

SUPREME SOUL
GOD FATHER SHIVA

The World Renewal

Monthly

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16th Ascension Day of Rajyogini Dadi Prakashmani
(25th August 2023)



Jaipur: HE Droupadi Murmu, the President of India is being felicitated by BK Hemlata, BK Kavita, BK Madanlal and others.



Delhi (ORC): Mr. V. K. Singh, Union Minister of State for Road Transport and Highways is being presented Godly gift by BK Sunita and BK Yeshu.



Mount Abu (Gyan Sarovar): Security Services Wing Conference is being inaugurated by Lt Gen Mr. Rajeev Chowdhary, CRPF IG Mr. Dhanesh Rana, Vice Admiral (Retd) Mr. SN Ghormade, BK Dr. Nirmala, BK Shukala, BK Ashok Gaba and BK Deepa.



Bilaspur (CG): BK Shivani is addressing a programme on Password of Happiness. She was felicitated by Mr. Santosh Singh, SP, Mr. Shailesh Pandey, MLA, Prof. ADN Vajpayee, VC of Atal University, Mr. P. Pandey, Railway DRM and Mr. Bhvanishankar Nath, DIG.



Delhi (Hari Nagar): Mr. Rakesh Pal, newly appointed 25th Director General of Indian Coast Guards is being greeted by BK Sarika, BK Renu and BK Captain Shiv Singh.



Sonapat: Mr. Manohar Lal Khattar, CM of Haryana is being presented Godly gift by BK Pramod.



Nabarangpur (Odisha): Mr. Giriraj Singh, Union Rural Development Minister is being greeted by BK Rakhi and BK Geeta.



CELIBACY

A Must For Real Independence

We should consider it our prime duty to recognise thoroughly that lust is not the right thing but a vice, a despicable thing, an evil or a sin, instead of whatever sensual people say in its favour.

The present Age is the Age of social awakening. Socialism is in the forefront of man's thoughts. The fundamental rights of man are regarded as important but without overlooking the basic tenet that the good of the individual is subordinate to the good of society. And if, at any time, the individual's interests run counter to those of the society, preference is given to the latter and the former must be sacrificed. From very early times this tenet has been followed. In view of the present disquieting factors in the spheres of character, morality, and spirituality and when socialism is in vogue, it is not improper to ask the individual to observe celibacy or chastity. In fact, asking them to do this is another way of their welfare for the simple reason that they will themselves lead a happy life and move society forward on

the path of its welfare. If every member of the society observes celibacy, for few years called the fag-end of Confluence Age, the step would be quite appropriate, because there is goodwill behind it.

The individual makes a little sacrifice for social good is proper even in normal times because the country needs the individual's sacrifice in the form of their wealth, their mind and even themselves for the safety or progress or welfare of their country. So, when they make sacrifices, such as getting their sons recruited in the army when the country is attacked by an enemy or surrendering all their possessions and provisions for relief to flood-stricken people etc., according to the gravity the situation demands, is it then proper for any sensible man to indulge in conjugal habits

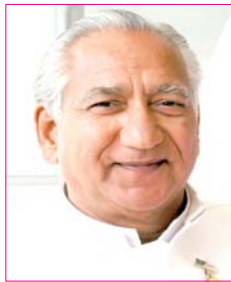
(Contd. ... on page no. 31)

CONTENTS

✿ Celibacy – Real Independence	3	✿ Pay Attention of Your Karma	19
✿ The Jewel that Continually Spreads Light Dadi Prakashmaniji (Editorial)	4	✿ Laughter: The Best Medicine	20
✿ Perfect Means 'Beyond Affect'	7	✿ Words of Wisdom	21
✿ Character, Purity and Good Manners.....	8	✿ Is our Destiny Fixed or Can we Change it..	22
✿ Life Changing Advice	10	✿ The Greatest Cricket Match	23
✿ Ready, Steady and Go	11	✿ A Perfect Personality for Success.....	26
✿ Raksha Bandhan-Spiritual Significance..	14	✿ Meeting People's Expectations.....	29
✿ Who is the Source of Wisdom at the Brahma Kumaris	15	✿ The Meeting Point.....	30
✿ Understanding of Swastika	18	✿ Amritvela The Tune of Flute	30
		✿ A Celebration of Brotherhood	32
		✿ Silent Voice	33

THE JEWEL THAT CONTINUALLY SPREADS LIGHT DADI PRAKASH MANI JI

The seeds sown by her compassionate and powerful leadership are remembered even today, as all of us try to follow her administrative skills, generosity of heart and unwavering faith in God and His task of transformation.



It was October 1959 when Pitashri Brahma Baba invited Dadi Prakash Mani ji, Didi Manmohini ji and Respected Brother Jalan Babu to spend Diwali holidays with beloved BapDada in

Mumbai. Brother Ram and his wife, Sister Leela, had very lovingly invited Brahma Baba to be a guest at their newly furnished flat. It was their wish for Brahma Baba to step foot and stay in the residence before they moved in themselves. Due to this very pure intention, Brahma Baba wished for Dadiji, Didiji and Brother Jalan Babu to also visit and experience divinity of the highest order.

I was still serving in the Indian Navy at the time, but as per Baba's instructions, I reached the venue around the same time as their arrival. At my first meeting with these great personas, I saw Didiji and Dadiji both experiencing golden-aged moments in semi-trance, which was leaving an impact on Brother Jalan Babu too. Then all of a sudden, Dadi Prakash Mani ji took my hand in a very playful yet sisterly, semi-trance manner, and began to dance gently. **This was a totally unexpected and new experience for me; that was the moment**



B.K. Nirwair Bhaji with Dadi Prakashmani ji

when I instantly felt like I was Dadiji's younger brother whom she was playing with! I slowly realized a deep feeling of belonging to Dadiji as my elder sister.

Though I had a shy personality, those moments made me experience spiritual nearness and instant bonding. It was as though an eternal relationship was being revived...

During their stay in Mumbai, Dadiji and Didiji met with all of us in Class many times, and enriched us with their experiences of spiritual life starting from their teenage and young adult years, respectively. It was also wonderful that Brother Jalan Babu's birthday was celebrated too, as he was born on Diwali day, and it was the first such divine experience of a birthday celebration for the students of Waterloo Mansion BK Centre,

Mumbai. Brahma Baba's personal presence inspired everyone, especially when Dadi Sheel Indra ji offered Bhog in trance and returned with a very enlightening divine message. Sisters and brothers from other Mumbai Centres (Colaba, Sion) also attended Class and Meditation Sessions with Brahma Baba during his entire stay of 2 months, and it used to be an enjoyable get-together for the spiritual family every week until beloved Baba returned to Mount Abu.

From 1959 to 1964, Dadi Prakash Mani ji used to visit every year and I was fortunate to meet Dadiji each time in Jaipur (during my leave from the Navy) whenever she passed through. In 1964, the Brahma Kumaris organized the first World Renewal Spiritual Exhibition in Kabubai High School, Mumbai, which was a very new method of service. Brahma Baba's encouragement at the time through his letters and messages was very much appreciated. Brother Jagdish Chander and Dadiji were advised to come to Mumbai and help set up and run this first Spiritual Exhibition for many days, which was a big boost for us.

Due to the good result of service at the Exhibition, Brahma Baba advised Dadiji to stay on in Mumbai for Godly Service. That marked the beginning of a new phase in organized service at Colaba, Sion, Ghatkopar and Kandivali. I still remember how much unity and love spread amongst the divine instruments and students during that time. Dadiji's organisational skills were valued by all, especially seniors Brother Ramesh ji and Sister Usha ji. Slowly the number of Centres started multiplying in Mumbai. Dadiji's

leadership qualities kept her in very good relation and communication with all the senior sisters, who especially liked to meet her during Mateshwari Saraswati ji's visits to Mumbai.

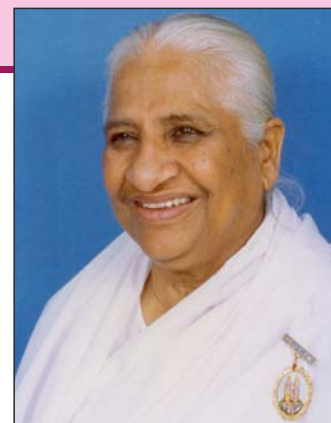
From Exhibitions and Seminars, Dadiji's vision and enthusiasm grew to all forms of service like Campaigns and International Projects, and finally took the form of Mega Programmes for 1-2 lakhs of people! Dadiji remained very active sustaining BK Teachers and Students throughout India as well as many foreign countries. During 40 years of her leadership, Godly Services spread to almost all parts of India and 110 countries. We at the Headquarters and all Zones of Bharat especially are grateful for Dadiji's patience, motivation and resilience in overcoming challenges to establish big service places like Gyan Sarovar, Shantivan, Global Hospital & Research Centre, Manmohini Van, Om Shanti Retreat Centre near Delhi, Shanti Sarovar in Hyderabad, and other retreat places.

Leaders from India and all over the globe continue to look up to Dadiji for strength and guidance. The seeds sown by her compassionate and powerful leadership are remembered even today, as all of us try to follow her administrative skills, generosity of heart and unwavering faith in God and His task of transformation. As we honour Revered and Beloved Dadi Prakash Mani ji's 16th Day of Ascension on 25th August 2023, we keep the aim of emulating her virtues and powers with sincerity.

– *B.K. Nirwair*

DADI PRAKASHMANI JI'S SWEET WISDOM

(Extract of 16th November 2000 Night Class, Madhuban)



The aim of our efforts is to pay attention to ourselves. With attention, your intellect can experience what Baba is saying. If you are paying attention then you will not find it a burden or hard work to move forward. Baba has given us many signals in the *Murlis* to become complete and perfect. Remember those signals that Baba has given and you will be able to churn those points throughout the day.

The first step to become complete and perfect is to have faith in the self. Ask yourself: Do I have that faith in myself that I will make such effort that even though I have come last I can go fast and come first? Call it my *sanskars* or any bondages of the past, but let me make effort easily and transform those bondages and *sanskars*... Baba says that my promise to you children is that if you take one step forward, let alone ten steps, I will take 100 steps towards you. Baba says when the children have courage, Baba helps. Have faith in the intellect and you will definitely be victorious. So first of all you need to have complete faith in yourself. Have full faith and you will definitely receive a lot of help from Baba. When you have faith in yourself you will also have faith in Baba and because of having faith in Baba it is as though this is Baba's blessing for you. When there is this faith in the intellect you will be able to be victorious.

The second faith you need to have is that I am the same child of Baba as of the previous kalpa. I had become victorious in the previous *kalpa* in the rosary of victory. So first of all have faith in the self and

together with that you also need to have faith in Baba's elevated versions. Does Baba not know to what extent His children are complete and perfect or to what extent they will become complete and perfect?!

Someone asked me what is perfection and I replied for me **the stage of perfection in front of me is Brahma Baba.** We know how Brahma Baba became perfect and achieved the angelic stage in a practical form and continued to give us that experience... He created such a stage in the physical form that today even in the *avyakt* form He is celebrating a meeting with all of us...

Sometimes the sound emerges: What can I do? I don't have the power to tolerate. Is that a courageous reply to say I don't have the power to tolerate? Is that something to be proud of - am I being honest? Am I taking the support of a Dunlop pillow? **We have to make effort and if there is any power lacking let me make myself full with the power of yoga.**

We are the ones who are constructing the new world and if I am hungry for name and honour how can I bring about renewal of the new world? This is why, **in order to become complete I need to pay attention to burn away the account of sinful actions and just perform neutral actions.** Only then will I be able to experience the stage of liberation in life and I will have that intoxication...

Thank you and Om Shanti.

PERFECT MEANS 'BEYOND AFFECT'!

When we forgive, we don't change the past;
we change the future.

To feel worried and tensed or run away in a difficult situation may work for a short time, but it is not the solution. Go within and draw upon your fearless courage and the strength of determination to remove the barrier of useless thoughts and create positive thoughts. Meet challenges head on like this and realize they are not that bad!

Life is a game of forgetting and remembering. We lose the game of life when we forget who we truly and eternally are – a spiritual being. By remembering I am the soul, a non-physical, imperishable being of light giving life to the perishable body. My true nature is ever loving, blissful and peaceful. This awareness reminds the soul to be light, to think less and to slow down the thoughts. When we carry heavy thoughts, filled with negativity about each family member, friend and office colleague, will not this weight of over thinking be tiring? Allowing bitterness and resentment to fester inside will make my relationships unsatisfactory.

Inner peace begins when we remember and choose not to allow another person or event to control our emotions. Protect yourself. Put a full stop and erase the unnecessary questions and exclamation marks in your thoughts. By forgiving and



B.K. Chirya Risely, USA

letting go of sorrow and negativity, I can keep my nature open and loving. Our focus needs to be on our performance. Our personality of peace, love, wisdom, should reflect in every role. Perfect your own script and not the script of others by replacing negative thoughts about others with uplifting thoughts about their specialties, qualities, skills and positive personality characteristics. The more good wishes and kind feelings we have in our thoughts for others, the more our own happiness increases.

Cross every scene well, by being at ease, relaxed and empowering your co-actors. Remind yourself - *I bring out my personality of peace and compassion in every role, uninfluenced by others.* You will know when you are perfect. *You will remain 'beyond affect' from the negative influences of situations and other people in this drama of life.* By remaining connected to the perfect being, God, you will reach such a constant level of positive thoughts that your pure actions will happen naturally. What a beautiful and powerful stage, and it's within our reach now. ■ ■

CHARACTER, PURITY AND GOOD MANNERS

Moral values and the purity in character are universally accepted by all people of all religions of the world. The foundation of a sterling character is purity.

B.K. B. K. Surendran, Bengaluru



A good character is considered to be a very important aspect in Government Service, public service, or in private service. In politics or Government Administrative services, this is one of the important personal qualities for an aspirant to these services. Purity, truthfulness, transparency, honesty, integrity, faithfulness, hard work, walk the talk qualities are equally valid. On the other hand, moral weakness, extra marital relationships, illicit relationships, stealing, hoarding, wilfully causing financial and pecuniary loss of public money, misappropriation of money with a view to gain personal benefit through many kinds of financial manipulations leading to moral turpitude leads people to undergo punishments. People of such character will not be entertained in Government or Public or in Political field. Many Ministers and other Public figures have lost their positions for watching pornographic films in public or extra marital relations or involved in shady relations, all over the world.

Universal acceptance of the importance of the value of Character

There is a saying – *If money is lost, nothing*

is lost. If health is lost, something is lost, but if character is lost, everything is lost. Moral values and the purity in character are universally accepted by all people of all religions of the world. The foundation of a sterling character is purity. Purity has wider connotations. The real purity is celibacy. It has direct connection with the personal life of an individual. This quality is non-violent, pure, non-injurious, respecting the personality of the other individual, helpful and fearless.

Sterling character is formed with many great virtues and values. To start with, celibacy is the foundation for character of purity. Absolute non-



violence and sound moral fibre are the building blocks for purity. The purity consists of a pure mind and intellect which should be free from all kinds of vicious, negative and wasteful thoughts. Then, purity in thoughts, words, deeds, and relationships also counts. A pure character consists of peace, simplicity, humility, tolerance, transparency, honesty and contentment. The beauty of such a character consists of sweetness, cheerfulness, politeness, courage, determination, courtesy, compassion, trustworthiness, sacrifice and

service.

Along with this, there should be purity in listening, looking, speech, contacts and relationships, purity in food, in company and companionship, cleanliness in the place of residence, in dress etc. Such a person always has good wishes and pure feelings for one and all.

The Power of a pure character

There is incredible power in a person of pure character. He is always happy and blissful because he always sits on the seat of highest mental state of 'I am the Master Almighty, I am the destroyer of all kinds of barriers and bondages, and I am the Master Knowledgeful and Master All powerful.' Such a character has immense mental power and courage to get anything done with the power of purity. Such a person need not even command or direct anybody to do anything, but his personality and power of thoughts have the capacity to get anything done without asking. He can simply sit at a place and through his thoughts; he can run the show without the usual official hustle and bustle.

Good manners

Human beings co-exist as individual families, small communities which form a society. A State consists of many families in which people from many religions co-exist. This is possible only when we have some code of conduct. When many people live together, it is important that we should have some kind of universally acceptable good behaviour patterns which should govern our interactions so that there is freedom, harmony and happiness in togetherness. To make this kind of togetherness, we ourselves have traditionally formed certain behaviour patterns

based on which we co-exist in the society. These norms may be called good manners. This may slightly differ from society to society. This also forms part of a good character. **Few good manners with regard to cleanliness in the living place, in dress and other things we use in our day-to-day life activities are mentioned below:**

- ▶ 1. Our associations should be with people who follow cleanliness and purity in each thought, word and action and whose associations are also of that standard. Our companion will greatly influence our life. Hence, the selection of the companion should be done carefully.
- ▶ 2. Our behaviour should be polite, peaceful, courteous, civil, sweet, humorous and serious depending on the time and place. A welcoming true smile and easy nature will also add to our friendliness.
- ▶ 3. Our words should be polite, royal and simple. A pleasant personality, cheerful smile and reassuring behaviour will make our job easier.
- ▶ 4. Our conversation should start with clear, precise and emphatic words spoken with a smile.
- ▶ 5. We should maintain a good relationship with one and all despite some differences here and there. Our relationships should become stable as years pass by. Relationships should not be based on any kind of give and take, but it should be sustained on the strength of selfless affection, love and respect, good wishes and pure feelings.
- ▶ 6. When we walk, it should not make any noise, but it should be peaceful and graceful.
- ▶ 7. We should have a neat and tidy appearance

and should meet others with a smile.

- ▶ 8. While speaking to others, we should maintain eye contact and say 'Please' and 'thank you' wherever necessary to make others know that we care.
- ▶ 9. When elders and seniors show up, stand up and let them be seated and then sit. They should be greeted with folded hands. When guests and dignitaries come up, they should be introduced to others.
- ▶ 10. Cover the mouth and nose while coughing and sneezing. Don't pick nose and ears or clean teeth in front of others.
- ▶ 11. Don't stand too close to others and do not pat on the back of elders.
- ▶ 12. Do not yawn loudly when others are present. Do not speak while cooking and eating.
- ▶ 13. Do not lose temper in front of others and don't disturb others. Do not spit or throw garbage here and there. Do not laugh loudly.
- ▶ 14. Do not talk to others while on phone and do not answer if not prepared. Do not answer phone while some one is before you.
- ▶ 15. Hygiene and neatness in hair dressing and dressing in common.
- ▶ 16. Dwelling place should be neat, clean and tidy. Maintain a clean and healthy body.
- ▶ 17. After every meal, clean mouth and hands. Wash hands with soap after going to the washroom. Manicure at least once in a week. Trim fingernails and remove dirt under the fingers.
- ▶ 18. Hair should be neatly combed to the back and tied securely. Dress should be neat, clean and simple.
- ▶ 19. While leaving the dining table, take

permission of others and leave. Do not make noise while eating and sleeping.

- ▶ 20. When others are speaking, do not interfere without permission. Keep mum in groups unless asked to speak.
- ▶ 21. When visitors come, first they should be welcomed and seated comfortably and offered a glass of water then after a little while, speak to them. If it is breakfast/lunch/dinner time, offer them food.
- ▶ 22. Do not enter the living space of brothers/sisters, without permission. ■ ■

Life Changing Advice

- **Invest in a career that gives you a sense of purpose – not just money.**
- **Take care of your body today like you will live to 100 years old – a healthy body will give you a greater chance to enjoy old age without illness or chronic disease.**
- **Say yes to new opportunities. You're more likely to regret a 'no' than a 'yes'.**
- **Don't waste any time. Live life like it's short – because it is.**
- **Happiness isn't something that occurs when conditions are more or less perfect in your life, you have to make a conscious choice to be happy.**
- **If you want to get as much as possible out of life, focus on the little things. Find joy in the small moments and events that occur every day.**

READY, STEADY AND GO

Now, you all must know that the present time is the revision time in this Godly University when the entire syllabus is over. All the prominent students are busy revising their syllabus day and night. They do not waste their time by gossiping, watching TV, mobile phones, and in other wasteful activities.



Suppose there is a greatest university of the world which provides you the best education with aim and objective to be number one human being in the

world. There is a seven day introductory course for beginners. Also, the teacher at this University is not an ordinary one but the number one authority in the world. Surprisingly, education is free of cost. Its aim is to eliminate all the negativity and make everyone full of virtues such as contentment, easiness, politeness, patience, sweetness,

B.K. Yogesh Kumar, Delhi

etc. It also guarantees an aspirant a healthy, wealthy, and happy life, both in the present and the future. Then, what would have you done? Would you like to join that University?

Furthermore, this University has been teaching the same education with the same aim and object for more than 86 years without any single day off, i.e., neither summer vacations, nor winter vacations, not even ragging of the new students, and not a single strike has taken place. **Just like in an ordinary University, this University, too, has a final examination; however, the date sheet of the exams is not fixed, because as per the laws of this University, any date could be**



one's final examination. So, one must be prepared in advance.

Like any other University, this University, too, gives the examinees an ample amount of time for the revision of the syllabus to prepare well at home before the exams. All the students at this University go to the nearby education centre daily just for an hour but they go to the main University H.Q. normally just once or twice a year.

The present Phase is the Revision Phase

Now, you all must be pleased to know that the present time is the revision time when the entire syllabus has finished, i.e., all the lessons have been taught. The most pleasant thing is that the teacher is not an ordinary one. He is the Supreme God Father who is Incorporeal. Therefore, He is the Supreme Teacher and obviously, His teachings too are not ordinary, but the one which open one's third eye, i.e., the real eye to see oneself as soul and look at others too as soul-brothers, as all are the children of One Supreme Father.

Thus, all the prominent students at the University are very busy revising their syllabus day and night. They do not waste their time by gossiping, watching TV, mobile phones, and in other wasteful activities. In this Godly University, most of the students are very sincere and dedicated towards their Aim and Objective. Obviously, the prominent students will be the toppers of this University, whose names will be written in Golden words in history.

Now we would like to reveal here that this University is Brahma Kumaris World Spiritual University also known as Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. Interestingly, this University was established not by an ordinary founder but by Incorporeal Supreme God Father Shiva through Prajapita Brahma. The very purpose of this University is to root out vices from all human souls forever. God Shiva has incarnated from His Supreme Abode to purify us and take us with Himself to His Abode, which is our abode as well. That Supreme Abode is beyond the Sun, Moon, and stars, where human beings cannot travel until the time comes. He is making the spiritual aspirants full of all virtues, complete in 16 celestial degrees, completely vice-less, complete with all codes of conduct and completely non-violent through Rajyoga.

Thus, the Supreme Soul, God Himself is the Supreme Teacher of this University. He teaches Rajyoga which aims to make a spiritual aspirant self-sovereign, i.e., master of all the three subtle faculties of the soul, viz. Mind, Intellect, and Resolves, as well as sense organs. There are four subjects at this University, viz. Godly Knowledge, Meditation (Connection with God), Inculcation of Divine Virtues, and Godly Service. Those who secure cent percent marks in it attain the status of World Emperor and World Empress in the forthcoming Satyuga. Another unique feature of this Godly Education is that, unlike worldly education which provides the degree for just one birth, it felicitates the degree of deities, i.e., gods and

goddesses for 21 births. So, all you need to do is to do the 7-Day Rajyoga course to complete the primary course of this University.

Different Phases of PPBKIVV

This University was established by Incorporeal God Shiva in 1936-37 through His human corporeal medium whom He renamed Prajapita Brahma. God Shiva is the Ocean of Purity, Knowledge, Peace and Love. The Almighty is beyond the cycle of birth and death. That is why people from all beliefs and faiths believe in the Incorporeal God.

The first phase could be termed Corporeal Sustenance as during this phase the Supreme Soul God Shiva used to enter the body of Prajapita Brahma to speak His Godly versions, which are termed as Flute of Knowledge (*Gyan Murlī*). So, during this phase, He started giving spiritual sustenance to Brahma Kumars and Brahma Kumaris (as they have become children of God Shiva through Brahma).

After Brahma Baba attained the stage of completion and perfection on 18th January 1969, the second phase of this University started on 21st January 1969. It was from this date that both God Shiva and now angelic Brahma Baba started giving *Avyakt* sustenance to BK's. From this very date, they both started speaking *Avyakt Murlī* through the medium of Dadi Hriday Mohini. Through this medium, the speed of sustenance has been much faster than the corporeal sustenance as now the duo has been performing the Godly service and giving His message to maximum number of their children.

On 11th March 2021, Dadi Hriday Mohini also attained the stage of perfection and completion. Since as per Hindu scriptures, God Shiva has only two chariots, it can be said that God Shiva's role as the Supreme Teacher has come to an end. That is why it is a revision phase after which the final showdown with Maya, i.e., five vices as well as the task of world transformation is round the corner.

Godly Students' Duties

Now, it is the foremost duty of the Godly students to make their sincerest spiritual efforts to attain the stage of completion and perfection, which is called *Karmateet* stage, just like Brahma Baba, as well as to do Godly service through mind, words, and deeds. Service through mind means receiving the vibrations of peace, joy, spiritual love, and powers from God Shiva and Brahma Baba and spreading the same to our spiritual brothers and sisters who are not aware of their Supreme Father. The service through words means sharing Godly Knowledge through words. For this, one has to first implement, and then, speak. Finally, serve your brothers and sisters through your deeds, your face and your behaviour, and that is possible only if we become an embodiment of Godly Knowledge and radiate purity, peace, and love to all.

So, what we Godly students need to do at this most crucial phase is to receive blessings from God Shiva and Brahma Baba and give the same to all of our spiritual brothers and sisters all over the world. ■ ■

RAKSHA BANDHAN SPIRITUAL SIGNIFICANCE

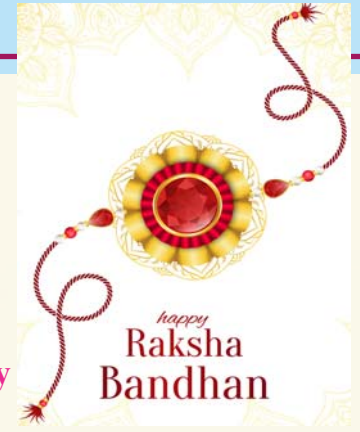
Now the Supreme Soul is tying Rakhi to all His children, the human souls, to liberate them from the bondage of the kingdom of Ravan. It is very urgent to win over the vices and to maintain purity and celibacy in life. It is the remedy to eliminate all mental poisons and thereby restore the virtuous *sanskars*.



Raksha Bandhan is celebrated as an auspicious brother-sister relationship. This festival occurs on the full-moon day in the Hindu calendar during the month of *Shravan*. This year, the celebration date is prescheduled on 30th August. Generally, on this day, in each and every family, a sister ties a thread on the wrist of her brother, may be younger or older, as a symbol of her unconditional love and faith on him and her prayer for his long life. In return, a brother gives her some material gift along with a subtle promise to keep her always happy and to protect her from all troubles. Sisters of all ages tie Rakhi around the wrists of the brothers. This occasion is the symbol of loving bond between brothers and sisters, which promises protection and care. Now this has been transformed into a tradition of voluntary kin relations tying Rakhi crossing the barrier of caste, creed and religion.

Some facts have been described in mythology and history with practical

examples. In Mahabharata, it has been described as an incident when once one of the fingers of Sri Krishna was cut by the thread while flying a kite and to stop the bleeding, Draupadi tore out a piece of cloth from her *saree* and tied it on Krishna's finger instantly. Being moved by this gesture of Draupadi, Krishna promised her that He will protect her from all the evils throughout her life. Rani Karnawati tied a Rakhi to the wrist of the Mughal emperor, Humayun. During the partition of Bengal in 1905, Rabindranath Tagore started a mass Raksha Bandhan program where he encouraged both Hindu and Muslim women to tie Rakhi on men from the other community to strengthen brotherhood. Even a wife can tie Rakhi to her husband simply because of Rakhi being a thread of expressing the promise of purity and protection. Story says that once Indrani tied Rakhi to her husband, Indra, to regain energy after being defeated by the demons. There is precedence in ancient Hindu texts that a domestic priest ties sacred thread on the wrist of his patron and receives gifts of money. In some northern and western parts



B.K. Dr. Swapan Rudra, Durgapur

Contd. on page ...21

WHO IS THE SOURCE OF WISDOM AT THE BRAHMA KUMARIS?



Once you make the spiritual connection with the God and have that experience, you will easily believe that the source of wisdom at the Brahma Kumaris is God himself and not any human soul, because He is the One who has taught this method of meditation and shared many other aspects of spiritual wisdom, which you hear at the Brahma Kumaris.

A common question asked by many people in the world is that who is the source of wisdom at the Brahma Kumaris? Some of the spiritual wisdom aspects regarding the Soul, God, the World Drama, and its duration of 5000 years as well as its repetition, as shared by the Brahma Kumaris, are a little different from some common beliefs held in the world about these aspects. Although if we really dive deep into the history of these common beliefs, we will always find some views regarding spiritual aspects like soul and God as well as physical aspects like the world's history and geography, time and nature, which were different from these common beliefs and were possibly true. But, because these views were not so powerful or were of the minority and looked unconvincing to the majority, they did not get common acceptance. That is why today we do not find some of these uncommon, less popular and possibly true views in our school and college books and other common spiritual and non-spiritual literature, although they have existed in the World Drama. Also, these views were or are

known to some people in the world and are also present in some texts and other lesser popular sources of the world.

Also, we have seen sometimes in the course of history that what everyone believed was correct, was later proved to be incorrect. There are various such instances and examples in the world throughout history. So, it is quite understandable if someone has a few questions regarding some of the aspects of wisdom, which they listen at the Brahma Kumaris. One of the reasons for asking questions is that some of these aspects are different from common beliefs and the other reason is that the source of the wisdom, who has shared the wisdom, is not known, and experienced by a person who has newly got introduced to the wisdom of the Brahma Kumaris.

So where do we start if we have a few questions and doubts about some of the aspects that are told to us, when we visit a Brahma Kumaris service centre anywhere in the world, meet someone from the Brahma Kumaris anywhere or through any other medium of the Brahma Kumaris, which talks

about its wisdom. The answer is simple. Let's discover the source of the wisdom along with getting an explanation and answers about the wisdom. **The Rajyoga meditation taught at the Brahma Kumaris is one way of experiencing the source, because the meditation is a direct union and conversation with the source – the Supreme Being or God.** Once you make this spiritual connection in your consciousness and have that experience, you will easily believe that the source of wisdom at the Brahma Kumaris is God himself and not any human soul, because He is the One who has taught this method of meditation and shared many other aspects of spiritual wisdom, which you hear at the Brahma Kumaris.

Also, we advise that even if you have a few doubts in your mind, begin your spiritual journey by listening to spiritual wisdom and practising meditation for a few minutes every day. Many of us at the Brahma Kumaris have experienced when we were newcomers to the Brahma Kumaris wisdom, that by doing that, over a period of time, we start experiencing the source of the wisdom i.e., God, very deeply. Also, we start understanding the wisdom more clearly and start having complete faith in the source, what He is sharing and why He is sharing. All the doubts and questions go away completely, and a clearer perception of the wisdom based on truth arises. Also, once you begin your spiritual journey, don't leave it in the middle, because the journey itself will give you the faith in the source, the journey and its destination. If you do not begin the journey at all, because you have doubts, you miss the benefits of the journey, which would still be

there, even if you have doubts, because you know inside and do believe many of the aspects of the spiritual wisdom, although maybe not all. So, it's good to begin and start exploring and leave the rest to the Supreme Being or God, to guide you and make you realize Him and the truths, which He is sharing.

As already mentioned, God the Supreme Being is the source of wisdom at the Brahma Kumaris and not any human soul. So, then the next question arises, why should we trust the truths God shares and keep aside some of the beliefs the world has. Some of these beliefs of the world are of the soul, God, the World Drama and its duration as well as about the different Ages or *yugas* in the World Drama and also about the origin of the Universe, its evolution and the age of anything that is found in the world of the past, which the world today believes in a lot. **Why are some of these beliefs different from what God shares? Let's understand:-**

▶▶ 1. No human soul knows the complete truth about the world and its complete history and background with 100% accuracy because it is the law of the World Drama that once any human soul changes its physical costume and goes into another birth, it forgets its past birth and the different events of that past birth completely. Only God does not come in the cycle of birth and rebirth and is a spectator of the entire World Drama from the soul world, where He stays, and He knows every detail of the Universe – past, present and future. Also, only God knows how time is cyclic and how the World Drama repeats itself. The cyclic time theory has been shared by a few people in the world's history in

different parts of the world but the more popular theory in the world is linear time theory. The cyclic time theory states that time moves in a circle, with no beginning and end point. It means time is constantly moving from one moment to another eternally. On the other hand, linear time theory states that time moves in a straight line with a beginning point and an end point of the Universe. God explains to us clearly how time is cyclic and not linear and how the World Drama moves from a phase of purity, peace and happiness or the day of humanity (Heaven) to a phase of impurity, conflict and sorrow or the night of humanity (Hell). God is the One who transforms the night of humanity to the day of humanity with His spiritual wisdom, purity and power and this World Drama of day (Heaven) and night (Hell) repeats itself again and again, just like the day-night cycle of the physical world. Linear time theory, which the world believes in today, sees all events and facts of human existence differently as compared to cyclical time theory of the world, which God explains as the truth.

▶▶ 2. All the beliefs that the world has today, whether they are from history, geography, science, or spirituality, are based on human perception. Although some of the beliefs look to be true to human souls, who created them based on invention, reflection, research and experience, God knows the hidden aspects of everything more clearly and His discrimination and judgment is clearer than human souls whose discrimination and judgment can sometimes have some limitations. This is due to various reasons like not having 100% proof about something,

assumptions made to prove the beliefs right, influence of their own thinking and *samskaras* as well as beliefs, influence of the world and its different people and their thinking and beliefs, etc. Also, as revealed by God, the World Drama of 5000 years consists of four Ages or *yugas* – the Golden Age or Satyuga, the Silver Age or Tretayuga, the Copper Age or Dwaparyuga and the Iron Age or Kaliyuga. All four Ages or *yugas* are of 1250 years each. At certain points of time in the World Drama, especially between the end of the Iron Age and the beginning of the Golden Age and also between the end of the Silver Age and the beginning of the Copper Age, certain physical matter and energy changes and certain non-physical spiritual changes in souls take place, which only God knows, and He has revealed. Human souls have not taken these changes into consideration while coming to their different conclusions or beliefs, because of which many of these common beliefs are different from what God has explained to us.

▶▶ 3. Lastly, whatever God has explained to us is based on the spiritual aspect of life or the existence of the soul, its birth and rebirth and the Law of Karma as well as God's role in the World Drama, which is the foundation of the physical aspect. On the other hand, in the world, the spiritual aspect and the existence of the soul and its related wisdom and facts as well as the role of God are either ignored or not known clearly and correctly, as revealed by God. Also, everything based on the physical aspect is considered supreme and reality of the world, which is not true. This one mistake gives a totally different view and perception of the world. ■■

UNDERSTANDING OF *SWASTIKA*

When the Copper Age starts, *bhakti* starts; and with *bhakti* Maya starts coming. There is neither Maya nor the five vices in the Golden and Silver Ages. Later, when Maya comes, degradation starts. With the help of devotion, people keep moving along somehow or the other.

The Copper and Iron Ages are the times of degradation while the Golden and Silver Ages are called the time of salvation. Some think degradation is due to devotion, but that is not so: the time of devotion is also the time of degradation. Devotion begins when degradation sets in. That is our time for going down, the descending stage of the souls.

These stages are explained very well in the picture of the *Kalpa tree*. Now, we are climbing, filling ourselves. From the Copper Age we start coming down. At the same time, devotion starts. If it would not have been for devotion, we would have become complete atheists. We support ourselves a little by continuously listening to the things of devotion. In absence of devotion, we would have come down more quickly.

The two Ages, Copper and Iron, are the Ages to descend. When a building starts getting old, it continues to degenerate. It can become new only when it is demolished, and the new one is constructed. When it becomes old, repairs

are done to hold it longer, but it cannot become new.

The path of devotion means to repair the old by doing some good deeds, and to save it from falling. Yet it

continues to become old. This account is an aspect to be understood. The Supreme Father explains all these aspects.

There is no need for devotion in the Golden and Silver Ages. As we continue to come down, to the Copper Age, devotion begins. However, although devotion starts, the degrees of purity and divinity still reduce. At the end of the Iron Age, we become completely vicious and need to go into liberation again.

This account is like a *swastika*. Half the time is of happiness and half is of sorrow. There is a difference in the happiness of the Golden Age compared with the Silver Age. The happiness of the Golden Age is elevated; in the Silver Age, it is two degrees less. Gradually, it continues to reduce. But there is still happiness in the Silver Age.

After the Silver Age, in the Copper Age, pain and suffering start. It is little to begin with, and then it gradually increases. In the Iron



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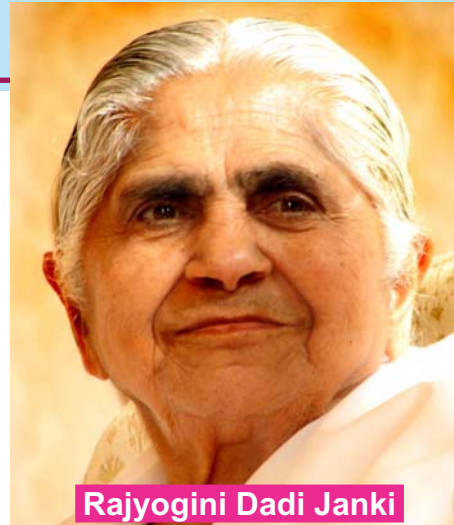
PAY ATTENTION TO YOUR KARMA

In his last versions Brahma Baba expressed that we must be Incorporeal, Vice-less and Egoless. Time is short. One needs to ask oneself: What do I have to do now?

There are some things that cannot be expressed in words; they can only be experienced. We can't express the love we feel for Shiv Baba. He is watching us; our faces, our behaviour and is making us like Him. He gives us so much power that we become spiritual lions. Shiv Baba is concerned that His children should become a sample. Before buying something, one looks at the sample and decides whether to buy it or not. Our aim is to glorify our God Father's name. To glorify the Father's name is to be obedient. It is natural that the child is like the parents. It should be visible from my face as to who my father is.

In the last versions Brahma Baba expressed that we must be Incorporeal, Vice-less and Egoless. Time is short. One needs to ask oneself: What do I have to do now? People have different skills; they can cook, they can sing, they can speak well; however, in a spiritual sense one should ask oneself what effort one must make in the present moment.

One must maintain the intoxication of being a Brahma Kumar or Kumari. Spiritual persons may have no possessions, but they remain intoxicated. On the other hand, one can see the people today. Even those in high positions feel lacking. There may be pain in the body but



Rajyogini Dadi Janki

that is not what I should be focusing on. We have to settle the *karmic* accounts of both the past and the present as well. Some don't pay attention to settling their accounts. I must make sure that I am now creating only good *karma*. Baba has taught us how to use time in a worthwhile way. One should look at oneself and at Baba. 'Om Shanti' reminds us to remain beyond the arrogance of 'I' and 'mine'. One should ask oneself: 'Am I able to remain in the awareness of 'Om Shanti'... completely beyond 'I' and 'mine'?' *One type of settlement is through the body, and another is through relationships – the bondage of relationships. Sometimes, the influence of these aspects (body and relationships) makes us perform actions that in fact we don't want to perform. Our actions should be very, very powerful. Good actions are very powerful. Shiv Baba has made us aware of what type of actions we should perform now so that there is no suffering in the future.*

Catch Dadi's pure feelings...

Baba's words are invaluable. Very few have such inculcation that they can be called angels. When one reaches that stage, it is as if they are just touching this earth to perform

good actions and then they go beyond. Wherever we set foot, there should be the feeling of mercy for others. This attitude earns us multi millions. I need the sense to know how to copy Baba. There is no copyright in this regard. Shiv Baba has given us the right to copy. I just have to stay in His Company and get coloured thereby.

When I came to Baba's *Ashram* for the first time, I saw the beautiful scene of the seniors eating *poori* (a kind of chapatti) in a gathering. I felt Baba's love... Baba asked me what I wanted to do with my future. It was that scene of love that made me want to be a part of this gathering. Baba took us beyond all physical aspects. We were able to go beyond attachment and go beyond the feeling of having to bow down to anyone, that is, to follow directions. It is time to go beyond all aspects of attachment or of coming into conflict.

Now one must check: Is there any old *Sanskar* remaining in him? If so, one must change them. We have all chosen to die whilst alive. This is how our *Sanskar* can become like each other. We must become like God Shiva in our *Sanskar*. Yes, one may have to maintain some physical relationships but let us all be like Shiv Baba in our *Sanskar*. Let me not fear anyone or be such that I scare others. Shiv Baba's words are changing our lives. Our efforts should not be superficial; they should be very deep.

Now, let's be like Shiv Baba. One must emerge one's pure *Sanskar*; let there be no trace of arrogance or body-consciousness. One should be careful of what one thinks and says because one will increase the burden if one gets into negativity. One will then create an account rather than settling it. ■ ■

LAUGHTER: THE BEST MEDICINE

◆ **Teacher: Pappu, how do you spell "crocodile"?**

Pappu: "K-R-O-K-O-D-A-I-L"

Teacher: No, that's wrong

Pappu: Maybe it's wrong, but you asked me how I spell it!

◆ **Santa to his servant: Go and water the plants.**

Servant: It's already raining.

Santa: So what take an umbrella and go.

◆ **One day, Santa finds a monkey on the street and being a good citizen, promptly takes it to the police station to report it.**

The officer on Duty tells Santa to take the monkey to the zoo.

The next day, the officer spots Santa with the same monkey at a bus stop.

The officer said, "Didn't you take the monkey to the zoo?"

The Santa said, "Yes, I did, we had a lot of fun, Even had an ice cream. Today I am taking him to the cinema."



Contd. from page no.... 14

of the country, this practice is still there.

Raksha Bandhan is very special in respect of pure vibrations and has a spiritual significance. **True purpose of Rakhi is to swear in mind that you will create pure thoughts and make your intellect divine and thus become victorious in life.** Now the Supreme Soul is tying Rakhi to all His children, the human souls, with love and affection to liberate them from the bondage of the kingdom of Ravan. It is very urgent to win over the vices and to maintain purity and celibacy in life. It is the remedy to eliminate all mental poisons and thereby restore the virtuous *sanskars*. Throughout the *Kalpa* or history, purity is the mother of all other things. Nothing can be achieved without purity. For this reason, the first half of the *Kalpa* is

reigned by the deities because of purity and divinity in the souls. The mind and intellect function properly when the battery of the soul is fully charged with all the seven original qualities of power, purity, joy, peace, love, knowledge and bliss. When the purity level gets depleted, the soul gradually degrades depleting all other qualities. After Tretayuga, or at the beginning of Dwaparayuga, the purity level of souls degrades drastically. At the end of Kaliyuga, the soul becomes completely impure. Confluence Age or Sangamyuga, is the most powerful time, when a gift of 21-birth heavenly peace and happiness is available as declared by God. Thus, we are the most fortunate and lucky souls being blessed by God to fill the self with His unlimited powers. This can transform us from a normal human being to divine deity for the forthcoming Golden Age. ■■

WORDS OF WISDOM

- ◆ It makes a big difference in your life when you stay positive.
- ◆ When we are open to new possibilities, we find them. Be open and skeptical of everything.
- ◆ It always seems impossible until it is done.
- ◆ You always pass failure on the way to success.
- ◆ The sun himself is weak when he first rises, and gathers strength and courage as the day gets on.
- ◆ Success is the sum of small efforts repeated day in and day out.
- ◆ No goal is greater than the courage of man, the one who does not fight is defeated.

Aug. 2023

A true yogi is one, who remains detached as a lotus in water.

21

IS OUR DESTINY FIXED OR CAN WE CHANGE IT?

A very common question that people have asked since thousands of years is that: "Is our destiny already fixed or can we change our destiny?" Whenever we face a difficult situation in our lives, we often wonder if this is a result of our past actions and we also think that can the effect of these negative actions of our past births on our present birth be reversed or stopped. So, what should we do and where do we start? First, we need to understand very deeply that all human souls have performed some negative actions, along with positive actions, in many of their different births. But a very important point to note is that some souls have performed lesser negative actions, and some have performed more of them. So, as a result, everyone in the world today is facing some or the other negative situations in their lives. **There is a common belief in the world that our destiny is created and written by God and everything that is happening in our lives – whether good or bad, is decided by God. But as per spiritual wisdom given by God, this is not a correct belief.** God does not decide our life's circumstances. Whenever anything good happens in our lives, it is always a result of our good actions of our past as well as because of God's help, which is there in some circumstances, but not in all. On the other hand, whenever anything negative happens in our lives, it is a result of our wrong actions of our past only. God does

not punish us for our negative actions.

So, we all have a destiny based on our past actions. But, at the same time **there are three ways by which we can change our destiny now, as per God's guidance and spiritual wisdom given by Him:**

- ▶ 1. Remember God in meditation and listen to His spiritual wisdom, which will purify the soul and clear off the burden of negative past actions from the soul
- ▶ 2. Perform many positive actions that will fill the soul with the seven basic virtues - peace, joy, love, bliss, purity, power and wisdom and also increase the same virtues in others
- ▶ 3. Remain free from the five main vices - lust, anger, greed, attachment and ego and other vices in thoughts, words and actions and lead a pure lifestyle.

When we do all these three, the soul gets purified and also creates positive *sanskaras* of goodness and giving. These changes inside the soul change its destiny and attract more positive and beautiful situations in its life and change its negative situations to positive ones. They also make its future births full of positivity and success. ■ ■



THE GREATEST CRICKET MATCH

The greatest cricket match is now being played before your eyes. Are you on the field batting for God and truth or sitting in the stand drinking beer? Even if life is not cricket (fair) for you and is unjust, you can still make runs and win the match.



B.K. David, Paignton, England

Are you playing life's game just for yourself with selfish motives? Or are you also playing for your family but no one else? This is the story and popular game of today and all live by man's rules alone. It is no longer a fair playing game of life that resembles cricket but has turned into a game called Complete Selfishness!

A loving, caring sportsman playing for truth and God and batting for His team only would be paying attention and concentrating on the ball to win runs for his Godly team.

Only those with a clear aim and mind will learn to bat with Godly wisdom and get smart from their Captain's advice.

Tests will always come to you regardless of how much you push and pull the roller of effort to keep your cricket pitch flat (in order and in peace) so that you might score as many runs (good karma) as possible to put on the scoreboard for yourself and your side.

Most people have allowed themselves to become subservient and forgotten

how to be a master of their mind and bat (actions).

When a person is no longer a master, he will be a victim of life and with it, blind, as he'll be thinking he is a master. Yet how is the batsman that is being hit for 6, ball after ball? The ball of karma can be very hard and painful especially when it hits the head or elbow time and again instead of him being in charge and hitting the ball for 6!

Ask yourself: am I always batting on the team that carries the bat of selflessness? Or am I seen to be often changing sides and start batting for one of man's many selfish teams?

Many are not even on the field of play but can be seen lazily sitting in the sun drinking and eating.

Some spend their free time in the pub, others gambling, while some searching for gold in the ground instead of sowing gold seeds of goodness and service within their own field; found in their soul and turning their mind into an unlimited gold mine. The end of the world is here and so is God, yet they are busy sleeping.

Howzat!

Life can often feel very unfair and not cricket at all but if you play the game fairly and play holding only the bat of truth and do not ever hold a bat of lies and falsehood, you can win the game. You will also need to hold the bat of 'paying attention' and focus your mind on the main aspects of the game which is being spiritual and remaining at peace.

Without dedication, effort, love, patience and peace you'll get out quickly. Keeping these five at the forefront of your game when batting at the crease will ensure your face does not crease with sorrow and you can make a lot of runs and achieve a high score and be part of your team's success.

The storms of bad habits always come and blow sand in your eyes and blind your vision and scramble your mind for a few minutes or hours, that they blow. Be wise and glue your safety glasses firmly to your head of peace and focus your aim on the ball of spiritual success.

Is there any reason why you cannot hit a six in each over? We often find excuses for not doing what we intended to achieve. Rare is the batsman that makes no excuses: only the cricketer that can focus on the job at hand and deliver his best performance time and again can walk to the pavilion smiling and contented amidst a sandstorm.

Many complain of a lack of success when they score only a few runs (service success). Yet the wise would examine his outlook and refocus if time and again he is

being bowled out from life's spin. Nothing really can stop a person from scoring runs for himself and his team if that's what he really desires and has set himself such an aim and has a good plan of action.

Many seem to complain of what they see around them instead of making efforts to change what it is they see as wrong by doing what needs to be done.

I know people that sit back and so far, have seemingly spent their entire spiritual life in the old locker room of Complaint and Apathy.

Have you been doing or have done, or still thinking about it, or spent years just blinking?

They are scared to step out on to the field and 'have a go' and use their skills to score runs. Yet when these do step out, they are soon seen heading back to the changing room of constant complaints.

They are blinded by their sun of laziness having made no effort out on the field (of service) and are undeserving of a warm shower after the match, let alone a pat on the back for their effort: they've not sweated in the name of truth and will expend more energy and time filling in their complaints' book that is very thick and heavy and which they then must carry round with them everywhere they go.

The world is busy watching the fashion in the crowd and not the ball and so will remain unable to hit the ball and make runs.

Many are bowled out in the first over as their concentration power on the

approaching ball (problem) is zero as they were looking at the fashion in the crowd and imagining how they would look dressed like that.

Are you the one who sometimes gets caught up in what others are wearing, admiring their hats, lipstick, hairstyle, glasses, coat, handbag, or dress and how white their teeth are?

Some get out at the first ball as the bowling crease had many bumps as they had not spent any time preparing it (their mind) and the unpredictable ball bounced and fooled them completely and hit them on their head and their wicket (of happiness).

If your life is a crease containing many bumpy bad habits that distort your mind and thoughts, you'll never be a winner as your innings shall be cut short each day you set foot at the crease trying to score (being happy) runs. Life's bowler (problems) is far too powerful and easily bowls most out.

It's a sad fact that most whilst stood at the crease, gain only wrinkles on their face with no runs on the scoreboard of their soul.

People have not learnt that if they stand at the crease holding the bat of falsehood and are more concerned with how they look and who is looking at them instead of whether they are scoring runs and winning or not, they'll have lost a great opportunity to make their life great and worthwhile with no notable success. A permanent happiness will elude them, and their closest ally will be fashion and a cold beer after the match to drown their sorrows.

Are you out to help win The Godly Gold Cup or are you more interested in having lips like a duck that will see you out for a duck?

So, if you want to win life's game and be in God's bigger picture and at the forefront on the pitch and not sit idle as an onlooker in the distance unrecognisable just watching the game and are prepared to get your whites dirty from your effort and win the Gold 'Cup of Happiness', be prepared to concentrate on yourself and your abilities, fitness and state of mind.

You need to be always aware of the condition of the ground (your circumstances) when going to bat (step on to the sacred ground of service).

Those with three eyes have a great advantage when it comes to keeping an eye on the ball, wouldn't you say?

Many do not pay attention to many important facts such as their own ability and play with poor vision and impaired judgment or have weak arms (mind) and end up being out in the first over.

In the UK, England play cricket at Lords as once, it was 'The Lord' that made clear how we should live and play life's game fairly and truthfully.

Father Time is encouraging you to get up off your seat.

The Lord knows that when we bat using the bat of truth and learn to concentrate on the ball and play within the laws of spirituality, our game becomes elevated and we can help lift the gold cup for The Lord, and Master. ■ ■

power is the power to discriminate between good and bad, right and wrong and to select the right in the form of thoughts, words and actions and bring them into practical use. Suppose I know that in a certain situation, especially in dealing with people, I have two choices. In such a case, a good practice is to use the spiritual wisdom that I possess in my intellect and discriminate correctly and take a right decision.

Other powers include **power to tolerate** a situation or a person. Sometimes, in many cases we are not able to cope with a person's attitude which is different from us, and we react or respond negatively. In such a case, it is the lack of this power. Also, the power to face is a significant power, a lack of which can cause us to become fearful of difficult situations. Sometimes, two people can experience and perceive the same situation differently because they are lacking in the same power to different extents. We all are lacking in some power or the other and it is only through practice and consistent self-effort that we can become very strong and full of all important powers.

Another very important aspect of our daily lives **is erasing or removing the negative personality traits** that exist inside us. We also need to ensure that they do not come to the surface and do not cause hindrance in our everyday dealings. In this sphere of self-change, there are some people who are more sensitive to their weaknesses. They are always keen

to transform or remove them completely while some are less sensitive and are unable to realize or check their weaknesses and change them. Spiritual power comes later in self-transformation only when we first use the power to realize that a particular weakness exists inside me. If I don't realize, I will not work to bring that power inside me. Also, once the realization is there, we need to think about possible thought patterns and efforts at the level of words and actions, which will take us to a perfect personality. We need to remove the flaws or weaknesses that give us unhappiness and make others also discontent.

Lastly, **the most important tool to be used in self-transformation is taking power from a higher spiritual source and then using that power to change our thoughts.** Also, the power helps in changing the seed of the thoughts – our personality. Once the personality is changed, our thoughts start taking shape accordingly. Once the thoughts change, our feelings, attitudes, vision, words, and actions move towards a positive direction. Self-effort is not so difficult, but it can seem difficult if spiritual power is lacking. So, meditation is the foundation of all self-change, whether it involves imbibing new qualities and powers or whether it is becoming a better person, by removing weaknesses. Meditation is a connection at the level of the mind and thoughts with the Supreme Soul or God, who is an ocean of spiritual power or strength. ■ ■

CONTENTMENT IMBIBE AND RADIATE

A life-skill that we need to learn is to balance our contentment and our desires. Let's check ourselves, if we say, after I make all these improvements in my life, I'll be contented or do we say I'm contented right now, and ready to improve further. Contentment doesn't mean we have no desire to achieve. It means we are already satisfied, and willing to work harder to improve our future. Have you come across people achieving goals, doing well, leading comfortable lives, but never contented? Have you also met someone who has hardly achieved anything, but is very contented in life? Does it set you thinking about the link between contentment and achievement? **Contentment is independent of who we are, what we have or what we achieve. It is a beautiful quality of being happy with everything as it is now, while working towards more.** Contentment is to be cultivated, irrespective of external situations and people. Being content does not imply we withdraw, be lethargic, stop achieving or settle with what we have. It simply means everything happening at this moment – who we are, what is happening to us and around us, and the people we are with - everything is fine the way it is, and we are ready to work on things further. It takes just one thought to be

contented. Your energy of satisfaction fuels your positivity and power to your situations.

Before beginning the day, remind yourself every day that you are a contented being. Always be contented with every scene of your life, with yourself, with your family, with your work, with what is happening to you, around you, to the people you are with. Everything is fine, happening exactly the way it is meant to be, the way you are is perfect, what you have is enough and people and situations around you are right. Your contentment reflects the happiness and peace within you. Nothing outside needs to be perfect for you to experience contentment. Never compromise on your values of peace, love and happiness while working towards your goals. **Your contentment is not dependent on what you have achieved. Be satisfied with what you have.** Remaining contented, now work towards more, develop healthier habits, learn new skills, achieve meaningful goals and work on self-improvement. Radiate your highest vibration to every scene. Radiate your peace, purity and power to every scene and elevate the energy of the next scene. Cooperate with everyone instead of competing. **The positivity you create from within, the blessings you get from people keeps you contented, happy and successful always.**



MEETING PEOPLE'S EXPECTATIONS

Sometimes we feel burdened by people's expectations. There are expectations of our parents, teachers, friends, spouse, office colleagues, children and so many other people in our life. They seem to control our choices and decisions. People try hard to live up to expectations of other people, but most are not completely successful.

Everyone cannot be happy with us all the time, so trying to match their needs can only leave us exhausted.

- ▶ 1. People's expectations create pressure inside us and lead towards fear of not being able to make them happy. This lowers our efficiency. Set goals, plan, execute, achieve, and enjoy your success – everything based on your capacity, your priority, and your principles.
- ▶ 2. Care selflessly and give your best in every relationship. After that, stop worrying whether you meet others' expectations, whether you get approval or whether you are seen as good enough. Set clear boundaries for yourself and communicate it to others.
- ▶ 3. Love yourself and radiate love to others. But if you live a life trying to keep up with others' expectations even when it is not in your capacity, you cannot be happy. Your unhappiness radiates vibrations of pain and discomfort even to those whose expectations you are trying to meet and harms the energy of your relationships.
- ▶ 4. Do not agree to do something you don't want to do. Refuse politely and firmly and do not feel guilty about it. Be authentic and people will accept you for who you are and as you are. ■■

Raksha Bandhan

The family and team members of ***THE WORLD RENEWAL*** offer multi-million congratulations and good wishes on the occasions of ***RAKSHA BANDHAN*** and ***JANMASHTAMI*** festivals to its beloved and inquisitive readers along with all other souls of the world. Let God Father Shiva instil in you all, new zeal and enthusiasm to celebrate these festivals merrily with a spirit of universal brotherhood, mutual respect, love, exchange of sweets and sweet behaviours.

THE MEETING POINT

B.K. Andrew, Romford, England

There is a very special, wondrous moment
When realization comes and it doesn't
disappoint
When the human soul meets the Supreme Soul
It's an ancient relationship that got buried by our
roles

An auspicious meeting that makes the heart
melt
No deeper experience can ever be felt.
In sorrow people say "oh God", because they've
met Him before
It's logged in the memory banks of every soul
forever more

When happy that memory is merged
Intense suffering makes that memory emerge
"Oh God please save me; oh God help me"
He removed all sorrow before you see
We experience that moment when all
awareness of the body is removed.
That moment is when God's existence is proved

We play this drama of many, many lives
Play every part from children, husbands and
wives
When happiness goes and sorrow is our
companion
It will be time to have that reunion.

He doesn't have a body of His own.
So many people around, yet we came alone.
The Yogi wishes that meeting before the
emergence of intense sorrow
Why not have it now, instead of waiting for
tomorrow.

He breaks the consciousness he holds of his
body
Detaches himself from everything and
everybody.
Like attracts like and he is pulled above
By the One that's waiting with such pure love.
A love that's long forgotten suddenly emerged
Like a child and its mother inseparably merged.

AMRITVELA THE TUNE OF FLUTE

– **B. K. Jayshree Verma,
Bhubaneswar, Odisha**

Yesterday I saw a sweet dream, Near me
was He.

I was awake in my sleep, I was listening to
the tune of flute.

Amritvela the magical wind blew, The sky
was full of stars.

Every Amritvela you come and, wake me
from my nap.

There is something unique in you, in the
world no one is there like You.

Awakening the love like Meera *Thakurji!* Are
you repeating the story?

Our home is facing each other's, today you
come again to fascinate me.

You were near me, I could hear, The
footsteps of Yours.

It is not a dream, but a reality, that You played
the flute.

I was awake in my sleep, I was listening to
the tune of flute.

Celibacy – A Must For Real Independence
Contd. from page ... 3

or even talk about them in these times of dire need of celibacy? Now, when the enemy called sex-lust has crept in surreptitiously and has, as it were, invaded man's mind in a manner not obvious to others, disrupting severely the country's economy as a virtual military blockade does, is it in any way decent to think of conjugality, particularly when they profess love for their country? Wouldn't their behaviour be a form of hostility to their own motherland?

We should never let ourselves forget that every right carries with it, certain responsibilities. These two are linked together like the two sides of one and the same coin. They cannot be separated from each other. To discharge our obligation to our ancestors, to our country and particularly to God, the Creator of the righteous and viceless world of Satyuga, we should consider it our prime duty to recognise thoroughly that this lust is not the right thing but a vice, a despicable thing, an evil or a sin, instead of whatever sensual people say in its favour.

No Real and Lasting Social Service without Celibacy

Now-a-days, people are engaged in one kind of work or another, which they call by the name 'social service'. In almost all countries, individually or through associations, millions of people are engaged in providing relief to those who are affected by the prevailing (and it appears never-ending) poverty, unemployment, starvation, diseases, injustice, oppression, and dearth of basic facilities. There are many institutions and

numberless social service volunteers to help the afflicted tide over their sufferings. Government servants and leaders are associated with this kind of social service because they are trying to solve the problems of the society. Besides these, there are workers in other spheres of activity, and they too are known as social workers. There is one thing to note in respect of these workers and that is, that no one can help to reform the society and to accomplish its welfare in any remarkable manner without observing celibacy.

It is but natural in Kaliyuga for anyone to have partiality or attachment to a lesser or greater extent towards others. Consequently, he does not consider people in general, to be as near to him as his own children, his wife, or his near and dear ones. When we take the case of the country's fight for freedom, we find that those leaders and social workers who followed purity did succeed in doing solid work without fear or favour. They were wedded to the cause of freedom and regarded all people, both men and women as members of their vast family made up of brothers and sisters.

Can we not, therefore, for the sake of the country's true freedom and true sovereignty and, to remove the misery of poor, weeping children and to save the people from dacoits, observe celibacy for the coming few years? Does one think that the fight for independence is over and we have accomplished the real Self Sovereignty? Does one think that Ram Rajya has come? No. That cannot be if there are

Contd. on page ... 34

A CELEBRATION OF BROTHERHOOD

Raksha Bandhan The eternal bond of protection

The Festival of Raksha Bandhan, celebrated annually in August, is a memorial of a time when humanity was united by a loving relationship with God that protected and uplifted them and created a heavenly renewed world. After a few thousand years, the present era has modernized and limited this festival to relationships within the nuclear family, where sisters lovingly tie the threads of beautiful and often handmade 'bracelets', called Rakhis, around the wrist of their brothers to honour, protect and pray for their well-being. The brother, in turn, promises to protect the dignity and honour of his sister and family. To date the customs and lessons demonstrated in this special celebration have kept the family strong, functional, and united. Family members remain close knit as it strengthens the bond of love, respect, care and mutual trust among them.

Raksha Bandhan shows us what relationships should be like if they are nurtured with love, respect, kindness, and empathy. When this sacred thread of protection, the Rakhi is tied on my wrist, I promise to stay in my original nature of soul-consciousness full of peace, love, purity, wisdom, mercy. I remember to see myself as a soul with a body, rather than a body



with a brain!! My every thought, word and action become one having good wishes. These work as my protection and stay with me forever! Yes! It's possible! Now, with knowledge of soul-consciousness, I see everyone as a child of God and part of my spiritual family. This unlimited vision of universal brotherhood breaks all barriers of caste, creed, age, gender, religion, socio-economic status, colour, and personality traits. Our vision is broadened to the entire earth as one family under the Fatherhood of God. Now all religions and over 100 countries value and celebrate this festival.

Raksha Bandhan encourages respect for both genders, particularly women, to protect and ensure their equality and safety. However, their protection and honour rests not only on brothers within their family, but on every member of the society. No single individual can protect another person all the time, especially now with the decline in moral values. Lust and anger start in the mind and are the root criminal causes. Positive change can happen with spiritual training and empowerment. The antidote is to create pure feelings within. The daily practice of meditation enables us to

channel our thoughts in a positive direction and put a full stop to our wasteful and negative thoughts of body-consciousness. This purity of mind brings happiness, wisdom, and the power to keep on giving.

In these times of potential and possibly deadly changes, the Supreme Father is

bound to look after us. God is surrounding and tying an 'unlimited Rakhi' on his loving spiritual children with golden strings of pure love and light!! Each time we meditate, we can experience being tied and surrounded with God's subtle, ever-present, and loving 'Rakhi of light and might'. ■ ■

SILENT VOICE



**There is a Silent Voice within me,
It Pricks me up.
It wakes me up.
Every now and then, I snooze off,
It kindles me up.**

**If I unfold, it folds me up.
If there is agony, it aids me up.**

**If I topple down, it Lifts me up.
If there is loathe, it hugs me up.**

**If there is Dubiety, it troths me up.
If I be Gloomy, it Shines me up.**

If there is Sorrow, it Tickles me up.

**Silent Voice is Alluring, rather than
talkative Voice.
What is Invisible, it turns into a
Visible Choice.**

**Mind Vision is Divine than Actuality.
Silent Voice Creates Solidity.**

**Until now I was Nescient of the
Mighty Power within me,**

**God has Awaken the " Silent Voice.
"A Miracle Voice"within me.**

– B.K. Sarika, Nalasopara, Vasai (MH)

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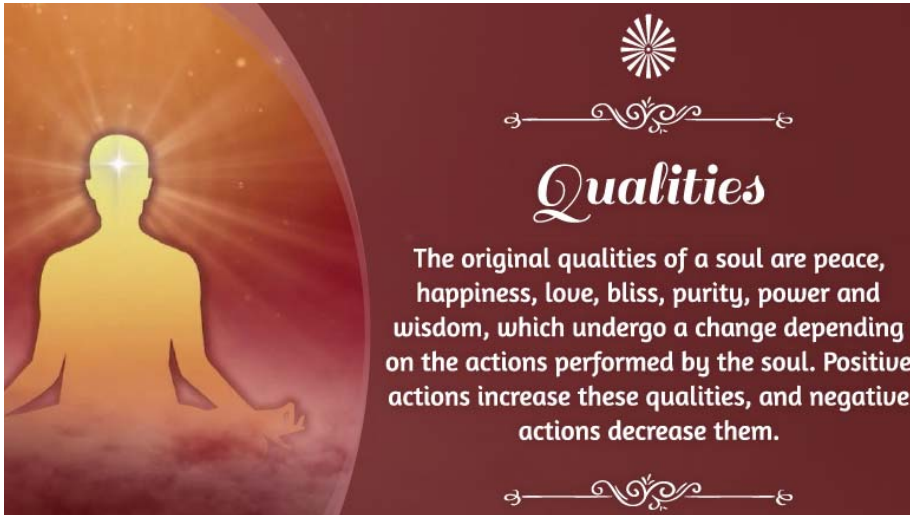
Age when sorrow dominates, God, the Supreme Soul comes to cleanse and transform the old world and take the souls back into paradise. As the souls change, the world also changes as well and the cycle restarts with the Golden and Silver Ages. In this way, the cycle continues to spin.

This is the time, the Confluence Age when the Father Himself comes and liberates us from the vicious grip of vices and then sends us to salvation where a new cycle of time starts. This is the meaning of liberation and salvation and the One who grants them is God. ■ ■

Contd. from page no.... 31

people, millions as there are today, who are screaming in agony or are addicted to corrupt ways or are still trapped in the prison of Ravana (i.e., Maya or five vices). The rule that we have now secured is still nominal, in that the people are still thirsting for peace and happiness. There is neither peace nor plenty. Even today we ask for this or that kind of aid from foreign countries. We are still trying to produce food

and wealth to meet the needs of the millions who live below the poverty line. In short, true Self-Sovereignty can be attained only when, not the sex-lust, but God guides us, and we observe complete non-violence in the form of celibacy. ■ ■



Qualities

The original qualities of a soul are peace, happiness, love, bliss, purity, power and wisdom, which undergo a change depending on the actions performed by the soul. Positive actions increase these qualities, and negative actions decrease them.

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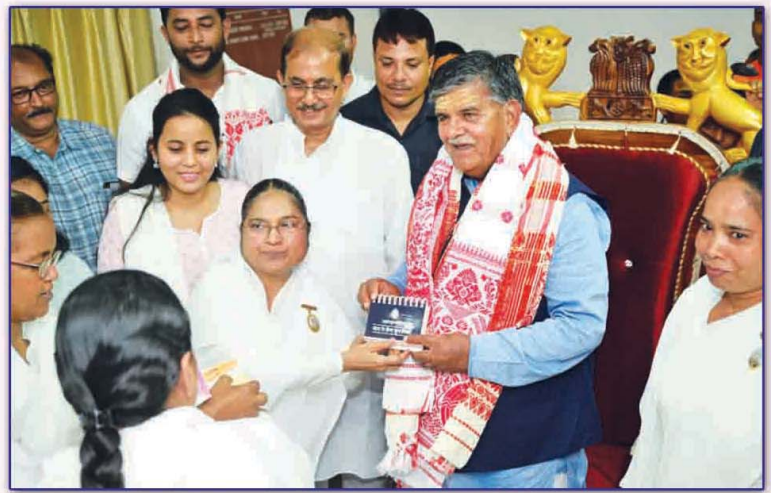
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Gwalior (MP): HE Droupadi Murmu, the President of India is being greeted by BK Radha, BK Surabhi, BK Roshani, Dr Gurcharan and BK Prahlad.



Nagaon (Assam): HE Gulab Chand Kataria, Governor of Assam is being presented Godly gift by BK Sarita and others.



Moscow: During her visit to Tyumen, Siberia BK Sudha is addressing a programme on "How to keep peace and joy in different life situations".



Bhilai: A programme on God's Power is being inaugurated by BK Shivani, Mr Vijay Baghel, MP, Mr. Devender Yadav, MLA, Prof. M. K. Verma, VC of CSVTU, BK Hema, BK Asha and others.



Bidar (Karnataka): Lighting candles to launch 2023 as Year for Positive Change are Mr. Vijaykumar M. Anandshetty, District & Sessions Judge, Prof. B.S. Biradar, VC of Bidar University, Dr. Reshma Kaur, Dr. Prem Masand, BK Pratima and others.



Vadodara(Guj): Rajyoga session on physical-mental health and self-control for policemen is being inaugurated by Commissioner of Police Dr. Shamsheer Singh, DCP Ms Radhika, ACP Mr. Kamlesh Vasava, BK Aruna and others.



Ranchi: A Seminar on "Managing Stress through Meditation for Media Professionals" is being inaugurated by Mr. Chandan Mishra, Associate Editor, Hindustan. Mr. Amit Kumar, News India, Mr. Sandeep Nag, Dainik Bhaskar, Mr. Anshu Kumari, Loktantra19, BK Nirmala and others.



Bikaner (RJ): Mr. Narendra Modi, Hon'ble Prime Minister of India is being greeted by BK Kamal.

Jaipur: HE Droupadi Murmu, Hon'ble President of India is being felicitated by BK Sushma, BK Chandarkala, BK Ekata, BK Rajesh and BK Paras.



New Delhi: Mr. Om Birla, Hon'ble Speaker of Lok Sabha is addressing the National Launching Programme of Brahma Kumaris on '2023: The Year for Positive Change' at Indra Gandhi Stadium.

Mount Abu: A National Conference on 'Envisioning a Better Tomorrow for Scientists and Engineers' is being inaugurated by Mr. Ashok C Panda, Minister of Science & Technology from Odisha, Dr. BK Nirmala, BK Raj, BK Karuna, BK Mohan Singhal and others.

