



# The World Renewal

Monthly

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## Abu Road (Shantivan):

On 87th Shiv Jayanti Festival God Shiva's Flag was hoisted in the presence of Rajyogini Dadi Ratanmohini, BK Mohini, BK Munnii, BK Atamprakash and thousands of BK brothers-sisters from India & abroad.



**Varanasi:** H.E. Droupadi Murmu, the President of India is being felicitated by BK Surendra, BK Dipendra, BK Durga and BK Raju on her visit to Kashi Vishwanath Dham.



**Bhopal:** HE Mangu Bhai Patel, Governor of Madhya Pradesh is inaugurating the State level campaign for administrator's service by handing over the flag of God Shiva to BK Harish.



**Delhi:** A program on Mahashivratri Festival at JN Stadium is being inaugurated by Mr. Sarbananda Sonowal, Union AYUSH Minister, Dr. Rojer Gopal, High Commissioner of Trinidad and Tobago, BK Brijmohan, BK Asha, BK Shukala, BK Chakardhari and BK Pushpa.



**Abu Road:** Mr. Nana Patekar, famous film actor is being presented Godly gift by BK Jayanti during his visit to Shantivan.



**Imphal:** Lighting candles on Shiva Jayanti Celebrations are Mr. Th. Satyabrata Singh, Speaker, Manipur Legislative Assembly, Mr. Yengkhom Ashok K Singh, Managing Director, Jivan Hospital, BK Nilima and others.



**Chandigarh:** A programme on Shiv Jayanti is being inaugurated by Justice Arun Palli, Judge, Pb & Hry High Court, Mr. Anup Gupta, Mayor, Mr. C. Sibin, Chief Electoral Officer of Punjab, BK Uttra, BK Anita and BK Arun.



## THE FESTIVAL OF HOLI

**Until a human being is coloured in the colour of spiritual knowledge and colours others with the same, he cannot be joyful and cannot enjoy the auspicious communion with the Supreme Father.**

**H**oli is considered to be one of the most important festivals of India. But, the present form of this festival is entirely different from its original form. In fact, many spiritual mysteries are hidden in this festival, but today those who celebrate this festival set aside the spirituality and morality and celebrate it by getting involved in eve-teasing, commotion and to avenge someone. Due to this present vicious form of the festival, both in India and other countries, too many royal people have started to hate this festival. Therefore, it is essential to know its spiritual meaning and then celebrate it, only then one will be able to move in a new direction in life.

### The Way to Celebrate Holi

The festival of Holi is celebrated after the great festival Shivratri, on the full moon day of the month of *Phagun* of the Hindu calendar. People celebrate it in four ways – (i) they colour each other, which is the commemoration of inspiring one-another to match the personality traits and nature, (ii) they burn the bonfire of Holika, which means to burn one's bad deeds and bad thoughts in the fire, (iii) they meet each other joyously and cheerfully which inspires them to eliminate the deeply-rooted *sanskars* of jealousy and enmity from

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

### CONTENTS

✿ The Festival of Holi.....	3	✿ Crossing negative situations with Spiritual Power .....	17
✿ Serving Nature & Humanity (Editorial) .....	4	✿ Divine Home for Kumaris (Shakti Niketan)...	18
✿ Spiritual energy does wonders .....	7	✿ Research in Meditation and its Applications.	20
✿ Power of Self-Esteem .....	8	✿ Thought conservation is as important as water conservation .....	22
✿ Life changing advice .....	10	✿ Train to Madhuban .....	23
✿ Changing mind in changed perspective.	11	✿ God comes and brings the souls back to their original stage .....	26
✿ Words of Wisdom.....	13	✿ Attitude Matters.....	28
✿ Negativity predominant than positivity during absence of the God .....	14	✿ Heal your mind to heal your body .....	34
✿ Recognising the invaluable roles women play .....	15		
✿ Laughter: The Best Medicine .....	16		

## SERVING NATURE & HUMANITY

**We are establishing a 16-Specialty Hospital that is proposed to be named “Global Institute of Health Sciences” for service onto humanity at Abu Road (Raj).**

**A**fter quite a while, the scenes of nature all over the globe have taken on a new course and are touching extremes: Turkey and Syria have suffered a havoc of earthquakes which have injured and killed more than 100,000 people without distinction. Places like Canada and even some parts of England have suffered drought conditions which are totally opposite to what is witnessed in those parts of the globe. Some parts of China, Sri Lanka and the African countries are witnessing very unusual shifts in weather. Our readers would perhaps have already heard about the severe weather changes in some parts of India, like Uttarakhand. Some people say it is just the beginning of big changes all over the globe. **We encourage everyone to spend few minutes everyday sending vibrations of peace and spiritual love, in the Divine's remembrance, to not only the victims of natural calamities but to the five elements as well that have endured exploitation for decades.**

However, within all these unpleasant and sudden happenings, nature still offers us many precious gifts. We used to hear sayings that some parts of Bharat are God's own chosen land, where human beings can enjoy all six seasons of the year in full. This is the year of the intense flowering season for mangoes. Those of us who know the variety of mango trees in our part of Rajasthan feel

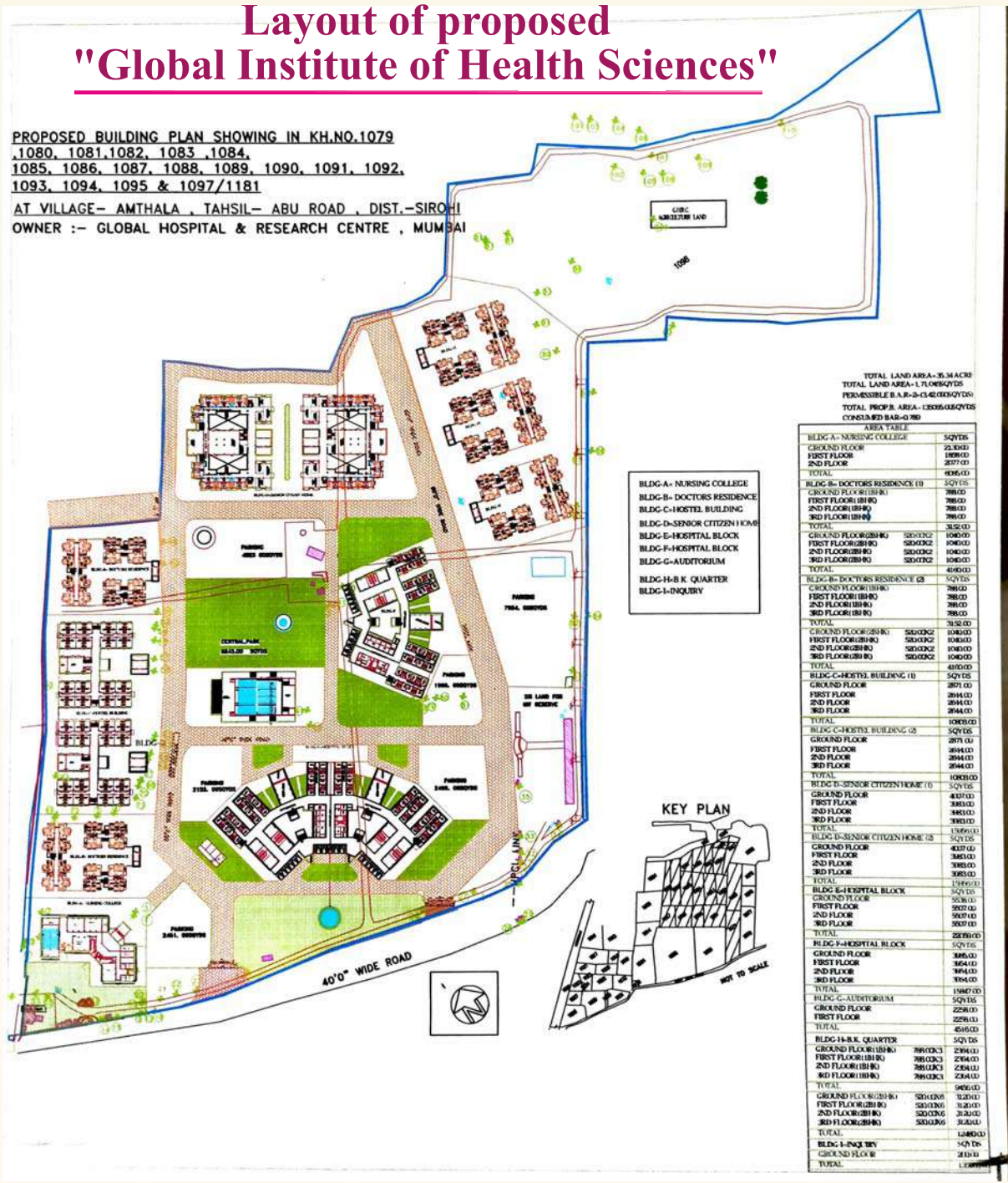
very intoxicated, and cannot help but smile on seeing the same. Recently, our Gardening department brother Raju Bhai gifted me a young mango tree, which had little mangoes already decorating it! Smilingly, Raju Bhai tells me that this is a special quality developed by an entrepreneur, and the tree can bear fruit thrice a year, every year! From my sharing on mango trees, you can easily guess my love and inclination towards the fruit; I truly feel mangoes are the best among all fruits!

Spring season is a time for freshness and newness, and so I extend an invitation to my near and dear friends, my beloved divine sisters and brothers of Prajapita Brahma Kumaris Ishwariya Vidhalaya from all over the world to be part of a new and unique plan. As was shared in the previous edition, we continually hear of the rampant increase of different kinds of new diseases overtaking humanity, and this has motivated all of us, especially the far-sighted Trustees of Global Hospital & Research Centre, and our Hospital Architect, Brother Himanshu Thakkar (presently Director of an Architecture College in Gujarat), to reflect on establishing a 16-Speciality Hospital that is proposed to be named “**Global Institute of Health Sciences**”.

It's very ambitious plan from the point of view of service onto humanity, and will cater to people from all backgrounds. It's by God's grace that a 50-acre land had been procured 20 years ago with the thought of

# Layout of proposed "Global Institute of Health Sciences"

PROPOSED BUILDING PLAN SHOWING IN KH.NO.1079  
 1080, 1081, 1082, 1083, 1084,  
 1085, 1086, 1087, 1088, 1089, 1090, 1091, 1092,  
 1093, 1094, 1095 & 1097/1181  
 AT VILLAGE- AMTHALA, TAHSIL- ABU ROAD, DIST.-SIROHI  
 OWNER :- GLOBAL HOSPITAL & RESEARCH CENTRE, MUMBAI



- BLDG-A- NURSING COLLEGE
- BLDG-B- DOCTORS RESIDENCE
- BLDG-C-HOSTEL BUILDING
- BLDG-D-SENIOR CITIZEN HOME
- BLDG-E-HOSPITAL BLOCK
- BLDG-F-HOSPITAL BLOCK
- BLDG-G-AUDITORIUM
- BLDG-H-B-K QUARTER
- BLDG-I-INQUIRY

TOTAL LAND AREA- 35.34 ACRS  
 TOTAL LAND AREA- 17,08,67,92 DS  
 PERMISSIBLE B.A.R.- 43,42,00,00 DS  
 TOTAL PROP.R. AREA- 1,20,06,00,00 DS  
 COVERED B.A.R.- 0 DS

AREA TABLE	
BLDG-A- NURSING COLLEGE	5471 DS
GROUND FLOOR	22,300 DS
FIRST FLOOR	1850 DS
2ND FLOOR	2077 DS
TOTAL	43607 DS
BLDG-B- DOCTORS RESIDENCE (1)	5271 DS
GROUND FLOOR (1B1K)	788 DS
FIRST FLOOR (1B1K)	788 DS
2ND FLOOR (1B1K)	788 DS
3RD FLOOR (1B1K)	788 DS
TOTAL	3152 DS
BLDG-E-HOSPITAL BLDG	5271 DS
GROUND FLOOR (1B1K)	1040 DS
FIRST FLOOR (1B1K)	1040 DS
2ND FLOOR (1B1K)	1040 DS
3RD FLOOR (1B1K)	1040 DS
TOTAL	4160 DS
BLDG-B- DOCTORS RESIDENCE (2)	5271 DS
GROUND FLOOR (1B1K)	788 DS
FIRST FLOOR (1B1K)	788 DS
2ND FLOOR (1B1K)	788 DS
3RD FLOOR (1B1K)	788 DS
TOTAL	3152 DS
BLDG-C-HOSTEL BLDG	5271 DS
GROUND FLOOR (1B1K)	1040 DS
FIRST FLOOR (1B1K)	1040 DS
2ND FLOOR (1B1K)	1040 DS
3RD FLOOR (1B1K)	1040 DS
TOTAL	4160 DS
BLDG-C-HOSTEL BUILDING (1)	5271 DS
GROUND FLOOR	2044 DS
FIRST FLOOR	2044 DS
2ND FLOOR	2044 DS
3RD FLOOR	2044 DS
TOTAL	10816 DS
BLDG-C-HOSTEL BUILDING (2)	5271 DS
GROUND FLOOR	2044 DS
FIRST FLOOR	2044 DS
2ND FLOOR	2044 DS
3RD FLOOR	2044 DS
TOTAL	10816 DS
BLDG-D- SENIOR CITIZEN HOME (1)	5271 DS
GROUND FLOOR	437 DS
FIRST FLOOR	388 DS
2ND FLOOR	388 DS
3RD FLOOR	388 DS
TOTAL	1599 DS
BLDG-D- SENIOR CITIZEN HOME (2)	5271 DS
GROUND FLOOR	437 DS
FIRST FLOOR	388 DS
2ND FLOOR	388 DS
3RD FLOOR	388 DS
TOTAL	1599 DS
BLDG-E-HOSPITAL BLOCK	5271 DS
GROUND FLOOR	507 DS
FIRST FLOOR	507 DS
2ND FLOOR	507 DS
3RD FLOOR	507 DS
TOTAL	2036 DS
BLDG-F-HOSPITAL BLOCK	5271 DS
GROUND FLOOR	386 DS
FIRST FLOOR	364 DS
2ND FLOOR	364 DS
3RD FLOOR	364 DS
TOTAL	1507 DS
BLDG-G- AUDITORIUM	5271 DS
GROUND FLOOR	2258 DS
FIRST FLOOR	2258 DS
TOTAL	4516 DS
BLDG-H-B-K QUARTER	5271 DS
GROUND FLOOR (1B1K)	2040 DS
FIRST FLOOR (1B1K)	2040 DS
2ND FLOOR (1B1K)	2040 DS
3RD FLOOR (1B1K)	2040 DS
TOTAL	8160 DS
GROUND FLOOR (2B1K)	320 DS
FIRST FLOOR (2B1K)	320 DS
2ND FLOOR (2B1K)	320 DS
3RD FLOOR (2B1K)	320 DS
TOTAL	1280 DS
BLDG-I-INQUIRY	5271 DS
GROUND FLOOR	2124 DS
TOTAL	1280 DS

setting up a Medical College-cum-Hospital, for the immediate benefit of people from Sirohi District, Rajasthan. When the idea was shared with many sisters and brothers of PBKIVV from Bharat and around the globe, it was welcomed whole-heartedly by *deshi-videshi* spiritual instruments, BK family members and contact souls for the betterment of humanity.

Most of you would be interested to know the specialities that would be on offer. At the initial brain-storming, it was thought that the following specialities (in no particular order) could find their location in this new Institute, to serve patients across the board:

- ▶ Cardiology, ▶ Nephrology/Urology
- ▶ Gastroenterology,
- ▶ Radiology (MRI, CT Scan, X-Ray)
- ▶ Oncology (Onco-Hematology, Onco-Surgery)
- ▶ Pathology, ▶ Orthopedic & Trauma Deptt.
- ▶ Critical Care,
- ▶ General Medicine/ Surgery
- ▶ Infection Control Department
- ▶ OPD/Hospital Administration (ICU, Rooms, Operation Theatre)
- ▶ Paediatric/Gynaecology

The Trustees are interested to provide air-ambulance service at the Institute as well.

The land is very close to the already established Senior Citizens Home, **Shivmani**, which is providing high-quality service to those in their wise years of age.

The land is situated at such a prominent place that people from not only Rajasthan, but other parts of Gujarat and the country will be able to take lots and lots of benefit from this newly-designed hospital.

Our Architect and very senior Civil Engineers: BK Brother HH Chaya (90 years of age!) and

BK Brother Jitubhai Mody (also a Trustee), BK Purushottambhai and a few others, and of course our compassionate and respected Trustees: Brother Mahesh Patel (UK), Dr. Banarsibhai, Brother Rashmikant Acharya, B.K. Yoginiben (Mumbai), Brother Reddy, and Dr. Partapbhai, are genuinely inspired to start the preparation and construction of the new Institute at the earliest, so as to provide health services within a very short time.

It is also pleasing to know that we have found Future Trustees Rishabhdeo & Sangita Rani from Udaipur.

The sisters and brothers of this great spiritual institution constantly keep beloved Avyakt BapDada, Mateshwari Saraswati, Didi Manmohini, Dadi Prakashmani, Dadi Janki, Dadi HirdayMohini, Dadi Ratan Mohini and the other Dadis, Brother Jagdish Chander, Brother Ramesh Shah, Dada Vishwa Kishore, Dada Vishwa Ratan and other Dadas as our guiding force. All of them taught us to serve humanity in every way, be it spiritually, physically, intellectually and emotionally. Their blessings will always be with the spiritual family, to make every project successful, and transformative for humanity.

The Trustees have chosen the age-old method of raising contributions by requesting Brahma Kumaris students and well-wishers to contribute just 1-rupee every day, which will serve the purpose of construction, maintenance and expansion of the new Institute. We welcome all to join in this Godly service project of unlimited magnitude and earn health, wealth and happiness for 21 lives!

– **B.K. Nirwair**

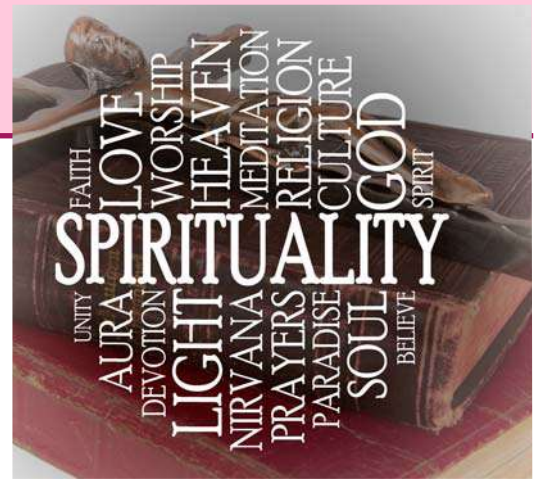
## SPIRITUAL ENERGY DOES WONDERS

**Spirituality means I, the soul, an eternal being of light, use my original qualities of the soul when in action in daily practical life.**

**S**pirituality is not separate from daily life. It is a study of spiritual principles that gives us the right way of thinking, working and living. Spiritual knowledge shows the right way to make this life into a refreshing and successful journey full of exploration. Without sitting in the vehicle of spiritual knowledge, I cannot make the journey.

A myth exists that someone who practices spirituality gets disconnected from the world, separates self from people, leaves responsibilities or meditates all day long. Spirituality is not about doing something or being someone. **It is about being the embodiment of what we truly originally are - peace, joy, love, bliss, purity, power, wisdom. These qualities are found in the soul, the most valuable resource in our possession, located right behind the eyes within the brain.** Spirituality is about recovering these qualities, being with people, working towards our goals, but taking care that every thought, word and deed is through remembering our eternal identity of being souls, separate from the body and brain. Spirituality means I, the soul, an eternal being of light, use my original qualities of the soul when in action in daily practical life.

*Recognize, Use and Be this valuable resource.* In this spiritual consciousness, nurture the soul daily through meditation and spiritual study. Cook and eat in a meditative state of mind and have ethical ways of working that energize the soul. Being spiritual means treasuring every moment you have. Time waits for no one. Yesterday is history. Tomorrow is a mystery. Today is a gift - it's



**B.K. Chirya Risely, USA**

called the present. Peace and rest will flourish in the soul when we learn to slow down our thoughts and create moments of silence in the mind.

**Spirituality means to meditate or take one hour in the early morning to charge the soul with Godly wisdom and goodness, and then use that power in your professional and personal life.** God is the most complete and perfect personality that exists, but not a physical personality, a spiritual one. God is one personality without any weaknesses, and no one else is more specialty and virtue-filled than the Father. This is the reason He is a living energy, a personality, who is remembered and loved the most by each and everyone all over the world.

**Spiritual energy is a dynamic force that does wonders.** Experience *"Karankaravanhar, God is doing and getting everything done"*. Discover the relationship and language of the Supreme and see life with other eyes. Our task is to experience the impact of God's company, helping us to create a strong inner stage, colouring us with virtues and powers and taking us beyond concerns of this world. When we experience ourselves to be sustained by God, it is easy to keep a happy face and to share that light and might with others. Spirituality brings mankind to a renewed and healthy position and takes us in a new direction to create a peaceful world. ■ ■

## POWER OF SELF-ESTEEM

We must respect ourselves, appreciate our greatness, evaluate our potentials, persuade ourselves, and push through difficult situations with confidence and courage.



**B.K. Surendran, Bangaluru**

**S**elf esteem is a natural nature of human beings. But at times many of us forget our own greatness, goodness, plus points, blessings and many other favourable elements in our personality. If we are not aware of all these favourable support bases we become helpless, hopeless and disheartened. We have immense potential to march forward with confidence and courage, enthusiasm, and zeal. When we put into practice all these qualities, we will experience that we are not ordinary but we are special personalities. First of all, we should not put ourselves down under any circumstance. We must respect ourselves, appreciate our greatness, evaluate our potentials, persuade ourselves, and push through difficult situations with confidence and courage. Our thoughts are like bulldozers which have the sharpness and power to wade through any type of hurdles on our way to a higher goal. Similarly, our failures should not dissuade us in any way because failures are the stepping stones to success. We must learn from our mistakes and race through with renewed vigour and confidence.

In order to empower our self esteem, we

have to practice introversion and solitude. We have to find out our inner qualities and virtues. When we become aware of all these virtues and churn on these virtues these virtues will grow up and the consequence will be that our inner strength of self confidence, optimism, courage and so on will improve immensely. Similarly, we should also take stock of our weaknesses and efforts should be made to get rid of these weaknesses also. We should think about ourselves and look at ourselves as to what we have been doing and scrupulously eliminate those elements which are overtaking our thoughts of good wishes and pure feelings for others. We are sure to have some elements of badness which comes out only when we sit in self examination. Determined efforts should be made to eliminate such badness which are destroying our good conduct and character traits. There should be a time bound programme to reform ourselves.

### Time

Time is a very precious wealth available to us. Time and tide wait for none. Similarly, thoughts, time and breath are travelling together. Hence, we should not waste this



precious wealth in useless vocations. *Our time wasters are the mobile phones, WhatsApp, YouTube, TV, newspapers, visitors and so on.* It does not mean that we should not use all these facilities. These facilities are useful. But we should creatively and constructively use all these facilities and see that these facilities are not wasting our time which could be used more productively in other areas of life. *Time is life. Hence each and every second is life, because time travels with our breath. When time is wasted, breath is wasted and thoughts are also wasted.*

### **Self Sovereignty Our Birthright**

When we are aware of our self-esteem, we will be able to emerge our stage of self-sovereignty. When we sit in the seat of self-sovereignty our mind, intellect and latencies and also our sense organs will not overtake us. They will obey our orders. When we are firmly positioned on our seat of self-esteem, there is going to be stability in our life. Even in the midst of problems and disturbances we will stay and handle the situations with peace and ease. This is one of the greatest achievements of the power of self-esteem.

### **Stay Safe from the Assault of Illusions, Hallucinations and Imaginations (Maya)**

When we are in the awareness of self-esteem, our self-consciousness (attention on the self) will be active. We are scrupulously watching over ourselves so that our thoughts, words and actions are happiness and peace prone so that nobody suffers from our activities. Since we are Godly students and servants, we are very

busy in our activities of spreading the vibrations of peace and well being wherein there is no scope for illusions to interfere. We are always safe from Maya.

### **Self Esteem Helps to Look at Others' Goodness**

When our goodness is emerged, we also start looking at the goodness of others. In our efforts to focus on others' goodness, we come across many good qualities in others which will help us to remove our badness and copy the goodness in a natural way. The Lord has been teaching us this aspect of looking at the goodness of others for a long time. We are proficient in theory but in practical implementation we have been miserably lagging behind. His efforts to make us great and happy should be not only appreciated but we should practically become the embodiment of goodness and virtues.

### **Purposefully Invest the Abundant Wealth Amassed From the Lord**

We have been bestowed with the wealth of knowledge, virtues, powers, elevated thoughts, super sensuous joy, pleasant relationships of virtuous souls and a host of other very significant aspects of wealth by the Lord. When we are aware of our self-esteem, we will be able to purposely and properly invest this wealth of different kinds. This can be absorbed in our own life and also share all these wealth with others. This will help them to progress in spiritual life in a great way. This is the real wealth which when distributed will increase at every point of distribution. It multiplies in manifold dimensions. The power of self-esteem helps us to be in soul-consciousness always whereby we will not

develop ego or arrogance at any point of time. Body consciousness will become a matter of the past.

**Always have an Attitude of Instrumentality, Egoless and Constructive**

The power of self esteem helps us to have an attitude of instrumentality, be egoless and constructive as we grow in status and power. Our respect for others and also our attitude of constructiveness is enhanced so much as we will be fulfilled with knowledge, virtues and powers. We do not like to criticise others, nor that we point out others badness or comment upon others' way of thinking and doing etc. It is seen that the thoughts of those who are in self respect will be materialised in course of time. Similarly, those who have self esteem will succeed in their efforts and they will also be happy.

**All the Aspirations of those in Self Esteem will be Fulfilled**

One who is in self esteem need not ask for anything. He need not ask for name and fame, respect and regard. He will get all the name and fame, respect and regard without asking because, he has a personality of purity and truth. He goes out to help others to fulfil their desires and aspirations which are within the frame work of honesty, morality, and goodness. Such a person will not develop ego and arrogance, so also does not commit any sins and does not give sorrow to others.

**He will enjoy the company and companionship of the Lord**

Because he is always in soul conscious state of mind, he will have a special taste for

meditation. He radiates the power of God which is filled with peace, bliss, happiness and love. This will be spread all over the world and the painful and sorrowful atmosphere will be pacified.

*Therefore, let us all become aware of our self esteem or respect stage and practice this through which we will become naturally soul conscious. Soul consciousness stage makes us free from diseases and we become healthy and happy, once the disease of the soul is cured, the body will automatically become healthy. Hence, self esteem stage is a blessing for us. Let us all practice it. ■ ■*

*Life Changing Advice*

- **Don't try to change people; just love them. Love is what changes us.**
- **Don't give other people permission to ruin your day.**
- **Celebrate the small things and our lives become bigger than ever.**
- **Look for something positive in each day, even if some days you have to look a little harder. A positive mind will give you a happier life.**
- **Stop looking for reasons to be unhappy. Focus on the things you do have, and the reasons you should be happy.**
- **Life is short. Don't pass up an opportunity to let someone know how much you care about them.**

## CHANGING MIND IN CHANGED PERSPECTIVE

Accept every situation and people as it is to make ourselves internally strong enough to tackle the outer odds.

B.K. Dr. Swapan Rudra, Durgapur

Now the whole human society has taken a turn in living, livelihood, share, care, connection & communication due to Corona, a massive emotional boom affecting physical & mental health. Situations come, but ultimately, we overcome winning the game by means of positive flow from the vibrant humanity. Physical changes of earth and on earth always happen at times in different magnitude in different parts of the globe which naturally bring necessary surviving changes in life, but when the change comes from within mind & mindset for having some causes may be due to human error or fear that lasts for prolonged period and then automatically humanity takes a U-turn. Our planet moves in its own way through anti-clockwise rotation & revolution and in every revolution, there is a right-angled deflection causing another kind of movement covering the whole revolutionary space of earth in a 5000-year *Kalpa*. We know about the history, geography and concerned civilizations of different countries on this globe and celestial spheres around, but do not know the true history & geography of the world & universe. We could achieve a lot of things through our innovative & up-to-date knowledge synchronised with ancestral wisdom documented in different periods of time. Human intellect has reached in

that level where they can set space station over the planet and can send satellites to moon or mars. They can even dare to measure the distance & dimension of the solar system through Voyager-1 & Voyager-11. Revolution has happened in human mind also due to his dynamic effort & progressive style in handling science & technology instead of many failures. Like other living creatures, humans also take birth in new costumes and die leaving old bodies at regular intervals. Thus, we all are entangled in death & birth cycle along with changes in nature in four equally divided *Yugas* in a 5000-year-old cycle.

Human souls are always at some journey, here or there, as male or female and thus humanity persists with the flow of time. All the time, journey is forward moving that never retreats in the same cycle because the path of journey seems to be linear, but cyclical. We have forgotten the era of divine journey during *Satya & Treta* epoch; we can only remember the world history & geography since the beginning of *Dwaparyuga*, 2500 years back. World drama is of 5000 years of age happening on the same earth in two phases i.e., light phase with soul-conscious state and dark



phase with body conscious state. In the first half of the kalpa, divinity persists within the human souls and hence at that golden time they have been designated as deities. But during the second half, people gradually lose their divinity due to entry of vices within them and as a result they became degraded only as human leaving the being part, so far activated. The same thing happens in every cycle on our home planet and we, the same souls, take part in different times starting from *Satya yuga* up to the destructive end of *Kaliyuga* and therefore, the broader perspectives have always been changed era to era during the whole cycle and at the same time, smaller changes have always been there worldwide. We regularly discuss about different types of changes, after 10-20 years about culture, tradition, language, politics, history and literature and most of the time, we always compare the present with the past happenings. In majority cases, past is supposed to be better than the present, may be 11, 20 or 50 years back. Only in few cases, we feel past deficiencies in some points i.e., transport, communication, connection, adventures & explorations and such things may vary person to person and in different age groups. Most of the adolescent and youth are well adjusted with the recent changes, whereas the older ones are not always so comfortable with the day-to-day new changes. Generally, we observe many fold changes in respect of thoughts, behaviour, attitude, perseverance, responsibility etc., reflecting in the practical field of social, economic, scientific & cultural

perspective. Covid-19 crisis blocked us almost in every sphere of life during last two years. We didn't have any idea before about such a situation because last epidemic in Spanish flu occurred in 1920; but still, that was not so wide-spread as corona engulfing almost all the countries across the globe. Never before, it was heard that any virus like Corona may be manufactured in laboratory and then deliberately spread throughout the globe with plan and purpose. This epidemic has changed the human perspective creating psychological pressure in a big haul. Whatever may be the means, change is the most necessitate thing in life and thus changing our mind is to change the world in a definite direction already been set in the drama wheel.

Different opinions may be there, agonistic or antagonistic, but what happened has happened. Instead of a lot of argument & opposition, happenings are to be accepted finally having faith in the World Drama which is always beneficial. **What we have learned from Godly knowledge is that each and every second in drama is accurate and no question is to be raised, but definitely there might be lessons for the future.** Whole human history is knitted carefully with events one after one with specific cause and effect in a pre-destined manner. Human souls take birth in different costumes in different families and leave bodies after the end of their destined roles playing own part, but no one knows his/her role in advance. Thus, drama is always interesting with pains & pleasures,

sorrows & happiness, destruction & construction. BapDada says repeatedly that **be firm in the drama without judging the happenings and then only we will be able to enjoy the drama; otherwise, whole life will be spent judging the people & situations.** People may be different, situations may be cumbersome, but still, I don't have any problem in my mind. Baba teaches us to accept every situation and people as it is to make ourselves internally strong enough to tackle the outer odds. Most of the time, we lose our inner energy thinking waste and being inflicted with negativity becoming judgemental. We could save this positive energy easily to train our mind and intellect following the

Godly knowledge and Rajyoga meditation. As we are at the fag end of *Kaliyuga*, more and more unwanted scenarios will come, but we have to be beyond all such things by means of mental rejection thinking ourselves as the inhabitants of *Sangamyuga*, not of *Kaliyuga*. Brahma-mouth-origin Brahmins are so powerful that they may not be afraid of any situation and hesitate to pass through whatever that may be. The software lesson of 'nothing new' has been installed in Brahmin intellect by default, so no fear, no indulgence and no agony. There is only progression and advancement in every step in life amidst all odds aiming at to be the deities in the forthcoming Golden Age. ■■

### WORDS OF WISDOM

- ◆ Your words are a form of energy. Be mindful of the words you speak because you're always creating something in your life.
- ◆ If you're creating anything at all, it's really dangerous to care about what people think.
- ◆ Life begins at the end of our comfort zone.
- ◆ Be sure you put your feet in the right place, then stand firm.
- ◆ Life becomes beautiful when you learn to be as good to yourself as you are to others.
- ◆ Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice.
- ◆ Life isn't happening to you, life is responding to you. How you're feeling now is a great indicator of how life is going to respond next.

## NEGATIVITY PREDOMINANT THAN POSITIVITY DURING ABSENCE OF THE GOD



**The practice of Rajyoga meditation taught by Brahma Kumaris gradually removes the negative feels from the human minds and creates room for positive qualities.**

**B. K. Subramanian, Avadi**

**I**n the Age *Kaliyuga* is a negative world where negative qualities are predominant among human beings. Even learned and educated people who are preaching and teaching about positivity do not follow it up in their practical life. According to them crimes of all types alone are negative. Of course, we don't deny. But where is the root and what causes the commission of crimes. Is it not the vices in human beings such as lust, anger, greed, ego, jealousy, arrogance etc., which develop into intoxication, pollute their feelings and intuitions and push them towards commission of crimes and offences?

Let us remind ourselves of the well known proverb - "prevention is better than cure". For prevention, all negative feelings should be nipped in the bud.

We might have known or heard from people saying that he was a good boy but he joined hands with bad boys and became bad. Even simple arithmetic proves the above fact, plus x minus = minus only and not plus. That is the fate and destiny of *Kaliyuga*.

Let us see what all the positive attributes are. To mention a few – peace, love, purity, mercy, knowledge happiness etc., treating all

equally like brothers and sisters. The layer of negativity in the human mind/soul disappears giving room for emanation of positive qualities and keeps the mind cool and calm. To sustain the positive qualities *Shrimat* is very essential and on no account the practice of Rajyoga meditation to be ceased.

People have nowadays started thinking that there is no immortal world (*Amarlok*). Immortal world is nothing but an imagination of human beings. Immortal does not mean that the soul will never depart from the physical body. *Satyuga* and *Tretayuga* have been referred as Immortal world; but for their completeness and perfection. There is no untimely death or death by diseases. The soul abides in the physical body till the complete tenure of one hundred and fifty years in *Satyuga* and one hundred and twenty five years in *Tretayuga*. Apart from this the soul leaves the physical body in a peaceful manner with awareness that it is going to take on a new birth by entering into the womb of a mother. This Phenomenal Act is almost like change of costumes / garments. Nobody suffers while changing the dresses. Similar is the condition of birth, death and rebirth in Heaven/Paradise. ■ ■

## RECOGNISING THE INVALUABLE ROLES WOMEN PLAY

Women are given such a high position in Indian culture, equating them to goddesses Lakshmi, Saraswati, Amba, Durga, etc. Hence, let's ensure the same position for women in our vision, attitude & hearts too!



B.K. Viral, Mumbai

**T**he 8th March is International Women's Day. Hence today, along with appreciating the invaluable role our mothers & sisters play, let's also understand this day in a slightly deeper manner.

Male or female is just an aspect of the body, with the soul actually having no gender. Indeed, the soul has both masculine & feminine qualities, which we can use as per our will. Hence, **Women's day is more about recognizing & appreciating the feminine qualities of providing selfless love, care & sustenance which all of us have!**

Hence, just like gardeners nurture their plants with so much love & care, let us also sustain & nurture everyone around with lots of love, by:

- ▶ Always seeing & highlighting their specialities & good deeds
- ▶ Encouraging them forward
- ▶ Always being there for them
- ▶ Always remaining in an elevated stage ourselves, hence radiating empowering vibrations all around & to them
- ▶ Staying beyond anger, control, being judgmental, etc
- ▶ Filling ourselves with God's love & sharing with all etc

Hence today, let's rise above even the consciousness of being a woman (or man) and remain in the awareness of being God's angel, having come just to share purity, love & joy with all!

The theme on Women's Day usually revolves around **Equality**.

Hence today, let's realize that if we remain in an ordinary consciousness e.g., I'm a male / female, manager, etc then if I'm the boss you're junior, hence it then becomes difficult to maintain equality. Hence today, let's realize we're all souls and remind this to ourselves everyday through study of spiritual knowledge & re-affirmation through meditation... This automatically emerges & maintains a very beautiful & natural equality in our vision & attitude.

Another theme on Women's Day is **Women Empowerment** i.e., soul empowerment... Hence, let's empower ourselves by:

- ▶ Always keeping God, the Almighty Authority along with us
- ▶ Creating powerful thoughts, like:
  - I'm a powerful soul
  - I can do it
  - I'm a victorious jewel

- Success is my birth-right etc

▶ Remaining beyond energy-depletors like anger, hurt, worry, etc

Many women are housewives, taking care of daily cooking, cleaning, etc. While these activities may seem unattractive (as compared to earning high packages & getting big titles), it's these home-making activities which provide a solid basis, or foundation on which all other achievements can take place. Hence, let's genuinely recognise & appreciate the invaluable roles played by home-makers (i.e., housewives) in society.

Women are given such a high position in Indian culture, equating them to goddesses Lakshmi, Saraswati, Amba, Durga, etc. Hence, let's ensure the same position for women (and indeed, for all souls) in our vision, attitude & hearts too!

The Brahma Kumaris today is the world's largest women-led organisation (with 5000+ centres in 140+ countries)...It's indeed a matter of great pride for us that God Himself has encouraged & kept women in front for His divine task of world transformation, right from the outset in 1936 (when women were actually quite neglected). Hence, let us also encourage women forward at our offices & homes.

By elevating ourselves to soul-consciousness & remaining connected to God, let's remain full of the experience of our original virtues of peace love & joy, and keep nurturing & sustaining everyone around us. Hence, not only illuminating & transforming the lives of everyone around, but also progressing greatly ourselves, thereby becoming instrumental in bringing the divine land *Satyuga* once again! ■ ■

## LAUGHTER: THE BEST MEDICINE

◆ **Doctor:** I have some bad news and some very bad news.

**Patient:** Well, might as well give me the bad news first.

**Doctor:** The lab called with your test results. They said you have 24 hours to live.

**Patient:** 24 HOURS! That's terrible!! WHAT could be WORSE? What's the very bad news?

**Doctor:** I've been trying to reach you since yesterday.

◆ **The surgeon told his patient that woke up after having been operated:**

"I'm afraid we're going to have to operate you again.

Because, you see, I forgot my rubber gloves inside you."

"Well, if it's just because of them, I'd rather pay for them if you just leave me alone.

◆ **Grandfather to Grandson:** "Go hide! Your teacher is coming as you bunked school today!"

**Grandson:** "YOU go hide... I told her YOU PASSED AWAY!! ??????"





## CROSSING NEGATIVE SITUATIONS WITH SPIRITUAL POWER

**A** significant and important sphere of our life which constantly goes away in a direction that we do not want it to is the way we look after our mental well-being and how it influences our overall behaviour and the way we perform our actions. E.g., if we are in a positive mood today, automatically all our actions will begin to get influenced by that and positive emotions that exist in our mind, start showing in our interactions. Also, if a negative and difficult situation comes into our life suddenly and our mind moves into a negative direction, then almost automatically our actions go into that direction.

How do we prevent this process from happening? What is the single best method to follow to prevent the mind from coming under the influence of difficult and demanding circumstances? Is there some method which we can use for our mind so that this complete process is stopped at the level of the mind in the first place? Say, you are not physically well today and you do not feel comfortable. So that is a type of negative situation. On another day, your boss at work has not been nice to you and you feel uncomfortable with the situation surrounding you. This is another type of negative situation. Such ups and downs are common in life and they will be there at every step, but do we let them dictate the way we behave or do we ensure that they do not interfere with our regular routine and our dealings with people? Of course, no one wants a burden on them but at the same time situations have to be dealt with positively also. But the main thing to take care of is, that while doing that, you do not lose your inner stability and your actions remain positive and full of peace, love and happiness.

Looking at different types of difficult problems in

our life can make us lose our enthusiasm and also weaken us internally. Life can become a difficult and rough journey, which is when spirituality with all its different benefits can help us immensely. Spirituality is the technique of learning how to rule over yourself not only at the level of words and actions, but also on a more subtle level of thoughts, feelings and emotions. It teaches us the art and fills us with the power of applying a brake to our negative and unnecessary thoughts when a difficult situation is in front of us. It's not about suppressing your mind and saying that from today I will not get angry or I will behave with love and humility with everyone and then going back to your negative self after some time. This is unnatural. But on the other hand, it's about gently transforming your negative emotions into positive ones by the use of spiritual power filled in the self by connecting with the Supreme Spiritual Power Source of the world - God. This connection is called meditation in spirituality.

Also, **it's not about just relaxing your mind by reducing the number of thoughts, but it's about creating the right positive thoughts which replace the negative thoughts which are in our mind, when we are in the middle of a difficult situation.** So, spiritual strength is what will give us the ability to change our way of thinking and behaving and not just spiritual knowledge. Remember, it's our personality

(Contd. ... on page no. 31)

## DIVINE HOME FOR KUMARIS “Shakti Niketan”

**A**n abode to all who seek wisdom with security..... An abode to all who are in search of innovation with discipline. An abode to all who wish to steer the elevation with stability.....An abode to adorn the wings of motivation with dedication.....An abode to reveal yourself as God's best creation forever.



### Enriching Divinity

**Hail to the young birds to soar high in the sky of knowledge and Bliss.** A daily collective study of the pearls of wisdom, practise of meditation in a quiet, serene ambience re-fuels



### Academic Excellence

**Deeper the roots, higher the Flight.** Our holistic approach to education helps *kumaris* to

develop the ability to use Knowledge, responsibility choose and understand the universally recognized values.



### Soaring With Technology

**Fostering Self Discipline, Self-esteem and Self-Reliance along with Digitalism.** In Order to thrive in digital empowerment, we make sure that our *kumaris* are equipped with digital age proficiencies too.



### Supremacy in Cultural Shows

**Hear the unheard, Feel the unfelt. Find the real you with your own creative powers.** Dance, Drama and Music is a unique Language to express feelings and connecting one's inner self to the omniscient “THE GOD”.



### Fun & Frolic Zone

***A healthy body harbours a healthy mind.***  
Sports is a part and parcel of *kumaris* life. Shakti Niketan provides indoor and outdoor games facility which creates a climate of encouragement facilitating holistic development.



### Discovering the Talents

***Individually we are just a drop, but together we are an ocean.***

Shakti Niketan is only for those who are the followers of Brahma Kumaris. Here *kumaris* from grade 6 to graduation can get admission. At present there are 150 *kumaris* from 24 states of India and Nepal residing in the hostel. The fresher's seeking admission in the hostel may contact between January to April and the admission process would commence from the month of April.



### The Festival of Life

***Celebration is an expression of inner joy.***  
Togetherness in lights of Diwali, unbroken bond of love in Rakhi, Endless blessings for Birthday, Spiritual colours of Holi reflect the delight and enchantment of blissful living.



### Carving Innovative Skills

***Everyone is designed to design his own destiny. So moment after moments live creatively.*** Shakti Niketan imparts million ways to be amazing, fabulous, creative, bold and interesting. Shakti Niketan is a place of constant learning. Just like breathing, learning is also an important need.

### ◆ FOR MORE INFORMATION ◆

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## RESEARCH IN MEDITATION AND ITS APPLICATIONS

**As stress, anxiety, self-doubt, psychological imbalance, suicidal tendencies, and relational conflicts are increasing, many areas are opening up for researchers in the field of meditation to provide a solution to society.**



**B.K. Dr. Shibaprasad, Ahmedabad**

**T**he importance of meditation has increased substantially in the 21st century, along with other scientific developments. Several leading universities have contributed significantly to this field, implying that renowned universities have realized the area's importance and carried out several interdisciplinary research. Several studies have examined the use of meditation in learning and education, family and relationships, work and organization, and healthcare and treatment. Going through the research records, we observed that US universities are pioneers in this field. Almost 50% of the articles connected to the Web of Science repository are from US universities. Stress and tension are increasing, and many areas are opening up for researchers in the field of meditation to provide a solution to society. Day-to-day anxiety, self-doubt, psychological imbalance, suicidal tendencies, and relational conflicts also increase.

**The practice of meditation is becoming a panacea for today's problems.**

Though the development of medicines could solve some of these problems to an extent, doctors and psychologists have realized the limitations of such substances in curing psychological disorders. India is considered the motherland or the ancestor of meditation and yoga. However, in recent days, researchers in

the US have realized its importance and have carried out several studies in the field. The researchers acknowledged that humans could not be utterly rational because of the amount of information they could gather, and the process was limited. Researchers discovered that improving our ability to focus on a task can improve efficiency and effectiveness. **One can positively enhance focus and attention through the positive habits of meditation.** Several past studies were conducted in this field to understand and explore the utility of its practices in various aspects of life. Over time importance of meditation for reducing stress and anxiety has increased, and growing uncertainty, work pressure, and the economic downturn have made people depressed and stressed. During this pandemic, stress surged to a new level because of the deaths and devastation. People have started appreciating the utility of meditation in different aspects of life. Several studies have examined the positive effects of meditation on emotional well-being.

### **Importance of Meditation in Management**

Management is the art of managing resources in optimum ways and means to increase the efficiency and effectiveness of an organization. Of all resources, man or human is

the most critical resource. Nourishing, satisfying, and supporting such resources is one aspect. Still, their holistic development, social, physical and psychological, can only be fulfilled if one is emotionally and morally intense. Meditation is a great way to nourish these subtle elements of human life. Researchers established the fact of enhancement of mental focus through meditation. Meditation helps enhance the individual's focus in counteracting the effect of intentional blindness, which enhances the information level in the individual to be more effective in dealing with professional and personal life ambiguities. Meditations help improve self-respect to develop confidence, and confidence reduces inefficiency, failures and frustration by reducing stress. Meditation also helps streamline an individual's physiological process, enhancing the body's defense power to counteract many diseases. As doctors are discovering more psychosomatic diseases importance of meditation is increasing in reducing illness and disorders by correcting the lifestyle. Managers and employees being human beings can practice meditation to improve team dynamism, love and cooperation. Meditation teaches us to remain positive and focus on the task: meditation cools down and slows impulsive reactions to be free from aggression and anger. Meditation helps improve decision-making and planning through the visualization technique with a focused mind.

### **Growing Trend in the Field of Research in Meditation**

The number of works in this field has consistently increased since 1980, and its importance has continually grown. With growing stress and economic uncertainty, more and more people are adopting meditation practices for a healthy lifestyle. The importance of this field

is growing among researchers and the scientific community. Meditation was a form of blind faith, ritual, or agnosticism in the past. However, people are now beginning to recognize the field's benefits and applications.

### **Most Frequent Words in the field of research in Meditation**

Going through the most-cited words in the research documents, the word "meditation" should obviously be the most repetitive. Besides the word meditation, the words stress reduction, depression, stress, anxiety, health, therapy, and quality of life are the most frequent words. The researchers found a strong connection between meditation and stress reduction, depression, anxiety, and health. Meditation is often used to treat physical and psychological problems. The researchers also found that with the intervention of meditation, individuals' quality of life and health could be improved.

The thematic analysis shows that there is research connecting meditation with mood, attention, care, efficacy, performance, etc. Meditation and performance in the personal and professional lives are essential in the corporate and professional worlds. Looking at the growing trend, one can conclude that the importance of meditation in reducing stress, depression, anxiety, and health disorders is increasing. People are adopting mindfulness meditation to have a healthier and better quality of life, which is a kind of meditation that is attracting the attention of researchers.

### **Future Trend and Implications**

With increasing uncertainty, stress and tension are increasing within war and conflicts. In addition to physical and economic health, emotional and psychological well-being is paramount. Meditation is a topic of discussion in

**Contd. on page ... 25**

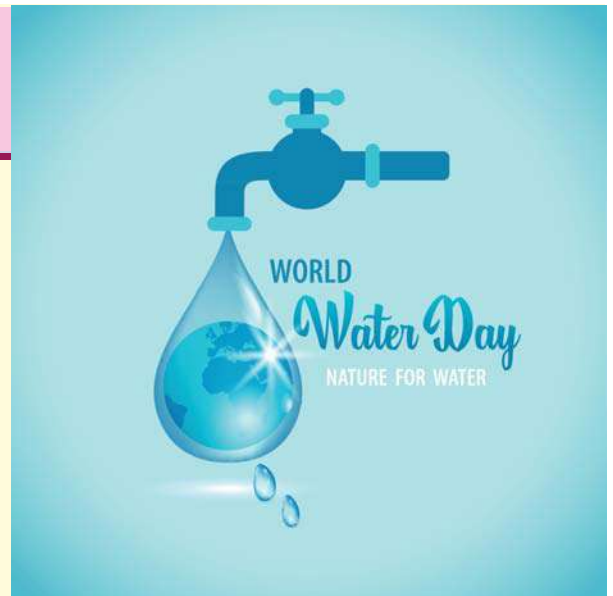
## THOUGHT CONSERVATION IS AS IMPORTANT AS WATER CONSERVATION

**T**he 22nd March is World Water Day. On this day, there will be increasing emphasis in the world on conservation of water. And indeed, most of us are responsible citizens who turn off the taps, switch off lights / fans, etc when not in use, recognising how valuable these resources are.

Similarly, just like water & electricity are valuable resources, **our thought power is the most valuable resource we have.** And so many times, we see it going waste, thinking about the past, about what others should do, worrying, complaining, etc. So today, along with conserving water, let us also keep a check on our thoughts, and change them as soon as they start going in a waste direction.

Just by doing this once or twice, we will experience a big increase in our energy level inside, making everything easy.

And since thoughts are the foundation of our life, be it emotional health, physical health, career / work or relations, caring for thoughts ensures everything else is automatically cared for. It's like watering the seed of a tree, which automatically ensures all branches, leaves, etc are nourished. Hence, we get much more results with very less efforts. ■ ■



### Water Enrichment Campaign

**polluting water is sin**

**Water harvesting is our responsibility**

**Being vegetarian,  
water will be saved**

**We cannot make water  
but can save water**

**If no water no creature  
Save water, save life of child,  
women and farmers.**

**Save water bodies,  
Save water stream,  
Save water sources and  
Save water reservoir.**

**Plant trees and call rain.**

**Brahma kumaris.**

## TRAIN TO MADHUBAN

Take the super fast train to Madhuban and learn how to walk and think in slow motion and in divine peace and love.

**A**re you living in ignorant bliss like the snowman happily waiting to go on a two week holiday in the sun?

**Who needs miracles when you can walk next to God and feel His hand and mind?**

If you do not wish to experience the delights of taking an Indian train, you can always take a bus or taxi to Madhuban but the train, if you've never been on an Indian train, is worth a million pounds just for that 12 hour experience. You get a real taste of India on the train and you'll see and hear things which you'll never experience anywhere else in the world.

**I'm proud to have travelled on one of the Great Wonders of the world.**

You used to be able to take the superfast overnight express from Delhi to Mt Abu that departed early evening and arrived at Brahma Kumaris HQ early next morning.

And there's the first experience; it's not so very superfast at all, and to most westerners the train feels more like travelling super slow, super crowded and superhot but also super friendly.

**I slept through the short night on this train of truth travelling through the desert and woke up at 4 a.m.**

You can travel A/C first or basic second class, and second class for most, is more



than enough to get a real taste of India. In India, travelling by train is rather rudimentary and yet the most wonderful experience you can imagine, and until you do travel this way, you'll never really know the true India of today. Sit on an Indian train and within an hour, the passengers in your carriage will know your life story. I cannot help but think that is the way life should be.

India and its poverty are now inseparable - and so is its friendliness and spirituality. All three are found in abundance on such trains. For me, it felt like I was witnessing an incredible way of life that few are privileged to experience. I sat being shocked in a unique boxed theatre with its wonderful local actors. I was taking part in a magical drama where this Godly Express Train was on course and probably more or less on time to reach God's Home.

I felt honoured to witness this wonder of everyday life in India. It felt like I was on a train of truth and love that only God could have been responsible for creating.

**A smile and happy heart can only come from a loving heart and open mind.**

Having slept through the night and waking early next morning at Abu Station

with desert sand in your mouth is a good reminder, if ever you needed one, of letting you know that you're in India. It's here, in Mount Abu, which has been the home and HQ of the Brahma Kumaris World Spiritual Organisation for over 70 years, that so many hundreds and thousands of searching souls come each year to learn the deeper aspects and secrets of meditation, spirituality and karma. They are drawn from all over the world and from whatever background, religion or culture they come, all are welcome and all return with a sense of contentment and achievement or at least a smile on their face and renewed hope in their heart and a clearer aim on what they wish to achieve in their lives.

**Whilst listening to God's teachings feels like you are sitting in front of a cooling fan on a very hot day.**

There are only a few that only leave with just a badge and shawl (no attainment or realisation) which is unfortunate but as God says, *"It's their karma not to wake up to My vibrations of peace and love and cannot see the elevated aims that I teach and which cool the mind and gives the student the power to turn their back on vice which has plagued them all their lives"*.

Only Godly wisdom, teachings and the coolness that emanates from His mind can cool a person's mind to the point where he regains control over his intellect. God's power gives a person the ability to not only think clearly and discern accurately, but imbues him with the capacity and willpower to see his pure desires are met. It's all too

easy for people's elevated notions and desires to be shelved or forgotten during the day as they get busy.

God would say it's acceptable to forget to phone your best friend or to go shopping but very bad if you forget your elevated aims and desires which you had set for yourself at the start of the day and which would have empowered you to become a better person with more peace, tolerance and lightness.

*For most, the meaning of life is to eat a take-away twice a week, to look good, wear nice clothes and earn lots of money and have a fast luxurious car or to shop every day and wear many expensive clothes and diamonds.*

Many leave Madhuban with a completely new purpose and aim in life. They acquire a new insight into the meaning to life and what we are – the soul! At this Godly University you can gain a deep understanding of why human nature is as it is now and most importantly, God gives us a solution to avoiding mistakes which once you were oblivious too and which were your downfall. God enables us to become a better person by improving our state of mind.

**A doctor has the power to cure or kill his patient.**

When you improve yourself, you are improving a part of humanity. So, helping yourself in the right way is helping humanity. The opposite statement is also very true: when you degrade yourself and live a low life that is basic and rules by the vices and controlled and restricted by your bad habits, you are at the same time injecting all those



defects and diseases into the bloodstream of humanity.

**'Train' your mind to be peaceful and you can take the 'Superfast Train' to heaven.**

The spiritual knowledge and eternal truths that govern us all and the understanding of karma as taught by the Brahma Kumaris, can allow you to enjoy all that you have in life to its fullest degree; so, enabling you to go bed with a smile and waking up with another smile.

Be a king, office worker or supermarket shelf filler, the world and its glory can all be yours if you know how to put down your body conscious problems and have only soul conscious solutions in your mind and hands. If you want this, then you will need Godly knowledge and wisdom, and if you want that, you'll need to go to the Ocean of Knowledge and ultimate source of all wisdom, and if you want that, you'll need to take the overnight superfast train to Mt Abu and wake up with dust in your mouth.

Even God understands that spiritual enlightenment requires us to make at least some effort and experience some discomfort in exchange for your third eye opening. To have a mouthful of desert is nothing when you consider it almost a necessary part of your journey that will allow you in the future to taste and smell heaven.

This simple overnight train journey allows us to see God, heaven and a future of happiness and fulfilment that lasts a student and passenger on this train an eternity.

**God enables you to walk with a spring in your step and avoid walking as if you are in the middle of winter (slippery, cold and uncomfortable).**

These are some of the reasons it's good to learn and practice daily meditation as taught by God and His children. There are many forms of meditation and yoga as there are many forms of transportation in the world. You can travel by rickshaw in the cold and rain on dangerous roads every day of your long life with no certainty that you'll arrive home safely after each journey. Or you can travel daily on your own superfast train with God next to you as your companion in first class A/C which is always on time and is very comfortable, safe, cool and can also be very entertaining if you keep His Godly company, talk to Him and look out the window and enjoy the view and talk to the other passengers with love, spirituality and wisdom; as taught by God Father Shiva. ■ ■

**Contd. from page ... 21**

occupational therapy, clinical psychology and the management stream. However, various yoga gurus have conducted many meditation campaigns across the globe. This experimentation and research are crucial in the wake of disasters, pandemics, and wars. However, the field needs more systematic research. Specifically, though India is considered the birthplace of such practices, more research has yet to be initiated. ■ ■

## GOD COMES AND BRINGS THE SOULS BACK TO THEIR ORIGINAL STAGE

**This world is a place to play. That is why it is called the drama stage. Even God has an act to play, once, in this drama. His act is the most elevated, as He comes and transforms our world; but how does He do this?**

**W**hen it is said, 'Supreme Father, Supreme Soul', it means we definitely are His children. It is not that He is the Father and we are also the Father. If the soul is the Supreme Soul, then the soul would also be called the Supreme Father. But if you say 'father', then there are children as well! 'Father' is said in relation to a father and son! If everyone is father, why do we say father? Definitely the father and the son are different. When we say 'son' it is always in connection with the father, and vice-versa. He is always spoken of as the Supreme Father, the Supreme Soul.

'Yes, there is a difference between the stage you had, and the stage you have now. I have now come to make good that difference, i.e., I have come to change the present stage – to remove the difference.' The Father gives us the knowledge on how to bring about change. Within the understanding that He explains to enable us to recover our original stage, He is giving us the knowledge and strength to do it as well. The Father says: 'Remember Me, and you will get the strength to catch up with your original stage; otherwise, your actions will not be elevated.'

Sometimes we say that we want to do good actions, but the mind doesn't go towards the good, it goes towards the bad; and we do not know why this happens. It is because we don't have the strength to do good actions. Because

our stage is *tamopradhan* (completely degraded), we are influenced by vices a great deal. Our old

propensities (*sanskars*) create an obstacle in going towards good. The Father says: 'Children, let that obstacle go away. How? By having connection with Me, or through My remembrance. Continue to clear the burden of sins, the obstacles, or bondages, through My remembrance, and bring into practice the knowledge I give. Continue to perform elevated actions and you will become Satopradhan [completely pure] and will attain the pure stage which was originally yours.'

### God Comes and Transforms the Entire World

This knowledge will remain in the intellect of those who listen to Godly versions, i.e. Flute of Knowledge or *Gyan Murlī*, daily. Our attainment from the unlimited Father should be in the intellect. We receive a body in the New World only on the basis of this attainment. As is the soul, so is the body; and as are the body and soul, so shall be the world. Hold all these aspects in mind. It is not a question of one person, but the whole world. The Supreme Father, the Supreme Soul, is



creating such a pure world now. No one else can perform this act. Christ came but he is not called the one who created the world; he is called one who created religion. He just created his new religion. Buddha came, and he created his new religion in this world.

To transform, or create the world is the task of the One who is called the World Creator, World Almighty Authority. This also should be understood: that His task is different from that of all other souls. As souls come and do their respective tasks, similarly, He does His task; but He has His own way of doing His task. Even the Supreme Soul enters a human body to perform His act.

Each soul takes one birth after another. We cannot say that all this is the act of the Supreme Soul. It is the karmic account of each soul. There have been good souls in the world like Christ, Buddha, Gandhiji, and other religious people who played their respective roles, as you have done. The soul has in itself the record of many births, and that record will play. This world is a place to play. That is why it is called the drama stage. Even God has an act to play, once, in this drama. His act is the most elevated, as He comes and transforms our world; but how does He do this? By transforming souls, on which basis the nature and everything in the world changes, He changes the world. The Father explains all these things. This is His job.

### **God Takes a Body but Doesn't Suffer from any Karmic Account**

This world is called the field of action (*Karma-kshetr*), where every human soul plays its respective part. The Father says: "I too have a part, but Mine is different from everyone else's. Even I have an account, but it is different from that of souls. I don't come into cycle of death and birth and unlike souls, I never suffer karma. My part is such that I only come and liberate souls. This is

why I'm called the Liberator, the One who makes souls free from bondage. Only I will come and let you know how I come, and how I liberate."

There are certain rules or laws which also need to be understood. There is a law for everything in this world. There are laws for this human world, and also for human beings.

First comes childhood, then adolescence, then youth; then as man grows, he becomes old and is totally decayed until one day he meets his end. Everything grows; decays and one day will also meet its end. It is similar with the life of the world; it too has laws. Everything will grow, and will be reduced. As with the different stages of life, it is similar with our different births. Then also there are stages for the life of the world, and likewise, there are stages for religions. The first religion is the most powerful one. Those religions that come later are less powerful. Accordingly, the religions expand.

### **God Comes and Establishes the World of Religious Souls**

The Father says: 'I also have My part in this drama. I come and purify everyone. A powerful Soul is needed for this. I am also a Soul; I, God, am not anything different; but My task and My part are huge and elevated. This is why I'm called Supreme Soul, God, and Liberator.'

No human being can be a liberator. Human beings come and expand their number, just as Christ came. His task is to bring souls of his religion. But he cannot take them all back, because that is not his task. To take everyone back is the task of the Supreme Soul. So, God is not some other thing. It's just that His task is different, and that is why He is called God.

He says: 'I'm also a soul, like you. There is no difference in the form, but yes, there is a huge difference in the task. Those are called religious fathers, and I'm called the Supreme Father. ■ ■

## ATTITUDE MATTERS

**A** beautiful aspect of our lives which we sometimes do not give adequate importance to is the need for taking care of our attitude towards everyone and how we look at each one. There was once a businessman who became known as the most successful person in his field because of his hard work and dedication. Thousands of people admired and respected him. Everyone's attitude was extremely nice and positive towards him. Sometime in the middle of his career he started doing badly and suddenly people began to move away from him. The attitude of many people towards him started becoming negative and the same people who were happy with him, in his success, no longer were there for him, in his failure. The world had turned its back to him. Why did he face such a response from the people around him? Was something lacking in him? Did he commit some mistake? Not at all. But the world was like that for him. Bad. They say your attitude for someone should not only be positive but ever-positive i.e. continuously positive.

Are we able to always have a positive attitude for everyone? Do you ever wonder what stops us from doing that? Our perception of people changes very easily. There is a small example of two people A and B having a conversation amongst each other. B explained something negative about C to A and went away. Later in the day, C came to A to ask for help and A

refused to help because he thought C was not a nice person. Who was responsible for this action? B and his negative feedback about C which he gave to A. This changed A's attitude towards C. This can happen with us in our social circles or in our offices or even in families. Attitude matters. It is the foundation stone of all relationships.

Our attitude towards a person is commonly based a lot on what we listen from others about him or her, as discussed in yesterday's message. On the other hand a person who is determined to have a positive attitude will not let all that he hears, affect him. He will maintain a balance by knowing everything about a person or what others are saying about the other person, if required and yet remaining the same. This is because sometimes in a particular role, in any sphere of life, it may be important to know everything about a person from others also. That does not mean that we should gossip about the other person and indulge in discussions about him or her. This may be unnecessary at times because sometimes people give incorrect feedback also. But that's not true every time. Sometimes the feedback may be correct and not so nice. Also it may be important to know that piece of information about a particular person, which you are receiving.

At that time, use your power of discrimination and judgment to know whether what you are hearing is true or not because the other person may be incorrect

or may purposely be lying or lying because of his or her own lack of discrimination and judgment power. Also, at times, it may be good to refuse the other person's piece of information or if that's not possible, hear it, but not let it affect you negatively. In other words, neither should you be disturbed by that piece of information and neither should you share that piece of information with others. Lastly and very importantly your attitude towards that person whose information was shared with you should remain the same. Otherwise following your attitude change, your behavior towards that person changes and as a result the relationship with that person gets spoilt. How to keep a positive attitude for a person about whom we hear negative information?

When listening to a piece of information use your third eye or third ear if you like to call it that. We normally use the words third eye or the eye of wisdom. In the same way the ear of wisdom means while you listen to something about a person with your physical ears, use this third ear to differentiate between what is right and what is wrong. What that means is emerge spiritual wisdom of different life situations in your mind. Also, emerge the knowledge of Law of Karma (Action). The Law of Karma states that every action on a spiritual level causes a similar reaction or life situation to come back to us. A positive action brings a positive life situation back to us and a negative action brings a negative life situation back to us. The two ears will listen physically but the third ear will listen to the

physical information after filtering it with the filter of the Law of Karma. That additionally means understanding every hidden aspect of the information being shared with you about a particular person and yet keep a positive attitude towards that person.

At the same time, use the 8 powers in that particular situation like the power to tolerate, power to accommodate, power to face, power to pack up, power to discriminate, power to judge, power to withdraw and power to co-operate to bring about success in that particular situation. What that means do the right thing at the right time – resolve the problem filled situation without harming anyone's interests on a physical or subtle level of mental energies. Also, keep good wishes for everyone involved, keep yourself free from waste and negative thoughts and maintain the positive environment of the workplace or home. Also, spread good information about everyone including the person who may have committed a mistake or the person who has given you wrong information about that person. Lastly, remember everyone's original qualities are peace, joy, love, bliss, purity, power and truth. Look at everyone with these spectacles of their original qualities and don't look with the filters of negativity and weaknesses of different colours. Then everyone will look beautiful. Attitude matters and it is the key to success. So always keep it nice, pure and positive. ■ ■

### **The Festival Of Holi.....**

**Contd. from page ... 3**

within, (iv) many people depict Shri Krishna to be swinging in the swing which brings a sense of zeal and excitement thus inspiring to continue to swing in the swing of super-sensuous joy like this.

The Indian calendar year ends with Phagun month and the purpose of burning bonfire of Holika on the night of full moon day is to incinerate the mistakes, the bad thoughts one might have had throughout the year in the fire and to start the new year joyfully happily, and vice-lessly.

And celebrating the festival at the end of the year signifies the fag-end of *Kaliyuga* after which the days of peace, prosperity and purity in the New Golden Age World started and the sorrows, diseases, disquiet, and poverty prevailing in *the Kaliyuga* ended. But here one might question as to how the pain, miseries etc. of all the people would finish just by burning the bonfire of Holika or cow-dung.

It becomes clear that it is not achieved by burning or the dried cow-dung flakes but when we burn our bad propensities, thoughts and words in the fire of yoga, the same will be destroyed completely. Then only we will be able to enjoy complete peace and happiness in the New Golden Age world. Thus, this festival inspires us to connect our yoga of the intellect with the Supreme Soul, God Father Shiva who is also called the Ocean of Peace, Prosperity, and Purity. Holi comes after Shivratri (Shiva Jayanti) which symbolizes that when the Supreme Soul, God Father Shiva reincarnates on this earth, i.e. takes the divine birth and teaches Rajyoga, then, those

souls who connect their yoga of intellect with Him will attain complete peace, prosperity and purity.

### **The Meaning of Holika**

Some people consider the meaning of Holika to be 'roasted grain'. On Holika, they burn the sheaves of wheat and barley. In the parlance of yogis, knowledge, and yoga (austerity) have been compared to a roasted seed which cannot germinate and produce fruit. Likewise, the act performed in the state of being knowledge-full will not turn out to be a wrong deed. Hence, **Holika is symbolic of the elevated directions/ advice given by the Supreme Soul, God Father Shiva at the end of *Kaliyuga* to burn the seed of karma in the fire of knowledge and remembrance.** In other words, He inspires us to do the righteous karma, and we must implement the same. We shouldn't assume Holi to be just burning some bonfire and cow dung, but should burn our old and polluted *sanskars* through the fire of yoga and perform all karma in a knowledge-full and meditative state.

The meaning of Holi in other words can be denoted as to let the past be the past; i.e., we shouldn't be worried for something that has happened and in future whatever karma we perform, we should do the same in Godly remembrance. Secondly, Holi means 'Ho li'; i.e., "I, the soul, have surrendered myself to God, i.e. from now onward, I'll perform every act as per the direction or advice of the Supreme Father only". Thirdly, Holy means Pure, i.e. whatever karma we have to do we should do it without being influenced by any vice, i.e. the actions should be pure. Thus, we can get so many teachings from the one name

of the festival 'Holi'.

### **Applying Holi Colours**

The tradition of applying colours on each other on the festival of Holi is symbolic of being coloured in the company of others. Knowledge is compared to – antimony (*anjan, surma*), nectar, fire etc. Likewise, knowledge is also compared to colour. A knowledgeable person colours his friends and relatives with the colour of knowledge; he connects the souls with the Supreme Soul and enables them to know the method to get power from Him.

Until a human being is coloured in the colour of spiritual knowledge and colours others with the same, he cannot be joyful, i.e., he cannot enjoy the auspicious communion with the Supreme Father, and thus gets deprived of the divine joy. In the absence of true knowledge, how can a human being have auspicious communion with the God Father? Ignorant or vicious human beings of today who are subservient to vices, bring sorrow and loss to others. Moreover, a human being will be able to have an auspicious communion with the Supreme Father, God, only when he cleans the soul in the Ocean of Knowledge, i.e., when he burns his old, polluted behaviour, conduct, and vices, in the fire of knowledge and Godly remembrance. Only such a Holi is the true Holi.

***Wish you all a very-very  
Happy and Divinely  
Colourful Holi!***

### **Contd. from page ... 17**

which needs to change and that will automatically transform our thoughts and feelings, which are influenced by my personality.

Situations are to be overcome without creating a deep influence on our consciousness. It is said that tolerate situations with pleasure and don't feel their pressure. Pressure of situations has a negative effect on our mind and that can in turn influence our thinking to such an extent that it's difficult to take away your mind and thoughts from the situation. Someone might say that since the last four days I have not stopped thinking of my argument with my office colleague. Another one might say today I am low since the morning because I heard a very bad news of the death of my close relative. Isn't it almost like a natural instinct? If a situation is there, I will feel different and that different is always negative.

So, how do I train myself for a more right or more natural instinct of remaining positive? That will come over a period of time with experience and also practicing stability in every difficult situation we face. It's like a ship without a rudder, which can lose direction and drown in a rough sea. In the same manner, the rudder of spiritual power will enable us to cross negative situations with ease. It's also not about saying to yourself that I am powerful and then repeating the same mistakes of thinking negative. Unless power is filled in the soul through the technique of meditation, we will never change into positive thinking individuals even if we are very determined to become positive and remain away from the negative. Power in the mind will also create positive *sanskaras* of faith, patience, determination, tolerance and stability, which will help us in any difficult situation. As a result, we will cross every negative situation with ease and lightness. ■ ■



**Porsa(MP):** Mr. Narendra Tomar, Union Agriculture Minister is receiving Godly gift by BK Krishna.



**Mohali:** In a programme on Shivratri Ms. Sayesha Gupta, Sony TV's reality show star singer is being felicitated by BK Prem and Mr. Amarjit Singh Sidhu, Mayor.



**Rura (UP):** Mr. Surya Pratap Shahi, Agriculture Minister of Uttar Pradesh is receiving Godly gift by BK Preeti.



**Mehsana (GJ):** A seminar on 'Women's safety through Spirituality' is being inaugurated by Dr. Dipika Sardwa, state president of BJP's Mahila Morcha, Dr. Mamta Pandit, spiritual orator, BK Sharda, BK Sarla and others.



**Bilaspur (C.G.):** In the campaign 'Nijat' being run by Police against drugs, standing on the stage are Mr. B.N. Meena, Inspector General of Police, Mr. Santosh Singh, Superintendent of Police and BK Manju.



**Dubai (UAE):** Mr. Madhur Bhandarkar, renowned film director is offering 'Global Leaders Awards' to BK Dr. Deepak Harke. BK Jyoti is also seen in the photo.



**Aaandpur (Odisha) :** Social Activist Padmashri Tulasi Munda is being presented a book by BK Padmini along with BK Sarojini.



**Bhubaneswar :** BK Santosh presenting Godly gift to Mr Lalin Mohanty, Chairman, OTDC (Odisha Tourism Development Corporation).





**Thane:** Mr. Eknath Shinde, Chief Minister of Maharashtra is receiving Godly gift by BK Sarla.



**Lucknow:** BK Radha is explaining to Mr. Anurag Thakur, Union Youth and Sports Minister on Yogic Agriculture stall along with BK Badri Vishal.



**Delhi (Karol Bagh):** Acharya Vivek Muni, President of International Mahavir Jain Mission is being presented Godly gift by BK Pushpa on the occasion of Mahashivratri.



**Indore:** In a programme on Shivratri sitting on the dais are Mr. Shankar Lalwani, MP and Mr. Pushyamitra Bhargava, Mayor, BK Hemlata, BK Shashi and others.



**Vadodara:** A programme on Shiv Jayanti is being inaugurated by Mr. Rajeev Kumar Sindal, Sr Vice President, Reliance Industries, Mr. Vipinbhai Patel, Chairman, Baroda Productivity Council, BK Dr. Niranjana and BK Narendra.



**Jaipur:** Mr. Shanti Dhariwal, Parliamentary Affairs Minister of Rajasthan is receiving Godly gift by BK Sneha.



**Beerganj (Nepal):** Mr. Saroj Kumar Yadav, Chief Minister of Madhya Pradesh is receiving Godly gift by BK Raveena.



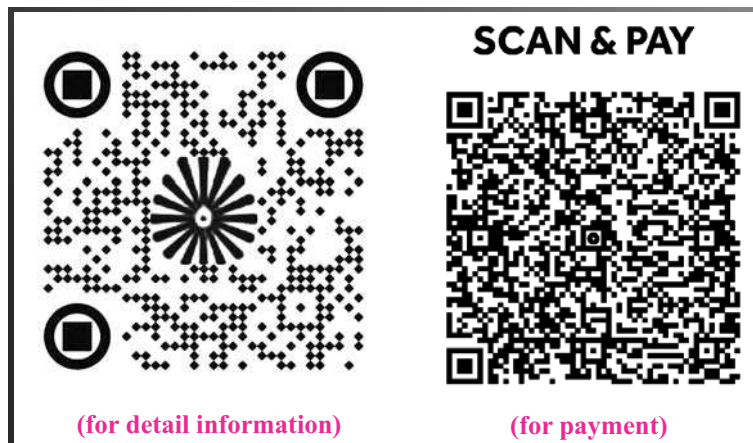
**Bareilly:** Mr. Dharampal Singh, Cabinet Minister of UP is receiving Godly gift by BK Neeta and BK Amit.

## HEAL YOUR MIND TO HEAL YOUR BODY

**Y**ou hit the gym and workout regularly. As a health-freak you routinely consume fruits and vegetables. You get 7 to 8 hours of good sleep each night. Despite all the care, your body develops bouts of illnesses, aches and pains. Do you have a burning question on your mind - *What more should I do to lead a healthy lifestyle?* Our thoughts and feelings create a subtle energy body. While diet and exercise influence physical health, a clean energy body is needed to sustain a perfect physical body. *Any emotional blockages like fear, pain, confusion, anger or jealousy creates energy blockages in the energy body. It then manifests as an illness in our physical body.* Let us cleanse our thoughts to radiate happiness and love to every cell of the body. Release past hurt to strengthen every

organ. Forgive people to heal aches and pains. Remain calm and stable to cleanse the body. We have the power to create a healthy mind, which then creates a healthy body and a happy life. Remind yourself - *My every thought creates happiness and health. All my health parameters are perfect. My body is healthy.*

Also, if there is something troubling your body, do you know that you can use the power of your thoughts to influence your health? Each thought has an effect on the cells of our body. When we are physically unwell, we cure the body with medicines, but do we heal blockages in the mind? Just by thinking or saying - *My cholesterol is high... My fever isn't coming down, what will happen next... How will I manage to walk with this back pain...* we radiate energy of sadness, worry or anxiety to our body. These vibrations slow down or block healing. **Changing our thinking is as important as treating the body.** ■ ■



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**Rohtak(HR):** After a talk on "Highway to Happiness" in Maharshi Dayanand University, BK Shivani is being presented a memento by Dr. Rajveer Singh, Vice-Chancellor and Prof. Gulshan Lal Taneja, Registrar. BK Raksha and various Dean's of University are also seen.



**Hamirpur (HP):** Mr. Sukhvinder S Sukhu, the Chief Minister is receiving Godly gift by BK Jyoti and BK Sarika.



**Gurugram (ORC):** Dr. Rajkumar Ranjan, Union Minister of State for External Affairs and Education is inaugurating a program for Educators along with Dr. Nupur, VC of North Cape University, Dr. Ashok, VC of Starex University, Dr. Sanjay Jha, Director, Gurugram Amity University, BK Asha, BK Sudesh and others.



**Mumbai:** After a spiritual talk on 'Self Care and Compassion' at Kokilaben Dhirubhai Ambani Hospital BK Shivani is with Ms Tina Ambani, the Chairperson of Hospital and BK Yogini.



**Bhopal:** On Republic Day Celebration in group photo are -- HE Mangu Bhai Patel, Governor of MP, Mr. Shivraj Singh Chouhan, Chief Minister, BK Avdresh, BK Nirmla, BK Bharat Bhushan, and BK Jyoti.



**Guangzhou (China):** Weekly Meditation Workshop at the Consulate General of India is being inaugurated by Mr. Shambhu L Hakki, Consul General of India and BK Sapna.



**Gurugram (ORC):**  
HE Droupadi Murmu, the President of India is inaugurating a National Convention of Women along with HE Bandaru Dattatreya, Governor of Haryana, Mr. Rao Inderjit Singh, Union Minister, BK Jayanti, BK Brijmohan and BK Chakardhari.

**Bhubaneswar:**  
H.E. Droupadi Murmu, the President of India is being felicitated by BK Leena, BK Sheilu, BK Praful, BK Vijay and others on her visit to Odisha.



**Abu Road:**  
Inauguration the 'Jal-Jan Abhiyan' are Mr. Gajendra S Shekhawat, Union Minister of Water Resources, Mr. Manoj Muntashir, famous lyricist, Rajyogini Dadi Ratanmohini, BK Jayanti, BK Munni and BK Mruthyunjaya.

**Secunderabad:**  
'12 Divya Jyotirlinga Mahadarshnam' Spiritual Exhibition is being inaugurated by Dr. Tamilisai Soundararajan, HE Governor of Telengana in the presence of Mr. Madhukar Naik D. Garu, CEO, Cantonment Board, Mr. Saripalli K Rao Garu, Chairman, Lamco Group of Industries, Justice V. Eshwaraiiah, BK Manju and others.

