



The World Renewal

Monthly

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Gurugram (ORC): International President of Vishwa Hindu Parishad, Mr Alok Kumar, addressing the "All-India Sadhu-Sant Mahasammelan" of the Brahma Kumaris. Also seated on the dais are BK Sudesh, BK Asha, BK Usha, Mahamandaleshwar Shiv Swaroopanand, Mahamandaleshwar Prabodhanand, Mahamandaleshwar Premanand Giri, Shri Shri 1008 Krishnanand and Acharya Chandrashekhar Shastri.



Mount Abu (Gyan Sarovar): A Security Services Wing Conference is being inaugurated by H.E. Lt. Gen. KT Parnaik, Governor of Arunachal Pradesh, along with Major General Anil Chandel, Coast Guard IG Mr T. Shashi Kumar, BK Sudesh, BK Karuna, BK Shukla and others.



Mathura (UP): H.E. Droupadi Murmu, Hon'ble President of India, is being presented with a bouquet by BK Alka and BK Sunil.



Bhiwani (HR): H.E. Acharya Devvrat, Governor of Gujarat, is being presented with a Godly gift by BK Sumitra and BK Rajesh.



Shanghai (China): During Tamil New Year celebrations, "Tamil Sangamam", Mr Aditya Prabhu Desai, Consul of Culture department of the Indian Consulate, BK Sapna and others are seen in a group photo.



Rewa (MP): BK Lata is presenting a divine gift to Chief Minister Dr Mohan Yadav, in the presence of Deputy Chief Minister Mr Rajendra Shukla.



Panipat: The Eco Care and Disaster Management campaign is being launched by Jagatguru Swami Satish Acharya, Mahamandaleshwar Goswami Sushil, Acharya Kamal Kishore, BK Mohan Singhal, BK Manorama, BK Sarla, BK Bharat Bhushan, BK Pius and others.



Delhi (Kingsway Camp): An event titled "Run for Mother Earth" is being inaugurated by Mr Vijender Gupta, Speaker of the Delhi Legislative Assembly, along with BK Sadhna, Ms Saloni Malhotra (Mrs World International) and others.



O GOD! GRANT ME HUMILITY

Real wisdom lies in humility, recognising the limits of human achievement and the deeper purpose of life.

In my lifetime, I have seen and met persons, who rose to the pinnacle of glory. Among these were great scholars whose memory was stupendous and stock of information and learning was almost encyclopaedic; there were orators, who kept their listeners spellbound for five or six hours without a break; there were war generals, who had commanded vast armies over the whole continent during the Second World War; there were political leaders, who had a special charisma in their personality and who wielded power and held sway over hundreds of millions of people; there were actors and musicians, who enthralled and captivated the hearts of their countless admirers so much that crowds gathered in no time to have a glimpse of them wherever they went; there were religious preachers, who quoted copiously and meticulously from a vast array of scriptures; there were philosophers whose thinking was

very deep and the understanding of their subject was very profound; there were historians whose vision covered a vast canvas of the past and whose views of the past were penetrating and ideas about the future almost prophetic. To be brief, among this galaxy of great men, there were people of amazing excellence and rare merit. They had won high laurels and had carved a niche for themselves.

Besides these, there were thousands of others who were towering figures in their respective fields or disciplines, whom I had no chance or occasion to meet personally. However, I read about some of them in contemporary literature and periodicals of the time or heard about them from my friends. These, and hundreds and thousands more, form just a very small fraction of the total number of men and women of excellence during the last half-century. If I view these people in the vast panorama of world

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A CALL FOR INNER AWAKENING

Despite external progress, the world is facing inner imbalance. True transformation lies in awakening inner awareness, restoring values, and achieving balance between outer success and inner peace.

We are living in one of the most defining periods of human history – a time of rapid progress, yet deep unrest. The present global scenario reflects a striking contradiction: while humanity has advanced technologically and materially, it is simultaneously facing emotional, environmental, and social challenges on an unprecedented scale.

This is not just a phase of change; it is a phase of awakening. The world today stands at a crossroads – between external achievement and internal emptiness, between power and peace, between chaos and consciousness.

A World That Has Everything, Yet Feels Incomplete

Over the past few decades, the world has witnessed incredible growth. Technology has connected continents, simplified tasks, and expanded possibilities. Artificial intelligence, digital platforms, and innovation have transformed how we live, work, and communicate. Yet, beneath this progress lies a silent crisis.

Despite having more comfort than ever before, people are experiencing less contentment. Stress, anxiety, loneliness, and dissatisfaction are rising across all age groups. **Relationships are becoming fragile, patience is decreasing, and the ability to remain calm in challenging situations is weakening.** It raises a powerful question: Why is a world full of

resources feeling so empty within? The answer lies not outside, but within.

The Missing Dimension – Inner Awareness

Human beings have mastered the art of managing the external world but have largely overlooked the inner world. The mind, which is the creator of thoughts, emotions, and decisions, often remains untrained and uncontrolled.

When thoughts become negative, restless, or fearful, they influence our emotions and behaviours. Over time, this inner disturbance reflects outwardly – in relationships, in workplaces, and even in global systems.

The imbalance we see in the world is a reflection of the imbalance within individuals. Peace in the world cannot exist without peace in the mind.

Material Growth, Value Decline

Economic development has brought prosperity to many, but it has also created imbalance. The gap between wealth and poverty continues to widen. While some enjoy abundance, others struggle for basic needs. At the same time, the definition of success has shifted. It is often measured by position, possessions, and power rather than by character, values, and inner stability.



In the race to achieve more, humanity is slowly losing something essential—its connection to values like honesty, compassion, patience, and gratitude. When values weaken, systems begin to collapse.

Environmental Crisis

Nature Reflects Humanity

One of the most visible signs of imbalance today is the environmental crisis. Climate change, pollution, deforestation, and natural disasters are affecting every part of the planet. Nature is not separate from human existence – it is deeply interconnected with it.

When there is excess greed, nature is exploited. When there is inner chaos, there is outer disturbance. The increasing frequency of floods, heatwaves, and storms is not just a scientific issue – it is a reminder that imbalance, whether internal or external, has consequences. Healing the planet requires more than policies – it requires responsibility, awareness, and a shift in human consciousness.

The Crisis of Relationships

In today's fast-paced world, relationships are undergoing a silent transformation. While communication has become easier through technology, emotional connection has weakened.

Expectations are rising, patience is decreasing, and misunderstandings are increasing. Many relationships suffer not because of lack of love, but because of lack of understanding and emotional maturity.

When individuals feel empty within, they begin to expect more from others. This leads to disappointment, conflict, and distance. Strong relationships are not built on expectations, but

on acceptance, respect, and the ability to give.

Mental Health: The Inner Battle

Another major challenge of the present world is the rise in mental health concerns. Anxiety, depression, burnout, and emotional fatigue have become common experiences.

People are constantly thinking – about the past, the future, and others' opinions. This continuous flow of uncontrolled thoughts creates pressure on the mind. The mind, when left unmanaged, becomes a source of stress. But when trained and directed, it becomes a source of strength. Silence, reflection, and self-awareness are no longer luxuries – they are necessities.

A Subtle Shift

Awakening of Consciousness

Amidst all these challenges, a positive transformation is also taking place. More individuals are beginning to question the deeper purpose of life. There is a growing interest in meditation, mindfulness, and self-awareness.

People are realising that external achievements alone cannot bring lasting happiness. There is a search for something deeper—something stable, something meaningful. This shift indicates that humanity is not just evolving externally, but also awakening internally.

The Power of Self-Transformation

It is easy to look at the world and feel overwhelmed by its problems. However, real change does not begin at the global level – it begins at the individual level. Every thought we create contributes to the collective environment. Every action we take influences the world around us. If there is anger within, it spreads. If

there is peace within, it also spreads.

By transforming our thoughts, we begin to transform our experiences. **By changing our responses, we influence situations.** By becoming stable, we bring stability to others. One calm mind can create a ripple effect of positivity.

Balancing the Outer and Inner Worlds

The present scenario calls for a new kind of balance – a balance between external success and internal well-being. Progress should not come at the cost of peace. Achievement should not replace contentment. Power should not overshadow compassion.

Education systems need to include emotional intelligence. Work environments need to prioritise mental well-being. Individuals need to reconnect with themselves. True progress is not just about what we achieve, but about who we become in the process.

From Chaos to Clarity

The world today is not just going through a crisis – it is going through a transformation. The challenges we see are signals, not endings. They are reminders that something needs to change – not just outside, but within.

This is a time to pause and reflect – to shift from reaction to awareness, from stress to stability, from confusion to clarity. The future of the world will not be shaped only by technology or policies, but by the quality of human consciousness.

If individuals become more aware, peaceful, and responsible, the world will naturally reflect those qualities. The change we are waiting for is not somewhere outside – it begins within us. And perhaps, this is the real turning point of our time: a movement from a world driven by noise to a world guided by awareness. ■ ■

Life Changing Advice

➤ **Everyone can teach you something.**

Even your obnoxious political foe can teach you something. Learn to let go of your initial judgments and try to understand people. Talk less. Listen more. Get curious about how people came to be who they are.

➤ **Be grateful for what you don't have.**

Life can always be much worse than it is today. Instead of obsessing about what's going wrong, be grateful for all the horrible things that you don't have.

➤ **Release the idea that things could've been any other way.**

Life could've played out in a million different ways. But it didn't. And now you are here. It might be painful. It might be uncomfortable. It might be frustrating. But it is the way it is nonetheless. The sooner you come to terms with this fact, the sooner you can go about living a peaceful, surrendered life.

Mother's Day (Sunday, May 10, 2026)

GOD'S SPECIAL BELOVEDS A MOTHER'S DAY REFLECTION

True spirituality lies in soul-consciousness, where we practice complete non-violence and treat mothers with the highest respect and love.



B.K. Sarika, GGRC, Ahmedabad



At this most auspicious Confluence Age – the delicate turning point of the world cycle – the Supreme Soul, the Ocean of Knowledge, descends into this corporeal world. He comes to play His most vital roles: our Father, Teacher,

and true Guide. His primary mission is a profound reminder of our forgotten identity: that we are pure souls, deity souls, and His beloved children.

Through His divine sustenance and the study of Raja Yoga, the soul undergoes a miraculous metamorphosis. We are being transformed from degraded, Iron-Aged beings into elevated, Golden-Aged deities – souls who are complete in sixteen celestial degrees, perfectly viceless, and anchored in the highest moral virtue: non-violence (Ahimsa).

The Highest Virtue: Non-Violence

In the life of a deity, the primary practice (*Dharana*) is complete non-violence. To be truly non-violent means more than just refraining from physical harm; it means reaching a state of purity where we do not cause sorrow to any soul, even through our subtlest thoughts. To be a deity is to be the “highest human,” which requires that every thought and every step be elevated. In this state, there is no room for the ordinary, the worldly, or the wasteful.

God's Special Love for Mothers

Of all the groups in human history, perhaps none has faced as much marginalisation or systemic mistreatment as mothers. Recognising this, the Supreme Father says, “I especially come for the mothers. I come to massage their tired feet.” He uplifts mothers by placing the “Urn of Knowledge” upon their heads, restoring their dignity and spiritual authority. He reminds them that they are conduits of divine power (Shiv Shaktis) who become “master almighty authorities.” He identifies them as spiritual lionesses, capable of conquering the vices.

In a world where many women feel isolated or unsupported, He offers the ultimate reassurance: “I am the Husband of Husbands. You are never alone; the Father is right beside you.” With the Almighty as a companion, fear becomes a thing of the past.

Moving Beyond Body-Consciousness

As children of God, we must ask ourselves: are we truly acting as His helpers? Are we treating the mothers in our lives with the same respect, love, and appreciation that God offers them?

If we remain trapped in body-consciousness, we inevitably fail this test. As long as we identify with the labels of “husband,” “boss,” or “father,” we tend to exert a sense of “right” or “ownership” over others, as if they exist primarily to serve us. However, the Father

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Early to bed and early to rise makes a man healthy, wealthy and wise.

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teaches us to live in the household as “lotus-like”—detached and pure.

The mothers in our lives are not our possessions; they are sovereign souls who belong to God. When we forget our identity as “a pure soul, a child of God” and slip into bodily roles, the “I and mine” ego takes over. This is where judgment, criticism, and condemnation begin. But when we remain soul-conscious, every soul becomes a brother or sister, and our natural response is one of unconditional respect.

The Pilgrimage of Remembrance

The Father teaches us to stay on the “pilgrimage of remembrance” throughout the day. While walking and moving, we must remember who we are and whose we are. When we are anchored in the awareness that we are children of the Bestower of Happiness and the Comforter of Hearts, our interactions change.

When a mother, wife, or sister asks for our help, we no longer roll our eyes and think or say, “What do you want now?” We do not act dismissively or condescendingly: “What can you

possibly do?” or “Can't you even do this much right?” We stop taking their tireless service for granted: “Just get this done,” “Make this for me.” We stop judging them through the lens of worldly “coolness” or “sophistication” and treating them as if they are backward or simple.

Instead, we see them as souls playing their roles in the corporeal world, offering selfless sustenance. We remember that these are the very souls for whom God has come to the earth; they are the ones for whom He has taken the reins of the world to ensure justice. To mistreat them is to place an obstacle in the Father's own path.

A Pledge for Mother's Day

“It is a sin to cause sorrow to anyone,” says the God-Father. “The mothers have cried the most. You must make them laugh.” On this Mother's Day, let us celebrate mothers. Let us make a sacred pledge to be the source of their smiles – not just for one day in May, but for all time. By honouring mothers, we honour the Father Himself and bring ourselves one step closer to the Golden Age. ■■

LAUGHTER: THE BEST MEDICINE

- ◆ **The benefits of serving green tea show your “richness” – you save on milk expenses, you don't have to serve biscuits, and the guests don't come back again!**
- ◆ **A rickshaw driver's daughter won a silver medal...
A rickshaw driver's son became a CA... A rickshaw driver's daughter scored 99%...
After reading such news, my kids are insisting, “Dad, you should also buy a rickshaw!”**
- ◆ **Santa bought medicine from a medical store and said, “Give me some sugar as well.”
Shopkeeper: “We don't sell sugar here.”
Santa: “We're not fools, we are educated!
It clearly says on the medicine – *Sugar Free*. So you'll have to give me sugar!”**
- ◆ **Today's knowledge: How to make oil from soil – Remove the 'S' from SOIL!
(*Guru dakshina* can be sent via Paytm...)**



ACCURATE AND TIME-BOUND SERVICE BY B.K. JAGDISH

Bro. Jagdish's life was a powerful example of total dedication, humility, and tireless service in spreading Godly knowledge, inspiring generations through his wisdom and actions.



B.K. Dr. Swapan Rudra, Durgapur (W.B.)



For the last 15 years, whenever I have had the opportunity to go through the books of my most beloved Bro. Jagdish and listen to his lectures in his own voice, I have thought of him as a great

hero in the Brahma Kumaris Organization, especially in the areas of Godly study, churning knowledge, presenting new points, and delivering lectures to Brahmins and others with authority and authenticity – always in an engaging and amusing style. He had an inseparable, loving bond with Brahma Baba since his surrender because, from the beginning, the latter recognised special qualities in him, particularly in areas like writing, service planning, preparation of letters and invitation cards, meeting with VVIPs, introducing them to this knowledge, and finding new places for exhibitions.

Early Life and Spiritual Awakening

He was born in Multan, a place of Sufi saints, on December 10, 1929. After Independence, he moved to the Punjab province of India. He first learned about the Brahma Kumaris from a lecture by a B.K. sister during a session organised by the 'Theosophical Society' in Delhi, when he was the principal of a Teachers' Training Institute in Sonapat, Haryana.

Immediately, he contacted the sisters there and obtained the address of the nearby B.K. centre in Malkaganj. The B.K. sisters advised him to reach the centre by 4 a.m. the next day, and he obeyed, spending the night standing beside his bicycle beneath a tree in Malkaganj because he knew he could not attend the class on time if he returned to his hostel.

He attended the 4 a.m. class and met the teacher; *Adiratan* Kunj Dadi was there. He continued to attend classes twice daily – morning and evening – for several days while also fulfilling his responsibilities as principal. At that time, he never missed a class and did not mind the early morning journey from the hostel, even if it meant climbing over the hostel fencing, since the gates remained closed at both times.

Total Surrender and Simple Living

By that time, he was so deeply influenced by this knowledge that he could no longer continue in his role as principal. He resigned from his job and moved to the newly opened centre in Kamla Nagar, Delhi, under the patronage of Dadi Kunj. His ardent desire brought him to Malkaganj, despite the limited space in the small centre. It is true – where there is a will, there is a way.

Later, in Kamla Nagar, he was allotted an ordinary bedstead, which he used for reading, writing, eating, sitting, and sleeping – essentially for multipurpose use.

A Rare Personality in the Brahmin Family

Such simple, candid, ego-free, and time- and money-conscious individuals are rare in this world – even within the Brahmin family, despite having a high level of understanding of Godly knowledge. He first came to the Abu Hills in 1953 and met BapDada for the first time when the organisation was in its early stages, staying at Bharatpur Brij Kothi. Upon coming under the magnetic influence of Mamma, Brahma Baba, and the Adiratan Dadis, he quickly became a jewel in the eyes of all.

Expansion of Service and Literary Contribution

Gradually, his service expanded from Pandav Bhawan to many other places in the country and a few foreign locations. He began writing books in various languages – Hindi, English, and Sindhi – describing spiritual knowledge and its necessity in life, in contrast to the so-called knowledge of human society. He was deeply impressed by Brahma Baba from the beginning because he witnessed Baba's exceptional work, such as repairing roads on the way to Bharatpur Kothi, accompanying the children, making cow-dung cakes, fetching water from distant places, harvesting vegetables, and cooking – all alongside the children.

Inspiration from Brahma Baba

Bro. Jagdish found it remarkable that Dada Lekhraj, once a millionaire in the diamond business in Sindh, Hyderabad, and Karachi, who had started schools for Godly children and supported them financially, was now engaged in such simple tasks for the purpose of spreading Godly knowledge and re-establishing a divine society as advised by God.

With a broad outlook and a vision for a future



B.K. Jagdish ji is with Avyakt Bapdada

Golden Bharat, he remained dedicated to the children everywhere, serving as their lifelong companion so that they could learn practical lessons during this *Sangamyuga* period. Who else could leave behind such wealth, property, and family for the sake of Godly service?

Mamma and all the *Adiratan* Dadis, Didis, and Dadas were staunch followers of Brahma Baba in every aspect of Yagya life because they knew that every direction came from God Father Shiv through Prajapita Brahma. Since Shiv Baba was not visible, they depended entirely on Brahma Baba.

A Life Dedicated to Knowledge and Service

Brother Jagdish entered the Yagya in 1952, after the relocation of the 'Om Mandali' from Karachi to Mount Abu in May 1950. His extraordinary personality was needed to spread knowledge far and wide. He had studied books on science, literature, philosophy, history, geography, and religious scriptures and wrote more than 200 books in the light of Godly knowledge. These books are still read by people around the world to clear their doubts and understand the true facts about the soul, the

Supreme Soul, and the Eternal World Drama (EWD).

Beloved Child of BapDada

He was a beloved child of BapDada and was renamed Sanjay for his sharp memory, divine vision, eloquence, and presentation. He was also affectionately called Ganesh for his hassle-free service, overcoming all obstacles. He followed every direction of BapDada and served diligently during the precious 50-year period from 1952 to 2001 – a feat possible only for such an extraordinary divine soul.

Humility and Respect for All

He prepared lectures for the Dadis and trained them before their speeches to ensure clarity for the audience. Being humble, he always kept the Dadis and sisters at the forefront, without seeking fame. Jagdish ji always showed respect not only to the Brahmin family members but also to visitors at Pandav Bhawan.

Leadership and Global Service

All the books published by the Brahma Kumaris Organization before 2001 were authored by B.K. Jagdish Chandra Hasija. He also served as the chief spokesperson of the organisation and the chief editor of magazines such as *Gyanamrit*, *The World Renewal*, and *Purity*.

He accompanied the elders when meeting dignitaries such as the President, Prime Minister, ministers, governors, religious leaders, and heads of international organisations like the UN, UNESCO, UNICEF, and UNEP, both in India and abroad. After Brahma Baba's ascension, he played a pivotal role in the Yagya due to his strong mentality, clear understanding, and farsightedness, helping the organisation move forward.

When B.K. centres began opening abroad, he was present with the *Adiratan* Dadis and Didis to coordinate, cooperate, and communicate with local people, helping them understand this new knowledge. As a result, he became instrumental in opening hundreds of centres in India and in foreign countries, including London, the USA, Russia, Hong Kong, Singapore, and Vietnam.

A Lasting Legacy

Today, revered Bro. Jagdish is honoured by all B.K. brothers and sisters as their hero in Brahmin life for his immense contributions to both Gyan and Yoga. He left his mortal body on May 12, 2001, after fulfilling his destined role in Godly service. He was the kind of person who left no stone unturned in service, and we continue to learn from his extraordinary efforts and powerful time management.

A Rare Soul

A person like Bro. Jagdish is rare, both in the human world and within the Brahmin family. He was exceptional in his dedication to Godly service, comparable to Swami Vivekananda, who once said, "What this Vivekananda did in this life, another Vivekananda, if there is one, could understand." However, what Bro. Jagdish accomplished in the name of *Shrimat* is entirely unique and beyond any worldly knowledge.

Message for Humanity

The Incorporeal God Father has taught humanity to realise and identify themselves as souls, enabling the transformation of humans into deities and making them members of the deity dynasty, living in complete peace and happiness. If not now, then never – because time is a critical factor, and the call of time, as demonstrated by respected Bro. Jagdish ji, can never be ignored. ■■

INTEGRATING KNOWLEDGE FOR PEACE AND PROSPERITY

True knowledge is not mere information but self-realisation that transforms life into peace, wisdom, and right action.

B.K. Surendran, Bengaluru



Knowledge is required in all fields of life. We must have knowledge of our own body and its nature, the environment, the food we eat, the clothes we wear, and the people with whom we coexist and come

into contact. We have knowledge of the physical sciences more than ever before. We have great scholars and scientists in the physical sciences. This achievement has developed alongside modern education. Literacy missions initiated by the Central and State Governments aim at achieving hundred per cent literacy rates. Others are also making significant progress in this direction. Of course, this is very necessary so that people, in general, are able to at least read, write, and converse better.

However, one startling situation emerging amidst these achievements is that as the so-called educated mass increases, problems in society also increase. If we examine terrorist and extremist groups, many of their members are found to belong to the so-called educated class, engaged in sabotage with the aim of creating panic and destruction. This destructive path not only harms them but also destroys many others.



Education and Its Real Meaning

In this context, all right-thinking people should understand that education is the process of gaining knowledge that enlightens an individual to lead a better life. It is also the process of unlearning and relearning, deconstructing and reconstructing experiences, which makes one mature. Humility, simplicity, and tolerance are the hallmarks of an educated person. We all know that violence and wars have never established peace or resolved problems.

Education in the physical sciences is essential because it has enabled us to enjoy physical comforts and conveniences in life. We now have aircraft, supercomputers, instant global communication, and a software revolution that has made life remarkably comfortable and fast. These are indeed marvellous achievements of which we can be proud.

Physical Progress and Inner Emptiness

We can observe that there is considerable physical and intellectual development. These are necessary. However, there is little knowledge to nourish the real self – the soul. We study the sciences but often remain ignorant of the scientific spirit – love of truth, intellectual detachment, and respect for facts – and fail to apply these in our attitudes and behaviour. We study law but sometimes behave lawlessly; we

study sociology but may still engage in antisocial activities; we study grammar but speak ungrammatically; and we study logic but think illogically.

We often lack self-control and allow external influences to dominate us. Many of us are scholars in theory but not practical in life. Practical living is needed, not merely doctrines or dogmas. Among the majority of the so-called educated people, knowledge is often reduced to a collection of information and facts. This knowledge, in many cases, is misused, misinterpreted, or misapplied because it is not properly assimilated. There is little true illumination, either within or without.

One often fails to understand one's relationship with oneself, with one's family, with society, and with the Almighty. With accumulated information, some become intoxicated with position, material possessions, and intellectual pride. Modern science has given immense intellectual and physical power; however, these powers, when not balanced with wisdom, can overwhelm modern man, making him feel alienated, frustrated, anxious, tense, and cynical. As Bertrand Russell observed, "Unless men increase in wisdom as much as in knowledge, increase of knowledge will be increase of sorrow."

Body-Consciousness and Its Consequences

In the Chandogya Upanishad, there is a reference to the sage Narada approaching the philosopher Sanatkumara to seek knowledge of the truth. Sanatkumara asked Narada to describe what he already knew so that he could guide him further. Narada replied that he knew the Vedas, sciences, arts, music, and more, yet he felt unhappy, sorrowful, and without peace.

Sanatkumara then said, "You have learned all the Vedas, sciences, and arts, but they are merely names and words – transformations of sound. You must seek the meaning behind them and realise the supreme truth of being." This is where true education (Vidya) comes into play. The knowledge of the self is like nectar that calms the senses – what is called *indriya sanyama* (self-control). The higher self takes control of the lower self. The lower self is the body, while the higher self is the soul – the real 'I', a micro-point of consciousness with mind, intellect, and impressions as its faculties.

Significance of Soul-Consciousness

Soul-consciousness, or awareness of the real self, releases natural qualities such as peace, love, and happiness. These are the inherent virtues of the soul. The knowledge of the self transforms into virtues, illuminating both the inner and outer world. It enables one to see oneself and others clearly.

The bond of human relationships becomes visible and meaningful, and the brotherhood of humanity is realised, pointing to the presence of the Supreme Father. Inner and outer darkness is dispelled by this light of understanding. As awareness deepens, virtues such as peace, love, compassion, contentment, and maturity begin to manifest in relationships. One understands how to relate properly with oneself, family, society, and God.

Thus, knowledge evolves into wisdom. Virtues enhance the quality of life and transform into values when applied in daily living. Peace, for example, becomes peace of mind and peaceful actions. When virtues and values are present, wisdom prevails. Compassion, empathy, and right judgement guide actions. This enables proper use of knowledge for the

benefit of oneself and others.

God is the eternal source of virtues and wisdom. When a spiritual relationship is established with the Supreme, the development of virtues, values, and right judgement becomes natural and continuous.

Modern Life and Stress Management

We become stressed when we do not pay attention to our thoughts, words, actions, and relationships. At times, we become arrogant or aggressive and take decisions without considering their consequences. A lack of self-awareness leads to stress.

Stress is a signal indicating the need to accept, adjust, or transform a situation. Knowledge empowers us to remain free from stress. True awareness combines soul-consciousness with attention and understanding. It enables us to understand our thoughts and emotions clearly, connect with others and with God, and develop flexibility and resilience.

Life is constantly changing. Knowledge, when applied repeatedly, becomes wisdom. A wise person does not become disturbed easily but handles situations calmly and tactfully. Such individuals remain peaceful and stable. Ultimately, stress arises from negative or incorrect thinking and perception.

Rajyoga Meditation A Practical Solution

Rajyoga meditation is a powerful technique for training the mind through concentration and awareness. The mind generates thoughts, and thoughts are powerful vibrations. Everything begins in the mind; therefore, controlling and directing the mind determines whether we experience happiness or sorrow.

A strong and disciplined mind can transform problems into opportunities and sorrow into happiness. As the thoughts, so the life experience – regardless of external situations. Rajyoga teaches us how to connect the mind and intellect with the Supreme Source – God – and draw spiritual power and joy. God is not a human being but a point of Supreme Consciousness, a self-effulgent light.

Illustrative Examples

It is said that King Janak lived amidst royal luxury yet remained detached. When a cry arose that the palace was on fire, a recluse rushed to save his belongings, while the king remained calm. He said, “What is truly mine cannot be destroyed.” This demonstrated his spiritual stability.

Similarly, when Thomas Edison's laboratory caught fire, he calmly remarked that his past mistakes had been burnt away and began anew. Such examples show how wisdom transforms adversity into opportunity.

True knowledge of the self and awareness of one's eternal nature, along with pure thoughts and feelings, bring enthusiasm, peace, and stability. Millions are practising this spiritual knowledge and meditation daily. ■■



VALUE EDUCATION THROUGH SELF-EXPLORATION

Value education shifts the focus from material success to inner happiness, guiding a balanced life rooted in wisdom, spirituality, and self-awareness.

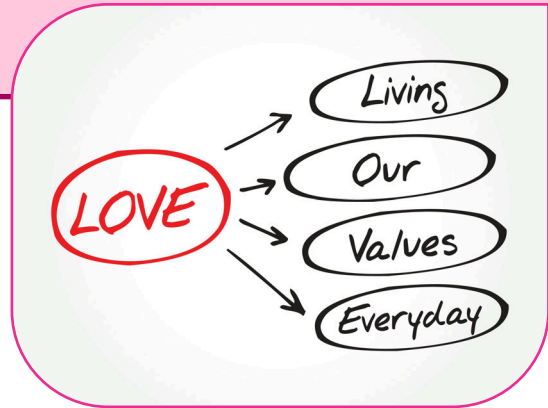


The value of any unit is generally related to its participation in the various things that are in existence in this world. Value is attached on the basis of its usefulness in monetary terms. Education is also evaluated on the basis of its earning capacity and the authority attached to it. Education is treated as better if it gives the highest return on the investment made during the attainment of education. Education has become a source of investment in economic terms. **Value education is to be treated in terms of its contribution to our happiness and prosperity in a sustainable way.** Education should be treated as valuable if it creates harmony within ourselves, with other human beings, as well as with the rest of nature. Generally, education in schools and colleges is adopted on the basis of getting a job and the remuneration attached. Education is being treated as valuable on the basis of the package in terms of money only. **It is based on our wrong assumption that if we have money in hand, we can purchase everything in this world.** We need to understand the correct identification of our aspirations. We may aspire to become

highly qualified professionals with the highest earning capacity. We may have various plans for our future, but before the realisation of these plans, we must realise our basic aspiration. On the basis of the correct identification of our basic aspirations, we need to frame goals and objectives. We all aspire for happiness and prosperity and whatever is conducive to our happiness. Values become the basis of our thoughts, behaviours, and actions. Without an appropriate 'Value Framework', we cannot decide whether a profession or chosen action is right or wrong. When we live with the correct identification of values in our life, we feel happy continuously.

Evaluation of Our Beliefs

We generally live our life on the basis of some beliefs and pre-conditionings that have not been verified at our individual level. These beliefs and preconditionings come to us through reading, hearing, as well as our interaction with others. These beliefs are not the same for each individual and keep on changing for every person according to changes in time, place, and situation. The conditioned beliefs taken from outside may create conflict and contradictions in our lives. We need to evaluate our beliefs by following the basic guidelines of value education and by properly understanding its



B.K. Kewal Krishan, Naulakha, Mandi

basic need in our life.

Basic Guidelines for Value Education

Value education enables us to understand our physical needs, which help us to visualise our goals and objectives and provide direction for their fulfilment. Value education should fulfil the following conditions in terms of its applicability:

- ▶ **It should be universal:** Value education should be universally applicable to all human beings, and it should be true at all times and places.
- ▶ **It should be rational:** It should be amenable to reasoning and not based on blind beliefs.
- ▶ **It should be naturally verifiable:** It should be acceptable to all human beings in a natural manner. Living on the basis of such values leads to fulfilment and creates happiness. It has to be verifiable within ourselves.
- ▶ **It should be all-encompassing:** It should bring transformation in our consciousness and in all the dimensions of our living. It should bring changes in our thoughts, behaviour, actions, and realisation at all levels of our living.
- ▶ **It should lead to harmony:** Value education should create harmony within ourselves as well as in our dealings with other human beings. It should also help to develop the right understanding within us, which may lead to harmony in our living as well as in our interactions with other human beings and the rest of nature in which we live.

The value of any unit is concerned with its participation in the larger order of existence. The value of us as human beings is connected with our participation in the bigger order, which includes all human beings, plants, air, water,

soil, animals, birds, and everything that exists in nature. Through value education, we become capable of understanding human reality with its participation in the larger order of existence, called the world.

Normally, we explore outside, but in fact, we should adopt self-exploration as a process for value education. The process of self-evaluation is related to dialogue within ourselves: what we are and what we really want to be. When we ask ourselves, “Am I what I really want to be? Am I satisfied within myself, or is there a contradiction?” What we are today is the result of our preconditionings, our past beliefs, as well as our aspirations about future life. On investigation, we find that the contradictions are in our mind, but we treat them as if they are from outside. For example, we are taught that life is a struggle for survival as per Darwin's principle, and we can survive only on the basis of competition with others. Based on this assumption, we remain in competition with others, and our whole life is planned without individual-level evaluation. All our desires and assumptions are based on those beliefs, irrespective of whether they are naturally acceptable to us as human beings. All our problems of unhappiness and discomfort are created through these inner contradictions, which create a gap between what we are and what we really want to be. On careful self-exploration, we realise that we are driven by unrealistic assumptions that are contrary to our natural acceptance.

My Experience with Brahma Kumaris, Mount Abu

I feel myself lucky to be a part of the Brahma Kumaris, particularly at this stage of life. My wife used to go to the Brahma Kumaris Ashram at

Sundar Nagar for the last few years, and she requested me to accompany her. I used to go for a morning walk, and due to a clash in the timing of the Murli at the Ashram, I could not respond to her request, as I had a different impression about the Brahma Kumaris based on their white dress. One day, she requested me to drop her at the Ashram by vehicle. I agreed and accompanied her in order to understand the facts. On reaching there, I met B.K. Naveena, who suggested that I go through the Seven-Day Course to gain a proper understanding of the Murli and the Brahma Kumaris. Being in a positive frame of mind, I thought there was no harm in attending the class for seven days, as it would serve a dual purpose. During these seven days, I learned about the system of the Brahma Kumaris and their method of meditation called Rajyoga. An interest to know more was created within me. A group of about forty Brahma Kumaris was going to Mount Abu. I was also interested in going, but train tickets were not available. The thought of visiting Mount Abu kept revolving in my mind. With Baba's blessings, I got a chance to visit Mount Abu. On reaching there, I experienced a feeling of heaven on earth.

Value Education and Spirituality

Value education is a wide term that is directly related to our life in terms of our happiness, aspirations, goals and objectives, as well as our success in life. It generally deals with what is universally valuable to us in terms of providing happiness and prosperity in a sustainable way.

Value education should enable us to be in harmony within ourselves as well as with other human beings and the rest of nature. In order to

understand the need for value education in our life, we have to correctly identify our aspirations. Every human being has aspirations in life to adopt a specific profession, as well as various plans for the future, including personal, social, and environmental participation. Based on the correct identification of our basic aspirations, we can frame our goals and objectives and work towards their fulfilment. When we were born, we had no aspirations. As we grow, various aspirations develop. We are told that money is important in order to become successful in life. That education which provides the highest return in terms of money, material, authority, and prestige is treated as the best. In this world, we often believe that money is everything.

Prosperity and Spirituality

Prosperity is related to the physical facilities we need in our daily life for the fulfilment of our needs and for maintaining our body in a working condition. It is connected to material things that take care of the body. As human beings, we need food for nourishment, clothes for protection, and a house for safety. Wealth in terms of money provides the purchasing power to acquire physical facilities. Prosperity is a feeling of having, or the capacity to acquire, more than the required physical facilities. We continue to work to accumulate wealth by all means, even after having enough wealth. ■■





BALANCE IS BLISS

A conversation between two Moms

While academics are important, parents should not measure a child's worth only by grades; instead, they should value life skills, confidence, and individual growth, allowing childhood to remain a journey rather than a race.

B.K. Payal Jethra, Malad, Mumbai



Tring... Tring...

Mom 1: Good morning, Neena! How are you doing?

Mom 2: Very well, Tina. And you?

Mom 1: Honestly, the house feels tense. Hritish has his preliminary exams round the corner.

Mom 2: That can happen sometimes. But exams are exams – they need to be taken in the right spirit.

Mom 1: I'm not sure I understand. Do you mean we should just chill around?

Mom 2: Not exactly. Balance is bliss – and it has always been the key in every situation. Study is important, yes... but do we really expect A grades and 90% every single time?

Mom 1: Isn't that how we motivate children?

Mom 2: Have you ever watched a caterpillar transform into a butterfly?

Mom 1: Yes, it happens step by step – slow and steady. In fact, if you saw a caterpillar and a butterfly separately, you'd never guess they're the same being.

Mom 1 (thinking aloud): What if I tried to hurry the process?

Mom 2: Oh no, dear! It's far too delicate. Any untimely intervention would disturb its natural growth – oops – and it may never become what it's meant to be.

Mom 1: Children are just like that – delicate caterpillars. Each needs their own time.

One child may score A grades today and slip the next semester. Another may never touch an A at all. But is that really the yardstick I want to judge my child by? Is this limited lens truly how much I want to measure and calculate my little one?

Mom 2: Exactly. My son is excellent at house management. I give him a fixed amount every week to manage groceries and bills – and he always returns with money saved. His grades are around 60% for now... but look at the life skills he's building.

Mom 1: So we're not undermining the importance of academics at all.

Mom 2: Not at all. We're simply saying – every child needs time to explore and experiment. When we become overly focussed on grades, we unknowingly shrink their inner enthusiasm and spirit.

Mom 1: You know, Neena... today I feel lighter. Maybe my role isn't to rush Hritish toward becoming a butterfly, but to protect the cocoon while he's still growing.

Mom 2: Exactly. When the time is right, the wings unfold on their own. Until then, love, patience, and trust are the best nourishment we can give.

Mom 1: (smiling) Then let exams be milestones, not verdicts. And let childhood remain a journey – not a race.

Mom 2: Well said, Tina. After all, when children grow in confidence, success follows – sometimes on report cards, and always in life.

Tring... Tring... ■ ■

LIVING AS A SOUL IN A MATERIAL WORLD

True peace comes from realising that we are souls, not bodies, and living with that awareness.

B.K. Nikunj, Ghatkopar, Mumbai



We all live as long as we keep breathing, which is why the phrase “till the last breath” is often used in our day-to-day lives. However, we tend to forget a very important fact:

the body remains alive only as long as the soul resides in it. The presence of the soul automatically sustains the functioning of the body, so much so that the breathing process continues even while a person is in deep sleep. Therefore, in the truest sense, it is the soul that performs all activities through the body. The body and its organs are merely agents or instruments to carry out the soul's directives. It is not the mouth that speaks on its own, but the soul that speaks through the mouth, using the body as a tool. The soul sees, hears, speaks, feels, and acts through the body. These functions are performed via the five senses of sight, sound, speech, smell, and touch. These senses operate through their respective organs in the body by receiving and conveying messages to and from the brain.

The Soul and the Body

When the soul leaves the body, the event is called “death.” Then it is said, “the light has gone” or “the soul has departed.” After death, decomposition begins in the body, and it starts to emit a foul smell after some time; that is why

different cultures have different ways of disposing of the body. The body has no value and significance only as long as the soul inhabits it. Just as electrical appliances are useless without the supply of electric current, the body is completely ineffective without the soul. Thus, both the soul and the body are indispensable to each other in this field of action called the world.

Body-Consciousness and Its Effects

Today, many of us identify ourselves primarily with the body we have acquired, often neglecting the immortal entity called the “soul,” which resides within and functions through the body. This ignorance about the existence of the soul results in “body-consciousness,” or a purely materialistic approach to life. As a result, throughout our lives, we strive to improve our physical condition without truly understanding why the physical and mental conditions of two individuals may differ widely, even from birth. We become baffled by human suffering and untimely deaths caused by natural calamities, terrorism, violence, and wars, leading us to constantly fear death.

In the midst of this, we fail to realise that unless these fundamental aspects of life are rightly understood, a body-conscious approach is bound to persist. When we consider physical existence as the “be-all and end-all” of everything, we adopt misguided values in life, leading to wrong actions, which in turn cause



suffering.

In today's fast-paced, hyper-connected world, this misidentification with the body has only intensified. With the advent of social media and the global economy, people's perceptions of themselves are now more deeply intertwined with physical appearance, societal status, and material achievements. Constant comparison with others often amplifies feelings of inadequacy, stress, and discontent. Also, the importance given to appearance, wealth, and success fuels a culture of superficiality.

Yet, even in this digital age, the truth remains unchanged: our deeper sense of self – the soul – shapes our experiences, emotions, and decisions. Hence, it should be clearly realised that true peace and contentment cannot be found in material possessions, but only in a deep understanding of who we are beyond the physical form. For that, proper knowledge of one's real self, i.e., the soul, is essential.

Self-Realisation Through Meditation

Understanding the soul's role in the world and how it interacts with the body can bring about a profound shift in perspective. This spiritual understanding helps us navigate life's challenges with greater grace and strength. It allows us to detach from external influences like social media, material desires, and societal pressures, leading us to a simpler, more meaningful existence.

This is where the practice of self-awareness and meditation comes into play. Meditation enables us to transcend the

limitations of the body-conscious mind and helps us connect with the soul – our true self. By meditating regularly, we begin to realise that our worth is not determined by how we look or what we possess, but by the purity of our thoughts and actions. It calms the mind, reduces stress, and helps us focus on what truly matters in life.

In fact, many ancient spiritual teachings emphasise the importance of “knowing oneself.” This knowledge is not just intellectual but experiential. When we realise that we are souls, our perspective on life, relationships, and even challenges changes drastically. We begin to see others as souls too, which fosters more compassion, understanding, and love in our interactions.

Living with True Awareness

The journey of life, therefore, is not about chasing material gains or superficial achievements, but about understanding the eternal nature of the soul and nurturing it. Remember: when we are in tune with our true self, we make better decisions, lead happier lives, and are less affected by the ups and downs of the external world.

So, instead of constantly running after worldly success, let us take a moment to turn inward and reflect on the deeper purpose of life. ■■



Meditation

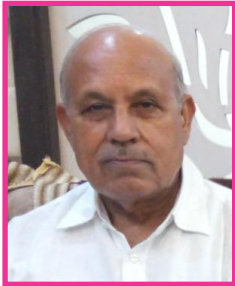
Meditation is a personal relationship and a conversation with God.



LOSING THE SENSE OF POSSESSIVENESS IS THE HIGHEST SACRIFICE

True renunciation is not giving up possessions but letting go of attachment, ego, and past burdens.

B.K. Ram Singh, Rewari



A king was very sad because, even after achieving all his goals, his mind remained restless – be it treasure or victory in war. The king once approached a saint for a solution. He was surprised

to see strange mathematics written outside the saint's hut: $9 + 9 = 0$ and $9 - 9 = 81$.

After saluting the saint, the king asked, "What kind of reverse mathematics is this?" The saint said, "Rajan! This is the mathematics of saints: those who keep on adding money and accumulating comforts and luxuries throughout their lives are left with zero in the end, whereas those who keep on subtracting – that is, keep on distributing – their happiness increases manifold."

This deeply touched the king. He understood that when we keep on accumulating, one day death takes everything away, and nothing remains in our hands. But when we keep on reducing, i.e., keep on distributing, the soul becomes pure and elevated. One who distributes never lacks anything; however, in practical life, people think that if they give away their possessions, they might become poor.

What Is True Renunciation?

It is said that true renunciation does not lie in giving up things, but in giving up attachment to



POSSESSIVENESS –
A poison of the mind!

them. Accumulation, whether of things or emotions, is always painful. If a person removes bad habits and reduces unnecessary possessions, this is the best form of sacrifice. True renunciation gives inner peace: when we quench someone's hunger and thirst, make the fearful fearless, make the unhappy happy, give medicine to the sick, or remove ignorance by giving the light of knowledge.

Destiny Is Created by Renunciation

Renunciation does not only mean giving up material things or leaving home; it is a subtle inner change—i.e., handing over one's worries, the fruits of actions, and the mind and intellect to God. This is true renunciation and surrender. It is said that fortune is created through sacrifice; thus, a person transforms from an ordinary being into an ascetic

Give Up Inner Vices

A person can give up ego only when they renounce selfishness, desires, and the sense of "I-ness" in service, and adopt humility. A person walking on the path of God should first give up inner vices (lust, anger, greed, attachment, ego, etc.) and body-consciousness. Instead of identifying with the body, one should consider oneself a soul and, mentally, renounce attachment to bodily relations, wealth, and resources – this is real renunciation.

Renunciation While Living in the World

Renunciation of wealth, position, and family

means considering them as God's trust. It does not mean leaving home, but giving up negative habits and body-consciousness, surrendering to God, living a pure life, and remaining detached. Whatever one has received should be seen as God's trust. Living in this way is spiritual life – eradicating the impure intellect and *tamasic sanskars*. Renunciation means not considering money, position, or family as one's own property, but as belonging to God.

Progress Through Letting Go

The more you give up what you have achieved, the more you will move forward. Unnecessary memories of the past are like ground from which it is important to lift the feet of the intellect. Just as a swimmer pushes water backward to move forward, similarly, we should not get stuck in past achievements.

If you settle for what you have already achieved, you will become stuck and unable to progress. To reach the roof, we step on the first step, but we must leave it to move to the next. In

the same way, we must let go, step by step, to progress higher.

Sacrifice Creates Destiny

The rule of movement – whether climbing stairs or walking – is that we move forward only when we leave the ground behind. Similarly, we must let go of past attachments to move ahead. Sacrifice creates not only our own destiny but also the destiny of others. It is through sacrifice that an organisation becomes strong.

Develop the Spirit of Sacrifice

Sacrificing relationships or comforts is not the greatest sacrifice; rather, having the feeling of putting others first in every action and every thought is true sacrifice. Erasing the sense of “mine” and acting selflessly is the highest form of sacrifice.

Nothing can be achieved without sacrifice. Even to take a new breath, we must let go of the previous one. Therefore, always remain generous and develop a spirit of sacrifice towards all. ■■

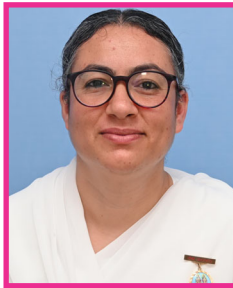
WORDS OF WISDOM

- ◆ **Laugh every day – it's like inner jogging.**
- ◆ **The most important things in your home are the people.**
- ◆ **Growing old is inevitable, growing up is optional.**
- ◆ **There is no key to happiness. The door is always open. Come on in.**
- ◆ **Be more concerned with your character than your reputation. Your character is what you really are, while your reputation is merely what others think you are.**
- ◆ **No matter the storm, when you are with God, there's always a rainbow waiting.**
- ◆ **We do not remember days but moments. Life moves too fast so enjoy your precious moments.**

THE LIGHT WITHIN A SPIRITUAL JOURNEY

By connecting with God through knowledge and meditation, we can purify ourselves, awaken our inner radiance, and contribute to personal and world transformation.

B.K. Jyoti Nanda, Shantivan



Light has always been seen as a symbol of life, knowledge, and purity. In the physical world, light removes darkness and allows us to see. In the spiritual world, light is the essence of who we truly are – the soul – and also the nature of the Supreme Soul, God. At the core of spiritual wisdom lies a simple yet powerful truth: we are beings of light. It is both the identity of the self and the presence of the Divine.

This article explores light in its deeper, spiritual sense: the soul as a being of light, God as the Supreme Light, and the way spiritual knowledge and meditation help us awaken our inner radiance and transform the world.

The soul – a spark of eternal light

Every human being is, in reality, a soul – a point of conscious energy, a tiny star-like light located in the centre of the forehead. The body is only a temporary costume, but the soul is eternal. This inner light is what makes us alive. It is the soul that thinks, feels, decides, and acts.

Just as the sun cannot be destroyed even if clouds cover it, the soul cannot be destroyed even when the body perishes. When we say “life,” we are really speaking of this light of the soul. Remembering “I am a soul, a being of light” brings us closer to our true identity and frees us from the heaviness of body-consciousness.

In our original nature, the soul is full of purity, peace, love, and joy. These are its natural rays. But over time, the soul becomes clouded with negativity, attachments, and vices. The original light becomes dim. **The journey of spirituality is to remove this darkness and allow the soul to shine again in its full brilliance.**

“When I remember myself as a being of light, I reconnect with my original strength.”

The Supreme Soul – the Ocean of Light

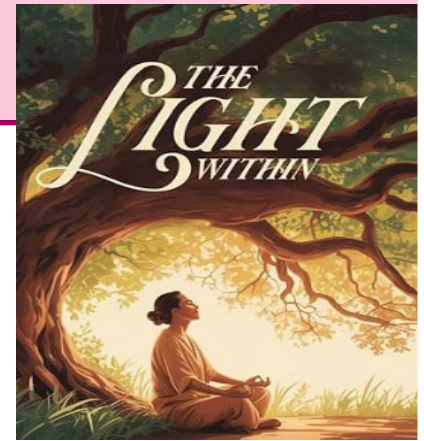
Above the physical world exists the Supreme Soul, the Father of all souls, remembered by many names – Shiv, Allah, God, Jehovah. **The Supreme is also a point of radiant light, unlimited and eternal. Unlike human souls, God never takes birth, never experiences sorrow, and never comes under the influence of karma.**

The Supreme is the Ocean of Peace, the Ocean of Love, the Ocean of Purity, and the Ocean of Power. Just as the sun gives light and warmth to all without discrimination, God constantly radiates spiritual energy to all souls.

In Rajyoga meditation, we connect our inner light with this Supreme Light. This connection recharges the soul, just as a battery is recharged by electricity. It fills us with strength, removes the stains of negativity, and makes us shine with our original qualities again.

Light as knowledge

Spiritual light is also the light of knowledge. Darkness means ignorance – not knowing who we are, who God is, and what the purpose of life



is. It is this darkness that creates fear, sorrow, and confusion. God, the Supreme Light, removes this darkness by giving us true knowledge. Through the daily study of the Murlis (God's teachings at the Brahma Kumaris), we learn about the soul, God, karma, time, and the cycle of the world. This knowledge acts like a lamp in the intellect, guiding us on the path of truth. When knowledge shines, doubts disappear, and we can clearly see which direction to walk in life. "Silence is not the absence of sound; it is the presence of light."

Light as purity

Just as light is naturally pure and cannot be stained, the soul too is originally pure. **Purity means being free from negative desires, anger, greed, and ego. It means living with clean thoughts, noble feelings, and a divine character.**

When we remember God, His rays of light remove the dust of impurities from our souls. Gradually, the inner lamp begins to glow again. A pure soul automatically spreads peace and happiness to others, just as a lamp spreads light without effort.

Living as light: a spiritual lifestyle

Light is not only something to be experienced in meditation; it must also be lived in daily life. **To be a light means to radiate goodness in every thought, word, and action.**

When we keep our mind filled with positive and elevated thoughts, others around us feel comfort and inspiration. A soul connected to the Supreme becomes like a lighthouse. Even in the stormy ocean of challenges, it gives direction and hope to those who are lost.

Living as light means becoming an example – solving problems with peace, offering love where there is hatred, and bringing clarity where there is confusion.

Festivals of light – the deeper meaning

In almost every religion and culture, festivals

are celebrated with light at the centre: Diwali, Christmas, Hanukkah, Vesak – all remind us of humanity's love for light.

Lighting lamps is symbolic. It is not only about burning candles or *diyas* but about awakening the inner lamp of the soul. The real Diwali is when every soul regains its purity and radiance. The victory of light over darkness is the victory of virtues over vices.

When each soul lights its own lamp through meditation and knowledge, the whole world becomes illuminated again. This is the vision of a new age – a golden world of harmony, purity, and happiness.

The world transformation through light

The Supreme Light descends at the end of the cycle of time to reawaken souls and remove the darkness of ignorance. When enough souls become enlightened and pure, the vibrations of peace and love spread across the planet. This spiritual light has the power to transform the entire world.

World peace begins with inner peace.

When each individual soul becomes a shining light, the collective energy creates a new era of truth and harmony. This is the foundation of the coming Golden Age, a world where light reigns and darkness disappears.

So, the essence of spiritual life is recognising and living in our true identity – soul-consciousness, a radiant point of light.

When we remember who we are, connect with the Supreme Source of light, and let that light guide our thoughts and actions, life becomes meaningful, peaceful, and purposeful.

When we keep the lamp of the soul burning with the oil of remembrance, our lives become a blessing for the world. In this way, each of us can become a spiritual sun – spreading rays of love, truth, and hope to all. ■■

WALKING FOR PEACE

Peace is the inner nature of humankind. If you find it within yourself, you will find it everywhere.

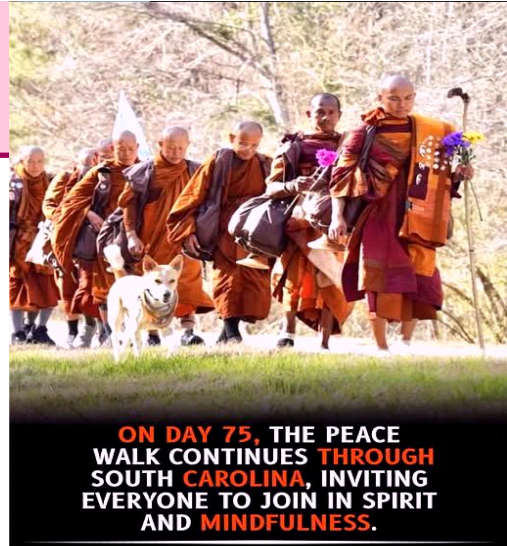
B.K. Chirya, New York, USA

The above photo captures the powerful moments of the extraordinary 2,300-mile Walk for Peace across America led by Buddhist monks. At the Join the Walk and Peace Gathering in Columbia at the South Carolina State House, Thousands of people welcomed us and walked together for peace. The streets were filled with hearts moving as one. The energy was beautiful, the unity palpable, and the love overwhelming. This is what peace in action looks like when hearts unite with one purpose; proof of that peace is not just an idea, it is alive, blooming. **When you are at peace with the world within you, the world will become a beautiful place to live in.**

"We do not walk alone," one of the group's posts says. "We walk together with every person whose heart has opened to peace, whose spirit has chosen kindness, whose daily life has become a garden where understanding grows." To have deep love for God as our parent, the Mother and Father of all souls, makes it very easy to have love for all regardless of colour, race or creed. Even across a huge and often divided nation, unity isn't an idea for the future; people still choose connection. We will be like one big family, knit together in a bond of pure love and happiness.

Everywhere we go now the crowd is getting larger and larger. I truly hope that all of you will walk with us to Washington, DC – in Spirit. (applause) We have to walk till the end of our life. This world is moving too fast and we have to keep pace with it so that, this world could be a better place for generations to come. We have to be mindful. We have been too busy chasing things in the outside world; we didn't even have time to see our breath going in and out. We breathe like a robot waiting for the last moment of our life.

We have forgotten peace with so many distractions around us in this world. We lose our concentration. Multitasking; we have been doing one thing and thinking another thing at the same time and we suffer. We react like a machine, and cannot manage our emotions. We are like two pieces of rock. We fight and we suffer. Our life has been broken into so many pieces. Mentally, visibly and verbally, we have been separating ourselves for so long. But now, it is necessary to stand up, and not go for another fight.



ON DAY 75, THE PEACE WALK CONTINUES THROUGH SOUTH CAROLINA, INVITING EVERYONE TO JOIN IN SPIRIT AND MINDFULNESS.

Instead we should fight one thing, our Mind. Mind is more important than anything else, but we are holding on to anger and hatred and all bad habits. We continue to think about them over and over and we suffer. We have so many different backgrounds, colours, languages, so many faiths, so many religions as people have different mindsets. **Don't try to change anyone but change yourself.** Continue your various religions. But yet, we all have one religion: peace, compassion, and loving kindness. Continue to practise, worship these in your mind daily. Practise without any expectations of the outcome.

Treat each other in a nice way. So give your mind something to do and tell it – **Today is going to be my peaceful day.** Continue every day to tell the universe this and no one can mess up your day. **It starts with the self, then the family, our country and the world.**

"Peace. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things, and still be calm in your heart". ■■

HEALTHY RELATIONSHIPS FOR YOUTH From Emotional Dependency To Inner Strength

When inner strength replaces emotional dependency, relationships become sources of growth, stability, and empowerment rather than confusion or pain.



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



Youth is the most powerful phase of life, a time of dreams, connections, emotions, and identity-building. Yet, it is also a time when relationships can easily become confusing, intense, and emotionally draining. Many young minds

mistake attachment for love and attention for acceptance. Spiritual wisdom gently reminds us: a healthy relationship begins with inner stability, not outer approval.

When a young soul learns to stand strong within, relationships stop becoming a burden and start becoming a blessing. “You don't need someone to complete you; you need to know who you are.”

Knowing the Self The First Relationship

Before building bonds with others, youth must build a relationship with the self. Rajyoga teaches soul-consciousness, the awareness that I am not my moods, my marks, my likes, or my followers; I am a peaceful, powerful soul.

When self-respect is strong, emotional dependence weakens. One does not chase attention, tolerate disrespect, or fear being alone. “Self-respect is the strongest protection in any relationship.”

Love without Losing Yourself

Many young people compromise their values just to belong. But true love never demands self-

betrayal. Healthy relationships allow growth, freedom, and authenticity. They encourage dreams, not distractions. Spiritual love is not about possession; it is about supporting each other's purpose. “If a relationship makes you smaller, it is not love; it is fear.”

Purity: Power, Not Pressure

In today's culture, purity is often misunderstood as restriction. In reality, purity is emotional intelligence. It gives clarity to intentions, depth to friendship, and dignity to love. Pure relationships protect the mind from confusion and the heart from regret.

For youth, purity becomes a silent strength, helping them focus on studies, careers, and character. “Purity gives you the power to choose peace over momentary pleasure.”

Supreme Soul (God) as the Ultimate Best Friend

When youth connect with the Supreme Soul, they discover an unshakeable source of love and guidance. Godly friendship fills emotional gaps that humans cannot. Expectations are reduced, confidence increases, and inner security grows.

With God as a companion, loneliness disappears even in a crowd. “When God walks with you, you don't walk into wrong relationships.”

Emotional Maturity Respond, Don't React

Youthful emotions are intense, but spirituality teaches mastery over the mind. Soul-consciousness helps one pause before reacting,

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

THE COUNSELLOR AND THE CLIENT

Counselling helps individuals navigate life's crises by building trusting relationships, enhancing self-awareness, and strengthening coping skills.



T.V. Jayaprakash, Palakkad



Crisis comes to all of us in life. One has to work through the normal developmental issues, decisions, and problems.

Clients come for counselling as they are hurt and in pain. Provide leverage for change through an intense relationship that is emotionally charged, trusting, respectful, caring, and confidential.

Confidence is to be developed rapidly, along with relationships as well as personal awareness and growth.

Be clearer and direct in what you say and in asking for what you need them to be.

Don't let the emotions of anger, fear, or sadness block relationships from strengthening easily.

Help them to face challenges and reassess coping skills more effectively, realising how they deal with problems, changes, relationships, work, and others, and make them feel more in control of their lives.

Enable them to do something about distressed feelings or relationships, and to avoid feeling helpless, angry, or frustrated.

Counselling is not an instantaneous answer to all problems, but aims to demonstrate progressive movement and to provide direction for self-exploration.

At the starting stage, the quality of the relationship is established between the client and the counsellor through attending, encouraging, listening, empathy, and questioning; this serves as an intake interview to collect information about the client.

Don't ignore the call to become who you are; this is what the client is made to realise in the working stage.

Individuation

Carl Jung called the true purpose of life individuation, which means becoming whole, not perfect.

This path requires courage and radical honesty with oneself, which may cost approval, comfort, and old identities.

And once this journey begins, life no longer feels wasted.

Not one more day but one less

When we understand that each day isn't one more day, but one less, we start living with more value for what truly matters.

Things are as they appear to be

In 1955, Jean Paul Sartre viewed that things are as they appear to be.

The concreteness of the counsellor makes them stick to what is being said by the other person rather than what is implied, and they don't try to read between the lines.

If we are true to ourselves, we cannot be false to anyone, as said by William Shakespeare. ■ ■

THE QUICKSAND OF STRUGGLE

Why fighting habits makes them stronger

Fighting negative habits with willpower often strengthens them. Instead, by shifting focus towards positive qualities and higher awareness, we naturally weaken old habits and create lasting inner transformation.



B.K. Shikha, Noida



How often do we make self-commitments, trying to improve certain habits? And how often do we do things that we regret later and try to somehow pluck out that one weakness? But what is the result?

Trying to fight a bad habit or a negative thought with sheer willpower is like getting caught in quicksand. The more you struggle to get out, the deeper you sink. The real solution isn't to fight the habit, but to completely shift your focus and invest yourself in building the person you want to see yourself as.

Why the "Struggle" Fails (The Science of Thought)

When you try to forcefully suppress a negative habit or an undesirable thought.

The "Don't Think" Trap (Ironic Process Theory): Your mind has to keep the bad thought or habit active just so it knows what it needs to fight against. This is a common psychological phenomenon – if I tell you, "Don't think of a white bear," the only way your mind can obey is by constantly checking to see if you are thinking of a white bear. This constant mental effort secretly reinforces the very thing you are trying to stop.

Willpower Burnout (Ego Depletion): Constantly battling your mind uses up your supply of self-control. This is like a mental energy tank. When you drain it by constantly fighting, you become

mentally exhausted and more vulnerable to falling back into the old, easy pattern. The struggle leaves you depleted and likely to fail.

Result: Your mental energy feeds the habit, strengthening its 'pathways' in your brain. The struggle makes the habit stronger.

The Solution: A Complete Focus Shift (The Science of Change)

The spiritual solution of remembering the Higher Self/Pure Identity (like remembering your soul and connecting to the Supreme) is a powerful technique for change.

Building a New Highway (Neuroplasticity): Instead of wasting energy trying to tear down old, negative mental pathways, you completely redirect your energy into building new, positive ones. By consistently focussing on your pure qualities (peace, love, clarity) and a higher connection, you are literally creating and strengthening new 'highways' in your brain.

The Power of Replacement (Cognitive Restructuring): This is a process of replacement, not suppression. When your mind is fully absorbed in a positive focus, there is no energy or attention left for the old vices. They become neglected, and their mental pathways slowly start to fade away because they are no longer being used.

Detached Observation (Mindfulness): By connecting with your higher identity (the 'soul' perspective), you can observe your thoughts and emotions from a distance. Stabilising in

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

MAKE YOUR NATURE EASY AND EVERY TASK BECOMES EASY

When we cultivate a calm, simple, and positive inner nature through Rajyoga and spiritual awareness, life's challenges become easier to handle.

B.K. Ramandeep Kaur, Jalandhar



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 an 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 and 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 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, and 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 as advised by God Shiva through 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. ■■

(Contd. from page no. 3)

history – history of civilisations, science, philosophy, and the arts – the number of great people whom I met personally would indeed be insignificant.

Men of Strong Will, Enormous Ability and Foresight

Each one of the eminent persons whom I had the chance to meet left different impressions on me. (This is also true of those persons about whom I read in books.) This was only natural because each one of them had their own individuality, personality, traits, and mannerisms. It also mattered which aspect of the personality of the great man I paid attention to, and this, in turn, depended on my own state of mind when I met any one of them or read about others.

However, one thing that impressed me universally was that these great men had an indomitable spirit, a strong will, and a high power of resistance that withstood opposition and obstacles. They carried on their efforts with persistence, perseverance, and rare perspicacity. Moreover, they were able to arrange facts and findings in such a manner that these yielded useful conclusions, or they had the ability to organise men and resources in such a way that they attained the goals set by them. They could plan ahead because they had keen foresight.

Chance Factor

But this is only a half-truth. For besides their abilities, there was always a chance factor that led them to discoveries, inventions, or eminent positions. The chance factor has been a very potent force in the history of nations as well as individuals. One may call this 'Destiny', 'Drama', or 'Predestination', or by any other name; but it has always been there.

Circumstances in their homes, events in their country, happenings in their vicinity, or situations in

the world of their time were such that they stirred these men into action or provided them with an opportunity to come onto the stage and into the limelight. Remove these 'chances', and you would find that these colossi were only ordinary or mediocre mortals.

This is, however, not to underrate their talents, abilities, and worthy achievements. These men, no doubt, put in hard effort; but what is meant to be emphasised is that their efforts and abilities only partially explain their success. I have seen men fall from grace and have read of others who later in life faded into oblivion or lost all charisma, glory, and power when time and circumstances changed substantially. Some of these men themselves have said in their speeches or writings that chance has been a major factor in their rise to success.

No Justification for Pride

When I look at these men from this perspective and take proper note of their fate in the end, I come to the conclusion that there is very little justification for human pride. What these men became in their old age, or before their death, or when they were dethroned from positions of power, or became infirm, diseased, or helpless, is a lesson that is generally lost in the plethora of details.

If we weigh a man's achievements in one or more fields against his errors and failures in others, the balance sheet provides no rational basis for ego. The plus points might, at best, have been only slightly higher than the minus points; and though this may be a cause for satisfaction, it is certainly not an occasion for arrogance. It goes, therefore, to the credit of those among them who were untouched by vanity.

Another thing that I noticed was that when any eminent person passed away, there were condolence messages from national and world leaders, and obituary references in the press or

from individuals and institutions with whom they had worked. These were revealing, for what people said about them after their death was often quite different from what had been said during their lifetime—particularly when the person was highly active and had stirred feelings of jealousy among others competing for power and position. This, too, is another aspect of greatness—strange indeed!

The world of great men has appeared to me as a vast mosaic – a multi-faceted and multi-coloured vista. From Alexander the Great to the Duke of Wellington, Napoleon, Lord Montgomery, Lord Mountbatten, General MacArthur, and General (later President) Eisenhower; from Moses, Confucius, Buddha, Christ, and Zoroaster to St. Augustine and St. Francis of Assisi; from ancient philosophers like Anaxagoras, Pythagoras, Kapil, Vyas, Patanjali, and Jaimini to Aristotle, Plato, Socrates, the Stoics, Thomas Aquinas, Descartes, Hegel, Kant, Karl Marx, and Nietzsche; from Vyas, Valmiki, Homer, and Kalidasa to Shakespeare and Bernard Shaw; from Euclid, Archimedes, Copernicus, Kepler, Galileo, Newton, and Pasteur to Max Planck and Einstein; from Michelangelo and Monet to Picasso and Leonardo da Vinci – it has all been a saga of talent in one form or another. And yet, this list does not include thousands of others.

But I sometimes ask myself: did these luminaries truly understand the cosmos, realise the self, know God, and attain the goal of life? Did they feel content with the mission of their lives? When they left their mortal coil, did they feel they had a clean conscience?

When I ponder over the meaning of the term 'greatness', my head bows low, for I am neither a scientist nor a mathematician, nor a writer nor a journalist, nor a prominent figure in any field. Perhaps this is a chance given to me to cultivate

humility. Perhaps this poverty of talent has given me an opportunity to receive God's grace, for it has rightly been said that He is especially benevolent to the poor and the humble.

I feel content when I think of this, and these words well up from my lips:

“O God! Grant me humility. Save me from being surrounded by boasters and men of vanity, for I truly feel ill at ease in their company.” ■■

(Contd. from page no...26)

understand before judging, and forgive without losing self-respect.

This emotional maturity transforms conflicts into lessons and relationships into experiences of growth.

“Strong youth are not those who react fast, but those who remain stable.”

Healthy relationships for youth are not about constant connection, but correct connection. When souls are rooted in self-awareness and God-consciousness, relationships become empowering, not exhausting. Such youth do not fall into relationships; they rise through them.

“A spiritually strong youth creates relationships that elevate, not enslave.” ■■

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your true identity and detaching from mental activity immediately reduces its power and pull over you.

Result: By shifting your identity and focus, you starve old habits of attention, and they naturally weaken as new, positive ones flourish.

To remove darkness, don't try to chase it away; rather, bring in the light. ■■

PHOTO PAGE

LIVING IDOLS OF GOD

By imbibing purity, we become powerful, heal ourselves and others, and spread pure vibrations in the world.

B.K. Mahima, Gwalior



The Incorporeal Supreme Soul, God Shiva, and His chariot, angelic and subtle Brahma, who are called BapDada by the Brahma Kumaris, say, “**Children are living idols in God's showcase.**” God Himself is feeding them, decorating them, and sustaining them. That is why, on the path of devotion, the devotees then sustain the non-living images with so much splendour and love. Shiv Baba explains that a soul in which the Golden-Aged *sanskars* have re-emerged expresses itself primarily through ontological vibrations rather than words during the Confluence Age. The ontological stage is the foundation of the Golden-Aged world. God has sustained each child with His powers, virtues, and knowledge. The return of this Godly sustenance is to sustain the world with these attained Godly powers, make other souls also ontological, and bring them close to the Supreme Father. Children have received such loving and powerful sustenance from the Supreme Father, Who says, “Now give the Father's sustenance to your brothers.”

The main characteristic of the Golden-Aged world is purity. That is why Shiv Baba says that vice (sex-lust) is the soul's greatest enemy; vice depletes the energy of the soul. He says that when you win over it, you can claim world sovereignty. **Purity is the original religion of all souls.** Whenever the soul descends onto this world drama stage, it descends in the ontological state and has to return in that original state. Hence, God Shiva inspires us to become pure and raise the energy of the soul. Physical



purity on Godly *Shrimat* (directions) automatically increases the account of benevolence of the soul and reduces the account of accumulated sins. And because of the decrease in the account of sin, the soul starts to feel light. Just this one inculcation of purity on Godly *Shrimat* is a sure-shot method to absolve a large percentage of sins. God is forever pure, and His children then become like Him through His remembrance.

Why are idols of deities so much loved and worshipped on the path of devotion? God says it is only because of the pure vibrations they emit. Hence, in order to emit pure vibrations, the first and foremost requirement is physical purity. Mental purity is a subtle aspect, but physical purity is the starting point to accumulate fortune. Good *karmas* make good fortune. Staying pure is one of the purest *karmas* in this present world of body consciousness. Through purity, the soul not only benefits the self but also becomes a world benefactor. So just

think how much fortune that soul accumulates, not just in the present but also for the future. Purity connects the soul to the eternal Pure Supreme Father. Purity attracts the Ocean of Purity – God. Purity is very much loved by God. So, the soul that decides to stay pure on God's directions will come very close to the Father and will receive His blessings. The Supreme Father's blessings remove all big and small obstacles in life. So, it all comes to purity. Purity creates an obstacle-free life.

Godly purity (imbibed on God's directions) is a healer. **Purity can heal any kind of wound in the soul. And once the soul is healed, it becomes powerful.** A powerful soul that has attained spiritual powers like tolerance, the power to face, the power to adjust, the power to decide, etc., can cross any test paper in life. A healed soul can heal many other wounded souls. This is the miracle of purity. Purity works wonders in any kind of problem. Physical purity, by increasing the soul's working capacity, increases the capacity to handle problems, because physical purity means an energy-saving mode.

Our Confluence Age birth is the most

precious; no other birth is so valuable as this because we receive the fortune of acting with God and becoming His living idols. Death can come to anyone, anytime, anywhere. Hence, Shiv Baba says always stay in the intoxication of your fortune. Life is a short trip; as a Brahmin, I cannot afford to waste time, thoughts, or my fortune. What is today will not remain tomorrow; hence **Shiv Baba says, "Never plateau, always progress."** He and the world have high expectations from the living idols of God. Shiv Baba has selected children from every corner of this world and given the crown of fortune to His children. Baba says, "Bring as many souls as possible under the canopy of One Father so that their end and start can also become beautiful." Today we are here at the Confluence Age, sharing our received fortune with others; tomorrow our part will be somewhere else. So, I have to make effort to be in a joyous state with Baba only. I have to use time in a worthwhile way to become worthy of worship. Time is getting less day by day; we do not know at an individual level when our Confluence Age part will be over. Before it does, let me make it firm to be with Baba and give Baba's energy to everyone. ■ ■

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Delhi (Kingsway Camp): BK Sadhna along with other sisters is presenting a Godly gift to Ms Rekha Gupta, Chief Minister of Delhi.



Sri Hargobindpur (PB): Punjab Chief Minister Mr Bhagwant Singh Mann is being presented with a Godly gift by BK Pooja and BK Jaskirat.



Pulivendula (AP): Vishwa Shanti Bhawan, a new Brahma Kumaris centre, is being inaugurated by MP Mr Y.S. Avinash Reddy, along with BK Jayanti, BK Leela and BK Geetha.



New Delhi: Renowned actress Bhagyashree is being presented with a Godly gift by BK Rajini, BK Surender and BK Deepak.



Ghanerao, Sadri (Raj): BK Mohini is addressing the foundation stone-laying ceremony of Kalyan Sarovar. Also on stage are Minister of State Mr Otaram Dewasi, MLA Pushpendra Singh Ranawat and others.



Kolkata: A programme on "Mastering Stability in Life's Drama" is being inaugurated by Dr Sayan Bhattacharya (Director, Indian Museum), renowned dancer Ms Alokandara Roy, former DGP Mr Virendra, along with BK Munni and BK Supriya.

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Tumkur (Karnataka):
H.E. Droupadi Murmu, Hon'ble President of India, is being presented with a Godly gift by BK Sujatha, BK Rashmi and BK Vimala.

Haldwani (UK):
Defence Minister of India, Mr Rajnath Singh, is being presented with a Godly gift by BK Neelam and BK Neema. Chief Minister of Uttarakhand, Mr Pushkar Singh Dhami, is also seen.



Haridwar:
After launching a devotional song, Yoga Guru Baba Ramdev is seen with BK Lalit, BK Meena, BK Manju and BK Geeta.

Taipei (Taiwan):
After an event on "Stillness in the Heart", BK Morni and BK Pranita are seen in a group photo with participants.

