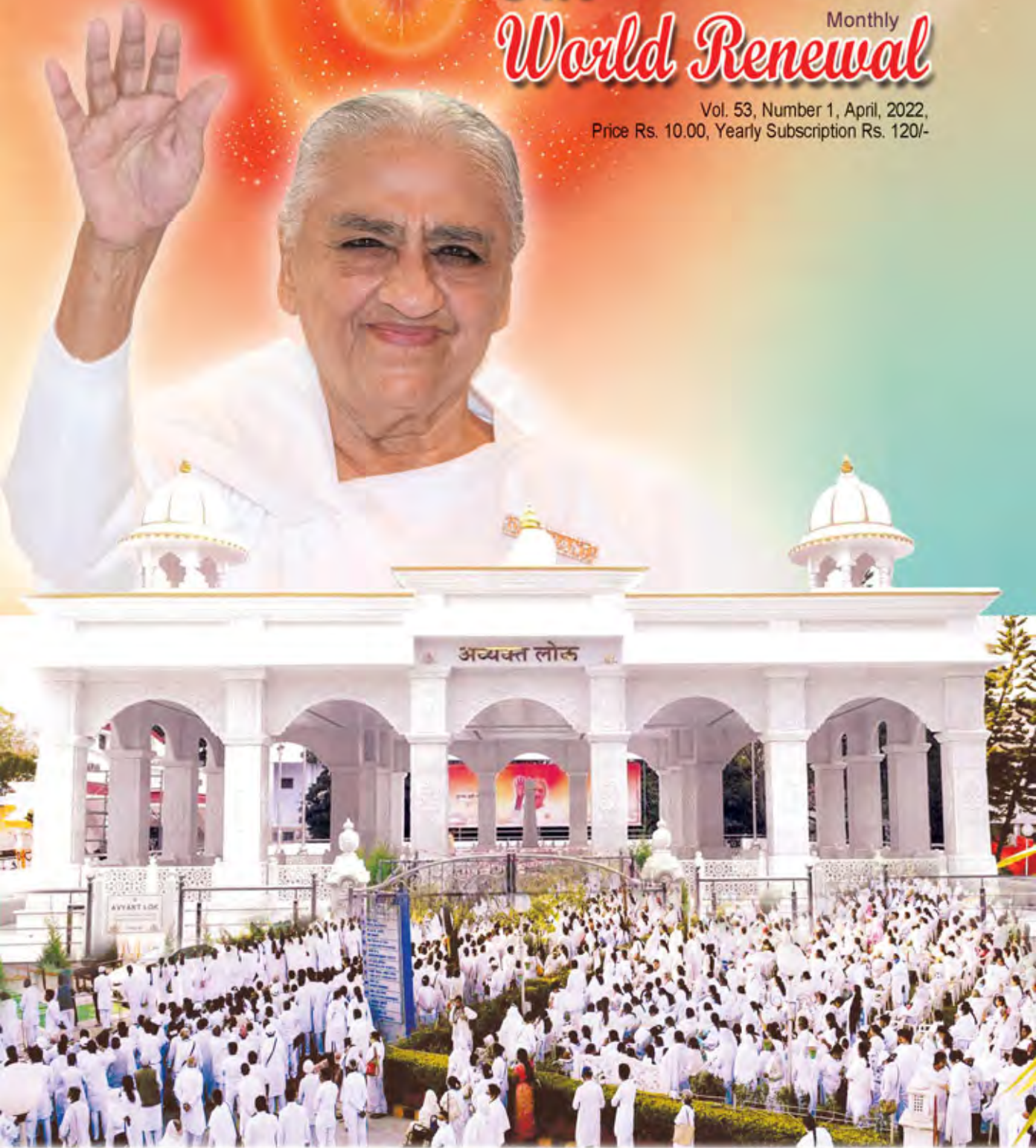


The World Renewal

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Newly Constructed 'Avyakt Lok' (Memorial of Avyakt Bapdada's Chariot Revered Dadi Hriday Mohini ji) at Shantivan



Gurugram (ORC): Mr. Ajay Bhatt, Minister of State for Defence is addressing a Programme for Security Services Officers while event is being inaugurated by Vice Admiral SN Ghormade, Vice Admiral Deepak Kapoor, Lt Gen (retd) Om Prakash, BK Ashok Gaba, BK Shukla and others.



Bilaspur: HE Anusuiya Uikey, Hon'ble Governor of CG is honouring BK Swati by presenting 'IBC24 Nari Ratna Samman 2022'.



Kohima: Prof. Jagdish Mukhi, HE Governor of Nagaland is being applied tilak during Holi celebrations by BK Rupa.



Mumbai (Ghatkopar): HE Bhagat Singh Koshyari, Hon'ble Governor of Maharashtra is being presented a huge portrait of Shri Laxmi – Shri Narayan by BK Nalini at Raj Bhavan.



Raipur (Shanti Sarovar): Inaugurating the Road Safety Motor Bike Rally are Mr. Arun Dev Gautam, Home Secretary, Dr. Girish Chandel, VC of Indira Gandhi Agricultural University, Mr. MR Mandavi, ASP (Traffic), BK Kamala & BK Suresh.



Bhopal: A National Media Conference is being inaugurated by Prof. Sanjay Dwivedi, DG of Indian Institute of Mass Communication, Dr. Rakhi Tiwari, HoD, Makhanlal Chaturvedi National University of Journalism and Communication, BK Reena, BK Sushant and others.

From the mighty pen of Sanjay



IS RELIGION SERVING ITS REAL PURPOSE TODAY?

Religion, in the beginning of the Modern Age, was equated with blind faith, fanaticism and with persecution of those who did not believe in their religious dogmas. The history of Europe, that of Asia and the Middle East have been full of instances, showing how people of one religion persecuted those who differed from them in interpretation of the same dogmas. Thus religion, because of its own narrow and jingoistic attitude, earned the title of blind faith because its followers had closed their mind to any new, more rational thought. And, while the religious people stuck to their dogmas, they had little tolerance towards those who differed from them. Despite the rapid advance in Natural and Biological Sciences, religions retained a large number of anachronistic traditions and

also rituals and superstitions and, therefore, some people considered religion as another name for a bundle of rituals and superstitions. Again, in the name of service to their own religion, many greedy tyrants marched at the head of big columns of armed forces into the neighbouring countries and not only did they convert the illiterate and defence-less masses and others into their religion through coercion, threats, persecution and torture but also indulged into heinous crimes of plunder, loot, molestation and arson and subjugated countries and nations for their individual or dynastic benefit.

All through this period of about two thousand years, religion has also been a major cause of war between sects,

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

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CONSTELLATION OF SPIRITUAL STARS



On 11th March 2022, we observed the first anniversary of Revered Dadi Hriday Mohiniji's ascension to the *avyakt* stage. The entire divine family came together in person and online to pay their heart-felt tributes, as all of us have deeply benefitted from Dadiji's role of being the precious medium for *Avyakt* Meetings for half a century. The global BK family has lovingly expressed their appreciation and gratitude by setting up a befitting Memorial, which has been named '**Avyakt Lok**', and symbolizes the purity and divinity of *Avyakt* BapDada's chariot. **Built in pure white marble, it has a symbolic *Stambh* (Pillar) in the centre, which represents Dadiji's most prominent qualities of 'Dignity, 'Dedication', 'Detachment' and 'Divinity'.**

Most BK sisters and brothers who have been visiting Shantivan spend their valuable time in meditation at *Avyakt Lok*, sitting very close to the glowing light of Shiv Baba, on the top of the *Stambh*, to recharge their inner selves. Respected Dadiji's entire life was founded on self-respect and the intoxication of how unique and special we spiritual children are in the entire world and how giving respect to others help them to develop their own stage of peace and joy. Though *Avyakt Lok* is open all the time, a majority of sisters and brothers derive immense benefit from the evening meditations.

After the inauguration of this divine place on 11th March, the present Administrative Head of the Brahma Kumaris institution: Revered Dadi Ratan Mohiniji and other

senior divine sisters and brothers gathered together in Dadi Gulzarji's Cottage, and shared experiences about the times of learning and closeness to Dadi Gulzarji. It was a very enriching get-



together for about 200 people from all over India as well as some main instruments from foreign lands. Everyone appreciated the beautiful and sweet memorial created in honour of Respected Dadi Hriday Mohiniji.

Just a few days later, we honoured Revered Dadi Jankiji's second Day of Remembrance on 27th March 2022 with great reverence and piety. After paying respects at *Shakti Stambh*, Dadiji's Memorial in Shantivan, most of the seniors assembled again in Dadi Jankiji's Cottage, to experience the powerful vibrations and share their experiences with Dadiji on different occasions.

On both memorial days, *Bhog* was offered to Respected Dadi Hriday Mohiniji and Revered Dadi Jankiji respectively, in Diamond Hall, by BK Mohini Didi. The sanctity of the atmosphere during the *Bhog* Offerings was remarkable, and the inspirations we received through the *Bhog* Messages will continue to guide and motivate us on our

spiritual journeys.

The Dadis' unparalleled acts of divine wisdom and humour as well were recalled fondly. A few Speakers shared how the Dadis served the elite, the intellectuals and seekers of spirituality in Bharat as well as many-many other countries. Their deep, divine insight and appreciative relationships with everyone: young or old, prominent or simple, continue to endear them to our hearts. Such is the powerful impact left on hundreds and thousands all over the world by the Rajyoginis of 93 years and 104 years respectively.

The Brahmin family also relished Brahma Bhojan on both occasions comprising of dishes which were favoured by the Dadis! The aim for many to visit Madhuban after a long gap of lockdown and restrictions was further enhanced with these two unforgettable events, as these added more depth to their spiritual endeavours and well-being.

THE CONFLUENCE OF SENIOR & MAIN INSTRUMENTS OF BRAHMA KUMARIS GODLY SERVICES

*in Bharat and Nepal for the Annual Service Meeting
from 5th-12th April 2022, Shantivan*

Unlike every year, we could not meet together in the month of April for last two years due to the pandemic of COVID-19. Some of our very experienced and dear divine brothers and sisters who departed

within this time frame (mostly by succumbing to the deadly Corona virus), will be missed during our week-long meeting especially. They will be remembered and praised for their sincere

dedication, deep love for the Supreme Father and the divine family and for investing their time, skills and breathe throughout their lives in serving thousands spiritually. We will continue to recollect their contributions in furthering spiritual educational services in Bharat as well as other countries. We are sure that they must be flying around in their angelic costume benefitting many souls through their vibrations of peace, love and happiness. Our salutations to each one!!

The Annual Service Meeting is designed in a way that all participants may enrich it with their age-old experiences in all aspects of Spiritual Life-Style and Godly Service.

There will be video presentations prepared by each Zone or Retreat Centre on their service activities of the last 2 years. We are sure these presentations will create a very lively and homely atmosphere.

Around 30 different themes are to be adopted by the Zones or Godly Service Wings that will help steer the planning of projects and events to be carried out this year. Many are considering plans for some special Meditation Programmes on Self Empowerment, Refinement and Rejuvenation.

Most of our respected and divine instruments have explored the depths of

spirituality and the consciousness of eternity for so many decades, and will definitely share secrets of their realisations on the basis of intense hours of Meditation in silence. Whether it's spiritual teachers or students, we are all inclined to play our roles in life with full spiritual intoxication, but the depressive and heavy atmosphere all around requires deep understanding of Godly wisdom, especially in connection with the bond between Self and the Supreme. The more we ourselves practice continuous hours of meditation practices, the quality of the self improves tangibly, and one can live with fearlessness and dignity.

It is interesting to hear about how much benefit our divine sisters and brothers brought to thousands during the periods of lock down by organizing online Seminars/Classes/Lectures, and inviting highly placed professionals and influencers to share the platform with the Brahma Kumaris. As per advice received from Avyakt BapDada, we will be focusing on finding ways to reach every individual all over the globe to share the joys of being soul-conscious and connecting with the Supreme.

Let's hope that this Meeting results in the most beautiful gifts of peace and happiness to be shared with all of humanity!

– *B. K. Nirwair*

A LIFE FULL OF POSITIVITY

**Do not leave the mind empty;
always fill it with the right thoughts**



Prof. Onkar Chand, Shantivan

It is good and very grand to conquer external nature, but grander still to conquer our internal nature. It is grand and good to know the laws that govern the stars and planets; it is infinitely grander and better to know the laws that govern the passions, the feelings, and the will, of mankind. – **Swami Vivekananda**

Our life is a beautiful journey in which useless waste thoughts fill a kind of poison inside our mind which does not allow us to enjoy this journey. **Most of our sorrows are also caused by unnecessary worries resulting from waste thoughts.** These make us empty inside, due to which many types of physical diseases arise in us after a long time. These worries first affect our mind and then it affects our body.

Human beings experience the same environment around them as they think. The basis of both our happiness and sorrow is the thoughts arising in our mind. We make our lives according to our thoughts. It is said that everything first begins in the mind. If we want to bring a happy world then we have to make our mind positive and powerful. Waste thoughts destroy the power of the soul.

Due to this our precious treasure of time and energy is wasted, which does not come back again.

What is the harm from waste thoughts?

It is very well known fact that thoughts consume our energy and affect our mind and body. If we are creating too many thoughts per minute than our mental energy will deplete with a very fast rate, and we'll feel low and dispersed throughout the day. Not only this, but other problems are also caused by over thinking such as anxiety, mood off, negativity, low energies, oversleeping, tiredness, depression.

Due to waste and useless thoughts, the battery of our soul gets discharged, our enthusiasm starts decreasing, we are cut off from the world, the mind starts feeling a strange fear, we do not even allow our people to move forward, we get surrounded by apprehension which results in failure, despair increases, we think less about ourselves and more about others due to which failure starts coming instead of success in our life.

Invaluable time of life is wasted due to useless thoughts of the mind. The worm of

worthless thoughts makes a person hollow from inside, due to which the soul becomes powerless. To become free from useless thoughts is the true *sadhana* i.e. spiritual effort.

The mind never wants to be empty. If there are no right thoughts in the mind, then useless thoughts come secretly and make the person restless. These take us back to the past and create regrets that we would have not done this or we would have done that. These also lead us to the worries of the future, where all kinds of imaginations, fears of failures, and fears of unhappiness remain. There is negativity in these thoughts. These thoughts scare us and create feelings like guilt, anxiety in us. They rule us by occupying the empty mind. There is no truth in these, but by getting lost in them, we get away from ourselves and our loved ones.

How to protect yourself from waste thoughts?

If our mind is immersed in these, then we will be full of conflict and anger all the time and will speak bitterly to others without understanding. The only way is: Do not leave the mind empty and fill it with the right thoughts. Good and bad things happen in life. Instead of making the mind sad by thinking about bad things, think about the good that has happened and keep the mind happy. If someone's wrong thing comes to your memory, then try to recall some good things from him immediately.

Once a disciple asked his master, "Many years of my *sadhna* i.e. spiritual

practice have not been successful yet; is God angry with me? What is the reason behind the failure of my *sadhana*?" To answer the disciple, his master told a knowledgeable incident. He said, "Yesterday afternoon I went to the garden. Some youths came there; they were thirsty, went to the nearby well and started drawing water. They tried to draw water with the help of bucket and rope, but saw that the bucket came empty because there was a hole in the bucket, so they remained thirsty even when they were near the well. In the same way, you also make effort to do spiritual practice. God is ready to give power, but because of the hole of waste thoughts in the mind, you are not able to feel the attainment. Therefore, first close the pores of the mind which are there in the form of useless thoughts; this is the essence of the success in *sadhna*."

The art of changing others

One who sees every situation of life in a positive way, he focuses on the good things no matter how small or seemingly insignificant they seem. It reminds me of an incident from the life of **Sant Tukaram Maharaj**. Sant Tukaram used to worship Shri Vitthal. His devotion started becoming popular among the people. Some anti-religious people did not like it. They spread false propaganda against him and thought of insulting him.

They humiliated Sant Tukaram Maharaj by shaving his head, applying turmeric paste on it, blackening his face, putting a

garland of vegetables like brinjal, tomato, potato, lemon, chilli etc. around his neck and making him ride on a donkey in the streets of the village. In the end, he was brought in front of his house and his wife was called from inside the house and shown everything. The wife felt very bad seeing this scene. She started abusing everyone.

In such a situation, Sant Tukaram Maharaj calmly explained to his wife by showing the garland of vegetables lying around his neck, "Why do you abuse them? They have brought vegetables for eight days for us. Boils were coming in my head, they have applied ointment by taking off the hair of the head and applying turmeric, now the boils will be cured. When we got married, the marriage procession did not take place; all these people have brought a procession in the street today. I had not seen my village for a long time; today they have made me to visit every house in the village. When they brought a procession in the village, it was very sunny outside. These people were not wearing anything on their feet, so there must have been blisters on their feet, but nothing happened to me because I was sitting on a donkey. So instead of abusing them, give them tea-water and also give thanks."

On hearing these words of Sant Tukaram Maharaj, the hearts of the villagers were filled with love and admiration for him. They felt that they have done injustice to such a great soul. As a result, respect and love for Sant Tukaram Maharaj was

awakened in their minds. He changed the negative environment into a positive one so he became great. **This is called the art of changing others by living a life full of positivity.**

Treat insult as rose water

If someone insulted or abused you, then understand that it is not insult or abuse, but rose water was poured on you. The one who insults in the present will worship you with roses everyday in the future. Give blessings to those who insult you and keep good-feeling, good-wishes in your mind towards them. The one, who curses someone and thinks negatively when adverse situation comes, cannot be worshipped. By making negative environment positive, qualities like tolerance, patience, concentration, introversion, calmness etc. are developed.

There is always a belief in the mind of the person who makes a negative environment positive that **there is benefit in everything. Sometimes the packing of an item may not be good but the item inside can be good. Similarly, the present situation may be opposite but its future result can be very good**, only one who understands this can become free from waste. Only the one who sees the situation in a positive way can move ahead in life by having faith in himself, on God and in others. Therefore, instead of giving up on any situation or turning away from the person, change your thoughts in a positive way, and then only we can become free from waste. ■



A TRUE RULER FIRST LEARNS TO RULE HIMSELF



B. K. Chirya, Owego, USA

A hole exists in the heart of our education system. It is where the skills and abilities of self-management should be. No one teaches us how to manage ourselves, how to govern ourselves, our thoughts, feelings, attitudes and behaviour, so we find it hard to manage relationships, roles, responsibilities and resources.

To understand how to manage the self, we must recognize the difference between what is original and true in us and what is acquired and false. We experience hope when aware of our original goodness. Without the hope and zeal to do something good in our lives, we were just moving along as the world wanted us to, and lost the original goodness deeply embedded within us. When I connect to God and hold Him in my awareness, I draw that original truth and powerful pure energy back into myself. Connecting to this pure source of Goodness, I realize the flood of critical, wasteful and negative thoughts does not belong to me; it has been acquired and robs me of my hope and energy. I naturally put a full stop to them.

“Keep your face towards the Sun, (the Light of God), and you won’t be bothered by shadows.” - Dadi Janki.

Everything, which means everything in our life, begins with our thoughts. When we learn to manage our mind we keep our

thoughts simple and use our time well. Recognise that I am alone responsible for my thoughts and feelings. Our destiny is always in our own hands. When thoughts are simple, not complicated, we live a simple life and become a sample for others. Simple means to consciously choose the quality of our thoughts – accentuate the positive, eliminate the negative and clean up the waste. Communicate first in silence through thoughts and then through words. Once we know about good mental conduct, we perform good actions rather than talk a lot and not do what we say.

Self management means to enjoy the ability to influence, encourage and empower another to change by always starting with acceptance. We all find occasion to show negative behaviour, to reject and resist another person. We like to put up a fight against anything we dislike on the evening news as we spectate the world. But we forget by resisting mentally or physically, we empower the object of our resistance.

Managing my mind means to look to myself first rather than blaming others and situations. With acceptance and love, not regret or revenge, the situation dilutes, transforms or evaporates! Acceptance with a smile does not mean everything is perfect. It means our state of mind is perfect! Success is guaranteed! ■

INDORE GIRLS HOSTEL OF THE BRAHMA KUMARIS

■ Anil Trivedi,
Senior Journalist and Writer, Indore (M.P.)

There is a very popular Hindi *Bhajan* by a renowned saint of the 15th century, Narsinh Mehta “*Vaishnav Jan to tene kahiye je.....*” (meaning – only he is the man of God, who understand the pain of others). Anyone who imbibe few line of this bhajan can make his life superior, one of the line of this soulful *Bhajan* is “*Samdrishti ne trishna tyagi par stree jene maat re*” (meaning – one who sees women equally gives up greed, respects women equal to his mother) is very close to my heart.

In the present time ironically it's very rare to see woman in India who would be regarded as a motherly image in the society. Their westernized attire, language, their gestures, and postures are all revealing completely different outlook for them, it does not evoke the motherly respect towards

them. Looking all this, there was a constant feeling that whether the lessons and preaching of the old *Bhajans* getting outdated in the present time?

All my previous prejudices sublimed when I got the privilege to visit 'Shakti Niketan' the spiritual hostel at Om Shanti Bhawan, New Palasia, Indore, Madhya Pradesh. One of my very close friend introduced me to the administrative incharge; most respected 'Didiji' clothed in mesmerizing white attire, she resembled 'Saraswati' the goddess of knowledge, appeared a true exemplar of those lines of the *Bhajan* which I mentioned above. She took me round the campus and stated that the inmates of the hostel are continuously engaged in creative activities and have all round development without the



use of mobile for their daily activities. 'No Mobile' it was surprising to hear this. In the present time a kid is also very much addicted (or we can say made addicted by their busy parents). They use mobile only when it was some emergency. I was totally surprised to know that.

Presently not only kids but even the old ones who have their feet hang in the grave are also unable to resist mobile addiction. It's the time for them to devote in religious and spiritual activities but they are entangled in the hard bonds of 'Facebook, Twitter, Instagram and Whatsapp.' I think that if we apply this rule to other children of our country, they would also enhance their creativity and their childhood would not be at stake.

I was taken aback by one more remarkable feature of the campus of Shakti Niketan and that was its ultimate cleanliness. Every nook and corner of the campus was spick and span, that too without the assistance of any service agency. I was informed that this clean ambience is maintained by the girls of the hostel themselves. The inmates share the responsibilities for cleaning and hygiene sincerely.

These girls are not only very good at various activities and art form, but also are very bright academically. Some of their creations are so astonishing that even the masters of art would be startled. Here some girls are good in performing arts, while others are very good writers, they write meaningful verses, others are melodious singers. Their blissful singing evokes spirituality within

every heart who has opportunity to hear them. The versatile creativity in these girls proves that we handover a mike, a pen, a colour pencil or any musical instrument to the child in his tender age, it's sure to give a new dimension to their life.

These empowered maidens of the hostel are in true sense spreading the message of '*Vasudhev Kutumbakam*'. These white clothed celestial bodies are full of spiritual powers and no doubt they spread positive energy in the entire universe. They would surely become the medium to bring spiritual upliftment of the whole world.

In the end I would say that, if anyone gets a chance to be in the company of such divine sisters, he is ought to have the inculcation of divinity within and would certainly attain salvation for which everyone is ardently longing for.

Presently 150 girls are studying in Shakti Niketan. These girls from grade six to graduation come from about 26 states and regions of India and Nepal. Those girls whose parents are the followers of the 'Brahmakumaris' and practice the rules of spirituality for at least one year, get admission here. The admissions open in the month of January and the girls join the hostel in the month of May-June.

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POSITIVE THOUGHTS BASED LIVING

How our thought energy does touch the other person's consciousness on a subtle level?

B.K. Manjula Baijal, Bangaluru

office or even the regular work at home if they are not working.

So life isn't all about working hard for a living but living a value based life and spreading the fragrance of values to others. Values are not to be kept within you but shared with others and distributed with a big heart. There are some people who will put up a good thought everyday. They will do it in their homes or on their computers screens or at some place in their office where everyone can read it, take inspiration from it, bring it into practice and also inspire others with it. This is called positive thoughts based living and not just normal living which most of us indulge in. Live life to the fullest and enjoy it but not at the cost of giving up values. Let every person whom you come in contact with, feel that you are different not only in terms of personality and skills but also in terms of your basic nature and the virtues or qualities you possess. Then the world will become a beautiful place to live in and we will be like one big family closely knit together in a bond of pure love and happiness.

Blessings from every person you meet will make your life more beautiful and free of difficult situations. **Living a life of giving**

Living in a world of high speed and actions in our everyday lives, we need to spend a few minutes everyday looking at how much time did we spend in the day in giving and spreading the fragrance of our specialties and loving each one whom we meet, with a big heart. Always see and check whether each action of yours is dedicated to the benefit of others and not only for benefiting the self. We all know and realize that the day to day routine includes work tasks of different types but life is also about giving and receiving from others all that's beautiful in life like peace, love and happiness. It's fine to be involved with work but even in that work there are some people who are more in touch with their inner goodness. Some will make it a point to share good things with others in the form of good words while talking to them and good gestures while interacting with them. Some people will make it a point to share with others, something good over email or on the phone before starting their daily routine at

joy to others through the simplest possible ways like a smile or a warm greeting or a gesture of appreciation is a beautiful way of gathering blessings from everyone. It is said very commonly – give blessings and take blessings. That means the more you keep good wishes for others the more full of good wishes you will be which you will receive back from others. A

“So life isn't all about working hard for a living but living a value based life and spreading the fragrance of values to others.”

good practice whenever you meet someone is to ensure that you have shared something with the other person e.g. If a person comes to you and he is lacking love, just look at him and create a pure and positive thought in your mind that may this person experience his original quality of love and may he share the same with others. Do this with a humble consciousness. This is like giving a blessing to the other. This will inspire the other person to change and imbibe the quality of love which he is lacking. You may think this won't work, but the power of a positive thought created by you is immense, which can transform the other person completely. After all our thought energy does touch the other person's consciousness on a subtle level. It's like whispering into the other's ears a message of pure love which he is lacking, listening to which is an inspiration for him to change himself. In the same way, if

someone has a habit of becoming angry very easily and you pass him on a particular day on the street, look at him and send him a good wish that may you experience lots of peace which is your original *sanskars*. These are blessings which work magically. Powerful thoughts have immense power, much more than words. The pure love that you carry in this incognito way for others is like a healing balm for others which can make people more beautiful and bring them closer to you. Try giving a good wish to every person you meet in the day for one week. This way you will see how all your relationships with people become more beautiful and how everyone around you starts becoming better individuals. It's a beautiful practice.

A very easy technique of radiating good wishes at the level of the mind is looking at others as a spiritual being of light i.e. looking at the spiritual form of others. We all know that the soul is a spiritual energy which constantly radiates energy to the world. When I look at the star like form of others which is the form of the soul at the centre of the forehead, which is the same as my spiritual form, I radiate my original qualities of peace, love, purity and joy to others. It's like empowering others with my vision. This again is to be done in complete humility and remembering that the other person is my soul brother and we are children of one Father - God and we share a common bond with Him. Also since we are children of the one Father, we have the same original *sanskaras* or qualities mentioned above.

Every day you meet so many people. Look at them as soul brothers at the centre of the forehead – the sparkling star of spiritual energy, full of pure qualities. This way they will return what you share with them through your vision. God looks at all of us with this type of vision. God has the knowledge of your physical body or role but always looks at your star like spiritual form or the soul, which is your eternal form. The physical costume which we call the human body and the role we play is temporary and keeps changing.

Lastly, never think negative for any person. The busier we become, the more negative we get at times for others because we do not have time for introspection or looking inwards. Very often, we have got into the habit of having a

negative mindset especially when we talk to our loved ones or close ones about others. We commonly say such and such person is not so nice and we mention some negative personality characteristic or weakness of the other person or a certain negative way in which he or she has behaved. So common is this. You come home from office and talk to your family members about all the negative things that took place in your office and all the negative behaviours of everyone there. And all that you talk or discuss far away from the other person on a physical level but it all travels to others on a non-physical level, which creates barriers in relationships. So think positive and think good, spread the energy of positivity to others all the time and enjoy what we call positive thought based living. ■

WORDS OF WISDOM

- ◆ **Being happy doesn't mean that everything is perfect. It means that you have decided to look beyond imperfections.**
- ◆ **There is only one way to happiness and that is to cease worrying about things which are beyond the power of our will.**
- ◆ **We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.**
- ◆ **When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us.**
- ◆ **If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.**

REMEMBRANCE OF GOD: PANACEA FOR ALL ILLS

As we keep on remembering God, we enrich the attributes and powers of God. God's remembrance creates positive, optimistic and pure thoughts.



B. K. Surendran, Bengaluru

Remembrance is a natural process. Without remembrance there is no life. When one has remembrance of himself and his surroundings he is aware of what is happening in his life and experience it. The act of remembrance keeps one happy or otherwise. When he remembers happy moments he becomes easy and light and enjoys that moment of life. At the same time, if he remembers his bad days, he becomes heavy and sorrowful. Therefore, in remembrance there is life and in forgetfulness there is no life. When a doctor examines a patient, it is important that he should remember the medicine that he should prescribe. When a lawyer puts up a case before the Judge he should be able to remember the provisions of the laws which could substantiate his arguments. Similarly, even though a student has studied well for a year it can be proved only when he remembers the answers to the questions in the examination. **Success or failure of a person is therefore definitely depends on the capacity of that person to remember.** One who can remember men and matters when he wants it, then only he would be able to effectively manage men and matters. Therefore, remembrance has

a major role in creating a better life.

Success depends on remembrance power

A strong memory power is must for a successful life. But, we should also be selective of the remembrance process. We should know that only pleasant situations, events and good people are to be remembered. We should remember to do good things in life, to spread peaceful, loveful and happiness prone mental vibrations to the world. We should give attention not to remember unpleasant situations and events of the past to avoid waste thoughts. We should remember to forgive all those who have created obstacles in our life, who have pulled our legs, who had made life very worrisome for us in the past. The moment we remember a person, our thought vibrations will reach him instantly. Remembrance creates thought vibrations based on the intention and mental attitude we have at that point of time. Therefore, forgiving all those who had opposed and tried to destroy us will release ourselves from further botheration of such people and we get rid of their remembrance which if not controlled will

create disturbance in our mind. It is therefore imperative for us to forgive, forget and learn from such situations. Whenever we remember such people, we should make it a point to remember the lessons we learnt from such situations which will further help us to tread the path of life successfully. Therefore, remembrance is an unavoidable act of life. **If we constantly exercise the power of remembrance our decision making capacity and memory power will improve, our physical and mental health conditions will also become satisfactory, create better inter human relationship on a constant basis, and increase our happiness level also.**

When we have the remembrance of one person there is the taste of sourness, of other person there is the taste of bitterness, yet another person there is the taste of bland or dry and so on. It is also possible that when we remember a particular person, today, there may be little sweetness, but tomorrow it will turn out to be sour and so on. But even if it is sweet, that will not uplift us in any way in terms of physical or mental wellbeing.

God's remembrance for stability in mind

But, God's remembrance creates miracles in our life. No other remembrance has so much of magnetic force. When we start remembering Him, we experience a kind of sweet juicy taste which forces us to remember Him further and further. **His remembrance gives us super sensuous joy.** He is sweet, sweeter and the sweetest. The thirst of remembrance increases as we

keep on remembering Him constantly. The act of remembrance opens up a cornucopia of treasures. The moment we remember the Lord in soul consciousness, we are automatically connected to Him instantly and the energy of peace, happiness and bliss start flowing to us. This energy cures the mind and body and, the intellect and the *sanskars* also are divinised. More importantly the sins accumulated in the soul over a period of 2500 years will be erased thus the disease of 5 vices in the soul is cured. Consequently the physical health of the person is restored as in golden age. In the process, we also restore our ancient spiritual wisdom. It is human nature to be always remembering some person, place, things, events or situations. Therefore, God says that instead of remembering all these paraphernalia, remember Me and Me alone. Therefore, there is no extra effort also because remembrance is a natural process.

God's remembrance creates positive, optimistic and pure thoughts. Such thoughts themselves create better vibrations and the mind and intellect become purer and purer as time passes by. The state of mind becomes stable and thus stability is achieved. Our experience has shown that as we keep on remembering God, we enrich the attributes and powers of God. Since we have His full introduction, His remembrance becomes very easy and natural. Because He is Almighty, even though He abides in *Paramdham* which is immeasurably far-far away from this physical world, our

thoughts and feelings are instantly communicated to Him and our sins are purged and our original personality of deityhood is unfolded in the process. One becomes a self sovereign and that stage will qualify one to be in a state of world

sovereign. Each and every second of remembrance of the Lord becomes an occasion for positive and constructive investment. At a time 3 most invaluable wealth of breath, time and thoughts are invested.contd. on next issue

NOTE TO OUR READERS & WRITERS

'THE WORLD RENEWAL' has been transforming the lives of millions for the last 52 years by providing life changing guidance, mental-health help, useful tips for wellness and spiritual growth, solace in dark hours of life. It has now become a trusted friend of many in this complicated world. Every issue of WR carries many fascinating and thought-provoking articles. There is always extremely useful material for youths, adolescent children, parents, women and elders. Today, all our esteemed readers really enjoy reading it over and over again and it holds a special place in their hearts and bookshelves. Really each issue of WR has been a perfect mix of features that stayed with you long after you read the magazine.

To make magazine more charming we are planning to publish more on variety of subjects so that it can become the ultimate guide to all problems of your life. Our motto will be Enlightenment and Encouragement with Entertainment. **In this context WR aims to add new regular columns such as Holistic Health, Words of Wisdom, Healthy Relationships, Laughter - The Best Medicine, Extraordinary Life Experiences, Life Changing Advice, Real Life Inspiring Stories etc.**

Therefore grateful readers are requested to share their inspirational personal accounts and experiences. We will be delighted to receive short, interesting and educative articles from our esteemed writers for above mentioned columns.

Kindly email your articles to us at worldrenewal@bkivv.org.

– Editor



DIGESTING SLANDER AND TOLERATING HUMILIATION

*The whole human society is suffering now
due to billions of unsettled issues in human
mind deposited over a period of time*

B. K. Dr. Swapan Rudra, Durgapur

Human life is knitted with sorrows & happiness, pains & pleasure, defamation & praise, humility & humiliation etc. and these things are happening in our everyday life in different places and situations. No one in the present world is outside such entanglement of either negative or positive feelings in mind happening continuously through regular events and incidents. Events gone, days past, situations changed, but all the happenings stay in mind as memory from both past and present. The proverb 'Forgive & forget and you will never regret' is there, but this is not so easy to follow. We, many, try to forget the painful incidents by our level best mental efforts, but instead those happenings repeatedly haunt inside seeking revenge or punishment against the opponent. Learning process continues in everyday life and thus when we come to know that without forgiving a person or persons, forgetting is not possible, we definitely try to do the same in some extent. But still, anger persists in mind against all those incidents and actual peace of mind

never comes. We do our everyday work, talk to the people, move here & there, but those intangible soars belonging to past & present always remain inside the mind and pain continuously oozes from there. It's very easy to say, but difficult to settle karmic accounts in life. The whole human society is suffering now due to having billions of unsettled issues in human mind deposited over a period of time. Such things remain inside the minds which are not visible from outside and hence somewhat difficult to understand from the apparent look of a person, but outer aura & facial change reflect them. Now-a-days, every human is carrying a variety of entanglement in mind in the form of extra burden irrespective of age, gender & family status. All these shuttle pains, agony, anger, anxiety & depression stored in million minds spread into the outside environment and influence the nature and other living creatures all around.

Man is engaged to make himself free from different kinds of mental burdens since long time through a number of ways; but the burden is in no way becoming lighter, rather its weight

is increasing day by day. Smaller pain waves in mind are gradually becoming bigger and then the inside tsunamis burst outside as physical tsunamis. But still, we do not know why such things happen and to resolve the same, without giving any effort or penetrating the inner mind, we go to repair the outside world, other people, nature & environment. Thus we are losing ourselves everyday and in every situation in absence of our inside look for true solution. **We always judge others, argue in every subject and remain busy to blame & criticize others. We always want to get something by some means, may be positive or negative.** As the present day situation is not favourable all the time, rather hostile in many cases, people are being hurt in different occasions and thus remain morose inside. There is no trace of peace & happiness in this world, only sorrow & shock prevail everywhere as now *Ravan* is reigning all over attacking the human souls by five major vices both in males & females. *Ramrajya* has gone long ago which we could not remember and now we fail to absorb the original soul qualities of power, purity, happiness peace, love, knowledge & bliss. We may be free from the vicious nature only by personifying those qualities. So far, we didn't have got any long term measure how to give up the vicious qualities symbolising 10-headed *Ravan*, we have only adopted some temporary means which could not make us free from them permanently. But at present, in this auspicious *Sangamyuga*, we can say good-bye to all the waste & negatives from mind, intellect & *sanskars* by means of

absorbing pure & powerful energy directly from the Supreme Soul.

As the entire world is under the grip of *Maya Ravan*, not only deity qualities have gone, but it becomes difficult to retain the minimum human qualities also. So in this phase of life, we are not only fighting with the outside world, but more with our inside world. Humans wouldn't have known the truth about the soul, Supreme Soul & Drama wheel, if Shiva Baba had not descended on earth, our home planet. Still majority of people do not know about the true identity of a human soul, where from he comes & where he goes after leaving the body. God has started playing His own role since 1936 coming from His eternal Home, *Paramdham* where He lives permanently. Only He possesses the entire knowledge of the world drama that constantly moving in cyclical ways where each cycle accurately stands at 5000 years. Each & everything in human souls, their birth & death, mother earth, its nature & nurture, all have been recorded in this drama which only repeats as it is like a 3-D practical record in a *Kalpa* cycle. Even each day in a year differs from the other and generally we do not notice any change in a day or in a year, it takes some more time to notice changes. With regard to the physical changes, it differs from place to place and from person to person. One who regularly witnesses any place or person, he/she cannot observe changes, whereas someone from other place or family could notice slight change easily. The 5000-year *Kalpa* is equally divided into 4 parts consisting *Satya*, *Treta*, *Dwapar* & *Kaliyuga* with different history & geography, but normally we could not see any change within being there in physical

costume. Self is also being changed all the time, may be towards positivity or negativity, but most of the time we could not feel the same. God is now teaching us for a massive change towards full positivity & elevation with the help of power & purity which is only available now through Brahma Kumaris Godly University.

Certain remarkable changes might have been observed time to time, particularly during the transitional phases shifting from one *yuga* or epoch to the other; but this time, massive changes are going to happen that never happened before and that is the transformation of the impure *Kaliyuga* into pure *Satyuga* only through self transformation. He who is busy to see changes in others do not think about his/her own change and this is the major point of fallacy within human instinct. Brahmakumaris organisation goes everywhere to spread the Godly message with code of conduct making humans into deities. No other person, religion or saint doesn't have any knowledge about the true history, geography, science and culture of this divine planet. We, who have got the opportunity to be in this Godly knowledge, have to contribute the same in every corner without any prejudice and discrimination. ■

MAKING CONCENTRATION YOUR NATURE

We all know how valuable, concentration is. Whether it is studies, a project at office or household work, we want to quiet the mind and concentrate on what we do. But often, we give in to emotional or sensory distractions. Our mind starts wandering and thoughts become scattered. Cultivating the ability to focus our thoughts in whatever direction we want, is crucial for success.

- ❖ You know the endless rewards of concentration. But have you been at a meeting and your attention strays from the discussion to your family, to bills to be paid, or to your weekend plans? Have you experienced total concentration at times and a total lapse of concentration at other times?
- ❖ Concentration needs our mind to create an energy of stillness and power. Nurturing the mind with 15 minutes of pure, positive information in the morning and thinking right during the day improves concentration. Distractions, over-thinking or turbulent thoughts create disturbed energy.
- ❖ Before beginning a task, keep distractions away, take a minute's silence to answer any unresolved questions in the mind. Set a time line and create one high-energy thought about the activity you are about to begin. No other thought will disturb you and you create a silent, still, concentrated mind.
- ❖ Concentration needs to be a habit, a way of living. It is your mind and it obeys your instructions. You just need to master the art of instructing it. Remind yourself - I concentrate well to complete every task effortlessly and well in time. My mind is my instrument, it obeys my instructions.

ATTACHMENT AND AVERSION BARRIERS IN FINDING INNER PEACE

Until we are self ruled it is simply impossible to drag out the negativities lying underneath our soul.

B. K. Sujoy, Durgapur (W.B.)

The self, indeed, is below. It is above. It is behind. It was before. It is to the south. It is to the north. The self, indeed, is all this. Verily, he who sees this, reflects on this, and understands this.... revels in the self, Even while living in the body he becomes a self ruler. – *Upanishad*

The mentioned extract taken from Chandogya Upanishad is an enlivened example of the interconnectedness of attachment and aversion. The knowledge of self and being guided by the self highlights the clear connection between aversion and attachment. Until we are self ruled it is simply impossible to drag out the negativities lying underneath our soul.

Many scriptures have spoken about the negative effects, even dangers of attachment. **According to Buddhism, the main cause of sorrow and suffering is attachment.** Yet, we hear somewhat less of aversion- which is equally an obstacle to our development as we set out on any spiritual path.

We might say that attachment involves clinging to what we perceive as desirable; aversion is doing all it takes to avoid what we perceive as undesirable. We want the positive people or pleasure in our lives to

continue, the painful or hurtful experiences or people to end.

One scripture described it as a process of 'overestimating'. Attachment is overestimating the ability of someone or something to bring us happiness, and in aversion believing we cannot possibly be happy when some person or condition is present in our life; we overestimate the ability of those to bring us suffering.

However the title is related to aversion so let us try to unfold some untouched part of aversion, like what aversion is and how we can resolve it through meditation.

In Hindu philosophy, the feeling of aversion is called 'dvesha' and is considered one of the five 'klesha' or afflictions listed in Patanjali's yoga sutras. Aversion is that feeling we all get from time to time dislike-be it of a situation we are faced with, an emotion that arises, or a person who hurt us in the past. In essence, **aversion arises as a response to the fear of experiencing something that has brought us suffering in the past, or something that we perceive will bring us suffering in the future.**

On one hand aversion is a natural, even healthy emotion. If we were in a car accident, for example, it's normal that we would feel

some trepidation about getting behind the wheel again. On the other hand, if we were to become averse to ever riding in a car

Through the use of Rajyoga Meditation we can begin to cultivate a sense of awareness around our feelings of aversion as they arise, giving us a broader set of skillful means to address the challenges we face in our lives.

again, that would significantly limit our ability to get around. We see that there's a balance. Aversion becomes an obstacle to our spiritual and personal growth when we overly identify with the potential outcome of a situation, usually in a negative light. When we do, we become inflexible in our thoughts and actions. Aversion takes us out of our present experience in the here and now, placing us squarely within the confines of our monkey mind (small mind). In extreme cases, we may become overly judgmental in our thinking and treat others with suspicion and even hate.

The goal of Rajyoga is not to dissolve our entire afflictions, but to become aware of them, and conscious of when they arise and influence our day-to-day choices. Through the use of Rajyoga Meditation we can begin to cultivate a sense of awareness around our feelings of aversion as they arise, giving us a broader set of skillful means to address the challenges we face in our lives. When we learn to identify and acknowledge aversion, we train ourselves to become more flexible and open-minded in our thinking. This

ultimately frees us from the afflictions of judgmental mindset and the suffering that this kind of limited thinking brings with it.

In Rajyoga, the sacred text, mostly known as '*Murli*' or provides us seven tenets of action to get rid of aversion and attachment.

The first tenet is to perform our duty without laying claim to fruits of action: and non attention to the reward of work should not put us to inaction. Then, what is the use of performing actions when one cannot get any reward from them?

While the general motive to act is to get benefits, none can be sure that the actions so performed will lead to the desired results. The idea to accept that the result is not in our hands is reasonable and practical. If a student preparing for an exam is perpetually engaged in thinking anxiously whether he will pass or fail, there is every chance that he may not have any time left to prepare for his exams, and thus he is most likely to fail.

The second tenet focuses on how to perform one's duty: *Yoga karmasu kausalam* - 'Yog is skill in action', that is executing the work skillfully, perfectly, without any destruction. The work has to be performed with single-minded concentration. When horses want to run in different directions to enjoy the pleasure on the way, the chariot is bound to suffer in reaching its destination.

The third tenet is to perform action by abiding in yoga: that is by being in a state of equanimity, free of attachment or aversion, preference or prejudice, desire or anger, honour or dishonour. Only then such

actions will take the right shape.

The fourth tenet is to follow one's swadharma, work that falls to our lot from hour to hour, as assigned by Society for the larger good. *Swadharma* of a parent is to take up the responsibility of nurturing and bringing up his children well. The *swadharma* of a soldier is to fight and defend the nation at any cost, and not to run away from the battlefield.

The fifth tenet is to dedicate every action undertaken to the 'Supreme Father' and also surrender fruits of action to Him. It means that every action should be performed in a spirit of worship and detachment, and that there should be no sense of doership. All actions are to be seen as being done at 'His' behest.

The sixth tenet is that the results of all our work should be accepted as if they are gifts of the Supreme Lord. Any action performed may result in success or failure,

honour or dishonour, gain or loss. Cultivation of this attitude of acceptance will prevent us from becoming restless, upset or depressed.

The final tenet is that all work undertaken throughout one's life should lead to the purification of one's mind and heart and God realization. Otherwise, the whole life is deemed wasted, and an opportunity lost in reaching greater heights of consciousness. To achieve and maintain balance of mind may seem like a tough task but let us make a beginning anyway.

Attachment and aversion, and the emotions, thoughts and actions that follow are barriers to finding inner peace. Therefore the first step for dealing with both attachment and aversion is to become clear-eyed about one's own negativities or neurotic tendency, and only then to find ways of transcending them. Rajyoga meditation is one such way; others are expressing gratitude and blessings. ■



LAUGHTER: THE BEST MEDICINE

Teeth say to tongue: if I just press a little, you'll get cut.

Tongue replies: if I misuse a single word, all 32 of you will come out.

Never make the same mistake twice.

There are so many new ones, try a different one each day.

The best way to make somebody remember you is to borrow money from him.

Yes, money cannot buy happiness, but it is much more comfortable to cry in a new BMW than on a bike.

A guy shows up late for work.

The boss yells "You should have been here at 8:30!"

He replies: "Why? What happened at 8:30?"



YOUR REAL NAME IS TRUTH

What is important in your life, is not the name you were christened with, but the name of your eternal soul



B.K. David, UK

Now everyone has a middle name of some kind but there are some common names such as Body Conscious or Unhappy, Peaceless, Big Head, Bossy, Stressed or Worried. Do you have a middle name? Some middle names they wish to remain hidden, such as Sinful, Angry or Degraded.

Their close family members, of course, get to know well their middle name but those with such names as Violent, Drunk, Thief or Lazy do not like their middle names to be known, and try to keep them hidden from other people.

Even they know their middle names pollute their soul and mind but having such a narrow boring, basic life, they trap themselves in a self-made cage of no discipline where they become more corrupt each day.

Behind these cage bars they try to keep their middle names a secret as they are ashamed of them but these names reflect accurately what they have become. Their names become evident when seeing such people behind their unhappy bars their faces are always miserable and their activity being savage, animal-like, especially in the

privacy of their family home.

Do you wear a medal that is so big, bright and heavy and like everyone to see it?

There are some that are even proud of their Names such as Angry Man, Jealous Man, Bossy or Greedy and think it is good, even natural, considering their plight, to have such names that reflect their inner strength and character. They like to show off their name as often as possible as they feel they wear some kind of medal of courage that should be noticed – and often.

**Common is the first name
Unhealthy**

Stressed, Worried and Tired are all very popular and common first names. Rare now do you find a person called Happy, Peaceful, Healthy, Spiritually Disciplined, Content, Viceless, Alive or At One.

To have such friends and their company, even occasionally, would be a blessing for most as company does influence you greatly and as they say: company can take your boat across or sink you.

The name on most people's boats causes stormy weather to follow them everywhere and many end up being blown on

to the rocks and drowning in storms all of their own making.

The common denominator between happiness and sorrow is space and whether you are living in man's outer space or you own inner spiritual space

This important choice is all yours but many have made the wrong choice and are now completely lost in a void that they only know how to fill with vice and bad habits, materialism, greed and body consciousness and with aloof these comes many long tails causing endless sorrow, worry and stress.

There is infinite space with your mind for you to create happiness yet one can see everywhere people living in great sorrow as they have chosen to live in man's outer space that has infinite room for them to make a sad life for themselves.

Surgeon, shop worker, street cleaner and sweet maker have all made their choice and are now either sailing in calm seas enjoying endlessly beautiful sunrises and sunsets, or fighting storms which might see them drown.

The difference between happiness and sorrow is that of a forced TV smile for the camera and a real smile: a TV smile has to be paid for and always ready on cue.

A natural smile from the soul is free and shows the person's mind behind the smile is also free and has no worry or stress and their thoughts at that time are good.

The toothpaste of truth is available to all

This toothpaste comes in one size and

one flavour as once in a person's mouth, it transforms and can meet differing requirements with greater and lesser results.

The problem is that people brush their teeth countless times a day with the toothpaste of falsehood and body consciousness in order to look good but then, this toothpaste makes it very hard for them to smile with sincerity.

Falsehood is responsible for many pains for many people and their cause is unknown but it's falsehood that can be the root cause to toothache, backache or heartache and if science cannot see it, they are also blinded by their pains, blinkers and the sun of falsehood.

The toothpaste of truth costs nothing and all you need do is get up from the life's supermarket floor and stop crawling, stand up straight and stretch yourself (your mind) and make effort to reach the top shelf and put a tube or two in your basket (mind) and as soon as you get home, start a new cleaning regime with this toothpaste that can influence your soul and thus, change your life and your smile from fake to real.

Many can be seen often crawling around on this shop floor down the sweet and meat aisles having greedy thoughts.

Greedy thoughts are better than bad thoughts but both of these and their many brothers and sisters will stop you from having elevated, happy thoughts. Many walk round this shop with many bites all over them from their conscience biting them

when they feel they are moving closer to being degraded.

Living so low down near the floor they cannot see this Toothpaste of Truth (ToT) above them which from their present position, is very much out of sight, out of mind and out of reach.

This pure, natural, organic toothpaste called **Truth** is made from the purest ingredients that are 100% truth.

This Truth comes not in a box or a tube as Truth is invisible and becomes apparent and easy to see when applied on the toothbrush of truth and put into your daily actions which of course, all takes effort and time.

Anything and everything we do brings a reward and result and if you give your time and put effort into stamp collecting, it will bring its own unique rewards that will make you happy. If one applies one's life to trying to live a life by always putting their soul first and at the forefront of each and every one of their actions and tries sincerely to help others see their own soul and the falseness and negative implications of them seeing themselves as a body, it too will bring a unique reward.

Yet there is a huge difference from being an expert in grading and collecting rare stamps and making yourself worthy of going to heaven by gaining a Godly stamp on your soul.

I can say with honesty, I really like spiritual stamp collectors and seeing their albums of rare events and successes.

It's possible to stand under a rainbow and as you move, change colour?

The difference between real happiness and today's common temporary happiness that's on offer everywhere you look, is the difference of standing on top of a cliff edge, far above the sea, admiring the incredible beauty, the wind and sun, and to that of standing on stool in your lounge facing the wall with a hammer and nail in your hands trying desperately to hang a very heavy framed photo of a sea view that had already been dropped on the floor and which now has cracked glass that looks as if it might fall out the frame. ■



FORGIVENESS

Why is it hard to forgive others? Usually because we believe that they are 90% to blame for the problem, that I am not as bad as they are. So I start to carry the load of other people's actions. If my ego is too hurt, I will have the sense of correction, of justice: 'I know I am right', 'That is not fair'. But if I start to forgive from the heart, sincerely, then this kind of feeling and attitude begins to dissolve. I remain humble and this forgiveness will bring me closer to others. Then I do not carry regrets or anger, I just let go and remain light.



|| From the Melodies of Mateshwari Jagdamba Saraswati ||



CHANGE YOURSELF TO CHANGE THE WORLD



Whatever actions we perform throughout the day, are recorded in the form of *sanskars*. So, we have to be careful about the quality of our actions. We have to manage our own *karmic* account. It is not that one is free to do, throughout the day, whatever one wants to do, and neutralize that by some charity or donation in the evening. No, we have to be careful and cautious in whatever we do. At the end of the day, we must see whether what we did was vicious or viceless. This is known as maintaining day-chart. Before going to sleep at night, one should give 10-15 minutes for this work. One should see how the whole day was spent.

Some people note down everything that happened under the influence of anger or other vices. We should be cautious about not to repeat the mistakes the next day. Along with this, we should keep a chart for removing our previous burden of sins. We should finish that as well. For the sake of this, our Supreme Father's teaching is: "Remember Me." We should check for how long we remembered Him so that the previous sins are wiped out.

When you keep these things in mind, you will be careful the next day. As we continue to be careful and cautious, our

actions will continue to become better with each passing day. We wouldn't commit sins. We would save ourselves from sins.

The vices make us bad; we become unhappy because of them. We suffer because of sins, don't we? Now the main thing is to get rid of sorrows by eradicating our sins.

Why do people call out to God and remember Him? Of course, for happiness and peace. This is the aim. However, how do we attain this aim? Only through practice. Here, we do things practically, so this is known as the Practical College. Through this practice we make ourselves clean and pure. Then we attain in the New World, our household that is ideal, original, ancient and pure.

One goes to medical college to become a doctor, as the knowledge of science along with its practice can make him one day a good doctor. Similarly, we also have to constantly practise to get rid of the vices, or sinful actions, by studying in this spiritual



college. The degree of our cleanliness depends on the amount of this practice.

What is the object of cleanliness? To be a deity. It is sung that deities are pure and clean. The praise of deities is that they are replete with all virtues, completely vice-less.

We were deities earlier. Now, we are spoilt, so we have to regain that deityhood. It isn't that there is some world other than this where deities live; rather it is we only who have to cultivate divinity in this world only. It is we who fell down and now it is we who have to ascend. How? The supreme Father comes and explains the way to climb up. We have to understand it and move accordingly.

The Ideal Is In Front Of You

We now have to receive our inheritance, or birth-right from the Supreme Father. One should also bear in mind that one will get the inheritance only from Him so we should

establish our relationship with Him. Until now, that relationship was broken. Now, the Father has given us light: 'You are Mine, and you must remain Mine.' Practically, just as a worldly father and children belong to each other, the Spiritual Father says: 'Belong practically to Me, with body, mind and wealth, and move along.' How to move along? We have an ideal example in front of us. Brahma Baba in whose body the Father descended, dedicated his all, his body, mind and wealth to Him. He made everything belong to Him. Similarly, follow the father Brahma. The Supreme Father gets it done through a human being, to show us the example. So, one should do this and continue in this way. There is nothing to ask about or get confused about. It is very straightforward. One should just continue to move on. ■

LIFE CHANGING ADVICE

- ❖ Focus on what you can control.
- ❖ This situation is not okay, but you will be.
- ❖ Invest in a career that gives you a sense of purpose – not just money.
- ❖ Take care of your body today as if you were going to live 100 years – a healthy body will give you a greater chance to enjoy old age without illness or chronic disease.
- ❖ Don't waste any time. Live life like it's short – because it is.
- ❖ If you want to get as much as possible out of life, focus on the little things. Find joy in the small moments and events that occur every day.
- ❖ Time spent worrying is wasted, so stop doing it!

Helpful
Tips

STAYING BEYOND THE MORTAL WORLD

What does detachment exactly mean and how to achieve it?

B.K. Ram Singh, Rewari

A king had great fame. His only daughter was very pious and full of detached feelings. Keeping such feelings in mind, the king had decided to marry her with a disinterested fakir. Fortunately, he also got the address of a fakir and he married his only daughter with that fakir.

The king was pleased that he had sent his daughter to the right place, where her feelings would not be frustrated, she would remain awake. The marriage took place and the king's daughter came to his hut to live with her fakir husband. After reaching the hut, she started cleaning it. She saw that a *chhika* was hanging in the hut's shed. When she took it down, she found that there were two dry *chapatis* lying in it. She was very surprised and asked her mystic husband, "Why are these *chappati* kept here?"

The fakir was stunned. He said, "There are two loaves, tomorrow both of us will eat one chapatti together, the day will pass." Listening to the husband's words, the wife laughed a lot. She said, "My father had married me to you considering you to be a recluse and a non-possessive fakir. But I



see that you have started worrying about tomorrow's food from today itself. One who is tormented by this type of anxiety cannot be a true fakir, that is, a *Vairagi*."

She further said that even the animals that eat the grass do not worry about the next day, nor do the birds keep anything for the next day. Then we are human beings, if we get it, we will eat it, and otherwise we will spend the time in contemplation of the Supreme with joy.

Hearing the words of his wife, the eyes of the fakir opened and he started praising his wife, "You have opened my eyes today, I was living in darkness. What is detachment? Its secret is now beginning to be understood by me. It is a great grace of God that I have got a wife like you."

What Is Detachment?

Detachment or *Vairagya* is the quality of shunning worldly attractions. *Vairagya* is a key to progress on any path, more so on the path to the pursuit of the truth. **Detachment means inner strength, and the ability to function calmly and with full inner**

control under all circumstances. It means while living in the world, I don't want anything from this mortal world. There is no desire. There is no desire, and we are satisfied in every way with what God has given. If you keep your disinterest in your desires for food, drink, clothes, honour, pride, all of these, then only you will be able to survive.

When and how will dispassion come?

1, When a person gets attached to spirituality, then his intellect will go beyond the limit and will go into the unlimited, then dispassion will come, that is, who am I? Where did I come from? Where to go? What are my fundamental qualities? What is my religion? What did you bring with you and what will go with you etc.? Dispassion will come only from understanding the essence of life with such thoughts. But dispassion will also come when a person says, "I have sacrificed a lot, but if you renounce this renunciation, then dispassion will come." This world is mortal and the end time is also going on, that is, this world is now going to become a graveyard, a world of the dead, and whatever is visible with these eyes, is all about atom bombs, natural calamities, it is about to end with the destruction of the excess of the five elements. If all these memories remain, then dispassion will come.

2. Looking at the time, now it seems that the anchor of everyone's intellect is about to rise. Every human soul has to go to his sweet home (the Supreme Abode).

Everything that is in front of us, that which we consider to be ours, has to be given up. For this, detachment is very necessary. Therefore, as a trustee, take care that all this belongs to God, I am only an instrument, then you will become lighter in your intellect, this is dispassion.

What are the problems in adopting dispassion?

Public shame becomes the biggest obstacle in adopting detachment of man. A person does not adopt dispassion even because of body pride. Conflicts in the old habits of human beings also create obstacles for dispassion. Many people are deprived of the attitude of detachment even due to jealousy. Even a person who is endowed with material comforts cannot adopt dispassion. Even due to physical ailments, people stay far away from detachment because their mental condition and weakness compel them and nothing can be sacrificed from them. Natural calamities also make man so helpless that he has to depend on others, so the matter of dispassion is a far cry. The attitude of vision also spoils the balance of the person, even if he wants, he cannot adopt dispassion.

Problem solving by the attitude of unlimited dispassion

Body pride: Quit body conscious, that is, this body is perishable, it is not going to go with the soul. We have come alone and have to go alone. This world is a playhouse and all of us souls who are imperishable, are guests on this stage of creation.

Old nature *sanskars*: In order to avoid

conflicts with old *sanskars*, you have to emerge your original and eternal *sanskars*. Always keep your divine nature in your memory. Our old *sanskars* are currently the *sanskars* of Ravan, and once the soul becomes established in its original religion, the power of adjustment will come. The confrontation will end.

Jealousy: No one can snatch someone's fortune. Every soul has its own part. All of us souls are children of the one divine Father. Give respect to elders, affection to the younger ones. If there is sweetness in speech and simplicity in conduct, then jealousy and hatred will end due to this unlimited disinterested attitude.

Desires for materialistic pleasures: Today, the attainment from material pleasures is of short duration, that too perishable. But God is giving us the unlimited inheritance of 21 births. Therefore, renounce desires for material pleasures and adopt the attitude of disinterest.

Physical ailments: Time-proof, it is also natural to have diseases in life, but the old account of karma is also associated with us, which has to be redressed only through these diseases. The body can be sick but if the mind is healthy, one can overcome such papers.

Natural calamities: This is the time of world change. Natural disasters are bound to come from the five elements, the knowledge of which God has already given us. Nature will be helpful in the establishment of the new world and the destruction of the old world, that is, the

destruction of *adharm*.

Keeping the above things in mind, three symptoms of disinterest in a person become apparent. **First**, he succeeds in the attitude of unlimited disinterest and attains success. He succeeds his time and breath. Considering this body also as God's trust, every work means service. **Second**, even while living in a householder, he considers himself to be a trustee i.e. instrument, that is, *Karankaravanhar* is the Supreme Soul. In this last time the *Leela of Leeladhar* (God Shiva) is going on because to have strong dispassion from this world is also like fire. **Third**, he must consider whether he has this recluse life? Greed is not the thorn of attachment. The time of destruction is very near; now make your state a recluse, because dispassion is such an inner force that makes a strong recluse.

When I have nothing, renouncing everything, one day everyone has to go away from the world, and then while living in this body, feel that this body, mind and wealth are all given by God. No one is mine, everything belongs to God. This renunciation leads us to dispassion. The soul is playing a part in this world on the stage of creation through this perishable body. Leaving this, my soul has to go back to my home (the land of peace, the land of liberation, the land of nirvana, the Supreme Abode, *Shivpuri*, all these are one), remember this. So, you will have unlimited disinterest in this world and you will not be unhappy. ■



CRYSTALIZING OUR DREAMS INTO REALITY



Our dreams and aspirations are like little seeds, invisible to the outer world. They could be different things for different people, but you alone will have your dreams as no one else has them. The seeds sleep deep in the heart of the earth's darkness, until someone among them is picked up with the desire to awaken. Then this little seed stretches itself and begins, shyly at first, to push a charming little twig upwards towards the sun. In the same manner, everything that exists today in this world was at first created in our minds essentially. Learning the art of creating thoughts in our minds, our inner world, very consciously is very important. Otherwise what happens in the outer world would not be anything more than purely accidental.

An organized mind is one which is away from unnecessary movements, absorbed in its originally created pure thoughts. Such a mind then organizes the whole system. Our body, mind and fundamental life energies are then all organized in one direction. This alignment has to be kept focused in one direction for some time – the direction of our dream, which we want to achieve and fulfill. Besides that, it is also important to have faith in the Supreme Soul. If we have a strong desire to achieve something, but also keep thinking about the limitations, which acts as an obstacle to the fulfillment of the desires, it creates internal conflict. A thought is a powerful vibration, and

faith is a means to reduce negative thoughts. This resonance of positive thoughts is fundamental to success.

We have to know what we want to create in our lives that we care about. This has to be manifested very clearly in our minds. If we want to become mentally strong, we also have to become responsible for what we desire, and what we don't and make choices accordingly. Just like a flower, in the preparation of her beauty, chooses her colours with the greatest care. She adjusts her petals one by one. It is only in the full radiance of her beauty that she wishes to appear. And then one morning, exactly at sunrise, she suddenly shows herself. In the same manner, our inner mental preparation done with care will create beautiful outer realities for us. While it's very important to have conviction in our values, it's also important to be accepting others and enhancing our inner being. Else we may find ourselves alone at some point of time. Hence, honesty with humility, along with unconditional acceptance is also important.

Souls are capable of love, joy, blissfulness and compassion. All that we are seeking right now is pleasantness within and around us. If we find it in our mind, we call it peace. In relationships, it becomes love and compassion. And in energy, it becomes blissfulness. This is all that a soul is looking for. The ability of a human soul to stand on its conviction is immense. It is the World

Drama's plan to decide what's possible and what's impossible and God is also with us at every step. We, as souls, have to strive for our dreams. We should never use the past experience to decide on what can happen tomorrow. Meditation is all about transforming yourself from body consciousness to spiritual or soul

consciousness; not in search of the divine, but a journey towards becoming an embodiment of divinity. If we keep the doors open to this dimension of spiritual thought, and realize that the source of all positive creation is within us, it will transform into a power that will create reality out of our thoughts. ■

Is Religion Serving Its Real Purpose Today?
Contd. from page ... 3

countries and religions. This continues till the present day when it has taken the form of extremism, fundamentalism, communal riots and war.

No doubt the major religions in India have stressed non-violence and have not been coercive in their approach and have also been more tolerant, yet there has been a considerable element of ritualism, casteism, superstition and blind faith in them.

So, though religion, as known to history, has not led man to moral heights, to peace and to liberation from evil, which were its professed and, implied aims, yet *Dharma*, which is a Hindi and Sanskrit word, for which the 'Religion' is wrongly used as a synonym,

can fulfill all these three objects. The word '*Dharma*', in fact, stands for those set of values and those spiritual principles which stabilize a person in purity and peace. Call it *Swa-Dharma* if you please because purity and peace are the real and original nature of the self. **The world, today, needs such *Dharma* or Universal religion which can unite man to his Creator, can lead to improvement of interpersonal relations and can restore peace and harmony in the society.** It is this *Dharma* which God Himself establishes at the end of every cycle, as the Gita says. The Brahma Kumaris Ishwariya Vishwa Vidyalaya imparts teachings in such universal values and spiritual and moral laws. ■

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Mumbai (Mulund): HE Bhagat Singh Koshyari, Hon'ble Governor of Maharashtra is presenting 'Samaj Ratna Award' to BK Godavari at Raj Bhavan.



Bhadrak (Odisha): HE Prof. Ganeshi Lal, Hon'ble Governor is felicitating BK Manju on the occasion of Jagannath Mahotsav.



Sirsaganj: B.K. Geetanjali is greeting Mr. Jaiveer Singh, newly appointed Minister for Tourism and Culture of UP by presenting bouquet.



Bahadurgarh: Mr. Manohar Lal Khattar, CM of Haryana is being presented Godly gift by BK Vinita and BK Surender.



Mohali: International Women Day Program is being inaugurated by Ms. Baldeep Kaur (IAS), Special Secretary (Home), Bibi Paramjit Kaur, former Chairperson Punjab State women commission & Member of SGPC, BK Prem & BK Rama.



San Francisco (USA): BK Vaishali is hoisting Shiva Baba's Flag in Antarctica (continent, where no humans reside) spreading the message of peace and unity.



Abu Road (Shantivan):
A Sant Samagam is being inaugurated by Mahamandaleshwar Swami Someshvaranand Saraswati, Dr. Lokesh Muni, Swami Krishnadevanand Giri, BK Mohini, BK Mruthyunjaya and others.



Mumbai (Sion):
After flagging off a Bike Rally to mark 75 years of India's Independence HE Bhagat Singh Koshyari, Hon'ble Governor of Maharashtra is being presented a Godly gift by BK Santosh and others.



Lucknow:
Sh. Yogi Adityanath, Chief Minister of UP is being felicitated by BK Radha, BK Indira and BK Madhuri.

Jaipur (Rajapark):
International Women's Day Program is being inaugurated by Ms. Bhagyashree, Bollywood Actress, Ms. Mugdha Sinha (IAS), Secretary & Commissioner - Science & Technology, Professor Abha Jain, Principal of Maharani College, Ms. Sunita Meena, Mrs. India Queen, BK Poonam & BK Pooja.

