



The Monthly World Renewal

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New Delhi (Vigyan Bhawan): H.E. Droupadi Murmu, Hon'ble President of India, launched the Brahma Kumaris' National Campaign on "Karmayoga for Empowered Bharat." Also present on the dais were H.E. Arif Mohammad Khan, Governor of Bihar, BK Jayanti, and BK Asha.



Abu Road: Union Minister Mr. Arjun Ram Meghwal inaugurated the Trimurti Shiv Jayanti Festival, along with Goswami Sushil Maharaj, National Convener of the Indian Parliament of All Religions, BK Jayanti, BK Mruthyunjaya, and BK Hemlata.



Rairangpur (OD): After hoisting the flag of God Shiva on the occasion of Shivaratri, H.E. Droupadi Murmu, President of India, stands in silence along with MP Mr. Naba Charan Majhi, BK Supriya, BK Minati, and BK Basanti.



Madurai (TN): The Golden Jubilee programme of the Brahma Kumaris Centre was inaugurated by Mr. P. Moorthy, Minister for Commercial Taxes; Justice G.R. Swaminathan of the Madras HC; BK Jayanti; BK Asha; BK Mruthyunjaya; BK Beena; and BK Uma.



Rewa: BK Lata and BK Prakash are presenting a Godly gift to the Chief Minister of Madhya Pradesh, Dr. Mohan Yadav, and Deputy Chief Minister Mr. Rajendra Shukla.



Baramati: Deputy Chief Minister of Maharashtra Ms. Sunetra Pawar was presented with a Godly gift by BK Suprabha, BK Sonali, and BK Deepak.



Palakkad (Kerala): The Golden Jubilee programme of the Brahma Kumaris Centre was inaugurated by BK Jayanti; MP V.K. Sreekandan; Swami Chidanandapuri; Swami Asheshananda; Swami Swaroopananda; Mahamandaleshwar Swami Prabhakarananda; Swami Krishnatmananda; Swami Devanandapuri; BK Mruthyunjaya; and BK Beena.



Delhi (Hari Nagar): MP Kamaljeet Sherawat addressed a programme on Shivaratri. Also present were BK Shukla; Councillor Ravinder Kaur; Prof. Madhukar Vavare, Joint Secretary, UGC; and S.N. Ghodmade, former Dy. Naval Chief.



Mumbai (Gamdevi): Ms. Jaya Kishori, renowned spiritual speaker, is seen with BK Asha, BK Neelam, and BK Deepak after a courtesy meeting.



HARMONIOUS PERSONALITY AND PEACE OF MIND

A harmonious personality arises when one's thoughts, feelings, and actions are aligned with each other and with life's realities.

Pace is a state of being. In this state, man's mind is in harmony. It has no conflict with the intellect. Man's volition, desire, will or intent are in consonance with his judgement. Such a mental state and such a personality are essential to peace.

Harmonious Mind

In order to understand clearly the role of harmonisation, which is a sure sign of mental health, let us take the analogy of physical health. If, in the body of an individual, all the organs are working in complete isolation from each other and without any mutual co-ordination – the lungs breathing hard irrespective of the heart pumping rapidly and the muscles getting tense in disregard to the man feeling fatigued and wanting to sleep – then the person will become

physically sick. If the body is to be healthy, each of its parts and organs has to discharge its individual function in harmony with the other, considering the body to be one functional unit as a whole.

The same principle is applicable to human personality also. Various units of personality, such as impulses, motives, attitudes, inborn and acquired traits, inner urges, potentialities, etc. should work in harmony. If different potentialities of man work towards different goals and in disregard to the rest of the personality traits, there will be disharmony, resulting in mental disorders and disturbance, thereby causing ultimately the breakdown of personality and mental illness. For example, if one mental trait

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THE POWER OF UNSHAKABLE DETERMINATION

Steadfast determination, guided by purity of heart and control over the mind, transforms obstacles into victories and leads the soul toward true success.



Someone has rightly said, *“This world belongs to the determined; those without determination merely add to the burden of the earth.”* Just as the difference between the strong and the weak is clear, similarly, the difference between the determined and the irresolute is also evident. In any situation—even in adversity – the one who firmly holds onto and acts upon noble resolutions is considered resolute. In contrast, the one who abandons, forgets, or weakens their noble resolutions amid the storms of adverse circumstances, or due to capriciousness or carelessness, is considered irresolute.

The progress or decline of life depends upon the firmness of one's resolve. Those with strong determination move swiftly toward their goal, whereas a weakening resolve leads to hesitation and faltering steps. Fear and doubt become visible in their movements; it appears as though they are being dragged forward against their will.

How Can We Strengthen Our Resolve?

The question arises: **Why does resolve weaken, and how can it be strengthened?** The answer is quite simple. If one does not keep the mind focused on the goal and repeatedly remind oneself of it, the mind begins to feel that perhaps the goal is not important and starts wandering in different directions. Secondly, the mind has two options: either to move toward the goal or to get lost in sensory pleasures. If it chases sensory pleasures, it becomes trapped in the false allure

of sound, taste, sight, and touch, and forgets the goal. Only by controlling the senses can one remain focussed. Thirdly, those who cannot tolerate adversity also become distracted from their goals.

The Difference Between Determination and Stubbornness

A resolute person possesses strong willpower. However, there is a clear difference between determination and stubbornness. Determination is the foundation of success, whereas stubbornness never leads to true success or honour. Stubbornness arises from prejudice, ingrained habits, selfishness, and ego. Such individuals prioritize their own opinions and perspectives without considering consequences. If someone obstructs them, they become angry and enslaved by negativity. History records the disastrous consequences of stubborn decisions. Muhammad Tughlaq's rigid decision to shift the capital caused immense suffering. The partition of India and Pakistan was also the result of rigid stances. When stubbornness is combined with power, the consequences become even more severe. In contrast, a determined person moves forward guided by pure intentions. Without harbouring negativity, they remain focussed on their goal. Even if obstructed, they neither become angry nor discouraged, but respond with compassion and often transform opponents into collaborators. Thus, victory comes through determination, while stubbornness leads to defeat.

Gandhi's Unwavering Determination for Freedom

Mahatma Gandhi said, “A handful of determined people with unwavering faith in their goal can change the course of history.” During India's freedom struggle, he launched the Quit India Movement in 1942 and gave the slogan, “Do or Die.” The entire nation responded with the spirit that they would either achieve freedom or die trying. Jails overflowed with freedom fighters. When he began the Dandi March, despite his advancing age, he walked at the forefront. He moved so swiftly that those accompanying him had to hurry to keep pace. His determination was reflected in his words: “Whether I die the death of a dog or a crow, I will break the salt law.” He walked in scorching heat, over thorns and stones, hungry and thirsty – yet unwavering. People climbed trees just to glimpse him. The procession grew so vast that he was often hidden in the crowd. He wore no adornments; his strength lay not in appearance but in his resolve. That strength ultimately contributed to India's liberation. Today, we too have a great goal before us – first, we must liberate ourselves. Our battle is within.

Once, many rats entered a farmer's granary and began spoiling the grain. The farmer had a large iron cage made, and the rats started getting trapped in it. One day, a very fat rat was caught. Distressed by his imprisonment, he thrashed about so violently that the cage began to move. Believing he could drag it out of the granary, he struggled persistently and eventually managed to move it into the forest. He rejoiced, thinking he had escaped. Indeed, he was out of the granary—but he was still inside the cage. Similarly, we may have escaped many “granaries,” yet we remain imprisoned in the cage of our weak habits, nature, and ingrained

tendencies. The bondage of the granary was visible and obvious, but the bondage of this cage is subtle and invisible. To break free, we require strong determination. For this, we must first examine ourselves and then transform ourselves.

Focus on the Mind

Shiv Baba has said that to change ourselves, we must gain control over our mind. If the mind begins to wander, we must gently bring it back. We should repeatedly observe: Where has my mind gone? What resolution did I make? How did I become careless? Just as someone learning to drive carefully ensures the car remains on the road – and immediately corrects it if it veers off – similarly, we must keep guiding the mind back to the right path. Through repeated effort, skill develops. The mind is similar; it slips away from the goal, and we must bring it back again and again. Therefore, we must pay close attention to what the mind is doing. Where did it go? Why? Is my decision correct? Am I being influenced by old habits? Have my original virtues been affected by bad company? Have my pure qualities manifested in my actions, or has there been adulteration?

The senses are restless; they move from one object to another in an instant, guided by the mind. If the mind is under control, the eyes do not have the power to linger unnecessarily. However, if the mind encourages them, the senses obey. Even if the soul says, “Move away; this is not right,” the senses may not listen if the mind is attracted. Therefore, the soul must first discipline the mind and win its cooperation. Shiv Baba says, “Redirect your thoughts; protect your thoughts. If your thoughts are wasted, your power will also be wasted.” Whenever you sit in solitude, lovingly observe your three eternal companions – mind, intellect, and *sanskars*.

Guide them, nurture them, and examine their direction.

The Determined Swami Ramtirtha

Swami Ramtirtha was a contemporary of Swami Vivekananda. Born into poverty, he studied with intense dedication. Enduring hardships like an ascetic, he consistently secured first position in the university. Shortly before his M.A. examination, the English principal of his college, impressed by his sincerity, asked, "Shall I recommend your name for the ICS examination?" Tears filled his eyes as he replied, "It is my duty to share the treasure of knowledge I have acquired and bring happiness to myself and others." Later, he became a sannyasi. He firmly identified himself as a soul, not the body. In those days, ascetics were not always respected; many criticized or insulted them. Whenever someone insulted him, he would reflect, "Today Ram received many insults; it was enjoyable," meaning he observed himself as a detached soul. People insult the body, but I am the soul—that was his deep conviction.

Once, while walking along the road, his gaze unintentionally fell upon a woman drying clothes on a rooftop. After walking a short distance, he turned back and looked again. Immediately, he rebuked himself: "Ram, are you truly a renunciate? Are you deceiving others by wearing saffron robes? Looking once was not a fault, but why did you look again? You must correct yourself." He returned home, locked himself in his room, and resolved not to eat or drink until he had atoned and reformed himself. **Such was his determination toward self-transformation. May we too draw inspiration from him and become equally resolute – this is our heartfelt wish. ■■**

Life Changing Advice

➤ **Your life is your responsibility.**

There is one person and one person alone over whom you have control in this life – and that is yourself. Since you are the only person you can control, you are the only person who can take responsibility for your life. That includes your energy, your happiness, your fulfillment, your career, your choices and more.

➤ **The way someone treats you is a reflection of how they feel about themselves.**

That cross look? Not about you. That snide comment? Not about you. That temper tantrum? Not about you. The way a person behaves indicates where they're at physically, mentally, and spiritually. Try not to take things personally. They probably have nothing to do with you.

➤ **Life is all about managing expectations – most of all your own.**

The world will expect many things from you. And you will expect many things in return. The key is to manage its expectations of you – and yours of it. Going through life trying to live up to someone else's expectations of you is how you end up disappointing both of you in the process. Conversely, trying to force the world to meet your expectations is like trying to make Niagara Falls flow backwards. It just doesn't work that way. There is another way, and it's through finding harmony between your expectations and reality.

BREAKING THE HABIT OF BLAME

When we stop blaming others and turn inward with self-respect, spiritual awareness, and God's love, we restore harmony between the mind and heart and reclaim our inner power.

B.K. Chirya, New York, USA



When dealing with difficult situations, we may be tempted to blame others or feel that we are being victimised. However, the seed of blame does not produce good fruit. What truly bears good fruit is nurturing the seeds of self-respect, courage, and altruism, and expressing these values in the way we treat others – and ourselves.

When it is the season for planting, a farmer knows he has work to do. His attention goes to the seeds he must sow. He cannot afford to waste time or act carelessly. He makes no excuses. Now is the time to give this same level of attention to ourselves.

Take a moment to sit quietly and listen as your mind and heart speak to each other. The mind says, “I am so exhausted and confused that I can hardly hear you. All I want to do is sleep.” Notice, too, how unhappy the heart has become. The heart says, “I am not happy being driven by desires, and I have never found what I truly wanted.” But no one was listening. So, these feelings remained buried inside, layering our being with sorrow and pain.

“When the mind and heart do not understand each other, the result is depression.”

– Dadi Janki

What can be done about this?

One positive solution is to consider the mind as a small child who has been neglected for a long time. Give your mind tender, loving care. Accept it as it is, without worrying about

changing it immediately. **Go within and speak to yourself patiently, positively, and respectfully. The mind and heart have been thirsting for peace and love for a long time. Learn to love yourself.**

Another solution is to study and reflect on spiritual knowledge. Spend time in meditation, remembering that you are a peaceful soul, distinct from the body. **When we focus on the soul's original goodness, we rediscover hope and courage, enabling us to transform and regain our inner peace and power.**

Finally, listen to the silence within and remember God. We truly love ourselves when we learn to receive the love that God constantly shares with us. We have been searching for this pure love. Opening ourselves to God's love ends our inner restlessness, dissolves unfulfilled desires and blame, and brings harmony between the heart and mind.

Values, when lived from the heart, can move mountains. This is not something extraordinary; human beings can accomplish whatever they firmly resolve to do. Now is the season for goodness and greatness to take root. A better life is in our own hands – not in anyone else's. Become the kind of human being the world needs right now. From this day onward, the world needs your inner power. And to nourish your soul with that power, fill it with God's love and light. ■■

AURA CLEANSING THE LIGHT WITHIN THAT SHINES

When the soul is pure, its light becomes its language, and its silence becomes its strength.



Dr. B.K. Dnyanajyoti, RT Nagar, Bengaluru



Every being is surrounded by an invisible energy field, a sacred circle of light known as the *Abha Mandal* or aura. It is not just a glow; it is the reflection of our inner world—our thoughts, emotions, and vibrations.

When our aura is radiant, it silently tells the world, “I am at peace, I am full of love, I am full of light.” But as dust settles on a mirror, layers of worry, anger, and ego dim our inner shine. The light never goes away; it only waits for us to cleanse the surface and allow its brilliance to return.

Why Aura Cleansing Matters

Our aura is like a subtle garden. If we water it daily with divine remembrance and prune away negative thoughts, it blooms with peace and fragrance. If we neglect it, weeds of impurity and sorrow take root. “A pure aura is a silent blessing; it heals before words are spoken.” When we clean the *Abha Mandal*, we don't just cleanse energy; we transform our destiny. A radiant aura attracts divine help, protection, and love. It becomes a shield of light in a world of uncertainty.

Steps to Purify and Empower the Aura

1. Soul-Conscious Meditation: Sit in silence and remember, “I am a being of light.” Visualize rays of golden light from the Supreme Source descending upon you, cleansing every particle of energy. “As the sun melts the fog, God's remembrance melts all darkness within.”

2. Pure Thoughts and Benevolent Feelings: Each pure thought is like a fragrant flower added to your aura. Forgive, bless, and release; every act of love expands your spiritual glow.

3. Silence and Solitude: Spend moments in complete stillness. Silence repairs the energy fabric of the soul. In the quiet heart, divine power whispers its secrets.

4. Purity in Lifestyle: Food, words, and company carry vibrations. Choose what uplifts and energizes your inner being.

5. Service with a Pure Heart: When we serve selflessly, our aura becomes a living halo. It's not about what we do; it's the love with which we do it that purifies our energy field.

The Science of Spiritual Power

Spiritual power is not in words, rituals, or outer strength. It is the subtle current that flows through a clean and peaceful soul. A powerful aura becomes a transmitter of divine vibrations. Wherever such a soul goes, the atmosphere itself changes – heavy hearts become light, and restless minds find peace. “One who walks in divine remembrance leaves footprints of light.” This is the essence of true spiritual power; the ability to influence the world not through authority, but through purity.

The Final Reflection

When the *Abha Mandal* shines with divine purity, the soul becomes a living temple. Its fragrance spreads through words, eyes, and silent presence. “Let your aura be your introduction, your purity your protection, and your remembrance your connection.” Aura cleansing is not a practice for a day; it is a daily return to our original divinity. Every moment spent in self-awareness and God's remembrance is a gentle polishing of the soul's mirror. The more we cleanse, the more we shine. The more we shine, the more we serve. And through that light, the world awakens. ■ ■

FIGHTING ADVERSITY WITH GOD'S SUPPORT



When the body faced its toughest trial, the soul rose in unshakable faith. With God as Companion, even stage four became a stage of victory.

B.K. Kanchan, Naupada, Thane (West)

Diagnosed with stage four cancer at sixty, what could have been a story of despair became a testimony of unwavering faith. Through chemotherapy, radiation, and uncertainty, B.K. Kanchan chose God's remembrance over fear and acceptance over resistance. Seeing God as the Supreme Surgeon and life as a divine drama, she transformed hospital corridors into spaces of Godly service and illness into inner awakening. Her journey reminds us that when faith is firm and the mind is stable, even the gravest diagnosis can become a doorway to spiritual strength, courage, and profound peace. —Editor



The summer of 2023 became a defining chapter in my life – a chapter that tested my body but strengthened my soul.

At the age of sixty, I went for what I believed was a routine medical check-up. Within days, the reports led to further consultations, scans, and eventually a CT scan. The pace of events was so swift that I hardly had time to process what was happening. Soon came the words that many fear hearing: stage four cancer.

The disease had spread to multiple organs, including the lungs and abdomen. Family members were understandably anxious. Questions surfaced: *Why now? Why stage four?* Yet, amidst the emotional whirlwind, something remarkable began to unfold within me – an unwavering spiritual steadiness.

I had often heard that adversity reveals the true strength of the soul. Now, I was experiencing it firsthand.

Learning from Great Souls

In moments of quiet reflection, I remembered

the lives of elevated souls. Sri Ramakrishna Paramhansa endured throat cancer with profound spiritual dignity, demonstrating that penance is stronger than pain. Mateshwari Jagadamba also bore serious illness with extraordinary courage, proving that spirituality transcends physical suffering.

Their lives echoed a silent truth:

“The body may weaken, but spiritual power never diminishes.” This thought became my foundation.

Holding On to Murli Guidance

On 30 June 2023, a Murli message deeply touched my heart: **“Dilaram Baba is with you as a companion; do not cry out in distress.”** I adopted this as my guiding principle. No matter what medical procedure awaited me – scans, syrups, injections – I would sit in remembrance before undergoing them. I visualised Shiv Baba's rays filling every cell with strength.

Soon after diagnosis, I experienced loss of appetite and bitterness in food. Yet even during those physical discomforts, I would speak to Baba internally, sharing everything like a child confiding in a parent. Amazingly, subtle yet clear responses would arise – not in dramatic voices,

but in powerful thoughts filled with reassurance.

One day, I began seeing the body differently. Instead of perceiving it as failing, I saw it as a vehicle taken to the garage for servicing and repairs. This was an opportunity for me to learn and test the art of resilience, tolerance and becoming fearless. The moment I shifted perspective; fear began to dissolve.

Radiation and chemotherapy can be daunting experiences. I saw fellow patients battling nausea, weakness, and anxiety. Yet, throughout my treatment, I repeatedly remembered Baba's teaching: **"Wah Baba, Wah drama!"**

Instead of resisting the situation, I chose appreciation. Instead of asking "Why me?", I asked, "What is this teaching me?"

Surprisingly, I did not experience severe side effects. I felt as though the Supreme Surgeon was personally supervising every treatment.

During my first consultation, the oncologist affectionately addressed me as "Mamma." In that moment, I sensed divine orchestration. I felt Baba reassuring me: *You are not alone.*

Understanding the Meaning of Stage Four

When I learned that my cancer was stage four, the mind briefly questioned, "Why so advanced?" As always, Baba's love and wisdom not only brought strength but also gave the required courage and determination to fight on. But soon, a powerful realisation emerged.

Everything in life unfolds in four stages – the four quarters of the world cycle, the four pilgrimage places in Madhuban, the four phases of spiritual growth. The fourth stage represents completion and realisation.

Suddenly, stage four did not feel frightening. It felt symbolic.

"The fourth stage is not an end – it is a culmination." With that understanding, anxiety gave way to acceptance. **Transforming the**

Word "Cancer"

At one point, I even played with the word "cancer," reinterpreting it as:

"Can I come, Sir?" I felt as if while enduring the pounding of the disease within, Shiv baba was alongside me and telling me - Child, do not worry, the Supreme surgeon is treating you to get well. This way a new chapter had begun in my life - of One Faith and One Strength.

Outside the hospital, a large board read: *"Together, we fight like warriors."* I accepted it as a message from drama itself. Every sign felt supportive.

The daily *Gyan Murlis* of Baba used to be my potion of tonic and helped me then and even now till date. Each sentence infused determination.

Monsoon, Medicine, and Mastery Over Nature

July in Mumbai is marked by heavy monsoon rains. Many days, I had to travel through downpours for chemotherapy sessions. Yet I practiced the awareness of being a victorious soul over the five elements.

I remembered how, in spiritual stories, elevated consciousness influences nature. I would affirm internally: **"I am a master over matter."**

Surprisingly, despite the weather and the treatment schedule, everything flowed smoothly. Gradually, I resumed going to the centre. Life began to regain rhythm.

Chemotherapy no longer felt like an enemy. It felt like cooperation between science and spirituality.

Raksha Bandhan: Turning Treatment into Service

During Raksha Bandhan, I felt inspired to transform my hospital visits into opportunities for service. I tied Rakhi to doctors, nurses, and staff members, sharing God's message of protection and purity.

The hospital corridors that once symbolised illness began to radiate warmth. **“Where there is remembrance, there is service. Where there is service, there is joy.”**

Even during my second and third chemotherapy sessions, I felt uplifted by the chance to serve.

On the day of my first chemotherapy, the *Avyakt* Murli spoke about enthusiasm. It reminded us that difficult situations are hidden opportunities. That message strengthened me immensely.

Madhuban Calling: Faith Beyond Fear

After my fourth chemotherapy cycle, fatigue increased. At the same time, a *Yoga Bhatti* was scheduled in Madhuban. Doctors advised against crowded travel. Family members were concerned.

Yet my heart felt strongly drawn to attend. With firm faith, I told the doctors: **“I will return stronger than before.”**

The *Bhatti* proved transformative. Though I had lost some physical weight, I gained tremendous spiritual power. Before diagnosis, I used to wake up at 4 a.m. for meditation. After this period, I naturally began waking at 2:00 or 2:30 a.m., absorbed in deep remembrance.

It felt as though a new current of energy had awakened within.

Signs of Healing

By Diwali, I had completed five and six rounds of chemotherapy. In February 2024, during Baba Milan, I experienced immense gratitude.

Subsequent medical reports revealed astonishing news: no visible traces of cancer in the lungs. Only minimal traces remained in the abdomen.

Doctors were surprised. I was humbled. **“When faith becomes firm, miracles become natural.”** Instead of seeing myself as a *“rogi”* (patient), I affirmed: **“I am not a *Rogi*; I am a *Rajyogi*.”**

That shift changed everything.

The Body as a Pilgrimage

One of the most beautiful practices during recovery was visualising the body as Madhuban's four pilgrimage places.

- ◆ The intellect became Baba's room – the seat of decision and determination.
- ◆ The liver reminded me of Baba's humble hut, radiating subtle vibrations.
- ◆ The lungs resembled the Tower of Peace, spreading purity through each breath.
- ◆ The heart and other vital organs became like the History Hall – sacred spaces preserving divine memories.

This meditation transformed medical healing into spiritual pilgrimage.

At times, Baba even took my mind to the Golden Age. I would visualise palaces, music, swings, and plucking fruits joyfully. In those moments, the body felt light, almost forgotten.

A Deeper Realisation

After walking through this journey, I reflected deeply on why such a challenge came to me. An ancient Sanskrit thought says that great challenges come to strong souls, and equally strong support accompanies them.

I do not regret this chapter. I do not allow thoughts of suffering to linger.

Instead, I see it as awakening. **“Adversity did not come to defeat me; it came to reveal me.”**

This period made me fearless. It deepened my faith. It opened doors of service I might never have entered otherwise.

Today, I regularly offer yoga power and good wishes to all souls enduring similar illnesses. Whenever I hear of someone struggling, I silently send vibrations of strength.

Because I have experienced firsthand that: **“High vibrations protect. Pure remembrance heals.”**

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THE SPIRITUAL SOLUTION TO ENVIRONMENTAL CRISIS



The root cause of environmental crisis lies not outside, but within the human mind. Natural calamities are not random – they mirror humanity's inner unrest and moral decline.

B.K. Dr. Trupti, Shantivan



The interaction between nature and humans was very pleasant for nearly half of the eternal world drama cycle, in the Golden Age and the Silver Age. Thereafter on another half of the cycle from the Copper Age, till the fag end of the Iron Age, although nature continued its task to nurture everyone, we took everything for granted and never ever thought in our dreams to thank Mother Nature for the same. And today, over exploitation of nature is making the entire human race face its dire consequences in the form of numerous devastating natural disasters and impending destruction.

Although, until now many people show respect towards nature in their own ways either by offering water to the sun, celebrating full moon, worshipping river Ganga, worshipping lord Hanuman as the son of the wind, worshipping the mother earth or by feeding *chapatti* to the cow, etc. However, over a period of time, our minds, impacted by natural disasters has begun to hold resentment towards it. Sometimes, shivering lips in the bitter cold express dissatisfaction with nature saying, "It's too cold!" Other times, the melting spirits in the scorching sun defame nature. And the murky

waters in rain make nature look ugly. No matter how the weather is, everyone openly expresses their dissatisfaction. Nature must also be wondering 'Can humans ever be satisfied!'

In reality, nature is not at fault. When we visit people's homes, we notice the difference in the atmosphere. Just like the pure, sacred environment of a temple is far different than the atmosphere in a hospital! The same five elements are present everywhere, yet the difference is undeniably evident. Why so? Supreme Father Shiva says the collective consciousness (*vritti*) of the residents spread the vibrations in the surrounding which in turn makes the atmosphere of that place. Just as there is a difference between the objects in a king's palace and those in a poor man's hut, similarly, the atmosphere in the residence of a person with positive energy and one filled with negativity feels different. This is the reason why anyone's personality or mentality can be judged by looking at their place of residence.

Japanese scientist Emoto also demon-strated through experiments on water – how our thoughts influence water. Similarly, long ago, a scientist named Luther Burbank grew a thornless cactus by talking to it. Furthermore, scientists believe that playing soft jazz or classical music to plants can produce positive results. All of this demonstrates how the environment gets influenced by our thoughts and vibrations.

Hence, the more we fill ourselves with positive energy, the more powerful the atmosphere around us becomes. In ancient times, during the Golden Age, when human beings were divine with 100% purity, nature too was wonderful, adding beauty and pleasure to the inhabitant's lives. They say that in the Golden age lion and cow drank water at the same pond, meaning non-violence rules heaven because the Deities there are ignorant of the vices, and thus double non-violent, making the nature and creatures nonviolent and harmonious. Similarly, the sages of the copper age used to get fruits and other essentials in the forest, even the wild animals did not harm them, because of the sages' nature of purity and non-violence, of harmony and peace. But gradually, as the time went by, the human soul became saturated with vices, and the negative and distorted vibrations emanating from us began to negatively impact our surroundings.

Vices Negatively Impact the Environment

Today, when human souls are burning in the fire of jealousy, hatred, animosity and revenge, the fire element of nature has become scorchingly harmful. We are transgressing rules, regulations and are committing misdeeds, so are the rivers breaking their banks, bringing floods and destruction on its way. Man is polluting the air with gossips, rumours and vices specifically lust, and hence air pollution is rampantly increasing. As the men's pot of sins is filled there is the rise in the episodes of earthquakes. Our hearts are filled with countless sorrows, and the clouds are also bursting here and there. The pollution of mind and intellect is increasing and so is that of the environment. It is as if nature is mirroring or projecting men's mental state.

Nature is not wreaking havoc gratuitously; indeed, the residents there have already moved away from their moral values, due to which their minds are in turmoil making them live an immoral downtrodden life. In a word, degradation in the human state leads to the degradation in its surrounding. So, the upgradation of humanity by becoming viceless and virtuous will inevitably upgrade the environment.

Lifestyle Contributing to Nature's Current Piteous State

Our lack-of-farsightedness-influenced lifestyle has contributed to the environmental degradation. According to scientific reports, meat consumption is a major cause of increasing disease and decreasing lifespan in humans. The consumption or use of any animal product, whether milk, meat or skin, is disrupting not only the environmental balance but also the human psyche, due to the negative vibrations of fear, resentment, insecurity, anger locked in meat and poultry during their slaughter. Ruthlessly torturing animals and birds for selfish gains, injecting them with antibiotics to increase mass production makes humans guilty of sins, adding up to the growing number of diseases and sufferings, both mental and physical. **Can anyone be at peace and happy, by tormenting the innocent ones for their own selfishness? No, never.** Furthermore, unseasonal rains caused by artificial clouds are nothing but the violation of the laws of nature. Excess use of plastics and other non-biodegradable materials is polluting the environment. The escalating population rate burdens the limited natural resources for the sustenance and survival. Humans, driven by greed, are digging up mountains and emptying mines. Uncontrolled exploitation of nature is nothing but an

unwelcomed invitation to natural disasters, which man himself neither is and nor will ever be ready to face. And when nature roars for its judgement, humans not only realize their weaknesses but also suffer non-negotiable mournful loss of life and property.

It is not that we have turned our blind eye towards environmental degradation and the impending doom. For a long time, countless organisations and various countries all over the world are striving hard to implement laws and regulations, form and reform various acts and pacts to help and protect the environment, but none of those seem to have succeeded in achieving the desired outcome for they fail to realize the vices within, as the root cause.

Everyone is Responsible

The ocean of knowledge, Supreme Father, Lord Shiva, reminds us that we are the masters of nature. Masters mean not just consumers, but responsible for nature's conservation and protection. In the foregoing paragraph we have stated that each thought, resolve and attitude of ours spread vibrations directly impacting nature around us. Therefore, if we desire to have a sound nature, then our thoughts and resolutions must be free of any vice, and our hearts must harbour goodwill and heartfelt kindness towards all.

Trivial Yet Effective Measures

If we ask for heaven to return to earth and for the nature to become a source of joy as earlier, we must first reform ourselves. Apart from becoming viceless, we must cleanse our minds of impurities and fill them with good intentions. We must stop exploiting nature for our greedy gains. Demonstrate small but impactfull acts of kindness towards nature, e.g., do not pluck flowers and leaves, thus stop separating them from their families. Rather, become a divine

flower yourself, radiating fragrance of purity around and stay in God's remembrance. Show gratitude towards trees, plants, etc. while taking fruit, wood and other necessities from them. With each step, thank Mother Earth and keep giving her the energy of purity instead of walking with shuffled legs. Minimize the use of vehicles, air conditioners, refrigerators and other electric gadgets. Save all natural resources e.g. water and adopt a minimalistic lifestyle. Do not burn firecrackers and refrain from other environment destroying actions. Use only biodegradable and bio-friendly items. If one plants real trees and not substitutes them with the artificial ones, the amount of oxygen in the air will increase and the environment will also remain clean and pure, soothing to the eyes, refreshing to the senses.

Rajyogi Lifestyle for Environmental Upgradation

In order to help the environment, one must adopt, in their life, the four pillars of Rajyoga Meditation, viz., celibacy, pure simple diet (*Sattvic* diet) and connect his/her intellect with the highest source of positivity, purity and power Supreme Soul, God Father Shiva, and inculcate the fragrance of divine qualities, e.g. non-violence, etc. Celibacy will help keep a check on the increasing number of consumers thereby helping in unburdening the natural reserves. Along with this adopting minimalism and not becoming a hoarder helps in unnecessary exploitation of natural resources due to decreased consumerism. A soul who stays in remembrance of Supreme Soul, gradually becomes pure, viceless and divine, radiating elevated vibrations in the environment making those natural elements friendly and harmless as before.

(Contd. from page no... 34)

AWAKENING THE *SHAKTI* WITHIN

At the sacred Confluence Age, God empowers women as *Shaktis* – World Mothers who, through purity and spiritual knowledge, become the true Gateway to Heaven and instruments of global transformation.

B.K. Sarika, GGRC, Ahmedabad



We stand at the threshold of the most auspicious time in history – the Confluence Age. It is the time when God Himself comes seeking His long-lost children. He

finds a world that is old and battered, a far cry from the heaven He once established. Instead of peace, happiness, and prosperity, He finds conflict, sorrow, and spiritual poverty. He finds His children wandering, stumbling in the darkness of ignorance, having forgotten not only who they are but *Whose* they are.

As a result of this amnesia, humanity has fallen prey to vices and become spiritually bankrupt. **The Father descends to remind us of the eternal truth: we are pure souls, originally possessing divine virtues, the rightful residents of heaven. He gently reminds us, "It was when you forgot your true identity that you lost the kingdom of heaven. Now, remember and reclaim what you have lost."**

This spiritual logic is flawless – if I lost my sovereignty by forgetting, I must regain it by remembering. And so, the Father instructs, "Consider yourself a soul and remember Me alone." In this time of chaos, God becomes the only stable reference point. Because He is

beyond the cycle of birth and death, He never forgets. When we follow His directions (*Shrimat*), we return to our original consciousness, liberating ourselves from the vices and reclaiming self-sovereignty.

The Spiritual Upliftment of Women

While this message is for all, the Supreme Father offers a unique and radical perspective on gender. He declares, "In My family, both sons and daughters have an equal right to this divine study and, therefore, to the inheritance."

This stands in stark contrast to the worldly narrative. In many cultures, sons are still prioritized – sent to school while daughters remain behind, deprived of education and disempowered. Historically, even in the path of renunciation, if a man left his family for the forest to seek God, he was revered as a *sannyasi*. Yet, if a woman sought to do the same, she was questioned and criticized.

God, however, comes to offer women a special upliftment. He speaks with profound compassion: "*I have come to massage your feet; I know you have been harassed a lot and are tired. Let Me lift your burdens while you rest.*"

From Fear to Fearlessness

The world has often labelled women as "weak" or taught them to be fearful, positioning their human husbands as their "gods." The Supreme Father contradicts this entirely. He

says, "I am the Husband of all husbands, the Father of all fathers. You have nothing to be afraid of." He holds up a spiritual mirror to the mothers and daughters, reminding them of their innate strength: "You have forgotten who you are, but I haven't."

"You are the Shaktis," He declares. "Through remembrance, you gain spiritual power to overcome fear and strongholds. You become confident and empowered. You are not ordinary; it is you who will bring about the kingdom of heaven."

This is not hard to believe. Even in a limited sense, a woman has always been the anchor of the home – the caretaker who nourishes and holds the family unit together. She is the one who sacrifices. When such a soul imbibes God's knowledge, this inherent quality of giving is amplified. She moves beyond physical caretaking to spiritual uplifting – transforming souls from ordinary humans into elevated deities.

The Gateway to Heaven

This truth is evident in the Brahma Kumaris, the largest women-led spiritual organisation in the world. While dedicated sisters manage over 6,000 centres globally, the majority of members continue to live in their households, serving as beacons of love, peace, and wisdom for their families.

This perfectly exemplifies the theme of International Women's Day 2026: **"Give to Gain."**

When you uplift a woman through spiritual knowledge, you uplift the family, the community, and eventually, the world. By teaching her, you teach the world. The Father places the greatest trust and responsibility on the mothers, saying, "You are not just mothers, but World Mothers. You are helping God transform the residents of a degraded world into the residents of heaven."

For centuries, scholars and renunciates who

forsook their responsibilities referred to women as the "gateway to hell" (*Nark ka Dwar*). The God-Father has come to rewrite this narrative forever. He asserts, "I am here to show the world that My daughters are actually the 'Gateway to Heaven' (*Swarg ka Dwar*). It is you who glorify the Father's name and make the whole world into heaven."

This Women's Day, let us honour the *Shaktis* – the world mothers who embody purity and spiritual power, and are silently transforming the world by transforming each soul. ■■

EMBRACE THE MOMENT

B.K. Sarika, Nalasopara, Vasai, MH



**Thoughts wander behind, hopes run ahead;
Feel the peace arise from the words unsaid.**

Joy or happiness is, not too far hidden;

Each quiet breath reveals what's written.

When we embrace the moment, destiny speaks;

And lights the path that every soul seeks.

Make the present fruitful, and each moment will shine;

Life will flow in beautiful colours and designs.

So

Let's fully immerse ourselves in the present moment;

And lift our spirits beyond all torment.

EMPOWERED WOMEN, EMPOWERED WORLD

When empowered, educated, and respected, women become powerful agents of progress, shaping a more just and balanced world.

B.K. Ram Singh, Rewari



What is the importance of a woman in her own home? This question is often overlooked in many households. A popular anecdote illustrates this reality well. When a husband returns home from the office or other

work and finds the house in complete disarray – children quarrelling, household tasks unattended, and the kitchen in chaos – he questions his wife. She replies, “You always ask what I do all day. So today, I did nothing.”

This incident reflects a deep truth about the unseen role of a woman in the home. While the reaction in the story may seem humorous or exaggerated, it reveals an important reality. A woman often prioritises maintaining relationships and harmony within the family over highlighting her own contributions. She quietly takes care of countless responsibilities, often working beyond her capacity, without seeking recognition, praise, or reward.

However, over time, such silent dedication can negatively affect her self-confidence. In certain situations, a woman may even become completely dependent on others for validation or decision-making. Therefore, it becomes essential for women themselves to take the primary responsibility of gradually transforming such situations – in ways that serve both their own well-being and the overall interest of the family.



The Happiness of the Family is Linked to the Happiness of Women

It is undeniable that women have traditionally managed household expenses, social relationships, and numerous responsibilities with remarkable skill. This in itself is a specialised capability that requires intelligence, patience, and foresight.

Today, women have taken further strides. They handle banking work, participate in financial discussions, and actively engage in planning the family's future. They discuss financial matters with their husbands and elder children, gather necessary information, and provide thoughtful suggestions regarding savings and investments. Women are fully capable of calculating income and expenditure, maintaining accounts, and managing investments wisely.

When a woman feels respected, confident, and involved in decision-making, the entire family benefits. Her happiness strengthens the emotional foundation of the home, creating stability and prosperity for all.

Women as Catalysts of Prosperity and Upliftment

Women are strong pillars not only in their families but also in society. They contribute significantly to prosperity, social justice, and harmony. Their positive social, economic, and cultural contributions strengthen the fabric of society.

Women play a vital role in promoting progress and development. Their nurturing influence,

combined with their organisational and leadership abilities, supports long-term prosperity. When women are empowered, society benefits from their creativity, compassion, and resilience.

Within the household, women ensure organisation and discipline. They contribute substantially to education and cultural preservation. Through mothers and educators, knowledge, values, and traditions are transmitted from one generation to the next. In this way, women shape the moral and intellectual direction of society.

Women: The Foundation of Society

The family is the foundation of society, and women form the core of that foundation. In today's era, women are continuously gaining education and awareness. Education has empowered them to think independently and contribute meaningfully to both family and society.

Women are the key to sustainable development and to improving the quality of life within families. They perform multiple roles – as mothers, wives, daughters, and sisters – balancing emotional, social, and economic responsibilities.

From the Vedic period to the present day, women have played a crucial role in determining the condition, direction, and dynamism of society. Their influence has shaped civilisation across centuries, and it will continue to do so in the future. Today, women are speaking out more confidently against social injustices and harmful practices.

Women Raising Social Awareness

Women have influenced every era of history. During the Vedic period, they enjoyed considerable freedom and equality. They played active roles in education, politics, literature, economics, and social life. However, after approximately 500 BC, the status of women gradually declined due to various social and

cultural changes.

In the present time, however, women are once again raising awareness in society. Through NGOs, social organisations, and community initiatives, they advocate against dowry, domestic violence, child marriage, rape, exploitation, the purdah system, and rigid patriarchal mindsets. They are becoming strong voices for justice, equality, and human dignity.

By educating themselves and others, women are transforming social thinking. Their awareness campaigns and social efforts are contributing to a more balanced and equitable society.

The Contribution of Women to National and Global Development

Since independence, numerous educational schemes and government initiatives have brought women to the forefront of education and professional life. As a result, women today are serving the nation and the world in every field through dedication and hard work.

Women have achieved remarkable success in media and communication. Their contributions to international technology, scientific research, and space exploration have earned global recognition. They have proven their competence and leadership in diverse fields, breaking traditional barriers.

In the healthcare sector, women form the backbone as doctors, nurses, ASHA workers, psychologists, and healthcare professionals. Their service ensures the well-being of communities at the grassroots level.

Women's participation in the labour force has also increased significantly in agriculture, dairy farming, fisheries, and small and cottage industries. Their economic contributions strengthen both rural and urban economies. Through entrepreneurship and self-employment, women are contributing to inclusive growth. ■ ■

GOOD WISHES FOR EVERYONE SHOULD BE NATURAL

Through pure feelings, responsibility for one's actions, and love for God, a seeker can develop a harmonious stage, settle *karmic* accounts, and progress steadily on the spiritual path.

This article contains some questions from the seeker and the answers given by Dadi Janki, which are very useful for making better spiritual efforts and personal spiritual progress, as Dadi's answers are quite justified in clearing the doubts of the seeker. The questions and answers are as follows:

Question: *I am just one B.K. out of thousands. Does Shiva Baba notice me? How can I be special to Him?*

Ans.: Baba has made me belong to Him and He pays a lot of attention to me. This is true for each one of us. If you question this, it means there is not much self-confidence. Why wouldn't Baba like you? He is proud of each child. He knows us. He knows that we belong to Him. I belong to Baba and He belongs to me.

Question: *Remembrance begets remembrance. How can I draw His remembrance to me?*

Ans.: This is the time of the Confluence Age. It is only at this time that He tells me to belong to Himself. If we sit in silence now, Baba will pull us with the thread of love. It doesn't matter how many hundreds of thousands of B.Ks there are, He definitely remembers me.

Question: *If I give sorrow unintentionally, then who is to blame?*

Ans.: It's my job to have interaction of Godly love with everyone. This is God's family and time is short. I need to have the aim to have good interaction with everyone. If the other person is



Rajyogini Dadi Janki

taking sorrow from what I have done, I should apologise. He/she may even take sorrow from my tone of voice. Then apologise; ask for forgiveness. Don't be careless in this. A true effort-maker will make the effort not to give any type of sorrow. My effort should be such that I feel that Baba is paying attention to me.

Question: *How can I maintain good wishes and pure feelings for everyone?*

Ans.: Having good wishes for everyone should be natural. It doesn't matter what they are like. I will get the return of my feelings. If I don't have good wishes, what am I thinking? I am responsible for myself. We are Brahma-kumars and Brahmakumaris; we need to pay attention to the pattern of our thoughts. A good quality B.K. will have good wishes for everyone. To have waste is not cleanliness. Not caring is also not cleanliness. Sit down and check your effort throughout the day. At least, have good thoughts for yourself and you will then develop the pattern. This will lead to good thoughts for others. Then I am not wasting time, I am using time in a worthwhile way. When we say 'Om Shanti' we have good feelings. We want everyone to experience that feeling. We create an atmosphere in this way.

Question: *Is it the final stage to have equal*

love for everyone? Is it possible? Throughout our 84 births we have karmic accounts. Some of them may be negative. How can I have equal love?

Ans.: It is definitely possible. There shouldn't be a single moment when we feel we don't care about a particular person. This type of language is not the sign of a yogi soul. Recognise the time; something may have happened in the past, but past is past. See the time. In order to make good effort, I have to make the past the past. There should be this echo within. Don't think of the past and don't have expectations for the future. The time that we are going through now is to make effort for the future. To use time in a worthwhile way is necessary. From my heart, I feel that on my right-side, Baba is with me and in my breath, Baba is with me. On my left is my fortune. It is my fortune to have the feeling that Baba is with me. I want you all to have the experience of Baba's companionship. I am grateful to Baba. This gratitude is necessary as Baba is helping me at every step and I am earning an income. This study is wonderful and I need a lot of love for this study; Baba is speaking this magical *Murli* especially for me. The *Murli* doesn't allow any worry to come in. Do you experience this magic in the *Murli*?

Question: *I may not get on with someone; how can I pay attention not to increase my karmic account?*

Ans.: I have seen such practical examples. Even the thought that 'I cannot get along with this person', brings negativity into the relationship. If you are happy to be distant from that person, you are then being influenced by your own nature. I have never let go of my good feelings. The heart desires that they will change and I never had the thought that they won't change. Even if they don't seem to be changing,

I keep good feelings for others. In fact, when I keep good feelings, I am benefiting myself. Each day my stage should be such that I am ready to leave the body. In my remembrance, there is Baba. That atmosphere spreads across the world. Others should be able to draw that remembrance to themselves.

Question: *Is love the main aspect of this path? Did all the ancestor souls surrender because of love? What is the main foundation of knowledge; is it love for God?*

Ans.: God is the Father, Teacher, *Satguru*, Mother, and Friend. If I have those experiences, my life becomes valuable. If you have experienced something once, then you want others to experience the same. In the beginning, we used to say, "Caution each other and progress." ■ ■

(Contd. from page no. ...11)

The Gift Hidden Within the Trial

Looking back, I realise that this was not merely a medical journey. It was a sacred transformation.

The body was tested. The soul was refined.

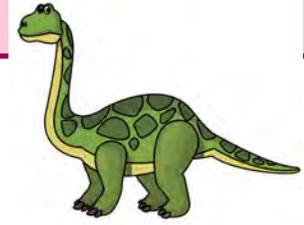
Through every scan, every injection, every rainy day, I felt accompanied. The Supreme Surgeon was never absent. Each *Murli* was medicine. Each remembrance was protection.

If there is one message I would share from my experience, it is this: **"When you walk with God, fear loses its voice."**

Adversity may knock at the door, but with spiritual awareness, it becomes a teacher rather than a threat.

This chapter of my life did not weaken me. It strengthened my faith, deepened my surrender, and expanded my service.

And for that, I remain grateful. ■ ■



THE SAGA OF DINOSAURS MADE IT EASY TO ACCEPT DIVINE TEACHINGS

The debate about dinosaurs and extinction leads to the deeper realization that history is cyclical – not linear—and ultimately points toward divine intervention and the eternal renewal of the world through God's teachings.

B.K. Rose Mary

During my school days, the question of dinosaurs always posed certain difficulties for me. School textbooks describe the saga of dinosaurs and state that they suffered mass extinction 65 million years ago, following an asteroid colliding with the Earth or due to climate change.

I questioned: *Why would that event wipe out only the dinosaurs and not other species – especially giant (Indonesian) Komodo dragons, lizards, and crocodiles that look almost similar to them?* (<https://www.livescience.com/9726-origin-komodo-dragon-revealed.html>)

If what evolutionists teach about dinosaurs is really true, why does everyone not agree with it? Opponents argue that it is all a conspiracy to prove the Theory of Evolution because of the following factors:

Arguments Raised by Opponents

- (i) The first dinosaur that was fabricated and named *Iguanodon* in 1825 in England was not reconstructed from several hundred individual bones but from just a tooth brought to Dr. Gideon Mantell, an English obstetrician, geologist, and palaeontologist.
- (ii) Dinosaur fossils are often incomplete sets of bones. Palaeontologists then construct a hypothesis about the appearance of the whole skeleton; thus, the dinosaur bones displayed in museums are frequently plaster casts.

(iii) Throughout history, many varieties of people have dug the earth for various purposes, yet none of them reportedly found dinosaur fossils, which seem to have been waiting specifically for evolutionists.

(iv) The discovery of soft tissue (including stretchy ligaments with identifiable proteins, flexible transparent branching blood vessels, and easily identifiable remains of red blood cells – even showing nuclei typical of reptiles inside these vessels) by palaeontologist Mary Schweitzer, which made worldwide headlines in 2005, suggests that dinosaur fossils may not be millions of years old.

(v) Even supporters have difficulties understanding certain details; hence, they have made many mistakes in movies about dinosaurs, which angered palaeontologists. (http://www.huffingtonpost.co.uk/2015/06/15/jurassic-world-dinosaurs-inaccurate-paleontologists-outrage_n_7583384.html)

Which Group Is Right?

Now the question arises: Which group is right? Both groups – the opponents (palaeontologists) and the supporters (evolutionists) – may not be entirely right, and the truth could lie somewhere in between for the following reasons:

Evolutionists believe that history is linear. If history is linear, then the event that led to the

mass extinction of dinosaurs should also have led to the extinction of other species. Yet other species survived, which suggests that history may not be linear.

If history is not linear, it must be cyclical – like everything else in nature: day and night, seasons, the water cycle, *yugas*, etc. Our experience shows that the quality of life and the environment is gradually deteriorating, which suggests that history must have had a perfect beginning. Thus, history is cyclical, with the first half being perfect (characterized by a small human population and a pure environment) and the second half being imperfect (characterized by increasing population and depleting resources).

The Perfect and Imperfect Halves of History

The requirements of the first, perfect half cannot be fully understood now. Likewise, the age of fossils belonging to that perfect half cannot be correctly ascertained in this imperfect second half because of contrasting ecosystems.

Just as huge whales coexist with small fish in the ocean, large beings could have coexisted harmoniously with human beings in the perfect first half of history, serving special needs of that period.

When each cycle revolves, the perfect half declines into the imperfect half. When such a perfect system falls, everything turns upside down, and catastrophic changes occur in every sphere. These include deaths by accidents (small and large, such as natural calamities), intentional killing (when some humans and animals began eating the flesh of other species), and constructive microorganisms turning destructive, causing diseases.

From Heaven to Hell: The Fall of Order

When heaven-like conditions changed into hell-like conditions, it was a shift from order to disorder. The world began to be called a demoniac world (*Asuri Dunia*) – a place where law and logic no longer ruled human lives and where impure attitudes dominated.

Healthy thinking, which resulted in healthy bodies and a healthy environment, transformed into harmful thinking, leading to corresponding negative effects on bodies and the environment. This means change occurred everywhere—in attitude, in thinking, and even within the DNA of some beings. Disorder began manifesting in various forms—gigantism and dwarfism, even within the same species; large species becoming small and vice versa.

DNA Changes and Adaptation

The implications of DNA change have already been demonstrated through genetic engineering—the process of altering DNA to bring about specific characteristics in living beings. Some results include bigger, longer-lasting vegetables; trees that absorb dirty water and release it purified; trees that grow superfast to produce stronger wood; genetically modified plants (such as the “grapple,” an apple that tastes like a grape); faster-growing salmon; and genetically modified animals.

Changes occur when situations demand them. For example, when species involved in a food chain become extinct, biodiversity provides genetic variability to help populations adapt to changing environmental conditions. (<https://sciencing.com/happens-something-food-chain-goes-extinct-18214.html>)

In other words, large species such as dinosaurs (if they indeed existed) may have served a purpose in the first half of each historical cycle. That purpose ended when

history entered the imperfect second half, and dinosaurs were no longer required. Thus, they may have become extinct or reduced in size, evolving into smaller creatures such as birds or lizards. Interestingly, the word “dinosaur” means “terrible lizard” (Greek: *deinos* = terrible + *sauros* = lizard).

Clues That History Is Cyclical

An analytical mind can conclude that history is cyclical by examining the following truths:

- (i) Everything is a transformation of energy. Energy is eternal. Nothing happens without something preceding it, implying history has an infinite past.
- (ii) There is order in nature – Earth appears finely tuned for life – which suggests the existence of God.
- (iii) There is a natural law of increasing disorder called entropy. Entropy measures disorder, like a building that gradually deteriorates over time and requires reconstruction.

The implied truth is that disorder arises from order (not vice versa), and new things become old over time (not vice versa). Earth's systems were once new and have now become old—they are neither eternally new nor eternally old. Therefore, at regular intervals, the original state must be restored. History is thus a never-ending cycle of elevation and decline.

Divine Intervention and the Symbol of Shiva

What has become old can be renewed only through the intervention of the Supreme Being. This truth is symbolically conveyed in the ancient symbol of Incorporeal God Shiva – the Shiva Linga.

In the word *linga*, “la” signifies dissolution (*laya*) of the old system, and “ga” signifies arrival (*agamana*) of a new system. This symbol represents the ascending and

descending phases of each Kalpa and highlights the two roles God Shiva plays between each Kalpa: Illuminator and Elevator of mankind.

Just as a new generation of a tree is guaranteed because of the seed left behind, the certainty of the next Kalpa is guaranteed because the seed of the Kalpa tree is the Supreme Soul: “**I am the Seed of the whole Kalpa tree**” (Murli 13.10.2017).

This means the Golden Age will arrive as naturally as the present tree emerged from the seed of a past tree. If the present tree is real, the future tree must also be real.

Accepting the Divine Teachings

This understanding, gained through my studies, made it easy for me to accept the divine teachings of the seven-day Rajyoga Course conducted by the Brahma Kumaris Organization.

Through this course, I learned that history is cyclical; each cycle is called a Kalpa and lasts 5,000 years. During the Confluence Age of each Kalpa, humanity is given the opportunity to learn forgotten truths directly from God Shiva, our Heavenly Father.

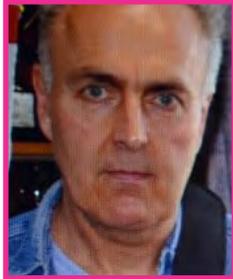
He teaches with clarity about vital subjects: Who we are, who God is, the original history and geography of the world, how this hell-like world will be transformed into heaven.

Those frustrated by conflicting worldly teachings may feel delighted to accept these esoteric and universal truths. By studying them, practicing Rajyoga meditation, and inculcating divine qualities, one prepares for the forthcoming Golden-Aged World—Heaven, Paradise, or *Shivalaya* – which is now being established by God Father Shiva. ■■

THE INVISIBLE PASSENGER: WHO IS DRIVING YOUR LIFE?

Bad habits cause blurred vision, rapid thinking,
accidents, sorrow, and many crashes.

B.K. David, Paignton, UK



The juggernaut of karma *has* many gears, one Driver, and is omnipresent on every road where vehicles travel with false number plates that read **FALSEHOOD 1**.

You may say you are a genuine driver – honest and responsible – yet how often do you look in the mirror at your face, or at your reflection in a shop window or at home?

We are souls with bodies, and we should pay attention to what we are, not merely to what we have and can so easily see. We have become lazy toward the soul and enslaved to the visible body, which now demands that its five senses be fed every minute. If they are not, the driver – the soul – soon slips into depression.

Those drivers engrossed in their car – their vehicle – should not really be allowed on the road of truth that leads to heaven. Yet these drivers call themselves genuine, even while speeding with body-consciousness as their constant passenger, whom they keep company with and feed on every journey.

Are you ever guilty of keeping falsehood as your passenger in life, without even realizing who you are giving a lift to?

Most are guilty of living a false, illusory life where the body is number one and the soul is somewhere far down their long list – often below

their cat, dog, or gym.

Are you heading toward becoming the new god of Glamour?

Our world is based on illusions that reward falsehood and glamour, where deception is somehow overlooked and spirituality – with its beneficial values for mankind – is sidelined.

The world now beats to the rhythm of fast living, fed by body-consciousness day and night. Even the blind can see that we live in a world whose new religion is Glamour – spelled with the biggest capital “G” – when once that “G” stood for “God” alone.

If you possess enough glamour, you can become its leading figure – even a god. Many aspire to be the new god of Glamour and its head; yet in this new order, you are not called its head, but its leading star.

Where does God appear on your daily long list?

The overriding trait of all potential stars and leaders – often to the point of blindness – is that they see only what is not them: the body. They ignore their soul, their true star, which should always take centre stage in their lives – before the shopping mall, before the favourite TV show, before mobile calls.

The body has become the star for nearly everyone and seems the only form of expression people truly understand. Many are happy to belong to this Religion of Glamour – chasing it and worshipping it constantly.



Better to be called Cliff than to head toward a cliff.

Glamour – its pursuit and expression – has become the world power and driving force. It is not only crippling the world but steering this juggernaut of falsehood into a cul-de-sac whose brick wall hides a cliff behind it.

Karma owns many vehicles – trucks, rockets, kites, planes, bikes – and even a brightly coloured yellow tow truck called Religion.

This tow truck has flashing lights and the words on its side: **SAVIOUR, GOD, JESUS, HEAVEN. JUMP ABOARD TODAY – WE ARE HEADING FOR HEAVEN.**

You can never outrun karma's Arctic lorry or tractor in your sports car called “free spirit” and “living life to the full.”

You are the driver of your own car, yet you cannot see clearly because you are blinded by your reflection – white teeth, blonde streaks in your hair, artificial lips – in your rearview mirror while driving.

Your so-called sports car may actually be a rusting bucket of loose nuts and bolts, causing endless problems.

When filled with too much bad karma, your car turns into a lorry – one invisible to you. Yet you will notice it becoming harder to drive each day. The steering grows heavier, the windshield dirtier, cracks begin to appear, the tires deflate, and the battery leaks – losing power day by day.

For many, their misplaced toolkit cannot fix their problems. Even an expert at the local repair garage would be of no help, because the air in the tires and the power in the battery – the forces that drive all humans – come from the soul. And man's garage is physical, filled with oil, grease, and dirt.

Are you guilty of walking around wearing a Napoleonic hat?

Many live a Napoleonic-like life, with a

mentality as foolish as the hat they wear. They do battle with anyone who steps in front of their cannons (life). They fire cannonballs of ignorance with little thought for the suffering they cause. As long as they get their way and believe they are protecting their empire, they care little for real values. Many want to be seen as powerful, in total control, and will act without thought or concern for others.

Remember this well: what many aspire to today as an empire amount to little more than a backyard filled with sorrow, arguments, dead animals, barbecues, flies, screaming children, loud music, and barking dogs.

Are you one who longs to be crowned daily as emperor of your kingdom?

I have met many Napoleonic blockheads – often with large, square heads – who in reality struggle to be even average. Their bossy nature may elevate them temporarily before dropping them back down onto their square heads. Their thoughts shape their small lives and imprison them behind invisible bars in the vast, overcrowded prison of Falsehood – a prison with no walls, where inmates walk freely.

Those who learn to serve others and bow before the one holding the book of love in the hand of truth will gain health, wealth, and a clean heart – one that beats in happiness, not as if on a battlefield.

The Driver of life's great karmic lorry is sounding His horn, announcing His arrival to reward and discipline all who have lived in truth or falsehood throughout their lives.

Many will be run over, unable to move aside, as if glued to the road by a tube labelled **THE PAST**.

Only a few of the very few will receive a gold medal of honour from the Commanding Chief – along with a rare gold magnetic ring inscribed:

TOWARDS HEAVEN, HOLDING HANDS. ■ ■



THE GOLDEN AGE WHERE ECONOMICS MEETS SPIRITUALITY

Exploring Joan Robinson's Ideal Economy and the Brahma Kumaris' Vision of a Perfect World.

B.K. Sundaresan, Bengaluru



Economists and spiritual thinkers rarely cross paths. Yet, both dream of a world free from inequality, poverty, and instability. Joan Robinson, a renowned post-Keynesian economist, imagined a Golden Age of steady and balanced growth.

The Brahma Kumaris describe a Golden Age – *Satyuga* – as a 1250-year era of perfect harmony created by Shiv Baba. At first glance, these worlds seem unrelated – but they share surprising points of convergence.

Joan Robinson's Golden Age: A Mythical Model of Balance

Joan Robinson's "Golden Age" is not a forecast – it is an intellectual tool. She describes an economy in which everything grows in perfect proportionality.

Key Features of Robinson's Golden Age: Labour and capital grow at the same rate. Full employment prevails – no involuntary unemployment. Profit rate remains constant. Capital–output ratio is stable.

Income distribution between wages and profits stays balanced. Robinson calls this model "mythical" because real economies constantly face instability, technological shocks, and class conflict.

Brahma Kumaris' Golden Age: A Divine Era of Perfection

While Robinson's Golden Age is an economic hypothesis, the Brahma Kumaris describe the Golden Age (*Satyuga*) as a spiritual reality emerging after world transformation.

Features of the Brahma Kumaris' Golden Age: 1250 years of complete peace and

prosperity. No poverty, no scarcity, no inequality. No labour class or entrepreneurial class. Kings and subjects share equal 16 celestial degrees. Nature is abundant and perfectly balanced. No conflict, no crime, no sorrow.

This world functions not through economics but through virtue, *karma*, and spiritual consciousness.

Where the Two Golden Ages Meet Despite their different foundations, both visions share essential themes:

1. **A World Without Poverty** – Robinson: Full employment eliminates economic distress. BKs: Abundance and purity eliminate all scarcity.
2. **Absence of Class Conflict** – Robinson imagines balanced income distribution. BKs envision a society with no classes at all.
3. **Sustainable Harmony** – Robinson's world grows smoothly. The BKs Golden Age is sustained by virtues, not markets.
4. **Centrality of Human Well-Being** – Both aim to maximise human happiness and dignity.

Conclusion

Joan Robinson's Golden Age is a theoretical model of economic equilibrium. The Brahma Kumaris' Golden Age is a spiritual vision of human and natural harmony. Together, they encourage us to imagine a world where both economic systems and human consciousness evolve toward perfection.

Balanced Growth Path

Capital Growth = Labour Growth, Full Employment, Stable Profit Rate, No Class Conflict

Divine Golden Age (1250 Years)

No Poverty, No Classes, 16 Celestial Degrees Perfect, Health & Harmony. ■ ■

HIGH VIBRATIONS PROTECT AND HEAL

B.K. Andrew Grant, UK



The vibrations of everything go into the soul.
The mind is like a sponge, vessel, or bowl.
We say you could cut the atmosphere with a knife.
The soul needs the protection of pure vibrations to enjoy a good life.

Atma means soul; it creates the atmosphere.
Should we create and vibrate love or fear?
For the *atma* is the self that vibrates day and night.
Whatever you vibrate, like attracts like.
It doesn't matter whatever has happened; the past is past.
Whatever you create will last and last.
For when I have sorrow, sorrow surrounds me.
And when I have peace, it removes any sorrow that's around me.
If vibrations were physical, we would see dark, grey, or light.
Worry, fear, and stress would be far from white.
When impatient and in a hurry, impatience is in the air.
You'll make mistakes even though you may care.
The atmosphere will be grey like an orb around you.
Give the mind peace and patience to fully ground and protect you.
People tell you of their complaints about others.
They are telling you of the light they are in that is making them suffer.
Did you think it's another person who creates your sadness?
Our own vibrational change is our own madness?
When I look after someone in my very attached way,
The energy in my atmosphere would be varying shades of grey.
But when I look after another in my own peace,
My atmosphere will affect their atmosphere for their mental release.
For though they may be sick and stressed,
Adding more of the same may make them depressed.

"Love is in the air" means the *atma's* sphere.

What's circulating from this soul can remove another's fear.

It will penetrate the darkness of their vibration,

Remove much worry, fear, and frustration.

And one day – let's hope it happens soon –
You won't need to say comforting words, for the vibration alone will remove their gloom.

For that, do not match your vibration with another's darkness.

Anger is very dark, but it is removed with lightness.
A negative imagination is shades of grey.
What we think puts our feelings on display.
It is more important to be patient than getting anywhere.

If you miss the plane, then you were never meant to be there.

For at the end of the day, we have to influence life, not the other way round.

A mind that's still and stable keeps the mood away from the ground.

We stopped vibrating high energy.

I thought it was you who dictated my happiness, and you thought it was me.

Being accountable for one's own energy is essential.

To never give a reason why I became unhappy so easily.
Our own vibration is the only thing we can do something about.

High vibrations don't allow me to have any shadow of doubt.

We are all God's children, but we aim to vibrate that same vibration.

God is the essence of love that could remove all our frustration.

But we had our own will to vibrate what we chose.

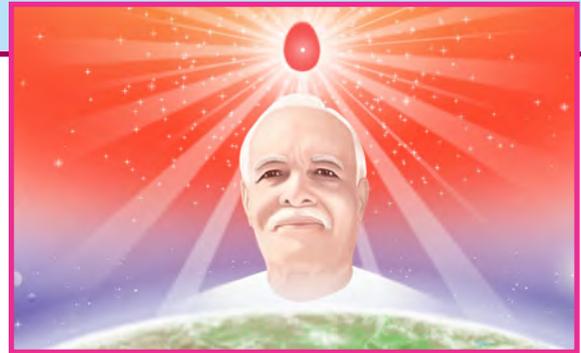
We became misaligned and continued to doze.
As the Father is, so can the child be.

Knowing we are living, vibrating energy removes all that's wild. ■ ■



HOW IS GOD BOTH FATHER AND MOTHER

God becomes both Father and Mother by spiritually adopting a human instrument, creating a new birth of souls through divine knowledge and transformation.



B.K. Arzu, Kolkata



Everyone would agree that God is known as the Unborn. Clearly, He does not have parents to give Him a physical body. In such a case, how can He deliver His message unless He speaks? Human beings are unable to receive messages without words and sound. Hence, He takes the support of a human medium and speaks through that person's mouth.

Towards the end of the Iron Age, God, the Supreme Soul, descends into this corporeal world. In order to communicate, He chooses a special human being as His instrument. This is necessary because He does not possess a body or a mouth. Human beings cannot perceive His signals unless they see Him and hear Him speak. He renames that human being "Brahma."

When God speaks His golden words through Brahma's physical mouth, only a few fortunate souls receive the opportunity to hear them. Upon hearing, understanding the deeper meaning, and imbibing the teachings, a profound transformation takes place. It is as if they are reborn without physically dying. They become Brahmins – the children of Brahma.

This paradigm shift in human beings is referred to as becoming the newly born children

of God. Technically, they are reborn mentally – with a new way of thinking, believing, and living a value-based life filled with purity. They are born not from a womb, but through Brahma's mouth. They are known as the mouth-born children – the true Brahmins.

God is both Mother and Father because creation becomes possible only when He unites with a soul. He adopts a selected soul, enters that body, and makes it His instrument. Through this spiritual union with Brahma, He creates His children. God is the Father, and Brahma becomes the spiritual mother. In an unlimited sense, they function as a divine couple, giving birth to spiritual children.

Then the new creation begins – the foundation of a new world. This divine union has been symbolically represented in different ways and given various names, such as Shiv-Shankar, Ardhnarishwar, Shiv-Parvati, Ram-Hanuma, and even Santa Claus (where white symbolises Brahma and red represents the Supreme Energy), to name a few. ■ ■

A positive mind finds opportunity in everything. A negative mind finds fault in everything.



BURNING THE "I AND MINE" TO IGNITE THE SOUL'S LIGHT

True surrender means burning the ego of "I and mine," allowing the soul's original light to shine and usher in inner renewal and a divine world transformation.

B.K. Shikha, Noida



In our spiritual journey, we often hear the call to "surrender." But what does this truly mean? It is not about giving up our individuality or becoming passive; rather, it is a powerful act of conscious transformation – a sacred sacrifice of the old to embrace the new. This profound process is beautifully expressed in ancient wisdom: surrender your old ways, take refuge in the One, and you shall be liberated from all evil.

Imagine a moth drawn to a flame, not to be destroyed, but to merge its existence with the light. Similarly, we, as souls, are called to offer our limited, old self to the Supreme Flame of Truth – the One Supreme Father. This is the ultimate act of love and trust.

What Do We Surrender?

It is a comprehensive offering of everything that keeps us bound in the darkness of ignorance.

My Ego (My Will, My Opinion): This is the greatest hurdle. Our "I" – the sense of being the doer, the controller, the one who knows best – often prevents us from receiving higher guidance. Surrendering the ego means letting go of rigid opinions, personal wilfulness, and the constant need to be right. It is about trusting a higher wisdom.

Opinions of Those I Consider Right: We

often rely on the advice and perspectives of others, even when they are well-meaning. True surrender requires discernment. It means aligning with the highest truth rather than being swayed by human opinions, however respected they may be.

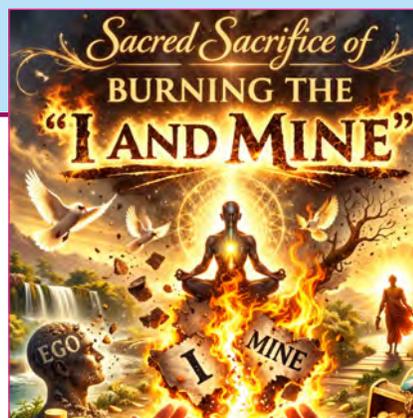
My Lifestyle: This does not mean abandoning responsibilities. Rather, it calls for examining our habits, routines, and daily choices. Are they truly supporting our spiritual growth, or are they rooted in old, body-conscious patterns? Surrender here means consciously choosing a lifestyle that nurtures purity, peace, and spiritual progress.

The Hanuman Analogy: Burning the Tail of "I and Mine"

The powerful image of Hanuman burning Lanka with his tail offers a profound spiritual metaphor. Hanuman's tail symbolises our "I and mine" – our ego and our attachments to possessions, relationships, roles, and even the body itself. Lanka represents "Ravan Rajya," the kingdom of vices, negativity, and sorrow that we have unknowingly created within ourselves and in the world.

When we consciously decide to burn this tail of "I and mine" through spiritual effort and remembrance of the Supreme, we are not destroying ourselves. Instead, we are incinerating the very roots of our suffering. This sacred act of spiritual sacrifice dissolves old,

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urges the person to earn and amass a lot of wealth and the other gives him fear, preventing him from investing money and a third trait forces him to lie down lazily in rest and comfort and the fourth gives him rage so that he cannot behave calmly and sweetly with his colleagues, customers or clients, then the result will be frustration, caused by non-attainment of goals, mental disturbance due to rage and dissatisfaction with the self and others, and there will be mental conflict and illness. If, on the other hand, his urge for money works in co-ordination with his potentiality for work and also with his rational sense that asks to observe moderation, his personality will be known as a harmonious and healthy personality. ***One, who has a harmonious personality, has peace of mind. He has no tension and almost no symptoms of mental ill-health.***

Harmony and Adjustment

But, in this connection, it should be understood that mental harmony and co-ordination have not to be merely among one's own urges, impulses, potentialities, rational sense, etc. but with the realities of the situations also. We often observe that when a man seeks to satisfy his needs or fulfil his desires, he is confronted with certain obstacles, thwarting situations, awaiting failures, or resulting disappointments and they are likely to create disturbance in his mind. *One has, therefore, to adjust his goals or harmonise his urges or to face the situation squarely. This kind of adjustment and harmonisation with the reality and with life's situations also is essential to have mental health and to avoid conflicts.*

Harmony of one's personality with the situations and environment, either by having control and mastery over them or by re-

adjustment of one's goals, desires and endeavours, or by developing the trait of satisfaction and contentment in all circumstances, brings peace to one's mind. This kind of harmony results from the integration and co-ordination of one's (i) thinking, (ii) feeling and (iii) striving with one's potentialities and character traits. If one *thinks* of achieving a particular high goal, *strives* only little, does not use one's potentialities and has other tendencies pulling in other directions and *feels* frustrated, he/she does not have a harmonious mind or a harmonised, properly adjusted personality. Deep thinking would reveal that purity of thoughts brings us both kinds of harmony, for it does not make us over-ambitious so that we remain stable; it removes our laziness and lethargy so that we *strive* hard for success; it gives us good tendencies so that we can have sympathy, co-operation and good-will for others and if at all our goals are not fully achieved or there are failures, purity of mind prevents us from feeling tense or frustrated because we have knowledge of Destiny or Drama. Also, it gives us the power to persevere, to tolerate and to remain calm and balanced. So, Dadi Janki's 'harmonious mind' or 'peaceful personality', as certified by experimenters in their scientific laboratories, is due to her purity and proper adjustment of the knowledge of Eternal World Drama (EWD) and *Karma* Philosophy as revealed by God Shiva through Brahma Baba.

Wholesome and Healthy Personality

But it should be known in this context that harmony is only one aspect of personality though it is a very important aspect. Another important aspect of Personality Development or Mental Health is *'full expression of one's potentialities and native inner urges*. If one's

inner urges are repressed and not fully expressed, one cannot have a great, magnanimous or royal personality. On the other hand, one will have an undeveloped, crippled or deformed personality. The individual, who represses his 'drives' and 'urges', becomes weak-willed and has feeble character. He develops psycho-neurotic conditions, abnormalities of behaviour and many mental and physical ailments. However, a person who has purity will not repress his inner urges because he would not have fear. One, who is honest, truthful and righteous (*Sach*), would dance (*Nach*) with joy, as his potentialities will not be much inhibited. He will have wider field of service and people will provide him with great opportunities because he is great, honest, sincere and trustworthy and this will provide him with more and more chances of expression and manifestation of full potentialities and thereby leading to development of his total personality. Thus, he will be able to build a wholesome and healthy psychophysical personality.

For having a Healthy Personality or Mental Health, another important thing is to have a *Common End or Unified Goal*. For, the harmonisation of various potentialities into a unified whole is not possible if one does not direct his/her potentialities towards a Common End or single goal. If there are different aims or purposes, which are in conflict with each other, then harmonisation will not be possible. For example, if a person has, on the one hand, the urge to help others to have spiritual elevation and, on the other, wants his own elevation to be higher than the former at any cost, then jealousy will come in place of spirituality and there will be conflict in his mind, resulting in tension and restlessness with the situation.

But, if, on the contrary, his unified goal is the greatest wellbeing of all, submerging his own with that of the society as a whole, then he will have good will, good intentions (*Shubh Bhavana* and good wishes (*Shubh Kamana*) and he will have no conflict within his own mind or with others, and then the result will be full and fair expression of his own potentialities.

However, there is, before the common man, the problem of choosing the right end or goal. There are some goals or aims, which are more capable of drawing out and directing man's potentialities than others are. There are some aims, which are good; there are others, which are not. For example, the end, which relates to excessive acquisition of wealth even by foul means or to combat evils in others by criticising them, showing anger or offence at others' faults, is undesirable as it engages man's energies not for higher goals and nobler aims. It cannot result in harmonisation of personality. If, on the other hand, one chooses the goal of Godly Service, human welfare and guiding people to build up character and to have peace, the pursuit of this wider, benign and higher goal will give to man the sense of greatest fulfilment, completeness, harmony and happiness to the "personality as a whole". So, it is a point worthy of high appreciation that Baba has given to us the goal of attaining deity status, which has completeness and perfection, and also has given us the path of Godly Service which helps us to express our potentialities to the maximum. In fact, the whole system of spiritual education is directed towards achieving completeness or perfection in the form of *Jeevan Mukti*, i.e., harmonising all traits with one another and by directing these to one unified noble goal. ■■



Rajkot: After the inauguration of the three-day Mahashivratri Fair, seated on the dais are MLA Dr. Darshita Shah, Mayor Ms. Nayana Pedhadiya, BK Bharati, BK Nalini Ben, and others.



Delhi (Sarai Rohilla): MLA Mr. Som Dutt is addressing a programme on Shivaratri. Also seated on the dais are Councillor Pooja Maan Singh, BK Kokila, and others



Delhi (Shahdara): BK Prabha is addressing ITBP personnel. Commandant Suresh Yadav, BK Balbir, and BK Simran are also present.



Delhi (Karol Bagh): BK Pushpa presented a framed image of God Shiva to District and Sessions Judge Mr. Deepak Garg after a programme on Shivaratri.



Tinwari (Jodhpur): Mahant Narayan Giri Ji Maharaj of Taponidhi Panchayat Anand Akhara, along with BK Sheelu, BK Poonam, BK Phool, and BK Sheel, are seated at a programme on Shivaratri.



Delhi (R.K. Puram): Seated on the dais during a programme on Shivaratri are Mr. Naresh Yadav, former MLA; Mr. Rajesh Pawar, Chairman, Federation of RWAs; BK Onkar and BK Anita.



Ulhasnagar: MLA Mr. Kumar Ailani is sharing his experiences on the occasion of Shivaratri. Also seen on the dais are Mr. Jamnu Purswani, Corporator; Mr. Mahesh Agarwal, Chairman of Regency Nirman Ltd.; Mr. Udhavdas, Chairman of Konark Group of Companies; BK Som; and BK Pushpa.



Mohali: A programme on Shivaratri was inaugurated by Ms. Ankita Kansal, Assistant Commissioner; Ms. Prabhjot Kaur, Chairperson, District Planning Board; BK Prem; BK Rama; and BK Aditi.



Rishikesh: Seated on the dais (L to R) at the Mahashivratri programme are Mayor Mr. Shambhu Paswan; Swami Rameshwar Giri; Swami Raghuveer Giri; BK Manju; Swami Ravi Prapannacharya Shastri; Swami Yogi Ashutosh; Swami Shivanand; and Swami Alok Hari.



Barnala (PB): On the occasion of Shivaratri, Mr. Narinder Kumar, President of the Municipal Committee, was presented with a divine gift by BK Brij. MLA Sardar Kuldeep Singh and BK Rajender were also present.



Ranchi: On the occasion of Mahashivratri, Swami Umeshanand of the Vishva Hindu Parishad; Jyoti S. Matharu, Vice-President of the Minority Commission; Rameshwar Sahu, Dean of Ranchi University; Sandeep Nagpal of the Sant Nirankari Mission; BK Nirmala; and Ravindra N. Gope of the Sant Nirankari Mandal are lighting the candles.



Kolkata: After addressing a seminar on "India's Population: Strength or Disaster," BK Supriya is seen in a group photograph with Ms. Priyanka Chaturvedi, Rajya Sabha MP; Ms. Anuradha Mazumdar, renowned author; and other speakers.



Dehradun: Swami Yogi Ashutosh Ji Maharaj, Founder of the Adi Shankaracharya Vedic Wellness Foundation; BK Asha; BK Manju; Disaster Management Department Secretary Mr. Jyotirmaya Tripathi; and BK Sushil inaugurated a programme on Shivaratri by lighting the candles.



Haridwar: Inaugurating the Mahashivratri programme by lighting the lamps (L to R) are BK Meena, BK Manju, Mayor Ms. Kiran Jaisal, freedom fighter Murali Manohar, and BK Gopal Narsan.



Cooch Behar (WB): Inaugurating a programme on Peace and Happiness are BK Mruthyunjaya, BK Sheelu, Mr. Kailash Choudhary, former Union Minister, and BK Shampa.



Hisar (HR): A 12 Jyotirlingam Shobha Yatra was organised by the Brahma Kumaris on the occasion of Mahashivratri.

(Contd. from page no. ...14)

Thus, elevating the self-i.e., soul, is the only way to help nature and to show our gratitude towards the same. Nature is our best friend, has long been nurturing and sustaining us. Hurting nature is like hurting ourselves. Day-by-day increasing vices, sins and atrocities in the world are the reason for the increasing natural calamities and speeding environmental degradation and therefore freeing the self from them will help unburden the nature and upgrade the environment. And only through the practise of Rajyoga taught by God Father Shiva Himself, can a soul absolve all his sins completely and regain his true pure powerful state.

Hence, let us help the environment by upgrading ourselves first, through Rajyoga, thereby upgrading the nature around. If we change for the better, the environment will surely follow suit. ■ ■

(Contd. from page no. ...29)

impure *sanskars* (deep-seated habits and impressions) and purifies the soul.

The Result: A Renewed Soul and a New World Order

The immediate outcome of this sacred sacrifice is the ignition of the soul's light. Our original nature – pure, peaceful, loving, and powerful – begins to shine once again. The soul is renewed, transformed from an old, weary state into a vibrant, awakened one.

Just as Hanuman's act led to the destruction of Ravan's kingdom, our individual transformation contributes to a collective shift. When enough souls burn their "I and mine," the old "*Ravan Rajya*" – a world order based on ego, conflict, and sorrow – begins to crumble. In its place, a new, divine world order – a "*Ram Rajya*" of peace, purity, and prosperity – is established.

This journey of surrender is not a one-time event, but a continuous process of conscious choice and spiritual effort. It is the most powerful path to self-renewal and, ultimately, to the renewal of the entire world. By offering our old self to the Supreme Flame, we become instruments for a brighter and more divine future. ■ ■

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Raipur: H.E. Ramen Deka, Governor of Chhattisgarh, and Mr. Vishnu Deo Sai, Chief Minister, are seen in a group photograph with BK Hemlata, BK Savita, BK Rashmi, BK Vanita, and BK Mahesh after a courtesy meeting.



Hansi (HR): BK Lakshmi was felicitated by Union Minister Mr. Manohar Lal Khattar on the occasion of Republic Day.



San Francisco, USA: At the 77th Republic Day of India celebration, Consul General Dr. K. Srikar Reddy is seen with a Brahma Kumaris delegation.



Mehsana (GJ): MP Hari Bhai Patel; MLA Mukesh Bhai Patel; IMA National President Dr. Anil Nayak; BK Sarla; and BK Kusum are seen on the dais after hoisting the flag of God Shiva on the occasion of Shivaratri.



Tapa (PB): BK Usha, BK Kanta, and Dr. Lekh Ram presented a Godly gift to MP Mr. Gurmeet Singh Meht Hayer. Ms. Sonika Bansal, President of the Municipal Council, was also present.



Hyderabad (Shanti Sarovar): Maharshi Ramana Murthy, National General Secretary of the Jai Bharat Movement, was presented with a Godly gift by BK Jenna. Mr. Sankariah, Additional Commissioner of GHMC, was also present.



Mumbai (Powai): Director of IIT Bombay, Prof. Shirish Kedare, was presented with a Godly gift by BK E.V. Swaminathan, BK Alka, and BK Mahendra.



Mumbai (Ghatkopar): After inaugurating the three-day Maha Shivaratri Festival celebrations, Mayor of Mumbai Ms. Ritu Tawade is seen with BK Shaku, BK Nikunj, and BK Vishnupriya.

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Thiruvananthapuram:

Seated on the dais after the inauguration of the Brahma Kumaris Meditation Centre are H.E. Rajendra Vishwanath Arlekar, Governor of Kerala; BK Jayanti; Mr. V.V. Rajesh, Mayor; and BK Minni.



Gurugram (ORC): Union Minister of Food Processing Industries Mr. Chirag Paswan; Senior Advisor, Ministry of Social Justice and Empowerment, Dr. Yogita Swarup; BK Asha; Dr. Pratap Middha; Dr. Banarasi; Dr. Mohit Gupta; and Dr. Usha Kiran, along with others, inaugurated the 52nd National Mind-Body Medicine Conference.



Patna: Mr. Nitin Nabin, National President of the Bharatiya Janata Party, is being presented with a Godly gift by BK Sangeeta and BK Roopam.



New Delhi (Vigyan Bhawan): A programme for media personnel on “Karmayoga in Action” was launched by Dr. L. Murugan, Union Minister of State for Information & Broadcasting; Mr. Jagdish Chandra, CEO & Chief Editor, Bharat 24; BK Jayanti; and BK Asha.