work of women empowerment is very important because the social, economic attainment of the nation depends on the social, economic attainment of its women.

Someone has rightly said, "When a woman starts breaking the shackles and links imposed on her, then no power in the world will be able to stop it and at present women have started breaking these stereotypes. Though the thinking is changing, there is still a lot of need to make many efforts." ■

# VALUE VERSES WASTE

■ Payal Jethra, Mumbai

**“You've** only eaten two *chapatis* today, generally you eat five. Is there a problem? Can I bring you something instead? This might affect your health.”

Whose voice is this? I'd say an overly protective parent. But let's read between the lines. It's hard to tell whether this is a toddler or a middle aged child the parent is communicating with. Perhaps it's the care giver of a senior citizen? The point here is do we find ourselves overdoing things and crossing the line of love into the territory of attachment?

**Have you ever tried chasing a butterfly amongst a garden of colourful flowers?** The more you chase it, the further it drives you. But, if you sit down at one spot, it comes and perches itself on your shoulder. This indicates that it gets your attention if you stop getting its'. Children, situations, circumstances and people around us are like that little butterfly.

**The concept of “waste thoughts” was unknown to me before I connected with God through Brahma Kumaris.** Things seem so much clearer and sorted right now from where I'm looking. Spending time, effort, energy and thoughts on people, circumstances and situations that can easily be sorted through Him, drains the battery of my soul.

Firstly, chasing illusions takes away power, energy, time that I'd rather channelized in meditation, reading points of Knowledge, writing to Him, spending time

discussing with Him. Not only was this affecting me adversely but it was also sending out a subtle energy that makes the other person feel uncomfortable. The child will come to food when his tummy growls. The boss will come to your office desk when there is a need. The right things happen at the right time, thanks to drama. What I need, is to learn to sit quiet.

Sometimes, doing nothing is enough. Who knows my presence could mean putting the finger in an undesirable pie? 90% of my soul battery is now intact for me, the soul to channelize direct and redirect the mind to value and leverage upon the energy when and where required.

Just because someone picks up two pieces of fruit from the tray of fruit salad I serve doesn't necessarily mean there's a problem with the fruits or the manner in which they're served. Perhaps that is because they're full or that's as far as they wish to go. My focus ought to be sharp and unwavering. What I need to learn is eliminate waste thoughts and optimize value. Our parents gave us what is required at the right point of time. Overloading children with toys and gadgets, colleagues with goodies, acquaintances with elegant but unnecessary gifts is not only a waste of energy, time and resources but also me, undermining my own value. What I'm really doing here is filling in the lack within me by going out into the world and attempting to compensate for the lack within me.

Contd. on page no.34

# THE GROWTH OF YOUR MIND WILL DEPEND ON WHAT YOU FEED IT



■ B.K. David, UK

**A** plant without food withers and dies; a mind without pure and accurate recognition becomes distorted, polluted and shrinks. With the wrong assumptions of himself, his actions become sinful, and then the law of action and reaction kicks in with him at the receiving end of its powerful boot.

**Plant food makes the plants grow and they need care and attention as if not, they die.**

Your mind need the right thoughts which sustain it with awareness that it turns into happiness and peace and once these seeds are planted in the mind, that can grow and blossom. People lead a life that sees them feeding their minds on an exclusive diet of chocolate with them being a diabetic or on meat alone when they are a strict vegetarian. Is it any wonder on such an abominable diet they get sick mentally and physically and their lives become one of trying to deal with pain and anguish?

**When we plant the right thoughts in the mind, it does the mind unending good and there is only benefit.**

Plant the wrong thoughts and the rose in your mind giving off their fragrance, turn into a plant with no flower head but is a stem with only thorns. People's lives have become one without any fragrance, flowers and petals where they have become a dried stem withering in the sun and rain of vice and bad habits as they are fed the wrong foods.

People cannot see it or dispel it, but they really have become like a dried stem set amongst countless others thorny stems and go unnoticed and where the giving and taking is painful as each stem has only sharp thorns (anger, greed, jealousy, body consciousness and vice) to give.

**You need the white fingers of enlightenment and attention if you are to grow a life of happiness that blossoms in all four seasons.**

People lives seem only to feel good when it's their birthday, it's Christmas or they are drunk on at a New Year's party or getting promotion, winning the lottery or buying a new dress or eating. Instead of a person's life becoming one set in a flower bed of love, care and beauty, they have turned their life to be one where they live not in a flower bed but as if on a death bed. Their past has no happiness, peace or fulfilment which had they been aware and tried, they could have achieved greatness in something.

**Action is necessary in life if you want a flowerbed to grow a beautiful life of flowers.**

If you want to wake every day to beauty you need to have cared your garden (mind) the day before. Your flowerbed (thoughts) need constant weeding and attention otherwise, the weeds, if not removed, can overtake your

bed (life) and before your know it, the once blooming flowerbed has turned into a bed of nails on which you must sleep. On this bed you must live, sleep and eat.

**Weed bed, nail bed and hospital bed all await those that do not take care of their flowerbed.**

One must live and breathe under the sun of truth if you want to be a healthy, beautiful and loving rose that gives off a unique fragrance of love and happiness to all that pass through the garden of your life.

If you are born, grow and live as just a stem with thorns, you will think you are a beautiful flower. When you live next to similar stems as like attracts a like, you will see them as beautiful flowers also and where their painful touch is accepted as norm as that is all you've ever known - pain!

**Are you sometimes entranced by the thorny stem that is next to you thinking it's a wonderful flower?**

Many live in the garden's dark corner of bad habits. In this corner they keep the manure to feed their rose bushes but as it's completely the wrong food, their pants are barren, flowerless and ugly the smell of rotting manure lingers in this corner.

These stems can only do one thing: prick other stems with its thorns. They are blind to their own thorns as they think they are a flower. This is why they are stuck up corner of this garden nurturing thorns. All these thorny stems in this unlimited garden mistakenly think their manure corner a flowerbed, as most do not know the difference.

**The upkeep of a garden can be incognito but the results and fruits of a gardener's labour and constant attention**

**to his rose bush (mind) cannot.**

Some gardens win a prize for their flower's beauty, with much hard work and attention going into their creation and maintenance behind the scene which people do not get to see.

Many living up the corner live in ignorance and do not realise that good effort gets a good reward. They pay little attention to pruning their rose bush as it's far more enjoyable and easy for them to eat, sleep and drink their life away.

It is sad but typical in life for most; **The Shovel and Fork** of effort turns out to be their local pub. This is where humanity unburdens itself and shrugs off its negative or sinful actions for the evening that it accumulated through the day. Here they can forget all their sorrows and worries and where they get a rest bite from their nagging conscience that knows it's leading a poor life and is often telling them to do better or, to stop doing that which is making them grow weaker and increasingly sorrowful with each passing day.

**In the pub of ignorance they are unaware that sat at their table they are playing snakes and ladders and to date, no one has ever won a game.**

In this pub of ignorance, many experience some happiness whilst they are getting drunk which of course, is short lived as always. Next morning they find the inevitable consequences for their actions of the night before lying next to them on their pillow.

**Many lead a life stuck in jail and no matter what numbers they throw on the dice, if they are shaking the cup with impure hands.**

Many have their hands tightly gripped around some bad habit or another and cannot let go of them, and until they do and embrace simple living that's devoid of such poor and destructive habits, their wishes and desires will remain unfulfilled.

At the end of each and every day, people unknowingly are locked back in their prison cell of bad habits and the key of their ignorance that hangs round their necks is the rusting key that locks their prison door behind them.

**Regardless of what a prisoner might think and say (that he is free), they always end up back in prison at the end of the day.**

Prisons have Gardens of Regret with some prisoners learning how to plant and grow flowers and learn to respect and care their garden (their thoughts) and on their release, are forever seen to be always giving out bunches of flowers (good wishes) here and there to all that they meet.

People forget that their actions always will bring consequences and present themselves on the doormat and ring their doorbell until they open it and pick up the box and take it inside and open it. More often than not, most get back negative a gift box with a barbed wire bow at the top that sees them feeling sad once opened.

**Are you aware of the constant snakebites you get throughout the day or are you mainly bite free?**

They might have been feeling so good before their bell rang but ended up feeling down and right back down on the first square of the game Snakes and Ladders as inside their delivered box with their name on was inside a curled up snake that had come back specifically to bite them.

Most wake up each and every day back on the same old square they started off from the day before. Having what they call progressed, they ended their day landing on a snake which causes them to slip all the way back down it.

**Those with evil footprints have been herded into a dark corner that is a manure patch where they flourish.**

The footprints of evilness have long since trampled on the goodness and efforts of a good gardener. It's easy to destroy flowers but hard to grow them. In this garden of life that was full of beautiful fragrant flowers, many have been trod on. The evil people with evil heavy footprints can be seen leading to this corner. Their path has become a deep trench as is trod so often. Seldom are any footprints found leading away from this corner.

**The clock battery (soul) is soon to stop moving the hands of your clock as its battery is almost flat**

The cruel hands of karma can often tick too slow or too fast but the time is now here for the clock to fall off the wall and shatter on the floor before your sore eyes. For many, time has bought them many unpleasant gifts which they had to open after undoing the barbed wire bow.

If the hands of the clock have been cruel to you, you might want to look at what your hands have been busily occupied with for most of your life. Have you been giving happiness, love and care to all or have you been acting selfishly that seen you carelessly often giving sorrow to others which you can now see has been coming back to you in a box wrapped in barbed wire for you to open? ■

# LIGHT, ELITE AND DELIGHT HAVE CONNECTION WITH ENLIGHTENMENT

■ B.K. Subramanian, Avadi



**E**nlightenment is the basis and foundation for experiencing light, elite, and delight. Enlightenment means light of knowledge. Souls are enlightened by the light of knowledge radiated by God through His *Murli* or *vani*. **The term light has three meanings.** (a) Light means lamp which has the power to dispel darkness (b) Light means lightness i.e., weightlessness (c) Light means knowledge i.e., the power to dispel the darkness of ignorance from the human minds. Next, **elite means having great name and fame.** Elites are great in their words and deeds. Since they have attained important positions, they achieve fame in society. Finally, **delight means happiness.** Happy people make others feel happy and uplift their mood.

Basically, peace and happiness are the aim and objective of each human being in this world. Such powers are closely associated with the mind which is the faculty of the soul. When a soul is suffering and in pain, a psychiatrist is frequently consulted. Meditation or a spiritual path is also recommended to such patients because God is the Supreme Psychiatrist.

Buddha, the founding father of Buddhism, meditated under the shade of a banyan tree.

This tree was later called a *Bhodhi* tree. *Bhodhi* means doctrine or teaching. Buddha was the son of an emperor. He left his family to embrace reclusion and attain enlightenment under the shade of *Bodhi* tree in a forest. The *Bodhi* tree is a symbolic representation of the human genealogical tree or the *Kalpa* tree, which is the fifth day lesson of the seven days course of Rajyoga. But Buddha's original name was Siddhartha. He did not relay the entire history of the world drama from beginning to end. Since he was a founding father of a religion, his role was fixed in such a manner. He never called himself God. Of course, he is revered by his religion. Buddha said that desire or greed of human beings is the main cause of sorrow. Of course, this is true to a certain extent. Religious founding fathers like Jesus Christ, Abraham, Mahaveer, and Guru Nanak could predict future events. But they did not know anything about the drama of the world history. They were not aware of the three aspects of time of this world drama i.e., the past, present and the future. God is

the only authority who can reveal the three aspects of time. God being the Creator knows the entire secret of the creation. A Christmas tree is a symbolic representation of the *Kalpa* Tree.

An Enlightened Soul always feels light, elite, and delight. God's knowledge is an Elixir. It's said that the word "impossible" does not exist for Brahmins. Put the letter 'a' in between the letters 'l' and 'm' and it becomes, "I am possible." Letter 'a' refers to '*atma*.' Soul consciousness makes everything easy and possible.

In the Aesop fable, 'Fox and the Grapes,' the fox could not get at the grapes despite his repeated jumps. The fox finally gave up and said that the grapes were sour. The moral of the story is to keep on trying until such a time you achieve success. Then you will get sweet grapes of a sweet life. God's help and succour is always with those who make the effort. It has been said that practice makes perfect. To become an enlightened soul, please visit Brahma Kumaris Rajyoga meditation centre near you. Don't get deceived like the fox. ■

**Meditation is a free outgoing call to God- No battery power, no charging, no network problem, no sim card needed, always good signals with endless talk time ; so meditate always.**

## YOU CAN CHANGE ANY HABIT

Have you said to someone or has someone told you - You have made a particular habit since childhood, you will never change. Do you believe it is difficult or impossible to change a habit especially if it is a strong and old one? First we need to change our habit of saying I cannot change habits. Absolutely any unhealthy or uncomfortable habit can be changed. Let's not say I have such an old habit of coming late... habit of gossiping... habit of being irritable... habit of skipping breakfast... So I cannot change. Anything we repeatedly do becomes our habit. Now by avoiding or changing a few times, the old habit gets finished. We need to constantly work on it even if we failed earlier. If we give up, it becomes stronger and our will power becomes weaker. Let's confront our uncomfortable habits and ask ourselves – Why should I change this habit? How to change? Do I want to change? Once our want to change is strong, changing becomes simple.

Is there anyone we know who has never changed a habit? Pretty sure there can be no-one. Each of us have created certain habits and changed them for some reason. The wrong belief that we cannot change habits makes negative habits stronger and blocks our transformation. Sit back and check how you control your habits, and your habits no longer control you. As you check repeatedly and create thoughts of what you want your reality to be, your will power increases. You let go of uncomfortable habits, dependencies and addictions. You will easily be able to choose what stays on your mind. There will be no habit that you cannot change. Not just small habits like drinking too much tea or coffee or watching TV while eating, you can get over deeper addictions. You will eventually become who you wish to be.

### Festival of Holi

Contd. from page ... 3

3. On this day, they ecstatically meet and greet each other, thus inspiring the eradication of jealousy and enmity from its root.
4. Many people depict Shri Krishna swinging in the swing, which symbolically teaches that like Shri Krishna, we should also keep swinging in the swing of super-sensuous joy.

In India, the month of Phagun ends on the full moon night. The burning of bonfire of Holika in the full moon night of Phagun month represents the burning of mistakes and bad thoughts of the past year in fire, a firm resolve to remain happy and joyous from the first month of the forthcoming year, and to follow purity/celebrity because everything gets purified when it is immersed in fire.

In addition to this, celebrating this festival at the end of every year hints at the fact that this festival was celebrated at the fag-end of the *Kalpa*, in *Kaliyuga*, after which the Golden-Aged World of Peace and Happiness ensued and the sorrows, diseases, disquiet, and poverty came to an end. **But we must ponder here: Has the burning of wood or dung in the bonfire of Holika finished everyone's miseries and pains and will it finish them ever?** It is clear that it is not the fire of dung etc. but the fire of Godly remembrance in which our bad resolves, thoughts and words will be finished and through which we will be able to attain complete peace and prosperity in the new world or Paradise. Thus, this festival inspires us to connect our mind and intellect with the Supreme Soul God Shiva who is

called the Ocean of Purity, Peace, and Prosperity. That is why Holi follows Shivratri, which symbolizes the very fact that God Shiva descends on this earth at the end of the world cycle and only then can human souls connect their mind and intellect with Him to receive complete Peace, Prosperity and Purity.

### The Meaning of Holika

On the occasion of Holika, people roast the fur of wheat and barley. In the spiritual parlance, penance has been likened to Knowledge (*Gyan*) and Meditation (*Yoga*) – as a roasted seed cannot produce new fruit, similarly, any deed performed in knowledgeable state cannot take the form of misdeed/wrong deed. Hence, Holika also symbolizes that Supreme Soul God Shiva gives the most benevolent advice for emancipation of all souls of the world, at the end of *Kaliyuga*.

God advises us to roast the seed of *Karma* in the fire of Knowledge and Remembrance. All of us must follow this advice. We shouldn't consider Holi merely as the burning of some woods and dung, but a reminder to burn the old and polluted resolves in the fire of yoga and perform *karmas* in the state of soul-consciousness (*yogyukt*).

In other words, **Holi connotes: 1. Past is past**, i.e., one shouldn't be worried about what has already happened, but should pay attention to the future by doing everything in the divine remembrance of God, i.e., *yogyukt*. **2. In Hindi, 'Ho-li' means what has already happened.** I, the soul, have now surrendered myself to God Shiva. Therefore, from now onwards, I will perform

all my deeds as per God's directions or advice. **3. Holi** is pronounced like the word Holy in English, which means to be pure. Therefore, the Karmas performed by us should not be influenced by any vices. Thus, the festival of Holi is inspiring in many ways.

### Colours on Holi

Knowledge also symbolizes colour. A knowledgeable person colours those who are in his company, i.e., he gives spiritual knowledge to other souls and tells them the method of forging a mental and intellectual link with God and receiving powers from Him.

**Human beings can't be blissful unless they colour themselves as well as others with the colour of Knowledge. It is only through one's blissful communion with God that one can experience divine delights.** How can a human soul experience communion with God? Nowadays, ignorant or vicious human beings, influenced by Sex-Lust, Anger, Greed, Attachment and Ego, become a cause of misery and misfortune for others. One can experience the delightful communion only when the Ocean of

Knowledge cleanses the soul, i.e., burns the vices—negativity or polluted traits of the soul—in the fire of Knowledge and Godly Remembrance. This is the true Holi. ■

### Contd. from page no. 27

No matter how hard you try, the law of the Universe simply will not allow you to help the child sitting on the aisle seat with his oxygen mask unless you have yours on. Even if you do try, it's endangering two lives instead of one through turbulent skies. It's me, He teaches me to value first. To the extent I eliminate waste from my mind; I am able to enhance my value.

The same principle can be applied to time, money, resources, and relationships too. I value your time so I show up 10 minutes before our meeting time. This is how value and waste are directly connected. The more I value, the lesser I waste.

Once clear on this, it can be applied to words and thoughts. This is how I learn to create few valuable, elevated, high-energy thoughts. ■

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**Delhi:** Launching an All India Media Campaign are Prof. Sanjay Dwivedi, Director General of Indian Institute of Mass Communication, Prof. Baldev Bhai Sharma, VC of Kushabhau Thackeray Journalism and Mass Communication University Riapur, Mr. N.K. Singh Sr. journalist, BK Asha, BK Shukla and others.



**Ponda (Goa):** Mr. Shripad Yesso Naik, Union Minister of State for Tourism and Ports is planting a tree after laying the foundation stone of BK centre along with BK Shobha, BK Geeta and BK Surekha.



**Imphal (Manipur):** Ms. Pratima Bhoumik, Union Minister of State for Social Justice and Empowerment, Mr. Vijay Gupta, Senior BJP Leader and BK Neelima are inaugurating a programme to mark the 'Amrit Mahotsav of India's Independence'.



**Madurai (TN):** Mr. Thiru P. Moorthy, Minister for Commercial Taxes and Registration Department is inaugurating a programme to mark the 'Amrit Mahotsav of India's Independence' along with BK Uma, BK Pandiamani and BK Jaykumar.



**Davangere (KA):** BK Ramnath, BK Basavaraj and BK Leela are sitting in a group photo with participants of Sant Sammelan.

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**Abu Road (Shantivan):** On 86th Shiv Jayanti Festival God Shiva's Flag was hoisted in the presence of thousands of BK brothers-sisters from India & abroad.

