



Monthly  
*The*  
*World Renewal*

Vol. 56, Number 6, September, 2025  
Price Rs. 10.00, Yearly Subscription Rs. 120/-



**New Delhi:** Mr. Narendra Modi, Hon'ble Prime Minister of India is being tied sacred Rakhi by BK Anasuya, BK Chakradhari, BK Asha and BK Shukla.



**Gurugram (ORC):** Union Health Minister Mr. JP Nadda launched the 'National Mega Blood Donation Campaign' of the Brahma Kumaris in the presence of BK Asha, BK Dr. Pratap Middha and BK Prakash. More than 1,00,000 units of blood were collected across thousands of BK branches in India and Nepal.





**Lucknow:** Chief Minister of Uttar Pradesh, Yogi Adityanath is being tied Rakhi by BK Radha.



**Vijayawada:** BK Jaya tied Rakhi to Mr. N. Chandra Babu Naidu, Chief Minister of Andhra Pradesh.



**Chandigarh:** BK Uttra tied Rakhi to Mr Naib Singh Saini, Haryana Chief Minister.



**Sunam:** BK Meera tied Rakhi to Mr Bhagwant Maan, Punjab Chief Minister.



**Raipur:** BK Savita tied Rakhi to Mr Vishnu Deo Sai, Chief Minister of CG.



**Jaipur:** BK Chandrakala tied Rakhi to Mr Bhajan Lal Sharma, Rajasthan Chief Minister.



**Bhopal:** BK Nita tied Rakhi to Mr Mohan Yadav, Chief Minister of MP.



**Kalyan (Mumbai):** BK Alka tied Rakhi to Mr. Devendra Fadnavis, Chief Minister of Maharashtra.



**Panjim:** BK Shobha tied Rakhi to Dr. Pramod Sawant, Chief Minister of Goa.



**Bengaluru:** BK Saroja tied Rakhi to Mr. D.K. Shivakumar, Dy CM of Karnataka, and presented him with a Godly gift.



**Shimla:** BK Rajni tied Rakhi to Mr. Sukhvinder Sukhu, Chief Minister of HP.



**Bhubaneswar:** BK Geeta tied Rakhi to Mr. Kanak Vardhan Singh Deo, Dy Chief Minister of Odisha.

From the mighty pen of Sanjay

## A NEW KIND OF UNIVERSITY FOR A NEW WORLD ORDER



**The present state of our society and the world are pointers to the truth that there is need for new knowledge, new insights, new models of living, new outlook and new world-vision.**

**O**ur present system of education and courses of study, despite all their good points, have not been able to build a society or a world in which all or most of the people enjoy health, wealth and happiness or purity, peace and prosperity. On the other hand, we find that there is abject poverty, grave injustice, misery, squalor and sufferings of all kinds. The present state of our society and the world are pointers to the truth that there is need for new knowledge, new insights, new models of living, new outlook, new world-vision and new mutual relationships that can banish forever the innumerable kinds of sufferings. Brahma Kumaris World Spiritual university is giving that new knowledge which, in

many ways, is unique as compared to the present concepts, systems, structures and visions. Let us explain this point briefly:

At present, we have colleges for medical and para-medical education and research. We have also pharmaceuticals and chemists and druggists who manufacture and supply medicines. We have hospitals where patients are treated. Also, there are millions of private medical practitioners who give medical treatment or advice. Enormous amount of money, man-hours and human resources are spent to cure or manage diseases. **Can't we give such kind of education whereby a person**  
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## WHY EVERYONE SHOULD LEARN TO MEDITATE

**We need to value our thoughts just as we value money. When we pay more attention to the quality and quantity of our thoughts, we conserve mental energy and navigate successfully through life's challenges.**



**F**or many people, the word 'meditation' brings up in the mind images of monks or devout people sitting with eyes closed and a calm expression on their faces. There are religious and spiritual groups where people gather to meditate. But not everyone is, or wants to be, a part of such groups. That, however, is no bar to practising meditation. Meditation is not a religious ritual or a New Age fad. It is not something meant only for those with religious or spiritual inclinations. In fact, in today's fast-paced, overstimulated world, it is more relevant than ever for everyone, including the youth and busy professionals. Meditation is actually a tool for mental fitness that helps strengthen the mind, which is our most valuable asset.

### Why is the mind important?

Our mental state, thought patterns, and perceptions greatly influence how we experience life, as our thoughts colour the way we interpret the world. Two people facing the same situation may have completely different reactions based on their mindset. For example, one may see failure as defeat, while another may see it as a stepping stone to better efforts

and ultimate success. This difference in perception affects our motivation, resilience, and happiness. That is why life is sometimes described as a "mind game". If we believe we can succeed, we are more likely to make efforts and persist, but if we believe that we are destined to fail, we may sabotage ourselves or not try at all. Success in many areas, including business, sports, and relationships, depends on focus, emotional regulation, and resilience. All of these are mental skills. Winning our inner battles – between doubt and confidence, fear and courage, and between impulse and discipline – sometimes shapes our lives in deeper ways than external circumstances do.

The Bhagavad Gita places immense importance on control of the mind, which it describes as one of the key elements of self-mastery and spiritual growth. **"For one who has conquered the mind, the mind is the best of friends. But for one who has failed to do so, the mind will remain the greatest enemy"**, it says. If we let the mind run wild, it can lead us to anxiety, confusion, and attachment, but if we train it, it becomes a source of power and clarity. The Gita acknowledges that it is not easy to control the mind, but adds that it is very much possible. "Undoubtedly, the mind is difficult to control and restless. But it can be brought under control through practice and detachment (from

distractions and desires)”, it says.

But instead of developing self-control, most of us try to control life, especially the people in our lives, believing that if we can do so, we would be peaceful and happy. We cannot really control others, and if we try, we will become stressed. We need not control other people or situations in order to be happy – all we need to control is how we respond to them, and that requires authority over the mind.

Just as we have arms and legs and we choose how to use them, the mind is one of our non-physical organs. It should be in our control. But for most people today, their mind is out of control. When we are stressed, anxious, nervous, angry, or jealous, the mind is out of control and we find it difficult to calm it down. That is where meditation is needed.

In a way, **meditation performs the role of the speed humps we have on roads.** When we approach one, we slow down. When a vehicle is moving slowly, it is easier to control the direction it is moving in. In the same way, when we slow down our mind, we can choose how and what to think. Instead of reacting instantly and unthinkingly, we can see the situation, understand it, weigh all its aspects, and then choose how to respond.

We may sometimes get irritated, a bit upset, a little annoyed. But what is important is how quickly we lift ourselves out of that negative mood. **We can remind ourselves in any situation that the way somebody talks or behaves is his choice, but the way we feel is our choice.** When we remind ourselves that our peace of mind and happiness are our personal properties, we can be stable in difficult situations. Building meditation into our lifestyle really helps with this. When we do that, we

develop the ability to look into ourselves and see where our thoughts are coming from, and how one wrong belief about something generates a variety of negative emotions.

It is important to practise meditation regularly. Many people meditate to calm down, feel peaceful for some time, and to deal better with the challenges of life. For some this may be enough. But when we make meditation a part of our lifestyle, we remain aware of the kind of thoughts we are creating throughout the day. Am I overthinking? Am I imagining the worst in the future? Am I worrying? **When we think unnecessarily and excessively, the mind becomes tired. And when the mind is tired, our stock of patience and tolerance goes down. The ability to understand others suffers. And then we make small things into a huge issue.**

But when we learn to use our mind wisely, then life is very different. In fact, our entire life is a reflection of the kind of thoughts we create in the mind.

We need to value our thoughts just as we value money. What kind of thoughts, and how many, do I need to create to deal appropriately with a particular situation? When someone is rude to me, what kind of thought or attitude is appropriate in that situation? When I suffer a loss, what kind of thoughts will enable me to handle that in the best way? When I am praised, which thoughts would be appropriate and meaningful? When we pay more attention to the quality and quantity of our thoughts, we conserve mental energy and navigate successfully through life's challenges. As a result of that, we have greater peace of mind, deeper happiness, more stable relationships, and our work performance improves.

In meditation, we create thoughts based on

spiritual knowledge, and focus on them. This concentration leads to a positive experience. In other words, meditation is the experience of selected thoughts. Experience does not come from merely repeating a particular thought, it comes from concentrating on it, being absorbed in it. A simple way to develop concentration is to practise holding a thought, or a mental image, for as long as possible – starting with a few seconds, a minute, two minutes. Gradually, with practice, as the duration increases, our concentration will improve. Enhanced concentration not only helps us in meditation, it offers countless other benefits, including a greater ability to learn, to listen, and to remember. While these benefits are valuable, in order to truly transform our quality and experience of life, we need to introduce spirituality into meditation.

At the heart of meditation is myself, the soul, who is creating thoughts, focussing on them, and experiencing them. Within the soul, there is already peace, love, joy, and strength. These are the soul's innate qualities. But in order for them to emerge, I need to start living with the awareness that I am a soul – that is my true identity. My nationality, religion, caste, or profession are not my core identity; they are features, or tags, attached to my identity according to where I was born and the work that I do. The more I live with the awareness that I am a soul, originally peaceful, pure, loving... I identify less and less with the above tags, which have so long coloured our egos and outlook. When these tags cease to influence how we think, and we return to our true identity, that of a soul, we recognise the fact that others are also souls, and this spiritual kinship connects all souls together.

Going a step further, in the silence of meditation, the soul comes to recognise that it has a connection with a higher power – the Supreme Soul. When we start believing in and trust that Benevolent Being, we begin to experience His love and compassion. **Regular communion with Him, through meditation, fills us with His power and virtues, which heal, empower, and restore tired, broken souls to wholeness again.** Souls realise that as children of the Almighty, they are strong, not weak, and they have nothing to fear as He is with them. When our connection with the Supreme Soul is strong, the opinions of others, their behaviour, and all the myriad challenging situations of life have less and less effect on us. The feeling of being whole, of belonging to Him, and knowing that He is always there for us, brings peace, contentment, joy, and confidence. These qualities radiate into our life, our relationships, and our work, enriching all of them.

–B.K. Brij Mohan

### THE VIRTUE OF SWEETNESS

**Just as eating and serving something sweet makes your taste buds feel sweetness, and for a while after, you remain happy, become sweet-natured yourself so that words filled with sweetness are constantly spoken. Such sweet words make both you and others happy. Use this method to always sweeten everyone's mouth; constantly maintain sweet vision, sweet words and sweet actions.**

## A FRIEND IN GRACE WALKING WITH NIRWAIR BHAIJI

He once shared with me the blessing, “You will become like Prakashmani Dadi.” It wasn't just a statement – it was a direction for life, a silent responsibility gifted with love.

**B.K. Hazel, Jaipur**



**S**ome souls carry a vibration so pure, so powerful, that their presence alone feels like a blessing. B.K. Nirwair Bhaiji was that soul for me.

I first met him when I was just two and a half years old. From that very first encounter, there was an unexplainable feeling of deep familiarity – as if I had known him forever. He looked at me with such love and care and gave me the name 'Neelam Pari' – a name that has stayed with me ever since.

Over the years, every meeting with him was like receiving Baba's sustenance. For those who never had the chance to meet Sakar Brahma Baba, I truly believe Nirwair Bhaiji's *palna* (sustenance) was no less. His love, his nurturing, and even his actions – like waving his handkerchief just as Brahma Baba used to – carried the same vibrations. On the days of departure from Madhuban, he would lovingly give me a dress and sing songs while holding my hand.

Being near him brought immense peace. His Mahadani Cottage felt like my own home, where I could sit for hours – sometimes even half a day. Whenever I visited Madhuban, he would become visibly overwhelmed upon seeing me. Those moments of connection were so powerful that I never wanted to leave.

His blessings were never ordinary. He once shared with me the *vardaan*, “You will become

like Prakashmani Dadi.” It wasn't just a statement – it was a direction for life, a silent responsibility gifted with love. He also encouraged me not to limit myself to one place, but to do *seva* (service) for the whole world.

Despite his age and physical challenges, I never once heard him complain. Even when his health was fragile, he remained in a constant, elevated state. His silence was full of power. **His presence taught me that true spirituality is not just what you say, but who you are – moment by moment.**

Though he sometimes expressed a fun-loving side – laughing and making everyone feel light – he always carried a deep sense of stability. He made everyone feel at home, offering warmth and comfort like a father.

To use the word “was” in reference to him feels like a grammatical error... How can someone who is still so present be spoken of in the past tense?! Sometimes I forget he has gone, because his vibrations still surround me. I continue to write letters to him – and I always will – because just like Brahma Baba, he is and always will be with me.

It was an extraordinary privilege to receive his *palna*, to be blessed by his presence, and to learn simply by being in his company. His legacy lives not only in the history of the Yagya, but also in the quiet corners of every heart he touched. ■ ■

## B.K. NIRWAIR: A LEADER WITH A GENTLE HEART AND A VISIONARY SPIRIT

He always lived for others – a beacon of love and leadership, an embodiment of grace and compassion, a guardian of the Yagya, and a jewel of the BK family.



**O**n the morning of 20th September last year, while I was on a Godly service tour in Punjab, I received the saddening message that our most beloved and respected Brother Nirwair Ji had left his mortal body the previous night. For a moment, it was impossible to comprehend how so suddenly this angel departed – leaving behind tender memories of love and care – and journeyed to the subtle world.

The very next day, I returned to Shantivan to pay my last respects and heartfelt tribute. As I visited Mahadani Cottage, his residence, the screen of my inner mind filled with cherished memories – each a reflection of the profound love, care, and strength he had so generously bestowed.

A silent voice within whispered: *“Where shall we find again that boundless love, that spiritual tenderness, that fatherly caress, that warmth of belonging? How shall we behold once more those divine virtues? That radiant and noble brow, the luminous glow spread across his serene face, the smile blooming like a rose upon his joyful countenance, the regal grace of his walk, his ever-blissful presence, divine as the deities themselves... The majestic and divine*



**Prof. Onkar Chand Sharma, Shantivan**

*personality of Respected Brother Nirwair Ji, master of such grandeur of body, mind, and spirit, now remains for us only as an unforgettable image – a glimpse so rare that perhaps it may be seen again only after an age-long cycle of time (5000 years).”*

### A Fatherly Presence

For ten blessed years, I had the fortune of receiving his loving and fatherly companionship. Whenever we visited him, he would warmly invite us to share meals, turning those occasions into moments of wisdom, light laughter, and soulful reflection. In the flow of such conversations, hours would pass unnoticed. Usually, he preferred to dine with new guests or brothers and sisters of the BK family. Through his “dining-table diplomacy,” he won hearts, creating in everyone a deep sense of belonging.

### A Leader with a Gentle Heart

Brother Nirwair Ji's leadership was extraordinary. He guided the organization with wisdom, humility, and courage, treating everyone with immense love and respect. His spiritual hospitality and graceful demeanour reminded many of Brahma Baba himself, enabling brothers and sisters to approach him freely with their innermost concerns. His heart overflowed with zeal to bring happiness to Baba's children across India and



abroad. He could not bear to see anyone in sorrow and went beyond all limits of authority to help. His guiding principle was: "If I do not help them now, they may lose faith in knowledge and in Baba. Whoever comes to me—I will certainly help, no matter what others may say."

#### **Compassion in Action**

His large-heartedness and compassion for the poor and helpless were remarkable. The establishment and management of the Global Hospital at Mount Abu stands as a living testimony to his benevolence. Whenever someone came to him with news of their illness, he would immediately arrange treatment either at Abu or Ahmedabad hospitals, under the Yagya's expense. I still recall that he even made provisions for the truck drivers' children of the institution to study free of cost in the nursing college.

#### **A Peacemaker and Guide**

He was a true peacemaker – transforming disputes into harmony, giving hope to the hopeless, and becoming a beacon of light for the distressed. Anyone could pour their heart out to him, and they would feel lighter, relieved, and find solutions. Within minutes, he would dissolve one's worries.

I myself once faced a very severe test in life, but when I shared it with him, he smiled and said: *"Is that all? This is nothing. Be worry-free."* In that very moment, all my anxiety vanished. I realized that others often create tension unnecessarily, while he could free you from it in a single second, as though nothing had happened. With love, he also cautioned me: *"Problems arise only when our yoga with Shiv Baba becomes weak. Never forget yoga."*

#### **A Mentor and Motivator**

It was Brother Nirwair Ji who, along with BK Atam Prakash, dedicated me to the service of

the English magazine, *The World Renewal*. As days passed, my bond with him deepened, and I discovered the many dimensions of his magnetic, multi-faceted personality.

When my parents met him, he lovingly said: *"Onkar Bhai is my right hand. He prepares the magazine very well."* He also narrated his own story of surrender: *"I was in the Navy. When I expressed my wish to dedicate my life, Mamma said, 'That is wonderful! What does one need? Two pairs of clothes and two rotis – the Yagya will provide. So, surrender.' And so, I dedicated my life to the divine task."*

Such was the greatness of Bhaiji – he illuminated virtues, overlooked shortcomings, and guided many safely across the turbulent situations of life. His thoughts were lofty and noble. Wherever he discovered goodness or special *sanskars* in someone, he would nurture those qualities and channel them into service.

#### **Love for Nature**

He had a deep love for nature – plants, birds, and animals. He often spoke about the importance of appreciating nature's beauty. Spending time outdoors brought him great joy. He would often sit in the small garden near his room, enjoying the winter sunshine, admiring plants, and listening to birds.

He arranged food, water, and even sweets for sparrows and squirrels, carefully noting their daily timings with affection. To him, meditating amidst nature was uniquely powerful, reminding the soul of its own inner tranquillity. In conversations, he never missed a chance to admire the charm of plants and the birds perched upon their branches. He treated these birds as if they were members of his own family. It pained him deeply whenever he saw a tree cut down.

**(Contd. on page no. ...11)**

## A YEAR WITHOUT YOU MY LETTER TO NIRWAIR BHAISAAB

B.K. Sukanya, Indore

**Y**ou had the rare ability to blend with all, to lift all, to love all. You taught us to love without expectations, to forgive, to forget, and to believe in second chances.

### Dear Nirwair Bhaisaab

It's been a while – a full round trip around the sun, to be exact. I trust this letter finds you well as you wear those old-fashioned gold-rimmed specs and read this aloud slowly, pausing in between and smiling from up above, glancing occasionally at Baba's photo in front of you with your sparkling, innocent, and child-like eyes...

### Our Last Rakhi: A Moment Etched Forever

On 26th August 2024, like every year, tying Rakhi to you was a small but cherished celebration for all BK sisters – something we looked forward to with love. And oh, how you flaunted those rakhis lined up until your arm!

That day – our last Rakhi together – was different. After I tied the rakhi, you gently held Mohan Bhai's hand and said, "*Ab se aap rakhi bandho*," asking him to tie a rakhi on my hand in return. That gesture is etched in my heart. Somehow, it felt like you knew. You had timed it. You had planned your next move. You had already detached – soul-conscious and self-aware – sensing that your role in that precious costume was coming to a close.

### The Day You Chose to Ascend

On 19th September 2024, I was in Delhi for work when the calls began – updates about your body's declining vitals and the doctors' responses. Without a second thought, I flew to Ahmedabad, reaching the hospital by 7:00 p.m. I gave you *sakash* the entire way, praying for a miracle – anything to hold on to you just a little longer.

I consider myself among the blessed few who got to be in your divine presence as you peacefully and royally ascended to the angelic world. Those last four hours with you stirred something within me – a realisation that when we leave this



world, what truly remains is the love we leave in others' hearts, the memories we've etched, the way we've dignified our lives, and the lives we've touched and transformed – directly or indirectly.

### The Royal Soul Who Led by Example

You led by example in every sphere – whether through your light-hearted banter with children or your firm, visionary leadership in the Yagya. Even when difficult decisions had to be made, you chose what was right over what was easy or popular.

You saw the good in everyone – surrendered BK sisters and brothers, doctors, artists, lawyers, architects, engineers – everyone was valued and included. You had the rare ability to blend with all, to lift all, to love all.

You taught us to love without expectations, to forgive, to forget, and to believe in second chances. And most of all, you taught us compassion – not just

through words, but through the way you lived each day.

### Your Golden Guidelines for Service

Before starting any project, you laid down three golden principles that I still carry today:

**Be unique** – Whatever you build should be absolutely unique at that point in time, but eventually should set an example for success, replicability and scalability.

**Be balanced** – Always keep a check on the expenditure and budgets, neither making anything very glamorous, nor making it sub-standard, but to focus on fit-feature-function and quality.

**Be inclusive** – Open it to everyone, and make it serviceable irrespective of financial status or any hierarchy, classism or elitism.

Even if we can imbibe just a fraction of these teachings, the transformation it would bring – inwardly and outwardly – would be profound. I promise, Bhaisaab, this past year, I've been trying... every single day... to live a little more like you.

### A Pillar for Baba's Yagya

With your tall, dignified frame and broad shoulders, you were a steadfast pillar for Baba's Yagya – carrying more than any of us could ever truly understand, for over 60 years. Through it all, you remained grounded, ever-smiling, and always dependable.

You and the Mahadani Cottage were my anchor – my refuge from the world. No matter where I was in the world, the heart longed to return to that one place in Madhuban, just to sit in your presence, soak in your love, hear tales of your Navy days and early times with Baba, or listen to your simple joys – like the number of squirrels in the garden or the sweetness of the mangoes in your backyard.

### Unsung Heroes Behind the Scenes

While you were the protagonist – the hero of Madhuban – I want to offer a heartfelt *thank you* to those who served you and everyone who entered Mahadani Cottage with selfless love and tireless care: Mataji, Mohan Bhai, Ravi Bhai, Ram Avatar Bhai, and many more.

Wishing you a very happy first anniversary of *Avyakt Seva* and *Avyakt Sustenance*, beloved Bhaisaab. Thank you – from the depths of my being – for all that you did and all that you continue to do in your subtle form. ■■

(Contd. from page no. ...9)

### Spiritual Depth and Elevated Vision

His grasp of spirituality was firm and profound. He maintained purity of mind and conduct, keeping his state as elevated as that of the Supreme Father Shiva Himself.

His Himalayan-like personality was adorned with noble virtues: eagerness to uplift others, readiness to embrace even the fallen, magnanimity to return good for evil, and his constant benevolent wish, “*May all be happy, may all attain peace and joy.*”

### Guardian of the Yagya

As Secretary General of the Brahma Kumaris and Chief Editor of *The World Renewal*, he carried immense responsibilities with grace. He was the beloved child of BapDada, nurtured by Brahma Baba and Jagadamba Saraswati, the right hand of the Dadis, guardian of the Yagya and its children, and the embodiment of generosity, compassion, and tireless care for all.

Respected Brother Nirwair Ji was truly the crown jewel among the brothers and sisters of the organization. His love, wisdom, humility, and benevolence remain etched in our hearts forever. To him, we offer countless flowers of love, reverence, and gratitude. ■■



## A LIFE OF SERVICE, SIMPLICITY, AND STRENGTH



**Brother Nirwair Ji was a treasure house of virtues – a steadfast guardian of the Yagya, a compassionate guide for souls, and a gentle leader with a radiant heart.**



**M**ost Revered Brother Nirwair Ji walked firmly in the footsteps of Brahma Baba and lovingly nurtured the Yagya. He was truly a treasure house of virtues. There was no divine quality or power that I did not see shining in him. His character reflected humility, courage, compassion, and tireless dedication.

### **Courage and Conviction in Yagya Service**

Brother Nirwair Ji had an unwavering spirit of Yagya protection. Whatever the situation, he faced it fearlessly, with unshakable faith and a victorious intellect. His approach was always unique, and in every circumstance he emerged successful. He would often say with deep conviction: **“Shiv Baba is with me.”** Guided by Brahma Baba's teachings, he offered multifaceted service to the Yagya, always keeping before him the aim of satisfying everyone.

### **A Healing Presence for Troubled Souls**

Many times, I personally witnessed how souls would come to him in despair, weighed down by problems, fear, or anxiety. He would listen to them with utmost attention and compassion. Then, with a gentle smile, he would look at them with great love, fill them with subtle power, remind them of Shiv Baba's teachings, and softly hum a song – *“Kisne yeh sab khel rachaya, apne aap sab kuch karke, apne aap chhupaya...”*

In this way, he infused courage and faith in

### **B.K. Shyam, Mahadani Cott., Shantivan**

them, saying lovingly: **“This is nothing, just a small puppet show – another form of Maya-Ravan. Everything will soon be fine.”**

With these words, their fear would vanish, their hearts would lighten, and in reality, success would surely follow. In this manner, he solved many big and small challenges of the Yagya – seriously understanding the issues, yet keeping Shiv Baba in front, and transforming them into victories.

### **Faith in Shiv Baba's Guidance**

He always reminded us:

**“This is Shiv Baba's Yagya. If we manage it with honesty and cleanliness, Baba surely helps us. Baba is the One who gets everything done. Baba is with us, and He will definitely grant success.”**

And indeed, many times I witnessed this happening exactly as he said. He never acted in haste, nor did he make impulsive decisions. With calm patience, he accomplished every task successfully.

### **Simplicity and Discipline in Daily Life**

In his personal routine, Brother Nirwair Ji loved to remain light, patient, and attentive. He never hurried in any work, but carried out every task with love and precision, while also filling others with zeal and enthusiasm to complete it.

Towards the end of his life, he adopted very simple food habits – just half of fruit in the morning, and in the afternoon one small *roti* with a little *dal* and vegetable. His dinner too remained equally light. His life was an embodiment of discipline and simplicity.

### A Source of Relief for the Ailing

He always carried the resolve of giving happiness to all. When anyone came to him suffering from illness, he would listen carefully and then guide them toward proper treatment. Many times, he personally arranged help, recommending good hospitals or doctors, and even sent brothers and sisters to Ahmedabad or other hospitals, providing complete support for their treatment. Numerous souls have shared such experiences of his care and compassion.

### A Lover of Nature

In matters of construction, he was deeply mindful of preserving natural beauty. He would draw everyone's attention to ensuring greenery around every building, and to making arrangements so that no one faced any inconvenience. In the gardens, he ensured the planting of beautiful flowering plants and fruit-bearing trees—those that purified the atmosphere, provided oxygen, and gave happiness to all.

### Affection Even for Birds and Creatures

His love extended even to the smallest creatures. We often saw how he cared deeply for little birds. Every morning, he would scatter millet grains for them, keep *toli* (sweets) for them, and

arrange clean water in small vessels so they could drink freely. Such was his tender-hearted concern – that even birds felt included in his love.

### A Life Dedicated to World Upliftment

What more can be said about such a revered soul? Brother Nirwair Ji always kept the feeling of giving happiness to all and the vision of world welfare alive in his heart. His greatness cannot be fully described in words – the more we glorify him, the less it feels. Truly, his life remains an eternal inspiration for all who knew him. 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. ■ ■

## REMEMBERING B.K. NIRWAIR JI

– B.K. Mohan, Mahadani Cottage, Shantivan

I consider myself immensely blessed to have shared life's journey with respected Rajyogi Nirwair Bhai Ji – a true angel on earth, radiant with kindness, an endless ocean of love and compassion, and adorned with every divine virtue. Bhai Saheb remained ever content in himself, and with his serene presence, he bestowed contentment upon countless souls. To be in his sacred company and to serve him for more than 25 years was not mere chance, but surely the reward of many good deeds accumulated over time.



## A Loving Tribute

# Moments With A Divine Soul REMEMBERING NIRWAI BHAJ SAHEB

He was the first personality I ever saw who, despite being a man, radiated such motherly love, compassion, and care.

**B.K. Poonam, Jaipur**

**G**od established this most beautiful Yagya and chose some of His very special, revered, great, and invaluable gem-like souls from around the world. Among those divine souls was our most cherished B.K. Nirwair Bhai Saheb.

It has been my supreme fortune to be in close proximity and share meals with him regularly. We received immense love and care from Bhai Saheb. My life has been blessed with love from both my *alokik* and *lokik* families, but the selfless, powerful love we received from Bhai Saheb was truly unparalleled.

Baba often glorifies mothers and women, but Bhai Saheb was the first personality I ever saw who, despite being a man, radiated such motherly love, compassion, and care. He always took complete care of us – from the moment we arrived in Shantivan for our annual visits, until our departure. I believe Brahma Baba must have nurtured everyone in the same manner. That's why not only us, but the entire Brahmin family could feel the presence of the corporeal Baba through him.

What an extraordinary personality Bhai Saheb had! There was royalty in his every step, every word, and every gesture. His smile was simply divine. One could truly learn how to live just by observing him. The depth of his divine qualities is beyond description.

The Mahadani Cottage always felt like our own home. **We never once saw Bhai Saheb get angry, nor did we ever hear him raise his voice or speak with undue authority. His tone was always gentle – never too high or too low – consistently polite and respectful.**



One memory stands out amongst all our visits to Madhuban: Every night, we would go to say goodnight to Bhai Saheb. Around 9 p.m., he used to have his milk and warmly invite us to join him. One evening, however, Mohan Bhai was bathing, and we asked Bhai Saheb to have his milk while we waited for our glasses of milk to come. But he gently refused, saying he would only drink it when we had ours! An hour later, when Mohan Bhai arrived, Bhai Saheb – still calm and loving – simply said, *"The deities are offered food only after one bathes oneself..."* His patience and humility in that moment touched us deeply.

We have created a special corner in our home for Bhai Saheb alongside Baba, as a constant reminder of his presence and blessings. We will always remain indebted for the love and care we received from him. His blessings were, are, and will always be with the Brahmin family. ■■



## A Loving Tribute

# A GOLDEN LIGHT IN HUMAN FORM

Seven months of suffering vanished with  
one phone call.

**B.K. Shivani, Mumbai**

**M**emories of Brother Nirwair Ji are ever-flowing from both the heart and intellect – from his favourite song “*Abhi na jao chhodkar, ke dil abhi bhara nahi*” (Do not leave me and go, the heart is not yet satisfied) to “*Tum Punjab se nahi ho, lekin Punjab ki sherni se kam nahi...*” (You are not from Punjab, but are no less than a lioness of Punjab); From “*Yaad rahe rukna nahi hai, aur Maya ke saamne jhukna nahi hai, aur kisiko jhukana nahi.*” (Remember, you cannot stop anywhere, you cannot bow down to Maya, or allow anyone else to bow in front of Maya...)” to “This too shall pass.”

### Healing Through His Blessings and Teachings

It was beautiful to receive direct sustenance from the age of 13 from someone who was next to Brahma Baba (Baap Samaan) – one who not only loved me more than my biological father, but also nurtured and guided me throughout my life.

For a period, I suffered major illnesses and anxiety due to certain family conflicts. I was like a sinking vessel, but Bhaji played a pivotal role in helping me recover. At a young age, I learned to chant ‘OM DHWANI’, which eventually cured me of anxiety and panic attacks. Along with OM DHWANI, he also advised me to soul-consciously count backwards from 10 to 1 to slow my breathing.

It gives me joy to share one incident from 2019 when my immune system had deteriorated due to thyroid issues and stress. I was falling ill every month – two weeks of severe illness followed by two weeks of relative wellness. Despite this, whenever I called him, I never shared my troubles; I knew he had so much on his plate, and I didn't want to burden him with what felt like trivial worries.

But after seven months, I broke down on the phone and told him everything. We spoke for exactly 45 minutes on a random Sunday evening at 5 p.m. He ended the call saying, “Shivani,



*this will end today itself. Life is a rollercoaster ride, but there will be no more downs for you. From now on, you will fly higher and higher. And this too will pass.”*

The next morning, I woke up in high spirits – it felt as though someone had pulled the illness out of me and I had swallowed a magic pill. I was completely well. I immediately called him and shared my update. He laughed and proudly said, “See, I told you Baba will help.” In this way, seven months of suffering vanished with one phone call.

I used to call him “my Albus Dumbledore” from *Harry Potter* – the greatest sorcerer of all time – because his words always came true.

We would greet each other with “God Morning” and “God Night” because I called him my godfather. But indirectly, he always guided my consciousness towards *Avyakt BapDada*.

## Conversations with the Elements and the Divine

When I was 19, I shared with him that I talked to the five elements – I had made them my best friends, and they listened to me. In 2016, when the rains were delayed in Abu, Bhaiji jokingly asked me to talk to my “friends”, especially the Rain god. He said, “*Sisterji, request the Rain God, Indra, to shift from Mumbai to Abu now!*” – it was a hilarious exchange.

It was because of him that I started speaking to birds. He would often say, “*Do you know what I'm doing? I'm feeding toli (sweet) to a bird, and she's listening to whatever I'm saying...*”

These days, I speak to the five elements even more, so they can communicate better with Bhaiji now.

Every meeting with him felt like a story session about Brahma Baba. I would ask him questions like, “*What did Baba enjoy for dinner?*”, “*Describe your first meeting with Baba*”, and he would share the most intricate, beautiful details.

I miss those golden days – even the times we sat in silence. His presence alone was enough.

### The Five Habits He Instilled in Me

He once asked me to develop five daily habits:

1. Chanting of *OM DHWANI*, 2. Practising silence for five minutes, 3. Making one person happy every day, 4. Enjoying this invaluable *Purushottam Sangamyuga* (Confluence Age), 5. Glorifying Lord Shiva as His companion

I learned so much from him – but he didn't teach me how to live without him! Every single time, he would say, “*Force yourself to smile, no matter what...*” But how can I do that now, Bhaiji?

It's been 12 months since you departed. I

know you've left your jewels behind, but I miss your voice, and I miss our weekly morning calls.

### My Godfather, My Brother, My Strength

You were not only my godfather, but also my elder brother – my pillar and strength. You didn't just shower me with love – you cared for me like a mother, especially when I was unwell. Even though I was miles away, you constantly checked on my health and suggested herbs and remedies to help me recover.

You gave me the oxygen I needed to breathe, taught me how to live without regrets, how to uplift souls deprived of love and life, and how to make God, Shiv Baba, proud.

A million-fold thanks to you for your sustenance, spiritual love, and for making my spiritual journey lighter and more joyful.

You were – and are – a golden light in human form, brought to this Earth for a higher purpose. I know you are watching over me and protecting me in your own divine ways.

Bhaisaab, I don't think anyone else can ever uplift me and care for me the way you did – and still do. ■■

## GENTLENESS

**Non-violence is a very deep philosophy. Not only does it require me to harm no one physically, but also to avoid harming anyone's self-respect. Such an ethic requires tremendous awareness and sensitivity. When I have learned to be gentle with myself, I can be the same with others.**

## THOUGHTS SHAPE DESTINY

The quality of our feelings, attitudes, beliefs and behaviour depends upon the quality of our thoughts.

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



**F**ondling our dreams is simple and pleasant, but with much attention, patience and hard work, if you make them real, it gives greater pleasure, satisfaction, and makes you feel proud of yourself.

### Being and Doing

Being relates to adaptability, tolerance, availability and listening; in other words, maturity, love, humility and patience. These give us knowledge or wisdom for discrimination, clarity of mind or clear vision for decision-making, courage to take responsibility, and cooperation to nurture team spirit, respectively.

The human system is made up of culture, values, communication, creativity, intuition, and feelings.

### Personal Strategic Planning

We need to analyse our own personal strengths – those aspects of life which are really good and working well; weaknesses – those which are not so good and are causing sorrow and discomfort to us; opportunities – the golden chances that may be right there in front of us if only we are able to recognise them; and threats – those things that we may be worrying about in the future.

Adopt the mindset of observing ourselves in a loving but detached manner, and review ourselves. Be objective and unemotional during

the process.

### Invite the Opportunities Opening Up

Use particular personal strengths in order to be successful. Remove old weaknesses. Ensure there is nothing to worry about in the future. And navigate our life – invite the opportunities opening up.

Confirm there is no greater risk or negative challenge. Be clear about where we are standing, what our personal resources are, and what amount of extra attention is required to steer through with the right frame of mind and mental direction to approach our proper destination.

### Self: The Innate, Acquired and the Higher

The mind, related to the Higher Self and Thought Power, imagines, thinks, feels and forms ideas.

The Will Power or Intellect, related to the Higher Self, evaluates, discriminates, reasons, decides and understands.

The Subconscious, the *Sanskars* or Culture, denotes the experiences of the Self – record of actions like tendencies, habits, traits, talents, and memories.

The Innate Self is the Point of Light, Energy,

(Contd. on page no. ...30 )





## THE QUIET STRENGTH OF CONTENTMENT

**A truly content heart finds peace in every circumstance. Because their sense of worth, belonging, and joy isn't anchored to external conditions.**

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



In today's world, discontentment often plays like the background music of our lives. We hear it everywhere – frustration with global issues, political systems, unmet expectations in relationships, and that nagging inner voice whispering, "I am not enough." While real hardship undeniably exists, and for many, survival is a daily struggle, it's a different thing—especially for those who consider themselves spiritual seekers—to be discontent with the self.

**To be discontent with the self is, in essence, to be discontent with the Creator, with the Divine Source itself.** It's as if we are saying, "God, I deserve better than what I am being given." Many of us experience this feeling at times. Perhaps we feel our talents are untapped, our potential unrecognised, or opportunities unfairly distributed. We observe others seemingly thriving, while we feel sidelined. The thought creeps in: "I could contribute so much more, make a real difference, but here I am, waiting... seemingly unseen." This kind of thinking easily breeds a sense of entitlement—a feeling that we are owed a "better" reality.

However, this discontent often stems from pride, and in fact, discontentment itself can be a subtle form of pride. The truth, viewed with

clearer eyes, is often the opposite of what our pride whispers.

Consider this: our lives could be filled with far deeper struggles—lost in confusion, constantly stumbling, or trapped in cycles of anxiety and despair. That could be our reality, but it isn't. In truth, we are being shaped and utilized even now, in this very moment. Whether we are caring for our families, offering a kind word, collaborating at work, or simply navigating the everyday—we are contributing, learning, and evolving. Perhaps it's not always in the ways we initially envisioned, but life is constantly guiding, teaching, and sculpting our character, nurturing humility, and strengthening our inner faith.

Beyond pride, discontentment can also be seen as a form of inner resistance—a subtle rebellion against the flow of life. A truly grounded spirit would offer gratitude in both times of ease and times of hardship. Consider the epic Mahabharata: the Pandavas, deeply devoted, faced immense crises—cheated of their kingdom, exiled to the jungle, targeted by their own kin. Yet, their faith and devotion never wavered. They didn't question God or demand, "Why is this happening to us?" **It's easy to feel grateful and offer praise when life is smooth sailing, when we feel on top of the world. But what happens when challenges arise, when doors seem to slam shut?** Can we maintain



faith that God is still guiding our journey? Can we trust that a larger purpose is unfolding? Can we believe that even closed doors might be redirecting us, offering lessons disguised as setbacks?

A truly content heart finds peace in every circumstance. Why? Because their sense of worth, belonging, and joy isn't anchored to external conditions. It springs from a deep connection to the Supreme-Father. They understand their inherent value, irrespective of "good times" or "bad times," praise or criticism. They find contentment in the quiet knowing that they are never alone and that life, in its entirety, holds purpose. This is the surrender that blossoms from trusting the God-Father and His unfolding wisdom.

In contrast, a discontented person—even amidst blessings—might feel, "God provided, but it should have been more"... — a persistent sense of "not enough". And when challenges inevitably arise, they might feel unjustly treated, questioning, "Why me?" or complaining, "Things should be different!" There's a constant undercurrent of resistance—a feeling that life is perpetually "wrong," forgetting that God is all-knowing, the very essence of wisdom.

**This discontentment often manifests as persistent complaining, bitterness, and even resentment towards those who seem to "have it all." It fuels the habit of comparing ourselves to others, measuring our worth by external achievements or possessions.** In this endless comparison game, we lose sight of the profound truth that each life journey is unique and divinely orchestrated. There's a deeply personal path for each of us, filled with individual lessons and opportunities for growth—uniquely designed for the soul's evolution.

But when we fall into the trap of mere

comparison, genuine, supportive relationships become strained. Instead of celebrating another's joy, a subtle shadow of envy might creep in—a quiet desire to see them dimmed and brought down to our level of dissatisfaction.

### **What are the hallmarks of true contentment?**

Praise of the God-Father naturally flows from the lips. There's a deep well of inner peace and gratitude that remains constant, unshaken by external circumstances. There's a quiet joy that radiates outward, touching those around us. A content spirit approaches every task, whether grand or small, with enthusiasm and purpose. There will be an experience of nothing lacking, of having all attainments through the God-Father, irrespective of external events. This inner spring of contentment becomes visibly manifest as a genuine joy that others innately sense.

Ultimately, cultivating contentment is an ongoing, conscious practice. **It's a deliberate choice to shift our focus from what we lack to what we possess, from what we crave to what is present.** And within this practice of contentment lies profound joy, a quiet inner strength, and a genuine pathway to be of service to the world around us. By discovering peace within ourselves, we contribute to a more peaceful world. ■■

### **SILENCE CALMS YOUR HEART**

**Silence calms your heart. It is a balm that heals the wounds of the soul. It strengthens the spirit and takes you to a world without sound where peace reigns.**



## CONQUER THE MIND CONQUER THE WORLD

Sow the seeds of good deeds on the soil of the mind.

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



**T**he king was always sad. Despite his best efforts, he could not find peace. Once, a saint came to the king's city. The king was greatly impressed by the wise advice of the saint and asked him:

*"I am a king, I have everything, yet there is no peace in my mind. What should I do?"*

The saint replied: *"Sit alone and meditate."*

From the next day, the king began sitting alone in his room every morning. After some time, a palace employee entered to clean the room. The king started a conversation with him and asked about his problems. Hearing his troubles, the king felt a strange joy.

Gradually, he began listening to the difficulties of all his employees. He discovered that everyone was financially distressed due to low salaries. The king immediately increased their pay. Filled with gratitude, his subjects became happy and peaceful.

The next day, when the king met the saint, the saint asked, *"King, have you found peace of mind?"*

The king replied, *"I have not attained complete peace, but since I came to know the nature of human suffering, my restlessness has gradually reduced."*

The saint explained: *"You have discovered the path to peace of mind. A king can only be happy and peaceful when his subjects are happy. **Real peace does not come from one's own happiness, but from removing the sorrows of***

*others and making them happy. Therefore, always help others as much as you can."*

### **Making the Mind Calm is a Power**

Making the mind calm – i.e. cultivating self-control – is a great power, because the mind is the subtle organ of action for us souls. No one can acquire the power of self-control overnight. It is achieved only by touching the limits of tolerance and crossing them.

True self-control means not being disturbed by situations, nor reacting to provocation. It is the ability to remain unaffected, or to respond in a measured, balanced way. To develop this, the mind must be consciously cultivated and disciplined.

### **Problems are the Creation of a Weak Mind**

One who can control his mind can control any situation in life. **Problems are nothing but the creations of a weak mind.**

It is not necessary to be in a temple while praying – it is more important to keep God in the mind. Sometimes it is wise to convince the mind, because stubbornness does not always bring happiness.

- Keeping the mind calm is *luck*.
- Keeping the mind under control is *good luck*.
- Remembering God with the mind is *fortune*.
- And when God remembers you, it is *the ultimate fortune*.

### **There Should Always Be Good Thoughts in the Mind**

It is said that the medicine to keep both body and mind healthy is *good thoughts*. Therefore, become a well-wisher and earn blessings from everyone. **Always give space only to good,**



## The World Renewal

**beneficial, and positive feelings in your mind so that positive vibrations are constantly generated.**

The thoughts of an unstable mind cannot remain stable. Whatever is in the mind seems close, even if it is far away. And whatever is not in the mind feels distant, even if physically nearby.

Truly, nothing has greater charm than a tender heart filled with good thoughts.

### **The Biggest Court is Our Mind**

The mind is like a lake – calm when the winds are still. But our minds are restless because we burden them with problems and surround ourselves with disturbed people, complicating our lives.

If you remain calm and wait, the mind itself will answer most of your questions. To remove doubts, it is essential to keep the mind stable. That is why it is said: **the biggest court is our mind – it knows what is right and what is wrong.**

### **Good or Bad Depends on the Thinking of the Mind**

The mind must be reined in by the intellect. When the intellect governs the mind, peace increases. To remain calm, one must avoid

focussing on the weaknesses of others.

The ideal state of mind is one that remains cool in every situation. There is strength in morale and self-confidence – enough to make even the impossible possible.

There is, in fact, no absolute good or bad in life; it is the thinking of the mind that makes things appear so.

### **If the Thinking of the Mind is Beautiful, the Whole World is Beautiful**

If a person wishes to conquer the world, he must first conquer his own mind. One should clearly express what is in the mind, because decisions are always better than distance. No one becomes great with a small heart, and a broken heart can never truly stand tall.

If the thinking of the mind is beautiful, the whole world appears beautiful. No power in the world can defeat a person who, even without outer strength, does not accept defeat in his heart.

That is why it is said:

**“Those who lose in the mind are defeated, and those who win in the mind are victorious.” ■■**

## LAUGHTER: THE BEST MEDICINE

- ◆ Today I realised my superpowers... A neighbour said, *“Why are you making it rain so much?”*
- ◆ Earlier people used to fall asleep quickly. Now, when your phone slips from your hand and hits your face, only then you realise – *“Oh, I was falling asleep.”*
- ◆ City folks when it rains: *“Wow, what amazing weather!”*  
Villagers when it rains: *“Charge your mobiles fast, bijli jaane wali hai!”*  
(the power will definitely go off)
- ◆ Till you need makeup, use it; otherwise, the age of check-ups will begin.
- ◆ I spend money the moment I get it – so that I never develop the ego of being rich.
- ◆ Police: *“We have information about explosives in your house, we need to search.”*

Santa: *“Yes, confirmed! But my wife has just gone to her parents' house...”*



## DIVINE SUSTENANCE IN PHYSICAL AILMENTS

**Baba turned difficulties into blessings, pain into penance, and surgery into silence. Truly, when we surrender, He carries our burdens.**



**D**uring the Corona period, Brahma Kumaris' new buildings were ready in Mansarovar, Abu Road, and the government had taken them to quarantine Corona-positive patients.

In that first wave of the Corona pandemic, except for emergency cases, other patients were not allowed to enter Ever Healthy Hospital (EHH), Shantivan. All other doctors of EHH, except me, had refused to see patients without the facility of PPE kits. So, I was sitting at the reception counter of EHH, serving patients and prescribing medicines.

After seeing patients alone like this for some time, my Corona report also came positive and I was sent to Mansarovar for 3 days of isolation. Since these were new buildings, speakers had not yet been installed to listen to the daily 7 am Godly knowledge class called Murli, etc. I thought it was alright, I would listen to the Murli on YouTube with the quarantined sisters, but still, I was missing the meditation room called 'Baba Room' in Shantivan a lot.

Usually, when I go out of Shantivan, I observe silence of both my mouth and mobile and also take a small translight for meditation with me. In the morning nectar hours, called *Amritvela*, I was sitting in front of the translight I had brought, in Godly remembrance. As the clock ticked 4



**B.K. Dr. Trupti, Shantivan**

o'clock, Brahma Baba, the divine angel, came and sat adjacent to me. I could see Him sitting so close to me in that subtle luminous body, and I felt very comfortable in His divine warmth.

I rejoiced in my heart, "Baba, You have arrived!" I had long been waiting for Him to show Himself, because I know that He never leaves me alone anywhere. Immersed in the beautiful, subtle experiences of being with God, in silence and in the study of Avyakt Murli (compiled books of Godly versions), time flew by.

### A Dream of Radiance

In November 2021, I saw a place in my dream where all the houses and buildings were coloured in white, glowing in divine radiance. I also saw a lake nearby in which boats were sailing. There were benches to sit around the lake, and some brothers and sisters were jogging. In that dream, I felt as if I lived there, as if this was my home.

When I opened my eyes, my mind raced to identify that place. I live in Shantivan, but there is no lake around. Then where was this place of such divine radiance? Later I understood that the place seen in the dream was Pandav Bhawan, Mt. Abu. Along with this realisation, a strong resolution came in my mind that just like the elder Brahma Kumaris sisters, lovingly called Dadis, did penance for 14 years, I also must do penance for 14 days on the Mount.

That night, while giving my daily account of

thoughts and actions to God, I told Him about this dream and my resolution to do penance for 14 days in Mt. Abu.

### The Drama of Pain

At that time thousands of BKs had arrived at Shantivan, from all over India and abroad, for the program named Baba Milan – a divine meeting of souls with the Supreme Soul. There was a lot of service, and otherwise also, it was difficult for me to get leave even for one day, let alone for 14 days. But though it was difficult for me, it was not difficult for God, whom we lovingly address as Baba.

Next day onwards, I started having severe pain in my abdomen. Even after taking medicines and injections for three days, when the pain did not subside, I scolded my body strictly, saying, “What is this drama? Even after taking so much medicine and injections, there is no relief at all. Now do not ache an inch, even for a second. Be absolutely calm...” And to my utter surprise, the body obeyed and the pain vanished completely!

Three days passed comfortably, and I almost forgot about the pain. But when I again had the strong resolve to do penance at the Mount, the abdominal pain returned severely. At that moment, it dawned on me that this was the way my 14 days of penance at the Mount were about to unfold – as treatment for this pain.

### Hospital Admission as Penance

Accordingly, I reached Global Hospital, Mount Abu, on Sunday evening to get admitted, and as soon as I got admitted, the abdominal pain subsided. Its task was over: to take me to the Mount for fulfilling my wish of doing penance!

Next day, all tests were done. Since I was not feeling any pain, even on pressing the abdomen, the surgeon first suggested giving medicine and sending me back. I smiled and said “OK” but knew in my heart that this was just the first day of my 14-day penance, and there was no question

of going back to Shantivan.

Indeed, within a minute the surgeon returned and said that the abdominal USG showed inflamed appendix with pyocele, fluid in the peritoneal cavity, and massive intestinal adhesions. He said it required immediate operation. I smiled again in the same relaxed state and said, “OK.”

### The Operation and God's Care

Being a doctor, I knew this was a complicated emergency case. The surgeon asked me to fast so the operation could be performed if pain recurred. I had already eaten that morning but after that, I neither ate nor drank, and surprisingly, I did not feel thirsty or hungry. My mind was calm and thought-free.

On the second day, a laparotomy operation was done. Normally such a surgery takes only half an hour, but mine took two and a half hours. Yet I felt no discomfort, only Baba's presence. That evening was Baba Milan, but due to anesthesia I could not attend. When I regained consciousness, the only question I asked was: “What did Shiv Baba say in today's Murli?”

At Amritvela, morning nectar hours, the next day, I suddenly felt great heat. I asked the ICU sister to turn off the heater. She replied in surprise that there was no heater! I realised it was Baba's loving arms covering me in warmth. Outside, the temperature was below zero. Just like a mother hides her child in her *sari*, Baba had kept me safe in His embrace.

### The 14 Days of Penance

Later, I was shifted from ICU to the ward. Despite being admitted, I never missed Murli or meditation, thanks to YouTube classes. I realised that the page of my destiny had opened to fulfill my vow of 14 days of penance on the Mount.

I obeyed every medical instruction without question, but inwardly, I was in a thought-free,



detached state. Food was sent to my room just like the Dadis used to receive during their *tapasya*. On the fifth day, the drain was removed, and later the stitches too. After discharge, I stayed at Pandav Bhawan for recovery.

In this way, my 14-day penance was completed on the Mount. On the 15th day I returned to Shantivan, and even there I continued penance in silence for another 14 days.

### Lessons from the Experience

During those 14 days, my mobile was off, my speech limited, and my heart fully surrendered. In this *tapasya*, I experienced two truths deeply:

1. Whether any human cooperates or not, God Himself takes the responsibility of caring for His children completely.
2. The thought-free stage is real. It is total surrender of mind and intellect, a state of super sensuous joy, free from worry.

Shiv Baba, thank You from the bottom of my heart for being with me every moment. Thank You for turning a physical ailment into a beautiful means to fulfill my desire of 14 days of penance on the Mount. Thank You for caring for me with so much love and for blessing me with the priceless experience of a thought-free state. ■■

## B.K. Nirwair A SPARKLE IN MY HEART

He spoke with a poetic grace, full of kindness, calmness, lightness, and sweetness.

**B.K. Bhawna, UK**

**M**y first trip to Madhuban was at the age of nine – and that's when I met Brother Nirwair Ji. I called him "The Uncle," and over four decades later, he is still "The Uncle" to me – and always will be. A real example, an inspiration, and someone to learn from. Whenever I was near him, I always felt Brahma Baba's presence close by.

The Uncle was an embodiment of royalty – in his walk, his talk, his interactions, and his actions. He spoke with a poetic grace, full of kindness, calmness, lightness, and sweetness.

In my younger years, he took me on many picnics and even to some of his meetings. He would always remind me that Manmohini Didi was my friend – something he mentioned on every visit. He had a beautiful way of keeping happy memories



and blessings alive, just to lift your soul. That was The Uncle – the one who, in his own quiet way, helped keep my love and connection to the Almighty alive.

As I grew older and The Uncle grew busier with service, he still found time. On every visit to Madhuban, he would invite my parents and me to lunch with him. He always shared *to li* (sweet), and always remained "The Uncle." He was someone you could talk to about life, ask questions without fear of judgment, and he would often chuckle as stories were shared.

He was deeply caring, full of love, and a wonderful storyteller. Everyone I saw interacting with him seemed to leave with a feeling of joy and completeness. And I always left lifted, full – with a sparkle in my heart. ■■

# RETURN JOURNEY TO THE SUPREME ABODE

Now this is the time of the Auspicious Confluence Age when God Father Shiva has descended onto this earth to take us back to our sweet home, Paramdham.

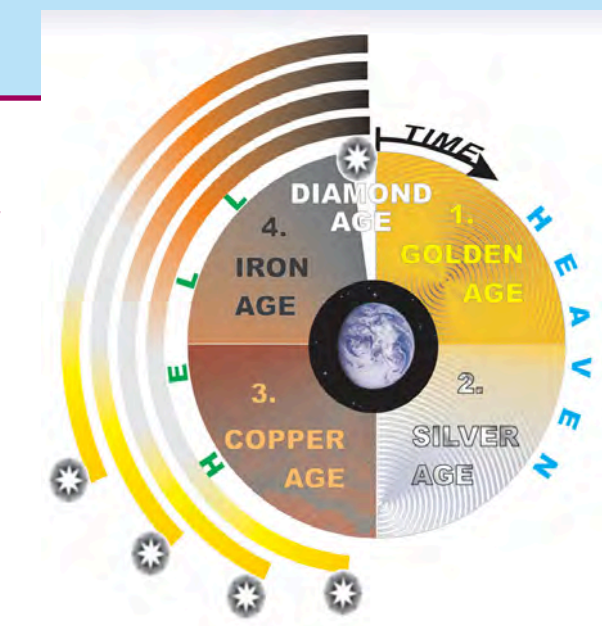
**B.K. Banshidhar, Bhubaneswar**

A man returning home after a long time feels exceptional joy and thrill. He even starts counting the minutes and seconds on the last leg of his journey. The same is the case with us souls, who have been away from our true home for about 5000 years. We left our home – Paramdham to play our designated roles on this earth.

### The Golden Age: The Sun Dynasty

For the first 1250 years, we have been playing the roles of deities possessing divine virtues, when only joy and happiness pervaded the atmosphere everywhere. Nature was so beautiful and the five elements so obedient that there was neither scorching sun nor excessive rain which might cause floods and bring sufferings. Everything was beautiful. Every man, woman, element of nature and every being had love for each other. There was no enmity, no hatred or jealousy towards anyone. Everyone was full of abundant wealth and happiness. It is said that in the Golden Age, the rivers of milk and ghee flowed. This means that all were well-off and able to lead blissful lives.

Everyone was endowed with 16 celestial virtues, all techniques of living, fully vice-less and good, and non-violent in thought, word and action. That period is known as the Sun Dynasty, established by God Father Himself. Every deity



or soul lived for 150 years and the body did not become disfigured through old age. There was no word such as death and nobody feared leaving the body. At the end of 150 years, one received a divine vision of the new body he or she was going to acquire. This period of the Golden Age lasted for 1250 years and the decrease in celestial degree was so slight that nobody noticed any change.

### The Silver Age: The Moon Dynasty

At the end of Satyuga came Treta Yuga, known as the Silver Age, where 14 celestial degrees prevailed. The degree of purity was reduced by 2 celestial degrees, i.e. 12.5%. They were not deities but *kshatriyas*, and this period was known as semi-paradise; all activities were reduced by the same 12.5%. All were pure; from being *sattopradhan*, they became *sato*, and there were no vices and lives were comfortable. There were no thieves, no doctors, no courts, no police or lawyers.

The dynasty was reigned over by Sri Ram and Sri Sita, and the kingdom was named Ram Rajya, which the Father of our Nation, Mahatma Gandhi, dreamt of in Bharat. It is said that

equality prevailed among the subjects and, along with Rama, all were rich (*Ram raaja, Ram praja, Ram saahookaar hai, jiye nagaree base daata dharm ka upakaar hai*). Everyone had love and respect for others. This was the Moon Dynasty. The people at the beginning numbered 2 crores and increased to 33 crores by the end of Treta Yuga. The power of every soul was gradually reduced. There were 12 births.

### **The Copper Age: The Rise of Body-Consciousness**

Then came the Copper Age. As virtues were reduced to 50%, i.e. 8 celestial degrees, body-consciousness entered the soul and consequently the 5 vices also entered. The eyes gradually became vicious; from civil they became criminal. The eyes saw the body and became attracted, and souls became slaves of the sensual organs. Soul-consciousness was converted into body-consciousness. The soul began committing mistakes as the intellect could not judge correctly under the influence of body-consciousness. Due to such mistakes and vices, the body organs began to suffer from various diseases. Now lust, anger, greed, attachment and ego ruled the world.

To regain their pristine power, the *Bhakti* (devotion) cult came into being. The deities of the past became ordinary men and women, ruled by the mind. They had visions of God Shiva and the Shiva Linga; thus, they began worshipping God Shiva in the form of the Shiva Linga at various places. The first Shiva Lingam was worshipped by King Vikramaditya at the Somnath Temple. Now, in every village, Shiva temples can be found, along with other temples such as those of Sri Lakshmi-Sri Narayan, Sri Radha - Sri Krishna, and Sri Ram-Sri Sita.

The 1250 years of the Copper Age comprised 21 births, with each life averaging 60 years. Due

to *karmic* accounts, everyone committed some wrong acts through body organs and suffered from diseases in those organs. Worshipping idols, performing sacrifices (Yagya), fasting and travelling to pilgrimages became part and parcel of life to reduce suffering arising from vices. However, instead of decreasing, the vices increased rapidly.

### **The Iron Age: A World in Decline**

Then came the Iron Age, when the intellect became like iron—very vicious. Iron, when rusted, cannot be attracted by a magnet. Human beings drifted far away from morality and the spiritual path. Rituals were performed merely to show people that they were worshipping, but without sanctity or sincerity. The intellect became unable to distinguish good, as people no longer possessed virtues.

The world became a desert where vices reigned. Judges were under the cloud of corruption. Justice was delayed and denied. Family relations between husband and wife, father and son, were broken. The philosophy of spiritual love was demolished. Temples became showpieces, and peace and love were miles away. The world became a place of mental disorder, where people had no balance in thoughts and deeds. Everyone became jealous, envious and susceptible to seeing the demerits of others.

### **The Confluence Age: The Time of Return**

Now this is the time of the Auspicious Confluence Age when God Father Shiva has descended onto this earth to take us back to our sweet home, Paramdham. We are preparing for the return journey. He is our Supreme Father, Supreme Teacher and Supreme Preceptor (*Sadguru*).

As Supreme Father, He is bestowing the inheritance of peace, bliss, love, happiness and

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



## EASY RAJYOGA

### THE ART OF UNION WITH THE SUPREME

**Rajyoga is easy because it is not based on rituals or postures but on remembrance – remembering who I am, who God is, and what my relationship with Him is.**

**B.K. Jyoti Nanda, Shantivan**



**Y**oga is a fascinating subject. The very mention of the word awakens in us the desire to connect with the Supreme Father, the Supreme Soul, and experience the ocean of joy and bliss. In reality, this is not beyond reach – it is every

soul's birthright to communicate with God. Rajyoga, as taught by God Father Shiva, is not a difficult practice. It is an art, a way of life, and the ladder that elevates the soul toward spirituality and divine virtues.

The vibrations of yoga are more powerful than laser beams. They burn away the crust of negative *sanskars* that have accumulated over many lives, cleansing the soul. A true yogi constantly keeps both the path and goal in mind. One vision is fixed on the Supreme Abode, the other on the Golden Age. Unlike a non-yogi who is disturbed by grief, pride, or temptation, a yogi learns constancy of mind and stability of emotions, overcoming the provocations of lust, anger, greed, attachment, and ego.

#### **What is Rajyoga?**

The word *Raja* means sovereignty, and *Yoga* means communion. Thus, Rajyoga is the technique of connecting the intellect with the Supreme, gaining spiritual might to break bondages and habits, and becoming master of mind and senses. This union with God – the one and only – brings crowns of light, purity, and

wisdom, restoring the soul's sovereignty.

This yoga is our ancient heritage, revealed by the Incorporeal God-Father, the Gita sermonizer, to liberate humanity from the five vices. Rajyoga is called *Easy* because it requires no penance, austerity, or postures. It is purely spiritual, based on knowledge. It is a connection through the intellect and can be practised while performing daily duties. It stops the wandering of the mind, gives bliss from the very beginning, and empowers us to control desires. Men and women of all ages can practise it, without renouncing family life. The effort required is small compared to the blessings received – because God Himself is the Teacher.

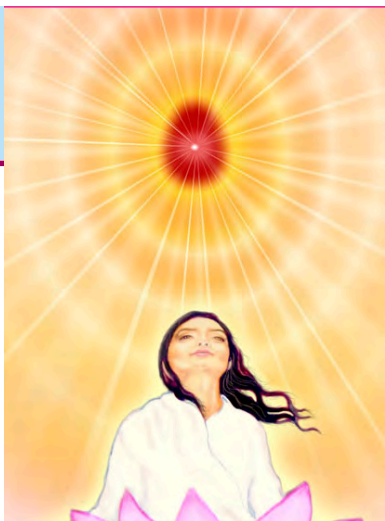
#### **The Aim and Object of Easy Rajyoga**

The aim of Rajyoga is to uplift the soul to the status of a deity. Contrary to the belief that yoga means merging in God, the soul never dissolves into Him. Through Rajyoga, the soul becomes perfect and receives the inheritance of double-crowned sovereignty in the Golden Age – ever-healthy, ever-wealthy, ever-happy.

The same yoga taught by God at the time of the Mahabharata is now being revealed again after 5,000 years through Prajapita Brahma. In this age of unrighteousness, God fulfills His promise, teaching Rajyoga to purify souls and restore divinity.

#### **Self and God**

To practise yoga, one must first know the self and the Supreme. Every human being is a combination of body and soul, but it is the soul – the point of light – that is the source of thought and action. Mind,



intellect, and *sanskars* belong to the soul. Originally, every soul is peaceful, but body-consciousness has made us forget this truth.

Similarly, the Incorporeal God is also a point of divine light, but unlike souls, He is beyond birth and death. He is the Ocean of Knowledge, Peace, and Bliss, the Liberator, the Seed of humanity, and the Supreme Teacher of Yoga. His name is Shiva, and His abode is Brahmloka, beyond sun, moon, and stars, in the infinite light. At the confluence of the Iron and Golden Ages, He descends to teach us Easy Rajyoga, so that we may attain liberation (*mukti*) and *jeevan-mukti* (liberation while alive).

God reminds us that our relationship with Him is that of child and Father. With this awareness, it becomes natural to remember Him with love. This remembrance gradually establishes us in soul-consciousness, cleansing past *sanskars* and preventing new sinful actions.

### How to Meditate

Easy Rajyoga begins where other yogas end – at the stage of soul-consciousness. It culminates in *karmateet* stage, leading to *jeevan-mukti*. Purity and celibacy are natural supports to this practice.

The method is simple: direct the mind away from waste and think:

- I am a luminous soul, peaceful and pure.
- I come from the soul world, where my Father, the Supreme Soul, also resides.
- As He is the Ocean of Knowledge and Bliss, so should I be.

With such thoughts, the yogi experiences

both soul-consciousness and God-consciousness, washing away old habits and stabilising the mind in purity and happiness under all conditions.

### Effects of Rajyoga

The benefits of Easy Rajyoga are profound and practical:

- 1. Purification of thoughts:** Within days of practice, thoughts become pure, and as actions follow thoughts.
- 2. Soul-conscious outlook:** One sees others as fellow souls, children of the same Father.
- 3. Freedom from vices:** Lust, anger, greed, attachment, and ego – the roots of sorrow – are naturally conquered. Old *sanskars* transform.
- 4. Positive engagement:** Instead of escapism, Rajyoga inspires service to humanity, along with personal peace and salvation.
- 5. Health benefits:** A yogic lifestyle conserves energy, keeping the body healthy.
- 6. Integration of personality:** Rajyoga harmonises thoughts, words, and deeds, bringing balance to personal and social life.
- 7. Radiance of divinity:** The company of God fills the soul with purity, which naturally radiates through face, eyes, and behaviour.
- 8. Sharper intellect:** Thinking becomes clear, decision-making improves – helpful in daily life, careers, and relationships.
- 9. Refined habits:** Eating, living, and relationships are elevated, benefiting both individual and society.
- 10. Clarity of purpose:** Confusion about the goal of life disappears; direction

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

## EXPERIENCE THE JOY OF BEAUTIFUL PARENTING



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

Firstly, it's important to release the feeling of attachment and ownership over children. We should try to build a relationship of liberation, where we look at them as just another soul, with their own past karmas. We should also understand that having children is a privilege and it's our role to protect them from wrong influence, but also, in that process, we do not inculcate a sense of fear in them, which will make them shy from seeking help in future life situations. Drawing the line between instilling caution and creating unnecessary fear is an art. **As a parent, it's also very important to create involvement with children. Building a loving and supportive environment helps them experience life, where they can learn the significance of giving in relationships.** As

conscious and responsible beings, parents need to be equally joyful, for the benefit of their child and to fill them with the same energy. This creates the necessary ambience for nurturing children positively, and helps them in navigating life effortlessly.

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

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



makes us look, rather than how it makes our children feel, which is wrong and we should take care that it does not happen.

The present generation of parents has access to a lot of information on the internet. As a result, we often feel the need to reach for every available information to help our children. In our effort to do our best for them, we forget that it's important to accept our children as they are. There is a big difference between fear and instinct, and we must learn how to separate the two. Worry or fear doesn't make one a better parent. To avoid making such mistakes, let's remember that keeping ourselves confident, cheerful and happy is the key. Parents should also make time for the little things that benefit them spiritually. **Parents must have faith in themselves, rediscover their own needs and take out time for things that give them inner fulfilment.** This is because our spiritual development and inner goodness and contentment are continuously creating our children and their personalities.

When it comes to our own health, we must remember that we should practise what we preach, and care for ourselves like we do for the health of our children. Parents should also remember that they are also managing the relationship with each other along with the one they have with their own children. While taking care of children, these fragile bonds can shatter under stress. As parents, the best thing we can give to our children is to respect the differences in opinion between each other and love and care for each other. **A good relationship of trust and goodwill between parents does half the work of creating a beautiful child, with an all-round development.** Lastly, we must remember that parenthood is like a conversation that lasts a lifetime. There are so many things we

want to teach our children, so many things we can learn from them and so many new life experiences to be felt together. So with our children ... we should keep it open ... we should keep it honest. And experience the joy of beautiful parenting! ■■

**(Contd. from page no. ...17)**

the Soul, *Atma*, the Spirit, Essence, Values, and also the Mind, Intellect, and Personality.

The Acquired Self is the Ego, Role, Image, Possession, Skills, Body, Relationships, Position, Achievement, and Belief.

#### **Positive Thoughts and Necessary Thoughts**

Nurture positive thoughts like joy, love, hope, mercy, peace, honesty, harmony, tolerance, enthusiasm, and understanding.

Necessary thoughts are related to work, career, routine and profession.

Avoid waste thoughts about the bygone past and the unborn future.

Negative thoughts like anger, stress, egoism, racism, laziness, revenge, carelessness, unnecessary criticism, jealousy, and attachment are harmful. So, they are also to be avoided.

To sum up: nurture positive thoughts, and stick to necessary thoughts. Have *Brahma Bhojan* as per *Shrimat*, stay spiritually and physically healthy, and stay blessed. ■■

#### **NO TEARS**

**If you miss an opportunity, do not cloud your eyes with tears. Keep your vision clear so that you will not miss the next one.**

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

**naturally leads a life, free of all diseases? Can't we give education whereby people have emotional balance, self-restraint and happiness and live a lifestyle which naturally promotes growth and maintains health and immunity? Brahma Kumaris World Spiritual University gives such kind of education.**

Similarly, we pass laws, publish and provide law books; we have law colleges to give education in law, we have courts where legal cases are adjudged; we have law-enforcing agencies which enforce laws and we also have jails where the criminals can be lodged. We have a variety of courts and tribunals and investigating agencies and it takes a person years to get justice at a high cost. **Can't we build a society where everyone is by nature, peaceful, gentle, civil, co-operative and free from tendencies to commit crimes or encroach on the rights of others? This university imparts such kind of education that should, ultimately, lead to a society where there is justice, law and order, without any formal machinery to enact, apply and enforce law.**

Again, take the case of providing security to the State and the citizens. There are millions of military and paramilitary forces employed in the defence of the country or for the internal security. There are trillions of dollars spent every year on weapons of war or 'defence!' **Can't we build a society where there is love, amity, peace and friendliness, which are one's best security? Can't we have a world where one does not have hatred for anyone? Brahma Kumaris World Spiritual University believes that such a peaceful state is possible and practicable through proper education. And, it is giving that education.**

Likewise, can't we educate people so that they have concern for the social and economic

well-being of all and they do not exploit others but are loving, kind and considerate? If we can do that, then only we will be able to banish poverty for all times and raise the standard of living of all.

Thus, Brahma Kumaris World Spiritual University is translating the dream of millions of people into reality. It is making practical what was hitherto considered as utopian. Through the new holistic knowledge which is being imparted here, all these benefits are taking concrete shape and yet the knowledge is being given in a very easy and informal manner without dividing it into so many parts. ■■

**(Contd. from page no. ...26)**

power for 21 births, which no corporeal father can give. We are the prodigal sons who were separated 5000 years ago from Him, and now we must recognise through our third eye the true identity of our Beloved Supreme Father and follow the moral codes laid down by Him. This is the proper time when we must follow the footsteps of His corporeal medium, Prajapita Brahma.

Souls should know that this is the proper time to return home with the Supreme Father. If we retain any vices, we will be punished by Dharamraj, and our post and position will also be degraded. Always remember the words of Didi Manmohini: **"Ab ghar jana ha"** – now we have to return home.

To return home, our bag and baggage must be ready. Souls should not only destroy old propensities, but also be filled with divine virtues and good attributes. The vision should be civil; thoughts should not contain jealousy. One must have good thoughts and pure vibrations towards one and all. Everyone should remember that the soul has undergone a long journey. ■■



**Jaipur:** HE Haribhau Bagade, Governor of Rajasthan is being tied Rakhi by BK Nirmala.



**Jammu:** BK Sudarshan is tying Rakhi to Lt. Governor of Ladakh Mr. Kavinder Gupta.



**Shimla:** HE Shiv Pratap Shukla, Governor of HP is being tied Rakhi by BK Shakuntala.



**Dehradun:** BK Manju is tying Rakhi to HE Lt General Gurmeet Singh, Governor of UK.



**Chandigarh:** Mr. K. A. P. Sinha, Chief Secretary of Punjab is being tied Rakhi by BK Neha.



**Gharaunda:** Mr. Harvinder Kalyan, Speaker of Haryana Assembly is being tied Rakhi by BK Prem.



**Delhi:** Padam Shri Sakshi Malik, Olympic Medallist & Wrestler is being tied Rakhi by BK Aditi.



**Malaysia:** BK Sheilu tied Rakhi to Mr. B.N. Reddy, High Commissioner of India and his wife.



**Vellore (TN):** Golden Temple founder Thiru Shakthi Amma is being tied Rakhi by BK Thiru Gyansundari.



**Mohali:** Mr. Gurvinder S Bahra, Chancellor, Rayat and Bahra University is being tied Rakhi by BK Rama.



**Delhi:** Sudhanshu ji Maharaj, Spiritual Guru and Founder, Vishwa Jagriti Mission is being tied Rakhi by BK Aditi.



**Brahmapur (OD):** BK Mala tied Rakhi to Mr. Niti Shekhar, IG of Police.





**New Delhi:** General Upender Dwivedi, Chief of Indian Army is being tied Rakhi by BK Shukla.



**Rishikesh:** BK Arti tying Rakhi to Mahamandaleshwar Swami Abhishek Chaitanya Giri.



**Haridwar:** BK Manju tying Rakhi to Mahamandaleshwar Swami Avdheshanand Giri Ji Maharaj.



**Antigua:** Prime Minister Mr. Gaston Browne of Antigua and Barbuda is being tied Rakhi by BK Dr. Payal.



**Guangzhou (China):** BK Sapna tied Rakhi to Mr. Shambhu L. Hakki, Consul General of India.



**Moscow (Russia):** BK Sudha tied Rakhi to Mr. Vinay Kumar, Ambassador of India.



**Indore:** Justice Vijay Kumar Shukla, Judge, MP High Court is being tied Rakhi by BK Kanchan.



**Vadodara:** H.H. Maharani Radhika Raje of Baroda is being tied Rakhi by BK Raj and BK Aruna.



**Sambalpur (OD):** B.K. Parbati is tying Rakhi to Mr. Siddheswar Baliram Bonder, District Collector.



**Noida:** BK Aditi tied Rakhi to Ms. Chitra Tripathi, Renowned Anchor of ABP News Channel.



**St. Petersburg (Russia):** Mr. Nirmesh Kumar, Consul General of India and BK Santosh are seen at BK centre to celebrate Independence Day of India.



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

becomes clear.

**11. Self-realisation:** True purification and understanding of the self come only through Rajyoga.

**12. God-realisation:** Finally, it is through Rajyoga alone that one experiences God directly and achieves liberation and fruition jeevan-mukti.

Easy Rajyoga is the Supreme Father's gift to humanity at this confluence age. It is not difficult; it is natural, accessible, and filled with love. By practising it, the soul cleanses itself, conquers vices, regains divine virtues, and secures its inheritance of sovereignty in the coming Golden Age.

In truth, Rajyoga is easy because it is not based on rituals or postures but on remembrance – remembering who I am, who God is, and what my relationship with Him is. With this awareness, the soul's journey of return becomes effortless. God has once again extended His hand of guidance. It is up to us, His children, to hold it and walk the path of Easy Rajyoga toward peace, purity, and lasting happiness. ■■

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### *Life Changing Advice*

- Love the life you live. Live the life you love.
- If you cannot do great things, do small things in a great way.
- Don't be afraid to give up the good to go for the great.
- Don't take yourself too seriously. Know when to laugh at yourself, and find a way to laugh at obstacles that inevitably present themselves.
- Someone else's success might not work for you – We're all on a different path, and sometimes we need to go backward in order to go forward.
- Think about how you can help others – It's how others will remember you first and foremost.

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(India) Yearly: 120/-  
(Foreign) Yearly: 1,500/-

### Payable through Online or Cash

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Shantivan - 307510, Abu Road (Rajasthan)

**To Get Regd. Post: Charges per packet (up to 49 copies)- Rs. 204/- yearly (extra)**

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**Edited and Published** by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and **Printed at:** Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307510, Abu Road, (Rajasthan).

**Chief Editor:** B.K. Brij Mohan, Shantivan, Abu Road.

**Associate Editors:** Dr. B. K. Ranjit Fuliya, Delhi and B.K. Onkar Chand, Shantivan



**Kathmandu:** H.E. Ram Chandra Paudel, the President of Nepal is being tied the sacred Rakhi by BK Raj.



**Nagpur:** Mr Nitin Gadkari, Union Minister of Transport and Highways is being tied Rakhi by BK Rajni.



**Delhi:** BK Sarika tied Rakhi to Mr. Rajnath Singh, Defence Minister of India and presented with a Godly gift.



**New Delhi:** Chief of Defence Staff (CDS) General Anil Chauhan is being tied Rakhi by BK Sangita.



**Chennai:** BK Beena is tying Rakhi to HE R.N. Ravi, the Governor of Tamil Nadu.



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**New Delhi:** H.E. Droupadi Murmu, Hon'ble President of India is being tied Rakhi by BK Asha and other BK sisters.

**Kathmandu:** Mr. K. P. Sharma Oli, Hon'ble Prime Minister of Nepal is being tied sacred Rakhi by BK Raj.



**Toronto (Canada):** BK Shivani is addressing a large gathering on "Inner Freedom through Spirituality".



**Abu Road:** About 2,700 runners from seven countries are set to participate in the 7th Dadi Prakashmani Abu Half Marathon, spreading the message of unity and integrity.