



The World Renewal

Monthly

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Delhi (Talkatora Stadium): Mr. Om Birla, Lok Sabha Speaker is launching a program to mark 'Year of Spiritual Empowerment for Kindness & Compassion' and National Plantation Project 'Kalpa-Taruh' along with Swami Prem Parivartan (Peepal Baba), HE S. B. Hanoomanjee, High Commissioner of Mauritius, BK Brijmohan, BK Asha, BK Shukla and BK Pushpa.



Rairangpur (Odisha): Ms. Draupadi Murmu, NDA's presidential candidate and former Governor of Jharkhand is being greeted by BK Sulochana, BK Leena, BK Nathmal and others.



Bhubaneswar : Ms. Draupadi Murmu, BJP's presidential candidate is with BK Leena and BK Binni after being greeted for her nomination.



Abu Road(Shantivan): Mahamandaleshwar Sri Shri 1008 Swami Rajasekharanand is addressing the 'All India Sant Sammelan'. Sri Sri Krishna Charanand Bharathiji Maharaj from Yelluru, Acharya Arvind Muni, BK Brijmohan, BK Godavari are also seen on the stage.



Bengaluru: After launching of a Project "Kalp Taruh" for tree plantation HE Thawar Chand Gehlot, Governor of Karnataka is being presented a frame of God Shiva by Dr. BK Nirmala and BK Mruthyunjaya.



Lucknow: A programme to mark Int'l Yoga Day is being inaugurated by Mr. Brijesh Pathak, Deputy Chief Minister of Uttar Pradesh, BK Radha and others.



Bikaner (Raj): Mr. Arjun Ram Meghwal, Central Minister of State for Parliamentary Affairs and BK Kamal are seen in a group photo during launching of the Program 'Kalpa Taruh' to plant thousands of trees.



Moscow: Mr. Dmitry Smirnov, President of the International Academy of Youth Tourism is addressing an event for children on 'Friendship Unites the Hearts' along with BK Sudha and Dr. Vijay Kumar.

From the mighty pen of Sanjay



THE UNIQUE METHODS OF EDUCATION

Education is the foundation for a good and fulfilling life, setting the individual on a path of personal fulfilment, self-dignity, inner security and societal contribution.

All the fear, anxiety, cruelty and injustice that are injuring the world today are caused due to the lack of spiritual education. Today, education is focused on cultivating genius – education centred on how to learn instead of what to learn. As a nation and as a planet, we must admit that education is not just about learning how to read and write, but education is the foundation for a good and fulfilling life, setting the individual on a path of personal fulfilment, self-dignity, inner security and societal contribution.

Imagine, what will happen when we teach people how to focus on the power of their mind? What will happen when we encourage them to foster their creativity for better solutions rather than to wait for a problem to solve? What will happen when we teach them to meditate, i.e., to find a place of peace within themselves? What

will happen when we make them conscious of the real self - 'I' – the embodiment of peace and power? Where there's love, where there's peace, where there's generosity, where there's hope, there is no place for fear or hatred or anger or destruction. This is universally true.

With this aspect in mind, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is a unique spiritual 'university', which is teaching spiritual education to lakhs of people from diverse backgrounds, castes, creeds or religions. This spiritual education is a life-long process, which helps one to attain perfection. This education is not for a few years, and its syllabi and courses do not end at a certain point of time, say after four or five years. In life, there is always scope for improvement, further enrichment and deeper or more exalted experience. One can never say that one has learnt all and learnt fully and has attained

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WELL DONE, MR PRIME MINISTER!

CONGRATULATIONS IN MILLION-FOLD TO RESPECTED SHRIMATI DRAUPADI MURMU!



As soon as the news of Shrimati Draupadi Murmu's name emerged as the prospective candidate for the highest position of '**President of our glorious India**', waves of happiness and optimism has been rippling all over the country!! As the official nominee of the BJP-led National Democratic Alliance for the 2022 presidential election, Shrimati Murmu filed her papers on 24th June 2022, with Hon'ble PM Modiji proposing her name for the nomination, seconded by Hon'ble Defence Minister, Shri Rajnath Singh ji. We express our heartfelt thanks to the reigning Government, and it's Nomination Committee headed by Hon'ble Prime Minister of India, Hon'ble Home Minister Shri Amit Shahji and others for their noble selection.

Shrimati Murmu has previously served as the ninth Governor of Jharkhand from 2015 to 2021, and is the first *adivasi (tribal)* leader from Odisha to have been appointed to said role. She is now the second female to have

been nominated to the distinguished post of President of India. **Events like these send out a clear message that even a simple citizen of India can ascend and succeed in life, with determination, diligence and dignity.** As per the ongoing wave it seems to be the right choice acceptable to every citizen of India, with a few exceptions.

Our powerful and peaceful meditations are required

Alongside positive news, there are other circumstances that require our powerful and peaceful meditations: Let's convey our sympathies to the effected families of Afghanistan, where a recent severe earthquake (6.1 on Richter scale), near Khost, resulted in over 1000 deaths and destruction of 10,000 homes. It's a big challenge for the newly formed Taliban government who were just settling into their responsibilities. May the Supreme Being grant peace to the departed souls and enough strength to those who were badly injured, and

the families and children who have lost their near and dear ones...

Our loving meditations are also with the people of Sri Lanka and Pakistan, who are facing unforeseen economic difficulties. There is no doubt that Bharat as well as some other countries have and will continue to provide essential help to the Government of Sri Lanka.

The war between Russia and Ukraine continues for over 4 months with tremendous loss of life in Ukraine, and of Russian soldiers too. Many people are facing uncertainties of life, finances, and health problems due to destruction of business places and residential homes, which we gather from newspapers and other media. How long will the war continue is unknown as it is a clash between ideologies, with some historians mentioning that the war may continue for years... Hundreds of thousands have fled to neighbouring countries as refugees, with no idea of when and if they can return to their homes and jobs; our heartfelt sympathies are with those displaced Ukrainians who may be trying to adjust in their new environments. A few of our Brahma Kumaris Centres had to be closed because of the war atmosphere, and some of our sisters and brothers have moved to safer areas. The new and long-term aspirants of Rajyoga Meditation continue to be in touch with their respective Brahma Kumaris Teachers for spiritual sustenance. We send powerful vibrations of peace and love that these circumstances may improve soon, and the war is over at the earliest, for that alone can be beneficial to all people in both countries, and the European region.

Spread vibrations of love, peace and happiness



We at the Brahma Kumaris International Headquarters in Abu have had continuous programmes for spiritual awakening for new contacts, and **Tapasya Bhattis** (Intense Meditation Residential Camps) for our regular Rajyogi Students. These help individual participants to regain self-confidence and empower themselves for any eventuality.

We saw how focused and consistent Meditations were very helpful during the aggravating 2-years of the COVID-19 pandemic. With utmost efforts of the government and medical agencies, a major part of the Coronavirus and other related diseases seems to be under control presently, however it does not appear to be over yet. As the governments and civil society continue to strive for a disease-free atmosphere, we should appreciate such efforts and aim to cooperate on a personal level by alleviating the fear and insecurities of people around us.

Let us spread vibrations of love, peace and happiness through our interactions, attitude, relationships and meditations.

We would like to draw our Readers' attention to a powerful spiritual advice from the Avyakt Murli of 26th June 2022: "In today's world, there are many people who have

wealth, but what is the greatest wealth that you have, but which people of the world do not have? That is what is needed today by those who are wealthy as well as by those who are poor... **The greatest wealth (sampatti) needed is sympathy.** Whether rich or poor, today there is no sympathy. If you don't give them anything else, with sympathy you can make everyone content. Your sympathy is real sympathy because of your relationship with the Godly (spiritual) family. It is not temporary sympathy. **Sympathy with a family feeling is the greatest sympathy. Spiritual sympathy brings fulfilment of body, mind and wealth."**

We also recall a powerful teaching of Jagdamba Mateshwariji, the first Administrative Head of the Brahma Kumaris: **"Whatever is eternal is not the cause of sorrow..."**, which implies that the more we stabilise ourselves in our original nature of soul-consciousness and emerge the qualities of peace, love, purity, compassion, wisdom, we are able to connect with the Supreme Being, accumulate spiritual powers and thereby deal with any situation that comes our way. The negativities are temporary and deceptive, and therefore cannot last forever. Whatever the challenge, be it the deadliest disease or emotional conflict or political upheaval, remind yourself that "This too shall pass..."

The joy of Meditation in solitude during the rainy season

It's a matter of great relief that the meteorological experts have predicted good rains all over the country during the monsoon season this year. After all, nature is not anyone's foe. Rains may be possibly delayed

but only by a few days. **We learn so much from the five elements; however it has been treated in the past, Mother Nature will continue to provide and bring benefit to our lives to the best of her ability.** We had a good mango season, which we are still relishing at the end of June. It is also the opportune time to plant more trees that will care for us in the future. **Even nature teaches us to not despair, but look for new hidden opportunities to grow, improve and succeed.**

Especially for joint families in Bharat, the monsoon is the best time for family get-togethers and picnics to renew meaningful ties, and relish varieties of healthy and delicious sweets, savouries and cuisines, cooked with elevated consciousness and loving vibrations. The monsoon also allows Meditation Practitioners to enjoy singing in the rain, watching the peacocks dance, and observing young women and men enjoy themselves on swings while singing sweet songs! We look forward to receive heavy rain in this part of Rajasthan, so that the rivers overflow, and little streams and big waterfalls flow down the mountains. It will be the perfect time to observe the beauty of nature with the gushing sounds of unimpeded fresh water making its way through the mountain area... **The joy of Meditation in Solitude during the rainy season has its own value, and these aesthetic and visual experiences wisely remind us that the observance of the external nature helps us to explore and return to one's own true 'nature' of inner tranquillity, so let's welcome the monsoon!**

– B.K. Nirwair

STAY LIGHT IN SPIRIT

When people are rude to you, they reveal who they are - not who you are!

B. K. Chirya, Owego, USA

When someone lightens up your life just by their presence, you can be sure they are emitting a very positive energy. When someone puts a damper on the meeting or a conversation, you can be sure there is some hidden inner baggage which contains sorrow and darkness. Which do you bring to the party? A little light or a little dark? A lot of optimism or a little pessimism? Most human minds and situations today have some darkness. Why else is there so much unhappiness and sorrow in the world?

In olden days, before one switch could illuminate a whole city, one candle had to be lit by another. So how much value can be given to someone who brings light and lightness to a place or a moment, where others have brought their dark? The lightness of their presence shines through; it is incognito and invaluable. It may be a gentle smile of comfort, an attitude of genuine interest and respect, and some words which diffuse an awkward moment. Making a positive spiritual impact is about being strong on the inside whilst externally radiating a calm and gentle nature.

Even when someone brings their opinions to a conversation, armed and ready for battle, it is easy to disarm them. Simply say, "That is an interesting way to view it. Not sure I agree, but I can see what you mean." When people are rude to you, they reveal who they are - not



who you are! So don't take it personally. Do I have any dislike of anyone? Do I still look at the weaknesses of others? When we look at the defects of others, those defects enter us. Practice looking at their positive qualities. **The day I stop finding fault in others is the day I begin to experience peace.**

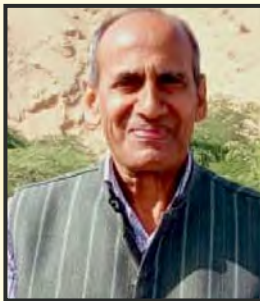
"Who will work in my absence?", asked the Sun to the entire world during sunset. Everyone remained silent...But Candle whispered, "I will try my very best..." "Yes," the Sun replied. **"It is not the matter of size or status, but it is the attitude that shines."**

The power of pure love and peace received from staying connected with the company of God brings automatic transformation within the self. Seeing this, others will have love and make their own efforts to change. Let the thought of peace sit in your mind. Serve as a candle to others as the flame of our minds, our inner light, has been lit and can ignite the light of others. Our thoughts travel, moving at a great speed and with considerable impact. Whilst others may weave their darkness, those who stay light in spirit know their positive Godly thoughts radiate out and can touch any person, any place in a second and create change. ■

IT'S TIME TO RETURN HOME!

When Brahma Baba ascended to the subtle region, after attaining perfection in his spiritual efforts, on 18th January, 1969, Didi Manmohini and Dadi Prakashmani were appointed to look after the administration of the Brahma Kumaris organisation, jointly.

B.K. Ranjit Fuliya, Associate Editor



(Prajapita Brahma, the founder of the Brahma Kumaris organisation, was a great protagonist of Woman-Empowerment. He had great regard for women and kept them at the forefront in all matters related to the administration of the organization. After Jagadamba Saraswati left her mortal coil, Didi Manmohini successfully administered this world-wide organisation, along with Dadi Prakashmani and took it to new heights. Associate Editor B.K. Ranjit Fuliya shares with esteemed readers the specialties of Didi Manmohini, whose Remembrance Day falls on 28th July. – Editor)

The original name of Didi Manmohini was Gopi and she belonged to a well-known family of Hyderabad, Sind. She was married into a reputed family. Dada Lekh Raj, the founder of the Brahma Kumaris Organisation was a very famous jeweller of those days and Didi Manmohini's parents had very good relations with Dada. The newly-established spiritual organisation was called Om Mandali, which, with the passage of time, developed into an international organisation, presently known as Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. Didi was Dada's relative and her family had great regard for Dada, for his virtues such as righteousness, charity, compassion and generosity. He was also famous for his devotion and people in general admired him for his noble conduct.

Though Didi Manmohini was rich and spent most of her time in *Satsang* and charity, she had immense faith in Hindu scriptures – Gita and Bhagwat which she read as her daily routine. She

felt that she herself was a 'Gopi', as mentioned in the scriptures.

Didi Manmohini's mother, who was later known as Queen Mother in the *yagya*, attended Dada's *Satsang*, for the first time after the divine descent of the Incorporeal God Shiva into his body. Dada was sitting there in a very small room, conducting *Satsang*, holding the Gita in his hand. Attracted by some strong divine pull, she sat near Dada. As he gazed at her, she realised a *chakra* of light on Dada's forehead. She continued to look at Dada. Lastly, as Dada sounded the word 'Om', she completely felt herself detached from the body and experienced super-sensuous joy. She had, in fact, seen Shri Krishna in Dada and had faith that he was Shri Krishna.

The next day, when she went to Dada's *Satsang*, he drew the pictures of Subtle World, corporeal world and incorporeal world with pencil and explained the same to her. While listening to

the knowledge, Dada appeared as Shri Krishna to her. In the meantime, Incorporeal God Shiva revealed that He had entered Dada's body and was disseminating the esoteric knowledge to re-establish heaven or virtuous world on this very earth. Now Dada Lekhraj was renamed Brahma Baba by Incorporeal God Shiva.

Obstacles could not deter her

Didi Manmohini had been married at a very young age. Her husband was a businessman, and he would frequently go abroad in connection with his business. Those days, it was a talk of the town in Hyderabad that through '*Om dhvani*' or the sound of Om, all disciples attending the *Satsang* would go in a state of trance. Hearing this news, many people began to attend the *satsang*. One day, Didi's mother also came to attend the *satsang*, got inspired by it and sent a car to Didi so that she could also attend the *satsang* and meet Dada. When Didi came, Dada's first teaching was to live a life of purity, i.e., celibacy. Didi immediately decided to lead a celibate life. Because of this decision, there started a quarrel between Didi and her husband. On one or two occasions, her husband even beat her.

Woman –

Harbinger of a new World Order

Om Mandali was established in 1937. Just imagine the status of women those days, i.e., about 77 years ago! Women were considered weak and helpless by the society; they faced all sorts of opposition. Didi Manmohini also faced stiff opposition from her relatives and had to struggle a lot while pursuing the Godly path. She underwent a lot of harassment because of her determination to lead a pure life. She was even confined by several bondages, but because of her firm will, strong determination and sincere spiritual efforts, she overcame all the impediments. Didi didn't retract from her resolve to lead a pure life. Brahma Baba then formed a trust consisting of women and girls. He bequeathed all his movable and immovable property to the trust of which Didi Manmohini was one of the founding

members. She was then appointed as a special consultant of *yagya* mother Jagdamba Saraswati.

A True Lover of Baba's Murli

Didi was extremely fond of Baba's *Murli*. She would get lost in Godly love while listening to Godly versions. Whatever Baba said to His children, she would instantly inculcate in her life. Meeting Didi Manmohini in Madhuban always used to be a special experience for the spiritual family. Since Didi took keen interest in the spiritual progress of all the B.K. brothers and sisters, she would invariably meet them while bidding goodbye. She used to enquire about their spiritual efforts at personal level and suggest ways and means to remove the impediments and enhance their stage of soul-consciousness.

A Good Administrator

Didi Manmohini had a number of qualities like great power of discrimination, tireless work, administrative capability etc. Her politeness, affectionate personality, and soul-conscious state endeared her to one and all. When Prajapita Brahma Baba ascended to the subtle region, after attaining perfection in his spiritual efforts, on 18th January, 1969, Didi Manmohini and Dadi Prakashmani were appointed to look after the administration of the Brahma Kumaris organisation, jointly. The administration of the huge organisation required great coordination and cooperation which was visible to one and all in their administrative decisions and actions. While Dadi Prakashmani used to appear a symbol of love, Didi Manmohini was considered an embodiment of the rule of law. The organisation was growing at a fast pace and there were many ticklish and complex issues of the *yagya* which were taken care of by Didi Manmohini. But Didi was a practical person; highly experienced in understanding people's problems and providing them sure and certain solutions. She would instantly create a rapport with whomsoever she met. Her personal touch really inspired many souls.

An Embodiment of Love and Care

Didi sustained the divine family with great love and care. She would discuss the Godly Knowledge and Meditation for the benefit of all. Though she showered her motherly love on all, she was also particular that Godly *maryada* or code of conduct is followed by all, in letter and spirit. She would draw personal attention of divine brothers and sisters towards self-progress and inspire them to strengthen the foundation of Godly Knowledge and yoga. She also laid special emphasis on inculcation of values in practical life.

Unity and Purity

As Didi had true love for One God and was an impartial person, she taught all to be free from the bondages of attachments. She was royal and courteous while interacting or dealing with others. She immediately used to invite the attention of the aspirants if she received some complaint. She would always remind them about Godly code of conduct. She would handle aspirants' grievances efficiently, call the complainant and dispose of their grievances amicably, then and there. Thus, she would always try to keep the atmosphere light, pure and positive. She always highlighted the importance of Godly code of conduct and inspired all to adhere to it, strictly. Her royalty and simplicity ensured Unity and Purity in the organization.

Be Frugal; Make the Best use of Resources

Those days the Brahma Kumaris organisation was not well off, financially. Therefore, Didi would emphasize the importance of being frugal and economical. She would often inspire all to make proper use of money and never to waste it. She wanted that the service that was rendered should be royal but not very costly. Not a single grain of food was allowed to be wasted and she would draw attention of one and all to very minute aspects also.

Her Affection won Many Hearts

I visited Madhuban during summer season of the year 1981. While I was taking leave for

returning, Didi gave me a bag having the picture of Shri Krishna printed on it. "Ranjit, you take this bag as a divine gift with you and use it for carrying lunch to office. You should also keep Baba's Murli (divine versions) in it which you should read in the noon. And of course the picture of Shri Krishna will always remind you of your aim and object, i.e., to become a virtuous deity like Shri Krishna", said Didi while presenting the godly gift to me. I was really overwhelmed by her hearty wishes, and such a divine care and concern.

It's Time to Return Home

Didi Manmohini always used to remind all: "It's time to return home" and "Nothing is mine, everything is Baba's." By Home, she meant the real and original home of all souls, i.e., Incorporeal World, *Param Dham* or Soul-World. She went to Mumbai for her health check-up in July 1983 where she was diagnosed with a tumour which was not malignant. Doctors advised her to be operated upon. Even while going to the operation theatre, she was cheerful and happy. Even nurses of the hospital would admire her and say, "Your Didi is a very nice person". Whenever they would come to her, she would greet them with a smile. She always showered spiritual love received from Baba on all souls. While in the hospital, she remained in *avyakt* stage most of the time and left her mortal coil on 28th July, 1983.

World Transformation through Self-Transformation

As a tribute to Didi Manmohini, let us resolve to cut all mental bondages and have ourselves constantly united with the Lord, mentally, so that we may become completely pure and return Home. Those who pass with good marks can claim the God Fatherly Birth right of Purity, Peace and Plenty and become an instrument of God for rejuvenation of the world which can be possible only through self-transformation. ■

DIDI MANMOHINI WAS MY SPIRITUAL MOTHER

The revered Manmohini Didiji was the Add. Chief of Brahma Kumaris. She left her mortal coil on 28th July 1983.

BK Vinod Jain, Shantivan



My name is Vinod Jain. I am the only *Kumar* (bachelor) in the whole world who had the privilege of meeting Brahma Baba, the founding father of Brahma

Kumaris, and later rendered Godly services abroad. I am responsible for opening and running of BK centre at Sacramento, California in USA. I came in contact of BK organization on 9th March 1964. I was fortunate to meet Brahma Baba multiple times in Madhuban, Mount Abu when I was the mining engineering student in Indian School of Mines, now known as IIT Dhanbad.

I always followed each direction of Didiji

I was very close to Brahma Baba. When Brahma Baba left his mortal coil and became avyakt on 18th January 1969, a vacuum was created in my life. At that crucial junction, the revered Manmohini Didiji, the then Addl. Chief of Organization, filled that gap with her spiritually motherly love and caring nature. Due to her affectionate and loving personality I came close to her in such a way that wherever I did spiritual service, I followed her advice completely. I realized that her advice was equivalent to Shiv Baba's *Shrimat*. At that time I was in Dhanbad and Didiji gave me instruction to do service of *Kumaris* and Mothers there. This helped me how to do the service of mothers with detachment.



She taught me how to maintain the balance of love and detachment. I always followed her every direction by my heart and found that my spiritual life was improved very much.

Didiji directed me to do the service of people in desert areas

I was Assistant Director of Mines Safety selected through UPSC. I had a large jurisdiction of mines inspection in Northern India. I used to cook my own food wherever I went for inspection. During my visit to different places, mine owners usually asked me to have lunch-dinner with them. I had told them that I would not take any food with them and I would be happy if they could help me to provide a hall for the Godly services and to make advertisements so that Godly knowledge can be spread there. On my request, Didiji always gave sisters and brothers to do the Godly services in the mining areas. Because of her whole hearted help Godly services started in several places in Rajasthan like Jaisalmer, Barmer, Pali, Kishangarh, Sojat, Beawar, Nagaur, Dudu and Merta city.

We all know that most desert areas in Rajasthan are Jaisalmer and Barmer. Didiji directed me to do the service of people in these remote and desert areas. During my mines inspection, I contacted mine owners to help me in arranging *dharamshala* (inn) for accommodation of sisters and brothers. Didiji sent me the group of brothers and sisters from Madhuban to do Godly service. Rajyoga exhibition was organized in one

dharamshala in Barmer. Several residents took the benefit of that exhibition and came to know about Godly Knowledge and Rajyoga meditation taught by Supreme God Father Shiva. Eventually Godly service centre of the organization was opened there. In the same manner in Jaisalmer also, exhibition was organized and service centre was opened for the benefit of local people. Didiji's power to discriminate and power to judge was one of the best. She used to look into the eyes of people and came to know their depth of knowledge, their trust in *yagya*, and faith in Shiv Baba. Then she gave the direction to them depending up on their spiritual capacity.

She had a firm faith in Shiv Baba

Once I was posted in Ghaziabad and my boss, DG of Mines Safety informed me that I will be transferred from this place as per Govt. rules. He offered me choice to choose either Goa or Ajmer. I immediately travelled to Mount Abu and informed Didiji about my transfer and choice of two stations. She told me to ask BapDada regarding this. When BapDada came in Gulzar Dadi's body in Baba's room, I mentioned this matter to BapDada. BapDada said, "*Rajasthan registaan hai, usmen tumhe hariyali kami hai*" (Rajasthan is a desert area; you have to transfer this into green area). After meeting BapDada I discussed with Didiji about BapDada's direction. She directed me to follow the BapDada's advice completely. Though she could give her opinion but she advised me to ask BapDada. This shows her ultimate regard towards Almighty Supreme God Father Shiva. I found that she had a firm faith in Shiv Baba. I did the same and due to it lot of spiritual services happened in Rajasthan.

She always gave me new ideas for service of mankind

Didiji asked me to come to Madhuban every month from Ajmer. Every Month when I came to Madhuban she always gave me new ideas for service of mankind. I felt proud to follow her advice

every time. One time there was famous annual Urs fair in Ajmer which is celebrated in memory of Sufi Saint Khawaja Moinddin Chisti. Didiji instructed me to



Didi Manmohini is with Dadi Prakashmani

do the service of Muslim brothers and sisters there. She also provided one Muslim brother from Gujrat to help me. I printed several thousands leaflets in Hindi and Urdu and distributed in the whole Ajmer city. Because of this Godly message was delivered to lot of people especially to Muslim community. After this she advised me to do the service of *sadhus*. I contacted several *sadhus* there and arranged their get-to-gather at Ajmer centre. In this way I always progressed because of Didi's broad and unlimited vision for my growth and Godly service.

Her words were very powerful and inspiring

In 1980, Didiji came to Pandav Bhawan, Delhi and I went to see her with my mother. My mother requested her to give blessings to me as I was going to USA in forthcoming January 1981. Didiji said to my mother, "You don't know the qualities and talents of Vinod Bhail!" I was shocked how much confidence and trust she had on me. Really, she was my spiritual mother.

In 1980's she travelled to San Francisco, USA. One day a brother Macy attended Didi's programme. She looked into that brother's eyes

with Godly love, gave a powerful *drishti* to him and told that he is a very good BK. Her mesmerizing words had such an impact on him that thereafter he became a regular student of Brahma Kumaris.

She had a pleasant and humorous personality

Once, a group of magistrates came to meet her. She told them to sit and close their eyes. She took a coin and pressed that coin on their forehead one after other. Thereafter she removed the coin very quickly so that they could not know about its removal. Then she asked them to take out the coin. They tried to take out the coin. But the coin was not on their forehead, as she had removed the coin before. So they were surprised. It made everyone laugh. She had such a pleasant and humorous personality.

She had a unique way of teaching

She made several *maryadas* (code of conduct) in the organization including practice of traffic control five times a day. She always came to Murli class like a student with a copy-pen in her hands. She wrote letters to me several times in which there were always BapDada's Godly Versions after her directions.

Whenever some dignitaries visited to Didiji especially during *Raksha Bandhan*, she tied Rakhi to them and after that they quite often requested her that they wanted to donate some money. Then she always advised them to give 5 *khote paise* (fake paise). They usually searched their pockets and told her that they had no such type of rupees. Afterward Didi laughingly used to mention them the meaning of 5 *khote paise* i.e. 5 vices namely sex-lust, anger, greed, attachment and ego. After hearing this

wonderful explanation, some of them agreed for donating anger, few of them for ego or attachment. Then she used to sweeten their mouth with *tolī* i.e. *prasaad*. In this way she inspired everyone to donate vices and bad habits in order to lead a healthy, happy and prosperous life.

Her favourite slogan was “*Ab ghar jana hai*” (It's time to return home i.e. soul world) and eventually she left her mortal coil soon after. She was much disciplined and at same time loving also. ■



DEAR GOD FATHER

—Dr. E.V. Swaminathan, Mumbai

You have written my beautiful life story
This is the ultimate truth and your glory
You have filled me with everything
So my life is no less than a king.
You have made my body healthy
And my mind very strong
So my heart always sings your song.

Because of you
I have a sweet smile on my face
Now I am not behind in any race
I always feel your help
I am very happy with you and myself
Salute you again and again.

You have given me a wonderful brain
You have given me hope
That you are the ocean of all virtues
Not just a mere drop!





MY JOURNEY WITH RAJYOGA MEDITATION

Dr. Bhavani, Mumbai

My nature was always quiet and introvert right from my childhood. I was not confident in speaking and sharing my feelings with others. Being an introvert person, I always used to get hurt very easily and would carry that hurt for many months and years. Starting of my journey with Brahma Kumaris was very unique. Rather I never expected that my life would take a U-Turn, that is, turn towards positivity and get connected to the Supreme Soul. It was during the lockdown period I seriously restarted my PhD program which was kept pending due to hectic schedule. There was a formal online meeting arranged for the PhD scholars. Every candidate was introduced to their respective guides. I saw BK Dr. E.V. Swaminathan in the guide panel and immediately a thought came that it would be wonderful if he becomes my guide. Soon it was announced that BK Swaminathan would be my guide. It was a great moment for me. Here my transformation journey starts.

I always had affinity towards spirituality. Right from a very young age I was reading spiritual books. It was in 2005 when I started watching Sister Shivani on Aastha Channel. I never turned back from then. Regularly I was listening to her which gave me mental strength and courage. But still I was a very sensitive person. Now that a BK brother entered my life as my PhD Guide, I was constantly in touch with him listening to his talks and motivational sessions. My PhD online program was going on in a full swing. My topic was "Reversal of Type 2 Diabetes". After 2 months my guide said that let us introduce Rajyoga Meditation and daily Murli

and then we can see the overall changes in the participants. For understanding Rajyoga Meditation and Murli we had to undergo the 7 days course which was taken by Divine Sister Sapna from ORC Delhi.



Soon I started getting so much of interest in the study of BK philosophy and started putting my full efforts to understand the Murli. I understood that I am moving in the right path. I could understand the change that I was undergoing. **I was a better person now, more confident with great mental strength. My personal and professional relationship started becoming better.** Soon I started understanding how to get connected to the Supreme Soul and get those powers from Him. Within One year I could observe the positive change in me. Now I am following all the rules like practicing *Amritvela* meditation, pause every one hour, listening to Murli daily, eating *Saatvik* food which is cooked in the remembrance of Baba, and going to the centre and so on. I went to Mount Abu and stayed there for 3 days. Then visited Delhi ORC and got an opportunity to meet Sister Shivani. I received my PhD Award recently. But becoming a BK gave me more happiness than receiving the doctorate degree.

Now, I would like to serve the society and seek blessings. I thank all divine BK brothers and sisters who motivated me to walk on the righteous path. And of course Thank You Shiv Baba! ■

THE SIGNIFICANCE OF THOUGHTS

The thoughts of peace, purity and contentment not only have a soothing effect on the body, but also make one feel happy and peaceful.

–B. K. Surendran, Bangaluru.



Thoughts are the creators of world situations. A thought can be given as affection and a thought can be given as an infection to a person. Life is spiritual energy in flow. Life is thought energy in action. A thought amplifies into a feeling, creating a state of mind. Then an attitude is shaped leading to an action, leaving an experience on the self, duly forming a habit. At times, we are also surprised to face the flow of negative, waste and vicious thoughts even though we do not like these thoughts. In the flow, we are also flowed down, suffering mental and physical indifferent health. Such actions we had repeated many times in the past. This process has held us pathetic victims of our habits.

Let us go into the root of the problem. We have taken many births. Our actions in the past births have left many vicious experiences on ourselves. Such vicious experiences force their way into our mind in spite of having the knowledge of the pros and cons of the impact of such thoughts on our mind and actions. It is also our experience that we at times get such thoughts, which will have no connection with the present life. We get thoughts of arrogance, revenge, sex-lust, anger and so on to the extent that we have never even dreamt of or generated or acted on such thoughts in the present life. The information flow through print and electronic media and other forms of media, the people who

live with us, who come in contact with us, the society we live in, which are predominantly negative, waste and vicious are also forcing their way into our mind. Our habits and experiences in this very life have also been predominantly negative, vicious and waste and hence similar thoughts force into our mind.

Our beliefs also play a very important role in originating vicious, negative and waste thoughts flow. We have many unreasonable beliefs, superstitious beliefs, ritualistic and customary beliefs, which are prompted by negative, waste and vicious thoughts and hence such thoughts also force into our mind. Our core personality – our goodness is also influencing our thought pattern at times, leading to pure and positive thoughts. **The goodness is, at present, almost a captive under the grip of vices. Therefore, very few pure and positive thoughts, which may be hardly 10 percent of the total thoughts, originate in our mind.**

The effect of our thoughts on our body and the self

We are thinking, therefore, we are living. Thoughts have power and vibrations. The mind runs the body. Since the mind runs the body, a positive thinker is supposed to have a healthier body and a negative thinker will have an ailing body. It is reported that a thought and feeling of anger produce negative effect on the body, while, thoughts and feelings of appreciation and

good wishes will have positive effect. It is found that, when a person becomes angry, the sympathetic branch of the autonomous nervous system would be activated. This will cause the heart rate to accelerate and the arteries to constrict. On the contrary, feelings of appreciation for another person were found to affect the parasympathetic branch of the autonomic nervous system. This branch is considered protective to the body's health. There is a close connection between mind and body. This is called cyber-physiology – which demands our willingness to feel genuine love for our body. **If an organ of the body is not functioning well, we can send the vibrations of peace, love and wellness through thoughts to that part and in course of time, that part will get cured.** We can create a mental picture and imagine that a particular part is functioning well. It is reported that a person called **E.M. Alexander cured his own speech problem by mentally talking to his bones**, saying 'Let my neck be free, let my head go forward and up, let my back lengthen and widen'. Thus, he solved his speech problem. Life in general is positive. When we think positive, we become co-creators. We must think of creating a better world to live in and we become shareholders of the prosperity, which will unfold consequently.

Medical science says that our brain is like a magnificent computer. It has 30 billion neurons, each one functioning like a component of a computer. **We must relax our mind so that we will have a relaxed attitude. This will relax the body.** As we deepen our relaxation exercise, the right and the left brain will stand together to assist our thinking process in the right way. Thinking

positive, and taking a few deep breathes and visualising a few passive scenes is a therapeutic act. It helps the body and the mind. The thoughts of peace, purity and contentment not only have a soothing effect on the body, but the self also feels happy and peaceful.

Our thoughts on plants and environment

A Lie Detector equipment teacher decided to monitor his house plant to see how long it took for water to go from the pot to the leaves using the lie detector. He attached the electrodes to the leaves, turned on the readout and decided to go and get water. Instantly there was a positive spike in the readout. He brought water and poured, instantly there was another positive jump in the readout marker. The plant reacted positively. He thought of getting a matchbox to burn the leaf. Instantly there was a negative readout on the chart. Similarly, **our thoughts create a pleasant atmosphere or uneasy atmosphere.** It is our experience that when we visit the residence of one person, we feel happy to be there, while, we visit another residence we feel uneasy and uncomfortable and tempt to run away from the place. At these two places, the thoughts of the people who live in that place are in action.

Effect of thoughts on animals

J. Allen Boone, an animal trainer in his book 'Kinship with all life' states that he had to train a dog for the police department. He tried all methods to train the dog, but could not succeed. One day, it was sunset time. He was admiring the sunset. He saw the dog was also looking at the sunset. Boone's animosity toward the dog melted. He became sympathetic about the dog. There was a thought of forgiveness and a feeling of closeness. From that moment the dog became very friendly. The dog became obedient to the directions given.

Effect of positive thoughts and positive imagining

A restaurant employee who walked from his residence to the restaurant daily passed a beautiful mansion surrounded by gardens. He never failed to stop and admire this dream home on his way to work and on his way back. Admiring its beauty, he would close his eyes and picture himself living there. Opening his eyes, he would continue his walk in the 'real' world. One evening, the elderly lady he was serving in the restaurant said to him 'I see you stop and admire my home daily; how would you like to live there' I am too old to take care of it, so I am leaving this place, I want the house to be in the hands of one who appreciates it. I think you are such a one and she handed over the keys of the mansion.'

Rajyoga—the unique technique to understand and experience the mesmerising effect of thoughts

It is now clear that our thoughts have the power to create peace or commotion, love or hatred, friendship or animosity, fear or courage, stability or instability, contentment or discontentment, health or sickness and so on.

Our mind is the master of the thoughts. The self – the soul is the master of the mind. Once the master is in command, life will start moving to healthy and happy directions. The mind always likes peace. The source of peace, wellness, happiness and prosperity is God. God is a thought away from us.

As soon as you remember God, who is your Eternal Father, you will start experiencing the vibrations of His love. God is love, it is widely accepted. The mind is always interested to think of God. As and when the thought of God emerges in the mind, mind is refreshed and empowered. It enjoys a special joy and an experience of closeness. As the self moves closer to God, sweet silence and super-sensuous joy is experienced.

As a consequence, the rust of vices in the self is slowly erased. Freshness and lightness is experienced. This simple process of connecting thoughts to God restores the original purity of the mind. Mind becomes stable, able and capable. Situations will respond to the wishes of the self. Our thoughts will become the super-fast carriers of peace, good-wishes and pure feelings to other minds of the world. A kinship between the natural and human environment is established. Our thoughts will propel over the cosmos and amplify into a powerful antenna to absorb the signals from the Ultimate Source of light and might – God. Our code of conduct and daily routine will come to naturally demonstrate the miracle of our thoughts. The thought energy can only connect us with the Supreme. This is Rajyoga. Thus, the process and practice of Rajyoga will naturally replace the existing vicious source of thoughts with a mine of virtuous source. Our thoughts will start materialising in seconds. The mesmerising ability of the thoughts is enhanced to the maximum level with the power of God. Consequently, super human beings – popularly known as deities will emerge in the world who will rule this world with the power of thoughts for generations. This could only be imagined in the past. But it is a reality now with the emergence of a mass of people who have attained the mesmerising power of thoughts. There exists, in this world, a super master mind alliance network which is gaining momentum, constantly connecting to the Ultimate Supreme Source of Spiritual energy. There is scope and chance for everybody to align with this super master mind alliance and experience the presence of God. He cannot be seen. He is incorporeal infinitesimal point of light who does not come in the birth-death cycle. It is late, but not too late. Take chance. It is stranger than fiction. But as real as the back of our hand. ■

CIVIL EYED IS CIVILISATION OF INTELLECT



To be truly civilised our eyes have to be civil as well. To be civil-eyed means to have thoughts, words and actions on the basis of our true beliefs.

BK Santhi, Ampang, Malaysia



Civilisation simply means “a society that is well organised and developed”. Thus, it is the modern way of our lives and the development of a nation which is mostly referred to

whilst forgetting the virtues as well as character-building. The latter part is the most vital in maintaining the “civilisation”.

Deeply deceived by the falsity of his own civic consciousness, man often loses sight of the core of civilization – fundamental virtues and common sense. It has been said that common sense is increasingly becoming uncommon! When such a sight is lost, the civilisation starts declining, leading to disasters and nationwide catastrophes.

Vices are gateway to criminal eyes

Lust is the greatest vice, and it is man's greatest enemy. Man, when conquered by lust, creates the gateway for his downfall. No matter how influential or great in position he is in the eyes of society, lust limits the capacity of his discrimination and judgment power so much that he becomes weak in his decisions. This even leads to his getting thrown off from the seat of his self-respect. Lust does not only imply sex-related issues. This is followed by anger, greed and ego. Again, these vices arise due to the

misunderstandings caused by man about his viewpoints over issues or matters that involve the attitude of “I” and “mine” because whatever wealth, name and fame are in his possession, are actually the poms of Maya. In fact, in today's Iron Aged World, when life seems too good and blissful, he or she should pause to think. One should be careful in reasoning as to where his or her destination will be. After all, every human is a spiritual being. Therefore, it is only the spiritual wealth that belongs to us eternally. Though our senses of touch, smell and hearing could lead us to our vices, the main organ that ignites our desires is our pair of eyes. The moment we set our eyes on things that are attractive, they invoke the other vices. Being civilised physically alone is insufficient. To be truly civilised our eyes have to be civil as well. To be civil-eyed means to have thoughts, words and actions on the basis of our true beliefs.

Believing is Seeing

Firstly, we have to be truthful in our beliefs in order to see things in their right perspective. A lot of misunderstandings occur due to the wrong impressions we form on seeing others' actions. It is common that whatever we see through our physical eyes could be wrong and we become judgmental. However, if we have a clean and pure intellect, these two factors could enable our third eye to function. This would enable us to

think, see, do and say the right thing. God says, “Do not be criminal-eyed, see with your third eye of knowledge”. To be civil-eyed means to be civilised in our intellects. This is attained through the true teachings of our True Supreme Teacher Shiv Baba. His teachings purify us through the connection of our mind and intellect to Him, the Supreme Soul, through this Rajyoga study. Seeing others' weaknesses is being criminal-eyed. Knowing or understanding the reason behind their thoughts, words and actions means to be civil-eyed. Before we become judgemental upon seeing one's weaknesses, we should be merciful, have good feelings and good wishes. Being merciful means, we believe in what we are now studying in Rajyoga and what we have discovered about ourselves.

Therefore, to us “Believing is seeing”. On the other hand, “seeing is not believing” to us because whatever we see in today's world is falsehood. Believing in such falsehood will not lead us to our truly deserved destination.

Civil-Eyed means Realisation of Truth

Most of us in this Iron Aged world are born with one or the other misfortune. We brood over our



misfortunes – a clear sign of being criminal-eyed, as we compare and contrast our capabilities, wealth, standards of our lives. In the first place, comparison and contrast arise due to the vices of jealousy, greed and anger, leading us to become extroverts. We are ignorant of the fact that the

scenes of the unlimited predestined drama in one's life have been designed according to the capability and capacity of the soul. Therefore, comparison and contrast among us brotherly souls is a waste. **Every hardship, sorrow and difficulty that we go through, as a matter of fact, comes to make us realise and tap the positive energy within us and then to deal with matters by becoming civil eyed.** As Godly students, we have the unlimited knowledge which others in this worldly life do not know. Our Supreme Father says, “You are special souls.” Our specialties are according to the degree of the various types of sorrow that we have overcome before reaching our destinations. Therefore, comparison, contrast, jealousy and other vices are mere waste and are not the quality of Godly students. To this, our Supreme Teacher says, “Understand this unlimited predestined drama and become “swadarshan chakradhari” (spinners of the discus of self-realisation).

Civil-Eyed means Embodiment of Truth

Making effort for our self-progress in this spiritual life can become an easy task if we could keep our civil eye constantly open. This channel, comprising purity as its main component, makes path for clearer and deeper understanding of whatever we may see and encounter in our everyday lives. It is an undeniable truth that everything we see with the physical eyes is not right and true, especially in this vicious world. Nevertheless, through the channel of civil eyes when we emit pure feelings, love, mercy and good wishes, any untoward happening could be improvised for its betterment. It is unlikely that negativity will prolong in the midst of the power of pure and true feelings—love, mercy and good wishes—because such power of purity is the power of God, the Supreme Power. This Supreme Power becomes the Truth when it

comes into reinforcement through actions and words, and Truth will definitely be accepted as it prevails in whatever form it may be in the eye of the doer or beholder. Perhaps, this is what is meant as the touching of God. Thus, **such souls who are constantly civil-eyed will become embodiments of Truth and serve as God's helpers.** Constant elevated thoughts and actions in bringing benefit to others enable one to have disinterest in one's own weaknesses. As mentioned earlier, effort-making to progress will become easy and

when all the above is practised by one, he is said to be having an easy-nature. One becomes the embodiment of virtues and 'manners' as mentioned in worldly life which can be seen in one's actions to earn the highest respect among the family and society. In this way, one will always remain seated permanently on the throne of self-respect as now he has-been placed by God Himself and will not get thrown off by his own misconduct for being criminal eyed! ■

TAKE THE REINS OF EMOTIONS WITH “MEDITATION”

– Rishabh Mishra, Kanpur

It is often seen that whenever we are discouraged, we feel powerless, and then we wish there should be someone who can bring us out of this situation and fill us with enthusiasm as before. If someone inspires us, it seems as if someone has infused a new life force in us and we start thinking of transforming ourselves overnight. As it has often been seen that its effect lasts only for a day or two and the train of life comes back on the same track again and this happens again and again and sometimes for a lifetime. This is called extrinsic motivation which proves to be effective only for a very short time. One thing is very clear that we are all human beings, as a result of which we also have feelings; naturally sometimes we will be happy, full of energy and enthusiasm and sometimes we will be surrounded by sadness and despair. It is a natural process. It shouldn't make much difference to us. Yes, the problem becomes bigger when either of us gets into the deep sea of emotion like looking

happy even where there is no such thing as happiness or feeling sad even in happy occasions.

If this sadness and despair persists for a long time, then it is given the name of depression.

That is why it is said “*At isarvatra varjayet*” - too much of anything is not good because later it can cause some other serious problem. So we should check the feelings whether they are good or bad as “neutral” as Mahatma Vidura Ji told King Dhritarashtra in the Udyog Parva of Mahabharata under the Vidura *niti*.

Emotions are directly related to our thoughts and the more restrained and positive the thoughts are, the calmer we will be. This method of channelizing thoughts is “Meditation”. ■





THE SIGNIFICANCE OF 'AZADI KA AMRIT MAHOTSAV'

Where our attention goes, energy flows and
where our energy flows, things grow.

—B.K. Sujoy, Durgapur (W.B)

'Azadi ka Amrit Mahotsav' festival celebrates the rapid strides that India has taken in the past 75 years. This festival encourages us to rediscover our hidden strengths and prompts us to take sincere, synergistic action to regain our rightful place in the comity of nations.

The nectar festival is an embodiment of all that is progressive about India's socio-cultural, political, and economic identity. This Mahotsav (celebration) is dedicated to the people of India who have not only been instrumental in bringing India thus far in its evolutionary journey but also hold within them the power and potential to enable the vision of activating India 2.0, fuelled by the spirit of self-reliant Bharat.

Programmes being organized by the Brahma Kumaris under 'Azadi ke Amrit Mahotsav se Swarnim Bharat ke Ore' will showcase India's rich culture, spirituality, heritage and glorious past on a global stage across the world. Brahma Kumaris, a unique, spiritual, value-based education institute has been spreading pure knowledge on spirituality to ensure true peace, unity and harmony in the world since 1936. The organization has been working on the attainment of perfection of the greatest Yogi souls ever. The souls with their every thought, word and action reflect God's limitless Love, Might, Purity, Peace and Knowledge.

Mahatma Gandhi had said, 'Be the change you want to see in the world'. So, if we would like others to be good, better and great, then we

need to be good, better and great ourselves. In today's world, many of us find it tough to see the good in ourselves and in others. We prefer to talk about our weaknesses and not our strengths while highlighting our vices. Perhaps this has to do with our childhood when we were told by our parents or relatives to not blow our own trumpet, or maybe, we learned to easily identify our failures by watching and listening to others and thereby picked up the habit of seeing only the weaknesses of others; or maybe we grew up with someone whose approach towards life was negative. A question that comes to mind is - which sensible person would choose to ignore the positive and accentuate the negative? Would any of us consciously choose to be a negative person? Not really.

What most of us seldom recognise is a simple principle - **What we see in others is what we create within ourselves.** As the old saying goes, 'what we spot is what we got'. So, if we didn't have the tendency that we see in others what we have within our personality, we wouldn't spot it in 'the other'. That's why it is essential that we find the good however small within ourselves; tend to it, nurture it and nourish it just the way we would do to the plants. **Remember when we focus on the positive within ourselves, we give it a life, permission to grow and to get restored in our nature.** Most of us don't realize that the good has been there all along but it was simply out of our sight and

awareness. The idea that 'where our attention goes, energy flows and where our energy flows, things grow', is now somewhat clichéd. But the principle holds good at all levels. Hence, to see the positive, the goodness, the virtue in others is to empower what we see in them. It adds a little of our life energy to others' lives.

History is replete with innumerable examples of times when the bad seemed to be all-pervasive, when a powerful conqueror looted and trapped the masses in an undignified life. And yet from these very masses emerged a small courageous group of awakened people who laid a revolution against injustice and finally turned the tables on the oppressor. But of course, all acts of goodness don't amount to a revolution, for they do not always create winds of change. Nevertheless, they work like a cool breeze in a hot desert or a drizzle on parched land. All of us have had an experience where we had lost all hope in everything and everyone around us. And then one act of kindness by someone from somewhere ignited a ray of hope. So, what we need to understand is that no

goodness is wasted. It may go unheeded at times and could be overpowered by negative forces but is never wasted, for sure.

We must remember that **there is a law of cause and effect that guides every action in the universe.** 'Azadi ka Amrit Mahotsav' is such a noble cause. While a negative action piles debt on a person, a positive act is an investment for a good future. At this troubled time of the world such a collective campaign of positivity, peace and purity can be a good investment and is sure to bloom fully.

Through 'Azadi ka Amrit Mahotsav' we aim to commemorate every citizen's belief in India as the best-in-class in social, political and economic terms. It will not only help build the country but also aid citizens in overcoming challenges in their daily lives. Therefore, it will further strengthen the country's performance at large and give rise to new dreams and opportunities. It will empower the youth with new opportunities, connect people and state and promote deeper inclusiveness across the nation. ■

WORDS OF WISDOM

- ◆ Life is very interesting... in the end, some of your greatest pains, become your greatest strengths.
- ◆ It's never too late – never too late to start over, never too late to be happy.
- ◆ A lot of people give up just before they're about to make it. You know you never know when that next obstacle is going to be the last one.
- ◆ The minute that you're not learning I believe you're dead.
- ◆ When we strive to become better than we are, everything around us becomes better too.
- ◆ There are three things you can do with your life: You can waste it, you can spend it, or you can invest it. The best use of your life is to invest it in something that will last longer than your time on Earth.
- ◆ The more you praise and celebrate your life, the more there is in life to celebrate.

Contd. from June 2022 issue

MADHUBAN: THE ICE CREAM FACTORY

*Life Should Be Like Ice Cream:
Cool, Sweet, Smooth and Enjoyable*

B.K. David, UK



God does not hear the unworthy angry smokers but those that can wave their halos in the air. This bus is an elevated bus and ignores most people at many bus stops on route. If you're holding the newspaper of bad habits in your hand waving it at the bus driver for him to stop the bus for you, he will drive past you; and it's no good praying to God to try and make the bus stop.

Man's supermarket is on every street corner and you can buy (take) as much or as little, or everything or nothing, from it.

All that you meet are walking supermarkets with differing products on show in their windows and inside on their shelves that come in bright packaging, in order to try and attract you and gain your attention. These products are often glamorous to show their bubbly personality that's inside. Yet often the ingredients inside greatly differ from what's written on the packaging. Only when you take it home and use it you realize that you've been cheated, scammed and tricked into picking it up and taking it home (letting it into your mind and life).

What people do not realize is that life always offers a **BUY ONE GET ONE FREE** deal; you will often get sorrow a hundred times over, which is far from a good deal, right?

I have some good advice: beware of not only the supermarket you shop in but what you decide

to fill your trolley with while shopping.

Are you guilty of settling for the bog-standard 'body conscious', 'greedy', 'angry', 'selfishness', 'sorrowful' and 'unhappy' tins on each and every shelf that might have had colourful packaging but once opened was plain and mundane in the extreme and simply not tasty at all; rather it was incredibly bland?

To be found also are many packets of 'vice' in the supermarket fridges waiting to be taken out, cooked and eaten.

Yes, it is true, most lead a very bland life and are blind to it, having been brainwashed in many ways, and failing to see it. On the contrary, they firmly believe they live a good and even exciting life with variety. Yet they are slaves trapped by their limited bad habits that they must feed regularly, otherwise they get complaints. This basic fulfilling of their basic weak desires cripples them mentally and physically, in the process that sees some eating their meat raw until blood is dripping on to their plates.

The reality is that as long as you continue to shop in man's unlimited supermarket you will never become healthy, happy and at peace.

Almost without exception, most of man's products on his shelves will cause you unlimited sorrow and poor health.

Man's supermarket is not called dis-count but dis-content; here although everything is

completely free, you must at some point pay for what you have taken. Most pay in sorrow, ill-health and unhappiness.

You should always remember this: the moment you step outside your home, you will be taking and being influenced by other people's tins and packets from their personal supermarkets (minds, lifestyles and attitudes). These you will then place on your own supermarket shelves and sooner or later will have to open one of their many tins and eat the contents.

The quality of the food and what can lurk at the bottom of the tin can change your life completely and it can be a drastic change that spoils your life; far from being good.

Super health foods for the mind can only be found in one Supermarket and that Supermarket is the **Godly Market of Love**.

With some effort and attention, you can start to shop exclusively at God's Supermarket. In this Godly Shop you are guaranteed to be taking home the highest, the best and most nutritious health food which when eaten, will give your mind immediate peace, happiness and health; and make you feel light and clean.

You can tell just by looking at someone, by their posture, their way of talking and listening, what kind of food they are eating daily and if it's a healthy diet they are following.

There is a definite and clear method of escaping most people's dilemma of being sad, mad or bad. If you are not shopping at the Godly Supermarket and stacking your shelves constantly with His products, you will be one of those sad or mad shoppers stuck in man's supermarket as it's only the discerning spiritual shopper that can be glad.

It is only the eagle-eyed shoppers that will win the ultimate prize as their lives shall be full of

goodness and their shoes full of truth.

Only when your Third Eye is constantly open and is focused in the right Supermarket, you'll become the eagle-eyed shopper knowing what to take off the shelves and take home (assimilate into your mind and life); and place on your own shelves.

You will need to put on your spiritual shoes if you wish to enter this Godly Supermarket and know the code that opens its door. Without this code you will have no choice but to shop at man's discount shop. Want to know the code? You already know the code but are always forgetting it. Here is a reminder of the only code that enables you to enter His Supermarket: **S.O.U.L. C.O.N.S.C.I.O.U.S.N.E.S.S.**

Can you see and hear the Magician shuffling life's cards for you?

The soul is your credit card that can be used or abused, lost or found. Your mind is a supermarket and your thoughts and actions act as the mop that can now clean the floor that allows you to dance on it or slip over when you knock over the mop bucket as you get giddy with vice.

Some have no password to their credit card and live a life on the slippery floor as they cannot stand up; such is the poor life they've created for themselves that's more akin to living as a cripple than a healthy person.

Most lead life going from one shop to another and never buying anything of value as those shops do not sell happiness or peace but only broken glass.

Some walk round taking as much as they can from life and people and never give. They cannot see the huge hole in their basket. Some have a wheel missing off their trolley and go all over the place; and get nowhere in life chasing broken or chipped glass that they must later

drink from.

The money used in God's Supermarket is 'Realisation' as it's this and only this that brings true change.

God's credit card allows you to buy as much as you want and has unlimited credit and is absolutely free—as long as what you buy is good for you or is bought as a gift for others that can only bring them benefit; be it of the body or mind.

Man's money is heavy and carries germs; God's money on the other hand is invisible and yet can give you unlimited attainment, peace and contentment. So check your pocket (mind) as to whose money you have in it.

Most are guilty of popping at least once a day into Fagin's supermarket

Everyone with few exceptions walk round man's supermarket with their minds occupied on their image, their body, their worry, and they do not realize where they are and what is happening to them.

Man's many shops let everyone in and are expert at robbing you of everything you own of value, without you even knowing it. All shoppers are now blind and ignorant to the fact that vice is always standing next to them as they shop (live) and has its hand in their pocket and is robbing them of their peace, energy, health, love, stability and happiness.

Can you feel your sole starting to heat up, which will soon burst into flames?

Such thoughtless shopping by so many people will lead eventually to us all losing this precious earth on which we stand today and where your shoes shall soon either be flooded or catch fire.

Can you not see that soon your deck of cards will be on fire or underwater?

Man's shopping habits (living) is bankrupting him and in doing so, drags the rest of humanity

down with him. Man's shopping is fraud on the grandest scale and is only now coming to light and being recognized. Although all products are real, they are 'real fake' and counterfeit and when you use your fake products in a body consciousness mode to please your body, the deck of cards will collapse and burst into flames.

Is your life one that fans the flames of your sorrow?

If a life is not led with truth, that life becomes a stick of dynamite and with the continual use of bad habits, that repartition acts as a match that will strike and light the fuse and eventually blow them up.

There is only one magician that can reshuffle your cards for you and deal you a winning hand that take you all the way to heaven.

Life's devoid of quality as it's devoid of feeling the soul and being the soul.

Any happiness bought in man's supermarket is fake as it has no real goodness or quality inside it; and instead of sustaining you, poisons you.

Man has an armchair in which he sits and indulges in his many vices but his chair then traps him, makes him lazy and heavy and he is unable to get up from it.

On man's endless shelves you will find many nails and hammers. He uses them to hit himself on the head or to crucify himself each day, when he sits on his armchair of discomfort with its endless rusting springs of bad habits. These stick onto his body and cause him headaches and backache and lead him to bleed.

On God's Supermarket shelves can be found magic wands, golden thrones and crowns and in the back storeroom are many boxed up self-build golden palaces ready to be assembled – and all are free.

(Concluded)



ONLY GOD KNOWS THE TRUTH

To understand the reality of life, and to follow the true path, is truth.

It is said, God is truth, which means only God knows the truth, nobody else. Poor people do not know the truth. Do they? That is why they say the world

continues to move on and on in this manner (through the vices). If the world were to move only in this manner, then show how it works. Why is the world so disquiet and unhappy today? If the world has to move on in this way, then why do you cry and shout that there is disquiet, unhappiness, irreligiousness? And why do you continue to cry? Look, there is the cry of distress. It is also mentioned in the Gita what our Bharat is today.

God says: 'I know the reason why the world became so disquiet and unhappy, but you do not know.' So, we are receiving light through God as to how we humans can make our world happy. No human has this knowledge. Only the Bestower of Knowledge has this knowledge. He is also called knowledge-full, *Janijananhar*, the Ocean of Knowledge. Only God has the accurate knowledge of the complete state of human beings. Now we must have this knowledge, to regain our past state. This is known as knowing the truth, through which we really become the truth. Our practical life becomes elevated in this way. Unless our life becomes elevated, we have not understood the truth at all. To understand the reality of life, and to follow the true path, is truth.

Godly Knowledge is the Third Eye

Like everyone else in the world, even I used to

believe everything I heard as truth: that the world could not continue without the vices, etc. In many scriptures, such things are written even about the worship-worthy deities. This is why many people are confused. For example, it is written that during Rama's period, there was a battle between Ram and Ravan. Same has been mentioned in case of Krishna. In the Golden Age, they have shown battles between deities and demons. In all the periods, war has been mentioned. So, people think that all these – lust, anger, quarrelling, fighting – exist from the early period of deities. But it is not like that. This also must be understood.

They praise the Kingdom of Ram, saying that the king and the subjects as well, were wealthy, everyone was prosperous, and so it is sung 'Let the Lord live long, in favour of religion ...'. But if there was so much harmony and religiousness, how could there be a battle between Ram and Ravan? We now have to understand the meaning of these aspects.

There was no battle between Ram and Ravan in the Silver Age. We need to understand what Ram and Ravan are: Ravan is not a person with 10 heads; in fact, there wasn't any king like Ravan. The meaning of 10 heads is the five vices of female and the five vices of male. This is the symbol of the impure household.

Look, all these things have symbolic meaning, which must be understood in the right spirit. Ravan is the symbol of an impure person. When both male and female become impure, the world becomes unhappy, and that is known as the kingdom of Ravan; it means the kingdom of the vices. Ravan is the symbol of the vices and not a real life character. Can there be a human-being with ten heads? ■

SHIVA BABA HELPED ME AT THE RIGHT TIME

B.K. Ravi, Agartala

For many of us, while following spiritual knowledge, invariably have a feeling of wanting to have a *sakshaatkar* (divine vision). I cannot say for others but in my own life, I have seen so many co-incidences that it cannot be a mere co-incidence anymore! I have a feeling of having Shiva Baba's *Chhattra-Chhaya* or the umbrella of protection above me! In a way, this is His way of telling me, that He is just around!

Consider this: Every year, we would plan a trip to go to Madhuban around the 18th January for 'Avyakt Diwas Baba Milan Programme.' It fulfilled both the conditions of meeting BapDada as well as we could attend the anniversary of Radio Madhuban, with which both my wife and I are associated.

So, first hurdle, or challenge, or paper, if I may call it, was getting leave. With help from Almighty Shiva Baba, that was easily achieved. It was sheer divine intervention that we were allowed to go this year because there had been no Bapdada Milan Programme in the last year due to peak of COVID. This year also, very limited strength was allowed, so we were really fortunate to have had double vaccination and being fit, throughout the journey.

Tickets had been booked in advance from Kolkata to Udaipur (via Mumbai) and since Mumbai had a high percentage of positive cases, we had to be doubly careful, to never take off the masks in the entire journey.

First co-incidence was our application getting accepted and we getting a clearance from

Madhuban to attend. That in itself was Baba's miracle. Secondly, on the day of the journey, at the crowded ticket counter at the Kolkata airport, after showing my identity, and the ticket on the mobile itself, I left my mobile and proceeded, blissfully chatting with my wife for the security check...only to realize later, while chatting with my wife, that my mobile was nowhere to be seen! Imagine had I been cleared by the security check, it would have taken that much time to come back and retrace my steps back to the counter. So, Baba helped me at the right time!

While returning from Madhuban, at the Udaipur airport, I removed my belt, wallet, all electronic equipment including chargers and mobiles and realized I had three trays worth of load, including a laptop bag separately loaded/sent in the belt! After all the check in had been done, I realized that my wife was taking time and found that one of her items was a nail cutter which had been taken out (since Republic Day was approaching!) and was told to be discarded. I tried to reason out with a Manipuri officer present on duty then, (since I was coming from Tripura) but then rules being rules, I let go. We sat down in the lounge, waited for quite some time and lined up to board the aircraft, once announcements had been made. My mind was still on the nail cutter, which he had taken out and thrown away.

As I was about to board the aircraft through the aerobridge, there was a final random check, where I was stopped to be checked, again as part of 26 January security drill. I prayed to Baba,

and as I lifted my arms sideways for the security check, I suddenly realized I had not put on my belt! Now my palpitation rose! Telling the airhostess, I set the entire machinery in motion and ran back! Guess what? The same Manipuri officer this time came to me with my belt and couple of chargers of laptop and mobile in one of the trays, which I identified as mine! I now realized that I had only collected back two out of three trays and the laptop bag! Imagine if we had taken off! Would have reached home without the chargers! So, Baba had saved me at both the airports!

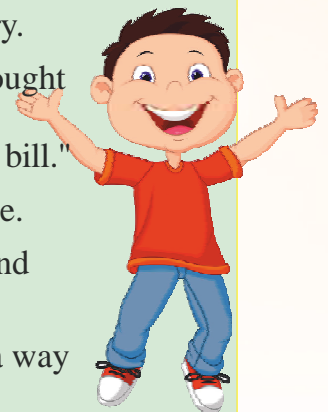
A new Godly service centre of Baba was to be inaugurated in our city and I enthusiastically, thought of doing Godly service and had contributed some items. As I loaded the items in my car and proceeded to the centre, I switched on some soft meditation music and was lost in thoughts. Having reached the 'new centre' location, I reversed the car and was waiting for the song

to finish, when I noticed a couple of auto rickshaw drivers very carefully looking at me, which I felt odd. It was only when I opened the door and walked to the rear door to take out the items that I noticed!!! I had parked my car (in reverse!) right next to a huge ditch that was being dug for erecting some structure! In fact, my right rear tyre was right on the edge of the ditch, which I had failed to notice, while reversing, and hearing that meditation music! This was what had intrigued the auto rickshaw drivers. Had it been even a couple of inches to the right, the vehicle would have toppled...and I was blissfully unaware! Baba had saved me yet again.

So, once or twice could be a co-incidence, but Shiva Baba keeps saving me again and again, so I feel this is nothing less than a 'sakshaatkaar'. Baba shows himself to us in such subtle ways. Our heart sing this song now, "Dear Baba, Sweet Baba, your glory is unmatched!" ■

LAUGHTER: THE BEST MEDICINE

- ◆ Some people say the glass is half full. Some people say the glass is half empty. Engineers say the glass is twice as big as necessary.
- ◆ Wife: "In my dream, I saw you in a jewellery store and you bought me a diamond ring."
Husband: "I had the same dream and I saw your dad paying the bill."
- ◆ Team work is important; it helps to put the blame on someone else.
- ◆ I'm great at multitasking. I can waste time, be unproductive, and procrastinate all at once.
- ◆ A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.
- ◆ To steal ideas from one person is plagiarism. To steal from many is research.





Mumbai (Santacruz): On World Environment Day after flagging of a Cycle Yatra Ms. Poonam Mahajan MP, Ms. Sampada Vaze, Bollywood Actress, Ms. Bela Sulakhe, Bollywood Singer, BK Meera, BK Kamlesh are in a group photo.



Raipur (CG): Launching the Program 'KalpTaruh' on World Environment Day are Mr. Prem Kumar, Secretary Forest Department, Prof. Baldev Sharma, VC, KT Journalism University, BK Kamla and BK Aditi.



Kolkata(Museum): During Launching Program of 'KalpTaruh' on World Environment Day seating on the stage are(L-R): Mr. Vinod Kumar Yadav, Principal Chief Conservator of Forest, Mr. Virendra Gupta, Chairman of Police Recruitment Board, BK Kanan, Ms. Smita Pandey, IAS.



ORC (Delhi): To mark the International Day of Yoga, Rajyoga Meditation sessions were conducted in various Ministries of Government of India and Corporates. BK Hussain is being seen in group photo with participants in the Education Ministry.



Mohali (PB): A tree plantation drive was initiated under the project 'Kalp Taruh'. BK Prem, BK Rama and BK Karamchand are planting samplings.



Rohtak (HR): Doctors of PGI Rohtak were honored for their valuable services as Corona Warriors. Prof. O. P. Kalra, VC of University of Health Sciences is being presented a memento by Dr BK Pratap Midha and Dr. Banarasi.



THE POWER TO TRANSFORM SITUATIONS



Why is it that the power to face a negative situation is less in some and much more in some others?

–B.K. Manjula Baijal, Begur, Bengaluru

Very often while going through our life journey, we come across different types of surprising scenes which leave permanent scars on our memories and are difficult to erase even after many years have passed. What makes these different types of negative episodes so difficult to overcome? Also, why do they have so much power in them that they can influence our consciousness so much that life is not the same again, after they have passed? What makes forgetting negative scenes so demanding for many and not so much for others? Why is it that the power to face a negative situation is less in some and much more in some others?

Take an example of an accident. Sometimes suddenly in a plane crash, a few hundred people lose their lives and leave behind a few thousand people who are close to them, either friends or relatives in sorrow. But some are able to overcome their sorrow after a few days, some take months and some years. So, it's a completely different set of responses. Each person has their own response, based on different factors. We all experience different situations almost every day. Life is not without twists and turns and as time passes, relationships become more and more complex. Also, nature of people around us also becomes more and more different from ours. **Even work at the workplace becomes more**

and more challenging and competitive and many different physical and mental illnesses are also on the rise. These are some of the common spheres of life where almost everyone in the world is facing problems. Even the human mind today is not as simple and content as it was around 50 years back. Weaknesses like anger, greed, attachment, ego, jealousy, hatred and low self-esteem have made people extremely complex which further increase the magnitude of the problems in their life. So how do we face them with ease?

We all look to the world and its different situations with a positive attitude and no one wants to be negative in their approach in facing them. Yet when they come, we are not able to transform them with ease and at times situations can be so powerful that many days can be spent in finding ways in overcoming them. Life can become a struggle for many. Such a life in which you are not at peace in the presence of a negative situation is not something you like but at the same time, it is something which is not in the control of many people. What that means is that **a mind without positivity finds it difficult to remain calm and that means feeling a lack of power and also a lack of joy and contentment.** Such a mind is not able to solve the problem that is in front and instead will be confused and will fear the situation.

A beautiful way of keeping the mind positive in a negative situation is to keep a powerful thought diary. What that means is create one affirmation or positive statement each day and note it down in your mind and keep that positive thought in your mind the whole day. Let it touch your sub-conscious mind so deeply that its effect travels in the form of positive energy outwards to the situation and is able to change it in a short period of time. **If you spend a complete day in one particular powerful thought of success, repeating it in your mind many times, you will not only be free of negativity, but also have the authority to erase the negative situation completely from your life.** Such a thought gives rise to positive feelings and then slowly our attitude towards the situation becomes completely positive resulting in a positive destiny or positive situation in return.

Looking at situations through the spectacles of a positive vision means having positive perceptions towards negative situations. So, looking at situations with a brave face and not being in awe of the situation is a way of bringing to an end the problem as early as possible. Whereas being in awe of the situation and letting it affect your mind negatively means the problem gets prolonged further and does not go away very easily. So, the choice is in our hands. But as some would say this is theory and theory is easy to preach and understand but when it comes to the real test papers of life, we forget this basic truth of life. **We tend to easily get caught in the web of negativity which is always there and it gets created because of the habit of perceiving situations negatively.**

It is worth realizing that when a powerful consciousness acts on a negative situation on an energy level, it is an interaction between positive and negative forces? The greater our positive

consciousness or the power of the positive force, the faster the negative scene which is the negative force, transforms into a positive one. The positive force is the energy of the mind and the negative force is a situation which is of the physical world, either of our physical body, of our wealth, of our relationships or of our role. In all the cases, it is the non-physical force of our consciousness which is stronger than the physical one because the mind is subtle and possesses greater power than anything physical. The mind can influence matter more than the other way round i.e., matter influencing the mind. **A positive thought diary can help you in raising the power of your mind.** Keep one positive thought with you everyday even if negative situations do not exist in your life. Over a period of time you will enjoy a greater success rate in transforming negative situations of all types, when they arise. ■

Life Changing Advice

- Be nice to people on the way up, because you may meet them on the way down.
- Dream Big, Work Hard, Stay Focused And Surround Yourself With Good People.
- You don't have to be great to start, but you have to start to be great.
- Change your thoughts and you'll change your world.
- Everything is easy if you are crazy. Nothing will be easy if you are lazy.
- Don't waste your life in, Trying to impress anyone, Just try to improve yourself, it will help your lifetime.



Delhi (Punjabi Bagh): Thousands of yoga aspirants perform Raja Yoga meditation and spread vibrations of peace and harmony in an event to mark the International Day of Yoga. HE Roger Gopal, High commissioner of Trinidad & Tabago in India, Mr. Girish Soni, MLA, Mr. Shiv Charan Goel, BK Brijmohan, BK Asha and BK Chakardhari were also present.



Indore: Member of Parliament Mr. Shankar Lalwani is addressing a programme on Int'l Yoga Day. Mr. Swapnil Kothari, the Chancellor of Renaissance University, BK Hemlata, BK Karuna are also on the dais.



Mumbai (Borivali West): BK Bindu is addressing an event on 'World Environment Day'. Mr Gopal Shetty, Member of Parliament, Dr Hardik Ajmeera, Medical - Superintendent, Saifee Hospital and BK Shreya are also seen on the dais.



Kolkata (Royal Bagan): Dr. Ratna De Nag, Minister of State for Environment Science is being presented a plant during a program on World Environment Day by BK Bindu.



Hyderabad (Shanti Sarovar): During Launching Program 'KalpTaruh' on World Environment Day Mr. Santosh Kumar, MP, Mr. Balam, IRS, BK Kuldeep, BK Gireesh and BK Bharathi are on the dais.

The Unique Methods of Education

Contd. from page ... 3

all the wisdom. Moreover, to learn material knowledge in a superficial way is different from diving deep into spiritual knowledge. One's understanding deepens or matures by ruminating divine knowledge, by churning it or by reflection. The classes, where this knowledge is given, has a setting of a class, where there are others, who are also pursuing the same path with deep interest and devotion; and, hence, one benefits not only from the congenial atmosphere or the 'spiritual field' created by sincere students but one also learns from others' experiences.

Regular Classes

So, this 'university' holds classes for its daily students. The timings of its classes, both in the morning and evening, are such as it suits most of the people. In the morning, the classes, at most places, are held from 6.30 a.m. to 8.00 a.m. as many of them have to go to their workplaces, others have to do the household chores, and children as well as youth have to go to their schools and colleges. At most of the centres, the classes are held in the evening also, generally from 7.00 p.m. to 8.30 p.m.

One Month or One-Week Course and Condensed Courses for three days

Before a person is admitted to these spiritual classes, he has to take up at least, a *One-Week Course*. For others, whose life is very busy and who cannot, therefore, spend even that much time, the time can be shortened or modified. After undergoing that short course, if he feels deeply interested, he himself makes his best efforts to find time to attend to further studies.

In order to fulfil the needs of the students of various levels, there are, at some intervals, *refresher courses*, *advanced courses* or *in-depth studies*. There is also provision for *individual* or *group counselling* in order to solve difficulties of individuals

or to cater to the spiritual needs of various age-groups or various segments of the society.

Conferences, Workshops, Seminars, etc.

Since the education in moral and human values, behavioural change and practice of meditation has to be imparted to various people to build a better society, holding of mere classes or giving of courses of various durations is neither enough nor always suitable to all categories of people.

There are people, who are extremely busy because of the nature of their work. Politicians, media persons, judges, many top-ranking bureaucrats, etc. belong to this category. There may also be some, who do not realize the importance of this kind of education, for they have never had any exposure to it and, therefore, have no experience of its benefits. There may also be people, who, at their age, or with all their erudition or high status, feel shy or arrogant in joining classes with others. Though this shyness/arrogance/pride vanishes later, when one gets some knowledge of real self and the connection with One Supreme Father, initially such people have to be provided with occasions, where they can come and join all without feeling of a loss of respect or hurting their pride.

So, conferences, seminars, workshops and get-togethers are the means of education, both for the classes and the masses. This university organizes such events for judges, doctors, professors, media persons, scientists and engineers, businessmen and industrialists, poets and litterateurs, artists, youth, women, social workers, politicians, administrators, etc., and also holds multi-disciplinary meetings or International Conferences. The top brass from each segment of society, or from every profession, are invited to address or to participate in discussions and deliberations.

Exhibitions, Fairs, etc.

Another very useful method for transmitting knowledge to the people in an interesting way is

through Exhibitions, Fairs or Festivals, where we can walk through people in large numbers and where they can walk in at any time that suits them. These exhibitions are different from the worldly exhibitions as they focus on social and contemporary themes. One of these may be 'the place and role of women in our society'; another one may be on giving up smoking and drugs, etc. There may also be exhibitions on giving people a world-view and glimpses of the past and visions of the future. All these and other exhibitions, organized by the university, are for character building and for promotion of values.

Here, each one has the freedom to move, to see, to listen and to ask. Many of them take keen interest and some join short-duration courses and later, classes also. All others carry the effect of this education, however little it may be. After all, they get an exposure to the spiritual knowledge in subtle ways; the teachings once gone into their heads will rise into their awareness and goad them to action sometime in the future. It will not be lost totally and forever.

Elocution Contests, Debates, Art Competitions, etc.

The university organizes elocution contests, debates, etc., on values that enable children and youth to reflect deeply on those themes and, thus, to convince themselves of the need for

high character and higher moral, human, social and spiritual values. Those, who listen also, feel inspired by the oration of fellow students.

Rajyoga Meditation Camps

The university organizes Rajyoga Meditation Camps at its Headquarters in Mount Abu from time to time, sometimes, during festivals and fairs too.

Classes on Personality Development of Children

During the Summer Vacation, various centres of this university conduct classes and courses of children of various age-groups on Personality Development and Self-management. Students and the parents of these children highly appreciate these classes.

Hostels for Students

The university has also opened a Girls' Hostel at Indore, Madhya Pradesh, to help build values and character along with academic brilliance. The girls, who reside in the hostel, go to schools and colleges for their regular studies but they also study spiritual knowledge imparted by the Brahma Kumaris.

In short, the Brahma Kumaris is a unique spiritual and value based 'University', which is imparting spiritual education to restore human values in the society, and is helping people to develop a positive attitude towards life through the effective technique of Rajyoga meditation. ■

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ORC (Delhi): HE Arif Mohammad Khan, Governor of Kerala is inaugurating a program on 'Kindness & Compassion' along with Prof. Manoj Arora, VC of BML Munjal University, Dr. Tabrez Ahmed, VC of GD Goenka University, BK Brijmohan, BK Asha and BK Chakradhari.



Bangalore: Launching the Program 'KalpaTaruh' on World Environment Day are Prof. S. Ayyappan, Chancellor, Central Agricultural University, Dr. S. Rajendra Prasad, VC, University of Agricultural Sciences, Mr. Rajeeb Kumar Roy, MD, Agriplast Tech, BK Chandrika, BK Ambika and BK Kriti.



Hyderabad: Yog Utsav-2022 is being inaugurated by H.E. Dr. Tamlisai Soundarajan, Governor of Telangana, Mr. G. Kishan Reddy, Union Minister of Tourism, Dr. Munjpara Mahendrabhai Kalubhai, Union Minister for Ayush and BK.Mruthyunjaya.



Kathmandu (Nepal): Ms. Uma Regmi, Minister for Women, Children and Senior Citizens is inaugurating the launching program of 'Year of Spiritual Empowerment for Kindness and Compassion' along with BK Raj, BK Sharda, BK Kiran and others.



St. Petersburg: A new project "The Culture of Giving" is being launched by HE Kumar Gaurav, Consul General of India, Ms. Alexandra Nikolayeva, Chairperson, Department for supporting socially oriented NGOs, Ms Ludmila Kuleshova, president of the Lawyers' Association, BK Santosh and others.



Houston, Texas (USA): BK Mark is with Mr. V. Muraleedharan, India's Minister of State for External Affairs and Mr. Aseem Mahajan, the Consul General of India after a brief meeting.



Mount Abu:

During a launching program of planting 75 lakh saplings under the 'Kalpa Taruh' campaign HE Kalraj Mishra, Governor of Rajasthan is unveiling the foundation stone of 20 acre 'Aarogya Van' to be created in Trauma Centre of Global Hospital. BK Santosh, Dr. Pratap Midha and BK Suman also seen.

Guwahti:

BK Shivani is being felicitated by H.E. Prof Jagdish Mukhi, Governor of Assam at Raj Bhawan along with BK Sheela.



Bhopal:

A Campaign for 'Empowerment of Girl Child' is being launched by HE Mangubhai C. Patel, Governor of MP, Mr. Awadhesh Pratap Singh, Principal Secretary, Legislative Assembly, BK Avdhesh and BK Reena.

Patna:

A Program on 'Stress Free Living' is being inaugurated by Brahma Kumari Usha, Speaker of Assembly Mr. Vijay Kumar Sinha, Chairman of Legislative Council Mr. Awdhesh Narayan Singh and Education Minister Mr. Vijay Kumar Choudhary.

