



The World Renewal

Monthly

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Delhi: HE Droupadi Murmu, Hon'ble President of India is being tied sacred Rakhi by BK Asha. BK Brijmohan is also seen in the photo.



Kathmandu: HE Bidhya Devi Bhandari, Hon'ble President of Nepal is being tied Rakhi by BK Raj.



1. Jaipur: BK Sushma is tying Rakhi to HE Kalraj Mishra, Governor of Rajasthan. 2. Mumbai: HE Bhagat Singh Koshyari, Governor of Maharashtra is being tied Rakhi by BK Shaku Didi and BK Rukmani. 3. Bhubaneswar : BK Leena tying Rakhi to H.E. Ganeshi Lal, Governor of Odisha. 4. Vijayawada: HE Biswa Bhushan Harichandan, Governor of Andhra Pradesh is being tied Rakhi by BK Shanta. 5. Raipur: HE Anusuiya Uikhey, Governor of Chhattisgarh is being tied Rakhi by BK Kamala. 6. Shimla: BK Rajani is tying Rakhi to HE Rajendra Vishwanath Arlekar, Governor of HP. 7. Patna: HE Fagu Chauhan, Governor of Bihar is being tied Rakhi by BK Sangita. 8. Ranchi: BK Nirmala is tying Rakhi to HE Ramesh Bais, Governor of Jharkhand. 9. New Delhi: BK Savita tying Rakhi to the Minister of State for Parliamentary Affairs & Culture Mr. Arjun Ram Meghwal. 10. Chandigarh : BK Anita tying Rakhi to Justice Arun Palli, Judge of Punjab and Haryana High Court. 11. Guwahati : Justice R. M. Chhaya, Chief Justice of Guwahati High Court is being tied Rakhi by BK Jharna. 12. Imphal : BK Nilima tying Rakhi to Mr. P. V. Sanjay Kumar, Chief Justice of Manipur High Court.



NEED FOR VALUE EDUCATION

Let our academic institutions rise to the occasion to set their own atmosphere in order and start value-education with moral orientation of their staff.

When we look at the institution of learning, we find that there is an atmosphere of grave indiscipline.

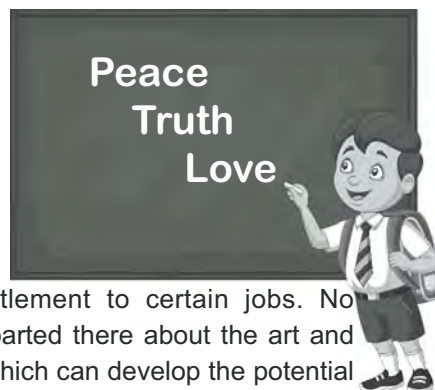
The relationship between the teachers and the students is uninspiring. A large number of teachers are not deeply devoted to their noble profession. It seems that most of them do not realize the importance of their role of being 'The builder of a nation or a society' and as being moulders, nor do they evince any sign of such great responsibility. The students also neither have humility, love, regard for their teachers nor do they have any reverence for knowledge, and hence our society is lacking enlightenment and nobility.

Most of the educational institutions are now mere centres of academic interest where one goes to learn and cram some bits of information or certain skills and in return, get diplomas or degrees so that they could claim some social

status and entitlement to certain jobs. No education is imparted there about the art and science of life, which can develop the potential goodness, which lies dormant in the students.

The students, today, are not equipped with such knowledge that could enable them to be peaceful and happy under all circumstances or which can help them face problems without mental tension. The students who try to adopt unfair means to pass the examinations are deprived of the sanctity of education completely. They try to impersonate the characters portrayed in films due to the lack of any inspiring role-model in the society. Young people today neither have any principles nor do they seem to know the meaning of life. Thus, neither they encounter a congenial atmosphere

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ABUNDANT RAINS BRING CHEER AND HAPPINESS TO ABU

We are very happy and thankful to the rain-gods for the most fulfilling monsoon season of 2022, in this part of Bharat. The south-western region of India has received 146% rains resulting in over-flowing at most of the dams, lakes and rivers!! Some people have estimated that over the next 2-3 years there would be sufficient water for drinking,

langurs (grey coloured, long-tailed large monkeys) and other wild animals that are the distinct to the region. Let's hope that the bears stop visiting the towns and residential areas in search of food... Rajasthan will definitely progress in providing different varieties of agriculture produce in the form of crops, fruits and vegetables. These are all signs of God's hand of cooperation working

magic at a time when people are daring to dream and start new professions connected with food items and food preservation, especially after the economy took a hit after COVID.

For those who love to take photos and selfies of green hilltops or running streams and waterfalls, Mount Abu and Abu Road are presently providing ample opportunities for visitors to show off their photography and video content-creating talents! It would be nice to capture shots of the overflowing rivers and dams, and organise Photo Exhibitions in the Art Galleries of different cities—we can guarantee that these images are phenomenal! The sunrise and sunset each day create many new designs in the skies that are interspersed with clouds that appear and vanish. From the high altitudes of



cleaning, other household chores, as well as for agriculture, re-forestation etc. A place like Mount Abu is expected to become an 'all-seasons hill-station' as the pilgrims and residents won't have to face water shortages. The forests would continue to provide not only green cover but enough fruits for the

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Mount Abu, one perhaps is able to see several full lakes all around. Being at these stunning sight-seeing places, we can understand **how beautifully nature helps those who love to meditate or wish to experience inner peace and happiness**, to discover newness in different aspects of life:

- ❖ The daily sunrise or sunset brings a lot of inspiration to channel one's thoughts very close to the Supreme Being or 'Eternal Light of Love';
- ❖ The fresh streams flow on the surfaces and through crevices of the stony mountains for at least a month after the rains subside, and **this motivates us to continue to keep flowing, growing and nurturing everything that comes in our path.**
- ❖ Poets and writers are and will always be so inspired by Mother Nature. I remember one of my dear friends from Ahmedabad requesting that he be left alone for a while in the hillocks of Mount Abu to absorb the pure vibrations of the place, so that he could then write poetry on 'Nature' or 'Human Relations' to share with his family and friends. While he was contemplating elevated thoughts in solitude, we had to watch over and be mindful of the presence of any wild creatures moving freely here and there! However, over the years we've understood that animals too are actually very peaceful innately. That again is proof of nature's original power of living

in harmony.

- ❖ Finally, we come to the understanding that any individual can become very romantic at heart and mind when they observe the multiple shades and forms of nature: whether it's the uniform gentle waves of the lake waters, or the refreshing streams flowing down the mountain tops, or the interactions with animals. Sometimes (not always) we are even blessed with the vision of a tiger walking along on the parapet of the road beside the hills! But as mentioned above, if you do not disturb or provoke these living creations of the forests, they too will not harm you...

Such imageries give practical experiences to a Meditator or Sahej Rajyogi to remain bonded in deep love for the Supreme Creator, and God's powerful, wondrous creations. A majority of humans either fear nature or disregard or misuse its resources, however the more we give respect and understand the power of the five elements, and continually spread loving vibrations from wherever we are, we will feel loved and protected by nature in return.



DADIJI'S BIG HEART MADE BIG TASKS HAPPEN

On 25th August 2022 morning, we lovingly observed the Remembrance Day of our beloved Rajyogini Dadi Prakashmani ji, former Administrative Head of PBKIVV, who departed for the Subtle Region 15 years ago. Around 1000 Senior BK Teachers from all over Bharat and hundreds of invited BK



guests came together with the Madhuban Residents of all Abu Campuses to reminisce on precious stories and times with our graceful, happy, loving and royal Dadiji, in Diamond Hall of Shantivan Campus.

Dadiji's fearlessness in managing her own stage as well as a worldwide institution was remarkable. She taught us that if we harbour any fear within this Brahmin life, then our aims cannot be attained. But along with fearlessness there should be so much humility, such that whoever interacts with you should feel that 'these people are our own people'. We need to give others a genuine and deep sense of belonging.

Dadiji was also a believer of spontaneity and adventure. Every monsoon, Dadiji would unexpectedly make a picnic programme and accompany us Madhuban Residents to see the waterfalls and streams, and vast West Banas River flowing down towards Gujarat. Dadiji would then direct us to make a sudden visit to the residents of Sangam Bhawan, which is the Brahma Kumaris Centre near Abu Road Railway Station; they used to be happily surprised to have about a hundred Madhuban Residents at their doorstep! Dadiji would then instruct a team of brothers to prepare a delicious platter of maybe five kinds of *pakor*s (fritters coated with a batter of chickpea flour), that is mango, potato, green chillies, mint, banana etc, and this used to be part of the main lunch we would enjoy at Sangam Bhawan. In a way it used to be a short pilgrimage in honour of Sangam Bhawan sisters and brothers who daily served hundreds of BKs and guests arriving and departing from Abu Road Railway Station. The beauty of such excursions was multi-fold since our family relationships strengthened, and these visits were made divine with Bhog Offerings to beloved Almighty BapDada, and the enjoyment of Brahma Bhojan as a united family. The wonderful and loving systems that Dadiji established in Madhuban continue to sustain hundreds of thousands of souls across the globe. Thank you, Dadiji, for the lives you created...

– B.K. Nirwair

EMOTIONAL SECURITY

**It is our birth right to be emotionally nourished
so that we can feel happy and secure.**

Farha Sayed, (Tarim, Yemen) / Mumbai

Everyone has their own unique set of emotional needs, which might be the product of his upbringing, his genetic predisposition, his identity, and other individual factors.

Emotional needs are defined as the feelings or conditions that we need to feel happy, fulfilled and at peace. Without them, we may feel frustrated, hurt, or dissatisfied. Some examples of emotional needs include feeling appreciated, accomplished, and safe and being part of a community. As humans, we seek emotional nourishment as much as we seek food and water. It is our birth right to be emotionally nourished.

Courage, self-belief, faith and determination serve us much better than the constant search for security which in reality, does not exist. When we focus our attention obsessively on security, we tend to become reactive. We play it safe and give in to our fearful thinking instead of making plans and taking calculated risks. We try to comfort ourselves by insuring ourselves to the hilt, life insurance, pet insurance, home insurance...yes, this will keep us safe. But does it really do so?

When we mistakenly believe that emotional security is 'out there', something we can obtain somehow, we focus on getting that elusive safety and side-line our worthy goals. In making plans to achieve them, we err on the side of caution. We keep working at the stable job where skills are under-utilised, even though it

doesn't fulfil us. We remain in the unsatisfying relationship despite of feeling disconnected and lonely. The message we send to ourselves in the name of safety and security is 'Accept your lot in life, and make the best of it. Go with the flow, and don't rock the boat.' Your only hope is that there is a positive plan for you somehow that will help you end up in a good place.

Of course, life isn't without its dangers but there is a huge difference between being too cautious and being reckless. How does fear hold you back? Is fear your master? **We all fear failure, rejection, loss and heartache but only those, who manage this fear and go ahead, make the most out of their lives.** Yes, it is easier to say than do, but this article serves as a reminder to put fear in its place and keep making plans anyway.

What difference would it make to your life if fear features less in your plans? What would you do if you become prone to be failed? Perhaps you will be more successful, but your fearful thoughts will create all sorts of imaginable situations that will stop you in your tracks. So, don't listen to them.

The only type of security that you will really enjoy forever is the security that you give to yourself through courage, self-belief, faith and determination.

We need a safe place – an environment that enables us to lead our lives without

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THE POWER OF ADJUSTMENTS IN LIFE

**Positive and elevated thoughts make us mentally stable.
With the sprouting of waste and negative thoughts, we lose
such stability.**

B. K. Surendran, Bangaluru.

Life is a series of adjustments. We can learn the art of balancing from the nature. The existence of various seasons makes the world's climatic conditions and atmosphere conducive for nurturing human being and other species. If there would be only one season, it would have been very difficult for the survival of mankind. Similarly, if there would be only night, the survival of many things would not be possible e.g. plants. Therefore, nature operates subtly in a well-balanced manner.

Balance in human life

People, who live in extremes, lack the power to think in a balanced manner and hence they behave abnormally in an obstinate, arrogant, adamant, challenging and revenging manner. They are unable to adjust with other human beings and hence lead a lonely life. They are usually strict in nature and thus, can't enjoy the benefits of a social life. Another set of people are those who are always indulged in the mad race to compete and excel by hook or crook. In doing so, they not only destroy the peace and solace of others but of themselves too. Other sort are those, who are always focused to amass wealth by snatching away the opportunities and rights of others. They don't exercise freedom of choice with responsibility, accountability and general welfare. They just want to win in any situation, may it be at the cost of causing harm to anyone up to any extent. This lands them up in a situation of disappointment, sorrow, guilt and

punishment. Some people are so obsessed with punctuality, regularity, honesty etc.

that they start imposing them on others and hence invite troubles for themselves. They should promote their good attributes with understanding, sympathy, good wishes and pure feelings in order to empower others. Some people try to balance their lives to the best of their abilities. But under the influence of their own bad tendencies and due to the lack of will power, they later on give it up and start living an erratic and loose life style, which adversely affects their character.

Balance in mind and body

We have experienced that when we are mentally disturbed or confused, our life goes out of the track, which makes us instrumental in hurting the feelings of others, incurring loss, demonstrate poor performance and so on. Positive and elevated thoughts make us mentally stable. With the sprouting of waste and negative (vicious) thoughts, we lose such stability. Therefore, **we must maintain an equilibrium between flexibility and firmness; involvement and detachment; being official and friendly; being busy while remaining easy; delivering speech and maintain calmness; being cheerful yet careful; being reserved and being socializing; enjoying the rights and performing duties and responsibilities etc.**



Just like the body requires pure and nutritious food, our mind needs pure, positive, powerful, prosperous, peaceful and purposeful thoughts. Negative thoughts weaken the mind, which in turn adversely affects our immunity. And weak immunity invites various diseases. That is why 70 percent of the diseases are said to be psychosomatic, because such diseases are caused by negative mindset. Just like a vehicle requires proper maintenance, the body needs sufficient rest.

Our social life

Happy and peaceful social relations are an important aspect of our life. Many problems arise when we fail to get well along with others. In order to nurture and foster better human relationship, **we must possess a set of balancing thoughts and acts such as being full of love and lawful, being humorous and sober, being humble while maintaining self-respect, at times being serious and rest of the times being entertaining, practice and preach.** There are many things in our lives, which we enjoy not only due to our own efforts, but due to the contributions of others, that is why man is said to be a social animal. So, we must contribute in certain ways towards the welfare of the society. Man is born to share and serve not to grab and grieve. If we serve the humanity sensibly, lovingly and respectfully with compassion and concern, then contribution will be a pleasure rather than a burden.

Rajyoga meditation to empower life

In order to make sure that we don't forget to practice the aforementioned balances in our lives and to strengthen us sufficiently to practice them, Rajyoga meditation is a time-tested spiritual technology. When one considers himself to be a soul i.e. a child of the Supreme Soul, then he is connected to the Reservoir of all

the spiritual powers. The remembrance of the self-effulgent God with love, reverence and soul consciousness empowers the mind and intellect. In other words, our concentration power, memory power and will power increases. The person hence becomes able to choose accurate thoughts, feelings, emotions and values befitting to the situations, people and events in life; and is able to maintain balance between assertive and viable moods. ■

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experiencing undue fear and that allows us to develop our potential. That security is gained in life through meditation. Meditation is an initiation in life to make your mind grow stronger and build it with great powers to overcome various types of fear, negativity and helps to enhance your emotional level. To be emotionally fulfilled, we need to feel connected to the Supreme Power. We are social creatures, and our brain is a social organ. We need to feel connected to something greater than ourselves. Mental and emotional well-being requires that we have time and space to reflect on and learn from our experiences.

By experiencing all the relationships with the Supreme Soul through Raja Yoga, a person becomes emotionally secured by developing stability and mental strength. His patience level and support towards other human beings increases.

The blessings of The Supreme are to make us enjoy complete freedom and fill us with the power to face any circumstance.

Hence, **emotional security is the foremost thing for a child in the foundation stage.** ■

Care For YOUR MIND

*Be like a butterfly;
it only sits on beauty, not on rubbish!*

B.K. Chirya, Peace Village Retreat Centre, USA

The most important part of you is your mind, where your thoughts arise. Care for your mind. Train your mind to see the good in everything.

Positivity is a choice. One pure and positive thought may look like a tiny spark, but when nourished regularly, it can change your whole life! The happiness of your life depends on the



quality of your thoughts. Those who have a positive vision of themselves and situations in life are always happy. **Happiness is not determined by what is happening around you, but rather what is happening inside you.** The peace and the answers I need, none of that comes from the outside.

Listen within. A lot of pain we might be dealing with might be merely our thoughts. Thoughts are

energy. They can elevate us and make us feel better and also, they can make us depressed. When we talk to ourselves in our mind, we often talk to the most superficial aspects of our personality i.e. a stream of fear, complaints and mindless repetition of old things. If we talk in such a way to another human being, we might have to apologise!! So be attentive to your thoughts and the voice of your heart. Think before you speak.

The full form of **THINK** is T - Is it True, H - Helpful, I - Inspiring, N - Necessary, K - Kind? Don't give negative thoughts a room in your mind. Keep the room occupied with positive thoughts, so when worry and negativity knock, there's no space to rent!

Meditation is a major transformation agent to help us change the habit of thinking negatively. Meditation trains the mind to consciously create the right type of thoughts. By taking charge, by listening and talking to our mind with love and respect, the soul is filled with spiritual power, which creates a very positive change in our personality and behaviour. As this new habit of creating only positive thoughts settles inside us; we automatically start responding positively even when negative situations arrive!

Positive thoughts are like good seeds which, when planted, produce healthy and sweet fruits. 'As you sow so shall you reap'. Being conscious about the quality of thoughts and actions is the mantra for success. Success means to reach such a constant level of positive thoughts that pure actions happen naturally. The thoughts we place in our awareness now, create our personal world and experience of life, which in turn create our destiny! ■

CREATIVITY AND INNOVATION FOR MEETING THE CHANGE



Creativity is not a skill limited only to technocrats, poets, artists, musicians or writers; it is a valuable skill for people from all spheres of life and should be encouraged.

Prof. Onkar Chand, Shantivan

At this moment of human history, creativity is an exceptionally precious asset and the most vital human resource of all. Without creativity, there would be no growth, and we would be always repeating the same patterns. The future of mankind requires us to work together with technology, systems, and machines; all of this needs high levels of innovation and creativity.

It's been said that necessity is the mother of all inventions. If that is correct, then creativity is the father. The most innovative ideas have always come from the need to do something new combined with the creativity to think in a new way.

Creativity is all about finding new ways of solving problems and approaching situations. Creativity is not a skill limited only to technocrats, poets, artists, musicians or writers; it is a valuable skill for people from all walks of life. Creativity goes hand in hand with innovation. And there is no innovation without creativity. While creativity is the ability to produce new and unique ideas, innovation is the implementation of those. Innovation is doing new things. Creativity is a trait that should be

celebrated and encouraged in every field of life i.e., social, technical, professional or spiritual.

The big barriers to creativity and how to remove them

Let us have an honest discussion about the things that keep us from innovation. It's time to put an end to these creativity killers. Here are the 7 main culprits which are the big barriers to innovation, which need to be eliminated:

FEAR

Fear is a notorious creativity killer. Fear is built on anxieties and an unwillingness to take any form of risk. It removes your childlike instinct and quest to satisfy your curiosities by focusing on the uncertainties of an idea, rather than the potential benefits and positive outcomes.

Fear of Failure: When you are called upon to be highly innovative and creative, the fear of failure can often step in and stump you. Embrace the fear as part of the creative process. Yes, failure is possible, and yes, failure will happen. But it happens to everyone, and should never be the roadblock that prevents you from pursuing your creative activities.

'There is no innovation and creativity without failure' - Brene Brown. **Humans are**

conditioned to regard failing as negative, starting from an early age, thus avoiding talking about it. Yet, there is much to learn from failing, particularly when it comes to innovation. Failure is an necessary, inseparable part of innovation.

Fear of making mistakes: Mistakes will happen...that is the truth of life. The fear of making mistakes exists because you dared to try something new or try something outside your comfort zone. Don't be afraid to make mistakes. Since the words we use have an impact, so replace the word mistake with learning. Every time you think of doing something new or productive your aim should be in learning something new.

Mistakes are there to remind us that we have a lot of things to work on. **Acknowledge it that being human is very far from being perfect, and as long as you are human, you'll commit mistakes which will give you lessons that will be really help you to have a sensible and pleasing life.**

It's OK to make mistakes but it's very important that we should never repeat the same mistakes twice. 'A person who never made a mistake never tried anything new' - Albert Einstein.

Fear of taking risk: Taking risks is a great way to build mental strength. Doing things that scare you helps you learn to tolerate uncertainty and anxiety. Risk equals reward. And the bigger the risk taken, the bigger the chance for a larger payout. **Creative people know that without risk taking, they won't produce anything special or unique.**

When Christopher Columbus in 1492 risked his life and that of many others to complete his

first voyage across the sea to the unknown, his journey led to a great wealth of knowledge and commerce for Europe. When Soviet Cosmonaut Yuri Gagarin risked his life and traveled to outer space in 1961, he opened up a whole new age in space travel and exploration for the rest of the world. And when 20 years old college student Mark Zuckerberg started Facebook in 2004, he launched a new era in the way we communicate with one another.

Also, blind risk-taking is never a good idea. To take smarter and better risks we should first do lot of research and planning.

Fear of public opinion and criticism: We are mindful of what others think about us and how will be we perceived by others. We feel the burden to please others on our shoulders. There may be fear of negative comments and others laughing at us.

We should always remember this interesting fact – **'what do people think doesn't matter to you but what you think for yourself it makes a difference in your whole life'.**

First of all, embrace the truth that your work may be criticized. It's only natural. After all, you cannot please everyone. Second, not every criticism is bad. Take it in positive sense that they want to help you to develop your skills and make progress.

NARROW-MINDEDNESS

Being narrow-minded means that not open-minded and unwilling to accept opinions, ideas, beliefs, behaviours, etc. that are unusual or different from one's own. You always return back to the same ideas and same processes. When given 6 paths to explore, you follow the path you travelled earlier.

You should be open and receptive to

opinions and ideas that don't match yours.

Expose yourself to different people, information, and ideas. Be receptive to the views and ideas of others – even if you don't agree with the ideas, take the time to listen and understand. Don't think that there is only one way. Thomas Edison said it best: “There is always a better way– find it!”

COMPARISON

The most important way to be creative and innovative is to stop comparing yourself to others. Each of us is on a different creative journey. The path I'm on is not the path you should be on, as no two paths are the same. **Don't try to be somebody else, rather be the best version of yourself.** Don't shy away from your natural gifts and talents because you will get into a state of self-doubt if you do.

Moreover, by comparing ourselves with others we gain nothing. We only lose our dignity, pride, motivation, passion as well as self-esteem. That leads to depression. We know that no two persons are similar. **Every one of us is unique. We should appreciate our greatness as well as of others.** But we should not compare ourselves with others. We have no idea what their journey is all about. The only person we should try to be better than is who we were yesterday.

DIGITAL ADDICTION

Someone has rightly said, “The real danger is not that computers will begin to think like men, but that men will begin to think like computers.”

While modern technology has improved our lives, it has also made us increasingly addicted and dependent on it. Many of us can no longer imagine a day without checking Facebook, WhatsApp, YouTube; playing video games or

watching one TV series after another. Digital addiction includes an addiction to video games, TV, social media, and surfing the web, among other things.

According to research, technology and digital gadgets slow down creativity because it takes our time away from other types of activities such as reading, playing an instrument or painting – i.e. activities that can stimulate our creativity.

INDIFFERENCE

Millions saw the apple fall, but Newton was the one who asked why. It was the curiosity of the Newton which helped him to invent the law of gravitation by observing the fall of apple.

Do you know why children are highly creative? Because they desire to know everything, question rules and standards, want to experience life fully and never stop being curious and asking questions.

Many artists, scientists and doctors agree that curiosity fuels creativity. If you're not curious, you don't have enough motivation to pursue success or career. You also won't be able to unleash your inner artist. **Thus, in order to be more creative, you need to stop being indifferent and start being curious about the world around.** So, unravel secrets and get inspired. It will increase your creativity.

PERFECTIONISM

Perfectionism means you have extremely high and even impossible standards and any grade less than 100 percent makes you feel disappointed. When you're a perfectionist you expect perfection from everyone, you view mistakes as proof you're inadequate, your self-worth depends on your achievements, you can't celebrate your success and you aren't satisfied with your life.

Perfectionism is a trait that keeps you away from taking risks, challenging yourself or adapting to new ideas. Negative perfectionism comprise of individuals' worries about making mistakes, fear of criticisms of others and fear of discrepancy between results and standards.

To unblock your creativity, inventiveness and playfulness, you need to change the way you think about what's perfect. Remember: nothing is ever flawless; no one is perfect, we all are human and make mistakes in life; excellence comes with practice and the seed of our next artwork lies embedded in the imperfections of our current piece.

STRESS

Have you noticed how your creativity takes a defeat when you're stressed out? Suddenly the ideas stop. The wonderful flow we were enjoying, pauses. Stress truly, is the enemy of creativity. Our creativity levels are suffering with the rising levels of stress. **Stress and creativity are inversely proportionate to each other:** the higher the stress, the lower the creativity.

Research has proved that sadness inhibits new ideas. This may be because when people are sad, they are more cautious of making mistakes and exercise more restraint. Creativity is a phenomenon that involves our imagination. And it thrives best when we have lower levels of stress. Past research also supports the creativity boost gained from happiness. Compared with people in sad or neutral moods, those in happy moods are better in innovativeness.

How to stimulate our creative thinking

Relaxation and meditation techniques are very useful for boosting our creativity dramatically. **Relaxing the mind unlocks creativity as it rejuvenates the mind.** To relax and calm the mind, take a break from gadgets i.e. put down

your phone, close your laptop and do activities such as walking in a garden or on beach or by the river or lake, spend some time with nature, do something you love and finally do meditation. Rajyoga Meditation has been known to unlock mental potential. It organizes our thoughts and boosts performance and productivity. Most prominently, it calms the mind and brings us back to the present moment, refreshed and more open to creative thoughts and better ideas. It has been proved that having a positive approach on life also encourages a person to be more adventurous and enhances creative thinking. ■

Life Changing Advice

- **Going halfway never gets you anywhere. Go all the way or don't go at all.**
- **Don't be discouraged. It's often the last key in the bunch that opens the lock.**
- **Don't let small minds convince you that your dreams are too big.**
- **Look back and be grateful, Look ahead and be hopeful, Look around and be helpful.**
- **If you think you are too small to make a difference, try sleeping with a mosquito.**
- **Never be ashamed of your past. It's all part of what made you the amazing person you are today.**
- **Man needs difficulties in life because they are necessary to enjoy the success.**

Spreading THE FRAGRANCE OF HAPPINESS

Whenever you begin your day, fill your mind with thoughts that are full of happiness so that you can face every obstacle with ease and stability throughout the day.

B.K. Manjula Baijal, Begur, Bengaluru

A beautiful life is the one which is full of enthusiasm and joy and; the one which spreads the same to others through the personality, actions and attitudes. For some people, it is a hobby to start the day by wishing everyone with greetings of happiness and hence make them feel love filled joy. It not only makes them tension-free throughout the day, but also it gives a new flavour of different experiences filled with various qualities to each day. Qualities such as cheerfulness, contentment and lightness, which are nothing but different colours of happiness, make the life enjoyable. Exchange of beautiful experiences with others is the gift, which makes the journey of life very enjoyable and something to look forward to. Physical gifts are limited to particular days and particular people. But these subtle gifts of positivity and joyful emotions are unlimited and can be shared with each and every one. We can do this in our homes, at our workplaces, with close friends and in our societies.

Whenever you begin your day, fill your mind with some thoughts, which are full of happiness e.g. **"Today, throughout the entire day, I will**



gift smile to each one I meet"; "Today, I will consciously focus at everyone's speciality and thus experience joy"; "Today, I will exchange positive feelings with everyone"; "Today, I will remain light, virtuous and inspire others to do the same."

These types of thoughts not only make people happy, but also the atmosphere. Happiness given to others is first experienced by the self. Throughout the day, keep asking yourselves: Am I interacting with people in a common manner or am I sharing happiness and hence making them free from worries and burdens? After all, it's my duty to give unlimited happiness to others. Happiness is a common emotion that binds all of us together. **Exchange of happiness makes the life beautiful and our existence meaningful.** While being busy doing important piece of work, we usually lose touch with our inner virtuous self and hence our happiness reduces.

Interactions filled with happiness make us completely free from worries and tensions. Happiness makes us extremely stable and emotionally powerful. Give happiness to each one you meet the entire day. You will feel

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

SELF REALIZATION

One should invariably be centered around the one and the only reality of the self.

B.K. Sujoy, Elgin Road, Kolkata

Self-enquiry is the simplest and direct method of self-realization. First and foremost, what arises in our mind is 'I'. It is only after the birth of this that another thought can arise at all. Therefore, the seeker desirous of attaining 'knowledge' must constantly ask, 'who am I'?



To answer this, we need to ask the following to ourselves:

1) Is it necessary to renounce the world and move to secluded jungles or mountains to realize the truth?

2) What method should be pursued to attain self-realization?

The answers are as follows: 1) someone may be in the thick of the world and yet maintain perfect equanimity. Such a person is always in solitude. Another person may stay in the Jungle or mountain top, but still be unable to keep the mind calm. Such a person cannot be said to be in solitude. Solitude, thus, is an attitude of the

mind. **A detached man is always in solitude.**

Practicing Rajayoga meditation for an hour or two daily fills spiritual current in the mind. If the seeker performs his worldly activities in a meditative state, then the efficiency and output would be very high. Thus, while the seeker is engaged in search of God 'within', the 'outer' worldly activities go on spontaneously.

2) The method is to be a true seeker of knowledge. Knowledge means both infinite and finite. The former relates to the higher dimensions of being, the latter to the changing phenomena. Finite liberates, whereas infinite binds to the spatial temporal world.

Knowledge enlightens one about the true nature of existence. Seeking knowledge is not merely an intellectual pursuit, since its goal is to transcend the mind which is 'limited in its vision' and 'rigid in its conceptions'. Integration of the self with divine consciousness is necessary.

Rajyoga Meditation makes us realize that neither we are the body nor the brain. The very attitude of inquiry will eventually draw the answer out of the depths of our own being. **We will realize that we are the illuminating points of light, sitting on the forehead like a pure, divine, eternal and immortal energy.**

The mind is a major bundle of thoughts and has no concrete existence. Further, there can be no thoughts in the absence of the thinker. Through constant self-inquiry, when the seeker delves deep into the innermost recesses of his being, the ego gets dissolved and merges in pure consciousness. Which in turn make the seeker attain the exalted state of self-realization.

The Bhagwad Gita, verse 8:15, states that the world is indeed an evanescent place of hardships and that social distress stems from the individual level with the mind at its source. The Gita further adds that the mind can be our best friend, and also it can be our worst enemy.

According to the Brahma Kumari's philosophy, there are three prominent vices that subsume the conditioned state. They are lust, anger and greed. Added to these are three more vices: pride, envy and illusion. All six can shroud the intelligence. When this happens, it should come as no surprise that people suffer both at the individual and collective levels. The formidable six vices become excited whenever they find the mind as the center of command, thus harnessing all available resources to satiate their demands.

Daily *murli* (Godly Versions) of Shvababa acts as a great source of illumination to come out of ignorance. It is said that for those endeavouring on the breakthrough path of self-discovery from the shadow-self, the divine lamp of transcendental wisdom kindles from within.

Just as a nation's capital is fortified by strong governance, similarly when divine wisdom draws upon consciousness, intelligence gets fortified, setting us free from the shadow of *sanskars* and the compulsiveness of the mind. It illuminates our true nature as a part of self-realization. We beam with love, selflessness and purity and cooperate with others harmoniously. It elevates us to the threshold of divine love and self-realization. ■

Teachers' Day

A VALUE - BASED WORLD

– B. K. Yogesh Kumar, Delhi

Education is a must for all societies;

The values change us from devil to deities.

**The worldwide corruption, violence and women insecurity;
Are all results of degradation of values completely!**

Divinity, politeness, patience, sweetness were once ways of life;

Life was contented and pure; no trace of sorrow or strife.

Cordiality, amicability, happiness are our virtues-basics;

It's time to return to our roots and follow our instincts.

Bharat was then called Paradise, a heavenly carnival;

The nature and souls were pure; everyday was a festival.

Then, body-consciousness and resultant vices did havoc;

The moral degradation – great cause of dismay and shock!

Even the teacher – the builder of society is virtue-less;

Beating the students to death is the saga of hopelessness.

Now is the time of doomsday or extreme irreligiousness;

There incarnates God to turn us from valueless to precious.

Now God Shiva's Supreme Teacher's Role is towards conclusion;

The role of Supreme *Sadguru* and *Dharma Raj* will clear all confusion.

Let's face Maya's final showdown through Godly communion;

With the Most Benevolent Supreme Father; let's have a reunion.

Let's discover the spiritual teacher in ourselves as per His directions so sweet;

By becoming God's number 1 student, let's welcome God's heavenly retreat.

Self Transformation

Progress in SPIRITUAL LIFE

Rajyoga meditation creates the zone of comfort with all essentials.

B.K. Subramanian, Avadi

The basic human needs such as food, clothing and shelter are indispensable towards running the wheel of human life from cradle to grave. Rajyoga meditation provides every essential need including basic amenities to the individual practitioners irrespective of their socio-economic status from which they spring up.

In order to experience a carefree life, one must be very careful towards God's directions. As a matter of fact, celibacy and pure vegetarian food lay the foundation of progress in spiritual life. It is to be understood that the term celebration is derived from the word celibacy. **Where there is celibacy, there is true celebration and where there is true celebration, there is celibacy.**

Bapdada (Shiv Baba and Brahma Baba) has already said through Murli that each family should have at least one or two Raj Yoga Practitioners, by whom, the entire family could be benefitted. During this pandemic crisis across the world, Bapdada has been very merciful in providing all the essential requirements to us. That is why it has been said in Mahabharat that the cooking vessels of Pandavas (*Akshaypaatra*) were always full i.e. without any deficit.



Bapdada has also said that the B.K. children are like His right hand, as they are righteous in their thoughts, words and deeds; and because they have accelerated their spiritual journey towards the righteous world i.e. Paradise.

It has been sung that, children are forms of God, for their innocence naturally endowed to them. We should also must innocent like *Bholenath* Baba and a little baby. The authority of both innocence and kingly order is to be enforced wherever the situation demands.

Bapdada has already made us aware of the three aspects of time i.e. Past, Present and Future. The world drama is nothing but the story of yesterday, today and tomorrow. As long as we live in this mortal world, death cannot be eschewed. However, whilst living here, the primary needs of human beings such as Peace, Satisfaction, Pure Love, Goodness and Goodwill can be attained through the practice of Rajyoga. 'Lesser the desires, more will be the comfort' is a mantra of BKs.

Bapdada says that spiritual journey is like travel on *Ghat* roads to reach the hill top. While undertaking upward journey towards hill top, many a hairpin bends, ups and downs need to be managed so that the destination could be safely reached. Similarly in the spiritual life too,

The World Renewal

flexibility and adjustment are essential for progressing in spiritual endeavours. This does not mean that we should deviate from The Godly directions. Low moments in a spiritual life are like sloping down on *Ghat* roads while going upwards towards the hill top. All such test papers are not to threaten but to strengthen the souls.

Many B.K. Students quit their spiritual studies due to some sort of verbal argument with the sister in charge of the centre, which, in most of the cases arises due to misunderstanding. We must realize that the guidance of the sister in charge is crucial in order to keep progressing on this spiritual path. Just like chicks are not injured by the mother hen even if the mother hen kicks it, similarly, if the sister's behaviour is not appropriate as per our standards, then we must consider that moment to be our examination. To pass, we must use power to tolerate and power to absorb. **If we quit the most elevated study of Shivbaba, then we will fail in the exam.** We must maintain cordial and good relationship with the sister in charge of the centre.

Spiritual students are not expected to neglect or give up their worldly studies. As a matter of fact, **Rajyoga meditation boosts up the power of concentration and memory power and hence enhances our performance at the worldly studies also.** Parents are humbly requested not to stop their children from going to Brahma Kumaris Rajyoga meditation centre, as even one hour of practice of Rajyoga for four days a week is sufficient enough to bring about positive transformation.

Everything is achievable provided we pin our hope on God and strive towards its achievement positively.

Morality and good character are the mingled yarn tied up together like Rakhi on Raksha Bandhan Day. God never lets anyone down particularly the voyagers of His boat of truth. B.Ks will reap the fruit of their spiritual effort at the predestined time in the drama. Apart from wearing face mask, let us mask ourselves subtly in order to be protected from the vices. ■

WORDS OF WISDOM

- ◆ No one in this world is perfect. If you avoid people for their mistakes, you will be alone in this world. So judge less and love more.
- ◆ Life doesn't require that we be the best, only that we try our best.
- ◆ Life isn't about waiting for the storm to pass; it's about learning to dance in the rain.
- ◆ A goal that is not planned is a wish; a dream that is not chased is a fantasy.
- ◆ The courage to continue is what distinguishes success from failure.
- ◆ Let today be the day you learn the grace of letting go and the power of moving on.

CELEBRATING 75TH YEAR OF INDEPENDENCE

Let us prepare ourselves with
serene mind and divine intellect to
rebuild the Golden Bharat.

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

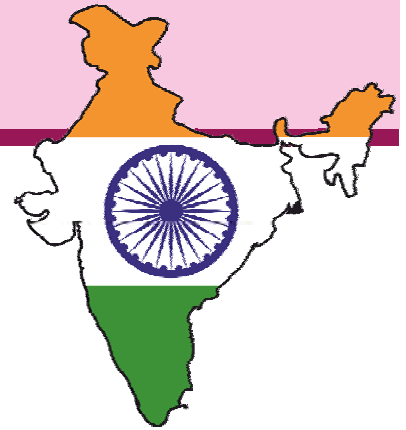
India celebrated 75th Independence Day on August 15th, 2022. For this 'Amrit Mahotsav' was launched by our Hon'ble Prime Minister in Sabarmati Ashram, Ahmadabad on 12th March 2021 in an occasion to commemorate 91 years of Dandi March. The Mahotsav will run till August 15th 2023. PM Sri Narendra Modi inaugurated the ceremony with a series of events for heartfelt remembrance and felicitation of 75th anniversary of Indian Independence. *Azadi ka Amrit Mahotsav* is for giving tribute to India's freedom fighters. The event was launched from Sabarmati Ashram in Gujarat to Cellular Jail in Andaman & Nicobar Islands and from Jallianwala Bag in Punjab to Meerut in U.P.

Amrit Mahotsav means the elixir of the energy of freedom, nectar of inspiration from our freedom fighters, the nectar of new ideas, the nectar of new resolutions and the nectar of self-reliance. It

is an initiative of the government of India to commemorate 75 glorious years of progressive India and its rich history, diverse population, magnificent

culture & great achievements. The main five themes of this program are--@freedom, @ideas, @resolves, @actions & @achievements. On this extra-ordinary & vibrant occasion, every department and ministry is going to host a set of activities for a resurgent and *Atmanirbhar* (self-sufficient) Bharat.

Indian history of freedom movement still glitters in the minds of the people remembering the dedication, selfless activities and sacrifice by thousands of patriots since Sepoy Mutiny in 1857 to the forward movement of Indian



National Army (*Azad Hind Fauj*) led by Netaji Subhas Chandra Bose in 1945. After a prolonged period of struggle in a number of ways, we got geographical and administrative

independence bearing a huge loss for the cause of separation of undivided Bharat into India, Pakistan and present day Bangladesh. But still, we are in bondage by means of poverty, unemployment, addiction, extremism, cross-border terrorism, infiltration and a variety of pollutions. It's true that we are now independent and living in a sovereign, secular, socialist, democratic republic country, but not without chaos & social turbulence due to a variety of causes which we cannot remove by our own capacity because of losing control over our mind & intellect. We have got freedom from the British, but not got liberation from our own vices. India has become the principal place of attack and invasion by the external forces for more than last one thousand years starting from the invasion of Somnath Temple in 1026 by Muhammad Ghazni to the establishment of British colony by the East India Company.

When people deplete themselves by losing their inner virtues, they become weak and hence vulnerable to external forces. Only the Indian sub-continent passes through all the four Ages of the 5000-year-old World Drama Cycle. Every other country of the globe emerges later from beneath the ocean. Rest of the world does not have any idea about the highly civilized Golden and Silver Ages i.e., *Satyuga and Tretayuga*. At the end of the Silver Age, due to havoc, earthquake and flood, the existing high-grade civilization was lost. Owing to such a catastrophe for many years, the other geographical areas gradually emerged above the ocean, where some part of the population started migrating from Bharat, being afraid of the natural calamities in this territory. Most of us believe that the Aryans came from the west to the east as written in our history books, but Supreme Father Shiv Baba has told us that

Aryan means 'Virtuous, elevated being'. They were no one but the original residents of Golden and Silver Ages.

Government has included 'Brahma Kumaris' for the jubilant celebration of '*Amrit Mahotsav*' all over the country because they are serving the humanity greatly by spreading peace & happiness everywhere by maintaining all-round purity. It's a great pleasure that a Sister, HE Draupadi Murmu, who is closely associated with Brahma Kumaris, after being nominated from the NDA alliance, has been elected as the President of India. Though we are undergoing a very critical phase of life amidst chaos, crisis & turbulence throughout the world, but still, in the present scenario also, the position of India is comparatively better than rest of the world. Our slow but steady degradation from being perfect deities to vicious human beings has been possible because of our strong bondage with the five main vices. God has descended on earth to liberate all of us from the bondage of vices through percolation of the most elevated spiritual knowledge and powerful Rajayoga meditation. **The present time is the most valuable time of the whole world drama, because in this transitional phase, the hell is going to be transformed into heaven** and for that reason, redemption of our thought pattern and belief system is necessary for rejuvenation of the souls, the batteries of whom can only be charged from the Supreme Power House Shiv Baba. So, now, we must confront the vices. Brahma Kumaris are now available almost everywhere to give God's knowledge and teach Rajayoga meditation. We, the children of God, are preparing ourselves with serene mind and divine intellect to rebuild the Golden Bharat, being the right hands of the Supreme Soul. ■



THERE IS NO NEED FOR GOD TO COME IN EVERY AGE

God does not need to perform task in every Age. What would His task be in the Golden Age? The Golden

Age is in itself the Age of Truth. God comes to establish righteousness. The Golden Age is the Age of righteous souls; that is why it is called Golden Age. There is no need for God even in the Silver Age which is the kingdom of Moon Dynasty, for which Gandhi ji said, our Nation must become the Kingdom of Ram. He also doesn't come in the Copper Age, because that is followed by the Iron Age.

So God comes at the end of the Iron Age and the beginning of the Golden Age. This is called the Confluence Age. This is what is meant when God says, 'I come in every age': it means the time of confluence between the end of the cycle, and the beginning of the new. Because the word 'every age' [*yuge-yuge*] is written in the Gita, and the word confluence has been omitted; thus, those who read the Gita, think that God comes in every age. But there is no need for that. There are five ages in the Time Cycle: the Golden Age, the Silver Age, the Copper Age, the Iron Age and the Confluence Age.

Time When God Comes

The present time we are passing through is the confluence time; it is neither night nor day. It

is also written in the Gita that there are two ages, the day of Brahma and the night of Brahma. Golden Age and Silver Age are Brahma's day, and Copper Age and Iron Age are Brahma's night. God says: 'I neither come in Brahma's day nor in Brahma's night; I come at the confluence.' So this is the time to understand everything. This is known as the Auspicious Age. As there is a leap month, an extra or auspicious month after three years, similarly, within this small period of time of four ages, there is the auspicious, beneficial Confluence Age, when God comes. The present time is the time of Confluence Age.

This is the beginning of the Golden Age; it is the time of the foundation of the Golden Age, when the sapling for the future age is being planted. Preparation for destruction is also concurrently taking place. God explains all these aspects.

God says: 'I come, and I also tell you the time of my coming.' Look, this is a new aspect. You have been thinking God came in the Golden Age, in the Silver, the Copper and the Iron Age; that He definitely comes in every age. However, God says: 'No, I do not come in any age, other than the Confluence. I have nothing to do in the Golden Age, so why would I be there? There is peace and happiness there. I come only during the last stage of the Time-Cycle. I cannot come even at the beginning or in the middle of irreligiousness; I only come in the end, to destroy it.' All these aspects must be understood and realized. ■

TEACHER CIVILIZER OF LITTLE FLOWERS

B.K. Sridhar, Salem, T.N.

Every profession has its own role and impact on individuals by means of serving various sections of the society. Amongst all, the teaching profession is inspiring and a noble one. In the olden days, Gurus used to have their disciples live with them; and used to take care of their all-round development. The *gurus* did not use to teach so passionately considering teaching to be a 'profession' but because of realizing their great responsibility in the making of future citizens.

Once our former President Dr. A.P.J. Abdul Kalam said in a seminar that **three persons are crucial in making anyone a good citizen viz. mother, father and the elementary teacher.** Students are like blank sheets of paper, who take any impression from their teacher. **The practical lives of the teachers have more effective and lasting impact on them. It is the teachers only, who can facilitate the students to inquire, explore, think and express different views and discern the value of life.**

Value education is a hot topic these days. Many schools teach values as subjects but values have to be captured by the young minds from their teachers first. When teachers fail to embody these values in their behaviour, it is impossible to shape the future citizens and the task of making a better world becomes difficult. A teacher who is attempting to teach without inspiring the pupil is as if someone would be hammering on old iron. Teachers, thus have enormous potential within them, to make the



students march towards excellence or perfection. They must honestly kindle the young minds.

Do the teachers of today understand their role as a builder of the nation?

Most of the teachers neither understand the importance of their role as a builder of the nation or a society nor do they evince any sign of such great responsibility. The students also do not have humility and regard for the teachers which has resulted in collapse of total educational system.

Many years ago, the University of Delhi increased the teachers' workload from 15 hours to 16.5 hours a week, which was protested by the Delhi University Teacher's Association. They even struck work for a week. The message was quite clear that now; the teachers consider teaching to be a burden, which is an indication of the downfall of the nobleness they have attained from their profession. Teaching has now been reduced to a trade and their confrontational methods and the statements on crisis issues come from trade unions. These unionised teachers are concerned more about their working conditions/ allowances/ promotions than the future of their students.

Teachers must put sincere efforts to inject quality into the educational process. Some immoral teachers help students to adopt unfair means to pass their examinations and hence

defame their noble profession.

Lack of morality in the teachers may result in proliferation and characterlessness in teaching, which would not only affect all segments of the society, but also, all the spheres of human activity. Teachers further fuel corruption and moral degradation by compelling students for tuitions or by taking more care of the tuition students than those of the class.

A private school teacher was not giving rank to an intelligent student, who scored very high marks because she didn't join her tuition even after compulsion. Finally, her Father had to intervene and complain to the principal to bring about change in the attitude of the teacher. Most of the teachers are unable to leave any inspirational effect on the impressionable minds of the students due to lack of values in their own life.

Teachers, who prepare the students only for a profession, for a consumer-oriented society, do not cater for the moral side at all. There is no doubt that **teachers can produce great scientists, engineers, doctors, scholars, management experts, etc. but if these professionals do not have peace of mind and qualities like love and kindness, then what kind of society would we have?** Teachers, who neglect the total moral dimension of the students, are responsible for our demoralized – commercialized society up to a great extent. The experience of immense pressure by memorising huge volumes of information, which is the only possible way to score well in the exams robs our students of the joy of learning. Some teachers are so strict that they behave like a dictator imposing on the students whatever they say. They discourage the students to ask any question or express what they think.

Teachers with Moral Orientation

Only those teachers, who maintain a balance between flexibility and firmness, can make and shape the students well. In most of the schools, the students maintain discipline due to the fear of punishment. “If teachers lose the strength of their character, how will they be able to build the character of the succeeding generations?” If sugar loses its sweetness, then how will the things be sweetened? **If teachers do not have discipline, how can we have a self-regulated nation or society?** So let our teachers rise to the occasion, pick up the gauntlet and accept their responsibility with a spirit of enthusiasm and, first set their own house in order. Value education should be introduced as a subject in Teacher's Training course. Due to the moral touch, the trainee teachers will be inspired to inculcate values. Education is not merely a process of transmitting knowledge or teaching arts and skills but also developing the total personality of students.

Teachers not only should be well versed in their subject and innovative in their teaching methods but also exemplary in their conduct. The builders of the future generation, teachers, need to focus on character, moral value and ethics. Value education in order to be effective, must be woven into the teaching process instead of being imparted as a subject, which is ignored by most of the students. Only then our education system can be called as qualitative in its true sense. To make our teachers inspirational, it is necessary to include formal lessons in moral and human values in the teaching curriculum.

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV) has that infrastructure at its headquarters and retreat centres, where teachers could go through a course in moral education while staying.

Brahma Kumaris in the service of Teachers

PBKIVV has a number of dedicated persons who have either served in the education field or are still doing that. Hence, they have an experience in imparting moral education. It also has a large number of dedicated sisters who can not only teach this subject, but also inspire students by their exemplary conduct and character.

The faculty members of this institution visit various schools, colleges and universities on invitation, to inspire the staff members and students by their elevated knowledge and meditation.

Let us realize before it is too late, that it is Rajyoga meditation that removes mental tension, injustice, dishonesty and other kinds of inhuman behaviour. Understanding the theory of the laws of karma, teachers should change their attitude towards the students and their profession by means of spiritual knowledge and world's only

open eyed meditation, which is Rajyoga meditation of Brahmakumaris. One must, therefore, help in this noble task by encouraging more and more people to join Brahmakumaris, who is selflessly building a better society.

A mediocre teacher tells, a good teacher explains, the superior teacher demonstrates and the great teacher inspires. ■



LAUGHTER: THE BEST MEDICINE

- ◆ Hard work never killed anyone, but why to take the chance?
- ◆ People tend to make rules for others and exceptions for themselves.
- ◆ The trouble with being punctual is that nobody's there to appreciate it.
- ◆ The probability of someone watching you is proportional to the stupidity of your action.
- ◆ If you can't convince them, confuse them.
- ◆ A committee is twelve men doing the work of one.
- ◆ It's not how good your work is, it's how well you explain it.



Viewing SITUATIONS Positively



If you look at the world around you and judge people based on how they respond to different situations, you will realize and know that there are some people who will look at situations from a negative view point very easily. A view point literally means – viewing from a point a particular scene in your life. Obviously the point of view as we say is different for each person i.e. the point from where someone views a particular scene is different for each person. It's like a painting on a wall. I can see the same painting by standing at different points and I will see the same painting differently. That is what we mean by perception or the angle of viewing or the point of view. Sometimes one painting of life or scene in life will be seen by ten different people from ten different positions of the mind and they will see it differently or in other words they will react differently. **And because we look from different viewpoints or have different perceptions, life for some is like a joyride and for some it can be a roller coaster ride i.e. a ride with ups and downs where you are shaken up and down very often.** In other words you become unstable emotionally.

When looking at situations, choose the most positive mind position. That is the secret key to having a mind space which you own, in which the experience of virtues like happiness, contentment and power

exist and express themselves freely. How to choose the best mental position to look at a scene of life or in other words how to have the most positive perception for a situation? This depends on your personality, which the good thing is, can be changed. **Meditation is the most beautiful technique of connecting yourself internally using the power of visualization to the sweet personality of God and absorbing His virtues.** This brings the virtues inside your mind space in the form of good quality thoughts and on the basis of that creating positive perceptions or positive view points when looking at situations.

Situations arise in our lives regularly and even suddenly at times. At those times we are caught unaware and even the best of people who are generally very positive become disturbed. There are people who have had heart attacks or have died of shock when someone close to them died or when suddenly their business went down or when their favourite sports team lost a game or when they were told about a serious illness which they were suffering from. So, life can be demanding at times because we are not prepared for situations and at the same time we are not mentally strong to face them. So this makes it difficult for us to adjust to the sudden changes in our life and also we are generally attached to a perfect life in which no

difficult situations exist. There are people who fear situations not so much because of the actual situation itself but more because of the fact that the situation exists in their life. **This is called attachment to a particular lifestyle which we are used to, where everything goes smoothly and a little change in that can disturb us mentally.**

Bringing spirituality in our lives is an important way of making our lives free from the fear of situations existing. At the same time becoming aware of why situations arise in our lives and accepting them easily. Lastly give a thought to what positive steps we can take on a physical and non-physical level i.e. at the level of our words and actions which are physical and at the level of our thoughts which are non-physical to reduce difficult situations in our lives. Also, the power to face situations fearlessly increases inside us when we have the hand of God to hold on to. Also, it increases when we have a very deep relationship with Him based on a spiritual understanding of who He is actually and how we can connect with Him. The connection becomes easy by experiencing ourselves as a soul or a being of spiritual light which is different from the physical costume we wear which we commonly call the human body.

Feeling of helplessness when faced with difficult situations is something that many people in the world experience. It's as if life comes to a standstill and you don't know where to look for help and whom to call out to. Is it so difficult to face situations? Doesn't God know what we are going through and can't He be made a part of the situation to cross it. Some say God is a spectator to our problems

and He is too far away to hear our voice but is it so? **God waits for His help to be taken because you are His spiritual child and you have a right to take His help.** Also, God is not very happy if we say that He is insensitive to our troubles. Some people even go the extent of sometimes incorrectly saying that all the happiness and the sorrow in our lives is given by God, which is not true. But, at the same time to get us out of the sorrow is something that even God is always eager to do, but we need to take His help by remaining strong and stable in the negative situation. It is said that one step of courage taken by us brings thousand steps of help from God. **God is our Father and taking His help is the first thing that should come in our mind when we are in trouble and not the last as sometimes it happens.** We get so deeply involved in situations and in thinking how to solve it that we forget that there is someone sitting out there who can be called by the power of thought and whose help can be taken. We can do this as we would do with our physical father, if we needed his help.

Some people assume that God should help us on His own, but there are two conditions for receiving His help – one is courage and the other is remembering Him. **Remembering him is a way of giving Him respect, who is the Highest of Highest.** Remember God, who is the most humble being that exists. But He will help us when we remember Him much more than if we are disconnected from Him. Taking His help makes it easy for you to face the situation at hand and hence view situations positively. ■



Delhi: Mr. Anurag Thakur, Union Minister for IB, Youth and Sports is being tied Rakhi by BK



Mumbai: BK Pratibha is tying Rakhi to Mr. Uddhav Thackeray, Shiv Sena Chief and former CM of Maharashtra.



Delhi: Mr. Piyush Goyal, Union Minister of Textiles, Commerce and Industry is being tied Rakhi by BK Asha.



Raipur: BK Savita is tying Rakhi to Dr. Charan Das Mahant, Speaker of C.G. Assembly.



Kathmandu: A BK delegation is in group photo with Mr. Agni Sapkota, Speaker of House of Representatives after being tied Rakhi.



Jaipur: BK Sannu is tying Rakhi to Mr. Bhajanlal Jatav, PWD Minister.



Kurukshetra: BK Saroj is tying Rakhi to Prof. B.V. Ramana Reddy, Director of National Institute of Technology.



Ranchi: BK Nirmala tying Rakhi to Dr. Ajit Kumar Sinha, VC, Ranchi University.



Chandigarh: Mr. Dharam Pal, Advisor to the Chandigarh Administrator, is in group photo with BK Uttara and BK Neha after being tied Rakhi.



Kolkata: Launching of a programme on 'Spiritual Empowerment for Kindness & Compassion' by Swami Sarvalokananda Maharaj, Secretary, Ramakrishna Mission, Justice Subrata Talukdar, Judge, Calcutta High Court, BK Mruthyunjaya, Prof. EV Swaminathan and BK Kanan.



Panipat: On the occasion of the inauguration of Dadi Janki Positive Health Care Center and dedication ceremony of 15 BK sisters lighting the lamps are Mr. Krishan Lal Panwar, MP, BK Jayanti, BK Prem, BK Hansa and BK Bharat Bhushan.



Abu Road (Shantivan): Inaugurating a National Conference of Shipping, Aviation & Tourism Wing are Mr. Shripad Y. Naik, Union Minister of State for Tourism, Dr. BK Nirmala, BK Meera, BK Kamlesh, BK Santosh and others.



Abu Road (Shantivan): Inaugurating a National conference of Scientists, Engineers & Architects Wing on "Coping with Uncertainties" are: Mr. R K Vishnoi, Chairman of THDC India Ltd, Mr. Vinod Agarwal, former Dy DG, Min. of Water Supply Nepal, BK Brijmohan, BK Mohan Singhal, and others.



Abu Road: On the occasion of Azadi Ka Amrit Mahotsav a 'Har Ghar Tiranga' Bike Rally was organized from Abu Road to Palanpur (65 km). More than 160 Bike Riders took part in this Rally.



Indore: Har Ghar Tiranga (every house tricolor) campaign is being launched by Member of Parliament Mr. Shankar Lalwani, Add. Collector Mr. Abhey Bedekar, Social Activist Mr. Anil Bhandari, BK Hemlata, BK Anita and others.

Need For Value Education

Contd. from page ... 3

nor an inspiring education. They don't have any ideal personalities as persons of clear conscience and principles to acquire a set of proper values in life that should enable them to get through tests of life. This has led to many problems like a sort of crisis in human character. **Therefore, there is now a great demand for value-based education or for value-orientation so that this crisis does not get deepened and hence acquire the form of a social catastrophe.**

Potential goodness in all

Furthermore, if we wish to have values and virtues in our practical life, doesn't this imply that we have a potential to become good? If there were no dormant goodness within us, our aspirations would be meaningless, fruitless, or groundless. And, if we have that potential which we now intend to develop and manifest through education, then it means that man is basically divine. It would, therefore, be in the fitness of things to invite everyone to realize that there is a sleeping beauty within us; we have basic goodness and hence, we always have some whispers of good conscience whenever we are confronted with a moral choice. So, we must prepare the ground for sowing the seeds of divine qualities by telling the students that man's intrinsic and original nature is essentially good and that he has acquired evil traits only from the vitiated interactions and atmosphere. We must also make it clear that it is wrong to believe that it is likely to have some ape-like qualities as we have descended from the ape but the truth is that we are children of God, who is Goodness Personified or Virtue at its Perfection. After all there must be a peak point or a summit of virtue and that is why He is known as the 'Supreme Being'.

Teachers must have moral orientation

If teachers lose their strength of character,

how could we build character from the succeeding generations? If salt loses its salty trait, wherewith will things be salted? If students do not have discipline, how could we have a self-regulated and self-controlled nation or society? So, let our academic institutions rise to the occasion, pick up the gauntlet and accept their benign responsibility with a spirit of enthusiasm and first, set their own atmosphere in order. Let value-education start with moral orientation of the staff and let this be introduced as a subject in Teachers' Training course and let us give moral touch to subjects such as history etc. in order that students learn to inculcate values. There are many ways in which a subject can be taught to students of different levels and these can be discussed in detail and various courses can be devised and assessment procedures and methodologies can also be spelt but let us first have a collective will that we shall introduce this subject and upgrade it without any further delay. ■

WHAT AND WHY

—B.K. Sapna, ORC, Delhi

Never say what and why.

Life is so beautiful, you always fly.

Always be happy and have fun,

You always shine like the sun.

Be as big as the sky,

Never say what and why.

Keep yourself as light as air

You will feel good everywhere.

Don't forget you are so high

Never say what and why.

Just keep doing good deeds

God will take care of your needs.

Whatever happens but don't cry

Never say what and why.

SUCCESS IN EVERY SPHERE OF LIFE WITH SPIRITUALITY

The five main spheres of life are - mind, body, relationships, roles and wealth. As we move forward in life, sometimes our lives see ups and downs in all these spheres. We often become discontent in the journey of life when negative thoughts fill the mind and reduce the positive thoughts we carry. Let us look at 5 ways in which we can experience constant contentment in life when anything negative happens in these spheres. This is true success in life.

Apply the Full Stop of Positivity

True success means the ability to create positive thoughts according to the situation and person you are dealing with. Picking the right point of spiritual wisdom from our intellect and keeping it in your mind gives a feeling of contentment in the negative situation.

Invite God in the Situation and Ask Him the Solution

Whenever the mind is confused, make a quiet appointment with God for a few minutes, share the situation with Him and ask Him the solution. God is the most intelligent and wise Supreme Soul, who has the key to solving all problems and making our minds silent and contented.

Create a Positive Future Reality with Patience

Life is like an exam hall in which we sit everyday and we are faced with exam papers in different life situations. Passing every exam with a feeling of contentment is only possible if we are patient while the life drama creates a positive reality for us.

Go inwards and See the Situation as a Detached Observer

Our lives are not streamlined and there is a lot of unpredictability. Seeing each situation as a detached observer is very important as it conserves our mental and emotional energy and keeps us content and light, without any worries.

Take 'Me-Time' Breaks in the Day

A very important tool for remaining happy when surrounded by negative situations in different spheres of life is taking time breaks in the day for self-reflection and not getting over involved in life tasks, which can sometimes make us mentally tired and discontent. ■

BEST HELP WE CAN GIVE

To help others discover their talents is the best help we can give. Sometimes people are unaware of their talents, or afraid to use them. But if we do not use the gifts we have been given, we can never be truly happy. Throughout our lives, people help us grow. As we grow older, we can help others too.



Delhi: Mr. JP Nadda, BJP National President is being tied Rakhi by BK Shivika.



Mumbai: BK Shaku Didi is tying Rakhi to Mr. Devendra Fadnavis, Deputy CM of Maharashtra.



Shimla: BK Shakuntala is tying Rakhi to Mr. Jairam Thakur, Chief Minister of HP.



Imphal: BK Nilima is tying Rakhi to Tokyo Olympic Silver Medalist and Commonwealth Games 2022 Gold Medalist Weightlifter - Mirabai Chanu.



Tashkent (Uzbekistan): BK Zhanna and BK Meera are in group photo after tying the Rakhi to HE Manish Prabhat, Ambassador of India to Uzbekistan.



Chandigarh: BK Prem is tying Rakhi to Mr. Ashok Khemka, Additional Chief Secretary, Haryana.



Imphal: BK Nilima is tying Raksha Bandhan to Shri N. Lokendra Singh, Vice - Chancellor, Manipur University



Ranchi: BK Nirmala is tying Rakhi to Mr. Ravindra Nath Mahto, Speaker, Jharkhand Vidhan Sabha.



Mohali: BK Namarata is tying Rakhi to Mr. Vivek Sheel Soni, Sr. Superintendent of Police.

Quality Recharging BY CONNECTING WITH GOD

God is the most beautiful and highest Soul that exists and is like a sun of spiritual energy who radiates His qualities to the world constantly. **We all remember Him not only because we love Him but also because we want to fill ourselves with His qualities and make ourselves perfect and beautiful.** The more we remain with God in our thoughts and feelings and the more we experience His love at every step, the more we get filled with His qualities and we also become pure and divine, which is the highest purpose of any human soul. Also, we build a beautiful relationship with God when we understand His thoughts and feelings, which He conveys through His vibrations and words of wisdom everyday. The magnetic pull that God gives us an experience of, during the process of meditation, makes us an embodiment of the qualities He possesses and even makes us lighter and happier in every action of life.

God is an Ocean of 7 qualities - peace, joy, love, bliss, purity, power and wisdom and He wants to make us also full of these 7 qualities. Although we cannot become an Ocean of these qualities like Him, He makes us a master Ocean of these qualities or His child with similar qualities. Before coming into this world, we souls were in the soul world and were full of these 7 qualities. As we came down on Earth and started taking many different births, slowly over a period of time, we lost these qualities and today we have these qualities, but to a much

lesser extent as in the beginning, when we began our journey of different births. As time is progressing, the World

Drama is entering its last phase, in which we should connect with God in different ways and do a quality recharging.

Begin Your Day With A Close Meeting With God

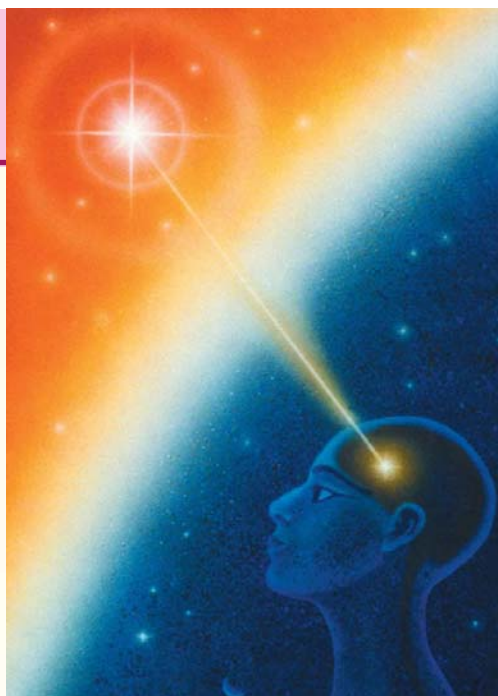
During the early morning hours, when nature is silent and pure and human beings are quiet and detached from their physical existence, experience yourself as a soul and enter the soul world and float in it, touching and absorbing the pure vibrations of God. These vibrations will fill you with God's 7 qualities.

Imbibe God's Wisdom in Your Heart

After meditating early morning and getting ready after that, read or listen to God's wisdom with a fresh mind and body and imbibe every word in your heart and feel that God—the Supreme Teacher is teaching me with immense love. This will inspire you to fill every thought, word and action in the day with His qualities.

Add a Spiritual Vibration to Every Action

A very beautiful way of feeling and experiencing God's qualities and making them your *sanskars*, is to add a pure and divine



vibration to every action, by remembering God before beginning any action, feeling His presence and taking His guidance during the action and thanking God after finishing the action.

Make a Quality Chart and Follow It the Entire Day

Every morning as you have a meeting with God, share with God a quality chart for the day. In the quality chart, depending on the day's timetable for your actions and the people and situations you are expecting to meet and come across, write in your mind or visualize, how will you bring the 7 qualities of God in every action.

Share the Wisdom and Qualities of God with Others

To experience God's qualities in every action and do a quality recharging, share whatever you know and learn from God everyday with others and bring others closer to God. Also give others an experience of God's qualities through your face and smile full of divinity and every beautiful word and action. ■

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stronger from within throughout the day when you will be busy in sharing and receiving happiness. Also, you will be able to face every obstacle easily and with more stability.

Such a day will pass very fast, as if you are on a joyride, sharing invisible gifts of specialties with everyone. Don't keep your specialties just for yourselves but be generous to donate them to others. If you are confident enough, then don't keep that specialty to yourself but make everyone enthusiastic through a speech. If you are very humble and have pure feelings and good wishes for everyone, then don't just keep them inside you, but express them through your words and hence make everyone feel special. If you are very intelligent, then use your wit to simplify the life of others by enabling them to tackle their circumstances. These are some ways of spreading happiness. Make sure that each of your specialties should serve the humanity and aren't for yourself only. **Spread the fragrance of your specialties to everyone and thus become instrumental in making everyone's life lovely and joyful, including yours.** ■

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1. **Chennai**: BK Beena is tying Rakhi to Mr. Thiru M.K.Stalin, Chief Minister of Tamilnadu. 2. **Gangtok**: Mr. Prem Singh Tamnag, CM of Sikkim is being tied Rakhi by BK Sonam. 3. **Mumbai**: Mr. Eknath Shinde, Chief Minister of Maharashtra is being tied Rakhi by BK Shaku Didi. 4. **Gandhinagar** : BK Kailash is tying Rakhi to Mr. Bhupindr Bhai Patel, the Chief Minister of Gujarat. 5. **Guwahati**: Mr. Himanta Biswa Sarma, Chief Minister of Assam is being tied Rakhi by BK sisters. 6. **Raipur**: BK Kamala is applying Tilak to Mr. Bhupesh Baghel, CM of Chhattisgarh before tying the Rakhi. 7. **Ranchi**: BK Nirmala is tying Rakhi to Mr. Hemant Soren, Chief Minister of Jharkhand. 8. **Chandpawar** : BK Jyoti is applying Tilak to Mr. Pushkar Singh Dhami, CM of Uttarakhand before tying the Rakhi. 9. **Patna**: Mr. Nitish Kumar, Chief Minister of Bihar is being tied Rakhi by BK Sangita. 10. **Jaipur** : BK Jayanti is tying Rakhi to Mr. Bulaki Das Kalla, Minister of Education, Rajasthan. 11. **Vrindavan** : BK Roshni tying Rakhi to Hema Malini, Member of Parliament, actress, director and producer. 12. **New Delhi** : BK Brinda tying Rakhi to Mr. Gajendra Singh Shekhawat, Union Cabinet Minister, Ministry of Jal Shakti.



Kota (Vallabh Nagar): Mr. Om Birla, Speaker of Lok Sabha is being tied Rakhi by BK Urmila.



Delhi: Mr. Rajnath Singh, Union Defense Minister is being tied Rakhi by BK Sarika and BK Vimla.



Delhi: Mr. Ashwini Vaishnaw, Union Railway Minister is being tied Rakhi by BK Vijay.



Delhi: Mr. Kiren Rijiju, Union Minister of Law and Justice is being tied Rakhi by BK Vidhatri and BK Sharmila.



Delhi: Mr. Bhupender Yadav, Union Minister of Environment, Forest and Climate Change is being tied Rakhi by BK Falguni.



Delhi: Mr. Sarbananda Sonowal, Union Minister of AYUSH, Ports & Shipping is with BK Nisha and BK Fatima after being tied sacred Rakhi.