

SUPREME SOUL
GOD FATHER SHIVA

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Betul (Madhya Pradesh): President of India H.E. Droupadi Murmu is inaugurating a grand conference of the Brahma Kumaris on "Empowerment of Tribal Society through Spiritual Awakening". Governor of Madhya Pradesh H.E. Mangubhai Patel, Union Minister of State for Tribal Affairs Mr. Durga Das Uikey, BK Shailaja, BK Manju, and BK Nathmal are also present on the dais.





Kohima: H.E. Mr. Nand Kishore Yadav, Governor of Nagaland, is being presented with a framed image of God Shiva by BK Rupa.



Trinidad: H.E. Christine Carla Kangaloo, President of the Republic of Trinidad and Tobago, is seen with BK Jayanti, BK Hemlata, and BK Jasmine after a courtesy meeting.



Thiruvananthapuram: Chief Minister of Kerala, Mr. V. D. Satheesan, is being presented with a Godly gift by BK Minni and others.



Gandhinagar: Chief Minister of Gujarat, Mr. Bhupendra Bhai Patel, is seen with BK Lalit, BK Ishita, BK Manasi, BK Tara, and BK Mira after being invited to the Finance Fertility Conference.



St. Petersburg (Russia): BK Santosh is seen with Ms. Neelam Rani, Consul General of India, at the 12th International Yoga Day event.



Vadodara: The Intl Yoga Day event is being inaugurated by Union Minister of State Ms. Nimu Ben Bambhaniya, MP Dr. Hemang Joshi, BK Aruna, and others.



Nagpur: BK Mohan Singhal is presenting a Godly gift to Dr. Premalal Patel, Director of VNIT, and Prof. Rajesh Pande, Vice-Chancellor of Baba Ramdev University, at the closing ceremony of the "Eco Care and Disaster Management" campaign.



Shimla: A programme on "Self-Healing Meditation" is being inaugurated by Governor of Himachal Pradesh H.E. Kavinder Gupta, Chief Justice of the HP High Court Mr. G. S. Sandhwalia, BK Shivani, BK Rajni, and BK Sunita.



POMP AND SHOW OF MAYA

The outward glamour, power and success obtained through unethical means are temporary illusions of Maya. True peace and happiness belong to those who live with morality, purity and a clear conscience.

In the present-day world, which is permeated by Maya, when a person, by his Machiavellian skills and abilities, by his political manoeuvres, manipulations and machinations, by his intrigues and intransigence and by his subtle craftiness and also, of course, by some of his good qualities, rises to a very high political position, people congratulate him and begin to praise him highly. This man, who was considered a highly corrupt man till yesterday and was thought to be a man of doubtful, if not bad, character, is now profusely garlanded wherever he goes and is adored in superlative terms as if he had done something great.

In some European countries where there was



monarchy in the 18th, 19th and early part of the twentieth century, a famous political dictum said about the king: "A king never does any wrong". The idea was that a king got his commission straight from God, and, therefore, he was exempt from the moral sanctions that were binding upon everybody else. The moral character of his acts was not open to question by anyone. He might do whatever he liked – lie, steal, cheat, commit all sorts of oppressions, mayhem, adulteries and murders – and, as we say, get away with it under the special moral

(Contd. on page no. 31)

CONTENTS

- Pomp and show of Maya 3
- Environmental and mental pollution (Editorial)..... 4
- Happiness is within 7
- It is time to Return Home 8
- Spirituality behind science 9
- The God-father awakens 12
- My virtues are my wealth 14
- Wisdom for a meaningful life 15
- Become an elephant rider 16
- Life changing advice 17
- A journey towards holistic health.. 18
- The three mirrors for inner beauty.. 19
- God radiation 22
- Why are cows worshipped ? 24
- Karma: warning! SOS! 25
- Earning the right livelihood 28
- The anti-growth habit 29
- Understanding Sanskars 30



Many of the challenges faced by humanity today can be traced back to the condition of the human mind.

The world today is passing through an unprecedented environmental crisis. Rising temperatures, climate change, water scarcity, air pollution, deforestation, loss of biodiversity, depletion of natural resources and increasing natural disasters have become matters of global concern. Scientists, environmentalists and policymakers are striving to develop technologies and strategies that can ensure sustainable development and safeguard the future of our planet.

While the visible pollution of air, water and land receives considerable attention, there exists another form of pollution that is far more subtle and dangerous – **mental pollution**. According to spiritual wisdom, the condition of the external world is closely linked with the condition of human consciousness. Environmental pollution is not merely a physical problem; it is fundamentally rooted in the pollution of the human mind.

The Invisible Pollution of Human Consciousness

Mental pollution consists of negative thoughts, emotions and attitudes such as anger, greed, ego, jealousy, hatred, selfishness, fear, attachment and excessive desires. These inner impurities disturb the original qualities of the soul – peace, purity, love and happiness – and influence human

behaviour at every level.

A polluted mind inevitably gives rise to polluted actions. Greed leads to over consumption, selfishness encourages exploitation, anger gives rise to violence, and ego creates division and conflict. As these negative tendencies increase, they affect not only individuals but also families, societies and nations.

Today, humanity is witnessing growing stress, anxiety, violence, corruption, broken relationships and social unrest. The atmosphere of human interactions has become increasingly tense because collective consciousness itself has become contaminated with negative vibrations. Thus, **mental pollution gradually manifests itself in social, economic, political and environmental problems.**

Many of the challenges faced by humanity today can be traced back to the condition of the human mind. Competition between nations, exploitation of weaker sections of society, economic inequality, violence and even conflicts among communities are often the outward expressions of inner instability and spiritual emptiness.

Sustainable Development Requires Sustainable Values

The concept of sustainable development has gained worldwide importance. It refers to

meeting present needs without compromising the ability of future generations to meet their own needs.

However, sustain ability cannot be achieved merely through policies, regulations and technological innovations. Unless human desires are brought under control, no amount of development can satisfy ever-increasing demands.

The modern culture of "more and more" has resulted in excessive consumption, waste generation and exploitation of nature. Humanity has often confused comfort with happiness and possessions with fulfilment.

True sustainability requires sustainable values that inspire simplicity in lifestyle, self-discipline and moderation, responsible consumption, and respect for nature and all forms of life. It also calls for ethical and value-based decision-making, a spirit of cooperation rather than competition, and contentment in place of endless desires.

The Power of Thoughts and Vibrations

According to spiritual science, thoughts are a form of subtle energy. Every thought generates vibrations that influence not only the individual but also the surrounding atmosphere.

Positive thoughts create peace, harmony and cooperation, whereas negative thoughts create tension, fear and conflict. Just as physical pollution contaminates the environment, negative thoughts pollute the emotional and psychological atmosphere.

When millions of people experience fear, anger, hatred and anxiety, these collective vibrations affect society as a whole. On the other hand, thoughts filled with peace, love and goodwill contribute towards creating a positive and harmonious environment.

Spirituality: The Missing Dimension

Despite remarkable scientific advancements,

humanity continues to face increasing stress, depression and insecurity. Material progress alone has not brought inner fulfilment.

The Brahma Kumaris emphasise that human beings are essentially peaceful, pure and loving souls. However, by becoming excessively body-conscious and identifying ourselves solely with possessions, status and external achievements, we gradually lose awareness of our original spiritual identity. This loss of self-awareness becomes the root cause of negative emotions and mental pollution.

Spirituality restores this lost awareness. It enables individuals to understand their true identity and reconnect with their innate qualities. When people experience inner peace and self-respect, they naturally develop greater compassion and responsibility towards others and towards nature.

Rajyoga Meditation: A Practical Solution

Rajyoga Meditation, as taught by the Brahma Kumaris, provides a practical method for overcoming mental pollution. Through meditation, individuals reconnect with their original spiritual nature and establish a loving relationship with the Supreme Being – the Ocean of Peace, Love and Purity.

This spiritual connection empowers the soul and gradually transforms negative tendencies. **As spiritual awareness increases, anger gives way to tolerance, greed is replaced by contentment, ego transforms into humility, fear changes into faith, hatred is replaced by love, and competition gives way to cooperation.** As inner peace and spiritual strength grow, individuals naturally develop more harmonious relationships and adopt lifestyles that contribute to a healthier and more sustainable world.

Science and Spirituality Must Go Together

Science and spirituality are not opposing forces; they are complementary. **Science provides knowledge about the external world, whereas spirituality provides understanding of the inner world. Science offers technology; spirituality offers values. Science can increase production; spirituality teaches moderation. Science can provide comfort; spirituality provides contentment.**

Only when scientific progress is guided by spiritual wisdom can humanity achieve balanced and sustainable development. The combination of science and spirituality can create a civilisation that respects nature, values human dignity and promotes harmony among all beings.

The greatest challenge before humanity today is not merely environmental pollution but mental pollution. The imbalance visible in nature is, in many ways, a reflection of the imbalance within human consciousness.

Therefore, the real solution lies in combining environmental awareness with spiritual awakening. By cultivating purity of thoughts, practising self-control, adopting simple lifestyles and experiencing the power of meditation, humanity can restore harmony both within and outside.

When minds become pure, the atmosphere becomes pure. When consciousness changes, the world changes. A clean planet requires clean thoughts. Environmental healing begins with spiritual healing.

The Eco Care and Disaster Management Campaign

To spread awareness about environmental degradation and mental pollution, the Scientists, Engineers and Architects Wing (SEA Wing) of the Brahma Kumaris has organised

nearly 28-national-level campaigns across various parts of India.

One of the most recent initiatives was the **20-day 'Eco Care and Disaster Management' Campaign, held from 24 May to 12 June 2026**, covering the route from Mount Abu to Nagpur. The campaign commenced from the Gyan Sarovar Complex, Mount Abu.

The campaign was formally inaugurated by **Shri Harivansh Narayan Singh, Deputy Chairman of the Rajya Sabha**. Passing through several major cities of Gujarat and Maharashtra, the campaign concluded successfully in Nagpur on 12 June 2026.

During the journey, a total of **94 awareness programmes** were organised at engineering colleges, polytechnic institutes, ITIs, industries, public sector undertakings (PSUs), hospitals and coaching institutions.

The campaign was successfully led by Rajyogi BK Mohan Singhal, Chairperson of the SEA Wing. Valuable contributions were made by BK Bharat Bhushan, National Coordinator (SEA Wing); BK Piyush Bhai, Delhi Zone Coordinator (SEA Wing); BK Onkar Chand, Headquarters Coordinator (SEA Wing); BK Asmita (Balotra); BK Jyoti (Panipat); BK Sangeeta (Ahmedabad); BK Devayani (Hyderabad) and BK Tarika (Bhilai).

Through public outreach programmes, interactive sessions and awareness campaigns, thousands of participants were inspired to adopt environmentally responsible practices and strengthen disaster preparedness.

More importantly, the campaign highlighted the intimate connection between environmental pollution and mental pollution, emphasising that sustainable development must be accompanied by spiritual development. ■■

HAPPINESS IS WITHIN

True happiness does not come from external achievements but from inner peace, soul-consciousness and a loving connection with God.

B.K. Chirya, New York, USA

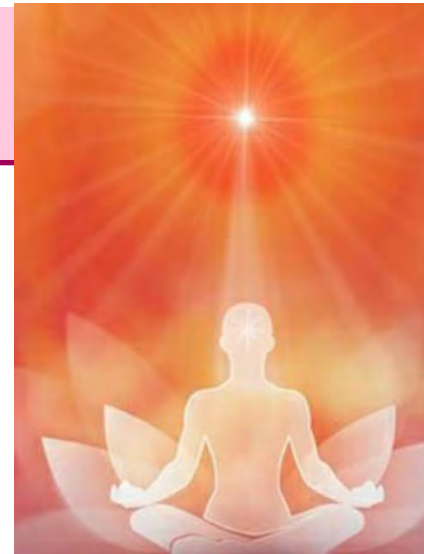
Most people are searching for happiness outside of themselves. We are responsible for your own happiness. It is something we decide to create. It is just a thought away.

For very long, we have associated happiness with achievements. This has become an integral part of our modern-day belief system. However, attainments give limited happiness. These days, life is a roller coaster where success can leave me within a short period of time. All my accomplishments are no longer permanent and can easily go away in a split second because we live in a fast-moving world, unpredictable and with many ups and downs. Enjoying attainments is not being materialistic or non-spiritual. However, do not become dependent on them for your happiness.

True happiness comes when my mind and the senses have become quiet and peaceful. **The happiest people are the givers, not the takers.** When I am soul-conscious, there is spiritual power. We were performing actions free from desires, attachment and sorrow. Such happiness finishes all sorrow. Do not forget that, in our earliest births, we were beautiful and abundantly rich, very skilled, the embodiment of everything good that a human being can have within and without. Because of being soul-conscious and not body-conscious, we were completely detached and happily enjoying these attainments.

Most people are searching for happiness outside of themselves, but happiness is what you are. You become whatever you think about deeply, so choose your thoughts carefully. Find that quiet and peaceful place inside and happiness will stay in your heart forever. Think only about peace, love and happiness. Feel these values as part of your life and you yourself will become like these; they are the source of all the specialties and the personality of goodness within the soul, and of my relationship with a higher source, God. I need to depend on these for happiness because they will never leave me.

Spiritual wisdom through study, reflection and the practice of meditation teaches us to merge with the experience of happiness



within and become the authority by being an embodiment of this experience. Each day, by tightly and firmly connecting yourself, the imperishable soul, with a permanent imperishable source, the Supreme Soul, you bring your strengths, specialties and skills into action, have loving relationships with God and with others, experience goodness and beautiful virtues, and give others an experience of the same. As a result, enjoy every moment of life with happiness, having this complete security, surety and safety.

“Be the ones who always remain absorbed in the love of the Father, who maintain their self-respect and right of self-sovereignty. Fly with the wings of zeal and enthusiasm, make the atmosphere peaceful and elevated with the vibrations of your mind, give the Father’s message and be liberated from sorrow. Always achieve success with determination and remain close to the heart.” –BapDada ■■



IT IS TIME TO RETURN HOME

True and lasting happiness cannot be found in temporary worldly attainments but in rediscovering our spiritual identity and reconnecting with the Supreme Father.



There are moments when life appears perfectly aligned. Things are good at work, our family life is stable, yet a small part within us remains restless. This subtle discontentment can even trigger a sense of guilt; we wonder why we feel this emptiness when we seemingly have everything one could hope for. We often tell ourselves that the next promotion or a new home will finally provide that missing piece of peace. However, lasting contentment remains elusive because this physical world is not our true home. We are spiritual beings who have entered this "unlimited drama" simply to play our respective roles on this world stage.

Longing for the Land of Silence

Our original home is the "Soul World"—a realm of absolute, sweet silence where we reside in the company of the Supreme Father. Deep within, every soul inherently longs to return to this state of peace. Because we often lose sight of this truth, we exhaust ourselves trying to "fix" our lives within the physical realm. Yet, as time moves forward, the world naturally becomes more turbulent. The harder we try to find absolute happiness in temporary

B.K. Sarika, GGRC, Ahmedabad

and external things, the more our efforts seem to fail.

The Path of True Transformation

Some seekers, recognizing this lack of worldly happiness, have historically retreated from society in search of peace. However, true liberation is not found by escaping the world or by suppressing the body. The soul cannot return home prematurely or skip its part in the cycle of life. The journey home requires a transformation of character – a return to our original state of purity.

At this stage in the world's cycle, we often find ourselves weighed down by the "five vices" – ego, attachment, greed, anger and lust. We reclaim our purity by shifting our awareness: remembering that we are souls and connecting our thoughts to the Supreme Father, the "Ever-Pure" source of peace.

Shedding the "Masks" of Identity

Our journey into discontentment began when we started identifying solely with the "body"—our roles, titles, nationalities and social status. Because these things are temporary, anchoring our identity to them creates a life of fear and anxiety. The first and foremost vital lesson of the spiritual journey is realizing that we are eternal souls, not physical forms.

Unlike us, God never loses this consciousness of truth and therefore He is the only point of reference for how to think, speak and act with complete purity. He teaches us that the body itself is a neutral instrument; it is

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A medical student's lifelong search to understand the fundamental difference between life and death led her beyond Anatomy, Physiology and Biochemistry to spirituality, where she discovered that the soul – not the body – is the true source of life and consciousness.

B.K. Dr. Trupti, Shantivan



Humankind has a natural tendency to seek a scientific basis for everything. If something is scientifically proven, it is accepted as truth and often shapes the way people live their lives. Conversely, if it cannot be

proven by science, it is less recognized and, in some cases, dismissed as mere blind faith.

However, **science alone can never answer everything, simply because humans have their limitations and are not omniscient like God.** For example, medical science studies the body in detail – its organs, secretions and how they affect one another – but **it cannot reveal the ultimate source of the life and activity that animate a living body.** To this day, science has been unable to explain this fundamental truth.

A Question Born in the Anatomy Hall

I still remember those early days of my first year in MBBS. As I looked at the dead body on the dissection table, a question naturally arose in my mind: **“What fundamentally distinguishes this motionless body from us, living human beings about to begin our journey in medicine?”**

Every organ was in its proper place, yet the brain could not think, the heart no longer pumped, and the lungs showed no sign of breathing. It seemed obvious to me to wonder about the basic difference—but, to my surprise, hardly anyone ever delves that deep.

Before even examining the dead body, I was driven by a very logical question: **“What is the fundamental difference between me, a living being, and that lifeless body?” Why am I still alive, with the same bodily structure and organs, while the body on the table lies dead?**

As I had never seen a dead body before, my curiosity was stirred instantly.

Searching for Answers in Anatomy

Hoping to find a satisfactory answer to my query, I turned to my first-year MBBS textbooks – Anatomy, Physiology and Biochemistry – going through them one by one in that order.

I assumed Anatomy, being the study of the body and its structures, would explain the **fundamental difference between a dead body and a living being**, but it did not. Although Anatomy covered both macroscopic (gross) structures visible to the eye and microscopic structures like cells and tissues (histology), it failed to explain the actual difference between the living and the

dead body.

Of course, all vital functions have ceased – but what is it that allows them to continue in the living? What is the fundamental source of life in the living? I continued my search for the answer.

Looking Towards the Brain

It is often said that when the brain of a human being stops functioning, the body—no matter how healthy it may otherwise be—becomes bedridden and dependent on others for daily needs, as its parts can no longer function independently. So, I began to think that the brain – or some essential part of it – must hold the key to human survival.

With that in mind, I turned to a book on brain anatomy, hoping to find an answer. However, all I found were descriptions of the brain's structure, the names of its various parts and their respective functions – nothing that clearly explained the essence of life itself.

The Mystery Beyond Embryology

Even Embryology – the branch of biology that studies the development of embryos and fetuses from a single cell into complex organisms – could not satisfy my query. It explains how a baby's body forms in the womb, but not where life itself arises from within that seemingly lifeless mass.

So, what exactly distinguishes a stillborn baby from a living one?

After going through all the books on Anatomy and its related branches, I still did not find a definitive answer. However, I came to realize that what I was searching for does not lie in the gross body or its physical structure. For the body is composed solely of matter, which in itself lacks consciousness.

Of course, there must be something more subtle, something conscious, something that eludes the human eye – and thus remains unaddressed in those texts.

Beyond the Physical Form

Whenever I stood at the dissection table, the

same question resurfaced. Everything related to the physical structure was described in meticulous detail in our anatomy books – every muscle, every tiny bone, every vital organ, each vein and nerve.

My body and the lifeless one before me shared the same structure. It became clear to me that I am not merely a physical form, but something beyond what is visible to the eyes.

Physiology and the Continuing Search

As I continued my search for answers, I turned to the second subject of first-year MBBS – Physiology.

I soon realized that while Anatomy studies the body's structure – what it is made of – Physiology explores how those structures function, work and interact. Anatomy focuses on form, location and composition, whereas Physiology deals with dynamic processes and mechanisms, such as how the heart pumps blood.

Together, they offer a comprehensive understanding of the body, where structure shapes function. Yet even this combined knowledge failed to answer the most fundamental question:

What truly distinguishes the dead from the living? What is that one essential factor that sets physiology into motion in the first place?

The Search Continues in Biochemistry

Hoping to catch a glimpse of a silver lining in the third and final subject of first-year MBBS – Biochemistry – I turned to the textbooks available in the library.

Biochemistry is the study of the chemicals and chemistry of living organisms and studies biomolecules such as proteins, RNA, DNA, sugars and lipids, and their applications and interactions in the body, as well as biochemical and metabolic processes.

Finally, in Biochemistry, I came across ATP – adenosine triphosphate – the energy currency of the cell. It is an organic compound composed of phosphate groups, adenine and the sugar

ribose. These molecules provide energy for various biochemical processes in the body.

In living beings, ATP drives all cellular activities; without it, the processes that sustain life would cease – as they do in a dead body. Just as I was about to be satisfied with this explanation, I learned about the chemical processes by which cells produce ATP. That is when another question struck me: what energy – the ultimate source – initiated the production of the very first ATP molecule? It was a simple analogy: if this is the recipe for making chocolate (ATP), then who is the cook?

Clearly, ATP alone could not answer my deeper question about the fundamental difference between myself and the lifeless body on the dissection table.

Beyond First-Year MBBS

The three subjects of first-year MBBS teach us about the normal functioning of the body. In the second year, we learn that any deviation from this normalcy is considered abnormal and can lead to disease. By the final year, the focus shifts to diagnosing these conditions and learning how to treat them. Thus, the foundation of the MBBS course is laid right in the first year. Since I could not find the answer in my first-year studies, it would have been futile to expect it in the textbooks of the later years. Yet, I did not give up and continued my search.

Looking Towards Psychology

I had heard about the influence of psychology on the body, so I was certain that my answer might lie in psychology books, and I began reading them voraciously.

Although Psychiatry – the branch of medicine that deals with diagnosing, treating and preventing mental, emotional and behavioural disorders – focuses on causes and treatments, my quest was different. I was not seeking a cause or a cure, but the very essence that separates the living from the dead. After all, a lifeless body cannot be treated, nor can it suffer from any psychiatric condition.

Alas, even the science of psychology failed to

answer my query. Medical science spoke extensively about the body – the complex machine – but said nothing about its creator or the ultimate source of life. In this, it lacked the most essential perspective. Throughout the entire MBBS curriculum, my first-year question remained unanswered.

Discovering the Answer Through Spirituality

Then, during my internship, I came into contact with the Brahma Kumaris spiritual organization, where I found my answer in the very first lesson of their seven-day course. Science had failed to explain it, but spirituality illuminated the truth for me.

The first lesson at the Brahma Kumaris taught me that we are not the body, but the soul. Just as a driver controls a car, the soul directs the body. When the soul departs, the person is declared dead. This, I realized, is the fundamental difference between a living person and a dead one.

At last, I understood that the only distinction between the body on the dissection table and me is that the soul has long left that body. Though its structure and organs remain intact, it can no longer think or respond as I can. I, as the soul, still inhabit this body and am able to do everything that a lifeless body never could.

The Soul: Beyond Scientific Proof

It is not that we have never heard of the soul. Deep down, in the quiet corners of our hearts, we sense that we are souls. Yet, because science has not been able to prove it, we often fail to truly acknowledge the self – the tiny, radiant point of subtle light within us.

The soul, or spirit, belongs to the realm of spirituality, not science. Even a scientist is first and foremost a soul inhabiting a human body, carrying out discoveries and inventions through that body. Thus, behind every scientific discovery, there is always a spiritual being – the soul. While there is not always science

(Contd. on page no. ...21)

THE GOD-FATHER AWAKENS THOSE, WHO ARE SLEEPING

The God-Father awakens souls from the sleep of ignorance by giving the light of knowledge. By understanding our mistakes and performing elevated actions now, we can claim happiness in the coming New World.



Mateshwari Jagdamba
Saraswati

Who says, “Awaken, O brides, awaken?” It is in the intellect that the One who awakens us is the Unlimited God Father alone. He can also be known as the Bridegroom or the Beloved because, on the path of devotion, all the brides or souls remember Him. Hence, we are the brides who remember Him, and the One who is remembered is the Bridegroom or the Beloved. He is also called the Supreme Father. Now that the Supreme Father awakens us, it means that we are sleeping. The Father comes and wakes up those, who are sleeping. The Father sits and explains as to how we are sleeping. Sleeping doesn't mean sleeping physically on a bed; it means sleeping in the sleep of ignorance as well. The Supreme Father comes and explains, who is spiritually asleep and who has awakened.

He further says, “You have lost the everlasting happiness that you attained for many births. But, now, you are moving along in an unhappy life, as if asleep, devoid of that happiness, aren't you? You don't even know that once you had everlasting happiness because you have forgotten it. This forgetfulness also means that you are asleep and unaware. You neither know that happiness nor the Father,

the Bestower of happiness. You do not know about the inheritance you got from the Father and to what extent, there was happiness in it. You can either say that you have forgotten, or that you are asleep in ignorance.”

Now, the Father has come and is giving us the awareness of the new world. It can be heard in the song, “The New World is coming.” The Age of Truth is known as the New World. Now, the New Age, the New World, is coming. This old world, known as the Iron Age, has to bid goodbye. The Father says: **“Awaken yourselves now to the fact that the New World of Happiness is at hand. But you must do whatever you are expected to do for it. The Father is waking you up to do it.”**

Whatever we want to do for having the new world should be done now. The sapling of the elevated actions has to be planted now. The reward will be received in the future only when it is planted now. This is why the Father says, “You have to wake up now. It isn't that you can wake up later; no, wake up right now. Make your actions elevated now. It is on the basis of these elevated actions that you have to attain the elevated reward. Make efforts to make your

actions good. This is the last birth.”

This is the last of your many old births. Make your actions elevated in this birth and lay a foundation, or plant a sapling now only on the basis of which you will attain happiness in the Age of Truth.

Later, you will enjoy the reward. Whoever sows the seed reaps its fruit. But you have to do it now or never. The Father sits and gives us the knowledge of what to do now. Those, who come daily, understand the teachings very well. Whatever went wrong birth after birth, and why we lost happiness, all these things are in our intellect.

The Father Comes Down and Ignites the Light of Knowledge

What is the cause of our sorrows and sufferings? **God did not give us any sorrow. The sorrow that we experience is because of our own mistakes.** Which mistake? God comes and gives us the light to correct the mistakes. It isn't that some magic light should be shown. It is not like that. He comes and enlightens the soul; He throws light on the reason for our unhappiness, and on what mistakes we have committed. He corrects those mistakes. Because when God comes to correct the mistakes, He sheds light on them. Knowledge is known as light.

If one becomes a doctor through medical knowledge, it means he has received the light of medical knowledge. The light doesn't mean that you will be able to see the light. Many think that there will be a vision of light, it will be seen. It is said that we attained the light; attaining the light doesn't mean that we saw that light through these eyes, or attained it physically. This knowledge is to dispel the

darkness of ignorance; so, it is known as light. Information about anything is known as light or knowledge of that thing.

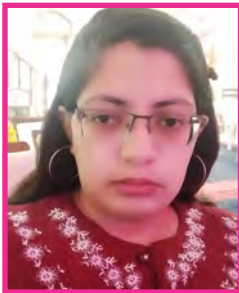
The Father comes to put us back on the track that has been derailed. He gives the light of knowledge. He has come and given us the knowledge, the teaching, the understanding and the light. We have committed some mistakes, and He makes us understand our mistakes. Our actions become corrupt due to the mistakes, i.e. we ourselves become derailed and corrupted; so, we need to become elevated by correcting those mistakes. Many people desire a vision; they want to see something. Will the mistakes be corrected by seeing something? We need understanding to correct a mistake but not a vision. A person commits a mistake due to ignorance. In order to correct it, the understanding regarding that mistake is given. Otherwise, it isn't that by seeing something, your mistakes will be corrected.

All these aspects have to be understood: that we have done something wrong, and, as a result, our actions have become corrupted. We have become unhappy due to the corrupted actions. **The cause of our unhappiness is our mistakes. To correct those mistakes, the Father gives knowledge and understanding.** In order to explain, He definitely has to sit and explain or teach, as in a school or college. There is a college for becoming a doctor. Both males and females are given education through which they get degrees, which means they become doctors. Similarly, **This Brahma Kumaris organisation is like a college for becoming deities.** ■ ■



True wealth does not lie in material possessions but in virtues such as patience, kindness, honesty and humility.

B.K. Ramandeep Kaur, Jalandhar



In the marketplaces of the world, coins clink, jewels glitter, and fortunes rise and fall like the tides. Yet I walk through these bazaars with empty hands, and still, I am rich. My wealth is not measured in gold or

silver, or in the fleeting applause of men. **My wealth is the quiet treasury of my virtues, stored in the chambers of the soul.**

Patience is my first coin, polished by trials and time. It buys me peace when storms rage and tempests howl. Kindness is my jewel, radiant in its simplicity, shining even in the darkest alleys of human sorrow. Honesty is my inheritance, unshaken by the winds of deceit, a fortress that guards my spirit. And humility – ah, humility is the crown I wear unseen, reminding me that greatness is not in standing above others, but in kneeling beside them.

The foreign lands I wander through teach me this truth: riches of the earth are fragile, but virtues travel light. They cross borders without passports; they speak to every tongue without translation. A smile of compassion is understood in every village; a gesture of generosity is honoured in every city. Virtues are the universal currency, accepted everywhere and never devalued.

When night falls and silence gathers, I count

my wealth not in numbers but in deeds. Did I lift a weary heart today? Did I speak the truth when it was costly? Did I forgive when it was hard? These are the deposits in my eternal bank, untouched by thieves and immune to rust.

So let the world chase its treasures. I will walk barefoot, carrying my invisible riches. For my virtues are my wealth, and in them I find a kingdom that no empire can conquer, no poverty can diminish, and no death can erase. ■ ■

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our mental attachment to it that causes distress. Spiritual effort is not about fighting the physical self, but about staying in the conscious awareness of "Who I am" and "Whose I am". This awareness allows us to feel liberated and peaceful, regardless of our external circumstances.

A Fearless Return

As we approach the culmination of this cycle, the Supreme Father reminds us that this is our final chapter. He promises to guide us home, offering a protection so profound that it is described as being "seated on His eyelids". Therefore, this time is not one of fear, but of profound celebration. By letting go of our heavy attachments and temporary identities, we reclaim our inner strength.

Purity provides the strength we need to return to our home and carries us into a future of limitless happiness. Focus your mind on the Father, for it is finally the time to return home. ■

WISDOM FOR A MEANINGFUL LIFE

When we modify ourselves the world around us become panoramic.



The tree that brushes the heavens grew from the tiniest sprout. The most elegant pagoda, nine stories high, rose from a small pile of earth. The journey of a thousand miles began with but a single step. – Lao Tzu

Never stop learning, because life never stops testing.

Peace is not the absence of friction, but our control over our own reactions.

Karma comes after everyone eventually. What goes around comes around. That is how it works.

Learn from people you admire. Keep your goals in front of you. Take action even when it is scary. Have an attitude of gratitude.

Every pattern in your life repeats until you learn the lesson. The moment you choose differently, the loop ends and growth begins, as mentioned in Shrimad Bhagavad Gita.

Who am I? Ask yourself. To get the answer, return to the Soul's True Identity.

Hope and determination are very important and influential aspects that jointly define our way of life.

Reconnect with your original peaceful self. Focus inward, visualize yourself as a star of light, and begin to clear the spiritual pollution gathered from years of identifying with external

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

roles and definitions.

Feel the inner stillness, the deep sense of calm and clarity.

You are an eternal soul, full of light and peace!

Revitalize your emotional stability. Act and respond with compassion, rather than with reaction. And bring greater harmony to both your inner world and relationships!

Rajyoga is a versatile form of meditation, accessible to people of all backgrounds, simple and easy to practice with eyes open.

Don't wait for things to get easier, simpler, or better. Life is complicated. Learn to be happy right now. Otherwise, you'll run out of time.

You are honest and your intentions are pure. Just smile, feel safe, and love truly every day!

Love is not about age or rich and poor, but respect and care, support and understanding.

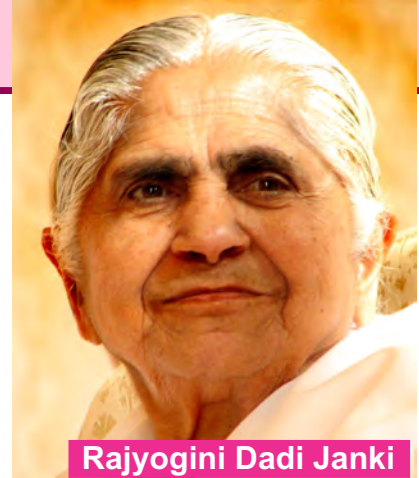
A smile is the way to solve many problems, and silence is the way to avoid many problems.

Knowledge decides what to say, skill decides how to say it, attitude decides how much to say, and wisdom decides whether to say it or not. And behaviour is always greater than knowledge.

Remember, laziness kills ambition, anger kills wisdom, fear kills dreams, ego kills growth, jealousy kills peace, and doubt kills confidence; and vice versa, confidence kills doubt, peace kills jealousy, growth kills ego, dreams kill fear, wisdom kills anger, and ambition kills laziness! ■■

BECOME AN ELEPHANT RIDER TO ENJOY STABILITY AND COMFORT

True stability and comfort come from staying connected with Shiva Baba and preparing ourselves for the coming new world with purity and happiness.



Rajyogini Dadi Janki

Baba has come to rescue us from the swamp. The swamp is such that it is difficult to define where it begins and where it ends. You suddenly slip into it without even knowing it was there. This marshland is such that it can swallow us down in a short time, and it is difficult for any person, whosoever, to rescue us. **Baba is the only One, who can rescue us from the swamp of Maya, which has been swallowing us down. Baba has come down to rescue human souls, but, unfortunately, some still choose to go back.** If you slip just once, you will be back in the swamp. This is why we have to be careful. We have to allow Baba to rescue us completely and, then, we can help others. Baba has created 'a spiritual army' to salvage the whole world from the swamp. Those in the army have a strict discipline in life and they stay in order. They not only lead an orderly life but they also pay attention to the Godly Directions.

If your clothes get even a little dirty, you don't feel comfortable, do you? In the same way, if you allow even a little dirt inside, then you will feel uncomfortable. You will get confused easily. There are so many traps and webs of Maya. A *Maharathi* will recognise them and take care not to get stuck. Do you consider yourself to be a *Maharathi*? Consider yourself to be a *Maharathi*

and you will have the power to stay in your soul-conscious stage. In the stage of soul-consciousness, there will not be any confusion over small issues. To sit in Baba's eyes and to let Him sit in your eyes is to be seated on an elephant. One, who sits on an elephant, sits with great comfort and stability while those, who sit on horses, have to tolerate the mischievousness of the horse. Now, become an elephant rider and enjoy a stage of stability and comfort. To stay in such a stage, you have to stop your vision from being drawn anywhere. My vision should not be attracted or distracted. Even to compare my efforts with those of others is to let my vision be drawn here and there. **The result of the comparison is that you will feel yourself either less than or more than others. Be aware that everyone is making their own efforts and will receive the reward accordingly.** I cannot do or be the same as others. Each one has his/her own speciality. Yes, I can learn from them but I have to remain aware that each one is playing their own part in this drama and no two of us can play the same part. **A Sattoguni soul will not look at the flaws of others or pick up negativity.** He will fill himself/herself with virtue and will be like a swan that only picks up pearls. He will not question or doubt.

Others catch the vibrations of a *sattopradhan* soul and will be inspired to become *sattopradhan*. Didi Manmohini never allowed anyone to be careless and slip, while Dadi Prakashmani bound everyone with love and, on the basis of that love, inspired them to do service.

Those, who are to come in the Moon Dynasty (Chandra Vansha), will continually battle and quarrel, whereas those, who are to come in the Sun Dynasty (Surya Vansha), will remain busy looking at God, the Sun of Knowledge. Always remain aware that you are in front of the Sun of Knowledge, absorb His light and become a star that sparkles in this world of darkness. Others should look at us and experience light. People should experience our bodiless stage when they come in front of us.

Baba told us in the recent *Avyakt* Murli that we should spread the rays of peace, love and happiness all around. This is our duty and any one of us can do this service. Remember that Baba has come to dispel darkness and 'I am His companion in this task'.

When you come to Murli class, do remember that 'I need to sit in the bodiless stage and then listen to my Father.' If you remember anything else such as your body, bodily relatives, position, money, etc., then you cannot sit in the soul-conscious state and listen to the Father. This is a big mistake. Baba is advising us: "O sweet children! Follow my Supreme Directions."

For God to call me His child is such a beautiful experience. Am I able to say 'Baba' with the real, true and deep love of a child?

Destruction is coming closer. We have to move into the *sattopradhan* stage and prepare ourselves for the next scenes and to get transferred to *Satyuga*. Are you ready for that time? Have you prepared yourself fully? Look at

Shri Krishna; he is our aim and object. Are you ready to dance with Krishna in the new world? Now, display all the treasures Baba has given you in front of the world. Make true effort with lightness and happiness; then, others will get inspiration from you. ■■

Life Changing Advice

- **Don't make everything about yourself.** When someone rejects you, overlooks you, or fails to appreciate your efforts, resist the urge to take it personally. Most people are preoccupied with their own fears, pressures, and priorities. Their response often says more about their state of mind than about your worth.
- **Life isn't always fair—and waiting for fairness won't change it.** Opportunities, advantages, and recognition are often unevenly distributed. Some people begin with more than others. Yet your starting point does not determine your destination. Progress comes from focusing on what you can influence rather than resenting what you cannot. Those who keep improving themselves eventually change their circumstances.
- **Be selective about whose advice you follow.** Most advice reflects the experiences, fears, and preferences of the person giving it. What worked for them may not work for you. Learn to develop your own judgment. Seek guidance from the few people who genuinely listen, understand your situation, and help you think clearly rather than simply telling you what they would do.

RAJYOGA

A JOURNEY TOWARDS HOLISTIC HEALTH



MENTAL WELLNESS

Brings peace,
reduces stress
and anxiety



SELF-MASTERY

Improves concentration,
decision making and
self-discipline



EMOTIONAL BALANCE

Creates stability,
positivity and
inner happiness



POSITIVE THINKING

Transforms thoughts,
builds confidence
and clarity

Raj Yoga strengthens the connection between the soul and the Supreme, enabling inner transformation and the replacement of negative *sanskars* with positive qualities.

B.K. Rajinder Goyal, Chandigarh

Raj Yoga is a union or link between the Soul and the Supreme through which the Soul becomes the controller of its own intellect and *Sanskars* and consequently of its physical body. By staying away from disgusting thoughts and remaining in a State of Yoga with God, the body and brain cells are rejuvenated as if by inner transformation.

Regular practice of Raj Yoga helps calm the mind, reduce stress and elevate your consciousness, which is essential for rewiring the neural pathways. Raj Yoga meditation focuses on the innate/inborn qualities – peace, love, wisdom and purity. By consciously bringing these qualities into your awareness during meditation, you strengthen the nervous system associated with them, gradually overriding negative *Sanskars*. The process of transformation is gradual, but with constant practice, it leads to profound changes in personality and behaviour, consequently

improving the overall health of the body.

Through Raj Yoga and its consequent positive lifestyle, along with a pure vegetarian diet, ill health can be minimized. The removal of stress and tension has to be one of the greatest advantages for a Raj Yogi. Stress plays a big role in provoking simple problems like headaches and indigestion, as well as chronic problems like asthma, ulcers, heart problems and respiratory disorders.

The state of the body is a reflection of the state of the Soul, not only because of *karmic* factors (illnesses which come as a result of past negativity) but also because of its present condition.

The relationship between the body and the Soul is the cause of most physical diseases that spring from a psychological origin. It stands to reason that any decrease in harmful secretions through decreasing emotional causes will promote sound and lasting health. ■■



Just as we use a mirror to maintain our physical appearance, spiritual knowledge, reflective reading and meditation act as inner mirrors that help us recognize and transform our weaknesses.



To check our external appearance or cleanliness, we look into the mirror each day. But on a mental, emotional and spiritual level, what is the mirror that helps us to see if there is anything wrong with our inner face or spiritual

self, or to realize what is happening inside us and what we have to do to maintain our inner beauty?

There are three types of mirrors which one can use to see or check the internal self:

The first mirror is the mirror of spiritual knowledge

Spiritual knowledge is the knowledge related to spiritual self-development, i.e. of the soul, the Supreme Soul and also of the World Drama. Each day, in the morning, we can look into this mirror for at least 15 minutes. Looking into this mirror means listening to or reading spiritual knowledge for at least 15 minutes. It connects us to our inner self and God, increases our emotional and spiritual power, guides us on how to perform good actions, as well as reminds us of the true purpose of our life.

We will see ourselves very clearly in this mirror, as this mirror will show us:

- ▶ The knowledge of the original virtues of the soul like peace, joy, love, bliss, purity,

power and wisdom;

- ▶ How these virtues can be imbibed in the self to benefit the self and others;
- ▶ The knowledge of the different types of weaknesses that can arise in the soul, like lust, anger, greed, ego, hatred, fear, attachment, jealousy, sorrow, etc., the roots of which lie in the incorrect identification with the physical self and forgetting the spiritual self, and how these weaknesses can harm the self and others;
- ▶ The knowledge of how to overcome these weaknesses.

All of these things which we see in the mirror will help us to check where we stand in comparison to the right way of creating thoughts, feelings, attitudes and emotions, speaking words and performing actions, where we are going wrong and how we can make the required corrections in the same. On looking into this mirror, we will be reminded of the Law of Karma (the Law of Action and Reaction), which will motivate us to make these corrections.

This mirror will also show us God or the Supreme Soul and it will remind us about His virtues, words and actions, which will help us check where we stand in comparison to Him in terms of virtues, words and actions and will motivate us to follow Him by imbibing those virtues, speaking words and performing actions

in a similar way. Lastly, this mirror will reveal to us the personality of God and remind us of our relationship with Him, strengthen the relationship and help us in creating a deep and personal connection with Him in different ways which will benefit us and others.

The second mirror is the mirror of the habit of reading spiritual knowledge

The knowledge read every morning will help us to see and realize what mistakes we have committed in the last 24 hours in our thinking and while performing actions, and also the mistakes committed in maintaining a connection with the Supreme. It will also help us see what we have done positively during the same time, which will encourage us further to do the same in the future.

The mirror of spiritual knowledge through reading will also help us to remain careful for the day ahead and create thoughts, perform actions and experience a relationship with the Supreme based on what we have read. It is a common experience for many people that the spiritual knowledge read in the morning is always what the need of the moment is for them.

The spiritual knowledge read is very commonly an exact reflection of the activities and mental state of the last 24 hours and something which we require for the coming day for the self, for our relationships and for facing different types of negative situations in our personal and professional life. This is the Law of Spiritual Attraction through the habit of reading. Our consciousness and inner requirements attract towards us spiritual knowledge of a similar nature and bring us closer to God, who answers all our questions and clears all our doubts about life through the spiritual wisdom which He shares every day.

The third mirror is the mirror of meditation

In the silence of meditation, which is a connection or the experience of a relationship with the inner self and the Supreme Soul, each day we

come closer to and go deeper into both of them. When we create positive and powerful thoughts about the self and we also visualize our true spiritual self, we feel and experience our true virtuous being, what we are - radiant and free of all influences. That experience helps us to see ourselves as we really and originally are, in contrast to how we are now. Perhaps we feel peaceless, disturbed and are in pain today, but by creating thoughts of peace and contentment in meditation, we quickly realize that, in reality, positivity and strength are our true nature. In that way, it serves as a mirror for self-realization and for checking and changing. When we visualize the Supreme Soul during meditation and experience His virtues, it helps us to see and quickly realize ourselves in contrast to Him and make the required changes in ourselves because the child should reflect the qualities of the Father.

So, this good practice is to look into this mirror and check ourselves once in the morning before the day's activities and once before sleeping for at least 15 minutes each time. Also, since this is a very important mirror, it is extremely important to carry this mirror with us throughout the day and check ourselves in it for one minute after every hour. All of us are aware that, just as an unclean external self is not pleasing to the self and does not create a favourable impression on those who come in contact with us, the same applies to the inner self also. So, one minute spent looking into this mirror every hour and doing some self-introspection, checking and changing will keep us looking good for the next fifty-nine minutes and, if we do dirty ourselves internally during those fifty-nine minutes, then corrections can be made quickly in the next one-minute break.

What we think and feel about ourselves and others is invisible to others and only we know what it is. But we radiate our thoughts, feelings, emotions and attitudes through our facial expressions, our eyes, our words, our body

language and our actions when we interact with others. In that way, our words and our actions act as a mirror in which to see ourselves. We achieve this when we are detached observers and become aware of our responses and how we express what arises from within us. This awareness of being an observer needs to be maintained throughout the day and by filling in a daily chart before sleeping, based on any three personality characteristics of our choice. Our main weaknesses and strengths which we want to improve can be included in the chart. We could either evaluate these personality characteristics with a yes (remained free from weakness or increased the strength) or no (did not remain free from weakness or did not increase the strength), or perform a percentage-wise evaluation like 50% or 80%, for example. So, it is a good practice to look into this mirror once at night before sleeping. This mirror will give us a review of the day that has gone by and make us careful for the next day. The daily chart is very useful for this purpose. Filling in a daily chart does not take too much time and is easy to maintain.

Finally, and most importantly, always remember that those who use these three mirrors actively and use them well to ensure that their internal self looks good and beautiful all the time become living mirrors for others. People who come in contact with them are able to see accurately what their own internal self looks like. On seeing how beautiful and perfect they are, other people quickly realize their weaknesses and also take inspiration to become as beautiful, clean and virtuous as they are. ■ ■

(Contd. from page no... 11)

behind everything, there is always spirituality—a living soul—behind science, guiding every discovery and invention.

Understanding the Mind, Intellect and *Sanskars*

In the first lesson of the Brahma Kumaris course, “Who Am I?”, I not only received a clear answer – that I am a soul – but also gained detailed insights about the soul. Everything seemed rational and logical, and gradually all my doubts began to dissolve.

It explained that we are not the body, but the soul – the master of the body – and that the mind and intellect are faculties of the soul. When the soul generates a thought in the mind and the intellect decides to act upon it, the impression of that action becomes embedded in the soul's memory, forming a set of *sanskars*, or inherent tendencies.

To view the mind, intellect and *sanskars* as separate from – or unrelated to – the soul would imply that the soul itself is unconscious. This is incorrect. The fundamental difference between the conscious soul and insentient matter is that matter lacks desire, thought, sensation, feeling, cognition, effort and experience, whereas the soul possesses all these qualities.

Many such profound truths about the soul were revealed to me by the Brahma Kumaris.

The Source of This Spiritual Knowledge

Who imparted all this knowledge to the Brahma Kumaris? It was God Shiva, who revealed this wisdom through Brahma, who later established this institution. The divine knowledge imparted by God is explained in detail through their seven-day course. Anyone, regardless of country, state, language, gender or background, can attend this free seven-day course at their nearest Brahma Kumaris centre.

Gratitude to the Supreme Soul

I not only found my answer but also gained knowledge about God, the eternal World Drama and our role and purpose within it. Thank you, God Father, Supreme Soul Shiva, for enlightening me – the soul – through Your divine knowledge. ■ ■



God descended into this world 89 years ago and started giving the knowledge of the true history, geography, science, and culture of the deity dynasty through Prajapita Brahma.

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



Brahma Kumaris is a unique organization due to its foundation by God Himself for the specific and practical purpose of serving the entire humanity through high-voltage spiritual energy radiation since 1936. God never comes before that, and hence no soul can be charged with God's power prior to His descendance. Throughout the path of devotion, the soul battery has depleted rapidly instead of being recharged, despite lots of efforts involving body, mind, and spirit, either directly guided by the sages or through the scriptures and books of different religions and literatures.

The Decline from Soul-Consciousness to Body-Consciousness

The soul-conscious state of deities deteriorated into body consciousness at the end of *Treta*, and after entering into *Dwapar*, the depletion of positive energy became very rapid. The quality of souls becomes fully

degraded at this extreme end of Kaliyuga. The first half of the 5000-year-old Kalpa is reigned over by the deities of the single deity religion with maximum levels of purity, and the second half by humans of different religions with lesser levels of purity.

Vice-less life is very special among deities, which is lacking in human beings. Human society has left no stone unturned in narrating different ways and means of uplifting humanity for the sake of social well-being and human betterment. But that never happens because of the loss of purity and the gradual addiction to a vicious lifestyle. Still, we do not think or admit that we have limited thoughts and are blocked by our own limitations in intellect and conscience.

The Drama Wheel and the Pull Towards Negativity

The whole human society is every day pulling itself towards negativity and thus inviting destruction. It is not actually back-pulling, but truly speaking, it is front-pulling through the auto-processing of "efforts and rewards" in the cyclical time chain of the

drama wheel to the end of the Kalpa, and interestingly, the same thing happens in every Kalpa.

Present-Day Challenges and Negative Vibrations

Now it is the time of all-round negative vibrations due to the effect of infectious minds and impure intellects, and thus human society as a whole is facing destruction. At present, many experts are working in different fields in different countries, and ordinary people are living all over the globe in their own ways. Sometimes many satisfy their egos by different means and thus spread more and more negative vibrations all around.

Achievements of Science and Their Limitations

Every year, many international and national prizes and awards, including the Nobel Prize, Oscar, Booker Prize, Pulitzer Prize, Bharat Ratna, Ashok Chakra, Param Vir Chakra, Jnanpith Award, Dadasaheb Phalke Award, Padma Vibhushan, Padma Bhushan, and Padma Shri, are given to selected persons for their excellent work, discoveries, and inventions in different fields. Science and technology are at their peak at this moment through gradual refinement. Still, science is egoistic, and it serves both good and bad purposes.

Why Silence Is Greater Than Science

The Supreme Father God repeatedly points out that silence is better than science because human beings may become successful through inner silence practiced through Rajyoga Meditation, i.e., God connection. When one attains that highest treasure within, the conscience is automatically elevated, and only in a higher

state of consciousness does a man become a deity. Hence, the Brahma Kumaris organization is also called a divine-making factory, where impure souls are transformed into pure ones, which is the basic criterion for divinity.

The Distinctive Nature of Brahma Kumaris Students

In each and every Brahma Kumaris Centre, BK sisters and brothers are always ready to give people lessons from the Godly versions, i.e., Murlis. People can observe one thing that is very special within the BKs., and that is their enthusiastic and divine nature despite living in the same *Kaliyugi* world. They never claim anything or show off because such qualities are quite natural to them.

The secret behind this is that they are always in remembrance of God Shiva, lovingly called Shiv Baba, and accomplish everything in that divine consciousness. They are simple and serene, but at the same time steady and sturdy.

God's Descent Through Prajapita Brahma

God descended into this world 89 years ago and started giving the knowledge of the true history, geography, science, and culture of the deity dynasty through Prajapita Brahma. He has also described the dos and don'ts for the complete transformation of humans into deities.

So far, we have only gone through different religious books, scriptures, and various other recorded facts written by different experts over a long period of time. However, 1936 is the cut-off year from which people came to know about the Godly truth and His true identity and occupation. ■■

WHY ARE COWS WORSHIPPED IN BHARAT?

The worship of cows in Bharat symbolizes the remembrance of pure souls who had fallen from their original divine state and are later elevated again through God's knowledge and remembrance.

B.K. Arzu, Kolkata



Why are cows worshipped in India? Why not in any other country? Let us dive deep into this belief system.

Once upon a time, a handful of human souls lived as deities in the beginning of creation. However, after 5000 years, the deities fell, as they lost their original lustre. They became ordinary human beings, gradually stooped even lower, and resembled animals in their manner and behaviour. Though they looked like humans, they became animalistic in nature, with the influence of vices and negative thinking patterns. They lost their mental powers and became slaves of their own sense organs.

For example, as they lost their sense of judgment and decisiveness, they were not able to decide right from wrong. Those who were once wise and powerful now sought advice and acknowledgement at every step. They always remained confused and lived their lives unconsciously. Having lost their purity, they also lost their intellectual power. It is mentioned in the scriptures as "*patthar buddhi*" (stone intellect) or dull-headed. They believed whatever the bigger groups in society preached and followed the herd without understanding what they were doing, just as cows follow the herd and need a guide to lead the way. In the Bible, they are shown as lambs with a shepherd leading the way.

Who gifts the third eye?

Towards the end of the Iron Age, or the dark period, the Supreme Soul steps in from the world of

souls to Bharat – the region that degrades first and to the highest level. He comes to this corporeal world disguised as a regular human being. Only a few recognize Him, as He remains veiled.

Here is the interesting part. The ones who recognize Him first are the ones who had fallen first. They were exhausted. How long can they keep getting lost in the maze of this impure world? As soon as the Father of all souls sings the divine song (Bhagavad Gita), their memories return, and they realize who they once were. Yes, they were the deities once. But now they had lost their divinity.

Cows are worshipped in Bharat

Can their greatness return? Yes! They travel on the path of purification, as they see the way. Cleanse themselves, drink the nectar of God's knowledge, and burn their impurities in the fire of God's remembrance. Due to their penance and unwavering love for God, they start regaining their lost powers.

During this process, they become worthy of being sung. They are still not worthy of being worshipped, as they are not yet deities. The devotees sing their names as cows and remember their proximity to God. Shri Krishna is often seen with a herd of white cows, playing the flute and leaving the cows mesmerized.

So, it is not the cow – the actual animal – but the human souls who had once walked this earth as divine human beings with Godlike qualities.

Only God, the Supreme Soul, can lead souls with cow-like intellects and transform them by playing the flute of elevated knowledge. God is also called *Gou (Cow) Pal (Herd)* – the caretaker of the cows. ■

KARMA: WARNING! SOS! RED ALERT!

Your *Karma* Sticks to You and Will Make You Extremely Heavy and Tired if You're Not Very Careful.

B.K. David, Paignton, England



Karma, good and bad, sticks to you and makes you feel either very happy or very sad and heavy, and no matter where you go, the dirt in your pockets (mind) must follow you, but then so must your halo.

Halva can be easy to digest, unlike one's suffering

Even indulging in a serving of hot *halva* offered to God never comes with any insurance for today or guarantees of tomorrow's happiness, health and safety, even if that *halva* was cooked with the greatest love.

Karma can be planning to drown you and throw you overboard whilst you think you are safely sailing in the sun, drinking many Gin and Tonics.

A freak wave or sudden slip is all at Karma's disposal in its briefcase to enable it to carry out its duty when it comes to settling an account of karma for someone at sea.

Life is full of endless storms that cannot be avoided, but where you can manoeuvre yourself wisely so as to lessen the storm's impact. Even those on a desert island must face storms now and then, in every way, physically and mentally. A billionaire's diamond watch will be of no use to them when their boat is sinking from the powerful storm called Karma.

We all create the environment and weather around us that will either make our life pleasant or



possibly even kill us. Some can be camping in a forest, having a wonderful time under the stars and around the fire, whilst another is in a five-star hotel complaining that the gold taps need cleaning, and then the hotel is bombed and all are killed.

If you are sailing round the world in the boat you built and suddenly it starts leaking, who is really to blame?

Some might blame the tree from which the boat was made, or the glue or nails. The reality is, if you keep banging your head against a wall, then moan that you have a headache and that the wall is to blame, it is like moaning about your situation that you have indirectly or directly created. Hear about the man in India who cut his finger off whilst cutting chillies? Later, it came out that he was also watching his favourite TV soap at the same time. He took the TV company to court, saying it was their fault that he had cut his finger off.

There was a case in Germany where a man lost his arm by feeding a tiger a hot dog and putting his arm through the cage bars, but the tiger ate his arm as well as the hot dog. The judge dismissed the case when he tried to sue the zoo.

When we do not take responsibility for our life, our past actions and choices, and if we do not cope and act stupidly at times, we are like the man who put his arm in the tiger's cage, lost his arm and then tried to blame the zoo for his stupidity and for being unable to brush his teeth.

We all build our own boat which we must sail through life's seven seas and endure the many storms that come with life and hit us in the face. If it is a pleasant journey, lucky you, but if it is turning out to be disastrous, as it is for me, one needs to check how skilfully and with how much care and love they took in building their boat (life).

Karma can make you fly, smile, laugh or cry within the time it takes you to make a cup of tea. Karma can stroke your head one second and then poke you in the eye in the time it takes you to blink.

The world is one where you can sit down laughing with friends, with a cup of tea in your hand, halfway through taking a sip, not knowing it is the last sip you will ever take. Some would even blame their friends for making them laugh too much.

Karma PLC rules the world from its invisible throne that none can see, but all must suffer from its pointing finger and punishment.

Karma has two arms and these can either tickle or strike and are seldom grey or act in-between and are felt as either good or bad. Karma is now seldom in your favour and is all too often out to punish you for your past actions that were not spent highly, but more crawling on the floor chasing after vices and rolling in the mud of laziness and body consciousness.

Karma is the World President that is now on a worldwide mission to clean up every household and whose slogan is: "Clean Up and Payback Time for the World is Now Here."

The Belt of Karma

Karma is like a belt around your waist that can keep you safe and tidy or end up being so tight

that it can make your life extremely uncomfortable and unpleasant.

Many are relaxed and do not care about the consequences of their actions and what they are creating for themselves in their lives, but they will when it affects their health, happiness, family and well-being and starts making them ill.

A crooked hand created a crooked body

Only when faced with the consequences that are making them suffer do people wake up and start to change. They have dealt themselves a poor hand and now, in a corner, they must deal with their mess or carry on suffering as a result of their game played in ignorance, with their cards dealt under the table until finally their luck runs out.

Is your belt (attitudes) often so loose (to truth) that it lets your trousers fall down and people secretly laugh at you? The enlightened feel sorry for those people and try to help.

Some belts are super-tight one minute and then super-loose the next; such is the condition and mood swings of the person wearing them.

It is rare to find a belt without creases and wear through lack of use, and most belts (lifestyles) are often worn out through being tightened and adjusted constantly.

Does your belt resemble crocodile skin?

Some belts are of snake skin and others of kangaroo. Most are made from cowhide, but the wearer is unaware that this belt can turn on them and whip their aching back for the wrongdoings committed throughout their life.

This common belt made of cowhide does not allow the wearer ever to hide from the repercussions of the past sins not only committed but accumulated in their soul. Their daily vice mounts up and for most is now a huge mountain like Everest, from which they keep falling, severely hurting themselves, often

fatally.

When a person has lost all control of his senses and thinking, and his thoughts are filled with basic desires that are reflected in his actions, lifestyles that go unnoticed and unchallenged for years encourage him to carry on sinning even more.

This short story of the mountain of sin they have created is the story of everyone until one day they hit the wall of poor health, and then all changes, as no one can fight the avalanche of poor health when caught in it and must either change or carry on suffering on this mountain face that frowns and seeks revenge.

Everyone seems to wear a belt and buckle

The belt and its buckle, if worn tightly over a long period, will make you buckle over in pain.

Ever seen a suitcase so full that the owner strapped a belt around the bulging case to stop the contents from falling out?

To belt up in a car is a good thing and keeps you safe, but to belt up in life, the suitcase of your mind restricts its ability to breathe, live, feel happy and love truly. This belt becomes dangerous as you slowly starve your mind of the oxygen of goodness that it needs to be happy, and over time this deprivation will cause the wearer to buckle over and die, as many do, due to the effects prolonged bad karma has on a person. This floating of badness taking place in people and their dire lack of the oxygen of truth can only lead to severe suffering and prolonged ill health.

“From bad to worse to terrible” should be the ringing sound of everyone's inner alarm bells.

The power of body consciousness, along with the thick mud of karma weighing them down and exhausting them daily, hinders them from thinking clearly, serves to compound their ignorance and stops them from hearing their alarm bells ringing, which should make them

'stop and think' and then change the direction of their life by changing their outlook of themselves as a body. This will then help them stop their negative thought patterns, bad habits and the leading of a life that is going nowhere other than round in circles and finally down the drain.

The might of Karma's unseen law is enforced by its endless invisible arms that can cripple or heal, bestow or steal.

If he was bad before and ignores his actions and poor thoughts and feels constantly heavy from all of his bad karmic mud sticking to him, he will only ever get weaker and heavier.

Karma is the true heavyweight champion of the world, the ultimate brain, judge, detective, law enforcer and fortune teller, and laughs at AI, Russia, Israel and the like, as Karma knows right from wrong and is also the ultimate Optician that sees and thinks clearly all the time and gives new glasses (enlightenment) to the worthy and blinds those who have made their lives shameful and unworthy of seeing a good life, as they have hurt others, gone against truth and embraced only hate, anger and falsehood and have become blind to their blindness, anger, vices, ego and greed.

Their religions do not promote such anger or hostility to nations, so they now follow false understandings and must be worshipping a false god.

All their hate accumulates in their souls and the weight of their bad karma makes them blind to being able to see and pick up the key to the door of true happiness and step foot on the sacred land of heaven that is being created by God and built whilst the warring countries fight and, for sure, are missing out on God and His gift of heaven, as they are lost in their pursuits to gain lands of weeds, dust or mud.

Karma is the ultimate accountant that has
(Contd. on page no. ...29)



Right livelihood means earning one's living honestly and in harmony with moral values, while ensuring that one's work causes the least possible harm to people and the environment.

The word 'livelihood' suggests the ways in which one earns one's living. It is your job. Regardless of how you earn your livelihood, what does right livelihood mean? Right livelihood applies to morality, specifically to the question of how one earns one's living. It asks you to be honest and forthright about what your livelihood is really about, and it asks that your livelihood be consistent with the moral principles of your life.

Here are some examples of earning a livelihood. Joe and Frank are both in sales jobs. Joe sells pyramid schemes. He promises people that he will make them rich and those that get in early do make some money, although not as much as Joe. Most lose money. Joe knows what he is selling is illegal and he is deliberately taking advantage of people's greed.

Frank sells life insurance. He is very good at it. Many of his clients have far more insurance than they need. Many have products that give a very low return on their investment. Frank is making money by playing into people's fears. However, he does not see it that way. He is convinced he is selling 'security' and protection. Which of these men is honest and forthright?

Honesty is one aspect. The other is whether what you are doing is in agreement with your moral principles.

If we are embarking on a moral or spiritual path, we need to live our lives morally and

ethically, and this means **ensuring that we do as little harm as possible to anyone or anything while we are earning our daily bread.** If we do not live in this way, our practice will be undermined by our daily actions, not only because of the practical consequences of harmful acts but also through the internal agitation of remorse and denial.

One important aspect of 'the right livelihood' is the recognition that our actions may also indirectly contribute to others' suffering. Indirect effects are often important in economic life. For example, by making or selling things that are harmful, we can indirectly contribute to harm even when we do not actually apply that harmful thing directly. This is why trading in poisons, weapons or alcohol is seen to be a wrong means of earning a livelihood.

In summary, the concept of right livelihood asks you to look within. It is not about measuring your work or about making some forms of livelihood 'good' or 'bad'. Instead, it asks: are you being honest about what you do? Right livelihood involves mindfulness of our place in the whole and thus becomes the foundation for ethical living based on values and moral principles, intelligent value-based social activism and our moral responsibility for maintaining ecological balance, because the nature of earning our livelihood has a great impact on the lives of other people and also on the ecology and environment of the whole world. ■ ■

THE ANTI-GROWTH HABIT

Why Judging Others Stalls Your Own Progress?

B.K. Shikha, Noida



The ancient wisdom to "stop looking at others' weaknesses" is a powerful instruction for mental hygiene and is strongly validated by modern science. It shows that judgment is not just a moral failing – it is a self-sabotaging habit that impedes personal growth.

The Ego's Delicate Trap

When our identity is tied to the fragile ego (our external self, status, and roles), we become emotionally delicate and easily critical. Viewing others through the lens of their flaws – the "thorns" – is the result of this insecurity. This creates a state of negativity and agitation, draining the energy needed for meaningful action.

The Scientific Self-Sabotage:

Neuroscience Confirms This Is a Trap

Rewiring for Negativity: Every act of criticism strengthens the neural pathways for judgment and negativity (neuroplasticity). You are training your brain to default to finding fault, making positivity harder to access.

The Projection Problem: Focussing intensely on another's flaws often serves as a psychological projection – a way to avoid acknowledging similar, uncomfortable weaknesses in yourself.

The Stagnation Effect

This external focus is the ultimate distraction from self-improvement. The mental energy spent on criticizing others is energy not spent on self-reflection. When your attention is fixed on

their faults, your own weaknesses are left untouched and unresolved.

The core message is simple: A strong, resilient mind doesn't get rattled by external imperfections. By choosing to let only "flowers" (positive thoughts and words) emerge, you are not just being kind; you are fundamentally rewiring your brain for peace, growth, and self-mastery. ■ ■

(Contd. from page no... 27)

come to settle everyone's accounts and, if need be, will throw them in prison (make them weak), brick up their door (minds devoid of happiness) and take the innocent to hospital.

Arms that stretch around the world and never forget as they squeeze it.

Karma has the strongest and longest arms and memory. Karma waits in the wings of this unlimited play, waiting for the right time to enter and either shine on a person and drop diamonds in their lap, massage peace onto their head or perhaps facilitate them slipping off their ladder or being unable to see the bus approaching as they cross the road and end up in hospital for a year in pain. It is one thing to slip off a ladder at work, and another to swallow a diamond out of greed and choke to death trying to hide it.

I hope Karma soon shines down on Ukraine and on the poor Palestinians living in tarpaulin tents that do not stop the rain or wind, and feeds the poor and gives them warm shoes, shelter and hope. ■ ■

UNDERSTANDING SANSKARS THROUGH NATURE

Through awareness and spiritual knowledge, negative *sanskars* can be transformed, allowing the soul's original purity and virtues to re-emerge.

B.K. Sundaresan, Bengaluru



A tree does not become what it is in a single day. Its strength, its shape, the direction of its branches, the sweetness of its fruit, and even the depth of its roots are all the results of a long, silent accumulation of

influences. In much the same way, the human soul is shaped by what spiritual philosophy calls *sanskars* – the subtle impressions formed by thoughts, actions and experiences over time.

In teachings found within Hinduism, and explained in contemporary spiritual movements such as the Brahma Kumaris, *sanskars* are understood as the deep tendencies stored within the soul. They determine our natural responses, habits, attitudes and, ultimately, our destiny.

To understand the nature of *sanskars*, the life of a tree offers a profound and illuminating metaphor.

The Seed: Original Nature of the Soul

Every tree begins as a seed. Hidden within this tiny form lies the entire blueprint of its future growth – its potential height, its strength, its fruit and its capacity to withstand storms. Similarly, the soul carries within it original qualities such as peace, purity, love, wisdom and inner power. These are not acquired from the external world but are inherent in its very nature.

Just as the seed contains the possibility of a flourishing tree, the soul contains the potential for a life of harmony and virtue.

Growth: Formation of Sanskars

As the seed begins to grow, it interacts

continuously with its environment. The quality of the soil, the availability of water, the warmth of sunlight and the severity of seasonal changes all influence the way the tree develops. A nurturing environment allows it to grow upright and strong, while harsh conditions may cause it to become twisted or weakened.

Likewise, the soul grows through its interactions with the world. Each thought entertained, each action performed and each experience absorbed leaves behind a subtle imprint. Over time, these imprints accumulate and form *sanskars*. Positive actions strengthen virtues such as compassion and patience, while repeated negative responses may cultivate tendencies like anger, fear or ego.

Thus, what appears as one's "nature" is often the result of long-formed impressions, just as the visible structure of a tree reflects years of silent adaptation.

Disease: Negative Conditioning

There are times when a tree becomes infected by disease or infested by pests. Often, the decay begins from within, long before any outward signs are visible. The tree may still stand tall, yet its inner vitality is gradually diminishing.

Negative *sanskars* operate in a similar manner. **Habits formed through repeated harmful thoughts or actions may silently weaken the inner resilience of the individual.** These impressions can eventually influence behaviour so strongly that they appear inseparable from one's identity.

Yet, even a diseased tree is not immediately beyond recovery. With timely care and the right conditions, it may regain its strength. In the same

(Contd. on page no. ...34)

(Contd. from page no. 3)

sanction that the king can do no wrong.

We have now, pretty generally, got rid of kings and substituted them with a system of parliament and politicians, who administer what we call the State; and we also believe that they are not answerable to the moral standards set for other people and can do no wrong. A political leader sees himself as a king even though he has done many murky acts before he came to occupy 'the throne'!

This man, now, has all the pomp and show. He has all the paraphernalia of a very important and powerful man. He has his security guards and a retinue of servants to carry out his orders and a multitude of officers and bureaucrats at his command. He is, now, at the center of the stage and in the limelight. Newspapers and magazines publish his photos and the electronic and print media give the widest coverage to the events related to him. He is listened to with great attention and is given respect. Many people are awe-struck when they think of his authority. Many others push through the crowds to see him closely and many others want to be photographed with him. All are greatly impressed by his lately found power and they feel honoured to be with him. Such is the nature of political power that it attracts many flatterers and yes-men because they want to extract some benefits, directly or indirectly, from the man in power.

So, it happens with businessmen too. A person, through trade malpractices and by befooling, befriending or greasing the income tax, sales tax and customs authorities, or by defrauding the customer or by adopting short-cuts and quick and shady ways to prosperity, may become a very big businessman. He also has great pomp and show. He has the power of money. He has authority over a great workforce

and a large number of management personnel. He owns palatial buildings and has all the comforts of life. He also receives praise wherever he goes. His black spots also get covered by the coat of money he puts on.

The same can be said of administrators and others, who rise to great positions of power. People hardly notice the vile and vicious acts which led them to their present positions. They see the glory surrounding the man and are carried away by his outer pomp and show.

Deluded by this, people often say: **“Those who walk on evil ways are highly rewarded whereas those who follow the path of righteousness are left behind and they suffer in many ways.”** So, they question, “Why should, then, we also not take to what are known as evil ways?”

Such people, in fact, fail to see the fact that those who take to evil ways have only a short-lived life with outer pomp and show. This is the show of Maya - a mere delusion because, inwardly, such people do not have real peace, solace and satisfaction. They live in fear and their private life is different from their public life in many ways. **They carry a heavy load of bad acts on their backs; and so, how can they feel easy in comfortable cars and cushioned chairs?**

Compared to them, **those who, in business or politics, observe principles and have values are far, far better even though they are a step or a mile behind others who observe no moral scruples.** All businessmen and politicians are not dishonest or of dubious character because they are more in line with their conscience.

So, one should not become impressed by the outer pomp and show but should have an insight into life. One will, then, see that peace and happiness reside in the lives of persons with a sense of morality and purity. ■■



Gandhinagar: The new DGP of Gujrat Mr. G.S. Malik is being presented with Godly gift by BK Kailash, BK Tara and BK Jugnu.



Kolkata: Brahma Kumaris' "I Pause for Peace" campaign is being launched by Ms. Agnimitra Paul, Urban Development Minister; Dr. Sayan Bhattacharya, Director, Indian Museum; BK Munni; and others.



Nairobi (Kenya): BK Jayanti is delivering a talk on "The Gift of Peace, The Strength of Love", hosted by the Sindhi Welfare Society.



Lucknow: BK Sunita is seen in a group photograph with CRPF IG Narendra Kumar Singh, DIG Chittaranjan Mahapatra, and CRPF personnel after a programme on International Yoga Day.



Ahmedabad (Chandkheda): Dr. V. S. Purani, Principal of Vishwakarma Government Engineering College, is addressing a programme on Eco Care. Seated on the dais are BK Mohan Singhal, BK Bharatbhushan, BK Onkar, and BK Piyush.



Rajkot: A Spiritual Conclave on "Preserving Sanatan Culture Through Spirituality" is being inaugurated by BK Bharti, BK Veena, Mahamandaleshwar Ashutosh Maharaj, Dr. Ravidarshanji Maharaj, Swami Gaurikantanandji Maharaj, Swami Anandswaroop, Mahant Swami Akhand Brahmanand, and others.



Pune (Pimpri): A Sindhi Get-Together event is being inaugurated by BK Sheilu, Baba Govind Ramji of Jhulelal Mandir, Corporator Dabhu Aswani, Corporator Priyanka Tai Kudale, renowned industrialist Hira Punjabi, BK Sheela, BK Vidya, BK Sunita, and BK Surekha.



Porvorim (Goa): The Intl Yoga Day event is being inaugurated at the Govt Secretariat by BK Vanita, Panchayat Director Mahadev Arlekar, Joint Secty. Pranav Bhatt, Joint Secty. (Housing) Tushar Haldankar, Joint Secty. (Personnel) Nanch Fernandes, and Deputy Secty. Anju Kerkar.



Raipur: Forest and Climate Change Minister Mr. Kedar Kashyap, Forest Development Corporation Managing Director Mr. Premprakash, BK Savita, BK Rashmi, and BK Vanisha are inaugurating a programme on World Environment Day.



Bengaluru (Kumara Park): The Inti Yoga Day event is being inaugurated by Dr. Wooday P. Krishna, General Secretary, Seshadripuram Educational Trust; Dr. Pradeep Janardhana, General Secretary, Taekwondo Association of Karnataka; Mr. Srinivas Raju, BK Saroja; and BK Surendran.



Bharuch (GJ): At a programme on Disaster Management held at the Govt Agriculture College, College Principal Dr. D. D. Patel, Polytechnic College Principal Dr. A. D. Raj, BK Onkar, and BK Amita are seated on the dais.



Nava Raipur: After addressing a programme for Indian security personnel on "Self-Empowerment to Nation Empowerment," BK Hema, BK Savita, Col. B. C. Satti, and others are seen with the participants.



Delhi: Ms. Kiran Bedi, former Lieutenant Governor of Puducherry, is being felicitated by BK Sadhana and BK Tara on her birthday.



Mumbai (Santa Cruz West): Renowned wrestler and MMA champion Ritu Phogat is seen with BK Meera during her visit to the BK centre.



Kendujhar Samantaraypur (OD): On World Environment Day, Dr. Sanjay Kumar Patro, Vice-Chancellor of Dharanidhar University, BK Bindu, and BK Pratibha are planting a tree.



Kalimpong (West Bengal): BK Alka is being felicitated by Mr. Bharat Chhetri, MLA, during a programme.

(Contd. from page no... 30)

way, awareness, reflection and conscious effort can transform deeply embedded negative *sanskars* into constructive ones.

Destruction: A Fundamental Difference

A tree is considered totally destroyed when its roots are severed, its vital tissues cease to function and it loses all capacity for regeneration. At this stage, it may remain as wood for some time, but its life principle has departed.

The soul, however, is fundamentally different. According to the wisdom of the Bhagavad Gita, the soul is neither created nor destroyed. It cannot be cut by weapons, burned by fire or dissolved by water. While its acquired *sanskars* may become deeply obscured or

distorted, its original nature remains intact.

Even when virtues appear lost beneath layers of conditioning, the intrinsic purity of the soul endures – much like a seed that still holds life despite lying dormant beneath hardened soil.

Regeneration:

The Possibility of Renewal

When the right conditions are restored, a tree may sprout anew from what once appeared lifeless. Similarly, **when the soul reconnects with its original qualities through knowledge and self-awareness, it begins to reshape its *sanskars*.**

Old tendencies may gradually weaken, and new patterns aligned with peace and wisdom may emerge. This process of renewal reflects the enduring resilience of the soul's true nature. ■

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Editor: B.K. Onkar Chand, Shantivan, Abu Road

Associate Editor: Dr. B. K. Ranjit Fuliya, Delhi



Jabalpur: H.E. Droupadi Murmu, President of India, is being presented with a Godly gift by BK Varsha, BK Shweta, Dr. Shyam Rawat, and BK Shobha Malviya.



Vijayawada: The Nasha Mukta Abhiyaan in Andhra Pradesh is being launched by Chief Minister, Mr. N. Chandrababu Naidu, in the presence of Dr. BK Banarasi Lal and BK Shanta.



Agartala (Tripura): Chief Minister of Tripura, Prof. Manik Saha, is seen with BK Jonali and BK Pranita after being invited to the Global Summit to be held at Mount Abu.



Kolkata: Hon'ble Governor of West Bengal H.E. R. N. Ravi is being presented with a framed image of God Shiva by BK Munni, BK Anjali, and BK Supriya.



Muzaffarpur: BK Anita is presenting spiritual literature to the Speaker of the Bihar Legislative Assembly, Dr. Prem Kumar, following the International Yoga Day programme.



Raipur: Governor of Chhattisgarh H.E. Ramen Deka is presenting felicitation certificates to BK Savita and BK Priyanka on World Blood Donor Day.



Mount Abu: The Administration Wing Conference is being inaugurated by Mr. Manoj Kumar, Addl Secretary, Union Ministry of Law & Justice; Dr. Avdhesh Pratap Singh, Chairman, MP Human Rights Commission; BK Karuna; BK Sudesh; BK Asha; and BK Prabha.



Mount Abu: A National Jurists Conference is being inaugurated by Justice G. S. Ahluwalia of the MP High Court, former Justice B. K. Nayak of the Odisha High Court, Addl Advocate General of Odisha Mr. Pitambar Acharya, BK Karuna, BK Sudesh, BK Pushpa, and others.

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New Delhi: Deputy Chief Minister of Delhi, Mr. Parvesh Verma, is addressing a programme hosted by the Brahma Kumaris on International Yoga Day at the Red Fort Grounds.

Bikaner (Rajasthan): BK Kamal is conducting a meditation session on Intl Yoga Day, while Mr. Ashwini Vaishnaw, Union Railway Minister, and Mr. Arjun Ram Meghwal, Union Minister of Law and Justice, are seen in the gathering practising Rajyoga.



Jaipur: The Intl Yoga Day event is being inaugurated by Legislative Assembly Speaker Mr. Vasudev Devnani, Rajya Sabha MP Dr. Satish Poonia, Cabinet Minister Col. Rajyavardhan Singh Rathore, and BK Sushma.

Moscow: BK Sudha, along with Mr. Vinay Kumar, Indian Ambassador, Mr. Nikhilesh Giri, Dy Chief of the Indian Mission; and Ms. Olga Zhilina, Dy Director, Dept. of External Economic and Intl Relations, inaugurated the 12th Intl Yoga Day event.

