



Monthly
The World Renewal

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Nagpur: RSS Chief Mr. Mohan Bhagwat addressed the 7th Annual Day of the Brahma Kumaris Retreat Centre, joined by BK Santosh, BK Mruthyunjaya, BK Usha, and BK Rajni.



Milpitas (USA): BK Shivani delivering a talk on "Serenity in Stillness". About 8500 people attended including Dy Consul General of India Rakesh Adlakha, Assembly Members Ash Kalra & Alex Lee, Mayor Carmen Montano, and former Mayor Jose Esteves.



New Delhi: A Brahma Kumaris delegation led by BK Asha and BK Laxmi extends heartfelt congratulations to H.E. C.P. Radhakrishnan on his election as Vice President of India.



Rewa: BK Nirmala and BK Lata present a framed image of God Shiva to Madhya Pradesh Chief Minister Dr. Mohan Yadav.



Abu Road: Rajasthan Assembly Speaker Mr. Vasudev Devnani addresses a national conference of politicians, joined on stage by Minister Mr. Otaram Dewasi and senior BK sisters Asha, Usha, and Laxmi.



Lucknow: Group Captain Shubhanshu Shukla, India's first astronaut to visit the International Space Station, felicitated by BK Suman and BK Soni in the presence of AKTU Vice-Chancellor Prof. Jai Prakash.



New Delhi: The National Education Conference is being inaugurated by Delhi Industry Minister Mr. Manjinder Singh Sirsa, joined by BK Mruthyunjaya, BK Shukla, BK Asha, and Dr. BK Mohit Gupta. AICTE Chairman Dr. T.G. Sitaram also addressed the gathering.



Raipur: Chhattisgarh Assembly Speaker Dr. Raman Singh joins BK Savita in inaugurating the vibrant tableau of goddesses during Navratri celebrations.



Jaipur: Rajasthan Deputy Chief Minister Ms. Diya Kumari inaugurated the blood donation camp where 170 units of blood were collected.



Bilaspur (CG): Union Minister of State Mr. Tokhan Sahu inaugurated the Mega Blood Donation Drive in the presence of BK Swati and BK Kamal.



THE SPIRITUAL SIGNIFICANCE OF WORSHIPPING GODDESSES

The worship-worthy goddesses did not use physical weapons to kill devils. Rather, they used the *arms of knowledge* to eliminate devilish tendencies.

The 108 names of Shaktis are well known. They are all emblematic and attributive names. They either denote their pure life or indicate their elevated inculcations. From their names, one learns about the age in which the goddesses lived. They also reveal their relationship with the Supreme Soul, God Father, and human beings, or suggest their divine duties.

For example, the names of Shakti such as Saraswati (goddess of wisdom), Vimala (pure), Tapasvini (austere), Trinetri (the one whose third eye of knowledge is awakened), etc., are indicative of their powers of Knowledge, Yoga, and Purity. The names such as Kumari (Spinster) and Kanya (Girl) signify that they followed the vow of virginity, i.e., celibacy.

Through their names such as Aadhya (primogenitor) and Adi Devi

(First Goddess), one comes to know that they came into existence at the beginning of the New World, i.e., the establishment of the Satyugi World. Their names such as Brahmi (the one who follows Brahma), Bhawani (Shiv Putri, i.e., daughter of God Shiva), Shivmayi Shaktis (Shaktis united with Shiva), etc., signify that they were the mouth-born progeny of Prajapita Brahma, the chariot of God Shiva, and were bestowed with the powers of Knowledge, Yoga, and Purity by God Shiva.



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CELEBRATING REAL DIWALI

To celebrate the "real Diwali" is to embrace its spiritual essence by igniting the light of self-awareness and virtues within.



Two important festivals fall this month – Dussehra and Diwali.

These two are among the most widely celebrated festivals in India. Dussehra, also known as Vijayadashami, marks the victory of Shri Ram over the demon king Ravan, as

depicted in the Ramayan. Ravan personifies evil, and his defeat by Shri Ram, who represents God, symbolises the victory of good over evil, of truth over falsehood, and of 'dharma' or righteousness over unrighteousness.

In cities and towns across India, effigies of Ravan, his brother Kumbhakaran, and son Meghnad are burnt on Dussehra to signify the destruction of evil. In many regions, Dussehra also celebrates the victory of Durga, representing the power of feminine divinity, over the demon Mahishasur. This aspect highlights the strength, resilience, and protection that the goddess offers to her devotees.

Diwali is a joyous occasion – a time to bond with family and friends over food, sweets, prayers, and festivities. People decorate their homes with candles, lamps, and set off fireworks. While it remains a religious event for devout Hindus, Diwali celebrations have become secular in many ways, with people



from various communities participating in them.

Diwali commemorates the return of Shri Ram to his kingdom, Ayodhya, after his 14-years exile and his victory over Ravan. The people of Ayodhya lit oil lamps to welcome him back, according to the Ramayan. The lighting of oil lamps symbolizes the dispelling of darkness in one's life and the welcoming of prosperity and joy.

Diwali is also associated with the worship of Shri Lakshmi, who is venerated as the goddess of wealth and prosperity. Before Diwali, people clean and decorate their homes, and on the day of the festival they perform rituals to invite prosperity for the coming year. In fact, Diwali marks the beginning of the financial year in many businesses. People often buy new clothes, jewellery, and make investments during this time. One fallout of the increased economic activity around Dussehra and Diwali is that these festivals have taken on a commercial aspect, with advertising and marketing pushing products and services in the name of tradition. The festival period has become a major occasion for business, with retailers seeing significant sales during the season.

In recent times, the air pollution and noise caused by fireworks, which are traditionally a part of Diwali festivities, have raised

environmental concerns and questions about the way the festival is celebrated. The problem is so acute in some parts of India that many people living in those places choose to travel and spend the Diwali period away from home in order to escape the choking pollution – which lingers on for days – caused by the bursting of firecrackers. In some places, local governments have imposed partial or complete bans on the sale and use of firecrackers. "Green crackers", which produce less smoke and noise, have been introduced as a more environment-friendly alternative to traditional firecrackers. Still, for many people, fireworks are an essential part of Diwali celebrations. Cultural traditions are not easy to change, and it has proven difficult to convince people to reduce the use of firecrackers, even when they are aware of the environmental damage they cause.

The heartening part is that the consumerism and environmental harm associated with Diwali has prompted a re-evaluation of its social and ethical dimensions. Many people have begun to focus more on the true essence of the festival beyond the material aspects. That is a welcome development.

Diwali, in fact, carries deep spiritual significance. It is supposed to mark the dawn of a Golden Age of peace, prosperity, and happiness after God has eradicated vices from the world. This Divine task is mentioned in the Bhagavad Gita, which says that whenever there is a decline of righteousness, and rise of unrighteousness, God manifests Himself for the protection of the good, the destruction of the wicked, and for the establishment of righteousness.

In our personal lives too, we cannot have

lasting peace and joy until we have overcome the inner demons - the shortcomings that impinge upon our thoughts and behaviour and stop us from being the best we can be. As long as these demons lurk inside us, in the form of anger, greed, jealousy or other weaknesses, they give sorrow and pain to us and the people we interact with. The demons poison our thoughts, words, and actions against our will, leaving us with remorse and suffering.

The weaknesses within us are like darkness. Darkness is nothing but the absence of light. The forces of light and darkness have been metaphors for millennia - light represents truth, virtues, and divinity, whereas darkness symbolises ignorance, fear, and negativity. Darkness lacks substance - it is not something to be pushed or driven out. It is a void that simply vanishes when light arrives. Just as night becomes day when the sun rises, the darkness within the soul disappears when we ignite the light of awareness.

Dussehra and Diwali are occasions to reflect on our own lives, confront personal demons, and strive for self-improvement. They serve as reminders to overcome negativity in our thoughts and actions. All we have to do is remember who we really are. The human soul is essentially a being of purity, peace, and love. These qualities are innate to all of us, which is why we feel happy when we experience these virtues. Most souls in the world today do not know themselves. Unaware of the peace and love latent in the soul, they look for these outsides, and are repeatedly disappointed because those from whom they expect to get fulfilment are themselves looking for the same.

When we become aware of our spiritual identity, that we are originally pure and peaceful souls, our self-image and outlook change. This awareness fosters feelings of spiritual kinship with our fellow human beings that transcend physical distinctions of gender, race, nationality, and religion. There is a greater willingness to understand, appreciate, and help others, and to look beyond apparent differences to see the common bonds that link all souls. The strongest of these unifying factors is the fact that all souls are children of the Supreme Soul, the spiritual Father.

During the course of their journey in this world, souls get caught up in material things, forget their true identity, and begin to identify themselves with their bodies. They also forget their Father, and start to see Him as a distant, all-powerful figure who is feared, worshipped and, sometimes, loved.

When they become body-conscious, weaknesses such as lust, anger, greed, ego, and attachment begin to manifest themselves in souls. The souls start acting under the influence of these vices, causing sorrow to themselves and others. Cut off from their own reality and their Father, who is a source of strength, the souls become weak and the vices get a stronger hold on them. Their pain and sufferings increase and they start looking for salvation. As the downward spiral continues, the souls ultimately reach a desperate state where there is darkness all around and seemingly no escape.

That is the condition of souls today. In the Ramayan, the people of Ayodhya had a reason to celebrate – Shri Ram had returned from exile and Ram Rajya was set to begin. But what about us? In a world blighted by violence, inequality, and moral decay, there is little reason

to celebrate Diwali. Actually, the celebrations merely help us forget, momentarily, the darkness all around us.

But there is a glimmer of hope. It is after the darkest part of the night that dawn breaks. It is when souls have reached the nadir of their existence that God arrives on the scene to end the misery of His children. He reminds us of our true identity – that we are immortal souls, not perishable bodies - and the fact that we are His children. The light of self-awareness dispels the darkness of ignorance within the soul, revealing the inner resources of virtues available to every soul. We realise that to experience peace and joy, we have to create peaceful and joyful thoughts and share the same with the world. Creating positive thoughts and feelings empower the self. Others benefit from our goodness, but we are the primary beneficiaries. Sharing our virtues with the world does not diminish our stock, rather it multiplies. That is the spiritual arithmetic – goodness increases with giving. The more good we do, the more goodness develops within us.

And **we can supercharge ourselves by connecting with the Supreme Father, the ocean of virtues. When we remember Him, the soul gets filled with His power.** Regularly connecting to God through remembrance cleanses and empowers the soul, bringing greater mental clarity, accurate discernment, and right judgment. We no longer remain hostage to weaknesses - the inner demons - that had brought us suffering. Liberated from the bonds of vices, the soul is able to freely express its original, innate virtues. When all souls attain such liberation, only goodness remains in the world. It is the establishment of such a world that Diwali really commemorates.

–B.K. Brij Mohan

BE LIGHT NOT HEAVY

Become the living lights, connected to the One True Light to awaken others to shine, and the darkness vanishes as if it were never there.

B.K. Sister Chirya, New York, USA

It is the Season of Light. Although the origins of Christmas and Diwali are several thousand years apart, the message and methods of celebration are similar. Both celebrations have wonderful spiritual messages, which over time have become diluted as we forgot our eternal identity as souls and became body-conscious.

The festival of Diwali reminds us we are Spiritual Light housed in material bodies. Candles and millions of sparkling lights illuminate homes and businesses, signifying this *awakening* of soul-consciousness, reminding us we truly are divine points of light. Thousands of small lighted *deepaks* (wick oil lamps) float down the rivers as a memorial of a time when human beings lived in a higher consciousness, naturally aware of being souls. The twinkling lights on the Christmas tree remind us of our true identity, and the star at the top reminds us of God's true eternal identity of Light.

Although the light within us has become dim and we can no longer see, it takes only a moment to move away from the current Age of Darkness to the Age of Light and once again see the bright side of everything. In these times of uncertainty and change, be aware that when life feels like it is fragmenting you, it is because you are ready to be put back together in a different and newer way. You are not cracked or broken. In this Age of Transformation, remain steady, fearless, and unshakable. Our original identity as eternal spiritual light is breaking through. Trust that where the cracks are occurring is where the light of courage is shining through, helping us to rebuild, reimagine, and redefine what it means to be soul-conscious.

Discover the most valuable resource—the real “I” of all human beings—the eternal soul, a thinking being, the source of our life, our specialties, and our personality, located behind the forehead, separate from this heavy human body.

Recognising my spiritual identity is like being reborn; suddenly I am no longer ordinary. Speak to yourself and direct your mind to think in a positive way, for we become whatever we deeply think about. Every piece of the self that feels fragmented will find a new place, a new purpose, a new meaning. **The Festival of Diwali reminds us to shine our inner light of love again to restore health, happiness, abundance, and harmony.** “*Let your little light shine, let it shine, let it shine!*” Don't hide it under a bushel, because the whole world now needs the light of soul-consciousness.

Become the living lights, connected to the One True Light to awaken others to shine, and the darkness vanishes as if it were never there. God is only a thought away. The Supreme Sun of Knowledge gives courage, understanding, and strength to every human being, and the dark clouds of doubt disappear. New hope and the energy of spiritual light fill the soul. Enlightened, the winter of the world blossoms into spring and summer, into a pure, peaceful, heavenly world of happiness, where brotherly love creates harmony, as the light of the soul is constantly lit. ■ ■



BRAHMA BHOJAN

A COMPLETE DIET FOR HOLISTIC HEALTH

Brahma Bhojan, a spiritual diet, promotes holistic health by nurturing the body, mind, intellect, and soul through divine knowledge, Rajyoga, and *sattvic* food.



Holistic health encompasses the physical, mental, emotional, social, and spiritual well-being of a person. In Hindi, health is termed '*swasthya*', which means remaining situated in the true self – that is, the

soul, the pure and eternal form of light. The soul's innate qualities are knowledge, purity, happiness, peace, love, bliss, and power. Without these seven qualities, a person becomes unhealthy and seeks them externally, wasting time, breath, resolve, and energy. They drag their life like a thirsty deer chasing a mirage, always remaining dissatisfied to the core.

The self-state is the soul's immunity. The more stable and powerful the soul-conscious stage, the healthier and more resilient the person becomes in the face of adversities. Only someone stable in a soul-conscious, knowledge-filled state can remain unaffected by the ever-changing scenes of this eternal world drama. This ensures freedom from disturbances of both body and mind.

To attain such complete health, one must follow the spiritual diet prescribed by the Supreme Surgeon, Shiv Baba, through the lotus mouth of Brahma Baba – hence called Brahma Bhojan, a panacea for all illnesses in this world.

We all know the importance of diet for health, with many popular plans worldwide. However, no

conventional diet can achieve holistic health, as these focus mainly on the body and, to some extent, the mind, while ignoring emotional, spiritual, and social aspects. They can never be fully health-enhancing. In contrast, the spiritual diet 'Brahma Bhojan' provides complete health not only in this life but for the next 21 births and beyond.

The Supreme Father, the Supreme Soul, Shiv Baba, says through the lotus mouth of Brahma: 'Children, if you follow my *Shrimat* (elevated advice), you will become ever healthy, ever happy, and ever wealthy for half the Kalpa – about 2500 years. You will enjoy the best in body, mind, wealth, and relationships throughout the complete two ages (the Golden Age and the Silver Age).' With this Brahma Bhojan, or true knowledge of God, not only the body but even the soul becomes pure and worthy of ruling the pure world.

In the term 'human being', the body is composed of the five elements, while 'being' refers to the soul. The Ocean of Knowledge, God Shiv Baba, provides guidance on nourishment for both the body and the soul – that is, the mind, intellect, and *sanskars* (innate tendencies or impressions).

Brahma Bhojan for a Healthy Mind

The mind generates thoughts, which shape actions and, ultimately, destiny. The purer and more auspicious the thoughts, the more fortunate and happier the life. To foster such elevated thoughts and enhance mental health, the



B.K. Dr. Trupti, Shantivan

auspicious mantra given by Satguru Shiv Baba through the lotus mouth of Brahma is '*Manmanabhav, Madhyajibhav*' (focus your mind on Me and become virtuous like Vishnu).

The mind is fickle by nature, like a wild horse, and the reins to control it is *Shrimat*, which promote mental health. *Shrimat* states: 'Children, *Manmanabhav* – focus your mind on Me; and *Madhyajibhav* – to join the Vishnu clan, adorn yourself with the four ornaments shown in the hands of deity Vishnu: the *chakra* (discus), *shankh* (conch), *gada* (mace), and *padma* (lotus).'

Keep spinning the discus of self-realisation in your mind: how the soul takes 84 births, in which clans, and at what time in the world cycle. In this way, keep the mind engaged in digesting Brahma Bhojan of knowledge. Then, the mind will not wander aimlessly but remain under control. A controlled mind is the most powerful and healthy mind.

The conch symbolises sharing true knowledge through speech. Share Brahma Bhojan and absorb it with others (listen to the knowledge and share it). This makes the soul powerful and free from Maya (illusions or obstacles). Maya will not confront such a soul but retreat respectfully from afar.

The mace, held facing downwards, signifies that a powerful soul with a controlled mind need not fight internal weaknesses. Finally, life will bloom gracefully like a lotus in this muddy, vicious world – lovingly detached even amid the mire of illusion and relationships.

Thus, by embracing the Brahma Bhojan of *Manmanabhav* and *Madhyajibhav*, the mind remains healthy. As the mind influences all aspects of life, a healthy mind attracts further health, wealth, strong relationships, and success.

Sant Ravidas once said, in words that translate to: 'A pure mind is equal to the sacred Ganga River.' In other words, if the mind is purified through remembrance of God, no pilgrimage site is more sacred than such a mind. When the mind focuses on God with the great mantra of *Manmanabhav*, and when the Supreme Father, Supreme Soul Shiv Baba Himself flows the Ganga of knowledge through Bhagirath (Brahma Baba), absorbing every drop is like bathing in the Mansarovar of knowledge. This transforms an impure human into a pure angel. So, continue to savour the Brahma Bhojan of *Manmanabhav* and *Madhyajibhav*, which serves as a panacea for all vices, mental illnesses, and psychosomatic diseases.

Brahma Bhojan for the Intellect

A healthy intellect is clean and clear, capable of accurate judgement and right decisions. At this auspicious confluence age, the Ocean of Knowledge, Shiv Baba, distributes knowledge through His corporeal medium, Brahma Baba, to sharpen intellects and make souls wise. As the saying goes: 'Were you asleep when God was handing out intelligence?'

The Brahma Bhojan for the intellect is Godly knowledge: the beginning, middle, and end of creation; the Creator; the deep secrets of karma philosophy; and Rajyoga. This true knowledge, given by the Ocean of Knowledge, God, is a complete health enhancer – provided one imbibes it accurately and puts it into practice.

Just as food must be digested to provide energy, so must the essence of this knowledge be churned. Only then will Brahma Bhojan strengthen the intellect. A strong intellect enables precise decisions, considering time, situation, and people, leading to success in any endeavour.

A clean and clear mind and intellect can absorb

true knowledge and grow stronger. An intellect focused on God, combined with chastity in thoughts, words, and actions, remains clean and clear. Otherwise, the filth of the body and corporeal world quickly taints it, making decisions blurred. By constantly feeding the intellect this Brahma Bhojan of Godly remembrance, one emerges victorious in every battle on the field of karma (action).

Brahma Bhojan for Pure Sanskars

When the mind and intellect become healthy and vice-less through the Brahma Bhojan of daily knowledge and remembrance of God, the *sanskars* automatically become pure and divine. God's Shrimat elevates the *sanskars* to virtuous ones, allowing the soul not only to remain content and happy within but also to radiate contentment and happiness to others.

The emergence of the soul's original, eternal *sanskars* – such as peace, bliss, and purity – signals complete soul health. This makes the present life pleasant and elevates future births, as the soul carries *sanskars* forward. Naturally, divine *sanskars* lead to a divine life.

The Supreme Soul has given the knowledge of Rajyoga to awaken these original *sanskars* by absolving the soul's sins and sorrows. Gyan Murli (divine teachings) and accurate remembrance of God are the Brahma Bhojan for souls, making them powerful, pure, civilised, and thus completely healthy.

Brahma Bhojan for Physical Health

To maintain physical health, consume only *sattvic* (pure) food: a vegetarian diet of fresh fruits, vegetables, and grains, cooked in remembrance of the Supreme Father, God, in a peaceful and happy state of mind. First offer it to Him, then eat it in His remembrance with love.

Avoid *tamsic* (impure) foods such as onion, garlic, non-vegetarian items, eggs, fish, alcohol,

and tobacco. These degrade the soul, overstimulate the nervous system, cause brain fog, increase ignorance and negativity, and leave a person feeling burdened and biased. Would any devotee offer such *tamsic* foods to their deity or God? Then how can we, as living embodiments of divine virtues and children of God residing in this body-temple, consume them?

Scientific research has concluded that non-vegetarian diets contribute to rising diseases, shorten average lifespans, and fill lives with negative emotions and attitudes.

Ayurveda states: 'As is the food, so is the mind.' Therefore, avoid *tamsic* food and embrace *sattvic* nourishment to cultivate a *sattvic* mind – one full of peace, happiness, and contentment, alongside a clean and clear intellect with perfect decision-making power for a brighter future. *Sattvic* food also makes the body healthy, fragrant, and beautiful. A tranquil mind and healthy body facilitate connection with the Supreme Soul, God the Father, to claim our inheritance of virtues and powers.

Shiv Baba has given clear *Shrimat* for every action, and Brahma Baba has practically implemented it all in his life. Following Brahma Baba at every step will propel the journey towards holistic health.

For holistic health, Brahma Bhojan is available in the daily Murli for churning and digestion. It is now up to us to stay healthy in today's unhealthy world by following Shrimat.

Just as there are dos and don'ts for bodily health, so too for the soul. The Divine Healer, Shiv Baba, has outlined rules and abstinences, summarised in Rajyoga's four pillars: *brahmcharya* (celibacy), *sattvic* food, *satsang* (good company), and imbibing divine virtues. These are taught at every

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CHANGING NEGATIVE THOUGHTS WITH SPIRITUAL POWER

Experiencing a life full of different types of events, which can be negative at times, can be demanding and also make life a difficult journey of ups and downs. There are some people who like life to be full of stability, and even a little bit of instability can cause sorrow to them, and also unsettle them.

Once upon a time, there was a saint in a far-off land who taught people the way of living life in a peaceful and positive manner. There were many people who respected him and approached him to learn the way of right thinking and living from him. Once a person approached him and asked him a simple question, 'Why is it that difficult situations in everyday life seem to disturb us a lot, in spite of the fact that we make efforts to think positively and remain untouched by them? Tell us a way by which we can turn our minds to a positive direction in the middle of negativity and instability of life.' The saint replied and gave him a very simple answer, 'You look for solutions to problems outside – whereas the solutions lie in your thinking and the change you bring in it over a period of time.' It's very easy to say to yourself, 'Do not think negatively,' but it's another thing to actually do that and not feel the pressure while you do that. The follower was confused and thought to himself that life without the pressure of negative situations is like a sea without water – next to impossible.

And as we also realise that we are able to



IN DEEP SILENCE

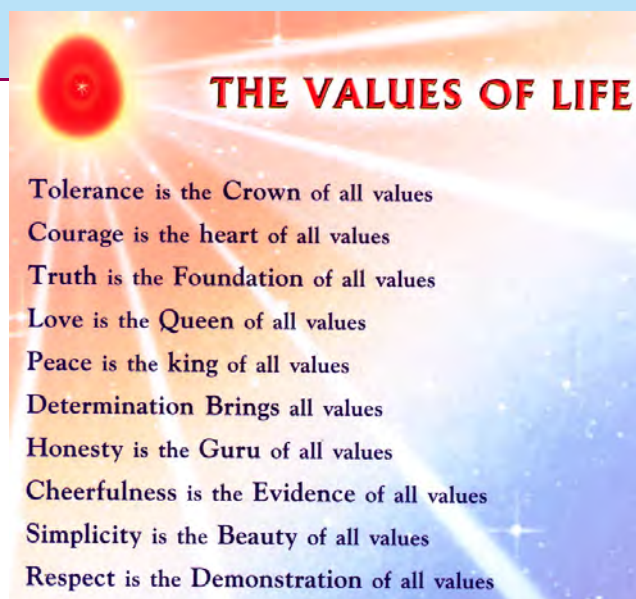
withstand and tolerate situations, and it is not only a few people, but all of us try to some extent or another. Of course, there are some of us who fail completely also. But most of us are successful to different extents in feeling joyful and light when negative situations surround us. Also, there are some who may not be very joyful when they face a difficult situation but can nonetheless be stable and content and also free of too many negative thoughts and thoughts of a weak nature.

A life facing difficult situations requires each one of us to equip ourselves with powers and not only spiritual wisdom. You can read spiritual knowledge telling you how to face difficult situations for many years together and yet not be strong enough to face them when they actually come. Spiritual knowledge shows us the path to becoming powerful. But **the actual spiritual power to change one's own thinking and change the *sanskaras*, which are the source of this thinking, will come with strengthening the mind with powerful thoughts and experiences.**

There is no substitute for correct thinking when there is a difficult situation in front of you. You think negatively but try to act according to the spiritual knowledge you have read. That will not make you successful in overcoming the situation. Also, your inner habits of creating thoughts of fear,

pessimism, hopelessness, and impatience will not reduce, although you may temporarily feel positive based on what you have read or learnt. Inner habits are very deep, which have been inside the inner spiritual being or soul since many births. Each time we have performed a negative action or created a negative thought, a negative *sanskara* is created based on that thought, word, or action. And that *sanskara* then caused a similar thought to be created by me and action being committed, again strengthening the *sanskaras*. This is the cycle of repetition. And this cycle keeps having a more and more powerful negative influence on us the more times it is repeated. We need to now change these negative cycles into positive ones. How do we do that?

To create positive *sanskaras* of inner strength, we need to first take the foremost step of determination. Determination means a strong promise to the self that I will change my thought patterns from negative to positive. That is the first realisation. Then, we need to select one particular *sanskara* of weakness that disturbs us and does not let us be powerful. For example, if I have the habit of being impatient in difficult situations, then first I need to fill myself with that quality through self-effort. Until I do that, no matter how much I may try to be patient in any situation, because I lack the quality at the level of the *sanskaras*, and since the weakness has not been erased completely, it will be difficult for me to be patient. Let's say on a particular day, I am in the middle of a traffic jam. If I say to myself that all these vehicles on my way should get cleared in the next five minutes, but they take half an hour, will I be able to remain calm in those extra twenty-five minutes, which I did not anticipate or



expect? So, what I require is patience. If I say to myself in those twenty-five minutes that I have to be patient, will I experience that quality? I will not unless that quality is in my *sanskaras* or part of my personality. So, here, I am filling myself with a lot of happiness, and then I will experience that quality. I cannot say to myself, 'I am a very happy person,' and experience happiness alone. I need to first fill myself with that quality, and then happiness will come naturally to me.

So, it's about being natural and not theoretical alone, i.e., I should be an embodiment or a practical form of every quality and power and not just repeat inside my mind that I have that quality or power. This applies to all the different qualities and powers which are required in crossing negative situations or circumstances. Meditation fills us with these qualities and powers very easily. **This is because meditation is a beautiful relationship and connection with the Supreme Source of spiritual energy and power – God.** God is full of those qualities and powers and never loses them ever, unlike us, who need to fill ourselves when we lose them. ■■

STAY LIGHT, BE LIGHT AND LOVE THE LIGHT

B.K. Indal Bhai, USA



Relax yourself and give your mind the following positive thoughts:

The revelation of knowledge enlightens the mind and intellect. The soul awakens and experiences a subtle recognition of self-awareness. I, the soul, am now conscious of the true self of pure light and energy. This blissful realisation of the deep inner self removes the subtle threads of uncertainty and limitation. The soul is happy, energised, and ablaze with positive thoughts and pure emotions. Darkness, however, is synonymous with ignorance and entrapped limitations. The absence of light is felt and clouds of darkness hover over the soul. Spiritual joy is suppressed and discomfort expands with fear. Oh darkness, the embodiment of worry and obstacles, release me

and bid thyself farewell. Allow the breath of light and pure energy to flow within as before.

So, I can experience once more the true essence of inner peace and joy. Light the earthen lamps as reminders of the self. Fill the lamps with the oil of knowledge and sustain them with attention and care. Light the wick of soul consciousness and preserve the flame. Protect the earthen lamps from the elements with pure power and consciousness. Let the light dance before the wind yet remain resilient. Remind the inner self of the joy of knowledge and divine powers. And above all, with focused thoughts, stay happy in remembrance of the ever-pure Light, world Benefactor, and Father of all souls, Shiv Baba. ■ ■

THE LEADING LIGHT



Oh, Light of Life, my honour to you,
You are always with me,
making dreams come true.
You are a 'Leading Light',
watching over me,
Eternally caring, holding
me free.

You are a radiant light, giving me warmth,
Whispering like an angel, granting me charm.
You are my ray of hope, guardian of my life,
I humbly confess my sins and rise to thrive.
You enchant me with your sacred teachings,
I am blessed by your divine blessings.

B.K. Sarika, Nalasopara East, Vasai

Of life, I know little; you know all,
You guide, coach, and enlighten my call.
Oh, dear Leading Light!
Your identity is an unknown mystery,
Yet I seek you in this timeless history.
In your light, I find ... The Truth, The Trust, The
Treasure.
You grant us divine authority to heal the
universe.
You bestow a sacred mission to restore the
Earth.
You are a 'Leading Light', A boundless
inspiration,
A 'Master Light', A divine manifestation.
Oh, dear Leading Light! ■ ■

Oct. 2025

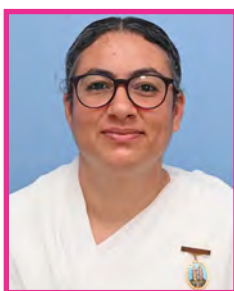
Say from your heart "My Baba" and feel the right that "Baba" belongs to you.

13

HEALING THROUGH FORGIVENESS

Letting go of anger opens space for love, compassion, and growth. It protects mental, emotional, physical, and spiritual well-being.

B.K. Jyoti Nanda, Shantivan



Human beings are complex. Sometimes we cause pain, and sometimes others hurt us; in both cases, suffering is inevitable. The practice of forgiveness represents the pinnacle of spiritual growth and inner development. By

cultivating forgiveness, one nurtures all related virtues. Whether you forgive someone depends on the circumstances and your inherent nature. In spiritual practice, however, forgiveness becomes unconditional, transcending circumstances. Thus, a forgiving attitude reflects a higher state of mind. Through self-purification and spiritual discipline, one can attain this state and develop a forgiving nature.

The journey to forgiveness has never really been about the other person; it's actually about freeing ourselves from the chains of past hurts and moving towards a healthier, more peaceful life. It's more than just letting go of a grudge; it's a conscious decision to move forward from past betrayals and hurts.

The act of forgiveness in itself is a powerful tool for healing and growth. It allows us to release the burden of anger and bitterness, making room for love, compassion, and understanding. By forgiving others, we not only make room for reconciliation but also promote our own well-being.

One of history's most profound examples of forgiveness occurred not in

psychotherapy offices but on the world stage, reshaping movements and nations. Mahatma Gandhi led India to independence through non-violent resistance to British colonial rule. Despite being imprisoned multiple times and witnessing tremendous suffering, Gandhi maintained, *"The weak can never forgive; forgiveness is the attribute of the strong."* His forgiveness-centred philosophy created space for India to focus on building its future rather than settling scores from its past.

Why forgiveness matters for your sake?

Forgiveness is important for several reasons, extending beyond mere reconciliation with those who have wronged us. It's more about releasing ourselves from the grip of negative feelings and creating a space where healing and personal growth can flourish.

The fact of the matter is that holding onto grudges and resentment can be incredibly damaging, impacting not just our mental and emotional state but also our physical health and relationships. Inability to forgive can literally ruin our lives; that is why it is important to try.

Almighty Shiv Baba always says that if any soul tries to shake your stage, if that soul has an attitude of harming you, use your attitude of



benevolence to transform and forgive that soul. If you are unable to transform them, become a master ocean of forgiveness and forgive them. Your forgiveness will become a form of teaching for that soul.

Nowadays, when you give teachings, some will understand, whereas others will not. However, to forgive means to give the blessings and co-operation of your good wishes. When someone does something that is not right, you try to give him/her teaching: "I will put this one right." You give them teaching, but the most elevated method of giving teachings is to give them in the form of forgiveness. Have mercy and forgiveness, and then give teachings.

Remember three words: teachings, mercy, and forgiveness. If you give that one teaching whilst being merciful, your teachings will then work. If you are not merciful in giving those teachings, those teachings will go in one ear and out of the other. They will not be imbibed.

Why forgiveness is the secret to a happy life?

Forgiveness is a powerful act that can transform our lives. It allows us to release the heavy burden of anger and resentment, making way for peace, healing, and growth. By forgiving someone, we are not condoning the wrongs that they have done to us but rather choosing to free ourselves from the pain and negativity associated with them.

Embracing forgiveness is therefore a gift we give ourselves. It improves our emotional health and any physical symptoms we may experience, such as high blood pressure or a weak immune system. It also enhances our relationships, improves our self-esteem, and fosters personal and spiritual growth.

The journey to forgiveness may be challenging, but the rewards are deep and far-

reaching. As you move forward in your life and journey to forgiveness, remember that forgiveness is a process, not a one-time event. It requires you to make the decision to forgive not once, not twice, but over and over again. By committing to this journey, you are taking a powerful step towards a healthier, happier, and more fulfilling life where you are no longer chained to the past. So, choose today to embrace the power of forgiveness and experience the wonderful freedom it brings.

- ▶ It promotes healing, ▶ It fosters personal growth, ▶ It improves relationships overall
- ▶ It frees us from the past,
- ▶ It reduces negative emotions,
- ▶ It encourages compassion and empathy,
- ▶ It strengthens spiritual connection

How to forgive someone who has wronged or hurt you?

It can be challenging to forgive someone who has hurt you, but it can also be rewarding. Forgiveness is not a one-time thing; it is a commitment to acknowledging, processing, and setting aside the past, and expressing compassion.

- ▶ Reflect on what happened to identify, acknowledge, and process your feelings.
- ▶ Express your feelings to the person who hurt you, then show compassion and empathy by listening to their side of the story.
- ▶ Make a conscious decision to let go of any grudges and forgive – if not for their sake, then for your own.

Practising forgiveness in daily life

Forgiveness is a practice, not a single act, but a path to be walked. Practise meditation, which helps to soften the heart, reduce resentment, and foster goodwill.

All beings make mistakes – the key is to learn, grow, and not cling to guilt. ■■

WHEN THE DARKNESS IS DEFEATED WILL THERE BE A FESTIVAL OF LIGHTS

When the soul shines, the world brightens. Thus, whenever darkness surrounds you, celebrate your own Diwali by lighting the lamp within.



B.K. Ram Singh, Rewari



It is easy to understand the deep connection between the festival of lights and human life. In the pitch-dark night of the new moon, when even one's own hand cannot be seen, the eyes realise their limitations, for the darkness is absolute. This night hides all colours; we cannot even know what lies before our eyes, nor what will happen if we take a step forward.

Thus, the true essence of this festival is not mere celebration but a reflection of life itself, where the very next moment is hidden from our sight. That is why the festival inspires us to spread the light of hope, so that everything may be illumined. When we light the lamps of faith and courage, even the deepest darkness gathers its shadows and becomes still. Then, the paths appear clearly once again, and confidence returns to our eyes.

Just like our current dark life, it is not possible to transcend the present moment without rekindling the flame of trust. If there is no faith in defeating evil in life, then where would the shine and smiles come from? But it became possible when self-confidence, determination, courage and self-reflection began, which are the essence of our own life and thoughts. This is

also the basis of this Diwali festival. This is the true meaning of Deep Parva.

While there is brightness in the flickering of lamps on the festival of lights, there is also the confidence of being able to defeat this dark darkness, that is, the light in the flame is the victorious smile over darkness. That is why there is a saying for the festival of lights that every occasion has a meaning, and that is also the basis of its significance. So, the meaning of the new moon night is the same as that of light in our lives.

Only when the darkness is defeated will there be a festival of lights. There is a tradition of lighting up the dark night of the festival of lights and it also has its own joy. On deserted roads and intersections, on the thresholds of empty houses, near trees and plants, on the banks of wells, ponds and rivers, lamps are lit and the resolution is that every road and every place should be cleared of darkness and become light. Let there be light even on the deserted houses; there should be no darkness anywhere that night. That's why chains of lights are created and can be created. If more lamps are lit, then even the new moon has to hide its darkness.

When darkness prevails in human life, it makes us helpless, distressed, sad and derails our lives. Every person remains so terrified in this darkness of ignorance in the form of darkness. In the true sense, the night of Diwali

is also like this, in which every secret of our darkness gets exposed. Who is helpless after all – darkness or the helpless? It can only happen, so it happens, because it has no measurement, that is, how much more darkness can be added to the darkness? So, imagine how deep will be the soot of that smoke? Even darkness cannot be confronted with darkness. The form and condition of sorrow, trouble, fear, disappointment and sadness are also hidden in it.

Therefore, to combat them, just the courage of a small ray of light is enough, and if you want to defeat darkness completely, then only one lamp (lamp in the form of soul) is enough because everything is in the sheet of this darkness. Then this one divine ray reveals everything – both the path and the guidance. When the ray of our soul shines, we ourselves prove that we are not helpless. Therefore, whenever you feel darkness, celebrate Diwali by lighting a lamp.

The light of the soul never gets extinguished

King Janak, famous for his spiritual knowledge, one day asked Brahmurt Sage Yajnavalkya: “Maharishi, if the Sun disappears from this world, then on whose light will humans survive?” Maharishi replied naturally: “In the absence of the Sun, man can do his work with the light of the Moon.” Janak was not completely satisfied with Maharishi's answer.

He asked the question again: what if the Moon also disappears? After pausing for a while, the Maharishi replied: “Even if the Moon disappears, the flame of fire is enough to give light to man.” But Janak was Janak. His curiosity was still not satisfied.

He smilingly asked the Maharishi: “Maharishi, please accept that the fire has disappeared. In such a situation, will man have to live without

light?” Maharishi had an answer to this also. He said: “No Rajan. You know that the power of speech has also been called light in the scriptures. In the absence of fire, man can obtain light from it also.”

Janak asked: “What if that power is not there?” Maharishi said seriously: “Rajan, the light of the soul is such a thing that it never gets extinguished. One who has self-light never needs light.” Now Janak's curiosity was satisfied.

Light of Truth

Light means light is clean, clear, exposed; hence faith awakens. But every person prays to move from darkness to light. Everything remains hidden in darkness and is also unknown. But why is this darkness in the form of life considered so bad? Black colour, darkness, is used to mark wrong. Why after all? Saints believe that in their commentaries on Isha, Ken and Question Upanishads, while explaining the entry into the light of truth, they have written: “By equating Truth as white and darkness as black, white is called good and black is called bad. It is not considered good.”

The important reason for this is that the sun's rays, which contain all the colours, fall on all the objects and the environment, whereas every object is colourless from the point of view of its existence, and if the sun's rays bring colour to them, then they are colourful, visible. But the thing which returns nothing and keeps all the colours within itself is called black, and the thing which returns everything and keeps nothing with itself is called white. This makes the difference between white and black clear.

Second: the one who sacrifices everything is white, and the one who takes everything within himself and returns nothing is black. Therefore, the reason why truth is called white is that it

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

MEDITATION THE INNER RESET

What consumes your mind, controls your life. Isn't it true?



Today, most of us experience how we are trapped by our thoughts of anxiety, fear, doubts, and so on. There is no doubt that these thoughts are our very own creation, but how do we liberate ourselves from being trapped in them? That's the critical question for which we are all seeking answers, isn't it? When we start noticing how every thought is connected to some emotion, experience, past memory, or unfinished business, then we begin to realise how deeply connected our thoughts are to our inner experiences.

So, to transform a thought, we need not only to change the thought patterns but also the emotions that drive the thoughts. And the easiest way to do this is by meditating. Yes, because **meditation helps us redirect and reconnect our thoughts, and this can be done in every moment of life.**

Most people, when they experience being trapped in the cobweb of their own thoughts, immediately start concentrating on disconnecting from the thoughts, experiences, or emotions they are going through. Why? Because they feel this process may liberate them. But actually, it gives the opposite result. That is why most Spiritual Masters have



B.K. Nikunj, Ghatkopar, Mumbai

stressed practising 'Self-Awareness', which is the simplest technique that gives enormous clarity.

So, what is it all about? It is simply a technique to observe what our thoughts are connected to, and to redirect them from the outer world of situations, circumstances, and people, and reconnect them to the original goodness in us. It is the spiritual lens to see with greater clarity and to understand the subtleties of the different states of mind. Just imagine the power within this process! When we start it, the mind does not remain empty—which is actually a good sign to come out of the trap of our negative thoughts.

It is a kind of inner process to check and change what is going on within us. It can be called observing, understanding, training, and disciplining the mind. Whatever we call it, the fact remains that self-awareness is a simple practice to check the motivation and direction of our thoughts, and to make sure that they are connected to the core of our innate spiritual virtues.

It is said that thoughts are the unspoken language of the soul. They bring the past into the present and carry it forward into the future. They are cyclical in movement and vibrant in nature, and hence it is said that *our thoughts create vibrations around us* which may be negative or positive. They create awareness,

and they emerge out of awareness. For example, the awareness of *Who am I?*

So, when I see myself as a spiritual being, the thoughts that I have of myself will connect me to what is real and true to me. However, it has been found that almost 80% of what we think is out of habit and not from awareness. Why? Simply because we have become so wrapped up in our habits that we are not able to discern our thoughts and feelings, and therefore do not know how to transform them when we interact with others and their environment.

However, if we are aware of our own thinking, then we can anticipate the responses of others to our thinking. Awareness in thinking is to observe what is going on, to mentally see the whole picture, to be in touch with how it is affecting me, to listen carefully to what is being asked of me, and what guidance is needed from me.

When we are aware of the now, we can

quickly pick up on the things that are subtly influencing us, and by using the power of pure thought, transform the energy into a benevolent attitude before it turns into a negative one. When the term *pure thought* is used, it refers to the understanding of how the subtle power of thought purifies the mind and liberates us from negative attitudes.

It is following the subtle trajectory of how thought moves—from awareness, to attitude, to perception of situations, to vision of others, to the actions I choose. At the end of it, we should realise the fact that *thought is the seed of cause and effect*, and it is active energy present everywhere.

We have all heard the popular saying: *As you sow, so shall you reap*. We usually think of this saying as it applies to actions. But before action, we need to sow the seed of thought, and it is this seed of thought that bears fruit through actions. So, take charge to create well what you would like to receive a few steps away from now. ■■

WORDS OF WISDOM

- ◆ The simple things are also the most extraordinary things, and only the wise can see them.
- ◆ The great courageous act that we must all do is to have the courage to step out of our history and past so that we can live our dreams.
- ◆ Life isn't about finding yourself. Life is about creating yourself.
- ◆ We are here to add what we can to life, not to get what we can from life
- ◆ One of the deep secrets of life is that all that is really worth the doing is what we do for others.
- ◆ In the long run, the sharpest weapon of all is a kind and gentle spirit.
- ◆ Life isn't about waiting for the storm to pass; it's about learning to dance in the rain.
- ◆ To love oneself is the beginning of a lifelong romance.



SHIV BABA'S DIVINE CALL

Are we ready to claim our fortune? God Shiva has descended to grant us our eternal inheritance of peace, happiness, and divinity.

B.K. Mansa, Shantivan



God Shiva – the most benevolent, the Ocean of Love – whom we lovingly call Shiv Baba, our beloved Supreme Father, has descended upon the Earth with a divine promise: *"I have come solely for you, my children, to bestow upon you your eternal, royal fortune."* His arrival is not ordinary – it is the ultimate spiritual awakening, a moment of transformation that humanity has been waiting for. Yet, the question arises: How much faith do we truly have in Him?

Do we fully trust His words and feel that divine intoxication of being the chosen ones? Or are we, like the doubting horse riders in the story, gathering only a little "mud," unsure of the treasures hidden within?

The Story of the Horse Riders and the Divine Call

Once, a group of horse riders journeyed through a forest. As they approached a mysterious valley, a divine voice, an *Aakashwani*, echoed: *"Stop, dismount, and gather as much mud as you can. Carry it with you, for at dawn, you will be both happy and sad."*

Confused, the riders reacted differently based on their faith:

- ▶ The faithful few gathered as much mud as they could, trusting the voice completely.

- ▶ The doubters scooped only a handful, hesitant and unsure of the task.
- ▶ The sceptics ignored the voice and rode off empty-handed.

When morning came, the mud turned into pure gold. The faithful rejoiced, the doubters regretted their half-hearted efforts, and the sceptics were left with nothing but regret.

Shiv Baba's Call and Our Faith

This story mirrors Shiv Baba's message to us. Shiv Baba tells us: *"Children, I have come to make you the masters of heaven. I am here to purify you, to give you your inheritance of peace, happiness, and divine virtues. All you need to do is trust Me, follow My Shrimat, and make consistent effort."*

But how do we respond?

- ▶ The faithful souls immerse themselves in Shiv Baba's love and Shrimat. They wake up at Amrit Vela, practise yoga, churn knowledge, and serve tirelessly, knowing that every moment is precious. They gather the "gold" of virtues, powers, and blessings.
- ▶ The half-hearted effort-makers follow Shiv Baba's teachings but with laziness and doubt. They skip Amrit Vela, postpone Godly service, and fail to churn deeply, collecting only a small portion of their inheritance.
- ▶ The careless souls remain indifferent, thinking there's still time. They delay their spiritual efforts, not realising the opportunity is slipping away.

Are We Ready to Claim Our Fortune?

Shiv Baba's *Aakashwani* resonates every day, reminding us of our elevated destiny. But we must ask ourselves:

- ▶ Do we have complete faith in His promise?
- ▶ Do we carry that divine intoxication of being His chosen children?
- ▶ Are we acting with urgency, or are we delaying due to laziness, low faith, or distractions?

Shiv Baba's message is clear: The time is NOW. The golden opportunity is in our hands. Let us not become the "last bead of the rosary," regretting what we could have achieved had we acted sooner. Shiv Baba's task is to transform us into deities, but we must actively cooperate and make efforts.

Awakening the Divine Intoxication

When we truly trust Shiv Baba, our hearts are filled with divine intoxication:

- ▶ *I am Shiv Baba's child, destined to inherit heaven.*
- ▶ *He has descended on Earth just for me, to make me a master of the world.*

- ▶ *Every effort I make today will turn into gold tomorrow.*

This intoxication drives us to overcome laziness, doubts, and weaknesses. It fills us with zeal to wake up early, churn knowledge, and radiate love and service to the world.

Let's Not Be Late

In the story, the riders who ignored the divine call were filled with regret at dawn. Similarly, let us not wait for the final moments to realise the treasure we missed. Shiv Baba has come to fill our bags with gold, but it is our faith and effort that determine how much we gather.

Let us awaken our faith and divine intoxication now. Let us not delay, for time is precious, and Shiv Baba's call is clear: *"Children, the doors to your Kingdom of Fortune are open. Act with faith, and claim your fortune before it's too late."*

The choice is ours – will we trust Shiv Baba fully, or will we hesitate and lose this priceless opportunity? Let us act today and ensure we stand among the fortunate few who claim their complete inheritance. ■ ■

LAUGHTER: THE BEST MEDICINE

- ◆ If a man is washing his face, he's about to go somewhere. If a woman is washing her face, she's definitely not going anywhere now.
- ◆ Mother (panicked): *"Son, come home! Your wife has had a paralysis attack—her face is crooked, eyes rolled up, neck twisted!"*
Son: *"Relax Mom... she's just taking a selfie."*
- ◆ At the speed unmarried boys are turning grey, soon wedding cards will have a line: *"Hair Colouring Ceremony at 7:00 pm."*
- ◆ Kaliyug is so dangerous that even if you post a status at 2 AM, at least 10-15 people will see it instantly.
- ◆ Every morning, I'm woken up with the innocent question:
"See, what's the time?"
Who will explain to Mom that she can see the clock herself?



THE ENDLESS RACE OF PAIN AND STRAIN, CAN MAN ESCAPE?

Once noble and pure, humanity now runs the endless race of greed and sorrow – drowning in arrogance and body-consciousness, yet still offered a way out through God's guiding light.

B.K. David, England

Man's dilemma of degradation cannot carry on much longer before it finally makes him slip or pushes him over the cliff of Total Degradation. Man is destined to collapse completely in every way and is to be at the hands of nature, financial chaos and political and social unrest which will cripple his mental and physical health to the point of bankruptcy.

The world started off as a beautiful stallion that walked everywhere in peace, admiring the world, nature and was at one with a pure world and people. Then it became a wild horse that people tried to tame and own. Then came the phase we are living through today where man has been caught, mastered and made to run life's unending Race of Greed (RoG) at speed, chasing after wealth, short lived happiness and a gold cup.

No one has ever won or is going to win this human race and its golden cup of happiness and health as it's a race of vice where the riders end up having to use their whips of force trying to get ahead.

It's only the lucky few that are not running but watching life's busy rat race.

Man's unlimited race has now become of strain, of pain, of abuse, of whips, of falls, of death, sudden and prolonged. Only the wise, fortunate and pure hearted figured out how to escape man's degraded maze whose path is dirty by looking up to the Godly star in the dark night whose light shines down a sacred beam that lights up the path like a floodlit football match.

It is only with God's compass, telescope, map,

wisdom and love that you can find freedom.

Humanity one-by-one are questioning and wanting to escape this Maze of Sorrow (MoS) but all their endeavours will never succeed. It is only with God's floodlight can the way out of this maze be clearly exposed and the exit seen. Once free of man's maze, the loving and soul-conscious will have a straight clear path to walk all the way to heaven that alone holds all things great, clean, noble, happy and pure.

For today we are all stuck in the here and now which for most, has become as a donkey carrying heavy loads of pressure with endless stress causing fatigue in the extreme. With this lack of ability to think clearly and have self-control of the senses, many end up losing the ability to move their legs and hands. Man's nature is now more closely akin to that of a predatory animal, on the hunt for wealth, materialism or name and fame, position and comfort, and that stops at nothing until he gets what he wants by hitting his target.

Man has become as a robot and does not stop until he reaches his goals and satisfies his desires.

People are walking in a desert of vice and the only way to quench their thirst is to indulge in further vice. Man lives a very unsatisfied existence until he holds vice close to his heart for a while until a new desire and aim arise from his depths of ignorance.

This grasping of vice has led him to be locked up in the Prison of Unhappiness and be



constantly chained to his senses that have now become his master and driving force in his life. This falsehood is dragging him along the ground by the hair to the bog of vice with its quicksand that has a surface the colour of gold. The path to this bog gives only temporary happiness.

Man's drunk too many bowls of 'evil soup' that he's made and fed himself and served others on life endless table of choice to now ever be healthy, clean, peaceful or happy.

This primeval soup he makes and drinks daily. Its recipe has hardly changed in thousands of years and in each country, it's an accepted daily meal (way of life). Both the fresh and very stale ingredients of vice, blind, unending ignorance with lots of body-consciousness spice, stirred often throughout cooking with the large spoon of desire and falsehood, and finally eaten from an unclean bowl (life), has created and nourished a very aggressive, melancholy, unspiritual human race.

Man lives in a bed with seven feet high legs that are uneven.

Possibly, if this chronic disease of body-consciousness and anger had manifested even in the last 100 years, it might have been curable but as it's been around man's neck resting on his shoulders for thousands of years, he's become a miserable bedridden midget who's blind and diabetic. You cannot expect to ever eat a sweet ice cream (have a happy life) if you've only ever added onions, beef, lamb and garlic into the ice cream maker (poor or bad actions performed in your life).

Man's soup is made of mashed up heart and lungs, brains, bones, kidneys and blood.

Is it any wonder that man has descended into that to being closer to animal statues, far, far removed from his once elevated human nature which radiated light in an aura around his head from him, the pure soul? Man's thirst for The Soup of Vice has poisoned, dulled, weakened and diluted his sense of truth and identity where he

can no longer recognise the soul as his body has taken over completely his mind and blinded him.

Man's soup is a never ending bowl of want and desire taken from a boiling saucepan that only has the ingredient of selfishness. Some live for hot spicy soup while many like medium hot and some like bland (have little vice in their life but still, it's vice that's in their soup which they are eating daily).

Man is ruled by his out of control desire for wealth, riches, vice and lust which leaves him forever hungry and thirsty for more.

His constantly dry, salty mouth can only be satisfied from the water of vice which he keeps in a bottle close to hand all the time. Man drinks this water often and as soon as one bottle is finished, he immediately looks for a different flavoured bottle from life's many shops and shelves of vice. In the course of a day, most will try to quench their never ending thirst with five or six various flavours of water (vice) as they go about their day but will often fall back on their favourite flavoured drink.

Some have so many favourite drinks they drink many throughout the day and end up feeling sick. This is common as most have such a dire thirst (for vice) try many bottles and always end up feeling just as thirsty, tired and discontented. Life is now a hot desert with a sand of constant discontentment causing endless thirst. In order to offset their unhappiness, people search for an oasis of vice in which to bathe, often for hours or even days. Evolution, if you think true, has seen man crawl out of the primeval soup, grow, evolve, then self-destruct, and shrink back into almost his former crawling state.

Man's form is human but whose mentality has slipped to being desperately low.

Once man was of the highest mind and morality, whose elevated values were super high but also very natural. Compare man's

elevated mind of the past to today and it's as if some have mutated into a different species when you look back to his divine nature. The truth is, we started off with the beauty and grace of a deity (butterfly) and ended up as a caterpillar of ugliness crawling everywhere.

Man's gone from this to that, and ended up wearing a lead hat.

Man's actions have made him degraded from elevated, ugly from beautiful, corrupt from divine, healthy and happy, to ill and full of sorrow, energetic to weak, peaceful to angry, honest to false, cool to fool, fragrant flower to stinging nettle, ship to shipwreck, giant to midget, high shooting fountain to stagnant muddy puddle and from fruitful tree to barren desert.

The wise, the spiritual, those that seek the ultimate truth and meaning to life and want to live by it, and with it, constantly, with the happiness and contentment that truth brings with it, will take back control of their senses by learning to slow down their thinking.

The mind should be the ruler and programmer of the computer brain.

For most, the programming soul is no longer in charge and is subservient to the senses, desires, bad habits and laziness. Can you summon up the power to override all your bad habits, tendencies and negative moods that can and do take charge of your life and control it? Those that can and do, are worthy of the fruit basket of happiness on their head.

Have you taken back charge of your speed of thinking, quality of thoughts, can keep a cool mind and remain 'constantly in charge'?

Many lose control after only a day, some go a month of being in control and a rare few are constantly in control of their emotions, happiness and stability. Such people I wish to meet and spend time with. Maybe your mind has always

had a mind of its own for as long as you can remember and have never thought about trying to control your thinking or break negative thought patterns?

Many feel powerless to take back charge of their mind and be aware of what the factory of their mind is producing and if it's a clean working environment and peaceful conditions for its workers. The trick is to take back full control of your steering wheeling and the driving peddles in the mind that control speed and the braking of your thinking to halt within half a second by making all three peddles instantly obedient to your commands.

It should always be that the mind gives the orders to the computer brain which is never allowed to be influenced by the subconscious mind with its ingrained bad habits or dominated by suppressed bad habits as these are persistent old friends of most people and ever ready to surface and play a part in your life given half a chance. Yet for most, it's the snowman (of bad habits, bad moods and attitudes) they've built over years which slowly have taken over their minds and life and are in control of everything, unknown to them.

Are you master creator or bound servant?

One of the biggest mistakes ever is to think you are completely free. Everyone, with few exceptions, is bound; to their bad habits, old ways, moods, wife's nagging, man's aggression, laziness, the kids, fashion, their car, job, chasing wealth, fashion and more. You should always be aware that you're the only building worker that can build your life. It needs constant maintenance and care in every way and never allowed to be subservient to 'anything' or 'anyone'. Being influenced by your weak nature or by the dictates or shallowness of others is a defect that will cripple you one day. ■■

A JOURNEY BEYOND THE ROAD

Faith grows silently when entrusted to God. Like stains washed away with water, His love clears the mind, nurtures the soul, and allows seeds of transformation to bloom naturally.

B.K. Payal Jethra, Malad, Mumbai



Initially, my mind reacted, thinking, 'Mohan Brother didn't wash the car properly – that's probably why there are stains on it this morning.'

How quickly the mind jumps! But when I paused for a moment, the realization dawned – there had been a light shower before we left for work, and that had caused the random stains. So, I simply filled a bucket with water and washed the car again.

This simple moment says so much about how our minds work. One small stain – and the mind races ahead, blaming someone else, finding fault, stirring restlessness over a small patch of dirt that could be washed away in a minute. Yet this is exactly how the mind works all day – producing unnecessary thoughts, judgments, and stories. And if we are not watchful, these small stories pile up like dust on a windshield, blocking the clear view ahead.

Brother Pramod has been driving the red car for the past two years. Our daily drives are nothing extravagant – about eight kilometres each way, mostly to my workplace, nearby Brahma Kumaris Shiv Baba centres, grocery pickups after work, and the occasional errand. To the world, it might look like just another daily commute in Mumbai's busy traffic, but to me, this

short ride has become a moving temple.

Lockdown Lifeline

Since the lockdown in 2020, my connection with the Brahma Kumaris has become my spiritual lifeline. In those days of isolation and uncertainty, I found immense comfort and guidance in God's elevated versions – His words filled with unconditional love, gentle reminders, and directions that pierced through the fog of old habits and limited thinking.

Sacred Car Rides

Slowly, the car rides turned into sacred spaces. The Bluetooth speaker, once used for music or news, began to play powerful commentaries and God's sweet versions instead – transforming the small red car into a mobile meditation room.

Little did I know that while I was soaking in every word, every pause, every silence, the one quietly at the wheel was also absorbing it all. The Supreme Soul's magnetic energy does not require announcements or invitations – it flows silently, like a fragrance that cannot be contained within walls. Without my saying a word, the same pure vibrations began to settle into Brother Pramod's heart as well.

There are countless books and lectures about listening – about how to focus, how to understand. But when God speaks, the heart listens in its own pure way. His words slip past the noise and reach the untouched corners of

the soul. The purer the heart, the clearer the reflection will be. And the clearer the reflection, the faster the transformation will be. When the inner water is clean, it reflects light instantly.

Trust in God

God does not judge me by how much I do, speak, or show. He does not count how many words I say to others about Him – He looks for the quiet trust that hands everything over to Him. He asks me to pass every burden, every worry, and every stain of the mind back to Him – and watch Him clean it all away, just like the water on the car that morning.

If I had tried to force the seed to sprout – if I had persuaded Brother Pramod to come to the centre, to wear white, to meditate – it might never have worked. Seeds know when they are ready. They bloom naturally when the soil is warm, the sun is right, and no one is pulling at their delicate roots.

Unforced Blooming

One day, on his own, he told me he wanted to visit the centre. Quietly, he began asking about where he could buy white clothes. He shared that while driving through the Shivratri exhibition, something tugged at his heart. Later, he asked a neighbour to help him take a virtual tour of Mount Abu, Madhuban – the Brahma Kumaris' spiritual headquarters. No pressure. No lecture. Just a seed waking up when it was ready.

One weekday morning, around 9:15 am, we were driving to the office while listening to God's invaluable versions. That day, God spoke of how a poor person's single penny has as much value in His eyes as a rich man's pile of gold. Quietly, Brother Pramod slowed the car. *"Madam, my eyes are brimming with tears,"* he said softly.

"That's God – our Supreme Father," I said with

a smile. *"No one can understand or value our feelings the way He does."*

Pure Connection

In that instant, I saw what a pure connection means. When the rust is removed from a piece of metal, it shines again. When the dust is washed off the windshield, the road ahead is clear. And when the stains in the mind are cleared, the soul sparkles as it was always meant to.

God promises to walk beside us every moment. He sees each child as a flawless diamond, the apple of His eye. His presence lifts us above the noise of the world – the endless traffic jams, sudden downpours, delays, and obstacles that daily life in Mumbai can bring. With Him, every obstacle becomes an opportunity. Every situation beyond our control becomes a moment to pause, breathe, and connect. Each second is special – not because it is perfect on the outside, but because it can be made perfect on the inside.

As Brother Pramod once shared with a sparkle in his eyes, *"I realized I was like that frog who thought the little pond was my whole world – until one fine day, I rose to the surface, peeped outside and said, 'Wow! What a beautiful world out there... and this is just the tip of the iceberg!'"*

The journey continues – on the same road, in the same red car, with the same daily errands. But inside, something is quietly blooming for both of us. The seed that took root in silence, watered by invisible love, nurtured by God's constant company, is growing strong.

He promises to walk beside me, moment by moment, washing away my old stains, silencing my restless thoughts, polishing my inner being until it shines like a clear mirror.

The only question that remains is – *What about my promise to Him?* ■ ■

KARMA IS THE BOSS

B.K. Andrew, UK



Sanskars, imprints of past actions within the soul,
Incline it to repeat patterns in its role.
To vent anger wounds the soul's pure Light,
And karmic debts arise, demanding their right.
We are creatures of habit; let them be good,
Whatever comes my way, I must understand.

At death, the soul leaves one form to seek
another,
Yet scars follow, like a child clings to its mother.
All unfolds within the soul, author of its destiny,
Till the past returns, its debts for all to see.
Though buried far behind, the past remains,
The soul laments, 'I am wrong, I am blind.'

No judge, no jury – karma speaks not, yet makes
you pay,
Asilent reaction to human deeds sown in its sway.
If it were God, He'd pardon with love so vast,
Yet He stands apart – beyond anger, beyond
contrast.
You did the act and sowed its seeds,
Karma, the boss, decrees your needs.

The soul itself scripts its role,
Choosing each step, yet not yet whole.
The Light of knowledge paves the way,
Your energy is precious; don't cast it away.
At dawn, the yogi gathers the soul's pure Light,
For straying from truth dims its might.

Our true nature is the Joy we long to live,
Peace, love, and happiness – our hearts must
give.
A yogi may dislike another's way,
But forsaking his nature leads him astray.

He softens in God's pure Light,
Shaping habits to walk in the right.

An angry parent sows a seed,
Which generations yet to come will heed.
The world now blazes with anger and grief,
Tomorrow's fear grants no relief.
Attachment breeds fear, not your true state,
To own is not your soul's innate fate.

Today's anger lights a fire to borrow,
Burning again as fear tomorrow.
Whatever befalls me, let it rest in peace,
For peace brings release to all that I face.
John Lennon sang, 'Instant karma's going to get
you' – and it's true,
You'll find no peace if false to what's true in you. ■

(Contd. from page no. ...10)

Brahmakumaris centre. Strengthen them to
enjoy good health.

God has also given the Murli – the
Sanjeevani Booti, a panacea for complete
health. In the daily Murli, the Supreme
Teacher, Shiv Baba, provides Shrimat for
healthy connections and adorns us with
manners and etiquette for overall
development. The more one digests and
embodies the Murli, the more life becomes
physically, mentally, emotionally, socially,
and spiritually healthy.

So, follow Shrimat, stand firm on Rajyoga's
four pillars, and imbibe the Murli to remain
holistically healthy always! Be Holy, Be
Rajyogi, Be Healthy. ■■

Oct. 2025

Love means to remain close, pass ever test paper and overcome every situation easily.

27

THE INVISIBLE SUPPORT SYSTEM

A powerful mind, charged with positive thoughts, makes sound decisions and discerns right from wrong, the key to success in any role.



Our physical lives rely, at every step, on an invisible spiritual support system. Can you imagine life without Peace, Love, and Happiness? These are the soul's fundamental qualities, essential for true fulfilment.

Once, a king was asked about his kingdom's well-being. He considered various aspects – health, wealth, relationships, and roles. When asked, 'How healthy is your kingdom?' he reflected on physical ailments and admitted all was not well. He noted some poverty when assessing wealth and recognised sorrow in relationships and dissatisfaction in roles. The king soon realised that making his kingdom healthy, wealthy, and happy was a daunting task, yet he did not know where to begin.

Similarly, in our lives today, health, wealth, relationships, and roles are physical aspects that depend on the invisible spiritual support system of Peace, Love, and Happiness. The more we embody these qualities through positivity and strength, the more successful these aspects become. A healthy mind fosters physical health, a fulfilled mind attracts wealth, a kind mind beautifies relationships, and a focused mind ensures success in our roles.

The mind is the foundation of existence. Nature, composed of five eternal elements, undergoes cycles of change from positive to negative. A positive mind can transform nature for the better, while a negative mind harms it. Every cell in our body is influenced by every thought we create, as the mind constantly

communicates with the body's billions of cells. Positive thoughts, filled with Peace, Love, and Happiness, heal the body, while negative thoughts intensify or create illnesses.

A mind radiating Peace, Love, and Joy also enhances financial prosperity. **Positive thoughts attract favourable circumstances and the right people at the right time, creating opportunities for wealth.** What some call 'luck' is often the direct result of the positive energy we send to the universe. By thinking, speaking, and acting positively, we create circumstances that lead to financial success.

Relationships thrive when the mind is in a positive state. Often, we speak sweetly or act kindly, yet harbour hidden emotions like jealousy, revenge, or doubt. These can weaken relationships internally, sometimes without immediate signs. A mind that radiates sweetness (Love), contentment (Joy), and calmness (Peace) receives the same energy in return, fostering successful and harmonious relationships free from obstacles caused by differing personalities or viewpoints.

Finally, we all play multiple roles in life – parent, sibling, spouse, professional – each requiring unique qualities, skills, and attitudes. **A calm, stable mind, enriched with Peace, Love, and Joy, remains focused and positive.** This enables it to choose the right qualities for each role and implement them effectively. A powerful

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NOW THE MASTER GIVES HIS ORDERS

In the Confluence Age, God Shiva incarnates to guide souls towards purity, urging remembrance of the Father, removal of vices through knowledge and yoga, and attentive daily study of the Murli for spiritual progress.



Mateshwari Jagdamba
Saraswati

At this time of the Confluence of Kaliyuga and Satyuga, known as doomsday, when vices reach their peak, the Father incarnates and declares, “Now follow My instructions, for the world is nearing its end. I am creating a new world and laying its foundations. Focus on imbibing purity and applying it practically.”

The Father's guidance is clear: “Remember Me and keep your actions elevated. Never act under the influence of vices. Through knowledge and yoga, remove obstacles caused by past karmic accounts and move forward.” The Father assures us: “If you feel confused, I am here. You can seek My guidance. Indeed, I am not always present; I appear only in the Confluence Age. I come and speak—see, I have taken a body. In a way, I have rented a house. For you, My children, I have borrowed this human body (Brahma Baba). Look, I will make him the Emperor of Heaven. Is this a small rent? Children, I will make you masters of the entire world. I have taken this body for your sake. If you need advice or suggestions, you may ask.”

Signs of Clever Students

God Shiva has bestowed upon us intellect and knowledge to discern what to do in specific situations. This confluence-life is immensely valuable and brings many benefits. Hence, the Father says, “Pay close attention and avoid harbouring wasteful thoughts. Do not think that ups and downs are inevitable and can be

ignored. Take care of yourself and make sincere, swift efforts. Keep divine knowledge in your intellect.”

It is also beneficial to take notes. Writing down points helps you remember. Notetaking is a hallmark of a clever student. Clever students focus on their studies, revise repeatedly, understand for themselves, and help others understand. These are the ways of learning. Similarly, here, clever students recognise valuable points in Shiv Baba's Gyan Murli (flute of knowledge) to share with others or note insightful points from Mamma's Murli to explain further.

Those who excel in their studies never miss the Murli. Although it may seem that similar points arise daily, the Murli reveals new ways to progress. Significant insights can be found daily in the Murli, provided one listens attentively. If one does not listen carefully, it may feel monotonous. Every day, Shiv Baba says, “Remember the Father and become pure; be holy, be yogi.” Some think this can be done at home and thus neglect the Murli. However, clarity in knowledge comes only by listening to the Murli daily. Those who pay close attention to understanding the knowledge also develop the ability to explain it effectively to others.

We have been listening to the Murlis, or divine versions, for many years. Some points resonate so deeply that they captivate the heart, making

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The Divine and Role-Signifying Names of the Goddesses

The names and parents of the goddesses differed by virtue of physical birth, but when they attained knowledge from God Shiva through Prajapita Brahma and forged a spiritual connection with the Supreme Soul, they became known by their divine names – Saraswati, Sharada, Gyanda, and Brahma Kumari. Then, they bestowed Godly knowledge upon others. Through this, their devilish qualities were removed, and those souls became calm and soothed.

That is why their names such as Sheetala (goddess of coolness) and Durga (the destroyer of devilish powers – Asur Sanharak Shakti) are famous. They are also called Jagdamba – the Mother of the World – because it was they who, by imparting Divine Knowledge, gave new spiritual and *marjeeva* birth (birth while dying alive) to human beings. From the material or physical point of view, no one can be the mother of the entire world. But today devotees are not aware of these mysteries. Even though they address Saraswati as Jagdamba, they do not know who the Father of the World is.

Why Are Shaktis Praised and Glorified at Night?

The tradition of praise and glorification in the form of Awakening (*Jagaran*), Reminiscence, etc., during the night carries significant historical meaning. Here, the word *night* does not denote the twelve-hour night that comes every twenty-four hours, but it stands for the night well known as Shivratri.

From a symbolic perspective, Satyuga and Tretayuga are called *Brahma's Day*, because during these epochs, life was illuminated with the spark of knowledge. Dwapar and Kaliyuga

are called *Brahma's Night*, because during this period humans are in the darkness of ignorance and are morose, i.e., *Tamoguni*.

At the end of Kaliyuga or Brahma's Night, all souls are riddled with demoniac traits, steeped in the sleep of ignorance, and devoid of spiritual power. During such a time of extreme darkness, the Supreme Soul, God Father Shiva, incarnates in the body of a middle-class human being, changes his physical name, and gives him the role-signifying name *Prajapita Brahma*.

The men and women who listen to this Godly Knowledge through Brahma's lotus mouth, transform their lives, and attain new spiritual birth are the true *Brahmins–Brahmanis*. The practitioners of the vow of celibacy are called *Shiv Shaktis* because they attain this power from God Shiva through Brahma. Hence, in memory of that Night and in remembrance of those Shaktis, devotees even today glorify them during the night and celebrate the festival of Navratri.

Even today, during Navratri, devotees light earthen lamps before the pictures and idols of Shaktis and pray: “O Ambe, just as this earthen lamp removes darkness all around and illuminates the atmosphere, so too may you illuminate our lives and remove our darkness. Mother, bestow power upon us.”

They Worship, but Do Not Attain

Today, people worship the goddesses of power – Shaktis – but do not attain the power they possessed. During Navratri, devotees light up earthen lamps, but do not forge connection with God Shiva, the Eternal Awakened Light, who gave power to the goddesses, the true incarnations of power. Even though devotees believe these goddesses to be incarnations of *Austerity* and *Celibacy*, they themselves adopt celibacy only during Navratri.

They address Saraswati as *Mother* or *Ambe*,

but they do not strive to become pure like that divine, holy Mother. They consider night to mean a span of twelve to fourteen hours; they are not aware of the true *Shivratri*. They say that since it is Kaliyuga, it is impossible to become pure. Instead, they should understand this as *Karma Yuga* – the Age of Action – and rather than worshipping the goddesses in a literal sense, they must make an effort to become spiritually knowledgeable, austere, pure, and powerful. For now, this 'Night' has come, and it will soon be followed by the dawn. In this benevolent Night, how can those who do not awaken through knowledge attain power?

The Arms and Ammunition in the Hands of the Shaktis

The word *Shakti* connotes the spiritual power of knowledge, yoga, and purity, not physical power or the power to kill. But today, devotees believe that goddesses like Kali or Durga possessed the power to kill devils. Their pictures are depicted with swords and spears in hand. Yet, violent persons are never worshipped.

In truth, the worship-worthy goddesses did not use physical weapons to kill devils. Rather, they used the *arms of knowledge* to eliminate devilish tendencies. For example, to explain that one must kill the devil of sex-lust with the sword of divine wisdom, painters depicted the goddess holding a sword and sex-lust as a horrible demon. Thus, the depiction of Shaktis with various arms and weapons connotes that in order to eliminate vices such as lust, anger, and greed, they possessed the power of knowledge.

Jagdamba Saraswati and Shri Lakshmi

After conquering Maya (vices), Jagdamba Saraswati and other Shaktis attained world sovereignty. That is why, once the festival of Navratri is over, the festival of Dussehra or Vijay Dashmi (symbolic of the victory of men and women over five vices each) is celebrated. As a

result of that victory, Saraswati attained the status of Shri Lakshmi in her next birth.

Thus, it is said: through divine knowledge, man attains the status of Shri Narayan, and woman that of Shri Lakshmi. But today, no one is aware of this mystery. By knowing the biography of Brahma Kumari Jagdamba Saraswati and World Empress Shri Lakshmi, we too must gain the power of knowledge. Then, like Shri Lakshmi, we too will attain abundant wealth, splendour, happiness, prosperity, and peace. ■■

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makes man's attitude to sacrifice everything. But the state of darkness is completely opposite. The person who wants to keep everything with himself is called *Tamoguni*.

White is also called light, as the dawn comes and awakens everything in life. Everything becomes clear in our eyes. But as night falls, everything becomes hidden and nothing is visible. Light returns everything; darkness hides everything in its sheet. What a beautiful and mysterious explanation is the nature of colours related to science, that is, the one who remembers to return is also called light in the society, that is, when we remember to return, how can our self-confidence be broken? ■■

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mind, charged with positive thoughts, makes sound decisions and discerns right from wrong, the key to success in any role.

Thus, the invisible spiritual support system of Peace, Love, and Happiness underpins all aspects of life. By cultivating these qualities, we ensure health, wealth, relationships, and roles flourish, creating a life of true fulfilment. ■■



Hisar: An impressive 1,098 units of blood were collected during the Brahma Kumaris' National Mega Blood Donation Drive.



Vijayawada: A record 550 units of blood were donated during the Brahma Kumaris' National Mega Blood Donation Drive.



New Guwahati: A Blood Donation Camp was organised here under the nationwide campaign of the Brahma Kumaris.



Bikaner: 105 units of blood were collected during the Brahma Kumaris' National Mega Blood Donation Drive.



Ranchi: BK Nirmala and dignitaries inaugurated the Blood Donation Camp by lighting candles.



Mangaluru: A Blood Donation Camp was organised, spreading the message of love and brotherhood.



Bengaluru: The Teacher's Day programme is inaugurated by Dr. Mahesh Kumar (Principal, MES PU College), Dr. Priya Narayan (Professor, SM VIT), along with BK Sony, BK Surendran, and BK Vijayalakshmi.



Dehradun: The Teacher's Day Programme is inaugurated by Dr. Ashwini Kamboj (Chairman, U A College), Dr. A.K. Srivastava (Principal, DAV College), BK Manju, Ruchi Dutta (Principal, Asian School), Alpana Gupta (Principal, Doon Presidency School) and other dignitaries.



Kolkata (Shyamnagar): Deputy Speaker of the Delhi Assembly, Mr. Mohan Singh Bisht, presents the Dr. Sarvepalli Radhakrishnan Memorial National Award 2025 to BK Amit Biswas



Mohali: Punjab Health Secretary Dr. Basant Garg, along with Mr. Vishal Chauhan (Conservator of Forests, Punjab), BK Prem, and BK Rama, inaugurated the Mega Blood Donation Camp.



Latur (MH): As part of the Brahma Kumaris' National Blood Donation Drive, 300 units of blood were collected, spreading hope and humanity.



Kadma (HR): With patriotic zeal, 232 units of blood were collected for the Indian Army during the Brahma Kumaris' National Mega Blood Donation Drive.



Bahadurgarh (HR): 239 units of blood were collected during the Brahma Kumaris' National Mega Blood Donation Drive.



Nagpur: 225 units of blood were collected as part of the Brahma Kumaris' National Mega Blood Donation Drive.



Vadodara: A remarkable 350 units of blood were collected during the Brahma Kumaris' National Mega Blood Donation Drive.



Jalandhar (Punjab): BK Sandheera, BK Vijaya, and BK Maan distribute ration and relief materials to families affected by floods.

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one feel, "This was meant just for me." This is because people have varied *sanskars*, and different points appeal to different individuals. It is like shooting arrows at a target: the Murli provides points that teach us how to explain specific aspects to someone with particular *sanskars*.

Have the Concern to Donate Knowledge

Our task is to benefit others by sharing knowledge with them. We strive to serve through our body, mind, wealth, and in every circumstance. It is our duty to make appropriate efforts. Each person will create their fortune to the extent of their capacity, but our efforts must be complete. We should never consider it futile to discuss knowledge with others, even if they seem stubborn.

Some think, "We must purify our lives and sit in God's remembrance, so why bother with others?" No, serving others is our duty and responsibility. Having received happiness and peace through this knowledge, we should share it with others. We must donate it. Why do people make

donations? To earn the rewards of charity! This, too, is a donation of knowledge. We should be concerned with sharing it. ■■

Life Changing Advice

- Don't compare yourself – just compare yourself to you were yesterday.
- Don't get attached to stuff – Nothing lasts forever, so don't base your happiness on materialistic things.
- Time is the most valuable thing you can spend in this world – You never be able to get it back no matter what.
- Always keep it simple – Don't make things harder than they have to be. Simplify everything when possible.
- Choose experience over things – The impact they have over your life will last you a lifetime guaranteed.

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Rewa: Deputy Chief Minister of Madhya Pradesh, Mr. Rajendra Shukla, inaugurates a Blood Donation Camp alongside BK Jyoti.



Panipat: PWD Minister Mr. Ranbir Gangwa, DEO Mr. Rakesh Bura, along with BK Suman, BK Sarla, and BK Bharat Bhushan inaugurate a Teacher's Day programme.



Gurugram (ORC): Rear Admiral Aditya Hara, BK Jayanti, BK Shukla, and Col. B.C. Satti inaugurated a Spiritual Empowerment Retreat for Indian Navy Defence Civilians.



Vladivostok (Russia): Consul General of India, Mr. Siddarth Gaurav, warmly greeted by BK Alla Sadovnika and BK Olga Smirnova.



Guangzhou (China): A Brahma Kumaris delegation led by BK Sapna with the Consul General of India, Mr. Shambhu Hakki, at the 79th Independence Day celebrations.



Panama: BK Roshni and BK Diego join Indian Ambassador Dr. Sumit Seth in celebrating India's Independence Day.



Mohali: BK Prem and BK Rama dispatched trucks of relief material to flood victims in Punjab.



Gulbarga (KA): At the National Mega Blood Donation Drive, Dr. B. Rudravadi (Joint Director of Health Services) inaugurates the camp with BK Vijay and BK Prem — collecting an impressive 1,250 units of blood.

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Mumbai: A Brahma Kumaris delegation led by BK Santosh, BK Vandana, BK Rukmini, and BK Mala felicitates H.E. C.P. Radhakrishnan on his election as Vice President of India.



Abu Road: A Spiritual Retreat for Royal Families was inaugurated by Nawab Raunaq Yar Khan of Hyderabad, Maharaja Gaj Singh II of Jodhpur, the Maharaja of Ambikapur and former Dy Chief Minister of Chhattisgarh T.S. Singh Deo, BK Jayanti, and BK Mruthyunjaya.

Abu Road: A Conference on "Work-Life Balance for Peak Performance" and Expo on 3E (Energy, Environment & Empowerment) is being inaugurated by Mr Prataprao Jadhav, Union Minister of State for Health, BK Mohan Singhal, Dr Banarasi Shah, BK Asha and others.



Minsk (Belarus): Participants join BK Chakradhari and BK Santosh after the uplifting public event "Peace on Your Palm".

