



# The World Renewal

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**Raipur:** HE Droupadi Murmu, the President of India, Mr. Bhupesh Baghel, Chief Minister of CG, HE Vishwabhusan Harichandan, Governor of CG, BK Hemlata, BK Savita and BK Asha are inaugurating the programme on 'Year of Positive Change.'



**Delhi:** Mr. Narendra Modi, Hon'ble Prime Minister of India is being greeted by BK Asha after tying the sacred Rakhi. BK Brijmohan is also seen in the photo.



**Delhi:** HE Droupadi Murmu, Hon'ble President of India is being tied sacred Rakhi by BK Asha. BK Brijmohan is also seen in the photo.



**Bilaspur (CG):** BK Swati is presenting Godly gift to HE Draupadi Murmu, the President of India. Mr. Bhupesh Baghel, Chief Minister is also seen behind.



**Cuttack:** Justice Subhasis Talapatra, Chief Justice of Odisha High Court is being tied Rakhi by BK Sulochana.



**Chhatarpur :** Bageshwar Dham Peethadhiswar Dharendra Krishna Shastri is being presented Godly gift by BK Rupa and BK Mohini after tying Rakhi.



**Abu Road:** A Politicians Service Wing Conference is being inaugurated by Mr. Vijay Kumar Sinha, Leader of Opposition in Bihar Assembly, Dr Bhola Singh, Member of Parliament from UP, Rajyogini Dadi Ratanmohini, BK Brijmohan and others.



**Abu Road:** National Media Conference is being inaugurated by Mr. Bhola Singh, MP, Prof. Sanjay Dwivedi, Former D-G, IIMC, Delhi, Prof Mansingh Parmar, Former VC, KT University of J&MC, Raipur, BK Dr. Nirmala, BK Atamprakash, BK Shantanu and others.



**Abu Road:** An IT Wing Conference on "Inner Resilience" is being inaugurated by Mr. Abhay Tiwari (Regional Director, Microsoft Ltd., Hyderabad), Ms. Prabha (Director, Department of Telecommunications, New Delhi), BK Atamprakash, BK Dr. Nirmala, BK Yashwant and others.



**Dehradun:** BK Manju is being felicitated with Uttarakhand Ratanshree award by N. Ravi Shankar, Chief Secretary of Uttarakhand, Dr. R. Meenakshi Sundaram, IAS and President of International Goodwill Society of India and Mr. Kunwar Raj Asthana, Secretary of the organization.



## THE TALE OF VIRTUE

**There is nothing inherently wrong with material success and pleasures. But, when the society begins to place too much emphasis on them, there is a resultant moral and spiritual bankruptcy.**



**P**eople in the Copper Age (*Dwapar Yuga*), i.e., the third epoch, were far less greedy and more righteous than those living today. **There is an illustrative story in this regard.** It says that, once upon a time, a farmer sold a piece of land to another farmer. While the latter was tilling the earth, he unearthed a pot, which was full of golden ornaments. He took the pot to the farmer and said, "My friend, this pot that is full of gold, has been found when we dug the piece of land, I bought from you. Please have this pot as I have paid you for the land only and not for these golden ornaments to which I have no claim."

The seller then replied, "My dear friend, I won't and can't have it because I have sold off the land and, therefore, all that the land yields, would belong to you. I have nothing to do with what the

land may now give you."

Both stuck to their respective points; neither of them was ready to take possession of the pot or its contents. Both, therefore, approached the king of the state and submitted their case to him for his judgment. The seller said, "My lord, as I have sold off the land, I have no right to it." The purchaser, in his turn, said, "My lord, I have paid for the land but not for the golden ornaments in this pot, which I cannot, therefore, morally have."

The king reflected deeply over the matter, but was in a fix concerning what to say about it. Well, both the farmers were right in their own perspective. Seeing the king lost in thoughts, both of them suggested that the pot and ornaments be deposited in the State Treasury.

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## IN SEARCH OF ETERNAL TRUTHS

**After listening to the elevated versions from the Supreme Being for over 60 years, it has become crystal clear to my mind that the Truth about God and His eternal creation cannot be revealed by any human Philosopher, Religious Founder, or Scholar.**



**O**ver a few decades, we find there is a lot of turmoil over the understanding and acceptance of different aspects of history, philosophy and religion.

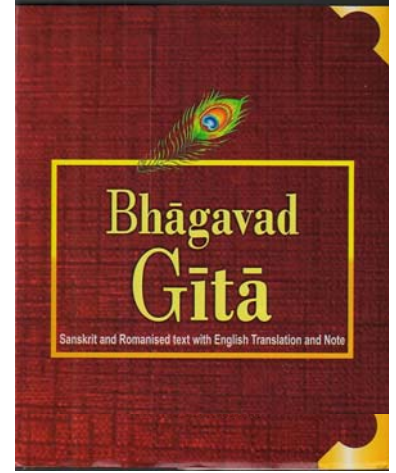
Many renowned authors like Gandhiji, Tagoreji, Dr. Radhakrishnan, Swami Chinmayanand ji, K M Munshiji and more have authored interesting interpretations of the Shrimad Bhagwad Gita in their own words. I too had been in search of reality as a young adult, and had gone through the English versions of the Bhagwad Gita. On the Brahma Kumaris spiritual path, B.K. Brij Mohanbhaiji, BK Basavarajbhaiji, B.K. Ushabenji and a few others continue to do their best to share the truth about God: The Sermonizer of the Gita, as studied and shared by the Founding Members of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. Many scholars have attended seminars, conferences, dialogues organized by the Brahma Kumaris on the subject, but we see that it is very difficult for them to be convinced by the unique explanations of our B.K. brothers and sisters, and so they again revert to the concept of God's Omnipresence, and their own interpretations of Shrimad Bhagwad Gita.

The question arises, who can clarify and convince humanity about the reality because

as per the historians it was 5000 years ago when God, Sermonizer of the Gita, had revealed the truths of the Knowledge about the Gita, and after so many generations,

certain aspects such as the concept of the revelation of Gita Knowledge on a battlefield etc. is not acceptable by many-many intellectuals of the present generation. Despite a number of interpretations and beliefs, there is such confusion about 1) the Existence of God, 2) God's Name, 3) God's real form, and 4) God's greatest task on earth of world transformation via human transformation brought about by His teachings of the real wisdom of the Gita and Sahaj Rajyoga.

**The exact knowledge of the Gita empowers human minds to understand, visualize and accept the reality of the Self being a 'Soul' or 'Spirit', and to live on this world stage in soul-consciousness, which further becomes the basis of Yoga (connection or communion) with the Divine Supreme Being, who is eternally the**



**greatest, most powerful spirit or soul.** This nearness of relationship recharges the human soul for self-purification and divinization—the core basis of Self-Realisation and God-Realisation. Some of us among the masses at these end times of *Kaliyug* (Iron Age), the time of extreme impurity and peacelessness, have had the fortune of listening to the direct versions of Incorporeal God Shiva, through the corporeal medium of Prajapita Brahma. Kindly note that Brahma Baba never identified himself with the Supreme Being, God Shiva, except for being His chosen instrument for revelation of the truths of Godly Versions, known later as Shrimad Bhagwad Gita.

After listening to the elevated versions from the Supreme Being for over 60 years, it has become crystal clear to my mind that the Truth about God and His eternal creation cannot be revealed by any human Philosopher, Religious Founder, or Scholar. **It's high time that we shrug off the veil of wrong concepts from our lives, and start learning the actual truths being revealed by Incorporeal God Shiva at the present time:**

- ▶ It is an undoubted fortune that Bharat is God's land of reincarnation. This has been beautifully inscribed on the Tower of Peace, Mount Abu, at the original HQs. campus of the Brahma Kumaris as follows: ***“Supreme Soul Shiva is the Supreme Father of all souls, Bharat is the greatest land, Abu is the most elevated pilgrimage place, Explain this secret to everyone...”***
- ▶ Over the decades, Supreme Being God Shiva, has been emphasizing that those of us who have had first-hand experience of being face to face with the Supreme Source of Wisdom, Power, through Brahma Baba, should convey the Godly message to every

individual that they are eternal human souls, '*Saligrams*', eternally belonging to the Supreme Soul God 'Shiva'. This yogic experience of bonding and belonging is extremely subtle and powerful.

- ▶ It is also important to share with all that Supreme Father, God Shiva, plays important roles of our eternal **Spiritual Father**, who becomes our highest **Spiritual Teacher**, and finally bestows the blessings of *Mukti* and *Jeevan Mukti* as our **Satguru**.

Many of us who have had the fortune of being close to the Supreme through his chosen mediums Pitashri Brahma, Trance Messenger Dadi Hirday Mohini, or even senior instruments (Dadis and Dadas, the original founding members of the PBKIVV) **have thoroughly researched and experienced the beauty of God's presence in our lives, and accepted the value of His words of wisdom, and power of Godly discipline for self-transformation from ordinary human beings into worship-worthy deities.**

Most humbly I share that the knowledge of the Self and Supreme Parent is the most powerful and enlightening reality, which needs to be imbibed universally. It is a matter of great joy that over the last few decades this reality is spreading rapidly in all corners of the globe and amongst souls of all religions. As the entire human race passes through extremes of negativity, peacelessness and sorrow, it is our ultimate duty to guide humanity across stormy waters so that they use spiritual knowledge and the power of meditation to return to their own elevated, peaceful, wise and complete inner stage and reforge an unbreakable bond with the Supreme Parent, Incorporeal Almighty God.

**--B.K. Nirwair**

## Global Summit on 'Divine Wisdom for New Era' held at Abu Road

The Brahma Kumaris were honoured and delighted to host the 4-day **Global Summit 2023** from 22-25 September 2023 at Shantivan Campus, Abu Road, on the pertinent topic, '**Divine Wisdom for New Era**'. Speakers, which included ministers, judges, and industrialists especially stressed on spiritual awakening to combat crucial issues like war, climate change and communal disputes. About 6000 guests, including more than 50 MLAs, MPs, Cabinet Ministers of centre and states, Academicians and CEOs and Directors of private companies participated in the Summit from all over Bharat, Nepal and some foreign lands and experienced peace, wisdom and the courage to bring about positive change.

**Few valuable experiences and inspirations from some of the eminent Speakers are shared below from each day of the Summit:**

At the Reception Session on 22 September, **Assam Chief Minister Dr. Himanta Bishwa Sharma** said, “Our country has been the centre of spirituality for thousands of years. There are many people in India who believe that India started from 15 August 1947 and our Constitution is the fundamental of India. But I think that India's eternal civilization and culture is five thousand years old, which is the fundamental pride of India. The knowledge that we have learned from sages has been incorporated in our Constitution. The Constitution of India is inspired by the education, civilization and values of our country, which says that we should follow the Constitution. But I say that before anything else, if we follow the ancient teachings of India, we can become a good human being”... Chief Minister Sharma further said that the “Brahma Kumaris give us the knowledge to unite the soul with God... Seeing the dedication, peace and

purity of the Brahma Kumaris people, I feel purity in my heart... Brahma Kumaris is doing commendable work in the field of yogic farming, drug de-addiction, cleanliness campaign, water conservation and women empowerment in the country and across the world.”

Rajyogini BK Mohini Didi, Additional Administrative Head of Brahma Kumaris, said that today the world has made a lot of progress in all fields. But there is no balance of awareness with this progress; unless there is new thinking, change cannot happen.

At the Inaugural Session on 23th September, while addressing the theme, **Union Minister of Chemicals and Fertilizers Bhagawanth Khuba** ji said, “India is a country of sages, ascetics and yogis. India is a world leader in knowledge, science and spirituality. Due to many reasons, there was distortion in the middle, due to which unrest, unrighteousness and untruth came in the world. But now, India is the main country which can give direction, peace and religion to the world. The time has come to inspire the world once again... Through One Earth, One Family, One Future in the G-20 conference, India has shown the world that we aim to live by '*Vasudhaiva Kutumbakam*'. Unless the world uses women's power to its full potential, it cannot achieve full development. It is equally important to put into practice what we talk about.”

**Former Union Minister and MP from Haridwar, Ramesh Pokhriyal Nishank**, shared that the Brahma Kumaris are connecting the soul with God: “This journey of the Brahma Kumaris is a source of inspiration to all human beings to remain human, and achieve success through determination. It is said in our scriptures that

*Yatra Narayaste Pujyante Ramante Tatra Devta*: That is, where women are worshipped, the gods reside there. The respect and place given to women in this university is not seen anywhere else. We have addressed the entire earth as 'mother'; we talk about *Vasudhaiva Kutumbakam*, but we should not only consider people of the world to be our family, but also wish for everyone's happiness and health—this idea exists only in our India...

Additional Administrative Head, Rajyogini Jayanti Didi, shared, "Change is the law of nature but those who are wise make changes in themselves at the right time, and make their lives highly ideal."

Secretary-General Rajyogi BK Nirwair Bhai shared that "God has given us *Shrimat* to wake up in the morning and first say good morning to God. If we first say good morning to God, then the whole day will go well."

Senior Journalist Sarfaraz Saifi of New Delhi said that "the work that Brahma Kumaris is carrying out in the country and world needs to be intensified. Today everyone needs peace, and we will get peace only by uniting the soul with God."

Three personalities were awarded with the **Rashtra Chetna Award**: Senior Journalist Sarfaraz Saifi of New Delhi, Senior Journalist Himanshu Dwivedi of Raipur and Brand Ambassador of Swachh Bharat Mission of Rajasthan, Shyam Pratap Rathore.

The Plenary Session on 24th September brought together experienced Guests on stage who brainstormed on the topic of joint efforts to tackle climate change. Minister of State, Govt of Uttar Pradesh and Vice President of Seed Development Corporation, Shri Rajeshwar Singh shared that "society will move forward when we follow spiritual knowledge. Life will be successful only when we work with faith and dedication. Here,

mothers and sisters of 70 and 100 years of age are still engaged in selfless service... We must work for the welfare of the oppressed, downtrodden, exploited, deprived and tribal people... Today more and more villages are connecting with this spiritual knowledge, and this should continue."

Chairperson of Agriculture and Rural Development Wing, BK Sarlaben informed the gathering that Brahma Kumaris have set the goal of empowering the farmers who are the pride of the country. Thousands of farmers are living happy lives having taken training at this Spiritual Institution. The Wing has signed MoUs with many universities. Yogic farming teaches us how we can make nature our friend by changing our inner consciousness.

Anand Poddar, Chairman of Poddar Group of Industries, shared that "nature has given us everything, then why are we moving from Ayurveda to Allopathy? Why are we using plastic bags when we can make green bags? We need to change our thinking in these matters... The reason behind the management of this institution running so smoothly is the spiritual knowledge, dedication and meditation practiced by the members here."

Director General, National Gallery of Modern Art & Vice-President, ICCR, Mr. Adwaita Charan Gadanayak, expressed, "Whatever I have learned in life, I have learned from nature alone. I make a sculpture by befriending the stone and talking to it. Earlier there was a relation with nature but today we are forgetting it. We are moving away from nature, and should be rectified."

We trust that the proceedings and exchanges of Global Summit 2023 will remain as a powerful impetus for our Guests and Contacts to implement spiritual teachings in their lives, and stimulate positive change in society. ■ ■

## THE ROLE OF GODLY TEACHER AT THE PRESENT MOMENT

At present, the meaning of education has been changed to just money grabbing technique even compromising the morality and ethics.



**H**umans have got many teachers throughout their lives. Birth after birth one avails teaching from the teachers in a number of ways in the name of education. The different countries of the world are surviving on the basis of different kind of education and learnings.

The purpose of them: to live and let live with peace and progress. Education has that essence to know and to understand the people, things, and problems to find out the solutions. In the present time, education is basically meant for some degrees in different subjects, streams and courses and to enter into the competitive world to get job by any means. Most of the time, the meaning of education ends in earning money and only money. Majority degree holders, both technical and non-technical, seek for government, semi-government or private company job and in case of failure to have job, life seems to bear no meaning to them. But in case of millions of uneducated or just literate people who, in absence of any job, become engaged in their family occupation in farming, weaving, carpentry, masonry etc or in family business, they generally do not get any respect and honour from the society comparison to



**B.K. Dr. Swapan Rudra, Durgapur**

educated people. They are the basic supply lines of the entire society to fulfil the basic needs of food, cloth and shelter, but still their condition in sense of money or education never changes. This is a big point where the actual meaning of education fails and day by day we are getting drowned in the ocean of darkness because we have never followed the true meaning of education as Swami Vivekananda quoted – **'Education is the manifestation of the perfection already in man'** or what John Dewey quoted as **'Education is the continuous reconstruction of experiences.'**

Now God has descended on the earth through the corporeal body of Brahma Baba at the end of Iron Age or *Kaliyuga* (the era of conflicts). In this age of conflicts and crisis of this world which is known as *Kaliyuga*. God as teacher is teaching to all the human souls for their upliftment from humanity to divinity through His lessons of knowledge and Rajyoga meditation. He is now transforming the entire hell like world into heaven and as a result He is the only spiritual Teacher as the Supreme Soul in the midst of so many physical teachers. At present, the meaning of education has been changed to just money grabbing technique even compromising the morality and ethics. No trace of human value, ethics and discipline are taught in the existing education system, making them

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## IS WILL POWER JUST A WORD?

When the desire to do any work becomes strong in your mind, then only you can do that work with complete success and all the favourable factors necessary for the work together make your effort meaningful and successful.



Lata and her husband Bhagwan Kare, a daily wage labourer, lived in a village in Maharashtra's Buldhana district. One day her husband had a terrible pain

in his chest. Describing the matter as serious, the local doctor advised for treatment in the city. For treatment, Lata begged people and borrowed money.

Lata reached the city with her husband. Whatever money they had collected, they gave it to the doctor. When the doctor recommended more lab tests, Lata was distraught as she did not have the money. Now she had no choice but to return home.

Hungry, they both stopped at a nearby tea stall and asked for something to eat. The shopkeeper gave them *samosas* to eat on a piece of paper. When Lata's eyes fell on the words written on that piece of paper, it was written on it \*\* "Baramati Marathon" prize money is available.

The next day, they reached the venue of the Marathon after both spent the night at the bus stand. Lata didn't even know what a Marathon was? All she knew was that she needed the prize money for her husband's treatment.

The organizers denied permission to participate in the Marathon. But Lata kept on

insisting for an hour and finally the administrators agreed. Everyone around running there was young, while here was Lata, a 62-year-old labourer woman dressed in a traditional Maharashtra Saree.

The race started, after a while Lata's *sandal* broke, she left them behind and ran barefoot. The announcement of Lata as the winner of the Baramati Marathon, God forbid, shocked everyone. Lata went to the doctor with the amount for the Marathon and returned home after getting her husband treated.

The above fact makes us wonder what was it that a 62-year-old working woman could run and win a Marathon for the first time in her life? **It can be said that it's her powerful determination that exposed the hidden store of power inside.**

After all, how do we reveal our powerful and elevated thoughts? The truth is that apart from this physical body, there is an immortal, indestructible, point of light soul sitting in it. This soul itself is the child of the Supreme Omniscient God. The body is only an external machinery which is run by the soul. The subtle organs of the soul are the mind, intellect and *sanskars*. The intellect does its work to control the unruly mind.

As soon as you decide to do some work, or **the first step is to awaken the Will Power to do the**



B.K. Ram Singh, Rewari

**work.** After that it is important to maintain your interest towards that work and continue the effort to do that work with strong Will Power and determination. It is believed that if a work is started well, then half the work is done at the same time. Now it also becomes necessary to know that now that you have decided to do some work, then what is it that is needed to continue that work?

### **"Best Resolutions Make Targeting Easy"**

If we want to reach our goal or destination in life, we should not be distracted by the thorns on the way, that is, we should not panic, because the steps in the form of the speed of our life-like path only increase the thorns coming in the way and if the fear of thorns (obstacles) stop your steps, then man can never reach his destination. These thorns (obstacles) will keep stopping him again and again and the person will continue to be unhappy in life. To go to the goal, we should think only above the goal. Best resolutions not only make our goal easy, but also possible. Weaknesses become obstacles in your path and stop you from achieving your goal. Just as a small child gives his burden to his parents, give your weaknesses to God and become light.

### **"Capable Thoughts Accumulate Energy"**

Individuals can be successful in bringing physical, mental, emotional or spiritual excellence in their life only by increasing the Will Power, but it is important that you remain positive. Properly manage your time and resources, whether physical, mental, emotional or spiritual, so that your performance and your productivity can reach the highest level. Powerful thoughts always accumulate soul power, that is, energy and also make time successful. **A person with strong thoughts will always do whatever he**

**thinks, that is, thinking and doing will be equal.** By always being patient, you will be successful in your thoughts and actions. Whereas waste thoughts bring upheaval like a strong storm. Powerful means those who finish waste. When there is a powerful thought in the mind, then it cannot remain in vain and if it is going on in vain, then it does not remain powerful. Wasteful thoughts repeatedly bring you down and zeal destroys your enthusiasm.

### **"The Right Mindset is Staying Positive"**

Only by fighting the obstacles and focussing on your goal, you can continue the process of progress: moving forward in completing the tasks. The need is that you take steps in the right direction by empowering your mindset. The easiest way to increase your highest resolutions is to increase the power of your self-confidence and self-efficacy. By doing this you will never fail. This is the power that will increase your confidence. The confidence to work and the confidence to keep walking on your path will increase only because of the determination power and if you have to change your strategy if needed to achieve your goal, then your determination power will help you in that.

### **"Resolve is not Just a word"**

It is a matter of experience and observation that you are helped by your determination power to take steps towards working because it helps you to provide all the necessary means and you are able to complete your work successfully. Resolution power is not just a word, but resolution power is behind the completion of every task. When the desire to do any work becomes strong in your mind, then only you can do that work with complete success and all the favourable factors necessary for the work together make your effort meaningful and successful. ■ ■

## WINNING THE FINAL SHOWDOWN AGAINST RAVAN

Let us recognise God, follow His Directions and become victorious over vices. Then, this will be the celebration of the real *Dussehra*.



**D**ussehra is a Hindu festival celebrated every year with great fervour, zeal and enthusiasm. The ten-day long festival starts with *Navratri* or *Durga Pooja* in which the goddess Durga

is worshipped with great devotion and ends with *Dussehra*, also known as *Vijay Dashmi*, which connotes the victory of good over evil.

The word '*Dussehra*' refers to the ten heads of Ravan, the demoniac mythological character in the Hindu epic *The Ramayana*, which symbolises the five vices – sex-lust, anger, greed, attachment, and ego – each in men and women. Every year his crescent effigy is burnt with great pomp and show.

### God Shiva Reveals the Mystery of Ravan and Dussehra

Even though we have been celebrating this great festival for thousands of years, we haven't been able to make our lives virtuous; we only ended up spending huge amounts of money in burning Ravan's effigy as a mere ritual. However, if we sincerely ponder over the incidents pertaining to it, many questions start creeping in our minds such as: Who was Ravan? Who was said to have ten heads? Was he real or

a symbolic character? Why is his effigy burnt every year with the increased height?

This mystery has been very well revealed by the most Benevolent God Shiva, the Ocean of Knowledge. Each line of *The Ramayana* carries a lot of wisdom, knowledge and teachings, Ravana is the symbolic presence of five vices in both the men and women at the present Iron Age (*Kaliyuga*). Otherwise, it is impossible for a man to have ten heads. As per *The Ramayana*, Ravan, the king of Lanka was an ardent devotee of God Shiva, and had got the boon of celestial nectar of immortality from Him. However, he was an egoist and had stolen *Sita*, the wife of Rama, to settle an account with his younger brother Lakshman, who had cut the nose of Soorpanakha, the sister of Ravan.

If we ponder over this mythological legend, it will be clear that there must be some reason why we burn his effigy every year. As a common practice, the effigy of the one is burnt, who is our enemy. Since Ravan's effigy has been continuously burnt from time immemorial, it is clear that Ravan is our number one enemy. God Shiva, in order to liberate us (the human souls) from the clutches of vices, our real enemies, symbolized by the real Ravan, reveals that this legend has been written by human beings on the path of devotion and they had no real



B.K. Yogesh Kumar, Delhi

knowledge of God and the actions that He performs to liberate. God Shiva reveals further that the real Rama (not to be confused with Shree Rama of *Treta Yuga*) is He Himself, who had liberated us, the souls, the symbolic Sitas, from the clutches of the vices, the symbolic Ravan, so as to free us from the sorrows, miseries resulting due to our being indulged in these vices and becoming vicious. It is mentioned in *The Ramayana* that Ravan, the king of Lanka, had abducted Sita and put her in *Ashok Vatika* (here *Vatika* means garden and *Ashok* means the place where there is no sobbing (*shok*) or sorrow). However, God Shiva clarifies that the present world has become the hell (the world of sorrows), which in Hindi means *Shok Vatika*. So, in order to liberate us (Sitas) from the sorrows resulting from our own vices or weaknesses (i.e., *Maya Ravan*), God Shiva – the Real Rama – forms an incognito spiritual army, called the Salvation Army. It is symbolically mentioned in *The Ramayana* as an army of monkeys comprising Hanuman, Sugreeva and their progenies. But the truth has been revealed by God Shiva that the Army, which He establishes for the transformation of this hell-like world into heaven, is the real spiritual army, which is having a bout with the army of Ravan comprising vices such as Sex-Lust, Anger, Greed, Attachment, Ego, Jealousy, Laziness, Carelessness, etc. He names this army as the Army of *Shiva Shaktis* (Brahma Kumaris and Brahma Kumars), as He bestows Godly Knowledge to us through the medium of an ordinary old man, named Dada Lekhraj, whom He renames as Prajapita Brahma. At the end of the Time Cycle, we, the human beings,

become so vicious that we are compared with the vicious or mischievous monkeys; that is why it has been mentioned in *The Ramayana* as the Army of Monkeys.

**The vices in us (human beings) are increasing day by day as they've to reach the peak, and the Day of Judgment is also coming closer. That is why the size of effigy of Ravan is increasing year by year.** These vices have made this world full of terrorism, extremism, and violence where girls and women are not at all safe even at their own homes. But it is a matter of great fortune that God Shiva, in order to fulfil His promise as mentioned in *The Gita*, has reincarnated in the land of Bharat to establish one religion, one language and one kingdom.

*Dussehra* is the commemoration of victory of good over evil and of truth over falsity. The goodness and truth, i.e., good and truthful world, called the 'Paradise', is now being established by God Shiva, who is called the 'Truth, Benefactor and Beautiful' (*Satyam, Shivam and Sundaram*). The process of establishment of Truth has been going on since 1937 at this time of irreligiousness, called the Iron Age (*Kaliyuga*). This is our final showdown with *Maya Ravan*, which we, the Godly children, must win at all cost as per Godly Directions. Let us recognise God, follow His Directions and become victorious over vices. Then, this will be the celebration of the real *Dussehra* and attainment of self-sovereignty through acquisition of Spiritual Knowledge and practice of Rajyoga meditation being taught by God Shiva Himself through various Centres/Branches of the Brahma Kumaris Organization worldwide. ■ ■

## DRAMA OF LIFE HAS TO BE THIS WAY

**If one-sensed species like plants and trees can become a constant Joy-GIVERS, how much more I, the SIX-SENSED species should be Joy-Giver!**



**B.K. Rose Mary**

**A**ll human beings are immaterial souls in a physical outfit called body. Since souls have free-will, it gives rise to certain possibilities:

- ▶ 1) Not to have any problems, humans should be made like a robot controlled by God. But it has no enjoyment, benefits nobody, and nobody likes this option.
- ▶ 2) To enjoy life, freewill should be there. If free-will is given, problems are sure to rise as some would misuse it – the earth will gradually become an eternal hell. Many would criticise this option too.
- ▶ 3) If all proper users of freewill (the godly) are kept in one planet and misusers (the ungodly) are kept in another planet, it too benefits nobody because the godly will finally develop monotony and the ungodly will expand their wickedness to fill the whole universe – as they do on this earth fighting for world hegemony.
- ▶ 4) Have HEAVEN and HELL rotate on earth – like DAY and NIGHT. Create heaven on earth and permit first the godly to inhabit it. After many centuries of enjoyment, when monotony sets in, some will misuse freewill and become greedy, and HEAVEN on earth will gradually become HELL on earth. Both the godly and the ungodly live together in HELL on earth. When hell-like situation reaches its peak of degradation making earth

almost unliveable, reset everything and recreate HEAVEN on earth. And let it repeat like day and night. **This is the option GOD has chosen.**

**This option has only merits, yet no demerits**

When the godly beings live through hell-like situation on earth along with the ungodly, their resolve to continue to be godly becomes stronger and stronger and thirst for righteousness, for recreated heaven on earth, begins. (Bible, Mathew 5:7) Such a thirst becomes stronger and stronger the longer they remain in hell. Such a stronger thirst and hunger enables them to better enjoy the recreated heaven on earth which is the next cycle of history—just like passing through summer enables us to better enjoy its opposite season. Thus the ungodly serve as a medicine, or appetizers for the godly. (Bible, Proverbs 21:18) Thus in effect God is acting like a physician who uses the poison of snake as medicine for others—instead of destroying all the snakes.

In this option both The GODLY and The UNGODLY enjoy their life! Even while living through hell (2nd half of each cycle), the godly enjoy their life as they know the ART of LIVING. Not only that, they can even be in constant bliss, if they want to. They see one-sensed plants and trees that cheerfully serve mankind giving oxygen, shade, fruits, grains, flowers ...etc, and

reason out: If one-sensed species can become such a constant Joy-GIVERS, how much more I, the SIX-SENSED species should be Joy-Giver! And each time they give joy to others, it returns to them in many fold (Bible, Mark 4:24) Thus they are in constant BLISS too. Such people are represented by Saint-Cum-Poet Kabir Das who wrote: "Seven-ocean-full ink is not enough to describe glory of God." For many others, thinking about God and doing His will is enjoyable "like eating food." (Bible, John 4:34) They remain in this path even more strongly because they remember how God Himself remains as THE GREATEST RENUNCIATE to make His children happy – HE is not in physical body, thus has no enjoyment that comes through physical body!

#### Earth was like HEAVEN in the past

Today earth is polluted and slowly becoming unliveable too. It means, earlier it was less and less polluted and was more and more pure because people were human in form but divine in function. If one's thoughts and habits are *satvic* (healthy/beneficial) everything about him would be *satvic*, with healthy body, even now. For example, The New Yorker dated October 17, 2019 had this news item on Meditation Teacher: "Deepak Chopra Has Never Been Sick" (<https://www.newyorker.com/culture/q-and-a/deepak-chopra-has-never-been-sick>)

This was a common knowledge even in ancient Biblical period. **If quality of thoughts is unhealthy, it will be reflected in the body too.** (Bible, Proverbs 17:22) **If quality of thoughts of many people are unhealthy, violent and hurtful, it will be reflected in the forces of nature too.** That means, in first half of each cycle of history there will be NO diseases on body of inhabitants, and NO calamities from

nature too. Diseases and natural calamities start when most of the inhabitants become diseased in the mind, when they go greedy which is called "demonic." (Bible, John 6:70).

This explains why the word for earth is *prithvi, dharni* in Indian languages because it was coined when earth was synonym for love and support, nourishment (dharma), why last stanza of song is named *charanam*, {submission} which means songs were composed for the purpose of keeping people in joyful submission to God. Even the original name of India, Bharat [bha = knowledge + rat = delight], reveals inhabitants' delight in God and His Laws. Such naming, coining of words, is impossible unless people had lived through a Golden Age, heaven on earth.

This is what a seed does to a tree that grows old and decadent,

This is what soul does when present body is no longer useful,

This is what Supreme Soul (God Shiva) too does when the present tree of mankind grows old and decadent, hence HE is called "Seed-Giving Father of all living beings." (Bhagavat Gita 14:4). ■ ■



## RAISE YOUR VIBRATIONS IN A RIGHT WAY

**Be your own best friend, because the only thing that we have and control, in the end, is ourselves. Treat yourself well. Respect your boundaries and values.**

**Farha Sayed, (Tarim, Yemen/Mumbai)**



**M**any of us are not living our best lives right now. We are not living up to our potential, to the best version of ourselves. We can live better, do more, and be happier. We have

the power to change our reality, and attract what we want. To do that, we need to start by raising our vibration to match the vibration of what we wish to attract. That being said, there are different levels of vibrational states of being.

To live in flow, in love, and in peace, you need to raise your vibration to match that of which you wish to attract.

### **Be conscious of your environment**

Be conscious of people you are spending your time with and let go of those who do not serve you. Are you in toxic environments or around negative people who bring you down? As soon as you become aware of your surroundings and their energies, you have the power to change them. As a result, you can change your reality and raise your vibration. If you don't change your environment, you will most likely be expected to act the same way as before and be held in a similar frame, making it hard to break through and become a better person. If things around you are making you feel a certain way, or they are reminding you of your

past, you need to

allow you to release the lower vibrations and negative emotions, helping you increase your vibration and become a better you.

### **Have fun**

Bring out your inner-child. Let go of judgment to release your fear of what other people think, and do what you love. Be a kid again. Feel the pleasure in all the little things, the sunsets, the blooming flowers, random smiles from strangers. Appreciation of little things will help put you in a positive state of mind and allow your vibration to rise.

### **Stop complaining**

Stop talking about what you don't have. Stop talking about other people. Stop talking about how you're not good enough. Focus that attention on radical action, and let go of all these constant negative thoughts. It's okay to feel down, but don't focus and put your energy on it. Negative talk sends us down into a perpetual loop, and the only way to get out is to feed the positive thoughts and let go of the negative ones.

### **Love yourself**

There is an African proverb that reads: **"When there is no enemy within, the enemy outside can do you no harm."** Accept your worst self just as you accept your best self, and you will learn to love yourself. Be your own best friend, because the only thing that we have and



control, in the end, is ourselves. Treat yourself well. Respect your boundaries and values. Listen to your body and soul. Get enough sleep and exercise. These basic factors are huge parts in raising your vibration. When you love yourself, and completely accept yourself, you begin to love and accept others as they are as well. This, in turn, allows you to let go of negative emotions such as jealousy, resentment, hatred, anger, and manipulation, helping you become your best self

### **Gratitude**

Whatever you have, be grateful for it. Being grateful allows you to raise your vibration and attract even better things into your life. Negative stories in your life can help you awaken and help you become a better person. **Be grateful for everything that has happened in your life, because everything happens for a reason. Whether it is a lesson or a blessing, it brought something into your life and ultimately changed you for the better.**

### **Fuel your body right**

Read the ingredients. Spend time grocery shopping. You cannot raise your vibration and attract positivity if all you're putting in your mouth is synthetic, and has no nutritional value. Consume whole foods that your body recognizes. Lack of time is no excuse. You can eat whole foods without spending hours preparing it. You simply have to want to eat better. In the end, we really are what we eat. An abundance of energy, mental clarity, and inner peace, all start with what we put into our bodies. The foods that we eat affect us on a mental, physical and mental level. Be mindful of what you put inside of you.

**Let go of the stories you've been telling yourself. Let go of the victim role most of us**

**are playing.** Observe your thoughts, instead of attaching emotions to them, and let them go. Change your environment. Be mindful of who you listen to, what you eat, and who you are spending time with. Raise your vibration to live a more peaceful, loving, life, and help those around you do the same.

### **Be mindful of your thoughts**

Pay attention to the way you talk about yourself. To the way you talk about other people as well. Our mind is a narrator who doesn't stop. You're not always aware of all the thoughts you're saying. But those thoughts becomes your reality. Your thoughts, words, and actions all transform into your reality. This is why meditation is important and can lead us up the vibrational scale. It helps us become aware of our thoughts and teaches us to let them go. As soon as we become aware of our thoughts and let them go, we can begin to forgive. Forgiving is one of the most powerful ways to raise your vibration because there is nothing holding you down anymore, allowing you to release negative frequencies that you were holding onto.

All of us used to live with nature. It only makes sense that nature grounds us and surrounds us with positive energy. When surrounded by nature, our ego starts to dissolve, our low frequencies start to dissipate, and we raise our vibration. ■■





## FIVE WAYS OF MAKING YOUR OFFICE ENVIRONMENT SPIRITUAL



- ▶ **1. Sharing and reading positive spiritual thoughts of wisdom everyday:** A very beautiful practice for your office or workplace is to be tuned with each other's positive and pure thinking through spiritual wisdom, which can be shared with everyone every morning through the internet and mediums of technology or displayed on notice boards in the office, where everyone can read them. Same thought patterns by reading same spiritual wisdom everyday creates spiritual harmony in the office and makes the environment of the office beautiful and full of goodness filled vibrations.
- ▶ **2. Making a meditation room in the office for spiritual charging:** Offices can have a small and dedicated space for meditation in the office, made under spiritual guidance, where anyone in the office can go and sit for a few minutes and have a deep experience of meditation and charge themselves with spiritual energy. Also, mind traffic control of thoughts can be practiced every hour for one minute by the people in the office while sitting on their work desks.
- ▶ **3. Having positive conversations full of pure and positive energy:** An important step that determines and influences the vibrations of a workplace is what everyone is thinking and talking about others. Because a workplace has many people with different

personalities and ways of working, people tend to comment about each other negatively and unnecessarily to one or many other people in the office. Avoiding this and making No Gossip a successful mantra of the office rejuvenates the office and its spiritual energy.

- ▶ **4. Taking care that there is an energy of love, humility and co-operation in the office:** One of the most important factors which reduces the positive environment of the office and makes it stressful is jealousy, hatred, comparison and over-competitiveness. When we try to always go ahead of others and be better than others, we stop carrying positive vibrations for each other. When we love each other and we are humble and in this sweet consciousness keep others ahead of us, we create a positive environment.
- ▶ **5. Taking positive physical steps which create peace and comfort:** A beautiful method being followed in many offices all over the world is playing soft and soothing meditation music in the office in the background. Also, making the interiors of the office in such a way that give an experience of peace to everyone in the workplace. Choosing light spiritual colours and designs for walls, furniture and partitions which create an angelic and light environment are important physical steps. ■■

## A JOURNEY FROM FINITE TO INFINITE

**In this world of uncertainty, world of sick, hurry and divided aims, material craving have blurred the vision to enjoy the glow of divine light.**

Life in the first half of the 20th century was shaken by two major wars, there was no peace, rather there was chaos and confusion. The apprehension of the World War II changed people's view towards life. People turned to eminent spiritual leaders and books such as great Vedas, Upanishads to have intense peace. Several poems dedicated to God were also published in search of God.

At this hour of need where chaos and confusion persisted "*Paramatma Ka Avatran*" (Reincarnation and Descendance of God) takes place. The communion with God through nature expounds the glory and beauty of the Universal harmony. Man is ignorant of this big truth about "*Paramatma's Avatran*" and he is the sole owner of the whole universe. Man, gropes in the darkness, cries for light, but He is the one, our Father, who takes pity on his children to lead him towards kindly light.

In this world of uncertainty, world of sick, hurry and divided aims, material craving have blurred their vision to enjoy the glow of divine light. The cause of sickness is to be analysed and the big truth must be realized that a new journey, the foundation of the new world has started. In fact, a grand journey from untruth to truth and love, from bitterness to love and light in fact a voyage from finite to infinite, a troubled state to a serene and blessed state had begun



**B.K. Puspamitra, Naharpada, Odisha**

from 1936.

**God's wish for a new world sublime to make man free from the chains of Ravana and Maya's bondage.** Ravana's world a life of mere self-seeking, pleasure seeking, searching for name and fame, a life hankering after mere objective sensual pleasures which are ultimately the sources of pain and sorrow, restlessness and despair are not the main aim object in human beings. God's ultimate aim is he who seeks the eternal being bright as dazzling sun, beyond all darkness attains the great infinite. The way of beyond consciousness is the way of return to the roots. The beings of the finite world have their limited vision and this worldly attachment fails to comprehend the reality of the divine world, where man can enter the world of real peace. In this serene involvement of the celebration of inner consciousness where Man- God – Man axis is unison with the beauty of silence and purity of the truth. This humble submission of 'immortal spirit' the soul in man oriented towards cosmic enjoyment of the 'Eternal'. This is Rajyoga, where everyman should endeavour to be bestowed with immense power, peace, love, happiness, purity from the Almighty, the

**Contd. on page ... 20**

## GOD IS THE BESTOWER OF DIVINE INTELLECT

**In order to make the intellect absolutely pure without any trace of impure or wasteful vision, the soul has to churn, reflect, contemplate on Godly knowledge.**

**W**hat is the difference between an ordinary intellect and divine intellect? Ordinary intellect does not know the knowledge of three-worlds and the three aspects of time, that's why it is full of questions. The divine intellect can travel the three-worlds and spin the cycle of past-present-future based on the knowledge given by the Ocean of Knowledge – GOD. The mind and intellect move at a very fast speed. In certain moments, it so happens that you are not creating any thoughts but, the intellect is still busy in visualizing something in the subconscious mind, and then you check and change the visualization as per God's guidance or *Shrimat*. Through divine knowledge, we consciously give directions to the mind and then the intellect follows. Divine intellect has the power to go beyond the mundane and know the spiritual secrets that govern the earth and nature. Divine intellect a gift from GOD, will never think in an ordinary i.e. body-conscious way. The divine intellect only foresees or visualises only what GOD is making it to see.

The intellect becomes divine through Godly knowledge. The soul has the *sanskars* of knowledge, which is merged in it. As soon as the same soul hears God's knowledge, *the sankars* of divinity emerges in the form of understanding, realization and in actions. So, knowledge has to be understood first in order to internalize it. **The**



B.K. Mahima, Mumbai

**vessel of the intellect has to be pure in order to hold this elevated knowledge. But, how will it become pure from impure?** One of the ways is divine knowledge, so keep listening to God's teachings or versions. Otherwise, if there is no power of knowledge, that intellect will either be pulled or pushed. Pulled means stuck in body, bodily relationships, bodily possessions. Pushed means "a subtle feeling where you feel that you always are made to do things you do not like, feeling of getting victimized by world drama." A divine intellect will have One Strength and One support.

If I am in a state of confusion, that means I lack the stage of being soul conscious at that moment. If you look at the life of deities, they are never in a state of confusion-like "this is true" or "that is true", "black" or "white", "truth" or "lie". The deities have that natural state of being soul conscious. A deity intellect is not a divine intellect. Baba says a Brahmin intellect is a divine intellect. There is difference between a pure intellect and a divine intellect. A divine intellect is enlightened through Godly Knowledge and that is why Baba says, we Brahmins can churn this milk of knowledge and extract butter from it, that will make the soul powerful. Deities will not have any Godly knowledge, so they will not have thoughts about

divine knowledge and so no churning of them. **Deities will have a pure intellect which is the result of the divine intellect they received from God himself.** At the confluence age, we continuously churn the jewels of knowledge as a result in the future birth as the deity life there is no impure thought the soul creates and then no impure visualization the intellect makes. Pure intellect has less or minimal thoughts. Here in the confluence age, we have gifts of both divine and pure intellect-double benefit. Divine intellect will be a pure intellect.

The intoxication, super sensuous joy that the intellect experiences through churning, is depicted in one of the pictures on the path of devotion, where Vishnu is lying on the bed of snakes and Lakshmi ji whilst sitting at the feet of Vishnu ji asked him, what is he thinking so deeply about with smile. God says that is our memorial of the confluence age. Where the soul experiences delight through the churning of God's knowledge. So, in order to make the intellect absolutely pure without any trace of impure or wasteful vision, the soul has to churn, reflect, contemplate on Ocean of Knowledge's diamonds of knowledge. Baba's knowledge is like diamonds and jewels, that makes the intellect also invaluable like diamond. The beauty of diamond never reduces under the influence of other metals and so a divine intellect will never be influenced and will always maintain its Godly Charm.

Mind is like an ocean and the intellect helps the mind to dive deep, (like underwater diving) in that ocean of pure and knowledge-based thoughts. The more the intellect is concentrated, the better would be the diving experience. If the mind creates a thought "I am a soul", the focused intellect will help the soul to be nourished

through the experience because of concentration. If the mind creates too many thoughts, the intellect gets confused and then can't experience or feel anything. The soul needs to "feel" in order to make the point of knowledge, its own property. Intellect can help the soul to feel the thought the mind has created. Suppose, if the soul wants to connect to the Supreme Soul in *Paramdham*, the mind will create thoughts but, at the same time the intellect needs to form picture/images for the soul to experience *Paramdham* and Supreme Soul. If mind is the car, intellect is the gear, the gear of the intellect has to be smooth in order to have a good experience. Like, in the physical car, if the transition of the gear is not smooth, one needs to put gear oil. God's knowledge is like lubricant for the stone like intellect. The more the lubricant/oil of knowledge is poured, the same stone like intellect becomes a divine intellect. ■■

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Supreme soul.

This is the real world beyond the flux of phenomena which man cannot comprehend. The lost soul of humanity awaits a revival, a great comeback. How can mankind make that mesmeric event possible? It is only through Rajyoga, where a soul is a soul, explore and expand its priceless and individuality for the goodness of one and all. The journey from the finite to the infinite ends with complete surrender and thereby true connection with the Supreme soul, every possible effort of the soul to the Almighty for its attainment of peace and serenity. ■■

## IGNITE THE LAMP OF HOPE

**When I can show non-judgmental love and acceptance, when I can show respect and regard to souls the way the God-Father did for me, then they feel a sense of hope for a better and brighter future.**

**B.K. Sarika, GGRC, Ahmedabad**



**A**ccording to an estimate reported by the World Health Organization (WHO) in 2022, one out of every eight individuals in the world suffers from a mental disorder. This

constituted a staggering 15 percent of all the world's disease burden. As far as India is concerned, the numbers are no less alarming. As per estimates, India's economic loss due to mental health conditions in period 2012 to 2030 would amount to \$1.03T, i.e., around Rs. 83,80,000 crores. The information we have now is supposed to be just the "tip of the iceberg" with Dr. Tedros Adhanom Ghebreyesus, WHO Director-General, saying that *"This is a wake-up call to all countries to pay more attention to mental health and do a better job of supporting their populations' mental health."*

**This must be the call to action for God's children.**

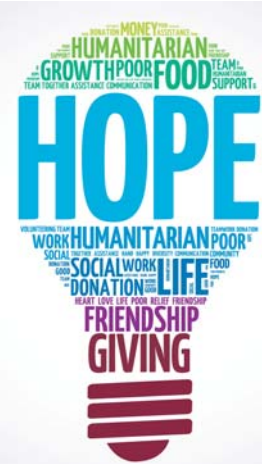
God, the Supreme Father (*Param Pita*), the Supreme Soul (*Param Atma*) comes to liberate souls from sorrow. He hears the cries and cannot bear to see His children suffer. He comes to establish a world free from even the *slightest trace* of sorrow and depression. He comes to establish a world of love, peace and happiness. And the first thing He does is He adopts me as

His own child so I can have a deep, intimate relationship with Him as my Father, Teacher, Guide, Friend, Beloved and constant Companion. He accepts me unconditionally and makes me belong to Him. This sense of love and belonging salvages the light of the soul that is down to a dim flicker and makes the soul hopeful again.

Most souls who need God are not at the temples or at spiritual workshops; I run into them in the grocery store, sit next to them in the bus, wait with them at the doctor's office. As a child of God, how am I showing up? Do they experience the Father's love, His acceptance, His non-judgmental nature when they see me and interact with me? Do they experience a sense of peace and calm? Because this is what inspires others to find out how they can be the same way, feel the same way.

Today, even though so many young people are sad, depressed, and hopeless, many don't want to have a relationship with God because they feel judged and preached to. Many think that God is not good for this reason. Of course, one cannot deny that there are indeed many wrong choices people make routinely that contribute to their sorrow and hopelessness. However, lecturing them about it does not help, it can only make things worse. God teaches me to accept and reach out to souls where they are

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## THE SPIRITUAL SIGNIFICANCE OF *DUSSEHRA* AND *DIWALI*

Let's ignite the light of knowledge within, which will dispel the darkness of ignorance and sorrow and allow us to remain happy always.



*Vijayadashami*, which is the essence of the Hindu epic, *The Ramayana*.

It is shown that Rama, the son of Dashrath, got victory over Ravan, the King of Lanka, on this day. **Ravan denotes vices and weaknesses, while Rama denotes purity, goodness and virtues.** Hence, the festival of *Dussehra* or *Vijayadashami* celebrates the triumph of good over evil and the victory of original virtues over the acquired *sanskars*, symbolized in Indian mythology by the slaying of the demon king Ravan by Rama, and by the killing of the monster Mahishasura by goddess Durga.

It is also shown that Rama invoked the *Shaktis* before the war with Ravan, which helped him gain victory over him. This denotes emerging the powers lying hidden within us through Rajyoga meditation (i.e., connecting the soul with God), by taking the pledge of purity and

**E**very Indian festival has some spiritual significance or wonderful meaning behind it. Let's explore the spiritual significance of the divine festival of *Dussehra*/



B.K. Viral, Borivali, Mumbai

by awakening to eternal truths, i.e., in the awareness of the direct spiritual knowledge being shared by God with the human souls.

It is shown that when Rama would cut any one head of the ten-headed Ravan, it would again re-emerge. But, when Rama attacked the seed point, all heads broke off. This denotes the fact that we don't need to work too much on each weakness, rather when we focus directly on soul-consciousness, i.e., the awareness that I'm a soul full of divine virtues, it automatically starts finishing all weaknesses because body-consciousness is the root of all weaknesses; hence, soul-consciousness automatically finishes them all!

We see that the festival of *Diwali* or *Deepawali* follows this festival of *Dussehra*. The term "*Deepawali*" literally means "a row of lights" and it is this image that dominates the conclusion of the story that is most associated with *Diwali*, the return of Lord Rama to his kingdom after 14 years of exile. As Rama returned to reclaim his throne, after having defeated the evil demon Ravan, he was greeted by a large number of candle-lights, which lit up the entire kingdom. **This signifies that life becomes a celebration of festival (*Diwali*) every moment, when we first win victory**

### over our weaknesses symbolized by Vijaya Dashmi!

The weapons used in becoming victorious over negative emotions are the weapons of spiritual knowledge and Rajyoga meditation (the bow and arrow can also be interpreted as a pure intellect and points of knowledge inculcated by human soul respectively!). Indeed, the weapons shown in the hands of deities are not to be taken literally (since deities can never be violent towards others), but are actually symbolic of the subtle weapons (symbolic divine powers, virtues and qualities) to become victorious over the weaknesses within!

Though Ravan is shown as wealthy, intelligent, religious and powerful yet he was defeated due to his ego, greed and attachment.

**This illustrates that just external achievements are not enough, we also need divine powers, virtues and qualities in life and be free from the vices to lead a truly happy, peaceful and divine life.**

On the other hand, Rama is shown victorious in spite of having an ordinary army of monkeys because they were full of God's love, faith and determination. These qualities help to accomplish even great tasks (symbolically shown as crossing the Ocean by building a bridge of stones). Also, the main supporters of Rama were Lakshman (*Lakshya + Man*, i.e., the one having a clear aim in mind), Hanuman (denoting a soul completely surrendered in God's love) and Angad (one with power of determination).

The episode of abduction of Sita, the wife of Rama, by Ravan symbolically refers to the abduction of the soul by the diabolical forces of evil or the five vices such as lust, anger, greed, attachment and ego. Lust, anger and greed

mislead and confuse; they distract and even destroy. The soul under the influence of body-consciousness or symbolic Ravan, which/who literally means "one who makes you weep", got divorced itself from Rama, as a result of which it unlocked the gates of hell for itself and experienced unprecedented agony and pain.

Today, every soul or symbolic Sita is entrapped in the fetters of vices, which are the root of all emotional sufferings, tensions and sorrows; hence, it cries and calls out to incorporeal God Shiva, the real Rama, for its liberation.

Ravan's kingdom is shown on the golden island of Lanka, but actually the whole landmass on earth is like an island (surrounded by water). Hence, we understand that although we're making a lot of external material progress, the whole world is under the rule of vices.

According to His sacred promise in *The Gita*, God Shiva, the Supreme Being, incarnates at such a pivotal juncture when souls have become slaves of satanic impulses and carnal desires. He rejuvenates and remoulds the spiritually enervated souls and purifies their intellects by imparting sacred spiritual knowledge of *The Gita* to them. He teaches them simple Rajyoga meditation; the term Rajyoga can be broken up into Raj+yoga which means a Yoga that makes one king. Thus, through this Rajyoga, the souls connect their minds and intellects with the Supreme Soul and thereby re-empower themselves. **The word Dussehra comes from the word Dasa-Hara, Dasa meaning 10 and Hara meaning annihilated.**

Only when we overcome the inherent ten-headed demon of Ravan with the arrow of spiritual knowledge and incinerate his colossal effigy with the divine fire of intense meditation or

yoga with the Supreme, we can truly partake in and enjoy the celebration of *Dussehra* and experience the eternal and divine bliss.

*Diwali* is the festival of lights in which everyone enjoys lighting *diyas*, lamps and lanterns at homes. Hence, let's also ignite the light of knowledge within, which will dispel the darkness of ignorance and sorrow and allow us to remain happy always; for this, **we need to remind us the following points of Spiritual Knowledge:**

- We're originally a very pure, divine, peaceful, loving soul. Hence, we don't need to run after these virtues outside, but just need to remain in this elevated self-awareness for their experience to flow through us.
- At the confluence Age, we get God's accurate introduction, i.e., He's an Incorporeal Soul, the Ocean of all Virtues. This enables us to instantly connect with Him anytime and also experience a powerful current of His energy and pure vibrations of peace, love and happiness. This connection recharges and replenishes our soul.
- Past memories fail to pull our happiness down, since we realize that every scene of this world drama is accurate (just a return of our *karma*), beneficial (even if the benefit may be hidden) and nothing new.
- *Diwali* is followed by the New Year; hence, it's also the occasion of newness where we'll purchase new things. However, since the impact of physical things is very temporary, let's also inculcate newness in our thoughts, beliefs, attitudes and habits.

*Diwali* is the time of celebration, when we lovingly visit each other's homes, eat sweets, share gifts, burst firecrackers, visit temples, etc.

**Hence, to truly celebrate life, let us do the**

**following:**

- Let's emerge the attitude of gratitude, and thank each and every person for their invaluable role in our lives. Let's also be grateful to the challenges and situations for making us strong.
- Let's spread sweetness through our words, by keeping in mind others' specialities.
- Share the gift of good wishes and pure feelings with all, and also forget the past issues held against others.
- When we visit a temple, we first remove our shoes, then apply *tilak* and then worship God. Similarly, let's remove the consciousness of body (shoes), by considering ourselves a soul (apply the *tilak* of self-awareness), which then instantly connects us with God, thereby filling us with His divine powers and fulfilling all our hopes and aspirations.
- *Diwali* is also called *Shubh Diwali*; hence, **let's make this holiday a holy day, when our thoughts are always pure, our words are sweet and peaceful, which bring joy to the listeners;** and also, our actions be always beneficial not only to ourselves but to others and to the environment as well.
- We usually clean our house before worshipping goddess Lakshmi on *Diwali*. Hence, let's clean our mind too to invoke the divinity within. Indeed, let's remove clouds of negativity to make the sun of virtues shine again.

The festival of *Diwali* follows the festivals of *Navratri* and *Dussehra*. Hence, we need to invoke our inner powers (*Shaktis*) to win over our weaknesses symbolic *Ravan* through the practice of Rajyoga meditation.

Lighting the *diyas* physically reminds us



## The World Renewal

about the divine light within us, the sparkling soul. It's also worth asking, "Who lights us?" It is the Supreme Soul, who refills us with light, through imparting spiritual knowledge and training of Rajyoga. As a *diya* consists of a flame and earthen vessel, we, the souls, are flame in this physical body, the earthen vessel. The word '*diya*' itself means to give; hence, **let's go on giving to all. If we remain in this elevated awareness and experience our original virtues, we automatically go on giving in numerous ways, as follows:**

- ✦ An elevated state of mind automatically radiates elevated vibrations around, leading to harmony in relationships and creating a cordial atmosphere all around.
- ✦ What we experience inside, we share this with others. Hence, when we experience our original virtues inside, we automatically share, encourage and appreciate others.
- ✦ It emerges the feeling that everyone should benefit from what I've received; hence, making us share our attainments with all, inspiring their easy transformation too.
- ✦ Also, by giving in this way, we get the blessings of all, which helps us to maintain an elevated stage easily without any efforts.
- ✦ Although *diyas* are available in different colours, shapes, sizes, etc., their flame is the same. Similarly, although we may be different in terms of age, gender, caste, language, nationality, position, achievements, etc., yet as souls we're one, being the children of the one and same Supreme Father. This emerges a natural feeling of unity and connectedness with all.
- ✦ Many of us create a beautiful colourful *rangoli* outside our homes. Similarly, let's decorate our life with the divine colours of virtues and powers.
- ✦ **God reveals that *Diwali* is symbolic of the Golden Age (*Satyuga*), where there's 100% purity and divinity all around, where each day is a festival and each moment a celebration.** Hence, let us too, ignite the *diya* of soul-consciousness within, apply the oil of spiritual knowledge, thereby connecting ourselves with the ever-shining flame of God. ■ ■

## WORDS OF WISDOM

- ◆ **Winners don't do any different things; they do everything differently.**
- ◆ **If you can't do great things, do small things in great ways.**
- ◆ **Two best places to live in the world, either in one's heart or in one's prayers.**
- ◆ **Hard work is such a golden key that opens the doors of closed destiny.**
- ◆ **The key to success is to focus on goals, not obstacles.**
- ◆ **We are defeated by our inner weakness, not by external challenges.**
- ◆ **Great character is built by great and bright thoughts.**

## THE FOUR SUBJECTS OF RAJYOGA AND THEIR SIGNIFICANCE

**G**od is teaching us Rajyoga at the present time, which is the end of the Iron Age or *Kaliyuga*. Rajyoga, in different forms, has existed in India since a long time and many souls have benefitted from it. But no one knows clearly that it was God who had taught the real Rajyoga 5000 years ago, when we were in the end of the Iron Age or *Kaliyuga* at that time. Also, no one knows that souls got purified by learning and practicing Rajyoga and bringing it's 4 subjects in their lives. Lastly, no one is aware that after purifying, souls went to a higher reality of purity, peace, love and joy, and the Golden Age or *Satyuga* was created. This happened 5000 years ago. Now, we have again come to the end of the Iron Age or *Kaliyuga* and all the souls of the world have become impure after a journey of different births in 5000 years. So now, God is again establishing the Golden Age or *Satyuga*, by teaching us Rajyoga and its 4 subjects. What are these 4 subjects and what is their significance? Let's understand –

▶ **1. Listening and Imbibing Spiritual Wisdom:** Spiritual wisdom is the first subject of Rajyoga, in which God shares with us the knowledge of everything about the soul, its spiritual form, original qualities, its original and eternal spiritual home and its birth and rebirth. Also, along with that, God shares the complete knowledge about Himself – His name, spiritual form, qualities, spiritual home and His role in the World Drama. And lastly, the knowledge of the World Drama, its duration and its different yugas or Ages and also its accurate history and geography. God

also teaches that the World Drama takes place on planet Earth, in which souls and God play different roles and souls come in connection with physical nature. We learn spiritual wisdom and listen to it every day, from God. It not only makes us wiser, but also fills us with peace, bliss and power. God tells us that we should keep the wisdom we listen every day, in our consciousness, while we perform actions in the entire day. This will keep us positive and powerful throughout the day.

▶ **2. Connecting with God in Meditation:** Meditation is the next subject of Rajyoga and we can practice it only when we have first learnt and understood the spiritual wisdom completely. Meditation is a soul-Supreme Soul connection in which the soul first realizes itself and visualizes and experiences its form and qualities. The soul also talks to itself and creates a positive state of mind and a consciousness based on the thoughts of wisdom it has created. Meditation is also a spiritual exercise in which the soul connects with God or the Supreme Soul using its mind and intellect and the power of wisdom. Meditation is a subtle conversation with God, the Supreme Being. Meditation is also a cleansing process, in which the mind, intellect and sanskars are cleaned completely by receiving the vibrations of God. Meditation is a charging process, in which the soul's inner powers are awakened. In meditation, the soul receives God's qualities and powers

and it transforms itself and emerges its original goodness. Meditation also increases our closeness with God and makes us lighter and happier in our actions, along with making us more efficient and productive in different spheres of our life. Finally, meditation makes our actions more beautiful and nature perfect and free from any weaknesses.

▶ **3. Inculcation of Divine Qualities:** This is the third subject of Rajyoga and a very important one. It helps us understand and measure how well we are understanding and imbibing the spiritual wisdom in our life and how effectively we are practicing the meditation. A sign of this is that divine qualities begin to increase inside us and also, we start giving and sharing a lot of goodness with others and giving and taking blessings from everyone we interact with. The more the spiritual power increases inside us, the more the qualities begin to show in our personality. Also, we become full of God's divinity and begin to become like Him in both being and giving. Our sweetness, purity and humility begin to increase as we follow God at every step, in thoughts, words and actions and our nature starts revealing God, who is our teacher and guide on the spiritual path, in different ways to the world and to every person we meet and communicate with in our day-to-day lives.

▶ **4. Service of Others in Different Ways:** The fourth subject of Rajyoga is service of others through thoughts, words and actions. Once we have understood the wisdom and have learnt and experienced the meditation deeply and also become full of divinity, goodness and angelic qualities, the last step is to start giving and radiating everything that

we have learned and imbibed from God to others. We can do this through our thoughts and vibrations, through our words and through different actions that we perform in the day. The spiritual path is about filling in oneself and also sharing with others. Both help us understand spirituality and its significance more and they help us understand God deeper. If we only fill ourselves from God and don't give, our spiritual understanding and qualities don't increase as much as when we fill and give. Also, giving should always be done after filling ourselves deeply with wisdom, qualities and powers. Otherwise, we end up giving others without being full of everything that we are sharing and that depletes us, instead of empowering us as time goes by. Service is a very important subject as it brings about inner awakening and brings us blessings from everyone, making our life path free from obstacles and difficulties.

These 4 subjects which we have explained in this message, make up Rajyoga and all 4 have been taught by God. Many souls all over the world are learning Rajyoga and changing their lives. Rajyoga is taught at all the Brahma Kumaris centres in India and in more than 140 other countries and souls from all over the world are benefitting from it by bringing the 4 subjects in their daily lives. The daily routine of anyone who has connected themselves to the Brahma Kumaris and is practicing Rajyoga begins with practicing meditation in the early morning hours at home, then getting ready and then listening to spiritual wisdom, by going to the nearest Brahma Kumaris centre, after that. After that everyone fulfils their day-to-day duties of taking

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## DO I REMAIN IN THE BODILESS STAGE?

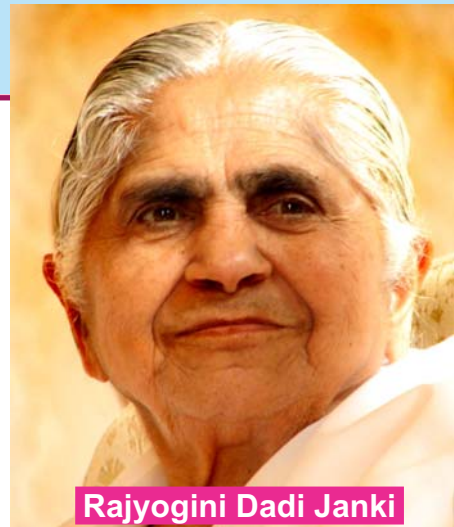
To have love for the *Murli* means to have love for the One, who speaks the *Murli*.

**S**hiv Baba's *Murli* (God's versions) today was wonderful. I will read it again to myself later. I read it three times to myself this morning and then read it in the class. Each one of us needs to check if we have imbibed the things Baba spoke of in the *Murli* today. Each word of it is a checking point and we should check ourselves throughout the day. We should absorb the essences of the *Murli* in our lives. We have to be light and easy. **The state of being bodiless for a few minutes is equivalent to the whole night's sleep.** Baba has given us very good methods to receive the spiritual nourishment. The method of becoming bodiless helps me a great deal when I travel. Through the bodiless stage we receive the spiritual might.

The first thing to see in the self is: Do I remain in the bodiless stage? We need the bodiless stage to remain detached. So, ask yourself, "Is my stage a bodiless stage?" We are involved in many activities but when we finish these, we stay with Baba in a meditative state of His remembrance.

To have love for the *Murli* means to have love for the One, who speaks the *Murli*. The questions and answers in the *Murli* are very good.

We are in a Global House and there is no other place in the world that has a hall like



Rajyogini Dadi Janki

this (The Diamond Hall/ Auditorium). This hall had been built from scratch. We have taken up the responsibility for global peace and upliftment in London. We have been carrying out global services as per the service offerings and demands in London. Yesterday, two special boxes were dedicated, arranged in front of the Brahmin family on the stage, one for Madhuban and the other for Global Retreat Centre (GRC); completing the work and structure of Global Retreat Center (GRC) on priority. I remember Godly services in London was initiated from Tennyson Road from a small house with a rent of just 13 pounds. There was not even a bed for us. Looking back to old wonderful memories, we did not even have a chair or "Sandhli" to conduct class. Somehow, we discovered someone had thrown an old door outside the building, and we brought it inside. In the morning, I would sit on that door to conduct class and offer *Bhog*; and, in the night, it would be used as a bed. London services had been started with such very humble and simple provisions.

When I went to London from India, I remember the true and spiritual love of all

brothers and sisters. Till date, we have become victorious over lust and anger; but there may still be a little bit of greed, ego or attachment in us. Let us check ourselves for this.

Until the soul is in this body, I am just an instrument. I am ready to go whenever I am called. I feel that Shiv Baba used Dadi Gulzar as an instrument but, now, Baba is not able to use that instrument so much. However, we have taken a great deal of spiritual sustenance through that instrument. *Avyakt* Angelic Brahma is still an angel and the time is such that whatever spiritual sustenance I have received, should be given to others through service. Brahma Baba continues to serve the human souls of the whole world through his subtle angelic form. Thus, all of you are extremely fortunate for being served by him.

We all are souls. Shiva Baba is also a Soul; but He is the Supreme Soul, and there is a great difference between us and Him. He is the Mother, Father, Teacher, Friend and *Satguru*. He guides us. His role and activities are unique and higher than anything else in this world. He is the *Antaryami* – the One, who knows everything that is in the heart of each soul. No other soul possesses this quality. He is the Divine and Supreme Almighty Authority. He has ascribed a very good role to us. Someone whose role is good, now, will also have a good role throughout the World Drama Cycle. Imbibe the power by having all relationships with Shiva Baba and Brahma Baba. Spin the cycle of self-perception. Remain a carefree emperor, by staying beyond all the cares and worries of the world. ■■

### LAUGHTER: THE BEST MEDICINE

- ◆ **Politician:** One who shakes your hand before elections and your confidence later.
- ◆ **Diplomat:** A person who tells you to go to hell in such a way that you actually look forward to the trip.
- ◆ **Optimist:** A person who while falling from Eiffel tower says in midway "See I am not injured yet!"
- ◆ **Lecture:** An art of transferring information from the notes of the lecturer to the notes of the students without passing through the minds of either.
- ◆ **Atom Bomb:** An invention to end all inventions.
- ◆ **Criminal:** A guy no different from the rest... except that he got caught.
- ◆ **Doctor:** A person who kills your ills by pills, and kills you by his bills!



## The Tale Of Virtue.....

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The king didn't somehow like the idea and turned down their suggestion, saying, "You are wrong; the king has no right to call this pot and its golden ornaments his own. Both of you wish to be free from sin; why should you burden me or the State with it? If you are not prepared to take what does not rightfully belong to you, why should you expect the king to accept it? I cannot put into the treasury what does not belong to the State; otherwise, it would cause suffering to my subjects, who are as dear to me as my children." Thus, no one was prepared to incur sin by accepting what was not his. Then, the question arises: How to resolve the strange kind of dispute?

Further discussions revealed that the daughter of one farmer was betrothed to the son of the other farmer. So, the king gave his judgment or verdict that the pot in question be given away in dowry. This judgment satisfied both as both would eventually benefit by it and in a rightful manner too.

### Times have changed

Now, you can compare that Copper Age (*Dwapar Yuga*) with the present Iron Age (*Kaliyuga*). In earlier times, there were no thefts; houses would lay open without locks; and lawsuits were very rare. But, now-a-days, the courts have to deal with innumerable cases pertaining to acquirement of wealth. In spite of the increase in number of courts, hearings are held after long intervals and it takes much longer period for decisions to be arrived at. The situation, today, is so grim that if two pedestrians notice a five hundred-rupee note lying on the road, there will be a scramble between them. Each will lay claim to this one note. Therefore, it

is clear that ever since greed entered man's mind, the good things of the world have become rare. There was a time when grains, milk and everything was in abundance; but, now, grain is purchased in small hand-bags and milk is received in small packs or pouches after a long wait in a queue.

We are living in a world where powerful societal forces of individualism, materialism, competition, capitalism, and the monetary measurement of success combine to stimulate the vice/sin of greed, which, in turn, inhibits moral maturation. There is nothing inherently wrong with material success and pleasures. But, when the society begins to place too much emphasis on them, there is a resultant moral and spiritual bankruptcy. People live in a perception of lacking something; and individuals and society as a whole turn their focus *outward* to fulfilling unfulfilled desires rather than *inward* to the process of awakening self-awareness. Currently, we believe in the slogan: "More is better." **We are taught that our self-worth depends upon accumulation of 'more' transient things such as beauty, money, power, etc. This leads to a repetitive cycle of greed and self-interest, where one constantly seeks satisfaction and fulfilment through material things and becomes blind to the need of others and also that of the larger community.**

### The Moral Lesson

So, in order to have good days again, man should abandon greed or avarice, which characterizes degraded people. If there is an unfulfilled desire, one will always be unhappy; and the very nature of greed is such that you will always have one or the other desire unfulfilled.

We need to understand that we are souls –

the spiritual entities – which are greater than the identification of ourselves as merely physical bodies. If you ever think of becoming greedy, transfer this faculty of thinking towards acquirement of more and more Godly or Divine Knowledge, virtues, values, qualities and spiritual gains in Yoga and meditation. These will accompany us after our death and make us wealthy for several lives hereafter. The wealth that subsists on divine knowledge, virtues and services to others never dies; because, by means of it, one obtains heavenly happiness, which will last for the forthcoming 21 births. Healthy ideas lead to good health too. Honesty, sincerity and truthfulness are the signs of good character whereas greed, arrogance, lack of consideration for others and crookedness lead one, ultimately, to grief and, at last, create rift, trouble and turmoil in the society and the world at large. ■ ■

### Contd. from page no.... 21

in their journey; He doesn't give me permission to impose, judge, brand or label. Religion is might, it is said; it is meant to give souls power through which they become rulers of their inner kingdom again. They stand on their own feet again.

When I can show non-judgmental love and acceptance, when I can show respect and regard to souls the way the God-Father did for me, then they feel a sense of hope for a better and brighter future. They themselves feel inspired to make changes in their life. *To ignite in my brothers and sisters, the lamp of hope and bring them to the right destination, is my duty*, the Father reminds me. This is the call of the present time. ■ ■

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an ATM. In eternal world drama, every moment is predestined and hence any negativity or criticise never help in progression; rather, it's the worst way of self-degradation. Deity society runs through the soul consciousness, the power of divine intellect, but from Silver Age or *Dwaparyuga*, society started degrading. And at last, at the far end of the Kaliyuga, God descends directly from his long distant residence i.e., *Paramdham* for the reverse transition of the society from Iron Age into again the Golden Age. So, now, in this auspicious Diamond Age, the humans have got the opportunity to be educated from the lessons of God as the Supreme Teacher for the elevation of humanity into deity to enjoy the fruits of prosperity and happiness for next 21 births.

Now we are in a race donating imperishable jewels of knowledge,

What we receive every day from our beloved Father phase by phase.

God Shiva is the Ocean of Knowledge educating His children with affection,

He is the most beloved Teacher giving lessons with great care and compassion.

Education not only means to achieve a degree and to make an earning carrier,

It also means to be sincere and honest in work whatever it may be lower or higher.

Swamiji says-Education is the manifestation of the perfection already in man,

God is now accomplishing that job making all the old and negative *sanskars* in ban.

We have now fallen under total body consciousness in this material world,

Supreme Father is uplifting and giving light to us to know the facts of three world. ■ ■



**Sarni (MP):** Mr. Shivraj Chouhan, CM of Madhya Pradesh is being tied Rakhi by BK Manju.



**Mumbai:** Mr. Ajit Pawar, Dy. CM of Maharashtra is being presented Godly gift after tying Rakhi by BK Rukmani and BK Vandana.



**Gangtok:** Mr. Prem Singh Tamnag, CM of Sikkim is being tied Rakhi by BK Sonam.



**Champawat (UK):** Mr. Pushkar Singh Dhama, CM of Uttarakhand is being tied Rakhi by BK Jyoti.



**Panaji (Goa):** Mr. Pramod Sawant, CM of Goa is being tied Rakhi by BK Nirmala.



**Kohima:** HE La. Ganesan, Governor of Nagaland is being tied Rakhi by BK Rupa.



**Shimla:** BK Shakuntala is tying Rakhi to HE Shiv Pratap Shukla, Governor of HP.



**Imphal:** HE Anusuiya Uikey, Governor of Manipur is being applied tilak by BK Nilima after tying Rakhi.



**Dumka:** BK Jayamala is tying Rakhi to HE CP Radhakrishnan, Governor of Jharkhand.



**Raipur:** HE Biswabhusan Harichandan, Governor of Chhattisgarh is being tied Rakhi by BK Asha and BK Savita.



**Guwahati:** BK Korobi is tying Rakhi to Governor of Assam HE Gulab Chand Kataria.



**Bikaner:** Mr. Arjun Ram Meghwal, Union Minister of Law and Justice is being tied Rakhi by BK Kamal.





**Chandigarh:** HE Banwarilal Purohit, Governor of Punjab is being tied Rakhi by BK Uttara and BK Neha.



**Thiruvananthapuram:** BK Minni is tying Rakhi to HE Arif M Khan, Governor of Kerala.



**Chennai:** HE R.N. Ravi, Governor of Tamil Nadu is being presented Godly gift by BK Beena after tying Rakhi.



**Jaipur:** BK Sushma is tying Rakhi to HE Kalraj Mishra, Governor of Rajasthan.



**Lucknow:** BK Radha and BK Manju are tying Rakhi to HE Anandiben Patel, Governor of Uttar Pradesh.



**Dehradun:** HE Gurmeet Singh, Governor of Uttarakhand is being tied Rakhi by BK Manorama.



**Bhopal:** HE Mangu Bhai Patel, Governor of Madhya Pradesh is being tied Rakhi by BK Avdhesh.



**Bhubaneswar:** HE Prof Ganeshi Lal, Governor of Odisha is being tied Rakhi by BK Leena.



**Bengaluru:** HE Thawar Chand Gehlot, Governor of Karnataka is being tied Rakhi by BK Ambika.



**Vijayawada:** HE S. Abdul Nazeer, Governor of Andhra Pradesh is being tied Rakhi by BK Jaya.



**Patna:** HE Rajendra Vishwanath Alankar, Governor of Bihar is being applied tilak after tying Rakhi by BK Sangita.



**Gandhinagar:** HE Achary Devvrat, Governor of Gujrat is being applied tilak by BK Kailash after tying Rakhi.

**Contd. from page no.... 27**

care of their families, going to their office or workplace, doing other activities of home and also taking care of one's own body and physical well-being, all in the remembrance of God. A pure lifestyle is followed by everyone with pure eating and drinking habits and sleeping early and waking up early. The aim of the Rajyogi life is to purify the soul and also guide other souls to purify themselves. ■ ■



## *Benefactor*

Just as every father wishes only good for his children, God is the constant Benefactor. It's one's own actions that cause sorrows.



## *Life Changing Advice*

- **Rediscover your inner child and try to make life happier and less stressful.**
- **Always be ready to help other people regardless of their race, nationality or status.**
- **Develop relationships. They will last you a lifetime of friendships, give you trips together and adventures you never dreamed of. Most importantly, they will offer love and support when you need it.**
- **Keep busy regardless of whether you look after your own family or help out others. Focus on the good things that happen and enjoy your life to the fullest.**
- **Enjoy every minute to the fullest and don't sweat the little stuff because life flashes by in what seems like a blink of an eye.**

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**Kathmandu:** HE Ramsahay Prasad Yadav, Hon'ble Vice-President of Nepal is being tied Rakhi by BK Raj.



**Kota:** Mr. Om Birla, Speaker of Lok Sabha is being tied Rakhi by BK Urmila.



**Delhi:** Mr. Rajnath Singh, Union Defense Minister is being tied Rakhi by BK Laxmi.



**Delhi:** Mr. Nitin Gadkari, Union Transport Minister is being tied Rakhi by BK sisters.



**Delhi:** Mr. S. Jaishankar, External Affairs Minister of India is being tied sacred Rakhi by BK Asha.



**Vijayawada:** BK. Jaya is tying Rakhi to Mr. Y.S. Jaganmohan Reddy, CM of Andhra Pradesh.



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**Ranchi:** BK Nirmala is tying Rakhi to Mr. Hemant Soren, Chief Minister of Jharkhand.

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**New Delhi:** A delegation of Agriculture & Rural Development Wing comprising BK Sarla, BK Raju, BK Sunanda, BK Trupti, BK Sumanth and BK Shashikant is presenting a memento to HE Draupadi Murmu, the President of India.



**Bharatpur (Raj):** BK Kavita, BK Pravina and BK Ranvir are meeting HE Jagdeep Dhankhar, Vice President of India.



**Abu Road:** Mr. Himanta Biswa Sarma, CM of Assam is receiving blessings from Rajyogini Dadi Ratanmohini, Chief of Brahma Kumaris after addressing the Global Summit 2023.



**Abu Road:** Global Summit-2023 is being inaugurated by Mr. Bhagwant Khuba, Union Chemicals and Fertilizer Minister, Justice Nahakul Subedi, Judge of Supreme Court of Nepal, Mr. Ramesh Pokhriyal, former Union Minister, Mr. Dharampal Singh, Minister from UP, BK Mohini, BK Jayanti, BK Nirwair, BK Mruthunjaya and others.



**Abu Road:** National Dialogue for Security Services is being inaugurated by Mr. Ajay Bhatt, Minister of State for Defense, Rajyogini Dadi Ratanmohini, BK Brijmohan, BK Shukla, Col. BK Satti and others.



**Abu Road:** HE Acharya Devvrat, Governor of Gujrat is inaugurating a National Conference of Art and Culture Wing along with actress Madhu Shah, Dr. BK Nirmala, Dr. Pratap Midha, BK Mruthunjaya, BK Chandrika and others.