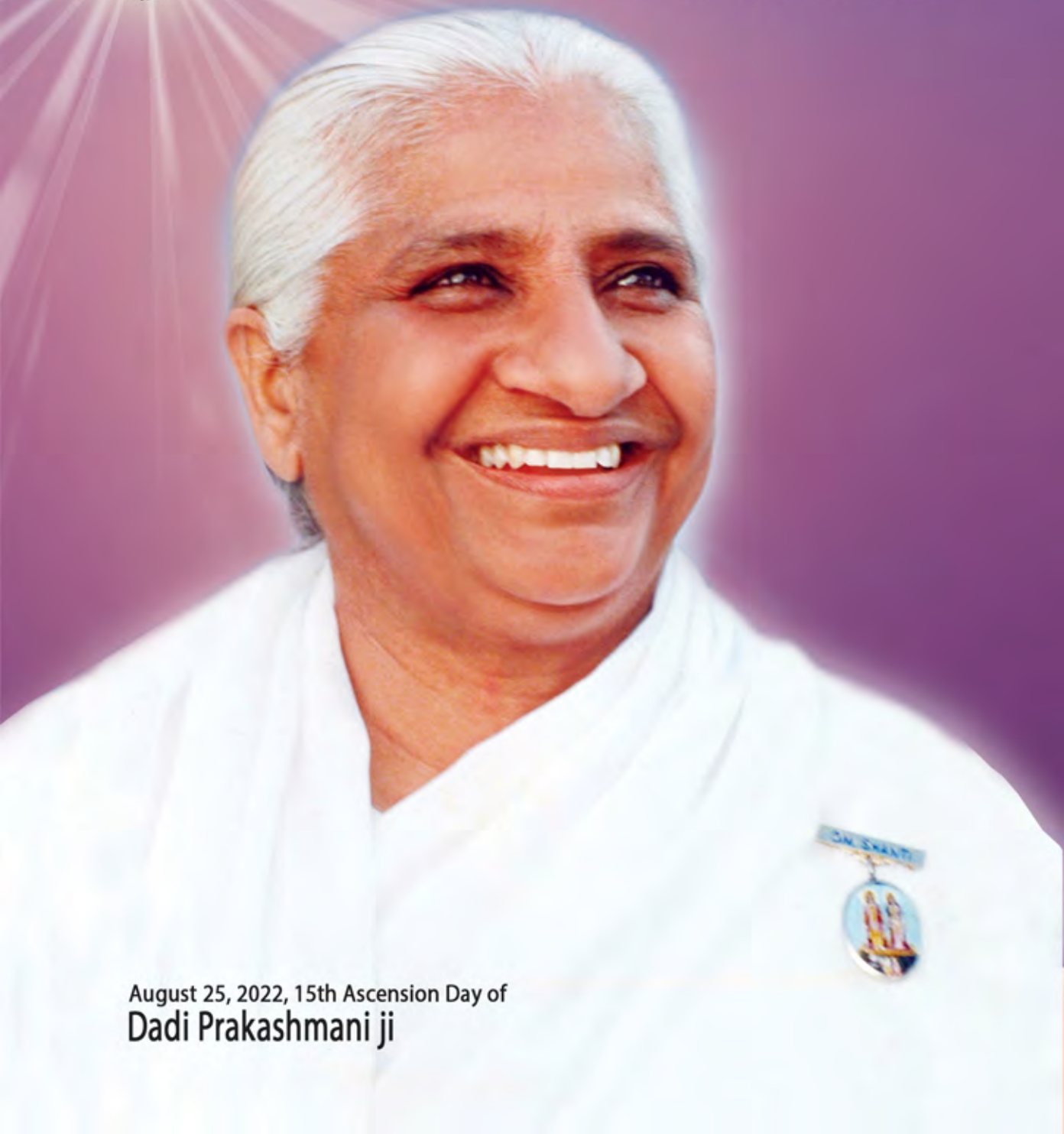




The World Renewal

Monthly

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August 25, 2022, 15th Ascension Day of
Dadi Prakashmani ji



1. Hubli : Bhagwad Gita Art Gallery is being inaugurated by Mr. Basavaraj Bommai, CM of Karnataka, Mr. Prahlad Joshi, Union Minister, Mr. B Y Raghavendra, MP, BK Santosh, BK Brijmohan, BK Mruthyunjaya, BK Basavraj, BK Laxmi and others. 2. Manali: Mr. Jairam Thakur, CM of Himachal Pradesh is being presented a Godly gift by BK Sandhya and BK Sadhna. 3. Suhela Hirmi : HE Ramesh Bais, the Governor of Jharkhand is being presented Godly gift by BK Namita, BK Sarwati, BK Preeti and BK Digeswari 4. Thane (Mah): Mr. Eknath Shinde, Chief Minister of Maharashtra is being greeted by BK Sarla, BK Heena and others. 5. Abu Road (Shantivan): Women's Conference is being inaugurated by Dr. Archana, Chairperson of Rajasthan Social Welfare Board, Ms. Rashmi Mishra, National Board Member, Union Ministry of MSME, Dr. Usha Kiran, BK Brijmohan, BK Chakardhari and others. 6. Gandhinagar: Mr. Bhupender Bhai Patel, CM of Gujarat is planting a tree under the Kalp Taruh Programme along with BK Usha and BK Kailash. 7. Ulaanbaatar (Mongolia): On International Day of Yoga HE MP Singh, Ambassador of India is with members of Brahma Kumaris. 8. New Delhi: Mr.Arjun Ram Meghwal, Minister of State for Parliamentary Affairs is with BK Mruthyunjaya and BK Shivika after being invited for the Global Summit.

From the mighty pen of Sanjay

The Bond Of Purity Raksha Bandhan

On the day of Raksha Bandhan, let's take a vow that from this day we've been tied in the bond of purity and from now onward we will protect our purity in thought, word and deed completely.



For centuries, every year, on the eve of Raksha Bandhan, sisters tie their brothers with Rakhi, i.e. a loving bond of Protection. But, it must be pondered here **how far the brothers have been successful in fulfilling this bond and how far the sisters have been successful in tying the same with such a pure feeling?** From experience, all will say that today this festival has become just an opportunity of celebrating little bit happiness and observing the ritual, otherwise, neither anyone celebrates it by fulfilling it as a bond nor anyone thinks of any aspect of protection sincerely.

Not only sisters, but brothers also need protection

We see that on the day of Raksha Bandhan, little sisters also tie Rakhi to their little brothers.

But it must be pondered how can such young children have the thought of protection in their mind? Even matured brothers cannot protect their sisters. In today's time, not only sisters need protection, but brothers also need protection. Moreover, a brother and a sister may be living miles away from each other; in that case, the former cannot reach the latter in time on this occasion. A few days ago, it was reported in newspapers that in Mumbai a servant in the absence of his master tried to harm the dignity of his master's wife; finding no other way of support, that lady committed suicide by jumping from upstairs. In such a case, how can a brother reach to protect his sister? Thus, the question arises what is the real significance of Raksha Bandhan?

(Contd. ... on page no. 30)

CONTENTS

✱ Raksha Bandhan: The Bond of Purity.....	3	✱ The art of Acceptance.....	18
✱ Hearty Congratulations – Madam President Draupadi Murmu ji! (Editorial)	4	✱ God's Love in One's Life	19
✱ Who is my Companion?.....	7	✱ Oh! My Sweetest God Father.....	20
✱ Be at Ease & Peace.....	8	✱ Study is Practical Here (Mateshwari) ..	22
✱ Say no to Over-Thinking.....	11	✱ The Face of Thought	23
✱ Words Of Wisdom.....	13	✱ Experiencing Real Joy.....	26
✱ Sacred Path of Happiness.....	14	✱ Life Changing Advice	27
✱ Imagination is not Magic, it is Pure Psychology.....	15	✱ Laughter – Best Medicine.....	27
✱ Keep always a Smiling Face (Poem).....	17	✱ Reach for the Stars.....	29
		✱ Face Difficult Situations with Determination.....	33

Hearty Congratulations MADAM PRESIDENT DRAUPADI MURMU JI!



We extend million-fold congratulations to our newly elected President of India, Her Excellency Shrimati Draupadi Murmuji. Madam President is emerged victorious by securing 64 percent of valid votes polled which is much higher than the Opposition Candidate, and this reflects the reality that her simplicity combined with a long-standing value-based political life has been appreciated by political leaders as well as the common folk. As soon as the election result was broadcast, it reinforced a warm, comforting feeling of the right choice put forth by our Honourable Prime Minister Shri Modiji.

On the morning of Madam President-Elect's oath-taking ceremony, 25th July 2022, her self-confidence, humility and

grace shone through. In her first speech as President of India, she shared that it is a testament to the strength and greatness of our democracy that a daughter born into a low-income family or a daughter born into a remote tribal region may hold the highest constitutional position in India.

Madam President expressed concern for the welfare of the people of Bharat, especially girls and women, and this seemed to be the right attitude as per the need of the hour. With a powerful and wise leader at the forefront, we look forward to seeing subtle changes in the mindset of society towards mothers, sisters, daughters and young girls.

Madam President also reminded all, “We have to work at a fast pace in this *Amritkal* (75th year of Independence) to fulfill the expectations that our freedom fighters had made from us citizens of independent India. In these 25 years, the path to the accomplishment of *Amritkal* will proceed on two tracks – everyone's effort and everyone's duty.” Let's hope her inspirations for the Security Forces, Youth and poorer

sections of society receive timely support and benefits from the Government of India. We all



wish that our great country re-gains her original greatness that had been cultivated by our enlightened leaders through their

enrichment of India's History, Knowledge, Science, Mathematics and Spirituality!

Madam President Murmu started her speech with Johar, a word that is a salutation spoken by tribal people in the tribal regions of Chhattisgarh, Jharkhand and Odisha. This term means “victory to all living and non-living components of nature”, and in this context, “Johar” implies “Jai for the welfare of all”. May our Supreme Father empower our leaders with the wisdom of *Vasudhaiva Kutumbakam* – The World is One Family! We look forward to the new Government Initiatives for the welfare of the masses.

Raksha Bandhan Signifies the Tying of the Thread of Purity



The Festival of Raksha Bandhan is very-very dear to brothers and sisters of all ages and communities. It is beautiful to note that residents across Bharat as well as other parts of the world, inhabited by people of Indian background, hold this festival in high esteem and near to their hearts. Apart from the general public, even the military personnel serving in the Armed Forces feel highly elated on receiving Rakhis from their biological sisters or divine sisters, and take it to be a blessing that will support them through their services to the nation.

Raksha Bandhan is linked to many

mythological and historical stories that highlight the power of the subtle pure bond between a sister and a brother. But as we understand from the Spiritual Knowledge shared by the Supreme Soul, Incorporeal God Shiva, **this festival holds greater and deeper significance: It is the powerful memorial of the loving relationship we renew with our Supreme Protector and Guide at the present time; our beloved Supreme Parent frees us from the bondages of our old negativities by inspiring us to pledge a life of pure thoughts, words, actions, and relations.** The act of stabilizing

ourselves in Soul-Consciousness allows us to emerge our innate virtues and powers that help us to overcome all inner and outer conflicts and difficulties.

Let us celebrate this auspicious Festival on 11th August 2022 with sincere attention to these Godly inspirations: “Understand

how God, the Purifier Father, makes the impure world pure. A Rakhi is tied for purity. All the *kumaris*, mothers and men are now to become pure from impure. The Purifier Father comes and inspires you to make a promise for purity: Manmanabhav! Become pure and remember Me!”

Invaluable Jewel of Spiritual Wisdom: Rajyogini Dadi Prakashmani Ji

On 25th August 2022, we shall observe the 15th Anniversary of Rajyogini Dadi Prakashmani ji's ascension to the Subtle Region. During her long-tenure in Godly Service as Administrative Head of the Brahma Kumaris after Pitashri Brahma Baba attained his angelic stage, while continuing to spread the original message of the Divine, she was instrumental in inspiring and organizing the BK Divine Family worldwide in most novel ways to serve each and every section of society. Respected Dadiji is remembered for many-many achievements, however, the concept of making Spiritual Values accessible and doable for every human being had been of utmost importance to her, which led her to organizing 'spiritual awakening programmes' for the masses. These were designed in the nature of grand-scale Spiritual Festivals combined with spiritual music and dance programmes that fulfilled the interest of all sections of society. For 3-4 years, such events were each hosted for lakhs of people, and continue to be famously remembered as the 'Brahma Kumaris Mega Spiritual Programmes' – the brainchild of Rajyogini Dadi Prakashmani ji.

Her magnetic aura and inspirational personality were always appreciated by everyone, especially the youth. She contributed passionately towards the nurturing and sculpting of over 25,000 Brahma Kumaris Teachers and Brothers, as well as about 15000 helping hands, all hailing from well-established, committed and educated families. Respected Dadiji made these spiritual instruments open-minded, determined and strong individuals, and fondly called them her 'service companions'. Despite being a legendary Spiritual Leader, she was never an intimidating elder; Respected Dadiji believed in giving respect to another's opinions and beliefs, and maintained the balance of giving love and yet instilling in others value for discipline, and regard for the Spiritual Codes of Conduct. The collective efforts and power of Respected Dadiji and other Dadis have put the Brahma Kumaris institution on the global map.

On her 15th Memorial Day, 25th August 2022, we offer Respected Dadiji our deepest respects and loving remembrances.

–B.K. Nirwair

WHO IS MY COMPANION?

B.K. Mahima, Mumbai

I have realized who am I? Realization brings contentment. Because realization means transformation. And, positive transformation in the self brings contentment. You will feel contented only when you see yourself progressing spiritually. Material progressing brings temporary contentment and there is always a vacuum there which needs to be fulfilled. Shiv Baba says - from copper age the soul lost its contentment because, the soul lost its true identity and became body conscious. Soul consciousness attracts happiness.

Deep-rooted *sanskars* of body consciousness, arrogance of body needs to be transformed in this confluence age. Shiv Baba says - your *sanskars* will pull you and Shiv Baba will also pull you. Become a diamond; a diamond shines and I am a diamond shining in the case of the forehead. You are a diamond and all around you are diamonds. Baba came as a jeweler and told us our worth. A person, who is not aware about the value of the diamond he has, depends on the advice of the jeweler. We also came to Baba and did not know our value. Baba gave us the discus of self-realization and made us aware about our elevated post-present-future. And so, there came the power of purity in our actions. As is the awareness so will be our thoughts, words and actions. I have to now return to the world of diamonds, the home of my Diamond Baba. Time is waiting for us. Baba has already told us that Baba will not wait for us, he will just fly. He is giving us time now to prepare for the final take-off.

So, we have to speed up our effort-making; effort of remembering just the One. If the soul has deep love for just One Baba, then, it is not an effort but, it becomes the natural state.

Baba has given us *Shirnat* for our thoughts, words and deeds. And, to follow *Shirnat*, a soul needs courage; courage to withstand the opposition. If, we have courage as our companion, then, Baba's help is at the tip of our finger. You don't need to call Baba for help, he already knows, my incognito work is to always stay combined with him and only him. On the path of devotion there is so much hard work and on the path of knowledge, Baba has made us free from laboring, so I need to have much value for study. It is Baba's jewels of knowledge that make us free and gives us wings to fly, fly beyond this corporeal world to our sweetest Godly abode.

Our Baba is the unlimited ocean of silence. Look at an ocean, and we see water, water & water wherever we look, it is unlimited. If we look deep inside Baba there is nothing but only Deep Silence. Because Baba is the ocean of silence, he is also the ocean of forgiveness. The one who is silent is the one who can forgive. **If the mind is talking too much then for such a mind it will be difficult to let go.**

And so, Baba reminds us....who are you? Worthy of worship ancestor souls, worshiped and praised for their immense capacity to forgive and shower mercy, like the Father.

So now I have to remember - what time is it in the world cycle, what is my responsibility at this time and **who is my companion?** ■



Be at EASE & PEACE

**Don't make the life so complicated,
learn to enjoy it.**

**How can we be relaxed in life at all
times at will?**

B. K. Surendran, Bangaluru.

We have been observing that life in common is getting complicated due to lack of right knowledge of life. Life is a natural process. But a lot of artificial beliefs, faiths and status consciousness have got into the process that makes life complicated. Diabetes, blood pressure, cancer, strokes, heart attacks are found to be very common diseases in these days. In addition, many unheard diseases have been appearing. The medical science is baffled to combat such diseases. Strained relationships are another casualty. The suicide rates are going up, depression cases, divorce cases and litigations of multifarious kinds, political rivalry, cut throat competition for political authority are increasing alarmingly.

There is no life without problems. But how we look at the problem makes all the difference. We can never detach problems and enjoy life. Problems are an integral part of life. There is a mad race to amass wealth by hook or crook. There is cut throat competition. There is an urge to scuttle with and shuttle to plum posts and positions of authority to become the owner of the world and to control and rule over the people of the world. In the process, there is a lot of mental stress and strain which makes the mind sick. While doing so, one has forgotten to live. The

number of people who have forgotten to live is increasing enormously.

Therefore, the root cause of these diseases is the mental ailments due to tension and stress. **Many people do not know how to be relaxed in life. They are always tensed.** Life being a natural event, it is always enjoyable only when one is relaxed. The natural nature of life is always relaxed. Let us attempt to discuss some points of knowledge as to how we can be relaxed in life at all times at will.

Organised Life Style

Self-discipline is the bedrock of a successful and great life. **Great men had self-discipline and that made them stand out in the crowd.** They were punctual, regular and committed in their habits. They were not dependent on others. They did things on their own and set examples for others to follow. They never blamed others. They drew a specific daily timetable for their life and other activities. The best self-discipline we can find in is in the ants. If we learn even a little of discipline from ants, we can make our life great. They move behind the leader through the specific path. Self-discipline is a way of life. **When a person's thoughts, words and actions are properly organized there is self-discipline.** Such persons do not waste their time and energy. There is hard,

purposeful and efficacious working style formed as part of self-discipline. Take the case of the Japanese after the Hiroshima and Nagasaki tragedy. They built their nation afresh and became a world leader and competitor in many fields. It was observed by Sophocles that behind every life of self-respect and dignity, there is the power of self-discipline. We can achieve progress only when we have unity. Unity is possible only when there is self-discipline. Self-discipline cannot be imposed upon others. Self-discipline should be a way of life right from childhood.

Self Knowledge

Self-respect is a great motivator and self-inspiring mental attitude. We must have respect for us. We should never underestimate ourselves. **We must be aware of our own greatness. We must be aware of our specialties.** For example, we have the mindset to help others, have the attitude of compassion and good wishes, have the sense of belongingness, and have imaginative sympathy, sacrifice and service. This is our greatness. We must be aware of our assets and plus points. When we give respect to us, others will start respecting us. The way in which we look at us will be the way in which people start looking at us. Self-respect enhances our self-confidence. Self-confidence gives us courage, zeal and enthusiasm for greater achievements in life. Self-respect is the propellant in scaling greater heights. **When we are aware of our self-respect, others' behaviour and dealings will not upset us.** We will be able to decide what kind of life we should pursue and lead. We will be able to decide appropriately what should be our course of action. Our course of action will not be based on others' actions and behaviors. Circumstances and people will not be able to influence us and upset us. Self-respect again

means to be aware of the immortal existence of the self. And in that immortal existence – the core virtues of purity, peace, love, happiness, bliss etc., generate a lot of strength to the self for being happy and peaceful. It generates a natural sense of belongingness, thereby tolerance and humility. Let us be aware of our self-respect and enjoy life. I am the master of my life. I am responsible for being happy or otherwise. My choice should always be to be happy, cheerful and relaxed. Soul consciousness gives us a lot of strength to stand against any kind of adverse situations. A soul-conscious person is called a real *gyani*, because he knows that he himself is a soul wearing the costume of physical body which is perishable and that he is immortal, so also everybody in his surroundings.

Self-Observation

Being careful should not become an obsession. Some people are worried about being careful. Carefulness is the act of being aware of whatever



we think, speak and do. There is close observation. We should observe ourselves at all times so that we do not get into problems which can be easily avoided. Many of our problems are self-created. Self-awareness will enable us to experience the experiences of life during various situations and events. We will enjoy our meals, wearing clothes, conversation, a scene and

scenery and so on. When we are attentive, there may not be any pitfalls. Self-observation is also part of being careful. We must observe our thoughts, feelings, emotions, proclivities, tendencies, words and actions and so on. When self-awareness and self-observation is practiced on a constant basis, that becomes our natural nature. A circus artist performs and the audience is held spellbound. The artist has not done it all of a sudden. It is with the practice of the art for a long time with commitment and focus that he has done it. In the same way, our life is also a circus. High jumps, long jumps, pole vaults and so on are to be made by us at times. This can be done with equipoise and freedom. If we practice self-awareness and self-observation, we can always be careful and carefree.

Laughter

A smile is infectious. When we smile, the world will smile with us. We smile when we are satisfied and happy. **If a smile is true and comes out of the bottom of the heart, it has an electrifying effect.** Smiling enhances our face value. A smile indicates a sense of belongingness and comradeship. A smile has tremendous power to get the required things done without any difficulty. A smile can influence others. It can positively transform the lives of others. It can solve problems and dissolve differences of opinions. A smile indicates success and satisfaction. Laughter is a health tonic. People like to laugh and be merry. Those who laugh are easy going, flexible, simple and cheerful. Such people are not stern and tight. They are accessible and approachable. Those who regularly laugh do not have heart and lung problems. It is not only a kind of physical exercise but it also releases mental tension. It helps proper blood circulation and ensures better health. One should use his commonsense to laugh or smile at the appropriate time. It is said that it takes 72

muscles to frown and 14 to smile. Based on a research it is said that a child – a baby smiles 400 times a day, an adolescent only 17 times and an adult does not smile at all. There is an innocence and beauty in the smile of a child. We must cultivate that kind of smile. We must laugh naturally and enjoy life. Be at ease and peace.

Rajyoga Meditation

Even though we have a lot of knowledge about life and life situations and the way we have to handle life, it is necessary for us to have necessary inner powers – *atma bal* to convert all the knowledge into powers. We know every thing but when a practical situation comes up, we fail. Hence we must first of all find some time for self-renewal. We must fix up an appointment with the self – soul to correct the self, to modify the behaviour and action patterns for the future, if need be. **The soul is a conscient point of light - like a battery. It should be charged at periodical intervals.** Having a mobile phone is not a guarantee for having a communication link with others who are away from us. The battery in the cell phone should be charged everyday by connecting to the electricity supply main line. That line is connected to the generating station. **Meditation is to connect the self – the soul to the Supreme spiritual energy source – God.** It is through thoughts that we can connect to the Supreme. **Meditation is the most powerful technique to draw power from the ultimate source of light and might - God.** God is a point of light – *Jyoti* who is an ocean of peace, knowledge, bliss, love and happiness. The real powers which we need in life are the power of peace, happiness, bliss, solace, love, tolerance and so on. We can draw power from God. Since God is our real Father and Mother, there is an eternal relationship, which is based on love and affection. Since we are souls, we should

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

Say No to Over-Thinking

One of the most common things that trap people in in-action and not doing what they deeply want to do is the vicious habit of over-thinking.

Prof. Onkar Chand, Shantivan



Have you ever found yourself thinking too much and doing nothing? Do you frequently get stuck on a particular topic? Are you continuously distressing and your mind racing constantly? This is the tendency of over thinking, which destroys one's mental peace. Some people have a habit of thinking too much about petty things.

Over-thinking is simply the act of 'thinking about something too much or for too long'. Thinking about something too much destroys the positive energy of the mind. Since too much of everything is bad, so thinking too much is also harmful. If there is so much thinking that the work cannot be done, and then it becomes a crisis leading to mental illness.

When you over think, thoughts go round your head and you find yourself stuck in reverse, unable to move forward. Additionally, you start coming up with weird ideas that completely contradict each other. You start blaming yourself for things you didn't do and start worrying about scenarios that may or may not happen. Once you discover how to stop over-thinking and live in the moment, you'll be happier, more relaxed and will have a positive influence on those around you.

Symptoms of over-thinking

Thinking is normal for a human being, but over-thinking can lead to problems like anxiety, panic, nervousness and depression. How do we know when

we are crossing the line and entering the zone of 'over-thinking'? When does thinking become over-thinking? This is when you can't let go of your worries. When you think so much, you become paralyzed – unable to really make a decision or take any action.

Racing thoughts can increase your anxiety or feelings of uneasiness and can disrupt your concentration. When you have racing thoughts, you may feel like: you aren't able to slow down your thoughts and it's difficult to focus on anything else. You keep thinking about a problem that has been blown out of proportion and you start thinking of the worst-case scenarios; you worry about the future, you ruminate about the past and you are stressed about what others think of you.

Other signs may include: difficulty in taking decisions, emotional absenteeism, sleeplessness, aggression, resentment, repetitive thoughts and difficulty in concentrating.

Harmful effects of over-thinking

Over-thinking can change the way you work with others and the way you do things. It can drastically affect your personal life, social life and professional life too. Most importantly, over-thinking may also cause emotional distress.

Here is how over-thinking can damage you:

It may trigger mental illness, disrupt your quality sleep, affect problem-solving and decision-making, lead to exhaustion of the brain cells, decrease self-confidence and foster self-doubt, promote and exacerbate different forms of mental illnesses like stress, anxiety, and depression. Racing thoughts can also result in insomnia. This happens when you struggle to fall asleep because you can't slow down your thoughts at night. Over thinking disrupts the daily routine activities. Habit of over-thinking will take up much of your day and at the end you'll have little productivity to show. Moreover over-thinking is exhausting and energy-draining.

HOW TO STOP OVER-THINKING

Here are several steps and ways you can take to manage or prevent racing thoughts. These don't happen overnight—some will take time to develop and some can be implemented immediately. But they all require conscious work from your side.

1. Change the thoughts you give to yourself

What you repeatedly say to yourself and the way you describe yourself over and over again - is what you come to believe and become. The question is then - does the story you tell yourself or the thoughts you give to your mind empower you or deter you? Thoughts like "I'm an hyper-thinker" or "I always worry because I have too much on my mind" or "I'm not really good at making decisions and I tend to over think everything" will do you more harm than any benefit. If this is the story you tell yourself, you need to stop immediately because it's taking away your power. Instead, do this: Without delay replace those negative narratives with positive, powerful and empowering thoughts: "I am in charge of my emotions", "I think clearly", "I will do my best", "I am full of energy and power" and, "I'm a good decision-maker."

2. Distract yourself

Telling yourself to stop thinking about something will backfire. The more you try to prevent a thought from entering your mind, the more likely it is to keep popping up. Change the channel in your mind by changing your activity. Whenever you feel overwhelmed with thoughts, one of these things can help you clear your head: Exercise, unplug from all digital devices, walk in nature, engage in conversation on a completely different subject, or work on a project that distracts you. Doing something different will put an end to the barrage of negative thoughts.

You can resort to distraction by getting engaged in activities that are of your interest, as it helps to break the web of over-thinking. You can do this by going out, listening to music, talking to a friend, drawing a picture, reading a book, or walking around your neighborhood.

3. Let go of the past

Over-thinkers often focus on the past, expending energy on "what ifs" and "should haves." When you accept the past as it was, you relieve yourself from its burden. You will then free your mind from the burdens, mistakes or grudges of the past that prevent you from taking action in the present. Letting go of the past means you don't let your mistakes control your future decisions – and you don't let bad things that have been done to you control your emotions. You forgive others and let go of your anger.

4. Live in the moment

Living in the moment is the key to learning how to stop over-thinking. The past doesn't matter. The future is out of my reach. All I have in my control is the present moment. So I will stop thinking about the past or the future. I will only think about the here and now. Being present isn't easy. It requires practice. But whenever you find your mind thinking about the past or wandering into the future, try to bring it back to the present moment.

5. Focus on what you can control

Focusing exclusively on what is within our control magnifies and enhances our power. When you find yourself anxious, take a minute to examine the things that you have control over. Remember, allowing yourself to be absorbed in your problems is not going to solve anything. If you have some control over any part of what's happening, try to focus your attention on what you can do to prevent or resolve the problem.

6. Keep the attention on problem-solving

Focusing on your problems isn't helpful—but looking for solutions is. Recognize your problems, but give your strength and energy to solve them. It is said “Energy flows where attention goes.” It is also said: Think about problems, they will grow; think about solutions, problems will go. Thereby to stop over-thinking shift your attention to the solutions instead of problems.

7. Remember:

“Everything happens for a reason”

There is an old saying which says, “Everything

that happens, happens for good”. Sometimes when things are not the way we want, we get upset and indulge in over thinking. Thus when things don't go your way, think that it is happening for your good and benefit. Create thoughts like “Everything will be fine”, “All is well”. Praise yourself for your successes and forgive yourself for your mistakes. Consistently work on building your self-esteem by taking care of yourself and doing things you love, enjoy and excel at.

8. Practice Rajyoga Meditation

Developing a regular meditation practice is an evidence-backed way to free your mind from panic by turning your attention inward. Meditating can reduce rumination because it involves clearing your mind to get into an emotionally calm state. Meditation is an inner mental exercise which helps to relax and slow down our thoughts. Readers can contact their nearby Brahma Kumaris Centre to learn Rajyoga Meditation. ■

WORDS OF WISDOM

- ◆ Your image isn't your character. Character is what you are as a person.
- ◆ Life is an echo; we get what we give.
- ◆ There are no regrets in life, just lessons.
- ◆ You cannot control everything that happens to you; you can only control the way you respond to what happens. Your response is your power.
- ◆ You will meet two kinds of people in life: ones who build you up and ones who tear you down. But in the end, you'll thank them both.
- ◆ If we don't change, we don't grow. If we don't grow, we aren't really living.
- ◆ You choose the life you live. If you don't like it, it's on you to change it because no one else is going to do it for you.



SACRED PATH OF HAPPINESS

Saty. B. Saraswat, Dehradun

In the present world – status, wealth, power have become the base of happiness. But this materialistic success cannot be permanent for a long time as a guaranteed source of happiness for any individual. So, for permanent peace of mind, we need to think about the original virtue of happiness. This can be done by defining what is really important for us. In this regard, practice of soul consciousness can be useful. **Here is a story worth remembering**, once a disciple of Buddha asked him “I want happiness. Buddha said, “Remove I, this is ego, then remove 'want' that is desire then you are left

with Happiness”. That was a message of Buddha to all seekers of happiness who are in search of the same in the outside of world.

In Bhagwat GITA, the real source of happiness is disclosed as:

*“Mayi sarvani karmani
samnyasyadhyatmacetasa
Nirasirnimamo bhutva yudhyasva
vigatajvarah.”*

Being free from any desire, egotism, and fight may be source of soul consciousness and self-satisfaction. Generally, we seek happiness in family and friends or in acquisition but all these are externally dependent, in which happiness is confused with stimulation and excitement. **But**

real happiness is not dependent on anything.

In 19th century, Ramkrishna Paramhans was known for his deep knowledge of spirituality. When he was in the last stage of cancer, his followers asked him about his illness. He replied smiling, **“The real happiness is - Life should be taken as it comes to us.”**

So, real happiness lies within. We can be happy and stay in peace if we practice meditation and experience detachment from all. So let us practice being soul conscious for a happy and peaceful life and continue in remembrance of the Supreme Soul. ■

NOTICE

Government of India has increased the posting rates for foreign countries. Therefore for overseas subscription rate for '**The World Renewal**' and '**Gyanamrit**' monthly magazines has been increased to 1500/- (annual) and 15000/- (life time) w.r.t. August 2022.

IMAGINATION IS NOT MAGIC

IT IS PURE PSYCHOLOGY

B.K. Ram Singh, Rewari

Awaken the desire to dream and whatever you want to be, see that goal in your visualisation.

Imagination invents because imagination does powerful things. If scientists call the brain a lock, then imagination is the key because everything is in the brain. If you think, what do you want to achieve? Want to become a businessman, want to become a doctor, engineer, advocate or officer; you want to become an *Ashta Ratna* or something else? Whatever you want to be, see that goal in your visualisation and to achieve that goal, first make a plan.

When a thought comes, a picture of those thoughts is formed in the mind, so visualize what you want. **It is said that imagining tomorrow with positive pictures proves to be very effective because our mind sees people or situations only from pictures.** While thinking about any situation, we definitely make a blueprint in our mind, sometimes we also make it bad. Then we will give a similar reaction and will say that the result of this is not going to be good. All these come in the form of pictures and we look at our future on the same basis by getting trapped in the sorrows or experiences of the past, so the bright colours are not filled in the picture of tomorrow.



"Imagination/Visualization is everything"

Those who believe in imagination say that imagination is everything; that imagination is not unfounded. Its base should be so strong that imagination gives a feeling of reality. It should be a glimpse of the best that is going to happen in the future. As far as seeing the events in the form of pictures is concerned, there is no difference between the images of the imagination and the reality in the mind i.e. thinking deeply about one's success, achieving the goal in the form of colourful, front-facing scenes. Look at it, repeat it again and again in your mind, the goal that is being achieved in it, and if you try continuously, then within the time fixed in the imagination, that picture can become a reality. This experience has been done by many people and anyone can do it.

"Do what you want to be"

An unknown musician walking the streets of New York was stopped near Carnegie Hall and asked, "How did you get to this Carnegie Hall?" He replied immediately, "By practice and practice only because I had imagined long ago that I had to reach this far." In fact, practice is the key to being proficient in any aptitude.

Your brain is also like a muscle, the more you use it, the more powerful and capable it becomes. By doing this practice, you can learn any work behaviour or inculcate the same kind of habit which you find very difficult to shed. In simple words - imagine yourself as the way you want to be.

“The burden of excessive expectations, don't put it on yourself”

Today we are what our thinking has made us, so be sure to keep in mind what you think. The sound of words is small but thoughts travel far and wide. Over thinking is also a big problem. One is a fly and the other is a bee. The fly finds dirty, rotten things or smelly places and sits on it whereas the bee sits only on flowers. She stores her honey and consumes only honey. Now we have to decide where we want to focus our attention on the dirt or rotten garbage or on the flowers. Can a man be good in everything, in any place, in any event or in every situation? What possibility can be hidden in every event? What are the characteristics of that place or environment? It is important to consider and understand them. To get rid of such thoughts, recognize and accept your own strengths, qualities and shortcomings. Do not burden yourself with excessive expectations.

“For your healthy imagination make special rules”

Dreams and imaginations have a special place in human life. If you live according to those fantasies, then the whole universe will be busy in fulfilling that wish of yours. Make some special rules for your healthy fantasies, which you want to realize. **If a person moves towards his dreams with full confidence and tries to live life according to his thinking**

or imagination, then it is certain that he will be successful in giving wings to his dreams or imaginations.

“Find a strong base in the bustle”

The goal which you do not want to achieve or your confidence is not ready to do so, do not include that at all in your fantasies; that is, do not give them space even in your thoughts.

Second, you have to rely on your own strength so much that you can turn what you cannot achieve into reality. If you want to kill your imagination, the result will be static, and you will get fixed in your present state for the rest of your life. **Third**, you have to find a strong place for yourself that will remain unmoving in any movement, which will remind you time after time that your imagination is only for your own goal. There can be no interference or pressure from anyone else.

“The suffering of others by the power of imagination can be felt”

Imagination is not just concocted tales, stories. With the power of imagination, you can heal the suffering of others. **God has given man the power of imagination with the help of which one can heal the sufferings of others too.** But most people don't even want to think about others. They do not want to open the doors of their hearts and minds to understand the suffering of others. They want to live in their own realm.

“Imagination is not magic, it is pure psychology”

If the goal is made, and its positive picture is also settled in the mind's eye, then the path will also start appearing automatically. This is not magic it is pure psychology. There is also a saying that when a person makes up his mind to do well, then he slowly advances towards

making it real. This is called “Reticule Activating System”, which takes our thinking in the same direction, which corresponds to our picture of the future at that time. This is all normal and that is why we keep climbing the ladder of success; which unknowingly people say—“I do not know how the stairs were seen and we kept climbing”.

God's words

Imagination is a wonderful ability of human beings. But what is not in reality cannot even be imagined. Imagination is also the first source of man for new ideas or inventions, that is, the first step. There is no need to show any miracle to anyone for changing the world because the divine power that is needed for this is already present in man. Man has the power to imagine wonderful things that God himself gives to souls at the confluence age.

God Shiva has also been called a magician, but many people remain deprived of this magic. Such people do not even try to dive into the ocean of their imaginations. They are experienced, but they want to remain confined within the realm of their experiences, that is, they do not even look at other people's problems until they personally feel it. ■



KEEP ALWAYS A SMILING FACE

– B.K. Sapna, ORC, Delhi

Keep always a smiling face in every situation;
Cry not and grieve not is Shiv Baba's Direction.

You'll not be peaceless and not lose thy heart;
If donation of jewels of knowledge, love and peace is
your part.

Don't run after bodily beings, but remember God
alone;
Display your kind heart, as you aren't like a stone.

Remember Him always, perform your duty;
And shun hatred as that will snatch your divinity.

Respect your own self and also respect all;
Be a fragrant flower even in the fall.

God Father is the Bestower of Happiness and Bliss;
Enjoy His vast Creation and let the credit be His.

Follow the Directions of God, the Supreme Father of
all beings;
Remember Him and His Powers will give you wings.

Smile always, for your smile has to go miles;
For dispersing from the hearts of many their evil guile.

THE ART OF ACCEPTANCE

Acceptance is not endorsing one's point of view but being at peace with that point of view.

B.K. Sujoy, Elgin Road, Kolkata



Let us learn to practice acceptance at all levels. Let us accept our body as it is. Acceptance improves the quality of the body. Accept the surrounding world as it is and learn to improve it.

Learn not to fight with life, but flow with life. The moment we flow with life an inner lightness will envelop us and a new quality of aliveness will fill us. Such a person cannot be hurt, cannot be disturbed. His perception of others will not be distorted. His factual perception will not be influenced by his dogma and expectation.

We should not be victims of our logic; let the power of love teach us the art of operating from the heart and the heart knows how to accept. **When there is love, there is acceptance. We will never know the poetry of life, the glory of life, the grandeur of life, if we have not learnt the art of acceptance.**

When someone speaks unpleasant words, we should not create a conflict in our mind. Accept that it is others' perception and others' perception need not be true. We should learn to be at peace with what is and that is possible if we totally accept the other.

The power of acceptance dissolves our hurt. When we resist something, then this resistance creates a conflict within us.

Now, the question is how can we augment the

power of acceptance in the circumstances of non-acceptance?

The answer is Rajyoga. **Rajyoga is the way that enables us to gradually transform our physical, mental and psychological consciousness into spiritual consciousness.** Spiritual consciousness is a gradual blossoming of the longing for perfection.

Acceptance means that we have come to terms with something, such as our situation in life, the people in our environment, our ambitions and hopes. Whenever we overcome a barrier of arrogance, we exercise a sense of profound acceptance. **One of the signs of an ego problem is the refusal to accept something, whether it is criticism, correction, or the fact that we were wrong, that someone is more talented, competent etc.** When we reach acceptance, we find peace.

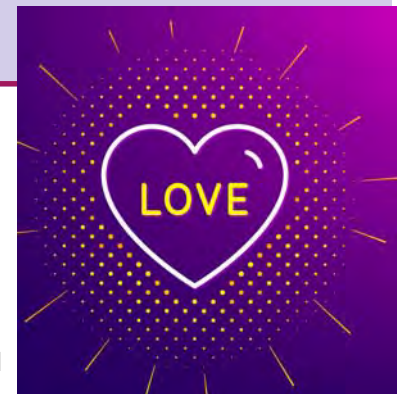
True greatness lies in accepting ourselves as we are. It is like a gift. If someone presents a gift to us, accept it unconditionally. Because love is everything and doesn't matter whether we are rich or poor, it is the emotional capital that counts most. In fact, life is a gift. It is the 'present' at present. Each one has his own style, nature, specialties, strengths and weaknesses. No two persons are alike and live in the same environment. **We cannot compare ourselves with others. Each**

(Contd. ... on page no. 25)

GOD'S LOVE IN ONE'S LIFE

An Understanding of the Beauty of Spiritual Love

Dr. B.K. Shiv Kumar, Ahmedabad



God is the ocean of love; a great Lover who loves you each moment and in every step. God's love is unlimited, infinite, and unending. Human love has limitations; is conditional, materialistic, emotional and fluctuating. God's love is full of emotion but has rationality attached to it. **God does not demand anything in return for his love.** One can experience the divine and exciting love of God in each situation, condition, and place. It is not limited to time and place. **People are seeking sensual and material pleasure which weakens the body and soul of the person. God's love empowers, enriches and enlightens the soul.**

We do not need any education to love God. Innocent and illiterate with divine insight and intellect can immerse in God's love faster, deeper and better. God's love acts as a protection, canopy and shield against all the day-to-day problems that we encounter. It does not need any age and physical health condition. Person of any age, color, community, and caste can experience God's abundant love. God's love is unconditional and quite opposite of sensual pleasure and lust. As long as one realizes the divine and intangible beauty of God's virtue, power and knowledge one experiences it undisturbed. There are many to equate God's love with lust, it is a big mistake. God's love is divine, sacred, and spiritual. God's love transforms a threat to favorable and supportive situation. **It is God's love which**

strengthens the mind and body to face various situations and sail through all the odds in life. Experience of God's love becomes deeper and deeper with purity and clarity as time passes. With age, sensual love is not supportive rather indulgence makes one physically ill, unfit and weak. Longer realization of God's love nurtures the soul and body. The happiness of sensual pleasure is momentary and short; which erodes the strength of the soul and body. But God's love is infinite, unlimited, and perpetual. It needs individuals to get an understanding and introduction of God and to establish relation with Him.

God loves you as Protector, Father and Mother. You can accept Him as your husband, wife or life partner. One can experience the love of God in all form of relations, as if God is bound to reciprocate your feelings, love, and loyalty. **God's love gives tremendous self-control to steer within all situations. It gives tremendous power to protect our intellect from harmful and evil thoughts.** God's love makes one's life fortunate and meaningful. God's love makes one intelligent and sharp to make correct decisions in life. God's love makes one wise and intelligent to understand and analyze situations better. God's love and kindness is in the form of His knowledge, directions, and guidance. If one's mind and heart is filled with God's love, one will remain light and easy. Many a times one loves God or

tries to remember God on conditional or situational basis. As soon as one recovers from a situation, one forgets the gratitude of God's love. God's love makes one's life peaceful, happy, prosperous and blissful.

There are various love stories in the world and nothing can be more exciting, enjoyable and pure than God's love. Dancing and singing in the love of God makes things easier and happier. Physical and sensual love can drag and push one into hell, and God's love makes one worthy of Heavenly happiness. God's love can make an impossible task possible. It is God's love which nourishes the mind and body and heals the bruise of the mind and body. **If one is loyal to God's love, God takes the responsibility and ownership to protect and sustain that soul in this world drama.** God's love burns the past negative karmic account, weaknesses and vices of the soul. **Meditation is nothing but deep love with God. Intense love with God destroys the opposition, obstacles, and problems in one's life forever.** Most damaging element or obstacles in God's love is body consciousness, lack of clarity and confusion in life about God's identity, activities, and existence. Recognizing and establishing relationship with God needs extraordinary luck or fortune. The comfort and joy one derives from God's love is unmatched. It is not the experience of one or two persons, everyone's life is filled with God's love, but only a few value it. Millions are there who are spending their lives in God's love. Their lives are filled with love, happiness, peace, and purity.

Through the practice of meditation at various Brahma Kumaris centers, one can develop an understanding of God's knowledge and virtues. God's love makes one light and powerful and helps fly against the attraction and bondages of this world to the world of peace, calmness and

happiness. Spirituality is filled with God's love and care, which makes one's life meaningful, bondage free, easy and valuable. It is the "*Mohabbat*" or God's love which is driving Brahma Kumars or Kumaris not the "*Mehnat*" or hard work. God's love can be experienced from far; it is independent of physical proximity. Fill your life with God's love and lightness with the practice of meditation. Love in this world derails one from one's focus and success, but God's love makes one successful and lucky. It enhances the qualification and quality of the soul. ■

OH! MY SWEETEST GOD FATHER

– B.K. Archana, Tumakuru, Karnataka

Your strong presence makes me lovely,
Your strong essence raises me to be princely!

You were always throughout my thick and thin,
As always you make me win.

Your silent voice guides me through the rough path,
Your radiant energy is like a relaxing bath!
You shower the words of knowledge,
Also support me to follow my pledge.

Your enchanting beauty makes me smile,
Fills my heart and moves me one more mile!
Your love is wonderful and holy,
I know you love all of us equally,
Yet it feels like you love only me specially.

TWO SECRETS FOR TRUE LOVE

The two secrets for true love are to understand the soul and the other is to understand God. There is power in these two secrets. When I understand that I am a soul with a nature of goodness and each human being is a soul, then we don't even need to speak. It is a matter of looking at you with spiritual vision and seeing you, the soul sparkling in the centre of the forehead. I may not understand your language, but I will understand the thoughts and feelings of the soul. Communicate first through thoughts and then through words. This is the service of this time. When we speak and act from the consciousness of being a soul and keep our awareness elevated and spiritual, body consciousness is chased away!

Thoughts can be our best friend or our worst enemy. They affect our spiritual endeavour. Whatever is the quality of our thoughts, positive or negative, our attitude becomes the same and our vision follows. It's a natural occurrence. If we don't keep checking our thoughts, our mode of thinking becomes quite ordinary or negative, no longer spiritual. Our mind begins to race; we react sensitively to little things and to the opinions of others, even to our own limited way of understanding. An enlightened person understands that nothing is to be gained by thinking about others. When you look at others, don't see their defects. Just pick up each one's virtues and specialties, and you become filled with these qualities. Your pure thoughts and feelings will do all the work.

Human beings always think that others should love them. However, as we develop inner peace and power, we increase love for ourselves. We will never become tired of loving the self. When I

love and respect myself, I can offer true spiritual love and respect to others and be free from attachment.

The other secret is to understand God as our Father, an Eternal being of light, a soul who has pure unconditional love for us. 'I am a soul and I am a child of the Supreme Soul, my Father'. There is power in these two secrets. When I remember and hold the loving Father in my awareness, the flood of wasteful and negative thoughts naturally stops. The mind and intellect become filled with pure thoughts and true love rests in our heart. God's light of love and might will be visible from our face. When enough souls have the same collective commitment to keep the company of God, a wave of pure, powerful vibrations will radiate across the world and uplift souls. True love heals. This is what the world needs at this time. ■

Contd. from page ... 10

remember God in soul consciousness to enrich these spiritual powers. There will be instant experience. A lot of research has been conducted by innumerable people on meditation. It has been found that Rajyoga meditation can easily achieve easiness in our routine, we can respond effectively to people and situations, and we can be reasonable in solving problems. We will have clarity of purpose, goals and values. Our concentration power, memory power and the ability to take proper decisions increase. It improves our physical, mental and social health. Therefore, we must create some space for meditation compulsorily, just like we find time for food and sleep. Meditation is the most dependable and guaranteed tool to experience peace. ■



This is not an Ordinary Gathering

STUDY IS PRACTICAL HERE

The main difference between this spiritual gathering and others is that this is based on Godly study, where main emphasis is on practical life, i.e.,

inculcation rather than just preaching. During this study one needs to keep in mind: who we are and what we should do. Now, what we need to do is to move on practically; put that into practice. Our action becomes elevated through such practice. This means bringing purity into practical life. Don't just think: 'Our time was used in a worthwhile way, by listening; we liked it.' If we don't imbibe the teachings, we can't become good just by listening to the knowledge; purity cannot be realised. As everything depends on actions, **we must pay attention on actions and try to translate the knowledge into practice.**

The Emphasis Here Is On Actions

During student life, a lot of attention is paid so that the students' study properly and imbibe

every aspect of knowledge. This is not an ordinary gathering in which it doesn't matter whether one listens to or not. Here it is believed that no one can become pure by merely

having a glimpse of something. On the path of *bhakti*, this sort of belief has existed for a long period of time, and still continues. This is known as blind faith.

Here, one has to recognize one's true identity, and bring that into action. This is why everything depends on practical activity here. The emphasis is on actions. So, it is asked— do you imbibe purity? Do you feel changes within yourself? Are you experiencing being free of the five vices? If there are no changes, one should seek a remedy; and only if one gives one's report to the mother (Brahma Baba, the Corporeal Medium of God Shiva) and Father (God Shiva, i.e. Shiva Baba) can they give a remedy.

This Is A Study

This is a study. One who studies will know his weak subjects. Only if he tells the teacher, 'I am weak in such and such subject', can the teacher give the remedy! It is the duty of every student to tell what his/her weakness is so that their teacher gives them some remedy and he/she can move forward.

Hence, one must look at oneself: "Have there been changes in me?" If there are no changes, one should understand that one has not moved forward. Thus, **one must pay full attention to one's practical life, continuing to perform clean actions.**

Imbibe and Move Forward


Here, we have to change practically. Only then can we understand that our future is becoming elevated. We have to keep all these things in mind, imbibe practically, and continue to move forward. ■



THE FACE OF THOUGHT....

**Can Be Oh so Ugly and Oh so
Incredibly Beautiful**

B.K. David, UK



Not everyone can face up to their poor thoughts and the consequences they produce which follow them round like an welcomed over coated in a heat wave that you cannot take off however hard you try.

Do you face up to all of your thoughts and actions and accept their repercussions? Many cannot and just as many think that whatever they do will go unnoticed and they will not suffer any consequence for their badness, and what can be for some, evil wrongdoings and thinking.

To think you can avoid the consequences to your thoughts and actions is to think you can escape getting wet when you stand under a shower for 10 minutes. There is so such ignorance everywhere to which most are guilty of harbouring it but unknown to them is crippling the mind as naturally as what the sun's rays can burn you.

To be crippled they call bad luck and which doctors say have an operation, take tablets or learn to live with it.

**This helping of bad karma will hardly
help you if you've sown seeds of
misery.**

All want a good life yet their actions are not conducive to making a happy life for them and those around them as their thoughts and actions are basic, selfish and body conscious and in time will grow into weeds that wrap themselves around their hands and feet and poison them.

**Their present is wrapped and tied with
a bow of barbed wire.**

It's good to get lost in the present but most get lost in it with vice and when they open their daily presents, it releases a gas that makes them sad and stressed and where they can no longer think clearly; such is the power of false thinking and poor actions.

You definitely have to carry round with you your past sins, actions and thoughts that you either only thought of or performed. These sins make a person heavy and to feel stress, backache, headaches and toothache and many more aspects to ill-health and when built up and seeming have been left in the past and forgotten, and no longer come to mind and so have become inconsequential, as laying inactive and have for the time being, escaped life's spiritual Radar of Truth where justice would have been served, must one day surface and cause either or both, inner and outer turmoil.

**Karma has endless papers to serve on
most people and its ink for its rubber
stamp never runs out.**

Sometimes our past can surface with one intention and that's to serve an official paper seeking justice and revenge. The settling of such an account can often come and be finalised in one big helping that's placed on your karmic plate in the form of a heart attack, stroke or some other dire problem or can be drip fed over years

or as is now often the case, is settled in an instant but whose subsequent repercussions can last the recipient a lifetime trying to deal with its aftermath.

This shadow of sin will follow you everywhere you go and block out any sun rays of happiness which try to shine on you. This in itself is part of the punishment of sin and goes unnoticed by all as so frequent and subtle in its workings that none can comprehend it and the few that do, often disregard it.

There's a jacket that everyone wears and few can see or take off.

This overcoat of sin is glued on to you and no matter how hard you try to take it off, it's impossible as it acts as a straightjacket. If there is one garment to which everyone wears and is oblivious to it for the most part, it's this invisible straightjacket.

Have you got arms of harm or arms of calm?

Carrying round this built up heavy sin/waste/anger/greed/desires/frustration within your soul/mind all of the time grows very heavy and tiresome and this is the main reason for people's exhaustion. The burden of sin is a depleting one which few accountants know about and few religious or spiritual followers can reduce and diminish as they know not how they really acquired it and how it came about that it built up so high that if they should slip, they'd now fall from the 20th floor of **The Karma Building**.

As you cannot inflate a balloon without air, so your soul needs action to live and breathe.

Fill the balloon with the wrong gas and trouble will arise: perform the wrong actions and your soul shall suffer.

Many let their bodies develop harmful arms, legs, hands, mouth and eyes which then control and take over their thinking process with their

thoughts, actions and lifestyle all becoming subservient that sees their bodies having connections of harm which must in turn, harm their souls.

The arsenal of love has been replaced by the arsenal of anger.

For most, their bodies have becoming as walking rifles of attack that sees their arms and mouths as guns and their speech and actions their ammunition which fire endless bullets that attack, attack and attack.

The once popular mellow magazines that people sat and read have now been replaced by the magazines containing the bullets of hate, revenge and dislike.

Given enough time, a person's bad actions and thoughts will reveal to everyone his true inner self.

Do you live by your true inner self that's full of the virtues of love and peace and which radiates quality to one and all that you meet? Or do you have a false, outer self that you display to the world where you manage to keep a secret hidden self inside that's not so pleasant and has poor intentions, desires and is far from being elevated and is closer to degradation – but cleverly hidden away so no one can see it?

You have the freedom of choice and this has turned out to be people's downfall as it's given them rope with which to hang themselves by as opposed to making a skipping rope by which they could have skipped their way through life with a smile on their face and laughter in their mouths and spent a life in great joy.

The Funny Mirrors might make you laugh but the reality is often, that's how most look on the inside.

Your life's a huge mirror that will reflect back at you and to the world, what kind of a person you really are, as opposed to how you think you are. This mirror is your actions, lifestyle and constant

circumstances, that more often than not, reflect back a clown, a strict circus master or maybe one of the audience that's just bored with it all and wanting a change, excitement and with some, even wanting truth!

Many lead a mundane, boring life that is often comes down to a person leading their life with ill-health a constant companion that follows them everywhere as a shadow which they cannot shake off, no matter how hard they try, tablets they take or remedies they undertake.

Sins will always erupt within you one day and burn your inner house down of limited achievement, peace and happiness.

Most inner houses have the décor, furniture and wallpaper of peacelessness, sorrow and anger. Living in such a house constantly causes disease and ill-health and mental anguish, confusion, depression and stress which no matter how much you try and escape from them by either falling asleep or running away from, be it with drink, hobbies or travel, your inner furniture is continually within you. People easily forget it was them that originally bought the defective furniture and came home and placed it in the living room of their mind.

If not careful, sins accumulate constantly through out your life and without paying attention to your thinking and actions; many end up leading a very poor life and end up living in the rubbish dump of bad habits.

Karma can serve many desserts with no sugar that are uncooked that takes a dinner a lifetime to digest this unhealthy meal as their reward.

Karma is a master of concocting circumstances equal to those caused to another person and puts it all back on the instigators plate to eat and to suffer by - with interest added on in each mouthful.

Be it earache, sore back, sore front, knee,

foot, throat, elbow or neck, all are created initially from having poor thoughts in your past that you allowed to manifest into action and as it was YOU that created such a basic environment in which to live, whom do you think should pay for all those poor thoughts and bad actions? Should it be me, your neighbour or best friend that pays for them?

From shouting, thinking, nudging, getting angry or pulling the pin on the hand grenade or setting a timer on the clock of a ticking bomb, all come with a return.

Whatever you do in life comes with your return address stamped on them with your name on it at the top in capital letters.

Just because you might have tied a bow on top of many of your wrongdoings (with you not even sure what it was you were giving out in your present) and made your intentions sound noble (as everyone gives out sorrow anyway and is the way of the world to get what you want), will not have hid the knife hiding behind your back from the all-seeing eye of karma. ■

Contd. from page ... 18

person is as valuable as the other.

One of Rajyoga's beautiful teachings is that we believe that we are solely responsible for our choices and we have to accept the consequences of every deed, word, and thought throughout our lifetime; this means total acceptance. In this process we accept ourselves as it is. We are neither judgmental nor do we find faults in others.

We accept the uniqueness of everyone.

We appreciate differences. We are not noting weaknesses of others. There is no sign of ego in us. We appreciate others' goodness and talents. ■

EXPERIENCING *REAL JOY*

By keeping the mind free from unwanted thoughts, waste thoughts and from tension we can have a more enjoyable and productive life.

Farha Sayed (Mumbai/ Tarim-Yemen)

Mind and body are merely a bundle of processes that are constantly arising and passing away. Our suffering arises when we develop attachment to the processes, to what is in fact ephemeral and insubstantial. If we realise directly the impermanent nature of these processes, our attachment to them passes away. This is the task that meditators undertake, to understand their own transient natures by observing the ever-changing sensations within. By doing so they allow the old conditioning of the mind to come to the surface and pass away.

When conditioning and attachment ceases, suffering ceases, and we experience liberation. It is a long task requiring continual application. Benefits appear at every step along the way, but to attain them requires repeated effort. Only by working patiently, persistently and continuously can the meditator advance towards the goal. Seeing only the patterns and not the underlying components, we are aware primarily of the differences and therefore we draw distinctions, assign labels, form preferences and prejudices and commence liking and disliking the process that develops into craving and aversion.



Whenever a thought appears in the mind, we are aware of the accompanying physical sensations, arising and passing away. The apparent solidity of body and mind dissolves and we experience the ultimate reality of matter, mind and mental formations; nothing but vibrations, oscillations, arising and vanishing with great rapidity.

As meditators, **we practice Raja yoga not with the aim of experiencing any particular kind of sensation, but in order to free the mind of all conditioning.** If we react to any sensation, we increase our suffering. If we remain balanced, we allow some of the conditioning to pass away and the sensation becomes a means to liberate us from suffering. By observing unpleasant sensations without reacting, we eradicate aversions. By observing pleasant sensations without reacting, we eradicate craving. By observing neutral sensations without reacting, we eradicate ignorance. Therefore, no sensation, no experience is intrinsically good or bad. It is good if one remains balanced; it is bad if

one loses equanimity.

No matter what arises, whether within the microcosm of one's own mind and body or in the world outside, one is able to face it not with tension, with barely suppressed craving and aversion but with complete ease, with the smile that comes from the depth of the mind. In every situation, pleasant or unpleasant, wanted or unwanted, one has no anxiety, one feels totally secure, secure in the understanding of impermanence. This is the greatest blessing. **Knowing that you are your own master, that nothing can overpower you, that you can accept smilingly whatever life has to offer, this is perfect balance of mind, true liberation, freedom of experiencing real joy.**

Bliss, tranquility, awareness, full understanding can be achieved through a balanced mind. In this way, by keeping the mind free from unwanted thoughts, waste thoughts, free from tension we can have a more enjoyable and productive life. ■

Life Changing Advice

- Today is a wonderful day to have a wonderful day!
- Dream your dreams with your eyes closed, but live your dreams with your eyes open.
- Beautiful things happen when you distance yourself from negativity.
- Your time is limited, so don't waste it living someone else's life.
- Don't be afraid of failure. This is the way to succeed.
- Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin.
- Always remember to challenge yourself to go beyond what is comfortable. Be more, create more, experience more.

LAUGHTER: THE BEST MEDICINE

- ◆ A bus station is where a bus stops. A train station is where a train stops. On my desk, I have a work station...
- ◆ I like work. It fascinates me. I sit and look at it for hours.
- ◆ Experience is what you get when you didn't get what you wanted.
- ◆ To err is human; to blame it on someone else shows management potential.
- ◆ He who smiles in crisis has found someone to blame.
- ◆ Some cause happiness wherever they go. Others whenever they go.
- ◆ If you can stay calm while all around you is chaos, then you probably haven't completely understood the situation.





Delhi (ORC): Mr. Bhupender Yadav, Union Minister of Environment and Climate Change is inaugurating a program 'Kalp Taruh' to plant million of trees along with BK Asha, BK Komal and others.



Patna (Kankarbagh): Self-reliant Farmers' Campaign is being launched by Mr. Amarendra Pratap Singh, Agriculture Minister, BK Sarla, BK Sangeeta and BK Badri Vishal.



Houston (USA): Ms. Adesh Sudhir, Consul from Consulate General of India is speaking in a program on International Day of Yoga along with BK Dr. Hansa Raval.



Leh: BK Binny is with Bhikkhu Senghsen, President Mahabodhi International Meditation Center and Ms. Kiran Bedi, former Lt. Governor of Puducherry during Int. Festival of Yoga and Meditation.



Hyderabad (Shanti Sarovar): A programme on 'Satyug through Shrimad Bhagawad Gita' is being inaugurated by Mr. Gangadhara Sastry, Chairman, Bhagavadgita Fundation, HH Sakshi Swaroopananda Swami, Head, Chinmaya Mission Hyderabad, BK. Brijmohan, BK Santosh, BK Asha & BK Kuldeep.



Dehradun: Sitting on stage during a Sant Sammelan (L-R): Dr. Swami Kesavanand Shastri, Swami Ganeshnath Yogi, Mahamandaleshwar Santoshanand Dev, Dr. Swami Amritanand Giri, BK Manju, Mahant Shambhu Das, Baba Kothari, Swami Parmanand Das and Mahamandaleshwar Someshvaranand Giri.

REACH FOR THE STARS!

Believe in yourself & have the courage to go for it!

B. K. Chirya, Owego, USA

The world appears to be topsy-turvy at present. Everything is the wrong way around. Negativity, the vices of lust, anger, greed, attachment and ego and stress have been uninvited guests in our lives for a long time, and continue to create havoc both physically and mentally. Right is not might and wrong is strong. Although we resist and fear these negative changes, we forget we empower the object of our resistance by resisting mentally or physically and it increases. Morality at a leadership level is currently defined as “how could the bar for shame be set so low??” Legislation, lock down restrictions or security measures have not been able to repel the increasing gun violence...and on it goes.

What is the solution?

A hole exists in the heart of our education system, where life-affirming values, skills and abilities of self-management should be. Self-governance and values education has lost its priority. **Very little is available to teach us how to turn within and govern our thoughts, feelings, attitudes and behaviour**, to show by example how to manage ourselves. We must now make an effort to enrich our lives and have the highest quality of character. Values form the armor in our character and protect us so the negativity in the world will not enter our hearts. Amal Clooney* spoke these inspiring words, “*To young women, I would say Reach for the Stars and believe in yourselves, and know the only thing you can regret is not trying. A lot of success is down to luck and hard work, but it's also down to having the courage to go for it! . . .*”



Self-management means to lead the mind rather than the mind leading me.

It is really quite simple. *To eliminate the negativity means to practice taking charge of the mind. I consciously choose the quality of my thoughts, instead of resorting to violence.* The transformation within the self of not seeing and thinking about anyone's weaknesses is now essential. A true leader accentuates the positive and eliminates the negative and waste. When asked how she keeps going, where do you find hope, and what's your advice to young women, Amal replied,

“It's the courage of the people I represent. It is also my students. I see a generation that is not only much more politically engaged than I ever was at their age, but also one that sees themselves as agents of change. That gives me hope because they are the ones we have to rely on in the future.”

Believe in Yourself, Reach for the Stars, Beat Swords into Plowshares and Turn the World right side up once again! ■

Raksha Bandhan Is The Bond Of Purity
Contd. from page ... 3

This Bond is of Dharma, i.e., Dharana or Inculcation

As far as the disease, poverty and various forms of calamities are concerned, the same are the results of human-being's own deeds. Until he improves, changes his deeds, makes his nature sweet and divine, there is no alternative of protection. Hence, it is clear that Raksha Bandhan is not any apparent thing, but is a bond of *Dharma* or Purity. Those who protect dharma are protected by the *dharma*. **Those who remain pure in their thoughts, words and deeds, are protected by their own good deeds;** someone definitely becomes instrumental in helping them.

Why do sisters tie Rakhis to their brothers?

Sisters have great love for their brothers. They can't see the moral downfall of their brothers and cannot accept their brothers being tied in the bondage of vices. Knowledgeable sisters know that a person in the bondage of vices will eventually be bonded in sorrow, miseries and untimely death. Therefore, they tie their brothers in the bond of purity and *dharma*. Hence, celebrating this festival from the perspective of physical relation is ignoring the secret of this great festival. Knowing the secret of tying of this bond is very essential for both – the one who is tying it and also the one who is tied with Rakhi.

Protect the fast of Purity

This festival has been called as 'poison-breaking festival' or 'festival bestowing benevolence'; that also proves that it is something of a very high bond; the bond of thread is just a symbol. All of us know whether a lotus flower is symbolic of purity or just an adornment. When we tell someone to become like the flower lotus, that doesn't mean that one should pluck it from a pond and hold it in his or her hand, but it means that just

as a lotus flower, despite living in the dirty water, remains pure, detached and separate; similarly, one should become detached and disinterested. Likewise, 'Tie the bond of Protection' means 'observe the fast of purity'.

Purity is dear to Protector God

The relation of brother and sister is sacred. The vision among brother and sister is very pure towards each other; there is never even a fraction of sex-lust in it. Therefore, from the relation of religion, sisters tie *Rakhi* to brothers, or Brahmins tie it to householders with the wish 'Brother, be pure because purity is dear to the Protector God.'

Great conduct makes the speech effective

In fact, those sisters, who are not following the fast of celibacy or those Brahmins who are not following this great fast, don't deserve to tie this bond of purity to anyone. The one, who doesn't follow any rule, neither has a right to give speech on this topic to anyone, nor can his or her speech influence people. In this context, the example from the life of Mahatma Gandhi will clarify this point more effectively. It is said that once a mother took her son to the prayer-assembly of Gandhi ji and said – "Mahatma ji, a son of mine eats a lot of jaggery, which is causing so many pimples, blemishes to him, but he still would not give up this habit; if you try to convince him, I'm sure he will agree." Gandhi ji said – "Okay, please bring him to me after a month, then I'll teach him about it." The mother went back. After one month, she came back and reminded Mahatma Gandhi ji of that incident. Now Gandhi ji advised the child not to eat the jaggery and the child accepted Gandhi ji's advice. Then, the mother asked Gandhi ji, "Wouldn't it have been more beneficial if you had told this to my son one month ago?" Gandhi ji said, "But, then, I didn't have the right to tell this." The mother was astonished and said, "So, what has made the difference in one month?" Gandhiji replied, "Since I myself gave up

the habit of eating jaggery; that is why this impacted the child and he accepted my teaching.”

The beginning of the festival

When those sisters who themselves observe the fast of celibacy in a knowledgeable manner or those Brahmins who remain pure in thoughts, words and deeds, tie Rakhis to their brothers or householders, only then the latter will get the inspiration to follow them. In the beginning, i.e. some time before the beginning of *Satyuga*, in Confluence Age, when those Brahmins who were following the teaching of Knowledge given by God Himself through the medium of Prajapita Brahma, followed the fast of Celibacy, they bound others also in this bond of purity and gave them Godly advice that they should sustain this fast. Thus, Raksha Bandhan or the festival of breaking the poison of vices started.

The glory of Shravan Month

You know that this festival is celebrated every year in the Shravan month of Hindu calendar. This month is also called 'Mal Maas'. This ritual also indicates that when the whole world gets maligned with the vices such as Sex-Lust, Anger etc., then the Supreme Soul, God Shiva incarnates in the body of Prajapita Brahma and showers – the rain of Knowledge; those true and pure Brahmins, who listen to this Knowledge, take a vow of chastity. Then, these Brahmins bind the people with the bond of protection of purity.

True Mahaveer (Brave men) and Mahaveernis (Brave women)

Thus, if we really need protection from 'Death', punishments from Yamraj, disease and sorrow, we need to get tied with this wonderful bond. In other words, we must take a vow to become completely pure in thoughts, words and deeds. Instead of tying Raksha Bandhan to others or getting tied with the same from others, firstly, we need to tie ourselves with this bond. If you have the urge to make your life elevated, if you have true love for God, then you need to take up this responsibility of purity. Getting tied with

this true sacred thread is the job of true *Mahaveers*. How will the cowards protect someone? The *Mahaveers* and *Mahaveernis* are those, who are determined to wage a war against the vice of sex-lust; those who in order to put off the flame of anger, get recruited in the spiritual brigade and those who have the courage to cross the mud of attachment and eradicate ego through the sword of knowledge. Thus, if you want to truly celebrate Raksha Bandhan, then get tied with such a *Rakhi* so that you can attain the self-sovereignty of Paradise, through which you can receive God's love. Then you won't need protection from anyone anymore and through which all wishes will be fulfilled.

Take a vow to live a new life

If you have any relation and conduct of impurity with someone, then, on this day of purity, tie this bond of purity. On the day of Raksha Bandhan, let's take a vow that from this day we've been tied in the bond of purity and from now onward, our life will completely be changed. In this life, we will protect our purity in thought, word and deed completely. We'll also be careful about what we give and take and will pay attention towards karmic account so that the same doesn't include impurity of any sort. If we celebrate Raksha Bandhan only in this way, this country can become a great country and paradise and the dream of Gandhi ji of establishing Ram Rajya here will be fulfilled. That is why it is famously said, “when Indra's wife tied Rakhi to him, he got the divine self-sovereignty of paradise and when Yamuna tied her brother Yam with this bondage, he bestowed this boon on humanity that on this day whoever ties *Rakhi* will be exempted from the punishment in Yam Lok. This proves that on the occasion of Raksha Bandhan one can attain the sovereignty of paradise and can be exempted from the punishment at the hands of Yam to stay in original nature of peace, love and purity and have a loving connection with God. It is God alone, who can be a truly-effective and loyal protector than any other human being. ■



Patna (Kankarbagh): Mr. Tarkishore Prasad, Deputy CM of Bihar is being presented a frame of Golden Aged World by BK Usha and BK Sangita after a launching programme of "Year of Spiritual Empowerment for Kindness and Compassion".



Abu Road (Shantivan): Mr. Gajendra Singh Shekhawat, Union Minister of Water Conservation is addressing a program. Also sitting on the stage are BK Chakardhari, BK Karuna and BK Mruthyunjaya.



Bhilai(CG): A tree plantation campaign 'Kalp Taruh' is being inaugurated by Mr. Neerajpal, Mayor, Mr. Shashi Kumar, DFO, Mr. Laxmipati Raju, Corporator, BK Asha and Dr Anita Savant.



Kolkata (Museum): Sitting on stage during a program on Doctors' Day are: Dr SK Sharma, Director, EKO Imaging Institute, Dr Sushan Mukhopadhyay, Director of Apollo Hospital, Dr Shashi Jindal, Obstetrician & Gynecologist, and BK Kanan.



Singrauli(MP): A Workshop on Mind Management is being conducted for police officers at office of Superintendent of Police by BK Bharat Bhushan.



Indore: BK Hemlata is being felicitated by Ms. Usha Thakur, Minister for Culture and Tourism along with Padama Shri Janak Palta.

Face Difficult Situations WITH DETERMINATION

Determination can become the secret key for opening opportunities, which will lead us to our desired destination of success.

—B.K. Manjula Baijal, Begur, Bengaluru



A very important and influential aspect of our lives which we sometimes do not give adequate importance to, is how determined we remain in every step of our lives. Also, how we use that power of determination to conquer different types of obstacles. It is commonly said, that faith can move mountains and faith is nothing but a strong thought of determination in every step of your life, telling yourself that you will remain free from negative and unnecessary thoughts. Also, you will fill your mind with positive thoughts which are required in every situation to overcome difficulties and achieve success.

Determination means that no matter how strong the winds of different negative situations may be; **remember that my internal state of mind is more powerful than the external situations.** Also, if we remain strong, the situation will weaken and go away within a very short period of time. So, it's not about fighting the situation in different ways but it's about changing the different scenes of the situation so that they become as per our desire, with the help of our inner power. Very often situations are not as per our desires and we keep fighting externally to bring them to what we want. Sometimes we succeed and sometimes we may not, largely because our internal state of mind is not

powerful enough and also the power of determination inside our mind is lacking. So, bringing ourselves to a stage of power, which is not external power, but internal power or the power of the mind will make us free from the influence of difficult situations of varying intensity. Mental strength is superior to physical strength or the strength of our role or position which we might possess. The power of the mind can change problems in a short period of time and make them positive soon.

Determination is a power of the mind, which is present inside each one of us to some extent or the other and we can all increase it as much as we want. First, the realization needs to be there that we need to become determined and challenge our life's negative situations or even improve our nature as a person or become successful in every sphere of our lives. Also, other objectives of life include - give love and keep good wishes for everyone or make relationships more beautiful filled with peace, love and joy or make a good career or shape up your role in a positive manner. These are some of the different aims and objectives we may have at different stages of our life; and the beginning of fulfilling these objectives, apart from doing something or the other on a physical level, is an internal thought

and accompanied by a deep feeling of determination.

Without determination, anything we do on an external level, we will not be able to achieve its desired aim and objective successfully. This is because the moment we begin our journey of fulfilling our aim, there could be an obstacle in our path and the moment we see the obstacle, we may not have the spiritual power to cross the obstacle. The spiritual power that needs to exist in our mind should be in the form of thoughts and feelings as well as an attitude full of hope, patience and of course, determination. So, the start has to be made with a purpose, mind oriented very consciously towards determination and then that determination should come into action. And this determination will then become the secret key for opening opportunities, which will lead us to our desired destination of success.

Almost every single day, our determination will be tested, which is a common experience for many of us. Every time, we make a promise of determination to ourselves, there will be a difficult situation which will try and break the promise that we have made to ourselves and try and make us emotionally unstable and weak. We have to ensure that this does not happen and

continue on the path of determination and achieve our desired objective in the shortest possible time. **Being determined means not having a single thought of weakness or a lack of power; only positive thoughts and thoughts of victory.**

Thus, in this way, we will not only become more successful but also the thought that victory is my birth-right, which can never go away from me, for even a single second, will be like the fuel which will run all our actions with a lot of strength. As a result, there will be positive success in every step. There cannot be constant success without determination. Sometimes we are successful even when we have negative thoughts in our consciousness. It can happen at a time, when you did not even anticipate or expect. So, this makes us get used to it and we expect it to happen every time. But that will not be the case every time. Finally, we have to empower or strengthen ourselves so much as to weaken situations through our powerful thoughts and not let them reduce our determination. We need to do this so that next time we have a difficult situation, we are mentally prepared for it and we change the situation from a negative one into a positive one successfully. ■

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On the occasion of
Holy RAKSHA BANDHAN FESTIVAL

The **Divine Message** of
Dadi Ratanmohini Ji



On the holy occasions of Raksha Bandhan and Janmashtami, multi-million greetings to all dear divine brothers and sisters, who remain ever safe and secured under the protective canopy of the divine knowledge and powers of the World-Protector, God Farther Shiva.

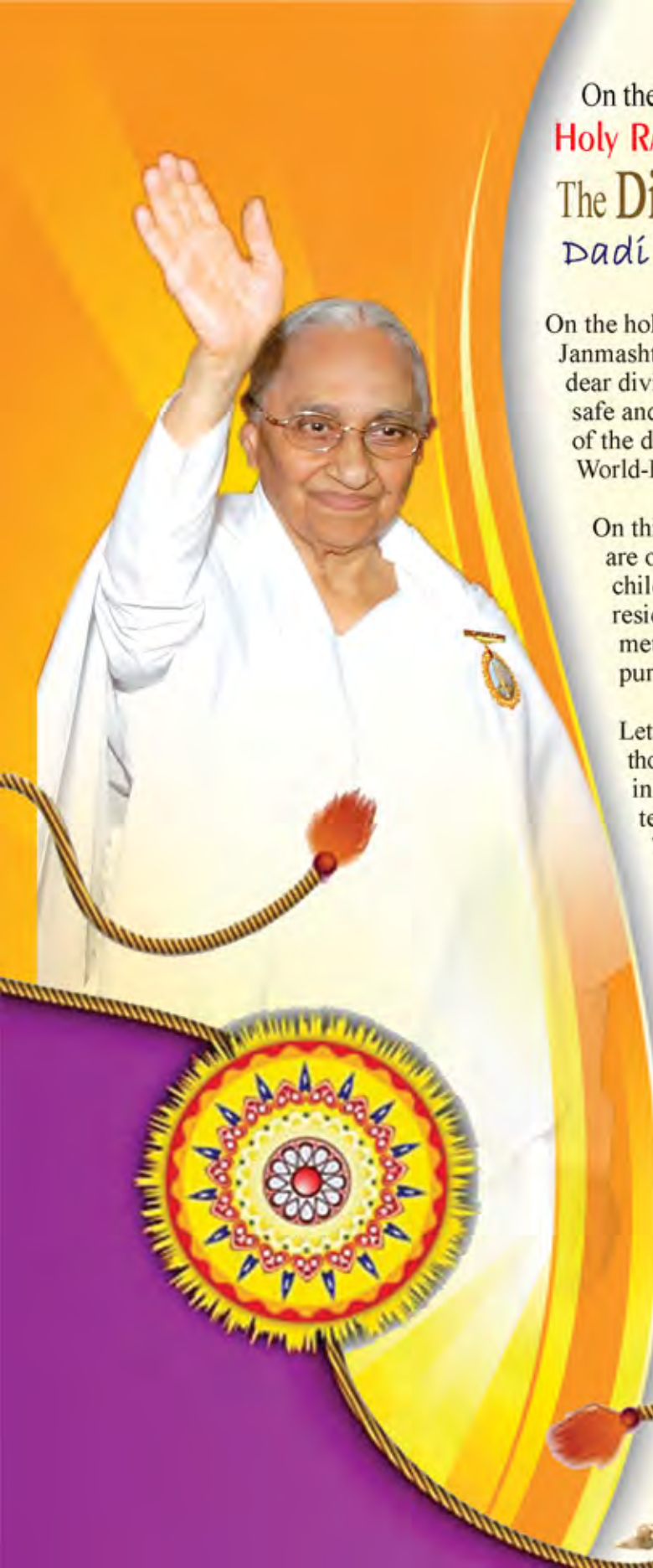
On this stage of the world, we all human souls are originally spiritual brothers. We are the children of One Supreme Father and are the residents of one and the same highest metaphysical abode where He resides; and purity is the religion of all of us.

Let us inculcate the virtue of purity in our thoughts, words and actions and also even in our dreams by implementing the divine teachings of the Supreme Father, God Shiva. This is the unique and divine message of *Raksha Bandhan* festival.

By remembering the mantra of "Be Holy & Be Yogi", let us fasten on our wrists the sacred thread of Rakhi, which is the symbol of protecting all of us from the vices.

Let us feed each other and one another the eternal sweet (Laddoo) of sweet words and apply on the forehead the dot (Tilak) of remaining established in the state of soul-consciousness.

- Dadi Ratanmohini





1. New Delhi: HE Draupadi Murmu is greeted on being elected President of India by Brahma Kumaris sisters BK Asha, BK Leena, BK Kheera and BK Nathmal. 2. Kolkata: H.E. Shri Jagdeep Dhankar, Governor of West Bengal and NDA's Vice-Presidential candidate is presenting a memento to BK Kanan at Raj Bhavan. 3. Abu Road: Mr. JP Nadda, BJP's National President and his wife Dr. Mallika Nadda are being felicitated by BK Brijmohan, BK Jayanti, BK Munni, and BK Mruthyunjaya on their visit to Brahma Kumaris Headquarters.