



The Monthly World Renewal

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Nagpur: A state-level campaign on "Golden Era of Maharashtra through Unity and Trust" was launched by H.E. Droupadi Murmu, the President of India, in the presence of H.E. Acharya Devvrat, Governor of Maharashtra, Mr. Chandrashekhar Bawankule, Cabinet Minister, BK Chandrika, BK Rajni and BK Mruthyunjaya.



Chandigarh: BK Shivani is addressing a large public gathering on "Nurturing Relationships" at Mela Ground, Sector 34.





Itanagar: H.E. Lt. General (Retd.) K. T. Parnaik, Governor of Arunachal Pradesh, on the occasion of Holi Milan, is being presented with a Godly gift by BK Junu and BK Dr. Jayadeba, VC of Rajiv Gandhi Central University.



Harvalem (Goa): Governor of Goa H.E. Pusapati Ashok Gajapathi Raju is inaugurating the 'Shiv Darshan Exhibition'. Also present are Union Minister Mr. Shripad Naik, BK Shobha and other BK sisters.



Jaipur (Vaishali Nagar): Mahamandaleshwar Shri Shri 1008 Pradeep Giri Ji Maharaj is being felicitated by BK Chandrakala and BK Sushma.



Jagannath Puri (Rajsunakhala): Speaker of the Odisha Legislative Assembly, Ms. Surama Padhy, Dr. BK Nirupama, BK Rashmita and others are seen after hoisting the flag of God Shiva on Shivaratri.



New Delhi: Brahma Kumaris sisters BK Sonika, BK Mitali, BK Madhavi and BK Neeraj received the "Community Climate Action Award" from Shri Shripad Naik, Union Minister of State for New and Renewable Energy, at Bharat Mandapam.



New Delhi: BK Vedanti received a special felicitation from Mr. Gajendra Singh Shekhawat, Union Minister of Culture and Tourism, at the Ashoka Hotel.



Karnal: During an Art and Culture Wing programme, BK Chandrika is being felicitated by MLA Jagmohan Anand, Mahamandaleshwar Swami Hemantanand, Mayor Renu Bala Gupta and NIFA Chairman Preet Pal Pannu. Also present are BK Prem, BK Poonam and BK Vivek.



CONTENTMENT IS WEALTH

True wealth lies in contentment, not in material possessions; a peaceful and stable mind brings real happiness. Remembering God and the law of *karma* helps us remain content even in difficulties.



In the present world, you will hardly find a man who is fully content. There may be many causes of dissatisfaction. One of the major causes of man's dissatisfaction is his monetary difficulties. Besides financial issues, the problems may relate to personal, social, economic, political or moral issues. Man's wishes, desires, wants and demands go on increasing, taking various forms as days pass by.

Discontentment Disturbs the Balance of Mind

Discontentment brings mental agitation and disturbs intellectual equipoise. As a result of this, man is weighed down with despair, indifference, tension, animosity, even fury, and mental agony, and cannot exercise his discrimination in order to find means of improving the conditions and loses the ability to act. Thus, his plans and acts

go wrong and give rise to quarrels. Only by dint of hard work can a person make both ends meet, and only a person of right understanding can work on the right lines. Otherwise, it is a blunder to let one's reason be clouded by desires and thus lose one's own happiness.

Contentment is Wealth

Contentment is as good a means of happiness as wealth is considered to be. Is it proper, therefore, to lose the wealth of contentment in order to secure another kind of wealth? The right course of conduct is that a person should be calm in the situation of crisis and, at the same time, should find a systematic method of mending or ending it. Considering the present to be the consequence of our own actions, we should be careful about the future. Just as food sustains the body, so does the mind

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EARTH DAY FROM POLLUTION TO PURITY, FROM EXCESS TO ENOUGH

Mental pollution (fear, greed, negativity) is the cause; physical pollution is the result. Earth Day is a reminder to clean both the planet and the mind.

Each year, Earth Day arrives as a gentle pause—a moment to step back from the rush of life and reflect on the world we are shaping. Conversations often centre around visible concerns: climate change, pollution, and the depletion of natural resources. These discussions are necessary. Yet, if we look a little deeper, we begin to see that the environmental crisis is not only external – it is also deeply internal.

The Earth We See Outside is, in Many Ways, A Reflection of The Human Mind Within

Today, one of the most visible debates around pollution emerges during festivals like Diwali. As firecrackers light up the sky, so do arguments. Environmentalists and activists raise their voices, highlighting the harmful effects of smoke and noise on health and the environment. They are not wrong. Pollution does impact air quality, disturbs ecosystem, and affects vulnerable sections of society. But at the same time, a silent question arises – is our concern for pollution consistent, or is it selective?

Across the world, thousands of missiles and weapons are used in conflicts and wars. The environmental destruction caused by these activities is vast—far greater than what we witness during festive celebrations. Entire regions suffer from toxic air, damaged land, and long-term ecological imbalance. Yet, the intensity of outrage often seems uneven.

This is not about dismissing one concern in favor of another. It is about expanding our awareness. If we truly care for the Earth, our sensitivity must go beyond occasions and become a way of living.

In our culture, the Earth is not merely a planet – it is *Dharti Mata*, our Mother. She sustains us with unconditional giving. The food we eat, the water we drink, the air we breathe—all come from her. To call the Earth “Mother” is not just a poetic expression; it is a reminder of our responsibility. The question, then, is simple yet profound: Are we living as responsible children, or as careless users?

Because pollution is not just something we create outside. It begins much earlier—within the mind. There are two kinds of pollution we must understand:

Physical Pollution – The Visible Reality

This includes air pollution, water contamination, plastic waste, noise, and environmental degradation. These are measurable, visible, and widely discussed. Firecrackers, industrial emissions, deforestation, and excessive consumption all contribute to this. We recognize it, we debate it, and we try to control it.

Mental Pollution – The Invisible Source

While air, water, and soil pollution have long dominated environmental discussions, a more insidious form of pollution is silently corroding the foundation of human society: **mental pollution**. While physical pollution harms the

body, mental pollution destroys the spirit and the mind. Addressing it is not merely a personal health issue but a necessary step for the survival and progress of humanity. This is subtle, yet far more powerful. **Mental pollution includes fear, negativity, anger, jealousy, comparison, and ill feelings or negative intentions toward others.** Consider a simple, everyday situation.

If a daughter comes home late from school, what is the first thought that arises? Often, instead of calm understanding, the mind jumps to fear: *What if something went wrong? What if there was an accident? What if something bad happened?*

This habitual tendency to imagine the worst is a form of mental pollution. Similarly, when individuals, communities, or even nations hold negative intentions toward each other, those thoughts do not remain confined within. Over time, they translate into actions – conflicts, aggression, even wars. And these actions create massive physical pollution. So, when we look deeply, a powerful truth emerges: **mental pollution is the root; physical pollution is the outcome.**

A restless, dissatisfied mind seeks more – more comfort, more possessions, more control.

This inner restlessness leads to over-consumption, exploitation of resources, and imbalance in nature. On the other hand, a calm and content mind naturally chooses balance.

There was a time when life was simpler. Needs were fewer, and there was harmony between human life and nature. Today, that harmony has been replaced by speed, comparison, and constant desire. We are encouraged to upgrade, replace, and acquire—often without asking if it is truly necessary. In this constant chase, we have lost the meaning of *enough*.

Yet, the understanding of *enough* is deeply transformative. It does not mean limiting life; it means recognizing sufficiency. When we feel that what we have is enough, a sense of peace arises. The pressure to constantly want more begins to fade.

From that space: consumption becomes mindful, resources are respected and waste naturally reduces.

This is a true economy—not just financial, but spiritual and practical. It is about using what is needed, valuing what is available, and avoiding excess. But **how do we move from restlessness to contentment?** This is where the connection with the **Supreme** becomes essential.

The Supreme is the highest source of peace, purity, and completeness. Unlike the material world, which is constantly changing, the Supreme is constant and full. When we connect with this source through meditation, we begin to experience inner stability.

A mind connected with the Supreme becomes: peaceful instead of restless, content instead of craving and clear instead of confused.

And this inner transformation naturally reflects in our outer behavior. We begin to live not as owners, but as trustees. The shift from ownership to stewardship is crucial. When we think “this is mine,” we tend to overuse and exploit. But when we understand “this is entrusted to me,” we act with care and responsibility.

Earth Day, therefore, is not only about saving the planet – it is about restoring balance within ourselves. It invites us to pause and reflect: where am I using more than I need? Where can I choose simplicity over excess? And where can I replace fear with trust, and negativity with clarity?

These changes do not require dramatic actions. They begin with small, conscious steps: taking only as much as we need, valuing what we already have, reducing waste with awareness, not pressure, spending quiet time in nature, observing and purifying our thoughts and connecting daily with the Supreme through meditation.

Even festivals like Diwali can be re-understood through this lens. The true meaning of Diwali is not just external light, but inner illumination. It is about removing the darkness of ignorance and lighting the lamp of awareness. When we celebrate with this understanding: joy replaces noise, light replaces smoke, awareness replaces excess, and the celebration becomes harmonious – with ourselves and with nature.

Today, the world needs more than environmental activism. It needs inner awakening. Because without addressing mental pollution, efforts to control physical pollution will always remain incomplete.

If the mind is filled with anger, it will create conflict. If the mind is filled with greed, it will exploit resources. If the mind is filled with fear, it will spread insecurity. But if the mind is filled with peace, purity, and contentment, it will naturally create a balanced world.

On this Earth Day, the invitation is simple yet profound: Not just to clean the environment, but to cleanse the mind. Not just to reduce waste outside, but to reduce negativity inside. Not just to protect the Earth, but to honor *Dharti Mata* with awareness and gratitude. Because when even a few individuals begin to live with this consciousness, it creates a ripple – a quiet but powerful shift. A shift from excess to enough. From pollution to purity. From restlessness to peace. And within that shift lies the true hope for our Earth—and for humanity. ■■

Life Changing Advice

➤ **When you know better, do better.**

Do the best you can until you know better. Then when you know better, do better. We're all doing the best we can based on the information and resources we have at our disposal. But some things are simply better learned through experience.

Do your best. Don't be afraid to make mistakes. You will do better when you know how. And you often only find out when you get there.

➤ **Your word is your bond.**

Words are our most inexhaustible source of magic, capable of both inflicting injury and remedying it. Our words can hurt or they can heal. Our words can lift someone up or break them down. Our words can bring us together or tear us apart. Remember this power before you speak. Be intentional with what you say. Then, back it up with action. Keep your word. Follow through. Be reliable. It's how you earn respect. It's how you build integrity. It's how you form formidable bonds.

The words you speak show your heart, your mind, your soul. Make sure what comes out of your mouth is an accurate reflection of what's truest about you in those areas.

BELIEVE RIGHT, ACHIEVE RIGHT

Our beliefs shape our thoughts, behaviour, and destiny; by consciously replacing limiting beliefs with empowering ones, we can create a peaceful and successful life.

B.K. Chirya, New York, USA



Do you wonder where your set of beliefs, gathered along life's journey, has come from? Whatever you believe about happiness, love, respect, anger, or stress has mostly been absorbed through your social conditioning. Have you paused to evaluate them, to accept what is right and discard limiting beliefs?

Society spreads limiting beliefs such as *anger is necessary*. By believing that anger is necessary, we use anger repeatedly. So even if we want to be peaceful, it remains temporary. We also begin believing that happiness comes from achievements and physical wealth, that stress is natural, and that people and situations decide how we feel.

Each one of us is a walking radiator, mostly radiating thoughts and attitudes. From deep within, we radiate our state of being. The essential, original, and eternal state of every being is peaceful and loving. The quality of our thoughts, feelings, attitudes, habits, personality, and destiny is shaped by what we believe. Our lifestyle relies on our belief system. A belief system is comparable to a computer's operating system. Our beliefs become absolute truths for us and drive our life – our thoughts, words, and behaviour.

Take care that along with the right actions and words, our thoughts and attitudes are also right. One incorrect belief in relationships is that people know and judge us only by what we say and do, but may not sense what we think. We need to give more importance to our thoughts, as they travel faster than words and are a more powerful and subtle energy. It is the intention, through the thought energy or vibrations we transmit, that matters more than actions. Our inner intentions create true transparency in relationships.

What we believe has a dominating influence on our destiny and can be very damaging. Therefore, we cannot afford to hold even a single wrong belief. Let us consciously check and change limiting and incorrect beliefs that hold us back from living a beautiful life.

Sit back and prepare your mind to delete beliefs that are obstacles to your growth, well-being, and success. To practice this, visualize the reality you want. Create a thought that this reality already exists and begin radiating that thought to people and situations. Think and speak only about what you want to happen, believing that it has already happened—and it will be achieved. ■■

AN EASY NATURE MAKES EVERY TASK EASY

When the mind is calm, simple, and soul-conscious, every responsibility becomes easier.

Life often feels like a series of challenges – tasks to complete, responsibilities to fulfil, and relationships to nurture. Yet, the slogan “Make your nature easy and every task becomes easy” offers a profound truth: when our inner state is light, calm, and harmonious, the outer world reflects the same ease.

The Essence of Easy Nature

An “easy nature” does not mean laziness or indifference. It means cultivating simplicity, humility, and a cheerful attitude. It is the art of being flexible like water, gentle like a lotus, and resilient like a tree. When the mind is free from unnecessary complications – ego, anger, or worry – life’s tasks stop feeling like burdens. They transform into opportunities for joy and service.

Rajyoga: The Path to Inner Ease

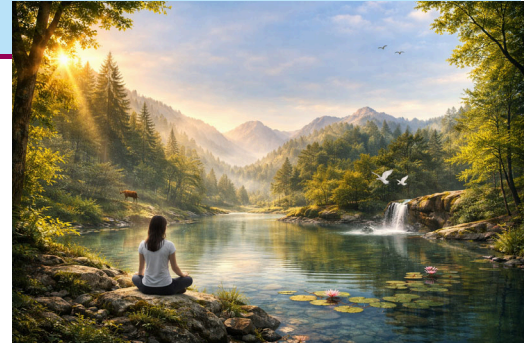
Rajyoga, as taught by the Brahma Kumaris, is the royal yoga of the mind. It is not about physical postures but about connecting the soul with the Supreme. Through meditation, one learns to:

- ▶ Detach from negativity and observe situations with clarity.
- ▶ Recharge inner energy by experiencing peace, love, and bliss from the Supreme Source.
- ▶ Simplify thoughts so that actions flow naturally and effortlessly.

When the mind is aligned with higher consciousness, even complex tasks become smooth. Rajyoga teaches that the real power lies not in controlling the outer world, but in mastering the inner one.

Brahma Kumaris Vision

The Brahma Kumaris emphasise living with



B.K. Ramandeep Kaur, Jalandhar

purity, peace, and spiritual wisdom. Their teachings remind us that:

- ▶ A soul with an easy nature radiates harmony in families and communities.
- ▶ Tasks done with love and lightness carry a fragrance of spirituality.
- ▶ Service becomes effortless when the heart is free from conflict.

In their centres worldwide, one can witness how simplicity and spiritual discipline create an atmosphere where even large events are managed with serenity and grace.

Practical Reflection

- ▶ Begin the day with a few minutes of Rajyoga meditation.
- ▶ Carry the thought: “I am a peaceful soul, and every task is a chance to express that peace.”
- ▶ Smile at challenges – they lose their heaviness when faced with lightness.
- ▶ Remember: when the nature is easy, cooperation flows, relationships blossom, and duties feel like blessings.

Conclusion

The slogan “Make your nature easy and every task becomes easy” is not just advice – it is a spiritual formula. By practising Rajyoga and imbibing the values of the Brahma Kumaris, we learn that ease is the natural state of the soul. When we return to that state, life itself becomes a graceful dance, where every step is filled with peace, love, and joy. ■ ■

ELEMENTS' PLIGHT AND SPIRITUAL LIGHT

Human impurity has polluted the five elements of nature; only spiritual purity and Rajyoga can restore their original harmony and power.

B.K. Dr. Trupti, Shantivan



Sitting on a bench in the garden of Prakash Stambh, Shantivan, I saw the five elements of nature seated before me in their subtle deity forms. Their faces looked gloomy. Worried,

my empathetic self asked, "What is the matter, why do all of you look so pale today? Is there any problem, let me know."

Fire Element: Burning from Within

Fire Element began, "I have acidity."

I, with surprise, said, "What! Can fire ever feel its own heat?"

Fire Element continued, "Yes, when I was in my original pure state, I too had a very pleasant feeling in me. But now I have become extremely impure. I too feel scorching heat within, as if someone has poured lots of red chilli powder on my fire. I feel restless all day and night."

I calmed him down, "This is similar to the condition of human souls today. When we were ontological means holiest, our minds were divinely calm and super serene. But today, on degrading to the lowest impure stage, we are all being burnt in vices. Fire of jealousy, hatred, disgust and revenge, ignited within the self, is burning us from within, the fumes of which are coming out of mouths in the form of condemnation, criticism, mockery or while

pulling someone's leg, and in discouraging someone. Just as the smoke from a chimney first darkens the chimney itself, so too, when a jealous person speaks ill of others, is revealing the darkness of his own mind.

Healing the Fire with Divine Love: Do not worry Brother Fire, take this syrup Gelusil filled with the power of divine love and peace, it will soothe your heat, the restlessness will subside and acidity will soon get relieved!"

Air Element: Suffocating in Polluted Vibrations

Sky element rushed in, "Wherever I go, I find an atmosphere polluted with the stench of body consciousness, of looking at others and an attitude of finding faults, making it difficult for me to breathe freely. The atmosphere, fragrant with the divine qualities and goodwill in the Golden Age, is nowhere to be found now. Spiritual doctor, please prescribe some medicine to help me breathe freely!"

I, comforted Brother Air, "Attitudes create vibrations, and vibrations create the atmosphere. Today, human attitudes have become fickle, perverse, and contaminated, adding on to the air pollution. Hardly does anyone interact with others with sincerity, love and kindness. Everyone, intoxicated by the ego of body consciousness and compelled by their perverse habits, has drifted miles away from their true spiritual nature of being virtuous.



Therefore, this polluted air, laced with the stench of thinking about others, seeing others and gossip is increasing. Not only you, but we too, are suffocating in this stinky air. We, human souls, the children of one Supreme Soul, Supreme Father, are wasting our valuable time in squabbles and quarrels. Brother Air, if we humans adopt the attitude of *Vasudhaiva Kutumbakam*, i.e., of one world one family, heaven will usher on to the earth. For the time being, I prescribe you this pill of 'rays of love', which I will continue to deliver from time to time. This pill filled with spiritual love will uplift the atmosphere with fragrance of brotherhood once again, and your breathing issues will get alleviated, rest assured.

Water Element: Losing Its Purity

Thereafter came Water Element disconsolate, "I was so clean, pure and full of medicinal properties in Golden Bharat, but today I have become so dirty and polluted, spreading illness instead of benefiting humanity. Do help, make me pollution-free again and help me regain my original healing properties." As a double-doctor, I, said "These days detox treatment is very popular, it seems you also need one. Detox rays of purity will surely help to purify the water. Just as the filth of vices has polluted the human mind, the activities of such polluted minds have polluted all natural elements. They say 'As is the water, so is the speech', so the vicious mind pollutes the water, and drinking such polluted water, in turn, makes men utter useless or indecent words and use abusive language. Talking more than needed, a loud voice, speaking meaningless things, slandering and backbiting, etc., all these are the signs of a polluted human mind. Anyway, I will start your detox treatment of purity from today itself, gradually as these polluted toxins will vanish, you will regain your long-lost health and

vigour, and become as virtuous and benevolent as before."

Sky Element: A Blurred Vision

Next was the Sky Element's turn, it said, "Doctor, I cannot see properly, my vision is blurred, and dark clouds obstruct my view, leaving me confused. Please give me some eye drops to help me improve my vision to see everything crystal clear."

I soothed him saying, "Brother Sky, the vision must be kept clear because the adage goes 'As is your vision so is the world!' Some say that 'the world is of the same colour as the glasses', clarifying, if we notice only evil in every person, then we should understand that the evil is not outside but is hidden within us. In other words, when you point a finger at someone, there are three (or four) fingers pointing back at you, right! But this can only be understood by the soul enlightened with true knowledge bestowed upon him, by the Ocean of Knowledge God Himself. Due to the lack of this divine light, the path ahead is not clearly mapped and the soul gets confused. Here Sky brother, kindly use this 'Knowledge Drop', an eye drop instilled with the nectar of Divine Godly knowledge. Surely, in no time, your vision will get cleared, and the power to discern and thus to judge accurately, will improve, leaving no place for any confusion."

Earth Element: Burdened and Exhausted

Thus, after listening to the four elements one by one and explaining their respective treatments to them, when it was Sister Earth's turn, she seemed a bit unconscious. I immediately injected her with the Inj., Vitamin B (Baba), the powerful rays of Almighty Shiv Baba, in the bottle of Power. Soon sister Earth regained consciousness and murmured in a feeble voice: "I am very tired. From the Golden

Age till now, for the past 5000 years, I have nourished all souls in every way, shape and form. I provide food and necessities and thus sustain lives here, I have borne everyone's burden since long with utter patience, with burden I got tilted to 23.5°, but now I cannot hold up to my task and want my spine (axis) erect. I am in dire need of change. Humans are so ungrateful. It seems as if my tolerance has come to an end, now I can no longer provide for such a downtrodden humanity..."

Rajyoga: The Path to Purification

As a spiritual doctor, I gave her all my ears and continued the IV Fluid of power, and comforted the Earth element saying, "Dear sister! I acknowledge your sacrifices and sustenance for so long. Be at ease now, for the God, the creator has Himself descend down on earth to usher in the heaven, to bring back those glorious days of your zeal and vigour again, and to replenish your stocks of all natural reservoirs once and for all. For this He asks for celibacy from men's behalf.

Purity in men's thoughts, words and actions, will surely uplift all of your burdens. Humanity, if adopts, the Four pillars of Rajyoga, taught at Brahma Kumaris by God Himself, will get absolved of their sins and not only the men but all the five elements of nature will get purified, regaining their original benevolent self-back."

Though the foregoing paragraphs describe my personal spiritual experience, they reflect the truth of the current time. Being the masters of the nature, men must take responsibility for natural elements' plight and help them regain their highest pure stage again.

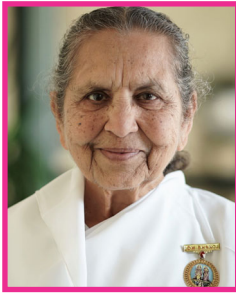
Charity begins at home, hence, for this, all of us, spiritual doctors, must have our spiritual stocks of purity and power full all the time by being soul-conscious and remembering our Supreme Surgeon Shiv Baba. This way we can benefit the entire world, not only the humans but also the nature around. So, Be Holy, Be Rajyogi to make the self and the 5 elements of nature Holiest and Highest. ■ ■

WORDS OF WISDOM

- ◆ **One of our great misperceptions is that we can fill an internal void with an external accomplishment.**
- ◆ **Your temporary circumstances are not your permanent identity.**
- ◆ **Becoming the best version of yourself is possible, but it sometimes requires making a major change in your life.**
- ◆ **Listening is more powerful than speaking.**
- ◆ **Stress doesn't come from hard work; it comes from inaction on things you know you're supposed to take action on.**
- ◆ **Empathy isn't just about placing yourself in someone else's shoes. It's about understanding and acknowledging the human experience of another, regardless of biases or value systems.**
- ◆ **The biggest mistake you can make in life is thinking you have enough time.**

MERCY AND COMPASSION THE HEART OF A BESTOWER

True compassion and love mean giving without attachment or expectations, remaining detached while uplifting others. By connecting with Shiv Baba, the Bestower, we learn to remove sorrow and become bestowers of blessings ourselves.



God Shiva, the Bestower, is the One who constantly showers blessings and at the same time makes us bestowers of blessings. Another aspect of a bestower is the power to turn the worst into the best. That

is why He, the Bestower, comes at the time when the world has reached its worst stage: spiritual decline—totally degraded, empty, and insolvent. He is the Uplifter, the Purifier, and the Fortune-Maker for those who have lost their destination and are experiencing a miserable stage, a state of misfortune.

He does not want anyone to remain unfortunate now, when it is the time to make our fortune. He is the Bestower of Fortune, the One who creates our destiny and makes us the luckiest again. On the path of devotion, He is praised as merciful, but through knowledge we realise that He is not only compassionate and merciful, He is also love-full.

Mercy and Love

There is a difference between mercy and love. Compassion and sympathy are usually temporary, whereas love is permanent. Mercy comes after something has already happened; it is a kind of support given afterwards.

For example, someone has been wealthy, but due to some circumstances, challenges or karmic

B.K. Sudesh Didi, Gyan Sarovar

accounts, that person becomes poor. We feel mercy, thinking: “He was so wealthy; now he has nothing for himself or his family.” When someone is sick or suffering, we feel mercy. When someone is disabled, we feel mercy. So, mercy is support that comes after the loss.

Love, on the other hand, is an arrangement and preparation in advance. It provides whatever the soul will need and supports preparation beforehand. In physical life, physical parents prepare everything for a child before the child is born. They plan what kind of comfort they want to give, what sort of sustenance, and with love they hold a vision: when the child grows and becomes capable, they will provide good education so that the child can have the best work or business.

So, with love, time, energy and feelings are invested beforehand, even before any situation arises. In mercy, the situation itself opens the heart and creates compassion and sympathy. God Shiva, i.e. Shiv Baba, is praised as love, but His love is unique, unlimited, selfless and benevolent.

Love without Fear

In worldly relationships, when there is love in the family and a child takes a wrong path, there is fear and tension. But in truth, love does not create fear. Fear and worry come because, on the path of devotion and ignorance, even the meaning of love has been misunderstood.

A bestower is a giver, but when we speak of

the Bestower, it refers to the One who constantly showers constant and unlimited support. That is why Shiv Baba is called the Bestower, and the theme of this season is to be bestowers. He makes us bestowers, but true love also makes us detached.

When compassion and mercy are mixed with attachment, it creates fear, tension and worry. Qualities should create further quality, but because human beings are limited, they can only support in a limited way. Through attachment, very subtle karmic accounts are created. In the name of giving, serving and compassion, we may take on the tension and karmic accounts of others.

Loving and Detached

In practical life, some people work in hospitals or care homes serving those with mental illness, distress or violent tendencies. In the beginning, they serve with compassion and sympathy. But when detachment and inner power are not present, when they are not simply clear mediums, receivers and givers, they gradually become tense and burdened.

Nurses, for example, genuinely feel mercy and compassion, yet over time they can become tired and stressed. The pain and problems of patients create vibrations that gradually form a subtle karmic bond. That account then has to be settled.

Shiv Baba's love is different. He knows all are suffering, yet He does not suffer. He is still in the state of eternal bliss. He understands the truth that each soul must pay its own karmic account. In the name of compassion, many support others but simultaneously absorb their weak state and, on the other side, want a reward or recognition. That cannot be completely true giving, because what is being given is from a limited stock of energy.

Love, however, is like the flow of the Ganges.

It keeps coming—you take from it, you put things into it, and it continues to flow. When there is compassion and mercy without detachment, you become merged in the situation instead of remaining above it.

Shiv Baba says, "I am fully supporting you. I am with you." As the Healer, the Bestower, the Sun, He gives everything from above, burns the rubbish, but does not take the rubbish into Himself.

In this aspect, He is the power who keeps Himself above, detached. Our love and mercy, mixed with attachment, tend to take sorrow from others rather than remove their sorrow. Instead of removing suffering, we absorb it.

Shiv Baba, the Bestower, removes sorrow and also makes us such that we can remove the suffering of others. We can help souls, strengthen the weak and become bestowers of love. Situations will be there, but we must not let the karmic account of others affect us. Do not become attached or possessive, repeating the story again and again.

Out of attachment, we may give inner pain and sorrow, constantly repeating the situation. This plants a seed in us; we take on the "infection" of the karmic account. Indirectly, a new karmic account is created because we take personal responsibility in the wrong way.

The difference is: you either simply play your duty and respond to the situation with detachment, or you become personally involved and bound. God is responsible, but He remains detached. He does not absorb our sorrow; He observes and makes us see what has caused our suffering, enabling us to perform elevated actions and recognise where we went wrong.

Knowledge Filled with Love

In ignorance, we tend to blame: "I am suffering because of discrimination... because

of deception...” and the mind goes on with “because, because, because...”.

Baba, the Knowledge-full One, fills love with knowledge. Through this, we learn to let go of situations and enable others to help themselves. “God helps those who help themselves.” He is detached and yet deeply loving. He creates self-respect in us.

He has compassion, knowing we have lost everything, and He is merciful, but He also creates self-respect and does not become attached to our present condition. He helps us to see that it was a scene in the drama, a scene of karmic account, a payment.

You should take action, but the reaction of the situation should not enter you. For example, anger reacts to anger—that is reaction. What is reaction? Whatever mistake another makes, you repeat it. Someone is angry; you become angry. Someone disrespects you; you disrespect them. Someone defames you; you defame them even more.

Shiv Baba's way is to let go of what others have done. He makes them aware of their mistake, but then wants them to learn and change.

So, in love there is the light of knowledge, which makes us detached and able to stay above the influence, giving power and showering energy to the soul. We remain above the influence, not under it.

This is why He is the Bestower. He remains up above and does not come into the Golden Age. Remaining totally detached, out of love He gives everything. It is love that makes Him become our Mother. It is love that makes Him our Father, always expressing love. He becomes our Friend and holds our hand, saying, “I walk with you.” He becomes our innocent Child, showing His love and respect for us. He becomes our Helper at times of difficulty, giving solutions, yet He

Himself remains detached.

It is our yoga with Him, but His relationship does not mean He absorbs our situations. Only when you remain detached can you truly bestow.

Shiv Baba, the Bestower, does not absorb our sorrow; He observes and then makes us observe the reason for our suffering. He wants us to become liberators from our own situations. He liberates us and bestows wisdom, the power to handle situations and to open ourselves to learn from them.

Love for the Self

Unless we let go of whatever has happened, the problem remains with us even when the external situation has passed. You may have been ill, undergone an operation, and are now healed, yet you keep remembering: “I had an operation....” You recall it as if it is still happening now. In that case, the stains of the past keep pulling you back.

This is not compassion or love for the self. Love for the self means that even if the situation was wrong, you now protect yourself from its ongoing effect.

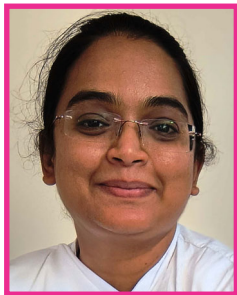
The first quality of love is protection. Shiv Baba makes us protect ourselves from the effects that situations have left on us, whether we failed an exam or failed in a situation where we were capable but unaware of our capability.

Sometimes a situation comes where we truly could help someone but did not, due to past karmic accounts or our habits of reacting to others.

Shiv Baba does not hold anyone's defects. We, however, are often not compassionate towards ourselves. We repeat the story again and again and make it bigger. One event makes us suffer once; by repeating it mentally, we suffer twenty times. ■■

BABA MILAN A DIVINE EXPERIENCE BEYOND WORDS

Baba Milan is the soul's joyful reunion with Shiv Baba, filling the heart with divine love, power, and renewed determination for the spiritual path.



Meeting the Supreme Soul, God Shiva, which we Brahma Kumars and Brahma Kumaris call Baba Milan, is not just an event; it's an emotion, a vibration, and a sacred connection that every child of Shiv Baba deeply cherishes.

From the moment one becomes Shiv Baba's child and receives the priceless gift of divine knowledge, the anticipation of this extraordinary day becomes an integral part of their spiritual journey. Baba Milan is more than a gathering; it is the soul's celebration of meeting its Beloved.

The Journey to God Shiva – Then and Now

I vividly recall the journey to meet God Shiva, i.e. Shiv Baba, in the earlier days. Back then, there were no direct trains from Belgaum to Mount Abu. Our pilgrimage began with a journey to Bombay, where we would wait for long hours at the railway station. But even these waiting hours were transformed into beautiful moments. All the centre teachers, brothers, and sisters came together, cooking food with so much love and sharing it as Brahma Bhojan in Baba's remembrance. The joy of collective effort and the atmosphere of pure love made even the simplest meal divine.

The journey continued from Mumbai to



B.K. Megha, PM Park, Shantivan

Ahmedabad, and finally from Ahmedabad to Abu Road. While the journey was physically tiring, it carried a unique charm that is hard to describe. The radiant faces of every soul on this journey reflected the intoxication of going to meet Shiv Baba. Words fail to capture the blissful feeling that enveloped us – it was an emotion beyond expression, one that could only be felt.

Childhood Memories of Shiv Baba's Love

My introduction to this beautiful knowledge came at a very young age. I was just a child of 4 or 5 when my mother started taking me to the B.K. centre. Is it my first attraction? The delicious *Prasadam!* But beyond the sweetness of *tohi*, I was captivated by the beautiful depictions at the centre – the scenes of Satyuga, Tretayuga, Dwaparyuga, and Kaliyuga. Each painting told a story, sparking curiosity in my little heart.

My first visit to Madhuban was also during my childhood. I didn't fully understand the depth of what was happening around me, but my parents and centre teacher lovingly guided me. They told me that God Himself would come to this world and that I should take His gaze. I remember sitting in Diamond Hall at around 3 p.m., eagerly waiting for Shiv Baba's arrival.

The entire hall was brimming with divine energy.

Some children were writing letters to Shiv Baba, pouring out their hearts. Others were in deep meditation, inviting Him to descend onto the land of Madhuban. Many sat with sparkling eyes, filled with curiosity and anticipation, their hearts beating in rhythm with love for Shiv Baba. The atmosphere was electric, charged with pure vibrations.

The Unparalleled Experience of Avyakt Milan

Even now, during *Avyakt Milan*, the atmosphere feels equally divine. The same powerful vibes that I experienced as a child continue to envelop me today. When Shiv Baba, through Brahma Baba (called BapDada), arrives in the body of Dadi Gulzar, there's an indescribable wave of love and joy that sweeps through the hall. **20,000 of Shiv Baba's children**, both new and experienced, sit in pin-drop silence, basking in the warmth of His love and the power of His gaze.

The heart sings joyously, "Let us fly away... to that beloved homeland, to that sweet homeland..."

These words perfectly capture the transcendence of Baba Milan. It feels as though we are transported to the sweet incorporeal world, free from all bodily consciousness. Shiv Baba's love flows into us like an unfiltered, unlimited stream, burning away all weaknesses and filling us with renewed strength.

For the first-timers, it's a surreal experience – a moment where the soul feels ultimate happiness and fulfilment, as if all desires have been met. Even double foreigners feel overwhelmed by the warmth and divine energy, their hearts brimming with gratitude.

The most profound moment is receiving BapDada's **gaze**. It is transformative, reviving the soul and filling it with strength, purpose, and light. In their presence, we make new promises, set fresh goals, and resolve to fulfil them with faith and determination.

The Collective Celebration of Love

Before Baba Milan, we prepare ourselves with insightful classes from senior brothers like B.K. Suraj Bhai, whose words of wisdom create the perfect prelude to this divine meeting. Songs like "Where will I find such love of Yours, Father (Shiv Baba), even in the Golden Age (Satyuga)?..." remind us that the unparalleled love of Shiv Baba can only be experienced in this **Confluence Age**. While Golden Age may be filled with wealth and happiness, it is in this Confluence Age that we experience the divine connection and nurturing of Shiv Baba's love.

Every moment, from the joyous anticipation to the bittersweet farewell, is etched in our hearts. The song "Keep blessing me with Your loving gaze, Baba, so that I may dive deep into the ocean of happiness..." reflects the soul's longing to dive deeper into Shiv Baba's love and carry those vibrations throughout the year.

A Treasure beyond Time

Baba Milan is not just an event; it's a divine celebration, a homecoming for the soul. It is a reminder of who we are and where we belong. Each moment spent in Shiv Baba's presence feels like eternity—a time when the soul is immersed in the ocean of love, light, and power.

The journey to Shiv Baba, the powerful vibrations of Madhuban, and His unforgettable gaze are experiences that recharge the soul, filling it with energy and determination to walk the spiritual path with greater faith. Baba Milan is a time to realign with our highest truth, to take the treasures of virtues and powers, and to carry Shiv Baba's task of world transformation forward.

Even as times change, the essence of Baba Milan remains the same. It continues to ignite the same passion, love, and intoxication in every child of Shiv Baba. It is an experience that words fail to describe—a treasure that must be felt, cherished, and remembered forever. *Shiv Baba's love is eternal, and it is here, in this Confluence Age, that we experience its truest essence.* ■ ■

THE RADIANT LIGHT OF THE SUPREME

Awakening The Soul's Divine Brilliance

By connecting with the radiant light of the Supreme Soul through Raja Yoga, the soul regains its original purity, power, and peace, awakening its divine brilliance.

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



In the vast expanse of this universe, every soul is a point of light, a spark of divine energy. Yet among all, the Supreme Soul, lovingly remembered as Shiv Baba, is the Ocean of Light, the Source of all power and purity. His form is

not physical but incorporeal—a radiant point of spiritual energy, eternally constant, unchanging, and beyond the cycle of birth and death.

This powerful and radiant form of the Supreme Soul is the lighthouse for humanity. When the world is surrounded by darkness, His divine light silently awakens sleeping souls and guides them toward truth, purity, and peace. Through the practice of Raja Yoga meditation, we connect our mind and intellect to this Supreme Light, drawing His divine vibrations into our being.

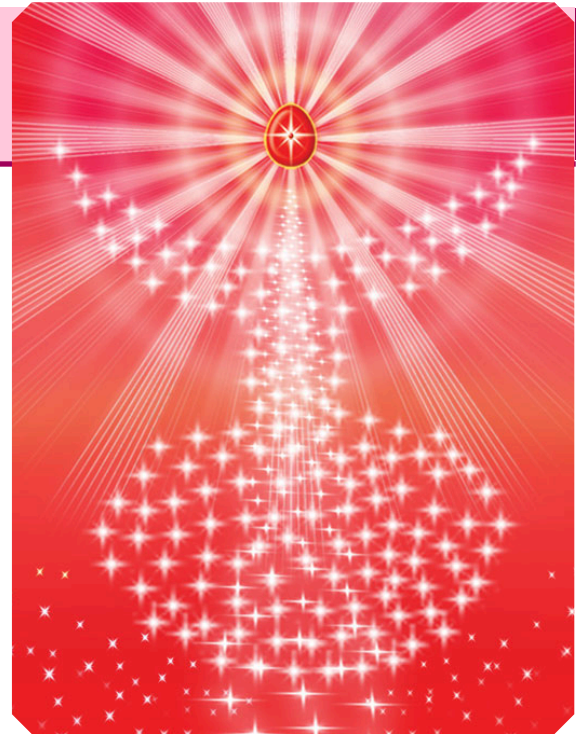
As the soul connects with the Supreme Source, it begins to regain its lost strength. The impurities of anger, ego, and greed start melting away, revealing the soul's natural virtues of peace, love, and joy. His

remembrance fills the heart with spiritual power and the intellect with divine brilliance. This transformation is not momentary; it is the true spiritual rebirth of the soul.

When we experience His radiant light within our consciousness, our words become gentle, our actions become powerful, and our presence becomes peaceful. The Supreme Being teaches that divinity is not to be worshipped from afar but to be experienced within. In this remembrance, the soul rediscovers its eternal relationship with the Supreme Father a relationship of love, strength, and deep silence.

Today's world longs for light amidst confusion, for power amidst weakness. The call of time is for each soul to connect to the One who is forever self-luminous and Almighty.

Let us make every thought pure, every action elevated, and every word a reflection of the Supreme Light. Then this world will once again shine as the Golden Age, the land of divine light and power. ■■



WHY IS SHAKTI NIKETAN SPECIAL

This hostel is not just a building... it is a place where every daughter feels: "As if God Himself has specially created this home for me."

B.K. Karuna Didi, Director of Indore Hostel

Surrounded by the calm, clean, and spiritual atmosphere of New Palasia, Indore, on this sacred land stands Shakti Niketan, **a place where every girl receives safety, noble values, and opportunities for progress, all under one roof.** In today's world, safety is often measured only by high walls and CCTV cameras. But true safety comes from values, wisdom, and the right company. Today, every parent carries one common concern in their heart: "May our daughter remain safe and also move ahead in life!" Shakti Niketan does not merely listen to this concern; it resolves it with responsibility, love, discipline, and divinity.

The environment here ensures that a girl does not just study, but truly blooms, shines, and becomes empowered. Here, girls are taught not only what to do, but also what not to do. This sense of discernment gives them the strength to take the right decisions in life. The goal of Shakti Niketan is not just to provide accommodation, but to prepare every daughter

for a bright future.

The Value Education imparted here nurtures priceless qualities such as:

- ✓ Life skills
- ✓ Emotional balance
- ✓ Positive thinking
- ✓ The art of making right decisions

The values learned here do not end after examinations. They remain with the daughter throughout her life – at home, in the workplace, and in every relationship. The greatest gift of Shakti Niketan is not a certificate or a degree, but self-respect. Here, every daughter is made to realise that she is not dependent on anyone, not a burden, but a complete power within herself.

As soon as a girl enters Shakti Niketan, she feels: "I am not alone... there is someone who is caring for me, nurturing me, and refining me." The daily routine, food, cleanliness, and study environment here are all extremely well organised. That is why many parents, with moist eyes, say, "We truly felt at peace after leaving our daughter here... because she is not just living here, she is being shaped."

And when that same daughter returns home during vacations, her confidence, behaviour, and grace make parents say spontaneously: "Our daughter has started shining like a diamond."

At Shakti Niketan, girls are taught many skills: cooking, cleaning, dancing, singing, writing, marketing, phone duty, and reception management. Along with this, computer

(Contd. on page no. ...20)



Girls students of Shakti Niketan

BREAKING FREE FROM THE REAR-VIEW MIRROR

True freedom comes when we stop living in the past and connect with God through remembrance. His love and power heal old wounds, giving the soul strength to begin a new and elevated life.



We all have a past. We carry memories of mistakes that cost us dearly, people who wronged us, the loss of loved ones, or events that shook the ground beneath us. These experiences are

real, but to continue dwelling on them means we miss out on the present. In fact, we do not just miss the present; we risk ruining it.

Living in the past is like driving a car while staring constantly into the rear-view mirror; it is bound to end in an accident.

For many, bringing up the past on the screen of the mind has become a deep-seated habit. We replay events from ten or twenty years ago, dissecting and analysing them. Yet, each time we relive the past, we re-experience the sadness, disappointment, and resentment. If we have been carrying this emotional luggage for decades, it is no wonder we feel heavy. This heaviness manifests as chronic tiredness, a loss of interest in life, and deep loneliness. This is the exhaustion of a soul living in a time that no longer exists.

The Divine Alchemy

To go through life loaded with guilt, shame, and self-pity – blaming ourselves, others, or even God – requires no effort; it comes naturally to the wounded human spirit. However, to live a

victorious life – to be truly liberated in life – requires power. We need spiritual strength to overcome the negative forces threatening to overtake our inner world.

That power comes only from a deep, authentic connection with God.

God's love is the only alchemy capable of healing past wounds and mending broken hearts. He does not just heal; He restores us to a state of being "brand new." This is why God is referred to as the Almighty Authority. It is not because He performs physical magic, like raising the dead; rather, it is because His remembrance has the power to burn away the burden of past sins and liberate the soul from its heavy chains.

Keeping the Intellect Busy

God is ever-present to help, but He can only help those who possess the courage to help themselves. The spiritual equation is simple: the more I remember Him with love, the more power I receive to cut the bondages of the past.

We only remember those with whom we have a relationship. To make remembrance natural, we must cultivate every relationship with the One. He is my Supreme Father, Supreme Teacher, Supreme *Satguru*, Friend, and Beloved. When I relate to Him in all these ways, He becomes my world.

This is the practice of Karma Yoga. My hands may be busy with daily tasks – walking, eating, working – but my intellect remains in union with



B.K. Sarika, GGRC, Ahmedabad

the One. Previously, I filled my idle time with replays of past trauma. Now, I fill that time with the remembrance of the Supreme. It is said that an idle mind is the devil's workshop; when we keep the mind and intellect busy relating to the most elevated Soul, there is no scope for negative, wasteful, or ordinary thoughts.

Daring to Belong

Often, the biggest barrier to this beautiful union is our own self-judgment. We hold a deep-seated belief that God wants nothing to do with us. We think, "I have made too many mistakes. I have failed too many times. I am too far gone."

We must recognise the spiritual truth: God is my Father, and I am His most beloved child. He does not condemn or judge me; therefore, I must stop condemning and judging myself. He wants nothing more than to be part of every aspect of my life. I am never too broken for Him to restore, never too far gone for Him to reach.

We must push through the negative chatter and dare to belong to God. When a memory of defeat or hurt flashes on the screen of your mind, do not engage with it. Instead, adopt the attitude: "I am no longer driving while looking backward. I have made a fresh beginning with my Father. He is bringing me out strong and enabling me to reach new heights."

When we take this one step of courage, it shows God that we are ready for self-transformation. In return, He matches our one step with a thousand of His own.

I may have had a rough past, but I am not defined by it. My best days are ahead. There are new stories to be told and new memories to be made. Let me take hold of my narrative and start living my best life, hand in hand with the One. ■ ■

(Contd. from page no...18)

knowledge, stitching and knitting, time management, personality development, teamwork, leadership, public speaking, yoga, meditation, and value-based education are also taught.

With this holistic combination, every daughter becomes capable, cultured, and able to recognise the right path in life. The girl who once spoke hesitantly now stands confidently on stage. The eyes that once looked down are now filled with dreams. This transformation is not magic – it is the result of love, values, and continuous guidance.

This hostel is not just a building... it is a place where every daughter feels: "As if God Himself has specially created this home for me." The love, guidance, values, and inspiration received here truly change the direction of a girl's life. That is why **Shakti Niketan is called an invaluable "gift of life" blessed by divine grace – where every girl is refined, supported, and empowered to move forward.**

Shakti Niketan is not just a hostel; it is a nursery of dreams, where daughters, in safe hands, shape their future. Here, daughters are not stopped – they are taught how to fly. At Shakti Niketan, it is not just girls who are nurtured; the future of society is being shaped. Because when one daughter becomes empowered, future generations automatically become empowered.

Admissions are available for girls from Class 6th to Graduation. For complete information, contact:

B.K. Karuna Didi
Om Shanti Bhawan, Gyan Shikhar, Gate
No. 2, New Palasia
Indore, Madhya Pradesh – 452001
Mobiles: 9770186896, 9425316843 ■ ■

HUMAN VALUES THE FOUNDATION OF A PEACEFUL LIFE

True happiness and prosperity arise when we recognise ourselves as souls and limit material desires.

B.K. Kewal Krishan, Naulakha, Mandi



Every human being wants to live a happy, peaceful, and prosperous life. He or she also wants continuity of happiness, peace, and prosperity throughout life. In this process, he or she is sometimes happy and peaceful, but most of the time remains unhappy and does not ensure prosperity within himself or herself. Happiness and prosperity are the basic aspirations of every human being. It is the natural human instinct, and we are all working for happiness and prosperity throughout our life.

The Human Aspiration for Happiness and Prosperity

Peace, happiness, and prosperity are the natural basic qualities of every human being. On investigation within ourselves, we find that we souls have the natural characteristics to remain in peace and harmony with everyone and everything that exists in nature. But due to our wrong assumptions, preconditioning, and aspirations, sometimes we are happy and peaceful, but most of the time these qualities are missing.

Happiness is a situation of good feelings in us souls which encourages us to live in harmony with all the various things around us when there is no contradiction in our life. We do not want happiness in spurts; we also want its continuity in our life. How successful we are in achieving this happiness is a matter of self-realisation. When we treat ourselves as a non-physical

entity – a soul – it has the basic characteristics of peace, purity, happiness, and love.

The Need for Right Understanding

By developing the right understanding within ourselves – that we are souls, beings of light; that the body is a physical entity; and that everything around us in nature is provided by the Almighty God – we can change our outlook. The situation of unhappiness in us indicates our wrong assumption of identifying ourselves not as a soul but as a body and living mainly for the nourishment of the body. We need to review and modify our way of thinking and live accordingly. We should become soul-conscious and take various steps towards happiness and peace. We need to recognise the basic properties of the soul and work towards their acquirement in order to remain happy and peaceful.

Understanding Prosperity

In addition to happiness, we also aspire for prosperity, which is related to the acquisition and use of physical facilities needed for our living. These physical facilities can be acquired through production or purchase with money power. In order to become prosperous, we should have the capacity for adequate fulfilment of our bodily needs. Physical facilities are in the form of various material things that we need in our daily life to keep our body healthy and fit for working. When we have adequate physical

facilities, it gives us the feeling of prosperity. We also want to have continuity in the feeling of prosperity.

Prosperity is a state of our mind relating to the fulfilment of the needs of our body for physical facilities. We need various other things in our day-to-day living to take care of our body. It is a feeling of having or making available the various things required to fulfil our needs. We need various physical facilities to take care of our body, which are limited in terms of quantity.

Thus, in order to ascertain prosperity, two conditions should be fulfilled: correct assessment of our bodily needs for physical facilities and availability, or competence to make available, the various things required to fulfil our needs for physical facilities either through production or through attainment of purchasing power in terms of money.

Limiting Needs for True Prosperity

Thus, it is clear that in order to be happy and prosperous, we should assess the needs of our body for physical facilities and make them available through production, protection, as well as their right utilisation. The needs of the body for physical facilities are limited and can be clearly understood and quantified. When we put a limit to the needs for physical facilities, we can feel prosperous.

Wealth is used to provide physical facilities. When we have plenty of wealth but still feel deprived because we do not understand our actual requirements for physical facilities in our living, we do not have the feeling of being prosperous and thus have no feeling of sharing with others. Although we may have more than enough wealth, we may continue acquiring endlessly by all means without any limit to our needs and thus still feel deprived.

Without realising our basic aspiration for

happiness and prosperity, we do not have the feeling of having enough and thus keep accumulating more wealth, which is a physical thing in terms of money or physical facilities or both. However, prosperity is a feeling in our mind that we have sufficient physical facilities to fulfil our requirements.

The Consequences of Wrong Assumptions

When we look at the prevailing notion of happiness and prosperity, we see that we are trying to achieve them by maximising the accumulation and consumption of physical facilities without any limit. This is an attempt to achieve happiness and prosperity by pleasing our body organs through sensory interaction. The accumulation of money and wealth is seen as maximising happiness by fulfilling unlimited wants for physical facilities.

This is our wrong assumption. As a result, various unethical and unwanted ways and means are adopted for the maximisation of wealth, which leads to corruption. The young generation, in particular, becomes involved in drug addiction. In this process, we are neither able to achieve continuous happiness nor prosperity.

This wrong assumption is a source of various problems in our life. We cannot hope to achieve continuous happiness and prosperity by trying to fulfil unlimited wants through limited resources. This wrong assumption also creates the following types of problems at various levels of our living.

Problems at Different Levels

- ▶ **At the individual level:** problems such as drug addiction, psychological disorders, and feelings of insecurity which create various psychosomatic diseases.
- ▶ **At the family level:** conflicts between

generations, insecurity in relationships, breaking of families, family feuds, and wasteful expenditure for physical facilities in family functions as a matter of competition and superiority complex.

- ▶ **At the societal level:** social problems in the form of communalism, casteism, racial and ethnic struggles, terrorism, and Naxalism.
- ▶ **At the level of nature:** exploitation of nature for personal benefits without considering the loss to nature and its harmful effects. Illegal mining, deforestation, and depletion of resources cause pollution of air, water, and soil and result in unhealthy food products as well as loss of soil fertility.

Role of Rajyoga

Rajyoga Meditation relates to the purification of us souls. It is based on the understanding that every human being has a self, “I,” which is called the soul, and the body is an instrument. We souls have seven basic characteristics including happiness and prosperity.

Happiness is a feeling in us souls, and prosperity is also a feeling related to the sufficiency of various material things required to fulfil our body requirements.

Rajyoga meditation helps us establish a link between us souls and God, who provides peace, happiness, and prosperity in our life. Through Rajyoga meditation, we energise ourselves to increase our capability in order to remove the five evils viz. lust, anger, greed, attachment, and ego, which are the root cause of various problems in our life.

Through Rajyoga meditation at the individual level we souls are purified, which creates happiness and prosperity in our life.

Rajyoga meditation has the power to bring complete transformation within ourselves which ultimately leads to change the world.

Integrating Human Values with Rajyoga

While integrating human values with Rajyoga meditation the principles of human values can be implemented by adopting the spiritual technique of Rajyoga in order to bring peace, happiness, and prosperity to all the human beings living in this universe.

When we understand the soul and the body as two distinct entities, we can focus on refining the self – the soul – through Rajyoga meditation, which can be practised by anyone, anywhere, at any time. ■■

LAUGHTER: THE BEST MEDICINE

◆ The Wise Grandfather

Grandkid: “Dada, how old are you?”

Dada: “Old enough to have witnessed history before it needed editing.”
(His stories come with no buffering—*only wisdom.*)

◆ The Math Genius

Mom: “If you eat one chocolate now and one later, what do you get?”

Kid: “Consequences – if Papa finds out.”

(In parental arithmetic, every action has an immediate result.)

◆ The Honest Mirror

Mirror: “You look wonderful today.”

Mom's Mirror: “Beta, take a sweater.”

(Some reflections offer fashion advice; others offer life guidance.)



Do not blame others

CONSCIOUSNESS AND EXISTENCE

Live in the present moment, without being burdened by the past or worrying about the future. Do not blame others; understand the World Drama and maintain inner happiness.



The soul refers to the individual, eternal spiritual spark within each living being. It is considered the essence of identity and consciousness – a microscopic, conscious entity that is invisible to the material senses.

The Supreme Soul is the divine, all-pervading principle representing the ultimate reality and the connection to the divine within all beings. He is also the Supreme Being who guides and witnesses the actions of individual souls – a universal divine principle often identified as the higher power, Baba.

Baba is with us, acting as a guide and witness – the source of all consciousness – yet remaining transcendent and detached.

Live in the Present

Dadi Janki asks us to check whether we are smiling from within. **Ask yourself: Who am I? What do I need to do now?**

Pay attention to your thoughts. Thoughts are the seeds of our actions. Yet it is not necessary to become lost in unnecessary thoughts.

The soul is very tiny and light. Do not make the soul heavy. Let such beautiful and subtle vibrations reach others too. Yesterday is gone, tomorrow is yet to come, and we have only today – the present – in which to act.



IN DEEP SILENCE

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

The body will eventually disappear, but the power of the soul can remain eternal, bright, and blissful.

Act brilliantly. Live meaningfully. Make every moment of life sparkle with subtle and elevated service, the effects of which last for a long time. Let the brightness of the torch of the spirit be perpetual. Let elevated actions be numerous and spontaneous.

Service through Thoughts, Words, and Actions

Let your actions be beneficial, your words sweet, and your thoughts powerful, hopeful, and peaceful.

Drishti: The Spiritual Gaze

Check how you see and think about people and situations, and whether your thoughts provide love and peace.

What you think and do will affect both yourself and others. Become like a swan that selects only what is good. Imbibe only what is good and spread only good vibrations. Smile internally and let it be revealed on your face.

For that you have to be soul-conscious, aware of Shiv Baba, the Supreme Authority, and use the knowledge of the Eternal World Drama.

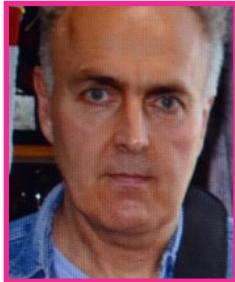
Understand that everything is accurate and that no one is to be blamed. Blaming others instantly wipes away one's happiness.

Truth is automatically revealed. There is no

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

LIFE TODAY: FAR FROM A GAME OF CRICKET

The Biggest Game You're Playing – Without Knowing the Rules



There are no good places in which to live anymore as all have become bad!

Once, on all fields of action and reaction across the world, when life was moral, clean, sweet and friendly, without wars or

conflict, when life was calm and fair, long before the laws of cricket had even been thought of, everything was just, happy and peaceful.

Once man descended into body-consciousness and picked up a stone, a club, sword, rifle and hate, the world had changed forever and there was no going back.

Sure, he might have learned to pick up a golf club or his children from school or a book or cricket bat, in the background the bullets and rockets are still being fired as they have been for hundreds of years.

The innocents are being bombed as they wait in a queue for food and the cricketers get paid obscene amounts of money for sticking to the cricket rules and yet man seems to get away for breaking every manmade law ever created and escapes the moral and spiritual consequences as he gets drunk on fame, hate, sex or alcohol.

Now life has become a tough place on which to play on its field of action with sudden death, floods, fires, catastrophes, fights breaking out daily, landslides, tornadoes and killings in crowds of opposing supporters, religions or with little reason at all other than they lived the next



B.K. David, Paignton, England, UK

street and had a different tattoo that blinded their vision and scrambled their thinking.

The earth is not an unending punch bag for all to hit and abuse and it's started reacting to the violence, ignorance, abuse and chemical pollution and mental anguish released into the atmosphere until now the air, atmosphere and vibrations are toxic.

It's no longer cricket with fun and flowers but turned out to be foul, fowl and fool in a cesspool.

Man's uneven cricket field on which he must now live and suffer daily, which long ago was flat, fun and fair with fragrant flowers growing everywhere, is now on fire or flooded with endless deaths, wars, starving, heat, cold and can grow only poisonous weeds.

And where you will not find raging fires out of control killing people, you'll not find floods wreaking havoc.

Howzat!

You stand at the crease for 70, 80 years trying to score runs for yourself and your team (family) and hit sixes and fours and get single runs. Most finally get caught or bowled out from a tricky spinner as a result of their unfair, angry, vicious and disquiet life, dishonest ways that dogged and followed them about everywhere as bad shadow that could only steal and take throughout their life. Howzat!

People run from one end to the other, sometimes nervous, sometimes confident,

often in bad weather and often in a bad mood trying their best to score runs as they are honest effort-makers.

The creases on a person's face are often due to either too many runs from crease to crease running in stress or paradoxically, not enough runs, as were too selfish and lazy to make effort for himself or his teammates.

Most have been born and brought up in either Falseabad or Dishonestabad, with Profoundabad or Greatabad being states far out of their reach.

Some were born in Goodabad and some in Greatabad and many also grew up in Peaceabad if their karma was of a high and noble nature.

Sadly, most of the world population is living in the densely crowded Poisonabad where they must constantly breathe in its polluted air.

Those born and grown up in the state of Goodabad is a blessing and reflection of their good karma.

Disunity House is occupied by the Angry Family.

The houses in the past were called Honey House, Bliss Bhavan or Gulab Jamun or Anandit Ashiyana, Shaktishali Nivas, Priya Grah or Anugrah Nivas. Today can be called Troubled, Disturbed, Dirty, Fighting. Written above every front door on an invisible plaque is Ekta Ka Abhaav.

The walls of houses (people) built in the last 70 years are all cracking under the pressure of disunity, stress and fast living. The cement used was laid by the trowel of body-consciousness and so will always be unstable and the walls will finally collapse.

Instead of being built (lived) in a soul-conscious state and the tools (thoughts and actions) held with love that would see the walls (life) absorbing the love emanating from the occupants, the walls (lives) are about to

collapse under the stress that radiates from those living inside.

A house with a leaking roof (a mind full of wasteful thoughts) means the hearts and souls of the people inside are also leaking.

What goes on inside a person's mind finally gets reflected out into the world and later affects their life, be that for the good or bad; often bad!

In such a damaged and unfortunate, a house, no one will be coming down their chimney.

The only gifts people tend to value today are perfume, clothes, cars and drink and all of these only increase their body-consciousness and with that, so do their sorrows increase.

The gifts of sorrow are manifold and disguised as joyful as they come wrapped in shiny foil gift wrapping but like innocent looking paper that can also cut deeply and hurt, so these gifts bring them sorrow and pain.

Just one wave can capsize the biggest ship, so one loose tile falling off the roof can hit a person as they leave their house. Plus, the damage will grow as the rain (poor thoughts) makes the hole bigger.

The uncomfortable game of life

Life can be seen at any cricket match (arguments) being played out by any family unit as if being played on their front or back lawns (outside or inside their house) and is always unpleasant to watch and far from enjoyable and hardly cricket and played as if in the dark and without any rules.

Do you live in Petty Bhawan or Pretty Bhawan?

There's more to life than pleasing your senses and being selfish which 99% of the people are guilty of. There is more to life than making money and saving it and catching your reflection in the mirror often during the day and being obsessed

by your image, fashion and chatting.

These three, body-consciousness, fashion and gossiping, are the three main thieves in your life that plunder your vault (mind) and rob it of its precious gold that keeps you healthy and happy: do you know what your hidden gold is? Your energy! Your energy, without great care and attention at all times, is easily lost, depleted or robbed by the thieves of vice, waste, worry and stress.

When we have lost all identity of our inner self, we must live outside in the cold or at best, in the draughty small shed of falsehood, sorrow and pettiness that has no windows but does have woodworm.

And for the many that walk round lost whilst searching desperately for happiness and peace and end up as lost souls, live as if in a campervan with three flat tyres, dirty windscreen, exhausted driver and no brakes or map.

Are you busy searching for God or secretly engrossed chasing after vice or is your life now full with God?

Some chase after world records or perfection in art, some chase wealth and success with many having become blind to their constant chasing of vice which is always successful.

Few are burning with the pure desire for knowledge of God that would put out their other many fires, massage their pain and quench their thirst whilst most about them were on fire burning from vice that had become like an out-of-control forest fire.

Some are searching for the meaning of life and most never stop and think and search for a reason to become spiritual and leave their shallow body-conscious lives behind them.

Every campervan has a fire of vice burning in their lounge, with a few burning for knowledge of God and the soul to solve their anguish. Only enlightened souls with self and God knowledge

can cover themselves with the blanket of contentment as they know the mysteries of creation whilst their friends and family stay burning in the flames of vice which have turned the world into an endless pub inferno where people crawl, fall or sit burning on the inside from the flames of drunken vice that are fanned by the mouths of ignorance from the lungs that breathe in and out in body-consciousness.

Body-consciousness brings only one result that sees all people lose their happiness and peace of mind.

Body-consciousness, along with being a thief, also sets people off travelling down the wrong track or is responsible for making them walk round in circles their whole life.

Body-consciousness has much to answer for but it's the sorrowful people that end up doing all the talking, moaning and suffering.

The endless worn-out vans people spend their lives travelling life's roads easily break down, get lost, crash and speed up in their never-ending pursuit for happiness, glamour and pleasure.

Without driving towards truth and searching for it, the lampposts along their route will all be dim and their headlights (eyes), powered from their battery (soul), will give off almost no light to see where they are going.

The Ark was built with good reason and not only to keep shoes dry.

Rain has currently stopped play but the field of action is busy with endless reactions every second. Next it will be a heat wave that stops play, followed by droughts, then fires. Many will be homeless on this treacherous cricket field that will not escape being hit by earthquakes and later, by Biblical floods.

And it came to pass that the cricket field

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THE BEAUTY THAT NEVER FADES

True beauty is not physical but spiritual. Real beauty comes from the pure qualities of the soul such as peace, love, purity, happiness, wisdom, and power.



In today's world, beauty is often measured by physical appearance, fashion, or outward charm. But true and lasting beauty is inner beauty – the beauty of the soul. It is the pure and radiant qualities of the soul that naturally express themselves in one's thoughts, feelings, attitudes, and behaviours. This inner beauty is not something that fades with time; rather, it grows stronger and more radiant as one becomes spiritually aware.

Understanding The Soul and Inner Beauty

Every human being is essentially a soul, an eternal point of spiritual light that resides in the body. The soul's original nature is peace, love, purity, happiness, wisdom, and power. When we live in awareness of this true identity, these qualities naturally express themselves through our thoughts, words, and actions. This expression is what is called inner beauty.

Inner beauty is not created by external effort alone; it emerges when the soul is nourished with positive thoughts and elevated feelings. Just as the body requires food to remain healthy, the soul requires spiritual nourishment to remain beautiful and radiant.

The Role of Thoughts and Vibrations

Thoughts create vibrations, and these



B.K. Jyoti Nanda, Shantivan

vibrations shape our personality and aura. Pure, positive thoughts enhance inner beauty, while negative thoughts such as anger, jealousy, ego, fear, and stress dim the soul's radiance.

A person with inner beauty may not say much, but their presence itself feels comforting and uplifting. Their calm eyes, gentle speech, and respectful behaviour reflect the harmony within. Thus, inner beauty is not hidden – it becomes visible through energy and vibrations.

Rajyoga Meditation: A Path to Inner Beauty

One of the core practices taught by the Brahma Kumaris is Rajyoga Meditation. This form of meditation helps individuals reconnect with their true self – the soul – and with the Supreme Soul, God. Through regular meditation, the mind becomes peaceful, emotions become stable, and the soul regains its original purity.

Rajyoga meditation helps to:

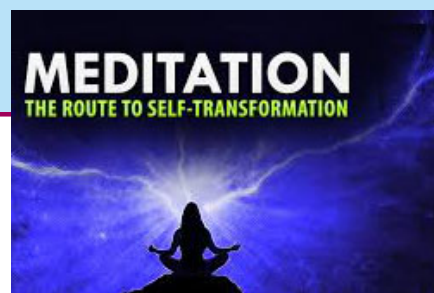
- ▶ Cleanse the mind of negative patterns,
- ▶ Increase self-respect and self-worth,
- ▶ Awaken love, compassion, and patience
- ▶ Create inner stability and emotional balance

As the soul becomes stronger and purer, inner beauty naturally increases.

Inner Beauty and Daily Life

Inner beauty is not limited to meditation or silence; it is expressed in daily actions. Speaking truthfully yet kindly, listening with

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FROM ORDINARY TO DIVINE THE JOURNEY OF SELF-TRANSFORMATION

True self-transformation begins with the realisation that we are eternal souls. By aligning our thoughts, words, and actions with divine qualities through spiritual awareness, we can transform ourselves and help create a peaceful Golden Age.

B.K. Shikha, Noida



In our daily lives, we often strive for self-improvement, seeking to become better versions of ourselves. But what if this journey held a deeper, more transformative secret—one about rediscovering our

true, divine essence?

The first step on this profound path is a powerful realisation: we are not just bodies, but eternal, conscious souls. When we truly understand this and recognise the Supreme Father as the source of all souls, a beautiful truth emerges – we are all spiritual brothers and sisters. This understanding naturally fosters a sense of universal connection, shifting our perspective from a limited physical identity to an expansive spiritual one.

This spiritual awakening is not merely a belief; it is a call to action. It is about consciously choosing to transform our deeds, thoughts, and words. We move away from actions driven by ego and negativity – what we might call *devilish acts* – towards those guided by love, peace, and purity, which are truly *divine acts*. This process of divinising our actions is a powerful internal operation, a spiritual surgery performed by the Supreme Surgeon, who guides us to heal and

restore our original, perfect state. This transformation is not just for individual souls but also impacts the very fabric of nature.

Consider our current world, often filled with misunderstandings, conflicts, and sorrow – a “kingdom of ignorance,” which we refer to as the Devilish Kingdom (*Ravan Rajya*). But there is also a vision, a possibility, of a “heavenly kingdom” – a world of divine beings where peace, prosperity, and purity reign supreme. This is the Golden Age, or *Satyuga*, a state of collective consciousness where every soul radiates its inherent virtues.

The journey to this heavenly kingdom begins within each of us. It is about consciously aligning our actions with divine principles. This act of transforming our actions – burning away old negative habits and embracing new positive ones – is the true celebration of victory over negativity. It is, in essence, the spiritual meaning of *Dussehra* – a continuous process of self-refinement, leading us from a state of spiritual darkness to one of radiant light.

This transformation is not just for a select few; it is a universal invitation for every soul to reclaim its divine heritage and contribute to creating a world filled with peace, love, and harmony. It is a journey from ordinary human existence to a truly divine life. ■ ■

(Contd. from page no. 3)
find sustenance in happiness. So, the saying goes: **“There is no food as good as happiness.”** **And, to be happy, you have to be contented.** Just as man seeks food for bodily wellbeing, similarly, to maintain the state of happiness, one has to ensure stability of mind and contentment.

Remember the Law of Karma and Law of Eternal Change

This world of ours is subject to change and every human being reaps as he sows. Hence, a person should play his/her part at the present time as a mentor and do good deeds so that one does not have to face any undesirable situations later on. One should remember that change is bound to take place, because the world cannot be the same every day or even every hour. The one, who is engaged in amassing much wealth, is always busy employing his faculties to earn more and more, maintain and invest it and also spend part of it. One cannot get enough time to devote oneself to meditation of God and enjoy the bliss of intellectual communion with Him.

God is the only Support of the Poor

We must not lose sight of the fact that wealthy people are visited by low engagements and longings and, having thus strayed away from God, roam in dream cars and in the land of vices. Richness is not about having a big mansion or a luxurious car or an entire wardrobe of clothing. Living richly means figuring out what to spend your time, money and energy on, and what to ignore. Our culture praises those who have accumulated wealth and prestige, but in God's economy, money is looked on very differently. God loves those who live life with a sense of purpose and of committed values and it is this life which can only bring happiness and richness. **A person who may not be great financially but takes God to be his only support**

and is ready to hand himself over to the Supreme Soul is spiritually wealthy. By itself, wealth can lead one to deny or at least delay true spiritual riches. As quoted below, *The Bible* says people should trust God and not wealth:

*“The rich must not boast in his riches.
But the one who boasts should boast in this,
That he understands and knows me –
That I am the LORD, showing faithful love,
Justice and righteousness on the earth,
For I delight in these things.*

This is the LORD's declaration. (Jer. 9:23-24; HCSB)”

Those who believe in the rich condition of spiritual wealth, may say, “I will be very prosperous in the coming Golden Age. The poor shall be raised up by God, the Merciful. Holding on to this virtue of contentment even in difficult situations of the present, I shall move on to the ever-happy New World of righteousness by virtue of accepting whatever comes my way and happily singing the praises of God. These bigwigs, proud of their riches and turned away from God, shall leave behind all their riches. I am lucky, a million times luckier than they, because I have become the child and heir of God, the immensely rich Father.”

Discontentment is Because of Disease

Now, one may ask, “All that you say is perfectly right. But there is another difficulty. This body of ours is a source of worry. **When anyone is suffering from a chronic disease and does not get over it, in spite of efforts, how can he be contented?”**

Now, in answer to this, one should note that if illness causes discontent, the body will be affected or overpowered all the more by this feeling, because mental worry surely influences the body. So, discontentment does more harm than good. **There is an intimate and dynamic**

relationship between what is going on with our feelings and thoughts, and what happens in the body. A *TIME* magazine special showed that happiness, hopefulness, optimism and contentment “appear to reduce the risk or limit the severity of cardiovascular disease, pulmonary disease, diabetes, hypertension, colds and upper-respiratory infections,” while “unhappiness and discontentment can worsen heart disease, diabetes and a host of other illnesses.”

Illness is very real, accidents do happen, but it is the understanding that when the mind and body work together then we will be able to miraculously cure ourselves. In fact, one should tune one's mind on to God and fill it with the divine power, which will help one to fight the disease. Love of God will help enthusiasm to grow and bring vitality and liveliness.

Someone may say he must be served by others because of his helpless physical condition. But, a man, if placed in such a situation, must know that even if he is continuing to be attended upon by others, he should not be dissatisfied with himself or with his attendants, as otherwise those latter will lose their alacrity to work. They will say, “He is dissatisfied even though he receives due medical treatment and service.” They will simply be less enthusiastic than before.

Disease Has Come to Bid Farewell

You will have to keep in mind, as you have already learnt to believe, that the present time is the Iron Age. Matter has also become decadent and impure (*Tamoguni*) and unholy (being inclined to war and wickedness). The soul has still debts of old bad actions to pay. So, diseases will visit the body or come only to bid farewell to it. Is not a debtor, who is reported to be preparing to leave for other lands, visited by his debts before he leaves? Hence, it ought to be clear that one should not feel discontented but consider that all that is around him is soon to vanish. Only then will you come to have contentment. ■■

(Contd. from page no...24)

need to try to prove anything. And think about what you have to do now.

The Three Immortal Thrones

The first is the throne of the forehead, where the soul sparkles; the second is the heart-throne of Shiv Baba; and finally, the throne of the future kingdom.

Prepare yourself to be worthy of these thrones. Though we may have stumbled earlier, we have now found the path. Remain truthful, blissful, love-full, and peaceful.

Manmanabhav

Attain the state of soul-consciousness and remain aware of the Supreme Soul, Baba. Check whether the quality of your speech reveals who you are. Learn to turn mountains into mustard seeds, not mustard seeds into mountains. Pay attention to your thoughts – the thoughts that you create in your own mind. ■■

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started to turn into what was an endless graveyard that witnessed many trying to swim whilst grasping their tin of beer.

The world is unknowingly drowning on the inside and soon to be matched on the outside when the waves of past karma hit their shore (life) and sink their boat (life).

Only when the elephant can eat, drink and take a bath in a thimble will there be peace on this earth.

Only when a cricket match can be won without the need for a ball or umpire will there finally be happiness, peace and plenty for everyone. ■■



Delhi (Hari Nagar): An interfaith conference is being inaugurated by Mahamandaleshwar Swami Hari Om Giriji, Acharya Vivek Muni, Giani Jitender Singh, BK Shukla, BK Anasuiya, BK Sushant and others.



Dhakoli (Chandigarh): Ms. Ghazalpreet Kaur, Superintendent of Police, is being presented with a Godly gift by BK Onkar and BK Rajender after a two-day Happiness Shivir.



Raipur (Shanti Sarovar): A Women's Day programme is being inaugurated by the Chief Minister's wife, Ms. Kaushalya Devi Sai; Chairperson of the Child Protection Commission, Dr. Varnika Sharma; the DGP's wife, Ms. Jyoti Gautam; Superintendent of Police Ms. Shweta Sinha; BK Savita; and BK Rashmi.



Kurali (Mohali): Municipal Council President Mr. Ranjit Singh is being presented with a Godly gift by BK Rama, BK Anju and BK Swaraj after a programme on Shivaratri.



Jaipur (Rajapark): Lighting the lamps during a Women's Day programme on "Women as the Foundation of a Golden India" are Mr. Gopal Sharma, MLA, BK Poonam and others.



Delhi (Kingsway Camp): Lighting candles to launch the 'Ghar Mera Swarg' project are Dr. Kiran Bedi, former Lt. Governor of Puducherry; BK Sadhna; Prof. Geeta Sahare, President, Delhi University Women's Association; and others.



Delhi (Karol Bagh): On a Women's Day event, BK Pushpa is presenting a Godly gift to Padma Shri Dr. Malvika Sabharwal, Chief of Gynaecology, Jeewan Mala Hospital.

RAM AND HANUMAN THE SYMBOL OF GOD AND HIS INSTRUMENTS

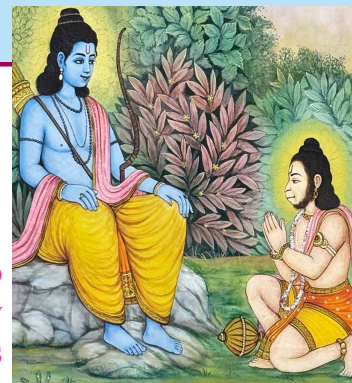
Hanuman symbolises the pure and awakened souls who recognise God and become His instruments. Empowered by God, they help liberate souls trapped in the bondage of vices and guide them back to the Supreme Father.



Hanuman is portrayed as a physically strong monkey-faced deity, who dedicated his entire life to Ram. He remains a celibate and is ever ready for any task that benefits Ram. He is smeared with red colour and

is worshipped for eliminating negativities or ghosts. Hanuman wears the sacred thread to indicate that he is a Brahmin. He forgets his powers, but when awakened, he realizes his true powers and uses them fruitfully. Ram is shown as a deity who is desperately looking for his kidnapped wife and seeks Hanuman's help. He gets Sita back only because of Hanuman's full cooperation. What a wonderful pair! Hanuman the worshipper and Ram the worship-worthy deity.

Let us dive deeper into this narrative and learn the spiritual significance. Ram is "God," yet why is He helpless and needs the help of monkeys? The fact is that Ram is not a human, nor a deity. He is the Supreme Father who is looking for the lost souls who are kidnapped and are in the bondage of the five vices. The five vices or negativities are personified as RAVAN. He sends his messenger Hanuman to free his wife Sita, who was helpless and miserable. This is not just one Sita, but every soul who wants to get back to the Supreme Father



B.K. Arzu, Kolkata

after realising that they are in jail, or trapped in the world filled with negativity and bondage. It is also known as *Shok Vatika* – the garden of sorrow, not *Ashok Vatika*.

The question still remains, who is Hanuman? The selected few, who recognised God in His ordinary form, realized their hidden divine powers, dedicated their lives to His service, took the vow of purity, smeared the colour of love and dedication for God, tied the sacred thread symbolising their promise, helped Him to find the other lost souls, are all Hanumans. They were once trapped in vices themselves, so they are shown as half human and half animal-monkey faced human. But after being rescued by the Supreme Soul, regain their consciousness, abandon their animalistic nature, remain in God's company, maintain purity in life, and are ready to serve His commands. They may not be physically strong, but empowered by God internally.

But why does God need someone's help? The reason is that He is bodiless and needs to communicate with his children who are in their bodily forms. He

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empathy, forgiving others, remaining humble in success, and patient in challenges are all signs of inner beauty.

When inner beauty increases:

Relationships become more harmonious
Decisions become clearer and wiser
One feels less dependent on external approval
Life gains meaning and purpose

Such beauty inspires others without effort, because it is authentic and natural.

From Body-Consciousness to Soul-Consciousness

Much stress and dissatisfaction come from body-consciousness – identifying only with physical form, roles, or possessions. The Brahma Kumaris guide individuals toward soul-consciousness, where one experiences inner freedom and dignity. In soul-consciousness, beauty is no longer something to be proved; it is something to be lived.

So, **inner beauty, as taught by the Brahma Kumaris, is the reflection of a pure, peaceful, and loving soul.** It does not depend on age, status, or appearance. By practising self-awareness, positive thinking, and Rajyoga meditation, anyone can rediscover this inner radiance.

When the soul shines, the face naturally glows, and life itself becomes beautiful. ■■

(Contd. from page no...33)

never does anything Himself, but uses human beings as instruments to complete His task. So, Hanuman is the sample of an instrument of God, who delivered God's message to Sita. Ram never went himself but sent his messenger Hanuman, to rescue Sita. The Supreme Soul seeks the assistance of the souls in order to rescue the world, reeking of vices. The mouth-born Brahmins symbolize Hanuman (Brahmins) who keep searching the lost souls (Sitas) sitting in the forest of woes (*Shok Vatika*), crying out to be saved and liberated from the vices (Ravan), and to return to their beloved Ram (the Supreme Soul). ■■

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Patna: Lt. General Syed Ata Hasnain, Governor of Bihar, is being presented with a framed image of God Shiva by BK Sangeeta, BK Anita, and BK Rupam.



Mumbai (Mulund): Pt. Dharendra Shastri, founder of Bageshwar Dham, is being presented with a framed image of God Shiva by BK Varsha, BK Gauri and BK Deepak.



Guangzhou (China): The new Consul General of India, Mr. Gince K. Mattam, is seen in the photo after being greeted by BK Sapna, BK Rose, BK Suniti and BK Ivy.



Gangtok (Sikkim): Mr. Arun Kumar Upreti, Rural Development Minister; Ms. Tshering Palden Bhutia, Deputy Mayor; and BK Usha are inaugurating a programme on 'Key to Positive Thinking'.



Kaohsiung (Taiwan): BK Charlie is seen with participants after a talk on "The Wisdom of Love" at the National Kaohsiung University of Science and Technology.



Bilaspur (CG): BK Onkar is addressing over 600 Central Reserve Police Force personnel on the 'Art of Happy Living' at their Group Centre.

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Jagdalpur (CG): H.E. Droupadi Murmu, the President of India, is being presented with a framed image of God Shiva by BK Mahesh, BK Kiran and BK Bhawana.



Hong Kong (China): Filipino domestic helpers are seen with BK Bindu after their visit to the BK centre to experience a journey of self-discovery.



Nava Raipur: Seated on the stage of a felicitation programme for Ministers and MLAs of Chhattisgarh are Chief Minister Mr. Vishnu Deo Sai, Leader of the Opposition Mr. Charan Das Mahant, former Speaker Mr. Dharamlal Kaushik, Forest Minister Mr. Kedar Kashyap, BK Atamprakash, BK Mruthyunjaya, BK Hemlata and BK Savita.



Solan (HP): A programme on 'Password for Happiness' is being inaugurated by BK Shivani, PWD Minister Mr. Vikramaditya Singh, Health Minister Col. Dhani Ram Shandil, Mayor Ms. Usha Sharma, Municipal Commissioner Ms. Ekta Kapt, Chancellor of Shoolini University Prof. P.K. Khosla, and BK Sushma.