SUPREME SOUL GOD FATHER SHIVA

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Geneva: After addressing the Int'l Yoga Day event at the European Headquarters of the United Nations (Palais des Nations), BK Jayanti is seen with H.E. Arindam Bagchi, Ambassador and Permanent Representative of India; Ms. Celeste Drake, Dy Director-General of the International Labour Organization; and Dr. Yukiko Nakatani, Asst Director-General of the World Health Organization.



Abu Road: Seated on the stage during the 'All-India Sadhu-Sant Maha Sammelan' are Mahamandaleshwar Sant Kamal Kishore, Mahamandaleshwar Krishnanand Maharaj, Mahamandaleshwar Dineshanand Bharti, Mahamandaleshwar Akhlananand Akriya, Swami Swatantrananda Giri, BK Asha, BK Usha, and others.



Panchkula: Haryana Chief Minister Mr. Nayab Singh Saini felicitating BK Uttra, BK Rani, BK Anita and BK Neha at Yoga Mahotsav 2025.



Dibrugarh: Dr. Himanta Vishwa Sharma, Chief Minister of Assam is being presented Godly gift by BK Binita, BK Bidhan and BK Bhanu.



Ralegan Siddhi (Ahmednagar): The renowned social worker Anna Hazare is being greeted on his 88th birthday by BK Rajeshwari, BK Suvarna and BK Deepak Harke.



Muzaffarpur: BK Babita and BK Pushpa ae seen with famous Katha Vachak Shri Aniruddhacharya Maharaj after a cordial meeting.



Berhampur (OD): A National Conference on 'Spirituality and Values in the Road Ways' is being inaugurated by Mr. Bibhuti Bhusan Jena, Transport, Commerce and Mines Minister, Mr. Sarat Savat, BJP Distt. President, BK Divya, BK Sangeeta and BK Kavita.



Raipur: The seven-day Yoga Mahotsav is being inaugurated by Chhattisgarh Yoga Commission Chairman Roop Narayan Sinha, DGP of CG Police Arun Dev Gautam, VC of Pt. Ravishankar Shukla University Prof. Sachchidanand Shukla, and BK Savita.

ASPIRATION FOR YOGA

The science of Yoga is based on one essential belief and awareness, viz., "I am a soul, distinct from the insentient body." This is called soul-consciousness.

Just as you satisfactorily know the name, form, abode, and occupation of your worldly father, even so, you, as an aspirant for yogic communion with your Soul-Father (God), ought to know the Self and the Supreme Father. You ought to be enlightened on questions like: "Who am I? From where have I come onto this world drama-stage? What is the ultimate goal of my life? Where is the Supreme Abode of my Soul-Father?" etc.

Further, this knowledge must not be merely literal or scriptural. Rather, it should be based on one's practical experience or personal realisation.

The Wonder of Wonders

A person who does not know his (soul's) Father and the other truths mentioned above is like a self-made orphan. Even a small child possesses knowledge of his bodily parents. If, therefore, a grown-up person does not know the Parent Soul, it is a sad commentary on him – he has utterly neglected his most important duty: the study of this knowledge.



He ought to know that just as an ignorant boy, estranged from his worldly parents, is incapable of inheriting his parental property, similarly, a soul ignorant of its Parent Soul and not in communion with Him is incapable of benefiting from the great inheritance of Knowledge, Purity, Peace, and Bliss.

Therefore, if one aspires for peace, one should become an aspirant of yogic communion or fusion of the mind with the Supreme Father. One must be faithful to Him so that one may deserve what one desires!

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GODLY REVELATIONS ABOUT WORLD TRANSFORMATION

The experience of God's unconditional love gradually washes away past sorrows and the soul begins to live a better life.



The world is now said to be witnessing the highest number of armed conflicts since the end of the Second World War. The conflicts have increased not just in number, but also in scale and complexity over the past few years. Traditional conflicts between nation states, and non-state conflicts such as insurgencies and terrorist attacks are claiming hundreds of thousands of lives each year.

Societies in nearly every part of the world are facing other challenges as well. **The erosion of long-established values** and the disintegration of the traditional family are undermining the social fabric in many countries. Traditional values are often the bedrock of a community's identity. As they erode, societies struggle with a sense of loss or fragmentation. In some cases, this has led to the rise of nationalism or a backlash against what people see as a threat to their cultural heritage.

Technology and globalization are perhaps the strongest forces contributing to the erosion of traditional values. The internet, social media, and mass communication expose people to global ideas and lifestyles, often leading to the abandonment of local traditions in favour of more globalized practices.

With the rise of secularism, materialism, and scientific rationalism, **religion too is losing its influence** in many parts of the world, especially in urbanised societies. The decline of religion can leave



a moral vacuum that people try to fill with consumerism or superficial distractions. In some societies, this has led to an increase in mental health challenges, and a sense of meaninglessness.

Human relationships are also being eroded as people become more self-centred. A decline in trust and respect for institutions and authorities and the rise of libertarian ideas have led to personal freedom being interpreted as a licence to do as one wants. As a result, individualistic excesses are being condoned at the cost of the society's moral fibre. The long-term consequences of this are unlikely to be good.

But the gravest peril faced by mankind is from the mighty forces of nature. Climate change is the subject of much discussion and debate. Extreme weather events are

increasing in frequency in different parts of the world, with storms, droughts, and floods causing death and destruction on a large scale. Rising sea levels are predicted to displace millions of people and threaten the very existence of small island nations. Some scientists have warned that the cumulative effects of climate change can cause the extinction of the human race.

What do all these changes portend? Are they independent phenomena or part of a larger process? Most people are not sure. But those impacted by these changes, and others studying them feel that they foretell a bleak future for mankind.

There may be no apparent connection between the vagaries of the climate, political crises, and the changing character of societies, but **they are all part of the process of decline of the human race.**

Some scriptures speak of a great transformation taking place in the world, when a decayed old order is swept away, making way for a new beginning. They also mention the signs of such a major change approaching, and some of those signs are visible now in the form of growing corruption and violence, and the increasing fury of nature.

A clear hint about the world undergoing rejuvenation is given in the Gita, in which God says that whenever unrighteousness grows, He manifests Himself in this world to save the pious, destroy evil, and re-establish a righteous order. The Bible and the Quran also speak of such a major event, in the form of the Apocalypse and the Day of Judgement.

This change marks the end of one cycle of time and the culmination of the journey of human souls from *Satyuga*, the age of truth, to *Kaliyuga*, the age of vice. At the beginning of each cycle of time, when souls begin playing their roles in this world, they are self-aware and complete, not lacking anything. They live in harmony with each other and nature.

As they go through their different parts in the vast play that we call life, they gradually lose their energy. At one point, the souls also lose self-awareness and begin to think that they are bodies. As their powers get depleted, they begin to experience discontent and start seeking fulfilment in objects and other people. They also begin to be influenced by vices.

This process of decline accelerates over time and the change in the souls affects everything around them, including nature. In their quest for happiness and contentment, souls plunder and pollute nature, upsetting the ecological balance that sustains life on this planet. The forces of nature react, causing upheavals.

But since the souls have forgotten who they are, and are trapped in their materialistic pursuit of happiness, they go on ravaging nature. We are now experiencing the consequences of that.

Under the influence of vices, people also devise methods and tools to harm and destroy each other in order to gain advantage in terms of influence, power, and resources. They use these tools when the vices get the better of their judgement. This will not culminate in the end of the human race, as some fear, but the clearing out of all that is undesirable in the human character and in the world, so that mankind can make a fresh start. In this process of renewal, human souls get rejuvenated, as they are rid of their weaknesses and return to their original state, free of all bondage.

But since most people are unaware that they are immortal souls and that their bodies are merely their costumes, they fear this transformation. Once they realise their true

identity, they can appreciate the benefit of this process of change and prepare for it.

The first step of this preparation is recognising and accepting the fact that we are souls. The soul is the sentient being that functions through the body – thinking, speaking, doing, and experiencing. It is the seat of consciousness, the repository of memories. If the soul has any weakness, such as anger, greed, or selfishness, it will influence its thoughts, speech, and actions, resulting in mistakes, conflict, and sorrow. The remedy is purification of the soul, to cleanse it of all that taints its original goodness. The soul can be improved only through spiritual practices, most importantly meditation. The process of turning our attention within and experiencing the self as a spiritual being or soul helps us rediscover our innate qualities of love, peace, purity, and truth. But overcoming the influence of character flaws that may have tainted the soul for a long time, requires spiritual power. The biggest source of that power is the Supreme Soul.

When we focus the mind on the positive qualities of the soul or on the Supreme Soul and immerse ourselves in experiencing that quality, be it peace, love, purity or power, the soul begins to fill with it. The intensity of the experience is often described as a fire. When the fire of love for God is ignited in the soul, it destroys all its weaknesses.

Some might experience that there is a lot of rubbish in the mind, and during meditation, many waste thoughts come up. So, the intellect focuses on how much the mind is full of rubbish. When our mind is engaged in our own weaknesses, there is interference, and we cannot connect with God. It is the same as when clouds form: even though the sun is shining, we cannot catch the rays. When we create the determined thought that God is the purifier, the remover of sorrow, and the sun of knowledge, we begin to invoke the positive, powerful energy of God.

Practice of powerful meditation can be made easier by cultivating good thoughts. This makes the mind calmer, lighter, and stronger. The company of those who have a positive outlook also helps. It provides us support and shields us from negative influences that may prevent us from having deep, powerful, and transformative experiences in meditation. Such company is needed until we become powerful enough to be unaffected by negativity.

The experience of God's unconditional love gradually washes away past sorrows and the soul begins to believe in, and then live, a better life. Divine love is transformative: it brings souls peace and contentment. God teaches His children by example what benevolence can do, inspiring them to similarly help others by connecting them to the Father. The result is much more than self-improvement. It is metamorphosis, whereby an ordinary person can become a friend and guide to thousands, spreading the light of hope and God's love to them.

Such empowered souls radiate their inner goodness, which serves other souls and the elements of nature. We get what we give. So, these souls attract only what is good, and they go through the process of world transformation without suffering.

All this may sound a bit far-fetched, but these spiritual truths explain the essence of what is happening in the world, and prepare us for the future.

–B.K. Brij Mohan

CONTENTMENT REFLECTS OUR INNER HAPPINESS AND PEACE



Discontentment is caused by a constant multiplication of desires.
Desires cause peace to disappear.

B.K. Sister Chirya, New York, USA

Contentment is the source of lasting happiness. Achievement gives temporary happiness.

Contentment is a beautiful quality of being happy with everything at the moment. It simply means whatever is happening to us and around us at this moment is fine the way it is. Being satisfied and feeling content increases our positivity, gives power to our situations, and creates enthusiasm to work harder to improve our future. **Contentment is a reflection of our inner happiness and inner peace.** It is the positivity we have created from within and the blessings we receive from others that keep us contented, happy, and successful. Happiness is energy, not matter; the external does not need to be perfect for you to experience contentment. Being content does not imply we withdraw, become lethargic, stop achieving, or settle with what we have. Rather, we co-operate with everyone instead of competing.

Discontentment is caused by a constant multiplication of desires. Desires cause peace to disappear. Contentment is not dependent on who we are, nor on what we have. It is not dependent on what we have achieved. You may think that acquiring things will make you feel secure, but the reality is: the more you have, the more fear you have of losing it – and the further you are from peace. Be satisfied with what you have. **Desires are the cause of all conflicts. When you want something and cannot get it, you become frustrated. By learning to be free from desires, we experience peace and allow contentment to become our constant companion.**

Contentment is like the mother of all qualities. Where there is contentment, all other qualities are present–such as patience, tolerance, humility, respect, and freedom from ego. Contentment needs to be cultivated, irrespective of external situations and people. Let your feelings inside be the same for everyone. Respect means accepting that each individual is unique and has something important and valuable to contribute. If I have a vision of dislike for anyone, it's my mistake. Give no sorrow and take no sorrow. See only the specialties in others – then others won't see your faults either.

Before beginning the day, remind yourself by affirming:

"I am a contented being, and God is content with me. I am content with every scene of my life – with myself, my family, my work, what is happening around me, and with the people I am with."

Continue to check and change all your thoughts to be positive and uplifting, and contentment will always be with you. ■■



VIBRATING HIGH: THE PATH TO POWER, PEACE AND PURITY

Vibrating high empowers us to remain immune to the negativity of the surrounding world and its harmful impacts.

B.K. Dr. Trupti, Shantivan

"Everything in life is vibration." – Albert Einstein



Everything in the entire universe vibrates at a certain frequency. On average, humans vibrate at approximately 70 Hz, and children slightly higher. **In spirituality and metaphysics, vibration refers to the energetic state or quality of a person or their thoughts.** In reality, the vibration of a human being is dependent on that soul's thoughts and resolves. Children's thoughts are relatively less tainted with vices, ill will, and the negativities of the world around them, which is why they are at a higher vibrational frequency compared to adults.

We are constantly interacting with an environment full of entities with their own vibrational frequencies. Our equilibrium is affected by everything we come into contact with. The higher the vibration a body has, the higher the frequency it emits. Vibration seeks synchronicity – this is known as the law of entrainment.

When we raise our vibration, we foster well-being by reducing negativity, promoting positive energies, and deepening our connection to higher consciousness, our eternal Father God, and nature – contributing to ultimate personal and spiritual growth and a more fulfilling, elevated life with increased power of manifestation.

Following are a few reasons why one might consider raising his/her frequency and vibration:

- Raising our frequency can lead to more positive and uplifting energy. Stress, anxiety, and negative emotions also subside at higher frequencies, making way for serenity and contentment.
- Emotional and mental well-being significantly influence physical health, reinforcing the idea that nurturing a high vibrational frequency can serve as a preventive measure against illness and contribute to a healthier and more vibrant life. According to work by Bruce Tainio, a researcher from Tainio Technology, **a normal healthy body resonates at a natural frequency of 62–75 MHz, and when our frequency drops to 58 MHz, the disease process has more ability to take hold.**
- It makes it easier to connect with our inner self, as well as with higher spiritual realms or energies – leading to heightened spiritual awareness and a deepened connection with God.
- Vibrating high means reduced mental clutter and being mindful – leading to a clearer and more organized mind, which in turn enhances our ability to concentrate and

make decisions effectively, allowing us to approach challenges with greater mental acuity.

- Raising one's vibration is seen as a means to unlock a deeper wellspring of inspiration, where innovative ideas flow more freely, resulting in a heightened capacity for original thought, artistic expression, and problem-solving.
- A higher vibrational state often brings increased emotional resilience and mental fortitude, allowing for more effective and positive responses to life's trials.
- Elevated vibrations are believed to amplify the process of manifesting desires, fostering a deeper connection between intention and reality in the spiritual journey.
- Raising vibration is often associated with a sense of inner peace, contentment, and a deeper connection to the self, the universe, and ultimately God.
- An elevated frequency is often associated with a deeper connection to one's inner wisdom and heightened intuition – leading to a more profound sense of purpose and fulfillment in life.
- Vibrating high attracts like-minded, high-vibrational people and improves the quality of relationships, fosters better communication, deeper empathy, and a more harmonious atmosphere within our social circle.

In a word, vibrating high empowers us to remain immune to the negativity of the surrounding world and its harmful impacts – propelling us forward towards our spiritual ascension, further strengthening the soul's bond with the eternal Father, Supreme Soul God Shiva.

The higher the frequency or vibration, the lighter we feel in our physical and emotional or mental (i.e., astral) bodies. **Vibration is low if we feel emotionally, physically, and spiritually drained.** It can manifest in various ways – such as exhaustion, anxiety, bad moods, irritation, jealousy, bickering, animosity, and/or physical, mental, emotional fatigue, and/or in some cases, as unhealthy addictions and/or depression.

Ways to Vibrate High

Let's dive into particular ways that can elevate our vibration and frequency:

- **Be Present**: At any given moment, have your full focus centred where you are. Put a firm full stop to the past and take a break from engineering the future. Enjoy time's gift called the present – this will empower the soul, raising its vibrations if engaged in constructive endeavours.
- **Practice Gratitude**: Gratitude vibrates at 540 MHz. The more time we spend in gratitude and love, the more our frequency rises and the healthier our body and mind become. Life also becomes filled with more energy, happiness, and a sense of fulfillment.
- **Become an Authentic You**: Be honest with yourself above all. Dishonesty is a state of self-conflict, which disturbs and lowers the vibration. The first step to being truly honest is to know the eternal truth that you are a soul, not the body. The second step is to experience that, as a child of God, all virtues and powers are your innate qualities. To experience this, be soul-conscious at all times, which indeed requires practice and attention. See others as souls and make your communication honest and upfront, as dishonesty lowers our vibration.

- **Set Boundaries**: Say no when necessary. Respecting our personal limits brings balance to relationships while also preserving our energy and emotional reserves. Not every soul is meant to walk the path of Rajyoga, and even those who do are number-wise – not everyone can be number one. To stay on the right track of Shrimat, one must set firm boundaries against energy sappers and gossip mongers.
- **Practice Unconditional Love and Avoid Judging Others**: Judgment reflects inner dialogues of inadequacy. When we focus on our own path and allow others to walk theirs, we avoid fixating on negative traits and imposing constructs on others.
- **Creative Expression**: Painting, dancing, drawing, playing music, singing, or writing are expressions that connect you to joy and inspiration. God – the ultimate source of creativity – is always ready to flood you with channelled inspiration if you become His ardent student and learn Rajyoga, chastely.
- **Become a Nature-Lover**: Spend time in nature and allow it to absorb negative energy from the soul. Thank nature and its five elements for providing us this wonderfully complex body and fulfilling its needs round the clock. Have empathy toward animals and birds. Consume a plant-based diet prepared and offered in remembrance of the Supreme Soul.
- **Self-Care**: Take care of your body and mind. Nurture your body with a healthy vegetarian or vegan diet. Exercise regularly – both *Hath Yoga* (for the body) and Rajyoga (for the soul). Ensure you get adequate sleep.
- **Stay Soul-Conscious in Action**: Remain stabilized in the soul-conscious stage while doing everything and stay connected with the ocean of happiness – God. Rajyoga elevates the soul's frequency to its pinnacle.
- **Act of Service**: Help others through random acts of kindness or by volunteering for social welfare. Such altruistic acts bring purpose and heighten the doer's vibrational frequency. God Father Shiva says the number one service is to share true Godly knowledge about the Creator and His creation with the ignorant – becoming a beacon of purity in a world engulfed in vice.
- **Protect Your Vibrations**: Avoid petty issues, negative emotions, and sinful actions. Stay away from the five vices – lust, anger, greed, attachment, and ego – in thoughts, words, and actions. Keep low-vibrational souls at arm's length – those who thrive on retribution and conflict. Instead, engage yourself in churning and understanding the *Murli* thoroughly.
- **Aim for the *Karmateet* Stage**: Get busy achieving the soul's ultimate aim – attaining a complete and perfect (*Karmateet*) stage. Practice the "None but One" philosophy of remembering only our eternal Father, Supreme Soul Shiv Baba.
- **Forgive, Forget, and Move On**: Put a firm full stop to the past. Transform yourself into a valuable diamond by following *Shrimat*, becoming the most elevated and glowing version of the self.
- **Practise Virtues**: The soul is originally *sattoguni* – full of seven virtues: knowledge, peace, purity, love, happiness, power, and bliss. By remaining soul-conscious, we can emerge these innate qualities and put them into daily practice.
- **Make God Your Constant Companion**: Make the Supreme Soul God your most

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Didi Manmohini

DIDI MANMOHINI
AN EMBODIMENT OF LAW AND DETACHMENT

She never missed the morning Murli class, always attended with a notebook and pen. Her regularity and punctuality in Murli class continue to inspire us all.

B.K. Yogesh Kumar, New Delhi



In today's self-centred and materialistic world, it is rare to find individuals who, despite their ordinary appearance, radiate extraordinary virtue, humanity, and unwavering love for others. Even amid trials, tribulations, and worldly bondages, their faith in God remains unshakable. They live such exemplary lives that their legacy continues to inspire generations long after they leave their mortal bodies. One such elevated soul was Gopi, later known as Didi Manmohini.

Born in Hyderabad (Sindh), now in Pakistan, Gopi belonged to a rich family. She was married at a very early age. Gopi truly lived up to her name by becoming a devoted Gopi of the Supreme Beloved, Gopi Vallabh – God Shiva Himself.

Around the same time in Hyderabad (Sindh), a renowned diamond merchant and ardent devotee of Lord Vishnu, Dada Lekhraj, began having transformative spiritual visions from the Incorporeal God Shiva. These visions marked the beginning of a divine mission – God Shiva had chosen Dada Lekhraj as His chariot to convey the Supreme Knowledge that would transform this old, impure world into a new, divine world – Heaven.

Dada Lekhraj soon started a spiritual gathering called Om Mandali, where he would chant "Om." The vibrations of this pure sound would lead many, especially mothers and sisters, into divine trances, having visions of deities like Shri Krishna and Shri Vishnu. Gopi, who knew Dada earlier, joined this spiritual assembly.

As Shiv Baba began speaking the Godly Knowledge through His chariot, whom He renamed Brahma, His first divine direction was: "Be Holy and Be Rajyogi." This command to practise purity – even within household life – was revolutionary. While the sisters and mothers courageously embraced this divine *Shrimat* (Godly advice), their families, especially their husbands, vehemently opposed this celibate lifestyle. Gopi, too, faced immense opposition from her husband, who even resorted to violence in his attempts to break her resolve. But nothing could shake her determination.

When he finally struck her with a glass in anger, it became a turning point. Gopi left her home and sought refuge in Brahma Baba's home, where fellow spiritual seekers were staying. Upon hearing her story, Brahma Baba let her join the spiritual family.

However, out of self-respect, Gopi did not wish to burden the *Yagya* (then known as Om Mandali, now Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya). With Brahma

Baba's permission, she began teaching sewing to the sisters and mothers, helping them become self-reliant.

Her deep desire to belong completely to God was fulfilled, and she was given a new, elevated spiritual name – Manmohini. From then on, she was lovingly addressed as Didi Manmohini (meaning "the one who fascinates the mind"). Her qualities of loyalty, obedience, faith, and trustworthiness earned her a revered place in the *Yagya* (spiritual institution).

When the spiritual family relocated to Mount Abu, India in 1950, it was Didi Manmohini whom Baba sent ahead to find a suitable place. She faithfully fulfilled this task, setting the foundation for future divine service.

After Mateshwari Jagdamba Saraswati (the first Administrative Head) left her body in 1965, and Brahma Baba attained the angelic stage in 1969, the Yagya's responsibility was entrusted to Dadi Prakashmani and Didi Manmohini. While Dadi was appointed the Chief Administrator, Didi ably assisted her. They were known for their seamless coordination – "one soul in two bodies". Together, they nurtured the Yagya with discipline, love, and spiritual power, extending its reach to foreign lands as well.

Some of her divine virtues include:

- Steadfast and Unshakeable: Didi remained stable and immovable in all situations. Her courage during prolonged phases of adversity serves as a beacon of strength. I (writer), too, draw inspiration from her resilience. During my own test of being jobless for a very long time, and now caring for my ailing mother over the last eight years, I've remained unshakable and have unfathomable faith in my spiritual path in Shiv Baba. Like Didi, I strive to be a powerful, detached observer.
- **Number One Godly Student:** Though she had no formal education, Didi had infinite love for Shiv Baba and His Murli (spiritual teachings). She never missed the morning Murli class, always attended with a notebook and pen. Just as it is mentioned in the Shrimad Bhagwat Gita that the Gopis were drawn to Krishna's flute, Didi was drawn to the "Flute of Knowledge," experiencing super-sensuous joy and inculcating it in her practical life. Her regularity and punctuality in Murli class continue to inspire us all.
- **Respect towards Leadership:** Despite being senior in both age and experience, Didi showed deep respect and humility, especially towards Dadi Prakashmani, who was appointed as the Chief Administrator. Her example reminds us of the true meaning of spiritual humility.
- Compassionate and Merciful: After relocating from Karachi, when the Yagya faced financial challenges, even Brahma Baba's children considered taking jobs. At that time, Didi reached out to her wealthy family – her brother owned Jaslok Hospital – for help. This gesture reflected her large-heartedness and sense of responsibility towards the Yagya.
- An Epitome of Detachment and Power: After Brahma Baba attained perfection, the *Avyakt* (angelic) part of BapDada (Shiv Baba and Brahma Baba combined) began. BapDada blessed Didi and Dadi with the powers of might and light, respectively. Though Didi didn't conduct spiritual classes like Dadi Prakashmani, her powerful remembrance radiated divine might to the world.
- Power to Discriminate: Didi had great power of discrimination. Through her immense love for Shiv Baba and meditative power, she could discern a soul's merits and demerits just by

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SERENITY IN THE CHAOTIC WORLD



I feel the presence of the Almighty: He is guiding me, supporting me, and most importantly – loving me unconditionally.

B.K. Sarika, Nalasopara East, Vasai



What is the one thing we feel is missing in our life that can bring serenity?

The answer is – the missing element is our own deeper sense of connection with ourselves. This alone can bring inner tranquillity.

I often find myself getting caught up in the hustle and bustle of daily life, and then really losing sight of what is truly important. We often find ourselves trying to amend faults, fulfill desires, and meet expectations — believing that if we could find a way to integrate our inner and outer lives, we would feel more complete and peaceful.

To explore this thought a bit more, imagine yourself standing on the shore of a peaceful green lake on a calm, sunny morning. The scent of the soil is primal as you breathe it in. Now ask yourself: What is the one thing you would like to let go of, to feel deeper peace and experience serenity?

Maybe pause for a moment and think… then resume reading.

If I may share my personal perspective: I realize the one thing I would like to let go of is my constant need for control and perfection. This habit of worrying about the future and fearing mistakes is actually making me weak.

But in this moment, as I find myself in a peaceful state – surrounded by the calmness and beauty of Mother Earth – I realize I don't have to hold on to anything. I can let go of the need to control everything and instead hold the thought of trust: that life will unfold as it is meant to.

By releasing all this pressure, I feel as though a huge weight has been lifted from my conscience. The shackles of worry fall away like shattered glass, and I begin to breathe in the beauty of the present moment.

In this peaceful state, I feel connected to the universe. Slowly, as I take my thoughts beyond the universe to the seventh world, I connect myself with the Almighty God – who is a point of divine light. I am surrounded by a brilliant and pure light that permeates every cell of my being. I feel the presence of the Almighty: He is guiding me, supporting me, and most importantly – loving me unconditionally.

In this state of perfect harmony, I feel as though I'm being granted access to ancient teachings, hidden knowledge, and often-ignored truths. I begin to see the world through a new lens. The Almighty speaks to me in a silent language that echoes deep within my soul. I listen with an open, compassionate heart, allowing spiritual guidance to enter my mind. Immersed in this ultimate state of awareness, I

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FIVE TIPS TO REMAIN FREE FROM HURRY

Practice the Pause when there is a Difficult Situation

A common response to negative situations is to immediately think more and that creates hurry in actions. Stopping whatever you are doing and creating a few thoughts of peace, positivity and power at that time, helps in slowing down the thoughts and keeping them focused and free from hurry.

Start your day with Meditation and Silence

The best way to slow down your thoughts in the entire day is to begin your day with a deep connection with God – The Ocean of Peace and Silence. In the morning, our mind is very fresh and if we make it silent with meditation at that time, the whole day is influenced because of that and we hurry less and work more.

Reflect deeply and reorganise your Time in your mind

We hurry when suddenly a situation comes in front of us, which expects more from us then we are used to. At such times, we feel there is very little time and we hurry. We need to instead go inwards and stretch time by being flexible and then begin our work again with a new time table of tasks than our regular one. This will reduce our hurry.

Experience God with you for a few Moments and Take His Guidance

Sometimes, when we are at work or in our families and there is lots to do and there are many unfinished tasks and time deadlines, it's good to link your mind and intellect with God and take His guidance, which makes us stable and free from hurry and it also makes our mind more organised and efficient.

Read and Listen to only what is necessary

One of the reasons our thoughts are more all the time and we also feel tired and hurried because of that, is that we begin our day with the newspaper and television and in the entire day think and discuss a lot about what others are doing, which is not necessary. We need to avoid this and read, talk and listen more positively and economically. ■■

(Contd. from page no. ...10)

beloved companion on this journey of life. This is true *satsang* – the company of Truth. Hold God's hand of *Shrimat* and follow His directions given in the daily *Murli*. Not Google Maps, but Murli is God's map – guiding us through this vicious world. To decipher Murli, our intellect must be clean and clear to grasp its essence and move forward with full faith.

To sum up: By integrating the four pillars of Rajyoga – celibacy, *sattvic* food, *satsang*, and imbibing divine virtues – into our daily life, we become a source of lightness and positivity, elevating ourselves and others spiritually, helping them reach their full potential. Daily practice of Rajyoga is the surest and most permanent way to raise one's vibration.

Always remember–You attract what You are!

Becoming a high-vibration person not only benefits us but also creates a ripple effect in the world. So, attain the stage of being a world benefactor. **Be Holy. Be Rajyogi!** ■■



THREE DIVINE ACCOUNTS YOUR BALANCE SHEET OF LIFE

The *karma* being created now is getting accumulated, and we will reap its benefits if we are righteous – or face the consequences if we are not.

B.K. Ram Pravesh Prasad, Durgapur, (WB)



We human beings are endowed with three distinct, unique, and highly personalised accounts. These accounts are uniquely personal, and no one else can operate or use them except the individual themselves.

These are:

- A and A Account – "Abundant and Advance Account"
- B and B Account – "Balance and Blessings Account"
- C and C Account – "Current and Karmic Account"

Let's contemplate these accounts:

A and A Account: Abundant and Advance Account

The assets in this account are unlimited and abundant. Nature and the cosmos have bestowed upon us a vast pool of resources for the creation, maintenance, and enhancement of life on this planet. If utilised judiciously and righteously, they can bring abundant treasure and pleasure to all.

The Sun, air, water, and soil never discriminate in distributing their abundance. A continual source of energy flows enormously and uninterruptedly from the Sun for the use of all living beings – free of cost. An abundant number of life-supporting resources is available on this planet in advance and without any advance payment.

The house in which we live, the food we eat, the clothes that keep us protected – all are blessings of the natural resources freely and abundantly available on this planet. So much so that the universal dictum, "As you sow, so shall you reap," seems defied, because we have never sown the seeds for the A and A account, yet we are reaping its benefits.

The abundant fruits, shoots, fodder, and flowers of trees and plants never discriminate. They ceaselessly and selflessly distribute their abundance to all – whether one is greedy or needy. But it is the recklessness of human greed, far beyond their requisite needs, that has wreaked havoc and brought sorrow, chaos, and disorder. **Gandhiji rightly cautioned, "There is enough in this world for human need, but not for human greed."**

Each individual's A and A account is full and is being used continuously, but sadly, most people have little or no regard for the assets in this account. On the contrary, humans have

damaged the natural environment ruthlessly and insensitively, and nature has roared back furiously in the form of famine, floods, earthquakes, and tsunamis. All conscious efforts by humans have failed to restore order in this account, and thus the Supreme Father, God Shiva, Himself has taken charge to bring order to this utter disorder.

B and B Account: Balance and Blessings Account

It is commonly said that man arrives in this world empty-handed and departs empty-handed. However, when we observe misfortune, we sympathise and say it may be due to his past or present bad *karma* (actions). Likewise, we confidently conclude that the fortunate one's success may be due to his past or present good karma.

Isn't it ironic? If a man arrives empty-handed, how can his present fortune or misfortune be attributed to past karma? Yet karmic philosophy, upheld by almost all schools of thought since time immemorial, has vehemently and unanimously supported the law of cause and effect.

Thus, a baby born in a palace or in a prison owes that fate to the accumulation of good or bad deeds in their Balance and Blessings Account.

The visible opulence or impoverishment is not due to God's grace or His disgrace but is the result of a person's deeds or misdeeds stored in the B and B account. Each one of us will either relish or repent depending on the quality and quantity of our deposits in this account.

Interestingly, human beings – grossly ignorant of this account and its deposits – accept life happily when events turn out favourably and rue unhappily when outcomes are unfavourable. The poor man fails to understand that the more he grieves and complains, the more he credits unhappy assets to his B and B account – which are surely going to reappear, sooner or later.

C and C Account: Current and Karmic Account

This is the most important account, which we are continuously creating in the present time. The *karma* being created now is getting accumulated, and we will reap its benefits if we are righteous – or face the consequences if we are not.

We are helpless regarding the quality and quantity of deposits in our A and A and B and B accounts. However, the C and C account provides ample opportunity to create virtuous and righteous deposits that will surely and invariably bring rewarding and fulfilling outcomes – either in the present or in the future.

Unfortunately, in the world time cycle, the most vicious period has arrived. The A and A accounts have deteriorated, and the B and B accounts are seriously depleted. Thus, God – the Supreme Benefactor – has descended and is distributing His imperishable wealth in the form of knowledge, virtues, and power freely, generously, and joyfully.

This is the most opportune time to accept the divine offer and fill our empty coffers. It is also the most appropriate time to actively rejuvenate human souls so they can refill their A and A and B and B accounts. ■■



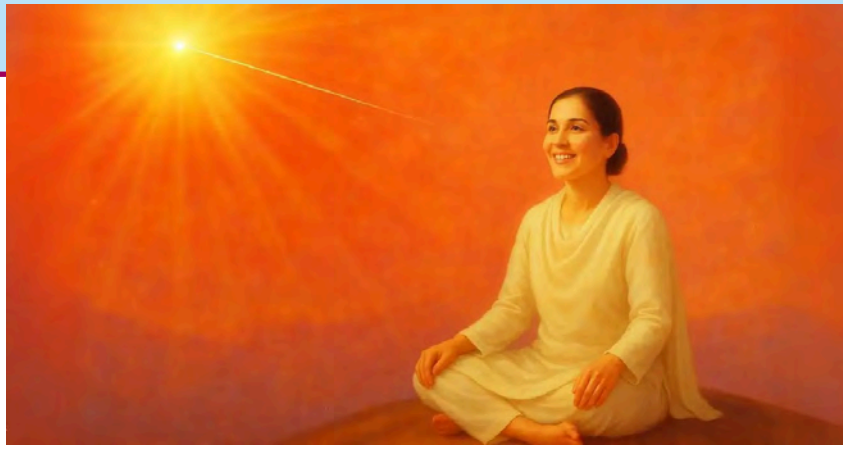
CONNECTING TO GOD WITH THE UMBILICAL CORD OF MEDITATION

A bright start to everyday is setting a time table of physical actions in your personal, professional as well as social life. Along with that, setting a time table for the mind and intellect, in which you keep them filled with the remembrance of the Supreme Being or God. He is also the Supreme Father and Mother. Just like a little baby being formed in the womb of its mother, is connected with her through the umbilical cord and receives physical sustenance from its mother through the umbilical cord, in the same manner I, the soul, need to remain connected with my spiritual mother or the parent of the soul. This parent is the one and only God, a beautiful Being of pure love, an Ocean of love. Remaining connected with Him is a way of filling myself with that love and becoming pure at the level of the mind and not just in words and actions.

Purity of the soul is gained back when we experience ourselves as a soul and connect with the Supreme Soul. God is not physical. So, the key to having a beautiful connection with Him is a spiritual consciousness i.e. I am not this body, but a soul, which is a spiritual energy controlling the body. Once I don't exist in the body or in other words leave the body (for which we commonly say that someone has passed away or is no more) the body is like dust, with no life in it. So, understanding that I, the spiritual energy or soul, am eternal or constant and the body is my temporary vehicle, is the first step to opening the door to spiritual treasures, which are present in God. Meditation is a lovely relationship with the Supreme and increases the purity of the soul and makes it more love-full. We all were originally pure but have become impure as time has passed. Meditation is the need of the present time for everyone. We all require this umbilical cord of meditation at every step in our life. Remember, a baby is constantly connected to its mother in the womb with a physical umbilical cord and receives sustenance and as a result it grows or matures, ready to be born one day, in the outside world. That is growing up physically and we need to grow spiritually and become filled with spiritual powers. **The umbilical cord of the technique of meditation brings that spiritual energy inside us from God and as a result we grow or become full of all powers.**

Meditation is the creation of positivity in the mind in such a way that the mind starts getting oriented in a positive direction above the routine thinking of day-to-day life. It is not making the mind blank or completely free of thoughts. In fact, **it is making the mind full of positive thoughts and intellect full of positive visual images of the spiritual self or the soul and the Supreme Soul.** We all know our physical self, who we are, what our name is, what work we do, where we stay, what our nationality is and how we look. But this is our physical identity and it is different from our spiritual identity.

The spiritual identity is simple – I am a non-physical being of spiritual energy, which is not made up of the five physical elements of nature. Also, I have seven original virtues – knowledge, purity, peace, love, joy, bliss, and power, which is my original nature. I have come into this physical world from the soul world, also called *Paramdham* or *Shantidham* or *Nirvandham*, to



play my part through the physical body. Also, my Father, the Supreme Father, and the Father of all souls is an Ocean of all these seven virtues, who stays in the soul world. This is my spiritual introduction and so is this the introduction of all the human souls of the world. Now, to link or connect with God, the Ocean of seven virtues, I have to remember my spiritual form as a sparkling star like energy and emerge my original virtues through the power of thought and visualization. This is the first step of meditation. After that, **I travel with the eye of my intellect to the soul world and visualise my Supreme Parent or God as a radiant being of pure spiritual light over there and stay connected with Him for a few minutes. I absorb His spiritual energy inside myself, which is the spiritual umbilical cord. This is meditation, a union between the soul and the Supreme Soul.** Also, the soul empowers itself in this way with a powerful connection and after that performs its actions in the world, full of all these seven virtues. Those actions will then become pure actions and will inspire others also. This is the magic of meditation.

Practical meditation is something which you can do while being in your daily routine and not just at a fixed time like in the morning, before starting your day or in the night, before going off to sleep. In fact, it is a constant foundation of all positive actions in the day. After all, **you need to fill your spiritual self with the nutrition of the seven different virtues from your spiritual mother or God through the divine umbilical cord of positive thinking and meditation.** Only then will you radiate the same virtues to others. Often, negative actions in the day are performed because this divine and pure connection with God is not strong enough. In other words, the umbilical cord that we share with God i.e. meditation connection is cut off and we are so busy in our actions that God is forgotten. Also, when we are occupied in our daily routine and are performing actions, the connection that we have made in the morning meditation is weakened. So, if people are to receive goodness from us and love us in return, remaining in the womb of a spiritual consciousness throughout the day and absorbing its benefits from God is a necessity.

Also, this beautiful and pure womb of God will grow us spiritually and we will, as time passes, become beautiful human beings by meditating and focusing our consciousness on Him. We all love Him as a Father but He is also a Mother of all souls and is full of unlimited peace, love and power, just like a physical mother has these specialties, whom we all have been brought up by and experienced. One of the most beautiful and purest relationships in the world is that between a small child and his or her mother. So, God is the mother of the soul. And His love for me, the spiritual child, is the Highest in the world. So, **enjoy the company of this most beautiful and loving eternal Mother. That means remember God in meditation and radiate His love and goodness to the whole Universe.** ■■



SELFLESS GOOD DEEDS

The hidden power of doing good without wanting anything in return.



B.K. Jyoti Nanda, Shantivan

In today's world, the practice of selfless action can be integrated into everyday life in countless ways. Whether it is through volunteer work, an act of kindness towards a stranger, or simply offering a listening ear to someone in need, every selfless deed contributes to a larger tapestry of compassion and understanding. The key is to act without the expectation of recognition or reward, thereby allowing one's actions to be guided solely by love and empathy.

As humans, we are wired to seek rewards and recognition for our efforts. It is natural to want to feel appreciated and valued for the good we do. But the most profound and meaningful good deeds are those done without the expectation of anything in return.

The most beautiful aspect of selfless good deeds is that they are fully rewarded. **When we do good without expectations of reward, we open ourselves up to receiving kindness from others in unexpected ways.** It is as if the universe has a way of paying us back–not because we have earned it, but because we have created a space for good to flourish. Our selfless actions inspire others to do the same, creating a chain reaction of kindness that can spread far and wide.

Good deeds should be done without pride and ego

The idea that good deeds should be done without pride and ego is deeply rooted in Indian philosophical and spiritual traditions. Our ancient philosophy emphasises the importance of altruism and selflessness in one's actions. When good deeds are performed with pride and ego, the focus shifts from helping others to boosting one's self-image or gaining recognition. This can lead to a sense of attachment and bondage to worldly desires and achievements. Working without pride and ego allows individuals to cultivate humility and genuine compassion. By letting go of the need for recognition or personal gain, one can truly focus on the well-being of others and the greater good. This mindset fosters a sense of interconnectedness and promotes harmony within oneself and with others.

At its core, our ancient philosophy teaches that every action, when performed with a spirit of detachment and without personal gain, becomes an offering to the Divine. The Bhagavad Gita, for example, presents the path of **Karma Yoga** – the art of performing one's duty without attachment to the outcome. The emphasis here is not on the external results of an action but on the purity of intent behind it. When actions are carried out without pride and ego, they help dissolve the barriers between the self and the Universal Consciousness.

The **Yoga Vasistha**, a celebrated scripture presented as a dialogue between sage Vasistha

and Prince Rama, provides deep insights into the nature of the mind and the ego. This text explains that suffering arises from our identification with the ephemeral aspects of existence – our thoughts, emotions, and the ever-changing phenomena of the world. Vasistha teaches that the ego – the sense of "I" that clings to personal identity – is the root cause of this suffering. One of the key teachings of the Yoga Vasistha is that when one performs duties without attachment to outcomes, the mind remains unperturbed by the fluctuations of fortune.

Another seminal text, the **Ashtavakra Gita**, offers a starkly direct approach to understanding the self and the role of ego. A key teaching from the Ashtavakra Gita is that the realisation of the self – free from the limitations imposed by pride and ego – is the only path to true freedom. The text explains that when the mind is liberated from its attachments, actions no longer carry the stain of ego.

The Foundation of Selfless and Elevated Deeds

Vedanta, the philosophical culmination of the Vedic teachings, provides a robust framework for understanding the significance of selfless action. Renowned Vedantic scholars like Adi Shankaracharya have articulated that true knowledge and liberation emerge when one transcends the narrow confines of individual identity.

The Vedantic emphasis on detachment and selflessness encourages us to reorient our lives. Instead of seeking validation through external achievements or accolades, we learn to find satisfaction in the simple act of serving others, recognising that every selfless deed brings us one step closer to realising our true nature.

Beyond the spiritual and philosophical dimensions, modern science has also shed light on the benefits of selfless action. Research in positive psychology has shown that altruistic behaviour is closely linked with improved mental health and overall well-being. Engaging in acts of kindness has been found to lower stress levels, reduce symptoms of depression, and even boost the immune system. Neuroscientific studies reveal that selfless actions trigger the release of endorphins and other neurochemicals that create a sense of euphoria and calm. Moreover, the practice of selfless action encourages mindfulness – a state of present awareness that has been shown to improve cognitive functions and emotional regulation. In a fast-paced world characterised by stress and fragmentation, the benefits of cultivating a selfless, mindful approach to life are both profound and far-reaching.

Basis of Selfless and Elevated Karma

The destiny of human beings is linked to their karma (deeds). A great destiny implies that a person has done great deeds to earn that. The basis of good or elevated karma is dharma (religion). ***Dharma* is connected to the word *Dharna* (inculcation), which means to imbibe spiritual wisdom in one's behaviour and character.**

Hence, with the inculcation of knowing "Who am I?", our intellect very clearly understands what we have to do. Our dharma, that is, our inculcation, can be accurate or inaccurate. To perform weak karma is also inaccurate inculcation. All humans have forgotten their true identity. To believe "I am a human being and my inculcation is the inculcation of human beings" is called body-consciousness. The actions we have been performing were wrong because of this inculcation. Similarly, the accurate inculcation in a spiritually aware person is: *I am*

a pure spiritual being performing a role through a human body. I, the soul, am an embodiment of peace, happiness, and bliss. It is on the basis of this awareness that our actions will change. The reason why our actions have become ordinary or bad from pure and elevated is the lack of true inculcation, which is the awareness of: *I am an elevated soul, an embodiment of elevated virtues*. So, the foundation of elevated karma is true inculcation – the awareness of the true self as a spiritual being, a soul, in a human body, not the self as a human being – man or woman.

The word *Dharmatma* (religious and righteous soul) is used for souls who live a virtuous life, those who reflect divinity and purity in their actions. In fact, every human soul has the potential to become a righteous soul. For a righteous soul, wasteful and ordinary actions automatically finish. In order to become a righteous soul, first of all, we have to check whether we are constantly stable in our dharma, i.e. soul consciousness. If we are stable, then our actions would automatically be powerful. **The first lesson is "Who am I?" *I am a soul, a spiritual being playing a role in this world drama. I am a child of God – the Supreme Soul – who is an infinite source of peace, happiness, love and bliss, of all virtues and powers.*** God is the Father of all souls. Hence, His qualities are inherent in all human souls.

To live in the awareness of true inculcation means to become aware of our original pure nature; to live as God's child, who is blessed with all the virtues and powers that we praise God for. Every day, we can choose one original quality or praise of God, our eternal Father, and then reflect upon that radiating through the self. We can choose to become an embodiment of peace, love and bliss, and then act. Most of the time, we keep hold of karma and let go of the righteous soul. When karma and inculcation are combined, it becomes karma yoga.

When we forget our true righteous soul, we feel a lack of worth and attainments, and we become confused and upset. **Just as we wrongly consider ourselves to be physical beings and never forget that, the awareness of being a soul blessed with divine qualities should become a natural and constant identity of the self.** Self-realisation is the basis of elevated dharma and karma.

The Ripple Effect of Selfless Deeds

By embracing the practice of selfless action, we open ourselves to a deeper experience of life – a life in which every deed, performed without pride or ego, becomes a sacred offering to the greater good. This shift in perspective transforms everyday activities into opportunities for spiritual awakening and social transformation. It reminds us that the path to liberation is not paved with grand gestures, but with the small, consistent acts of kindness that gradually dissolve the barriers of ego. By integrating this practice into our daily lives, we transform ordinary actions into profound expressions of love, ultimately paving the way for both personal liberation and the creation of a more just and compassionate society. ■■



RADIATE PEACE AND LOVE TO A LOVED ONE WHO DEPARTS

Each one of us is on a journey of different births and so are souls around us. We need to take charge of our emotions and remain stable when some soul, close to us in any relationship like a relative, friend or colleague moves forward on their spiritual journey. Despite the knowledge that death is unavoidable, facing a loved one's death is a challenge and a difficult moment to pass for many people. It is important to remember that the soul, who has left us, continues to receive our vibrations even after leaving the body.

- Facing a loved one's death, we feel emotionally heavy and sorrowful and cry in pain saying – *I cannot live without you … I'm not happy without you … please come back.* Every thought created for the other soul and the energy it carries, reaches it, even if the soul has gone far away from us physically and it has taken birth somewhere else.
- We, the beings or souls, are eternal spiritual energies beyond birth and death. We are not this body. Our body is a physical costume, which comes in the process of birth and death, and which we acquire to play our roles with other people. So, death is for the body, not for the being or soul. We need to remember and experience this with spiritual understanding and inner strength and conviction.
- Even after people leave their body, their energy connection with you continues to be as it was. So, take care of your thoughts and feelings as they reach them as vibrations of spiritual energy. Remember your close ones with love and detachment, not pain and attachment. Otherwise, they will experience sorrow wherever they are in a new physical costume and they will not adjust in their new family and surroundings.
- Meditate for yourself and them. That will empower you to remain peaceful and powerful, so that you radiate peace and love to them. This will be a blessing and empowerment for them on their journey ahead. Your stability will also help other family members to cope with the situation and accept it easily. ■■

(Contd. from page no. ..... 12)

meeting them. As a great instrument of BapDada in His task of world transformation, she could perceive the qualities of a soul. One such serviceable soul is Rajyogi Brother Raju, the surrendered and senior BK in charge of the Murli Department at Shantivan. Like him, Didi paved the way for many brothers to surrender themselves to the Yagya.

Final Stage of Didi Manmohini

In the final years of her life, Didi became completely detached from worldly matters. Her only slogan was: "*It's time to go home*." She would often repeat this to remind others as well. This practice helped her attain a bodiless, angelic stage, clearing her last karmic accounts. On July 28, 1983, she peacefully left her mortal body, ready to play her next part in an incognito manner, known as the Advance Party.

Even today, Didi Manmohini remains an immortal symbol of discipline, detachment, and divine service – a spiritual guide who continues to inspire countless Godly children across the globe. ■■



(Contd. from last issue)

Are you often driving at speed down life's hectic fast lane, feeling you cannot slow down and escape the constant stress? Does your mind speed out of control? Have you become oblivious to seeing yourself rushing around, getting nowhere fast? Are you guilty of chasing your tail instead of perfection?

B.K. David, Paignton, UK

A spiritual path provides travellers with speed humps to slow them down if they forget their aim and start getting caught up speeding – which is easy to do.

These internal humps keep all inside your car (life) safe by slowing the driver down and keeping his mind focussed on the road, his journey, and – importantly – his speed (of thinking).

If you lose your mental stability and state of peace, you lose the meaning of life. And if that's lost, all is lost.

Holding on to peace is like holding hands with your future of happiness. To let go of your inner peace is to let go of your outer happiness, which was leading you toward an even greater happiness.

You cannot buy these spiritual speed humps that bring divinity.

Such special speed humps are earned through effort, dedication, wisdom, and pure desire to travel in the right direction – in peace and love, and slowly.

There is a world of difference between always getting the hump (like a camel in a bad mood carrying a heavy load in the desert) and living with speed humps that will allow you to stand and live in great peace – in a state of perfection.

The Zoo is not you, is it?

Animals in a zoo will always act like animals – that's what they are. They are perfect at being animals. But we are humans who only visit a zoo. Yet many people have started copying basic animal traits and forgotten their elevated human qualities that have always separated us from animals.

People act like sheep, cows, penguins, wolves, sharks, and octopuses.

All who live life in the fast lane end up on the hard shoulder – unable to move, broken down, with a flat battery or a puncture, or simply too weak, stressed, or ill to drive.

Those who chose to travel in the slow lane will reach their final, loving, beautiful, perfect destination – in peace and on time.

Those who remained in the loving slow lane of life deserve the highest rewards known to man and will receive them when they set their perfect foot in a perfect heaven.

Most drivers are chained to their steering wheels, doors locked, unable to escape their burning car of vice.

Spiritual effort earns a huge prize. A more subtle reward is the daily, invisible reward: a peaceful life, free from modern-day stress, regrets, complications, and exhaustion – which always follows the careless driver down the

motorway like exhaust smoke.

The world is at saturation point in all forms of pollution – especially from the smoke that comes from vice and high-speed pleasure-seeking.

It's one thing to be chained to a lawnmower (necessity or work), and another to be chained behind the wheel of the car of vice – on fire.

Living life in the fast lane causes many crashes, as people cannot think straight while travelling too fast and seeking pleasure.

Everyday accidents and pileups are common. No one can escape the consequences of living in the fast lane – until it catches up with the speeding driver of vice and pleasure, who only ever uses brakes to stop for pleasure.

The Police of Karma are omnipresent and hand out speeding tickets to all who break the law of karma.

If serious, a person might deserve to have their life taken or end up with severe injuries for their wrong lifestyle – one that caused themselves and others stress and misery.

Are you speeding in the fast lane with three flat tyres, a loose steering wheel, and a dodgy battery?

Are you unaware that the Karma Police are following you in their rocket, ready to arrest you – and throw you in the Cell of Sorrow?

We all have our own cars (lives) and have chosen the lane we travel. But if you chose the fast lane for fast pleasure, expect to see the Karma Police in your rear-view mirror – and soon!

Even the cleverest Houdini cannot escape the handcuffs of this constant, invisible police force of karma.

Throughout history, no one has escaped the long arms of karma, which never forget. If needed, karma's arms can encircle the world in an instant.

Don't be surprised if your life soon changes from quick pleasure to quick sorrow – overnight.

Life for all is soon to change as the black clouds of karma start to emerge.

Many will be put into the boot of their car as karma takes control – of their lives, pedals, steering wheels, and direction.

We all had a chance to steer our way to a good life and perfection. Yet most, as is evident, headed for the beauty salon, pub, betting office, cake shop, wasted their life online or at the clothing store – doing nothing that enriched or enlightened them.

Cloud 9 has left the building as the storm of retribution rolls in.

As a result of endless ignorance, indulgent lifestyles, sinful actions, and gross body-consciousness, now is the time all must endure the onslaught of karma – the ultimate judge, prosecutor, and jailor.

Is it too late to take back control of your steering wheel and head in the right direction – toward perfection? Only you know the answer to that, but there is no harm in trying. (Concluded)





THE OCEAN OF LOVE: A DEEPER DIVE

No matter how far we may have strayed, God's love pursues us. He comes not to condemn, but to lift, restore, and liberate us – to guide us back to our true destiny.

B.K. Sarika, GGRC, Ahmedabad



We often operate under the misconception that if we're "good enough," then God will bless us. We strive for 'perfect' behaviour, to never make mistakes, believing this will earn God's love. But this is a fundamental misunderstanding. We are imperfect, on a journey, and will inevitably make mistakes along the way. The voices of self-condemnation may whisper that we're too flawed, too far gone. Yet, this couldn't be further from the truth.

God's love isn't conditional. When we fall short, God doesn't abandon us; He meets us where we are. He is the Highest-on-High Creator and the intimately present Purifier, the Lord of the Poor, the Innocent Lord. If we only perceive Him as *Ishwar* or *Prabhu*, it makes Him distant and unattainable. We must also see Him as the One who lovingly descends into our imperfect world, into our messy lives, to be with His children.

He doesn't recoil from our imperfections. He comes during the *tamopradhan* moments, when we feel lost and burdened by negativity. We may think our mistakes disqualify us from His love, projecting human judgments onto God. But God is not like humans. His love is boundless and unconditional. "When you are down," He says, "that is exactly when I come after you."

He seeks not the rich or the "perfect," but the ordinary, the overlooked. He searches for His children in the depths of their struggles – in the depression, loneliness, failure. No matter how far we may have strayed, His love pursues us. He comes not to condemn, but to lift, restore, and liberate us – to guide us back to our true destiny.

He could simply offer mercy, but He offers more: He offers love. He is not just God; He is our Father. He transforms us from beggars seeking scraps of love and approval into heirs – princes and princesses of His kingdom. He doesn't just pull us out of the mire; He honours us. He transforms us from being impure to pure and elevated again. This is the transformative power of His love.

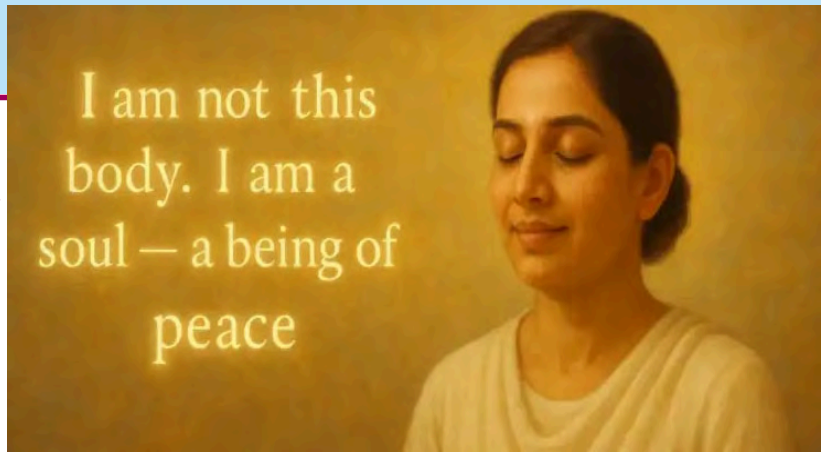
Understanding this love requires a shift in perspective. We often ask for small mercies when He desires to give us liberation itself. We cling to the old world of sorrow and rejection, while He beckons us to inherit a new heaven. This requires unlearning old-world paradigms – redefining who we are, whom we belong to, and what truly brings us happiness. He fills us with the jewels of divine knowledge, each one taking us a step closer to *liberation-in-life*, to self-sovereignty.

Maybe we've been dishonest, manipulative, selfish, rebellious, jealous, and critical – and

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

HE HEARD MY CALL

How a childhood love for God turned into a life-changing spiritual awakening through Rajyoga.



B.K. Savita, Canada

I am a powerful soul. My body's name is Savita. I was born in Punjab, India. When I was little, I always liked to go to the temple. I also enjoyed spending time in my home, where there was a small room for prayers, and I would sit there for long periods. Talking to God was my habit when I was a child. I grew up in a family where everyone performed worship and chanted mantras in the morning and evening, so I developed the habit of sitting and praying with them.

After I completed my studies, got married, and moved to Canada, I continued following the same routine of morning and evening prayers. However, it was only a quick two minutes before work and five minutes after. Then I had two kids and became a bit busier with them, but no matter what, I always spent a few quick minutes in the morning and evening for prayers. I always had the feeling that whatever I prayed to God, He would always come back with a solution.

Years passed, and in December 2019, I had a fall at my sister's place in Canada, which changed my whole life. I fell on my face, and the crystals in my ears came out. Because of that, I had to take a disability leave from work, as I was unable to walk properly. Every time I walked, I felt dizzy, and the floor spun. My life was no longer the same. But I still had faith in God. I used to cry a lot and had anxiety issues. I was always scared of dying and worried about who would take care of my little kids if I passed away.

One time, I was talking to God and asking for a solution. I believe in past karma, and I asked Him, "I don't remember what I have done wrong in my past life. Please guide me so I can clear my karma and live a better life."

Then, in 2020, my father-in-law, who used to listen to BK Suraj Bhai Ji, told me to start listening to him so I could think positively. At first, I didn't believe in vibrations, but I saw my father-in-law practicing and giving those vibrations to my mother-in-law during her sickness, and she would remain calm. That one experience made me think that I should try listening to Suraj Bhai Ji. When I listened to him for the first time, I felt positive vibes and energy that helped me come back from sickness. Slowly, I began exploring more and started connecting with other BKs.

I got the chance to listen to other senior BK brothers and sisters through YouTube. I started listening to Murlis, practicing meditation, and learning Rajyoga. I also found a centre in Canada, where I took an online course with Sister Natasha.

Now, I'm starting to feel better. My first experience was when I woke up one morning feeling so light and full of vibrations in my entire body. I said, "Good morning, Shiv Baba," and raised my hands in the air to give Him a morning

hug. To my surprise, I felt Shiv Baba hug me back. It was the first time, and I got nervous. I quickly ran to my father-in-law and asked if he had ever experienced something like that. He said no, which made me even more scared. But I didn't stop meditating.

One night, just to check if it was Shiv Baba who came to meet me in the morning, I said, "Okay, Shiv Baba, if You are here and listening to me, don't let me set an alarm. Wake me up at 4 AM." I then fell asleep.

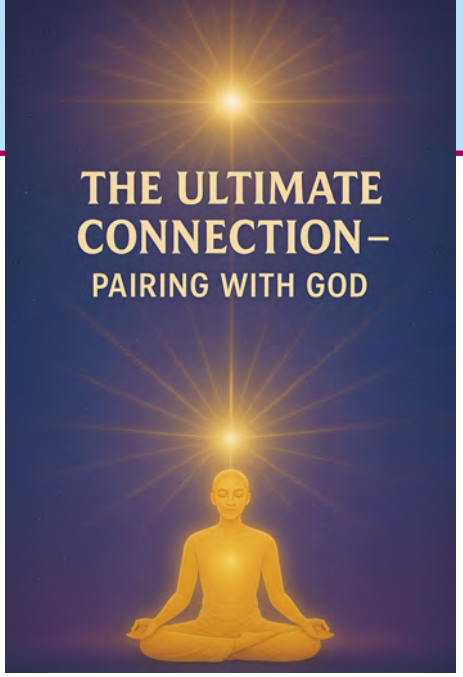
Guess what happened? Someone shook me fully and tried to wake me up. I thought it was my husband, so I ignored it. But when my whole body was shaken again, I opened my eyes to see that it was 4 AM, and my husband was still asleep, snoring loudly. I asked him if he had tried waking me up, and his answer was, "Come on, I'm sleeping. Please don't bother me." I got scared and tried to sleep again, but my body kept shaking until I got out of bed. **That day was life-changing for me. After that, I told Shiv Baba to wake me up at 4 AM for *Amritvela* (nectar time) meditation.** I started meditating every day, and each day, I had new experiences. ■■



LAUGHTER: THE BEST MEDICINE

- **A man called his child's doctor, "Hello! My son just snatched my pen when I was writing and swallowed it. What should I do?" The doctor replied, "Until I can come over, write with another pen."**
- **It was a baby mosquito's first day to fly out from home. When the mosquito came back home later that day, the father mosquito asked, "How was your journey?" The baby mosquito replied, "It went great. Everyone was clapping for me!"**
- **A young man was sitting in his office on the thirteenth floor. Another man came running and shouted: "Santa, your daughter Sweety is badly injured in accident". Not knowing what to do, the young man jumped from his office window in panic to go as-early-as-possible. While coming down when he was near tenth floor, he remembered he had no daughter named Sweety. When he was near the fifth floor he remembered he was not married. When he was about to hit the ground, he remembered he was not Santa.**





DEVICE NOT FOUND? TIME TO RECONNECT WITH THE DIVINE

We live in a world of constant connections, yet many feel disconnected – from themselves, from others, and from their life's purpose. But the ultimate connection – pairing with God – brings everything back into harmony.

B.K. Mansa, Shantivan



It was a simple moment. I was watching my colleague Sudipto trying to pair his ear-pods with his mobile phone. The wires were entangled, the buds were unresponsive, and no matter how many times he tried – the pods simply refused to pair with his mobile device. He tapped, reset, even opened settings, but the connection just wouldn't happen.

While he was fixing the wires and trying to make it work, a deep spiritual insight unfolded before me. Why doesn't it pair? What are the reasons? What prevents connection? And instantly, a parallel came alive within me – between this technological pairing and our spiritual pairing with the Supreme Soul, our eternal companion – God.

The Spiritual Blue tooth

In today's world, we are constantly pairing devices – phones with headphones, laptops with speakers, watches with apps. A successful pairing ensures smooth communication, sound clarity, and seamless connection. But the process is delicate. It requires: • Proximity, • Compatibility, • A stable signal, • No interference, and • Full attention.

Now think of us souls as a divine device. And think of God – the Ocean of Peace, Love, and Power – as the eternal Source, always radiating signals of light, strength, and wisdom. He is ever-available, ever-stable – His signal never drops. But the question is: **Are we pairing with Him? Or have we lost the connection?**

The Interference of the World

In Sudipto's case, we found the issue: too many nearby devices trying to connect at once, low battery, and entangled wires. How true that is for us too!

Our minds are cluttered – with desires, worries, attachments, and endless thoughts. Our attention is divided – pulled by social media, news, relationships, fears, and ambitions. **There's constant mental noise. We are "connected" to too many things and people at once – but not truly paired with God.** Spiritual interference is real. The more we are entangled in the web of Maya – ego, lust, anger, greed, attachment – the weaker

our divine connection becomes. God's signal is strong and steady – but our inner device is often either turned off, low on energy, or paired with the wrong frequencies.

Recharge, Reset, Reconnect

When a device doesn't pair, we do a few things:

- We turn it off and on again.
- We bring it closer to the source.
- We disconnect from other pairings.
- We recharge its battery.

The same is true for the soul.

To reconnect with God, we must:

- Turn inward – switch off the outer noise.
- Come close in silence – reduce the distance created by doubt, fear, or guilt.
- Disconnect from false identities – ego, roles, and possessions.
- Recharge through meditation – by remembering Him with love and purity.

It is in the stillness of early morning hours, the sacred *Amritvela*, when we experience the highest pairing – soul to Supreme Soul – like a child returning to the lap of the eternal Parent.

When the Connection Happens…

When Sudipto finally managed to pair his ear-pods, music flowed – pure, uninterrupted, crystal-clear. That's what happens when we successfully pair with God. The soul starts experiencing the inner music of:

- **Peace** – deep, undisturbed calmness.
- **Love** – pure, unconditional, beyond expectations.
- **Joy** – that doesn't depend on situations.
- **Power** – to face challenges with courage.

Life becomes a divine melody. Our thoughts become clear. There is no need to shout for attention, no need to search for approval – we feel full, anchored, and safe.

The Daily Choice: Whom Do I Pair With?

Each day, just like we choose what devices we connect to – we must also choose whom we souls pair with. Are we pairing with people who drain us, with habits that weaken us, with roles that trap us? Or are we pairing with the One who uplifts us, purifies us, and empowers us to be the best version of ourselves? It's not about disconnecting from the world – it's about staying connected to God first, and then interacting with the world through that connection.

How to Pair with God?

1. **Morning Meditation** – Begin your day by tuning your mind to God's qualities. See yourself as a peaceful soul in front of the Supreme Light.
2. **Purity in Thoughts and Lifestyle** – Just like a clean device connects better, a pure mind connects deeper.
3. **Consistent Remembrance** – Talk to God like your closest friend. Keep Him always with you, even whilst doing daily tasks.
4. **Spiritual Study** – Just as software updates improve a phone's performance, spiritual knowledge refines our inner system.
5. **Service (*Seva*)** – Serve others through vibrations, actions, and words. This keeps the connection active and flowing.

A Gentle Reminder

We live in a world of constant connections, yet many feel disconnected – from themselves, from others, and from their life's purpose. But the ultimate connection – pairing with God – brings everything back into harmony.

So, next time your ear-buds don't connect – smile. Let it remind you of the deeper truth. Maybe it's not just about devices. Maybe it's a divine signal…**Calling you to pause, reset, and pair with the Supreme once again.** ■■

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

Let only one ambition always burn in one's mind: "Now I must seek communion with my dearest and nearest Supreme Father. Now I must obtain from Him the sacred knowledge of the Godly theme. His captivating notes I must now hear; of His thrilling form I must be a seer! His favourable looks must fall upon me; with His raining beauty let my heart enthral!"

Oh! Sons of the Supreme Father – aspire for Him, but not in a desultory or half-hearted manner. Let this aspiration be a pining! For, is not that Supreme your most beloved one?

As a lover becomes mad with longing to see his beloved and remains ready to surmount all hurdles in order to meet her, in the same way, we need to have a passion to meet our Most Beloved God-Father at the earliest possible moment.

Procrastination is the Thief of Time

You might feel that when you grow old, you will undertake such a spiritual journey. But remember – **death keeps no calendar with man**.

How many die before they grow old! This should serve to open your eyes. The span of human life is unknown, and therefore, any delay on your part is dangerous – nay, disastrous.

You think that when you are free from this or that engagement, you will have ample time, and therefore there is no cause for hurry. Beware – such thoughts deceive you, for time waits for none.

If you become seized with an intense longing for a glimpse of the Supreme – the Unspeakable Beauty – your mind will feel it as a novel experience; it will be controlled, even if temporarily. This is the first step of Yoga. If you begin to love God with your heart, and love yourself as a soul, then half the battle is won – **provided this feeling does not become feeble**.

One has to make efforts to achieve even trivial goals. Care, attention, and persistence are essential in studying even worldly knowledge, the object of which is to attain some earthly status or income to sustain this life. Tests must be passed, and difficulties faced.

Even so, God-realisation – being the highest ambition and greatest achievement – requires consistent effort, adequate time, and focussed attention. Tests and tribulations must be braved. To set yourself on the path of approach to God means to be prepared to fight a duel with Maya, i.e., the five vices (lust, anger, etc.). To lose heart in that duel means certain defeat.

Therefore, one ought to be resolute in one's mind to give a good fight to Maya and the difficulties.

The example of Meera, the Gopis, and the founders of various religions – who were teased and tested – can serve as sources of inspiration. Above all, if you maintain the faith that you are a child of the Almighty, who is your direct Guide and Helper, then you will be able to overcome all hurdles, one after another. **This is as sure as life!**

Fears of Difficulties

Without devout aspiration and a resolute mind to face difficulties, success in any undertaking is not possible. If a person lacks genuine desire to achieve a goal, he may hesitate and be unwilling to spare time.

It is all due to lack of deep thought. Suppose a person is sentenced to capital punishment – he would strive his best to avert it. But what about us? Again and again, life after life, we have suffered that punishment. Should we not strive now to end it?

We have sacrificed many lives in pursuit of worldly objects, often facing failure. **Now is the time to make effort for eternal peace, permanent joy, and lasting happiness for 21**

births in the New Heavenly World.

The Time

We must make haste, for the time now is full of promise – it is the Almighty God Himself who is imparting the Knowledge of Rajyoga. His guidance, support, and teachings are undeniably efficacious, easy, and infallible – **provided we make use of them**.

This is the time when, with His own help and grace, spiritual progress is greatly quickened, strengthened, and enriched – because His divine act of establishing the Golden-aged Deity World is being completed through the transformation of souls.

His teachings are so clear that no austerity, penance, or physical sacrifice is required. Instead, focus on spiritual growth by cultivating love, compassion, bliss, and silence for the realisation of the power of the self and the Supreme.

God has revealed Himself, given us divine visions, and commanded us to warn the world that destruction – through nuclear weapons and natural calamities – is inevitable. The time is not far when today's glittering world of plastics and perfumes, music and marriages, will be replaced by the thundering noises of atom bombs and the fury of grave, unprecedented natural disasters. A desolate wilderness of a few men will remain, for the war-mongers will have pounded humanity to dust.

Just as every full-grown flower is culled or a ripened crop harvested, so too shall the Kalpa (Time Cycle) Tree of Religions be mostly axed.

It is wise, therefore, to now forsake attachment to this old world and establish a love-full communion with the Eternal Father, the Protector, and the Guide.

Even otherwise, death is so formidable that it may snatch a man from even the heart of a palace, regardless of military protection. Then all our work shall remain incomplete, for the Agents of Death will not wait.

Why not then **die a 'death' in this life to become immortal**? Why not find time before it is too late?

This youth and intelligence shall go to waste if not used now. None of your belongings or relatives shall accompany you when you withdraw from this body. But if you do not withdraw now (by means of soul-consciousness), then the cries of the pall-bearers, ***"Ram Naam Sat Hai"*** ("Brothers, the remembrance of God alone goes with man") will be of no avail.

If realisation of God is the only immortal achievement of man, then **aspire for it now and here. The sooner, the better – for time is too short!** ■■

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remain still in the seventh world, connected to the Divine – the Supreme.

And in this elevated experience, I realize: **"Serenity is a journey, not a jackpot."**

At every stop along this journey, I leave behind the agitation of the world. As I walk this serene path, I discover the secret oasis within myself. The language of this oasis fills my heart with the sweetness of serenity.

I, the radiant light of inner peace, am soothing my own mind.

And even within life's maelstroms, a calm eye can be found.

Serenity is a lifelong pursuit.

A state of calmness resolves all inner disputes.

Let us search for the inner sanctum within ourselves,

And discover the spiritual silence that quietly dwells on our shelves. ■■



Beawar: Ms. Diya Kumari, Rajasthan's Dy Chief Minister is being presented Godly gift by BK Ganga and BK Vimla.



Rourkela (OD): BK Onkar addressing the prisoners in the jail while Mr. Jeevan S Munda, Superintendent of Jail and BK Seema are seated on the stage.



Yeola (MH): Mr. Chhagan Bhujbal, Cabinet Minister presenting the Samajbhushan award to BK Anu.



Bengaluru (Gottigere): BK Ambika conducting a meditation session during an event on Int'l Yoga Day.



Ahmedabad: Members of Brahma Kumaris are paying a heartfelt tribute to the departed souls who died in the recent plane crash.



Keonjhar (OD): Mr. Ananat Nayak, MP is being presented Godly gift by BK Bindu during his visit to new BK centre Sukh Shanti Sarovar.



Mohali: On Int'l Yoga Day after conducting a programme at NIPER, Prof. Dulal Panda, Director of NIPER is being presented Godly gift by BK Prem and BK Rama.



Bhopal: A seminar on "Mental Health and Wellbeing" for ex-servicemen is being inaugurated by Lt Gen Pritpal Singh, GOC 21 Corps, Col Jitendra, Col B.R. Das, Col Rajiv Khatri, Dr Priyanka Negi and BK Neeta.



Ahmedabad: BK Nandini is being awarded the degree of Ph.D. in "Spiritual & Religious Journalism" by VC of Gujarat Vidyapith Dr. Harshadbhai Patel.



Nagaon (Assam): District Commissioner Mr. Debasish Sharma is being greeted by BK Sarita and BK Buli.



Indore: A programme on International Yoga Day is being addressed by BK Shreya at Indoor Stadium Abhay Prashal.



Mohali: After an event on Environment Day BK Rama presenting Godly gift to Mr. Mahavir Singh, Chief Conservator of Forests Punjab.



Nagpur: After a programme on Int'l Yoga Day Padmashri Dr. Vikas Mahatme, Member of Parliament is being felicitated by BK Damini and BK Rajni.



Bikaner: BK Kamal conducting a meditation session on Int'l Yoga Day. Dignitaries present included State Minister Mr. Prahlad Tank, Div Commissioner Dr. Ravi Surpur, Collector Ms. Namrata Vrishni, SP Mr. Kavendra Sagar, and others.



Bhubaneswar (Unit-9): BK Geeta is being presented the 'Nareshree Award' by Ms. Maneka Gandhi, former Union Minister at a special event of Rotary International.

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much more – but His love is so profound that He still comes to us. We can never fall too low for His love to reach us. The more broken we are, the closer He holds us; He teaches us, shows us the path back to wholeness. This unconditional love inspires us to emulate it – to never give up on ourselves or others.

The world is saturated with judgment. Our role as spiritual beings is to be uplifters, healers, restorers, and uniters, reflecting our Father's qualities. We must extend to others the same compassion and forgiveness He extends to us. We don't know the journeys others have walked – the circumstances that shaped their choices.

We are never more like God than when we are helping the hurting. True help, in a spiritual sense, is to bless. **Blessing does not mean placing my hand on someone's head; it means refusing to harbour negativity towards others, living with compassion and forgiveness.** But this begins with blessing ourselves – accepting God's love and vision for us, and releasing self-doubt and self-condemnation. We can only accept others when we first accept ourselves.

The Father is the Sweetest of the Sweet. The more we connect with Him, the more we experience His sweetness and love – the alchemy that heals and transforms. Let us be beacons of hope, offering fresh vision and understanding, reflecting the boundless love of the Ocean of Love. We are heirs to heaven, loved beyond measure, and called to become like Him. ■■

Life Changing Advice

- **Don't judge each day by the harvest you reap but by the seeds that you plant.**
- **Don't worry about failure, you only have to be right once.**
- **Dream big and dare to fail.**
- **Develop success from failures. Discouragement and failures are two of the surest stepping stones to success.**
- **Be sure you put your feet in the right place, then stand firm.**
- **Never let the fear of striking out keep you from playing the game.**
- **If you love life, don't waste time, for time is what life is made up of.**

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Shimla: H.E. Shiv Pratap Shukla, Himachal Pradesh Governor is being presented Godly gift by BK Bharat Bhushan and BK Sunita.



Thiruvananthapuram: After a cordial meeting H.E. Rajendra Vishwanath Arlekar, the Governor of Kerala is being presented Godly gift by BK Mini and BK Deepak.



Ulaanbaatar (Mongolia): BK Inna conducting the mediation session during an event on International Yoga Day organised by the Embassy of India.



Houston (USA): US Congresswoman Lizzie Fletcher from the US House of Representatives presenting BK Dr. Hansa Raval a Certificate of Congressional Recognition for her lifelong service in the community.



Guangzhou (China): After conducting a meditation session at an event on 11th Int'l Day of Yoga BK Sapna is being felicitated by Mr. Shambhu L. Hakki, the Consul General of India.



Srinagar Garhwal: A programme on Universal Culture of Love, Peace and Harmony is being launched by MLA Mr. Bharat Singh Chaudhary, MLA Mr. Vinod Kandhari, State Minister Mr. Shyam Veer Saini, BK Chandrika, BK Prem and BK Meharchand.

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Dehradun: H.E. Draupadi Murmu, the President of India is being presented Godly gift by BK Manju, BK Meena, BK Sushil and others.



Shanghai (China): BK Sapna explaining the significance of Rajyoga at an event on Int'l Yoga Day organized by Consulate General of India. Several dignitaries including Coordinator of UN in China Mr. Siddharth Chatterjee, Consul Generals of several countries, CEOs of many MNCs participated in the event.



Hyderabad: H.E. Jishnu Dev Varma, Governor of Telangana, Dr. Raghu Ram, renowned cancer surgeon, BK Raju and BK Kuldeep are inaugurating an event to mark the Int'l Yoga Day.



Balasore (OD): Mr. Dharmendra Pradhan, Union Education Minister, Mr. Suryavanshi Suraj, Higher Education Minister of Odisha and Mr. Govind Chandra Das, MLA are being presented Godly gift by BK Onkar and BK Pramila.