



# The World Renewal

Monthly

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**Shantivan (Abu Road):** Mr Narendra Modi, Hon'ble Prime Minister of India is being greeted by BK Nirwair and BK Chandrika on his visit to Brahma Kumaris Shantivan Campus.



**Shantivan (Abu Road):** A view of audience gathered to welcome Mr. Narendra Modi, Hon'ble Prime Minister of India at Diamond Hall of Brahma Kumaris.



**New Delhi:**  
BK Sarita is introducing the 50 members team of the BK students of Pune Mukundnagar Centre to HE Droupadi Murmu, Hon'ble President of India at Rashtrapati Bhawan.



**Shimla (HP):**  
BK Rajni is presenting Godly gift to HE Droupadi Murmu, Hon'ble President of India. Also present are BK Bharat Bhushan, BK Sunita, BK Om Prakash and others.



**Hisar:**  
HE Droupadi Murmu, Hon'ble President of India is being greeted by BK Ramesh, BK Anita, BK Vandana and BK Dr Ramprakash.

From the mighty pen of Sanjay



## RAJYOGA THE IDEAL PATH TO PERFECTION

**Real Yoga does not merely give temporary health and happiness but the highest stage achieved through Yoga is one where no behavioural ailments exist; no mental tensions or worries exist; no social, moral or spiritual crisis exist.**



**Y**oga is becoming more and more popular in the world today, especially in materially advanced countries. Yet, in India, where Yoga originated, people are becoming more and more conscious of political and material advancement. Their urgent needs are bread, clothing, and shelter. Yoga is hardly thought of as a need in life. The West is faced with problems of a different nature those pertaining to psychosomatic or psychic ailments. After realising the limitations of traditional drugs and psychotherapeutic treatment, many doctors have turned to yogic techniques for treating their patients. However, most have only the limited aim of curing some physical ailment or mental tension.

### What should be one's aim and objective in Yoga?

Real Yoga does not merely give temporary health and happiness but the highest stage achieved through Yoga is one where no behavioural ailments exist; no mental tensions or worries exist; no social, moral or spiritual crisis exist. In fact, it is the ideal method of curing physical and psychological disorders for several births. The stage of perfection that can be reached through Yoga is *Jeevan Mukti*: the stage of fruition, of total liberation from unhappiness and peacelessness while leading a worldly life.

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## THE ESSENCE OF HUMAN ENDEAVOURS

**I once had an incident of Meditation which lasted for not just a few minutes or hours, but lingered on for days at a stretch... That was one of my prime experiences where I felt combined with the Supreme source of all Love and Power, surrounded by God's brilliant radiance.**



**D**ay in and day out, all our endeavours are directed towards finding or experiencing inner peace and contentment – why? **As we take on roles in our respective births, there is a general pure wish to use**

**our innate qualities to their full potential in exploring and contributing to the communities we live in.** While we go about our daily efforts to earn a livelihood, we also explore possibilities of accumulating more and more wealth to be able to create and live in a comforting environment, and provide the same to our loved ones and social circles. We choose to enrich our intellects and hearts by reading stories of survival and success in the newspapers, books or media, and watching movies and documentaries for entertainment, awareness and exposure. **However, these avenues used to be about education and progress in the past, but currently they mostly end up in degradation and failure.** Our expectations of the external world are sometimes so high, but the resources we explore and extract from are not always maintained by skilled, sensitive individuals. **Over time, the**

**standards of understanding the depths of human emotions and activities, and resulting impressions and expressions are losing power...**

The search for fulfillment continues, but since the methods are becoming more superficial and unstable, there is every possibility of people losing their sleep and sanity over this. As we witness these days, the younger generations are mostly tuned into the entertainment world, social media, fashion, quick-money-making-businesses and often toxic news. If the gathered input is not from a pure source, it is most likely going to be just imaginative and nonsensical things. **How can we expect any good nourishment for one's thought processes!** It is disturbing to come across some youngsters who indulge in the habit of consuming media or fiction that depict dangerous, dirty, violent, abusive, and deceitful stories. No matter how much we try to be cautious, the exposure to negativity and impurity makes the audience bond with the characters and fall prey to restlessness, fear, anger and unnecessary mind-boggling thoughts.

At times, I too reflect on my daily routine of going through the Hindi and English newspapers, and ending up thinking that I

could have done something more productive with my time, as most news items are the opposite of hope, peace and enthusiasm! **It is a healthy quality to be curious about what's going on in the world, but all of us need to be in control of what we are exposing our mind, intellect, and heart to.** It is a relief that more and more people, media and authorities are catering to this need to freshen our perspectives and attitudes with positivity, and so are providing philosophical and inspirational stories, and experiences of Modern Yogis more regularly. All those pursuing Spirituality would understand when I express the joy I experience on exploring the beauty of silence in Meditation; **the foundation of Soul-Consciousness leads to experiential moments when the mind is fully at rest, and the elevated thought processes brings one very close to the Source of Supreme Truth—the Almighty Parent, Teacher and Satguru.** In those moments, I find myself totally free from the age-old layers of uncertainty and waste. I experience immense joy, as though I am being enveloped in the fountain of tranquility. **This practice doesn't even require that I emerge any thoughts, but my natural attention towards elevated consciousness and celebrating a meeting with the Divine, releases a burst of happiness, and there is nothing else I feel apart from super-sensuous joy!** I once had such an incident of Meditation which lasted for not just a few minutes or hours, but lingered on for days at a stretch... That was one of my prime experiences where I felt combined with the Supreme source of All

Love and Power, **surrounded by God's brilliant radiance. How I wish I could continually enjoy that beautiful, spiritual healing process and relationship with One?!** No physical experience or addiction or relationship with humans can compare with this ecstasy, as it relieves us of unwanted, unhealthy and illusionary notions of life. Spirituality and Rajyoga Meditation bring to the fore that which is meaningful and powerful in us, and secondly, teaches us to live life successfully, and in the service of humanity.

**Visit of Shri Narendra Modi ji, Honorable Prime Minister of India to Shantivan Campus, (Abu Road) of Brahma Kumaris.**

Building on these special experiences in silent contemplation and the desire to serve



Shri Narendra Modi, Prime Minister of India is with B.K. Nirwair and other B.K. Sisters after paying tribute at Avyakt Lok (Gulzar Dadi ji's Memorial)

masses, it was a matter of utmost honour and happiness for the Brahma Kumaris spiritual family to welcome **Shri Narendra Modi ji, Honorable Prime Minister of India** on a brief visit to our Shantivan Campus, Abu Road, from 3:15-4:30 pm on 10th May 2023. Though I was physically

not quite well, yet on seeing my very dear and respected divine brother, my mind was revived with the warm memories we have exchanged at previous meetings years back, while he was Chief Minister of Gujarat.

After placing a wreath at the memorial pillar of former Administrative Head of the Brahma Kumaris, Rajyogini Dadi Hriday Mohini ji, our beloved Prime Minister ji carried out the foundation-stone laying ceremony for a 50-acres multi-specialty medical facility, second phase of Senior Citizens' Home and extension of Nursing College at Talheti (Abu Road) by the name, "Global Institute of Health Sciences", by remote control from the venue of Diamond Hall, Shantivan Campus. The gathering of 15,000 Brahma Kumars and Brahma Kumaris, as well as Municipality and Community Leaders of Abu Road and Mount Abu felt greatly inspired in the presence of our Honorable Prime Minister ji, and aimed to support such essential projects that will be the means for everyone's well-being and good health.

**We wish to share with our Readers some pertinent extracts from respected Prime Ministers ji's speech of 10 May 2023 in these columns for your benefit:**

*"Whenever I come here, I have a spiritual experience in your midst.*

*"In this era of Amrit Kaal, social and religious institutions have a big role to play.*

*"This Amrit Kaal is Kartavya Kaal for every citizen of the country. We must fulfill our responsibility completely.*

*"The nation is undergoing a*

*transformation of health facilities...The number of doctors produced in India in the next decade will be the same as the number of doctors produced in the last 7 decades since Independence.*

*"When intentions are clear, and there is a sense of service, then resolutions are taken and also fulfilled.*

*"I have personally witnessed the dedication of the Brahma Kumaris Institution towards the service of humanity... You have demonstrated how an Institution can generate a people's movement in every sphere (be it Cleanliness Campaign, Jal Jan Mission, De-Addiction Campaigns).*

*"Whenever I have harboured expectations from the Brahma Kumaris for the sake of the nation, you have always exceeded these with your efforts. My faith has increased many times over.*

*"As an institution, the Brahma Kumaris works towards strengthening moral values in society. But along with that, you also promote science, health education and raise social awareness.*

*"The Brahma Kumaris should take forward new topics related to nation-building in an innovative way.*

*"Whenever I come here, I take something back with myself—be it blessings, inspirations or energy that gives me new impetus to serve the country."*

Salutations to our dear and respected Prime Minister Shri Modi ji for your kind gesture of appreciation and generosity of spirit!

**—B.K. Nirwair**

## LOVE FOR GOD

**Originally having a nature of peace, joy, love, bliss, purity, power and wisdom, the internal spiritual energy of the soul became polluted with body consciousness.**

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

**T**oday with climate concerns rising, experts are calling for countries to ditch coal as soon as possible and embrace wind and solar power. Additionally, due to concerns now rising about the continuing decline in morals and mental and emotional health, human beings need to embrace spiritual energy, 'Soul-ar Power', to recharge their flat spiritual batteries. The pure bright light of the soul faded, flickering like a fluorescent tube light which finally dies. **Souls, however, never die, but over times lose spiritual energy of peace and purity when their connection is broken with God, the Master Generator.** Originally having a nature of peace, joy, love, bliss, purity, power and wisdom, the internal spiritual energy of the soul became polluted with body consciousness. What we see externally in the physical world became our support and identity. We even reached the stage of killing our conscience, as appears to be happening at this time.

Many human souls have come to awaken our original power and spirituality, but only one soul, free from the cycle of birth and rebirth, has this part. A famous verse in the Bhagavad Gita scripture God explains, "Whenever there is decay of righteousness, and there is exaltation of unrighteousness, then I Myself come forth; for the protection of the good, for the destruction of evil-doers." Celebrated this year on February 18, 2023, the annual Festival of Shiv-Jayanti is

the memory of the 'birth' (*Jayanti*) arrival of God. Also called Shivratri, it is celebrated on the darkest night (*ratri*) of the year at midnight. It is a reminder of how the darkness of ignorance of mankind is removed when Godly knowledge brings the dawn and enlightens the world!

**Being the highest of all souls, God is the Supreme Father-Mother, Teacher, and Guide to all human beings. He himself has no father-mother or teacher. He is incorporeal, free from birth and death, immune to pleasure and pain, unlike human beings.** God is a subtle, infinitesimal point of Light, a thinking being, not visible to the naked eye, but possible to experience His presence and proximity. Within meditation deeply understand and feel God's loving presence. Transform the self by connecting with Him, instead of questioning His existence. We get so busy thinking how to solve situations and forget the Supreme Being, who can be called by the power of thought and whose help can be taken.

*Shivratri Festival celebrates the memory of spiritual rejuvenation making the old new again.* As the world becomes dark with growing corruption, sorrow and strife, God's Light of knowledge, 'Soular Power', ignites the spiritual lights of others. It empowers, transforms, and restores our original state of well-being to live in harmony with mankind and nature once more. *Transforming the world is the natural outcome of transforming ourselves. A better world requires human beings to be aware of their inner beauty; to use their positive qualities and to see the good within each soul.* The world is waiting for us. *We are the hands on the clock of world transformation.* ■ ■





## THE POWER OF PEACE

**If we want to experience the power of peace, we should have unconditional good wishes and pure affectionate feelings for one and all.**



**W**e are all aware that this world is reeling under the pressure of waste, vicious and negative thought vibrations. The force of these vibrations has been

forcing people in general to think similarly. The person who picks up these vibrations becomes uneasy and violent in a natural way. The consequential pressure is put on a number of people and the population is affected negatively. We all know that our thoughts first of all affect us negatively and we become peace-less and disturbed.

The United Nation's charter says **'Wars are born in the minds of men and therefore defence of peace needs to be constructed in the minds of men'**. In fact, our life starts in the mind. A thought of happiness makes our life happy and a thought of sorrow makes our life sorrowful. In the same way as the UN charter says a peaceful thought creates a peaceful life.

When wars are fought between countries, the first action the leaders concerned will press for is a cease fire agreement to stop the war, so that they can discuss together in peace. The problems in the world can be settled when the people of the world aspire for peace through peaceful dialogue and not through wars. Wars have never settled any problems, where ever they existed in the world.

**B.K. Surendran, Bangaluru**

### **The source of peace**

Peace is not outside. Peace is in the mind. Peace is a thought. The loud voice of a group to protest, or a commotion created by a large crowd is emanated from the minds of the people who have toxic, negative, waste, vicious thoughts which when demonstrated creates loud voice or sound pollution. Similarly, the vibrations emanating from the people who have positive, pure, elevated or powerful thoughts will spread peaceful vibrations in the world.

Peace is a source of great energy. It does not mean that we should withdraw ourselves to a secluded place to experience peace, instead we can involve more effectively in the day to day affairs of the world. A great value of peace of mind is that it increases our mental and intellectual power. **The mind is powerful when it is calm and cool which is made possible only when we have pure and positive thoughts.** When the mind is hot or cold, the emotions will start controlling the judgement which may prove disastrous. Mental power comes from quietness and calmness. We all know that silence is the power in which great things take shape. A scientist who in his laboratory sits in peace creates wonderful things which provide comforts and conveniences to us. Similarly, a yogi in solitude when he is engrossed in the remembrance of the Lord is also creating a peaceful and blissful atmosphere in the world. His thought vibrations overlay the negative, waste, painful and sorrowful thoughts and on the other hand in its place he provides mental stability and happiness.



### Introversion

When we focus on ourselves, we withdraw ourselves to our inner being. We must know that we have two entities. The body is the costume which I wear and is perishable as years pass by. But the centre of our being is that 'I am a soul, not this body'. Body is apparel. I am a subtle being operating life through the different organs of the body. In fact, soul consciousness is the real introversion. When we are still at the centre of our being, real peace is developed. Nothing can bring us peace, except ourselves for which we should eliminate all unorganised thoughts which are waste, negative, vicious and toxic. It is possible only when we are introverts – constantly looking inside to properly organise our thought pattern with powerful, positive, elevated, pure thoughts. Our every thought has energy, vibration and colour. Strict discipline should be enforced on ourselves so that our thinking is lawful, loveful, compassionate and beneficial to one and all. Thoughts cannot be seen but we can feel vibrations and it has no boundary. The owner of the thought can only regulate its speed and effect. It crosses all boundaries and spreads all over the globe. We must also have to conduct a soul conscious operation – a spiritual operation to eliminate what is called diseased thinking. We all know that the disease first of all afflicts the mind through toxic and negative thoughts such as anger, hatred, arrogance, fear, phobias, emotional outbursts etc., and then it affects the physical body. Disease afflicts the mind and then it spreads to the body. Hence, peace of mind is a powerful antidote for prevention and cure of mental and physical diseases also.

### Solitude

It does not mean that we withdraw to a dream world and stay alone. Of course, one can be alone at a place of silence and make the mind to stay put on a powerful thought to increase the

power of concentration or pray with a garland of beads or silently pray to a deity of his choice and so on. Staying alone and thinking of a topic of interest is also solitude. But, if we want to experience constructive peace, it is necessary to connect ourselves to a point source of Light and Might in soul consciousness. The light and might flows from the Ultimate Source of Creative Intelligence – who is the Lord who is in the world of sweet silence which is beyond the sky and the outer space. This is also known as Rajyoga Meditation. This meditation is a simple remembrance process of the Lord in soul consciousness. It requires Godly knowledge which is being taught by the Lord who has descended to teach both the knowledge and Rajyoga meditation. This is the most important spiritual technology to generate constructive peace. This education is given to one and all irrespective of religion, gender, region or language free of charge.

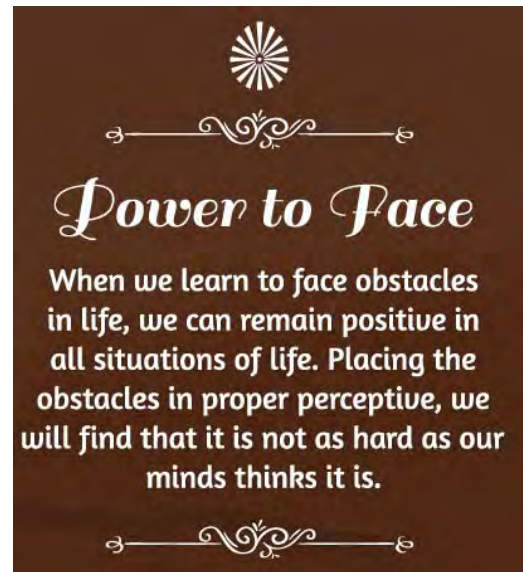
### Good wishes and pure affectionate feelings

If we want to experience the power of peace, we should have unconditional good wishes and pure affectionate feelings for one and all. When we organise our thoughts to radiate the vibrations of peace to the world at large the peace in ourselves will increase in manifold dimensions and simultaneously the people at large also will experience peace. Peace can nullify the effects of jealousy, ego, arrogant behaviour, recalcitrant and wilful opposition to destroy others for selfish advantages and all kinds of negative thought vibrations. The mental tool to spread peace to an area is through good wishes and pure affectionate feelings. **Even strained relationships, inimical neighbourhoods and any other unpleasant human relationships can be healed incredibly pleasant through the power of good wishes and pure affectionate feelings.**

The power of peace has the unique capacity to not only heal human life, but also all creatures and the nature which is made up of 5 elements, and also get rid of its wild nature and in course of time they will become friendly. Our eyes and face will radiate the peaceful, affectionate feelings in the world. We all know that a hot iron is cut with a cold iron. Similarly, all kinds of negativities are like hot iron which can be dissipated with the power of peace. Peace is our natural nature. As we practice our natural nature it will naturally become active and our presence can even cool down a person who is disturbed. Our attitude of affection and good wishes will generate in others the same attitude and there will emerge a natural transformation in their lives.

The heart of power of peace is pure positive powerful thoughts combined with the power of remembrance of the Lord. Hence, the peace generated by the people who lead a pure and sacred (*Satvic*) life, practice Rajyoga meditation have the above qualifications who spread the power of peace with affection to the

suffering humanity will directly touch their hearts. Let us all create a Master Mind Alliance to connect our minds together so that this becomes a wonderful and powerful tool to soothe the hearts of the ailing humanity. This is the need of the hour. ■ ■



## LAUGHTER: THE BEST MEDICINE

- ◆ **Our judicial system: A cow was running away from the jungle. ..  
An elephant stopped the cow and asked the reason behind the panic..  
Cow said: "government had ordered to catch all the buffaloes in the jungle"  
Elephant asked: "but you are a cow, why are you running??"  
Cow said: "I know I am cow, but if they catch me, it will take 20 years to prove that I am a cow not a buffalo. ...!  
Elephant also started running with the cow....**
- ◆ **Teacher: Why are you doing your math multiplication on the floor?  
Student: You told me to do it without using the tables**
- ◆ **Teacher: How old is your father? Student: He is 6 years.  
Teacher: What? How is this possible?  
Student: He became father only when I was born.**



## THE REAL AND BITTER TRUTH OF LIFE IS **DEATH**

Live every day as your last day. Do your work in such a way, that any one observes you can sense the peace on your face but no fear.



B. K. Ram Singh, Rewari(Haryana)



**S**teve Jobs was the founder of the famous Apple Company, who came to know in 2003 that he had cancer. Like any normal person at that time, he never thought that his death would

come so soon. But he had to accept the fact that he had cancer. He decided that the remaining days of his life should be used in wonderful work.

**In 2005, Steve Jobs gave a very inspirational speech at the Stanford University ceremony:**

"When I was 17 years old, I had read an example somewhere that if you live every day as your last day, then one day you will prove to be true". This sentence had a great impact on Steve Jobs' mind and from that day for the last 33 years every morning he looked in the mirror and asked himself, if today is the last day of my life, what am I going to do today? Yes, will I keep doing the same?

If the answer to this question is "No" for several days, then I used to understand that there is something that needed to be changed.

After this, the fact of death within a few days helped me to take many important decisions in life. So, if you have limited time, don't waste it living someone else's life. Thanks to this understanding, the special inventions of the 21st Century such as "iPhone", "iPad", "MacBook"

and AppleTV were born by Steve Jobs."

### **Whatever is, is for a while**

It is said that everybody has to fall one day, whether it is a human being or the sun. But **learn courage from the sun, which sets every day and emerges the next day with new hope and enthusiasm. That's why this style of the sun becomes the support of Living life because a new morning brings new hopes and new courage for everyone.** Nothing here is ours and no one is yours. Whatever it is, it is also for the time being. Later everything is going to be destroyed, even if you try a million times to catch it; nothing is going to remain in your grasp. We all know that we came empty handed and leaving everything, we have to leave empty handed.

### **The real and bitter truth of life is death**

Don't be arrogant; respect every human being, because man struggles to earn house, money, cars, expensive jewellery and fame all his life. But all this is of no use to us in the end. That's why be engrossed in the remembrance of God because where do you want to take all this by accumulating them. This reason of this life is the real and bitter truth.

### **What is Death?**

The end of the life of any living being is called death. There can be many reasons for death,

such as old age, accident, disease, sudden trauma, greed etc. It is said that a few months before death, the person's tongue stops working properly. He doesn't get the right taste of food. There is also difficulty in talking. It has been told about death that when a person dies, the *Yamadoots* of Yamraj take the soul with them to Yamlok. Here the good or bad deeds of the soul are accounted for. This is what decides the path of his next birth. The soul never dies, but the fear of death remains until the person remains in body-consciousness. Death is of the body, not of the soul.

**Breathing also has an invariable law**

One doesn't know the value of one's breath until it stops. The breath, that is going on inside us is a great gift of God. Breathing also has an unchanging law. Although these breaths keep coming and going, when they leave in the final form, they do not come back. No power in the world, no recommendation can call it back. The day the inhalation and exhalation of these breaths stop, all relationships, respect, wealth, glory will end. That's why respect this priceless treasure and thank the one who gave it.

**Humans have two true companions; one is their own deed and the other is God.** All the rest have been found here and will be separated here. That's why a person sees all the deeds that he has done throughout his life just before death. Therefore, do your work in such a way, that any one observes you can sense the peace on your face and no fear.

**The thing to be felt is death**

Can anyone see his death? No, if we consider ourselves as the body, we will never experience death. Does anyone in the world have such vision, who can see death? But if seen, it is the immortal, imperishable soul that runs our body, only soul can see the death of this body. If you

move a little beyond this body, then only you will be able to understand that the point of light, the imperishable soul, resides inside this body in the brow. If we understand the soul, we can understand the death of the body.

It sounds very strange to read and hear the above, but to understand it easily, the practice of Rajyoga is necessary because only through the practice of Rajyoga one can realize the Self. Only the soul will experience this feeling, not the body. When the death of this body comes then the soul running this body will understand that this body has to end now. The soul has no fear that someone can kill it or burn it.

These things are so deep and mysterious that even if you ask any saint, great man or read any book, you will not be able to understand, it can only be experienced, which the Supreme Father, Supreme Soul Himself explains through Rajyoga. It is known to all that one has to leave this body and go, but intuitive knowledge on death can be experienced, realized and understood better through the knowledge and practice of Rajyoga. ■ ■



## MEMORY OF WATER

Seeing how thoughts can transform water imagine what our thoughts can do to our bodies. At least 70% of our body is water!

**E**verything in existence vibrates. Vibration is energy. Vibration travels through water, says Dr. Masaru Emoto, born on July 1943, a Japanese author known for his research and claim that water has the ability to retain memory. 'Water responds to human consciousness; it reflects human thoughts. It shows us what we can't visibly see.' Emoto's research proves this power. Thoughts and words were directed at water droplets, then frozen and put under a microscope. As the drops start to unfreeze, the images reflect our emotions and become beautiful or ugly depending on whether words or thoughts are positive or negative! **Negative emotions such as 'You fool' made ugly crystals! Positive emotions, 'I love you' created beautiful crystals.**

In one of his experiments, samples of tap water from Tokyo were collected and small drops of this water transferred to small dishes and frozen. After 3 hours no crystal formed, just an ugly blob! Then he gathered a small group of participants, adults and children, to encircle this water sample and speak to it: "Thank you water. We love you water. We will take good care of you, water." Secondly, they were instructed to silently direct these thoughts to the water for same period of time. As this small group prayed over the water, the ugly blob began to change. Looking through the microscope, it was forming beautiful crystals. They were amazed! One child commented, 'I felt we had become one and I could pray for the water.' Dr. Emoto proved this change can be achieved through prayer, music or by attaching written words, even names or

pictures of people to a container of water. This also works with matter. Take 2 bowls of cooked rice and give negative thoughts to one and positive thoughts to the other. Try it yourself. After a short time, the rice in negative bowl turns brown and smelly while the positive one remains mostly unaffected.

Water in some cases produces beautiful hexagonal crystals, the life force of mother nature; in other cases, it produces distorted or no crystals at all. Anything in tune with Mother Nature manifests as a beautiful hexagonal structure. Anything not in tune does not. What is water trying to tell us? Water collects negative signals from people and the environment and becomes devitalized. Computers, TV, hard rock music, microwave oven, cell phones all form negative crystals. *The absence of hexagonal crystals is a sign the life forces have been compromised and have lost their energy.*

'I think this is the message of water, what it is telling us. *It is important for the water around us to be living and to produce only beautiful hexagonal crystals to help us remain healthy.*' For example, a 10 year study showed people who drank only hexagonal water reversed aging, lost weight and strengthened their immune systems.' Make your own hexagonal water. Simply send your pure loving thoughts to your container of water. Even better, connect your thoughts to God and visualize the vibrations of this spiritual Light and power revitalizing your water. Then before drinking water remember to bless it. The concept of holy water is not unique or current. It has

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## PREPARE YOURSELF: THE SOUL CAN SHED THE BODY AT ANY MOMENT

**S**hiva Baba likes to see us smile. In fact, He is the One, who has taught us to smile truly. By belonging to Him, we become very fortunate. If we remain in the awareness of belonging to Baba, we feel very good - this is my personal experience. Baba wants us to be happy always; never to be separated from Him and never to be such that we are pulled by others. Our very religion is to be truthful and to smile. We should never get upset or angry. **One, who is honest with the God Father, receives multi-million-fold help from Him.** My heart should be clean. Thank Baba from your heart and forget everything else. Do you ever remain aware that you are very fortunate?

In the beginning, we used to say that there is magic in the *Murli* (Godly versions). Do you feel that there is magic in the *Murli*? Raise your hand if you do. Baba speaks very good things in the *Murli*. Some souls have a lot of interest in the *Murli* and get absorbed in it.

It is time for the Golden Age to come; but before we go there, we have to go back to *Nirvandham*. Baba is preparing us for that moment. Baba is telling us to give up body-consciousness and to stabilise ourselves in the soul-conscious stage; and to be detached from the body. Are you detached from it yet?

Be aware of the value of time. Think about this. The soul can shed the body at any time and fly away to Baba. We have found the Supreme Soul and He is ready to sit in our hearts. Keep Him in your mind, heart and vision (*drishti*). Be a detached observer and see if you are keeping Him as your companion. Become a detached observer – it is the time for this. This is very necessary now.

Many souls love peace. **To remain in true peace, remain in the awareness of “Who am I? and Who is mine?”** Look inside yourself; keep churning the ocean of knowledge. Remain open-hearted and remain aware of the blessings you have received in your life.



Rajyogini Dadi Janki

### Inside the Heart

Before I was aware of myself as a soul, there were always negativities inside me such as: I don't know myself, I don't understand myself. But, after becoming aware of myself as a spiritual being and understanding my feelings, the inner awareness inside me became clear like: 'Yes, now, I know everything about myself that I need to know.' The young and the old are constantly saying: 'I don't know...' and have a feeling all the time of not knowing. What kind of life is this to move along without knowing the self and understanding the times we are in?

Where are the feelings stored? In the soul. From where do we experience peaceful and loving feelings? From inside the soul. Be peaceful, loving and blissful. **When you have the knowledge of the self as a soul, you are drawn to remain peaceful. As you speak of being peaceful, you go into a state of peace and that is when you experience love, and then you feel the self to be loving, powerful and successful.** So, say “Om Shanti” and remain aware of yourself as a peaceful soul. ■ ■

## HOW DOES GOD PURIFY THE WORLD

**God's Supreme Energy is the most influential and powerful energy that exists in this World Drama. The spiritual energy of human souls is the second most influential and powerful. After that is the energy of souls of other living beings of different species.**

**W**e are living in a world of 8 billion people and many different species of animals, birds and other organisms. Also, the world is made up of physical nature consisting of the five elements – earth, water, fire, air and space. As revealed by God, it is the law of the World Drama that God, all souls of all species in the world including humans, and physical nature are eternal and this World Drama of 5000 years involving these three repeats itself again and again on planet Earth. All souls have fixed roles in different births in the World Drama. They play these roles again and again as the World Drama repeats. **At the beginning of the World Drama, all souls are pure. They become pure to impure in the journey of birth and rebirth and impure to pure again at the end of the World Drama, with the help of God.**

God's Supreme Energy is the most influential and powerful energy that exists in this World Drama. The spiritual energy of human souls is the second most influential and powerful. After that is the energy of souls of other living beings of different species. This is like a hierarchy – God is at the top of the hierarchy, below God are human souls, below human souls are the souls of the millions of different species of different living beings and at the bottom of the hierarchy is physical nature of the five elements, which includes plants and trees as well as land, seas, rivers, mountains etc., which do not have souls.

**God is the One who is beyond change and remains constant in His purity, qualities, and**

**powers.** As revealed by God through His spiritual wisdom, the World Drama of 5000 years on Earth goes through four equal phases – the Golden Age, Silver Age, Copper Age, and the Iron Age, of 1250 years each. The first two phases are ones in which all human souls and souls of other species are completely pure and happy and there is 100% harmony in the world. Even nature is completely peaceful and pure. In the beginning of the third phase or Copper Age, after a journey of a few births, starting from the Golden Age, the spiritual power of human souls reduces slightly. Because of that, they start coming under the influence of body consciousness and the five vices - lust, anger, greed, attachment, and ego and start becoming impure. Also, souls of other species, because of a reduction in their own spiritual power and because they get influenced by the negative vibrations of human souls, they start becoming impure and start coming under the influence of the five vices. This process creates a negative environment in nature and its spiritual vibrations also start becoming negative and impure. As we come to the end of the fourth phase or the Iron Age, which is the present time, the impurity in all three reaches its maximum. Since God is above all three and at the top of the hierarchy, He fulfils His responsibility of making all three pure at this time, which is the Confluence Age or the Age of World Transformation between the Iron Age and Golden Age. After the Confluence Age, the Golden Age begins again and the World Drama of 5000 years repeats again.

**How does God purify human souls, souls of different species and nature at the present time, which is the Confluence Age in the World Drama?** The first step is that God shares spiritual wisdom with human souls about Himself, souls and their births and the World Drama of 5000 years and its repetition. He teaches them how to become soul conscious and connect with Him and remember Him in the soul world, which exists beyond the physical Universe, through the process of meditation. Also, He teaches human souls how to imbibe divine qualities like purity, humility, tolerance, and contentment and how to serve other human souls and the world with the wisdom, qualities and powers which they have received from God. All these four aspects i.e. wisdom, meditation, imbibing of divine qualities and spiritual service help in purifying human souls and making them soul conscious and they also help in purifying the world.

As discussed, all the souls of the world perform many negative and impure actions in the Copper Age and Iron Age. As a result, habits (*Sanskars*) of negativity and impurity have got created in every soul of the world in these last two phases of the World Drama. Also, the soul world is the original home of all human souls, from where they have come in this physical world to play their roles through different physical bodies in different births. **All human souls were completely pure in their original stage when they were in the soul world and when they began their roles in the physical world.** Now, at the end of the Iron Age, it's time for all human souls to purify themselves completely and then return back to the soul world. This will happen through two ways – 1. Through their connection with God and the four aspects discussed in yesterday's message –

spiritual wisdom, meditation, imbibing of divine qualities and spiritual service. 2. And also, by settling some of their past negative actions by facing different types of negative situations and their effects, like illnesses, natural calamities, climate change and global warming, financial problems, conflicts in different types of relationships, conflicts between countries and between different sections of society, criminal activities, and others, which are increasing in the world every day in people's lives and on a global level.

After this process of complete purification takes place, there will come a time, when all the human souls of the world, will start returning to the soul world. Also, souls of other species will get purified by going through different types of negative situations. They will also get influenced by the pure vibrations of human souls. They will not connect with God or understand His wisdom. As a result of the purification of human souls and souls of other species, complete physical nature will also get purified, because it will receive their pure vibrations. **After this return of human souls to the soul world, they will stay over there in silence for some time and then after rest in that world, they will come down on Earth at different times to play their roles, depending on how pure they are.** The purer souls will come down on Earth earlier. The two phases of purity will take place on Earth again and then the two phases of negativity and impurity will take place after that once more. This is how the World Drama of 5000 years will repeat itself. In this entire process, which is eternal, God is always constant in His spiritual stage and purifies the world, whenever it becomes impure. This happens again and again and is an eternal process, just like the World Drama is eternal. ■ ■



## LET'S BECOME MESSENGERS OF LOVE AND JOY

**Expectations and desires are two main negative energies, which are reducing love and joy in the world, the most.**

**L**ife is a beautiful journey in which the best experience for all of us is one of love and joy. Love and joy accompany us right from the time we are born and we grow up with them in our hearts. We live our complete life sharing these two lovely emotions with everyone and receiving the same. Also, it is seen that every purpose that human beings possess is focused on these two emotions and their experience. Yes, they are important and the foundation of a beautiful life experience at any age, but at the same time it is important to note that love and joy is not increasing in the world with time, but decreasing. Today, people are drifting away from each other sooner and more easily than before and also everyone's hearts are not as filled with good wishes for each other, as before. In fact, expectations and desires are two main negative energies, which are reducing love and joy in the world, the most.

**Let's become messengers of love and joy for the world by doing the following:**

**1. Every morning, create a pure feeling of love for everyone in the world,** especially each and every person whom you meet and come across the whole day – your friends, relations, office colleagues and of course family. As you wake up in the morning, take a morning pledge – Each and every one is my close one and I have a beautiful relationship with them, which I want to make more beautiful with my every nice word and action and every other gesture. I am responsible for making every relationship of my life to work well and without problems. Also, create the affirmation regularly in the day - I want to make every

relationship of mine rich with qualities of contentment, understanding, acceptance, humility, sacrifice and an attitude of giving.

**2. Life is a rich collection of attainments which make us feel loved and give us an experience of joy.** There are so many things in life – the people we spend our time with, our education, our physical health, our career, our personality, our wealth etc. Now happiness does not mean that all these things will always be perfect. In fact, it is the opposite. They will never be perfect. So, **everyday talk to yourself positively and don't absorb their negativity.** On the other hand, make your nature divine and full of immense love and joy. In a world of uncertainty and ups and downs, God wants us to be messengers of love and joy for everyone. There are people who are more sorrowful than us and even less loved. Hold their hand with your care and support. **While meeting people, always remember – I am a very special soul and full of love and joy, which is God's invisible property which I have inherited from Him.** I will remain stable in different scenes of life and helping others in stabilizing within all negativity and uncertainty.

**3. Create No Anger Zones in your workplace and home.** There are offices in the corporate world where such zones have been created. In such places, positive thoughts are shared by email or through mobile phone chat or social



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Father's day, June 18, 2023

## HAPPY FATHER'S DAY FATHER!

**The world will be at peace when we leave aside the external physical differences and accept universal brotherhood under the Fatherhood of God.**

**A** new understanding of life redefines us as souls, eternal beings of light and not just the flesh of the perishable human body. The soul brings life to the body. Without the body the soul cannot express itself. We also have a spiritual parent who loves and patiently corrects souls when we go wrong, who makes our personality positive and pure again. In fact, human beings have 2 fathers, a physical father and a spiritual father! **As the highest spiritual energy in the Universe, the spiritual Father's role is to remind us of who we are, to teach right behaviour and make us beautiful.** When the mind in the soul is fluctuating or unstable, there is confusion in life. It becomes difficult to remain positive and fearless, to see right from wrong. Without taking the help of the Supreme Father, we keep losing our pristine original spiritual energy and continue falling down further in qualities and powers.

However, while the souls and the rest of the universe are battling the ups and downs of constant change, God, our loving Father remains eternally perfectly stable and constant in qualities. As the Creator, the Heavenly Father is like a spiritual 'Generator' whose occupation is to recharge the flat batteries of souls. But our connection to the

*Father's love, care, and protection always remain as a pillar of strength throughout our lives.*



Father has broken and the light of the soul has grown dim without receiving this power. In soul consciousness, we can get back in touch with God's light and love and rejuvenate ourselves; God is only a thought away. We realize, "We are made in the image of God our Father" - "God is Light". When we see and value this wisdom carried at the core of our being, we turn our attention inwards and 'listen in' to it daily! The light of the soul becomes bright and our personality becomes positive and pure.

**By deeply understanding our true imperishable identity, this drama of eternal life and God's unchanging love and presence, we are able to transform by connecting with Him instead of questioning His existence.** The Father, in His mercy, pulls our minds towards Himself, saying "keep your mind with Me". Allow yourself to be transformed by this new knowledge and renewed relationship with our Godly Father. We are brothers and sisters, children of the same Father. We all have the same Father! The world will be at peace when we leave aside the external physical differences and accept universal brotherhood under the Fatherhood of God. The love and respect we give to both our fathers makes every day a Father's Day! ■ ■

## HAPPINESS IS WITHIN

**There is a lot of happiness and joy in understanding oneself, and then playing the part as a detached observer like actors in a play.**



**L**ots of desire and want destroys the peace of mind. When we speak of being free from desires, it does not mean that we have wants. One should be careful that wants are not at the cost of our inner contentment. Certain objects or materials are indispensable for the maintenance of our life. We should make efforts to fulfil such wants but failing to achieve should not disturb our peace of mind. At this stage, we need to apply the right knowledge to get the solution. An enlightened man can be happy within the wants and difficulties by successfully solving his problems. Spiritual awakening, meditation and a disciplined life is essential for the achievement of such spiritual enlightenment.

**Simplicity of life is the true secret of happiness.** Owning too many things due to too many desires makes one's life complicated. Simple living is the true secret of happiness. For many people, the key to happiness is simplicity, contentment, and the capacity to derive joy out of any situation they find themselves in.

There are hundreds of things that can fill us with happiness if we only have the eyes to see them. A simple and contented life depends on seeing nature made things rather than man made objects. Every morning when we get up and step out in the open, see the dawn and the beautiful sunrise with varieties of birds singing

**B. K. Prabir Kumar Bose, Bhubaneswar**

all around across the golden sky. Absorb the beauty of the fresh green trees that fill our hearts with inexpressible joy and happiness.

One should know the technique of deriving happiness from these simple things. One should try to derive joy out of the beauty of all things, not only from the things which they possess. This will develop an impersonal capacity for happiness. **We should thank God for providing us with so many untold treasures to be happy.**

One should learn to experience joy from the happiness of others. Instead of envy, try to feel joy by seeing others happy. **Instead of hurting others feelings, criticising others or becoming arrogant, we should make an effort to make others happy.** We must look at the brighter and beautiful side of others. If we adopt this type of attitude, the effects of our negative actions through which we have given sorrow to others in our present or past lives will be outweighed by the positive actions of giving others happiness. We have to constantly keep checking the amount of happiness that we have in store within ourselves. The happiness that we give others outweighs all our negative actions. Making others happy means transforming their lives so that they become happy. In return, we transform our lives by reducing the impact of our negative actions and adding more positivity to our lives.

When we look at the saints and sages, the people who are in the field of spirituality and

aesthetic lifestyle, they seem peaceful, happy and tolerant to adverse situations and problems. The spiritual people with such happiness are radiant and very real. Their only desire is for everyone else to experience the same. These people in the spiritual path are self-realised and detached from the body and everything physically related to the body. **We should also learn to keep ourselves detached from everything physical including our body and to keep God as our companion.**

There is a lot of happiness and joy in understanding oneself, and then playing the part as a detached observer like actors in a play. In a play, the actors play the role of a hero, villain, comedian etc as per the direction of the director, all the while keeping themselves detached from the part in real life. Such actors experience great highness in everything they do, because they're happy to be part of a play. Be in the ocean of life, but do not allow the water of the ocean to get into your boat of life and make it sink.

**Satisfaction or contentment in life leads to true happiness.** Purity, peace and love teach us to play our part with happiness. Happiness is such that we can't really explain it. It is revealed by the sparkle of one's face and features, in the way one walks and how one interacts with others. Such people have a feeling of fortune in themselves and their only desire for everyone to experience the same. By becoming unhappy, we are making a hole in our spiritual battery and allowing everything to leak away. Sometimes when we are unhappy, we block all the happiness that is coming to us from God. Then everything comes to a standstill just like the circulation in the body stops because of a blood clot.

Happiness in the true sense is that change that one can experience right within. It is that awareness that enables us to derive sweetness out of all other things, and which when absent, deprives us of all sweetness. We must realise that within us lies the perennial fountain of eternal happiness. If we live our life with this truth, we can ensure a continuous stream of happiness. ■ ■

## WORDS OF WISDOM

- ◆ **The only time you fail is when you fall down and stay down.**
- ◆ **Optimism is a happiness magnet. If you stay positive good things and good people will be drawn to you.**
- ◆ **Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.**
- ◆ **The struggle you're in today is developing the strength you need tomorrow.**
- ◆ **Happiness is the only thing that multiplies when you share it.**
- ◆ **The happiness of your life depends upon the quality of your thoughts.**
- ◆ **Every day may not be good... but there's something good in every day.**

# SELF - RESPECT

B.K. Andrew, Romford, England

It was the ego of the body that replaced self -  
respect  
The respect of the false self can never protect  
Meant to protect me from you and you from me  
Clashes of ego came too easily  
"How dare you insult me, who do you think  
you are  
How dare you talk to me like that, this time  
you've gone too far"  
And if they didn't voice it, they would hold it  
inside  
A continuous commentary of impure pride

What a lovely world we'd have if egos were  
replaced  
I'd never hurt you or call you a disgrace  
True self-respect isn't of our role  
But our intrinsic values of the virtues in the soul  
Forgot who we are doing what we do  
Our self worth valued by whoever loves you

Whoever respects you and whoever you please  
Self-love for the virtuous self makes life a breeze  
For if the whole world insults you it would  
leave no bad taste  
Self-love brings self-respect back to this place  
God loves spirits, He doesn't love the body  
Doesn't need respect from anybody

For He's never had a body of his own  
Our bodies are just a short term loan

Personality and virtues are part of the eternal spirit  
Body conscious love gave love a limit  
It doesn't take much for respect to stop  
coming your way  
It's fickle, unreliable and could vanish today

And though some said I don't need anyone to  
give me respect  
It was ego speaking, what else would you  
expect?  
The selfies and mirrors in their house  
Made their self-respect as frightened as a mouse  
Here today, gone tomorrow  
Finds a reason to immerse in sorrow

That vanity of the body caused the bad attitude  
No inner peace caused families to feud  
Self worth is not born of the earth  
Your treasure store inside is your own true worth  
No self respect made them throw insults  
It is the ego of the body that caused these results

True self-respect accepts others without any  
condition  
Has no preference of any situation  
When value of the self, became that of the  
body  
Neediness increased in everybody  
Our roles change, the bodies will all  
disappear  
Our attention to falseness created all the fear

# BABA MADE US “HERO FROM ZERO”

**Shiva Baba touched us from time to time for change in food habits following which medicines of all of us stopped and we are now living a disease-free life without any medicine.**



**W**e are three members in our family – Wife, me and our 35 year old son. We all received Godly knowledge together in March-2011. My wife and I became Baba's regular

student immediately thereafter but our son became a regular student in December 2018.

When we became Baba's student, our financial position was very poor. I had to do 3-4 types of different business and often had to tell lies to earn a livelihood. Always there was a worry about the future which developed into deep rooted feeling of financial insecurity causing mental tension and as a result I started suffering from diabetes and my wife from BP.

After receiving the knowledge, we were immediately convinced that He is Incorporeal Almighty God who is imparting knowledge to us. By listening to his daily Murli (Godly Versions), thoughts started pouring in our mind that if we do not bring God's Preaching in practical life then what is the use of the Godly study. We therefore, within a months' time, after each other's consent took the first step of courage and resolved to observe celibacy, started consuming pure food as per *Shrimat (Godly Advice)*, left speaking lie in business to conquer greed, started paying attention on anger and handed over the rein of our life to most beloved Shiva

**B.K. Kamal Singhi, Bangur, Kolkata**

Baba and started managing both the business and family life as a Trustee. Our first participation in Bap-Dada Milan (Meeting with Supreme God Father) happened on 18<sup>th</sup> January 2013 after we became fully eligible.

For about two years we struggled a lot but we passed through this period with complete faith on Baba that He will never let us go down and with a feeling that this is our period of examination. The tide turned in our favour in October 2013, when I got a big business that earned full year's income in that one month only. Thereafter there is no looking back and I started getting big clients with little effort and business grew manifold. Slowly Baba closed all those businesses where I had to tell lies and where great efforts were required. Baba made me focus on one business only in which my son also got involved fully and earning started happening beyond imagination.

Based on business qualification I got two opportunities to travel abroad. Thereafter we travelled thrice to different foreign destinations with family at our own expense. **Home atmosphere became very peaceful, feelings of financial insecurity vanished from the root and there is now a significant increase in our social standing and goodwill.** Baba is making us instrument for doing service for “health, wealth and happiness” for both “*Laukik and Alaukik*” sides with broad heart and we feel

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## God's TV with His 8 Divine Channels

**You need a licence of love if you are to tune into a Godly TV channel.**

**T**here is an underlying drama to which all plots, films and TV series are based: it's called The Drama of Life (DoL).

Life has become false, like a false plastic doll. The problem is, people now think that their body (doll) is who they really are.

If you are lucky enough to be able to see this drama and know clearly that it's unlimited and unfolding as it did last cycle, then you'll know it's identical in every way but still, you can make a difference within it right now.

Regardless of what man thinks or says, writes, preaches or philosophises about, it's only by watching God's 8 main TV channels that will bring him enlightenment and peace.

### **Everyone now belongs to the religion of Despair!**

People will disagree but how many books, teachings, path, religions, cults and branches of philosophy have come about which are all witnessing man slip ever down the ladder of degradation into ever deepening darkness and vice?

It's God's 8 divine Channels that should be of paramount importance in all people's lives as it's these alone that can influence a person's mind (soul) and influence it to act morally, nobly and with spirituality at its centre.

On these Godly channels you learn how to think, feel and live better and happier as this guidance enables you to see and think spiritually and in so doing, automatically takes you away



**B.K. David, Paignton, England**

from your body consciousness and ultimately, the vibrations emitted from these 8 channels will begin to heal and transform your soul.

If these Godly Channels are not watched and influencing a person's daily life, then they shall be in trouble as watching another TV set with its own channels will have been directed by man and will serve to degrade in the extreme and not elevate in the extreme and where the viewer's mind shall become completely polluted as anyone watching man's TV will grow to become an embodiment of body consciousness

Watching man's TV influences and dictates how you will feel throughout the day. Such viewing will accumulate and come to rule your life in a negative way. If you look, man's channels reign supreme over the world and influence young and old, rich and poor, fat and thin, black and white and the religious and nonbelievers.

Man's channels are often consumed by jealousy, hate, stress, worry, lust, greed and indulgence, without hinting for self-restraint, self-awareness or self-discipline mentioned on any programme. Other than to cut down on salt and fat consumption and moderate your meat intake to twice weekly along with reducing the amount of alcohol you drink but never mention about cutting down on the worst bad habit of being body conscious which poisons your soul

(your mind) and raises your blood pressure and weakens the heart and makes you tired and stressed.

It would be good to watch a long interesting detailed programme all about the soul and where it is in your body and what the soul is. This might educate a few and keep them away from the dangerous trap of body consciousness that most are caught up in and is making them stressed, neurotic, ill and dominated by their bad habits with almost no self-control.

A crowned King or President of any country is first ruled by his own body consciousness and in so doing, is ruled by stress and sorrow.

Body consciousness alone wields all power and has maximum control and influence over people's minds, lives and lifestyles from the time they wake until they sleep exhausted.

Do you think the government or a King has such power over its people? All governments and kings are also subject and ruled by body consciousness and are controlled by their bad habits and often at their mercy as they make them lose all control and composure and even to the point, they cannot see what's happening to them.

All must, and do, obey the supreme master and ruler of Body Consciousness who wears an invisible crown and carries an invisible sceptre but its body conscious cloak and white gloves are always visible.

Body consciousness pulls all the strings of every person all of the time and is everyone's inner ruler and is clever to remain incognito but whose voice guides and makes people lose control and do things they know are bad for them. People cannot help but listen to this voice that until he gets his way, will continually keep nagging until they must obey his desires and commands and succumb to his authority.

All are victims, slaves and captives of body consciousness and walk round carrying its workers heavy ball and chain of bad habits that is invisible but if you look closely, you can see the pain on its subjects' faces that this burden has imposed on them over the years.

Can you hear the clanking (moans of sorrow and stress) coming from their chains (mouths)?

People have signed up to the army and do not realise it.

This army marches to the loud playing band of bad habits which is always out of tune. People love fulfilling their desires and their treats are often bad habits. Their life is geared around enjoying their bad habits which sees them compelled to march to this brass band that keeps them inline and whose tune offers some satisfaction as they whistle its tune throughout the day and do not even realise it.

You are not in control, your habits are!

Have you become deaf and blind to your bad habits? Are you being controlled but cannot see it and do not realise the severity and implications of being under such a controlling master as you have been a servant to your bad habits for such a long time?

All are loyal to this army with few ever leaving it as they get enjoyment from it but this is a yo-yo army whose pleasures are fleeting as its grows weaker and yet more demanding of its soldiers that struggle to gain morsels of satisfaction that is not enough to keep them in their ranks and loyal and so take up other bad habits that demeans their soul and degrades them further but keeps them in this army even if they are totally ill-disciplined.

Do you belong to the army that wears a uniform of camouflaged sadness?

**(Contd. on next issue)**



## KEEP YOUR AURA CLEAN AND CLEAR

**With regular meditation and spiritual study, you can empower your energy field. Keep your aura untouched by lower energies of anger, fear, stress and pain.**

**J**ust as we ensure protection and wellness of our physical body, we also need to take care of our body energy or aura that surrounds our being. Our energy of intentions, thoughts, words, attitudes and behaviours create our aura. Our aura is like a lens through which we perceive our world. It's also like the perfume we wear, radiating to everyone around us. **Holding on to our own negativity or absorbing negativity from people and situations, dirties our aura. Releasing them cleanses it.** Your aura is white and clean; it shines brightly around you and has a footprint of your divinity. Energies from people and situations shouldn't harm you and stain your aura. Your energy field is stronger than all other energies. With regular meditation and spiritual study, you can empower your energy field. Your happiness, peace and power are protective shields around it. Keep your aura untouched by lower energies of anger, fear, stress and pain. Rise above them. Do not entangle with other people's auras. Let what they did in the past or what they are doing today



not affect your energy field. It's a part of them, not a part of you.

When someone gets angry at you, do you protect your energy and stay calm? Or do you react, lower your energy and stain your aura? We are responsible for keeping our aura clean, just as we keep our surroundings clean. In all

our interactions, let us be the ones to think and respond with stability. Let us see goodness in others and radiate our goodness. This is the easiest way to protect our aura and experience health, happiness and harmony.

**The emotional clutter of unwanted thoughts, negative emotions,**

**unpleasant memories, unforgiving attitudes and limiting beliefs stain our aura.** We need to release them regularly to cleanse it. Remind yourself everyday - My aura is perfectly white. I clean it and strengthen it every day. I am a powerful being. My clean aura helps me experience ever-lasting peace and happiness. ■ ■

## MOTHERS SHOULD HELP ONE ANOTHER

**Together with serving the family, mothers should also move forward in spiritual service and make their life worthwhile.**

**M**others should come forward to uplift their fellow women. Mothers, if you understand this; then, you can help one another. Serve your own clan and friends; this is true service, isn't it! You should feel that you carry the responsibility to serve. This is our duty: to give the people of our nation what we receive.

### **Finding Time for Spiritual Service**

Brothers are also very good; they must be present on service. There are 24 hours in a day; you give eight hours for your *laukik* (worldly) work, which means 16 hours remain. You sleep for eight hours, and during the rest eight hours you can do whatever you want to do. OK, forget 16 hours; eight hours remain, so use that in Baba's service. If you cannot give eight hours; OK, give only four hours. At least do this much - so much service could be done in four hours! You get strength, and your life will become good.

You do have to work for your livelihood. You have created your creation (children), so you should look after them, shouldn't you! We are *karma* yogis, after all. You have to perform action. However, set a time table, and spare some time for spiritual service. Never go into much complication. Give your time and energy for your household as much as necessary, but don't waste your time and energy involving yourself in *laukik* complications. Baba has saved our time. Look at all the expenses you are

spared, that you used to waste! You are saved from indulging in smoking of cigarettes, visiting the

cinema, lavish eating and drinking, and so on, aren't you? Now, you are saved, and your life has become good both physically and spiritually.

### **Strength through Knowledge and Yoga**

There are lots of benefits in becoming Baba's child, isn't it! This is the knowledge that brings benefit. Has anyone experienced loss after coming into *Gyan* (knowledge)? No. **If someone becomes sick or something happens to the business, is it the fault of *Gyan*? That happens due to *karma*. We get strength and also peace through knowledge and yoga. We get great peace when we stay in Baba's remembrance during such situations.** Therefore, there is a lot of benefit. Is there any loss? Take the benefit from knowledge and yoga and continue to move forward.

### **Mothers Should Come Forward to Serve**

Mothers should move forward; they should go and do service. Indira Gandhi, Vijaylakshmi



Pandit, etc., from Nehru's family were engaged in the service to the nation! Did they not have children? Indira had two children, didn't she! So, what if there are children! Was she not serving the nation? Is it that we let our life be empty of service, doing nothing, just for two children? She used to say that instead of just giving her life for two children, she serves millions, which is good. She put the children in boarding school, gave them an education whilst also serving the nation.

We don't ask you to leave your children. We say that to spend your entire life doing only this is not wise. Together with serving the family, mothers should also move forward in spiritual service and make their life worthwhile. This is also service, isn't it? They (Indira Gandhi and Vijaylakshmi Pandit) served through their body, mind and wealth. That is limited service. This is Baba's unlimited service. They also spoke of

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very happy in doing that. Even Baba touched us from time to time for change in food habits following which medicines of all of us stopped and we are now living a disease-free life without any medicine. Under Baba's blessings we have now developed a feeling that we are living a blissful and healthy life which is full of joy, happiness and prosperity and always feel Baba's company alongside us.

We can now confidently say that our life has become a practical example of how Baba makes his children Hero from Zero who leave vices on his divine advice. We are now living in the feeling that this is our first birth of Godly inheritance out of 21 births which Baba speaks of. Time and again we sing in our mind the words of gratitude "Baba aapne kamala kardiya". ■ ■

bringing the kingdom of Rama; but the kingdom of Rama was not brought. As corruption and unrighteousness continue to increase, instead of the kingdom of Rama it has become the kingdom of Ravan.

The fruit of spiritual service is evident, isn't it? **The Supreme Father says that mothers should come forward with a great deal of enthusiasm in the field of service.** Continue to move forward doing such service and making good spiritual efforts for the wellbeing of your own as well as of others. ■ ■

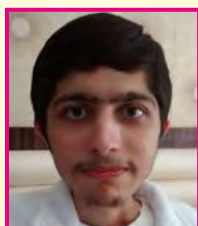
*Life Changing Advice*

- **Don't base your decisions on the advice of those who won't have to deal with the results.**
- **Do something every day to move toward your goal. Get going and keep going. Just do it.**
- **Don't be afraid of failure. This is the way to succeed.**
- **Your time is limited, so don't waste it living someone else's life.**
- **Don't waste your life in trying to impress anyone; just try to improve yourself, it will help your lifetime.**
- **Don't base your decisions on the advice of those who won't have to deal with the results.**
- **Change your thoughts and you'll change your world.**

# YOGA FOR HOLISTIC HEALTH AND WELLBEING

**The word 'Yoga' in Sanskrit means connection. And Rajyoga means connection of the self with the Supreme Soul, the Highest One.**

**– B.K. Viral, Mumbai**



**J**une 21st, is the International Day of Yoga. It is, indeed, a proud moment to see Yoga, which has originated in India, being celebrated all across the world today. Everyone looks at India as a Spiritual *Guru* for learning Yoga or Meditation. Hence, we should definitely be the first to be benefiting from it. Let's explore today the science behind India's ancient art of Yoga, or Rajyoga in very simple terms!

The word 'Yoga' in Sanskrit means connection. And Rajyoga means connection of the self with the Supreme Soul, the Highest One. A connection between two always requires a medium just like a connection between the mobile and power source requires a charger set. Similarly, what do you think is the medium of connection between the soul and Supreme?

Since both the soul and Supreme Soul are non-physical, we need a non-physical medium. Now, even while reading this, can you remember your family members and the works, which they must be doing right now, etc? Of course! In fact, you'll even experience their presence while remembering them. This is connection or meditation! It's very easy! And what is the medium of connection? Definitely, it is mind and intellect. Mind creates thoughts,

intellect visualises them and, thus, we experience. Simple!

In the same way, **when we focus our mind and intellect on the Supreme, who is the Ocean of Purity, Peace, Love and Happiness, we start experiencing a flow of the very pure, peaceful, and loving energy from Him.** This frequent and continuous experience of pure empowering energy acts like recharging of our soul-battery, thereby making it very easy and natural for us to inculcate elevated virtues and finish weaknesses. This is Rajyoga meditation!

There are various ways to engage our mind and intellect with Him, and thereby maintain a continuous connection. We can keep talking with Him regarding our activities and life, listen to His knowledge daily, experience a range of qualities and powers from Him in meditation, appreciate His role and various virtues, recollect the various ways through which He has helped us always etc.

Even a few minutes of such a connection makes the mind very peaceful and powerful. As a result, our work efficiency increases, body works efficiently and in harmony, relationships improve, we're easily able to understand and accept others, we automatically share our attainments with all, the environment around becomes pure etc. Hence, caring for the mind is



**Yoga for Harmony & Peace**

like watering the seed of a tree, which automatically nourishes all the branches of the tree of life, i.e., health, work, relations. That's why it's said that Yoga results in holistic health and wellbeing.

Hence, on June 21, the International Day of Yoga, let's aim to develop a very close loving relationship with God, since we automatically remember those, we have a relationship with. This frequent remembrance and experience will keep us in the experience of our original virtues of peace love and happiness throughout the day. Indeed, we all sing that God is the Mother, Father, Friend, Beloved, Guide, etc. So, today, let's contemplate on how God fulfils these various roles and thereby, in a variety of ways,

keep experiencing a very close, powerful relation with the Perfect Being!

Indeed, this is the call of time now. **By a constant connection with God, let us now re-emerge our divine virtues.** By doing so, we'll also become a living example and inspiration to everyone around us, creating a wave of transformation. Hence, this self-transformation will become instrumental in world-transformation, i.e., transform this old world of *Kaliyuga* into the new world of *Satyuga*, Heaven, Paradise, *Swarg* or *Jannat*, the Perfect Land, which are the different names by which all religions remember it. Hence, let's start creating this New World once again with the practice of Rajyoga meditation! ■■

## SILENCE IS GOLDEN

"The special power of the Confluence Age is the Power of Silence"



**O**ur eternal quality is of an embodiment of peace who gives peace to everyone. We develop the powers to discern and to judge. Being on the

path of purity you will be able to find a solution to every problem easily in interaction with others.

Our subconscious is only capable of doing deductive reasoning, accepting suggestions in literal meaning. So, negative thoughts or negatively phrased suggestions are likely to be accepted as they are, as '*do the negative*'.

We have to add up positive emotions and multiply the reinforcement through repeated

visualization; an auto-suggestion to formulate a new *sanskar*, habit or culture. So, form a selected positive *sanskar*, and win over the subconscious by inductive reasoning. One can achieve this positive quality by dedication and determination.

Will power and visualizations should go hand in hand. Imagination has always the power of an exceptional win over your willpower, if it goes astray i.e., even when they are antagonistic. This is just an introduction to *Sanskar-Remodelling*.

Will power is a function of the conscious and imagination is a function of the subconscious. Visualization is an inborn part of us, as natural as breathing, and we can make it positive. ■■

—B.K. T.V. Jayaprakash, Palakkad

**Rajyoga – The Ideal Path To Perfection . . . .**  
**Contd. from page ... 3**

**The perfect order that prevailed in  
Bharat 5000 years ago**

If we travel back in Indian History, we discover a time when the worship-worthy Deities (*Devis* and *Devatas*) existed. Then, human beings were 100% pure and vice-less in their thoughts, words, and deeds. Bharat possessed a natural beauty, perfect health, abundant wealth, and everlasting happiness. Throughout the recorded history, people have been turning their intellectual and physical might to achieve that stage once again. But, due to lack of knowledge and Godly guidance, their path has been diverted during the age of science to material advancement only. Such a worship-worthy life as that of the Deities can only be brought through *SahajRajyoga*, taught by One-God Father Shiva.

**How Rajyoga helps to re-establish that  
world order?**

This perfect stage of humanity is achieved only when materialism becomes subservient to spiritualism. **Perfect world order is not attained through a war of weapons but through the power of silence achieved through practice of Rajyoga.** The teachings of Christ testify this statement. He taught that the Ten Commandments, rather than fighting war, are a means for reaching the Kingdom of Heaven. Similarly, in *The Gita*, the super scripture of the world, all quarrels and violent wars are symbolic of internal, spiritual conflict against the five vices.

Vices, such as anger and violence, are now accepted as normal and natural in everyday life. How can Yoga correct this situation? The power

of Rajyoga makes all the fighting forces of vices inactive by neutralising their strength. **Yoga is the method of connecting our intellect with God, the Supreme, who is the neutralising agent for all ill actions.** He liberates us from all vices and creates in us the power to enable others to experience that same connection.

This power, when it is spread throughout the world, heralds the Kingdom of Heaven. Heaven is not somewhere far above. It is the Paradise Regained. It is the *Swarg* or *Vaikunth* of the people of the original religion in Bharat, the Paradise or Heaven of the Christians and *Bahisht* of the Muslims. Different names are given to one and the same Perfect World, established by God, the Supreme Father at this time. As His creation is named differently by people, so He also has been named differently as Shiva, Jehovah, Allah, God, *Paramatma*, *Bhagwan* and the like.

For the aspirants of Rajyoga, it is essential to have a clear image of God. It is said in *The Gita*: "An ideal Yogi is one, who has purity and chastity in thoughts, words and deeds; who has knowledge and wisdom, whose mind is subdued; who remains constantly in state of soul-consciousness and yogic meditation; who has conquered over temptation of senses; who has cast aside ego, lust, anger, attachment, etc.; who neither grieves for loss nor is too jubilant for gain or success, and in whose eyes all are equal; who is selfless and peaceful; whose diet is pure and in whose life there is austerity; who is upright; whose mind is in the Highest Region or *Param Dham*; who knows God in His true essence; and who performs all deeds while in Yoga with God."

So, to become an ideal Yogi, we have to learn

that Yoga which was taught by God of *The Gita* Himself during the period preceding the Mahabharata War. And, now, this is the time of the Mahabharata episode repeating itself. He has now reincarnated and is re-revealing the same through Prajapita Brahma as per His promise of a *Kalpa* (5000 years) ago.

### Rajyoga and its basis

**Yoga means union or link. It is union of the self (soul) with God, the Supreme Soul.** There is no need for physical controls and penances – *Yam, Niyam, Pranayama, Asana*, etc. For perfect Yoga, that is, union of soul and the Supreme Soul, one must understand that: (i) I, the soul, is different from the body which is mine. (ii) The soul is also different from God, the Supreme Soul. They are two separate entities.

### What is soul?

Soul is a self-luminous, star-like point-source of consciousness, centre of all thinking and also the judge of all thoughts. Soul is the doer of all actions and it experiences all joy, happiness, peacefulness and peacelessness as a result of reactions to actions. Soul is like the driver of a vehicle. Mind, Intellect and *Sanskars* are part and parcel of the soul. A Yogi must understand that he is a soul and not a body. We have forgotten the self as soul, and with this body-consciousness vicious actions accrue. Thus, souls are entangled mentally and physically in sufferings due to vicious actions. Yet, every soul, in its original nature, is pure and peaceful.

### Knowledge of God, the Yogeshwar Supreme

The Incorporeal God Father, the Ocean of Knowledge, Peace and Bliss, Liberator and Guide, the Seed of the entire humanity, is also a Divine Star. His might is, however, more than

that of any soul, no matter how high and purified that soul may be. He is the only Soul, who is beyond the birth and death in the world cycle. His descent on earth, to teach Godly knowledge and easy Rajyoga, is divine and unique. He reveals His divine name as Shiva - the World Benefactor, and His abode as *Param Dham*. He descends on this earth at the time of the confluence at the end of Iron Age and the beginning of Golden Age, and imparts spiritual Knowledge and Rajyoga to achieve the aim of becoming viceless, holy and yogi. Through this knowledge, one and all can attain the supreme stage of Liberation (*Mukti*) and Fruition (*Jeevan Mukti*). The yoga He teaches is so easy that it can be practised by everyone. He simply reminds us (souls) of our original relationship with Him as of a son to his father.

### How to meditate and practise easy Rajyoga?

Thus, Rajyoga is a reunion of soul and Supreme Soul through loveful remembrance. After completing the 7-Day Course, one can sit in meditation and experience lightness and peace. Each soul is the beloved, incorporeal child of the Incorporeal Supreme Soul Father, sharing the same abode in the Incorporeal World, far beyond this physical world.

### Effects of Rajyoga

By constant practice of Rajyoga, thoughts and actions are purified, leading to happiness in life and an outlook of universal brotherhood. Rajyoga is also the process of our intellectual company with God, the Almighty; this brings divinity, piety and virtues in our practical life. Our thinking becomes clear, the intellect is sharpened, and the power of decision improves greatly. ■ ■



**Faridabad (HR):** BK Shivani is delivering a keynote speech on 'Spirituality is the saviour of humanity' at Haryana Progressive Schools' Conference.



**Karnal:** BK Prof Onkar Chand is addressing the 9 days Happiness and Meditation Camp. Mr. Dharpal Gonder, MLA and Chairman of Haryana Forest Development Corporation, Mr. Kuldeep Sharma, former Speaker of Assembly and BK Nirmal are present on the stage.



**Sunni (Shimla):** BK Shakuntala is presenting a Godly gift to Mr. Jagat Singh Negi, Minister of Revenue and Horticulture after receiving Himachal Gaurav Award. BK Revadas is also present.



**Indore:** BK Dr. Banarasi is addressing the launching program on 'Addiction Free MP', while Mr. Varun Kapoor, Addl Superintendent of Police, Mr. Ramesh Mittal, Chancellor of Medcaps University, Dr Ilaiya Raja, Collector, Dr Sachin Parab and BK Hemlata are seated on the stage.



**Armori (Chandrapur):** Dr. BK Sachin Parab is addressing on 'Freedom from Addictions' at Manoharbai Shikshan Prasarak Mandal. Ms. Sunitatai Vanmali, President, Dr. Lal Singh Khalsa, Principal of Mahatma Gandhi College, Mr. Sainath Addalwar, Principal Junior College, BK Kunda, BK Meenal and BK Narendra are also present.



**Bharatpur (Raj):** BK Babita and BK Praveena are presenting Godly literature to Mr. Alok Ranjan, District Collector during his farewell event at BK centre on his transfer.





**Hasanpur:** Mr. Manohar Lal Khattar, Chief Minister of Haryana is being presented a Godly gift by BK Indra and BK Meenakash. Also present are Mr Jagdish Nayar, MLA and Mr. Bharatpal Goel, distt. President of BJP.



**New Delhi (RK Puram):** After a program on Stress Management at Controller General of Defense Accounts BK Shivani and BK Anita are with Ms. Rasika Chaube, Financial Adviser (Defence Services), Mr. S Ghosh Dastidar, Additional CGDA and Ms. Devika Raghuvanshi, Sr. Jt. Controller.



**Mount Abu (Gyan Sarovar):** A Conference for media persons is being inaugurated by Prof. Sanjay Diwedi, Director-General of Indian Institute of Mass Communication, BK Karuna, BK Dr Nirmala, BK Atamprakash, BK Shantanu and others.



**Mount Abu (Gyan Sarovar):** A Conference for jurists is being inaugurated by Justice BD Sarangi, Judge Odisha High Court, Justice B Ishwariya, former Chief Justice of AP High Court, Justice BD Rathi, former judge of MP high court, BK Brijmohan, BK Pushpa, BK Lata and others.



**Indore:** A Conference for Administrators is being inaugurated by Mr. Tulsi Silavat, Water Resources Minister, Mr. Awadhesh Pratap Singh, Principal Secretary, MP Legislative Assembly, Dr. Ilaiah Raja, Collector, Prof. Himanshu Roy, Director of IIM, BK Asha, BK Hemlata and others.



**Kurukshetra:** 'Nasha Mukta Bharat Abhiyan' and 'Jal Jan Abhiyan' are being inaugurated by Mr. Ashok Verma, Incharge of Drug Awareness Program, Mr. Gulab Singh, Agriculture Development Officer, Prof. Amita Gupta HOD, Kurukshetra University, BK Onkar, BK Saroj, BK Shakuntala and others.

**Contd. from page ... 13**

been going on for a few thousand years.

Our thoughts are the primary creative forces in our life. Use them consciously and awaken a whole new life of power and opportunity. By thinking, speaking, and acting with the intention of peace towards water, water brings peace to the self, our bodies and the world. **In the same way by giving blessings, good wishes and seeing positive qualities of others, our thoughts and feelings empower others and create energy of love and acceptance.**

Remember to bless the water you drink; it will light up the cells of your body. *If thoughts can transform water imagine what our thoughts can do to our bodies. At least 70% of our body is water!* ■ ■

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

media and everyone starts their day with messages on positivity, which lays the foundation of a positive day. Also, everyone remembers that they are in a No Anger Zone and it is displayed in some way to remind everyone. In such a zone, angry outbursts and over loud talk, aggressive behaviour, revengeful behaviour and negative talk about others are not allowed. This can be done in your office or in your home with children and other family members. Such zones will then become Zones of Love and Joy instead.

**4. You are not only God's child but also God's friend. So, every step you take, dedicate it to God and make it special and inspiring.**

Also, hold His hand and show others the way of holding His hand with you. Behind all the material success and modern lifestyles, there are many sorrowful hearts. Relationships are deceptive and misleading. Physical and mental illnesses are on the rise. Good time and fortune of life can leave one, in a second. There is One source of love and joy who does not leave you, no matter what happens in your life. That is God. By trusting Him and giving Him your life, you smile all the time. Otherwise, life's happiness is ready to leave you every now and then, because it is based on changeable factors like relationships, possessions, salaries, positions and even one's own physical body. A person who keeps God as His companion is full of love and joy. Such people will fill the world with love and joy, the treasures they possess in abundance.

**5. Lastly, we are all actors on the world stage. Always remember that at every moment, people around us are watching us.**

All of us are loving and happy souls originally. As we have come down the steps of various births, our actions on the world stage have been deteriorating. We have wronged people in many ways in many births. That is why today we receive negative energy from others, in the form of negative behaviours and words. To convert the negative energy into positive, we need to become hero actors on the world drama stage. ■ ■

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**- CONTACT US -**

Mobile:09414006904, 02974-228125, Emails: omshantipress@bkivv.org, worldrenewal@bkivv.org

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**Chief Editor:** B. K. Nirwair, Pandav Bhawan, Mount Abu.

**Associate Editors:** Dr. B. K. Ranjit Fuliya, Delhi and B.K. Onkar Chand, Shantivan



**Mayurbhanj (Odisha):** BK Kamlesh is being honoured with Doctorate Degree by HE Droupadi Murmu, Hon'ble President of India on behalf of Maharaja Sriram Chandra Bhanja Deo University for her social service.



**Bhuvneshwar:** HE Droupadi Murmu, Hon'ble President of India is being greeted by BK Geeta, BK Smruti, BK Nirmal and others.



**Raipur (CG):** Chief Minister Mr. Bhupesh Baghel is inaugurating Addition free Chhattisgarh campaign along with senior MLA Mr. Satyanarayan Sharma, Home Secretary Mr. Arun Dev Gautam, Dr. BK Banarsi, Dr. Sachin Parab, BK Hemlata, BK Asha and BK Savita.



**Sunam (Pb):** Mr. Bhagwant Singh Maan, Chief Minister of Punjab is being presented a Godly gift by BK Meera and BK Kanchan after inviting him to visit Mount Abu.



**Kolkata:** After the Programme on "Eradication of Stress through Self Empowerment" at HQ of Eastern Command, BK Kanan is presenting a Godly gift to Lt Gen RP Kalita, GOC-in-C Eastern Command.



**Guwahati:** HE Gulab Chand Katariya, new Governor of Assam is being presented a Godly gift by BK Sheela. Also present are BK Mausami, BK Ganesh and others.



**Rairangpur:**  
HE Droupadi Murmu, the President of India is being felicitated by BK Kamlesh after the inauguration of the Addiction Free Odisha Campaign. HE Prof. Ganeshi Lal, Governor of Odisha is also seen.

**Shantivan (Abu Road):**  
Mr Narendra Modi, Hon'ble Prime Minister of India is with Rajyogini Dadi Ratanmohini, BK Jayanti and BK Dr Pratap Midha after the foundation-stone laying ceremony of a 50-acres multi-specialty Hospital.



**Antigua:**  
BK Atam Prakash, BK Payal and BK Hairi are with Mr. Gaston Browne, Prime Minister of Antigua and Barbuda after extending him an invitation to visit Mt Abu.

**Kathmandu (Nepal):**  
Mr Pushpa Kamal Dahal (Prachanda), Hon'ble Prime Minister of Nepal is being presented a Godly gift by BK Raj after extending him invitation for the Global Summit to be held in September at Mt. Abu.

