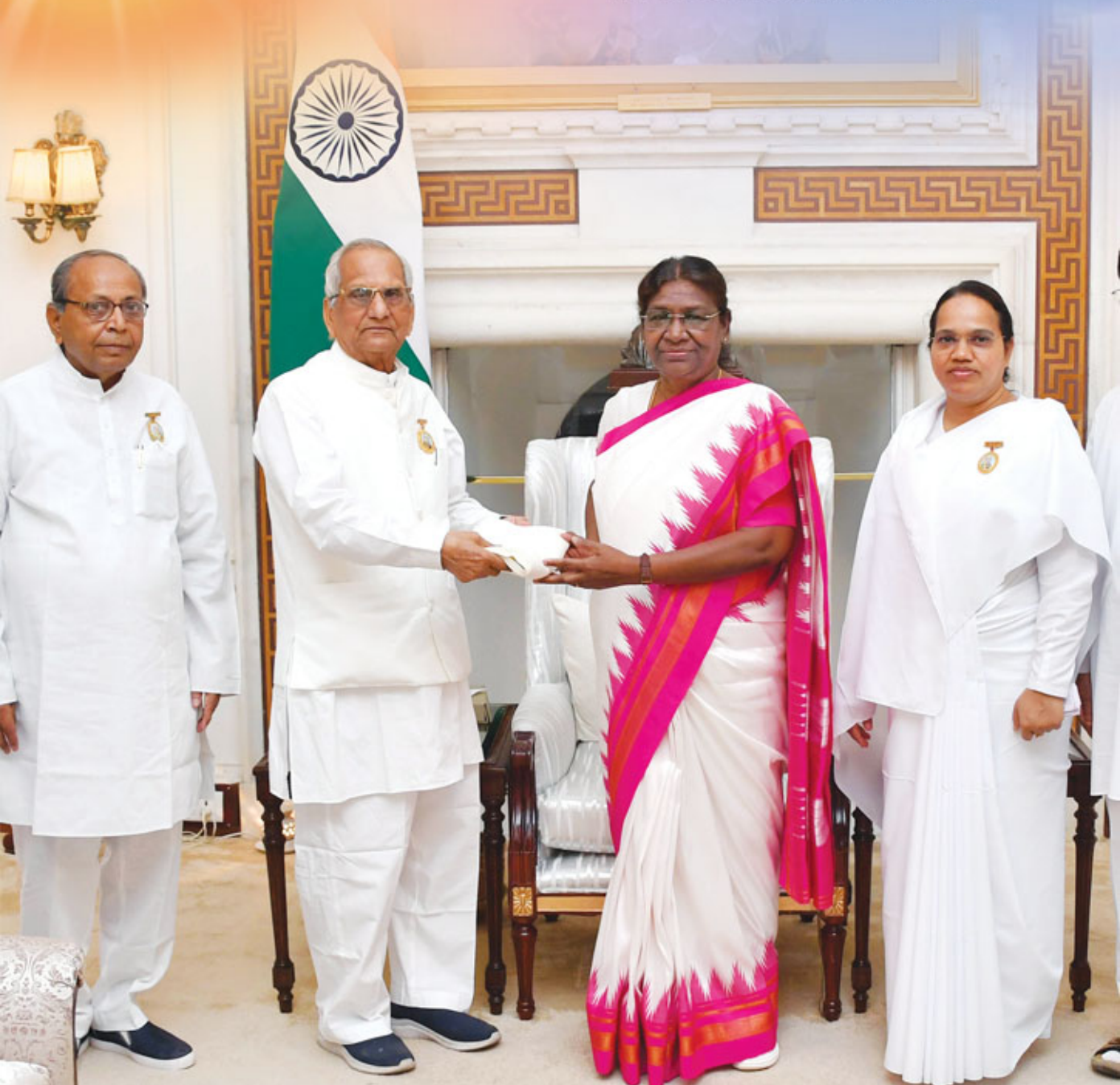




The World Renewal

Monthly

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New Delhi: BK Atamprakash, Editor, The World Renewal is presenting Godly gift to HE Droupadi Murmu, Hon'ble President of India along with BK Nathmal and BK Leena.



1. New Delhi:
HE Draupadi Murmu, the President of India is being presented a memento by BK Raj, BK Kiran, BK Ram Singh, BK Tilak and BK Deepa.



2. Bokakhat (Assam):
H.E. Droupadi Murmu, the Hon'ble President of India is being felicitated by BK Kulada during her visit to Kaziranga National Park.



3. Mount Abu (Gyan Sarovar):
A Conference on "Educators - the Architects of Future Generation" is being inaugurated by Dr. Mahesh Sharma, Former Union Minister, Prof. BJ Rao, VC of University of Hyderabad, Prof. Dipendra Nath Das, VC of Jawaharlal Nehru University New Delhi, Prof. Ramesh Goyal, VC of Pharmaceutical Science and Research University Delhi, Prof. Mukesh Verma, VC of Swami Vivekananda Technical University Bhilai, BK Dr. Nirmla, BK Sheilu and BK Mruthyunjaya.



4. Mount Abu (Gyan Sarovar):
Seating on the stage during a conference on "Excellence in Business and Industry through Spirituality" are Mr. Ramesh Poddar, MD, Siyaram Silk Mills, Mr Arun Kumar Singh, Chairman ONGC Ltd, Mr Kishor Biyani, CEO, Future Group, Mr. KS Raju, Chairman of Nagarjun Fertilizers Ltd, Mr Neeraj Kochar, CMD of Viraj Profiles Ltd. BK Yogini, BK Geeta and others.



O GOD! GRANT ME HUMILITY

The world of great men has been a huge mosaic or a multifaceted and multi-coloured vista to me.

In my own lifetime, I have seen and met persons, who rose to the pinnacle of glory. Among these were great scholars whose memory was stupendous and stock of information and learning almost encyclopaedic; there were orators, who kept their listeners spellbound for five or six hours without break; there were war generals, who had commandeered vast armies over the whole continent during the second world war; there were political leaders, who had a special charisma in their personality and who wielded power and swayed over hundreds of millions of people; there were actors or musicians, who enthralled and captivated the hearts of their countless admirers so much that the crowds gathered in no time to have a glimpse of them wherever they went; there were religious preachers, who quoted copiously

and meticulously from a vast array of scriptures; there were philosophers whose thinking was very deep and understanding of their subject very profound; there were historians whose vision covered a vast canvas of the past and whose views of the past were penetrating and ideas about the future almost prophetic. To be brief, among this galaxy of great men, there were people of amazing excellence and rare merit. They had won high laurels and had carved a niche for themselves.

Besides these, there were thousand others, who were towering figures in their own respective fields or disciplines whom I had no chance or occasion to meet personally but I read about some of them in contemporary literature and periodicals of the time or heard about them from my

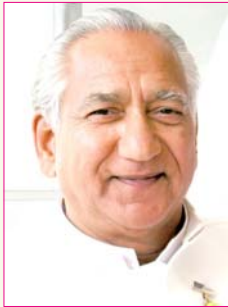
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MOVING TOWARDS POSITIVE CHANGE

The singular and powerful Message from the Supreme Parent is to enlighten the whole world and guide human race on the path of goodness, peace, love and spiritual prosperity.



I am sure our esteemed readers must have noticed how little children are mostly hyperactive; they either are enjoying themselves all alone or in company of their same-aged near and dear

ones. They are neither worried about the aspects of '*karma*' nor about their future. It is only when they run short of physical energy that they rush back home in search of beloved Mom. Something similar is happening with the entire global humanity who may have experienced peace, happiness and friendship in the past, but have reached a point in the present where they are searching for avenues to be in solitude and experience peace. One favourite choice is becoming one with natural sceneries: these may be on the mountain-tops or in the heart of the ocean far away from the tall sky scrapers and busyness of big cities, where builders are trying to go higher and higher adding more floors, and selling dreams of luxury and status, but are not much worried about the chaos and insecurity that lurk in the metros, and cause havoc in lives. There are many other routes

of gratification like ocean cruises that start off with people trying to refresh themselves in the company of friends and relatives, and even strangers, but sometimes end with drugs-intake, alcohol and gambling. Rather than getting refreshed, some individuals' lives may be ruined for a lifetime economically or health-wise.

The bigger picture includes incidents of war and conflicts in different parts of the globe, making it very challenging to travel for leisure or educational trips. There is an increasing number of complicated situations with people using illegal methods to travel abroad without proper visa documents or authentic passports; these routes of business make many people victims of deceit and theft. Those seeking political asylum or even just a better, safer life try to cross borders illegally but end up getting arrested, or losing that very life due to extreme cold temperatures etc.

As we learn from our media channels and newspapers, even immensely rich people



are caught in the web of scandals, court-cases and jail sentences. Material wealth is a necessity, but can be too enticing, overwhelming and deceptive if not managed properly, as we know from the good old moral stories. **However, this doesn't mean that there are only deceitful people or religious fanatics all around. Obstacles and complications are also experienced through the extra mirch-masala provided by the on-going elections all over the world, as the right people are not always elected...**

In this type of chaotic scenario across the globe, there is still a ray of hope coming from the original source of goodness and godliness, the Supreme Parent, Teacher and *Satguru*. Perhaps our revered Readers would agree that along with other unpretentious religious and spiritual paths, **the Brahma Kumaris worldwide have been sincerely shouldering the torch of good principles and pure Godly Knowledge, while practicing and teaching the highest form of Positive Thinking and Rajyoga Meditation.**

During the Annual Service Planning Meeting at the Shantivan (Talheti) Headquarters of Prajapita Brahma Ishwariya Vishwa Vidyalaya, Shantivan from 2nd - 8th April 2023, nearly 1900 Leading Lights gathered together in the form of about 1500 Senior Brahma Kumari Teachers and 400 Senior Brahma Kumar Brothers. At the meeting, all expressed their genuine concern about the moral degradation and peacelessness spreading all over the world, for which they all accepted to work whole-heartedly to spread the word of goodness, purity, love and attitude of caring for each other.

Apart from Zonal and Sub-Zonal Heads, and Senior Teachers of the BK service regions of Bharat and Nepal, there was substantial representation of the 20 main disciplines of Rajyoga Education & Research Foundation Service Wings who serve and train professionals from Politics, Religious Faiths, Science & Engineering, Business & Industry, Transport Sectors, Farming community, Medicine, Media, Women Empowerment et al. Each section



A view of Annual Service Planning Meeting held at Shantivan

of these spiritually-evolved and enlightened service instruments spent quality time devising new and divine ways of self-transformation, and cultivating ideas for the positive transformation of Bharat and the world. **After much engaging discussions, the theme for the Service Year 2023-24 was declared “The Year of Positive Change”.**

Action plans shared among the participants were very innovative, and would do wonders in disseminating the spiritual message to all parts of the world through television, radio, internet, and other audio-visual methods. **International Retreats, Global Summits, and Campaigns by the different Service Wings will cater to the above Theme, and be dedicated to the service of humanity so that more individuals awaken to the value of a spiritual-based lifestyle, and power of connecting with the Divine Being.**

As these Campaigns, Conferences, Dialogues and other activities take place, people at large will be motivated and inspired to bring about positive change within the self and become torch-bearers for humanity. It's a well-known fact that the entire human race is groping in the dark and searching for solutions in all fields of human endeavor. **The singular and powerful Message from the Supreme Parent is to enlighten the whole world and guide human race on**

the path of goodness, peace, love and spiritual prosperity. Ever since the Annual Meeting we are witnessing a lot of positive change within the divine family members; they are engrossed in crystallizing beautiful ideas of serving all sections of society.

The update from our medical experts who are actively promoting the De-Addiction Campaigns is very positive. Furthermore, it is heartening to hear of the cooperation coming in gradually for the setting up of the new medical facility, concentrating on 16 specialties, at Abu Road, Rajasthan. It will be an institute of excellence in this part of Bharat. One of our dedicated, serviceable brothers: Brother Dr. Satish Gupta and his team have been running the Three Dimensional Healthcare Programme for cardiac patients for 25 years, and have brought about better health and quality of lifestyle through change in diet, sustainable activity levels, and Rajyoga Meditation. Being one of the 16 specialties, this 3-D Healthcare programme will soon have a permanent place at the facility to provide positive health and solace to all heart patients. We take this opportunity to again invite our esteemed Readers to contribute their elevated thoughts and actions in setting up of the **“Global Institute of Health Sciences”** at Abu Road.

– B.K. Nirwair

THE GLORIOUS FALL

We can't control other people, situations, circumstances or changes in the weather and seasons, but we can control what we're thinking about.

B.K. Chirya Risely, USA

"No leaf falls; they merely transform at the right time."

While many parts of the USA are under siege by nature, here in New York State Mother nature is out doing herself creating a most glorious fall season.

"The first severe frost had come, and the miraculous change had passed upon the leaves, which is known only in America." "It is as if a myriad of rainbows were laced through the tree-tops; as if the sunsets of a summer, gold, purple, and crimson, had been fused and poured back in a new deluge of light and colour over the wilderness. It is as if every leaf in these countless tree had been painted to out-flush the tulip, as if, by some electric miracle, the dyes of the earth's heart had struck upward, and her crystals and ores, her sapphires, hyacinths and rubies, had let forth their imprisoned colours to mount through the roots of the forests." - *Nathaniel Parker Willis, Owego, NY resident 1837-1842.*

Don't wait! Right now just step outside while you can, as time is short. Open the eyes in your head and the eye in your intellect and *look in silence at the beauty of the autumn colors.* Choose to see the stunning, awesome, diverse beauty of life

happening around you right now. Meet it with your heart and in one moment you will be enriched.



Even when the leaves have fallen and winter winds blow, maintain your happiness. The way we deal with life is what makes the difference. Simply allocate time each day to spaces of stillness and meditation. It's a daily practice twice a day, like brushing my teeth. *Start with meditation to train the mind to consciously create the right type of thoughts.* **A change for the better always starts with a change in our thinking, not our relationships, or our job or our money.** We can't control other people, situations, circumstances or changes in the weather and seasons, but we can control what we're thinking about. Love your mind by connecting with God and accumulating Godly goodness and power. *Since our original nature is peaceful and positive, the mind then rises and is filled with inner spiritual happiness that lasts.* Nurturing the inner being by being colored with Godly love and knowledge allows us to embrace each day.

Happiness is something you are, and it comes from the way you think. Happiness starts with you. Increase your treasures of happiness by sharing them with a smile. Besides, a happy smile makes you feel and look better! Enjoy how nature is smiling! This may possibly be a once in a lifetime glorious fall, so take time out to refresh yourself and enjoy nature's colorful and creative works of art this season! ■■

VOICE OF TIME AND VOICE OF PEOPLE

To be victorious in a phase of uncertainty and chaos one has to calm down the inner conflicts before trying to calm our homes or organisations.

– Dr. Shiba Prasad, Ahmedabad

Time is changing faster than everyone's expectation. Still, many are optimistic and conservative without any preparation. Closing the eyes to reality is not positivity or solution. In many cases ignorance is bliss. If that bliss is infusing negligence, procrastination, and inattention, then it is complacency and wishful thought. There are certain experiences which are exciting and exhilarating, but simply suicidal in the form of slow and sweet poison. **Let us try to analyse the situation around the globe:**

▶ **Changing economic dynamism around the world:** In recent days many famous banks of US became bankrupt. And some of the leading banks of the world also have followed suit. People are questioning the credibility and sustainability of the banking system. Banks used to be the highest employer directly and indirectly to many professionals. Even IT sectors are dependent on banks, they provide many IT enabled services. On the other hand, oil price, price of transport and energy have all risen to a very great extent. As a result many European products are losing market competitiveness and many developing as



well as underdeveloped countries are passing through bad economic phases. Basic necessities are no more affordable and available in sufficient quantities. There is an uncertainty and chaos in the supply.

- ▶ **Increasing mother earth fury:** Nature has also determined to correct us humans. The growing irregularities in rain, fluctuation in temperature, storms, and tornadoes are trying to express their voice of exploitation, oppression and suppression of so many years. There are series of calamities across the world. US is one of the biggest sufferers of ice storm, tornadoes and cold wind. Definitely the recent earthquake in Turkey is unforgettable. In and around we can witness the impact of climate change in terms of flash flood, famine, storms, etc.
- ▶ **Worsening political instability and economy:** People are losing their jobs as slowly and steadily the world economy is going into recession, several big IT

companies have fired their employees, whether it is Facebook, Microsoft, Twitter, Google, etc. There may be thousands of unknown IT companies that have followed the trend. The demand of IT enabled services has gone down drastically, as it was in boom during the lockdown of COVID-19. Many E-commerce companies are also struggling for survival. Political instability is related to economic instability. The COVID-19 along with natural calamities has been weakening the backbone of economy of various countries. Many African countries and smaller countries like Sri Lanka, Afghanistan, Pakistan, Myanmar, etc. are passing through deep political instability, and economic downturn. In various places civil warlike situations is threatening the life and security of individuals. Even in the developed country like France strikes are imminent. The prolonged war between Ukraine and Russia is making things fragile. Ukraine is the food basket for many countries, countries like Egypt, Lebanon, and many African and European countries. Countries are experiencing shortage of food leading to increased cost of other products. In the world of stiff competition, many companies are lagging behind the competition to shut down their operations. There are several countries where people are fighting for the basic necessities, countries considered to be food surplus are suffering from food shortage.

▶ **Worsening war condition which may lead to nuclear war** : Day by day war conditions are worsening, countries are becoming stubborn and insensitive; chauvinism is

rising again since World War II. In spite of so much loss in human beings, property and infrastructure, war in several places are intensifying. War economy is one of the most profitable economies for several nations. Many nations are trying to enjoy peace, prosperity and pleasure at the cost of misery, death and depravity of other nations. Recently Russia declared, if European countries along with US, threaten Russia directly or indirectly, they will go for nuclear war. Once nuclear war starts looking into the consequences, the counterattack will be furious, insane and wild. It will have huge economic, health and climatic impact. When leading and developed countries are fighting, who will ensure peace among smaller countries? So many smaller countries are into war like situations, such as: Lebanon, Syria, Israel, Palestine, etc.

What should be the solutions in such situations, at the individual level as war is not limited to countries or nations; it is now omnipresent at offices, organisation, home and within the self. It is the phase of the *Maha Bharat* war. To be victorious in such a phase one has to calm down the inner conflicts before trying to calm our homes or organisations. Everyone is passing through storm psychologically, with ambiguity, dilemma, confusion, hatred and abomination. **One has to maintain mental equipoise, balance and stability through the following techniques:**

▶▶ **The power of Silence:** Silence of mouth and mind brings tremendous self-restraint and preservation of physical and psychological energy. Silence makes one

sensible and capable of understanding and estimating situations clearly. Power of remembrance of the Supreme Soul in absolute silence of mind enables one to catch the signals of solutions from Him, to be successful and safe. As far as possible maintain mental tranquillity, peace, stability and strength, to face the situation. Before facing situations, one needs to have thorough preparedness, an understanding and fearless mind to face all emergencies and exigencies.

▶▶ **The power of Tolerance:** One must be strong and stout to tolerate. There will be physical and psychological abuse and as far as possible one has to protect the self and learn to tolerate. Many a time one has to work tirelessly, it needs tolerance, motivation and patience. There should be joy of working hard and creatively. Be an instrument, allow the Almighty to transmit His intelligence, knowledge and power through you. Be a

responsible agent of God in accomplishing the task, so that one will not be affected by hard work or the results out of it.

▶▶ **Adjustment and accommodation:** One should be flexible and innovative in adjusting to new and surprising situations in day-to-day life. People, situations and nature may act surprisingly. One should learn to digest many differences in the team members. Be sweet and loving in your dealings. Irritation, anger and hatred spoil the relations and work.

▶▶ **Be Decisive:** In spiritual path one has to be proactive and to prepare the self and others in the journey pro-actively. Be decisive; do not allow things to chance and time. Take a call "what not to do" or "to do". Being introspective and analytical is a good quality but one needs to be decisive. Taking judgement and decision in critical situations with courage and care is essential to safeguard self from any problems and failures. ■■

LAUGHTER: THE BEST MEDICINE

◆ **Teacher: What is the chemical formula for water?**

Student: H I J K L M N O.

Teacher: What are you talking about?

Student: Yesterday you said it's H to O.

◆ **Teacher: Why do you always get so dirty?**

Student: Well, I'm a lot closer to the ground than you are.

◆ **Man (seeking to lodge a complaint at the police station): "I have lost my dog**

Police Inspector: "Why don't you place an advertisement in the newspaper?"

◆ **Girl: What's the price of galaxy grand?? Salesman: Rs.18,000/-**

Girl: OMG, Girl: and I phone?? . . Salesman: OMG + OMG + OMG, Girl:!!!



GOD ADMINISTERING THE CREATION WITH THE POWER OF GOODNESS



Outstanding traits of the Lord as we perceive and experience

B.K. Surendran, Bangaluru

We have had many administrators in the form of emperors, kings, governors, dictators, presidents, prime ministers and so on now almost up to the end of iron age. God has descended and reveals that man's ancestors were deities. The kingly rule started with Sri Narayan and Sri Lakshmi who were the rulers in the golden age for almost 1250 years where the Sun dynasty ruled the world. Then the Moon Dynasty took over. Sri Ramachandra and Sri Sita were the rulers in silver age which was also almost 1250 years. These deities were worship worthy, viceless and perfect human beings. The Adi Sanatan deity religion was founded by God Himself through Prajapita Brahma. There were no clashes or fights in the name of religion, caste, creed, region etc. As the ruler so the subjects, the king and the subjects were all happy. All were peacefully coexisting these 2500 years. Up to the end of silver age the population of the world came to approximately 33 crores. During the 2500 years there were neither wars nor any kind of unrest in their kingdom.

The fall from heaven

With the beginning of the Copper Age the deities who were viceless began to lose their power of purity and worship worthiness, they fell from the exalted stage of greatness and purity, they lost the power of yoga to reproduce and hence they resorted to the sexual way of reproduction. Then they became human beings.

Until then there was only the Adi Sanatan Deity Religion. As the vices started spreading, new religions started emerging in the world with the founding of Judaism, Buddhism, Christianity and Muslim during the copper age and Sikhism was founded in the beginning of the Iron age. After that no more religions were established and the existing religions degraded and branched out with many distortions and perversions. The world was divided into many countries which have given way to many regions, east, west, north, south and so on.

Copper Age and after

During the Copper and Iron ages many Kings ruled our country. They ruled this country with the power of sword and Guns. They fought many battles for retaining power or snatching others territories. During the violence in and after the battles thousands of people had lost their lives. Nobody could rule with the power of non violence, love and peace. At last they lost their kingdoms because of their infighting. In the midst of the Arabs business adventures and the business adventures of British, for nearly 900 years the Arabs and British snatched power from the Indian Kings and ruled India. At last because of the widespread independence struggle of the Indian people, the British handed over the power to the people of the country. The democratic governments have been ruling the country with the help of security forces such as

police, paramilitary forces, and armed forces and so on.

God descends

When the worldly life becomes very old, the life on earth becomes hell like. The life energy in the souls who are the shakers and makers of events taking place in the world have their energy levels depleted to a great extent as the result of which there is widespread miseries, diseases, domestic violence, poverty, political instability, inter political groups fighting with each other to capture power through money power, muscle power, mass power and so on. When life has come to a point of no return, God, the Supreme who is the Creator descends to set right things and put the clock back. Presently God is empowering the souls with Godly knowledge and Rajyoga.

God teaches self empowerment through *Brahmagyan and Raja Vidya*

Since God is our Supreme Teacher and Supreme Guru, He teaches us with the power of goodness. **We have been experiencing the goodness of God because He demonstrates the goodness in Him through His sermons, lessons, meditation sessions, the service activities He wants us to do, and the way to sustain the relationships with one and all etc.** When we are very close to Him since we are living almost with Him throughout the day, we have the advantage of living with the Lord. He is the incorporeal Supreme Light and does not have a physical body as in the case of human souls. This is an extraordinary experience we have been enjoying for quite a long time. **Now let us enumerate the goodness aspects of the Lord as we perceive and experience.**

1. Faithful: He is down to earth and faithful. If we ask HIM for a solution to our problems with utmost faith HE provides us with solutions

that definitely succeeds.

2. Honesty and Truth: God is truth – the saying goes. He is absolutely honest and truthful. When we follow Him, He appreciates and motivates us to be always truthful and honest in all kinds of activities from the stage of thoughts, words, deeds and relationships. His blessings will follow while He supports us constantly.

3. Selflessness: God is absolutely selfless to the very core. This is one of the reasons that people from all faiths constantly give offerings to God. Since God does not use any of the offerings the people who offer know God will look after their needs in time of necessity.

4. Impartial: God is impartial to one and all. People generally believe that God is the Supreme Justice who pronounces the final judgement for all the sins we have committed over many births. God is absolutely impartial because all the souls who have been wearing the physical costume are His children. Hence, He cannot be partial.

5. Well-wisher: God is down to earth a well-wisher for all at all times because He is the Supreme Father who is always a constant well-wisher for His children – souls.

6. God is Ocean of Love and Affection: We all have been experiencing every day this wonderful trait of God which is electrifying, thrilling, super sensuous, energising, healthy and happy every now and then. We feel that we are living in the lap of the Lord. Every moment is memorable. It is wonderful and beautiful that everybody can enjoy God's Love and affection without any exception. But it is now and now only.

7. Gentleness and Decency: He is absolutely

gentle and decent whatever may be the situation. His sermons were delivered day and night sitting with the same mood and blooming face radiating happiness, peace and solace which not only the listeners enjoyed but He also was happy to see His children evincing a lot of interest in the golden versions. The result is that these sermons have miraculous power to totally change vicious lives into virtuous lives and sorrowful lives into happy lives.

8. Incomparable Simplicity and Humility: The Lord has a towering personality and its dimension and range cannot be measured with a human mind. These qualities have the unique power to make anybody to bow down before Him. When He interacts with His children in big gatherings the unique traits could be seen and experienced. When we go through the immeasurable extent of humility and simplicity we experience, we will be ashamed to know that we have fallen down from a very high level. We feel that we have to learn a lot and modify our character to a great extent.

9. Ocean of Knowledge and Love: He loves us selflessly. He is the only one in the universe who truly and honestly loves us without any expectations except that we should raise ourselves to His level of greatness and purity. He is like a magnet which draws towards itself the needles – we souls to Him. The love of God is a catalytic agent which will wash away all our impurities of all kinds of vices and we come out with virtues and powers. His knowledge has the capacity to awaken us from the slumber of ignorance and we become enlightened. He teaches His children with love and affection. His knowledge always connects with love and

affection.

10. Tolerance and Patience: God is the ocean of patience and tolerance. These traits are unique which can make anybody bow down and conquer the unconquerable with peace and ease. His patience with a lot of peace and inner courage teaches us the great art of statecraft and self sovereignty. His focus always is to teach us the ways to attain the great power of controlling and ruling.

11. Good wishes and Pure feelings, unlimited sweetness: These mental attitudes work in silence and combination and its effect would be positive transformation in a natural way. When practiced in life we will be astonished to see that even some life-long enmity and opposing group clashes and litigations will be settled amicably. Words cannot heal the wounds, but thoughts can heal the wounds and grace a life of love and friendship. This again is God's boon.

12. Respect, Encouragement and Cooperation: We have learnt from Him how to respect, encourage and cooperate with others. He Himself has demonstrated in His sermons and personal meets He Himself tendered 'Namaste' to His sweet children, observing that we are greater than Him. His every act teaches us good lessons. But we know that we cannot be greater than the Lord. He is the Supreme Authority of the world.

13. His smooth and gentle words with pleasing manner: This is one of the outstanding traits of the Lord. It is packed with love, humility, gentleness, smoothness and compassion also. These words soothe the heart of the listener whoever He may be.

14. Pity, Kindness and Compassion: These traits can empower those who are suffering from many kinds of diseases, poverty, helplessness, depression and so on. This teaches us the need to inculcate in ourselves these qualities.

15. Greatness, Clarity and Determination: These traits of God influence us to a great extent to awaken our self-respect stage, firmness and clarity in all matters of self-empowerment activities. Time bound effort making should form a part of our day-to-day life.

16. Consistency in all areas of effort making with an attitude of instrumentality and constructiveness: Our close association with the Lord over a long period has helped to learn the value of instrumentality and constructiveness. This helps us to associate with all kinds of godly activities or even mundane life activities; we can be free from any kinds of bondages. Of course, we are in the world but we are also detached from this world wherein we enjoy our freedom whenever we want.

17. Ocean of all Virtues, Knowledge and Powers: This is one of the invaluable treasures we discovered from the Lord. He is the authority of the godly knowledge which is a package of all knowledge, powers and virtues. One who has this knowledge is supposed to have all kinds of prosperity.

Now we understand that God is the ocean of all goodness. He as the creator of this world administers the creation with the power of goodness. He never uses violence of any type to administer the world where not only human beings, but also the five elements, animals and other creatures are dwelling. When the golden age commences, the deities will also be ruling the world with the power of goodness. Goodness is a package of all knowledge, virtues, values and powers. All those souls who have been students of the illustrious teacher have to pass the final test in which it would be decided who is going to be the 1st Emperor and Empress of the world. Followed by them, the next in chronological order will adorn the thrown, 8 generations of Sun Dynasty and 12 generations of Moon Dynasty will rule the world with the power of goodness. ■ ■

R.M. MEHROTRA GLOBAL HOSPITAL TRAUMA CENTRE

Abu Road, Distt.: Sirohi (Raj.)

JOB/SERVICE OPPORTUNITY

Global Hospital Trauma Centre invites interested medical professionals to work at full time basis at Brahma Kumaris Global Hospital Trauma Centre at Abu Road.

Our current requirements are as follows:

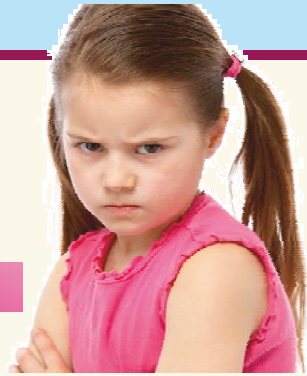
- ▶ 1) OT Supervisor (GNM/BSc with 10 yr. exp.), ▶ 2) Physiotherapist,
- ▶ 3) Lab. Technician (B.Sc. or DMLT), ▶ 4) Electronics Technician(2 yr. exp.),
- ▶ 5. Staff Nurse (GNM/B.Sc.)

Please Contact: Dr. Kabita Dash(HRM), Email: hrdghtc@gmail.com

Mob. No.: 9413373425, (Between 9 a.m. to 5 p.m.)

DEMONETIZATION OF ANGER

Today, we need to demonetize the anger and monetize the love, respect in our mental ledger system.



– B.K. Banu, Mandi,

Demonetization of currency by government of India in 2016 was a crucial step with respect to black money in circulation, counterfeit and creation of cashless economy etc. Yet eminent personalities are analyzing the pros and cons of this demonetization at every panorama. It's a situation of Indian market. Simultaneously if we observe, humans also do dealings at mental level, it's a huge business where we use mental currencies. These are certainly set by us and come forward from our ancestors, whom we all follow from our heart. When we go deep, we ascertain that love, happiness, peace, sadness, tranquillity etc., are the currencies which we use every second when we deal with each other at every level and in every relation. One of the epic currencies we use in day-to-day activities is anger. Most interesting thing is people are determined that they cannot lead a regular happy life without using loud voice, irritation and anger. Anger is the most valuable currency which humans need to produce trusted results. We, the most intelligent mammals on earth, use the proverb, "rod is the logic of fools."

It's high time we scrutinized our mental ledger system as we have been doing regular business with others in the form of

feelings. Sometimes we feel happy, respectful, accepted, and confident; however, simultaneously we feel sad and panic, feel anxious, contrite etc. When we do business in the form of material, we do double checks and triple checks too; whether it's good, branded or not, do I look fashionable in it or not, is it delicious or not. But when we deal at the mental level, we admit anything instead of counting on the results.

Little bit of introspection shows that **when we use anger as a currency it creates rifts between relations, feelings of hatred for everyone which results in suffocation, we feel that we are not a part of this society or we want to go somewhere else.** Sometimes this rage used at extreme level results in violence, crimes, even murder can ensue. This is the colour of trade with this currency at external level with others, but when it comes to self it creates feelings of apprehension, loss, sadness, irritation, anxiety etc., and at physical level anger results in organ agitation, the brain shunts blood away from the gut and towards the muscles.

Constant practice leads to increase in the level of catecholamine which leads to increased heart rate, respiration,



perspiration, blood pressure elevation, headache, abdominal pain & excessive use could even result in stroke, heart attack; marvellous use of mental currency isn't it? When we change or see anything happening in the market we go with the flow, in case of inflation we reduce expenditure. With improvement in the market, we enjoy the luxury. Monetization and demonetization of legal currency leads arrant analysis, we often give our opinion. Irony is when it comes at a mental level no one wants to introspect which mental currency am I using, which is the most valuable currency I am depositing at my subconscious level. When we store anger or practice it regularly it becomes a precious part of our mind. As we secure money in physical banks, whenever we require that without any hesitation we withdraw the required amount, unfortunately this happens with the mind also. This long stored resentment which we have practiced becomes our easily available resource. So, when we start to deal with others, we naturally use the currency of anger with everyone. Yet after all this we demand mental peace. Regrettably it's not stored in my mental bank account; definitely I have to beg from others.

The above explanation shows that if I need mental peace, I have to collect it in my mental ledger system, so I have to practice peace and all other desirable mental currencies which I need to withdraw from my mental bank in my life. In case I want to donate a sum, then I have to exercise more. A terrific life nowadays depends upon the amount of money in your bank account, also equally applicable to the mental bank account; whatever you collect in your mental bank your life reflects that.

The use of this currency in Brahmin's life is also popular though they are not using it directly but in the form of irritation and detest. Consequently, it's bringing many physical and psychological diseases; after-effect is guilt which is a self consuming punishment, no easy way to come out of it. It's high time that we change in the stereotype that is anger. It can only help to carry out the work, in fact mental imagery, love, respect. Rajyoga meditation can help us achieve the wanted results.

Taking everything into consideration we believe that anger could produce better results however it's a counterfeit when we use this currency; it will create black money in the form of karmic accounts, which in future by all odds will bring pain to us and others also. The souls who are destined to be kings in future must check the mental ledger currencies so that a wonderful kingdom could be created. So, this is the significant time when we need to demonetize the anger and monetize the love, respect in our mental ledger system. ■ ■

CRYSTALIZING OUR DREAMS INTO REALITY



Our dreams and aspirations are like little seeds, invisible to the outer world. They could be different things for different people, but you alone will have your dreams as no one else has them. The seeds sleep deep in the heart of the earth's darkness, until someone among them is picked up with the desire to awaken. Then this little seed stretches itself and begins, shyly at first, to push a charming little twig upwards towards the sun. In the same manner, everything that exists today in this world was at first created in our minds essentially. Learning the art of creating thoughts in our minds, our inner world, very consciously is very important. Otherwise, what happens in the outer world would not be anything more than purely accidental.

An organized mind is one which is away from unnecessary movements, absorbed in its originally created pure thoughts. Such a mind then organizes the whole system. Our body, mind and fundamental life energies are then all organized in one direction. This alignment has to be kept focused in one direction for some time – the direction of our dream, which we want to achieve and fulfil. Besides that, it is also important to have faith in the Supreme Soul. If we have a strong desire to achieve something, but also keep thinking about the limitations, which acts as an obstacle to the fulfilment of the desires, it creates internal conflict. A thought is a powerful vibration, and faith is a means to reduce negative thoughts. This resonance of positive thoughts is fundamental to success.

We have to know what we want to create in our lives that we care about. This has to be manifested very clearly in our minds. If we want to become mentally strong, we also have to become responsible for what we desire, and what we don't and make

choices accordingly. Just like a flower, in the preparation of her beauty, chooses her colours with the greatest care. She

adjusts her petals one by one. It is only in the full radiance of her beauty that she wishes to appear. And then one morning, exactly at sunrise, she suddenly shows herself. In the same manner, our inner mental preparation done with care will create beautiful outer realities for us. While it's very important to have conviction in our values, it's also important to be accepting others and enhancing our inner being. Else we may find ourselves alone at some point of time. Hence, honesty with humility, along with unconditional acceptance is also important.

Souls are capable of love, joy, blissfulness and compassion. All that we are seeking right now is pleasantness within and around us. If we find it in our mind, we call it peace. In relationships, it becomes love and compassion. And in energy, it becomes blissfulness. This is all that a soul is looking for. The ability of a human soul to stand on its conviction is immense. It is the World Drama's plan to decide what's possible and what's impossible and God is also with us at every step.

We, as souls, have to strive for our dreams. We should never use the past experience to decide on what can happen tomorrow. Meditation is all about transforming yourself from body consciousness to spiritual or soul consciousness; not in search of the divine, but a journey towards becoming an embodiment of divinity. If we keep the doors open to this dimension of spiritual thought, and realize that the source of all positive creation is within us, it will transform into a power that will create reality out of our thoughts. ■ ■

TIME IS A GREAT TEACHER

Time is the key to our existence. Let us learn to utilise time in an effective way.

–B. K. Farha Sayed, Tarim, Yemen/Mumbai

Other divisions of time into minutes, hours, days, weeks, and so forth are man-made. From the spiritual viewpoint there is no such thing as time in the way that man has come to regard it. With God a thousand years are as one day and one day is as a thousand years.

Time signifies the measure of events. The events are the main thing and they should always be recognized in that way, else the measure of them assumes undue importance. Divisions of time signify degrees of unfoldment.

One's consciousness is the sum total of "time," as we know it is spent in the body you currently inhabit. Revelation 1:8 reveals, "I am the Alpha and the Omega, who is and who was and who is to come, the Almighty."

Isn't it fascinating that Jesus Christ is the focal point of how we measure human existence, how the world measures time? Historical time is either BC (before Christ) or A.D (after His death).

Scripture even tells us the best use of our time should be spent searching for, finding and honouring the Almighty by mirroring as best as we can.

Time is the key to our existence. It is the essence of life as we know it. Unfortunately, most of us measure time in our consciousness as minutes, hours, days etc. The result of squandering time is basically a bankrupt soul.

Utilising Time in an effective way

1. Meditation: Try to begin each day with meditation, even if it's only for a minute. This will allow you to start your day from a place of

peace, feeling more centred and grounded. Meditation has brought so many

positive changes in my life, including feeling less stressed, having more patience, better sleep, a deeper connection to my inner guidance system and increased compassion for myself and others.

2. Spiritual Reading: Reading spiritual literature has become a treasured add-on to my daily meditation. We all need little guidance to our spirits, so whenever we get time grab and read something spiritual and increase your strength and knowledge.

3. Practice Gratitude: Bringing more gratitude into your life is a game changer. I firmly believe that the more gratitude you express, the more the Universe will provide you with reasons to be grateful for.

4. Be Open To Signs From The Universe: I don't believe in coincidences, but I do believe in the synchronicity of the universe. When things "just work out" I believe it is the universe showing us that it has our back, and is conspiring for great things to happen. Living with this outlook makes for really positive experiences to occur practically on a daily basis.

5. Actions have consequences: The universe responds to you, sooner or later, according to the quality of your actions. Action

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THE JOURNEY OF JOYFUL PARENTING

When we have a child, a pure soul, we make a choice to live our life in the form of a beautiful, complete family, which we had the privilege to create consciously. Children are tender souls with pure consciousness. As parents, we often feel the need to know the right ways of nurturing them, so that they grow into good natured human beings. When we navigate the unfamiliar waters of parenthood, most of us will face challenges of different kinds. In those moments, it is important to remain sure of oneself and in touch with your own intuitions. It is a myth, especially among new parents, that being a parent comes naturally. Love and care may come on their own to most of us, but the two are not synonymous with being a good parent. It is only a part of what it takes to bring up children, and definitely not enough on their own.

Firstly, it's important to release the feeling of attachment and ownership over children. We should try to build a relationship of liberation, where we look at

them as just another soul, with their own past karmas. We should also understand that having children is a privilege and it's our role to protect them from wrong influence, but also, in that process, we do not inculcate a sense of fear in them, which will make them shy from seeking help in future life situations. Drawing the line between instilling caution and creating unnecessary fear is an art. As a parent, it's also very important to create involvement with children. Building a loving and supportive environment helps them experience life, where they can learn the significance of giving in relationships. As conscious and responsible beings, parents need to be equally joyful, for the benefit of their child and to fill them with the same energy. This creates the necessary ambience for nurturing children positively, and helps them in navigating life effortlessly.

Children should also be made to experience the closeness with nature at a tender age, so that they can observe life in a very basic way. When we look around the people we know, we see people from all kinds of different backgrounds who followed various paths through life. They all ended up as wonderful and knowledgeable people, fulfilled in different ways and to different extents. Similarly, we should let our children have the same freedom to create their own path through life. Children should also be taught to question everything, but not with a sense of suspicion. They should also be taught to trust naturally. Love, openness and meditateness, as virtues in parents, can

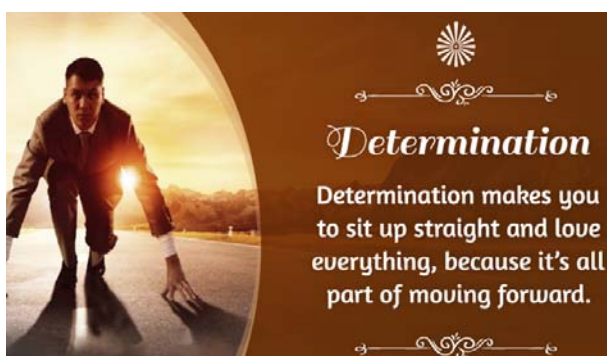
give powerful vibrations to children, to help them enrich their inner potential.

Also, children must learn to take matters of physical and mental health seriously. They should learn to cherish their minds and bodies and to take responsibility for maintaining them. How they see their every personal action is related to how they treat the external environment. The role of a parent, therefore, becomes of a coach, giving everything they can, to help them off the field, so that they can run the best race possible. As a parent, it's hard not to feel sometimes, as though you are being assessed along with your children. Therefore, at times we make decisions based on how it makes us look, rather than how it makes our children feel, which is wrong and we should take care that it does not happen.

The present generation of parents has access to a lot of information on the internet. As a result, we often feel the need to reach for every available information to help our children. In our effort to do our best for them, we forget that it's important to accept our children as they are. There is a big difference between fear and instinct, and we must learn

how to separate the two. Worry or fear doesn't make one a better parent. To avoid making such mistakes, let's remember that keeping ourselves confident, cheerful and happy is the key. Parents should also make time for the little things that benefit them spiritually. Parents must have faith in themselves, rediscover their own needs and take out time for things that give them inner fulfilment. This is because our spiritual development and inner goodness and contentment is continuously creating our children and their personalities.

When it comes to our own health, we must remember that we should practice what we preach, and care for ourselves like we do for the health of our children. Parents should also remember that they are also managing the relationship with each other along with the one they have with their own children. While taking care of children, these fragile bonds can shatter under stress. **As parents, the best thing we can give to our children is to respect the differences in opinion between each other and love and care for each other.** A good relationship of trust and goodwill between parents does half the work of creating a beautiful child, with an all-round development. Lastly, we must remember that parenthood is like a conversation that lasts a lifetime. There are so many things we want to teach our children, so many things we can learn from them and so many new life experiences to be felt together. So with our children ... we should keep it open ... we should keep it honest. And relish the journey of joyful parenting! ■ ■



UNCONDITIONAL LOVE

–B.K. Andrew, Romford, England

The Yogi takes his mind away
To a place beyond night and day
Nirvana will be his place of solace
A subtle dimension of golden red lace
His mind will bathe in this cool, cool light
Where the Supreme Being dwells in clear sight

The physical body left down below
The One he visits teaches him how to bestow
Indescribable love all around
Takes the Yogi beyond all sound
Penetrated by rays of blissful feelings
Will be his therapy and bring great healings

Bodiless, viceless and very egoless
Pure and clean, desireless
All expectations fade away
No disappointments will greet him today
An instrument for the One above
To bring back to earth a more selfless love

The One that doesn't have a body of His own
Fills the Yogi, it isn't a loan
While many give, then take their love away
The Yogi nurtures a love that will always stay
He returns to earth with light in his eyes
A love in his heart that has no ties

No conditions or small print of terms to read
It is a love born from the seed
Has no worries about how he's treated
The love he's been given never feels defeated

Love will win and hate dissolved
Why we're here, the riddle is solved

To live in love whatever we do
Whatever happens, it stays close to you
The Yogi doesn't see bodies or anyone's roles
His only connection is living souls
His love light stays alight it can always be trusted
Pretentious affection has been busted

He'll never lose hope in anyone
As reliable as the light of the sun
His moods won't change, his attitude is set
He won't be happy then later get upset
Matter will serve him, for he's at his best
He does everything while his mind's at rest

No situation can be his reality
His reality are feelings of divinity
Never again to give to get
He lives without any kind of regret
Immersed in love day and night
The result of his journey to the light

And he can go there at any time
Any second, any moment you will see the sign
He'll withdraw from his 5 senses frequently
Vanish from his body completely
To touch base anytime, and in any situation
Dissolves his anger, distaste or frustration ■ ■

INNER POWER IN STUDENTS

Students at the brink of exams or results always have two choices - to remain calm or create chaos. Their inner emotional power determines what they choose. Emotionally empowered students bravely face any exam, whether in academics or personal life. Today the focus is chiefly on physical aspects like physical health, admission in the best institute, long study hours and diet. Emotional health is ignored, leading to creation of stress, anxiety, fear, even disinterest in studies. **Let us explore ways to increase inner power in students before and during exams.**

1. Wake up early. Thereafter make the most of morning hours to study, as a fresh mind has the highest absorption power. Go to bed early at night. Staying up late is not wise, as a tired mind takes longer to grasp or retain information.
2. Before studying and before writing an exam, connect to God to take His power and blessings.
3. Prepare affirmations such as - I am a powerful, knowledgeable student. I follow discipline in my study routine. My concentration, memory and grasping abilities are excellent. I learn everything with respect and interest. My performance in the coming exams will be the best.
4. Repeat the affirmations 3 times as the first thoughts in the morning. Do not dilute them with doubts or negativity. Revise them after every hour. At night, go to sleep with these as last thoughts.
5. When pausing to revise affirmations, check the quality of your thoughts. Stop and change negative or waste thoughts to prevent leakage of energy.
6. Stay away from distractions of every kind.

Negative conversations, conflicts and gossip deplete the inner power needed for studies.

7. During study breaks, do not consume negative information. Listen, watch or read positive information. It increases inner power.
8. Remember: Peace is our internal creation, exam is an external event. So exam or hard work never causes stress. Our thoughts of anxiety or fear cause it.

We understood how students can fare well in exams while retaining inner powers of peace and emotional health. It is beautiful and important to remain that way even during exam results. Let us see how to make that happen.

Role as A Student

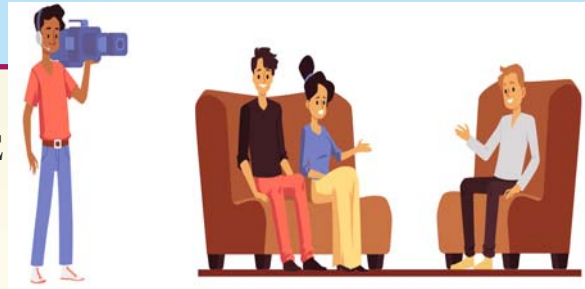
1. Talents and capacities of students differ, so I should never compare my result with others' results. The only question to answer is - Had I performed to the best of my ability?
2. If I had given my best in the exams, no need to worry. Creating anxiety before results are announced will impact my health, not improve my scores.
3. If I had not given my best and hence scored low, I should not go into pain. From time to time, my mind will create thoughts of guilt. With understanding, I immediately change the thought to - I will not waste energy or time dwelling in the past. It is over, finished. I focus on what to do at present, so I excel in future exams.
4. If I had performed to my highest potential yet scored low, I should not feel guilty but create

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YOU SHOULD ALWAYS AIM TO BE A STAR IN LIFE'S TV SHOW



The last episode of life's long running TV drama is to end soon and with a startling revelation that few could have ever imagined.

B.K. David, Paignton, England

The film title to people's lives that are shot in black and white and turn out grey and blurred, is: **Humanity's daily obsession with bad habits that sees them handcuffed to the very hot radiator of vice that makes them lose their capacity to live coolly in peace which 'spirituality and truth' bring in their buckets and throw over you!**

Allowing yourself to watch such films as **BAD COMPANY, VICE AND STRESS** and **WASTED DAY** will affect your mind and life greatly, causing you stress and sorrow. These creep up on you until one day they are constantly there and act as a bad friend that you cannot get rid of. Once vice and bad habits have entered the cinema of your mind and sit in what they now class as their seat, they are very difficult to make leave.

Watching films of sorrow is tantamount to cutting off one of your legs and to keep on watching them regularly instead of switching off your TV (mind), is like chewing glass which you've become numb and immune to.

The world unwittingly watches the films of sorrow that appear in front of them whilst at work, on a bus, in a car, walking, or even at home.

At some point during the day, we all become guilty and lapse and watch some film that is turning out to be a horror film and in doing so, we cut off our right arm and poke ourselves in both the eyes with the sticks of ignorance and

carelessness.

From the cliff top, we all have the choice to fly or jump off it.

Most try to ignore their own boring film that's about their daily boring life which they will say they got pushed into making. Yet if no one is on the cliff top, who else could have pushed them over the cliff?

Yes, someone might well have been standing at the bottom of the cliff shouting at them to jump.

In order to cope and feel happiness in one's life, most can be seen supplementing their mundane life with colourful bad habits that soon lose their sheen and become grey and their impact wears off and the kick they once got from a bad habit weakens until the once powerful and colourful grip it had on them diminishes and when that happens, they start seeking yet another bad habit to indulge themselves in.

A person's new chain of vice at first seems not so heavy and is not rusty but more a modern galvanised shining chain that makes them feel alive with its novelty value and excitement. How soon a hamster gets bored with his new hamster wheel and wants a new wheel to run round...

If you allow them, bad habits can have great power over you and influence you when you do not want it.

Bad habits can keep on pulling you back to

them and you find yourself using them time and again against your wishes. Unfortunately, instead of people using their willpower, they give in and 'will' allow a bad habit into their life.

A bad habit comes attached to elastic and as the nature of a bad habit is to grow stronger with use; its impact on you also grows stronger. The trick is to not give power and attention to your bad habit and if you do this, it must grow weaker.

For many, the elastic on their bad habits has become extremely strong and thick and any reward once gained from their bad habit will untimely lose its sweetness and 'satisfaction power' over time.

Are you guilty of sometimes sending yourself into a spin chasing your tail of bad habits?

It's this syndrome that causes many to lead a life that witnesses them constantly going round in circles chasing after greater rewards. Yet the reward turns out to be their tails and when they bite it.....

The reality is that anyone pursuing bad habits will be spending their life getting nowhere fast and constantly getting bitten – by themselves!

As most people's lives are not as they wish, it makes sense for them to simply ignore the poor results they've made and then had to endure. If you build a snowman on your lawn, guess what it is you are going to see when you look out your window? If you buy a dog, you should not be surprised when it drags you here and there and when you try to pull it back, it bites you!

Whatever life you've created you have to face it wherever you go, even if that sees you on a rocket to the moon.

Most people live an unhappy life that is only given some joy when they pick up and indulge themselves in some bad habit.

They cannot live with the life they have

created and is often boring, plain or is painful to acknowledge that their film (life) has become uninteresting and typical and it's hard for them to accept they've become a victim of sorrow and many cannot see that it is they that have built an amusement park with many amusement rides to brighten up their day with thrills that can offset their daily boredom and mundane lives.

The turnstile of Karma and Suffering now needs to be traversed.

Even if you are obesity overweight with the sin of vice or carry many hidden bad habits in the rucksack of your mind, you now need to pass through this narrow turnstile of karma and pay for all the rides you have taken where enjoyment turned easily into sin and went unnoticed but were recorded in your soul.

The rides of vice that now need to be paid for.

The excuse of ignorance counts for nothing when it comes to passing through this turnstile and if you've not paid for your rides of sin, now will soon be the time to pay as you will need to squeeze (pay) through this turnstile which is unforgiving.

People live for this fairground life with its many funfair rides. The problem is that now they need to pay for all the amusement rides of vice they have taken through life and not paid for. Many enjoyed the bumper cars and others the helter-skelter of bad habits with its thrills.

Fairground attraction

It is not a question to pay or not to pay; if you've taken an impure ride and not paid for it, you need to pay for any impure ride of pleasure that you have taken, which were based on vice and bad habits in the currency of sorrow.

Failure to change is the common denominator found in all aspects of suffering. Not being able to check and change yourself for the good is hardly

worthy of an Oscar nomination.

Some get a stark wakeup call when they see or meet an amazing film director or actor that has made a blockbuster film (life) that all want to see as it is so interesting, wonderful, entertaining and different.

Everyone wishes to meet the star of a film as they know he must be leading a life of greatness as his life shows a history of noteworthy accomplishments.

When a person continually makes the wrong effort down the wrong road, the consequences will speak for them behind their backs which is - "I'm unhappy and full of sorrow."

Sadly, when you think small and in the wrong direction, you tend to just sit down and watch others and live a life as parrot, as pigeon, eat too much and grow unhealthy.

Few realise that they could become a star if they were to get up from their lazy armchair and renounce their laziness and bad habits by starting to make effort in the right direction.

Each day you can work at becoming Superman or sit at home becoming the villain.

Are you planning on making a great movie? Maybe you are constantly busy shooting such a film on a daily basis and all is going to plan that's building to the end scene where you become a hero set against worldly chaos and destruction.

Sitting and watching your own film for most is not good as they can see all the many mistakes committed in it which serves to further compound their sorrows that add more stress and frustration that can break the camel's back.

A mistake is forgivable but not if it's being repeated.

Yet seeing where we went wrong in the past is necessary if you are to make amends and see that you do not make the same mistake twice.

Realising where you went wrong and what you should have done had you exercised more self-discipline and had more kindness in your soul, is more than halfway to becoming a better person as half the bad person in you will have been left behind.

The films of today are not entertaining but sadder and often turn out to be horror films.

People cannot face the truth as it's far too uncomfortable to accept: it's painful and distressing to watch their own film that makes them look weak when chained to some vice; seeing their film serves to shine a harsh light on to their lives that's mostly false when put under the powerful magnifying glass of truth.

If your life becomes more of a horror show, romantic story, adventure, sad epic, comedy, war, cartoon, silent movie, cowboy, detective or mystery film, it's all in your hands every time you get up from bed and remain there every minute of the day.

It's better to be able to walk with love than walk on water.

What role you play, in which film, for how long and how you play it will be able to be gauged largely from your lifestyle and habits which in turn, are governed by your controlling power, understanding, conscience and your desire to be a good person with love in your mind and wanting to move forward in coolness within your religion of Stability and Calmness.

Ultimately, it's a person's desires that will determine if they are to become a hero or a gangster in the shadow or one of the extras walking on the sidewalk or is lost somewhere in a crowded hotel lobby away from reception.

You decide what film you are going to be in and if you're to be an unnoticed extra or star.

(Concluded)



KEEPING THE BALANCE WITH EASE

Living a life which involves different actions, all of which are important in their own way, sometimes requires adjusting to them at every step. E.g. this morning, you have a meeting which is going to last for a couple of hours. After that you have to work on a project, which is pending in your office for a long time. And then, there are some phone calls to complete. This can go on and, on every day, and for day after day. This is called being action oriented. I work and work very hard every day to bring success in my role. Also, I want to keep love and respect maintained in my relationships. And at the same I want to maintain my peace of mind and contentment. All this, I do, also realizing that my physical body is to be kept healthy and also other, different areas of my life are to be maintained. Also, my personal time space in which I just give time to myself is not to be forgotten.

So, a lot of actions filled in a day are tiring us at times. The above is a typical day in the life of a working professional. The day just starts and ends before you know it, with no free time. Also, nowadays, an added dimension in almost everyone's lives is travel time. Then, there are things to be taken care of like diet, rest and sleep and even taking care of what everyone expects from me, fulfilling their demands and satisfying them. Amongst all this, the one thing that remains constant is I, the inner being. Spirituality teaches the technique of keeping me stable and rich with my internal treasures like peace, love, joy and power. I

need to do that when everything around me is so changeable and constantly moving. Everything moves around me, whereas I remain constant. That means I remain in one positive state of mind constantly. Also, I don't react, but only respond. I act, but don't become action oriented. I remain soul conscious, or inner being conscious.

How do I keep myself stable and constant when surrounded by lots of actions either in my personal life or my professional work or anything else? As per the knowledge of who I am, what we see about ourselves in the physical mirror is the way we look. Other than that, we know our education, our personality, our skills and even our work or the role we play. This is our physical self. But, inside this physical body and the one which plays its part through the physical body is the inner being or also called the soul. The soul is an energy which is a natural storehouse of all our qualities and powers. If I experience these qualities and powers inside my mind, which is a part of the soul, I will remain at peace and in a content state of mind. But what happens is that when we begin our actions, we lose our connection with the inner self. We start acting on a physical level, without giving importance to the inner spiritual self.

A very simple method to bring these qualities and powers into my consciousness and then into my actions is reminding myself. Reminding that I am a peaceful soul or I am a loveful soul or even I am a powerful soul. What this will do is make you that. These are called affirmations. The more I bring these qualities and powers into actions, the more my actions will become streamlined and I will not get over-involved with them. At the same time, I will perform them accurately, because my mind is focused and full. This is called soul-consciousness and is a higher state of mind than being action-conscious.

We are all action-conscious at times, forgetting

that all the actions are performed by the inner being or soul. Actions may seem to be performed by our hands; words may seem to be spoken by our tongue and everything we see and hear seems to be done by our eyes and ears. But, always remember, to keep a balance of all our actions and to maintain a positive and powerful as well as detached state of mind which does not get disturbed, we need to remember one thing. The hands, tongue, eyes and ears, all of them are being controlled by the soul or the real me. I am not Mr. X or Ms. Y. That is the name of the physical body or the physical costume I wear. The real I, is the invisible being of spiritual energy or non-physical light—the soul.

With this kind of soul-consciousness, I will look at all my actions and words from a distance and not be worried too much in their involvement. Things can go wrong at times. Work may go in the wrong direction, people can at times be negative towards us and our physical body can be ill at

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(unenlightened) gives rise to impressions, which give rise to desire (and aversion), which cause action, a cycle involving rebirth, reincarnation.

In Raja Yoga mediation, we initiate ourselves in Brahma Muhurat, early wee hours prior sunrise, this time is designed to meditate, pray or get involved in any kind of spiritual activity and get immersed in the deep thoughts of rising and emerging into a soul full of clean, pure and wise thoughts.

Performing the whole day in the brim of knowledge being loveful, being peaceful, being blissful will not only help us to forgive our bad karmas but will also make us refined souls and help us to appreciate the time and utilise it in appropriate direction of life. Thus, time is a Great teacher. ■ ■

times. Also, there will be lot of actions to be completed at times. All this will happen at times. Also, there will be days when there is a lot to do. But, if we remain soul-conscious, or in touch with the inner being, remembering our spiritual qualities and powers, we will remain at peace and in control. So, work hard, have beautiful relationships full of love and happiness and excel in every sphere of life. At the same time, remember to keep the balance by remaining introverted and detached. This is the key to contentment and a stress free lifestyle full of calmness and self-esteem. ■ ■

Life Changing Advice

- **Don't let the fear of losing be greater than the excitement of winning.**
- **If you want to conquer fear, do not sit home and think about it. Go out and get busy.**
- **Never be ashamed of your past. It's all part of what made you the amazing person you are today.**
- **Push today for what you want tomorrow!**
- **Going halfway never gets you anywhere. Go all the way or don't go at all.**
- **Don't be discouraged. It's often the last key in the bunch that opens the lock.**
- **Always remember to challenge yourself to go beyond what is comfortable; be more, create more, experience more.**



Delhi: After receiving 'Jal Prahari Award' BK Shambhu is meeting Mr. Gajender Singh Shekhawat, Union Jal Shakti Minister.



Hemalkasa (Mah): Magsaysay Awardee Padma Shri Dr. Prakash Amte, renowned social worker is being presented a Godly gift by BK Onkar, BK Rakhi, BK Sharda and BK Shyam.



Kanpur: Inaugurating the newly constructed 'Peace Palace' are Mr. Satish Mahana, Speaker of UP Assembly, BK Usha, BK Girija, BK Shalini and BK Neelam.



Jaipur: Navratri festival is being inaugurated by Mr. Rajender Singh Yadav, Social Justice Minister, Mr. Sharad Goda, former director of agriculture research centre, BK Sudesh, BK Sneh and others.



Mathura : BK Suman along with BK Roshni and BK Geeta are presenting Godly gift to Sis. Hema Malini, Member of Parliament.



Chunar (UP): Mr. Swatantra Dev Singh, Cabinet Minister of UP is in group photo with BK Beenu, BK Tara, BK Sunita and others after a program.



Seoni(MP): During opening of the newly constructed Shanti Shikhar Bhawan seating on the stage are Mr. Arjun Kakoria, MLA, Mr. Munmun Rai, MLA, Ms Neeta Pateria, former MP, BK Savita, BK Hemlata, BK Asha and others.



Kalimpong: On International Womens Day, AIWC president Sis. Aruna Pradhan honouring BK Alka .



Maham (Hry): Mr. Manohar Lal Khattar, CM of Haryana is being presented a Godly gift by BK Chetana, BK Suman and BK Puneet.



Jhabua(MP): HE Mangu Bhai Patel, Governor of MP is being felicitated by BK Jayanti and BK Jyoti. Mr. Gumanasing Damor, MP is also seen.



Shahabad (Hry): After inauguration of 11 days program on 'Gateway to Happiness' Mr. Ramkaran, MLA and Chairman of Haryana Sugar federation Ltd is being presented a Godly gift by BK Onkar and BK Neeti. Mr. Gulshan Kavatar, Municipal Council Chairman, BK Nija and BK Rakesh are also seen.



Varanasi: Holistic Health and Stress Free Exhibition is being inaugurated by Mr. Dayashankar Mishar, Ayush Minister, BK Dr Banarasi, BK Dr Satish Gupta and BK Deepender.



Karnal(Hry): During a program on 'Bhagwad Gita' Mr Harvinder Kalyan, MLA, Ms Renu Bala Gupta, Mayor, BK Veena and BK Prem are on the stage.



Devband (UP): A spiritual exhibition is being inaugurated by Mr. Brijesh Singh Rawat, PWD minister, BK Pinki and BK Parul.

O God! Grant Me Humility

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friends. These and hundreds and thousands more form just a very small fraction of the total number of men and women of excellence during the last half a century, and if I see these people in the vast panorama of world history – history of civilizations, history of science, history of philosophy, history of arts, etc. – the number of great people whom I met personally would be insignificant indeed.

Men of Strong Will, Enormous Ability and Foresight

Each one of the eminent persons, whom I had the chance to meet, left different impressions on me. (This is true of those persons also about whom I read in books.) This was only natural because each one of them had their own individuality, personality, traits and mannerisms. It also mattered what aspect of personality of the great man I paid attention to, and this later, in turn, depended on what my own state of mind was when I met anyone of them or read about some others. However, **one thing that impressed me universally was that these great men had an indomitable spirit, a strong will, a high power of resistance that withstood the oppositions and the obstacles. They carried on their efforts with persistence, perseverance, and rare perspicuity.** Moreover, they were able to arrange facts and findings in such a manner that these yielded useful conclusions; or they had the ability to organize men and resources in

such a way that they attained targets or goals set by them. They could plan things ahead of time as they had keen foresight.

Chance Factor

But this is only half-truth. For, besides their abilities, there was always the chance factor that led them to discoveries, inventions or eminent positions. The chance factor has been a very potent factor in the history of nations as well as individuals. One may call this 'Destiny', 'Drama', 'Predestination' or by any other name; but this had always been there. Circumstances in their homes, events in their country, happenings in their vicinity or situations in the world of their time were such that they stirred these men into play or provided them with an opportunity to come on to the stage and into the limelight. Remove these 'chances' and you would find that these colossi of men were only ordinary or mediocre mortals.

This is, however, not to underrate their talents, their abilities and their worthy achievements. These men, no doubt, put in hard efforts; but what is meant to be emphasized is that their efforts and abilities only partially explain their success. I have seen men fall from grace and have read of men, who, later in their life, faded into oblivion or lost all charisma, glory and power when time and circumstances substantially changed. Some of these men have themselves said in their speeches or writings that chance has been a major factor that led them to the summit of success.

No Justification for Pride

When I look at these men from this angle and take proper notice of their fate in the end, I come to the conclusion that there is very little justification for man's pride. What these men were in their old age, or before their death, or when they were dethroned from high pedestal of power or became infirm, diseased or helpless, is a lesson, which is generally lost sight of in the plethora of details. If we weigh man's achievements in one or more fields against his errors and failures in other fields, the balance sheet forms no rational base for man's ego. The plus-points might have at best been slightly higher than the minus-points; but, though the matter has been a cause for jubilation and enthusiasm, it has not been an occasion for arrogance. It goes, therefore, to the credit of those among them, who were not touched by any vanity.

Another thing that I noticed was that when any of the eminent men gave up their bodies, there were condolence messages from national and world leaders and there were obituary references about them in the press or by persons and institutions with whom they had worked. These were revealing in a way for what different people said about them after their death, was more often different from what these people had said of them during their life-time, particularly when the man was hyperactive and, thus, stirred the feelings of jealousy in the minds of others, who were in race for power and position. This is another aspect of greatness. Strange indeed!

The world of great men has been a huge mosaic or a multifaceted and multi-coloured vista to me. From Alexander the Great to Duke of Wellington, Napoleon, Lord Montgomery, Lord Mount Batten, General McArthur and General (later president) Eisenhower; from Moses, Confucius, Buddha, Christ and Zoroaster to St. Augustine, St. Francis of Assisi, and a host of other saints; from Anoras, Pythagoras, Kapil, Vyas, Patanjali, Jaimini, or from Aristotle, Plato, Socrates and Stoics to Thomas Aquinas, Descartes, Hegel, Kant, Karl Marx and Nietzsche and many others; from Vyas, Valmiki, Homer and Kalidas to Shakespeare, Bernard Shaw and many other litterateurs; from Euclid, Archimedes, Copernicus, Kepler, Galileo, Hippocrates, Newton, Arkright, Gutenberg, Marconi, Mendel, Pasteur to Max Planck, Einstein and others; from Michael Angelo, Monet Claude, Picasso, Leonardo DaVinci to great artists of the day – it has all been a saga of talents in one form or the other. And yet this list does not mention thousands of such others. **But I, sometimes, ask myself whether these luminaries had understood the cosmos, realized the self, had known God and had attained the goal of life? Did they feel contented as to the mission of their life?** Had these giants among men attained full satisfaction and felt that the secrets of Nature – inner and outer – lay unto them like an open book? When they left their mortal coils, did they feel that they had a clean chit with them?

When I ponder over the meaning of the term 'greatness', my own head bows low, for I am neither a scientist nor a mathematician, nor a writer nor a journalist, nor a bigwig in any other field. Perhaps, this is a chance provided to me to have a feeling of humility. Perhaps, this poverty of talent has provided me with a chance to have

God's grace, for it has been rightly said that He is especially benevolent to the poor and the humble. I am satisfied when I think of this and these words well out from my lips: "O God! Grant me humility. Save me from being surrounded by boasters or men of vanity, for I really feel ill at ease in their company." ■ ■

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one thought - I am proud of having given my best and will continue doing so, without losing enthusiasm.

Role as A Parent (or A Family Member) -

1. Students with poor scores fear parents' impulsive reaction more than the result. By creating anger or hurt, by discussing results often, or even by thinking about it, I radiate rejection to my child who is already in pain.
2. My first role is to accept the situation by responding with emotional stability, realizing that my child now needs empathy.
3. My second role is to empower my child by radiating unconditional love and compassion, which boosts my child's inner power to perform well next time. It also builds a strong emotional bond between us.
4. Exams and good scores are very important. But I cannot allow poor results to affect health, happiness or harmony at home.

WORDS OF WISDOM

- ◆ **Positive anything is better than negative nothing.**
- ◆ **Life is always better lived with a smile on your face, hope in your heart, and faith in yourself.**
- ◆ **Challenges are what make life interesting. Overcoming them is what makes life meaningful.**
- ◆ **Nothing has any power over me other than that which I give it through my conscious thoughts.**
- ◆ **Success is not final, failure is not fatal: It is the courage to continue that counts.**
- ◆ **In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact.**
- ◆ **You're braver than you believe, and stronger than you seem, and smarter than you think.**

HAPPINESS IS...



...a new perfume.

SPREADING THE FRAGRANCE OF HAPPINESS

A beautiful aspect of each one of our lives is living a life full of enthusiasm and joy. Also, we keep spreading the same to others through our entire personality and through our actions and attitudes. It is one thing being happy yourself and another to share that happiness with each one at every step. For some, it is a hobby to start the day with wishing everyone with greetings of happiness and give them a feel of love filled joy. By doing this, they spend the entire day ahead free from the tensions that they might face and full of lightness filled thoughts and feelings.

Also, give a new flavour to each day, of different experiences filled with different types of qualities. Qualities such as cheerfulness, contentment and lightness, which are all different colours of happiness will make life a beauty filled journey. It is a journey in which you are accompanied by others. Also, you along with others will share and receive these beautiful experiences. This giving and receiving will make this complete life

journey full of something you look forward to and enjoy to the fullest. These experiences are like gifts that we share with each other and gifts always bring happiness. Physical gifts are limited to particular days and particular people. But these invisible gifts of different positive happiness emotions are unlimited and can be shared with each and everyone. We can do this in our homes, at our workplace, with your close friends or in society in general.

Whenever you begin your day, fill your mind with some happiness filled thoughts.

Those thoughts could be – Today, in the entire day, I will gift a smile to each one I meet or today, throughout the day, I will keep each one's specialty in my mind and experience joy. They could also be - During the entire day, today, I will touch each one I meet with my positive good feelings for them. We could also think something like - All through the day, today, I will bring different virtues in action and experience lightness and give the same to others.

It's these types of thoughts which will make everyone around me happy and they will give me happiness in return. This in turn will make the atmosphere around me full of happiness. Happiness begins with the self and happiness given to others is happiness experienced by myself first. When you meet someone in the whole day, ask yourself and check yourself – Did I just meet the other person and interact with the person in a common manner? On the other hand, did I share happiness with the other person and make the person free from worries and burdens? After all, it's my duty towards each and every one I meet - giving unlimited happiness to others. This is the common emotion that binds all of us together - happiness.

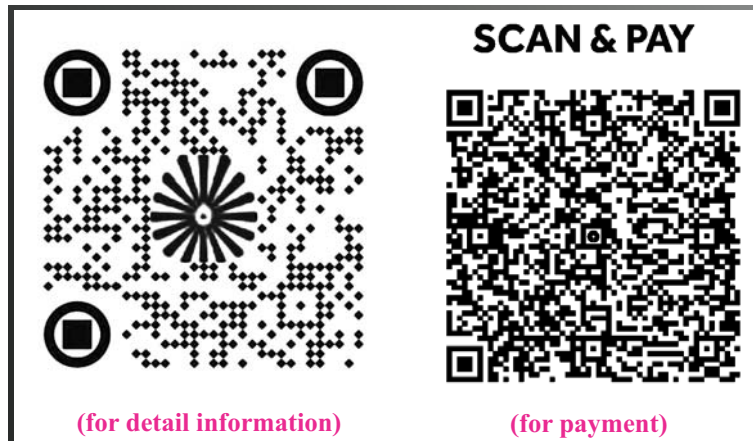
Giving and sharing happiness will make life beautiful and our existence meaningful. Very

often, whether it's in our work or any other activity, we tend to become busy. We may not perform any negative actions during that time. But because we lose touch with our inner virtuous self, our happiness reduces.

Happiness filled interactions make you completely free from the different worries and tensions life will sometimes bring in front of you. Also, a life rich with happiness is the best to make yourself extremely stable and emotionally powerful. Just try this one day for yourself. Give happiness to each one you meet and try on another day, not doing that. The day you are busy in sharing and receiving happiness, that day you will feel stronger from within. Also, you will face all obstacles of different types easily and with more stability.

Also, such a day will pass very fast, as if you are on a joyride, sharing gifts with everyone, gifts that are invisible and of the inner

personality. Gift your specialties to everyone. Don't keep them with you. Have a big heart in giving them to others. Suppose, a person has the gift of speaking confidently, don't keep that specialty to yourself. Use that speech to give happiness to each one and make everyone enthusiastic. Or you are very humble and have pure good wishes for everyone. Don't keep the good wishes to yourself or inside you. Express them through your words and interactions and make everyone feel the happiness of your goodwill. Also, suppose you are very intelligent, help others through your personality and all the wisdom you possess, of different things of the world. These are ways of spreading happiness. Remember each specialty of yours should serve and not be kept inside you for your use only. Spread the fragrance of your specialties to everyone around you and life will become lovely and joyful, not only for you, but for others around you, also. ■ ■



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New Delhi: Dr BK Binny is presenting Godly gift to HE Droupadi Murmu, the President of India after a courtesy meeting along with by BK Neena and BK Rakesh.



St. Petersburg (Russia): After a public event dedicated to Earth Day and Cosmonautics Day BK Santosh is in group photo with Mr. Oleg Mukhin, vice president of the Federation of Cosmonautics of Russia, Ms Radmila Tonkovic, aviation journalist and others.



Bengaluru: Mr. Rahul Dravid, Chief Coach of the Indian Cricket Team, is being presented Godly gift by BK Deepak Harke.



Abu Road: BK Mohini and BK Jayanti are being conferred doctorate degrees By Dr. Hari Kumar, Vice Chancellor of Manipur International University.



Imphal: HE Anusuiya Uikey, newly elected Governor of Manipur is being felicitated by BK Nelima.



Kasganj (UP): Yoga guru Swami Ramdev is being presented a frame of God Shiva by BK Rubbi and BK Reena.



Kolkata:

HE Draupadi Murmu, the President of India is being presented a memento by BK Kanan, BK Munni and BK Shefali.

Karnal (Hry):
HE Draupadi Murmu, the President of India is being felicitated by BK Nirmal and BK Urmil. Dr Dheer Singh, Director of NDRI, Dr Avtar Singh, former scientist and BK Rambhool are also seen.



Kathmandu:

HE Ramshay Prasad Yadav, Vice-President of Nepal is being presented Godly gift by BK Jyoti, BK Sugandhi and BK Kishwar.



Bhopal:
HE Mangubhai Chhaganlal Patel, Governor of MP is being felicitated by BK Avdesh, BK Reena, BK Aakriti, BK Deepen and BK Rohit.

