



# The Monthly World Renewal

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**New Delhi:** H.E. Droupadi Murmu, the President of India, addressed a delegation of the Brahma Kumaris at Rashtrapati Bhavan and lauded the organisation's selfless service in building a harmonious society.



**Mount Abu (Gyan Sarovar):** The National Conference for Scientists and Engineers was inaugurated by Harivansh N Singh, Dy Chairman of Rajya Sabha in the presence of Mr Srikanta Nath Reddy, Chief Conservator of Forests, AP; Ms Anjali Bhawe, CGM, Indian Oil Corporation; Er. Ram K. Shrestha, Jt. Secretary, Ministry of Infra. Dev., Nepal; BK Sudesh, BK Karuna, BK Mohan Singhal, BK Asha and others.



**New Delhi:** Mr Ashok Kumar Lahiri, Vice-Chairman of NITI Aayog, is seen with BK Yeshu, BK Ashok and BK Umesh after being invited to the Mind Money Management Conference to be held at Abu Road.



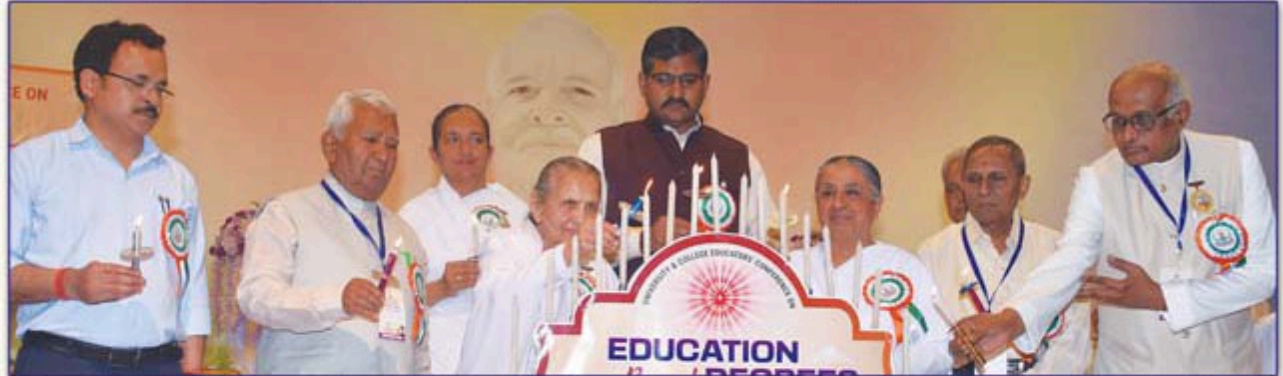
**Raipur:** BK Savita and prominent women from Chhattisgarh are seen with Chief Minister Vishnu Deo Sai during the 'Nari Shakti Vandan' ceremony held at the CM's residence.



**Ambala Cantt:** Mr Anil Vij, Cabinet Minister of Haryana, is meeting members of the "Eco Care & Disaster Management" Campaign, including BK Bharat Bhushan and others.



**New Delhi (Lodhi Road):** Dr K.P. Mahadevaswamy, Chairman & Managing Director of NBCC (India) Ltd., is seen with BK Piyush and BK Deepika after being invited to a programme at Mount Abu.



**Mount Abu (Gyan Sarovar):** The University and College Educators' Conference on "Education Beyond Degrees" is being inaugurated by Dr Rita Sharma, Director, SCERT Delhi; Mr Himanjay Paliwal, Chairman, Gujarat State Sanskrit Board; Dr Vijay Kumar Arora, Vice-Chancellor, Chaudhary Devi Lal University; BK Sudesh, BK Sheilu and others.



**Kokrajhar (Assam):** BK Rajiv is addressing students on drug de-addiction to spread awareness about the harmful effects of drugs.

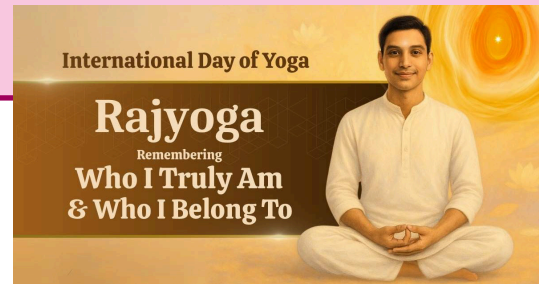


**Jalandhar (Punjab):** During the daily 'Beating Retreat' ceremony at the famous Attari-Wagah India-Pakistan border, BK Sandhira, BK Rajiv and BK Rashmi are presenting a Godly gift to BSF officers.

From the mighty pen of Sanjay



## RAJYOGA THE IDEAL PATH TO PERFECTION



**Rajyoga is the supreme spiritual path that reconnects the soul with God, enabling liberation from vices, inner peace, purity and the restoration of a perfect world order.**

**Y**oga is becoming more and more popular in the world today, especially in materially advanced countries. Yet, in India, where Yoga originated, people are becoming more and more conscious of political and material advancement. Their urgent needs are bread, clothing and shelter. Yoga is hardly thought of as a need in life. The West is faced with problems of a different nature, in particular, those pertaining to psychosomatic or psychic ailments. After realising the limitations of traditional drugs and psychotherapeutic treatment, many doctors have turned to yogic techniques for treating their patients. However, most have only the limited aim of curing some physical ailment or mental

tension.

### **What should be one's aim and objective in Yoga?**

Real Yoga does not merely give temporary health and happiness, but the highest stage achieved through Yoga is one where no behavioural ailments exist; no mental tensions or worries exist; no social, moral or spiritual crises exist. In fact, it is the ideal method of curing physical and psychological disorders for several births. The stage of perfection that can be reached through Yoga is the stage of fruition, of total liberation from unhappiness and disquiet while leading a worldly life.

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## TOLERANCE IN PROVOCATIVE SITUATIONS

**Tolerance is a powerful virtue that protects inner peace, prevents conflict, and helps us face challenging people and situations wisely.**



**T**here are many situations in life where the question of tolerance naturally arises. For instance, when someone lacks control over their speech—being uncultured, impolite, short-tempered, or harsh—and uses offensive language or behaves rudely, it becomes the responsibility of a cultured and spiritually refined individual to remain tolerant. In such moments, one should neither feel hurt nor harbour thoughts of retaliation. Just as we would refuse counterfeit coins or dirty, worthless objects, we should also decline to internalize the abusive words of others. Maintaining this perspective allows us to stay calm, composed, and dignified, preserving both our inner peace and self-respect.

### How Tolerance Prevents Conflict and Saves Lives?

There may also be situations where a person finds himself surrounded by a group of rowdy individuals who strongly oppose the ideology he believes in. They may be extremely provocative, using inflammatory language. Some of us may have faced situations where one could have been lynched in the chaos or attacked with weapons. In such circumstances, where the cause may be misunderstanding, rumours, jealousy, or anger, one must not only remain mentally calm but also attempt to cool the tempers of others through soothing words or even by offering apologies. If one does not attempt to restore normalcy and calmness, the situation may worsen and someone may commit

violence in a fit of rage.

Thus, tolerance in such situations becomes a value that can save one's life. Tolerance, when accompanied by humility, has great value even as a matter of policy, strategy, and tactic. If one loses tolerance for even a moment in such heated situations, one may risk serious consequences, possibly even life itself. Seen from this perspective, **tolerance is not only a high virtue and moral value but also a non-violent strategy for self-defence, survival, and even victory.**

Our tolerance and humility can soften the minds of our bitter critics and opponents while enabling us to remain peaceful. Over time, it creates harmony, and even the most arrogant person may eventually appreciate our remarkable tolerance in the face of severe provocation.

### Tolerance in Long-Term Personal Relationships

However, not all situations are momentary. For example, one may live with certain close relatives who are dominating, over-ambitious, selfish, and uncooperative. They are constantly demanding, complaining, fretting, fuming, sulking, and dissatisfied. They become displeased and use harsh tones or offensive language even when a small desire is not fulfilled. They do not consider your limitations and instead pressure you to yield, bow, bend, or even break. They are thankless and never apologise for their misbehaviour. They always

believe they are right, and you are expected to say 'sorry' just to maintain peace. They may demand your attention at any time, without caring whether you are busy or already overburdened.

Should we tolerate such behaviour throughout life even if it ruins our health and robs us of peace? Is this what tolerance means? Are tolerance, submissiveness, and cowardice the same? Should we allow such individuals to drain our time, resources, and energy? Does tolerance have no limit? Should we allow ourselves to be mentally tortured, poked, and pricked endlessly? Is tolerance a value greater than our life itself? Will it remain a virtue in such situations, or will it become a destructive burden? Is there no protection or escape from such people who turn life into a long and painful imprisonment, a life-long bed of nails, or a continuous experience of suffering?

### The Role of Understanding and Inner Attitude

In truth, our understanding of the situation, our attitude towards it, and the stance we adopt make all the difference. This is where the real



remedy or solution lies. If we apply correct understanding and simple spiritual wisdom, we will not worry and will remain happy—even if we must coexist with such 'problem-relatives', 'problem-colleagues', 'problem bosses', or 'problem neighbours'.

The first essential step is proper understanding: why we are in this situation and what we stand to gain if we successfully pass these tests or *agni-pareekshas* (fire tests).

### Understanding the Law of Cause and Effect

We should clearly understand and always remember that every event has a cause, and the cause always precedes the event. At times, there may not be a single cause but rather a chain of causes occurring gradually over time, even though the visible immediate cause may appear to be just one. Similarly, in the difficult or tormenting situations we find ourselves in, the root cause lies in our past *Karmas*. Just as the historical chain of causes behind any event may be invisible to us, our earlier actions that have led to the present situation may also be invisible and unknown. Yet, we cannot deny that nothing happens without a cause. These causes can be none other than our own actions, for even in the worldly courts of law, it is the wrong-doer who is punished. This is the natural and universal law.

### Accepting the Situation as Settlement of Karma

With this understanding, our attitude toward a difficult situation should be based on the thought: *“Sooner or later, I must settle the results of my negative Karmas. Let me settle them cheerfully now.”* It is like returning a debt that we rightfully owe. Therefore, instead of feeling troubled, we should feel relieved that by facing this situation, we are moving toward liberation. It is a burden we have carried long enough, and by settling it, we gain inner freedom.

To reduce the intensity of the situation, we should try to bring lightness into our nature. Let us cultivate a sense of humour, be more tactful, persuasive, diplomatic, and wise so that the burden may ease.

### Viewing Challenges as Opportunities for Growth

Let us also view such situations as tests of inner strength. If we pass them with dignity, we become greater, stronger, and more capable. These are opportunities to practice Tolerance, to qualify ourselves for a higher state of being, and to move toward a life of joy and harmony. We can also practice detachment, becoming a neutral and peaceful observer of the life-drama, understanding that every hero faces trials on his journey.

### Knowing Personal Limits and Seeking Spiritual Support

However, there is a limit to one's present capacity. If despite understanding the law of *Karma*, adopting the observer's attitude, and striving to increase tolerance, we still feel constantly tormented and unable to remain peaceful, then we should be honest with ourselves. In such cases, it is wise to step back, at least temporarily, to regain our inner strength. Moral values must bring peace. If we experience deep emotional disturbance, we should withdraw for some time and empower ourselves through Rajyoga Meditation.

### Should We Tolerate Injustice?

The question arises: Should we allow the person causing harm to continue his unjust actions? Would remaining silent indicate consent to wrongdoing or complicity in injustice? Would this not become a form of self-imposed servitude or slavery?

The answer is that we must express moral resistance. We should clearly show our disapproval by not cooperating in unjust acts. We must use gentle persuasion at the appropriate time and help the misguided person see the consequences of his actions. Our aim is

to awaken his conscience, not to react with anger or bitterness. We should have compassion for such a person, who is mentally and morally ill, and offer a healing touch instead of hatred. That is the true Tolerance.

### The Need for Spiritual Power

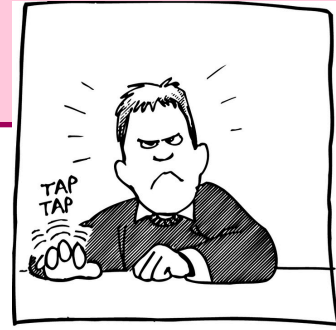
However, to transform another person's heart, we must possess spiritual power. We must check our inner strength and recharge ourselves through Yoga and Meditation, just as one recharges a battery. With heightened spiritual power, Tolerance becomes a tool for social transformation, and we become instruments of God in uplifting those who have fallen from moral grace. ■■

### *Life Changing Advice*

- **Say sorry more often.** When you've made a mistake, take responsibility. Listen to the person you slighted, give a genuine apology, and commit to being better in the future. If a relationship is important, apologize even when you feel like you're not in the wrong.
- **Bad experiences often become good stories.** Time heals most wounds. What seems unbearable in the moment often becomes something to laugh about in the future.
- **Choose optimism.** Pessimism is more persuasive than optimism. But optimism in the face of a difficult situation is what motivates people to find a way forward.

# KNOWING IMPATIENCE

**Impatience weakens inner peace, relationships and decision-making, while patience brings wisdom, stability and personal growth.**



**Dr. Hima, EHH, Shantivan**



Impatience is a desire for change from the present situation, associated with restlessness and excitement to achieve it immediately. During this process, the spiritual state of a person becomes weak because

there is a duality in identity. A different identity, separate from the original one, is formed – a bundle created by perceptions acquired from various experiences and conditioning in life. Peace lies in understanding that impatience is harmful both to oneself and to others. The characteristics of an impatient person include lack of endurance towards pain, suffering, opposition or delay; eagerness for change or for something expected; restlessness, chafing of spirit, fretfulness, anxiety, intolerance, irritation and anger.

An impatient person may become arrogant, insensitive and overbearing. Such individuals tend to make quick judgments or jump to conclusions and assumptions.

“Patience is the companion of wisdom.” – St. Augustine

## Knowing the Cause

The following tips may help you: Be open to understanding the cause. Create a personal space of your own to connect with and understand the self. Practise self-introspection. Develop acceptance. Understand the role of patience.

Impatience can strain relationships with family, friends and loved ones. An impatient person may become easily frustrated or agitated, causing conflicts with people around them. It can also lead to impulsive behaviour that damages relationships and creates regret later.

## Hinders Career Growth

Impatience can hinder career growth. When people are impatient, they may rush into decisions without fully thinking them through, resulting in poor choices that harm their career prospects. They may also become frustrated when things move slower than expected, leading to decreased productivity and missed opportunities.

## Causes Stress and Anxiety

Impatience can create stress and anxiety. Constantly expecting things to happen quickly increases mental pressure and negatively affects both physical and emotional health. Impatience reduces focus. When people are unable to wait patiently, they become easily distracted and rush through tasks, leading to poor performance and reduced productivity.

Impatience can limit creativity because people may not take enough time to explore new ideas or different ways of doing things. This prevents innovative thinking and meaningful solutions.

## Leads to Wrong Decisions

Impatience often results in decisions being

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# NOURISHING THE BODY, MIND AND SOUL

B.K. Prerika, Nutritionist, Hisar



**F**ood is not only a source of physical nourishment but also an important element for spiritual growth. Across many spiritual traditions, food is considered sacred because it sustains life and influences our thoughts, emotions, and energy. When food is prepared and consumed with awareness and gratitude, it becomes a powerful tool for inner transformation.

## The Connection Between Food and Mind

Modern nutrition science and ancient spiritual wisdom both acknowledge the deep connection between food and the mind. The type of food we consume affects our mood, concentration, and emotional balance. Pure, fresh, and balanced food helps create calmness and clarity of mind, which are essential for meditation and spiritual practices.

## Sattvic Food: The Foundation of Spiritual Living

In yogic philosophy, foods are classified as *sattvic*, *rajasic*, and *tamasic*. *Sattvic* foods, such as fruits, vegetables, whole grains, nuts, and milk products, promote peace, purity, and positive thinking. These foods are light, natural, and easy to digest, making them ideal for people who wish to maintain mental stability and spiritual awareness.

## The Power of Mindful Eating

Mindful eating means being fully present while eating. Instead of rushing through meals, one can focus on the taste, texture, and gratitude for the food. When we eat with awareness, digestion improves, and the body absorbs nutrients more efficiently. Spiritually, mindful eating also develops discipline and respect for nature's gifts.

## Food Prepared with Positive Energy

The vibrations of the person who prepares the food influence its energy. Food cooked with love, peace, and positive thoughts carries uplifting vibrations. Many spiritual communities practice cooking while maintaining silence, prayer, or remembrance of the Divine to ensure that the food becomes a source of positive energy for everyone who consumes it.

## Gratitude Before Meals

Expressing gratitude before eating is a simple yet powerful spiritual practice. It reminds us that food reaches our plate through the efforts of many people and the blessings of nature. A moment of silence or prayer before meals helps create a feeling of appreciation and harmony.

**Food is much more than fuel for the body; it is a bridge between physical health and spiritual well-being.** By choosing pure foods, eating mindfully, and maintaining positive thoughts while cooking and eating, we can transform our daily meals into a spiritual experience that nourishes the body, mind, and soul. ■■



**The environmental crisis is not only a physical or scientific challenge; it is also a crisis of human consciousness. The pollution outside reflects the pollution within.**



**E**very breath we take, every drop of water we drink, and every grain of food we consume comes from nature. The Earth is not merely a planet we inhabit; it is our shared home, our provider, and the

silent partner in our existence. Rivers quench our thirst, forests purify our air, soil nourishes our crops, and sunlight sustains all forms of life. **Yet today, humanity stands at a critical crossroads where environmental imbalance threatens not only ecosystems, but also human health, peace, and survival.**

Each year, on June 5, the world observes World Environment Day to remind humanity of its collective responsibility towards the planet. The observance serves as a global call to protect the environment through awareness, action, and sustainable living. **The 2026 theme, “Inspired by Nature. For Climate. For Our Future,”** encourages individuals, communities, and nations to work together for a safer and healthier future.

Today, rising temperatures, melting glaciers, extreme weather events, pollution, deforestation, and water scarcity are no longer distant warnings – they are realities unfolding before our eyes. Nature is clearly signalling that the relationship

### **BK Onkar Chand Sharma, Shantivan**

between human beings and the environment has become deeply disturbed. **While science explains the external causes of ecological destruction, spirituality helps us understand the inner causes behind humanity's reckless exploitation of nature.**

The environmental crisis is not merely technological or political; **it is fundamentally a crisis of human consciousness.** The pollution outside reflects the pollution within. Greed, anger, excessive consumerism, competition, and selfishness have disconnected humanity from the sacredness of nature. Therefore, **lasting environmental transformation cannot happen only through policies and innovations; it must also emerge through inner transformation.**

### **Nature: A Reflection of Human Consciousness**

Ancient civilizations lived with deep reverence for nature. Rivers were regarded as mothers, mountains were worshipped, trees were protected, and the Earth itself was considered sacred. Human beings once lived in harmony with natural laws, guided by simplicity, gratitude, and contentment.

Over time, however, **society gradually shifted from need-based living to greed-based living.** Economic growth and material comfort became symbols of success, leading to the excessive exploitation of natural resources.

Forests were destroyed for profit, rivers polluted for industrial expansion, and reckless consumption became a global lifestyle.

Today, humanity is experiencing the consequences of this imbalance. Alongside environmental degradation, there is also rising stress, anxiety, emotional emptiness, and lifestyle-related diseases. This reflects a profound truth: **when human beings lose inner balance, the outer world also becomes disturbed.**

Spiritual wisdom teaches that nature responds to human vibrations. Collective fear, anger, violence, and negativity create subtle unrest in the atmosphere, while peace, purity, love, and respect generate harmony. Environmental healing, therefore, requires not only physical action but also elevated consciousness.

### **The Spiritual Connection Between Humans and Nature**

According to spiritual understanding, human beings are not separate from nature; we are deeply interconnected with it. The five elements – earth, water, fire, air, and space – form both the external environment and the human body. When these elements are polluted externally, human health suffers internally. Similarly, when the mind becomes disturbed, human behaviour becomes destructive towards the environment.

**In the spiritual teachings of the Brahma Kumaris, the human soul and the five elements are understood to share a profound relationship.** Nature is not viewed merely as a collection of physical resources, but as a living system that responds to human consciousness. When thoughts are pure, intentions are compassionate, and awareness is soul-centred, harmony naturally prevails between humanity and nature.

However, as human consciousness declines under the influence of ego, greed, fear, and selfishness, this imbalance begins to affect the natural world. Environmental degradation, climate instability, and ecological destruction are not only the result of physical actions; they are also reflections of collective human consciousness.

**A peaceful mind naturally respects nature. A contented person consumes responsibly. A soul filled with love cannot exploit the Earth carelessly. Therefore, environmental protection begins with self-awareness.**

Rajyoga meditation and spiritual practices help individuals reconnect with their original qualities of peace, purity, compassion, and responsibility. As inner clarity develops, people naturally begin to adopt more conscious lifestyles — reducing waste, conserving resources, avoiding excess, and appreciating the beauty and value of nature. This inner awakening creates a powerful shift from *ownership* to *trusteeship*. Instead of viewing natural resources as objects to exploit, we begin to see ourselves as caretakers of the Earth.

### **Consumerism and the Culture of Excess**

One of the greatest environmental challenges today is uncontrolled consumerism. Modern advertising continuously promotes the idea that happiness depends on possessing more – more gadgets, more clothes, more vehicles, and more luxury. This endless pursuit of material accumulation has created mountains of waste and immense pressure on natural resources. Ironically, despite unprecedented material advancement, human beings are not becoming happier. Anxiety, loneliness, depression, and dissatisfaction continue to rise. This reveals an important truth: **external**

### **accumulation can never fill inner emptiness.**

Spirituality teaches the value of simplicity. Simple living does not mean deprivation; it means freedom from unnecessary dependency. It encourages mindful consumption and responsible choices. When individuals begin asking, “*Do I really need this?*” rather than “*Can I afford this?*”, environmental impact reduces naturally. Sustainable living begins with conscious thinking.

### **Practical expressions of eco care include:**

Conserving water and electricity, reducing waste and recycling materials, avoiding single-use plastics, choosing eco-friendly products, supporting sustainable agriculture, reducing food waste, using public transport or carpooling, and planting and protecting trees. When millions of people adopt such habits collectively, meaningful transformation becomes possible.

### **Climate Change:**

#### **A Warning and an Opportunity**

Climate change is perhaps the clearest manifestation of environmental imbalance today. Heatwaves, floods, cyclones, droughts, and wildfires are affecting millions across the globe. Scientists warn that unless immediate and collective action is taken, future generations may inherit a dangerously unstable planet.

Yet every crisis also carries the seed of opportunity. **Climate change is compelling humanity to rethink its priorities and lifestyle choices.** It is encouraging nations, communities, and individuals to recognise the urgent need for cooperation rather than competition.

Environmental challenges cannot be solved through isolated efforts. Governments, industries, educational institutions, spiritual organisations, and ordinary citizens all have important roles to play. The Earth belongs to

everyone, and its protection requires collective responsibility.

Most importantly, many individuals are beginning to realise that the real solution lies not merely in changing systems, but also in changing consciousness.

### **Inner Ecology and Outer Ecology**

Environmental sustainability is deeply connected with emotional and spiritual well-being. **A restless and dissatisfied mind often seeks fulfilment through excessive consumption, competition, and materialism, placing increasing pressure on natural resources.** On the other hand, a calm and balanced mind naturally values moderation, harmony, and simplicity.

Meditation helps individuals develop emotional stability, clarity, and self-awareness. It encourages thoughtful decision-making and reduces impulsive habits. People who experience inner peace are more likely to care for the environment and adopt responsible lifestyles.

Thus, eco care is not only about saving the planet; it is also about restoring balance within ourselves. Inner ecology and outer ecology are inseparable. When we heal the mind, we begin to heal our relationship with nature.

### **The Earth Can Heal**

Despite the seriousness of the environmental crisis, there is still hope. The Earth possesses an extraordinary capacity for regeneration when given care and respect. Forests can regrow, rivers can revive, ecosystems can recover, and polluted air can become clean again.

**But for this healing to occur, humanity must rediscover its own inner values — peace instead of aggression, contentment instead of greed, responsibility instead of carelessness, and cooperation instead of conflict.**

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## FROM RADHE TO JAGADAMBA

The life of Mateshwari Jagadamba Saraswati (Mamma) is a shining example of purity, determination, humility and complete surrender to God.

B.K. Dr. Trupti, Shantivan



The most popular Saraswati Vandana, “Ya Kundendu Tusharahara Dhavala...”, is a Sanskrit hymn praising Goddess Saraswati for her purity, knowledge and wisdom, often recited to

seek blessings for intellect. It is commonly used during studies and on auspicious occasions. But why so? What wisdom did she possess and what auspicious deeds did she carry out to be remembered and revered till date? We know this once we know who she really is and how she was!

### Her short loving introduction

Born in Amritsar in 1919, the maiden name of Mateshwari Jagadamba Saraswati was “Radhe”. Her father, Pokardas, was a merchant of gold and silver and the wholesale distributor of clarified butter. Her mother was Rocha; elder sister was Parvati and the younger one was Gopi. Apart from being strikingly beautiful, from a young age she excelled in studies, was unbeaten in singing and dancing, and had a refined taste in fashion.

### Radhe became Om Radhe

The moment Radhe saw Baba, she realised that He is her Divine Father and surrendered her life to His will. At the start of the morning Murlī class, Radhe used to chant “Om”, listening to which every person present there used to get absorbed in the divine experience of the bodiless

stage and that of bliss beyond the senses. This led to the rapid expansion of the spiritual gathering and people began to call her “Om Radhe” respectfully. Later, some people began to have visions of Om Radhe as Shri Radhe or Shri Lakshmi and Shiv Baba declared that she is the very soul who would become the World Empress Shri Lakshmi in the upcoming Golden Age.

### Om Radhe became Mamma or Mateshwari Jagadamba

Gradually, the number of people attending the spiritual gathering (*satsang*) increased. Brahma Baba created a Trust in the name of eight mothers and sisters, and Om Radhe was appointed Head of the Trust because the women outnumbered men in the *satsang*. Om Radhe fulfilled the entrusted responsibilities so well and sustained every soul present with the nectar of spiritual knowledge and divine love that others, in spite of their relative ages, began to address her lovingly as “Mamma” and reverently as Mateshwari. Even her birth mother was never hesitant to call her “Mamma!”

Not only did she master the self and senses, but she also guided many on this path of spiritual upliftment, in becoming deities from human beings. By only seeing Mamma, many decided to give up their five vices and became as pure and elevated as she was.

When the ego or body-consciousness dilutes, the virtues of the soul shine brightly.



### Following are a handful of the infinite jewels of virtues of Mamma:

- ▶ Mamma was solemn, introversive and preferred solitude. Her memory power was so strong that she could recall each and every word Shiv Baba uttered in the Murlī. She used to absorb the knowledge first and then relate it to others in a very simplified manner, making it digestible even to dull-witted ones.
- ▶ As a “Goddess of Knowledge and Power,” she was fearless and courageous in the face of challenges, including standing up in court to protect the institution.
- ▶ She had sincere respect and reverence towards Shiv Baba. “*Haanji*” (Yes, sure) was her answer to Shiv Baba’s every assigned task. She never diluted Shrimat with her own thoughts.
- ▶ Mamma never bragged about her services. As per *Shrimat*, she gave daily accounts of her actions only to Shiv Baba. This virtue of maturity enabled her to accumulate fully in her account.
- ▶ She was very royal yet simple. She neither talked nor laughed loudly and never ever got angry. Even her footsteps would never make a sound. She always walked in God’s remembrance.
- ▶ She never let other people feel that she had received a complaint against them; rather, she used to guide them with such love and respect that they themselves used to feel ashamed and, realising their own mistakes, bring about the required change in themselves.
- ▶ Mamma had the power of determination; whatever she set her eyes on, she succeeded in. Mamma always taught through her own actions and not just empty words.
- ▶ Mamma never had eyes for this mundane world.

Once Brother Ramesh asked, “Mamma, what are your views about the poster on the roadside?” Mamma lovingly replied, “Mamma sees only the faces of the children sitting in front of her in the class; thereafter, the world does not exist at all for her!”

- ▶ No matter what Shiv Baba commanded, Mamma always had it done instantly. Mamma was the embodiment of loving remembrance, a true Rajyogi.
- ▶ Mamma never ever cried. She used to say weeping depletes one’s power to tolerate. She was very humble and egoless. Mamma was the Goddess of Simplicity and Purity. Her serene smile and vision filled with divinity comforted everyone.
- ▶ Many used to get divine visions the very moment they caught a glimpse of her. She had firm faith in Shiv Baba and was very contented, to the extent of being ignorant of what desire was (*Ichha-matram-avidhya*).
- ▶ Like a true mother, she used to teach with immense love and goodwill how to overcome shortcomings. Mamma was such a powerful embodiment of purity that even the most vicious person, on seeing her, would bow down and cry out, “Oh my mother, mother!”

Brahma Baba’s regard towards Mamma was such that he himself used to praise Mamma, called Mamma’s teachings ‘Murlī’, and once asked Brother Jagdish Chandra to sing *Durgavandana* on her return from a service tour. Brahma Baba had such firm faith in her abilities that during dire times, e.g., the Hapur incident, he used to say, “Do not worry, Mamma will come and resolve the issue.”

Indeed, Mamma was the ocean of virtues and the embodiment of divinity. Even though she was certain that she was to become the World Empress in the upcoming new world, she never

ever slackened in making efforts for the same.

### Mamma's Spiritual Endeavours (Purusharth)

Once Brother Ramesh asked Mamma how she surpassed others and became number one. She said, "Although various virtues lead to one's success, it was with the power of determination that I did what I was determined or decided to do."

- ▶▶ Her routine began with waking up at 2 a.m., when she used to sit in remembrance of the Supreme Soul, either on the terrace or on the chair in her room.
- ▶▶ She had the aim to Follow Father and paid constant attention to it. It was in her routine to churn the daily Murlī. She used to listen and simultaneously become the embodiment of the Murlī.
- ▶▶ Her firm belief was, '*Hukumi Hukum Chalayraha*', meaning God is directing us at every step. She completely surrendered her mind and intellect to Shiv Baba.
- ▶▶ As per Mamma, intense effort means never repeating the same mistake again. Her mantra and teaching were, "See Father, Follow Father!"
- ▶▶ Her practice was to see but not see the world. She used to remain in the soul world with her intellect firmly stabilised in soul-consciousness, just like the North Star or Polaris (*Dhruv Tara*).
- ▶▶ Her speech was diamond-like — sweet and essence-full.
- ▶▶ She was a true *Karmyogi*. Once someone asked, "Mamma, are you picking over the rice?" Mamma corrected, "Mamma is making the hands do the job of cleaning the rice." She, the soul and master of her body, commanded the body at her will and remained detached from it.

### Final days of Mamma

Mamma knew long in advance that her days were numbered, yet she remained a pillar of strength and forbearance. Her face and composure never revealed even the slightest discomfort, for she was the self-sovereign master of her body, a conqueror of nature, one who had won over the five elements of nature through intense penance and who, from the very beginning, had renounced all.

**On the morning of 24 June 1965**, Mamma distributed the first batch of grapes from the garden in Madhuban to the residents, giving them a loving and powerful gaze, and in the evening embraced her final angelic form. Even today, in loving remembrance of Mamma, grapes are distributed on her Memorial Day. Thus, after continuous 28 years of effort-making and churning of knowledge, Mamma became complete in June 1965 and flew to Shiv Baba to become His right hand in World Transformation.

### Final words

Mamma's life was a practical example of the teachings (Murlī), inspiring many to follow in her footsteps towards spirituality and ultimately attain divinity and upliftment. Such a pioneer of the *yagya*, commander of the Army of Woman Power, Mateshwari Jagadamba Saraswati is the beacon of divine strength and purity for all of us. Her teachings and preachings are torchbearers for us. Hence, Mamma was Mamma:

**M** = Mature

**A** = Accurate, Alert

**M** = Manmanabhav (in constant remembrance of the Supreme Father)

**M** = Madhyajibhav (adorned with all virtues)

**A** = Angad – determined in her every endeavour. ■■

## PRACTISE RAJYOGA FOR ACHIEVING SELF-SOVEREIGNTY

**Rajyoga is the art of mastering the mind, intellect and emotions through soul-consciousness and connection with God.**

**B.K. Yogendra, Solar Power Plant, Shantivan**



In today's competitive world, everybody is running after their purpose in life; some run to make their ends meet in terms of basic needs, some run to satisfy their never-ending desires, while some run to satisfy

their ego and there are some others who run to satisfy their inner conscience. No matter for what purpose they run, everyone is facing a daunting task in maintaining their vigour in life either physically, mentally, emotionally or spiritually. With increasing competition, the rule of the jungle has come into place that very clearly and loudly says, "Survival of the fittest"; hence, everyone is looking for cutting-edge techniques that can give them the best return for their spent energies.

### Present scenario

In PT classes at schools, we are taught the basic knowledge of physical fitness and Yoga to keep our body fit and healthy. These sessions enhance our body with the required strength and flexibility, thus boosting our immunity to diseases. This is fine as far as ailments related to the body are concerned. But the question that remains is: Are our energies spent only for body-related activities or for anything else too? What about the energy that is spent in processing various thoughts, feelings, emotions and different kinds of analyses of complex situations?

Various studies about mind management



suggest that everything begins in the mind first; thought is the first and foremost form of energy, which gathers inertia and momentum through various internal psychological processes and turns into action. A large portion of energy is spent transforming a thought into action; but since this energy is very subtle, it is hardly noticeable and hence remains mismanaged.

### What is Rajyoga?

Rajyoga is the most ancient form of Yoga in existence since the ancient civilisation of India. It is an exercise for the mind. It is all about the management of this subtle energy. It ennobles us with the knowledge of the mechanics of the mind and the further processing of thoughts through various channels of Intellect and sanskaras (resolves). It helps us manage and channelise our energy in the right direction to achieve desired perfection.

**Just as physical Yoga boosts the body's immunity against diseases, Rajyoga boosts the mind's immunity against negative and waste thoughts and feelings that drain the precious energy of the soul.** Just like in physical Yoga, where we achieve results through practice, persistence and dedication, Rajyoga, too, requires our dedicated and persistent efforts to accrue the fruits of a strong mind, healthy body and desired results.

### How to practise Rajyoga?

Rajyoga is the simplest yet most powerful form of Yoga. It is very simple in its methodology but very tricky in practice because of its simplicity! To practise Rajyoga, you do not need to put your body into any difficult asana or strain yourself in difficult positions for long hours. In Rajyoga, all you need is to sit in a comfortable posture without any strain on your body while performing exercise through the mind and intellect.

All you have to do in Rajyoga is to visualise yourself, with the help of your mind and intellect, as a point of light. Stabilising yourself in the form of a point of light as your real identity and dissolving body-consciousness is Rajyoga. This exercise of Rajyoga establishes your real spiritual identity – the soul – as the king, who is in charge of all the activities of its kingdom wherein the mind, intellect and *sanskaras* are the ministers of its courtyard. Just as ministers have to obey and follow the orders of the king, the mind has to obey the instructions of the soul – the King – the real you; hence, this is called Rajyoga.

For beginners, imagining oneself as a point of light, that too consistently and persistently for long hours, may seem like going nowhere. One may want to get back to one's "normal" mode of thinking, but one has to realise that this feeling of opting out of the soul-conscious stage indicates that the soul – the real you – is not the king, the authority, but is a puppet controlled by the wandering mind. With discipline, persistence and perseverance, one has to establish oneself in a stable soul-conscious stage and feel the soul, the real "I", as the king, thereby guiding one's mind and its ministers, who are to remain loyal and obedient to the king.

### How does Rajyoga work?

To understand the working of the Rajyoga process, let us take some examples from our day-to-day life. In television, there are multiple

channels with different categories and subjects, but we surf to a particular channel of our interest and watch our favourite programme. In a similar analogy, our mind is also like a television; the only difference is that unlike a TV, all the programmes under various channels in our mind run at the same time and share the same screen. Because of this, "the observer – the intellect" becomes confused. It cannot differentiate between various programmes because of ambiguity.

With the consistent practice of Rajyoga, there is a renewed connection between the mind and the intellect, which enables the intellect first to differentiate among the various programmes and then switch off the undesired ones. This gives more clarity to the intellect by enhancing its processing ability. This is the first step in achieving the controlling and ruling power of the soul over the thoughts (programmes) in the mind. This is the highest level of energy management, which saves a huge amount of energy that otherwise goes waste if not realised and controlled in time.

But the solution lies in the practice of Rajyoga, which opens up the third eye that can observe the open applications. Now the soul – the decision-making authority – with a renewed sense of clarity, can put a full stop to the unnecessary applications by applying a full stop/point. This simple exercise of the soul being a point of light puts a full stop to the otherwise consuming applications that drain the soul-battery from its precious reserve of spiritual energy.

By this, the human soul, the practitioner of Rajyoga, gains clarity of thoughts, power of discernment, power of judgement, power to control and power to rule. Just like holy swans, who choose only milk from a mixture of milk and water, the practitioner of Rajyoga can choose thoughts with clarity and discern the right thoughts from the wrong ones. This is the first step towards self-management. Once you choose the right thoughts, you conserve your

energy for the best and avoid wasting energy and time on waste and negative thoughts. This is the highest form of energy management, which is also called the power to control. With regular practice, you realise that you have the power to rule over your mind, intellect and emotions by becoming an able administrator who efficiently and diligently uses his ministers to accomplish the desired work. Hence the name Raja-Yoga – the effective Yoga for achieving self-sovereignty, i.e., control over the mind, intellect, *sanskaras* and sense organs.

### Value Addition

Now, as you know how to get rid of unwanted waste and negative thoughts, you should also know how to fill your mind with positive thoughts because the mind cannot remain idle; it always needs some work. As the saying goes, “An idle mind is the devil's workshop”; so here come further ways of value addition as a part of Rajyoga practice:

### A good positive start to the day

The early morning time known as “*Amritvela*” is the best time for the mind to programme positive thought patterns. The best way to do value addition is to connect the soul with the eternal source of positive energy, the Supreme Soul – the Ocean of positivity, goodness, bliss and happiness – through a loving relationship with Him and fill yourself with this energy. This is a good start and, as the saying goes, “A good start is half the work achieved.”

### Give yourself a list of things to do

This act, when performed in the morning, will make your mind focussed and you will invest all your energy in achieving the activities on your to-do list. This will help keep away wasteful and negative things that consume not just time but also precious energy. Naturally, a list of things to do will also guide you towards things or works you should not do.

### Invest your time in practising Rajyoga during the day while doing your daily chores

This will make you a *Karmayogi*, keeping you focussed, charged and motivated. Make God your companion, communicate with Him through all relationships and seek His help in accomplishing your tasks. The easiest way to do this is to practise Rajyoga: to remain in the soul-conscious stage, to become a point of light and to relate with God, who is also a point of light. This is also called “*Manmanabhav Sthiti*.”

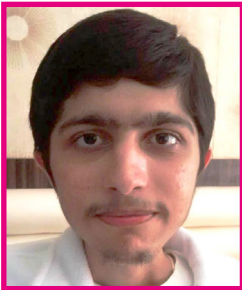
### Check your chart and make changes accordingly

Every night before going to bed, check your chart: whether you spent your day as per your plan; whether you could achieve the things on your to-do list. If not, what distracted you from achieving your objectives? How much worthwhile time and energy did you spend during the day? Were you aligned with your purpose? Then seek forgiveness and strength from God for your renewed plans and objectives. Before going to sleep, again practise Rajyoga and then go to bed with a calm, quiet and relaxed mind.

Thus, Rajyoga is a process through which the practitioner can achieve the purpose of life with grace and peace of mind because the seeker conducts thoughts and energies in a well-planned and diligent manner with God as the Companion on life's journey. Eventually, the practitioner becomes a blissful, peaceful, loveful and knowledgeable personality. Through the practice of Rajyoga, every act performed by the seeker becomes elevated, accurate and perfect, and this not only benefits the self but also society, which in turn reciprocates with respect and mutual admiration. The only condition is that the seeker has to be true to himself/herself in efforts to accrue the benefits from the practice of Rajyoga. ■■

## WISHING YOU A VERY HAPPY INTERNATIONAL DAY OF YOGA

**Rajyoga recharges the soul with peace, love and purity, bringing self-transformation and ultimately world transformation.**



**J**une 21st is the International Day of Yoga. It is indeed a proud moment to see Yoga, which originated in India, being celebrated across the world today. Indeed, everyone looks at India as a

Spiritual Guru for learning Yoga or Meditation. Hence, we should definitely be the first to benefit from it. Let's explore today the science behind India's ancient art of Yoga, or Rajyoga, in very simple terms!

The word 'Yoga' in Sanskrit means connection. And **Rajyoga means the connection of the self with the Supreme Soul, the Highest One.** A connection between two always requires a medium, just like a connection between a mobile phone and a power source requires a charger set. Similarly, what do you think is the medium of connection between the soul and the Supreme?

Since both the soul and the Supreme Soul are non-physical, we need a non-physical medium. Now, even while reading this, can you remember your family members and what they must be doing right now, etc.? Of course! In fact, you will even experience their presence while remembering them. This is connection or



**B.K. Viral, Borivali, Mumbai**

meditation! It's very easy! And what is the medium of connection? Definitely the mind and intellect. The mind creates thoughts, the intellect visualises them and, thus, we experience them. Simple!

In the same way, when we focus our mind and intellect on the Supreme, who is the Ocean of Purity, Peace, Love and Happiness, we start experiencing a flow of pure, peaceful and loving energy from Him. This frequent and continuous experience of pure empowering energy acts like a charger that recharges our soul-battery, thereby making it very easy and natural for us to inculcate elevated virtues and finish weaknesses. This is Rajyoga meditation!

**There are various ways to engage our mind and intellect with Him and thereby maintain a continuous connection.** We can keep talking with Him regarding our activities and life, listen to His knowledge daily, experience a range of qualities and powers from Him in meditation, appreciate His role and various virtues, recollect the various ways through which He has always helped us, etc.

Even a few minutes of such a connection makes the mind very peaceful and powerful. As a result, our work efficiency increases, the body functions efficiently and in harmony, relationships improve, we are easily able to understand and accept others, we automatically share our attainments with all, and the environment around us becomes pure, etc. Hence, caring for the mind is like watering the seed of a tree,

**(Contd. on page no. ...27)**

## THE DIVINE UNION THE TRUE MARRIAGE

The true marriage is the spiritual union of the soul with God, the Supreme Bridegroom. Worldly relationships cannot bring complete fulfillment; only by recognizing and connecting with God can the soul experience true contentment, purity, and eternal bliss.



Every soul is a bride, seeking the one and only Bridegroom – the Supreme Soul. This meeting is the divine union or the divine marriage. It happens when the soul finds absolute contentment and feels a sense of completion.

In Indian mythology, this union is depicted through various narratives.

One such narrative is about Parvati and Shiva. The Supreme Soul is shown as Shankar Mahadev, and Parvati represents all souls. Likewise, there are many other stories: Ram-Sita, Ram-Ahilya, Krishna-Kubja, Krishna-Rukmini, Ram-Shabri, etc., to name a few. All of them highlight how souls crave to unite with the Supreme Soul.

Most of the time, souls are shown as female. The most popular story is that of Krishna and the gopis. Though not explicitly shown as married, the gopis are often described as deeply longing for the company of Krishna, even while living within worldly relationships. They defied all odds just to be with Him. Does this reflect that unless the human soul is combined with the other half, it is not a real marriage, or that there is no real happiness?

### What is the fact?

From a deeper perspective, this is not about a



### B.K. Arzu, Kolkata

physical union or meeting between a group of females and a male Krishna. It means that having a physical family relationship, complete with friends and a worldly occupation, does not make a human being satisfied. In this last stage of the world cycle, the soul seeks to be united with the one and only partner – God.

Every human soul keeps searching, as there is no feeling of completion in any relationship. Only after communion with the divine companion does the soul find relief. Until then, the soul tries to find God and assumes His presence in human partners, religious places, in nature, and in gurus, but finds only disappointment.

**The real marriage takes place when the Bridegroom Himself leaves His abode, comes down to this human world, introduces Himself, and proposes marriage.** God's world is above the corporeal world, far above the sky, the solar system, space, and galaxies – at the highest point. There exists another world of souls, along with the Supreme Soul.

### The Bridegroom's Abode

No one can reach that abode with the physical body, not even with a space suit, as it is beyond the five elements. Nothing physical can touch that world. It is beyond science and its research. God, the Supreme Soul, the Husband of all husbands, resides there. This world is

beyond sound, smell, taste, sight, and touch. It is beyond space and time, beyond the physical senses.

This land is self-illuminated with the light emitted from the souls and the Supreme Soul. It is unlike the light of the sun, moon, and stars. The colour is golden, with shades of red and yellow. Pin-drop silence prevails in this space, with strong vibrations of purity, peace, relaxation, deep love, and bliss. It is completely still, without any movement.

Each soul rests in its own designated space. The seat of the Supreme Soul is at the topmost level, above all souls. He radiates unconditional love and powerful vibrations that energise the space. It is from this abode that the Lord of all souls visits the human world, where every soul wears a human body to perform its individual acts on this world stage.

### Who accepts His proposal of marriage?

The irony is that souls, or the brides, do not easily recognise their Bridegroom. The majority of souls cannot remember their real Partner, as they have been on a long journey of rebirths – wearing and discarding physical bodies. The real Bridegroom is here to claim His brides. But most brides, though completely void and incomplete, still do not accept His proposal and lose the chance to experience ultimate happiness.

**He is the one and only Bridegroom who carefully decorates His brides with the divine jewellery of wisdom, gives them unconditional love, and takes them home with Him.** He erases all pain and sorrow and fills them with infinite bliss. Only the fortunate brides realise that their Bridegroom is veiled because He comes in human form. If we accept His proposal, then that will be the real marriage. ■ ■

(Contd. from page no... 7)

made without carefully considering all aspects of a situation, which can lead to negative consequences later. Constant impatience increases stress levels and may contribute to physical and mental health problems such as high blood pressure, heart disease, depression and anxiety.

### Limits Opportunities

Impatience can prevent people from pursuing goals that require perseverance and consistency. As a result, many opportunities are lost before they fully develop.

Impatient individuals may not take time to reflect upon their actions and make meaningful changes, thereby limiting their personal and spiritual growth. Impulsive actions and hurried decisions often lead to regret, disappointment, frustration and self-blame.

### Managing Impatience

The key is to practise patience and mindfulness. **By slowing down and thinking calmly, we can make better decisions and avoid unnecessary stress.** We can also focus on the present moment instead of constantly worrying about the future. This helps us appreciate the journey rather than focussing only on the destination.

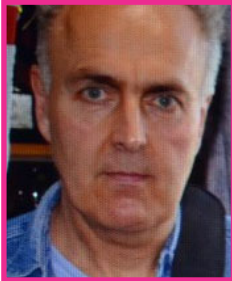
In conclusion, impatience can have a profound negative impact on many aspects of life. However, by recognising its harmful effects and practising patience and mindfulness, we can avoid these negative consequences and achieve greater success, peace and happiness.

Remember, sometimes the greatest rewards come to those who are willing to wait for them. ■ ■

## THE ELEVATOR OF LIFE RISING OR FALLING EVERY MOMENT

**The elevator of reality can take you up or down in a second. Yet for most, it crashes down to the basement many times a day. The only time a person can step off this elevator of life is when there is a power cut and they die but will instantly move on to another elevator.**

**B.K. David, Paignton, England, UK**



**T**he Elevator of Reality opens to everyone, all over the world each day, and all must step inside it, but the big question is, does your elevator take you up or down?

No one can refuse to step inside this elevator out of fear or ignorance. Even someone's bed will turn into an elevator, as much suffering, pain, regret and worry takes place in a bed. Your car, workplace, home and everywhere you go, immediately all turn into an elevator taking you either up or down.

**The Hand of God, the hand of man and the hand of karma are all at work today.**

If you get handed a million pounds, punched in the face or pointed to a false path which you spend many a year walking, will all depend on your karma. God's unlimited hand is blessing countless souls so they can come close to Him, whilst at the same time, man's dirty hand is killing endless people. Unknown by humanity, karma's hand is busy ushering countless souls into a queue so they can be hit and punished for past deeds. Man's hands have rendered the world a dangerous and unpredictable place and the future for mankind is now as uncertain as what the time is on a gold pocket watch that has no hands and stopped ticking long ago when it was dropped by the hand of truth on to the hard

floor of falsehood.

It will only be when we finally realise that we are divine beings more than human beings, that divinity, love and peace are our true state, can we change from a weak human into a divine being. Seeing ourselves as human only serves to give us an endless supply of weak thoughts and false attitudes, vision and excuses to always call upon. Only by ignoring your body will you be able to put the divine spirit over your weak mind and conquer your body-consciousness. Only by conquering the illusion of seeing yourself as a body will you be able to put love over hate and anger and let selflessness rule your life and not selfishness. The wrong view you have of yourself is causing you to be weighed down as you're having to lug the ball and chain of falsehood around with you everywhere you go.

**It is now time to switch mirrors, if you have not already.**

If you truly wish to free yourself from the handcuffs of restriction and sorrow that body-consciousness easily creates within you, you really do need to stop looking in man's mirror of body-consciousness and start looking in the Godly mirror of the soul and seeing spirituality and virtue in yourself and everywhere you go and not the body as you do today, being obsessed with looking at your hair, wrinkles, weight, new clothes, make up, muscles or your fat belly.

The latest religion, called Selfishness is what most are following daily and without fail or thought. It is followed blindly and see it as a normal religion to follow. Many are so ignorant and have become so blind they cannot see what they are doing or aware of the path they are ignorantly treading and for those that can see, think, why not?

**What is your religion? Love and Peace?  
Greed and Money? Your body and vanity?  
Food? Power and position?**

Everyone is in a secret army (religion) that fights their way through life and these soldiers do not know they are soldiers or realise to what extent they are up its military ladder but on it they are. Most could be classed as Five-star Generals and yet remain oblivious to their high rank. Taking care of your general appearance should be just natural and take minutes per day but for the world over, it has become an obsession and even an art. Only when there is dire poverty or extreme suffering is this obsession ignored and this only happens when their survival mode kicks in and paradoxically, but strangely and importantly, normality is found.

Joining this army and having a rifle (their mentality), they can and do, shoot themselves in the foot every five minutes. Their constant ignorance leads to them shooting themselves in the head at the start of each day the moment they look in the mirror.

**No one ever made anyone look in this  
body-conscious mirror.**

This mirror that the world population looks into constantly, is their downfall. Everyone looks at themselves for two reasons – out of habit and out of vanity. Are you a weak soldier that cannot break these two habits of a lifetime? It is only those that develop the power and learn to break such habits get to taste the sweetness and essence of life and can grasp its meaning and

lead a true life with purpose and happiness.

The world's problem is this self-harm of shooting themselves in the foot and head daily. Once this starts, they automatically shoot others in the back as their bullets (self-harm) render them severely mentally injured in the extreme, so cannot think peacefully or see clearly the soul, goodness and truth; such are their unending injures.

**The modern mind that's lost its pin whose  
head is the shape of a hand grenade.**

If all this was not a bad enough plight, all are carrying a ticking time bomb. The General uniform worn by all is dire sorrow. Their hats are heavy as made from the lead of ignorance that give them a constant headache and their rifles (minds) have unlimited ammunition to shoot anyone that they do not like. Concentrating on the body first thing in the morning, is the same as drinking a poisoned smoothie first thing, believing it to be a health drink that will do you good.

**Deathbed, health bed**

The so-called health drink of body-consciousness is laced with arsenic that contains not melting ice but broken glass. Taking this so-called health drink daily as most do, is sending them more to hospital than it is to relax in health. We are the creators of our beds on which we must rise each day and according to its quality, so will be our sleep and subsequent life: bed of nails, deathbed and deluxe comfort bed.

One needs to be forever wearing glasses that see only truth and blocks out or blurs falsehood, such as the body, and allows to see only the soul and that which is good. Do you have such glasses and if so, do you wear them all the time? Is the power of truth always visible to you and kept in front of you? Many walk round often surrounded by falsehood which notably, is always at their side, behind them shouting their name, and in front pointing the way giving false directions that lead only

to danger and a cliff edge? Most march to the same tune whose anthem is called 'Body-Consciousness' which plays constantly in all minds and robs them not only of their energy and ability to think peacefully, calmly, and see clearly the soul, but eradicates their health and well-being.

**You only ever get one day in which to live your life.**

If you knew this was your last day, what will you do today? Moan, worry, waste hours in gossiping or even go shopping for the latest fashion? If this is your last day, you need to make the most of it! It would be crazy to rush around today worrying, being peaceless, stressed and unhappy, if this was your last day. We need live each day as if it is the last. One should always remember this elevator cannot ever go sideways (escape reality) as there are only buttons marked 'U' and 'D' and there's no 'S' for going sideways (escaping from reality).

I am sure you always press 'U' on your lift, but does it always obey you and start going up? Does your elevator often crash back down to the ground floor or even to the basement, time and again? Do you get tired always going up and down like the yo-yo whose in control you are happy one minute and then next, out of control, in sorrow, and crashing back down at speed?

Have you already pressed 'U' today? Are you still going up or have you already crashed back down (felt sorrow) and hurt yourself many times today? The wise have learned to make their lives an oasis of peace, love and coolness whilst others exist on a leaking boat being tossed around on a stormy sea that's been raging nonstop for countless years, with land and safety (happiness) only a distant memory.

Many boats have sunk laden with many poor actions of their past making their boat unseaworthy. A poor basic lifestyle gives birth to

many bad habits that when not on deck are stored down below making the boat unstable. Such cargo acts as a heavy anchor that will drag a boat towards the rocks and will finally sink it with the captain still onboard. Is your life full of storms hitting your boat? Can you also see waves in the distance heading your way? It is never too late to change the direction to avoid further storms.

**Many sail under a burning crow's nest on a leaking boat.**

Few are trying to make the land of the fire of vice and endless storms. They don't know about the land of peace and love with its cool people and lifestyles. Land fall will only be achieved by those seeking an oasis and enlightenment. They know they need travel a divine path with a compass of truth tightly strapped to their wrist. Are your sails set to take you away from this salty ocean of poison and to the land of milk and honey where the bees don't sting and the cows are never eaten?

**Those with two strong feet firmly on the ground find it easy to always salute reality.**

Reality is always smartly dressed in its uniform of truth, purpose and morality and everywhere it leaves peace, love and meaning behind. It's worth noting that trying to leave the elevator only results in as if you are getting stuck in its doors. Many then walk round injured, disillusioned, thinking they should be allowed to leave the elevator.

Even to live in a field in a caravan in the corner out of the way of life's hassles is not escaping reality when the farmer puts a shotgun through your window telling you to move off his land. Reality is here to stay and the sooner a person faces it and learns to live with it whilst developing their spirituality, love, peace and calm, the sooner they'll gain victory. ■■



## THE FATHER WHO LOOKS AT THE HEART

**God, our eternal Father, does not seek perfection but an honest heart filled with sincerity and love. His unconditional companionship and guidance help us rise above our weaknesses and walk through life's storms with strength and trust.**



**W**e often fall into the trap of believing that if we just clean ourselves up and get our act together, God will finally love and approve of us. We think that if we can only conquer our bad habits and stop making mistakes, He will be proud of us. It becomes a lifelong, exhausting cycle of trying to impress God and win His affection. But trying to live a flawless, “perfect” life is an impossible and meaningless goal. The reality is that we will continue to make mistakes, our emotions will flare up and we will mess up even when we know better.

If “perfect behaviour” were the criterion to please God, then none of us would stand a chance; we would never measure up, never be good enough. Thankfully, God is not an iron-aged human being judging us based on a scorecard of “perfect behaviour”. He is our eternal, most Beloved Father who looks directly at the heart. It is said: **“The Lord is pleased with an honest heart.”** It is not said that He is pleased with a clever head or flawless actions.

### **Meeting Us in the Mess**

The profound question is: how deeply do we believe this to be true about our Father? It is

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

wonderful to acknowledge Him as the Highest-on-High, the Almighty and the Ever-Pure One. However, if we only remember Him in that majestic way, then He can feel distant, unattainable, overwhelming and even intimidating. Yes, He is all of those things, but first and foremost, He is our Father. He is Ever-Pure, yet He comes into this impure world just for us, to liberate us from sorrow and take us back home with Him.

He does not stay up above, turning up His nose at our flaws and merely throwing down some mercy on us from time to time. Instead, He comes down to where we are, meeting us in our messy places, our brokenness, our addictions and our dysfunctions. **He accepts us as we are, making us belong to Him.** He sustains us, becomes our Teacher and teaches us the knowledge of who we are, whose we are and the time we are in. He also becomes our Guide, setting us on the journey to reclaim our sovereignty. He does not just hand over a map and point in a general direction we need to go; He walks the path with us as our constant Companion.

When we fall – which happens often – He is always right there to lift us back up. We can never fall too low for Him to reach down, become too broken to be restored, or wander too far for Him to come after us. **He loves us**

deeply and unconditionally all the time, and it is precisely because He loves us that He wants to see us grow, rise higher and reach our true potential. But unless we can receive that love, we can do nothing.

We often think that we must become perfect first before going to God, but the truth is that we cannot become perfect unless we go to Him. He is not looking for people with perfect outward behaviour but empty hearts. He is looking for His children – those with an honest heart connected to Him, who are on the journey, learning and trying to do the right thing. If we mess up every once in a while, that is simply part of the learning process.

### Walking Through the Storm

God is the Father who is always watching over us. Sometimes, when circumstances take too long to change, those negative voices whisper: “If God really loved you, why are things not getting better?” But God, as our Father, is not nearly as interested in changing our circumstances as He is in changing us.

Do we trust Him? That trust builds when we stay with Him and watch Him bring us out stronger and better, again and again. **He never promised that there would not be storms, but He did promise to walk through the storm with us and bring us out safely. That is what a father does.** People, no matter how well-intentioned, cannot be there all the time, but God is always there. He only wishes to see His children do well, become the self-sovereigns He knows they are, and benefit the world.

“I give you no other difficulty,” He says egolessly, “simply consider yourself a pure soul and remember Me alone.” Why Him alone? Because He is our only reference point for how to be at this time. Many ask what they have to do to experience God's love. It is not about what we have to do; it is about who we have to be – someone with an honest heart that belongs to Him. ■■

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

Eco care is therefore not merely an environmental movement; it is a moral, social, and spiritual commitment. Every individual has the power to contribute positively through conscious thoughts, responsible habits, and compassionate actions. Even small daily choices, when multiplied across millions of people, can create a profound global impact.

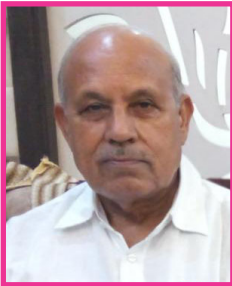
### A Call for Conscious Living

World Environment Day is not only a day for campaigns and speeches; it is an opportunity for deep self-reflection. It invites humanity to ask: **What kind of world are we creating for future generations? Are our lifestyles contributing to harmony or destruction? How can we become more responsible caretakers of the Earth?** The environmental crisis is ultimately a reminder that human beings cannot live in isolation from nature. The health of the planet and the health of humanity are inseparable.

**When we restore peace within ourselves, we naturally create peace with nature.** When we cultivate gratitude instead of greed, simplicity instead of excess, and responsibility instead of carelessness, environmental transformation becomes possible. The need of the hour is not merely technological advancement, but awakened consciousness. **Let this World Environment Day inspire each one of us to live more consciously, think more compassionately, and act more responsibly** – so that future generations may inherit not a damaged Earth, but a flourishing, peaceful, and harmonious world. ■■

## WISDOM BEYOND INTELLIGENCE

**True wisdom lies in the balanced and holistic use of intellect for personal growth, emotional maturity and the welfare of humanity.**

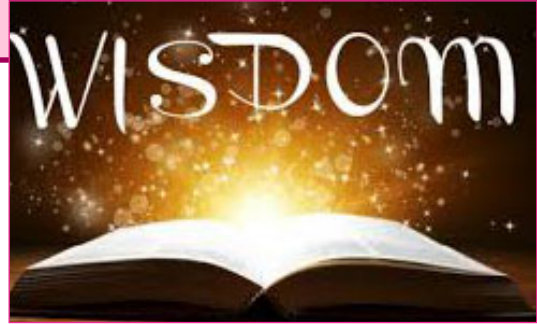


In a classroom, a teacher was explaining to the students the importance and use of intelligence. After completing his lecture, he asked the children how they would like to use their intelligence in life. Some replied that they wanted to become doctors, while others wished to become engineers, scientists, or pursue different professional goals.

One child, however, gave a very unusual answer. He said, "I do not want to use intelligence merely to gain a position or run a business. I want to use intelligence in an overall and balanced way."

The teacher was surprised and asked the child what he meant by that. The child replied, "I am the son of a teacher. My father spent his entire life using his intelligence to acquire knowledge in his subject. He became so deeply involved in intellectual pursuits that he often forgot he was also a father, a husband and a social being."

The child continued, "From him, I learned that intelligence should not be used in only one direction. It should be used in a balanced and holistic manner. Is it necessary that every capacity of the human brain must always be fully utilised in one field alone? We do not use all the fire of the sun, all the water of the sea, or all the wealth of the earth. We use only what is



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

necessary and beneficial."

He further explained that in the constant struggle for achievement and success, people often forget what they are truly doing for themselves. They become busy with everything except understanding and nurturing their own inner being. "Therefore," the child said, "I want to use my intelligence for the welfare and upliftment of humanity."

**The child had learned from his father's life that excessive intellectual involvement without balance can sometimes become a problem for human beings.** This realisation awakened in him a deeper awareness about the importance of using intelligence for the benefit of society as a whole. The teacher then understood that this student possessed exceptional wisdom and could become a great individual in the future because such understanding would become increasingly important in the years ahead. Therefore, children should be encouraged to use their intelligence in a comprehensive and balanced manner.

### **The Overall Use of Intellect Enables Positive Effects**

Wisdom helps individuals understand and manage not only their own emotions but also the feelings of others. This leads to healthier relationships, better communication and greater harmony in society. The balanced use of intellect allows a person to succeed and create a positive impact in every aspect of life. True

intelligence is not limited to skill and knowledge alone; it also includes morality, emotional maturity and social awareness.

### Wisdom Helps in Solving Real Problems

Human intellect includes mental and intellectual abilities that help individuals solve practical problems and live joyful and contented lives. All aspects of intelligence should be used effectively so that a person can achieve success in life. Wisdom is not only about generating new ideas; it is also about understanding situations properly and finding solutions to difficulties and challenges.

### Wisdom Is a Mental Ability

Wisdom is a universal human power that helps a person perform tasks, analyse situations, think logically and interact effectively with the environment. Through wisdom, individuals learn how to organise their thoughts, handle difficulties and adapt their behaviour according to circumstances. Wisdom strengthens our ability to understand, learn, reason and solve problems in the best possible way.

### Purity of Intellect Is Essential

Wisdom has a profound effect on daily life and improves human functioning in meaningful ways. It gives us the ability to gather and apply knowledge and experiences properly. Wisdom is considered a combination of various abilities, including the power to think, understand and make sound decisions. For all these qualities to function correctly, purity of intellect is essential. According to spiritual understanding, attaining true wisdom requires connecting with God through knowledge and righteous actions.

### Wisdom Has the Ability to Solve Problems

Human intellect contains many mental abilities, including learning from experience, adapting to new situations, understanding abstract concepts, handling adversity and

applying knowledge effectively. Wisdom enables individuals to process information properly, learn continuously and solve problems thoughtfully. It also helps people gather valuable experiences and use them meaningfully in life. ■ ■

### (Contd. from page no... 18)

which automatically nourishes all the branches of the tree of life, i.e., health, work and relationships. That is why it is said that Yoga results in holistic health and well-being.

Hence, on June 21, the International Day of Yoga, **let us aim to develop a very close and loving relationship with God**, as we automatically remember those with whom we have a relationship. This frequent remembrance and experience will keep us in the awareness of our original virtues of peace, love and happiness throughout the day. Indeed, we all praise God as the Mother, Father, Friend, Beloved, Guide, etc. So today, let us contemplate on how God fulfils these various roles and thereby, in a variety of ways, keep experiencing a very close and powerful relationship with the Perfect Being!

Indeed, this is the call of time now. Through a constant connection with God, let us now re-emerge our divine virtues. By doing so, we will also become living examples and inspirations to everyone around us, creating a wave of transformation. Hence, this self-transformation will become instrumental in world transformation, i.e., transforming this old world of Kaliyuga into the new world of Satyuga, Heaven, Paradise, *Swarg* or *Jannat* – the Perfect Land, which all religions remember by different names. Hence, let us start creating this New World once again through the practice of Rajyoga meditation! ■ ■

## THE SEVEN BENEFITS OF RAJYOGA MEDITATION

Rajyoga Meditation empowers individuals to unlock their highest potential and contribute to a more peaceful world.

B.K. Shikha, Noida



**T**he practice of focused inner reflection and connecting to a higher sense of self or purpose (known spiritually as 'remembrance') yields remarkable benefits for the mind, body and character.

Here is a look at seven key outcomes, blending ancient wisdom with modern science:

### 1. Unshakeable Inner Stability

**The Benefit:** Achieving profound mental resilience and emotional balance.

**The Science:** Deep focus strengthens the prefrontal cortex (the brain's command centre), enhancing emotional regulation and reducing reactivity in the fear centre (amygdala). This creates a truly stable intellect, or equanimity, regardless of external challenges.

### 2. Sustained Deep Happiness

**The Benefit:** Experiencing a deep, abiding state of inner pleasure and well-being.

**The Science:** This is not fleeting fun; it is eudaimonic happiness – derived from purpose and virtue. Focussing on positive change and higher ideals activates the brain's reward system, releasing 'feel-good' neurotransmitters like dopamine and serotonin, acting as powerful internal nourishment.

### 3. Mental Purification and Clarity

**The Benefit:** Releasing guilt, regret and transforming negative behavioural patterns.

### The Science:

Consistent introspection facilitates cognitive restructuring, helping you reframe past actions, practise self-forgiveness and commit to positive change. This process helps rewire neural circuits, 'purifying' the mind of lingering negative imprints and reducing rumination.

### 4. Enhanced Health and Longevity

**The Benefit:** A positive impact on physical health, potentially contributing to a longer and healthier life.

**The Science:** Stress accelerates cellular ageing by shortening telomeres. Practices of deep relaxation and mindfulness significantly reduce stress hormones (like cortisol), improve cardiovascular health and boost immune function, collectively contributing to a more vibrant and enduring life.

### 5. Cultivating Permanent Positive Character

**The Benefit:** Internalising virtues like peace, love and power into your core personality.

**The Science:** This is profound character development. Through consistent positive thought and action, neuroplasticity is activated: repeated virtuous behaviour strengthens specific neural pathways, making positive and peaceful responses more automatic and natural.

### 6. Social Harmony & Success

**The Benefit:** Becoming naturally loving and detached from mental clutter, leading to genuine connections and effortless success.

(Contd. on page no. ...29)

## THE POWER OF SILENCE

Silence is not merely the absence of sound but a powerful inner experience that brings peace, clarity and emotional strength.

**B.K. Jyoti, Hisar, Haryana**



In today's fast-paced world, life has become very busy and noisy. People are surrounded by constant activities, technology and information. Because of this, the human mind often becomes tired, restless and stressed. In

such a situation, what the soul truly needs is a few moments of silence.

Silence does not only mean the absence of sound; it is the experience of inner peace and stability. When the mind becomes silent, we are able to connect with our true identity – the soul. At that moment, we begin to feel calm, light and powerful.

**Rajyoga Meditation, as taught by the Brahma Kumaris, is a simple and practical method to experience this inner silence.** Through Rajyoga, we connect our thoughts with the Supreme Soul, the Ocean of Peace and Love. This spiritual connection fills the soul with positive energy and helps us overcome negative emotions such as worry, anger and fear.

**Personally, I have experienced that when I practise a few moments of silence and meditation every day, my mind becomes more stable and positive. Situations that once created stress now feel easier to handle.** Silence gives clarity to the mind and strength to the heart.

Regular meditation and spiritual study also help develop beautiful qualities such as patience, tolerance and compassion. As these virtues grow

within us, our relationships become more harmonious and our actions more meaningful.

**Silence is, therefore, a great inner power.** A person who practises silence naturally spreads peace and positivity around them. When individuals become peaceful, families become peaceful and gradually society also becomes more harmonious.

If each one of us creates even a few minutes of silence every day, it can bring a deep transformation in our lives and contribute to a more peaceful world. ■ ■

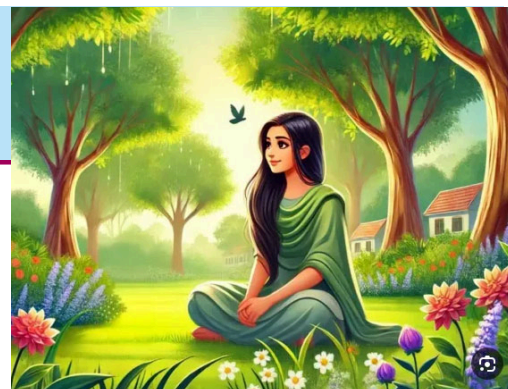
**(Contd. from page no... 28)**

**The Science:** The practice of soul-consciousness reduces mental clutter and brings greater clarity. Genuine empathy and care activate brain regions associated with reward and social bonding (e.g., oxytocin release). Enhanced problem-solving ability, clarity and positive relationships combine to create a mindset where success flows naturally.

### 7. Inspiring Peak Potential

**The Benefit:** Transforming your life and inspiring a positive impact on the world.

**The Science:** Striving for a high and positive ideal acts as an immense motivator for personal growth and self-mastery. A collective transformation of individuals embodying such virtues can lead to a more harmonious, prosperous and ethical society – the ultimate expression of peak human potential. ■ ■



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

### **The perfect order that prevailed in Bharat 5000 years ago**

If we travel back in Indian history, we discover a time when the worship-worthy Deities existed. Then, human beings were 100 percent pure and vice-less in their thoughts, words and deeds. Bharat possessed natural beauty, perfect health, abundant wealth and everlasting happiness. Throughout recorded history, people have been turning their intellectual and physical might towards achieving that stage once again. But, due to lack of knowledge and Godly guidance, their path has been diverted during the age of science towards material advancement only. Such a worship-worthy life as that of the Deities can only be brought about through 'Easy Rajyoga', taught by the One God Father Shiva.

### **How does Rajyoga help to re-establish that world order?**

This perfect stage of humanity is achieved only when materialism becomes subservient to spiritualism. A perfect world order is not attained through a war of weapons, but through the power of silence achieved through the practice of Rajyoga.

The teachings of Christ testify to this statement. He taught that the Ten Commandments, rather than fighting wars, are a means for reaching the Kingdom of Heaven. Similarly, in The Gita, the supreme scripture of the world, all quarrels and violent wars are symbolic of internal spiritual conflict against the five vices.

Vices, such as anger and violence, are now accepted as normal and natural in everyday life. How can Yoga correct this situation? The power of Rajyoga makes all the fighting forces of vices

inactive by neutralising their strength. Yoga is the method of connecting our intellect with God, the Supreme, who is the neutralising agent for all ill actions. He liberates us from all vices and creates in us the power to enable others to experience that same connection.

This power, when spread throughout the world, heralds the Kingdom of Heaven. Heaven is not somewhere far above. It is the Paradise Regained. It is the *Swarg* or Vaikunth of the people of the original religion in Bharat, the Paradise or Heaven of the Christians, and Bahisht/Jannat of the Muslims. Different names are given to one and the same Perfect World, established by God, the Supreme Father, at this time. As His creation is named differently by people, so He has also been named differently as Shiva, Jehovah, Allah, God, Paramatma, Bhagwan and the like.

For the aspirants of Rajyoga, it is essential to have a clear image of God. It is said in The Gita: "An ideal Yogi is one who has purity and chastity in thoughts, words and deeds; who has knowledge and wisdom; whose mind is subdued; who remains constantly in a state of soul-consciousness and yogic meditation; who has conquered the temptations of the senses; who has cast aside ego, lust, anger, attachment, etc.; who neither grieves for loss nor is too jubilant over gain or success, and in whose eyes all are equal; who is selfless and peaceful; whose diet is pure and whose life has austerity; who is upright; whose mind is in the Highest Region or *Paramdham*; who knows God in His true essence; and who performs all deeds while in Yoga with God."

So, to become an ideal Yogi, we have to learn that Yoga which was taught by the God of The Gita Himself during the period preceding the

Mahabharata War. And now, this is the time of the Mahabharata episode repeating itself. He has now reincarnated and is re-revealing the same knowledge through Prajapita Brahma, as per His promise made a Kalpa (5000 years) ago.

### Rajyoga and its basis

Yoga means union or link. It is the union of the self (soul) with God, the Supreme Soul. There is no need for physical controls and penances – Yam, Niyam, *Pranayam*, Asana, etc. For perfect Yoga, that is, union of the soul and the Supreme Soul, one must understand that:

**(i) I, the soul, am different from the body, which is mine. (ii) The soul is also different from God, the Supreme Soul. They are two separate entities.**

### What is the soul?

The soul is a self-luminous, star-like point source of consciousness, the centre of all thinking and also the judge of all thoughts. The soul is the doer of all actions, and it experiences all joy, happiness, peacefulness and disquiet as a result of reactions to actions. The soul is like the driver of a vehicle. Mind, Intellect and *Sanskars* are part and parcel of the soul. A Yogi must understand that he is a soul and not a body. We have forgotten the self as soul, and with this body-consciousness, vicious actions accrue. Thus, souls become mentally and physically entangled in suffering due to vicious actions. Yet, every soul, in its original nature, is pure and peaceful.

### Knowledge of God, the Yogeshwar Supreme

Incorporeal God Father, the Ocean of Knowledge, Peace and Bliss, Liberator and Guide, the Seed of the entire humanity, is also a Divine Star. His might is, however, greater than that of any soul, no matter how high and

purified that soul may be. He is the only Soul who is immune to birth and death in the world cycle. His descent on earth, to teach Godly knowledge and Easy Rajyoga, is divine and unique. He reveals His divine name as Shiva – the World Benefactor, and His abode as *Paramdham*. He descends on this earth at the confluence of the end of the Iron Age and the beginning of the Golden Age, and imparts spiritual knowledge and Rajyoga to achieve the aim of becoming vice-less, holy and yogi. Through this knowledge, one and all can attain the supreme stage of Liberation and Fruition. The Yoga He teaches is so easy that it can be practised by everyone. He simply reminds us (souls) of our original relationship with Him, like that of a son to his father.

### How to meditate and practise Easy Rajyoga?

Thus, Rajyoga is a reunion of the soul and the Supreme Soul through loving remembrance. After completing the 7-Day Course, one can sit in meditation and experience lightness and peace. Each soul is the beloved incorporeal child of the Incorporeal Supreme Soul Father, sharing the same abode in the Incorporeal World, far beyond this physical world.

### Effects of Rajyoga

By constant practice of Rajyoga, thoughts and actions are purified, leading to happiness in life and an outlook of universal brotherhood. Rajyoga is also the process of our intellectual company with God, the Almighty; this brings divinity, piety and virtues into our practical life. Our thinking becomes clear, the intellect is sharpened, and the power of decision-making improves greatly. ■■



**Karnal:** Mayor Renu Bala, President of the All-India Mayors' Council, is being presented with a Godly gift by members of the Eco Care Campaign, including BK Bharat Bhushan, BK Piyush and BK Nirmal.



**Jabalpur:** Present on the stage to celebrate Mother's Day are Dr Pushpa Pandey (Gynaecologist), Ms Sarika Pandey (DSP), BK Bhavana, BK Varsha, BK Ashita, Prof. Rashmi Patel, Ms Nidhi Nitya, Ms Kavita Yede and Ms Bhavna Jain.



**Bengaluru (Yelahanka):** Lighting candles to celebrate Mother's Day are BK Kalavati, BK Vijayalakshmi, Ms Vanishree, Secretary of Vishwa Vani Foundation; BK Saroja; Ms Andalamma, Founder of Chaitanya School; Dr Padmashree, Medical Superintendent; and Ms Divya Kuchipudi, dancer.



**Rishikesh (UK):** A programme on 'KarmaYogi Life' is being inaugurated by Mayor Mr. Shambhu Paswan, BK Manju, BK Arti and BK Sushil.



**Mohali:** BK Meena presenting a Godly gift to Ms. Sunita Rani, Principal, Sr Secondary School, Bakarpur after a meditation session.



**Ranchi:** Lighting candles to celebrate Mother's Day are Dr Priyanka Srivastava, Gynaecologist; Ms Subhra Mazumdar, DG, Lions International; BK Nirmala; Dr Sushma, Nephrologist at Medanta Hospital; and Ms Rubi Ranjan, Chief Manager at CCIL.



**Agra (Idgah):** A cultural evening and art dialogue were organised on International Dance Day. Seen on the stage are BK Ashwina, environmentalist Mr Brij Khandelwal, Dr Jyoti Khandelwal, Director of Nritya Jyoti Kathak Kendra, BK Amar and others.

## THE HABIT OF COMPARISON

When we stop comparing and start appreciating ourselves and others, life becomes more peaceful, meaningful, and fulfilling.

B.K. Jyoti Nanda, Shantivan



In daily life, many people often compare themselves with others. We compare our success, abilities, possessions, and even our happiness. Sometimes we compare our jobs, our homes, our achievements, or our lifestyles. This habit has

become so common that we rarely stop to think about how it affects our peace of mind.

At first, comparison may seem harmless. We may think that it helps us understand where we stand in life. But in reality, constant comparison often creates dissatisfaction and stress. Instead of appreciating what we have, we start focusing on what we lack.

### Why Do We Compare?

The main reason people compare themselves with others is the desire to feel better about themselves. When someone feels insecure or unsure about their value, they look at others to measure their own worth.

**When someone else appears more successful or talented, we may begin to feel inferior. On the other hand, when we believe we are ahead of someone else, we may feel temporary pride.** In both situations, our happiness becomes dependent on others.

This means our peace of mind is no longer in our own hands.

### The Negative Effects of Comparison

The habit of comparison can slowly damage our inner happiness. It can create feelings such as

jealousy, frustration, and disappointment.

When we constantly compare ourselves with others, we begin to overlook our own strengths and qualities. We may start believing that we are not good enough. Over time, this can reduce our confidence and self-respect. Comparison can also affect relationships. Instead of appreciating others, we may begin to compete with them or feel uncomfortable with their success. This creates distance and misunderstanding.

### Everyone's Journey is Different

One important truth we often forget is that every person's life journey is different. Each individual has different abilities, experiences, and circumstances.

Just as every tree in a forest grows at its own pace, every person develops in their own time and way. Some people achieve certain things early in life, while others take longer. Both paths are equally valuable. Understanding this can help us accept that comparison is unnecessary.

### The Importance of Self-Acceptance

Instead of comparing ourselves with others, it is more helpful to focus on self-acceptance. Self-acceptance means recognising our strengths and also understanding our limitations without feeling inferior.

When we accept ourselves, we stop trying to prove our worth to others. We become more peaceful and confident. **Spiritual knowledge reminds us that every human being is a soul with unique qualities. No two souls are exactly the same.** Each one has a special role in life.



When we remember this truth, comparison naturally loses its importance.

### **Focus on Personal Growth**

A better approach is to compare ourselves only with our past selves. Instead of asking, "Am I better than others?" we can ask, "Am I improving as a person?"

This simple shift in thinking helps us focus on personal growth rather than competition. For example, we can try to become more patient, kinder, and more positive than we were yesterday. These small improvements bring real satisfaction and inner progress.

### **Practising Gratitude**

Gratitude is another powerful way to overcome comparison. When we take time to appreciate the

good things in our lives, our mind becomes more positive. We start realising that we already have many blessings—health, family, opportunities, and abilities. This understanding reduces the desire to compare ourselves with others.

So, the habit of comparison may seem small, but it can quietly take away our happiness. **When we constantly measure ourselves against others, we lose the joy of our own journey. True peace comes when we accept ourselves and focus on our own growth.** Each person has unique qualities and a special path in life. When we stop comparing and start appreciating ourselves and others, life becomes more peaceful, meaningful, and fulfilling. ■■

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**Mount Abu (Gyan Sarovar):** The National Media Conference is being addressed by Mr Subhash Barala, Member of the Rajya Sabha from Haryana. Seen on the dais are Dr Mansingh Parmar, former Vice-Chancellor of KT Journalism University, BK Karuna, BK Sudesh, BK Sheilu, BK Sarla and others.



**Muzaffarpur:** On Mother's Day, BK Rani is being felicitated by Tourism Minister Mr Kedar Prasad Gupta at the BK centre.



**Chandigarh:** Mr Krishan Lal Panwar, Cabinet Minister of Haryana, is flagging off the "Eco Care & Disaster Management" Campaign vehicle. Dr BK Banarasi, BK Bharat Bhushan, BK Piyush, BK Madhuri and BK Neha are also seen.



**New Delhi:** Mr. Yogendra Garg (IRS), Special Secretary & Member (Customs), Central Board of Indirect Taxes & Customs is being invited for Mind Money Management Conference by BK Lalit, BK Ishita and BK Yeshu.



**Shanghai:** Brahma Kumaris sisters participated in the ICCR Day celebrations organised by the Consulate General of India in China. BK Sapna is seen with Consuls General of several countries, the Chairman of the Adani Group in China, the Director of Raymond Group in Shanghai and the CEO of Tech Mahindra South Asia.



**Milpitas (USA):** The BK Meditation Centre celebrated Earth Day by meditating at Central Park, expressing deep appreciation for the Earth and aiming to heal the elements.



**Raipur (Choubey Colony):** The Summer Camp for children is being inaugurated by Prof. Manoj Dayal, VC of Kushabhau Thakre University; Dr Omprakash Vyas, Director of the IIIT; DEO Mr. Himanshu Bhartiya; BK Savita; and BK Anshu.

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**Shimla (HP):** H.E. Droupadi Murmu, the President of India, is being felicitated by BK Sushma, BK Babita, BK Suman, and others.

**Namsai (Arunachal Pradesh):** Dy Chief Minister Mr Chowna Mein is being presented a Godly gift by BK Suraj during the inauguration of the Brahma Kumaris centre. Also seen are MLA Mr Chow Zingnu Namchoom, BK Rajini and BK Binod.



**Patna:** The Brahma Kumaris campaign "Karma Yoga for Empowered India" was launched by the Governor, H.E. Lt Gen Syed Ata Hasnain, at Lok Bhawan. Also present on the stage were BK Asha, BK Harish, BK Rukmani and BK Sangita.

**Chandigarh:** Dr Virendra Kumar, Union Minister for Social Justice & Empowerment, is seen with members of the "Eco Care and Disaster Management" Campaign, including BK Bharat Bhushan, BK Asmita and others.

