SUPREME SOUL GOD FATHER SHIVA

Monthly

The World Renewal

Vol. 57, Number 7, October 2026 Price Rs. 12.50,
Yearly Subscription Rs. 150/-

SPIRITUAL PALACE



Vadodara: H.E. Droupadi Murmu, Hon'ble President of India, inaugurated the Global Spiritual Palace Retreat Centre of Brahma Kumaris in the presence of H.E. Acharya Devvrat, Governor of Gujarat; Mr. Praful Pansheriya, Minister of State; BK Usha; BK Bharti; BK Dr. Niranjana and others.



New Delhi: Hon'ble Prime Minister of India, Mr. Narendra Modi, is being tied Rakhi by BK Asha, BK Pushpa and BK Laxmi.



Panaji: BK Shobha is tying Rakhi to the Governor of Goa, H.E. Pusapati Ashok Gajapathi Raju.



Porvorim: Chief Minister of Goa, Dr. Pramod Sawant, is being tied Rakhi by BK Pavitra.



Raipur: BK Savita is tying Rakhi to the Chief Minister of Chhattisgarh, Mr. Vishnu Deo Sai.



Bhopal: BK Nirmala is tying Rakhi to the Chief Minister of Madhya Pradesh, Dr. Mohan Yadav.



Imphal (Manipur): BK Nilima is tying Rakhi to Mr. Yumnam Khemchand Singh, Chief Minister of Manipur.



New Delhi: Mr. Ajit Doval, National Security Advisor of India, is with BK Shukla after she tied Rakhi to him.



New Delhi: General N. S. Raja Subramani, Chief of Defence Staff, is being tied Rakhi by BK Sangeeta and BK Medha.



New Delhi: Sudhir Chaudhary, Editor-in-Chief of DD News, is being tied Rakhi by BK Medha.



New Delhi: Mr. Gyanendra Pratap Singh, DG of the CRPF, is being tied Rakhi by BK Sarika.



New York: Permanent Representative of India to the UN, H.E. Harish Parvathaneni, is being applied a tilak by BK Gayatri on the occasion of Rakshabandhan.



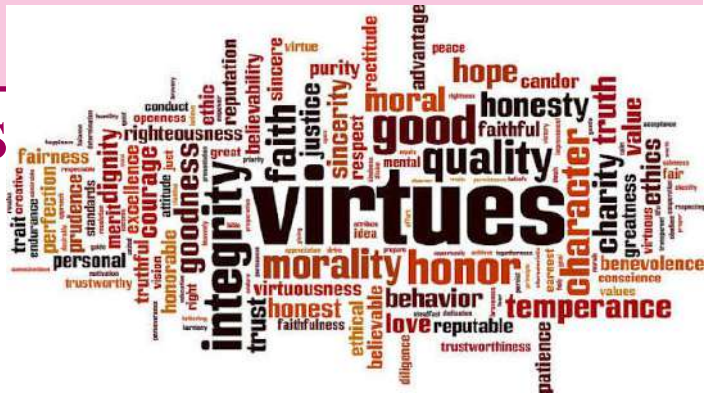
London: Mr. Kartik Pande, Deputy High Commissioner of India, is being tied Rakhi by BK Jaymini.



New Delhi: Air Marshal Tejinder Singh, Chief of Integrated Defence Staff, is being applied a tilak by BK Sarika on the occasion of Rakshabandhan.

From the mighty pen of Sanjay

THE TALE OF VIRTUES



True wealth lies not in material possessions but in divine knowledge, virtues, values, meditation, honesty, and service, which provide lasting spiritual benefit.

People in the Copper Age (Dwapar Yuga), i.e., the third epoch, were far less greedy and more righteous than those living today. There is an illustrative story in this regard. It says that, once upon a time, a farmer sold a piece of land to another farmer. While the latter was tilling the earth, he unearthed a pot that was full of golden ornaments. He took the pot to the farmer and said, "My friend, this pot, which is full of gold, was found when I dug the piece of land that I bought from you. Please have this pot, as I have paid you for the land only and not for these golden ornaments, to which I have no claim."

The seller then replied, "My dear friend, I won't and can't have it because I have sold off the land and, therefore, all that the land yields belongs to you. I have nothing to do with what the land may now give you."

Both stuck to their respective points; neither of them was ready to take possession of the pot or its contents. Both, therefore, approached the king of the state and submitted their case to him for his judgment. The seller said, "My lord, as I have sold off the land, I have no right to it." The purchaser, in his turn, said, "My lord, I have paid for the land but not for the golden ornaments in this pot, which I cannot, therefore, morally have."

The king reflected deeply over the matter but was in a fix concerning what to say about it. Well, both farmers were right from their own perspectives. Seeing the king lost in thought,

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

CONTENTS

- The tale of virtues 3
- A holistic approach to well-being (Editorial) 4
- Life changing advice 6
- Non-violence 7
- The spiritual path to becoming a genius 8
- The unseen hand of Baba's love ... 9
- Sightseeing of your life 10
- Miracles of God's Murli 12
- We are souls, not bodies 14
- The power of gratitude 16
- Dussehra: Burning real ravana 18
- Deepawali: Enlighten our inner spirit 19
- A Journey of self-mastery 21
- Awakening your inner powers 23
- When nothing good happens to you.. 25

Editorial



Health is a reflection of how we think, live and act. When we combine a healthy lifestyle with positive thinking, Rajyoga and pure actions, we create a life of peace, happiness and wellbeing.

Health has emerged as one of the major concerns of our time. Despite remarkable advances in medical science and technology, the world is witnessing a growing incidence of lifestyle-related diseases, stress, anxiety and other forms of ill health. Pollution, unhealthy eating habits, sedentary lifestyles, excessive competition and emotional pressures are taking a toll on human wellbeing. The increasing prevalence of disease reminds us that health cannot be viewed merely in terms of medical treatment. It requires a holistic understanding of the human being and a balanced way of living.

Health is much more than the absence of disease. It is a state of complete wellbeing in which an individual enjoys physical, mental, social and spiritual health. These dimensions are deeply interconnected. The condition of the mind influences the body, our emotions influence our relationships, and our spiritual awareness determines the quality of our thoughts, attitudes and actions. Therefore, true health is connected with the total wellbeing of an individual.

The Foundation of Physical Health

Lifestyle is one of the most important determinants of physical health. A wholesome, vegetarian and balanced diet, rich in fibre and relatively low in unhealthy fats, taken at the right time and in appropriate quantities, can contribute significantly to wellbeing. Regular and moderate physical exercise, adequate rest and a disciplined daily routine further strengthen the body and help prevent many lifestyle-related disorders.

At the same time, certain habits pose serious risks to health. The consumption of alcohol, tobacco, drugs and other intoxicants can adversely affect both body and mind. Avoiding such habits is an essential step towards a healthy and purposeful life.

However, physical health is influenced by more than food and exercise. **Our thoughts, emotions and attitudes also have a profound effect on the body.** A clean, peaceful and positive mind is an important foundation for healthy living.

The Power of a Healthy Mind

Mental health refers to a state of mental stability, positivity, clarity and constructive thinking. Today, the relationship between the mind and the body is increasingly recognised. Persistent stress, anxiety, fear and negative thinking can affect physical wellbeing and are associated with various psychosomatic conditions.

A mentally healthy person is able to remain calm and balanced even in challenging circumstances. Such a person can adapt to change, handle pressure, accept criticism and face failures without

losing inner stability. Rather than being overwhelmed by circumstances, he or she responds to them with understanding and maturity.

Positive thinking does not mean ignoring difficulties. It means developing the inner strength to face them with a constructive attitude. A mind sustained by positive thoughts, elevated attitudes and inner peace becomes a powerful resource for maintaining overall wellbeing.

Social Health and Harmonious Relationships

Human beings are social by nature, and the quality of our relationships has a significant influence on our wellbeing. Social health arises from healthy emotions, mutual respect, understanding and the ability to cooperate with others. **A socially healthy individual is sensitive to the needs of others and contributes to harmony in personal and professional relationships.**

Today, however, social wellbeing is often affected by occupational stress, lack of job satisfaction, cut-throat competition, excessive ambition and strained relationships. When the desire to achieve becomes excessive, peace and contentment may gradually be lost.

Healthy relationships require empathy, tolerance, respect and a willingness to understand different perspectives. When we learn to manage our emotions and respond rather than react, we create an atmosphere of trust and harmony around us. Thus, inner well-being becomes the foundation for healthier relationships.

Spiritual Health: The Subtle Dimension

The most subtle dimension of holistic health is spiritual well-being. Spiritual health begins with awareness of the self – not merely as a physical body, but as a spiritual being, a soul with innate qualities of **peace, love, joy, purity, wisdom and inner power**.

A spiritually healthy person is soul-conscious and seeks to live according to higher values and spiritual principles. Such awareness helps one rise above selfishness, attachment and ego and enables one to perform every role with greater clarity and responsibility.

When an individual remains connected with the true self and with the Supreme Power, inner strength naturally develops. Challenges are no longer viewed merely as sources of stress; they become opportunities to learn, grow and express one's highest qualities. Spiritual awareness therefore adds depth and meaning to physical, mental and social wellbeing.

Rajyoga: A Path to Holistic Health

Rajyoga meditation offers a practical approach to strengthening all dimensions of health. **By turning the attention inward and consciously experiencing the self as a peaceful and powerful soul, the mind gradually becomes calmer and more stable.**

Meditation can help reduce stress and promote a state of deep relaxation. When the mind is peaceful, the body also benefits. Research into meditation and mind-body interactions has explored its potential role in supporting the management of conditions associated with stress, including hypertension, anxiety, depression, diabetes and cardiovascular health. Meditation has also been studied as a supportive practice in overcoming addictions and developing healthier habits.

The benefits of Rajyoga extend beyond relaxation. It helps a person maintain inner stability even while actively performing daily responsibilities. The aim is not to escape from life but to remain peaceful and balanced while living and working in the world.

Through regular practice, one learns to observe thoughts, choose positive and elevated ones, and respond to situations with greater awareness. Instead of allowing external circumstances to control the state of the mind, the individual gradually develops the ability to remain centred.

The Role of Karma in Health

There is another subtle dimension of wellbeing that deserves attention – the quality of our actions, or **karma**. According to the law of karma, every action creates a corresponding consequence. As the saying goes, *we reap what we sow*. Our actions are rooted in our thoughts and feelings, and therefore the quality of our inner world ultimately influences the quality of our actions.

When our thoughts are pure and our intentions are benevolent, our actions naturally become constructive and beneficial. When we use our time, energy and physical capacity to serve others, spread peace and create happiness, we experience a deeper sense of fulfilment.Good karma begins with pure thoughts and positive feelings. Sharing peace, love, compassion and joy with others creates an atmosphere of well-being not only around us but also within us. Thus, good health is not merely something we receive; it is also something we contribute to and create through the way we think, live and act.

Towards a Healthy and Happy Life

True health is therefore a harmonious balance of body, mind, relationships and spirit. A healthy diet and regular exercise nourish the body; positive thoughts and emotional balance strengthen the mind; harmonious relationships nurture social well-being; and spiritual awareness gives life inner stability, purpose and meaning.

Rajyuuoga meditation can support this journey by helping us reconnect with our inner qualities and develop mastery over our thoughts and responses. When combined with a healthy lifestyle, positive relationships, elevated thinking and good actions, it becomes a powerful means of moving towards holistic wellbeing.

Ultimately, health is not simply about living longer; it is about living better – with peace in the mind, strength in the body, harmony in relationships and purity in the heart. By caring for every dimension of our being and cultivating good thoughts, pure feelings and positive actions, we can create a healthier, happier and more meaningful life. ■■

Life Changing Advice

- **Slow Down.** Life passes quickly. Learn to slow down and appreciate what you have today, especially if you are ambitious and driven. There will always be more you can accomplish tomorrow.
- **Listen to the Birds.** Birds chirp everywhere in the world, but when you are caught up in your inner drama, you may not hear them. When you are calm, peaceful and fully present, you will. Pursue a life of inner stillness. The birds will remind you that you are on the right track.
- **Go for It.** Live a courageous and adventurous life. Try new things. Challenge yourself. Stop worrying about what other people think. Take the leap, but always know and respect your limits.
- **Go for a Walk.** A long walk can free you from even the most difficult mental prisons. It gives your mind space to breathe, helps you gain perspective and allows you to reconnect with yourself. ■■

NON-VIOLENCE DEMONSTRATING THE POWER OF SILENCE

Non-violence is not weakness or indifference, but the strength to remain peaceful, compassionate and tolerant even in the face of injustice and hostility.



B.K. Chirya, New York, USA

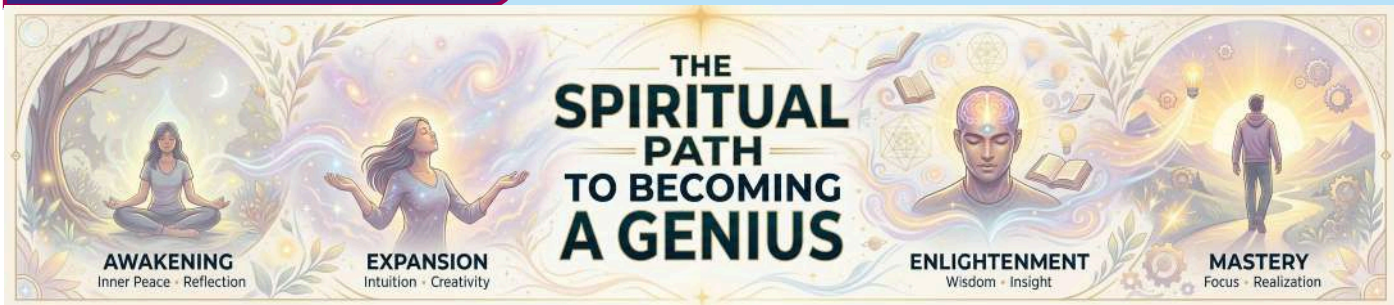
Dalai Lama – "I believe that every human being has an innate desire for happiness and does not want to suffer. I believe each of us has the same potential to develop inner peace and thereby achieve happiness and joy. If one has a positive mental attitude, then even when surrounded by hostility, one will not lack inner peace."

Non-violence does not mean that we remain indifferent to a problem, but that we remain fully engaged in a way that benefits us and the interests of others. On the path of non-violence, in spite of injustices, we remain calm, happy, peaceful, healthy and strong, and continue to be joyful. Non-violence, therefore, is not merely the absence of violence; it involves an active sense of compassion and caring. We can see that all religions advocate love, compassion and forgiveness. Currently, a group of 24 Buddhist monks is demonstrating this through their 2,300-mile silent Walk for Peace from Texas to Washington, D. C., to "raise awareness of peace, loving kindness, and compassion across America and the world".

Usually, when we face problems, we look at them from our own point of view and deliberately ignore other aspects of a situation. This often leads to negative consequences. Anger and hatred actually cause more harm to us than to the person responsible for our problem. We must develop a greater perspective and look at situations from all angles. Being so interdependent, we need to arrive at solutions through dialogue when faced with problems or disagreements today. We cannot destroy our neighbours, our brothers! We cannot ignore their interests! Doing so would ultimately cause us to suffer.

However, when faced with people wishing us harm, we can see this as an opportunity to develop patience and tolerance. We must consider tolerance and patience to be signs of strength, not weakness. When challenged by people or situations, they actually become our teachers. We then recognise that these obstacles are beneficial, a blessing that empowers us.

To develop all the mental and spiritual powers needed to tackle negative situations successfully, the power of silence and the true values of the soul, such as peace, love and purity, joy and wisdom, are needed. Silence is not the absence of thoughts; it is a state in which the mind is engaged in pure, elevated thoughts that nurture these inner values. The way to silence is through meditation. Think you are a being of peace, and peace will become your personality. Stop, take a minute, and listen to the silence within you today. "People are searching for a renewed purpose. There is no higher purpose than awakening to your true identity of being a soul and experiencing God's love." – BK Mohini, Chief Administrative Head of Brahma Kumaris. ■■



mind, clarify the intellect, and consciously transform spiritual awareness into wise action and a purposeful life.

Dr. B.K. Dnyanajyoti, Bengaluru



In the modern world, the word genius is often associated with high intelligence, extraordinary talent, or academic brilliance. However, spiritual wisdom offers a deeper and more transformative understanding: a genius is not merely born, but can be created through the power of thoughts.

Every human mind is a silent creator. Each thought we generate carries energy, direction, and intention. These thoughts gradually shape our personality, decisions, relationships, and ultimately, our destiny. This is the unseen magic that is continuously working within us – the magic of the power of thought.

The Inner Science of Thoughts

Thoughts are subtle energies. They may not be visible, but their impact is profound. Positive, pure, and powerful thoughts create clarity in the intellect, while negative and wasteful thoughts create confusion and weakness.

Consider a simple example: two individuals face the same challenge. One thinks, "This is too difficult; I cannot handle it," and feels stressed and defeated. The other thinks, "I am capable; I will find a way," and remains calm and solution-oriented. The situation is the same, but the outcome differs because of their thoughts. **This illustrates a fundamental truth.** Life does not respond to situations; it responds to our thinking about those situations.

Spiritual Identity
The Foundation of Genius

The real transformation begins with self-awareness. When we identify ourselves only as the body, our thoughts are influenced by fear, comparison, and insecurity. But when we realise, "I am a soul – a being of peace, power, and awareness," our thinking shifts.

This spiritual identity brings stability to the mind. It allows us to respond rather than react, to understand rather than judge, and to create rather than complain. A person who has mastery over his/her thoughts naturally develops qualities like patience, clarity, and wisdom, which are all signs of a true genius.

Thought Power in Daily Life

Thought power is not a theory; it is a practical tool that can be applied every moment. For instance, in a stressful work environment, a person who repeatedly thinks, "I am under pressure," will feel overwhelmed. On the other hand, someone who affirms, "I am peaceful and capable," experiences inner stability and performs better. Similarly, in relationships, thoughts of doubt and negativity create distance, while thoughts of respect and understanding build harmony. Thus, our external world is a reflection of our internal thinking.

(Contd. on page no. ...22)

A Journey Guided by Baba's Love



When faith is complete, Baba turns every obstacle into a pathway.

B.K. Megha, PM Park, Shantivan



We often hear in the Murli that when we remember Baba and use the powers He has given us, He never leaves His children alone. He helps, protects and guides them through every situation. But the question is: Do we remember Baba with that deep sense of light, that loving connection and that powerful faith?

During the Corona pandemic, I experienced Baba's loving companionship in a way that strengthened my faith forever.

At that time, I was staying in Shantivan. To meet my family, I had gone to my hometown, Belgaum. After a few days, my elder sister and I were scheduled to return to Madhuban. Our air tickets were already booked, and everything seemed perfectly planned.

However, the very next day, new government regulations were announced. Every passenger was now required to carry a negative COVID test report before boarding a flight. We did not have one. When we reached the airport, the authorities asked for our reports. We explained that we didn't have them. They firmly replied, "Without the report, you cannot travel." For a moment, worry arose. But instead of panicking, my sister and I quietly sat aside and remembered Baba. We surrendered the situation to Him.

Just a minute later, an airport official called us back. "You may travel from here," he said, "but we don't know what will happen in Ahmedabad. They may quarantine you there."

We smiled and thought, "Whatever happens, Baba is with us." With that faith, we boarded the flight. Upon reaching Ahmedabad Airport, we saw two separate queues – one for passengers with COVID reports and another for those without them. Naturally, we stood in the second line. Again, we remembered Baba. The officials informed us that we would need to undergo a swab test and wait approximately four hours for the results.

Once again, thoughts arose: What will we do now? How will we reach Madhuban? But instead of worrying, we continued remembering Baba. After taking our swab samples, the authorities unexpectedly called us. "Give us your contact number," they said. Then came the unbelievable words: "You may leave."

We looked at each other in amazement. Baba, what a wonder You have done! Filled with gratitude, we reached Lotus Ahmedabad Centre. Still, we had no idea how we would travel to Madhuban from there.

As always, Baba had already arranged the next step. A Didi at the centre lovingly served us Brahma Bhojan and casually asked, "You both want to go to Madhuban, right? Your car is ready." My sister and I stared at each other in surprise. We had not informed anyone. We had not requested any vehicle.

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



Life is like a journey where every situation, person, and experience offers us an opportunity to learn, grow, and become stronger.

B.K. Manjula Baijal, Bangaluru



In life, we experience different types of situations, some good and some tough. There is a constant movement in our lives, in the situations that come our way, and in the experiences that we go through. Throughout this journey of life, it is important to remember that we have a choice – a choice to manage difficult situations by being either in a state of inner mental fear or inner stability. Facing a particular situation with stability means that we are choosing fearlessness and tolerance as our emotional response. Also, we know that it is a temporary situation, and we will not let the situation define us or influence our emotions negatively. In many different ways, we can compare a way of facing difficult times in life with experiencing sightseeing as a tourist, who is only collecting experiences of life for a while and then will leave for home. Let's explore this comparison through this message:

- While traveling, we often let our tour guide put together the itinerary for us and decide what to see or how much time to spend at one place. We do so because someone else can make the planning decisions and, as a result, make things simpler for us and allow us to sit back and enjoy our journey. Similarly, in life, we should train ourselves to embrace whatever comes our way and transform every situation into a beautiful opportunity to grow, succeed, and become stronger. We should remember that no situation in life is unsolvable and that it is constantly changing. Just like a traveler in a tourist destination, we can make our little choices in our thoughts, words, and actions according to the changes in the situation. Every choice will have a result, which we must learn to accept with ease and without experiencing any mental or emotional stress.
- We often go out of our way to meet people on a tour. We spend lots of time with these people, seeing new sights and experiencing new things. Similarly, in life, we should remember that everyone we meet here is here to teach us something. In this way, we can see someone who hurts us as someone who is teaching us to work on ourselves on a spiritual level and create a complete inner personality full of all qualities and powers. We see someone who praises us as someone who is reminding us of our good qualities, but we should not get carried away by the praise. Instead, we should make the quality even

stronger and use it to give peace, love, and joy to others and make our life even more positive with its help. This way of thinking will also help us to improve our way of perceiving and responding to different events in life and make them all easy to manage with inner strength and contentment. Giving importance to the lessons learnt gives us the key to positive change, which will make us feel empowered instead of shrinking under stress.

- Becoming a tourist helps us to take some of the fear out of travel. We enjoy every sight, which is higher or lower than us, because we believe that it's accessible to us as tourists, and we just can't create this kind of experience on our own at home. Similarly, situations can sometimes be challenging and difficult, and sometimes they can be easy and comfortable. But if we deeply realize that they are just settling our negative actions of the past in our birth-rebirth journey, creating a purer inner being, and filling us with some deep lessons about life, they will not cause any permanent negative changes in our lives. The real strength emerges from the courage to pack up and leave our comfort zones, moving from familiar and safe places to experience unknown things through different situations that are sometimes unpredictable, just as we do on a trip.
- Another virtue we learn through traveling is patience. It teaches us that it's okay to wait and relax, and if something goes wrong, we learn to be patient while, at the same time, we take help from God and others in different ways and try to resolve what is wrong positively. In life situations too, we can apply the same virtue and learn to appreciate every different experience even more and not get tired or become impatient, because every difficult situation does get over sooner or later, and it always takes us to a more positive future, in which we have something to feel nice about.
- We mostly travel light while sightseeing. We come home and realize that we don't need anything more than the essential needs to survive. In life too, we can survive with very little. Also, it's a beautiful gift that we accumulate as travelers when we make friends with people around the planet, all from different fields of life, while having only one thing in common – love for adventure and new experiences. Similarly, in life too, we can surround ourselves with love, good wishes, and friendship from everyone, where we appreciate each other's differences and do not always complain about them, let go of past situations that influenced our relationships with them negatively, and make sure we satisfy everyone with our positive and virtuous thoughts, vibrations, and also all our words and actions.

Meditation is a beautiful method that helps us to create a little space between us and our minds, and we become more watchful of our own thoughts. So, once we know what is right for us as a spiritual being and what is not, it helps us in establishing very clearly that the situation in which we are right now is separate from us, and we can influence it positively. Empowered with this clarity of thought, we can then deal with situations with a lot of detachment, spiritual intelligence, and emotional capability, and the situations will not overwhelm us or cause any fear or worry inside us. ■■

(Contd. from Sept. 2026 issue....)

MIRACLES OF GOD'S MURLI

Murli is the daily spiritual nourishment and direct guidance of the Supreme Teacher. Its regular study enables us to experience divine wisdom, elevated consciousness and the miraculous transformation of ordinary life.



B.K. Dr. Trupti, Shantivan



The other day, a sister sitting next to me was immersed in reading the Avyakt Murli. I could feel the elevated aura around her. That subtle white light and divinity surrounding her were unforgettable. When our mind is focused on the elevated versions of the Supreme Father, we begin to vibrate at the same divine frequency. This purifying power of Murli is still remembered on the path of devotion as the holy water (Ganga jal) that purifies (elevates) the soul, and God is remembered as the Purifier, Redeemer of Sins (Patit-Pawan). Daily Murli study is mandatory for maintaining an elevated divine aura.

Murli – The Canopy of Protection

Once, at a centre, the chair on which I sat to listen to the Murli was smelling, and I felt discomfort, as if I had sat on some not-so-visible-to-the-eye entity. During the first half an hour of that Murli class, three times an annoying thought popped up: 'Get up and go outside!' And every time I rationalised, "The teacher is reading the Murli here, then why should I go outside?" and I remained seated, got engrossed in listening to the Murli, and forgot about that nagging feeling.

Then, after a while, I don't know where, that odour and discomfort disappeared, and I felt as if I was sitting on Baba's lap, surrounded by His divine embrace. Murli, indeed, is a canopy of protection for us souls, as its words are the powerful versions of the Supreme Almighty Soul. Sounds are nothing but the energy of that soul transformed into words, and so they carry the power of the orator. Also, Murli contains the sword of knowledge, which not only helps us battle Maya but makes us victorious.

Murli – Is Today's Spiritual Effort

Once, in a Murli, Shiv Baba said, "Baba gives task to children and children hand over that work back to Father, then Father takes responsibility for the same." At that time, I began to ponder, "What work has Shiv Baba entrusted to me?" and realised that He has given me the task of making myself complete. So, I handed over this task to Shiv Baba. From that day onwards, during Amritvela, I started having a variety of different experiences of bodilessness, or of a double-light angelic stage, or of a combined stage, etc. Slowly, it dawned on me that Amritvela experiences correspond to what Shiv Baba has asked us to practise in that day's Murli, leaving no space for an ounce of doubt that our daily effort is nothing but to follow the directions of that day's Murli, to experience all points of Murli deeply, and to practically bring

Murli to life.

Many Brahmins always have one question to ask: “What spiritual efforts should I make?” The answer is: “Embody today's Murli!” It was Mamma's speciality to inculcate the Murli immediately upon hearing it. Murlidhar Shiv Baba wants to make us Murlidhar like Him.

Murli – The Shrimad Bhagavad Gita

The incorporeal God incarnates in the body of a soul who is about to enact his part as Shri Krishna in the upcoming Golden Age and, through his mouth, gives teachings and directions to uplift downtrodden mankind of the Iron Age. Those who fail to recognise God in an ordinary human body assume that it is Brahma (Shri Krishna in the future world) who is giving these teachings, and that is why, on the path of devotion, they say that Shri Krishna preached the Gita.

However, the reality is that Shrimat means the elevated directions, which are the preachings and teachings of the Highest on High God Father Shiva alone, and not of any human being or deity Krishna. So, Shrimad Bhagavad Gita is the religious scripture of the Deity religion established by God Himself at this Confluence Age. God Shiva is the true Preceptor and Supreme Teacher for all souls.

Murli – Enchants the Gopis

Murli represents the divine call that mesmerises the gopis, drawing them away from their daily chores and worldly duties to listen to it. This music signifies the longing of the individual soul to merge with the Supreme Soul. This Murli is the very foundation and elixir for the mouth-born progeny of Brahma.

Once, Dadi Prakashmani said, “Those who say we do not have time for Murli are not true Brahmins,” and that, “This is an insult to my Father!”

Dadi Janki used to say, “Murli is the key to me, the soul.” Also, she never allowed anyone to remain trapped in service during Murli class. Once, when the sister who packed her luggage for a foreign tour forgot to pack the set of Murlis, Dadi Gulzar said seriously, “You have put me, the soul, on starvation.”

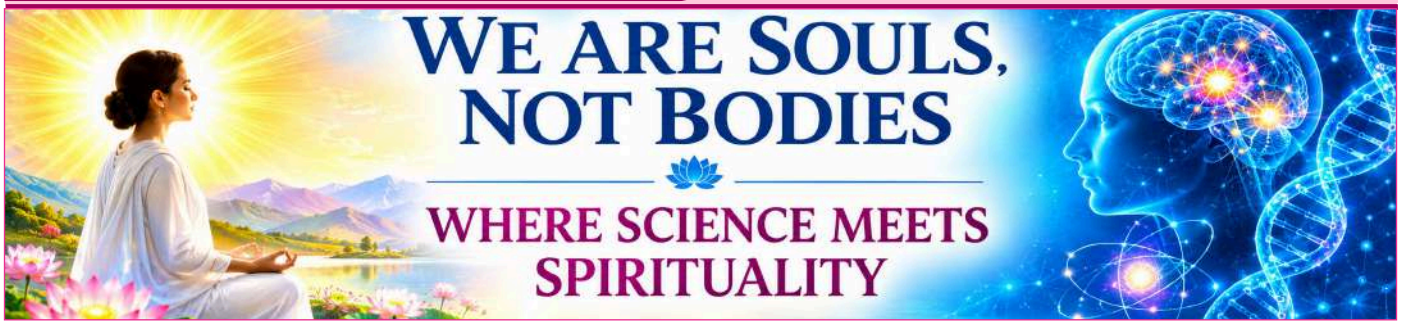
Ishu Dadi was engrossed in reading Murli when once we visited her on Raksha Bandhan. On our arrival, she greeted us with warmth, and the moment she tied the sacred thread and gave us sweets and an apple, she again took the Murli and got engrossed in it as she had been earlier, giving us a glimpse of her immovable, unshakable state of mind and intellect and her love for Murli.

The same goes for all other Dadis. The first thing they all used to pack in their luggage was the set of Murlis for themselves. Isn't it obvious? We love everything about our beloved, even their letters. And Murli is the letter from our most beloved God Father Himself. How can one not have time to read and ponder over it! He is the Comforter of our hearts, the true Dilaram, who writes daily four pages of Murli specially for me, to express His love and care towards me. How multimillion times lucky I am!

God's Murli has magical powers that raise an ordinary human being to the pinnacle of his divinity, making him a deity of Heaven. Such is the power of the words of the Almighty Authority, God Father. If we fail to give it the importance it deserves, we fail in transforming and uplifting our life for the better, for Murli is the magical mirror reflecting our flaws to overcome them, and at the same time adorning us with the jewels of all virtues.

They sing, 'There is magic in God's Murli.' Have you experienced that magic yourself?

(Concluded)



We are not bodies; we are conscious souls who use the body as an instrument, and remembering this spiritual identity is the foundation of lasting peace and happiness.

B.K. Rose Mary

Ancient wisdom has long taught that we are not merely this physical body; essentially, we are souls. Interestingly, some eminent scientists have also recognized that consciousness and intelligence cannot be adequately explained by the material body alone.

The human body is an extraordinarily complex biological system. It consists of at least 94 elements, including oxygen (about 65% of body weight), carbon (17.5%), hydrogen (10.2%), and nitrogen (2.4%). Countless atoms form molecules, which form cells, tissues, organs, and interconnected systems that function in remarkable coordination.

The brain is the crown jewel of this machinery. The human brain contains approximately 100 billion neurons, supported by many more glial cells. Each neuron may connect with thousands of others, producing an astonishing number of synaptic connections. Even if we count these connections one per second, it would take millions of years to complete the task.

Yet the real mystery is not simply the number of neurons, but what they accomplish. Different areas of the brain support logic, mathematics, creativity, emotions, memory, language, and countless other functions. The richness of human consciousness, therefore, seems far greater than the mere material components from which the brain is constructed.

A purely materialistic explanation also struggles to account for distinctly human qualities such as morality, meaning, spirituality, and the universal search for God. Francis S. Collins, former Director of the National Human Genome Research Institute and Director of the National Institutes of Health, wrote in The Language of God that DNA sequence and biological information alone cannot explain special human attributes such as our awareness of moral laws and our universal search for God.

Something beyond the physical appears to be involved. Even when the body is asleep, internal mental activity continues through dreams, thoughts, and other processes. The body is therefore more than its physical components; it is an instrument through which consciousness operates.

This realization has influenced even former atheists. Antony Flew, who defended atheism for more than 50 years, changed his position after reflecting deeply on the complexity of DNA. He wrote in There Is a God: “What I think the DNA material has done is that it has shown …

that intelligence must have been involved" in producing life.

His reasoning is significant. A thread does not organize itself into a piece of cloth. Likewise, chemical particles do not, by themselves, explain the extraordinary organization and information contained in DNA and living systems. The body can therefore be compared to a sophisticated garment or instrument, while the conscious being is its user.

The primacy of consciousness has also been discussed by prominent physicists. Nobel Laureate Max Planck, regarded as the father of quantum theory, said: **"I regard consciousness as fundamental. We cannot get behind consciousness."** Similarly, physicist Sir James Jeans, quoted by Richard Conn Henry in his article **"The Mental Universe"** in Nature, suggested that mind may be better understood as the creator and governor of matter rather than an accidental product of it.

These observations point toward an important question: Who am I?

The body constantly changes, yet we retain a sense of personal identity. Cells die and are replaced continuously. Some estimates suggest that the human body replaces hundreds of billions of cells each day – millions every second. Research has also suggested that many tissues are renewed over relatively short periods.

If the physical components of the body are continually changing, who is the one who experiences these changes? We say, "My body," "my mind," or "my thoughts." The very language suggests a distinction between the possessor and what is possessed.

The body begins functioning when life enters the womb, and it ceases to function when life departs. The physical organs may remain for a time, but the coordinating principle that made them function as a living whole is no longer present. This raises the possibility that consciousness is not merely a by-product of matter but a fundamental reality expressed through matter.

Yoshinori Ohsumi, Nobel Laureate in Physiology or Medicine, described life as an equilibrium between synthesis and degradation of proteins. Earlier, French physiologist Claude Bernard emphasized the importance of maintaining the stability of the body's internal environment for independent life. Words such as coordination, equilibrium, synthesis, stability, intelligence, and design point toward the remarkable organizing principle behind the physical body.

This is where the holistic perspective becomes important. A living organism is not merely a collection of separate parts. The whole possesses qualities that cannot be understood simply by adding its individual components. There appears to be an organizing consciousness that enables the various organs and systems to function together.

Some discussions of consciousness have gone even further. A Newsweek article published in 2018 examined research concerning whether human consciousness might persist after physical death, describing consciousness as encompassing our thoughts, feelings, emotions, and sense of self. Such questions remain scientifically debated, but they demonstrate that consciousness continues to be one of science's deepest mysteries.

(Contd. on next issue....)



Gratitude is the memory of the heart and the language of the soul.

B.K. Jyoti Nanda, Shantivan



In a world driven by constant striving and endless desires, it is easy to become focused on what is missing rather than appreciating what is already present. We often believe that happiness lies in achieving more, acquiring more, or becoming more. Yet, despite remarkable progress and material abundance, many people continue to experience stress, dissatisfaction and inner emptiness.

What if the secret to a happier and more meaningful life is not found in getting more, but in appreciating more?

Gratitude is one of the simplest yet most transformative spiritual practices. It is far more than saying "thank you." Gratitude is a state of consciousness – a way of seeing life through the lens of appreciation rather than lack, abundance rather than scarcity, and blessings rather than burdens. Gratitude is one of the most powerful positive thoughts because it shifts our attention from complaints to contentment. It has the power to uplift our thoughts, heal our emotions, strengthen our relationships, and deepen our connection with the Divine.

Gratitude: A Spiritual Perspective

According to Rajyoga philosophy, every human being is originally a peaceful, pure and loving soul. Our innate qualities are happiness, wisdom, compassion and contentment. However, as we become increasingly identified with the physical world and influenced by comparison, expectations and external achievements, we gradually lose awareness of our true spiritual identity. This loss of self-awareness gives rise to feelings of insecurity, dissatisfaction and emotional dependency.

Gratitude serves as a powerful bridge back to our original state of being. It gently shifts our focus from what is absent to what is present, from complaints to contentment, and from fear to faith. When we consciously count our blessings, we begin to reconnect with the richness that already exists within and around us.

One of the most profound aspects of gratitude is its ability to transform our relationship with God. The Supreme Soul, our eternal Father, is the Ocean of Love, Peace, Knowledge and Power. Throughout our lives, God constantly offers spiritual sustenance, guidance and unconditional love. Yet, in the rush of daily life, we often overlook these divine gifts.

Through Rajyoga Meditation, we learn to reconnect with the Supreme and experience His presence as a source of strength and comfort. As we sit in silence and remember our spiritual identity, we begin to feel God's love filling our hearts. This experience naturally awakens a deep sense of gratitude. We realise that we are never alone, never forgotten, and never without support. Gratitude then becomes not just an

emotion but a spiritual response to the recognition of divine benevolence.

Gratitude Changes Our Energy

Every thought carries energy. Thoughts of appreciation generate positive vibrations that nourish the mind and create harmony within. On the other hand, thoughts of complaint, resentment and dissatisfaction drain our energy and weaken our emotional resilience.

Consider two individuals facing the same challenge. One sees only obstacles and unfairness, while the other chooses to look for lessons, opportunities and hidden blessings. Though their circumstances may be identical, their experiences are entirely different. Gratitude does not change the situation immediately; it changes the way we experience the situation. It transforms adversity into growth and difficulty into wisdom. Instead of asking, "Why is this happening to me?" we begin asking, "What can I learn from this experience?" This shift in thinking empowers us to face life with courage and wisdom.

Rajyoga Meditation further enhances this process. During meditation, we connect with our true identity as peaceful souls and experience the loving presence of the Supreme Soul. This spiritual connection fills the mind with positive energy and naturally cultivates feelings of gratitude.

Gratitude Improves Relationships

Many conflicts in relationships arise because people focus on each other's weaknesses rather than strengths. Expectations increase, appreciation decreases, and misunderstandings grow. Gratitude changes this dynamic. When we consciously appreciate the qualities of others, our interactions become more harmonious. A grateful person acknowledges the contributions, efforts and virtues of family members, friends, colleagues and even strangers.

Spirituality encourages the practice of "virtue vision" – the ability to see and appreciate the specialities and virtues of every soul. When we consciously acknowledge the goodness in others, our interactions become more respectful, loving and harmonious. A simple expression of genuine appreciation can heal emotional wounds, strengthen trust and bring people closer together.

Gratitude and Mental Well-Being

Gratitude also plays a significant role in emotional and mental well-being. In today's highly competitive and comparison-driven society, people often measure their worth against the achievements of others. Social media, unrealistic expectations and constant comparison can create feelings of inadequacy and jealousy.

Gratitude offers a powerful antidote. When we focus on our blessings instead of our deficiencies, we cultivate contentment and self-respect. We stop comparing our journey with others and begin to value our own unique path. Gratitude reminds us that every soul has its own role, its own strengths and its own divine potential.

Simple Ways to Practise Gratitude

One of the most beautiful qualities of gratitude is that it can be practised anywhere and at any time. It requires no special resources – only awareness.

Begin each morning with a moment of appreciation. Before checking your phone or planning your day, thank God for the gift of life, health and another opportunity to grow. Throughout the day, acknowledge the kindness of others, the beauty of nature and the lessons hidden within every experience.

A gratitude journal can also be a powerful tool. Writing down a few blessings each day trains the mind to focus on positivity rather than problems. Over time, this simple practice

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



DUSSEHRA
BURNING THE REAL RAVANA WITHIN

When we burn lust, anger, greed, attachment, and ego in the fire of God's remembrance, true victory and a new age of purity begin.

B.K. Yogesh Kumar, Delhi



As the festive season returns with Dussehra, we once again mark the symbolic triumph of good over evil by burning effigies of Ravana, Kumbhkarna, and Meghnad. However, amidst the grand celebrations, the true essence of the festival has faded. Why do these effigies grow larger each year? And why do we continue to burn Ravana, who was said to have died thousands of years ago? The answer lies not in the ritual, but in understanding what Ravana truly represents. In the absence of true spiritual knowledge, these rituals have often become empty traditions – leading to unnecessary extravagance and waste of resources.

In the present Confluence Age – the brief period between the end of Kaliyuga and the beginning of *Satyuga* – the Incorporeal God Shiva reveals the deeper truths behind these epics. As the Ocean of Knowledge and a detached observer, He is beyond the cycle of birth and death and thus reveals the spiritual meaning of the Ramayana.

Bharat: From Heaven to Hell

God Shiva, through His corporeal medium Prajapita Brahma, explains that ancient Bharat (India) was once a land of deities – pure, peaceful, and prosperous. This was the Golden Age (Sat*y*uga), ruled by Shri Lakshmi and Shri Narayan, who were 16 celestial degrees complete. After 1,250 years came *Tretayuga*, with Shri Ram and Shri Sita as rulers – 14 celestial degrees complete, still virtuous and viceless. There was no Ravana in these ages.

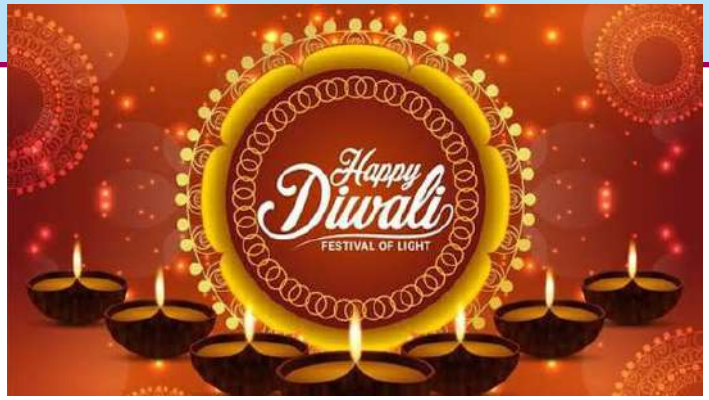
However, with the advent of *Dwaparyuga*, devotion began, and people lost their divine intellect. They became body-conscious, forgetting their true identity as souls. This marked the decline of purity, and by *Kaliyuga*, human souls were completely trapped in five major vices – lust, anger, greed, attachment, and ego–symbolised by the ten heads of Ravana (five for man, five for woman). Thus, the real Ravana is not a demon from the past but our own inner vices which grow year after year – hence the increasing size of the effigies.

The Return of the Real Ram

Hearing the soul's cries for help, God Shiva descends from His Supreme Abode and awakens us with divine knowledge. He teaches that we are not bodies but souls, His children. He is the true Ram, and we are the true Sitas, trapped in the Lanka of vices. The real abduction is of our soul's purity, stolen not by a demon king but by our own negative traits.

To defeat this Ravana, God Shiva has re-established the *Rajasva Ashwamedh Rudra Gyan Yagya*– a spiritual sacrificial fire of knowledge, founded by Rudra (Shiva) for the establishment of the self-sovereign kingdom through His divine wisdom. In it, we burn our old, impure *sanskaras* (habits) through remembrance of Him. Only this inner Dussehra – the burning of our vices – can lead to a new world of purity, peace, and prosperity: *Satyuga*. ■■

CAN DEEPAWALI ENLIGHTEN OUR INNER SPIRIT?



The Festival of Lights, can enlighten our soul by inspiring us to overcome vices and connect with the Supreme Soul through Rajyoga Meditation and Godly knowledge.

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



Can Deepawali enlighten our souls? In a single word, yes – Deepawali can indeed enlighten our souls. What we observe externally reflects our inner state, shaped by our past actions and thoughts.

Every effect has a cause, just as efforts yield rewards. Thus, occasions and ceremonies like Deepawali should not be overlooked but observed and remembered with care. Known as the 'Festival of Lights,' Deepawali is celebrated annually on the full moon day of Kartik with sparkling lights from candles, earthen or metal lamps, bulbs, and halogens. Everyone participates with great enthusiasm. Preparations begin days earlier, with homes cleaned and new clothes purchased for family members.

According to mythological stories, Deepawali marks the return of Lord Ram, his wife Sita, and brother Laxman to Ayodhya after 14 years of exile, following Ram's victory over Ravana, who symbolises excessive ego. In some regions of India, it commemorates Lord Krishna's triumph over Narakasur, the demon of hell, and the liberation of women held in captivity. The festival spans three days, each with distinct significance.

Dhanteras: On the first day, people purchase gold to protect their families from untimely death in future births. In some areas, gambling is practised, believed to bring a graceful body and immense wealth for the next 21 births in the Satya and Treta Yugas (Golden and Silver Ages).

Narak Chaturdashi (Chhoti Deepawali): The second day celebrates the defeat of demons by God Himself.

Badi Deepawali: The third and main day is the 'Holy Night of Light,' when people illuminate the evening with lamps and festivities.

For centuries, humanity has studied sacred texts like the Vedas, Upanishads, and Gita, aspiring to elevate personal and societal values. Yet, we often fail to meet society's humanitarian needs. Despite knowing that excess is harmful, many display ego, anger, and greed in daily life. The rich exploit the poor, the powerful oppress the weak, and hooligans humiliate others. The foolish often dominate the wise, leading to a gradual collapse of the social structure.

Democracy exists but is frequently undermined, with lawmakers sometimes becoming lawbreakers. Although justice is meant to be equal for all, victims often face delays or denial of justice, while the accused secure bail through loopholes or political support. As a result, injustice pervades society.

Where do justice and injustice reside? Within the human mind, as it is the source of both good and evil. Currently, human minds are shrouded in darkness, reflecting negativity and absorbing positivity. Despite following saints and religious masters, humanity has not found lasting happiness through devotion, gaining only temporary relief. Indulgence in vices has led humanity deeper into darkness, evident in miscreant activities and heinous crimes, particularly against women. Shockingly, after such incidents, some administrations protect the accused, tamper with evidence, or alter crime scenes. These facts confirm that the present world is devastated by an extreme outburst of human vices.

Ordinary people recognise that today's turbulence, terrorism, addiction, and humiliation – especially towards women – are unbearable. Society is worried, and protests continue through individuals, groups, or organisations. In serious cases, the High Court or Supreme Court may take suo moto action, initiating court-monitored investigations through agencies like the CBI or ED to uncover the truth. Such protests reflect the bonding of humanity, essential for supporting fellow humans.

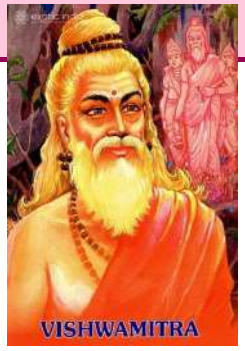
As Brahmakumaris, we are aware of these global incidents and understand the spiritual approach to counter such heinous activities. Through Godly knowledge, we have learned the true history and geography of the world and the urgent 'Call of Time' revealed by God Himself. He warns that the current Kaliyuga (Iron Age) within the Kalpa cycle is nearing its end, leaving little time to settle our karmic accounts through remembrance of the Supreme Soul, Shiv Baba, who is perceived as a Point of Light.

We are familiar with concepts like the time cycle, the three worlds (physical, subtle, and incorporeal), the Eternal World Drama, the Confluence Age, and Rajyoga Meditation, as well as the nature of the soul and the Supreme Soul. At this critical moment, we must become powerful enough to serve suffering humanity, donating peace and power to all souls, even amidst turbulence, war, or catastrophes. The time has come for all souls, playing roles in various body costumes, to return to their home – the soul-abode, or Paramdham.

We are incorporeal in Paramdham and become corporeal when we take on male or female bodies. The world drama unfolds through human souls interacting with nature and animals. Between births, the soul resides in other realms beyond our perception, but these are not the soul abode. As the soul progresses through the birth-death cycle, its energy depletes. Before the end of each Kalpa, it must be recharged.

Thus, God descends during the transition from Kaliyuga to Satyuga (Golden Age) to recharge depleted souls, qualifying them for liberation and fruition. Even non-deity souls must make efforts for liberation to regain their original incorporeal state. Nothing happens automatically; effort and reward are inseparable. In cyclical time, cause and effect are intertwined, and no event stands alone – all are causally linked.

When we become truly knowledgefull of the world and its drama, we understand past, present, and future events. This elevates us to the *trikaldarshi* stage – a higher state of consciousness where we can make the right decisions at the right time. Through remembrance and Rajyoga Meditation, connecting with the Supreme Soul, we kindle our inner light and radiate it outward. Only then can we truly celebrate Deepawali, the Festival of Lights, by enlightening our inner spirit. ■■



VISHWAMITRA
A JOURNEY OF SELF-MASTERY

The journey of Vishwamitra illustrates that worldly power alone cannot lead to true greatness; spiritual power, self-control and perseverance are essential for transformation.

B.K. Arzu, Kolkata



In the Valmiki Ramayana, and also in various Puranas, there are many stories related to the life of Vishwamitra. Earlier known as Kaushika, he was the king of Kanyakubja. He was known to rule his empire, adhering to justice and righteousness and ensuring peace and prosperity among his people. Under his rule, the land flourished. Respected by allies and feared by adversaries, Kaushika embodied the ideal qualities of a righteous monarch.

The turning point of his life came when he visited the hermitage of a sage named Vasishtha. He, along with his entourage, was offered an elaborate feast with exceptional warmth and hospitality. Though the king was satisfied, he was shocked to find a humble sage capable of hosting such a huge group of guests. The sage revealed that he possessed a cow named *Kamdhenu* that fulfilled all his wishes. Endowed with celestial powers, *Kamadhenu* could manifest whatever was desired and was the source of his miraculous abundance.

The king was profoundly impressed and requested the sage to grant him the magical cow. However, the sage firmly but respectfully refused, stating that he could not part with his mother-like cow. *Kamdhenu* sustained the hermitage and enabled him to fulfil his sacred duties. Unable to accept the sage's refusal, the king was overcome with rage, envy and wounded pride. Blinded by arrogance and the illusion of physical power, he tried to seize the cow by force. Sage Vasishtha invoked his immense spiritual power to repel King Kaushika and his army.

This moment was the climax in the king's life. He understood the strength of spiritual austerities and undertook deep penance for several years. He thought he had mastered his senses and had almost reached completion. But a spiritual journey is not complete without tests. The narrative shows how the king succumbed to a vice named lust. Later, he had to intensify his penance manifold to reach the height of spirituality.

This is a wonderful narrative. But this is not a story of the past. The setting is the present time of the Confluence Age. The king is none other than the children of Brahma undergoing their journey towards spiritual elevation. The path is filled with thorns, sharp rocks, dangerous animals, tall mountains and deep oceans – meaning hurdles along the way. Every stage of spiritual progress tests an aspirant's resolve, dedication and self-control. Each obstacle needs inner power, steadfast commitment, deep faith and unshakable love for God.

It is very easy to get swayed by the attractions of the old world or to get distracted on the arduous journey. There are many temptations waiting to pull us away from our goal, to weaken our resolve, to shake our faith and to make us bow down before the vices. But only the one

who is unwavering, strong-willed, disciplined, focused, determined and powerful can ultimately reach the goal of perfection and achieve the title of *Vishwamitra*, meaning 'the friend of the world'. The title signifies one who has risen above personal bias, selfish ambition and narrow attachments to embrace the welfare of all beings. *Vishwamitra's* journey reminds us that true greatness lies not merely in personal achievement but in cultivating wisdom, compassion and working for the good of the entire world.

The Four Stages of Human Consciousness

The great historian Arnold Toynbee says that world history is a continuum and that there is a constant decline in moral values, so that the present world faces a moral crisis. He also argues that civilisations emerge and thrive in response to challenges, but ultimately disintegrate when they fail to adapt creatively to new circumstances. Nobel Laureate Albert Schweitzer, a philosopher-cum-physician, says that world history is morphologically, organically, or structurally predetermined and can be divided into four mental, moral, or spiritual stages, namely the Golden, Silver, Copper, and Iron Ages.

The Cycle of Birth and the Drama of Life

Therefore, it is certain that all things automatically come in the life journey through different births, one after another, in different costumes and different families in different places, but the soul cannot remember its own past records in any particular birth. And for this reason, we cannot blame anyone for the downward movement of society, turning it into a hell, because all the happenings throughout the *Kalpa* are predestined in cyclical time within the free passage of past, present, and future in space-time moments. ■■

(Contd. from page no. ...8)

The Role of Meditation

To harness thought power effectively, the mind needs discipline and direction. This is where meditation, especially Rajyoga, plays a vital role. Meditation is not about emptying the mind, but about creating the right quality of thoughts. By sitting in silence and connecting with the Supreme Source of energy, the mind becomes calm and recharged. Just as a battery regains power when connected to electricity, the soul regains strength through spiritual connection. With regular practice, thoughts become: more focused, more positive and more powerful.

This inner transformation gradually reflects in one's actions and achievements.

From Ordinary to Extraordinary

The journey to becoming a genius is not about acquiring more information, but about refining the quality of thinking. A cluttered mind cannot create brilliance, but a calm and clear mind can. A true genius is someone who: thinks with awareness, chooses positivity over negativity, remains stable in challenging situations and uses wisdom instead of impulsive reactions.

Such a person not only succeeds externally but also experiences inner peace and fulfillment. The power to become a genius does not lie outside us; it lies within each thought we create. By understanding and mastering this power, we can transform our lives in a meaningful way.

When thoughts are pure, the mind becomes powerful. When the mind is powerful, the intellect becomes clear. And when the intellect is clear, decisions become accurate, leading to a successful and purposeful life. Always remember: "I am the creator of my thoughts, and my thoughts create my destiny." "A calm mind is the birthplace of a genius." "Think high, feel light, live right." "Master your thoughts, and you master your life." ■■



AWAKENING YOUR INNER POWERS

Navratri can be understood as a spiritual journey of awakening the eight divine powers within the self.

B.K. Sarika, GGRC, Ahmedabad



Navratri is a vibrant celebration dedicated to goddess Durga, the divine manifestation of Shakti, representing pure Energy or Power. The word itself is derived from '*nav*', meaning 'nine', and '*ratri*', meaning 'night', translating to a festival of 'nine nights'. While there are many legends associated with this festival, all of them beautifully centre around goddess Shakti – the Hindu Mother Goddess – and her various divine forms.

The Eight Spiritual Powers

According to Indian mythology, these goddesses are Shiv Shaktis, the daughters of Shiva, the Supreme Soul (*Paramatma*). They are the bestowers of eight essential spiritual powers. In our daily lives, we will inevitably find ourselves in need of at least one of these powers, regardless of the situation. However, knowing which power to invoke depends upon our ability to stay calm and accurately grasp the circumstances at hand. The more consciously we apply these powers, the more expert we become in using them effectively.

The Power to Discriminate (Goddess Gayatri)

Discrimination is the art of seeing with the inner eye, or the third eye, to distinguish between what is true and false, temporary and eternal, or superficial and subtle. Goddess Gayatri, the goddess of intellect, symbolises this power. She discriminates based on Godly knowledge, represented by the scriptures she carries, which provide absolute clarity on right versus wrong. She also holds the nectar of knowledge and a rosary. Her vehicle, the white swan, symbolises simplicity and peace and is known for its mythological ability to discriminate between water and milk. This simplicity of nature and thought eliminates life's dramatic complications and enables crystal-clear thinking.

The Power to Judge (Goddess Saraswati)

This power helps us assess situations accurately, with a detached and impartial state of mind, allowing us to judge the quality of our thoughts, words, and actions. Unlike discrimination, which is an internal experience, the power to judge manifests externally and is represented by Saraswati, the goddess of knowledge. She is dressed in white to depict cleanliness of mind, and she rides a swan, representing beauty and purity. She carries scriptures representing God's instructions and plays the Sitar ("*Gyan Veena*") to bestow Godly knowledge on the world.

The Power to Withdraw (Goddess Parvati)

To withdraw is to detach the mind from a current situation while maintaining full awareness, allowing us to observe the scene objectively, like a director. Parvati, the goddess of hope and zeal, symbolises this power of detachment. Her very name implies someone who remains beyond the world's negative influences. She holds a rosary, indicating independence while staying connected to others, and a lotus flower, which blooms beautifully in the dirt without allowing the mud to stick to it. Her bowl of nectar signifies that a soul full of Godly knowledge is introspective,

creative, and free from waste thoughts. She helps us step away from our personal sorrow for a moment to realise that we are simply souls playing our respective roles in a world drama, allowing us to take the best course of action.

The Power to Pack-up (Goddess Durga)

This is the ability to instantly set aside wasteful thoughts, bringing lightness and freedom from burdens and worries despite our many responsibilities. By going deep into the self, we can "pack up" preoccupations with the past, present, or future and experience a new dimension of unlimited consciousness. Goddess Durga symbolises this as the destroyer of defects. She rides a lion, indicating the subduing of powerful problems, and wields a sword that mercilessly and relentlessly destroys illusion. This tough exterior is perfectly balanced by the lotus she carries, showing that once illusion is cut away, profound purity and beauty remain.

The Power to Tolerate (Goddess Jagadamba)

Tolerance is the ability to respond positively to events without being internally or externally affected, to the point where one does not even feel that he/she is tolerating anything. The World-Mother, Jagadamba, symbolises this state with a perfect balance of love and law. Her bow and arrow of love pierce even the hardest of hearts to melt away pain. She also carries the discus of self-realisation, the sword of knowledge, the trident of the master of the three worlds (*Trilokinath*), the conch of sweetness, the lotus of detachment, and the mace of strength. Her chariot is the tiger, a king of animals.

The Power to Accommodate (Goddess Santoshi Maa)

To accommodate is to expand oneself to graciously accept the ideas, desires, and flow of others. It means adjusting to a situation with the consciousness of creating benefit from every opportunity, which ultimately results in deep contentment. Santoshi Maa, the goddess of contentment, represents this power. She carries a trident to destroy preferences based on ego and greed, a sword to destroy illusion, and a bowl of rice representing the nourishing and nurturing aspect of this power. Her primary symbol is the coconut, signifying steadfast soul-consciousness.

The Power to Cooperate (Goddess Lakshmi)

Real cooperation comes from deep within – offering your attention, time, experience, and wisdom to serve others harmoniously. It requires self-respect, honesty, and humility, as a humble person naturally creates an inviting environment and earns the cooperation of others. Lakshmi, the goddess of wealth, symbolises this power with great beauty and harmony. Carrying a lotus to represent purity and detachment, her motive for cooperating is always pure, without requiring ownership or attachment to the outcome. Her wealth is abundant, and she is infinitely happy to share her spiritual treasures.

The Power to Face (Goddess Kali)

This power provides the ultimate courage and confidence to confront obstacles, fears, and internal doubts on our spiritual journey. Goddess Kali embodies this fearless power. She wears a necklace of skulls, showing that even death does not frighten her, and dresses in black to appear fearsome to obstacles.

The Ultimate Source

These majestic goddesses acquired all their powers from the Supreme Soul, Shiva, who is the Ocean of Knowledge, Love, Peace, and Happiness. He is the true bestower of all powers. By practising Rajyoga meditation, we too can acquire these divine powers and live every day of our lives spiritually empowered. ■■



WHEN NOTHING GOOD SEEMS TO HAPPEN TO YOU

When our goodness goes unnoticed, we can remember that our greatest contribution may be the good we quietly bring into someone else's life.

B.K. Yogendra,
Solar Power Plant, Shantivan



There are moments in everyone's life when the heart grows weary. Despite sincere efforts, appreciation seems absent. Despite honesty, misunderstandings arise. Despite kindness, people may fail to understand our intentions.

We quietly ask ourselves, "Why does this happen to me? Why am I always expected to give more, understand more, forgive more? Does goodness really have any reward?"

These questions are not signs of weakness. They are the soul's search for a deeper understanding of life. Perhaps the answer lies in a simple but profound truth:

Sometimes nothing good happens to you because you are the good that happens to others.

Think about this for a moment. At first glance, this thought appears unfair. Yet, from a spiritual perspective, it reveals one of the most beautiful and powerful purposes of human existence. A spiritually awakened soul does not measure life merely by what it receives. It measures life by what it gives.

The world celebrates those who accumulate wealth, power and recognition. Spirituality celebrates those who quietly become instruments of peace, hope and strength for others.

History reminds us that the great souls rarely lived easy lives. Their pain did not make them bitter; it made them compassionate. Their struggles became the very source of their ability to understand and uplift others.

One does not become a river without first passing through countless rocks. One does not become a mighty tree without first enduring storms. Likewise, a human being does not become spiritually powerful without learning to transform personal suffering into universal compassion.

Example 1:
The Silent Heroes Around Us

We often search for extraordinary examples while overlooking the extraordinary people living beside us.

Consider a mother. She wakes up before everyone else and often sleeps after everyone has rested. She silently converts her fatigue into smiles, her worries into prayers and her sacrifices into opportunities for her family. A child remembers the success achieved but seldom remembers the countless sleepless nights that made that success possible. Her greatest reward is not applause. It is seeing others flourish. That is the nature of selfless love.

Similarly, think of a teacher whose greatest

achievements are written not on certificates but in the character of students. Think of a gardener who plants trees knowing that someone else may one day enjoy their shade. Think of a nurse who comforts frightened patients throughout the night without expecting anyone to remember her name.

Such people remind us that goodness is often quiet. It does not announce itself. It simply continues to serve.

Perhaps this is why the Supreme Soul, Shiv Baba, who has noted this unique trait of these mothers' silent sacrifices, penance, austerity and selfless service, has hailed these mothers and made them the leaders of the spiritual movement called "Brahma Kumaris".

Example 2:
Bharat – A Civilization That Continues to Give

Our own land offers another inspiring example. For thousands of years, Bharat has welcomed seekers, saints, philosophers and travellers from every corner of the world. Empires came and departed, but the spirit of Bharat continued to offer knowledge, spirituality, tolerance and hope.

Its greatest contribution has never been material wealth alone. It has been the timeless wisdom that reminds humanity of its original identity as peaceful, pure and divine beings.

Perhaps it is no coincidence that the Supreme Soul chose this sacred land to reawaken spiritual consciousness and inspire a new era founded upon peace, purity and universal brotherhood.

Practice:
Turn Your Pain into Compassion

Pain is one of life's greatest teachers, yet it asks us a very important question: "Will this experience make me bitter, or will it make me better?"

When we stop asking, "Why did this happen to me?" and begin asking, "What is this experience teaching me?", pain loses its power to imprison us. It becomes a lesson instead of a burden. Rajyoga reminds us that every experience enters our life for our spiritual growth. Nothing is wasted. Every challenge strengthens a hidden virtue. Every disappointment deepens humility. Every obstacle develops patience. Every sorrow expands our capacity to understand another human being. This is why the Supreme Soul never allows any experience to be meaningless. Even the deepest pain can become sacred when it awakens compassion.

Every morning presents us with a quiet choice. We can spend the day asking, "Who will make me happy?" Or we can ask, "Whose burden can I lighten today?"

A word of encouragement, a patient listener, a sincere word of appreciation, a forgiving heart, and a silent prayer – these simple acts may rarely find a place in history books, yet they have the power to change lives.

Nothing offered with pure intention is ever lost. Every noble thought, every act of kindness and every sacrifice performed without expectation becomes a silent investment in the treasury of the soul. The world may applaud visible achievements, but the Supreme Soul, Shiv Baba, treasures these invaluable virtuous souls.

Practice:
Love and Accept Yourself and Forgive Others by Spreading Love

"The journey towards peace does not begin by changing the world around us; it begins by embracing us souls."

To love yourself does not mean becoming proud or self-centred. It means recognising your true identity as a peaceful, pure and powerful soul created by the Supreme. It means accepting both your strengths and your imperfections while believing that every experience is helping you grow. Self-acceptance brings inner peace because it ends the unnecessary battle against oneself.

However, self-love is incomplete unless it naturally extends to others.

Many relationships suffer not because people are bad, but because they carry invisible burdens – hurt, disappointment, fear, ego or misunderstanding. Hurtful people often end up hurting others. If we respond to their pain with more anger, the cycle of suffering continues.

Forgiveness is not about declaring that someone was right. Forgiveness is about deciding that we no longer wish to carry the weight of resentment within ourselves.

Holding on to anger is like carrying a burning coal with the intention of throwing it at someone else; until that moment arrives, it is our own hand that continues to burn.

When we forgive, we do not free only the other person – we free ourselves. Yet true forgiveness is not possible through willpower alone. It becomes natural only when our heart is filled with love.

The Supreme Soul teaches us this highest form of love every moment. God never stops loving us because of our weaknesses. Instead, He constantly reminds us of our original goodness and gently inspires us to become better. If the Divine can accept us with such unconditional love, can we not learn to extend a little more compassion to ourselves and to others?

When we begin each day with self-respect, gratitude and the remembrance of God, our relationships gradually change. We become less reactive and more understanding. We listen more and judge less. We appreciate more and complain less. Our presence itself becomes comforting.

Practice:
Practising Self-Respect to Achieve the Higher Spiritual Purpose of Life

"A soul that knows its own worth does not seek constant approval from the world; it seeks only to fulfil the purpose for which God has sent it."

Self-respect begins with one simple realisation: "I am not merely this body, this profession, these relationships or these achievements. I am an eternal soul, a child of the Supreme Soul, carrying within me the original qualities of peace, purity, love, wisdom and power."

Once this awareness becomes natural, many unnecessary burdens quietly disappear.

We stop comparing ourselves with others because every soul has a unique role in the Divine Drama. We stop seeking constant appreciation because our value is no longer determined by people's opinions. We stop carrying guilt from the past because every new moment gives us an opportunity to create

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



New Delhi: Mr. Sanjay Singhal, DG of the Sashastra Seema Bal (SSB), is being presented with a Godly gift by BK Sarika and BK Captain Shiv Singh after tying a Rakhi.



Gurugram (ORC): A conference on 'Discover, Design and Transform' was inaugurated by Prof. V. K. Paul, Director, School of Planning and Architecture; Hari B. Srivastava, former DG of DRDO; Prof. Bholaram Gurjar, Director, NITTTR; BK Asha; BK Mohan Singhal; and others.



Mumbai: BSES MG Hospital, of Brahma Kumaris, was honoured with a prestigious healthcare award by former India cricket team captain Mr. Sunil Gavaskar. BK Pratibha and BK Kreena received the award.



Dehradun: A programme on Vishwakarma Day was inaugurated by Union Minister of State Mr. Bhagwat Prasad Makwana, Dr. Sushil Sharma, BK Manju, BK Sushil and others.



Raipur: A Conference for Women's Empowerment was inaugurated by MP Ms. Lakshmi Verma, Dr. Kiranmayi Nayak, former Chairperson of the Women's Commission; Ms. Shatabdi Pandey, BJP Spokesperson; BK Chakradhari; Dr. Savita; and BK Savita.



Brahmapur (Odisha): BK Mala is tying Rakhi to Mr. Bibhuti Bhusan Jena, Minister of Transport.



Bhubaneswar (Unit-9): A grand 'Navdashakotsav' function was inaugurated by Dr. Krushna Chandra Mahapatra, Minister of Urban Development; Prof. Jyotsna K. B. Rout, VC of Women University; BK Dr. Veena; BK Geeta; and others.



Bhopal: Sitting on the stage of a programme are Mr. Manoj K. Srivastava, State Election Commissioner; Dr. Awadhesh P. Singh, Chairperson, MP Human Rights Commission; Mr. Govind Goyal; BK Nirmala; BK Dr. Reena; and others.



Zurich (Switzerland): Ambassador of India to Switzerland, Mr. Mridul Kumar, is seen with BK Shivani at the BK Centre.



Durban (South Africa): BK Usha tied Rakhi to Mr. Niteen Subhash Yeola, Consul General of India.



Spain: Ambassador of India, Mr. Jayant N. Khobragade, is being tied Rakhi by BK Dipti Naran.



New Delhi: Ambassador of Belgium to India, H.E. Mr. Didier Vanderhasselt, is being tied Rakhi by BK Sangeeta and BK Meera.



New Delhi: H.E. Mahishini Colonne, High Commissioner of Sri Lanka to India, is being tied Rakhi by BK Rama.



Bangkok (Thailand): Ambassador of India, Mr. Puneet Agrawal, welcomed representatives of Brahma Kumaris for a meaningful exchange on spiritual growth and meditation.



Argentina: Ambassador of India, Mr. Ajaneesh Kumar, is being tied Rakhi by BK Veronica McHugh.



Warsaw (Poland): Ms. Neeta Bhushan, Ambassador of India, is seen with BK Pratibha Pate after a courtesy meeting.



Lisbon (Portugal): On Raksha Bandhan, Ambassador of India, Mr. Puneet R. Kundal, visited the Brahma Kumaris Centre.



New Delhi: Prasar Bharati Chairman Shri Navneet Sehgal is being tied Rakhi by BK Medha.

(Contd. from page no. ..... 3)

both of them suggested that the pot and ornaments be deposited in the State Treasury. The king didn't somehow like the idea and turned down their suggestion, saying, “You are wrong; the king has no right to call this pot and its golden ornaments his own. Both of you wish to be free from sin; why should you burden me or the State with it? If you are not prepared to take what does not rightfully belong to you, why should you expect the king to accept it? I cannot put into the treasury what does not belong to the State; otherwise, it would cause suffering to my subjects, who are as dear to me as my children.”

Thus, no one was prepared to incur sin by accepting what was not his. Then, the question arises: How was this strange kind of dispute to be resolved? Further discussion revealed that the daughter of one farmer was betrothed to the son of the other farmer. So, the king gave his judgment or verdict that the pot in question be given away in dowry. This judgment satisfied both, as both would eventually benefit from it, and in a rightful manner too.

Times have changed

Now, you can compare that Copper Age (Dwapar Yuga) with the present Iron Age (Kaliyuga). In earlier times, there were no thefts; houses would lie open without locks; and lawsuits were very rare. But nowadays, the courts have to deal with innumerable cases pertaining to the acquisition of wealth. Despite the increase in the number of courts, hearings are held after long intervals, and it takes a much longer period for decisions to be arrived at.

The situation today is so grim that if two pedestrians notice a five-hundred-rupee note lying on the road, there will be a scramble between them. Each will lay claim to this one note. It is, therefore, plain that since greed has entered man's mind, the good things of the world have become rare. There was a time when grains, milk, and everything else were in abundance; but now, grain is purchased in small handbags, and milk is received in small packs or pouches after a long wait in a queue.

We are living in a world where powerful societal forces of individualism, materialism, competition, capitalism, and the monetary measurement of success combine to stimulate the vice/sin of greed, which, in turn, inhibits moral maturation. There is nothing wrong with material success and pleasure. But when society begins to place too much emphasis on them, there is a resultant moral and spiritual bankruptcy.

People live with a perception of lacking something, and individuals and society as a whole turn their focus outward to fulfilling unfulfilled desires rather than inward to the process of awakening self-awareness. Currently, we believe in the slogan: “More is better.” We are taught that our self-worth depends upon the accumulation of 'more' transient things such as beauty, money, power, etc. This leads to a repetitive cycle of greed and self-interest, where one constantly seeks satisfaction and fulfillment through material things and becomes blind to the needs of others and also to those of the larger community.

The moral lesson

So, to have good days again, man should abandon greed or avarice, which characterizes degraded people. If there is an unfulfilled desire, one will always be unhappy; and the very nature of greed is such that you will always have one desire or another left unfulfilled.

We need to understand that we are souls – the spiritual entities – which are greater than the identification of ourselves as merely physical bodies. If you ever think of becoming greedy, transfer this faculty of thinking towards the acquisition of increasingly Godly or Divine Knowledge, virtues, values, qualities, and

spiritual gains through Yoga and meditation.

These will accompany us after our death and make us wealthy for several lives hereafter. The wealth that subsists on divine knowledge, virtues, and service to others never dies, because, by means of it, one obtains heavenly happiness, which will last for the forthcoming 21 births.

Healthy ideas lead to good health, too. Honesty, sincerity, and truthfulness are the signs of good character, whereas greed, arrogance, lack of consideration for others, and crookedness ultimately lead one to grief and, at last, create rift, trouble, and turmoil in society and the world at large. ■■

(Contd. from page no. ...17)

reshapes our thinking patterns and enhances emotional resilience.

During Rajyoga Meditation, take a few moments to reflect on God's constant companionship and unconditional love. Visualise yourself as a radiant soul receiving light, peace and power from the Supreme Soul. Allow feelings of gratitude to emerge naturally. These moments of spiritual connection create deep inner fulfilment that no external achievement can provide.

At the end of the day, instead of focusing on mistakes or disappointments, reflect on the positive experiences and lessons learned. Thank yourself, others and God for supporting your journey. Let us therefore make gratitude not merely an occasional practice but a way of life. For a grateful heart is a magnet for happiness, a vessel for divine blessings, and a reflection of a soul that has begun to remember its true nature.

"When gratitude fills the heart, every moment becomes a blessing, every challenge becomes a teacher, and every day becomes a celebration of God's love." ■■

(Contd. from page no. ...9)

Then Didi explained that respected Rajyogini B.K. Jayanti Didi had been traveling through Ahmedabad, and a car from Madhuban had come for her journey. Since the car was returning, we could travel in it.

At that moment, our hearts overflowed with gratitude. Without making any arrangements ourselves, Baba had already arranged everything. After Brahma *Bhojan*, we sat in the car and peacefully continued our journey. Within few hours, we reached Shantivan safely. Later, the COVID test result arrived. It was negative.

Some may feel this is a small incident. But for me, it was a powerful lesson in faith. Again and again, whenever one door seemed closed, Baba opened another. Whenever uncertainty appeared, He created a solution. Whenever worry arose, He reminded us that we were not alone. This experience taught me that faith does not merely mean believing when everything is going well. True faith is remaining stable when we cannot see the next step, knowing that Baba can see the entire path.

Today, whenever I remember this experience, one realization emerges very clearly: **Baba's love is not something distant or invisible. It is a living experience. It is protection when we feel vulnerable, guidance when we feel lost, and companionship when we feel alone.**

If we keep Baba with us at every step, in every thought and in every situation – big or small – life becomes lighter, easier and more beautiful. Because when the Supreme Father is with us, no challenge is too great, no road is too difficult and no destination is too far. Faith invites miracles. Trust opens doors. And Baba's love transforms every obstacle into a blessing. ■■



New Delhi: An MoU was signed between the Ministry of Social Justice and Brahma Kumaris to empower persons with disabilities in the presence of Dr. Virendra Kumar, Union Minister for Social Justice; Shri B. L. Verma, MoS; BK Asha; and BK Lalit.



Raipur: A seminar on Teachers' Day was inaugurated by Prof. Manoj Dayal, VC of University of Journalism; Dr. Sridhar Iyer, VC of Kalinga University; Dr. Girish Chandel, VC of Agricultural University; Dr. M. K. Verma, former VC of Technical University; BK Savita; and BK Anshu.



Kurukshetra: BK Saroj is tying Rakhi to Lok Sabha MP Mr. Naveen Jindal.



Bengaluru (Kumara Park): A Teachers' Day programme was inaugurated by BK Saroja. Principal Mr. G. K. Manjunath, Principal Ms. Vidya Shivannavar, Director Mr. Arun Kashyap, BK Surendran and BK Pavithra.



New Delhi: Saudhanshu Ji Maharaj, Founder of Vishwa Jagriti Mission, is being tied Rakhi by BK Aditi.



Noida: Mr. Deepak Chaurasiya, News Director, Live Times News Channel, is being tied Rakhi by BK Aditi.



Gurugram (DLF-2): MLA Mr. Mukesh Sharma is being tied Rakhi by BK Kusum and BK Anjali.



Tapa Mandi (PB): BK Usha, BK Murtii, BK Vijay and Dr. Lekh Ram are presenting a Godly gift to MLA Labh Singh Ugoke during a blood donation camp.



Haridwar: BK Meena is tying Rakhi to Yoga Guru Baba Ramdev.



Kolkata: BK Madhuri and BK Rumki tied Rakhi to Mr. Swapan Dasgupta, Finance Minister.



Sambalpur: BK Parbati is tying Rakhi to Collector Mr. Siddheshwar Baliram Bondar.



Siliguri (WB): A two-day Self-Empowerment programme for the SSB police force was inaugurated by Mr. Vandan Saxena, IG of SSB, BK Kesar, BK Onkar and BK Shiv Singh.



San Francisco (USA): Consul General Mr. Satish Sivan was tied Rakhi by Brahma Kumaris from the Anubhuti Meditation Retreat Centre, Novato.



Manendragarh (CG): Mr. Shyam Bihari Jaiswal, Health Minister of Chhattisgarh, is being tied Rakhi by BK Madhuri and BK Chitrarekha.



Mohali: A campaign on 'Empowered Administration through Karmayoga' was launched by Chief Secretary of Punjab Mr. K. A. P. Sinha, Mr. Shubh Chintan, Chief Commissioner; Mr. Ravinder Singh, Additional Secretary, Labour Department; Ms. Komal Mittal, Deputy Commissioner; BK Poonam; BK Uttra; BK Harish; and BK Prem.

(Contd. from page no. ...27)

better karma.

A spiritually aware person understands that life is far too precious to be spent counting disappointments. Every minute wasted in resentment is a minute taken away from self-transformation. Every hour spent complaining is an hour that could have been used in creating virtues. Every day spent seeking sympathy is a day lost in fulfilling our spiritual potential.

A lotus flower beautifully demonstrates this truth. It grows in muddy water, yet the mud never becomes its identity. Its attention is always directed towards the sunlight. Similarly, spiritual progress is not achieved by escaping difficult circumstances but by refusing to allow them to define our consciousness. This is the true practice of self-respect.

When we practise self-respect daily through meditation, self-reflection and remembrance of God, our attention naturally shifts from the temporary to the eternal. Our mind becomes lighter. Our decisions become wiser. Our relationships become more harmonious. Our service becomes more effective. And our life begins to radiate quiet dignity.

The Highest Success

Perhaps this is the true purpose of life – not simply to live successfully, but to become a blessing wherever we are placed. Whenever life seems unfair and your goodness appears unnoticed, pause for a moment and remember:

Perhaps you have already become the strength someone needed.

Perhaps your kindness prevented another soul from losing hope.

Perhaps your silent prayers protected someone in ways you will never know.

And perhaps that is one of the highest honours a human being can receive.

The world may not always recognise those who quietly serve, but the Supreme never overlooks a single act of selfless goodness. In His divine account, every noble thought, every sacrifice and every blessing offered to another soul becomes eternal. ■■

Annual Subscription Rates:

- **India: ₹150/-**
- **Abroad: ₹1,500/-**

Registered Post Charges (Optional):

- **50 or more copies: Free**
- **41 to 49 copies: ₹1,416/-**
- **31 to 40 copies: ₹1,200/-**
- **21 to 30 copies: ₹960/-**
- **11 to 20 copies: ₹744/-**
- **01 to 10 copies: ₹504/-**

SCAN & PAY (for payment)

For Online Subscription : **Bank :** State Bank of India, **A/c Holder Name :** PBKIVV (WR & Gyanamrit), **A/c No :** 30297656367, **Branch Name :** PBKIVV, Shantivan, **IFSC Code :** SBIN0010638

CONTACT US: **Mobile:** 09414006904, 7793839244, **Landline:** (02974)-228125, **Whatsapp:** 9057538630, **Emails:** omshantipress@bkivv.org and worldrenewal@bkivv.org

Edited and Published by B.K. Atam Prakash (Chief Editor) for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and **Printed at:** Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307510, Abu Road, (Rajasthan).
Editor: B.K. Onkar Chand, Shantivan, Abu Road
Associate Editor: Dr. B. K. Ranjit Fuliya, Delhi



Bhopal: Union Agriculture Minister Mr. Shivraj Singh Chouhan is being tied Rakhi by BK Neeta.



New Delhi: Mr. Chirag Paswan, Union Minister of Food Processing Industries, is being tied Rakhi by BK Sadhna.



New Delhi: Mr. Jyotiraditya M. Scindia, Union Minister of Communications, is being tied Rakhi by BK Falguni.



New Delhi: Mr. Harivansh Narayan Singh, Deputy Chairman of the Rajya Sabha, is being tied Rakhi by BK Asha.



New Delhi: Mr. Kinjarapu Ram Mohan Naidu, Union Minister of Civil Aviation, is being applied tilak by BK Bhawna on the occasion of Rakshabandhan.



New Delhi: Mr. Piyush Goyal, Union Cabinet Minister of Commerce and Industry, is being tied Rakhi by BK Sunaina.



Trinidad: Ms. Kamla Persad-Bissessar, Prime Minister of Trinidad and Tobago, is seen with BK Jayanti, BK Hemlata and other BK sisters after a courtesy meeting.



New Delhi: Mr. Rajesh K. Singh, Defence Secretary, is being presented with a Godly gift by BK Sarika, former CGDA Ms. Devika Raghuvanshi, and BK Captain Shiv Singh after tying Rakhi.



New Delhi: Mr. Anurag Kumar, Commissioner of Delhi Police, is being presented with a Godly gift by BK Shukla and BK Anusuiya after tying Rakhi.



Texas (USA): Consul General D. C. Manjunath joined the Brahma Kumaris' 50th Anniversary celebrations. Seen on the stage are BK Jayanti and BK Dr. Hansa.

RNI No.19818/1970, Postal Regd. No.RJ/SRO/9560/2024-2026 Posting at Shantivan-307510 (Abu Road) Licensed to post without prepayment No. RJ/WR/WPP/001/2024-2026. Published on 28th of each Month & Posted on 2nd to 3rd of each month. Price 1 copy Rs. 12.50, Issue October 2026.



New Delhi: Mr. Rajnath Singh, Defence Minister of India, is being tied Rakhi by BK Shukla.

New Delhi: Justice Surya Kant, Chief Justice of India, is being presented with a Godly gift by BK Pushpa and Bk Ishu after tying the Rakhi.





New Delhi: Mr. J. P. Nadda, Union Health Minister, is being tied Rakhi by BK Sunaina and BK Nikita.

Kolkata: Governor of West Bengal, H.E. R. N. Ravi, along with BK Vedanti, BK Chandrika and BK Munni, inaugurated the Women's Initiative, "Inner Peace... Strong Families... Viksit Bharat", by lighting the lamp.

