

CONNECTION

Issue 32, Feb/Mar 2026



HONESTY



THE BRAHMA KUMARIS
AUSTRALIA



CONNECTION magazine

Stimulating spiritual and personal reflection through featured articles, poems, artworks and activities;

Enhancing information sharing on BKA activities across the country, including news from the Board, Australian Management Team and Departments, Centres and Course Locations;

Bringing a greater sense of cohesion and community in the BKA family;

Raising awareness of, and engaging BKA members in reflection and discussion of key issues

Publisher :

The Brahma Kumaris Australia
181 First Ave, Five Dock NSW 2046

All correspondence to :

bkmagazine@au.brahmakumaris.org

** Submissions are welcome ... Please contact us for a copy of 'Guidelines for Submissions' & 'Submission Checklist' **before** sending in your submission.*

Editorial Team :

Margot Schofield
Morni Chen
Rebecca Attwood

Thanks to :

David Cutlan for the cover artwork, and all contributors/authors of messages, reports, poems and articles, etc.

Disclaimer

All information, opinions and views of the authors and contributors are their own and do not necessarily reflect the views of the editorial team nor The Brahma Kumaris Australia who is the publisher of Connection Magazine. In accessing this magazine and its supplements, you may save or print the content only for your own personal non-commercial use. Except where expressly stated otherwise, you are not permitted to reproduce, adapt or change in any way this magazine or its supplements for any other purpose without the prior written permission of the editorial team. You are not permitted to reproduce, adapt or change in any way, the content of any article, report, interview, artwork etc, for any other purpose without the prior written permission of the author or contributor of the article, report, interview, artwork, etc. You are not authorised to 'grab' and post any content on any social media or web sites without the prior written permission of the author or contributor of such content. Copyright ownership for all contributions in this magazine and its supplements belong to the relevant contributor. The Brahma Kumaris Australia is not responsible for any copyright infringements for submissions, images, videos or any other media supplied to us by writers or contributors. Connection Magazine reserves the right to refuse any images or submissions that do not suit the style or message of the magazine.

This magazine supports trust, respect and fairness. Thank you for your co-operation.



THE BRAHMA KUMARIS
AUSTRALIA

Welcome ...



For many of us, when we first came to Baba and filled out our daily charts, we would often give ourselves at least 90% on the question, "How honest were you today?" As Baba clarifies what true honesty is, this score often drops! Am I being honest about who I am, a soul? How can I be honest when I do not even know myself?

This issue delves deep into Honesty and its companions, *wafardar* – loyalty and commitment, as well as *imandar* - being faithful and upright. When Baba says that He is pleased with an honest heart, He is also imploring us to be loyal and faithful to Him alone.

Baba as *Satyam Shivam Sunderam* – the Truth, the Benevolent and Beautiful One, reminds us to only ever prove the truth, *satyata*, with *sabhyata*, in a civilised way with good manners. We may be 'right'; however, we need to take care not to hurt another's heart with our straightforwardness, which is often considered an aspect of honesty.

To establish Satyug, the Age of Truth, we need to explore each and every nuance of Honesty. The wonderful sharings in this issue are real gems.

Enjoy!

*the
Editorial Team*

Message from Br Charlie

Dear Family of Australia,

Honesty is one of the highest forms of Purity.

Often we feel that speaking my mind or sharing what is in my heart is Honesty. I feel this is transparency, as I may be sharing under the influence of my nature, sanskaras, ego or hurt, so it is not real honesty with the self.

Once Baba shared His view of Honesty, which is to use everything according to Baba's directions. Baba went on to say the Honesty He loves is to use my thoughts, words, actions, time, money and energy according to Baba's way. When we say, "this is what I think, this is what I feel?", but it is different from what Baba suggests, Baba said that this is not real Honesty with Baba.

One of Baba's classic sayings is that, "The Lord is pleased with an honest heart." An honest heart keeps my conscience clear and keeps me light and unburdened.

Charlie

About our Artist : David Cutlan

In 1983, (quite by accident), David stumbled across the Brahma Kumaris in Hobart. On returning from Madhuban in 1987 he moved into a Centre at Broadmeadow, Newcastle. Stints in Centres in Milton, Brisbane, Harris Park, Coniston, Wollongong, and then North Ryde followed. After a period living back in England, David created an organic veggie garden at the Wilton Retreat Centre where he lived for a number of years in the 2000's.

At the age of 91, when most people are winding down, David started with paintbrush in hand and a newfound passion lighting up his days. He has completed over 100 paintings and exhibited his art. You can see his paintings at

<https://davidcutlan.com/>



Cover Art





Contents

4 Honesty is Total Pure Authenticity

More than honesty, authenticity may be something we value and practise along with all virtues and the eight powers. When we are authentically ourselves, free of all vice energies, detached but loving, free of the past, totally present, connected to Baba, are authentically ourselves, self-sovereign, self-aware, and free.

5 An Honest Heart - Loved by God

When we are honest with Baba, everything becomes easy and natural because we continue to share our thoughts and situations with Baba. We then get help and power in return.

7 Honesty: The Courage to Reveal the Self

Partial honesty creates hidden weakness. When the soul conceals a weakness, a fear, or a truth, that very area remains without power. Baba's blessing flows fully only when we come to Him honestly, without covering or pretence. Complete honesty allows every part of the soul to then be filled with strength.

9 Interview with Br Lakshmi Kumar Eswara Raju

Br Lakshmi Kumar shares his thoughts about Honesty.

10 My First COP Experience in Belem: A Journey of Connection, Learning & New Beginnings

Sr. Ananya Tomar shares her experience of COP30.

12 Our Yagya

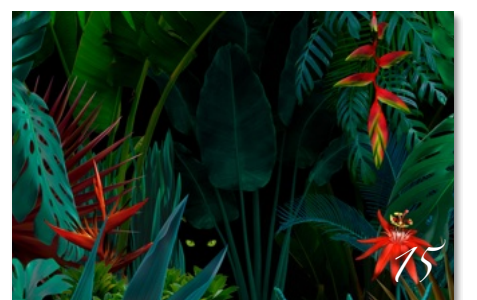
Launched just over a year ago for the spiritual sustenance of our global BK family, the Our Yagya website continues to provide, in one easy-to-navigate website, hundreds of pages of classes and other resources that you otherwise have to locate on several other websites.

13 Honesty - Honouring the Truth Within

When I honour my truth and keep it alive and clean, I feel lighter. With persistent connection, the soul becomes subtle. And a subtle soul naturally becomes an instrument - an agent of God. Without effort or words, the soul begins to purify the atmosphere. It restores the world, moment by moment, to its original condition. Negativity dissolves simply through presence.

15 Honest Reflections from a Jungle of Many Births

By its very nature, honesty is upfront and 'out there' - that secretive tiger in the jungle was always meant to be seen and admired. But it can also be mischievous and harmful, if not tamed and sweetened with love and wisdom, during those times when it feels the need to roar into expression through impulsive words, attitudes and action. Then, honesty can present as forthright, bossy, self-righteous, or self-satisfied when stalking paw to paw with ego.



- 17 Practical Steps to Honesty as Living Truth (Teaching & Learning Page)**
Steps on how to make the awareness of "I am a soul, and I belong to the Supreme Soul, Baba", part of daily life, and not just a thought during meditation.
- 18 The Centre for Soul Conscious Living (Report)**
An update of activities and purpose of this online Centre.
- 19 Living in Truth with the Self, God and Life**
How a sincere surrender of intention into Baba's hands led to expansion of service in Myanmar.
- 21 Honest Hearts**
How the blessing of having an Honest Heart has helped one BK become engaged in Brahmin life again.
- 22 Course Location Profile**
'Shanti Kund' at Joondalup, Perth
- 24 Honesty Crossword**
- 25 A Good Honest Meal is Food for the Gods (Health & Wellbeing Page)**

Contributors: *Charlie Hogg, Michael Murphy, Dipika Rohit, Poonam Deswal, Lakshmi Kumar Eswara Raju & Morni Chen, Ananya Tomar, Sr. Kiran (USA), Madhu Rathi, Verna Champion, Sona Bahri, Sr. Shakuntala (Myanmar), Scott McGuinness, Gail Howell, and Amanda Quinn.*

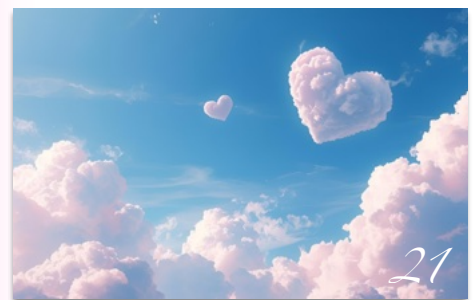
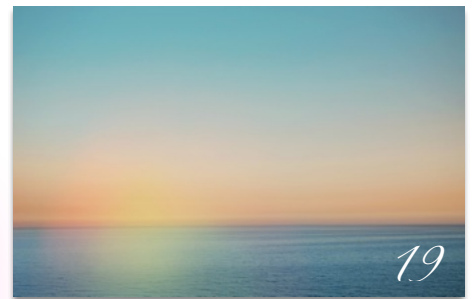


View and download all previous issues
@ <http://tiny.cc/AustralianBKMAGazine>

Crossword Solutions:

ACROSS
6. dependable, 9. escape, 11. bona fide, 13. rule, 15. loyalty, 16. excellence, 18. swings, 20. Raja Yoga, 22. Met, 24. clear, 25. Divine, 27. we, 28. Pinocchio, 31. Allah, 34. three, 35. heap, 37. swear an oath, 38. Arts, 40. begun, 41. half is forgiven, 45. set, 46. clear conscience, 49. veritas, 51. humble, 52. remembrance 53. tree

DOWN
1. Trident, 2. devi, 3. zeal, 4. tell, 5. Baba, 7. dwell, 8. burden, 10. polygraph, 12. aye, 14. eleven, 17. ego, 19. sari, 21. Adi, 22. mirror, 23. tenets, 24. celestial, 26. iota, 27. Wah, 29. open book, 30. chart, 32. law, 33. apex, 36. transparent, 38. Amen, 39. trustee, 40. be, 42. free, 43. guest, 44. visit, 45. scholar, 46. clever, 47. drama, 48. check, 50. sure.





*P*erth 1973 ... sitting in the front row of the Karrakatta Cremation Chapel. To my left my protestant Irish father, sisters, then my extended Catholic Indian Bengali family ... grandmother, uncles, aunt, cousins, and behind, about 120 souls seated and standing, all there to pay their respects.

As a compromise to the traditional Catholic burial, a Catholic priest was agreed on.

After what felt like an eternity of strange words, the Lord's Prayer filled the chapel, the priest pushed a hidden button, music started, the humming electric rollers slowly propelled the casket on a ceremonial one-way journey towards a small curtained window positioned centrally on the wall, where, behind, the fire awaits...

In an act of love, in a moment of overwhelming despair, of total raw honesty and breaking free of all expectations, in front of everyone, my usually very conservative, frail Indian grandmother flew past the priest and landed outstretched on top of her daughter's casket... screaming... "Stop, don't go..."

From where I was sitting, at 13 years young, combined with a creative scientific mind, I was visualising a train hurtling towards a very low tunnel, and there was someone on the roof who wasn't going to fit. The priest didn't have a stop button. With exact timing and courage, my two uncles grabbed her legs and, as best they could, returned my dear grandmother to some relative composure and safety.

Ten years later, in a weekly two-hour Bhatti at the Centre, I recalled this memory, and applied Baba's deep and transforming gyan. At that moment I felt the intense freedom and peace offered from not experiencing attachment, grief and loss. I also understood the limits of my grandmother's Christian faith regarding the journey of the soul. I honoured her courage, I felt her honesty, and this realisation has been a constant companion and source of strength in my life, even in my most challenging times.

Honesty is the word we use to describe something true to our heart ... Something special inside us beyond religion, beyond what others may consider the norm, right or wrong, or acceptable ...

Baba shares almost daily that the world we live in is now Ravan's kingdom, Kaliyuga, ruled by the five vices. So, is there any real honesty and truth in lokik souls? Are all in our Brahmin family honest and truthful?

I don't feel there is much truth left in this lokik world, deception is increasing everywhere. AI has infiltrated everything to the point where truth and its companion, honesty, are in danger. Honesty needs much yoga and silence power to recognise. That said, I do believe it's possible for souls to have the virtue of honesty existing along with all the sorrow-causing five vices. It's what keeps us lovingly connected on this great tree. It is why we try to help others connect to Baba and their true selves through service and love.

I feel I have been gifted a beautiful life with Baba and His and my loving Brahmin family, and have come to realise during four amazing decades that there is something Baba requires more than honesty, something I value and practise along with all virtues and the eight powers, and that is authenticity. When I am authentically myself, free of all vice energies, detached but loving, free of the past, totally present, connected to Baba, I am authentically myself, self-sovereign, self-aware, free.

Honesty is naturally there when a soul is totally, authentically, uniquely, purely themselves.



Michael first took gyan in 1985 at a weekend retreat in Perth WA. After 10 years attending Perth Centre between travels, he moved into the Fremantle Centre for a year and then became Co-ordinator of the new Fremantle 'warehouse' Centre. Later, Michael moved to NSW - Indraprasth and a flat next door to our dear Br. Manvinder where he helped to promote Eternity Ink. Then there was the start of Leura for 3 years. Later, he was a part of building the Sanctuary Retreat which ran for 10 years near Glen Innes.

Today, after recovering from body illness, Michael lives freely on the road in a comfy caravan offering Baba's gyan via all day workshops in regional areas.





An Honest Heart - Loved by God

by Dipika Rohit

*"Those who have honesty will find it very easy to remember the Father. Why? The Father is also the Truth. Where there is honesty, as soon as you have the thought, "Baba", the Lord becomes present. This is why BapDada loves honesty a lot."
- (Avyakt Murlī 05/03/2004)*

The one who tells lies, whose mind is selfish, who deceives others for their own benefit, does not have an honest heart. If someone is not happy for any reason then he/she may find their happiness by hurting or manipulating someone to fulfill their own desires, or to prove themselves right. Such a soul is not considered good or trustworthy in the outside world.

What about Brahmin Life?

You might be asking, "Oh, is this how the world is? Is there any honesty at all?" Thanks to Baba, we are becoming good by following Baba's shrimat. However, in Brahmin life, we need to be cautious in more subtle ways.

When I came into gyan, I was always scared of doing anything wrong, and I tried to be honest with Baba in every aspect, (studies, work, relations, etc.), otherwise I believed I would be punished. If I made a mistake, I would admit it to myself and others. I came to understand that only Baba (the Satguru, the Teacher) can teach us the best policy of honesty, and how to use it in this spiritual life, and in the outside world. I have to be honest with Baba, with myself and with the Brahmin family. Even in my thoughts, I don't want to think of any waste, and I prefer not to waste my time in any form.

Ideally, thoughts, words and actions should be the same. I want to have a "sacha aur saaf dil" (clean and clear heart). This means I should reflect on what I am thinking. Thoughts have a direct connection with my actions. If I say, "I didn't mean to say that, but it slipped out of my mouth", then this is not an honest answer. I need to think about it and understand why those thoughts came out in my words and then actions. There is a deep connection between my thoughts and my actions. That is why Baba says, "Children think before you think". If it is not worth thinking then obviously it is not worth speaking, and definitely not worth performing.

I feel Baba wants my full attention, not for Himself, but to make me pure, sweet and happy. That is only possible when I am honest with Baba and honestly following Baba's Shrimat.

Only then can I become BapSaman, equal to the Father.

If I follow shrimat at every step I receive love and power from Baba. Sometimes it feels difficult, but when I am honest with Baba, everything becomes easy and natural because I continue to share my thoughts and situations with Baba, and get help and power in return. I have experienced that when I honestly share with Baba, Baba helps me in return. It is like when children tell everything to their mother and then become carefree, thinking that their mother will look after everything now. In the same way I become carefree when I tell everything to Baba, and I feel that Baba is there for me all the time.

If Baba, the SatGuru is happy with me, then Baba says, "Sache dil par saheb raji" (The Lord is pleased with a true heart). In this, I need to be fully surrendered to Baba with my thoughts, body, intellect, and wealth. Do I have that much of a surrendered intellect that I can only do what Baba wants me to do? Will I only think what Baba wants me to think? This is a deep checking.

I remember when I wrote my first nishchay patra (letter of faith) to Baba about all the sins I've performed until now. I don't remember much of what I wrote but I do remember that it was too long, and that I wrote in phases. As per my understanding of gyan, I even stated that I cried, I lied to Mum and Dad, I gave sorrow to nature a lot because I remember that once I plucked a lot of plants and threw them away. Why? I don't know. I also remember that I planted a lot of trees back then. Whatever I could remember, I wrote to Baba and after that I continued to write letters to Baba to tell him about my wellbeing. Baba always cares and asks us to write letters to him. He is so sweet.

When I am Honest with Baba

In terms of relationship with Baba and the family:

If I am following all the Shrimat (God's directions) but not Manmat (my own direction) or Parmat (directions of others), if I am having a true relationship with Baba, that means I should not think about anyone else but only remember Baba.

"Manmanabhav", Baba will also remember me as He says, "Remembrance begets remembrance". If I am honest with the Brahmin family, I am having the vision of brotherhood, having good wishes in my heart for everyone, and I am a cooperative soul. Sometimes we need to give cooperation through thoughts (sakaash) and words (speaking sweetly) as well.

In terms of service:

Once Dadi Janki said, "What did I do? I did nothing because everything was done by Baba. Why am I saying that I did this or that? Karankaravanhar is doing everything." If I am doing all the service in the consciousness of being an instrument, then I will be loved by Baba. This is so lovely.

In terms of making an effort:

Am I continuously making an effort to be in a soul conscious stage? Am I fully obedient to Baba? Saying Haji to His shrimat? Keeping balance in service? Am I doing all the homework given by Baba? I have to keep reminding myself all the time.

When I am not Honest with Baba:

- If I am not completely faithful to Baba in terms of purity, even in my thoughts and dreams.
- If I am jealous of someone and I don't want them to move ahead, or I have thoughts of criticising someone, then I cannot be loved by Baba and the family.
- If I defame someone and speak about their defects to others.
- If I have the sanskar of controlling others and following my own dictates to fulfil my own desires.
- If I have one thing in my mind and I speak something else.
- Instead of accepting my own mistake I am blaming others or telling lies, or I use others' names to manipulate.
- If I poison others' minds about someone else, or oppose them.
- If I am wasting anything given to me by Baba (eg., physical things, power, position, or even subtle powers).

I can be honest with others as per my own definition of honesty, however I have to be honest in Baba's eyes. I have to change my definition of honesty to Baba's definition of honesty. There should not be any question that I can't or don't want to do this or that.

O Baba I am your sweetest child, you say. I am your beloved child, you say.
You had a thought to come down to see me, to save me from Ravan, I can see.

O Baba I am your divine child, you say. I am your loveliest child, you say.
This is the time, when we met again, you shower all your love on me, I can feel.

O Baba I am your long lost now found child, you say. I am your lucky star, you say.
You come for me to take me back to my home. No one else could do the same.

O Baba I am your angel child, you say. I am Shivshakti, you say.
You come here in this world to remind me who I am, you gave all the subtle powers to me, I can use them.

O Baba I am the one who is in your eyes, you say. I am seated on your heart throne, you say.
I take only one step towards you and you take a thousand steps towards me in return, you do.

O Baba I am your deity child, you say. O Baba I always belong to you, you say.
I need to show my proof of love to you now, I need to show my proof of service to you now.
Only then will I become your honest child, I would say.



BK Dipika Rohit was born and brought up in India and came in contact with the Brahma Kumaris in her childhood. She has also lived in Malaysia and has been doing spiritual service for the last 10 years. She is currently serving fulltime in the Blue Mountains Retreat Centre, Leura, and has a keen interest in Ayurveda and Graphic designing.

"There has to be honesty in all three – your thoughts, words and deeds. Only those who have such cleanliness are honest and those who are honest are loved by everyone. The Lord is pleased with those who are honest."

*– (Auyakt Murlī,
01/11/1971)*



HONESTY:

The Courage to Reveal the Self



by Poonam Deswal

The word *honest* comes from the Latin *honestus*, meaning honourable, respected, and worthy of esteem. It conveys inner dignity and integrity. Similarly, the Hindi translation, *imandaar*, has even deeper roots, deriving from the Arabic word *imān* (faith) combined with the Persian suffix *-dār* (holder). An *imandaar* soul is one who holds faith - someone trustworthy, truthful, and reliable.

Dadi Janki's main effort and special focus, as drawn from Baba's Murlis, was to become *imandaar*, *vafadaar*, *farmaanbardaar* - honest, loyal, and obedient. Where there is true faith in the Father, honesty with the self becomes possible. An honest heart naturally remains loyal to inner truth and, therefore, obedient in living the guidance and directions of the Supreme Teacher.

All effort-making souls move forward with the aim of having a true and honest heart and of being trustworthy in their relationship with the Father. Yet each soul is *numberwise* in this effort. While honesty is universally valued, its true depth is revealed only when it becomes a way of being—rooted in faith and expressed through consistent action—rather than merely a moral quality.

In daily life, honesty is often limited to speaking the truth. Spiritually, however, honesty is far deeper. It is the courage to be truthful with oneself. If a soul truly wishes to regain its lost power and purity, it must practise honesty at the level of thoughts, intentions, and inner motives. One's communication and reporting to Baba reflect the degree of this honesty. Wherever *manmat* or *parmat* dominates, transparency becomes difficult.

Desires, fears, and subtle social pressures often encourage the soul to live behind masks. The fear of rejection makes it easy to deny inner truth - whether it is a weakness that needs transformation or a speciality that needs recognition. To avoid discomfort, the soul may choose appearance over authenticity. Yet, spiritual progress requires courage. Honesty without courage cannot be sustained, and real yoga, the connection with the true self, begins when the soul decides to live in truth rather than comfort.

Baba gives profound clarity on honesty in the Avyakt Murlis of 25.6.1977:

"Just as the Father is revealed to the children as He is and what He is, so for you children to

*be honest means that **you should also reveal yourselves to the Father as you are and what you are.** You shouldn't think that the Father knows everything anyway, because to reveal yourself to the Father is the highest and easiest method to come into the ascending stage. It is an easy method to finish the many types of burden on the intellect. To make yourself clear means to have the path of effort clear for you. You have to make yourself elevated through your own clarity."*

Baba reminds us that honestly revealing the self is the highest and easiest way to reach the ascending stage, because it lifts the many burdens on the intellect. When the soul becomes clear with itself, the path of effort naturally becomes clear.

A Mahabharata Lesson on Honesty

The Mahabharata offers a symbolic lesson through the story of Gandhari and her son Duryodhana. Gandhari wished to bless her son by gazing upon him with the power of her penance, which would make his body invincible in the war. However, influenced by Sri Krishna's remarks, which stirred his sense of shame and pride, Duryodhana concealed part of himself. As a result, this portion that remained covered did not receive the blessing and later became the vulnerable point that led to his defeat and death.

Understanding: This story illustrates a deep spiritual truth: partial honesty creates hidden weakness. For an effort-making soul, it holds a direct message. As children of Baba, we too

stand before the Father seeking His power and protection. **When the soul conceals a weakness, a fear, or a truth from Baba, that very area remains without power. Baba's blessing flows fully only when the child comes to Him honestly, without covering or pretence.** Partial honesty leaves hidden weakness, whereas complete honesty allows Baba's strength to fill every part of the soul.

Checking: Often, dishonesty is subtle and rooted in fear - fear of losing respect, being misunderstood, or facing one's own weakness. A powerful question that helps bring clarity in such moments is: *What am I protecting right now - my ego or my stage?* This simple check exposes the difference between acting out of soul-conscious honesty and acting to preserve an image. It gently redirects the intellect towards the true spiritual aim, rather than towards small achievements, fulfilling someone else's expectations, or the temporary satisfaction that may come from praise, approval, or success in seva.

Prioritising my relationship with Baba: At times, choosing honesty may involve the risk of embarrassment, misunderstanding, or mockery. Yet these external reactions are temporary, whereas the loss of inner truth weakens the soul for much longer. When the soul prioritises its relationship with Baba over the need to be validated by others, honesty no longer feels heavy or threatening. When Baba's acceptance becomes more important than human approval, honesty becomes natural, light, and empowering.

Right action creates my karma: Spiritual honesty does not end with acknowledgement or confession. Checking alone is not enough, and confession alone cannot transform the soul. It is karma that changes destiny. **When honesty is followed by right action, inner power is revealed, and that power shapes fortune.** Mere awareness of this quality without honest action cannot protect the soul.

Even Duryodhana confessed in the Mahabharata: "*Janaami dharmam na cha me pravritti, janaami adharmam na cha me nivritti*" - "I know what is righteous, but I cannot align my actions with it. I know what is unrighteous, but I cannot refrain from it." He was not ignorant of dharma, yet his envy, greed, and ego compelled him to pursue unrighteous paths, even though he knew they were wrong.

To move forward toward honesty, the soul first needs to stabilise in the truth of its own existence: *I am a soul, and I belong to the Supreme Soul, Baba.* When this awareness becomes the foundation of daily life rather than a passing thought, honesty deepens naturally. In soul-consciousness, the soul learns to *check itself sincerely - not to judge or condemn, but to see clearly in Baba's presence.* This clarity itself becomes yoga.

Honesty grows when communication with Baba becomes real and personal. Instead of reporting what should be happening, the soul shares what is actually happening. Speaking to Baba as I am, rather than as I wish to appear, lightens the burden on the intellect. Although Baba knows everything, revealing the self truthfully allows His power to work fully. Concealment keeps the soul heavy; clarity invites grace.

As honesty deepens, alignment begins to emerge between thoughts, words, and actions. Where there is a mismatch, energy leaks; where there is alignment, power accumulates. A yogi soul does not hide its weaknesses but takes responsibility for transforming them through Shrimat. Seeing a weakness honestly is only the beginning; acting to change it through remembrance, discipline, and right karma is what alters destiny. Concealment drains power, but correction restores strength.

Ultimately, **honesty becomes stable when the soul lives its relationship with Baba rather than a role or image.** Whether serving, studying, or teaching, the soul remains a child of the Father. In this awareness, there is no need to impress, defend, or hide. The soul simply belongs. In belonging, it becomes truthful.

Such honesty clears the intellect, strengthens remembrance, and enables accurate karma. This is the honesty that sustains yoga power and prepares the soul for final revelation - clean, light, and free.



Poonam Deswal is a mother of twins and lover of 'The One'. She balances her work as a teacher, her home responsibilities, and coordinating South Morang, and now Mernda Centre, since 2014.

"An honest soul means one who constantly uses his mind, body and wealth in a worthwhile way."

- Avyakt Murli 31/12/1991

INTERVIEW WITH BR LAKSHMI KUMAR ESWARA RAJU

with Sr Morni



How did you come to Baba?

I came to Baba when I was just 21 years old in 2001, in Chennai.

They were building a spiritual museum, and I did the course in the construction shed!

I did not tell my parents for the first 6 months, but then my brother showed interest, and

they heard me speaking to him. He also came to Baba. We did not tell them about celibacy

at first, as we were the only two children they had. When my father came to know I would

not get married, he even cried. He cared for me and thought I would regret this decision. I

was very attached to my father, so it was quite hard. I invited my father to Madhuban to

attend a program with the Cultural Wing. He met Dadi Prakashmani and gained faith in the organisation through witnessing her love

and care. My brother eventually compromised and married after some years. He has now brought his wife to Baba. My mother came

to Baba in 2008 and stayed for a few months in Baxter, helping in the kitchen.

My father was also very honest. At one point, he became bankrupt, but he was very open with our family and faced the community with self-respect. I moved to Singapore to work and help my father financially.

What is Honesty for you?

To be true to myself, Baba and the seniors. As soon as I came to Baba, I knew that this would be my life. We also need to be loyal to Baba, and this has come very easily and naturally to me. If a senior asks me to do something, I trust and do it.

I am a Didi Nirmala bhagat! I was in touch with her since I transferred to Singapore from India. She always thought of my welfare, not just the service required. Didi has been my example. She was honest and straightforward, with no hidden agendas. She was also very broad-minded. She was very accessible; I could call or message her anytime, and she would respond. Didi never held my mistakes against me. She was clean and kept the same vision on me at all times. She has guided me very well. I offered to work fewer hours to be available for service, but Didi asked me to keep working. She said that being busy is good for kumars, that I can also help Baba financially and also support my lokik family.

I speak openly with Jacqui if I feel some conflict. We can always reach an understanding. I do not want to carry any regret, so I try to understand and move forward. At the beginning, there were some incidents, but I have matured and feel I can take clear guidance from Baba's murlis.

What about in your work environment when you are asked to compromise your values?

I am a machinist, and there are ways that some companies cheat. I have left a few jobs because of this. I just cannot do that as my conscience bites, and also, I am putting my name to that production. I asked Didi how to manage these situations at work, and she replied, "Baba never taught me about business, so I cannot give shrimat on these matters."

Do your colleagues know you meditate?

I am open about who I am and my life. They accept me as a spiritual person. They do not talk to me much as they are not interested, but I appreciate that they just leave me be. They do not speak about worldly things to me, as they know I am not interested in that. Amongst themselves, they talk about movies, politics and sport.

I am very task-oriented at work and find I do not remember Baba as much as when I am at the Centre doing service. However, I notice that when my stage is good, they smile at me and come and chat a little.

How do you increase your remembrance at work? Do you keep a chart?

I put sticky notes around my work of points to remind me of Baba. My colleagues can see them and read them, and that is fine for me. I keep a chart, but I miss many slots in a month. I give Baba all my news every day for about ten minutes before I sleep.

You are mostly seen in the garden in Baxter. Is it not hard work to have a full-time job and then take care of the daily BK duties?

I was living in Devonport, Tasmania, for 3 years for work. I felt a very strong attraction to nature in Tasmania. I used to spend hours in nature, bushwalking and meditating by the creek. Didi asked me to move to Baxter, and I was so happy to look after the garden there. It really gives us so much.

Nature gives a lot of return, and I have a great deal of faith in nature. I am very relaxed in the garden. It is a healing feeling, and I feel a deep bond with nature. I come from a farming family, but my father said I had to study and never allowed me to do any gardening. However, I think it is in my blood as our family has been farming for many generations.



Br. Lakshmi Kumar Easwaran Raju has been in Gyan for almost 25 years. He has been living in centres for 14 years, moving first to Singapore from Chennai. Kumar is a Mechanical Engineer and looks after Grounds Maintenance at the Peninsula Retreat Centre. He is also responsible for the coordination of the Telegu Language Group in Victoria.



A photo of us underneath a huge globe installed in the main exhibition hall.

My First COP Experience in Belém: A Journey of Connection, Learning, and New Beginnings

by Ananya Tomar

When I was invited to attend COP30 in Belém, it didn't feel like a planned decision but more like a gentle unfolding of Drama. Everything happened so quickly - I had barely two weeks to arrange my visa, organise work commitments, and book one of the longest commercial routes, from Australia to the Amazon. My intention was simple: learn, observe, and gain experience, especially with the possibility of a future COP being hosted in Australia.

The journey became a beautiful excuse to meet and connect with the larger BK family of Brazil.

A Stop in Chile

During a connecting flight stopover on my way to Brazil, I visited the BK Centre in Chile. What I thought would be a brief stop turned into a heart-warming experience. The family welcomed me with such warmth and inclusiveness. It set the tone for the rest of the journey.

Arriving in Belém: A Global Festival of Humanity

Belém greeted each one with a unique charm. COP itself felt like a massive global festival, with nearly 50,000 people, pavilions from every continent, exhibitions, cultural displays, and conversations flowing in every direction. It was a living demonstration of how diverse, creative, and interconnected the world truly is.

One of the most touching moments was being welcomed by Sister Nazare who is the only Brahmin from Belem. Her simplicity, joy, and genuine affection touched all of us.

A Glimpse of the Amazon

One morning, we took a boat ride to the entrance of the Amazon forests. The vastness of the greenery, the stillness of the water, and the quiet power of nature created a moment of deep reflection. It felt symbolic - as if the Amazon itself was whispering why the world gathers every year for COP: to protect, preserve, and act with responsibility.

A Session That Left a Mark

Different teams looked after different aspects at the Conference. I was invited to be part of the Youth Team. My role, during the week I was there, was to make connections, look after the exhibition and attend youth programs.

Among the many events, the UNITAR (United Nations Institute for Training and Research) side event at the GAUC (Global Alliance of Universities on Climate) Pavilion, was the most memorable. The keynote speaker, Mr. Satya S. Tripathi, spoke with rare honesty and

courage. He reminded us that innovation is not about convenience or apps that make life easier - real innovation uplifts communities, protects the planet, and serves a purpose larger than the self. He shared the story of a young Indian tech entrepreneur whose app helped over 50,000 rural households become economically self-reliant by managing their bio-waste. One simple idea transformed the lives of women, reduced firewood dependence, and improved health and dignity.

What touched me most was when he said, "My generation has failed the youth, and I am sorry for that." It wasn't guilt - it was a call to action. A reminder that youth are not just the future; they are the present.

Later, when he met us and appreciated the work of The Brahma Kumaris, it was a quiet affirmation that spiritual values and climate action can walk hand in hand.

Lessons in Brotherhood

If I had to choose one lesson from COP, it would be this:
When we see everyone as soul-friends, collaboration becomes natural.

COP brought together every kind of role, personality, and perspective - yet beneath it all was a shared intention to do better.

From my own team, I was inspired by Sister Maureen's openness, flexibility, and active personality. Watching her navigate the experience with calmness and purpose was a lesson in leadership.

A Fun and Unexpected Discovery

Belém had one of the most delightful surprises - the entire city is lined with mango trees, and locals are free to pick mangoes straight from the streets. Mangoes fall so often that people jokingly talk about needing "mango insurance." In reality, drivers simply ensure their car insurance includes comprehensive cover for the occasional mango-related dent. It was one of those charming quirks of the city that can make anyone smile every day.

What I Take Forward

I didn't go with a grand vision. But I returned with clarity.
Next time, I hope to be more involved with youth and the public, to engage more deeply, and to contribute more meaningfully.

All in all, COP30 was a completely new experience - from the long intercontinental travel to adjusting to the tropical Amazonian weather, navigating a new language, meeting people from every corner of the world, and even getting the special flu shots required for anyone travelling to South America. Every part of the journey felt fresh and unfamiliar, yet deeply enriching.

New people, new learnings, new environments, new reflections - and a new sense of what is possible.

A Final Reflection

From the moment I was asked to join until the moment I returned, I constantly felt that I wasn't the one making decisions. Everything unfolded on its own, step by step. And perhaps that is the beauty of it - sometimes the journey we don't plan becomes the one that teaches us the most.



The COP team sharing a meal together in Belém.



A visit into the forest.



Ananya with an indigenous man from the Amazon.



A workshop for youth, facilitated by the Youth Team with Sr. Maureen Goodman attending.

OUR YAGYA

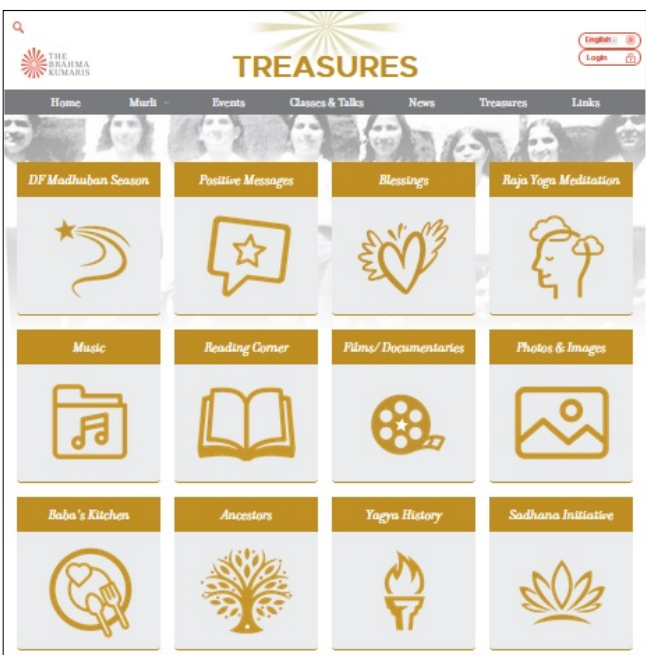
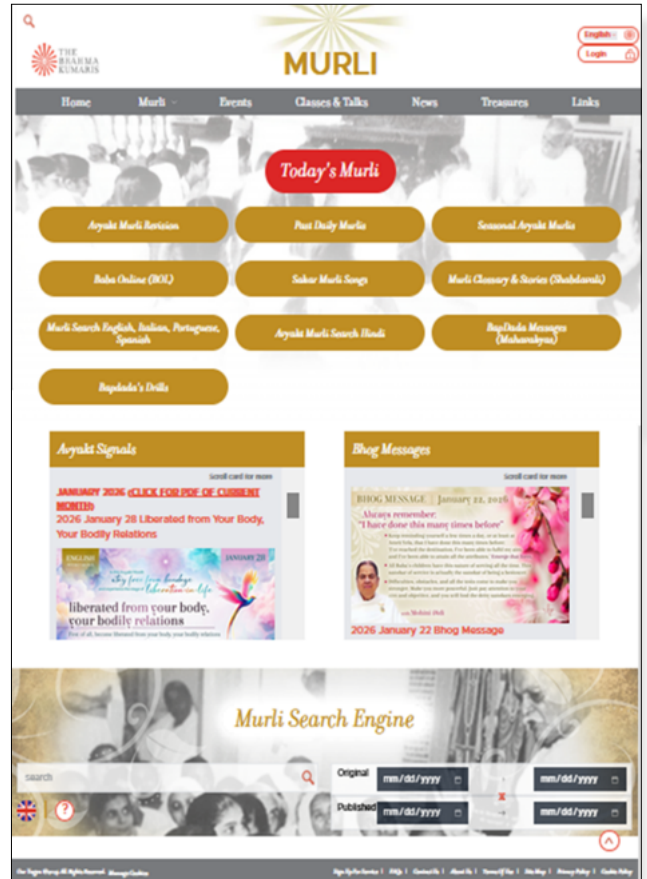
by Sr. Kiran, USA

Om shanti. The *Our Yagya* website, launched just over a year ago for the spiritual sustenance of our global BK family, continues to provide, **in one easy-to-navigate website**, hundreds of pages of classes and other resources that you otherwise have to locate on several other websites (Madhuban Jewels portal, Avyakti Parivar, the DF Madhuban Portal, etc.).

On *Our Yagya*, the **Murli** page gives you easy access to Today's Murli in your language as well as the day's Avyakt Signal, weekly bhog messages, and many other Murli resources, including a resource for understanding stories referenced in the Murlis, the schedule of BapDada's Milans (BOL) and the links to access them, and a Murli Search engine: <https://ouryagya.brahmakumaris.org/murli>. To find all of these resources, simply scroll down the page or use the convenient drop-down menu in the top-of-the-page grey menu bar.

Under *Our Yagya Events*, you can find out about upcoming, in-person and online public and BK events around the world that show when they're happening *in your local time zone!* <https://ouryagya.brahmakumaris.org/events>

Under *Our Yagya News*, you can find out what service has been happening around the world, learn about BKs who have transitioned, and get important updates regarding Madhuban and International programs. <https://ouryagya.brahmakumaris.org/news> We'd also love you to submit your center's service news to news-events.ouryagya@brahmakumaris.org.



On the **Treasures** page, you can dive into an ever-expanding wealth of BK creations: music, commentaries, photos & images, films & documentaries, cooking videos & recipes, and daily positive messages. Recently added: AI-generated English songs based on each day's Murlis (<https://tinyurl.com/865c2naz>) and a growing collection of videos produce by UK Br Orlando (<https://tinyurl.com/yz64ed4r>).

You're especially invited to visit the different areas of the **Treasures** page. Click on **DF Madhuban Season** to find out what classes are taking place in Gyan Sarovar on what dates and watch them live or on replay. Check out the **Reading Corner**. Although the **E-book** section within that doesn't have much yet, the **Articles** section is being added to weekly. <https://ouryagya.brahmakumaris.org/pages/articles> Enjoy recent BK-authored articles published by the Daily Guardian, Godlywood Studio and more. **Under Magazines, the popular quarterly Australian magazine "Connection" is now a feature!** <https://ouryagya.brahmakumaris.org/pages/magazines>

Continued on page 14 / ...



The word "**honesty**" comes from the Latin word "**honestas**", which means "**honour**", "**integrity**", or "**reputation**". The Latin word is derived from the Proto-Indo-European root "***keh₁-**", meaning "**to be honoured**".

This understanding of honesty is not merely about speaking the truth outwardly; it is about *honouring* something within. It asks a deeper question: what am I honouring in my life? And even more profoundly - who am I honouring? For me, honesty begins with the deep recognition of the self.

Who am I? What do I stand for? What are my values? What is my truth?

Baba has given us the knowledge that *I am a soul - light, love, peaceful, powerful, pure - and all the qualities and titles*. Yet honesty gently asks: on what level do I actually resonate with these truths? Not intellectually, not as information, but as lived reality. This question pulls me inward. It urges me to go deeper and check: *what lies within me? What is actually going on inside me right now?* Through the practice of deep reflection and introversion, I begin to see myself more clearly. And as that clarity increases, something subtle yet powerful happens - I start becoming more and more honest with who I am.

To be honest with myself means I begin **honouring my truth**. And when I honour my truth, I stand for it. I uphold it. No matter what.

This inner honesty gives rise to stability. Because I am anchored in my truth, and because I visit it every day, live it, and keep it alive, I feel a quiet strength. I strengthen it through awareness. I give it the light and might of yoga power. And gradually, this makes me unshakeable in the face of uncertainty. From this place, **purusharth becomes real** (Purusharth refers to essential life goals, particularly to dharma - the pursuit of a righteousness and virtue, living within the Divine Order). In pursuing the right goals our inner honesty becomes authentic. It is no longer driven by fear, pressure, or comparison, but by **deep love and reverence for truth**. When effort is born out of love, it does not feel like a struggle.

Through this power of realisation, when I listen to Baba's Murli, I am truly able to perceive what Baba is asking me to do, and how it is beneficial for what I want to be. The Murli stops feeling like a list of instructions and starts feeling like personal guidance. I can see how each direction supports and sustains my spiritual truth.

Then purusharth no longer feels like a battle with the self. My spiritual journey becomes filled with sweet experiences, a deep friendship with the self, and an intimate relationship with the Divine. I notice that I become more aligned with the spiritual laws that Baba mentions in the Murli. There is less inner conflict, less duality. I begin to live one life with Baba - a life with a clean heart, true to the values I stand for.

As I keep progressing, I feel the wings of zeal and enthusiasm. Each day becomes a renewal. I am not dragging the past forward; I am adding depth to my existence.

Avyakt Bapdada (18/12/91) says:

"The meaning of honesty is that the soul progresses through experimenting. Have you become those who experiment in such a way, or do you keep everything merged inside? Is it good if the treasures stay inside and that they are not used? Are you honest in that way? The more you become those who experiment, the more progress will be seen ... If there isn't progress, you are not those who experiment. Many souls feel internally that they are neither moving forwards nor backwards. They are as they have always been".

This Murli points to a very subtle yet essential aspect of honesty. Honesty is not passive. It is not about keeping spiritual knowledge safely stored within. It is about experimenting, applying, living, and *using* the treasures we have received. If there is no movement, no inner progress, then something is being held back. And that holding back is often subtle dishonesty - not with others, but with the self.

Some negative habits of thinking and feeling are long-established and can be hard to shift. They repeatedly break our connection. So, honesty also requires courageous self-examination. I need to look within and see where the mind goes when it loses connection with the One. Where does disturbance arise? Where does discontentment enter? What patterns quietly pull me away from peace?

With regular checking, I develop more power to change.

When I make a genuine effort of this kind, something beautiful happens. It is as though Baba loves me even more, or I become more capable of receiving and absorbing His love. Just as a clean needle is naturally attracted to a magnet, a clean heart naturally experiences closeness with Baba.

When the heart is true and honest, even if I do not fully understand how to overcome a weakness, there is a clear intention to transform. And Baba responds to that intention. He helps me learn. He helps me understand. Through His directions, He shows me how to cultivate a particular virtue or release something I no longer need. Then, through deep meditation and remembrance, He strengthens and energises that transformation.

Quietly, in silence, I clean my sacred inner space.
I nurture my spiritual truth, and that nurtures me in return.

In this way, I stay alive, awake, and full of joy in my Brahmin life.
Every day I listen to the Murli with the intention to learn,

understand, honour, and strengthen my spiritual truth. And through this, I experience Baba in different relationships, just as He mentions in the Murli: Laundryman, Goldsmith, Alchemist, Lawyer, Guide, Father, Mother, Companion, Beloved, Boatman and so on. Depending on my inner state and my spiritual need, I can choose how I want to experience Baba today. This choice is only possible when I have a deep friendship with myself and a clear awareness of what is going on within me.

Honesty creates that awareness

When I honour my truth and keep it alive and clean, I feel lighter. With persistent connection, the soul becomes subtle. And a subtle soul naturally becomes an instrument - an agent of God. Without effort or words, the soul begins to purify the atmosphere. It restores the world, moment by moment, to its original condition. Negativity dissolves simply through presence.

Wherever I am - at the workplace, in a shopping centre, at home, or at the Centre - my *pure vritti* quietly works (*vritti* refers to pure thought patterns, emotions, desires, and habits that, in turn, guide my conscience, actions and behaviour). It purifies the atmosphere. It becomes a silent service.

This, too, is honesty in action.

To be honest is to honour the truth within - and to live it fully.



Madhu Rathi currently lives at the Darwin Course Location. She has been practising Raja Yoga since 2019, and is currently working as an Early Childhood Teacher.



... / Continued from page 12

The **Links** page not only gives you access links to each country's websites and social media channels, it also provides links to resources like Blogs, Literature and Mobile Apps, and topics such as Angels, Emergency Preparedness, Environment, Golden Age, etc.

For the CNC and CCs, *Our Yagya* has special classified resources accessible by logging into the website with your Centre's email address and password. The CNC newsletter contains info on what you'll find there.

Although *Our Yagya's* content is primarily in English now, Spanish and Italian language content will be added in 2026. If you have a collection of resources to offer, or have some time and basic computer skills and would like to help the Content Team, please let us know: <https://ouryagya.brahmakumaris.org/contact-us>

We encourage you to explore the many ways this trustworthy, RC-approved site, provided under the auspices of the CNC, can deepen your practice and help you progress - whether you're new to the Brahma Kumaris or a seasoned teacher with decades of experience. Simply go here now: <https://ouryagya.brahmakumaris.org/>

With Baba's remembrance,

The *Our Yagya* International Team, consisting of Brs Shashin, Sasha, Gil, and Murtaza from London, Brs Jay, Rishi, Vishal G. and Srs Blessy & Shruti from India, Srs Bhargavi, Judi, Kiran, Leela, Prabha, Sobha, Sri Latha, & Teju and Brs Vijay & Vishal P from North America.





Honesty: A constant companion, fierce, outspoken and unfiltered when body-conscious impulses kick in; or discerning, hidden and quietly watchful when patrolling the workings of an elevated mind. You are with me every waking moment. Whether I'm comfortable with you, or not, whether you're pulling hungrily at my conscience, or just observing. Like a tiger in the jungle, waiting, alert and perfectly poised to strike. Without you, I the soul, slip into something less, and ego spies a chance to perform.

HONESTY is a wonderful, active, open and honourable virtue, "an essential part of a moral and ethical character which fosters trust in relationships", or so Google says. We Brahmins love the authenticity, truth and transparency of unadorned honesty, don't we? By its very nature, honesty is upfront and 'out there' - that secretive tiger in the jungle was always meant to be seen and admired. But it can also be mischievous and harmful, if not tamed and sweetened with love and wisdom, during those times when it feels the need to roar into expression through impulsive words, attitudes and action. Then, honesty can present as forthright, bossy, self-righteous, or self-satisfied when stalking paw to paw with ego.

When honesty leaps into action, it can be a wonder, or a curse! In the lokik world, we see well-meaning, everyday honest endeavour manipulated to serve degraded, false, worldly power and greed. But in the Brahmin world, it is always a wonderful measure of how much I have matured as I gaze into its mirrored depths. The moonlit pool in the tangled jungle of my false sanskars, reflects honestly back to me, how far I have travelled, changed, and how much more I have to do. That mirror reflects back how honest my heart really is, how honest I am with my beloved Father, in lokik and alokik relationships, and with my beloved Brahmin family. How honest am I in my spiritual efforts? How do I respond to others' honesty towards me? Am I truly appreciating others' journeys with love, accepting others sincerely without subtle judgement? Am I understanding, appreciating and supporting their roles and enjoying our shared divinity during this valuable time? Without pretence, without barriers, beyond shyness, show, ego, competition - *truly soul-conscious*.

Yet, honesty has got me into a lot of trouble. How many times have I thoughtlessly hidden behind the facade of "being honest" and not tempered that virtue with gentle, wise

understanding, empathy or compassion? How many times have I wounded another with an "honest" unguarded remark, joke or observation, careless and unaware of the pain caused. For egotistical honesty lacks discretion. And tact. It can be blunt. Unapologetic. Too outspoken bordering on pomposity! How many times, too, has someone spoken 'honestly' (cynically) to me as a karmic return, or perhaps even creating karma, and I've allowed myself to take sorrow - in the form of irritation, self-righteous indignation, insult or lack of self-esteem? The list goes on.

So what of my inner honesty. The honest heart that Baba loves? The hidden depths, which no-one but God sees when His vision falls on me when I am living His Truth. Not talking about it! The deep, dark, innate honesty that stands resolute and implacable with soft, golden eyes on the edge of my thoughts. The honesty that has lit the way, protecting me during my spiritual journey on the roads less travelled over so many, many births. The honesty that has been naturally with me since my ascent into enlightenment and descent into the Golden Time. The honesty that I am actually accumulating now - in readiness for tomorrow. With God's honest hand on my honest heart. The honest, liberated fearlessness that comes after deep yoga, touched by Baba's all-consuming love? In those glorious moments of vibrating silence and tearful ecstasy ... those moments of super-sensuous joy ... when that special current wipes the slate clean and I feel alive again, empowered and able to go on.

Living in a non-satwic household with non-BKs, a dog and a cat, whilst doing my best to keep true to the Maryadas that keep me safe and beyond the pull of ordinariness, I walk this path with those who cannot understand me and are firmly rooted in Kaliyug's entertaining ways. Honest, supportive, good-hearted souls, but nevertheless, unconscious stars who

do not have the capacity to twinkle beyond this old world. Many times, arriving home after being in the elevated company of our Brahmin family, my spiritual energy takes a hit, I stagger over the thick foliage of the lower vibration of ignorance, God's honesty stands between hubris and humility, hypocrisy and authenticity. I am learning the art of balancing and accepting that which possibly cannot be changed with grace, humour and cheerfulness. Living in a non-brahmin household shapes and strengthens the soul in profound ways perhaps. Perfection is mellowed with practicality, letting go, adjusting and not taking ourselves too seriously. The intensity of 'getting everything right' has residues of devotional worship so when I simply do my best, hand over to God, everything becomes easy and light. Adjustment and cooperation flourishes. Because I can't live in a completely pure household does not mean I must walk away.

Dadi Janki once said: **"Honesty looks like love. So don't ever stop giving love. Anything else is dishonest. Honesty means to not give up on a relationship; it means to not break apart simply because of personality clashes. To resolve problems by giving up or going away is to deceive yourself. The same difficulty will occur either with someone else or in another situation. The most elevated effort for remaining honest in relationships is to transform whatever weaknesses are in you. This is an art which can be learned by anyone. You only need to want to."**

And transforming our weaknesses is what we do through service to humanity. I have always felt Baba's quiet strength merged in the impulse to serve and share, and living in a household has never held me back. Most of my sharing of Baba's Truth with souls has been through community centres. For 12 years Baba gave me the great fortune to be His instrument running a Class Location out of a beautiful, peaceful community centre in East Fremantle. I took no vacations, never stopped, never wanted to and although working full time, raising two small boys, (one of whom developed a severe mental disorder requiring more care), living separately with a bemused, scientifically-minded husband who thinks I'm whacko to believe in a 5,000 year Cycle, and contributing to a happy household, I found my evenings and weekends were full with meditation courses, general meditation, Saturday morning murli class, monthly creative workshops, public programs, festivals, vege cooking classes, stalls, etc. etc. A small band of like-minded, similarly placed Brahmins came on board and cooperation was joyous and harmonious. The main Perth Centre sustained, supported and encouraged these efforts as I was enfolded into the Brahmin machinery of altruistic service. Bodily karma finally caught up with me, though, and it became difficult to carry on physically after several operations.

Over the years, I honestly questioned why I found myself in such a situation with lokik souls. Why could I not be in a Centre? Or, living alone? Now, there are no questions because I know drama is the master, Karma is the teacher, and Mahavirs need to accumulate the power of light and might and this accumulation comes in many forms in order to share in all the small spaces and hidden enclaves where souls and spirits prefer to gather. It doesn't make me less, it doesn't lower my "status", it's a practical, easy path and means we can go forth and share with others who live similarly and be an example of how to enjoy the freedom of who we really are in the midst of chaos. Baba needs the diversity of our unique roles and specialities and the lokik family keeps us grounded, natural and empathetic to the needs of peaceless souls. They too are teachers.

Seven years ago I moved to Brisbane to be near grandchildren and NZ family members. I thought my seva days were over except around the edges helping with preparations, blessings, sakash, etc., but Baba had a quiet word with me one morning and told me: "Child, as long as you can **walk**, you can **work** for me"! It's my silent mantra now. So, currently I have found myself at another beautiful little community centre not as dynamic as I used to be, a bit wobbly on my feet and sporting a walking stick, but oooh, the joy of setting up the space, with Baba shining His light on my efforts, smiling and encouraging me to keep going. This is beyond mortal pleasure. Souls come and go. I'm really detached from the process. Service really is about vibrating goodness out into the world and empowering souls, for when we empower others, we empower ourselves. Just a pop-in approach with a little guidance here and there but everything is so easy, so very easy. The fire and power of our Godly knowledge cannot be fettered by a disabled physical chariot. Our intellects are the key, and authentic honest enthusiasm is always readily accepted. The Brisbane BK family is amazing. I have enjoyed the down-to-earth, open, questing, nothing-barred approach to discussion and the depth of maturity and wisdom with the sharing of gyan. The Centre itself is full of light, and the energy of this wonderful, diverse family radiates powerfully like a beacon on a hill. Come visit.

At the end of the day we are alone on this spectacular journey ... it's a high destination and some of us, like me, tailor Baba's shrimat to suit our personal situations, but I've never been attached to "status"... to the idea of being a maid, a servant, in the royal household, a prince, princess or a king or queen – I'll be happy and content to simply be there. Riding that tiger fearlessly in a healthy strong body again. Honestly!



Following an inexplicable experience of light which startled her into many years of fruitless new-age seeking, Verna finally took spiritual birth in Perth in 1998. A Kiwi, she also lived in London for 10 years, (not far from Tennyson Road, Hounslow), married a Brit and now lives in Brisbane.

A retired secretary and therapy coordinator, Verna loves painting, music, and sourdough bread baking. "The art of loving detachment and staying positive and cheerful with Baba's knowledge has been one of the greatest gifts in a life that has experienced sudden health changes with the self, and lokik family".



PRACTICAL STEPS TO HONESTY AS LIVING TRUTH

by Poonam Deswal

To live honestly is to live **soul-consciously**, in constant awareness of *who I am* and *to whom I belong*. When the soul stands in this truth, honesty ceases to be effortful and becomes natural.

Practising Honesty in Soul-Conscious Awareness

To move forward in the direction of honesty, the soul first needs to stabilise in the truth of its own existence - *I am a soul, and I belong to the Supreme Soul, Baba*. Honesty begins when this awareness becomes part of daily life, not just a thought during meditation.

1. Begin with Honest Soul-Checking

In soul consciousness, honesty means asking the self sincere questions in Baba's presence:

- What is the real intention behind my thoughts and actions today?
- Am I acting out of Shrimat or out of subtle *manmat*?
- Is my present stage aligned with my aim?

This checking is not for self-judgement, but to see the self clearly. As the Murli teaches, we should not justify the self; simply seeing the self honestly awakens responsibility and dissolves excuses.

2. Speak to Baba as You Are, Not as You Wish to Appear

Honesty deepens when communication with Baba becomes real and personal. Instead of reporting what *should* be happening, the soul shares what *is* happening. This truthful reporting is a form of tapasya. When the soul says, "*Baba, this is my present stage,*" without fear or shame, the burden on the intellect lightens. Baba's power can then work fully on the soul, because revealing oneself to the Father is the easiest way to clear the burdens of the intellect.

3. Recognise Where Fear Blocks Honesty

Often, dishonesty is not deliberate—it comes from fear:

- fear of losing respect
- fear of being misunderstood
- fear of facing weakness

In soul consciousness, the yogi soul asks: *What am I protecting - my ego or my stage?* When the soul chooses Baba's acceptance over human approval, honesty becomes natural.

4. Align Thoughts, Words, and Actions

Honesty grows when there is alignment. A yogi soul checks:

- Do my thoughts match my words?
- Do my words match my actions?
- Do my actions reflect my faith in Baba?

Where there is a mismatch, energy leaks. Where there is alignment, power accumulates. As the Murli says, there should be one direction in thoughts, words, and actions.

5. Transform Weakness Through Action, Not Concealment

Seeing a weakness, honestly, is only the first step. Tapasya means taking responsibility to transform it. When a weakness is acknowledged and then acted upon through Shrimat - practice, remembrance, and discipline - it loses its power. Concealment drains energy; honest correction restores strength.

6. Live the Relationship, Not the Role

Honesty becomes stable when the soul lives its **relationship with Baba**, not a role or image. Whether as a student, server, teacher, or instrument, the soul remains a child of the Father.

In this awareness:

- there is no need to impress
- no need to hide
- no need to defend

The soul simply belongs, and in belonging, it becomes truthful. As the Murli reminds us, remaining a child allows the Father to take full responsibility.

"An honest soul means one who is honest in following shrimat in every action."

- Avyakt Murli 31/12/1991



BKA WEBSITE REPORT – CENTRE FOR SOUL CONSCIOUS LIVING

Compiled by Sona Bahri

The Centre for Soul Conscious Living is a public online spiritual hub located on The Brahma Kumaris Australia website. It provides a supportive environment for individuals to explore and deepen their understanding of themselves as souls. The Centre offers various courses, workshops and meditation programs designed to cultivate soul consciousness, inner peace, and personal growth.

Originally called the Australian Virtual Centre, the Centre for Soul Conscious Living was curated during 'covid times' towards the end of 2020 and launched on 18th January 2021. It was a brain child of a core group including Brs Charlie, Dan, and Peter C., and Srs Gopi E. and Rebecca who put together some initial ideas. These were eventually handed over to Srs Amisha, Dharti, Mansi, Ranjani and Sona, and Br Jason, to execute.

Since most people could not visit their Centres in person during covid times, the thought was to create an online space that resembled a Centre where a student could log in and choose from a variety of online programs and feel like they had connected to like minded people. During that time, the Centre for Soul Conscious Living played an important role in connecting Centres to existing and new students who needed spiritual support to navigate the challenging times of isolation. In particular, the online Centre made it possible for us to reach out to remote areas where The Brahma Kumaris had not previously arrived by foot. The stories of gratitude from those who connected regularly were amazing - from pregnant mothers and the elderly who stayed indoors for weeks on end - to souls who were struggling with isolation, and to people who had visited Centres in the long distant past and 'found' us again ... online! Initially the centre connected people from all around Australia and soon we started hosting programs being broadcast from Asia and even the Middle East, Europe and UK. Then students started to logon from other countries too. Within a year's time, we realised that this platform was no longer catering to Australian residents only, however souls from around Asia, India and beyond were also connecting and watching recorded programs. Hence the need for a new name and the Centre for Soul Conscious Living came to be.

The number of languages we offer programs in continued to grow and meditation courses were offered in languages that had never been possible before such as Arabic and Bulgarian. In addition, we also curated a Meditation Room with commentaries in various languages which simulated a Baba's Room. The visitor could choose a commentary they wished to listen to in a language of their choice and also choose an indoor or outdoor setting (picture) that they preferred on their screen whilst meditating. The Meditation Room was, and still is, a great success. Another very unique creation on the Centre for Soul Conscious Living were the audio books we produced of which an outstanding resource was for children entitled Taylor and the Bright Lights.

Some unique and special moments were an online rakhi video accessed by thousands who had a BK sister tie a virtual rakhi to them offering a blessing card and gulab jamun during Rakhi 2021; also a New Years' video where we all expressed our wishes for the coming year in a word cloud. We also had a Shiv Jayanti celebration online with recorded performance from Harish Moyal, sharings by Sr. Shivani, Sr. Yogini from Mumbai and others.

The Centre currently continues to offer a number of varying events such as weekly sessions that attract regular students, interviews, stories, podcasts, special talks about environmental issues and also one-on-one meditation courses where an interested student is matched up with a suitable teacher - depending on their preferred language, morning or evening availability, and which time zone



Living in Truth with the Self, God, and Life

by Sister Shakuntala, Myanmar

Honesty is often understood as speaking the truth to others. Yet the deepest form of honesty begins within - it is the courage to be truthful with the self. My life has shown me that when truth guides thoughts, intentions, and actions, it becomes the foundation of faith, inner strength, and selfless service. Without this inner sincerity, even spiritual effort can remain superficial.

From early childhood, my life was immersed in devotion. Vows, fasts, and disciplined spiritual practices shaped my inner world. As I grew older, I felt drawn toward meditation and practised Vipassana sincerely. This helped me observe my thoughts clearly, without justification or escape. Through such self-observation, I learned that inner honesty is essential for real transformation. This clarity later became the foundation of my spiritual journey.

In 2001, at the age of twenty-two, I received Baba's divine knowledge. At that very moment, a powerful concern arose within me - it felt as if God Himself had come, yet no one knew about it. Br. Chandra Mohan was sent by Didi Nirmala to Myanmar; however, despite doing what he could, he did not speak Burmese. Across Myanmar, there was no one who was sharing Baba's knowledge. This realisation created deep restlessness in my heart. I could not remain silent or comfortable. Whoever I met, I shared Baba's knowledge with faith and joy.

In the early days of coming into gyan, I practised soul-consciousness very intensely. I faced my thoughts and feelings honestly and did not suppress them out of fear. This helped me remain true to my inner experience and strengthened my connection with Baba.

In 2002, a strong yearning arose within me to go to Madhuban. At that time, the government in Myanmar was not issuing passports to women. Expressing my desire at home met with strong opposition. My father, a respected social worker, felt that such a journey was socially unacceptable. Standing in truth, without disrespect, became one of the most challenging lessons of my life. I learned that honesty does not mean confrontation; it means remaining faithful to one's inner call while maintaining dignity and respect.

The journey itself took ten arduous yet sacred days - by train, bus, horse, ship, on foot, and plane. Upon arrival, my physical body gave way, and I was admitted to the hospital. Yet, even in illness, I experienced extraordinary love, care, and divine sustenance from the Brahmin family, reaffirming Baba's invisible yet powerful presence. Accepting my physical limits without pretence became another lesson in living truthfully. I realised that spirituality does not mean ignoring the body. Receiving care from the Brahmin family taught me that honesty also includes humility.

When I finally met Baba, I wrote sincerely from the heart: "Baba, You love kumaris deeply. For You, I will prepare one hundred kumaris and create a home of sustenance for them." This was not a promise made to impress anyone, but a sincere surrender of intention into Baba's hands.

From that point onward, service expanded naturally. Gita Pathshalas have grown in many places, and today Baba's service embraces more than 250 kumaris in Myanmar. In 2006, Dadi Jankiji inaugurated the Yangon Centre and instructed me to travel monthly to a distant service location. Dadi Janki also gave us her blessing to build Madhuban in Myanmar for those of Baba's children who could not travel to Madhuban. I accepted the responsibility with a clear and willing heart. True honesty does not look for comfort or convenience; it responds to what is right.

I constantly remind myself to live with complete sincerity before Baba and to keep the seniors free from worry. Knowing that my actions are observed by others, I remain careful and attentive. I try to let Baba's teachings be visible through my actions, so that Baba is revealed in my life.

The construction of the Retreat Centre tested integrity at every level - physical, mental, and financial. We worked with our own hands, day and night. Fatigue, doubt, and limitations surfaced honestly, and through it, unity and strength emerged. Service became a living expression of truth, where body, mind, and resources worked together in harmony. We have designed the Retreat Centre to resemble Madhuban, and everyone who visits says they feel the elevated vibrations of a mini-Madhuban.

When authorities later demanded construction permissions that we did not possess, transparency and patience became our guiding principles. We openly requested time and turned inward through Yoga Bhattis. With faith grounded in truth, support arrived naturally. When officials finally declared that they would never obstruct us again, it confirmed that sincere effort guided by truth carries a quiet power that force cannot replace.



Construction of the Retreat Centre

Sister Shakuntala is the National Coordinator of the Brahma Kumaris in Myanmar and has been in gyan for over 25 years. She oversees 40 Gita Pathshalas, five Centres, and one Retreat Centre. She has a Bachelor's degree in Physics, a gold medal in Hindi Literature from RSS Myanmar, and is a skilled sculptor who creates numerous statues for Baba's Centres.

BKA WEBSITE REPORT – CENTRE FOR SOUL CONSCIOUS LIVING

... / Continued from page 18

they are located in. The 'course by appointment' is offered in many languages online and have regular bookings showing interest in learning Raja Yoga from around Australia and the world in their preferred language. Once they complete the course we connect them to the local Centre/ main Centre of their country so they can be sustained locally. New programs are continually being added to our offerings from Australia and abroad.

Some feedback from those who have benefitted:

- Positive life change;
- First hand knowledge;
- Awesome, amazing, I got inspired;
- Tailor and Bright Light story is an amazing book - my son loved it and he wants to read more similar books.

Our greatest challenge now is reminding Centres to keep submitting their online and hybrid programs to our list so that they can become available in an unlimited way.

Even though covid times are over, the need to maintain an online presence is vital and many people still connect online due to their location or circumstances that don't allow them to visit Centres in person. And given the unpredictability of the world we live in, who knows when we may need to go back to a scenario where online is the only place to go!



I'd like to start by presenting my slant on the macro side of the way the Divine is operating His Angel and Deity making machinery here on planet earth and in the subtle regions. Then I'd like to share a little on a micro level, regarding my own personal experience.

I'll begin with the proposition that honesty and forgiveness are interrelated. For instance, by being honest with Baba and writing about our sins in this life, he'll remove half of our burden. It sounds like a pretty good deal, but I'd say it only relates to the sins of this life. That only leaves the past 62 lives to deal with. Considering we generally and maybe mercifully can't remember them, Baba offers another deal. Remember Him, and He'll remove the sins of the past 63 births, or 62 and a half, if we include the other deal. Please bear with me, as I promise I'm not just going to quote murlis or crunch any more numbers.

Overall, this adds up to a bargain, and who doesn't like a bargain? It sounds like the Christian bargain, that 'Christ died for our sins!' I don't know whether Christ said that, or the Bible recorded him saying it. In any case, it seems like a bit of a cop out to me, considering the law of karma, that one must take responsibility for one's own actions. Ironically, the Bible also quotes, 'as you sow so shall you reap'. I feel the BK equivalent of this is Brahma Baba dying alive for our sins. He's the first one to recognise Shiva, and once he did, he gave up everything and dedicated his life to being the instrument for the Supreme Being to work through. He was the first or second, behind Mama, to show how it's possible to reach perfection. He chose Dadiji and Didiji to show us how he did it, in their own way, and Dadi Janki after them.

Once he became equal to Shiva, he's the only one allowed to stay in the subtle regions until the job of world transformation is done and dusted. He even became so equal to the Divine that He conceded that remembrance of Brahma is equivalent to remembering Him. At least that's the way I understand it.

The next step was to choose another medium in the form of Dadi Gulzar through which They could meet us children, at first personally, then in various forms, until this stage finished when Dadi Gulzar left us. As a result, we have all the Avyakt murlis to sustain us, which are like versions of Brahma sharing his experience along with Shiva. Not to mention the Sakar murlis, from before 1969.

All these instruments I believe, were chosen because they have honest hearts and therefore Baba could trust them to dedicate their lives towards carrying on his work. Hence, 'the Lord is pleased with an honest heart!' I feel Brahma is doing everything in his power to help us reach our highest potential, while keeping a third eye out for anyone else on the planet open to receiving his help as well. Even now, after all the Seniors and many other Elders have left us, there are still many Elders left to carry on where the others left off. So, His work goes on unabated.

On a micro level, the first time I met Bapdada 'personally'

was around 1981/82, with about 100 western BKs watching in the main hall in Pandav Bhavan. I was scared witless, yet excited, as I felt He was seeing straight into my soul, and accepted me as I am. He asked me a few questions, to which I replied 'no', when I should have replied 'yes'. Such as, "Do you have the intoxication of achievements?" "No!" "Do you feel you have achieved anything?" "No!"

Others nearby seemed surprised, but Didi Nirmala was unphased and Bapdada just smiled blissfully. Finally, He said, "You're honest!", as if to suggest, well at least we have something to work with. Each meeting over the years improved after that, as we got to know each other better. I'm very grateful to Terry Constanti and Kamal, who diligently photographed and noted down, respectively, a lot of the meetings of the Aussie BKs. I managed to preserve mine for posterity in two photo frames and these blessings remain even more relevant today than they did back then.

I believe that Bapdada never gives up on us, no matter what. After all, he's our spiritual father and especially our friend. I gave up on Raja Yoga for over 10 years after practising for over 10 years. I was basically too hard on myself and burned out, like many others, for their own reasons.

I found my way back, or rather Baba found me and brought me back to BK life. I feel doubly lucky to have been given a second chance. My main mistake was that I felt I had to make all the effort. This time, I'm letting Bapdada help me more, because I can't do it by myself. I feel if I'm honest with Them, they'll help me in whatever way they can. Honesty is the key to opening up a heart-to-heart conversation with Bapdada.

These days, I'm trying to listen more while speaking and thinking less. Too often I forget that Baba is trying to get through to me, but I'm too busy thinking, speaking and doing, rather than listening. Along with the expression, 'Listen to your heart', I'd add, 'Listen to Bapdada's heart'.

One of the most profound statements I've ever heard is, "In true silence one can hear the sound of God thinking!" –



COURSE LOCATION PROFILE - JOONDALUP, PERTH - SHANTI KUND

by Gail Howell

The family at Shanti Kund, with Sr Ranjani (from Sydney), and Srs Maureen and Pranita (from Perth Centre).

I moved to Perth from Tasmania in 2009 and lived with my family for 18 months. At the request of Charliebhai, I moved to the main Perth Centre in Shenton Park in 2012. Then after four years in the Centre, and the purchase of the new Centre in Cannington, I felt it was an appropriate time for a new direction for myself.

I sought Baba's guidance at Amrit Vela and expressed my desire and intention not to move to the new Centre. Rather, I experienced the inner inspiration to do Baba's service in a manner that would suit the new area where I would be residing.

With Sweet Baba's hand of care and guidance over me, within two weeks, I secured a place in an over 55's complex in the suburb of Joondalup. This included a hall available for use by the tenants, and I have resided there since 2016. My immediate inspiration was that this hall and my residence could be utilised for courses, classes, BK programs, and Murli classes, along with offering of Bhog.

Within a short period of time, with the approval from the Perth Centre, a Course Location was established, and "Shanti Kund" was created. Wah Baba Wah, Wah Drama, Wah.

The experience of having lived in the Perth Centre, following all the principles, maintaining purity and cleanliness within body and mind, and conducting courses, has moulded my stage into where I stand and what I am able to do as Baba's instrument for service. My deep understanding and belief that the destination is near and that the present time is of utmost value, has enabled me to progress, as well as rule out any "if's, but's, maybe's, should be's", all being obstacles that create barriers in service.

The immense love for the knowledge has always been at the forefront to my progress, and after being with Baba for twenty-eight years, has never diminished. With Baba's magic, resources continue appearing for spiritual progress and the feeling of being loved and cared for is second to none.

I value all the experiences that I have encountered in my spiritual journey, the hurdles and obstacles that at times have

been very challenging, however these have been instrumental to grant me great strength and faith to stay in Baba's heart. Baba says He likes an honest heart, so I have always tried to be honest with BapDada, constantly having conversations, as well as seeking guidance when required.

I feel honesty and loyalty to Baba go hand in hand. A main focus of my progress is self-honour, not to give or take sorrow, not getting caught up in all the world drama, but instead playing the role of Baba's bestower.

There is a lovely group of souls that utilise this Course Location for different programs and activities. At present we have commenced on a new program on "Self-Empowerment through Mansa Seva". Monthly Bhattis are held on alternate months at Shanti Kund, and at Vimal and Anupa's place. Vimal and Anupa have been in gyan for over thirty years, along with Frances and Ray, who have been in gyan for a similar period. They all play an important role in the background of guidance, blessing cards, toli, etc. and so we are developing a good team together.

Baba has been directing us to now increase and intensify our focus on serving through the mind, since the time is changing rapidly, and therefore this is where we will focus serving a lot more.

With the opportunity of being nominated as the representative of WA for Care and Well-Being, I have been able to offer support and guidance in the form of hospital and home visits, telephone support, encouraging souls to utilise Baba's knowledge to overcome the obstacles and hurdles they are going through.

I remember three important things:

- **Fortune:** Baba, the Bestower of Fortune, gives us birth, and sustains us through Fortune;
- **Serving:** as Baba's Instrument, we want to share our fortune with the world;
- **Honesty:** Being honest with Baba gives me safety, protection, love, help.



Top L: Janet and Manesha with Gail.
Top R: Gail in the class room



Bottom: Gail with Vimal and Anupa -
celebrating Shiv Ratri



HONEST HEARTS ... / Continued from page 21

Anthony Strano. This implies meditation is more about listening than thinking. Hence, the famous anagram, listen and silent, i.e. both words contain the same letters.

We often hear the 'Great Spirit' saying, "the late sign has already gone up", which is nothing new for me, I must confess! However, "the sign for too late hasn't gone up yet!" Although there are signs that it's being prepared. Another sign that's gone up for me is, "too late to stop now" - Van Morrison.

The final word I'll leave to the late, great Melbourne cartoonist, Michael Leunig, who I'll paraphrase. A pilgrim asks his master, "Master, how do I get there from here?" The master points, "From here you move ahead in a forward direction. When you've reached as far as you can, then keep going, and you'll get there!"

I lied, the very final word goes to my divine elder brother, Niall Fenix. Back in the heyday 80's in Sydney, as I like to refer to them, Niall would put his arm around my shoulder and say, in his charming Irish accent, "Scottie, we've seen 'em come and go but we're still here!" Niall is no longer here in the form I remember him, but his memory lives on in the hearts of those who were near and dear to him, like Chrissie, Pamela, Carmen, David, and many others who he touched with his wit, wisdom, peace, love, and good humour not to mention the beautiful songs he gifted us.

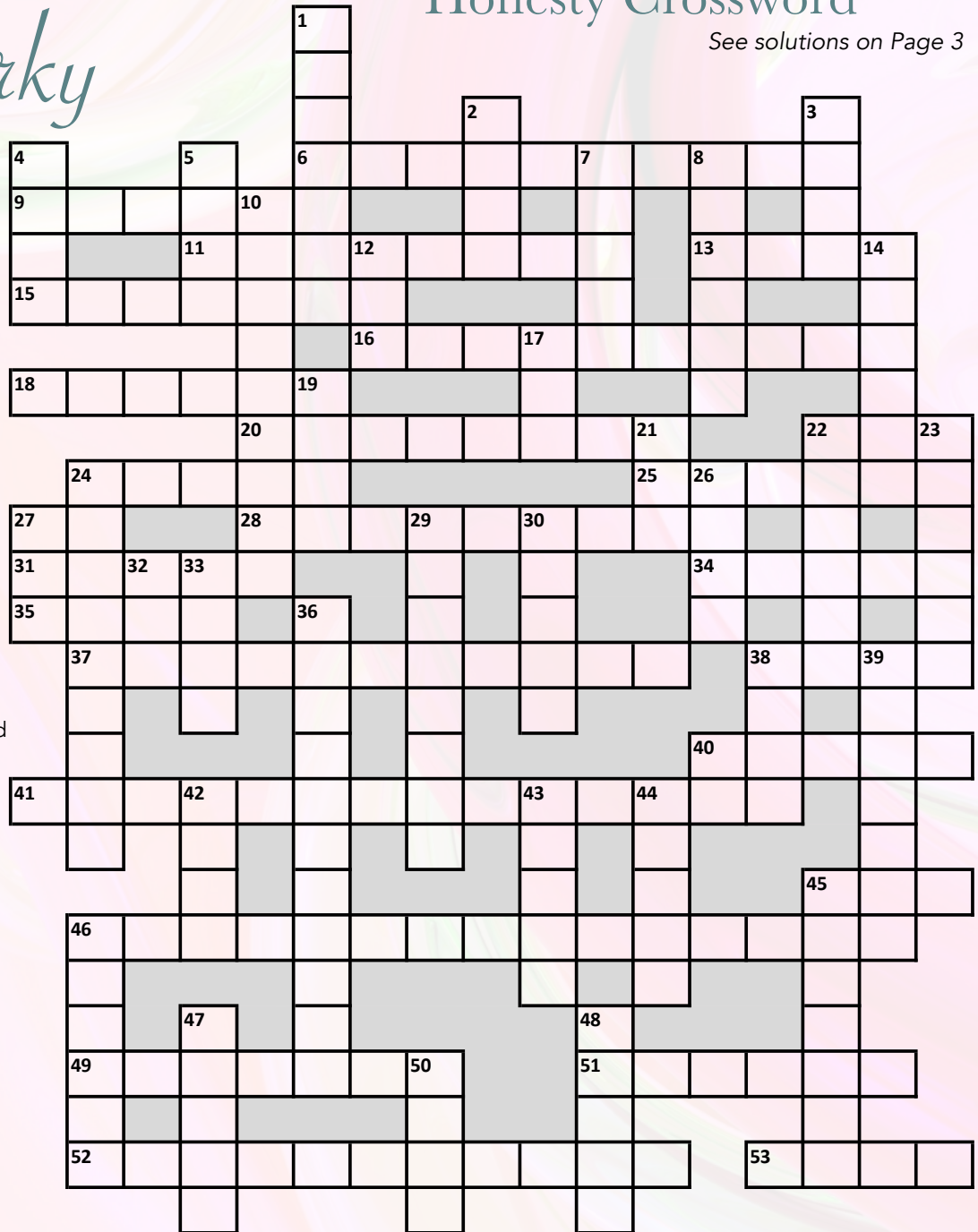
Ironically, I'm one of those who have come and gone since those 'good ol' days', but I'm still here. After all, it's the game of coming and going, isn't it?

Ok folks, if you managed to get through this article, congratulations and thanks for taking the time to read it. I wish you well on your journey from here to there and back again.



Scott McGuinness began his BK journey in Sydney in 1979. He resides in the Northern Rivers of NSW and works part time in retail. He attends the Gold Coast and Bangalow Centre's on weekends.





ACROSS

6. Trustworthy, honest
9. A heavy conscience won't let you
11. From the Latin, meaning genuine (4,4)
13. To reign, a law
15. Faithful devotion
16. A measure of highest character
18. Krishna does as he is rocked in a cradle
20. The study God teaches (4,4)
22. Every 5000 years, we have done so before
24. To settle accounts, unclouded
25. The character we wish to emerge
27. You and me, us
28. A wooden boy's story, a tale about honesty
31. God's name (Islam)
34. How many fingers am I holding up?
35. A lot, to give in abundance
37. Mama challenged this request to make a promise in court (5,2,4)
38. The deities practice study these at school
40. It's underway
41. The result of writing to Baba to tell the truth (4,2,8)
45. Is it the opposite of upset?
46. An honest soul has one (5,10)

49. Goddess of truth in Roman mythology and personification of truth
51. Simple, as Dadiji was
52. This practice benefits us most
53. A symbol of the kalpa and humanity

DOWN

- | | | |
|---|---|--|
| <ol style="list-style-type: none"> 1. A weapon depicted with Lord Shiva, is often carried by saddhus 2. Goddess (Hindi) 3. Eagerness 4. To inform or confess 5. Father (Hindi) 7. To exist in a place, as Baba does in Paramdham 8. To weigh down, as a sin does 10. A device to measure the truth 12. Affirmative (nautical) 14. A number related to Remembrance Day | <ol style="list-style-type: none"> 17. An exaggerated or diminished sense of self 19. Draupadi was given 21 of these by Krishna 21. First or original (hindi) 22. Used for reflecting upon, a looking glass 23. Beliefs or principles 24. Relating to the stars or heavens 26. A very small amount 27. Wonderful, Baba says this of His children (hindi) 29. Said of one who hides nothing, they are this (4,4) 30. A measure applied to gold and diamonds 32. Make it, don't break it | <ol style="list-style-type: none"> 33. The highest point 36. Clear and honest, hiding nothing 38. A Christian prayer, means 'may it be so' 39. A guardian, a custodian 40. To exist or live 42. Nothing holds me back 43. Only here for a short time 44. Come on over 45. Academic, intellectual, researcher 46. One with a sharp intellect 47. It's all a game 48. Inspection, review 50. For certain, of course |
|---|---|--|



A GOOD HONEST MEAL IS FOOD FOR THE GODS

by Amanda Quinn

A hearty meal nourishes not only the body, but also the mind and soul. By supporting a calm, energised internal environment, it helps promote restful sleep and overall wellbeing, while also feeding the body's vital co-helpers - the gut microbes.

The recipe below is adapted from the *Shantivan Cookbook*. It highlights the impressive nutrition that a simple, easy-to-prepare meal can provide. Ideal as a quick evening dish or a post-workout meal, it supports muscle repair and energy recovery.

This meal is **nutrient-dense**, meaning it delivers a rich supply of vitamins, minerals, protein and fibre for relatively few calories - truly food for the gods. Because it promotes **blood sugar stability**, it is satisfying and sustaining, without leaving you craving more.

In contrast, energy-dense foods such as white bread and processed snacks provide plenty of calories but little nutrition, often leaving the body "fed" yet still under-nourished.

Why nutrient density matters

When you eat nutrient-dense foods, you:

- Meet vitamin and mineral needs more easily
- Support immune, hormonal, and nervous system function
- Feel fuller on fewer calories
- Reduce cravings driven by nutrient gaps
- Support long-term metabolic and heart health

What blood sugar stability means

Blood sugar (glucose) is your body's main fuel - especially for your brain.

Stability means keeping blood glucose within a steady, healthy range rather than sharp spikes and crashes.

Blood sugar spikes look like:

- Quick rise after eating refined carbs or sugar
- Insulin surge to bring sugar down
- Followed by a crash

Blood sugar crashes feel like:

- Fatigue or brain fog
- Hunger shortly after eating
- Irritability or shakiness
- Sugar or carb cravings

Benefits of stable blood sugar

1. Steadier energy. No rollercoaster. You feel **consistently alert**, not wired then wiped out.
2. Better appetite control. Stable glucose = fewer sudden hunger signals and cravings.
3. Improved mood & focus. Your brain runs on glucose - steady supply means clearer thinking and better emotional regulation.
4. Hormonal support. Blood sugar swings stress the body and raise cortisol.
5. Long-term health protection. Stable blood sugar lowers risk of:
 - Type 2 diabetes
 - Metabolic syndrome
 - Cardiovascular disease
 - Chronic inflammation

by Amanda Quinn

How nutrient-dense foods support blood sugar stability

Nutrient-dense foods usually contain fibre, protein, and/or healthy fats, which:

- Slow digestion
- Slow glucose absorption
- Reduce insulin spikes
- Keep you full longer

A great example is a Hearty Lentil & Spinach soup!

- Fibre slows carbohydrate absorption
- Protein supports satiety
- Micronutrients support glucose metabolism (magnesium, zinc, B vitamins)
- Low glycaemic load despite containing carbs

Here are the nutritional highlights of Hearty Lentil & Spinach Soup

- High in micronutrients relative to calories, aka nutrient dense
- Rich in iron, potassium, magnesium, calcium, zinc, folate, Vitamins A, C, K.
- Low sodium due to minimal soya sauce. To make it lower switch to low-sodium soy sauce.
- Strong iron + vitamin C combo (better absorption)
- One serve provides 16 grams' protein
- Gut health (very high fibre + glutamine-rich lentils)
- Naturally cholesterol-free
- Low glycaemic load despite carbs
- Blood sugar stability
- Heart health & cholesterol
- Anti-inflammatory nutrients
- Very filling

Continued on the back cover / ...



Amanda is a holistic clinical nutritionist and part of the team in Baba's publishing house at Five Dock, Eternity Ink.

THE RECIPE - Hearty Lentil & Spinach Soup

INGREDIENTS

1 tsp olive oil
1 tsp cumin, ground
1 carrot, diced
1 stick celery, diced
1 bay leaf
200g brown lentils
1 sprig thyme
1 1/2 litres water
1 Tbsp soy sauce
1 x 400g tin peeled tomatoes
1/2 bunch Spinach
Salt and pepper
1 Tbsp fresh basil



1. Heat the oil in a large saucepan. Saute the cumin for 1 minute. Add the carrot, celery, bay leaf, lentils, and thyme. Saute 2 mins.
2. Add the water, soy sauce, diced peeled tomatoes and bring the soup to the boil. Reduce heat and allow to simmer 15-20 mins.
3. Add the shredded spinach and continue to simmer for another 15-20 mins or until lentils are soft and tender.
4. Season the soup with salt and pepper and serve garnished with fresh basil.

Key takeaways

- Nutrient density = more nutrition per calorie
- Blood sugar stability = steady energy, mood, and hunger
- Nutrient-dense, whole foods naturally support both
- All adds up to a healthy mood, good energy and great yoga ☺



CONNECTION
magazine



THE BRAHMA KUMARIS
AUSTRALIA