

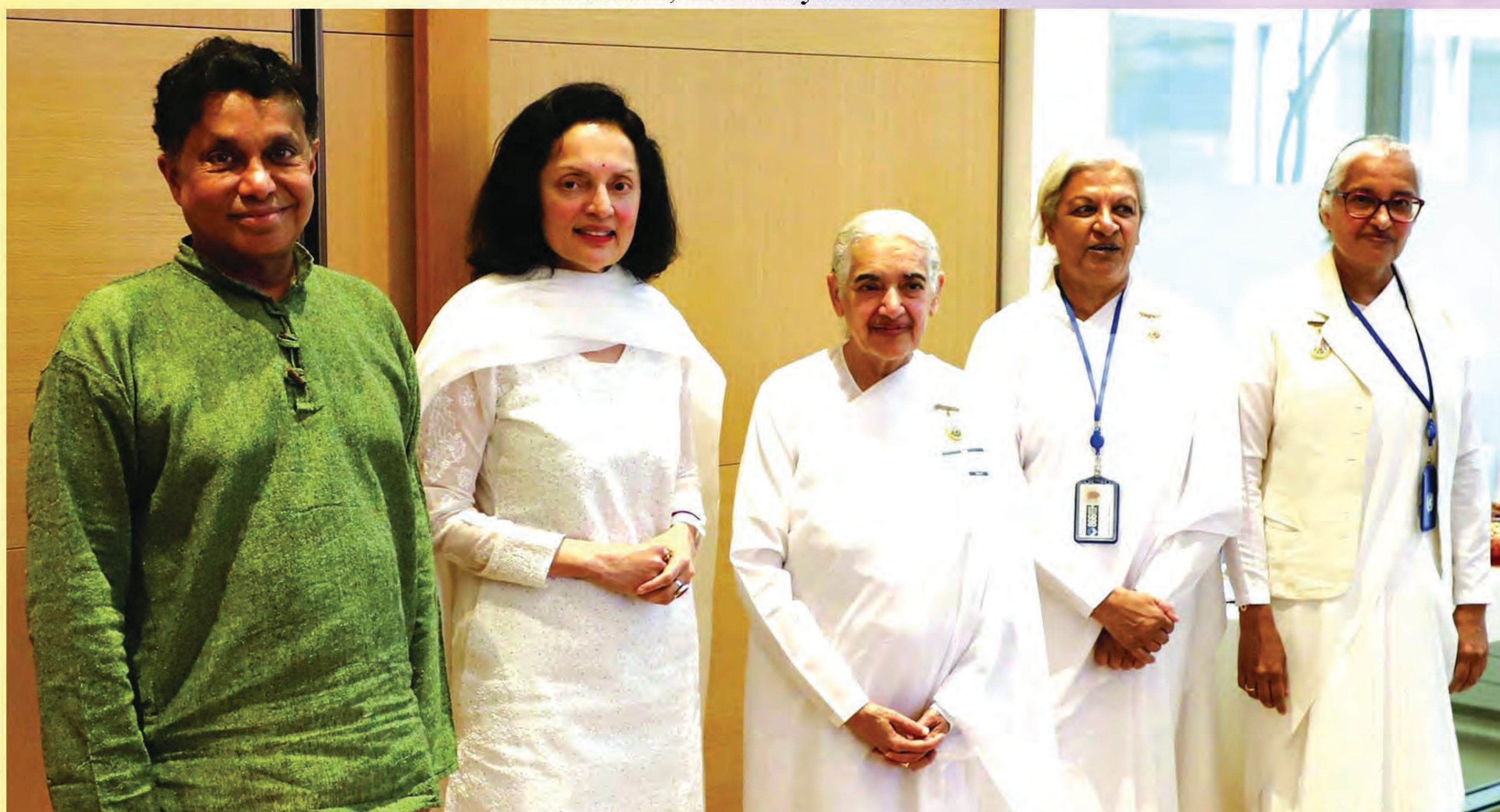


The World Renewal

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New Delhi: HE Droupadi Murmu, the President of India is being greeted on her birthday by BK Asha, BK Hussain, BK Khayati and others.



New York: After a talk on 'Vasudhaiva Kutumbakam' hosted by Brahma Kumaris Office for the UN BK Jayanti and BK Gaytri are with Ms. Ruchira Kamboj, Permanent Representative of India to the UN and Mr. Ramu Damodaran, the First Chief of United Nations Academic Impact.



1. Ranchi:

HE Droupadi Murmu, the President of India is being presented Godly gift by BK Nirmala, BK Sheela and others.



2. New Delhi:

HE Droupadi Murmu, the President of India is being felicitated by BK Prabha, BK Leena, BK Sakhi, BK Leelima and BK Sanghmitra.



3. Kolkata:

Y20 Summit on "Health, Well-being & Sports" is being inaugurated by HE CV Ananda Bose, Governor of WB, Arjuna Awardee Ms. Dola Banerjee, Renowned Indian Archer, Mr. Arijit Dutta Choudhury, Director of Indian Museum, BK Kanan and BK Supriya.



4. Betul (MP):

Intl. Seminar on 'Positive and Purposeful Life' is being inaugurated by Mr. Vijayadasa Rajapaksa, Justice Minister of Sri Lanka, Mr. Sudhir Shelke, director of the Madras Atomic Power Plant, Mr. Gagan Malik, famous TV actor, Mr. Naveen Gunaratne, Sri Lankan producer and director, Mr. P Piniyapang, Buddhist saint from Thailand, BK Manju and others.



POMP AND SHOW OF MAYA

One should not become impressed by the outer pomp and show but has an insight into life. One will, then, see that peace and happiness reside in life of the persons with a sense of morality and purity.

In the present-day world, which is permeated by *Maya*, when a person, by his Machiavellian skills and abilities, by his political manoeuvres, manipulations and machinations, by his intrigues and intransigence and by his subtle craftiness and also, of course, by some of his good qualities rises to a very high political position, people congratulate him and begin to praise him highly. This man, who was considered a highly corrupt man till yesterday and was thought to be a man of doubtful, if not bad, character, is now profusely garlanded wherever he goes and is adored in superlative terms as if he has done something great. In some European countries where there was monarchy in the 18th, 19th and early part of the twentieth century, **a famous political dictum said about the king: "A king never does any**

wrong". The idea was that a king got his commission straight from God, and, therefore, he was exempt from the moral sanctions that were binding upon everybody else. The moral character of his acts was not open to question by anyone. He might do whatever he liked – lie, steal, cheat, commit all sorts of oppressions, mayhems, adulteries, murders – and, as we say, get away with it under the special moral sanction that *the king can do no wrong*.

We have now, pretty generally, got rid of kings and substituted a system of parliaments and politicians, who administer what we call the State; and we also believe that they are not answerable to the moral standards set for other people and can do no wrong. A political leader sees himself as a king even though he

(Contd. ... on page no. 30)

CONTENTS

✿ Pomp and Show of Maya.....	3	✿ Amritvela The Tune Of Flute	17
✿ The Blissful Experiences of a Yogi (Editorial)	4	✿ Nothing and no One can disturb me	18
✿ Pay Attention to the treasures of Time and Thoughts ...	7	✿ Meditation increases Brain Power	19
✿ The Confluence Age is the Diamond Age....	8	✿ Attain Happiness through Virtuous Deeds ...	22
✿ A Spiritually Elevated Soul	11	✿ God's TV with His 8 Divine Channels....	23
✿ Enjoy Stability and Comfort	14	✿ Sweet Memories of Didi Manmohini....	26
✿ The Art of Detachment	15	✿ Laughter: The Best Medicine	27
✿ The Meeting Point	17	✿ Self Managing Leadership	28
		✿ Words of Wisdom	29
		✿ Life Changing Advice	31

THE BLISSFUL EXPERIENCES OF A YOGI

Contemplation and reflection on words of Godly wisdom for just 10-15 minutes every day can become an enriching source of spiritual or divine experiences. Whereas, regular practice a few times within 24 hours of the day results in the rich experience of ever-lasting spiritual consciousness.



The past week has been spent honouring special days which continue to leave a beautiful and powerful impact on all: 21st June, International Yoga Day, and 24th June, the 58th Day of Ascension of the

first Administrative Head of the Brahma Kumaris worldwide Institution, Mateshwari Saraswati ji. Yoga has become a vital part of the lives of a majority of people in Bharat and across the world. Simultaneously, it is amazing to relive memories and inspirations of Mateshwariji, who was part of the founding Trust of mothers and sisters who developed the only women-led spiritual institution that strives to live by the elevated principles of Rajyoga Meditation and Spiritual Lifestyle.

Mateshwariji, or 'Mama' as she was fondly called, had a wise, loving personality and one of her biggest specialties was to lead an accurate spiritual routine. She was committed to the early morning meditation hours, and would awaken daily at 2-2:30 am, and then listen to the Godly Versions

with much attention and regard. She displayed the fact that commitment to disciplines allows us to reap the benefit of every spiritual code of conduct. Mama also taught us spiritual children not to be disheartened if we slackened a bit in our spiritual efforts; you may not be able to accomplish everything 100% all the time, but it is more important to learn from the setbacks you encounter, and resolve not to repeat the same mistake. Mama will remain our very practical and insightful Teacher eternally.

Apart from the above enriching experiences, June witnessed Cyclone Biparjoy in Gujarat, and Rajasthan also received non-stop torrential rainfall and high winds for 3 days; the River Banas flowed end to end for a few days, and most of our Abu reservoirs filled up. No one expected a cyclone to appear out of the monsoon season, but nature had to do its job, and so we had a taste of pre-monsoon weather with full dams, strong gusts of wind and a number of lovely waterfalls. Along with beauty and freshness, there were challenges too with many fallen trees, and

disrupted electricity lines and mobile network. Well, these are all signs of Mother Nature reminding us to be ever-ready, and ever-prepared for different scenes as time is telling us that 'anything can happen anytime'...

Whichever State we may live in, or city in the world, tragic situations may appear suddenly but we should continue to focus on serving humanity in whatever way possible. It is very important to consistently empower ourselves, our homes, and the five elements through Meditation. By sustaining a Yogic Consciousness, we can see wonders in purifying and strengthening our living spaces. Even though one cannot sit for hours at a stretch in Yoga or Silence or Meditation, but a little attention towards the journey of the Soul, and connection with the Supreme can go a long way in supporting our inner and outer worlds.

There is immense gratitude towards our Prime Minister, Government and many others for reviving, popularizing, and truly internationalising the International Yoga Day through the UN. It is wonderful to acknowledge the contributions of Sage Patanjali, the first Master, who authored a number of Sanskrit works dating to 200 BCE-200 CE that take us through the Yoga Sutras or 8 Limbs of Yoga step by step:

- ▶ **Yama (Restraints)**
- ▶ **Niyama (Observances)**
- ▶ **Asana (Posture)**
- ▶ **Pranayama (Breath Control)**
- ▶ **Pratyahara (Withdrawal of the Senses)**

▶ **Dharana (Concentration)**

▶ **Dhyana (Meditation)**

▶ **Samadhi (Pure Contemplation)**

The Yoga Sutras are very helpful to those who are unable to switch on their consciousness straightaway in Knowing Oneself as a spiritual being, and connecting lovingly with the original source of Knowledge, Love, Compassion, and Purity. However, as far as Yoga in Consciousness is concerned, one is required to go beyond even the 8 Steps... We cannot 'know' or 'understand' the Incorporeal Supreme Being as Parent, Teacher and *Satguru* unless we know and understand our original selves. Those of us who have received this understanding and perception are grateful for the fortune of observing, connecting and benefiting from the present auspicious time of God's reincarnation: *Sangam Yug, Diamond or Confluence Age*. The Supreme Parent, Incorporeal God Shiva, explains very lovingly that we are only a thought away from the supreme source of Light and Might, if we maintain a detached and elevated consciousness. Contemplation and reflection on these words of Godly wisdom for just 10-15 minutes every day can become an enriching source of spiritual or divine experiences. Regular practice a few times within 24 hours of the day results in the rich experience of ever-lasting spiritual consciousness, where we can naturally walk, talk, live and serve others with a pure, loving attitude and vision.

In the Godly Versions of 26th June 2023, the beloved Supreme Being explained

vividly the evolving of 108 highly spiritualized instruments to become worthy of claiming the position as Beads in the Rosary of Victory (*Vijayi Mala ke Manke*). While there are a number of qualifications that need to be imbibed to reach this spiritual goal, the following two are perhaps the **most impactful**:

- ▶▶ 1) Let there be no negativity in one's thoughts, words and actions
- ▶▶ 2) Let there be deep and subtle realisation of every improper thought, impression or act so that one immediately checks, and brings about change.

The persistent attention on removing one's flaws supports us in our goal to claim a position in the Rosary, and also bring about positive change. Our past *sanskars* and negative influences, i.e. *Maya*, is observing us all the time and therefore one has to be naturally alert and attuned to the highest stage of consciousness, detached from the old world, and focused completely on our perfect spiritual stage and remembrance of our beloved Supreme Father and Mother. May all of us keep courage and do our best to become invaluable jewels of the Rosary!

– **B.K. Nirwair**

Encouraging Updates on the New Multi-speciality GLOBAL INSTITUTE FOR HEALTH SCIENCE, Abu Road

Our well-wishers would be pleased to hear that a number of Project Meetings have taken place in May and June 2023. Several formalities are being completed to ensure that a good- standard hospital is created. The Site Plan indicating the location of various units, that is, Hospital blocks (3), Geriatric Home (2), Preventive Cardiology and Life-Style Science Centre, 2nd phase Nursing College and Staff Accommodation has been prepared after thorough discussion, and will be submitted shortly to the UIT, Abu Road, for approval.

A separate Account for the new project has been opened to facilitate flow of contributions. ▶ **Name of Bank Account:** Global Hospital and Research Centre, **Account No.:** 419 1941 8012, **IFSC Code:** SBIN0010638, **Bank Address:** PBKIVV, Shantivan, Talhati, Abu Road, Rajasthan).

We extend appreciation to our divine BK family and valued Contacts for their good wishes and support.

PAY ATTENTION TO THE TREASURES OF TIME AND THOUGHTS

According to the present time anything can happen at any time. So, we have to pay attention to the self. Put a full stop in a second when waste thoughts come.



B.K. Chirya Risely, USA

At this holiday season underline and pay attention to 2 things: The Treasure of Time and the Treasure of Thoughts. Thoughts are the main basis for this time. The task of the mind is to have thoughts and it is with your thoughts you remember you are a being of light, a soul, and God the Father is also a soul. Allow only what is worthwhile to be in your mind and life. Let there be deep, fervent interest to use time and everything in a worthwhile way. Do not waste even a second and have as much attainment as you want. Merge the past and remain in the present, and you will understand what to do for the future.

According to the present time anything can happen at any time. So, we have to pay attention to the self. Put a full stop in a second when waste thoughts come. A full stop at the end of a sentence is also a point. A second is a point. Now by remembering you are also 'a point of light', remain stable in a carefree stage and has no worries. You have given your worries to the God Father and He has given you the gift of spiritual power, light and might. The sparkle of light is visible on your forehead, and others seeing your sparkling light will have love for you and experience lightness and benefit. But if there

is any worry, a basket of burdens is there. You try to put a full stop but instead you have a basket of question marks of how? what? when? on your head! So, which do you prefer? *The Father has come to take your worries away..* To transform habits of worry, change 'mine' into 'yours'. Turn our worries over to the Father and experience peace of mind. Mine (*mera*) becomes (*tera*) Yours; in Hindi it is just difference of one letter.

By connecting to the One up above who is the Truth, we draw that energy down into us. We have good mental conduct and perform good actions, not as a duty but out of pure feelings of love and regard. We know what waste is and realize worries and negative things do not belong to us and rob us of our hope. Now hand over limited thoughts of 'mine' to the Father and become carefree. Look at the quality of your life. Act well, rather than talking a lot and not doing what you say. Keep your life and thoughts simple, and use your time well. **To remove waste thoughts from your mind and become a sample for others is the best present we can give to the self, to God and to the world.** Wherever we are, we have to create an atmosphere that spreads peace in the world. ■ ■

THE CONFLUENCE AGE IS THE DIAMOND AGE

It is the knowledge that should *rule* over one's life, leading it into purity. Such knowledge is made available by God Shiva in every Confluence Age to those, who really seek it, value it and implement it instantly, as happened in the case of Brahma Baba and his numerous mouth-born children, Brahma Kumaris and Kumars.



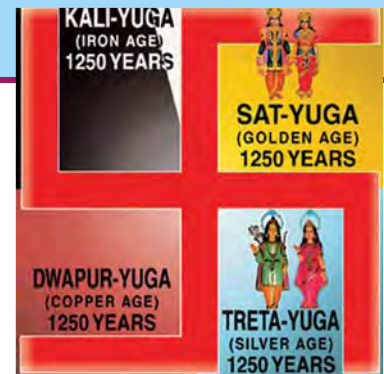
The knowledge God Shiva imparts in every Confluence Age (*Sangam Yuga*) transforms the ordinary people into pure and very strong diamond-like people. This Godly knowledge is compared to

the *Swadarshana Chakra* given by Him to Vishnu. The story of how Vishnu got *Swadarshana Chakra* is actually the symbolic expression of this major divine teaching programme that takes place in every Confluence Age. An insight into this symbolic story would show that the Confluence Age is, actually, the Diamond Age.

The word, *Swadarshana* (*swa* + *darshana*), literally means “good vision.” In view of its ultimate source in God Shiva, it means auspicious, beneficial, comforting and divine knowledge that makes one invincible against all attacks of *Maya* (vices, which are like sugar-coated poison). *Chakra* means a spinning wheel, which carries the notion of cyclic rotation. The sum of knowledge God Shiva gives to the willing children in the Confluence Age contains truth about various cycles involving individual souls and the Supreme Soul. **This knowledge keeps the recipients in awareness that they are souls,**

who are the rulers over their bodies and enables them to easily conquer over all vices (the enemies within), saves them from a lot of problems, also enables them to be detached observers, and thereby maintain the consciousness of being an instrument and of acceptance of everything that happens to and around them. Hence, *Swadarshana Chakra* is better called as *Swadarshana Chakra* ('*swa*' means soul) by its beneficiaries.

The story of *Swadarshana Chakra* goes like this: Those who wanted victory over demons (personification of vices) sought the help of Lord Vishnu, who, then, turned to God Shiva for help. Lord Vishnu started worshipping God Shiva, prayed to Him, meditated on Him and chanted His name very devotedly for a long time, years and years, with no result. Then, he intensified his worship by deciding to offer one thousand lotus flowers to God Shiva while chanting His one thousand names. When he came to the end, he realized that one flower was missing. Without wanting to waste time on search of one more lotus, Vishnu immediately thought of plucking out one of his eyes and placing it before God Shiva. As He was about to do this, God Shiva appeared before him, stopped him from plucking out his eye and said: “I will grant you your wish.” “Please give me something that will help me to conquer the



B.K. Joseph

demons,” asked Vishnu. God Shiva replied, “I give you this *Swadarshana Chakra* that will give you victory over all your enemies.” On receiving the *Swadarshana Chakra*, Lord Vishnu was able to defeat the demons and also help others, who wanted victory over demons.

Behind these details, the essence of the story is that God Shiva gives divine knowledge only to the true seekers, who are prepared to do intense effort to conquer vices (the internal enemies) and really cherish to live a life of purity. This happened in the case of Brahma Baba, the corporeal founding father of the Brahma Kumaris Organization. He behaved like a pearl merchant described by Jesus in *The Bible*: “The kingdom of heaven is like a fine pearl, which a merchant was looking for. When he found one of great value, he went away and sold everything he had and bought it” (Mathew 13:45, 46). Even though Brahma Baba was a diamond merchant by profession, his heart was passionately searching for diamonds of Godly knowledge, which would help him to conquer over all (evil spirits of vices) and master all forms of virtues, as though Vishnu was doing *tapasya* (intense effort) to receive *Swadarshana Chakra* from God Shiva. He received it in the form of six visions and direct revelations from God Shiva during the period from 1936 to 1969. The ultimate effect of this Godly knowledge is that the ordinary Iron-aged people are transformed into the Diamond-aged people, who live in God-given enlightenment and bliss (*Murlis*: 02.06.2018).

In qualities, the Diamond-aged people and Iron-aged people are literally like diamond and graphite, both of which are forms of carbon (with atomic number six). The diamond is very hard, transparent to light and does not conduct electricity at all whereas graphite is slippery, gray, opaque and can conduct electricity

reasonably well. Such differing properties are because of the differing way carbon atoms are arranged in both of them. In graphite, the carbon atoms only form three covalent bonds, creating hexagonally packed sheets of carbon and the sheets of carbon become bonded by weaker inter-molecular forces. However, “the diamond lattice contains tetrahedral carbon atoms in an infinite three-dimensional network.”

In diamond, each of them would look like a triangular pyramid, composed of four triangular faces, six straight edges and four vertex corners. This accounts for diamond's hardness, extraordinary strength, durability, a higher density and a great resistance to compression, scratch, etc.

Just like at very high pressure, carbon forms the more compact allotrope, diamond, under God Shiva's Spiritual Knowledge and Rajyoga Training Programme of highest standard, ordinary carbon-like Shudra people are transformed into diamond-like Brahmins. The word Brahmin (brah = great + min/mana = mind) means person who has, under God Shiva's Training Programme, expanded his mind to treat everyone as soul (atma), as a child of God, and has an expanded and infinite vision about history—past, present and future.

From this Godly training programme, they learn 'Really who I am, who God is'; and they also know what to expect from others and what not to expect from others. In awareness of such God-given knowledge, Diamond-aged Brahmins are always in great inner peace. In peace, they interact with others lovingly, which results in joy. When they act in a state of peace, love and joy, such actions are pure (in contrast to acting for something in return, which makes the action commercial or impure), which would resemble purity of action of God Father, who acts with no

motive (Murlī: 09.06.2018). See how their Godly knowledge is blossoming into peace, love, joy and purity in strong bond to each other as seen in diamond. Nothing can break this diamond-aged *sanskar*, formed after going through God Shiva's Training Programme.

Interestingly, the word 'diamond' derives from the Greek *adamao*, which means "I tame" or "I subdue", and its adjective *adamas* means "unbreakable". From this is derived the English word *adamant* (from *a* = 'not' + *daman* = 'to tame') meaning "untameable, invincible". The Diamond-aged people are adamant, stubbornly refusing to be tempted by *Ravan*, the symbol of five vices. In Hebrew language (older than Greek), the word related to *adamah* is *adam*, which means "man" or "mankind" in his or its sinless stage during pre-fall period when he had perfect control over his body and sense organs. The Sanskrit words *manush* and *manava*, meaning a person with thinking ability, have the connotation of one, who is in control of himself, acting thoughtfully in consideration of pros and cons before executing the action, and, thus, using his thinking abilities to *rule* over his body and sense organs. This is in contrast to the post-fall people of the second half of the *Kalpa* [called hell (*narak*)] where they are being ruled by body (bulk of which is *neer* or water); hence, they are called *nara-naris* (derived from *neer*, water), who show the characteristics of water that takes the form of its container, the symbol of being formed or ruled by circumstances.

In other words, God Shiva's *Rajyoga* Training Programme enables one to change from the ugly contraction and egoistic body-consciousness into sparkling expansion and soul-consciousness in which the soul rules supremely over the bodily kingdom, feels as "belonging to God," and "acts as a trustee of God with regard to his/her abilities and assets, which save them from sinning" (Murlī: 25.05.2018; 30.05.2018). Unlike the vicious

people, who are in the dark and confusion and reap *shok* (sorrow) from their worldly pursuits, the Diamond-aged *Brahmins* (*Rajyogis*) have absolute clarity on life; and, hence, know the art (ABCD) of life: they accept the unchangeable, bless everyone, change the changeable and depart from the unacceptable, and, thus, always have contentment in life. To cope with any situation in life, the *Rajyoga* Training programme has also given them clarity on soul's eight powers – Ability to bounce back to the now, Ability to introspect, Ability to see the essence from details, Ability to judge, Ability to face, Ability to tolerate, Ability to co-operate and Ability to adjust. These powers enable them to live very mightily leading a Diamond-aged life, which they reinforce daily by linking with qualities of Supreme Father, God Shiva, through nectar-time *Rajyoga* meditation, the effect of which *rules* over all their daily activities. Thus, they are known for living a life of meditation, thereby radiating divine qualities in all directions, like the diamond dispersing its rainbow colours. **What a huge change *Rajyoga* brings about in people! The ordinary people are transformed into pure and very strong Diamond-aged people.**

As the saying goes, "The *Guru* (preceptor) arrives when the *Shishya* (student) is ready." This is about Godly knowledge that has transforming and elevating power because the word *shishya* comes from the root *shasan*, "to rule." Hence, it is the knowledge that should *rule* over one's life, leading it into purity. Such knowledge is made available by God Shiva in every Confluence Age to those, who really seek it, value it and implement it instantly, as happened in the case of Brahma Baba and his numerous mouth-born children, Brahma Kumaris and Kumars. Thus, Diamond-aged people are formed in the Confluence Age, which is rightly called the Diamond Age, the First Age followed by other four Ages: Golden Age, Silver (*treta*/third) Age, Copper Age and Iron Age. ■ ■

A SPIRITUALLY ELEVATED SOUL

{Didi Manmohini whose original name was Gopi, successfully sustained Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya along with Dadi Prakashmani and took it to new heights. This responsibility had been entrusted to them after Jagadamba Saraswati left her mortal coil. Brahma Baba had great regard for women and kept them at the forefront in all matters related to the administration of the organization. Associate Editor B.K. Ranjit Fuliya shares with esteemed readers the specialties of Didi Manmohini, whose Remembrance Day falls on 28th July. – Editor}



Didi Manmohini and Dadi Prakashmani both are standing in charming pose.

B.K. Ranjit Fuliya, Associate Editor

Didi Manmohini was born and brought up in a well-known family of Hyderabad, Sind. She was married into a reputed family. Dada Lekh Raj, the founder of the Brahma Kumaris organisation was a very famous jeweller of those days and Didi Manmohini's parents had very good relations with Dada. Om Mandali was established in 1937. The newly established spiritual organisation was called Om Mandali, which, is presently known as Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya. Didi was Brahma Baba's relative and her family had great regard for him for his virtues such as righteousness, charity, compassion and generosity. Brahma Baba was one of the reputed persons of Sind those days. People respected him for his righteous conduct, noble nature and social service.

Though Didi Manmohini was rich, she would spend most of her time in *satsang* and charity. She had immense faith in Hindu scriptures – Gita and Bhagavad which she read as her daily routine. She felt that she

herself was a 'Gopi', as mentioned in the scriptures. Her mother attended Dada's *satsang*, for the first time after the divine descent of Incorporeal God Shiva into his body. Dada was sitting there in a very small room, conducting *satsang*, holding the Gita in his hand. Attracted by some strong divine pull, she sat near Dada. As he gazed at her, she realized a *chakra* of light on Dada's forehead. She continued to look at Dada as if pulled by his gaze. Lastly, as Dada sounded the word 'Om', she completely felt herself detached from the body and experienced super-sensuous joy. She had, in fact, seen Shri Krishna in Dada and had faith that he was Shri Krishna. Didi Manmohini's mother was later known as Queen Mother in the *yagya*, Incorporeal God Shiva then revealed that He had entered Dada's body and was disseminating the esoteric knowledge to re-establish heaven or virtuous world on this very earth.

Steadfast and Firm

Didi Manmohini's husband was a businessman and he would frequently go

abroad for business purpose. Those days, it was a talk of the town in Hyderabad that through 'Om Dhwani' or the sound of Om, all disciples attending the *satsang* would go in a state of trance. Hearing this news, many people began to attend the *satsang*. Brahma Baba's first teaching was to live a life of purity, i.e., celibacy. Didi immediately decided to lead a celibate life. Because of this decision, there started a quarrel between Didi and her husband. Nevertheless, she remained firm on her decision.

Helper in Establishing a New Social Order

Those days women were considered weak and helpless by the society; they faced all sorts of opposition. Didi Manmohini also faced stiff opposition of her relatives and had to struggle a lot while pursuing the Godly path. She underwent a lot of harassment because of her determination to lead a pure life. She was even confined in several bondages, but because of her firm will, strong determination and sincere spiritual efforts, she overcame all the impediments. Didi didn't retract from her resolve to lead a pure life. Brahma Baba then formed a trust consisting of women and girls. He bequeathed all his movable and immovable property to the trust of which Didi Manmohini was the founding member. She was a special associate of *yagya* mother Jagdamba Saraswati.

Respect for Godly Versions

Meeting Didi Manmohini ji in Madhuban always used to be a special experience for the spiritual family. Since Didi took keen interest in the spiritual progress of all the B.K. brothers and sisters, she would invariably meet them

while bidding goodbye. She used to enquire about their spiritual efforts at personal level and suggested ways and means to remove the impediments and enhance their stage of soul-consciousness. She would highlight the importance of Godly versions and advised all to lead a yogi life.

Powers to Discern and Cooperate

Known for her great power of discernment, Didi Manmohini also had other qualities like tirelessness, administrative capability and politeness. When Prajapita Brahma Baba ascended to the subtle region, after attaining perfection in his spiritual efforts, on 18th January, 1969, Didi Manmohini and Dadi Prakashmani were appointed to look after the administration of Brahmakumaris organisation, jointly. The administration of the huge organisation required great coordination and cooperation which was visible to one and all in their administrative decisions and actions. While Dadi Prakashmani used to appear a symbol of love, Didi Manmohini was considered an embodiment of rule of law. The organisation was growing at a fast pace and there were many ticklish and complex issues of the *yagya* which were taken care of by Didi Manmohini. But Didi was a practical person; highly experienced in understanding people's problems and providing them sure and certain solutions. She would instantly create a rapport with whomsoever she met.

Inculcation of Values in Life

Didiji sustained the divine family with great love and care. She would discuss the Godly Knowledge and Meditation for the benefit of all. Though she showered her motherly love

on all, she was also particular that Godly *maryada* or code of conduct is followed by all, in letter and spirit. She would draw personal attention of divine brothers and sisters towards self-progress, and inspired them to strengthen the foundation of Godly Knowledge and yoga. She also laid special emphasis on inculcation of values in practical life.

Royalty and Purity

Didi was royal and courteous while interacting or dealing with others. She immediately invited the attention of the aspirants if she received some complaint. She would always remind them about the Godly code of conduct. She would handle aspirants' grievances efficiently, call the complainant and dispose of their grievances amicably, then and there. Thus, she would always try to keep the atmosphere light, pure and positive. She always highlighted the importance of Godly code of conduct and inspired all to adhere to it, strictly. Her royalty and simplicity ensured Unity and Purity in the organization. Those days the Brahma Kumaris organisation was not well off, financially. Therefore, Didi would emphasize the importance of being frugal and economical. She would often inspire all to make proper use of money and never to waste it. She wanted that the service that was rendered should be royal but not very costly.

Her Affection and Amiable Nature

I visited Madhuban during the summer season in 1981. While I was taking leave for returning, Didi gave me a bag having the picture of Shri Krishna printed on it.

“Ranjit, you take this bag as a divine gift and use it for carrying lunch to office. You should also keep Baba's Murli (divine versions) in it which you should read in the noon. And of course, the picture of Shri Krishna will always remind you of your aim and object, i.e., to become a virtuous deity like Shri Krishna”, said Didi while presenting the godly gift to me. I was really overwhelmed by her hearty wishes, such divine care and concern. She always used to remind all: “It's time to return home” and “Nothing is mine, everything is Baba's.” By Home, she meant the real and original home of all souls, i.e., Incorporeal World, *Param Dham* or Soul-World. She always showered spiritual love received from Baba on all souls. She remained unwell for some time but even then, she remained in *avyakt* stage most of the time and left her mortal coil on 28th July, 1983.

Didi Manmohini's life inspires us to dedicate all our talents and skills in Godly service. She taught us to cut all mental bondages and have ourselves constantly united with the Lord, mentally, so that we may become completely pure and return Home. Let us remember her divine qualities, imbibe them in our life and be instrumental in establishing a new world order of Purity, Peace and Plenty which is now being done by Incorporeal God Shiva. ■ ■

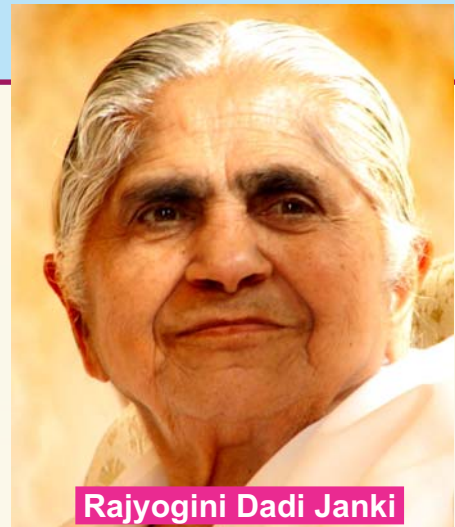


BECOME AN ELEPHANT RIDER TO ENJOY STABILITY AND COMFORT

A *Sattoguni* soul will not look at flaws of others or pick up negativity. He will fill himself/herself with virtue and will be like a swan that only picks up pearls. He will not question or doubt.

Baba has come to rescue us from the swamp. The swamp is such that it is difficult to define where it begins and where it ends. You suddenly slip into it without even knowing it was there. This marshland is such that it can swallow us down in a short time, and it is difficult for any person, whosoever, to rescue us. Baba is the only One, who can rescue us from the swamp of *Maya*, which has been swallowing us down. Baba has come down to rescue the human souls, but, unfortunately, still some choose to go back. If you slip just once, you will be back in the swamp. This is why we have to be careful. We have to allow Baba to rescue us completely and, then, we can help others. Baba has created 'a spiritual army' to salvage the whole world from the swamp. Those in the army have a strict discipline in life and they stay in order. They not only lead an orderly life but they also pay attention to the Godly Directions.

If your clothes get even a little dirty you don't feel comfortable, do you? In the same way, if you allow even a little dirt inside; then, you will feel uncomfortable. You will get confused easily. There are so many traps and webs of *Maya*. A *Maharathi* will recognise them and take care not to get stuck. Do you consider yourself to be a *Maharathi*? Consider yourself to be a *Maharathi* and you will have the power to stay in your soul-conscious stage. In the stage of soul-consciousness, there will not be any confusion over small issues. To sit in Baba's eyes



Rajyogini Dadi Janki

and to let Him sit in your eyes is to be seated on an elephant. One, who sits on an elephant, sits with great comfort and stability while those, who sit on horses, have to tolerate the mischievousness of the horse. Now, become an elephant rider and enjoy a stage of stability and comfort. To stay in such a stage, you have to stop your vision from being drawn anywhere. My vision should not be attracted or distracted. Even to compare my efforts with those of others, is to let my vision be drawn here and there. The result of the comparison is that you will feel yourself either less or more than others. Be aware that everyone is making their own efforts and will receive the reward accordingly. I cannot do or be the same as others. Each one has his/her own specialty. Yes, I can learn from them but I have to remain aware that each one is playing their own part in this drama and no two of us can play the same

Contd. on page ... 31

THE ART OF DETACHMENT

When we become deeply attached to people, possessions, or outcomes, we often experience a rollercoaster of emotions. We may feel happy when our desires are fulfilled, but equally, we may experience disappointment, sadness, sorrow, and frustration when things don't go according to plan.



We often form emotional connections to people, possessions, ideas, and outcomes, believing that they bring us happiness, contentment and fulfillment. However, attachment is an illusion that can obstruct our

overall growth and prevent us from attaining true happiness. It is a well known fact, that, a man becomes weak where his attachment lies. Human beings of modern age always crave to get attached to an object to make it a source of their happiness, fulfillment and security. The 'object' may vary from being a fellow human or a pet or a gadget or social media or a motor-vehicle. We become dependent on it socially, emotionally and physically. We tend to protect and even will to fight for it. We even begin to doubt our identity and existence without it. If we lose it then we also go through immense pain and upheaval.

Attachment can be defined as an emotional bond or strong attraction towards something or someone. It arises from desires, expectations, and the belief that external objects or relationships are vital for our well-being. In the Bhagavad Gita, three types of attachment are highlighted: attachment to the results of actions

Prof. BK Onkar Chand Sharma, Shantivan

(*phala*), attachment to actions themselves (*karma*), and attachment to one's own body and ego (*deha* and *ahankara*).

Attachment can have a intense impact on our lives. When we become deeply attached to people, possessions, or outcomes, we often experience a roller coaster of emotions. We may feel joy when our desires are fulfilled, but equally, we may experience disappointment, sorrow, and frustration when things don't go as planned. Attachment binds us to the fluctuations of the external world, leading to emotional instability and a constant longing for more.

It is only when a man practices the Art of Detachment; he begins to find himself and the true purpose of his life. Detachment is the antidote to attachment. It involves developing a sense of non-attachment towards the outcomes of our actions and cultivating an attitude of selflessness. Detachment does not mean indifference or apathy but rather a shift in perspective, recognizing that our true identity lies beyond the temporary manifestations of the world.

Attachment is the Source of All Suffering

The attachments weave your prison. They lead to expectations. Expectation leads to suffocation, pain and suffering. When you are attached to a person or a situation, it binds you and expectations arise. If that specific thing

does not go as per your wish, it makes you upset and bothers you.

Have you ever wondered why a stranger can never hurt as much as your near and dear ones? It is because of attachment. Expecting the loved ones to act according to you leads to friction. Instead of owning the power, you give away the power to the external forces. It gets you out of control.

Attachment leads to fear of loss and suffering. For example if a guest is staying in a hotel room and another person in the adjoining room drives a nail into the sidewall, then the first person would not feel concerned. But if the same thing happened at one's home where a tenant living in an adjoining room was to hammer a nail into a wall, the owner would very much mind and resist it because of the feeling that it is his house that is being spoiled. Here I have an interesting, humorous and inspiring story related to suffering caused by attachment.

A man who has gone out of his town comes back and finds that his house is on fire. It was one of the most beautiful houses in the town, and the man loved the house the most! Many were ready to give double price for the house, but he had never agreed for any price and now it is just burning before his eyes. And thousands of people have gathered, but nothing can be done, the fire has spread so far that even if you try to put it out, nothing will be saved. So he becomes very sad.

His son comes running and whispers something in his ear: "Don't be worried. I sold it yesterday and at a very good price — three times. The offer was so good I could not wait for you. Forgive me." Father said, "Thank God, it's not ours now!" Then the father is relaxed and became a silent watcher, just like

1000s of other watchers.

Please think about it! Just a moment before he was not a watcher, he was attached. It is the same house....the same fire.... everything is the same...but now he is not concerned. In fact he started enjoying it just as everybody else in the crowd.

Then the second son comes running, and he says to the father, "What are you doing? You are smiling — and the house is on fire?" The father said, "Don't you know, your brother has sold it." He said, "We have taken only advance amount, not settled fully. I doubt now that the man is going to purchase it now."

Again, everything changes!! Tears which had disappeared have come back to the father's eyes, his smile is no more there, and his heart is beating fast. The 'watcher' is gone. He is again attached.

And then the third son comes, and he says, "That man is a man of his word. I have just come from him. He said, 'It doesn't matter whether the house is burnt or not, it is mine. And I am going to pay the price that I have settled for. Neither you knew, nor I knew that the house would catch on fire.'"

Again the joy is back and family became 'watchers'! The attachment is no more there. Actually nothing is changing! Just the feeling that "I am the owner! and I am not the owner of the house!" makes the whole difference.

The moral of the story is: Everything starts with a Thought! A thought of attachment, possessiveness and ownership gives us pain while a thought of detachment and watching every scene of this world drama as a detached observer makes us normal. Thoughts are the building blocks of our life. ■ ■

IT IS POSSIBLE TO ATTAIN HAPPINESS THROUGH VIRTUOUS DEEDS



The greatest virtue is to remember God.

Only by having remembrance will you become a charitable soul.

B. K. Ram Singh, Rewari(Haryana)

Two thieves lived in a city. They would steal daily and divide the stolen goods into two parts. One part was set aside for themselves and the other was offered to God in the temple. One night when they went out to steal, even after wandering a lot, they didn't find anything to steal. Tired, they sat on a platform in front of a temple. It dawned soon and they met a saint.

The saint enquired about them and they narrated all that took place the previous night. Hearing this, the saint said, "Have you ever thought that stealing is a sin?" The thieves replied, "Whatever we do will be right because whatever we get by stealing, we divide it into two parts. We keep one part for ourselves and offer the other to God."

Then the saint took out a parrot from the cage kept in the premises of the temple and gave it to the thieves and said, "Today you could not steal, that's why you seem disappointed. Keep this parrot and divide it into two parts, keep one for yourself and offer the other to God." Both the thieves got scared after hearing this. They understood the meaning of the saint's words and said, "Mahatma ji, you have opened our eyes. By offering the earnings of sin to God, we used to consider it as a virtue till now, but we now understand that by stealing we were actually

committing a great sin."

The thieves said, "From today onwards we will not steal but will eat the hard earned and honest earnings and offer a part of it to God."

It is said that the earnings of sin, despite giving prosperity, causes dissatisfaction and anxiety. Sin can be conquered by virtue and hard-earned money always gives peace to the soul. The attraction of money leads to downfall, so be free from it and be content.

At present, even a person engaged in heinous sinful deeds wants to reap the fruits of virtue, but when he gets opportunities to be virtuous, he loses them. While the fruit of virtue only gives a person happiness, peace, respect and multimillion fortune and only by getting virtue, the family becomes happy and the family can be saved from troubles. The auspicious attitude of a man means having good wishes for all, good wishes only bring good and best results.

It is said that happiness comes from good deeds and sorrow comes from bad deeds, that is, as is the thought, so is the fruit. The bodyguard of human life is also made by virtuous deeds and this is the foundation of our self-welfare. Man gets happiness only because of his good deeds. If these resources are not used properly, then it will be called exploitation

Contd. on page ... 34

NOTHING AND NO ONE CAN DISTURB ME

When we appreciate that the mind is the source of all that we create, then we will recognize the importance of meditation or mental cultivation.



The mind is at the centre of all experiences and thus it is the most important factor in determining the quality of life. Although we may talk of a world out there, in reality, the only world we can experience directly is in our own mind.

But what is this thing we call mind that animates the body and means we are alive? I know that I must have a mind for I perceive a distinct difference between my present state and that of a corpse, which is simply matter devoid of consciousness or mind. Is this mind my thoughts? Western culture is heavily influenced by the French philosopher Rene Descartes' famous equivocation: "I think, therefore I am." But what happens if I stop thinking—does my mind disappear? What of all the feelings, emotions, desires, and aspirations that are so powerful and yet undeniably transient? Where do they come from, how do they arise, and where do they go?

The Buddha said that the mind in its original or fundamental state is radiant or brilliant. However, it becomes tarnished, so that the radiance is obscured, by the defilements that arise in it. This tells us that the



Farha Sayed Tarim, Yemen/ Mumbai

underlying nature of the mind is bright, still, silent, and peaceful. It is empty of all the multiplicity of thoughts and concepts. There is only a bright, vibrant state of knowing. On the other hand, the defilements are visitors that come and go—they are creations of the mind.

Nature allows us to create anything—the good and the bad, the refined and the coarse, heaven and hell. But nature also allows us to create that which is good and beautiful. If we rise to the occasion by applying our mind in the right way, we can create compassionate, kind, and loving thoughts. In this case, the original radiance of the mind is also obscured, but by positive and wholesome creations. These thoughts and intentions lead to actions that are kind and benevolent, conducive to the well being of oneself and others.

Nature allows both possibilities. So, in the world we find both saints and monsters – people whose lives are a blessing to the world—and those who only live to bring misery and suffering.

When we appreciate that the mind is the source of all that we create, then we will recognize the importance of meditation or mental cultivation. **Through the practice of meditation, we can empower ourselves by developing the mental qualities that allow us to shape our own destinies. These**

Contd. on page ...25

MEDITATION INCREASES BRAIN POWER NEUROLOGICAL STUDIES

Studies showed that meditation has enormous benefits, thus high performers have included meditation in their work routine.



Dr. Veena Mani, Principal Scientist (Retd.), Karnal



Our brain is composed of neurons; a normal human adult comprises roughly 100 billion neurons, though in a mother's womb the number is 1 trillion neurons indicating gradual reduction upto 1/10th of the initial ones. However, the concept is being changed after a study which was published in **Nature Medicine journal** in 1998 which revolutionized that old belief proving brain has in-built ability to upgrade itself. Researchers proved that brain is capable of regenerating the neurons and the process is called **neurogenesis**. In order to make full use of the process of neurogenesis the brain needs **proper guidance and action**. Take an example- if a farmer wants to have bumper harvest from his field- he needs to sow good quality healthy seeds, apply proper fertilizers, provide required irrigation, with hope for favourable weather conditions as adverse climate will further affect the yield. Similarly, if we want to have a healthy and happy life, it will be affected by the mind – the thinking faculty

with proper wisdom, and brain is the hardware involved in all these subtle processes. Increasing the neuron yield will be helpful. The good part is that **meditation is all in one solution** i.e. plants the healthiest neurological seeds, **fertilizes** with the desirable neurochemicals, stimulates the brain in the most effective and precise ways by providing the most congenial inner environment for helping them to flourish. **Meditation is nothing but practice of thinking deeply or focussing one's mind with the goal of obtaining feelings of relaxation and inner peace.** Though it is not a new concept, but from ancient times the practice is being followed by our revered seers and recently its effects on the human body are being researched. Studies showed that meditation has enormous benefits, thus high performers have included meditation in their work routine.

Scientific interest in the last few decades had shown that **brain is plastic— meaning changeable** and meditation can bring about variety of changes i.e. from gross changes in brain(volume) to subtle ones (decreasing activity in parts of the brain involved with stress). While practising new neural

pathways can be formed to become happier thus changing the destiny.

Functional MRI scan is the modern technology which has been used to understand what is happening in the brain while meditating. A study was published (in the journal - *Psychiatry Research*, year 2011), which was conducted by a team of researchers (Hölzel and co-workers 2011) at Harvard University. They used brain scans to determine the outcome of eight weeks of a mindfulness training program and found regional **brain grey matter density** (it is peculiar for containing the neuron cell bodies) had increased. The brain is made up of two types of tissues, grey matter and white matter. Grey matter is involved in analyzing information. White matter conducts information between grey matter areas. The ratio of grey to white matter changes over the lifespan. This change is the healthy part of meditation.

Another important observation was increase in cortical thickness of hippocampus. **Hippocampus is the part of the brain which controls learning and memory and plays an important role in emotion regulation.** It is well known that several mental health disorders, including *major depression and post-traumatic stress disorders are associated with decreased volume and density of the hippocampus*. They also found decrease in the volume of the **amygdala (the part of the brain involved with experiencing emotions like fear, stress, and anxiety)** thus suggesting benefit of mindfulness program. The amygdale has become best known for its role in fear processing. On exposure to a fearful stimulus,

information about that stimulus is immediately sent to the amygdale, which can then send signals to areas of the brain like the hypothalamus to trigger a “flight or fight” response. **The observed altered structural changes in brain scans also matched with their actual behaviour i.e., how those practicing it actually felt in terms of lowered stress and feeling.**

Researchers from USA and Australia (Luders and others, 2015) compared the brains of people who had meditated regularly over the course of 20 years with those of who didn't (published in: *Frontiers in Psychology*). They found loss of gray matter was comparatively less in people who meditated regularly showing its age defeating effect.

Subsequently another study by Singleton and co-workers (entitled Change in brainstem gray matter concentration following a mindfulness-based intervention is correlated with improvement in psychological well-being) and findings published in February 2014 in the journal *Frontiers in Human Neuroscience* also showed changes in the brain following meditation which were correlated to improvements in participants' perceived level of stress. They grew new grey matter in their cerebral cortex, which connects to attention and emotional integration. Also, the grey matter in the amygdale, the brain's emotional centre, decreased.

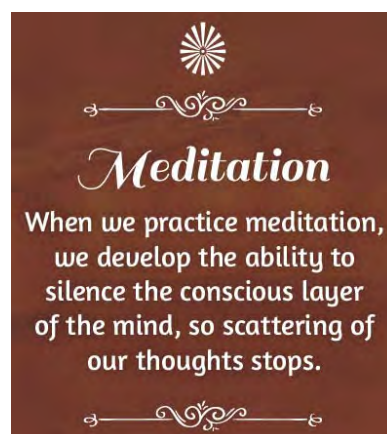
Another study on mindful meditation was conducted on unemployed adults seeking employment and who were under acute stress (Creswell and others findings published in the journal *Biological Psychiatry* July 2016). They selected and distributed

participants into two groups for a three-day intervention: one that was taught a formal program of mindfulness meditation and one that was taught a sort of “fake” meditation focusing on distracting oneself from worries, such as observing light talks with chatter or jokes. They found that those who had participated in the meditation training showed more expressive activity in the areas of the brain related to resting state in comparison to the other group. Even after four months, those who participated in the meditation group also had lower levels of inflammatory biomarkers (these are undesirable factors).

Another interesting findings (Brewer and his group their results published in *Proceedings of the National Academy of Sciences* 2011,) that the **default mode network** was relatively deactivated while the participants were practicing various forms of meditation, which translates to fewer distracted thoughts. The **default mode network** or the part of the brain which is active when the person is not focused on the outside world. It's responsible for the wandering thoughts that appear even when a person is sitting still or about to go to sleep. It is documented that people who let their minds wander are unhappy and under depression. Meditation is a non-invasive technique without use of any medication has proven to increase meta-awareness and cognitive ability of the person.

These studies provide the scientific evidences of mindful meditation; it is helpful in improving holistic health i.e. physical, intellectual and emotional health which will obviously be reflected in social health i.e. harmony in relations too. It is really amazing

that such complicating issues have been dealt by our **beloved Supreme teacher-Supreme neurologist-Ocean of Knowledge - Shiv Baba in a very simple and understandable way. HE has bestowed HIS** knowledge onus regarding “how to be in mindful or awakened state i.e. control the wandering mind, increase thought and concentration power, to get rid of negative and waste thoughts” as these drain energy and lead us to a depleted state. **BABA is showering His sap of love, vigour and energy which is helpful in making our life happy and healthy, not in this life time but thereafter in future births too. HE has imparted True knowledge that our today's thoughts or actions will be stored in the soul in the form of *sanskars* which will be carried to the future births too and this being the most crucial period of world transformation “the confluence age” which will be followed by Satyuga where there will be holistic health, happiness, prosperity and harmony in human relations. This is the beauty of Rajyoga meditation! ■■**





Bikaner: On IDY-2023 after conducting a session on Rajyoga BK Kamal is in group photo with Dr. Neeraj K. Pawan, Divisional Commissioner, Mr. Bhagwati Prasad, District Collector, Mr. Hari Singh Meena, ADM City and other officers.



Jalandhar: Mr. Sushil Rinku, Member of Parliament is being presented Godly gift by BK Sandhira and BK Vijay. Mr. Sheetal Vij, Chief Editor of Savera Group and Head Shri Devi Talab Temple Management Committee is also seen.



Nilokheri (Hry): BK Onkar is speaking at the three days Happiness Shivir while Ms. Sanmeet Kaur, Chairperson of Municipality, Mr. Naresh Barana, National Coordinator of NIFA, BK Sangeeta are on the stage.



Neemuch (MP): Inaugurating a program on Yoga day are Mr. Dilip Singh Parihar, MLA, Mr. Santosh Chopra, Senior BJP leader and social worker, BK Savita, BK Surendra and others.



Jaipur (Rajapark): A program for Administrators' is being inaugurated by Mr. Samit Sharma, IAS (Secretary to Social Justice and Empowerment Department), BK Asha, BK Poonam and others.



Delhi (Hastsal): A Cycle Rally on the occasion of International Cycle Day is being flagged off by Mr Mahendra Yadav, MLA and BK Bhawana.



Abu Road: Kids Summer Carnival 2023 was organised at Shantivan in which more than 1000 kids participated. Meditation sessions, Sports, Workshops, Intellectual competition and cultural events were the main attractions of this Carnival.

Contd. from June 2023 issue

God's TV with His 8 Divine Channels

You need a licence of love if you are to tune into a Godly TV channel.

All wear the same uniform of body consciousness proudly and of the colourful badge of bad habits on its sleeve. Once in uniform, the wearer becomes totally blind, fashionable and of course, incredibly sad which they try and camouflage as best they can with their fake smiles and which they try to offset daily with new or their familiar bad habits that have a tight grip on them just as the soldier tightly grips his hand grenade before he pulls the pin.

No one makes you wear this uniform but as everyone else is wearing it, you wear it, right? This is a big mistake and now it will take effort on your part to not put it on each morning and keep from putting it on during the day.

God's suit is like a straight rainbow with an elevator inside it that goes only upwards.

The law of goodness states that it's only when you've managed to keep from wearing man's uniform will your spiritual new suit fit you. This suit gives complete freedom and comes with a Godly Trimurti badge on its lapel as you'd expect.

God's daily TV soap is one that cleans your mind and washes away any pollution inside.

God's TV, with His 8 Divine Channels, is as follows: Channel 1 shows peace; Channel 2 is about the reality of bliss; Channel 3 is all about



B.K. David, Paignton, England

contentment, with 4 being of self and world service; Channel 5 is about re-awakening your latent virtues and powers that are inherent within each soul.

Few tend to switch on God's TV and watch one of His Channels that are on Godly Free view.

With most not knowing God has His own TV Station, TV set and Channels and is often busy giving away free Godly TVs, programme guides and remote controls to the deserving and those with a good heart, along with those that want to watch something meaningful that can bring enlightenment by educating them as to who and what they are and what and where God is, and in so doing make them into a spiritual being and better person.

The Meditative TV

If you switch on this TV enough times it learns how to switch itself on.

If you really want such an elevated TV to watch and learn from, and are worthy of receiving it in God's spiritual post as you feel your soul has done only good in life, sit down in meditation and ask God to deliver it to you straightaway. Once you've got it in your lounge (mind) you can immediately plug it in and switch it on and watch any of His 8 Channels in comfort.

To always be watching man's TV is to always be eating unhealthy food.

Most are unworthy of receiving a Godly TV set as have had a closed, body conscious and selfish attitude most of their life. They have only ever watched man's channels of waste, anger and greed which will have impacted them and made them increasingly body conscious.

Can you imagine how successful a surgeon would be if he was scared of the sight of blood and how many lives he would save?

Godly Channel 6 is all about trying to create harmonious relationships as God knows how easily relationships can turn sour and into horror shows. Channel 7 is dedicated to repeating the programme on the need for constant effort, reinforcing the importance of having self-discipline and keeping determination and courage constantly at the forefront of the TV screen of your mind if you really wish to become perfect. Channel 8 is the Test Card. This channel shows how tests will always come no matter how good, wise and spiritual you are.

Should you want an easy life without regular tests and challenges that requires inner strength and dignity to overcome, then trying to lead an elevated spiritual life will not be for you.

Tests come to those that seek perfection and not to those that are ordering a pizza over the phone or queuing at McDonald's or going out to the pub for a drink.

Tests will find you on a daily basis and for free and even without you having to order them as you do a pizza for which you must

pay.

Challenges and problems will all be delivered to your front door free of charge, day and night, and often quickly, and even whilst you sit in comfort watching your Godly TV, cooking or sleeping.

Tests can test your faith, love, commitment, courage, determination, abilities, desires, sincerity, forgiveness, energy, understanding, path, vision, clarity, charity, nobility, judgement and power of mind and can test your ability to stand up for that which is right and to keep a smile on your face as you do.

Defamation and difficulties will always come to those that seek a life of peace and if allowed, will wipe the smile off your face very easily.

You need to keep your mind and its power focused on your aim and not let it wander so allowing in weakness to show its ugly face or by waving its inner fist of anger at you.

This dog's bark is not as bad as his bite

If not careful, the dog of bad habits can grow very strong by eating daily your willpower and throwing your goodness in his kennel as he has moved in full time, living in your mind.

Some dogs are so strong they can drag you down a dark alley and tear your leg or arm off; such is the power of the jaw and teeth of this dog called Bad Habits.

It's only the collar and spirituality that can tame this vicious dog and stop it from biting you. Many get bitten and are now infected by rabies.

Can you see the many foaming at the mouth from frustration when their desire for a

bad habit is not being met?

Can you face difficulties or do they make your face ugly with confusion and get wet clothes?

When a test comes it will leave you either wiser or weak where you become even more sensitive to the touch of even a comment. Many are fragile touch-me-not flowers that wilt as soon as the sun of happiness goes in as it gets blocked by a large problematic dark cloud.

We now live in a world where most easily succumb to sorrow. Does an unpleasant comment stay with you all day where you cry so much that you need to change your wet clothes?

If you laugh or cry your way through life, it will all hinge on how far and how deep you've studied and digested the 8 Godly powers within you and assimilated them to a high degree. This in turn will depend on how often you turned on your Godly TV (meditation) and focused on what you were watching through your third eye.

The Test Card Channel is the last Channel on God's TV

Do you feel to switch off your TV when the Test Card Channel is playing? Many switch off at such a time when problems appear in their life that shuts out the light of laughter.

God's Channels show in vivid colour and in close-up, that every power and virtue will be needed by you if you want to overcome every difficulty that comes your way and tests you and if you can pass life's many tests that are sure to keep coming, there will be a perfect you at the end. **(Concluded)**

Contd. from page ... 18

qualities enable us to choose what we create in our own minds and thereby influence the world we live in. Meditation is an inner journey of introspection and training that involves both systematic mental exercises and a general meditative approach to ordinary life.

In meditation, we want to cultivate that fullness of mind that lets us be truly sensitive to the present moment. Stop for a moment and consider, "What am I feeling now? Where is my attention now?" Awareness makes this type of introspection and exploration possible. It is an essential element in the practice of meditation, and only through the development of this quality can we cultivate concentration and insight.

However, for us to experience the radiant mind or have the power to direct the creations of our minds, it is essential that we also develop concentration. This is the ability to direct and hold our attention on one thing for a desired period of time. If we think of awareness as light, then we might think of concentration as a laser, or focussed light. The strength of concentration is determined by how fully we can focus and how long we can sustain that attention. ■ ■

Peace

Peace should be an easier and a natural response, irrespective of the stimulus.

July 2023

A person, who is truly happy, will never have sorrow even in his thoughts.

25

THE INDELIBLE SWEET MEMORIES OF DIDI MANMOHINI

She was a store-house of qualities. After Brahma Baba's ascension, she, along with Dadi Prakashmani, took Brahma Kumaris to new heights. 'It's time to go back home' was her favourite slogan.

B.K. Santosh Bhuyan, Shantivan



Didi Manmohini



Didi Manmohini was one of the most loving and obedient daughters of the Supreme Soul God Shiva and His human medium Prajapita Brahma. She was the prime jewel of Brahma Kumaris, which was then known as Om Mandali. Didi was one of the five sisters in whose names Baba created a trust and transferred all his fixed and floating assets in 1937. After ascension of the revered Mateshwari, the first administrator of Brahma Kumaris; Brahma Baba assigned Didi and Dadi Prakashmani, the responsibility to take care of this Godly University. Because of her unlimited love towards God Shiva and Brahma Baba, sincere practice of Rajyoga and inculcation of values and virtues, she ran the administration of Brahma Kumaris organisation superbly along with Dadi Prakashmani after the ascension of Pita Shri Brahma Baba in 1969.

It was my great fortune that at a very young age, I got a golden opportunity to meet with this noble and elevated soul, way back in 1981-82. My whole family was at Patiala, Punjab at that time. I was in the sixth

standard then. Didi came to Patiala centre of Brahma Kumaris. After sharing her words of wisdom and conducting meditation, Didi was distributing *rasgullas*, a sweet to all the BK students in the class. I loved *rasgullas*. I was in queue to receive the sweet from her. When my turn came, I got my *rasgulla* from Didi, which I enjoyed very much. I wanted to get one more but then God Shiva's words came in my mind, "Child, it is better to die than to beg anything." Then, Shiv Baba's another *Shrimat* came into my mind, "Stealing is a sin." So, I was in a dilemma as how to get one more *rasgulla*. Then, I asked Didi, "Didiji, Baba says that it is better to die than to beg anything." Didi said, "Yes, it is Baba's *Shrimat*." Then, I again asked, "Didi, is stealing something also a sin?" Didi affirmed this also. Then I took one more *rasgulla* and ate it and asked her, "But this isn't stealing; is it?" Seeing this all sisters there along with Didi started laughing. Then, Didi held my ear and said, "Taking something without asking is also stealing; this is also a violation of *Shrimat*." Thus, she drew my attention to this very important Godly advice. Then, she gave me one more *rasgulla* and I felt very happy and simultaneously learnt a lesson too.

Since then, I have had great regard for Didi. I always experienced a motherly figure in her. Even though it was my first and last meeting with her, but even now I see her in my visions. There must be some relationship with her from my previous birth.

Qualities of Didi

Didi was like a coconut. Even though from outside, she seemed to be rather strict but from inside she was very sweet and loving. **On the one hand, she was strict in inculcation of disciplines in BK Brothers and sisters as per Godly advice, but on the other hand, she loved the one who loved Godly service, irrespective of the nature of the service. She didn't like the wastage of anything, because everything in this Godly yagya whether it is wealth or time, is very important.** There is an example in this regard.

There was a brother in our headquarters, i.e. Madhuban (Mount Abu), whose service was then of labour class, but he was and is still very hard-working and much disciplined too. Seeing his love and dedication for Godly service, Didi gave him a costly Terri cotton cloth, which was the first Terri-cotton cloth to be given to someone in the yagya. This shows her love towards those who had love for the Godly service.

She was a store-house of qualities. After Brahma Baba's ascension, she, along with Dadi Prakashmani, took Brahma Kumaris to new heights. 'It's time to go back home' was her favourite slogan. As we are now experiencing that the time of World Transformation is very near, what we all need to do is to inculcate God Shiva's teachings whole-heartedly and always follow the acts of Brahma Baba, Mamma, Didi, Dadi and other prime jewels. ■■

LAUGHTER: THE BEST MEDICINE

- ◆ A cute excuse: Teacher: Why are you late?

Student: Mom & dad were fighting.

Teacher: so what makes U late if they were fighting?

Student: one shoe was in mom's hand and one in dad's.

- ◆ Teacher: What happened in 1809?

Student: Abraham Lincoln was born.

Teacher: What happened in 1819?

Student: Abraham Lincoln was ten years old.

- ◆ Teacher: Johnny, you know you can't sleep in my class.

Johnny: I know. But maybe if you were just a little quieter, I could.

- ◆ Teacher: Did your father help you with your homework?

Student: No, he did it all by himself.



SELF MANAGING LEADERSHIP DEALS WITH THE CHANGE OF ONE'S OWN SELF

Reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt others to himself.



B.K. Sujoy, Elgin Road, Kolkata

Self-Managing Leadership is a practical self-development programme for people who are facing major challenges in their life. Self-Managing leadership has been developed by a firm of International Management Consultants in collaboration with the Brahma Kumaris self-management systems. It provides individuals with the personal skills and confidence necessary to master the change and lead others through the present day chaos of transformational change.

Change adopted in a systematic method according to the need of the hour brings enthusiasm and newness. It is not that people do not want newness or they are fond of the old ways. In the present time, we find wherever people get together- they talk to one another of one thing. The theme of their talk generally is 'change'. Sometimes people discuss about the change in the government and its policies or change in systems and structures, sometimes they would want the society and people or the elders or the young generation to change their way of thinking, at times they feel that there should be a change in the traditions, rituals or customs and the cultures adopted or that there should be a

change in the total environment. Thus, **everyone wants everything else to change, except one's own self.** He does not wish to become a role-model for others through the change process and when one does not want to change himself, no change can ever take place.

Sometimes, people want to change but, the situation is like the trapeze artists in a circus. We have seen the trapeze artists entertaining people- they swing from one rod and go to the other rod, and let go off the first rod as they catch hold of the other rod. Again, they swing on the other rod and when another rod comes, they change over. They have the art of changing from one and jumping to the other. It is this skill of changing that entertains people. But if he lets go of one rod and is not able to catch hold of the other rod, he fails; or supposing he is afraid and he wants to hold the first rod and at the same time he also wants to catch hold of the other rod as well then also he fails in his job and cannot entertain the people.

Similar, is the situation with people in practical life. We are swinging on the old habits, old ways of thinking, old ways of doing things, and are quite happy and

comfortable with it. When time demands change and they are expected to switch over and catch hold of something new, to adopt new ways of thinking and functioning, it appears difficult to them and the required willingness or desire is not there. Fear possesses them and they do not feel comfortable with the same or they let go of the old and are not able to adopt the new ways as well which drains them of the energy. It is then that people meet with total failures or ultimately collapse in their practical life.

When we have the skill to change immediately as time demands in the right manner, we feel satisfaction in our life. Otherwise, there is no newness and the feeling of stagnancy is experienced. Change is thus a sort of a game and is essential in the present time.

Self-Managing Leadership does not require participants to adopt any particular 'belief

system' except a firm belief in their own self and their innate qualities and abilities. It provides a framework for personal strategic planning and re-engineering. It empowers the individual to realign and adjust with the changing environment and thereby develop greater self-esteem and self-control in terms of new attitudes, work style and behaviour. It provides the 'tools' to do this with relevant mental training and thereby change management skills.

The self- management systems faculty is an arm of the Brahma Kumaris Ishwariya Vishwa Vidyalaya which provides training in those aspects of applied spirituality which have an immediate relevance to organizational development and human resources development. Self-Managing Leadership deals with those aspects of spiritual Knowledge and Practice which are relevant to 'life at work'. ■■

WORDS OF WISDOM

- ◆ You are never too old to set another goal or dream a new dream.
- ◆ Once you replace negative thoughts with positive ones, you'll start having positive results.
- ◆ The more you praise and celebrate your life, the more there is in life to celebrate.
- ◆ Winning doesn't always mean being first. Winning means you're doing better than you've done before.
- ◆ If you want light to come into your life, you need to stand where it is shining.
- ◆ Winning is fun, but those moments that you can touch someone's life in a very positive way are better.
- ◆ Winning is fun, but those moments that you can touch someone's life in a very positive way are better.
- ◆ No one is perfect – that's why pencils have erasers.

Pomp and show of *maya*. . . .

Contd. from page ... 3

had done many murky acts before he came to occupy 'the throne'!

This man, now, has all the pomp and show. He has all the paraphernalia of a very important and powerful man. He has his security guards and retinue of servants to carry out his order and a multitude of officers and bureaucrats at his command. He is, now, in the centre of the stage and in limelight. Newspapers and magazines publish his photos and the electronic and the print media give widest coverage to the events related to him. He is listened to with great attention and is given respect. Many people are awe-struck when they think of his authority. Many others push the crowds to see him closely and many others want to be photographed with him. All are greatly impressed by his lately found power and they feel honoured to be with him.

Such is the nature of political power that it attracts many flatterers and yes-men towards itself because they want to extract some benefits, directly or indirectly, from the man in power.

So, it happens with businessmen too. A person, through trade-malpractices and by befooling, befriending or greasing the income tax, sales tax and custom authorities, or by defrauding the customer or by adopting short-cuts and shady quick ways to prosperity, may become a very big businessman. He also has great pomp and show. He has the power of money. He has authority over a great workforce and large number of management personnel. He owns palatial buildings and has all the comforts of life. He also receives praise wherever he goes. His black spots also get

covered by the coat of money he puts on.

The same can be said of administrators and others, who rise to great position and power. People hardly notice the vile and vicious acts, which led them to the present position. They see the glory surrounding the man and are carried away by his outer pomp and show.

Deluded by this, people often say: **“Those, who walk on evil ways, are highly rewarded whereas those, who follow the path of righteousness, are left behind and they suffer in many ways.”** So, they question, “Why should, then, we also not take to what are known as evil ways?”

Such people, in fact, fail to see, the fact that those, who take to evil ways, have only a short-lived life with outer pomp and show. This is the show of *Maya* –a mere delusion because, inwardly, such people do not have real peace, solace and satisfaction. They live in fear and their private life is different from their public life in many ways. They carry a heavy load of bad acts on their backs; and, so, how can they feel easy in comfortable cars and cushioned chairs?

Compared to them, those, who, in business or politics, observe principles and have values, are far-far better even though they are a step or a mile behind others, who observe no moral scruples. All businessmen and politicians are not dishonest or of dubious character because they are more in line with the conscience.

So, one should not become impressed by the outer pomp and show but has an insight into life. One will, then, see that peace and happiness reside in life of the persons with a sense of morality and purity. ■ ■

Become an elephant rider to enjoy stability and comfort

Contd. from page ... 14

part. A *Sattoguni* soul will not look at flaws of others or pick up negativity. He will fill himself/herself with virtue and will be like a swan that only picks up pearls. He will not question or doubt.

Others catch the vibrations of a *Satopradhan* soul and will be inspired to become *sattopradhan*. Didi Manmohini never allowed anyone to be careless while Dadi Prakashmani bound everyone with love and on the basis of that love inspired them to do service.

Those, who are to come in the Moon Dynasty (*Chandra Vansha*), will continually battle and quarrel whereas those, who are to come in the Sun Dynasty (*Surya Vansha*), will remain busy, looking at God, the Sun of Knowledge. Always remain aware that you are in front of the Sun of Knowledge, absorb His light and become a star that sparkles in this world of darkness. Others should look at us and experience light. People should experience our bodiless stage when they come in front of us.

Baba told us in the recent *Avyakt Murli* that we should spread the rays of peace, love and happiness all around. This is our duty and any one of us can do this service. Remember that Baba has come to dispel darkness and 'I am His companion in this task'.

When you come to *Murli* class, do remember that 'I need to sit in the bodiless stage and then listen to my Father.' If you remember anything else such as your body, bodily relatives, position, money etc.; then, you cannot sit in soul-consciousness state and listen to the Father. This is a big mistake. Baba is advising

us: "O sweet children! Follow my Supreme Directions." For God to call me His child is such a beautiful experience. Am I able to say 'Baba' with the real, true and deep love of a child?

Destruction is coming closer. We have to move into the *sattopradhan* stage and prepare ourselves for the next scenes to get transferred to *Satyuga*. Are you ready for that time? Have you prepared yourself fully? Look at Shri Krishna; he is our aim and object. Are you ready to dance with Krishna in the new world? Now, display all the treasures Baba has given you, in front of the world. Make true effort with lightness and happiness; then, others will get inspiration from you. ■ ■

Life Changing Advice

- **Dream Big Work Hard, Stay Focused And Surround Yourself With Good People.**
- **Dream your dreams with your eyes closed, but live your dreams with your eyes open.**
- **Be so happy that, when other people look at you, they become happy too.**
- **Live life to the fullest and focus on the positive**
- **If you want to achieve something in life, change the way, not the intention.**
- **Don't remember what's lost; don't waste what you've got.**
- **Don't wait for tomorrow, because tomorrow doesn't wait for you.**



Shanghai (China): BK sisters Rose and Eva are congratulating the players of the Indian Archery Team who wins 2 Gold (Ojas Deotale and Jyothi Surekha) and 1 bronze (Aneet Kaur) in World Cup Stage 2.



Jabalpur (MP): A Happiness Unlimited Program is being inaugurated by BK Shivani, Mr. Ashok Rohani, MLA, Mr. Jagat Bahadur Singh Annu, Mayor, Mr. Rinku Vij, Municipal Corporation President, Dr. BK Banarasi and others.



Vadodara (Alkapuri): A Seminar on World Environment Day & Jal Jan Abhiyan is being inaugurated by Dr. Hitendrabhai Patel, Municipal Corporation Standing Committee Chairman, Mr. Bhagini Purva Koshy, Head (Environment) of Reliance Industries Limited, Dr. Bk Niranjana, BK Narendra and BK Hiren.



Kota (Raj.): Mr. Shanti Kumar Dhariwal, Cabinet Minister and Mr. Amit Dhariwal, P.C.C. Member are receiving Godly gift from BK Lakshmi, BK Preeti and BK Jyoti after their visit to local BK centre.



Unnao (UP): BK Kusum is speaking during inauguration of Nine days Happiness Shivir while Mr. Vinay Gupta, City Magistrate, Mr. Bhanu Mishra, representative of municipality president, BK Onkar, BK Rampal are seating on the stage.



Karnal: On Intl. Olympic Day players and coaches were felicitated by Sports Wing of Brahma Kumaris. Mr. Mahabir Singh (Secretary Masters Athletics Karnal), Mr. Satish Kumar (Asian Gold Medalist), Mr. Rajesh Khanna (international athletics) are seen with BK Prem and BK Jagbir.



Bhopal: A program on 'Celebrations at Every Moment' is being inaugurated by Dr. NK Tiwari, VC of SAM Global University, Mr. R Parshurm, former Chief Secretary, BK Urmila, BK Neeta and others.



Mohali (Pb): A Walk for Peace is being flagged off by Dr. Kamaljit Singh Sidhu, Deputy Director of Youth and Sports Department of Punjab, Mr. Narendra Chaudhary, DSP, BK Prem, BK Rama and others to pay homage to those who lost their lives in the Balasore train accident.



Mount Abu: HE Kalraj Mishra, Governor of Rajasthan is with BK Dr Pratap Midha, Dr Roza, Dr Bhatnagar, BK Mahender and Dr Anand at Governor House after a courtesy call.



Sirsa: HE Bandaru Dattatreya, Governor of Haryana is being presented Godly gift by BK Preeti.



Chandigarh: BK Neha is receiving the Certificate of Appreciation on IDY-2023 from HE Banwari Lal Purohit, Governor of Punjab. Mr. Gajendra Singh Shekhawat, Union Minister of Jal Shakti, Mr. Anup Gupta, Mayor and other officers are also seen on the dais.



Hamirpur (HP): Mr. Anurag Thakur, Union Information and Broadcasting Minister is being presented Godly gift by BK Jyoti, BK Hardeep and BK Sarika on his visit to center on Yoga Day.



Goa: BK Shobha is being felicitated by Dr Pramod Sawant, Chief Minister of Goa. Also seen is BK Vanita.



Panipat: Mr. Dushyant Chautala, Dy Chief Minister of Haryana is flagging off the 'Addiction Free India' campaign along with Mr. Devinder Kadiyaan, State Vice President of JJP and BK Anjana.



Raipur (Shanti Sarovar): A program on World Environment Day is being inaugurated by Mr. Prem Kumar, Forest Department Secretary, Mr. S.S. Bajaj, Director General of Chhattisgarh Council of Science and Technology, Mr. Sudhir Agarwal, Principal Chief Conservator of Forests and BK Savita.



Bilaspur(CG): Mr. Ashwini Kumar Choubey, Union Minister of State for Consumer Affairs is being presented Godly gift by BK Swati and BK Santosh.

Contd. from page no.... 17

of virtue. A person who is virtuous never reveals it by exaggerating it, but hides it and puts it to good use, because the fortune of a man rises only by the accumulated virtue. That's why after earning virtue; it should be used in auspicious work as soon as you get the opportunity. For this, a man should take a pledge to do at least two virtues deeds daily, one for his present life and the other for the life to come.

Any deed which awakens devotion within a man is virtue, but the deed which weakens the mind and intellect of a person is called sin. Everyone serves their loved ones, but serving others is the ultimate religion and that is why it is called a great deed. There is a saying, "Sin is a pot of fire". This is such a pool, which burns respect, dignity, courage, patience and wealth to ashes in a single moment.

Truth is the root of all virtues. The one who serves peacefully without showing off and automatically reaches the place where service is needed is called a virtuous soul. When there is no emotion in the heart, the tears dry up, whereas by committing sins again and again, the heart becomes a stone. It

is said that virtue tears the roof and sin slaps. Man conquers anger by love, greed by charity, false speech by truth, and sin by virtue.

No matter how much a person does charity, but if he starts committing sins while doing charity, then all the charity ends and the sinful souls cannot go back to liberation-in-life. By doing sinful deeds, the account of sin gets accumulated a lot. First of all, the account of souls remains of charity. By committing sin, it becomes 100 times, that is, more will go into loss, all the earning gets wasted. Some sins are minor and some are very big. This is why it is said don't commit any sinful act after being coloured by the company. The greatest virtue is to remember God. Only by having remembrance will you become a charitable soul.

In the greed of earning more money, many people do not even know what is sin? But it is said that when a person is hurting himself i.e. keeping himself sad or making others sad for some reason or the other, that is called sin. That's why neither take sorrow nor give sorrow. If you want to give happiness and take happiness, then you will become a virtuous soul. ■ ■

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- CONTACT US -

Mobile: 09414006904, 02974-228125, **Emails:** omshantipress@bkivv.org, worldrenewal@bkivv.org

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New Delhi: HE Ramnath Kovind, former President of India is being briefed about Godly services by BK Brijmohan and BK Asha.



Caracas (Venezuela): BK Silvereen is with Mr. Abhishek Singh, Indian Ambassador to Venezuela after a courtesy call.



Shanghai: After conducting a session on Rajyoga on IDY 2023 BK Sapna is receiving a letter of appreciation from Dr. N. Nandakumar, Consul General of India.



Puducherry: State level launching of 'Addiction Free India' campaign is being done by Mr. Embalam Selvam, Speaker of Legislative Assembly, Mr. K. Lakshmi Narayanan, PWD Minister, Mr. C. Udaya Kumar, IAS, Mr. E. Vallavan, District Collector, Mr. A. Kumaran, Director Social Welfare Dept. and BK Kavita.



St. Petersburg (Russia): A new project "The Culture of Humility" is being launched by Rev. Buda Badmayev, chief priest of the Buddhist temple, Mr. Anatoly Konstantinov, chairman of The Culture Union of Russia, Prof. Viktor Romanov, President of St. Petersburg State University, Prof. Boris Ivchenko, HoD of the Baltic State Technical University, BK Santosh, BK Radha, BK Harish and others.



Kathmandu: 'Divya Darshan Bhawan' is being Inaugurated by Mr. Narayan Prakash Saud, Foreign Minister of Nepal, Mr. Arjun Narsingh, Member of Parliament, BK Raj and others.



Kiev (Ukraine): BK Nina is conducting a session on Rajyoga to celebrate International Day of Yoga organized by Embassy of India.



Muzaffarpur (Bihar): BK Rani is speaking during the launching of 'Addiction Free India' campaign while Dr. Virendra Kumar, Union Minister for Social Justice and Empowerment, Mr. Pramod Chandravanshi, MLC, Mr. KMK Prushti, CEO, NTPC Kanti, Mr. Ranjan Kumar, BJP District President are seating on the dais.



Belgrade (Serbia):

BK Bharat Bhushan is in group photo with HE Droupadi Murmu, the President of India, Sadhwi Niranjana Jyoti, Union Minister of State and Ms. Rama Devi, Member of Parliament after the reception hosted in the honour of the President of India.

Varanasi:
Yogi Adityanath, Chief Minister of UP is being presented a Godly gift by BK Saroj, BK Chanda, BK Khushi, BK Shyam, BK Suraj and BK Abhinandan.



Kathmandu:

After a courtesy call with HE Ramshay Prasad Yadav, newly elected Vice President of Nepal, BK Raj, BK Ram Singh, BK Tilak and other BK brothers and sisters are in group photo.

Ranchi:
Inaugurating an 'Addiction Free India' campaign are HE C.P. Radhakrishnan, Governor of Jharkhand, Dr. Ajit Sinha, VC of Ranchi University, Dr. Omkar Nath Singh, VC of Birsa Agricultural University, Dr. Tapan Kumar Shandilya, VC of Dr. Shyama Prasad Mukherjee University and BK Nirmala.

