



The World Renewal

Monthly

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Abu Road: BK Nirwair is addressing the Annual Service Meeting of Brahma Kumaris. Sitting on the stage are Rajyogini Dadi Ratanmohini, BK Mohini, BK Jayanti, BK Brijmohan and others. The meeting was attended by 2000 delegates mainly from India and Nepal.



Haridwar : BK Jayanti is addressing a seminar on 'Clean and Healthy Society'. Sitting on the stage are Mahamandaleshwar Swami Devanand Saraswati Ji Maharaj and Mahamandaleshwar Swami Rameshwar Saraswati Ji Maharaj.



Gurugram (DLF-2): Mr. Kunwar Sanjay Singh, Forest Minister is being greeted by BK Kusum, BK Soni and Advocate Rajkumar Yadav .



Abu Road: Former Rajasthan CM Mr. Ashok Gehlot and his son Mr. Vaibhav Gehlot are formally meeting BK Munni, BK Usha and others.



Sambalpur (OD): A programme on Golden Thoughts for Golden World is being addressed by BK Parbati. Sitting on the stage are BK Jayanti, Prof Banshidhar Majhi, VC of Burla Technological University, Prof N Nagaraju, VC of Gangadhar Meher University and Mr Sanjay Kumar Singh, DIG of CRPF and BK Mruthyunjaya.



Mohali: Mr. Satnam Singh Sandhu, Nominated Member of Rajya Sabha and Chancellor of Chandigarh University is being presented a bouquet by BK Meena, BK Aditi and BK Karamchand.



Chandrapur (Mah): BK Prem is being felicitated by Mr. Sudhir Mungantiwar, Cabinet Minister of Forests and Cultural affairs. BK Kunda is also seen.



PRINCIPLED POLITICS AND VALUE-BASED ECONOMICS: MANTRAS FOR PEACE AND PROGRESS

**Without working with ancient spiritual wisdom,
neither can we have principled politics nor can we
hope for value-based economics.**



A society, in which every individual or group is self-centred, is not a society in any true sense of the word, for it lacks enduring unity of minds or commonality of abiding interests of its people. Thus, it falls short of an important cohesive force or uniting factor that should give it solidarity and integrity. Even if the groups have some common set of customs and social norms, these groups or individuals often break the norms when their self-interests clash with those of others. Such a society is, at best, a loosely-knit network of communities, classes,

institutions or nations, each one of which thrives by using the others for its growth. And, a logical consequence of this is that, when a situation arises for a group to choose between what is of benefit to all and what is of greater benefit to that group, it opts for the latter, thus unleashing the forces of disruption, conflict and split.

In such a weak-kneed society, pressures exerted by each ego-centric cultural, religious, ethnic, caste or political group would naturally create social, political and economic tensions.

These would affect law and order and
(Contd. ... on page no. 31)

CONTENTS

• Principled Politics	3
• Moving Towards A New Bharat (Editorial)	4
• Dealing with Impatience	7
• Time and Excess of Fortune.	8
• Beliefs for Positive Living	11
• Being Valuable (Dadi Janki ji)	14
• Time Management and Spirituality ...	15
• See the Soul not the Role (poem)	17
• The Story of four Rama (poem)	17

● What you Believe is what you Achieve...	18
● Golden-aged Sanskars	19
● Create Success Inside and Outside	21
● Overcoming Mental Fatigue	22
● Criticism is Harmful	23
● The Post box of your Mind.....	26
● Cool, Calm and Composed	28
● Laughter: The Best Medicine	29
● Don't label People, give Respect.....	30
● Life Changing Advice.....	30
● The Mind and its Creations	32
● Words of Wisdom	34

MOVING TOWARDS A NEW BHARAT

It is worth taking time to have a regular internal dialogue with your mind and intellect, as it helps to change our attitudes, feelings and *sanskars*.

The people in this part of Rajasthan are presently facing the double-edged sword: it is time for the General Elections to elect 543 members of the next **Lok Sabha (House of the People)**. Respected Prime Minister Modi ji and the BJP have very high ambitions of securing over 400 seats, thereby aiming to put an end to the chances of Opposition Parties.

The way some candidates have been renouncing their well-known parties to change over to other sides is quite amusing. There are many other road blocks being created in deceptive ways; news of a significant number of candidates with questionable character and record seem to be emerging. It is the time when nothing is as it seems, and the quality and standards of the Parliament Candidates are being assessed.

The Bharatiya Janta Party in Surat have recently elected their first Member of Parliament unopposed with the other nine



candidates withdrawing on the last day! One wonders whether this could be a solidarity of the public conscience or something else. In some states, elections have led to some violence, in others there is the crossing over to other parties and so the whole situation is very delicate. Having witnessed at least 20 Lok Sabha elections in my lifetime, the standards of the parties and their followers in conducting themselves during the elections seem to be declining most days, however the focus needs to be always on progress, betterment and success of the nation as a whole.

These above situations of course make it



confusing for a percentage of voters, however to vote is beneficial for the country.

Once the election results are out, there may be tens of Court Cases to be settled by the major parties however, even though the coming events cast shadows, **let us hope that the righteous, hardworking and transparent leaders and party are elected for creating a strong, honest, and dependable Parliament and eventually, a prosperous, dignified Bharat.**



Very recently, a majority of *Bharatwasis* in India and around the globe celebrated the return of Shri Ram with the passionate hope that **Ram Rajya** (the rule of righteousness) would return to Bharat, where 'Rulers and the Ruled follow the ideals of Shri Ram, and establish a society where bestowers live, and religion or *dharma* is favored...' **Will our political leaders ponder on this and devise new policies for the establishment of Ram**

Rajya or even a higher civilization, that of *Satyug* ruled by Shri Lakshmi and Shri Narayan?! Our scriptures and history describe and outline the principles and codes of conduct of these revered World Sovereigns as below:

- 1) ***Sarv Gunn sampan*** – Complete in all Virtues
- 2) ***Solah Kala sampoorn*** – Complete 16 Celestial Degrees
- 3) ***Sampoorn Nirvikaari*** – Completely Viceless
- 4) ***Maryada Purushottam*** – Complete in all Codes of Conduct
- 5) ***Ahimsa Parmodharm*** – Non-Violence is the Religion

While voting for a new Lok Sabha, it is advisable to also keep in mind that the Politicians or the Torch-Bearers of our glorious land of Bharat can only perform to their best skills, administrative minds and leadership qualities when we, the citizens and children of Mother India, ourselves follow high values and belief systems, and work hard to build a community and society founded in respect, belongingness and unity. This is also why the Brahma Kumaris worldwide institution aims to serve society through different spiritual educational Programmes, Conferences, Intense Meditation Retreats throughout the year. The Annual Service Meeting held in Shantivan Campus, Abu Road, brought together about 2000 of the Institution's Senior and Main Service Instruments of different States of India and Nepal from 5-

11 April 2024, to discuss, share, deliberate and showcase services done in 2023, as well as powerful service plans for the year 2024-2025. We are pleased to share that the umbrella theme for this year's Services as, **"Spiritual Empowerment for a Clean & Healthy Society"**.

Despite all the problems the world is facing, and the intense settlement of karma through relationships and physical/emotional/mental illnesses, a spiritual ideology that helps us through is to remember the Supreme Being's vision on His human children: **God is always our Benefactor**. No matter what the spiritual child may be like, God loves that soul so deeply and genuinely, and perceives the child with utmost elevated vision. God can never ever think badly about any human being. The conflicts and upheavals we see around us are due to our own karmic accounts, but God doesn't give undue support to any child nor does God put down or forsake any child. **Remember one principle: I have to follow and live by my dharma (value system/dharna), no matter what someone else may be doing or influenced by**. Our waste thoughts for another soul do not end immediately, but over time with regular practice and attention, I can attain that stage 'free from negativity and comparison'. **I should not become disheartened when my good wishes don't seem to work or bring about the result that I wish. My duty is to give**

good wishes, maintain a clean and pure vision for every soul, and their transformation will happen when it is meant to be in drama (the cycle of time). That is not in my hands. **My focus should be on experiencing the golden-aged stage of living in truth and remaining free from impurity on all levels**. When we were devotee souls, we prayed to the Supreme to protect us from lust, anger, greed, attachment and ego, but it's only now after belonging to God that I have the wisdom and understanding of how to attain this, and I must implement it. **If I indulge in these weaknesses, I cannot escape the consequences of those negative thoughts, words or actions, as we are going against our original sanskars of peace, love, purity, wisdom and bliss**.

It is worth taking the time to have inner dialogues with our mind and intellect regularly, as it helps to transform our attitude, feelings and *sanskars*. This further leads to happiness and the pride of neither disliking anyone nor allowing problems with any soul to last for long. Like Brahma Baba, I do not wish to dwell on another's faults or defects, but only spread the vibration that so-and-so avoids repetition of mistakes in the future. **Let's stay in the highest company of the Supreme Being all the time, and maintain pure vision and attitude to create a powerful atmosphere in all directions**.

– B.K. Nirwair

DEALING WITH IMPATIENCE

Patience with self, people, and situations bring peace, compassion, and acceptance. It also gives us the power to handle life in the middle of challenges.



Between managing home, office, children's classes, shopping, friendships, and other tasks, do you wish for time to tick as per your schedule? How do you feel whenever you need to wait for anything? Living in a world that expects instant gratification, our patience seems to be fading out. Impatience is more about our lack of self-control, than a lack of time. We want what we want, and we want it immediately. **Racing to and fro from one task to another, and one thought to another – we are only adding to stress, aggression, and pain.** Running towards my goal is not worth leaving patience behind. Let's learn to wait, trusting that everything is accurate, and precisely happening when it is meant to. Patience with self, people, and situations bring peace, compassion, and acceptance. It also gives us the power to handle life in the middle of challenges when we don't deplete energy creating impatience, in other scenes. Practicing patience makes us confident and likable. It is also a sign of royalty and dignity to wait rather than impulsively react. Remind yourself, that I am patient in every scene today. I don't hurry myself or others. I handle delays with an energy of ease.

Among the very valuable qualities you

nurture, is patience one of them? How easy do you find it to remain patient with people and situations daily, especially when they are not your way? We all exhibit different levels of patience but to practice it, we need to overcome the obstacles that come its way – mostly as irritation, anger, anxiety, fear, doubt, or judgment. Even comparison and competition deplete patience. We routinely say – I am busy, I have no patience to hear you...I cannot wait for this traffic to clear... I can't tolerate that music... If we don't want to listen, wait, or persist, we give up our powers to tolerate, adjust, or accept. The mind tries to control things that it cannot, and becomes restless. The body receives energy of turbulence from the mind and health suffers. Relationships become fragile. People are doing their best and situations are the way they are meant to be. This understanding creates compassion, kindness, and respect. From today, prepare yourself to use patience in every scene, no matter what the day brings. ■■

NOTHING IS AVAILABLE BEFORE TIME AND EXCESS OF FORTUNE

It is worth mentioning that everything or every incident is happening as the drama sequence one after one in a cyclical period in the 5000-year-old drama which repeats.

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

We always require basic things like food, clothes & shelter throughout life and besides that, we require some other essentials like an oven, cooking fuels, utensils, some necessary furniture, light, fan etc. Besides these, for many years we have been accustomed to TV, refrigerators, washing machines, micro-ovens, geysers, cell phones, computers, two-wheelers etc. to satisfy our household needs inside and outside. For physical comfort, we have added some other items like luxurious sofa sets, divans, cushions, room heaters, laptops, four-wheelers etc. However, our demands for new things are increasing day by day, for example, the network connection has been upgraded to 4G/5G and we have been habituated to the same. Besides ordinary trains & buses, we now prefer luxury buses, superfast trains & flights. Rich people are now accustomed to chartered flights in place of normal flights. So human requirements have gradually been updated according to the opening of new work avenues in trade, commerce and service sectors besides conventional jobs, service, employment or business. And all the requirements are being fulfilled with time of the upliftment of human status in support of scientific education and

b r o a d e r
outlook of
the coming

generations. Our country is gradually progressing in science, technology, management and different types of satellite launching programs i.e., ASLV, PSLV, GSLV etc. Due to satellite implications in agriculture, meteorology, weather forecasting etc service opportunities in different sectors including Information Technology are also increasing. Other big projects in space science like the Moon missions latest by Chandrayan-3, the Mars mission and the launching of Aditya L-1, supposed to be set in its orbit on 6th January 2024, to map the Sun more clearly. **Excellency in any corner comes through the dedication of the working people of that workstation, maybe in engineering, medical science, research, management including agriculture, and industry.** In space science, good results come after many trials and errors through continuous work and dedication by the scientists and technicians. So, whatever achievements we see today are the result of long-time effort and search on the way of many twists and turns and not a matter of a day.

In human society, we live as male, female



or transgender of different age groups at a time from 1 year or below to 100 years or above. Whatever we observe and experience during this period at varying ages differ from one another not only based on the present life but also from the experiences in past lives. The world is always with little bit of gradual changes day by day and year after year during the time frame of births & deaths of people and always including the surviving population who witness everything at their respective times. Whatever progression we find in a country using proper planning and the work culture of its people varies from state to state within a country and also from country to country based on the thought pattern and belief system of the average population of that place. Considering the progression in respect of finance and economy, life quality and status, family and relationship, education and culture, science and technology etc., the countries of the world are categorized into developed, developing and underdeveloped countries, but the scenario may change i.e., the developing country may enter into the category of developed one or the underdeveloped may get entry into the developing one according to the measurement of different development parameters. Therefore, we can say that the condition of a country at any particular period may be better due to the dedicated work contribution of its people and hence they are accommodating themselves with better living at that time, not available earlier. The opportunities, advantages and benefits available to the people of a country always vary from the other and thus living standards may accordingly be measured, but that doesn't mean that the rich are always happy

and the poor are unhappy because we know that happiness is a state of mind and never depends on wealth or materialistic pleasure. One thing is clear from the above discussion that whatever may be the achievement of the people of a country is due to their conscious effort being triggered by responsibility and dedication to the nation, love and respect for their fellow citizens, patriotic feelings etc. When the majority of people are dedicated to the country in all possible means of life-leading measures, they can see, feel and experience somewhat better than the other people, not so dedicated to their country. This may be supposed to be their fate according to their karma within the limit of time and things.

After taking birth in a family in any place of a state or country, an infant passes automatically through different phases in life i.e., childhood, adolescence, adult, elderly and old either in male or female costume. The family may belong to any particular religion, caste or creed and during the nurturing process of the baby when he/she always remains with the mother or other family members, the baby starts learning things from them. When schooling starts, the baby finds some other things so far not available within the family surroundings and thus he/she gradually becomes familiar with other friends, teachers and outer surroundings. As the days go, classes are left behind one after one and he or she grows with different chemistry in physique and with different mindsets. While, at the end of adolescence, they reach the stage of entering into medical, engineering, law or other colleges, they gradually become independent entities about their thoughts, feelings, emotions and actions, so far not so prominent. Besides

schooling education, many students acquire many other co-curricular or extra-curricular activities like sports, music, speech, writing etc. In the same society, contradictory things also may happen in the line of education or other activities i.e., while some students get minimum or almost no facilities, others get maximum benefits owing to their family status, financial condition and at the same also to grip the possible opportunities in hand at right times by them. The number of drop-outs from boys and girls coming from poor families may have some genuine causes, but the drop-outs even from well-to-do families are definitely due to disliking and thus diversion from studies. They are not also attracted towards any fruitful activities in life; while some other students, whose upbringing has been in extreme poverty, are observed progressing very fast in every aspect even from the most ordinary school. All these facts and figures are to be taken into account to know the drama-destined roles as per the Law of Karma.

It is worth mentioning that everything or every incident is happening as the drama sequence one after one in a cyclical period in the 5000-year-old drama which repeats. Thus, we can say that the eternal world drama is predestined and all that happens is very difficult to understand for any actor, playing a part in this live drama. This is the wonderful knowledge which God is giving us now through His Versions to make the human souls conscious about the soul and the Supreme Soul. **Being confused in the predestined drama, the question may automatically come to mind that when everything is predestined, then why**

should we work or give effort for anything in life? In answer, it is to be mentioned that though everything is drama-destined, still we all have to give effort for any work or activity because we cannot say that it is drama before it happens. Practically, the past incident, even before a second, may be designated as drama and not the present or future. All the events of an individual soul, whatever may be the number of births, are fixed in space-time which will unwind only with that specific time and the same thing happens in the case of all other souls. Thus, the space-time moments pass one after one according to the rotation of the earth in a day and its revolution throughout the year. Different things happen in the next year because of another spatial drawing in that orbit remaining at a distance of 0.072° right-angled deflection. Therefore, the space-time record in a particular moment differs from the other in the case of a soul and the same varies from soul to soul in every moment. Thus, the happenings in a particular space-time moment always vary from one another which is to be justified according to the sub-conscious storage within that particular soul. As same thing happens in every *Kalpa* and the entire record of an individual actor remains within subconscious storage, the acting of an actor also repeats in his/her time frame of living span and the impressions coincide with the Akashic records of the 5th dimension. Thus, all the incidents covered in the lifetime of an individual soul are the sum of some events knitted with energy waves of different frequencies and every incident emerges in its time to give the accurate result. ■■

TEN NEW BELIEFS FOR POSITIVE LIVING

Based on incorrect beliefs, souls today perform actions filled with lust, anger, greed, attachment and ego and many other negative emotions, with the aim of fulfilling their desire of experiencing peace, love, joy and power.

A very important characteristic that differentiates the Supreme Soul or God from human souls is that the Supreme Soul is the only soul that exists in this World Drama who is completely free from desires and remains that way eternally. Whatever actions any soul performs, these are performed to fulfill the desire of experiencing peace, love, joy and power. These are the original *sanskars* of each soul before it begins its journey of birth and rebirth, when it stays in the soul world and when it has just begun its journey of birth and rebirth on the world stage. Based on incorrect beliefs, souls today perform actions filled with lust, anger, greed, attachment and ego and many other negative emotions, with the aim of fulfilling their desire of experiencing peace, love, joy and power. But they do not realize how these actions take the soul away from these experiences and not close to them.

God or the Supreme Soul is completely free from desires because He is an Ocean of peace, love, joy and power. God possesses the wisdom and power to fulfill these different desires of the soul. Being the Supreme Teacher, He guides and teaches us what are the right actions that can help us fulfill our desires of peace, love, joy and power and which actions, take us away from them. Also, God is the only one who can teach us how to connect with Him so that these desires are fulfilled, because He is the Ocean of all these qualities that exist inside us in our original state and connecting with Him fills us with these

qualities. The connection with God through the medium of spiritual wisdom, which He shares and the practice of meditation, which He teaches, along with performing the right actions based on correct beliefs or the truth, help us in fulfilling our desires of many births of permanent peace, love, joy and power.



We hold many incorrect beliefs as to how we can experience peace, love, joy and power and many of our actions are based on these beliefs. God or the Supreme Teacher changes our belief-system and not only makes us aware of these incorrect beliefs but shares with us correct spiritual beliefs or the truth so that we start performing actions based on them and begin experiencing permanent peace, love, joy and power. We have mentioned 10 examples of such incorrect beliefs, which we have, and the truth about them: -

Belief 1 – Anger is necessary for success in relationships and is important for getting work done and gaining respect. It provides a mental surge of energy and makes us powerful.

Truth – Relationships become beautiful when

the energies of peace, love and goodness are exchanged between two human beings. People respect us more and enjoy working with us more, when we influence them with our peaceful and loveful nature, instead of controlling them with our anger. Anger gives a temporary negative thrill of energy and an adrenaline rush, but it harms our health and depletes the soul of spiritual treasures like wisdom and contentment.

Belief 2 – Worry and fear prepares us for negative situations. Worrying for someone close to us is a sign of our love for them.

Truth – Worry and fear in any negative situation that is already there magnifies the problem more and keeps solutions away from us. Worry and fear of any negative situation that may happen in the future is a negative visualization in advance, which instead of preparing the soul for the worst possible outcome, drains the soul of spiritual strength and sends negative energy to the Universe, which can harm instead of help the situation. Being concerned and not worried for our loved ones is a sign of our love for them, which provides them the necessary support that they require from us, because we are filled with positivity and power at that time. When we are worried, we lose our positivity and power.

Belief 3 – Ego is power; a person with no ego is generally shy or weak.

Truth – Ego is a false pride, which takes the soul away from its true self esteem, which weakens the soul as it identifies with its physical self, roles and relationships, which is all temporary and changeable. A humble person, with good self-respect, loves and respects the self and others on a spiritual level and receives blessings from God and everyone else, which makes such a person strong internally and he or she is seen in a positive light by everyone. Such a

person radiates positivity wherever he or she goes, making them confident and not shy.

Belief 4 – Lust and attachment increase love in a relationship.

Truth – Lust and attachment are desires of the soul to possess another human being, which drains the soul of spiritual power. Love increases in a relationship when we give freely to the other soul and connect to the other soul and its qualities, instead of their physical form and physical personality.

Belief 5 – Greed attracts physical prosperity and brings happiness.

Truth – Greed is a negative desire, which also brings with it dishonesty and untruthfulness in actions and harms relationships. A soul with greed will also lose its conscience as it sacrifices its inner goodness to achieve more financially or at any other level either in the family, workplace or any other sphere of life. Spiritual wisdom says, the more internally fulfilled the soul is of spiritual attainments, the more such a soul attracts physical prosperity and long-lasting happiness.

Belief 6 – Life is full of ups and downs. So, it's okay to feel happy when everything is going fine in our life and it's okay to feel unhappy and get stressed when there are negative situations in our life.

Truth – Situations are different in our life every day. Everyday there is something or the other which is not perfect. So, we go through cycles of stability and instability because of that. We even sometimes think that all situations in our lives are God given and God is only giving us happiness and sorrow. But the Law of Karma says that we create the realities in our lives based on our actions in the present and the actions of our previous many births, which we have taken. God has no role in this and He is not creating each

and every human being's different life situation. God only gives wisdom and is there to teach us which actions are good actions and which are bad ones. The more we use this wisdom in our lives and follow it correctly, the happier we are internally always. Even if there are a few negative situations, we do not get stressed and transform those situations into positive ones with our inner positivity and always remain happy while doing that.

Belief 7 – Gossiping about others increases social bonding and gives us an experience of joy.

Truth – Gossiping is focussed on other peoples' weaknesses and their actions. It is said where attention goes, energy flows. The more we focus our attention and energy on others, the more our inner, positive energy reduces and our inner creativity and skills are influenced negatively. Talking about others behind their backs, sends them negative energy, harming the positivity and goodness of relationships and taking us away from the experience of joy.

Belief 8 – Jealousy inspires us to do better and achieve more.

Truth – We are all beautiful souls with our unique qualities and specialties. If we want to move ahead in life, we need to realize our qualities and specialties deeply and then use them in every sphere of life to move ahead. The more we use them, the more they will increase and not only benefit everyone around us but also help us in experiencing success at every step. If we are jealous and focus on others specialties and success, we will never move ahead, but on the other hand we will experience an inner emptiness on a spiritual level.

Belief 9 – Having many physical attainments, possessions and wealth and

having a good physical personality, looks and beautiful relationships gives permanent happiness.

Truth – The desire to accumulate physical attainments, possessions and wealth is very common in today's world. There is lesser focus on the inner self, which gives permanent happiness and long-lasting fulfillment. We like owning nice cars, modern mobile phones, big homes, beautiful furniture and other material objects. We even love shopping and buying many sets of beautiful and lavish clothes and expensive watches and shoes. We also over indulge in eating, partying, watching movies and social media. But, in doing all this we forgot that all these things give enjoyment of the 5 sense organs – eyes, ears, nose, tongue and hands and they do not give permanent enjoyment to the soul. This is because sometimes some of these things can leave us in a second and when we are not able to have them for any reason, we can feel pain and get depressed. Inner happiness received by listening to spiritual wisdom and making the soul richer and more beautiful in *sanskars* will give us permanent happiness and happiness which is not based on material richness or anything connected to the senses. Also, everyone today is running after making their bodies and outer personality more and more beautiful and attractive. While it is not wrong to look good and pleasing to everyone and we should take care of that, but when we become obsessed with it, we can lose our link with our spiritual consciousness and spiritual beauty and stop beautifying ourselves with simplicity and purity, which will make us look good physically also. Also, beautiful relationships with others is one of the most important aspects of human living and is a

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BEING VALUABLE – *SMILE* *AND LET OTHERS SMILE*

In introversion, one experiences super-sensuous joy. The mind becomes cool and the sense organs are in control and peaceful.

To remain peaceful, we need to practise three things: being aware of the drama, being in the stage of the embodiment of peace and churning knowledge. It is time to stay introverted. One's face shows whether one is extroverted or introverted. By being introverted and staying in Shiv Baba's remembrance, one will remain happy constantly. However, when we become extroverted, we fluctuate between sorrow and pain, and between anxiety and tension. So, we need to check our state of consciousness.

It then won't matter where one lives or whom one stays with; one is sure to be happy. Such a soul will constantly give happiness to others. This is what life is for--to remain happy and to give happiness.

Let us realise our state of mind when we become extroverted and when we are introverted. There is a huge difference between the two. In introversion, one experiences super-sensuous joy. The mind becomes cool and the sense organs are in control and peaceful. Under any influence of vices, one cannot experience super-sensuous joy.

For us BKs, there is only Baba, *Murli* and Madhuban. Everyone has his/her part in this wonderful divine family. Seeing these four, we can experience super-sensuous joy. Baba is teaching us the art of remaining as detached observers and of seeing everyone's part. The happiness that we receive now whilst sitting



Rajyogini Dadi Janki

amid this divine family, is unique.

While witnessing the changing scenes of the drama, we need to remain happy at the turn of every scene. We should never think that other people cannot change. Everyone has his/her part and specialities. Let my forgiveness and mercy be a source of learning for others. If one says that someone will never change, it also means that one is not changing. To think negatively of others is my sinful action, so let me see myself. One must look at BapDada (Incorporeal God Shiva and Angelic Brahma Baba) and learn from them.

There should not be any soul left in the world who does not receive Shiva Baba's message. A spiritual effort-maker should never see what others are or are not doing. But one must see what one can do towards this task. Baba has given us so many personal tasks and tasks for World Service to do. So, one must check and see what one is doing.

Baba is still with us... We are all sitting in Baba's homes. He sees us. We must also learn to give the return for the goodness done to us by the Supreme Soul. Let us now have a special gathering of those who smile! Where shall we hold this gathering and how shall we initiate this act of cooperating with the Supreme Father? Those who smile and make others smile are very valuable in this world... ■ ■

TIME MANAGEMENT AND SPIRITUALITY

Managing time and life is important in achieving the goals of life so that everyone remains happy and contented with you and your activities.

Dr. Shiba Prasad, Ahmedabad



Whether it is professional, personal or spiritual life, managing time is the first and most important. People have started realizing the importance of this invaluable but scarce resource as every moment of life

is important and meaningful.

Time as an invaluable resource: There are several alternatives, to utilize this invaluable resource. Time management may differ as per the age, responsibility, profession, and situation. Normally we see in the professional world basically in banks, IT (Information Technology), logistics and supply chain and healthcare, each second is crucial in terms of money, trust of customers and quality of work. With proper management of time, many things can be done simultaneously and smoothly. It needs optimization of time and resources. If something can be done in 10 minutes, why should one spend unnecessarily 2 hours? If something can be purchased at Rs.10/ why should one pay Rs 200? If we can do maximum work in less time, then we will be benefited in terms of growth and progress both financially and non-financially. It needs planning, focus and self-empowerment. Because of negligence and procrastination, we



keep on wasting this valuable resource as pebbles and mud, while each second is much more valuable than diamonds. Our weak thoughts keep on searching the avenues to escape from our responsibilities and duties through different reasons and excuses. We keep on shifting target, times and dates.

Reduce error and mistakes to save time: To make proper use of time everyone should also develop a skillset, knowledge, analytical power, and expertise to make fast, quick and accurate decisions, which need a lot of precision and practice. In most cases, it is found even if the person is serious about saving time and doing things accurately, in the absence of the necessary skillset, knowledge, and expertise one cannot utilize time properly. The person keeps on committing the same errors, mistakes, and faults to damage the work repeatedly and wasting invaluable time and resources in repairing and correcting the outcomes. And the schedule of the important persons of this world used to be meticulously designed so that, they could do several tasks, activities, and projects to accomplish the targets and goals in a given time. Doing the right task at the right time ensures success, good quality product and service

Spirituality and time management:

Along with seriousness managing time needs sensibility and spirituality. People recklessly spoil these invaluable resources through laziness, negligence, indulgence, and addiction. Many wastes such resources through negative and waste thoughts. Spirituality reduces the worldly desires of accumulation and material pleasures. A spiritual person consistently endeavours to make life meaningful and purposeful. Spirituality makes one disciplined, punctual, and virtuous. Spirituality inspires one to remain committed to self-improvisation and Godly services. Keeping self-engaged in *Tapasya* (intense effort) and development of wisdom helps one utilise time wisely.

Shiva Baba through the corporeal body of Prajapita Brahma says everyone is unique, special and very important soul. Everyone should realize the importance of their own life and time. **A person who utilizes time with the utmost care, calculation and seriousness also becomes a famous personality in this world.** It is not that only big businessmen, politicians, writers, actors, or players should be serious about time. The person must have done a lot of background planning, learning, practices, and execution before one becomes a renowned person. Managing and maintaining that superiority, popularity and fan-following among the masses needs even more hard work, synergy and synchronisation of time.

Managing time for different activities:

Some of the tasks are routine tasks that one has to do in one's day-to-day activities such as rest, sleep, relaxation, breakfast, lunch, dinner and other physiological needs. More than that

there are other official duties and responsibilities for the office, duties, workplace, family members, social services and obligations. More than that one should spend time on spiritual development, physical and psychological development. Activities like yoga, meditation, physical exercises, education and training help in the holistic development of the self. Beyond self-fulfilment, one should devote time to spiritual and social services for mankind. **The importance of time management increases during the preparation and participation in exams and competitions.** Every fraction of a second used to be invaluable during the 100-meter race or the entrance exams like CAT, GMAT or GRE. Many a time people lose the race or competition just because of mismanagement and inefficiency of completing things faster and better. It needs practice, thorough scrutiny and self-audit.

Many a time we waste time in over-thinking, blaming others, hopelessness, demotivation and frustration. We should remain motivated, enthusiastic, passionate and inspired in making the best use of time.

Time management with age and experience:

A person gets the following advantages with experience, age and maturity:

- ◆ Because of the learning curve one can do things faster and better
- ◆ Improve work coordination and completion which saves a lot of time
- ◆ Reduce the mistakes, unnecessary repetition of the task, waste and unnecessary activities, time and motion study help in such process.

Contd. on page ... 34

SEE THE SOUL NOT THE ROLE

B.K. Andrew Grant, UK

The seed of racism is body consciousness
The soul thinks it's the body and it can only get worse
It's the soul that sees others through the eyes
Some it will love and some it will despise
Your family and friends change every birth
Outsiders, some you value but some have no worth

They and we created hatred
The soul, conscious of only costumes is the
earth's dread
Bad vibrations, biased to the core
The earth feels the strain, till it says "no more"
The sun shines on every living creature
No preferential treatment will always greet you
So someone treated us differently
It's not the way we wanted and we didn't agree

We are just actors biased towards our surname
Your best friends will one day defame your name
To act the same is such a shame
The vision of brotherhood should be our aim

It neutralises everything that others do
My downfall would be defamation of you
For you're playing your part the best way you
know how
Our past actions mould us and influence the
"now"

Creatures of habits we will always be
Seeing others as souls will become the best
habit to set us free
Where the mind goes energy flows
To have preferences delivered hates blows
And the only losers were ourselves
Worrying doesn't heal anyone's health
Give me a detached person to look after me
When my body no longer works cooperatively
For other's emotions, I definitely won't need
In a world of worriers all we breed
Only with unbiased love will all the wars stop
We tried to speak of love but still, the world went pop.



THE STORY OF FOUR RAMA

B.K. Sarika, Nalasopara, MH

Epic Ramayana is a secret message in an
Indian History

It is every mind's inner state, depicting the Life
Mystery

Saint Kabir conveys in his Famous Couplets
Story of Four Rama's by Poetic Bullets

First in the order is the Soul Rama
Entangled in the Cycle of World Drama
An individual is charged by Soul Energy
The duo of Body & Soul is a Living Synergy

Second is worshipped as Lord Rama
Was a Great Upholder of Dharma

Third Rama is the Creator of Brahma
One of the Trinity, an Epitome of Knowledge
and Karma

Fourth Rama is the Foremost, The Supreme
God

He is an Eternal, Incorporeal and Lord of the
Lords

He is an Absolute Reality beyond any Form
Has descended in this world to Transform and
Reform

Significance of Four Rama's reveals the Truth
One who understands makes Life easy and
Smooth



WHAT YOU BELIEVE IS WHAT YOU ACHIEVE

believe
you Can

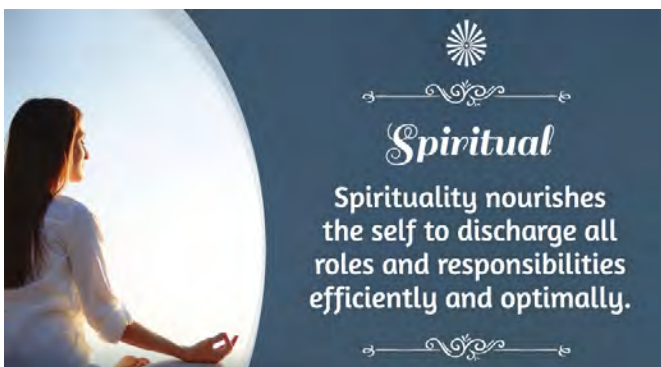


Have you evaluated beliefs about yourself, other people or about the world, before owning them? Or do you just accept the beliefs instilled in your mind by your family, education, society, or your past experiences?

Do you wonder where the set of beliefs gathered along life's journey have come from? Whatever you believe about happiness, love, respect, anger, or stress is mostly trusted on you based on your social conditioning. Have you paused to evaluate them, accept what is right, and discard any limiting beliefs? Every situation is perceived through our belief system. Quite literally our lifestyle relies on it – the quality of our thoughts, feelings, attitude, habits, personality, and finally our destiny. This means **what we believe has a dominating influence on our destiny**. We cannot afford to hold a single wrong belief. **Society spread limiting beliefs like Anger is necessary, Happiness is in achievements, Stress is natural, People and situations decide how I feel, and so on**. Believing Anger is necessary, we used anger repeatedly. So even if we wanted to be peaceful, it was temporary. **Experiment with a new belief: Anger is damaging, and love is the way to get work done**. This will make love and happiness natural. Let us replace layers of incorrect beliefs with empowering ones. Remind yourself: I evaluate every belief and

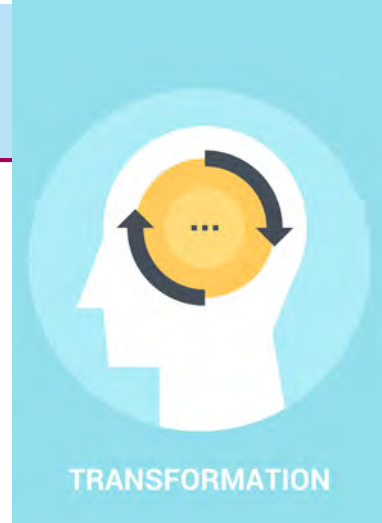
adopt what is beneficial. All my beliefs keep me happy, healthy, and in harmony with my world.

Have you paused to check how many beliefs you have adopted and lived with, since childhood? Have you evaluated beliefs about yourself, other people or about the world, before owning them? Or do you just accept the beliefs instilled in your mind by your family, education, society, or your past experiences? Our beliefs are the absolute truths for us. A belief System is comparable to a computer's Operating System. It drives our life – our thoughts, words, and behaviour. **Holding a single wrong belief can be very damaging**. Let us consciously check and change limiting and incorrect beliefs that are holding us from living a beautiful life. Sit back and prepare your mind to check and clear beliefs that are obstacles to your growth, well-being, and success. ■■



GOLDEN-AGED *SANSKARS* THROUGH GODLY *SANSKARS*

B. K. Mahima, Gwalior



Sanskars define us, I am a soul but, what kind of qualities do I as a soul have? Is it the quality of being patient and tolerant or is it always smiling no matter what, is it being nice and humble or is it putting others ahead of you?

God's predominant *sanskaras* are that of love, knowledge, purity, peace, compassion, and giving. How is God the Ocean of Love? He always gives love and acceptance. **In this world of dejection and rejection, God is the only personality who accepts you as you are with your weakness.** But I must know what exactly are my weaknesses. Is it just these things like drinking alcohol or stealing or telling lies? Does it mean that if I do not indulge in all this, I have no weaknesses?

GOD, the Supreme Doctor says that if I am not "CONSTANTLY" happy, then that's the thermometer i.e. my level of happiness determines the level of my weakness. If I am constantly dependent on getting happiness then this is not a good *sanskar*, though, of course, it has become a common *sanskar* in Kaliyuga and is everywhere. But, unless I have the right knowledge that I can have "independent happiness" I will not even realize that this is something not good to depend on for being happy, it's like leading the life of a drug addict. If I don't have the wisdom or Light of knowledge, I will of course think that this is how life is supposed to be because all of us, all people around me, my family, friends, society, and the world are doing the

same—seeking and doing things for happiness, wanting happiness. Versus, The Golden – Aged world's *sanskar* is being ever-happy, no matter what it is on the outside, but the remote to control the temperature of my mind is in my hand, I can press the button and be constantly or most of the time at least in this happy state of mind. Or at least have the power to bounce back, if I feel unhappy.

Through Godly *sanskars*, we will create Golden *Sanskars*. Today, we have Iron *Sanskars*. Iron as a metal is so cheap that we use it in big cars also and then we pay lacs for iron-made cars or machines, though it is a cheap metal. Gold as a metal is pure, costly and is not found everywhere and with everyone. So, iron *sanskars* are *sanskars* that create negative karmic accounts and we receive sorrow. In Today's world, everyone is sorrowful more or less. Feeling sorrowful for the self or others is just one sign of having iron *sanskars* in the soul. Like the sign of a golden-aged *sanskar* is, that I will be happy naturally without any effort, the sign that I am using my iron-aged *sanskars* is sorrow. Both these *sanskars* of Iron and Golden are stored in the immortal soul.

Godly *Sanskars* – Golden-Aged *Sanskars*-Iron – Aged *Sanskars*: What's left between the Golden state of mind and to Iron state of mind?

Silver aged *Sanskars* and Copper aged *Sanskars*. It is like Good, very good, best and then bad, very bad and worst. Golden-aged *Sanskars* are best, then in the middle is very good to good i.e. in the Silver and Copper ages we started moving from best to very good then good; then we become bad by the time we reached the bottom of the copper age; and now it is the time in the world where the state of being is worst. The proof of the worst is an upsurge in wars, divorces, addictions, rape, political upheaval, corruption, suicides, illnesses, hospitals, jails, and courts which was there 50 years back also, but the intensity was not high, number of negative situations that we had to face was not many. So, imagine how the world might have been 100 years back, 500 years back or 1000 -2000 years back. **The more we go back in time, the more the world is beautiful**, and the more we keep going forward in time, it will keep on becoming worse and then finally the wheel will turn around and the world of divinity will come.

There will be a time on this planet when all the iron-aged *sanskaras* will finish totally and our Golden aged *sanskars* will emerge completely. Iron-aged *sanskaras* of lust, anger, greed, ego, attachment, jealousy, hate, envy, competition, the list is endless, one vice has a family of 100 more vices with it.

Golden *sanskars* are of compassion, respect, kindness, honesty, oneness, contentment, satisfaction, feeling happy and many more. All these *Sanskars* will emerge through Godly *Sanskars*, *Sanskars* of God will bring a new world. Only one and one Supreme Energy can transform the evil vicious world into a pure, viceless world, where every divine human being will reflect God's *sanskars* in their practical actions. That is why it is

said GOD CREATED MAN IN HIS IMAGE. God is divine, GOD is beyond the ordinary and mundane stuff. GOD is not even extra-ordinary, that's also human., GOD is GOD. And so, his creation was not *Kaliyuga* but, *Satyuga*. These vices made our world *Kaliyugi*, and now deleting these vices in the soul will make the soul *Satyugi*. *Satyugi* soul will make a *Satyugi* world. ■■

Contd. from page no.... 13

medium of give and take of love, care and support between humans. But we should not forget that we should not depend on human relationships for permanent happiness, because sometimes we might not receive from people what we expect and it can make us hopeless and weak at those times. So let us enjoy all our human relationships, but let us also establish a beautiful and close relationship with God first. This is because God is the spiritual seed of the human world tree and, the more we love God and are close to Him and are full of His love, the more we will love others and also receive love from others.

Belief 10 – Connecting with nature and enjoying its beauty gives permanent peace and bliss.

Truth – Nature in its pure beauty is pleasing and soothing to the soul. But the peace and bliss experienced from nature is not permanent because our fast lives do not allow us to be amidst nature all the time. When we connect with the inner spiritual self and God, we are filled with inner and permanent peace and bliss. It's good to enjoy the scenes of nature but we should also make the spiritual connection to enjoy every scene of life and be stable amidst difficult situations. ■■

CREATE SUCCESS INSIDE AND OUTSIDE

If we are successful outside, it is not necessary that we will be happy inside too.

If you introspect today on how successful you are, what factors would you look at – is it your achievements, possessions, and positions? ...Or do you count your inherent good qualities and virtues? We

always look for opportunities for success outside. But success is about who I, the being am, and not just about my doing. Each time we use our qualities of peace, love, and happiness, we are successful. Each time we cooperate, show kindness, or build a beautiful relationship, we are successful. Let's not label the self as a failure just because we could not achieve something.

Regret, dissatisfaction, fear, and blame are barriers to success. Moreover, the brain and the body will accept it as our reality and failures repeat. When we are successful internally, we will be able to think, speak, and behave right. Our inner energy matches our desires and creates physical success outside. Start believing and saying, I am a powerful being. I can do anything I choose to do. My success is certain.

We all have our own beliefs and definitions of the term success. Many of us pursued success because we thought it would give us happiness since we have

always searched for happiness in our achievements. So, we said I want to be a successful corporate professional, I will consider myself successful when I will have x amount in my account.... **We looked at success in terms of what we possessed - qualification, designation, relationships, physical health, social status, recognition, bank balance, property, and so on.** One aspect of our success is outside in our actions and there is one more aspect of success which is within us, in our feelings – **success in terms of our emotional stability, emotional comfort, happiness, and contentment.** If we are successful outside, it is not necessary that we will be happy inside too. But when we are happy, we will always be contented. This energy will help us to be successful outside. So today, let go of any limiting beliefs you have about your ability to do well. Your optimistic views and inner energy will attract people and circumstances that are conducive to creating success. ■■



FIVE TIPS FOR OVERCOMING MENTAL FATIGUE

We all require regular periods of silence and introversion in our fast lifestyle with busy days, where most of us, have a lot of actions to perform. So, a good question to ask oneself is that do I like a mind which is full of thoughts or do I like it with fewer thoughts and greater spaces between them.

Once upon a time, there was a group of people travelling from one country to another on foot. They had great loads to carry on their backs and it was a tiring journey. By the time, they reached their destination, they had lost a lot of energy and their enthusiasm was at its lowest. Their task was to carry stuff from one place to another. Who would not like a life with lesser physical weight to carry? In the same manner, our emotional carriers are our minds which carry the weight of our thoughts. The fewer the thoughts and the lighter they are, the more our minds will be light and always enthusiastic. **Let's look at five techniques to keep our minds light and flying in joy always:**

1. Create One Thought at A Time: – A mind which is anxious and full of fear thinks excessively and faster than what is required at that point of time. Also, such a mind sometimes creates negative and false future realities, which increase the number of thoughts, as it anticipates and then tries to solve non-existent problems that have not yet



occurred, but the mind fears that they may occur. This is what we commonly define as negative thinking. On the other hand, **positive thinking is the visualization of positive scenes for the future, with complete hope and determination.** When we do this regularly in all types of situations, our mind slows down and every thought is like a little atom which sits inside the mind and keeps us relaxed, comfortable and free from any burdens.

2. Think of Others Only When Necessary: A common habit that we all have is to think of others even when it is not necessary and important. Suppose a person in your office is not performing well and up to his necessary capacity and his work efficiency directly influences your company's performance, a common response would be to correct him and also talk about his work to the right people in the company. Once you have done that, should you think about him negatively each time you see him or should you keep talking about him negatively to each person in the company, which is called waste or unnecessary talk. There are so many such people in our lives. **If we carry heavy thoughts filled with negativity about each**

Contd. on page no. 25

CRITICISM IS HARMFUL

Do you often criticize or blame your family, friends, co-workers, or someone else? Do you pay attention on their faults and shortcomings? This article is for you if you have noticed or someone has told you that you're critical of others.

Prof. Onkar Chand Sharma, Shantivan

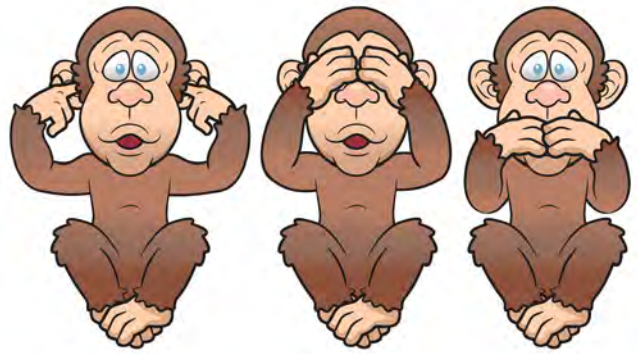


It's quite simple to focus on imperfections of other people. It's so simple to criticize other people, but so difficult to give a single honest and sincere compliment. Criticising others is a lose-lose situation that only serves

to exacerbate tensions, foster alienation, and disperse bad energy. One of the worst forms of negative thinking and talking is criticism.

It seems improbable that criticising others will make them perform better. It rather leads to hate than improvement. Nobody gains anything from criticizing. The other individual feels undervalued. It creates distance and lessens the love. Even when criticism is warranted, people never take it seriously and seldom work to better themselves. Rather, they take it personally and reject you, cut you off from their lives, or even retaliate with criticism. With criticism, you might feel a little bit better about yourself and your ego might feel a bit safer, but at what cost?

You are stifling the potential of others and



upsetting their inner peace. You are also harming relationships and your mental health. Sometimes you criticize people to help them and sometimes to hurt them. But in the process, you are harming other individuals as well as yourself. You are excluding people away from your life. You are depriving yourself and others of love. That is a huge price to pay for feeling a little better about yourself in the short term.

As long as you keep looking at the faults of others, there will be sorrow and problems for you in the world. When you see the entire world innocent, then you will feel happy. We tell God that Lord, do not mind my faults. God also tells us that I will accept what you say, but do not hold anyone's faults in your mind also. Everyone has some merits or demerits. It's just a matter of seeing what you see and describe, pros or cons? Good people always see the good in others.

When you criticize, condemn, and complain, it has a very negative effect on personal and business relationships. Criticizing anyone, or even doing it behind their back, is very destructive behaviour that spreads misery in your life. Here, I have a beautiful story that will surely motivate you not to criticize anyone.

Once upon a time a king was serving food to Brahmins in the courtyard of the palace and

the king's cook was cooking food in the open courtyard. At the same time an eagle passed over the king's palace carrying a live snake in its claws; Then, in self-defence, the snake caught in its claws took out poison from its hood to escape from the eagle. Then, when the cook was cooking food for the Brahmins, a few drops of poison emanating from the snake's mouth fell into the food.

No one came to know anything. As a result, all the Brahmins who had come to eat died after eating the poisoned food. When the king came to know about the death of all the Brahmins, he felt very sad because of the killing of Brahmins. In such a situation, it became difficult for Yamraj (the god of death) sitting above to decide as to whose account the consequences of this sin would go.

The king...who did not know whether the food had become poisonous. or

The cook... who did not know that the food had become poisonous while cooking. or

That eagle... which was doing karma of eating what is ordained. or

That snake.... which released poison in its self-defence.

This matter remained pending for a long time....

After some time, some Brahmins came to that kingdom to meet the king. A lady was sitting next to the road and they asked her: "Do you know where the king's palace is and how we can get there?" That woman told the way to the palace, but along with telling the way, she also told the Brahmins, "Look brother... just be careful, that king kills Brahmins like you by poisoning their food."

The moment she said that and criticized the

king unrightfully, that moment Yamraj decided that the consequences of the sin of the death of those dead Brahmins would go to this woman's account and she would have to suffer the consequences of that sin.

Now, a Yamdoot (assistant of Yamraj) asked - Lord why so... Whereas that woman had no role in the murder of those dead Brahmins.

Then Yamraj said - Look brother, when a person commits a sin, he gets great pleasure, but neither the king got pleasure from killing those dead Brahmins nor the cook got pleasure. Neither did that snake get pleasure... nor did that eagle get pleasure!

But that woman definitely got pleasure by narrating about that accident with a malicious intention, that is why the consequences of that unknowing sin will now go to this woman's account.

Just after this incident till today, whenever a person speaks ill of someone else's deeds, then the share of that person's sins is also credited to the account of the criticizer.

Often, we think that we have not committed any such sin in our life, yet why so much suffering has come in our life... then understand that this suffering does not come from anywhere else, but because of criticizing people. Which gets transferred to our account as soon as we criticize...

The moral of the story is that if you criticize someone and you are right about their actions, you get half of their bad deeds. But, if you criticize someone and you are not right about their actions, then you get full results of their actions. That is why it is said that whatever you say should be spoken thoughtfully. ■ ■

Contd. from page no.... 22

family member, friend and office colleague, will it not be tiring? So, apply the full stop, give up the unnecessary question marks and also exclamation marks in your thoughts. Keep your thoughts less and replace negative thoughts about others, with thoughts about their specialties, qualities and skills as well as positive characteristics, so that you do not get tired and experience mental fatigue.

3. Give Up Your Ego and Live Freely: A very big weight that some of us are carrying on our emotional heads or minds is of our subtle ego. This morning my colleague at my college or at my workplace commented negatively on my dress I was wearing. She commented and I did not see her the entire day after that, but I carry her comment in my mind and heart as if it was the biggest insult that I ever received from anyone. Where there is excessive ego, there is immense feeling of insult. Why? Because I am too attached to my positive self-image and I cannot tolerate anyone disrespecting the image even a little bit. So be sweet, humble and kind - the one who does not get negatively affected by people's comments and loves everyone in spite of that. Bow down and be humble and your excessive thoughts of feeling insulted in your everyday interactions will stop and keep your mind light.

4. Live Life as A Beautiful Journey Without Any Burdens of Situations: A very important practice for experiencing life without getting burdened is to enjoy the journey. Have you ever seen a journey without side scenes? In the same way, life's

journey will always have scenes that are sometimes negative and sometimes positive. And remember no scenes stay forever. So, while looking at each scene, be free from any anxiety and worry because as we know from our life's experience – This also shall pass. The present becomes the past and the future will be beautiful. **No negative situation lasts forever and a patient wait with a consciousness full of peace will always bring us to a point in the journey, when the scene has gone and the beautiful journey continues.** This is a law of life. Also, the more we remain detached from side scenes in our life's journey, the happier and fuller of lightness we will be.

5. Your Thoughts Create Your Life ... Be Your Own Monitor: A very important aspect of keeping your thoughts less and very positive and light and remaining free from mental fatigue, is checking your thoughts from time to time throughout the day. One is changing the direction of your thoughts to a positive one, when they are becoming negative and building up in quantity and negative strength and disturbing you. **This can be done by keeping a book or any other source of positive reading on your mobile or laptop with you.** Read it in the day from time to time. Do it 4-5 times a day and you will be able to change the direction of your thinking easily. Also, when you end the day, review your thoughts of the entire day that has passed and make corrections for the next day. The next morning, plan your tasks for the day and include regular short breaks for self-checking of your thoughts along with them. ■ ■

THE POST BOX OF YOUR MIND COLLECTS AND SENDS LETTERS IN AN INSTANT



People overlook the importance of their thinking

B.K. David, Paignton, UK

The quality of your thinking is reflected in the gift inside the box you send, and even the envelope or wrapping paper it's sent in can denote quality or just basic.

We are all busy creating our gifts wrapping them daily and posting them to ourselves and others in the spiritual post office that is our mind.

Do you often write and send letters of love and put peaceful vibrations in them or are you often writing and sending out thought letters of complaint about this or that?

The pen of thought never runs out of ink (energy) completely but its colour and messages can change within a second.

Everyone likes to get letters of praise, love, laughter or sharing positive outlooks and good wishes that come their way. All letters, good and bad, must be opened but the bad can always be put down and ignored completely and thrown away (with detachment and disinterest).

Do you send mainly happy letters (thoughts and good wishes) to souls wanting to give them great joy, laughter and happiness? Do you at times end up sending a letter that causes tears and sorrow?

First Class thinking...

The more peaceful, loving and positive your

letters are, the faster they arrive. If your letters contain no waste, they arrive within an instant, as First-Class thoughts get a First-Class unhindered delivery service.

The benefit of sending out First Class letters to all that you know is that you can get First Class rewards almost instantly.

Some have such love in them and big hearts and hands they even send out large parcels that are overflowing with love, and not to one but to many, and often!

It's one thing to send daily letters of love and good wishes to many and to smile to all that you meet, and another to be so full and giving and showed in love that the person sends parcels containing injections of happiness that promote health and well-being and spreads positive vibrations to those fortunate enough to receive such gifts.

Can you see that most people are always thinking automatically with their eyes shut?

Do you think with your eyes open (fully aware of who and what you are?). Many live and think out of old habits with the standpoint of being the body. Those that live putting their body first and not their soul, accumulate a thick dust in their storeroom (mind) where

nothing can be seen of value and becomes completely forgotten about.

Living within such a restrictive life can only lead finally to becoming blind (making unhappy). If you keep chopping at the base of a tree, one day it will topple over: those who think and live life holding the axe of falsehood and think with false consciousness, like the tree, will fall from their constant chopping.

The power of truth can make you smile very easily and often but then, the power of falsehood can cripple you just as easily.

The first starting point to happiness is to write letters to yourself of truth, talking only of the soul and denouncing to yourself that you are a body.

When receiving letters, one should throw away any letter that arrives that praises the body, in all its forms and makes plans for the body, and its senses, which now serve more as a trap, causing a person to be overwhelmed by vice and to develop bad habits.

Lastly, you should be sending out mainly letters (thoughts) to people of a spiritual nature that when they open their letter from you, makes them happy and light and gives them hope and to feel closer to God.

You must always stick the stamp of truth on each of your letters and this will be a Stamp with God's image on it.

If you place a stamp with a person's head on it, it will, in the end, cause the

receiver sorrow. Once a letter gets body conscious in presentation or content, it cannot be said to be a Godly letter full of love for the soul, its attributes and way of life that increases its power, love, light and peace.

The postman delivering letters of love is invisible as so quick and light as opposed to the postman of body consciousness who's sluggish, lazy and often has a day off with his sore back, feet or knees. He is often prone to getting letters mixed up with many turning out to be thieves taking home mail (being selfish) as they have a very poor life containing no happiness, or truth and are devoid of any spirituality with its rewards of truth and contentment delivered regularly to them landing softly on the plush carpet of their mind.

It can be the case that the postman is attacked by the owner's dog as he walks up their path or it's waiting to bite the postman the moment his hand is put through their letterbox.

Some have a warm inviting porch and even open the front door (heart) for the postman that's delivering them love and peace. ■ ■



COOL, CALM AND COMPOSED

Have you ever wondered how much inner peace you get when you switch off your mobile and the notifications stop sounding every second?

Whether consciously or unconsciously, we do have a tendency to FOMO (Fear of Missing Out). Gradually, with the smartphones of today becoming more silent (and smarter, obviously!) while assuming the role of a clock, organizer, alarm clock, computer, personal diary and assistant, a fitness instrument all rolled into one, it has almost become second nature to us.

Nowadays, it seems that the day is not far off when someone would not offer a glass of water to a guest immediately upon his or her arrival at home, but the charger for the mobile, and surprisingly, the guest will be equally thankful for it!

Whether we like it or not, Digital wellness and mobile discipline are very much required. Otherwise, it is assuming alarming proportions as an addiction. **A mobile addiction is as bad as a drug addiction, with clear-cut similar withdrawal symptoms, especially among children.** We have seminars and workshops on the same now. Why talk of children, it is there among us adults too, particularly me! Every two minutes, there is a feeling of wanting to check the mobile to see what I have missed.

Suddenly, you feel cut off, and



B.K. Ravi, Kolkata

released...into the open sky, as if the thread pulling and attaching the kite to your hand, has been severed, the moment you switch off the data.

Let me explain. I am reminded of our senior colleague, who never used the mobile phone. Duly impressed and while admiring him for it, we pestered him regarding letting us in on this peculiar habit. Finally, he regaled us with his own experiences. There was a time, he recalled when he was tenancing an appointment which required him to be abreast of the news in real-time. Being a sensitive appointment, he took the job seriously as well.

"I would scroll two mobiles in both hands with both the thumbs!", he would say, scrolling the imaginary mobile screens, in front of us.

"No moment went by where I did not watch for an update", he reminisced.

And then, by a stroke of luck, (call it his good fortune), he was assigned to a task which took him to a place without internet.

"For a couple of days, I felt like a fish taken out of water!", he continued, "as I struggled to comprehend a world without News. I felt as if the world itself would end, without me knowing about it and being a part of it!"

“Gradually, however” he continued, “I realized that the world was just doing fine without me. I was available on the landline telephone and in an emergency, could always have been contacted. I realized that the world moved on, after a couple of days. People, whom I thought, could just not survive without me, simply carried on about their normal business, just like any other day. I felt my importance drastically reduced. Everything was back to normal. It was only me, who was being hyperactive and hyper-sensitive.” he concluded.

When he did come back after that assignment, his friends met him normally, as if nothing had been missing all along.

So, our mind, complex as it is, always wants variety and excitement. While we feel, that we are 'refreshing' ourselves through

watching multiple videos and YouTube 'shorts', thinking “I will only watch a couple of them”, we are draining our energy with every switch or change of topic.

Elders have, therefore, added one more M to the existing ones. Whereas earlier we had “*Mukh ka maun*” (Silence of the mouth) to “*Mann ka Maun*” (Silence of the mind); today, we finally have to add the present one “*Mobile ka Maun*” (Silence of the Mobile).

This is why switching off the data of the mobile and the processor of your mind, for some time, is very necessary, for being cool, calm and composed. It is exactly here, that Rajyoga meditation comes in handy, by introspecting; by thinking of yourself to be a soul and detaching yourself temporarily from your worldly affairs. ■■

LAUGHTER: THE BEST MEDICINE

◆ God is not there

Teacher: Can you see God? Student: No, I can't

Teacher: Can you touch God? Student: No, I can't.

Teacher: Then, there isn't a God.

After a moment, a student raised his hand to ask a question....

Student: Can you see your brain?

Teacher: No, I can't Student: Can you touch your brain?

Teacher: No, I can't. Student: Then, you don't have a brain.

◆ A number died

Teacher: Count through 1 to 10

Student: 1, 2, 3, 4, 5, 6, 8, 9, 10 Teacher: Where is 7?

Student: Today in the morning, I heard that 7 died in a car accident.



DON'T LABEL PEOPLE, GIVE RESPECT

Let go of judging others and stop getting affected by others' judgments. It is protection for you and empowerment for others.

When you meet someone even briefly – relative, co-passenger, neighbour, client, shopkeeper, or anyone for that matter - do you make conclusions about them? Do you categorically label the person as being either calm, arrogant, not good enough, skinny, dishonest, wise, and so on? **Society today seems to insist on applying labels on everyone, especially negative ones, too quickly.** The risk is that people start living by the negative labels they receive. The energy of labels radiates to them and triggers more of that particular behaviour or habit in them. **This means, that if we repeatedly label someone as dishonest, we reinforce dishonesty in him or her.** Let's give people the privilege to be viewed as pure, perfect individuals. Otherwise, we only perceive them through the lens of labels we give. Eventually, we also attract that label into our energy field. **Everyone has admirable qualities. Focusing on them, magnifying them, and giving positive labels will uplift them and also elevate our thinking standards.**

If we look at how many times in a day, we judge other people, label them, criticize, compare, or assess what they do, the number would be too high. We casually say - he is lazy, she is arrogant, that place is boring... Sometimes we tend to do it unknowingly as though it is very natural and obvious. We even tend to justify such behaviour by saying – I only spoke the truth,

after all, he or she is like this. It might be the truth but why magnify it and show that person in poor light? Let's focus on ourselves instead. Today different sources of media are also being used to spread biased views about someone or something, influencing society to perceive them in that way. By negative judgments and labelling, we not only lower our compassion but we also deplete our inner power. If we find the need to talk about someone, let us highlight and spread the word about their virtues and values. Let go of judging others and stop getting affected by others' judgments. It is protection for you and empowerment for others. ■■

Life Changing Advice

- **Make yourself your own competitor, strive to be better than yesterday, and you'll find the true essence of life!**
- **Pick a common task and accomplish it in an uncommon way.**
- **Never let go of the child in you.**
- **Remember, nothing, absolutely nothing is impossible.**
- **Choose your company wisely. Grow with people who help you grow.**
- **Always think before you act and speak.**
- **It's never wrong to ask for help.**

PRINCIPLED POLITICS.....

Contd. from page ... 3

stability and would be a setback to collective efforts to attain set goals. Thus, these would work as obstacles and cause stagnation, disturbance, deadlock and, at times, even destruction. The individuals and groups, in such a society, may, in common parlance, be known as civilised and they may, in their daily life, show manners and etiquette but, obsessed with their narrow interests, they can go to any length and adopt any means to achieve their coveted goals even though these be to the detriment of other sections of society or humankind as a whole.

For example, a self-centred individual, who is a high government official, may get government quarters or a piece of prime land allotted to him by manipulating or using political pressure even though more than a hundred persons, equally entitled, may have been waiting ahead of him in the queue for years. A politician-in-power, keeping an eye on forthcoming elections, may announce certain special benefits and sops for a particular community, even though this may be detrimental to the national interests. Similarly, a self-centred community may demand certain advantages or benefits from some political party or powerful politician, promising, in turn, voting en bloc for that party or politician and paying no heed to the fact that these demands are unreasonable and may result in communal disharmony. Hitler and the Nazis or Mussolini and his party or others of their ilk are historical examples of what

havoc ego-centric individuals or groups can make.

Thus, the fact that a person or a community is civilised, as per the common usage of the word, is no guarantee for stability and progress if the people are not prepared to make even a little sacrifice for the common good of all, in which their well-being is also ensured. So, the *Mantra* for peace, progress and prosperity of all is to tune our mind to the wisdom, summed up in the famous Sanskrit *sloka*: “*Sarvay Bhavantu Sukhina, Sarvay Santu Niramaya* ... “(Let all be happy and prosperous, and let all be healthy...). Unless and until this forms the basis of our politics, economics and business or industrial management, conflict, confrontation, tension and turmoil will always remain.

But the question is how can we cultivate this attitude? For this, the second *mantra* is 'Vasudhaiv Kutumbakam ...' The whole world is our family and we are all sisters and brothers and children of the same Father, the Supreme Soul. **It is these two Mantras that sum up, in Sanskrit, the whole attitude of the Brahmakumaris organisation.** Without working with this ancient spiritual wisdom, neither can we have principled politics nor can we hope for value-based economics. And surely humanity can neither have peace nor constant progress as should give us real happiness. In short, without following these two precepts or *Mantras* we cannot have a value-based society leading to a blissful and safe future. ■ ■

THE MIND AND ITS CREATIONS

Scientists have learned a lot about our physical functioning, but most admit that what keeps a human being alive is a mystery not completely solved. Rising above being just a product of chemical and electrical activity in the brain, as believed by many of us, spirituality orients me and trains me to come close to my real self, my spiritual self. Before I was a stranger to my own self, unaware of what is going inside my consciousness and far away from myself. **The first step in coming close to myself is to learn to use the energy of my mind in the most effective way possible.** For this, I decided to find a place where, each day, I can sit for a few minutes without interruptions, to focus on the self and explore the inner world of the creations of the mind - my thoughts, feelings, attitudes, and emotions.

There have been a lot of conflicting views in the world about what the mind is and how it works. In the teachings of meditation by Brahma Kumaris, the mind, which gives rise to my thoughts, feelings, attitudes, and emotions, is seen as a faculty of the soul, not the body. It is rather like the difference between a television set and the movies seen on that set. The movies originate in the minds of the directors, not in the television set itself. The television set is just a medium for displaying the movies. So, it is with all these four creations



(thoughts, feelings, attitudes, and emotions). These originate in the non-physical consciousness (or the soul) and not in the physical brain. The brain is just a processor of them and the body is a medium via which all four are displayed or brought into expressions, physical gestures, words, and actions. When I realize this and understand this difference, it is very empowering. I am then able to use the power of discrimination to make choices between thoughts, feelings, attitudes, and emotions, which I create, that are useful and empowering for myself and others, and those that bring me and others down. ■■





Katni (MP): During Grand 'Sant Sammelan' Dr. Swami Shivswaroopanand Ji Maharaj, Acharya Pandit Parmanand, Mahant Vibhamuni, Mayor Preeti Sanjeev Suri, BK Manorama, BK Narayan and BK Laxmi are on the stage.



Didwana (Raj): Col Rajyavardhan Rathore, Industry & Commerce Minister is being presented a Godly gift by BK Sheetal.



Simara Bara (Nepal): Mr. Saroj Yadav, Chief Minister of Madhesh Pradesh is being presented a Godly gift by BK Ravina and BK Gunraj.



Gurugram (ORC): A programme on "Divine Culture" is being inaugurated by Mr. Sandeep Marwah, Founder-President of Asian Academy of Film and Television and Noida Film City, BK Chandrika, BK Prem, BK Poonam and BK Kunda.



Panipat: A Seminar on Stress Free Administration is being inaugurated by Dr Vikas Singh, VC of Geeta University, Mr. MK Aggarwal, Chief Engineer Thermal Power Plant, Mr. Mukesh Sharma, Sr Gen Manager, ISRL, BK Pushpa, BK Harish, BK Urmil and BK Bharat Bhushan.



Panjim (Goa): Mr. Atanasio Monserrate, Cabinet Minister and Mr. Rohit Monserrate, Mayor are felicitating BK Shobha by presenting a memento.



Gandhinagar: After a programme for BSF officers at Frontier HQ of BSF Chiloda, DIG Mr Tirkey, Col BC Satti, BK Kailash and BK Tara are in group photo.



Rampur Khari Kuan (UP): Mr. Baldev Singh Aulakh, Minister of state for agriculture is being presented Godly gift by BK Prabha, BK Laxmi and BK Rajeev.

Contd. from page no.... 16

- ◆ Focus, concentration, and meditation improve work performance and satisfaction.
- ◆ Reduce hurry, worry and hesitation in life
Let us prepare a proper schedule and plan for our life, let us have a schedule and plan for the short-term, medium-term and long-term

goals to make the best use of time. Meditate to enhance your understanding of the world and life to have clarity and acumen for designing the road map to achieve your targets and goals with optimum time. Now or never, do not waste time unnecessarily on social media, TV and the internet, make life valuable with cautious and wise use of modern technology. ■■

WORDS OF WISDOM

- ◆ The harder the battle, the more impressive the victory.
- ◆ Every success begins with the thing: I can do.
- ◆ You can waste your lives drawing lines. Or you can live your life crossing them.
- ◆ You've got to get up every morning with determination if you're going to go to bed with satisfaction.
- ◆ Everything you can imagine is real.
- ◆ If we have the attitude that it's going to be a great day it usually is.
- ◆ You can either experience the pain of discipline or the pain of regret. The choice is yours.
- ◆ Impossible is just an opinion.

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Dehradun: Mahamandaleshwar Swami Abhishek Chaitanya Giri Ji Maharaj, BK Jayanti, Mr. Jyotirmay Tripathi, BK Hansa and BK Manju are inaugurating a programme on “Positive Thinking & Healthy Life”.



Jamshedpur: BK Anju is meeting Mr. Natarajan Chandrasekaran, Chairman of Tata Sons.



Baitul (MP): Mr. Mohan Yadav, Chief Minister of MP is being presented a Godly gift by BK Manju and BK Sunita.



Kigali - Rwanda (Africa): New Retreat Centre is being Inaugurated by BK Vedanti and Minister of Gender and Family Promotion.



Lucknow: A programme on Value Education is being inaugurated by Mr Kaushal Kishore, Union Minister of State, Mr Neeraj Bora, MLA, BK Radha, BK Manju, BK Indra and BK Suman.



Ropar (Pb): A programme on Women Empowerment is being inaugurated by Ms. Preeti Yadav, Deputy Commissioner, BK Anjani, BK Karmchand, BK Aditi and Dr Ravinder Kaur.



Srinagar Garhwal: Sitting on the stage of Shrimad Bhagwad Gita Conference are BK Brijmohan, BK Usha, Jagadguru Swami Omkaranand, Acharya Devmurari Bapu, Mahamandaleshwar Swami Yatindranand Giri and Mahamandaleshwar Swami Prabodhanand Giri.



Raipur: Chief Minister of Chhattisgarh Mr. Vishnu Dev Sai and his wife Ms. Kaushalya Devi is being felicitated by BK Savita.



Mount Abu: A National Educators' Conference is being inaugurated by VC of Telangana University Prof. D Ravindra, VC of Maharishi Dayanand Saraswati University Prof. Anil Shukla, President of JBM University Prof. Gurudutt Arora, BK Mruthyunjaya and BK Sudesh.



Mumbai (Borivali): Union Minister of Commerce & Industry Mr. Piyush Goyal is addressing the gathering after the inauguration of Shri Rameshwaram Jyotirlingam Fair. BK Divya shared Godly wisdom with him.