



Monthly

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Pitashri Prajapita Brahma

18th January

57th Ascension Day



Pune: The President of India, H.E. Droupadi Murmu, presented the 'National Energy Conservation Award 2025' to BK Sunanda at Vigyan Bhavan, New Delhi.



Belem (Brazil): At the UN Climate Change Conference COP30, Mr. Bhupender Yadav, Indian Union Minister of Environment and Climate Change, met the BK delegation led by BK Jayanti.



Vadodara (Atladara): Union Health Minister Mr. J.P. Nadda, was presented a Godly gift by BK Aruna during the felicitation of the National Unity Rally.



New Delhi: The President of India, H.E. Droupadi Murmu, addressed a delegation of Brahma Kumaris comprising the Scientists & Engineers Wing, Shipping & Aviation Wing and Jurists Wing at the President House.



Chennai (Adyar): BK Muthumani was felicitated by Mr. Vijay, superstar of Tamil cinema "Thalapathy", at an Interfaith Meet on Christmas.



Imphal (Manipur): Hon'ble President of India H.E. Droupadi Murmu was presented a bouquet by a Brahma Kumaris delegation comprising BK Nilima and BK Rupa.



Noida (Sector 134): BK Shivani is conducting a session on "Harmonious Relations".

From the mighty pen of Sanjay

BEING FACE-TO-FACE WITH GOD

In 1952, amid profound spiritual loneliness, I experienced a transcendent, face-to-face union with Shiva Baba through Brahma Baba – a blissful embrace of golden light and love that shattered ignorance.

If I remember correctly, it was the winter of the year 1952. I was then feeling terrible loneliness of the spirit. I often asked myself: "Am I alone in the wilderness of the self? Am I not forlorn in this helter-skelter world? I feel myself a stranger here."

My loneliness or forlornness was not a kind of physical seclusion. I had numerous friends, relatives and colleagues, who loved me, laughed with me and gave me company. But, in the space of my mind, I felt that I was not of the commingling crowd or the tumultuous multitude but of the solitude. I said to myself: "If God does not have a voice, then life to me is meaningless and fruitless; it is a damp squib. If He does not appear unto me,



then my spirit is weak. If He does not enter into my inner world, then life for me is a torso and I the soul am a mere stump." It was in such a state of mind that I came into contact with the Brahma Kumaris institution. After having my lessons in Rajyoga Meditation and in the related metaphysics and philosophy, co-related with practical life, I went to Mount Abu, their Headquarters, to have my first ever experience of Shiva Baba meeting the human souls (whom He called "My long-lost children") through the human medium of Prajapita Brahma Baba.

On the very first day of my visit, a startling moment occurred. I had been led by my Brahma Kumari teacher-sister into the room where I was to meet Him. I sat face-to-face with Brahma Baba. Some others, who had come in our group

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BRAHMA BABA A MULTIFACETED PERSONALITY

Even at the age of ninety, he possessed a deep and unwavering commitment to the task of liberating humanity from evil, a passion that persisted until the last moment of his physical existence.

Brahma Baba, the corporeal founding father of Brahma Kumaris, was a multifaceted individual. First and foremost, he was a towering embodiment of morality. He never violated any of his ethical principles, either under pressure from public opinion or for financial reasons. He was a man of supreme intellectual integrity and unparalleled moral excellence. In terms of spiritual excellence and mental fortitude, he was a living example of *Yogacharya*.

A capable administrator, a visionary planner, and a great visionary

He was not merely a reformer but also a great administrator, whose administrative system was based on love and respect for human beings. He was motivated by service to humanity, and his goal was to achieve perfection through divine movement. He was wise and far-sighted, self-aware. He possessed extraordinary vision. Seeing far ahead of his time, he transformed the *Brahma Kumaris* into a divine university and made it a self-reliant and self-supporting system.

He could foresee which souls would play what role in the future, so decades ago he began caring for and guiding them, preparing them for greater social responsibilities. He planned the organization's development on a short-term,



medium-term, and long-term basis. At a time when there was fierce opposition against the organization, he had foreseen that the number of its followers would grow unimaginably in the future, so he trained them with unique foresight for those circumstances. It was because of his foresight, his organizing and guidance that the organization expanded and gained the reputation it enjoys today, and a large group of dedicated workers in the first, second, and subsequent lines was created.

The best exponent of Shiv Baba's philosophy and conduct

The contribution he made to a better and more accurate understanding of oneself and the world is a testament to his qualities. Although he himself lacked a formal university education, he was an intellectually extraordinary man, becoming a divine instrument for the establishment of a

unique university. He was not only well versed in the complexities and subtleties of the metaphysics, not only possessed a deep understanding of the transcendental sciences, not only possessed knowledge of new heights of spiritual ethics, but could also implement these principles with remarkable simplicity and rare skill. Thus, he was a true interpreter of Shiv Baba and the best interpreter of Shiv Baba's thoughts, words, and actions.

Rare talent of conversation

His style of expression made even the most complex subjects simple. He possessed the rare talent of communicating with people at various levels. He could teach children as easily as he could teach postgraduate students. He could address everyone, from ordinary people to scholars, with such effective eloquence that their minds were illuminated. He touched people's hearts through his profound thought, strong conviction, his power of supreme sincerity of purpose and integrity of conduct, his depth of understanding of human beings, and his loving nature. There are countless examples of men and women who visited Baba in a state of deep mental anguish, and Baba's words and actions brought relief to those desperate and hopeless individuals. There are also numerous examples of learned individuals coming to Baba with complex questions, and Baba's concise and clear answers untangled their psyches and transformed them. Baba's words possessed a special magic, and the day is not far when his clear, inspiring speech will be considered an expression of profound spiritual wisdom.

Loving personality and tireless worker

He possessed not only supreme wisdom but also all the personality traits that endear a person to all, children, men, women, and youth. Everyone who met him felt Baba's most beloved. Therefore,

people developed a deep affection for him. Thus, Baba possessed a heart of love. He was a true lover of humanity and had compassion for the suffering. This is why he worked tirelessly for nineteen hours a day. His passion for alleviating the suffering of humanity was so strong that age was no barrier to his dynamic personality, brimming with mental and spiritual energy. In his final years, he did not like to enjoy the blissful peace of the mountains. Even at the age of ninety, he possessed a deep and unwavering commitment to the task of liberating humanity from evil, a passion that persisted until the last moment of his physical existence.

A unique freedom fighter

What Baba accomplished in the history of freedom is unparalleled. While others were struggling to free themselves from foreign rule, he, under the leadership of Shiv Baba, was striving to liberate humanity from its seven well-known evils. Therefore, he spread divine knowledge in a world rife with ignorance. He established a spiritual army of *Bharat Matas* to free people from the iron grip of Maya. When powerful evils stifled the basic need for peace, when past traditions had their iron claws on humanity's spiritual health, and corruption was rampant, he worked tirelessly for true freedom. He gave greater brilliance and radiance to the divine spark within every aspirant. He made humanity realize that they are children of God and that they are greater than they know themselves. He inspired humanity greatly and led them on the path of purity. He knew how much alcohol, smoking, and other addictions had ruined poor farmers, youth, and the general public. Therefore, he denounced these habits in clear terms and urged people to give them up. He knew no rest in his work of spiritual transformation. His soul knew neither old age

nor fatigue, for it drew strength from the well-springs of deep, unwavering faith. Even at the age of ninety, he continued his work with unwavering enthusiasm.

Firmness of will Power

He was unwavering in carrying out his resolve. Nothing could shake him from his resolve or shatter his sense of public duty. When he raised the banner of complete purity, people united in opposition, resorting to all means, inciting the public, and pressuring Baba through members of the Legislative Assembly. They even threatened violent action. But Baba's willpower was unwavering, and he remained unwavering in the face of all storms. Some heeded the divine call for purity and came to Baba, while others, initially with Baba, later distanced themselves from him out of fear of public opposition. But despite the storms and waves, Baba always continued to move forward, guided by Shiv Baba's advice, his courageous resolve, and the voice of his pure conscience. One of Baba's chief qualities was his simplicity and spirit of sacrifice, which has become an ideal. He held sway over the hearts of many.

Advanced impact on millions of lives

It is significant that he transformed the lives of many in a short time. Those who had no hope of inner transformation found a power in him that made their spiritual transformation easier. His spiritual and regulatory influence was such that many moved toward the goal of complete purity and renounced lust and other vices. Through gentle persuasion, calm reasoning, and natural love, he was able to infuse his spiritual influence on many people. Therefore, today the organization has a vast army of dedicated spiritual workers. Most of them are sisters and mothers who, inspired by Baba, dared to renounce and embrace the path of divine

knowledge. Millions of men and women throughout the world love Baba and are his followers. This demonstrates the immense respect people have for him. Indeed, no other person in the history of the world has striven so hard, dared so much, laboured so hard, and loved so much in Baba's condition and under such difficult circumstances. This article provides only a limited introduction to Baba's work and divinity. ■ ■

Life Changing Advice

- **Share your wisdom** – Just like I do because this is what truly makes the world go round and makes it better for future generations.
- **Focus on making an impact** – Make your work meaningful and if your work isn't, do something about it. Ask yourself 'If this was my last day, would I feel content?'
- **Visualize your success** – There are conducted studies that have shown that people who practice and visualize their success were more likely to reach it than people who just practised. It helps with job interviews, relationships, and hobbies.
- **Listen more** – You've probably heard this one a lot. Always seek to understand before having an opinion. You have two ears and one mouth. There's a reason for that.
- **Test what you know** – In the marketing field, there's always testing to make sure the correct image or words brings the best results. This can be applied to every field. If there's an alternative, try to find out if it's better.

RETURNING TO YOUR ORIGINAL NATURE

Everyone holds innate goodness—nurture it through soul-consciousness, release waste thoughts, and let your pure light attract others, transforming worries into wisdom.

In everyone there is goodness. It's simply sometimes hard to see. When you focus on the good—the angel within, the positive within your thoughts—you give it life. You give it permission to grow and be restored to your nature. The good has been there all along, out of your inner sight and awareness.

When we release the grip of everyday worries, something profound happens: our inner compass becomes clearer, our decisions more aligned, and our perspective wider. Take a moment today to step back from the noise of waste thoughts. Stop. Listen within. That clarity you've been searching for? It's already within you, waiting for the stillness to speak. Bring the light of life back to yourself! Or do you prefer to live in the dark?

When you release the weight from your heart and shine with your original true light, others are drawn to you without understanding why. They feel your presence like the air they breathe – so



B.K. Chirya, New York, USA

close, yet so natural they barely notice. It's with this purity that souls connect.

Wear your happiness like a crown, and watch it transform every corner of your life. **Carry your happiness like a lantern**, and watch as it brightens the dimmest moments. Whether you're navigating stormy seas or exploring uncharted territories, your inner light will keep you going.

Water the flowers of your original nature, and they bloom. Focus on problems, and you grow acquired weeds of worry. Focus on solutions, and you grow wisdom. What we focus on multiplies. Bring to mind your positive points, affirm them, and meditate on them.

Pure actions carry a quiet light that speaks louder than words. You don't need to convince—let your peace speak. Sometimes, just your presence calms the storms in others. This is the silent power of living truth. When we are in our original nature of soul-consciousness, words spoken heal deeper than those from a mind eager to correct. True transformation grows from receiving and giving spiritual love, not pressure. ■■

LIKE FATHER BRAHMA, BE A HUMBLE INSTRUMENT AND GIVE EVERYONE REGARD

Brahma Baba in the sakar form became an instrument and demonstrated every action by performing every action as a discipline. He was humble and gave children regard and then gave them advice. In the same way, give one another regard as a discipline. Always remember the slogan: whatever is the attitude of me, the instrument soul, the atmosphere will be according to that.



SHIV BABA IS MERGED IN OUR HEARTS AND IS REVEALED THROUGH OUR GAZE

Time is short and we keep the cycle in front of us which enables us to become the rulers of the globe. Even in this last birth, we use royal *sanskars* and I have never asked anyone to do anything for me or for 'even a penny.' Shiv Baba has taught us to renounce and to be austere. He has given us very deep understanding of what it means to remain in ascetic practice. It is beautiful to sit in this stage and we develop an attitude of disinterest. The state of an ascetic helps us dedicate ourselves to service. There is no question of 'I' anymore.

A few of us have gone around the world on service. I am one of those fortunate ones. Brahma Baba taught me everything here in Madhuban. He taught us to be like the male child, the heir. I have never considered myself in the female form. The consciousness of being in a female chariot has also been broken. The heir recognises his right over the parent's property. Generally, females do not receive the full inheritance from the parents. Now Shiv Baba has made all of us belong to Him and liberated us from the consciousness of the body.

Who is Brahma Baba truly? What is He like? He is detached and yet loved by all as the most unique One. There are many founding fathers and variety of souls throughout the world, but there is no one like my father Brahma. We are his sweet and dearly loved children. In this Godly University, no one speaks loudly. We all share 'Om Shanti' with a great deal of love and regard for each other. Shiv Baba in His *Gyan Murli* says



Rajyogini Dadi Janki

about sitting in solitude and making the stage of soul-consciousness very firm.

When Brahma Baba was here, he indicated that there should be a big hall in front of Pandav Bhawan. There was no doubt that each word of Shiv Baba would come true and that the words 'Om Shanti' would be heard all over the world. These two words, Shiv Baba and Om Shanti, are all that we need to hear around the world to give His introduction to others. Does our faith reveal Shiv Baba to the world? Do we show the right direction to others?

It is not the fault of those on the path of devotion that they call God Shiva omnipresent. Shiv Baba is merged in our hearts and is revealed through our gaze. This He hides himself in our hearts. He is sitting in our hearts. Isn't He? We have to show the world what our Shiv Baba is like. Many say that Dadi you don't speak of anything else. This is good. Isn't it? There is so much of eternal joy and comfort in speaking about Shiv Baba. The words we hear from *Avyakt BapDada* are beautiful and the words we hear through the *Sakar Murli* reveal the efforts that Brahma Baba made, living the ideals taught by Shiv Baba.

I remain happy proportionate to love, truth and peace in my heart. In one edition of *Trimurti*

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REWRITE *SANSKARAS* RESHAPE DESTINY

Transform negative *sanskaras* into positive ones through mindful awareness, daily meditation, selfless service, grateful acceptance of feedback, and unshakable faith in Shiv Baba's divine healing.



If we wish to live a more contented and joyful life, we must consciously create new, healthy habits. Transforming habits or *sanskaras* (subconscious imprints) requires awareness, self-reflection, regular

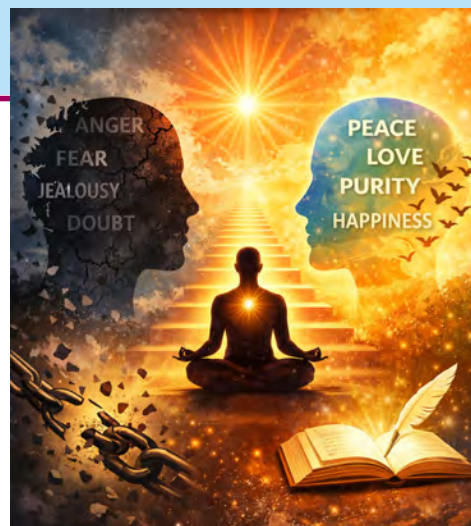
practice of meditation, and selfless actions. These efforts gradually weaken negative patterns and strengthen positive ones.

The process involves observing old habits that no longer serve us, consciously choosing new responses in the moment, and steadily replacing negative imprints with positive ones. Changing *sanskaras* is essential because it enables an individual to transform unconscious, negative behavioural patterns into positive and empowering ones, leading to a happier, more disciplined, and spiritually enriched life.

Sanskaras are deep mental and emotional impressions stored in the subconscious mind, formed by every thought, action, and experience in this life and even previous lives. These impressions function as our inner programming, shaping our default reactions, choices, and behaviours.

The Beginning of Change

How does the process of change begin? How do we know that we are truly changing – and to



B.K. Onkar Chand, Shantivan

what extent? Which *sanskaras* have transformed, and which still remain the same? And why do some souls not seem to change at all?

These are all **important aspects of understanding the knowledge of change**. From our own experiences, we know that in some areas we have changed significantly – and that gives us hope and happiness. Yet, there are other aspects where the transformation is slow, and this makes us anxious, thinking, “We are not making progress.”

But Shiv Baba says: “Always try to improve.” There is never a time when improvement is not possible, because we are not yet perfect. Anything imperfect can always be refined. When we become perfect, we will no longer belong to this imperfect world – we will have entered the perfect world, the Golden Age. Therefore, Baba advises us: “Never repeat your mistakes twice.”

Measuring Inner Change

Some *sanskaras* have changed easily, while others seem untouched. Sometimes others – our brothers and sisters – point this out, saying, “He has become a yogi, but not a true yogi,”

because certain old habits still surface.

How do we measure these changes? We measure distance with metres, time with hours, and weight with kilograms – but how do we measure the change in *sanskaras*? We can observe them in daily life. They appear in our behaviour, relationships, and interactions. They may surface as jealousy, anger, depression, hatred, criticism, or comparison, or even in our dreams and meditation experiences. These are like indicators, showing us what still remains to be changed.

When Others Become Our Mirror

Often, our family members, colleagues, friends, or neighbours reflect our weaknesses to us. They may point out that we still have anger, jealousy, greed, or attachment—that we are not content, that we find faults in others, and that we are critical or negative. This feedback can feel uncomfortable, but it is very valuable.

There is a beautiful analogy: just as doctors use X-ray, MRI, EEG, and ECG etc. to diagnose physical conditions, others' observations, our dreams, and our meditation experiences serve as diagnostic tools for the soul. **If someone points out our weakness, do not be disturbed. Think of them as performing an X-ray of our inner being—free of cost!** Instead of avoiding them, thank them. They are helping us diagnose the disease so that we can heal it.

Change Is a Collective Process

The process of self-improvement is not entirely individual. No one can completely transform themselves in isolation. Others help by drawing our attention to our shortcomings – but instead of appreciating their help, we often feel irritated or defensive. Our mistake is that we care more about our image than our truth. We prefer to remain

wrong rather than let others think we are wrong. But if we are truly wrong, the impression will eventually become wrong anyway.

Trying to hide our weaknesses creates a double mistake: first, being wrong; second, trying to prove that we are not. Two wrongs do not make a right. Therefore, **when someone points out our flaws, see them as friends who are helping us to change.** As Shiva Baba beautifully says: “*Ninda hamari jo kare, mitra hamara so*” – those who criticise us are indeed our friends, for they help us transform faster.

God, the Supreme Surgeon

Do not lose heart. Baba knows that the soul is diseased—in a state of deep spiritual deterioration—and is in need of intensive care. That is precisely why God, the Supreme Surgeon, has come.

The first step is to decide: Do I truly want to be cured? **Recognise the weaknesses honestly, but never conclude that we cannot become pure or divine.** Baba has come to cure every soul. If He is the Almighty Doctor, do we think there is any disease of the soul that He cannot heal? Never say, “Baba cannot cure me.” That is like trying to be wiser than God. If Baba says, “Come, I will make you healthy,” believe Him. Thoughts of frustration or hopelessness are unnecessary. **From today, give up the thought that transformation is impossible.** Baba's promise can never be false. He is the Ocean of Knowledge and Power—His medicine is perfect.

Faith: The Capsule for Worry

Is there any medicine in the world for worry? Perhaps only one: faith. Baba says: “*Nishchaya* is the capsule.” Have faith – and your worry will dissolve. Every morning, take this capsule of faith with the water of remembrance: “Baba is with me. He will help me. His promise can never fail.”

If we have full faith, worry disappears. Just as a patient takes medicine sincerely when they trust the doctor, faith ensures that we take Baba's medicine – *Shrimat*. Without faith, we forget or neglect to follow.

Why Do We Forget?

Forgetfulness arises not from lack of time, but from weak faith, laziness, or carelessness. We always remember what we consider important. No one forgets to eat or take vital medicines if they truly value health. In the same way, if we value spiritual health, we will never forget Baba's directions.

Sometimes, even when we are sincere, remembrance becomes eclipsed – just as the sun is covered by clouds. These clouds are our *karmic* accounts. They momentarily block our awareness. When we again remember that Baba is our constant companion, the clouds move away, and the light returns.

Step by Step to Perfection

We may have conquered jealousy but still struggle with anger; we may have overcome anger but not greed. **This means we are still under treatment – not fully cured.** Each virtue must replace its opposite vice gradually.

Never be disheartened by slow progress. The doctor is powerful, the medicine is effective, and the patient is willing. Transformation is certain – for this is the time of re-creation, the time of healing, the time of becoming divine once again.

Therefore, **to change our old, iron-aged nature into our original golden-aged nature:** accept feedback with gratitude, diagnose the weaknesses without fear, keep deep faith in Baba's medicine of knowledge and remembrance, never repeat mistakes twice, and above all, remember that God Himself is curing us. With faith, patience, and love for Baba, **transformation is guaranteed – because the One who is changing us is the Almighty Himself.** ■ ■

LAUGHTER: THE BEST MEDICINE

- ◆ The moment you receive a wedding card and immediately check when the wedding feast is, believe me, you have the arrow-piercing vision of Arjun.
- ◆ A thief admits to stealing, but a person who snores never admits it.
- ◆ Doctor: Why did you take your antibiotic Medicine at 6:00 p.m. when I told you 9:00 p.m.?

Patient: I wanted to surprise the Bacteria...

- ◆ Havildar: Sir, on Dussehra, all the prisoners performed a Ramayana play in jail!!

Jailer: That's great, why are you so worried about it??

Havildar: Sir, the problem is that the prisoner who played Hanumanji hasn't returned yet with the Sanjeevani!!

- ◆ Women at the petrol pump...

Brother, what quality petrol do you have? Madam, which one would you like, Hi Speed or normal? Brother, fill it, whichever you like, but give me fresh petrol.



NEW EVENT OCCURS EVERY DAY BUT IT BECOMES OLD THE NEXT DAY

2026
HAPPY NEW YEAR

New events arrive daily but turn old without inner renewal – embrace soul-consciousness, charge through God's meditation, and affirmations to make each day fresh, and stress-free, in this Confluence Age.



We always expect good things in life – perhaps new ones or the same comfortable days enjoyed earlier – but that does not happen all the time.

Sometimes, happiness disappears completely from some people's lives, or unhappiness leaves and happiness returns. Situations in life differ from person to person, family to family, and society to society. Many times, people remain frustrated for multiple reasons and sometimes find no solution even after physical/psychiatric treatment or psychological counselling.

At present, we are all very competitive and always busy comparing ourselves with others, so we cannot determine our own level of satisfaction. Actually, every day brings new messages through life incidents, but we cannot read the secret code in them. Instead, we judge every incident according to our own understanding and limitations. As a result, we often learn nothing from life's happenings, and inner progression stops instead of taking the right turn forward.

Thus, new things appear every day, but we cannot grasp them as new because we never think that newness emerges in the mind – it will

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

not come from outside or any external thing. People are aware of so many things at once, but not aware of the requirements and inputs needed by the inner being to produce finer outputs. Until we grow inside and become conscious, we cannot progress inwardly, whatever the external progress may be. That is why it is said that pleasure without conscience is meaningless.

Swami Vivekananda said: "Have faith in yourself. All powers are in you. Be conscious and bring them out."

Each day can be new if we think so, and this is only possible when we forget the previous day or at least have no negative effect from it. Only then can we accept the present day as fresh, doing our work enthusiastically with a fresh mind, taking on some workload for the next day to make it freer and lighter. For most people, the day's work is not completed within that day, whatever the nature of the work, so workload automatically accumulates. Then we feel burdened, and the next day becomes burdensome. When rising in the morning, lassitude grasps us. The body rises, but the mind still sleeps inside, and freshness never reflects on the face – of both men and women.

On the other hand, when we look at babies or small children on a fine morning, they look very

fresh because they do not go to sleep carrying any worry. In contrast, adults, youth, or even school-going older children show stress on their faces or in their attitudes – perhaps due to service strain, household workload, or study pressure. At present, due to massive problems in both family and society, stress and strain are increasing day by day, depleting our inner power through silent inner fighting. A burdened mind cannot see things clearly due to body-consciousness, whereas the soul-conscious state provides clear vision because the mind plays freely and the heart speaks truly. However, forced suppression of negative thoughts causes mental and physical diseases. Negative emotions also harm the body, mind, and soul.

Worry and frustration kill the meaning of the day and extract all its essence. We pass the day mechanically, counting it as just a number, so each day becomes boring for most people as they find no pleasure in it. Then the truth emerges: do we live to eat or eat to live? Still, humans always expect a better day with some newness in the form of new opportunities, thoughts, and beliefs. Days come and go, but we cannot touch the day with a better perspective and thus lose the very opportunities we expected.

We must make each day special by creating mental power with high-energy vibrations. According to Dr A.P.J. Abdul Kalam, chanting these few words can energise us: **1. I am the best; 2. I can do it; 3. God is always with me; 4. I am the winner; 5. Today is my day.** So, every day, I must charge myself for my own betterment, and that is only possible when the soul's battery is charged through meditation with the Supreme Soul.

Thus, we must draw powerful energy from God at all times and remain strong and steady in every moment of life. Then life will be full of pleasure with

true conscience, and beauty in the character will automatically reflect in life. Dr A.P.J. Abdul Kalam also said: **"When there is beauty in the character, there is harmony in the hope. When there is harmony in the hope, there is order in the nation. When there is order in the nation, there is peace in the world."**

As life always proceeds forward and never recedes, full extraction of life's enjoyment is inevitable, whatever the duration. Many think life is miserable, sorrowful, and full of pain, whereas a few enjoy it with pleasure. Though sorrow or happiness is a state of mind depending on lifestyle factors – family relations, economic condition, social status, or recognition – what we generally think is that the rich are happy and the poor remain unhappy. But this formula does not always hold. Often, the opposite is true: rich people remain mentally worried or overburdened about their money, land, business, and property all the time and cannot even sleep at night, whereas ordinary people are free of such thoughts. They eat whatever food they get, and their sleep is so natural that they can lie down anywhere and fall into sound sleep. Hence, it is said: "Hunger is the best sauce, and sleep is the biggest bed."

Everything is drama-destined, and the live actors play their roles accordingly. Shakespeare said: **"This world is a stage, and we are all actors."** From God's versions, we know the eternal world drama more clearly, along with karmic accounts. In the first half of each *Kalpa*, deity humans remain soul-conscious, so there are no negative accounts. But in the second half, vices enter the souls, creating negative accounts. At the fag-end of this extreme *Kaliyuga*, the miserable situations of all human beings know no bounds.

Now is the time to take an oath for a new life

with new thoughts. Renovation in the thought process creates new moments in life and makes life new. This is only possible when we know our original soul qualities and the true identity of the Supreme Soul. We speak of God as an invisible power and worship Him, but we are reluctant to know Him through His *Shrimat*. God is not present in this world all the time – He comes only once in each *Kalpa*, in the Confluence Age between *Kaliyuga* and *Satyayuga*. He descended on this earth (in India) in 1936 and started imparting knowledge to sensitise children to the nature, culture, and customs of the new world, along with the true history and geography of the world through Prajapita Brahma.

Sometimes, in strange incidents or puzzling situations, we say "O my God," though we have no idea about God. The whole human society does things in the name of God without knowing Him. God's biography is unknown to most people either because they do not want to know His true identity or their life situations never compel them to. That is why illusion persists in their minds, blocking them from realising the truth.

The soul-conscious state brings us closer to God. When waste thoughts and negativities inside are burnt through powerful yoga connecting the soul with the Supreme Soul, our nature and *sanskaras* will change. Then we can see things through our "real eyes" – realisation, as our beloved Dadi Janki marked it. Sweet Shiv Baba wants to open our eyes through *Gyan* and *Yoga* so we can regain our third eye to visualise original things and perspectives through divine intellect. When we possess a serene mind and divine intellect, we will transform into deities, and heaven will inevitably sustain our practical requirements. At present, heaven exists in another dimension, not on earth, but it will come soon when the soul qualities of the inhabitants

match the purity and perfection of their pure, natural, air-conditioned habitat – heaven. This should be the new mindset for New Year 2026. Very happy and prosperous New Year to all! ■ ■

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

magazine (edited by Jagdish Bhai) there was an article on "Honesty, Cleanliness and Simplicity". All of us BKs are great warrior souls. How would we describe a horse rider? A horse rider struggles to keep up. An elephant-rider i.e. a *Maharathi* (elephant rider) moves very calmly with great control and peace. Shiv Baba's work is happening very peacefully all over the world and there is no conflict of 'I and mine'.

Many years ago, Shiv Baba sent us to foreign lands to serve, and we wondered if there would be a time when He would call us all back to serve in Bharat. What are all of us going to do now? We serve as Baba would like us to serve; this is all that I hold as my wish. Shiv Baba is the One who enables us to do everything. Who am I to decide where I am to be – it is He who places me in the right place at the right time. Wherever Dadi goes now, everyone recognizes and says, '*Om Shanti*'. People recognise us. Baba has made us belong to Him and made us instruments to serve the whole world.

It was so wonderful to be with Dadi Gulzar in Delhi last weekend. Dadi Gulzar gave me her room in Delhi and she shifted to a smaller room. I had to accept but how can I possibly like that? However, it was very sweet. Here in Abu she doesn't need to do this! We spent all the time there together. Dadi is the instrument to share Baba's love with us as the official medium. Dadi Gulzar is so loving and sweet and no one shares as much love as she does. ■ ■

A DAY IN PANDAV BHAWAN WALKING WITH GOD

Pandav Bhawan is not just a place to visit. It is a place to remember who you truly are. A visit here is not a trip; it is a sacred reunion of the soul with its Supreme Source.



As soon as I think of Mount Abu and Pandav Bhawan, my heart starts dancing. My face lights up with joy, and my inner being instantly becomes energised—just at the thought of that divine place.

Every single time my car climbs from Shantivan towards Mount Abu, something deep within me shifts. The weather changes, the vibrations change, and so does my inner state. It feels as though the soul is quietly preparing itself to enter Shiv Baba's personal home.

The Entrance – A Silent Welcome

The moment I step through the gates of Pandav Bhawan, my mind slows down. The white walls, the ancient trees, the gentle smiles in Dadi Prakashmani's photographs, and the sweet silence transport me into another world—God's own home. Powerful meditative vibrations envelop me. Here, no one has to ask for silence; silence invites you. Even though thousands visit every day, there is pin-drop silence. You feel like whispering – or not speaking at all. You simply want to absorb, listen, sit, and just be.

This place is different. It has a magnetic pull that draws the soul inward. As I walk around, I

see brothers and sisters dressed in white. They don't merely look like people—they resemble holy swans: so pure, so peaceful, so angelic!

A Place Where God Walked...

Every stone, every tree, every wall, every corner of Pandav Bhawan has witnessed something divine. These are not just buildings; they are living witnesses to God walking on



Earth. This is the sacred spot where God descended into Brahma Baba.

Every time I visit, goosebumps rise on my skin. As I walk through the corridors, I can almost hear Brahma Baba's soft voice and sweet Mamma guiding their children. I feel BapDada welcoming me in His sweet, husky tone: "Come, child. Did you face any trouble on the journey?" I experience His subtle, loving embrace. When I touch the stones, they feel



B.K. Mansa, Shantivan

alive. They seem to ask: "Were you there when BapDada walked here?" "Have you seen Him writing those letters?" "Do you remember your part at the beginning of this Godly University?"

I smile and reply, "No, I don't remember exactly... but deep down, I feel I was there."

Every Corner Has a Story to Tell...

Baba's Room To Become Like the Father

This was the residence of God Shiva's corporeal medium, Brahma Baba. As soon as one sits here with concentration, divine power and peace begin to flow. In Baba's elevated versions, it is called the Room of Love.

BapDada has said: If you want to develop the determined thought to become equal to the Father, come to Baba's Room. God the Father



has explained that anyone who enters this room automatically forms a strong determination to become like the Father.

The moment I entered, my thoughts became powerful without any effort. I slipped into soul-consciousness; the body seemed to disappear. I felt full of all divine virtues and powers.

My eyes fell on Baba's preserved bed and mattress. I remembered those divine moments when children would meet Brahma Baba here, receiving his *drishti*, his touch on the mattress,

and his sweet smile. It didn't feel like the past – it felt completely present, as if Brahma Baba were still sitting there, waiting for each child.

Baba's Hut When the Mind Feels Low

Brahma Baba built this hut in 1959. Here he performed intense meditation and attained



spiritual completion. He would walk here, write letters to his spiritual children, and churn knowledge. The garden he and Mamma planted still exists and touches everyone's heart.

In Baba's elevated versions, this is called the Place of Loving Meeting. BapDada has said: When you feel low or sad, come to the hut and experience solitude. Even today, when I sit there, I feel Shiv Baba listening and giving clear answers to every question in my heart. All worries vanish, and I am filled with happiness and joy. This magical place of renunciation, spiritual effort, cleanliness, and simplicity makes the soul completely light.

History Hall To End Wasteful Thoughts

Built by Brahma Baba in 1960, this hall displays portraits of the first jewels of the Knowledge Yagya. It was the first hall of knowledge and yoga, created by Baba and Mamma, and it remains a powerful place of meditation. Here, in this very room, the Murli

(God's elevated versions) was spoken through corporeal Brahma by incorporeal Shiva.

Baba has said: Children, if too many wasteful thoughts are running in your mind, just come to History Hall. This is where Mamma and Baba used to meet children and conduct morning and evening classes.

Even today, sitting there for just five minutes resets the mind. You enter heavy, you leave light.

Tower of Peace

The Silent Powerhouse

On 18 January 1969, when Brahma Baba became Avyakt, the Tower of Peace was built as



his memorial. It stands as a symbol of his renunciation and intense spiritual effort. The vibrations of peace, knowledge, power, and purity radiating from it inspire every soul towards a pure, yogi life. BapDada has said: If you want to become powerful, go to the Tower of Peace.

When you sit near it, you don't feel absence—you feel his complete angelic presence. I sat in silence, and suddenly a wave of power and peace surged through me. It was more than meditation; it was direct transmission from the Supreme Source.

Kitchen and Dining Area

Where Food Becomes Prasad

Simple in structure yet divine in essence, this

kitchen once served food personally overseen by BapDada. Even now, the vibrations here are of purity and loving service. Every spoonful prepared here still carries Shiv Baba's love, purity, and blessings. It is not ordinary food—it is Brahma *Bhojan* that heals the mind, uplifts the intellect, and nourishes the soul.

The Courtyard

A Living Diary of the Yagya

This is the heart of Pandav Bhawan. I remember the Dadis sitting here, showering sweet *drishti*, sharing wisdom and stories, offering *toli*, and laughing with us like loving mothers. The open courtyard still echoes with the early days of the Yagya. You don't feel like a visitor to history – you feel part of it.

Every spot whisper:

“This is where Brahma Baba used to meditate.” “This is where he played with the children.” “This is where he walked in deep soul-consciousness.”

In Pandav Bhawan, the non-living becomes living. The rocks speak, the trees speak, the air speaks. And to each one I whisper back: “I may not have seen Sakar Baba, but I am no less fortunate. I have seen Him in the Dadis' eyes, received His *drishti*, and felt His power in meditation a thousand times.”

Final Moments – A Silent Goodbye

As the day ends, I sit one last time in the courtyard. I don't want to leave.

A soft breeze touches my face, and I feel Brahma Baba gently patting me. I hear him say, “You're Mine, child. Come again soon.”

Pandav Bhawan is not just a place to visit. It is a place to remember who you truly are. It is not merely a historical site – it is Baba's living home, vibrating with His presence in every atom. A visit here is not a trip; it is a sacred reunion of the soul with its Supreme Source. ■■

KARMATEET **BEYOND PLEASANT AND UNPLEASANT**

True liberation lies in the *Karmateet* state – where the soul, realising its inherent peaceful, loving, and pure nature, detaches from body identification.

In our spiritual journey, we often find ourselves caught in a relentless cycle – chasing pleasant experiences and desperately avoiding unpleasant ones. But what if there is a state of being that transcends this duality? This is the essence of '*Karmateet*' – a profound spiritual stage where the soul moves beyond the influence of *karma* and, consequently, beyond the fleeting sensations of pleasure and pain.

The Dance of Experience

From a human perspective, our perception of 'pleasant' or 'unpleasant' is often tied to the intricate dance of neurotransmitters in the brain. A surge of dopamine might make an experience feel good, even if it is driven by a vice like greed, while stress hormones can make another feel unpleasant. These chemical reactions are often linked to our biological instincts and the impressions (*sanskars*) we have accumulated from past actions (*karma*). Every action we perform, driven by these *sanskars*, further reinforces them, creating a continuous loop of cause and effect.

The Soul's True Nature

However, at our core, we are not just these chemical reactions or biological impulses. We are souls—tiny, conscious points of light, inherently peaceful, loving, joyful, and pure.



B.K. Shikha, Noida

These virtues are our original nature. They are not external experiences to be sought, but rather our fundamental state of being.

Breaking the Cycle

The challenge arises when the soul identifies too strongly with the body and its experiences. We mistake the temporary 'highs' from external pleasures or vices as true happiness, unaware that these often create negative *sanskars* that lead to future sorrow. Similarly, we become deeply entangled in the pain caused by past *karma*.

The Path to *Karmateet*

Achieving the *Karmateet* state involves a conscious shift in our awareness:

- ▶ **Self-Realisation:** Understanding that 'I am a soul,' distinct from the body, its mind, and its chemical responses.
- ▶ **Thought Mastery:** Using spiritual knowledge to manage our thoughts, reducing wasteful and negative ones, and cultivating powerful, positive intentions.
- ▶ **Spiritual Connection:** Through meditation or 'yoga' (connection with the Supreme Source of peace and power), we recharge our spiritual battery. This connection helps us stabilise in our inner peace and detach from the external drama.

Living in *Karmateet*

In the *Karmateet* state, the soul is no longer a

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

BE A TEACHER UNTO YOURSELF

We must become our own teachers by identifying and overcoming subtle vices. Tools like positive self-talk, constant self-checking, and firm determination are essential to overcome weaknesses and avoid self-justification or comparison with others.

B.K. Surendran, Bengaluru



We are all students in the field of life. This offers us countless avenues to acquire knowledge. We read, write, speak, and listen to self-reformative lectures and talks. Self-transformation leads to world transformation. Therefore, our task is to reform ourselves. Others, like parents, elders, teachers, or even superiors, will be able to help us win over the visible shortcomings, weaknesses, badness, vicious acts, and violent manifestations in our character. In fact, jealousy, greed, egoistic overtures, and bad relationships pull us down from our goodness level to a state of badness. What the weaknesses, vicious, and negative aspects in our character and conduct are is known to us only. This is where we should become our own teacher and guide.

Introversion and Introspection

First of all, we should practise introversion and conduct introspection to know exactly what the visible and invisible weaknesses and badness are in our thoughts, words, deeds, and relationships. Looking inside and silently introspecting as to why a weakness or badness exists in our inner portal, creating many kinds of incidents, accidents, and



unpleasant events in our life, and pulling us down from our greatness level. A very subtle level of introspection in silence and solitude is required consistently and constantly for a long time. In this process, we will come to realise that there exists an element of vices in a very subtle form which activates the hidden *sanskars* of sex lust, anger, greed, attachment, ego, jealousy, sloth, laziness, childishness, and a host of other paraphernalia of vices in a very subtle form. We are on the path of purification of the self – the soul – and we are progressing at a faster pace. In spite of serious efforts, this kind of vicious propensities block our way.

Self-Talk

From experience we learn that many a time, many of our own habits, behaviour, dealings, and observations are not liked by ourselves. When we talk to ourselves to change our way of thinking, speaking, and doing, things will start changing. When we talk to ourselves with determination and definiteness of purpose, our self-talk is picked up by our subconscious mind and we start changing the way we want ourselves to be. We will certainly not repeat a mistake again. This kind of specific self-talk is with the mind in silence. This will hold water and visible transformation will take place in our life. Then we may sometimes justify our own weakness by comparing with many others. It is also possible that we may fall into an easy mode, thinking that we will pick up at the end and so on.

This will be a self-defeating mindset. There are many others who have many weaknesses and shortcomings; hence, if I have a little weakness, it does not matter. It is here that we must enforce strict discipline in our life if we want a life of fulfilment.

Self-Suggestions

This is a kind of self-teaching to ourselves by ourselves. We can only transform ourselves because we will realise the points of bottlenecks in our deportment and find the necessity of change for good. We can only understand the hidden bits of vices in many forms in our personality. Sometimes, instead of having a determined effort, we slip into a comparison exercise which will melt away our determination and focused attention. Therefore, self-suggestions will be an effective tool wherein our command and our truthful intention will be picked up by the subconscious mind, which will help us to sustain our final decision to positively change a bad behaviour and relationships.

Listen to the Voice of the Conscience

When our aim and object of life is before us, we venture upon to take us to the next level of excellence with a determined effort-making process. The Lord has been putting in a lot of love-full persuasion, encouragement, support with incredible knowledge power and abundant blessings of pure feelings and good wishes; it is for us to take vigorous chance to get away from this vicious hell-like world to a world of beauty, plenty, and prosperity. Let us devote at least an hour in meditative silence so as to listen to the voice of the conscience, which is going to help us to reach our destination with hands-down difficulty.

Constant Check and Change

When we educate ourselves, it is necessary for us to check and change ourselves for reaching the next level of excellence. This should not be a

simple exercise, but it should be with a firm determination and specific time frame to change ourselves. Otherwise, we may slip into laziness slot with a series of postponements wherein we start thinking of many others who have left it halfway. We must challenge ourselves to take us to the higher level of excellence wherein we will be able to pick out the minutest of the minute points of badness in our personality. There may be an element of the practice of wasteful thinking, speaking, and doing things which will again harden our *sanskars* in a big way. There must be a habit of wasting time unnecessarily, engaging in a conversation which may not be required at all. Through this process, we waste not only our time, breath, thoughts, and energy but also we might waste others' time also. We must resolve to change us to the level of deity-hood in our character and conduct, which should involve absolute purity in thoughts, words, deeds, and relationships. Absolute purity means to be always in soul-consciousness wherein there should not be any trace of body-consciousness.

Determination and Rajyoga Meditation

Determination is a powerful decision and meditation is a life-changing activity. These two aspects in our life will change our life to greater heights of goodness. Rajyoga meditation will help us to connect with the Supreme spiritual energy source God. When we practise Rajyoga meditation, incredible positive transformation takes place in our life without our knowledge. We will raise ourselves to the level of absolute purity – completely virtuous and righteous, nonviolent with 16 aspects of arts complete. We reach a fulfilment stage of life. When we become a teacher to ourselves, all the problems in our life will be solved easily. The practice of complaining and blaming will come to an end for all times to come. ■■

BESTOWER OF LIBERATION AND SALVATION

The soul is its own friend or enemy through *karma*. God, the Supreme Father, saves us from the harm of and makes us kings of the Golden Age.

It is mentioned in the Gita that the soul is both its own friend and its own enemy. How? We get the fruits of our own actions, so we are our own friend and enemy. What should we become now? We shouldn't become our enemy, should we? The Supreme Father teaches the method. He says: "I teach you how to create real friendship with yourself. Otherwise, you never even know how to have friendship with one another."

The Father Has Saved Us from Harm

A wife thinks she is good when she obeys the orders of her husband. The husband thinks he is taking good care of his wife and children, and so he is good. However, each one is harming the other through the vices. No one knows the harm that results from the vices; no one realises this harm. The love in relationships has taken the form of the impure emotion of lust or attachment.

We now know that the vices cause harm. One should become a charitable soul now. Then one will attain the constant happiness that is the reward of charitable souls. Only deities are known as charitable souls and great souls. In the present times, there is no great soul. They just name themselves as great; but only the deities are called great souls, because they and their bodies are pure. It is only they who have that right, because the soul experiences the reward of constant peace and happiness.

A worldly father can make his children doctors, engineers, or barristers, but look at this



Mateshwari Jagdamba
Saraswati

Eternal Father: He is making His children the kings of kings – and that too of the Golden Age. There is nobody above the Golden-Aged emperor. There is no name or trace of sorrow or disquiet there. Here, if a child becomes a doctor but thereafter gets some disease that isn't cured even after treatment, what will he do? People will say it is his fate, luck, or destiny.

The God Father sits and explains all these aspects – how to make good fortune. He gives the power to create our destiny. Now it is up to us to put in befitting efforts in order to make our fortune.

Donate Knowledge to the Worthy Ones

Although some people may abuse us, insult us, or do something to displease us, we must never become body-conscious. We have to donate knowledge to the worthy ones. It isn't that we give to all the passers-by. No. We have to donate only to those who are worthy. It is also mentioned in the Gita: "Give My knowledge to the worthy, and do not give to those who are not worthy; give to those who are fortunate, who have the interest to listen, and who are aspirants." If one gives it in a compulsive manner, that is not service; it is a fault on the part of those who give knowledge under compulsion. God tells us not to act in that way: we do not have to give knowledge to those who disregard it.

It is our duty to give to others what we have so

that they may also become aware. Otherwise, a time may come when people will complain: "Oh, you people belonged to our nation, to our caste; you knew that God had come and that destruction would take place – why didn't you tell us before?"

When destruction finally takes place, nothing can be done. If we want to do something, it must be done beforehand. This is why the Father says: "This is the time when people should take knowledge very well and make efforts."

Constantly Maintain Stage

So the stage of us Godly children should not become like soda water (fizzy one moment, flat the next). We must have unlimited disinterest. We must constantly maintain our stage. We need to make good efforts, paying attention to such things. God is serving us as our Supreme Father, Teacher, and *Satguru*; however, He has His limitations! He has His time! It isn't that if we make efforts slowly, He will wait for us. He will finish His task in His time and leave. We have to make our full efforts and make our reward elevated.

When we go somewhere, we have to get ready in time, isn't it? We should reach the train before it leaves. Will the train wait for the passenger? No. The passenger should be at the station in time. This is also like that: we should get ready before time. We should be careful not to miss the train, but to be ready and reach it before time.

Where will this train go? It will take us to liberation, and liberation-in-life. Even in worldly life, there are trains that take passengers to pilgrimages. Now God Shiva has started a train for the real pilgrimage. We have to book the ticket quickly. Otherwise, the booking office will be closed and there will be a board displaying

"too late." So never let this happen. We must continue to move forward, making the best efforts.

Do, Become, and Attain

We need peace and happiness in our life. This will come only when we imbibe knowledge in our life practically. We cannot attain anything just by praising God. We should do and become practically. Only then will we attain.

We must now be completely loyal to the God-Father Shiva Baba. That means to follow what He says; to be true to the Father. One must become obedient, faithful, and true. To be true to the Father means to be true to the self. Those who lie to God will receive punishment from Dharamraj. The Father says: "What will you get by speaking or living a lie? You will be punished and harmed; but is God ever harmed? No." Therefore, one must make efforts so that one may not be harmed. ■■

(Contd. from page no. ...18)

slave to external circumstances or internal chemical fluctuations. It does not mean a lack of emotion; rather, it signifies an unshakeable inner stability. The soul is so deeply rooted in its original virtues of peace, love, and joy that it simply embodies these qualities. External events, whether seemingly pleasant or unpleasant, cannot disturb this profound inner equilibrium. The soul becomes a detached observer, acting with wisdom and compassion, but without getting entangled in the outcomes.

This state is not about avoiding life, but about living it with complete freedom – experiencing true, lasting happiness that comes from within, beyond the fleeting dance of pleasure and pain. ■■

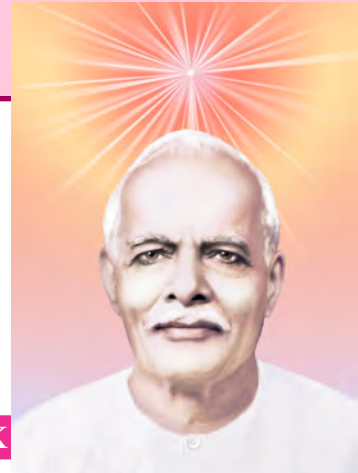
BRAHMA BABA

THE MAN WHO LIVED 'SUPER HIGH'

BY LIVING 'SUPER SMALL'

Only when you learn to turn the very big into the very small will your path become clear and glow in the darkness of today and lead you all the way to heaven's gate, where you'll arrive not late.

B.K. David, Paignton, UK



This is a small article that can lead to a very big life if you follow its Godly trail and live next to the Source and are found always mulling over Godly teachings.

Do you live your life being the 'small you', or have you fallen into the trap, as most people do, of living as the 'big you' and are now unable to escape your body-conscious cage with its narrow bars of selfishness, greed, desire and self-gratification that restrict your life to seeing life through these bars that stop you from living in true freedom, happiness and love?

Knock, knock. "Who's there?": "God and His child, Brahma Baba."

God says: "I have brought you a gift of heaven in the palm of My hands. Will you let Me and My Child into your life and accept Our gift? Everything I give you is free when you make effort in My direction and place your hand in Mine and elevate yourself away from the mundane and yet dangerous body-conscious thoughts."

God wishes us to always have an elevated spiritual awareness of being the soul and concentrating on Him in a deep state of Yoga and then to do His service.

Your invisible past needs no invite from karma to your house (life), nor does it need your address or to be told when you're at home to come knocking on your door.

It is now karma that rules the world and is the ultimate referee, carrying its divine whistle, red card and watch, and holding all the power.

Humanity is now the puppet of karma, with it pulling all the strings that see everyone as slaves to the results of their past lives if they were not lived with a spiritual outlook. The result of false living is placed in front of them to deal with, as karma arrives unannounced on many doorsteps carrying a hammer, as it seldom arrives with a bouquet of flowers hidden behind its back.

How often do you get given a bunch of flowers with your name on a card from an admirer called Karma?

All are handcuffed to their past and at the mercy of it and the unforgiving law of karma, where they must suffer the direct result of their poor living and the dire consequences karma brings with it as a result of living in a poor state of body consciousness that has seen them chained to vice, chasing their tail of pleasure. But this chase ended up causing themselves pain when they bit their tail.

Karma's other gift will give your life a lift, but for sure the opposite is true when it brings you the result of your blunders, selfish ways and viceful outlook that you clutched closely with you throughout many lives.

Ask yourself: if karma arrives on my doorstep today, will it bring me a gift of a lift behind its

back, or will it be holding a letter or a hammer that will cause me immense pain and sorrow? Go for a walk and ask yourself this, and know it's never too late to change – but it soon will be.

Have you learnt how to always turn the very big into the very small?

All lead a life consumed by the big (body) at the expense of the small (soul).

Better to have many small but very good walks that are full of loving steps that leave footprints of kindness and peace behind you, whose repercussions can only grow and eventually lead to a very happy life that sees you full of high rewards that make you feel able to walk tall in peace, love and happiness wherever you go.

Most go on long daily walks leaving heavy footprints of sorrow behind them as they carry a heavy rucksack that's full of bad habits, anger and stress, and a wardrobe full of fashionable clothes on their backs.

Your past mistakes walk behind you, guiding your every move, to which you are unaware.

As soon as most leave their front door, they unknowingly head in the wrong direction. What can be the only result of this? It is not as if they took the wrong turn for the first time today: most have been taking the wrong turn for most of their lives and now live in a city called SORROW on a street called WRONG DIRECTION.

A time comes when constant failures of the past accumulate and push a person to live in an uncomfortable place that reflects their poor mistakes, and whether they are living without food or water or are getting *halva* three times a day without fail or effort will all be a reflection and reward from their past and how they lived.

It can be *halva* today and maybe having to chew and digest broken glass the day after.

Life is unpredictable, and even the best can be suddenly crippled and end up on the floor, unable to move, or walking on a rusty nail.

Nothing is guaranteed – especially one's health, life, future, peace or happiness. We are all at the mercy of what we once did, and we can only hope we did good, as all want a good day that massages their head and makes them feel relaxed and happy. Yet most, if not chewing on broken glass, have to walk on it in bare feet; such has been their past actions, thoughts, motives and desires.

A germ, insect, snake or a piece of paper can all dramatically change your life today.

There is no hiding from karma, and if one is to suffer, then who can hide from a germ, insect or crossing the road?

As soon as you step out in life from your house, you have a target on your back of 'H' for karma to hit you or an 'I' to ignore you. Most will not be hit but end up heading in the wrong direction, as the town in which they live is called SORROW.

It's hard to escape their street called WRONG DIRECTION and so endure living in a town geared up to cause constant pain.

The solution to living in a place that causes you constant pain is to take Godly pills on a regular basis. God's pills alone can ease life's suffering, which most are afflicted by.

You can only get this pill on prescription from the chemist located in any Brahma Kumaris meditation centre. The tablets are all free and readily available and administered with great love and care.

The pills reduce worry, stress and your problems and open up a new world to new thinking with new results, feelings and desires. Your BP will reduce and so will your anxiety.

(To be contd. on next issue...)

MY LOVE, BRAHMA BABA

B.K. Indal Bhai USA

O my dear Brahma Baba, your presence awakens me gently in the early morning. Every day, through your flute of Knowledge, I hear your whisper of love that stirs me. My eyes open gently and I awake with yesterday's conversation. You are my sweet Angelic Father, my teacher and guide. You are the sample and example of our Supreme Father God Shiva.

O my beloved Father, you surrendered everything with love and intent for world service. In your life, you embraced and honoured the Brahmin children adopted by the Incorporeal God Shiva through you, foremost. You always kept them before you, respected and taught them with pure humility.

My sweet Brahma Baba, for our sake and as per your untainted spiritual guidance, our education excels with unknown spiritual revelations of truth. My heart and mind churn your altruistic sacrifice and servitude to the

children.

Oh, Beloved Father you said with unlimited love, remember the Father Supreme and the inheritance. Sweet Father, you unlock the secrets of the powers of virtues and divinity. I experience heavenly intoxication of the release of my world of darkness. Such light and might of knowledge burns the rust of ignorance and reveals spiritual light and might.

I learn my true identity of being soul-conscious. I am the true image of my Father, the Supreme Father of all souls. My heart and mind dances with recognition and belonging. I am your true child and share your spiritual genes of purity and non-violence.

You surrendered all in this world and your mind, body and wealth for World transformation and creation of a New World: A world of Peace, Purity, Happiness, untainted Health and long life; a world of double crown of light and Royalty. I love you, my beloved father, always and forever. ■■

MAKING BHARAT A HEAVENLY KINGDOM PALACE

B.K. Yogesh Kumar, GHRC, Abu Road

R-Day reminds us of becoming a sovereign republic

Honouring our heritage – glorious, vast, and majestic

The tricolour shines with martyrs' sacrifice; Let us uphold its honour with virtues that rise.

Amidst today's fall in character and culture deep God shares a message the nation must keep: Be a spiritual soldier of His divine Salvation Army Spreading world peace, truth, and harmony.

He reveals the tricolour's spiritual significance: Saffron – purity; white – peace shining with brilliance;

Green – God's love protecting us souls with eminence

Ashok Chakra – discuss of self-realization ensures joy in essence.

God guides us to a Golden Age retreat Making us vice-less, self-sovereign, and sweet. Even through troubles or life's final breath The Almighty stays with us – beyond even death. ■■

SITUATION PROOFING

There are two categories of people. One will make the situation smaller by having positive ways of looking at the situation. The other will make the situation bigger than what it is by having negative perceptions.

We are always learning a lesson at every step of our lives. The real life situations are our hidden lessons which come to teach us something or the other in a short period of time and bring in front of us questions in the form of – **How** will I ever live a life without a loved one, lost due to death or due to differences in opinions or **Why** did this particular event ever have to happen to me like an illness or a sudden financial loss or **When** will I achieve the desired success in a difficult scene full of events that challenge my mental strength or **What** did I do in my past births, the result of which I am seeing in the form of a loved one not looking at me with the love and respect that I deserve?

We all know what is water-proofing. A rain coat worn in the rain does that. In a similar manner is **situation-proofing**. The situations are there. They will always be present from time to time. But you have to mould the way you live your life and make important positive changes in the way you perceive difficult situations and become situation-proof. Situation-proof means you become free from the influence of the situations and free of worry. Life for all of us does involve different types of challenging situations. The situations will sometimes be in the form of a temporary increase of my own negative nature characteristic like anger or jealousy or ego; sometimes in the form of lack of respect by a



work colleague. Also, there will sometimes be a challenging or difficult task to be done in life; sometimes there will be difficult relationships with people and a clash of personalities with someone. And also at times, there will be a temporary health issue in my physical body, etc.

A life without situations is like trying to live a life in an imaginary world, cut off from reality. There are two categories of people. One will make the situation smaller by having positive perceptions or ways of looking at the situation. The other will make the situation bigger than what it is by having negative perceptions. The negative perception is the first reason for making an easy situation seem difficult or a difficult situation seem even more difficult. The negative perceptions stand on four pillars, the four questions – **How? Why? When? What?** Just remember the last time you faced a difficult situation, it was always one of these four questions or more than one of these questions on which your perceptions stood. If it's all four, then the negative perceptions become the strongest and stand the tallest. And of course, the other two exclamations (being surprised negatively) – the **If!** and the **But!** These raise the negative perceptions even higher and before you know the situation looks bigger than it is. On the other hand, if we are positive, we will rise above these questions and not create these two

exclamations. This is situation-proofing. A situation is there but I have situation-proofed myself. Situation-proofing means I go beyond the influence of the situation by keeping these questions and exclamations away and not having any negative perceptions.

As we all know, the energy of our consciousness (or *Smriti* in Hindi) flows into our attitudes (or *Vriti* in Hindi) and shapes them. The energy of our attitudes flows into our perceptions or the way we look at real-life situations (*drishti* or *drishtikon* in Hindi) and shapes them. Finally, the energy of our perceptions flows into our words and actions (or *kriti* in Hindi) and shapes them. This is the process that takes place in our mind and this is the process that is required to be completely understood before understanding how **situation-proofing** works.

Situation-proofing can be defined as: Keeping your consciousness free from the question marks like over a long period of time. This is a powerful consciousness with little room for the negative or waste thought patterns. Such a positive consciousness carrying person then has a positive attitude. A positive attitude then influences our perception of problems and makes it positive. This finally leads to positive or correct words and actions which are required to solve the problem in front of us.

BE GENEROUS-HEARTED LIKE FATHER BRAHMA



Sakar Father Brahma became an instrument to uplift everyone with the special virtue of generosity. Similarly, follow the father. Become generous and have a big heart in your thoughts, words, deeds, relationships and connections. Help every soul with your virtues and power and accommodate their weaknesses.

Thus, in short, our thoughts are the foundation of our perception. Negative perceptions stand on the foundation of thoughts of negativity which are filled with questions and exclamations created sometimes over a complete birth. Positive perceptions stand on the foundation of thoughts of positivity created over a long period of time. It's not just about that particular moment of time or creating positive thoughts at the time, when you have a difficult situation in your life. It's a practice of many years of creating positive thoughts or at least a few months that make the mind extremely powerful. It's also going through many different negative situations and achieving victory many times in keeping the mind positive in all those situations, that empower the mind. This transforms and keeps our perception positive in circumstances that we are going to face in the future. Thoughts of positivity are like clean water poured in the bucket of the mind which is used to create thoughts of negativity, which are like unclean water in the bucket. A large volume of clean water or thoughts of positivity is required to be poured into the bucket so that the unclean water is completely replaced by the clean water of positive thoughts. So, **pour positive and beautiful thoughts into your mind every day for a few minutes through spiritual wisdom**

and also empower yourself with meditation. And slowly over a period of time the question marks and exclamation marks in situations which confuse you and reduce your positive perception, will be removed. As a result, you will become situation-proofed. ■■

THE FIRST MAN AN ODE TO BRAHMA BABA

He surrendered everything – his mind, body, and wealth – to God's task. At the foundation of it all was his deep, unconditional love for God and for His task – re-establishing heaven on earth.

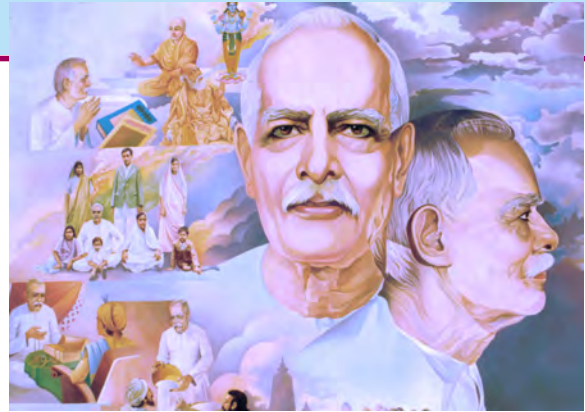


God is incorporeal; He resides in the soul world, which is also the home of all souls. He comes to this corporeal world at the Confluence Age to teach us, His children, Rajyoga – the path to regaining our self-sovereignty.

Just as I, the soul, require a body to express myself, so too does God. He is the Supreme Soul, yet in essence – a point of conscious light – He is like us. The fundamental difference is that God does not take birth through a mother's womb; His is a divine, spiritual incarnation. He enters an ordinary, senior body to speak to His children.

The one whose body He entered was born with a different name – Lekhraj Kriplani. When the Supreme Soul descended into him, He named him Prajapita Brahma. Thus, he became the 'lucky chariot' (Bhagirath), the divine instrument for God's task.

Many ask, **“Why did God choose this particular soul?”** He didn't. It is this soul's preordained part in the unlimited world drama to become the designated chariot for God. Yet, his life and transformation are a testament to why he was perfect for the role. As a student, the soul of Brahma listened to everything God, his Teacher,



B.K. Sarika, GGRC, Ahmedabad

said and followed it with 200 percent faith – there was no “if,” “but,” or “what.” He surrendered everything – his mind, body, and wealth – to God's task.

He had many specialties, including one where he was known to do whatever God asked immediately. By the end of his mortal life, those who met him saw not a human being but an angel; such was his demeanour.

At the foundation of it all was his deep, unconditional love for God and for His task – re-establishing heaven on earth. He took full advantage of the most glorious fact that God Himself was his Teacher. He rejoiced in the knowledge of his own elevated destiny, which he was studying to fulfil: becoming a sovereign of the new world. His was a spiritual intoxication like no other. No matter the situations or obstacles, he remained a carefree emperor, unshakably firm in his faith that this is God's task and that he had nothing to worry about. His task was simply to follow God's *Shrimat* (elevated directions).

He became the spiritual father and elder brother to all, taking personal responsibility for the well-being of the entire divine family. “This is my family” was his constant attitude. Brahma Baba, as he is lovingly called, left his mortal coil on January 18, 1969. Yet, he continues to serve in his angelic form from his new abode, the subtle

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

CREATING A POSITIVE DESTINY WITH POSITIVE INFORMATION

To change our destiny, we will need to create the right thoughts and to make that happen in a natural way, we need to consume pure information.

In this information age, we have an overflow of knowledge. **Do we pause and check the quality of the information we are consuming?** Does it matter or can we listen, read and watch everything that is fed to us. Like food is a vital part of our body, information is the food for the mind. Every piece of information we consume becomes the source of our thoughts. Our every thought is followed by a feeling. Feelings over a period of time develop our attitude. Attitude comes out into action. Any action done repeatedly becomes a habit. All our habits put together is our personality. Our personality radiates energy and as will be the energy we send out, same level of energy we receive according to the law of karma, which becomes our destiny. Let us be aware of this inner process and see the impact of our thoughts on our destiny and the influence of information on our thoughts. Simple formula Information = Destiny.

Let us take simple scenes of our life and check how we react – Your child has not reached home and phone is not reachable ... are thoughts of worry, anxiety and mishap natural? You have worked very hard on an assignment and you get criticism in return ... are thoughts of hurt natural? You expect someone to behave in a particular way and they just do not seem to understand ... are thoughts of irritation and anger natural? We live in a world where uncomfortable emotions like stress, anger, rejection, hurt, jealousy, and resentment are being called natural. This chain

of emotions means we are creating a disturbed mind, diseased body and conflicting relationships.

We want a destiny of peace, love, happiness, health, wealth and harmony. To change our destiny, we will need to create the right thoughts and to make that happen in a natural way, we need to consume pure information. Stop and check the quality of information we are feeding the mind daily. Very often, we are feeding our self with information full of terror, violence, hatred, ridicule, impurity, manipulation ... which is reflecting in our destiny today. The next time we receive any information, we need to check whether it is the right diet for us to be spiritually, emotionally, physically and socially healthy. If not, let us not read or absorb it, like we refuse to eat food which is not right for us. Reading negative information and sharing it with friends is creating a deep karma of radiating negative energy and this collective energy makes our world what it is today.

Let us begin the day with ten minutes of healthy information. Spiritual information can be our friend on this journey. It is the information full of wisdom and deep insights which nurture the mind and empower us to create right thoughts in every situation and choose a beautiful destiny daily. Facing a challenge or just a little confused ... our friend is always with us. Just read a little piece of spiritual information and read every word and feel the mind getting strengthened to cross the challenge in a dignified way.

Creating a destiny of our choice ... It's only one thought away! ■■



(Contd. from page no. 3)

from Delhi, also sat around. There were also some Brahma Kumaris and Brahma Kumars, who were imparting a great spiritual aroma to the atmosphere. Suddenly, I felt myself cut off from my surrounding and detached from my body. I found myself in a sea of golden light and experienced an indescribable thrill and a consummating bliss.

Strange torrential currents of peace had descended on me and had penetrated into my mind and filled me, the soul. In that state – as I can recall now – I had not even a slight feeling of being an embodied spirit but I experienced the extreme joy of being face-to-face with God – the phrases 'face-to-face' being only metaphorical, because in that holy union or encounter neither of us had a physical face. Without God's physical arms, I felt I was in His embrace. A great spiritual magnetism had drawn me to the Holiest Spirit, and there was great surge of love from Him that inundated me. The light of that Supreme Light touched me and gave me such a wonderful, soothing, comforting, refreshing, enlivening and enrapturing experience that I could not contain myself and an expression of this welled out from me.

Suddenly, I felt that I was an embodied being but, for a long time, I did not feel myself of the body nor had I any gross feeling as I had before this ecstatic 'moment'. I call it a *moment* not in terms of *sidereal* time because I had lost all sense of time then, and when I returned to the physical, its cherished memory gave me the feeling that it was, as compared to eternity, not even a moment. However, ever since that moment, God was more real to me than even a mountain. And, the words uttered by God,

"Child, O My fondling, My Sweet Child" had very much entered into my life. This was the precursor to my later divine experiences – all ennobling and enrapturing.

But I know that over the past two thousand years or more, there has been prevalent, in some sections of mankind, the belief that man can neither see nor hear God. Long ago, the saying had gone round that the sight of God is "what man's flesh and blood cannot bear". It was thought that "to be in the presence of God is a shattering experience"; to perceive God is to be crushed by His majesty. Example is given of *Arjuna* of the *Gita-fame*, who, on seeing a vision of what is called His "Universal Form" said: "... the world is terrified; so am I."¹ Examples are also given, from the Bible, of Isaiah, Abraham and Moses. When Isaiah had a vision of God, he said, "...I am undone."² It is even said that he, who sees God, cannot remain alive,³ and that when God appeared unto Moses, "the people trembled the mountain trembled greatly."⁴

But it is a pity that, in this context, people conveniently forget that the words '*cannot remain alive*', etc. are metaphorical. These divine words have been used to express a spiritual experience, of which the parallel is only the physical death. When a person physically dies, he takes rebirth in another family; his memories of the past physical relationships, etc. usually get obliterated and forgotten; similarly, when a person gets a vision of God, the Holiest Father and the Lord of the hosts, he also dies a 'death', i.e., dies of the old materialistic world, so to say, is "*spiritually reborn*". It is in this sense that the statement "*one who sees God cannot remain alive*" is meaningful. Else, as *The Bible* states that Moses had a vision of God and he lived, too, thereafter. Did he not?

So, it would be of grave loss to man to believe that he cannot have a perception of the Supreme Being or that the experience of God's presence is *shattering*. His presence is *shattering* only in the metaphorical sense, for a vision or experience of God breaks the hard veil of one's ignorance.

For us, not only is the experience of God a possibility but a spiritual birthright of every soul, and it is also a blissful experience *par excellence*, which anyone, who endeavours to be holy, can have. The present era, called the Confluence Age is the extraordinary

BE A SUSTAINER LIKE FATHER BRAHMA



Father Brahma gave you children alokik birth and also gave you such sustenance that the words "My Baba" emerge from everyone's lips. In the same way, let there be the feeling of belonging from everyone. This is known as being equal to the Father. Give the experience of a relationship to whoever comes in contact with you and then connection with them will be easy.

period for an easy and successful union with God.

References:

1. *The Bhagwad Gita*, Ch XI Verse 23-24,
2. *The Bible*, Isaiah, Ch. 6, V.5.
3. *The Bible*, Exodus, Ch.33, Verse 20.
4. *The Bible*, Exodus, Ch.19, Verse 17. ■■

IMPORTANT NOTICE FOR SUBSCRIBERS

This is to inform all subscribers that the subscription rates for 'The World Renewal' have been revised due to an increase in postal charges, effective from 01 January 2026.

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Dehradun: Dr. Ramesh Pokhriyal, former Chief Minister, Acharya Ramesh Semwal, BK Manju, BK Rama, Ms. Rama Retka and BK Meena inaugurate the World Meditation Day programme.



Mumbai (Ghatkopar): The newly constructed memorial square, dedicated to BK Nalini Didi, is inaugurated by Mr. Parag Shah, MLA, Mr. Bhalchandra Shirsat, Municipal Corporator, Dr. Bhaskar Shah, BK Shaku and BK Nikunj.



Mumbai (Vile Parle): After felicitating the Indian women's blind cricket team for their World Cup victory, BK Amrita interacted with the team.



Karachi: BK Bhawna from New Zealand addressed a programme to mark Spiritual Diwali during her visit to Pakistan.



Ahmedabad (India Colony): An event on "Positive Thoughts and a Happy World" is inaugurated by MLA Ms. Kanchan Radadia, MLA Mr. Dinesh Kushwah, BK Shivani, BK Neha and BK Bhanu. Mayor Mrs. Pratibha Jain also graced the event.



Raipur: On World Day of Remembrance for Road Traffic Victims, Assistant IG (Traffic) Mr. Sanjay Sharma, Assistant SP (Traffic) Dr. Prashant Shukla, BK Savita and BK Ruchika are seated on the stage.



Mohali: During the World Meditation Day event, Mr. Rakesh Kumar Popli, Addl. Chief Administrator, PUDA, is presented a Godly gift by BK Prem. Also present are Mr. Pawan Gupta, Chief Engineer of CPWD, and BK Rama.

OUR VIBRATIONS TALK!

The highest vibrations come from the bodiless stage and remembrance of Shiv Baba, enabling a pure aura, Godly connection, incognito mind service to uplift humanity, and protection from negativity.



Everything has a vibration: a place has energy, food has a vibration, every piece of reading content has a vibration, and words vibrate. The Supreme Almighty Father says, “Sweet child, your

vibration – the energy of the soul – speaks.”

How is this vibration in the atmosphere created? Mostly through our thoughts. When thoughts are of material consciousness, we create a body-conscious atmosphere that saps the energy of the soul. When thoughts are spiritual, they create a God-conscious atmosphere that increases the power of the soul. This energy circulates in the air and touches every corner of the planet.

Shiv Baba says, “When the energy of the soul is filled with the seven virtues – peace, purity, wisdom, spiritual love, and so on – the atmosphere becomes light and happy. When the energy or pocket of the soul is filled with anger, lust, ego, jealousy, and the like, it creates a heavy and unhappy atmosphere.” Of course, in the Iron-Aged world, where we are surrounded by energy-sapping elements, it requires effort to emerge the seven diamond-like virtues of the soul. But when we take power from the Almighty, it slowly becomes a reality. Yes, it is a journey.



B.K. Mahima, Gwalior

The subtlest power of all is vibration. Vibrations are subtler than thoughts. We have to be very careful with our vibrations. Remembrance of Shiv Baba elevates their quality. An aura is created around the self through vibrations; then, the aura and vibrations do the talking, not words. This is the highest stage for a Rajyogi.

The bodiless stage is the purest vibrating stage. It not only fills the self with power but is uplifting for the world, because Shiv Baba explains, “In the bodiless stage, the soul is beyond any effect of positive or negative.” The bodiless stage is like spiritual anesthesia. This spiritual anesthesia rejuvenates the vibrations stored in the soul.

When our vibrations become pure and purer, we can catch God's touching, because God vibrates only purity and love. Once the soul almost matches the Supreme Soul's frequency, both become connected. Once the connection is strong, the soul can catch messages from the Supreme Soul.

Vibrations can give us a feeling of safety, like a canopy of God, or they can do the opposite. Hence, it is very important to take steps as per God's directions to purify our vibrations and then safeguard that purity. Purity empowers us not only physically but also mentally. Purity of mind is the seed for creating a powerful atmosphere. Purity is foremost in elevating our vibrations from lowest to medium to highest. It is a process: *tamo* to *rajo* to *satto*.

A number of souls at one place can disturb the atmosphere if all are in material or gross consciousness. But one soul vibrating at soul-conscious frequency can cut through the impact of the rest—though it is quite a task, because negativity overpowers positivity unless that positivity is immovable and stable.

That is why Shiv Baba says service through the mind is the highest service to humanity. Humanity is currently going through a very rough patch of the lowest vibration frequency. When we connect our intellect with Shiv Baba, take His rays, and inject them into souls, it gives them soothing, incognito upliftment. Shiv Baba says doing incognito service is the best service: you don't know how many souls you touched with God's light, and they don't know who did something nice for them. It is the best possible setting, where you remain under cover.

To always stay connected with Shiv Baba – in peaceful situations or in chaos – is the only way to safeguard our vibrations and remain unaffected by the body-conscious infection around us. Yes, the intellect wanders because of our *sanskars* from 63 births of wandering. That is why God says, "Take benefit of all relationships from Me and only Me." It is people or situations that make us wander away from Shiv Baba. For people, Shiv Baba says, "Consider all souls to be My children, and you will get power to deal with them with love and

patience." For situations, consider them a divine game. When we remember the word "divine," we will automatically remember Baba and thus remain safe. ■ ■

(Contd. from page no. ...28)

region. "It's faster," he says. "I am not restricted now by my physical body."

God Himself explains the immense significance of this day. It isn't just a day of remembrance or love, but a day that marks a powerful transformation for souls and the acceleration of world service. On this day, Father Brahma willed all his powers to his children, bestowing upon them the spiritual willpower to bring about change. God teaches us that when we follow the father and, in the same way, will the powers we've received to the souls of the world, service will be accomplished victoriously.

We children are Father Brahma's very life, and there isn't a soul that hasn't experienced his loving sustenance. He is my father, my mother, my grandpa... He is the perfect example of the moth completely surrendered to the Flame, of unmovable and unshakable faith in the One, and of deep, unabashed love for the Beloved. He is the eldest son and the number one student who, through his perfect surrender, became equal to the Father. ■ ■

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Paris: BK Jayanti, Addl. Chief of Brahma Kumaris, conducted a session on “Inner Freedom – the Gift of Meditation”.



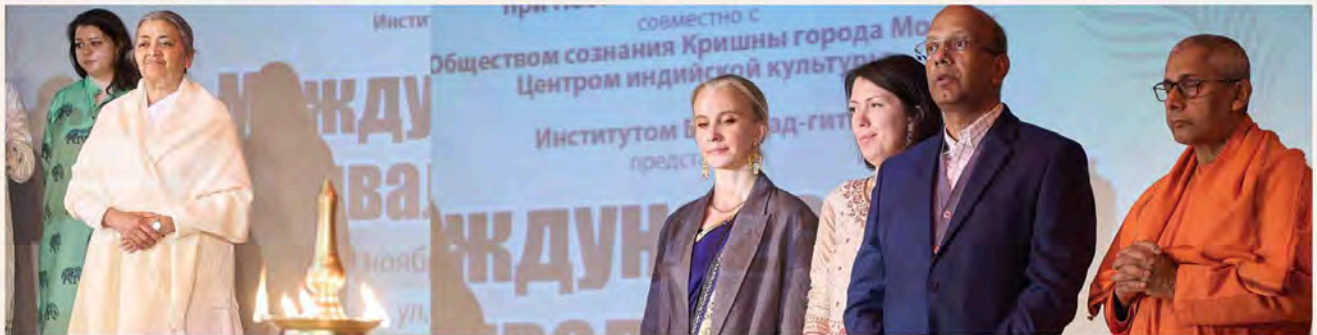
Patna: Governor of Bihar H.E. Arif Mohammad Khan is with BK Usha and BK Sangeeta at Lok Bhavan after a courtesy meeting.



Jalandhar: BK Sandhira and BK Vijay presented a Godly gift to the Chief Minister of Haryana, Mr. Nayab Singh Saini. Also present were Mr. Kumar Swami and Mr. Sheetal Vij, Chief Editor of Dainik Savera.



Singapore: BK Sudesh gave a spiritual message to Dr. Shilpak Ambule, High Commissioner of India, and Ms. Pooja Tillu, Deputy High Commissioner.



Moscow (Russia): The Ambassador of India, H.E. Vinay Kumar, BK Sudha and other dignitaries are scene after inaugurating the International Gita Mahotsav 2025.



Bikaner: BK Shivani was presented with bouquets by Mr. Arjun Ram Meghwal, Union Law Minister, and BK Kamal. She addressed a huge gathering on “New Resolution – New Life”.



Unnao (UP): A Value-Education Training Programme for 5,000 teachers is being inaugurated by Ms. Kritiraj, CDO, Mr. Sunil Dutt, DIEO, Mr. Shailendra Pandey, BSA, BK Onkar and BK Kusum.

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Hyderabad: H.E. Droupadi Murmu, President of India, inaugurated the 21st Anniversary celebrations of Brahma Kumaris – Shanti Sarovar, along with H.E. Jishnu Dev Varma, Governor of Telangana, Ms. Dansari Anasuya, Cabinet Minister, BK Santosh, BK Kuldeep and BK Mruthyunjaya.

New Delhi: Mr. Amit Shah, Union Home Minister, engaged in spiritual conversation with BK Shukla, BK Sneha and BK Sarika.



Lucknow: Hon'ble President of India H.E. Droupadi Murmu, Governor of UP H.E. Anandiben Patel, Chief Minister Yogi Adityanath are inaugurating a programme on "Meditation for World Unity and Trust". Also present are BK Mruthyunjaya, BK Radha and BK Nathmal.

Gurugram (ORC): After inaugurating a programme on Silver Jubilee of Om Shanti Retreat Centre present on the stage are Hon'ble Vice President of India H.E. C.P. Radhakrishnan, Haryana's Industry Minister Mr. Rao Narbir Singh, BK Asha, BK Karuna, BK Vedanti, BK Shukla and others.

