



Monthly  
*The*  
*World Renewal*

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**New Delhi:** Rajyogini BK Jayanti, Additional Administrative Chief of the Brahma Kumaris, is presenting a bouquet to H.E. Droupadi Murmu, Hon'ble President of India, at Rashtrapati Bhavan. BK Asha and BK Nikita are also present.



**New Delhi:** H.E. Droupadi Murmu, Hon'ble President of India, is meeting a delegation from the Transport & Travel Wing of the Brahma Kumaris comprising BK Divya, BK Suresh, BK Kavita, and others.





**Mandi (HP):** BK Sheela is being felicitated by Mr. Sukhvinder Singh Sukhu, Chief Minister of Himachal Pradesh, at the HP Secretariat in Shimla for the 'Nasha Mukht Bharat Abhiyan.'



**Chandigarh:** BK Anita, BK Sunaina, and BK Shaifali are sharing thoughts on peace, values, and service with Mr. Naib Singh Saini, Chief Minister of Haryana.



**New Delhi:** Mr. Jyotiraditya Scindia, Union Minister of Communications, is with BK Sunaina, BK Falak, and BK Husain after sharing spiritual insights.



**Noida (Sector 50):** Mr. Chirag Paswan, Union Minister for Food Processing, is with BK Rama, BK Chitralkha, BK Falak, BK Ramesh, and BK Nitu after a cordial meeting.



**Hong Kong:** After conducting a meditation session at the Indian Consulate on International Yoga Day, BK Bindu and BK Rohini are with Consul General Ms. Satwant Khanalia.



**Mumbai:** Film actress Ms. Tamannaah Bhatia is being presented with a Godly gift by BK Kreena, BK Deepak Harke, and BK Vikas.



**Bhubaneswar:** A programme on 'New Dimension in Social Service' is being inaugurated by Rtn. Yagyasis Mohapatra, District Governor of Rotary International, along with BK Onkar, BK Geeta, and Mr. Kailash Kanungo.

From the mighty pen of Sanjay

## CELIBACY: ESSENTIAL FOR TRUE INDEPENDENCE

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



the fag-end of Confluence Age, the step would be quite appropriate, because there is goodwill behind it.

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

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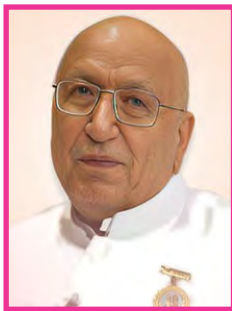
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## FROM THE AGE OF FALSEHOOD TO THE AGE OF TRUTH

Embracing purity and our soul identity can lead us from the post-truth age back to the Age of Truth.



**T**hree important festivals fall this month—Raksha Bandhan on 9 August, Shri Krishna Janmashtami a week later, and Ganesh Chaturthi on 27 August. Janmashtami is the most popular of these. It marks the birth of Shri Krishna, the first prince of the Golden Age, or *Satyug*. The very name *Satyug*, meaning the Age of Truth, suggests a world entirely different from the one we live in.

Truth is a highly valued quality equated with God. It is a fundamental part of moral character and serves as the foundation for ethical behaviour. In personal relationships, truth fosters trust and credibility. On a larger scale, a commitment to truth promotes social harmony, as misunderstandings and conflicts often arise from misinformation. In legal systems, truth is the key to justice.

In nearly every sphere of life, knowing the truth is crucial for accurately evaluating options and making informed decisions. For self-improvement, we must face and accept the truth about ourselves to bring about necessary changes. The basis of truth is purity and fearlessness. When we cultivate

these qualities, divinity begins to radiate from our being. However, this will not happen if there is any dishonesty, carelessness, or impurity.

In *Satyug*, the first of four epochs in the cycle of time, truth was the foundation of society. People lived in harmony with natural and spiritual laws, and virtue and righteousness were the norm. There was no crime or violence; hence, courts, prisons, and armies did not exist in *Satyug*.

In the subsequent epochs – *Tretayug*, *Dwaparyug*, and *Kaliyug* – people gradually drifted away from truth and virtue. As they interacted with the material world, they were influenced by it. Their spiritual awareness weakened, and eventually, they lost it altogether. Forgetting that they are souls – immortal beings of light, innately peaceful and loving – they began identifying with their mortal bodies and relating to others on that basis. Ignorant of their spiritual identity, they fell prey to vices such as ego, greed, lust, and anger. Over time, this spiritual decline accelerated, bringing us to where we are now.

Today, we are said to be living in a post-truth age. The term 'post-truth' describes a situation where emotions, personal beliefs, and opinions often outweigh objective facts



**in shaping public opinion.** Truth is not absent, but it is often devalued or disregarded in public discourse. People are more likely to accept claims that align with their emotions or group identity, even if they are false.

Across the world, there is growing distrust of governments, science, and the media. This makes people more susceptible to believing alternative sources, including conspiracy theories or influences with no factual basis for their claims. Social media has exacerbated this phenomenon by amplifying false and misleading information. Digital algorithms feed users content that aligns with their existing beliefs, making it rare for them to encounter challenging views or contradictory evidence. This reinforces their biases and makes correcting false ideas more difficult. Studies have shown that social media users are more likely to share fake news than accurate information. The resulting proliferation of misinformation negatively impacts public perceptions and behaviour, polarising society and fuelling discord.

This is a far cry from the past, when it was natural – not naïve – to take someone at their word. **The Ramcharitmanas, a 16th-century**

**epic poem, extols the integrity of rulers in Tretayug, stating that it was their tradition to keep their word, even at the cost of their lives.**

Today, a spoken word has little legal value unless recorded and authenticated.

Some communities around the world, whose languages lack a written script, pass down their knowledge, culture, and traditions orally through storytelling and songs. They still honour verbal agreements, with witnesses invited and specific rituals performed to ensure compliance. The trustworthiness of the individuals involved is paramount. However, in so-called advanced societies, even written agreements often lack the credibility that a spoken word once had. Formal deals are worthless without legal safeguards.

**Just as weak eyes need glasses to see clearly and frail knees require a walker for support, when souls lose the power of truth, elaborate legal systems must be created to uphold it.** Numerous rules, procedures, and laws now govern nearly every aspect of our lives and almost all spheres of human activity. To enforce these laws, each country has a vast law-and-order machinery, including police, investigative agencies, prosecuting authorities, and the judiciary. Yet, when souls breach spiritual laws, they often fail to abide by temporal ones too. It is no surprise, then, that there are over 40 million cases pending in Indian courts.

**Why have we strayed so far from truth? When individuals are disconnected from spiritual truths and values, their commitment to truth weakens.** If our thinking is distorted by fear, hatred, or mistrust, narratives that align

with our perspective appear more appealing than inconvenient truths. Many people now ignore or reject truth if it contradicts their viewpoint or hinders their agenda.

To return to the Age of Truth from this post-truth age, we must start living the truth. The foundation of truth is purity, and the practical proof of truth is virtuous actions. Without purity, constant truthfulness is impossible. Purity makes us naturally truthful.

Truth is not merely speaking honestly or doing what is right. **The first aspect of truth is knowing our true identity – that we are souls. This brings recognition of our connection with the Supreme Soul, the Father of all souls.** Most people, no matter how truthful they consider themselves, are unaware of their immortal identity or their Father. Ignorant of who they truly are, they identify with their current roles, positions, qualities, and relationships. They also perceive and relate to the world on that basis. When self-awareness is rooted in ignorance, how can our perception of others be based on truth?

**When we see ourselves and others as bodies rather than souls, labels such as gender, race, nationality, and religion come into play.** Identifying ourselves and others by these labels taints the mind, creating divisions of 'us' and 'them', and giving rise to desire, ill will, and conflict.

Where there are purity and truth, vices cannot exist. If we claim to speak the truth but our words are harsh, they will not be accepted or respected. We may insist, "I am telling the truth", but without purity, our honesty will be suspect, and others may

feel we are merely trying to prove ourselves right. Truth does not need to be proven, especially not with stubbornness, which diminishes its value. Where there is truth, there is lightness and happiness. Even the slightest untruth mixed with truth reduces our happiness.

Many people claim that it is difficult to remain honest in today's world and that one must lie to survive. Others may not lie outright but use words cleverly to camouflage the truth, explaining that they did not intend to be dishonest but had to act shrewdly to achieve their goals. This is compromising with the truth. While deception may bring temporary success, it taints the soul forever.

Sometimes, we resort to falsehood in difficult circumstances, thinking that others do the same and get away with it, so why should we alone adhere to the truth and suffer? This is not suffering but a test that elevates our character. Like gold, which becomes purer and more valuable when melted to separate the alloy, a worthy soul is free of falsehood. The power of truth brings peace, happiness, and dignity – qualities that make us truly valuable.

–B.K. Brij Mohan



## THE POWER TO JUDGE

**Judging a person does not define who they are. It defines who you are.**

**B.K. Sister Chirya, New York, USA**

**T**he one who becomes the judge of the self and not of others is free from criticizing others unnecessarily. Here's a simple example from day-to-day life:

A young couple moved into a new house. The next morning, while they were eating breakfast, the young woman saw her neighbor hanging the washing outside. "That laundry is not very clean; she doesn't know how to wash correctly. Perhaps she needs better detergent." Her husband looked on, remaining silent. Every time her neighbor hung her washing out to dry, the young woman made the same comments.

A month later, the young woman was surprised to see a nice clean wash on the line and said to her husband, "Look, she's finally learned how to wash correctly. I wonder who taught her this." The husband replied, "Actually, I got up early this morning and finally cleaned the windows."

And so it is with life ... What we see when watching others depends on the clarity of the window through which we look. So don't be too quick to judge others, especially if your perspective of life is clouded by anger, jealousy, negativity or unfulfilled desires. - Jonathan Kestenbau

*We create a new thought every 2 seconds or sometimes even less than that. This speed of*



*thinking increases when we are in discomfort or under the negative influence of an external situation. However, the internal thinking being, I, the soul, has created the situation. **The situations have been created through my own reaction to the situation, by my internal negative thoughts and personality traits. The solution is to look for goodness;** in everything, goodness is there. Our goal is to find it. In every person, recognize the best is there. In every situation, the positive is there, and our opportunity is to see it. In every problem, our responsibility is to provide the solution. You simply need to be quiet enough within to pick it up.*

Remember each passing moment is the most valuable important moment. The quality moments are those when the soul is focused, free from negativity and worry and in the present. When your mind is noisy, you become critical and pick up negativity and waste thoughts. Just like with a pool of water. When the water is still, it reflects the light of the sun, moon, and the stars, but when the water is noisy or dirty, it reflects confusion. But when your mind is still, quiet, and clean, it reflects your positivity and you experience each moment in pleasure and appreciation. ■ ■



## DADI PRAKASHMANI: A LIFE OF LOVE, LEADERSHIP AND LIGHT

From a humble, surrendered soul to a world-renowned spiritual leader, Dadi Ji led the Brahma Kumaris with strength, grace, and maternal care. Her life remains a beacon for spiritual seekers.

Prof. Onkar Chand Sharma, Shantivan



In 1936, at just fourteen years of age, Dadi Prakashmani surrendered herself to the spiritual path. Following Brahma Baba's ascension to the subtle world in 1969, she humbly accepted the responsibility of leading

the institution, always viewing herself as an instrument of God's service. With profound wisdom and natural grace, she steered the organisation with unmatched capability. Endowed with divine virtues, Dadi Ji relinquished her body on 25 August 2007. Her life – marked by 71 years of disciplined spiritual practice and 38 years of visionary leadership – continues to inspire generations.

### Steering the Yagya with Wisdom and Love

Under Dadi's skilful leadership, divine services expanded both within India and abroad. Thousands of spiritual seekers dedicated themselves to world service under her guidance. With gentle strength, she nurtured all of Baba's children through her pure life and countless teachings.

Just as Shiv Baba and Brahma Baba entrusted her with great responsibilities, she led with a blend of compassion and courage. She

recognised each soul's unique potential and inspired them to serve wholeheartedly. As a result, new centres emerged, the fortress of Madhuban grew stronger, and the Yagya flourished.

### Living the Teachings: A Yogi in Action

In Dadi's character, words and actions were in complete harmony. Her elevated thoughts translated seamlessly into daily life. A true yogi, she remained ever-introspective, constantly in remembrance of Shiv Baba, while tirelessly active in service. Sitting in silence, she would absorb its power and radiate it to others. Her pure *drishti* and gentle smile touched hearts and transformed lives.

When she visited Bholenath's communal kitchen, she would fondly ask, "What's on the menu today?" With loving care, she guided servers to avoid overloading plates but never to deny anyone a second helping. Her reverence for Baba's food was profound. She often recalled an elderly mother who tearfully offered a cloth pouch of coins, saved over the year for Baba's *bhog* – teaching that even the smallest act of service must be treated with honour. She reminded everyone, "Even the deities long for this sacred meal."

### A Universal Mother

Though Dadi remained a *kumari* (unmarried),





she was truly a mother to all. Her maternal affection encompassed every soul—young or old, senior or newcomer. She had the unique ability to make each person feel seen and cherished. Her loving behaviour melted hearts far more powerfully than words. Such a soul truly deserves the title “Mother.”

One could feel both the transcendental qualities of Shiv Baba and the tender love of Brahma Baba through her presence. Just as Brahma Baba balanced love with discipline in nurturing others, so did Dadi Ji. She lived the final teachings of Brahma Baba: to be incorporeal, viceless, and egoless (*nirakari*, *nirvikari*, *nirahankari*).

### **Rooted in Knowledge and Yoga**

Dadi was ever immersed in *Gyan* and *Yoga*. Before sleeping and after *Amritvela*, she would read the *Murli*, drawing spiritual insights and inspiration. These became the source of her elevated teachings, which ignited enthusiasm in others. She never said, “This is my idea,” but always, “This is Dadi's thought,” reflecting true humility.

### **A Guardian to Thousands**

Dadi emulated Brahma Baba's nurturing nature, caring for every soul as her own. During large gatherings, she would personally enquire whether everyone had arrived safely and if their needs were met. “If anyone needs anything, tell Dadi,” she would say. Her care was personal and genuine.

Her management of thousands of centres reflected a balance of generosity and economy. She paid minimal attention to her own needs but was fully devoted to Baba's children. At 3 a.m., she would sit in remembrance of Baba, drawing spiritual power to share with others.

Though ever sweet and loving, she was firm in

upholding divine principles. She constantly reminded everyone that God's laws and *Maryadas* alone ensure safety and upliftment – for the self and the Yagya.

### **A Towering Personality of Light**

Dadi, our divine mother, was a fountain of virtues. She led a simple life, yet inspired countless others to greatness. She combined subtlety with practical care, motivating and guiding all with unwavering enthusiasm. Through her, the nurturing power of both Brahma Baba and Mateshwari Jagadamba became visible.

Her impartial love extended to all – irrespective of age, caste, religion, or background. She never appeared tired or discouraged. Managing a global institution, she remained ever serene and would say, “God is getting it done; I am just the instrument.” Countless lives are living proof of her unconditional love.

### **A Unifier of Hearts**

Dadi Ji united diverse souls with a single thread – belonging to Baba. Even amidst differing traditions or temperaments, she gently wove hearts together. Her message was simple: “Whatever you do or see, recognise who is enabling it – say, 'My Baba.'” In drawing closer to Baba, she helped others feel closeness to each other.

### **Tenderness for Every Soul**

Dadi Ji had a special place in her heart for the young, the new, and the weak. She would listen attentively, sit with them lovingly, and offer practical solutions to their challenges. Her compassionate heart could not bear the suffering of others.

When someone came to her, she instinctively felt their spiritual heartbeat and responded with

soulful warmth. This made everyone feel, “Dadi Ji belongs to me.” Her love was never superficial – it was deeply sincere.

### **Harbinger of Harmony**

While her love was boundless, she firmly upheld discipline. If a conflict arose, she would act swiftly to resolve it and restore unity. Her talent for reconciling people was unmatched – merging hearts with understanding and affection.

A touching incident illustrates this: a young *kumari* once sought permission to leave Madhuban on the same day as a BapDada meeting. Dadi Ji gently asked, “Why are you leaving when Baba is coming?” Yet she respected her need, arranged for her to meet Baba after *Murli*, and sent her off personally in her own car. That sister is now a senior BK teacher, never forgetting Dadi Ji's love.

### **Transformative Presence**

Dadi's presence itself inspired action. When she returned from a service tour, the very atmosphere in Madhuban would light up. Her involvement – whether in large constructions or in the kitchen – infused the environment with joy and vigour.

Once, when vegetable cutting was delayed, she quietly joined in after *Murli* class. Her act sparked a wave of cooperation, and the work was quickly completed. On Thursdays, she often visited the kitchen before *Murli*, saying, “I love being here.” Her presence made even simple tasks sacred.

### **Compassionate Leadership**

In one incident, a dispute between a brother and labourers led to a tense situation. Dadi Ji calmly approached, folded her hands, and asked for forgiveness. Her humble gesture melted their anger. “You are our mother,” they

said. She then lovingly distributed *tolis* and sent them off with peace in their hearts.

### **Devotion Without Extravagance**

For every project, Dadi Ji considered how to complete it with minimal expenditure. She would say, “This is the money of Baba's poor children – we must use it wisely.” She was moved by the devotion of mothers who saved small coins for the Yagya. Grand projects like Gyan Sarovar and Shantivan were completed through her love and care.

Once, Gayatri Modi Mataji, from a very affluent family, offered her a helicopter for travel, but Dadi Ji lovingly declined. She preferred simple vehicles like the Tata Estate – economical, reliable, and sufficient for service. While she remained healthy, she did not replace it.

### **Visionary Execution**

Her foresight was extraordinary. When plans emerged to shift the printing press from New Delhi to Abu Road, many questioned the need. But Dadi Ji envisioned the future. Today, that press serves the Yagya efficiently – printing Hindi and English monthly magazines, *Murlis*, books, folders, and materials for conferences and seminars with speed and devotion.

### **A Timeless Legacy**

Let us embody her teachings and become living images of divine virtues. That is our truest tribute to her. As we mark her Remembrance Day, may we do so with deep respect and a renewed commitment – to elevate ourselves, serve the world, and fulfil the hopes of Dadi Ji and BapDada.

Let her spirit of humility, economy, service, and maternal care guide us always. May Dadi Ji's legacy of love and discipline continue to inspire and protect every soul. ■ ■



## CELIBACY PRESERVING THE NECTAR WITHIN

True celibacy nourishes body, mind, and soul – the elixir of health, harmony, and higher consciousness.

B.K. Dr. Trupti, Shantivan



All four pillars of Rajyoga viz., Brahmcharya, sattvic food, imbibition of divine virtues and *satsang* are not only the foundation of a Rajyogi lifestyle but are essential for all-round development and holistic

health of a human being. Out of the four, the foremost important pillar is of practicing *Brahmcharya*. Literal meaning of *brahmacharya* is the *charya* or routine of Brahma baba which inevitably includes being soul-conscious and remembering the Supreme Soul God Father 'Shiva' in the Brahm element (*Paramdham*). Many use the word celibacy and *Brahmcharya* interchangeably, but in reality, celibacy is the foundation of *Brahmcharya* while *Brahmcharya* not only has much deeper meaning to it but is the most elevated way to live life. Practicing celibacy is the crucial step towards *Brahmcharya*.

### Purity is our true nature

The first step of Rajyoga meditation is to stabilize the self in the true identity of being a soul and becoming soul-conscious. This is based on the eternal truth that we are not bodies but incorporeal souls residing in the corporeal body; then what do we have to do with the body and let alone the vices which generate out of body-consciousness! We have to consider ourselves a soul and have to stay in the

remembrance of the Supreme Soul, Supreme Father God Shiva. As we are all children of God, we are all brothers and being a soul, our true religion or nature is of purity. Purity is the mother of happiness and peace, so why should we not remain stable in our true religion of purity by being soul-consciousness and remember our eternal Supreme Father in His Supreme abode or Brahma element?

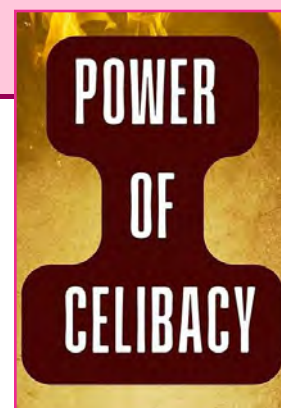
### Celibacy for health and vigour

When the disciples of Dhanvantari and Sushrutacharya asked them the means of accumulation of strength and to maintain health, then these brilliant medical experts asserted 'celibacy' to be the best solution. They said, "*Brahmcharya* is the only medicine which saves man from disease, old age and death and gives him peace, glow, memory and health. All inauspiciousness is eradicated by *Brahmcharya*. That's why we say the truth that *Brahmcharya* is very precious, it is the only nectar."

Dhanvantari and Sushrutacharya were scientists; they knew chemistry and were well acquainted with the properties of things and symptoms of diseases, etc., thereby making great medicines. They knew the anatomy very well and were also aware of how diseases, old age, death overshadow the life force or life activity.

### Celibacy is vital for overall well-being

Ancient medical experts or biochemists on



the basis of scientific thinking used to come to the conclusion that the food one consumes, reaches inside the body and passes through seven stages. **When food gets digested, it first becomes juice. It takes the form of blood, flesh, fat, bone, and marrow in succession from the juice and then converts into semen, i.e., life force, after about 40 days 9 hours of eating food! According to them, as long as this essence of life (life force) resides in the body, only then the life of man remains.** Otherwise, man dies. Life force itself takes the form of radiance and glow. Through this man gets satisfaction, stamina and strength, due to which enthusiasm, patience, grace, sweetness, and talent, etc., remain in his life. So, to maintain it is equivalent to maintain life. As per Ayurveda one drop of semen is equal to 80 drops of blood.

This life force contains very important elements and amongst them the most significant is the **Nerve Growth Factor (NGF)**, which has potent antidepressant and cognitive-enhancing effects. NGF is a cognitive enhancer and is important for the growth, maintenance and survival of neurons, including axons. It also forms myelin, the coating around axons. NGF is abundant in semen. Low levels of NGF are also found in atherosclerosis, obesity, type 2 diabetes, metabolic syndrome. NGF is anti-inflammatory and antioxidant and may be helpful for a variety of conditions including depression, multiple sclerosis, schizophrenia, among others. Thus, **NGF, found abundant in life-force, protects brain cells and boosts cognition and mental health.**

Life force or semen also contains spermidine, which has been found to increase lifespan. It also combats aging in yeast, flies, worms and human immune cells by inducing autophagy. Spermidine is a longevity agent due to its ability

to regulate gene expression. Spermidine has been tested and discovered to encourage hair shaft elongation and lengthen their growth. It also boosts stem cells that lead to hair growth.

Life force contains mood enhancers like -- oxytocin, progesterone, endorphins, prolactin, TRH, serotonin. It also includes anti-anxiety hormones e.g., oxytocin, progesterone, and serotonin.

It contains a number of antioxidants such as melatonin (helps induce sleep), SOD (super oxide dismutase), catalase, glutathione peroxidase, glutathione, vitamin C, vitamin E, pyruvate, carnation, NGF, oxytocin, progesterone, etc., which combat oxidative stress in the body.

It also contains some anti-inflammatory e.g., NGF, oxytocin, progesterone, testosterone, cortisone, certain prostaglandins, TGF- beta in semen, helps create tolerance to proteins.

Life force also contains various hormones – e.g., oxytocin (anti-anxiety and healing), progesterone (anti-anxiety), pregnenolone, melatonin, FSH, LH, testosterone, TRH (anti-inflammatory, mood enhancer), cortisone, estrone, estrogens, estradiol, DHEA, DHT.

It contains many proteins with potent antimicrobial activity against bacteria, fungi, viruses. It also contains essential nutrients e.g., zinc, calcium, sodium, fructose, chloride, lactic acid, magnesium, potassium, citrate, etc.

**Thus, life force contains minerals, vitamins and other essential nutrients. If one conserves this life force within, the need for nutrient supplement pills and injections will reduce as the body will have its own plethora of nutrients for free and that too without any side effects.**

#### **Celibate outlives others**

Conservancy of life force is one of the reasons why nuns, Zen masters, yogis, and



others who practise celibacy outlive others and that too in good health and mental peace.

In Raymond W. Bernard's book, 'Science of Regeneration' he has written "semen is a treasure of inexhaustible strength. By protecting and preserving it, man can maintain his energies and youth for a very long time".

God Shiva, our Supreme Father, Supreme Teacher and *Satguru* is also saying now at this auspicious confluence age, **"Dear Children, can you not, for my sake, remain pure in this last part of this last life of yours."** Children, I am the redeemer of sins, the purifier, the ocean of knowledge and have come to pull you all out of the whirlpool of vices and to purify you and rescue you from the sea of sins and sorrows. I have come to establish the heavenly pure world and I will make you the master of heaven only if you follow my directions and become pure in every thought, word, action and dream."

Since this is God's command, we should carry it out unhesitatingly. Without being chaste, man cannot acquire the strength to overcome other

vices and cannot face and successfully overcome the troubles that crop up in this God directed path of spiritual ascension. Hence, we have to be chaste in all respects i.e., in our thoughts, words and actions. Being celibate helps to stabilize us in *Brahmcharya*, meaning of which is a soul dwelling in Brahm element.

### Current scenario

God is the purest of pure, the purifier, and has now descended on earth for us, for the sake of His children. By uplifting His long lost and now found children, He, the Heavenly God Father, is uplifting the whole humanity to its highest world order of peace, happiness and prosperity called heaven. Now is the high time to recognize Him and follow His *Shrimat*, practise celibacy and become a true celibate, for this is the only newness in this Godly task and the ultimate solution to today's universal problems. Celibacy is the only help God is asking on our behalf to carry out His task of world transformation. Thus said, we must inculcate celibacy and become celibate for our own good. So be Holi, be Rajyogi. ■■

## WORDS OF WISDOM

- ◆ It is never too late to be what you might have been.
- ◆ You don't always need a plan. Sometimes you just need to breathe, trust, let go and see what happens.
- ◆ Many of life's failures are people who did not realize how close they were to success when they gave up.
- ◆ It is during our darkest moments that we must focus to see the light.
- ◆ Life is a succession of lessons which must be lived to be understood.
- ◆ It's a good place when all you have is hope and not expectations.
- ◆ If you live long enough, you'll make mistakes. But if you learn from them, you'll be a better person.

## DIGITAL FASTING FOR INNER FEASTING

**A healthy balance with technology is the key to living a happy and mindful life.**

**B.K. Megha, Shantivan**



**W**e've all heard about 'detoxifying' our bodies. In earlier times, this word didn't even exist. Life was simple back then—people had fewer needs and expectations, and health came naturally.

But with the rise of technology, people began working long hours, often sitting in one place. This led to the invention of systems, artificial intelligence, robots, and more. As a result, humans started focussing more on the brain and less on overall health. That's when the concept of "detoxification" became popular—because we had begun to neglect our health in the race to innovate and modernize.

Eventually, we started spending large amounts of money on dieticians, gym trainers, and fitness trends like aerobics. While this helped solve physical health issues to some extent, mental health was still largely ignored.

**Today, to maintain both mental and physical well-being, we need to understand a new concept: digital detox.**

We live in a modern world where we are highly dependent on screens—mobile phones, televisions, laptops, and computers. While these digital tools are essential for our work and lifestyle, their overuse is taking a toll on our mental and physical health.

Let's look at an example:

We open Facebook or Instagram to check

one thing, and we end up scrolling through 30-second videos for over an hour. By the end of the day, we can't even recall what we consumed.

Similarly, we browse shopping apps without any real need.

Then we watch stories of people travelling, buying cars, or showing off a seemingly perfect life. Even if we know some of it is fake, we still feel affected. This constant comparison impacts our mental health.

That's why digital detox is essential. **Here are a few simple tips for a healthier, more peaceful life:**

- ▶ Start your day without screens – Try to stay away from screens for at least four hours after waking up. Attend only urgent calls if needed.
- ▶ Be present with family – When spending time with loved ones, turn off your phone.
- ▶ Take a nature break – Once a month, spend a day outdoors. Watch birds, observe people, read a book, or just sit in silence.
- ▶ Silence notifications – Turn off unnecessary alerts that break your focus and disturb your peace.
- ▶ Eat without screens – Make mealtime screen-free. Focus on your food.
- ▶ Unplug before bed – Stay away from screens at least an hour before sleeping.
- ▶ Meditate – Even a few minutes of meditation daily can do wonders for your mind and body.

By following these small steps, your mind and body will thank you. A healthy balance with technology is the key to living a happy, mindful life. ■ ■



## PUTTING GOD FIRST THE CENTRE OF OUR WORLD

In today's noisy world, keeping God first helps us hear the soft whispers of His guidance.

B.K. Sarika, GGRC, Ahmedabad



**W**hen God becomes the very centre of our world, taking that primary place in our lives, everything else naturally finds its right order. Conversely, chasing after a multitude of desires often leaves us feeling

drained, yielding little true reward or lasting joy. Similarly, becoming solely engrossed in shouldering responsibilities, feeling we carry the weight alone, can deplete our energy, peace, and joy.

Hence the profound wisdom: "Put God first." Intellectually, this resonates, but the practical application can seem challenging when faced with the realities of a sick child or pressing work deadlines. The idea of carving out extra time for meditation might feel impossible when even our usual practices seem out of reach! Yet, God, our ever-present Father, doesn't demand we isolate ourselves in meditation or embark on a distant search. Just as a child naturally remembers its parent, God teaches us to be *karma yogis*. This means continuing to fulfil our responsibilities while maintaining a conscious connection with the Father, the Friend, the Beloved. He becomes our constant Companion, guiding our every step. The burden of responsibility then transforms into a feeling of lightness, the labour into effortless action, as if our strength has been



multiplied, enabling us to face any challenge.

In other words, putting God first isn't about adding Him to a *sequential* list of priorities: God, sick child, job...no! Instead, if we think of our twenty-four hours as a pie chart with each slice representing a different responsibility, then putting God first means making Him the central hub, the point from which every slice emanates, ensuring His influence permeates every slice of our lives. Then as circumstances shift, God Himself guides us to reallocate our time appropriately, empowering us to shoulder our duties with ease.

**Therefore, to put God first is to cultivate a love for Him that surpasses all other attachments. It means consciously choosing our thoughts, words, attitudes, and responses with Him in mind.** It involves seeking His guidance even in the simplest requests. It signifies a deep, intimate relationship where nothing is concealed; He is involved in every facet of our being. We invite His guidance and empowerment, recognising our inherent belonging to Him as children to a parent. Thus, the Gita's paramount instruction, "*Manmanabhava!* belong to Me alone in your mind," becomes the key to effortless living.

However, in today's world, worry and anxiety often creep in effortlessly. We worry about the health of our family, our finances, get anxious over meeting deadlines; we even worry about

getting enough sleep or what to wear! To truly put God first is to make *Him* our only concern, trusting *Him* to care for the rest. We also navigate a sea of opinions – our children and our spouse think we ought to be a certain way, our in-laws expect something different and there is the boss at work who has expectations too. They are all vying for our time and attention, demanding to be our top priority. Trying to please everyone often results in pleasing no one. The true effort lies in guarding our heart, ensuring that only the Father occupies our heart-throne. By staying true to the One, He orchestrates our interactions. There may be times when we disappoint a few people, but that is okay. As long as we remain faithful to His guidance, the outcomes become His responsibility, and He will ultimately set things right.

Sometimes, we inadvertently substitute service for genuine closeness with God. Becoming consumed by activities can inadvertently distance us from God. Then, I think: “I do so much and yet why do I feel empty inside?” It’s because we’ve put service on our

heart-throne. While service is indeed valuable, God Himself asks us to serve but He calls for a balance between remembrance and action. Neither constant solitary remembrance nor complete absorption in service is ideal. When we act as true *karmayogis*, performing our duties with awareness of the One, tiredness and emptiness dissolve. We find ourselves humming with inner joy, smiling as we remember our special experiences with God, sensing His direct assistance and inspiration in our tasks.

**Keeping God first demands intentionality and consistent practice.** It’s not a passive occurrence but an active choice. Throughout the day, we must consciously check our thoughts, especially amidst our busyness, and practice brief pauses to reconnect with our Supreme Companion, our Beloved. If we can truly learn to prioritise God in our lives, we won’t need to chase after happiness or try to make our fortune; our fortune will come chasing after us. ■ ■

## RAISE THE VIBRATION OF YOUR WORDS

Most of us are habituated to using negative and low-energy words in our daily conversations. Every word carries a particular energy and vibration. It is what we radiate into the universe. And we attract back a similar energy manifesting as our destiny. We need to check and raise our vocabulary, and not be casual about them. Our words create our world. Do you consider the impact of the words you habitually use, or take them for granted, believing they are after all words? Have you experienced that certain words can instantly make you feel happy, sad or angry? There is more to words than conveying our views. Every word we think, speak or write vibrates at a certain frequency. Using negative words about ourselves, other people, places, things or the world itself will bring down our and their vibrations. Let us refine our vocabulary to use only pure, positive, empowering words. Use only high vibration words. The high-energy not only makes us feel good but raises our vibrations. We attract more positivity. Our words create our world. Let our words be elevated to suit our personality. ■ ■

# KARMA MADE ME CALMER

B. K. Andrew Grant, UK

Mine and yours causes so much negative karma  
Charitable souls are few in this unlimited drama

If life is looking after you then that's the result of  
something that you gave  
If it's not then we must have made someone our  
slave

The past comes back to haunt. Karma has no  
favourites.  
Fortune came in lorry loads, now it's only tiny bits.

Everything that happens is a result of the past  
Everything that comes our way from the first to  
the last

The tree of good fruits is emptying fast  
Even today's fortune will soon be the last

The soul carries its record of giving and taking  
with him  
Taking advantage had made my light so dim

And I don't mind if nothing comes to me  
It's just my past being settled, greedy me

We don't know our past lives but they tell us a story  
Whatever does or doesn't come my way is  
history

So I don't receive love from another soul  
I must have divorced another of my love in a past  
role

And I'm okay if someone doesn't show love to me  
I did that too, it was me, for every soul is its own  
family tree



We inherit from ourselves, no-one else

Sorrow came to me so I know I gave it out  
No point to rant, scream or shout

Taking account for everything, I've done  
Would make me a giver to everyone

The blame game came from, "what are mine  
and what's yours"  
Nothing is mine deserves an applause

But be a trustee; don't waste it here and there  
A trustee is not wasteful and lives without a care

Mind, body, wealth and time  
Four things to consider in how the soul  
committed its crime

Past and present actions affect all four  
Poverty, illness and depression would come to  
my door

How the soul used its resources tells its own story  
I'm settling my accounts so it doesn't get gory

Hi ho, hi ho (I owe, I owe) so it's off to work we go  
Those happy dwarfs must have been in the know

Doing everything with happiness  
Would save us from great unrest

To not mind what doesn't come my way  
Will be in itself my own pay day

Wealth is a state of mind, nothing else  
Health is a state of mind, I deliver back to myself



## THE FIRE OF ANGER IS EXTINGUISHED BY PATIENCE AND SACRIFICE

Anger, when nurtured, transforms into revenge and later into deep regret. It's like a ghost that haunts the mind, dimming the inner light.



**A Fiery Tale of Two Neighbours:** there used to be a fight between two neighbours over some issue. Both were impatient. One day, one of them, in extreme anger, threw a burning torch at the other's house and ran away.

The neighbour's house caught fire. He saw his neighbour throwing the torch. His house was burning, and the person who ignited it was running away.

That person was also angry. The neighbour ran after him. Both went far away, chasing each other in fury. Meanwhile, the fire became so intense that the neighbouring house also caught fire.

As a result, both their houses were burnt. When they returned and saw everything destroyed, they sat down with their hands on their heads. Then they understood: the fire in the house could have been controlled if they had first calmed the fire of anger within.

The person whose house was set on fire could not control his inner anger. It would have been better had he not run after the other in rage, and instead tried to extinguish the fire in his house.



**B.K. Ram Singh, Rewari**

### Anger Destroys More Than It Seems

The burning of houses is just a symbolic event. On many occasions, we allow the fire of anger within us to flare up due to external circumstances. Then, that flame begins to scorch our personality and success.

The fire of anger can be quenched by the water of patience and sacrifice. One who has control over this fire is strong-minded – that is, he is the master of his personality.

### Anger Shakes Self-Confidence

Anger plays an important role in damaging a person's morale. Because of anger, a person shifts focus away from the self and towards others. When someone loses touch with their true self, their confidence begins to falter.

Anger comes in the way of solving problems. Instead of finding alternatives, it creates more problems – it closes all paths. Though anger has existed in human life for centuries, today's time has reached a point where it is present in every person.

### The Biggest Test Comes in the Form of Anger

If we pause during moments of anger and accept our faults with humility, many of the world's problems can be resolved.

As long as a person remains angry, they are deprived of peace of mind. So, don't lose all that you have earned through calmness by giving in to anger. Just as water is needed to put out a fire,

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

## RAKSHA BANDHAN

### The Bond of Purity and Protection

The thread may be simple, but the promise it holds – to be pure and divine – is the greatest protection of all.

B.K. Yogesh Kumar, New Delhi

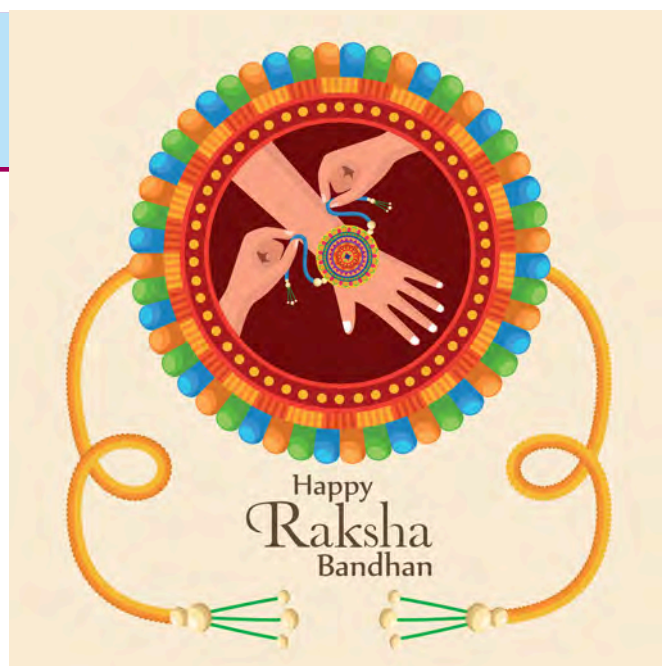


**R**aksha Bandhan is one of the most important and sacred Hindu festivals. It symbolizes and strengthens the bond of mutual love and affection between brothers and sisters in India. On this

auspicious occasion, a sister ties a Rakhi, a decorated thread, on the wrist of her brother, applies a tilak on his forehead, sweetens his mouth, and prays for his longevity. The brother, in return, pledges to protect the dignity of his sister even at the cost of his life and gives her gifts. This sacred thread of Rakhi, which carries many emotions with it, strengthens the relationship between brothers and sisters to a great extent.

#### Raksha Bandhan in the Present-Day Context

However, in today's artificial intelligence world, almost all relationships have become artificial and formal. In fact, they have become a business. In this self-centred busy world, today's brothers and sisters do not understand the importance of this great festival and celebrate it just as a tradition and another day. Due to deep-rooted vices, viz., sex lust, greed, and ego clashes, bonding between brothers and sisters has weakened today.



Today, after getting married and settling down, people in general, get so busy in their respective lives that they hardly have any time to spare for their parents, and even less for their siblings. Thus, the real love and care that was seen some years ago is found quite wanting these days. Moreover, it is not always possible for a brother to protect his sister. For example, if a brother is much younger than his sister or they are living in different countries, then it is impossible for the former to protect the latter. In some cases, it is seen that it is the sister who has to take care of her brother because of the moral values and virtues that she holds. If a brother was capable of protecting his sister, then so many crimes happening against women today would have been prevented. In fact, the vices of sex lust, ego clashes, and greed have maligned this most pious and beautiful relationship too, with cases of brothers harassing and torturing, and in some cases, it has been vice-versa too. Due to such incidents, this great festival has lost its meaning to a great extent. Today, it is imperative that women develop physical as well as spiritual power for their own purity and protection.

### **The Legends behind the Festival**

The Hindu scriptures are full of mythological legends that prove that Raksha Bandhan is limited not just to brothers and sisters but is applicable to all human souls of the world. One legend states that once a battle was going on between the deities and devils, in which the former were on the verge of defeat. Seeing this, the king of deities Indra was tied a Rakhi by his wife Indrani. As a result, the deities won the battle convincingly.

The Supreme Soul, God Father Shiva, reveals that no battle was ever fought between the deities and the devils. In fact, when the deities lived on the earth (i.e., during *Satyuga* and *Tretayuga*), there were no devils. God Shiva further reveals that human beings' own vices are represented as devils. Therefore, if we conquer the vices on the basis of God's elevated commands, we will become viceless and virtuous like the deities. The spiritual significance of the first legend is that when souls who were virtuous and deity-like became vicious again in the course of time while taking birth after birth. Then the Incorporeal Supreme Father, God Shiva, descends on the earth to teach Rajyoga and purify His children. Through the medium of Brahma, He teaches the Godly knowledge Kalpa after Kalpa and ties the spiritual Rakhi. The first blessing He bestows on the souls is 'Be Holy and Be Yogi,' i.e., to remember Him and become pure. This is because now it is time for the return journey of we souls towards our real home—Sweet Silence World, where we can go only after becoming pure and in soul forms. Therefore, to become completely pure is a must for all souls of the world.

Another legend states that during the

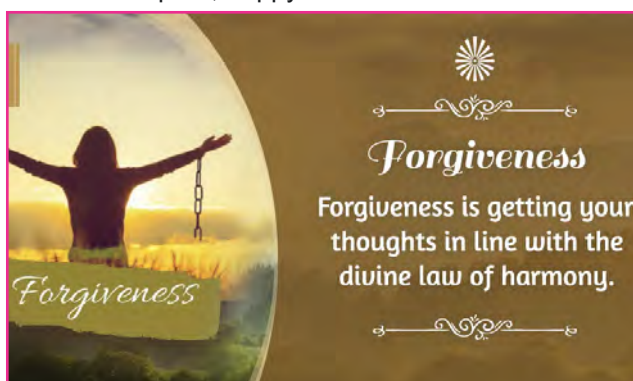
medieval period, Rani Karnavati sent a Rakhi to the Mughal emperor Humayun seeking his help as she was attacked by the Sultan of Mewar. Humayun was touched by the emotion-filled Rakhi and marched to protect her kingdom of Chittor. However, he couldn't reach there in time. So, Rani Karnavati and other noble ladies immolated themselves in a mass suicide by fire.

This legend proves that the sacred festival is not limited to Hindus, but it is applicable to the whole world and gives the message of unity, nobility, and commitment. This festival strengthens the vision of brotherhood amongst all the people (souls) and inspires them to love one and all, irrespective of the differences of their castes, creeds, ages, and genders.

### **The True Significance of the Festival**

As revealed by the Supreme Soul, God Father Shiva, purity is the prime virtue of souls, and as we move away from this virtue, it leads to pain, misery, and sorrow. Purity is the seed of peace and happiness. In ancient times, only the Brahmins, who had good conduct and led a pious life, used to tie Rakhi on the wrist of the householders.

The very purpose of the Supreme Soul God Shiva's incarnation in this hellish and vicious world is to purify this world and to transform it into a pure, happy world like Paradise. Raksha





Bandhan is the memorial of God's teachings to we souls to burn our sins and purify our old vicious propensities through acquisition of His most elevated Godly Knowledge and our remembrance of Him. Let us now take a vow to maintain purity of thoughts, words, and deeds and practice the vision of universal brotherhood and that of the Fatherhood of one Incorporeal God. When we make sincere efforts to make ourselves viceless and pure and make our lives full of divine virtues, our journey of life will be smooth, and we can also create a beautiful future.

#### **How to celebrate Raksha Bandhan?**

Brahma Kumaris, on this pious day, tie Rakhi, the symbol of purity and spiritual protection, to one and all, irrespective of their differences in age, caste, creed, gender, etc., and even to prisoners so that each one follows this godly path and becomes an embodiment of godly knowledge, purity, peace, love, joy, bliss, and power. In other words, we all should take a vow to remain pure and viceless. This is the real observation on this great festival.

**So, this year, celebrate this sacred festival of Raksha Bandhan from God Shiva Himself. This sacred Rakhi, which God Shiva ties, is a thread of divine virtues, while the tilak is of soul-consciousness** (which transforms our criminal eye of body-consciousness into having a divine vision of soul-brothers with one and all).

**Let us pledge that we will maintain the bond of purity in our thoughts, words, and deeds and sweeten the mouths of each other with sweet words.** This is a sure way to transform Bharat and the entire world into heaven on earth where there will be health, wealth, and happiness in abundance, and each and every human being will be as virtuous as a deity. ■ ■

## **RAKSHA BANDHAN A TURNING POINT**

**B.K. Jagdish Shah, Mulund, Mumbai**



Look at the World Drama  
Going in circles and circles  
Where does it begin?  
Where does it end?

A Point is found on the circle  
Where the good starts beginning  
Where the evil starts diminishing  
A Point where the virtue of Purity is recognised  
A point where I discover my Purity  
A point where a sacred Rakhi is tied  
And my cycle begins

It is a turning point for the world  
A turning point for the Brahmins  
A turning point for you  
A turning point for me

Let us help the millions  
Recognise their turning points  
For their journey upwards  
For everyone's journey to that Ultimate Land  
Bestowing health, wealth and happiness  
All around us!

## SELF TRANSFORMATION LEADS TO TRANSFORMATION OF EVERY SITUATION

**Empower the self through values,  
vision, and inner strength to inspire  
change in every sphere of life.**

**T.V. Jayaprakash, Palakkad (Kerala)**



**U**nderstand the self, its inner resources, and strengths; develop attributes of leadership and the highest level of personal integrity. Get educated in human, moral, and spiritual values.

Nurture positive thinking, self-management, and stress management. Self-transformation leads to transformation of every situation. So, start application or practise today to achieve lasting success in your personal lives.

Rajyogini Dadi Prakashmani has said that there is a dire need to learn skills and methods that are simple, rational, and practical, which can give a person the self-empowerment to rise to the occasion and make appropriate decisions in time.

### **Leader is one who transforms information into a vision**

Sister BK Usha says that a leader is one who transforms information into a vision. Embrace change and adopt it as it comes. Accept and analyse the changes thoroughly, and carry out a step-by-step plan. By doing so, you can survive the change and pave the way for others.



The change can only be practical when the sum of the acceptance of the need to change, the belief in the ability to succeed, and the desirability of the future state, is greater than the cost of changing, that is, the cost incurred in the process of change, the resources we use, the time consumed; the energy, money, abilities, all the resources that we put in the process for change.

One has to experience the charisma of contentment through his/her inner qualities. Observe, understand, analyse, and then act decisively. Be cool and calm, without any confusion. Possess a clear vision, a clear understanding. Enable yourself to be confident, and have a high level of commitment and while performing, become highly creative in your ways.

### **Become a source of inspiration**

When you have these qualities, there is job satisfaction, or inner contentment, that you derive from your own performance. So, you experience the charisma of contentment through your inner qualities.

Exercise the main attitudes or inner powers at the appropriate time and right place. Enhance these abilities and powers to be effective in the present environment. The abilities and powers are naturally developed when one becomes aware of the values connected with them and practices living those values.

**(Contd. on page no. ...34)**

## ARE YOU A FAST-WALKING ONE-ARMED BANDIT?

**Man's ladder has not only become invisible, it has grown much shorter by losing rungs throughout history – until now, it has become a miniature ladder that leads nowhere other than to trivial destinations for the few midgets left on it.**



**B.K. David, Paignton, UK**

**M**an can only see his face and body in his self-made mirror, which distorts and cannot reflect truth, as there is no truth left on anyone's face – now hidden deep under the wrinkles of body-conscious falsehood.

The world is unaware it is balancing on the last rung of man's invisible ladder and is about to fall off.

All are unaware how fragile their life is as they stand on its last invisible rung. This is made from body-consciousness, fashion, shoes, handbags, mirrors, perfume, TV, beer, stress and sorrow – held together with the glue of ignorance and falsehood.

Soon, all will lose their balance as they are putting on lipstick in the mirror, or are drunk, or too busy making money. People walk around thinking they are kings in their expensive, glittering shoes – oblivious to the fact that the last rung on which they are perched is coated in the smelly fish oil of bad habits.

Man's ladder once had many rungs, but over time man has become blind to truth, and all rungs have broken – except for the first one, which he has been balancing on for thousands of years, unaware he once stood at its top, but now only ever moves downwards in life. In some ways, man has become lower than animals, as they know not of being elevated and are simply animals.

Once at the top of the ladder, man could see and live in heaven. From this top rung, man was truly a king – he ruled the world and also himself. In time, man slipped down each rung and is now so weak he's unable to climb back up – or even see the ladder or know of the other rungs that could elevate him back to his former glory and great heights.

If you do not even realise you are on a ladder – let alone at its bottom – when once you stood at its top in total happiness, and have now fallen to its bottom, you are not about to start making effort to climb up it again, are you? An ostrich never feels frustrated at being unable to fly, as it never did and walks – because that's all it knows.

Man, on the other hand, has a distant memory of once living in great happiness at the top of the ladder of spiritual accomplishment; hence, vaguely remembering such a time, he's so unhappy now!

Man's ladder is rotten with the woodworm of bad habits, with body-consciousness being the chief culprit that has continually weakened it over thousands of years.

Now, the ladder of life has become invisible, and man has forgotten that once he was king of the world and master of himself.

There's a difference between being at the top of your ladder cleaning windows and guttering,



and being on top of a spiritual ladder – seeing perfection everywhere you look and living in a world that's heavenly.

Now we have the billboard of Gethsemane. Long gone are virtues and values, replaced by debauchery, vice, stress and suffering – brought to the table by the lack of values and virtues, and then kicked under the table before slowly being consumed.

We publicise the crucifixion – the days before and after – and the message to be learned has become watered down like a lone red drop in a swimming pool.

The message from old, spoken with great love, has become so diluted it's become invisible.

With a short and invisible ladder and no message of love and value to be heard, it's inevitable that the world is sinking in the quicksand of vice.

Alongside the bright lights of modern living, with the brainwashing from consumerism and advertising, man is sinking – right next to these lights and his TV.

Modern living is the sole fuel and chief culprit fuelling body-consciousness, which leaves the public blind to spirituality and goodness, as they run to their banks and clothes shops – all of which further add to their sore heads and stress.

Singing and preaching outside supermarkets would be approved of by Jesus, I'm sure; as few can walk on water or bring the dead back to life or make the blind see.

"Praise the Lord" – even if it's next to a Tesco cash machine on a bleak winter's day in Brixham.

### **The Omnipresent One-Armed Bandit**

The omnipresent one-armed bandit that walks and talks, whose arm is of gamble and hope.

These arms are self-pulled every second throughout the day all over the world, but never pay out, other than in coins of sorrow – as that's all they're filled with.

The spinning icons are of sorrow, stress and suffering – and they spin at speed when pulled. No one is ever able to win a prize of happiness, as that icon is missing from this modern gambling machine. It's not even on the tumblers anymore.

The electricity of purity has been cut off from this fruit machine of karma, whose fruit has all gone rancid – yet people spend a lifetime trying to win this unhealthy fruit that not only leaves a vile aftertaste, but over time destroys all health. The wires to this machine are old and dangerous – and give electric shocks to anyone who touches it.

This fruit machine, which only pays out bad health, relies on total force.

There's a world of difference between forcing yourself to be disciplined and aiming to be a good person – and becoming subservient to vices, allowing their force upon you daily. They don't even need to force-feed themselves on you – you are a willing recipient of vice and hungry to digest what you think is a "happy meal."

Yet in reality, this meal takes you ever closer to ill health, suffering, and death.

There are forces of good and forces that are incredibly bad – whose repercussions are deadly.

This one-armed bandit sits in the corner of everyone's life. Every person plays it, either openly or in secret, in the hope of winning. To date, no one has ever won. The only thing ever gained is more and more sorrow.

People have become blind to what is going on behind their actions.

They have become not only one-eyed, but that one eye is so weak it has the cataract of bad habits distorting their vision.

They cannot see further than their arm and the slot of their machine – whose payout is only ever sorrow, as the pips from this fruit cause endless suffering and grow trees of falsehood and sorrow inside the stomachs of those who indulge in it.

Have you stepped away from convention, or will you remain as a one-armed, one-legged, and one-eyed bandit – trying your luck at every turn to win in life, while eating this poisonous fruit?

This world is overrun with one-armed bandits, whose lifestyles and thinking make them ever more blind and ignorant to truth.

They should wake up and realise their bad actions affect those trying to live a high, noble life of love, peace, and spirituality.

Do you ever take people's loose change of waste and hate that they try to give you – just to relieve themselves of their unwanted rubbish and burden?

Eventually, the weight of waste, anger, hate, stress and sorrow will affect you – and sooner or later, spill back out of you into the world. And it won't come out in the form of bowls of cherries, but as a virus that's been growing in you.

If you've taken in rubbish and stress, then at some point the tumblers of life will align – and it will all come out again and cause you mayhem.

### The Coins of Sorrow

Even if you are sat in life's corner, minding your own business, if people are feeding you daily stress and sorrow and you're accepting and digesting this poison – it will influence you. One day it will come back out to pay you back with a payout in cascading coins of sorrow.

Stress will return in much the same form as you took it in – but with interest added, as this is the law of this currency exchange.

If you took in sorrow that caused discontentment, it can return to your front door as a cascading flow – causing you to slip as your path freezes before you into constant ice.

### Cascading Health and Wealth

Long gone are the days when people walked around with two honest, strong arms, legs and eyes – made from pure effort and honesty – that created a life of health and wealth, showering nonstop into their minds, arms, shoes and laps. This once abundant life that all enjoyed has dried up – and at best, is now only a trickle. This rich life has been replaced with the constant mirror and wardrobe of sorrow, stress and illness – worn daily without fail. And it's hard to disguise that which is clear for all to see – except for the poor blind one who is suffering.

### Are You Closer to Jackpot Jack or Lucy Loser?

The only way to win life's jackpot is to walk in peace and love, while remembering God – and to meet those you encounter with love and good wishes.

The more you give out sincerely, the more sincere goodness and love will follow you and fill your pockets (mind) until they are overflowing.

Life should not be about gambling your health and happiness – but about becoming an investor who invests daily, in each and every hour, stockpiling goodness into their inner bank called *Fortune*.

One day, this bank will pay out the jackpot. Until then, it will reward and feed you constant happiness – until the day comes your bank is full and closes. ■ ■

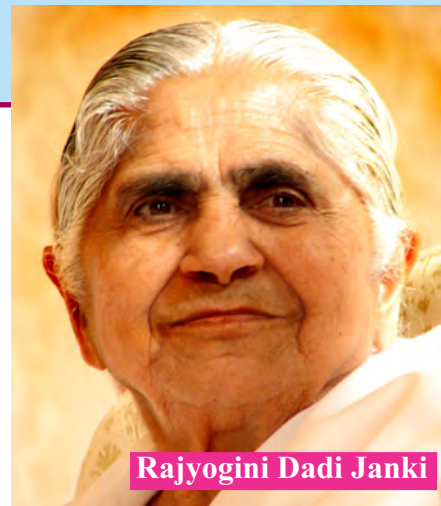
## PAY ATTENTION TO YOUR KARMA

**It is time to go beyond all aspects of attachment or of coming into conflict.**

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

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

One must maintain the intoxication of being a Brahma Kumar or Kumari. Spiritual people may have no possessions but they remain intoxicated. On the other hand, one can see the people today feel unfulfilled. Even those in high positions feel that they are lacking something. There may be pain in the body but that is not what I should be focusing on. We have to settle the *karmic* accounts of both the past and the



**Rajyogini Dadi Janki**

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

### **Catch Dadi's pure feelings**

Baba's words are invaluable. Very few have such inculcation that they can be called angels. When they reach that stage, it is as if they are just touching this earth to perform good actions and then they go beyond. Wherever we set foot, there should be the feeling of mercy for



others. This attitude earns us multi millions. I need the sense to know how to copy Baba. There is no copyright in this regard. Shiv Baba has given us the right to copy. I just have to stay in His Company and get coloured thereby.

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

**Now we must check: Are there any old**

***sanskars* remaining within? If so, we must change them.** We have all chosen to die whilst alive. This is how our *sanskars* can become similar to each other. We have to become like God Shiva in our *sanskars*. Yes, we may have to maintain some physical relationships but let us all be similar to Shiv Baba in our *sanskars*. Let us not be scared of anyone or be such that we scare others. Shiv Baba's words are changing our lives. Our efforts should not be superficial, they should be very deep.

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

### LAUGHTER: THE BEST MEDICINE

◆ After looking at my palm, the astrologer finally asked me for money. I said, even after looking at my palm for so long, you did not understand that I am not one of those who give money.

◆ The "Dad's Tech Support"

Dad: "Son, the TV remote isn't working!"

Son: "Papa, batteries are dead."

Dad: "Nonsense! Just hit it 3 times... see? **WORKING!**"

◆ The "Marriage Biodata Truth"

Bio Data: "Simple, homely girl, loves cooking!"

Reality: "Orders Swiggy 6 days a week... but 'homely' because she's at home!"

◆ The "Exam Time Logic"

Teacher: "Why didn't you study?"

Student: "Ma'am, you said 'luck matters too'... so I relied 100% on that!"

(Result day: Luck takes a leave without notice!)



## AUGUST: ONE OF NIRWAIRBHAI SAHEB'S CHERISHED MONTHS

I can still hear him greeting everyone saying 'Jai Shri Krishna'.

**B.K. Urvashi, Madhuban**



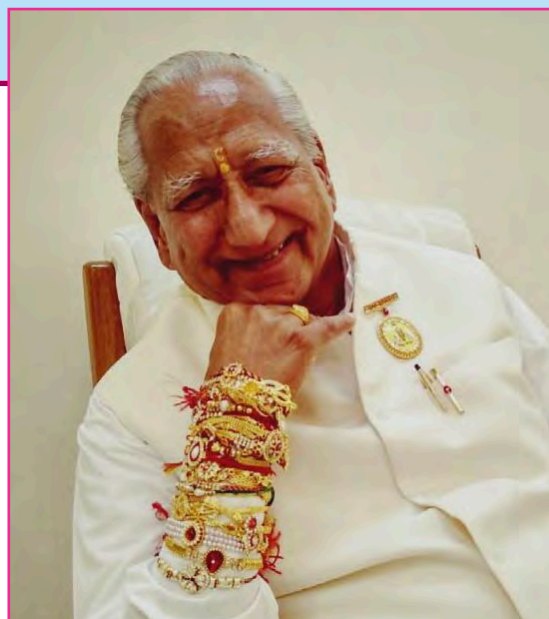
**M**any people ask, "What do you remember most, or what did you gain most from your association with Nirwairbhai Saheb", and I think the best way to sum it up would be, "Bhai Saheb,

**you showed us how every meeting together, every festival and every day could be an enriching, elevated experience..."**

You taught me how to keep a balance between seva (service), and **take a break during the day to appreciate the goodness around us, the five elements, and innocent living creatures.** Once while we were coming back from Gyan Sarovar by car at night, you asked me, **"Do you have time to admire the moon?"** I assure you Bhai Saheb, I do stop to appreciate the little precious things of life.

August was always a loved month, but your enthusiasm and joy of celebrating Raksha Bandhan, Janamashtami, Independence Day, and deep regard for honouring Dadiji's Angelic Ascension Day (25 August), made me value this month a hundredfold.

Rakhi celebrations always began a month in advance for you, as BK Teachers, mothers and sisters would visit Shantivan/Madhuban for



various Yoga *Bhattis*, and so would come specially to tie Rakhi to you. **Whether it was a senior or a junior sister tying a simple or elaborate Rakhi, you would describe all of the rakhis as 'diamonds'.** I often recall how fondly you used to admire the Rakhi's adorning your arms, and know that you will be available in the Subtle Region in July-August 2025, so that your loving spiritual family may fly up and tie subtle Rakhi's in angelic consciousness.

**Your gentle and respectful *drishti* for juniors, especially sisters, helped us understand the power of purity.** Never in the 30 plus years that I knew you in the *sakar* form did I ever feel awkward or conscious of being in a 'brother's' company; **you were and are a motherly-brotherly figure for us.**

Your trust in your juniors, despite us not having much experience or skills, filled us with increasing faith that we could achieve a lot on this spiritual path through hard work, honesty and commitment. **You gifted whoever you met with pure, elevated vision and the feeling of belonging to Baba and Madhuban** - this is the armour of love that we continue to wear.

**(Contd. on page no. ....29 )**

## THE INVISIBLE POWER



Last Night ...I saw a  
Flashlight...  
And Lo! It was nowhere...  
My Curious Eyes searched  
through the window...  
I took hold of myself, was  
wary and aware...

A Disembodied voice I heard...  
Roaming around me was something very  
blurred...  
Within an eye blink...  
I saw an invisible spectrum...  
What a radiance!  
I was speechless and mum...  
There were seven colours of light...  
Dazzling around the space in midnight...  
Foremost farfetched was violet light...  
It's sign of nobility and wisdom...  
O! My Almighty...  
Alas! You have come to bestow freedom...  
Next was indigo shining light...  
It's the mark of harmony and integrity...  
O! My almighty...  
You endow us divinity...  
Third was blue star light...

**B.K. Sarika, Nalasopara East, Vasai**

It represents the Sky and the sea...  
O! My Almighty...  
You offer us ancient legacy...  
Fourth was green twilight...  
It stands for spring and nature...  
O! My Almighty...  
You are a great sculptor...  
Quinary was yellow glow light...  
It symbolizes happiness and positivity...  
O! My Almighty...  
You impart us stability...

Adjacent Sixth was orange greater light...  
It is token of energy and enthusiasm...  
O! My Almighty...  
You are truly awesome...  
Ultimate seventh was red beacon of light...  
It indicates courage and love...  
O! My Almighty...  
You take the world high above...  
So, was the beauty of the spectrum...  
O! My Almighty...  
Last night,  
I have captured you in my visual album...

**(Contd. from page no. .... 28)**

Your unending fondness and regard for Shri Krishna, not just during Janamashtami, but at regular times in the year, showed me how quickly you could transform your consciousness from the old world, and remember our goal of deity-hood. **I still can hear you greeting everyone with 'Jai Shri Krishna!'** You lived in higher consciousness, and in anticipation of the coming heavenly world, and this is probably one reason why waste or negativity could not affect you.

**You flew off to new service on 19 September 2024, leaving us with parts of your sanskars, but we thank you for continuing to look after us, just as beloved Shiv Baba and Brahma Baba do.**

**August 2025**

The easy effort-maker keeps all relationships with only One God Father.

**29**

(Contd. from page no. .... 3)

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

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

#### **No Real and Lasting Social Service without Celibacy**

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

because they are trying to solve the problems of the society. Besides these, there are workers in other spheres of activity and they too are known as social workers. There is one thing to note in respect of these workers: that no one can help reform society and accomplish its welfare in any remarkable manner without observing celibacy.

**For example, Mahatma Gandhi, of his own accord, took the vow of chastity and observed it and as a result of it, his moral and mental strength, his firm convictions, greatness of his character and his dealings reached such a high level that, without regard to the extent of their individual difficulties, millions of people were ready to put in all their substance and sacrifice even their lives for the noble cause he worked for.** And the day came when they succeeded in hoisting the flag of freedom in India. And people rightly called this social worker a Mahatma (a great soul) and by many, he was endearingly called Bapu Ji (The Father of the Nation). In one of his writings, he inscribed the great truth that one who does not observe celibacy cannot be non-violent nor can he ever rise to the heights of universal love, or look upon all mankind as one's kith and kin. He cannot do real service to society. Gandhi went deeper and said **"Without celibacy, independence is like a toy mango which is hollow within; though from the outside it is beautiful to behold, but in reality, it is sapless."** We should better quote him further here: "If we look at it from the standpoint of non-violence, we find that the fulfilment of non-violence is impossible without utter selflessness. Non-violence means Universal Love. If man gives his love to one woman, what is left there for the entire world besides? As a faithful wife must be prepared to





sacrifice her all for the sake of her husband and the faithful husband, for the sake of his wife, it is clear that such persons cannot rise to the height of universal love or look upon

all mankind as kith and kin. For they have created a boundary wall round their love.”

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

**Can we not, therefore, for the sake of the country's true freedom and true sovereignty, and to remove the misery of poor, weeping children and to save people from dacoits, observe celibacy for the coming few years?** Do we think that the fight for independence is over and we have accomplished the real self-sovereignty? Does one think that Ram Rajya has come? No. That cannot be as long as there are people, millions as there are today, who are screaming in agony or are addicted to corrupt ways or are still trapped in the prison of Ravana (i.e. Maya or five vices). The

rule that we have now secured is still nominal, in that the people are still thirsting for peace and happiness. There is neither peace nor plenty. We are still trying to produce food and wealth to meet the needs of the millions who live below the poverty line. In short, true Self-Sovereignty can be attained only when, not the sex-lust, but God guides us and we observe complete non-violence in the form of celibacy. ■■

**(Contd. from page no. ...18)**

in the same way, humility, patience, and coolness are needed to calm the fire of anger.

### **Never Harbour Anger – It Grows into Regret**

Never harbour anger in your heart, because anger grows into revenge, and revenge into repentance. Anger is one of the greatest tests – it rarely leaves us easily. It is like a ghost that frequently knocks at the door of the mind and tries to shake its light.

Getting angry at someone, scaring them, or scolding them also means hurting them.

### **Control Anger, Avoid Regret**

Any decision made in anger is never right. A moment of anger can tarnish all your good qualities. So, be patient.

Often, those who cannot express their inner pain become more angry. That's why we should not add fuel to the fire – never make an angry person more angry.

Learn to remain calm, because your anger is someone else's victory. If you can control yourself in a single moment of anger, you will save yourself from a thousand moments of remorse. Getting angry quickly can soon make you appear foolish. ■■



**New Delhi:** BK Vidhatri is tying a Rakhi to Mr. Ramdas Athawale, Union Minister of State, Ministry of Social Justice and Empowerment.



**Amravati (MH):** Mr. Chandrashekhhar Bawankule, Revenue Minister, along with Mr. Ravi Ranaji, MLA, is being presented with a Godly gift by BK Seeta and BK Shirbhate.



**Raipur:** Mr. Ramvihar Netam, Agriculture Minister, is being felicitated by BK Raju and BK Savita at the Shanti Sarovar Retreat Centre.



**Vadodara (Alkapuri):** BK Dr. Niranjana is being presented with the "Most Eminent Doctors Award" by Dr. Mitesh Shah, President of the IMA; Ln Ramesh Prajapati, Int'l Director, Lions Club; and Ln Deepak Surana, District Governor.



**Lucknow (Jankipuram):** BK E.V. Girish is addressing police personnel of the ITBP and UP Police on the topic 'Meditation to Improve Mental Health and Efficiency.'



**Mumbai:** Mr. Vikrant More is presenting the Dadasaheb Phalke Film Puraskar for the film Mahamahim Didiji Murmu to BK Pumphosh and BK Prabha Mishra.



**Brahmapur (OD):** Mr. K. Anil Kumar, MLA, is honouring BK Mala by presenting a bouquet on the occasion of Guru Purnima.



**Bangalore (Gottigere):** The National Conference on "It's Time for Miracles in the Midst of Chaos & Challenges" is being addressed by BK Dr. Mohit Gupta from Delhi.





**Tinsukia (Assam):** An event marking the Golden Jubilee of the BK Centre is being inaugurated by Mr. Sarbananda Sonowal, Union Minister; Mr. Rahul Prashant, Executive Director, IOCL; Mr. Sanjay Kishan, MLA; BK Sharda; and BK Mohan Singhal.



**Gurugram (ORC):** A programme for security forces is being inaugurated by former V Admiral of the Navy Satish K Ghormade, Joint Dir. of ECHS Col. Rajeev, former CGDA Ms. Devika Raghuvanshi, BK Asha, BK Shukla, and Col. B.C. Sati.



**Mount Abu (Gyan Sarovar):** The National Conference for Business and Industry is being inaugurated by Mr. Shantanu Roy, Chairperson & MD of Bharat Earth Movers Limited, along with BK Sudesh, BK Geeta, BK Harish, and others.



**Dehradun:** Mahamandaleshwar Satguru Adiyogi Puri Ji Maharaj, Mr. Shyamveer Saini, State Minister of Uttarakhand, BK Chandrika, BK Meena, BK Manju, BK Geeta, and BK Sushil are seen in a public programme.



**Vijayawada (AP):** After launching the "Mind Spa" at the SS Convention Centre, Dr. G. Lakshmisha, Collector and District Magistrate, and Mr. Lakshmi Dinakar, Chairman of the 20-Point Programme, are receiving a Godly gift from BK sisters.



**Dapoli (MH):** After signing an MoU with BSK Agricultural University on "Sustainable Yogic Agriculture," seen in the photo are VC Dr. Sanjay Bhav, former Vice Chairman of Mah Agri & Edu Research Council Dr. Ram Kharche, BK Sunanda, and BK Sarika.



**Gulbarga (KA):** A seminar on "Media's Role in Promoting Peace, Unity, and Trust" is being inaugurated by Dr. Suresh Jange, Head-Coordinator, Dept. of Journalism, Gulbarga University, along with BK Sarala, BK Vijaya, BK Prem, and BK Shantanu.



**Vadodara:** A programme titled "Passengers, Please Pay Attention" to create awareness about traffic rules is being inaugurated by MLA Mr. Chaitanya Desai, BJP District Chief Mr. Jayprakash Soni, Commissioner of Police Mr. Narasimha Kumar, and BK Aruna.

(Contd. from page no. .... 22)

The core values – patience, connected with the power to listen; humility, with availability; love, with tolerance; etc.– are linked to specific powers. Manage the paradox with detachment and equanimity. Be able to withdraw and be a detached observer. Pack up all other thoughts and be mentally available. You are free and ready and able to start anything at any time. Be able to delegate. The quality of our feelings, attitudes, beliefs, and behaviour, depends upon the quality of our thoughts. ■■

**Body can never  
be totally  
purified, but  
people try to do  
so. Mind can be  
totally purified,  
but people never  
try so.  
Purity is the  
essence of Soul.**



### *Life Changing Advice*

- Always remember that you are absolutely unique. Just like everyone else.
- Spread love everywhere you go. Let no one ever come without leaving happier.
- Find out who you are and do it on purpose.
- Find out who you are and be that person. That's what your soul was put on this earth to be. Find the truth, live that truth, and everything else will come.
- When you have a dream, you've got to grab it and never let go.
- Be yourself; everyone else is already taken.
- By being yourself, you put something wonderful in the world that was not there before.

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**Delhi (Civil Lines):** Ms. Rekha Gupta, CM of Delhi, is being presented with a Godly gift by BK Mamta, BK Sonia, and BK Ambika after a courtesy visit to her new residence.



**Gwalior:** Dr. Mohan Yadav, CM of Madhya Pradesh, is being presented with a Godly gift by BK Roshni, BK Surabhi, and BK Dr. Gurcharan Singh.



**New Delhi:** Mr. C.R. Patil, Union Minister of Jal Shakti, is seen with BK Husain, BK Falak, and BK Sunaina after sharing the Godly message of peace and purity.



**New Delhi:** Mr. Arjun Ram Meghwal, Hon'ble Union Minister for Law & Justice and Parliamentary Affairs, is being presented with a Godly gift by BK Vidhatri and BK Falak.



**New Delhi:** Indian Navy Chief Admiral Dinesh Tripathi is being presented with Godly gift by BK Nirmala along with Col Avinash Rawal and BK Prakash.



**Hisar (HR):** Mr. Ranbir Gangwa, Cabinet Minister; Mr. Randhir Panihar, MLA; Mr. Rajendra Gavadia, social worker and industrialist; Mr. Praveen Popli, Mayor; BK Ramesh; and BK Anita are inaugurating a programme to felicitate social workers.



**Sambalpur (OD):** BK Parbati and BK Jyoti are presenting a spiritual gift to Prof. S.S. Pattanaik, VC of Odisha State Open University, in the presence of Prof. B.B. Mishra, VC of Sambalpur University; Prof. D.K. Sahoo, VC of Veer Surendra Sai University of Technology; and Prof. S.K. Das, VC of Gangadhar Meher University.



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**Dahod (Godhra):** Mr. Narendra Modi, Hon'ble Prime Minister of India, is being presented with a frame of the Incorporeal God Shiva by BK Surekha.



**New Delhi:** At the International Yoga Day programme held at Red Fort Grounds, Mr. Om Birla, Speaker of the Lok Sabha, is being presented with a Godly gift by BK Asha and BK Chakradhari.

**Johannesburg (South Africa):** BK Jayanti is addressing a public programme on "It's About Time... To Learn Spiritual Tools to Stay Calm in Crises."



**Moscow (Russia):** After a programme on "Happy Family – Prosperous Society," BK Vedanti and BK Sudha are seen with participants.