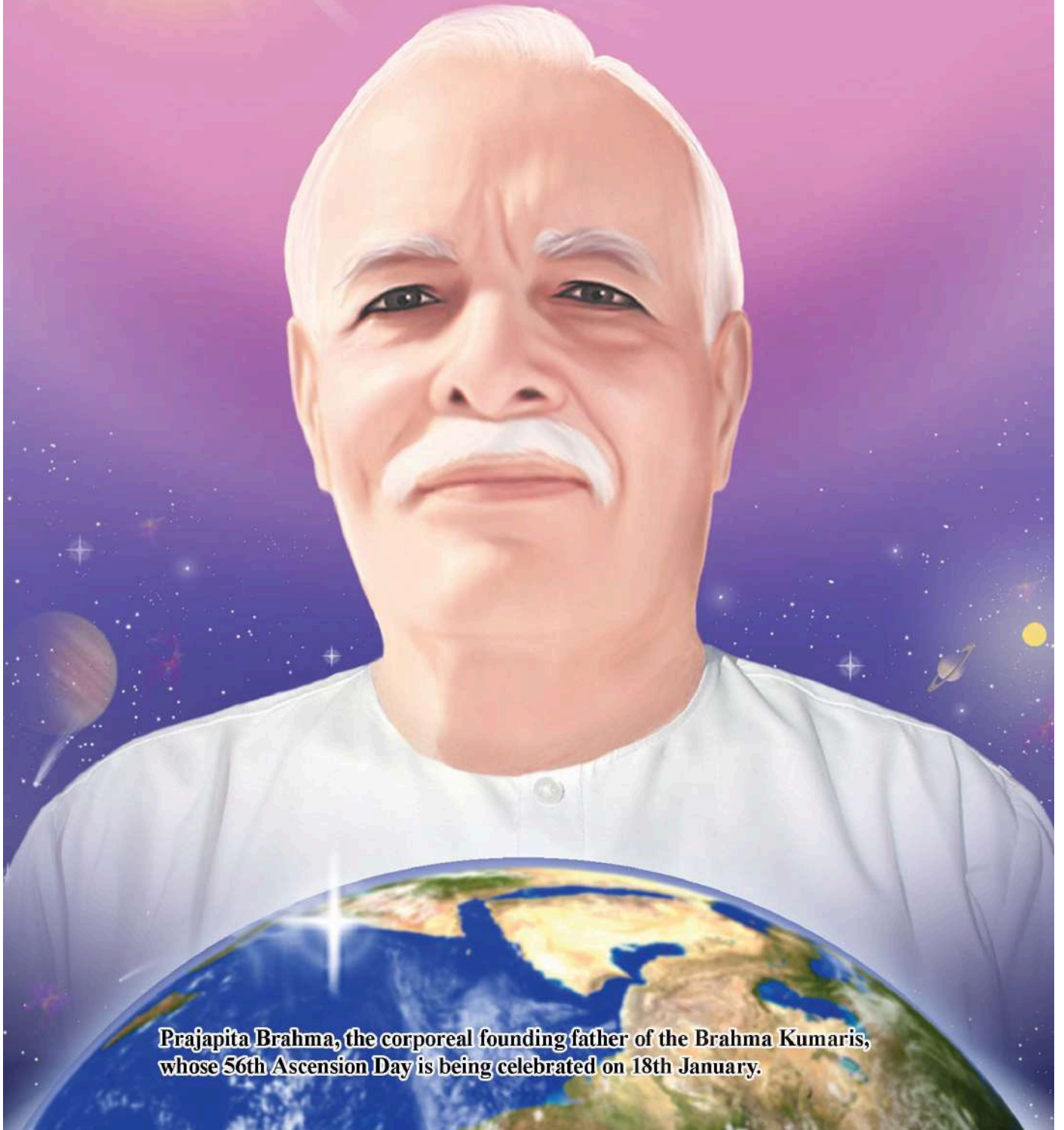




The World Renewal

Monthly

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**Prajapita Brahma, the corporeal founding father of the Brahma Kumaris,
whose 56th Ascension Day is being celebrated on 18th January.**



Kohima: H.E. Lal Ganesh, Governor of Nagaland is with Dr. Banarasi, Dr. Sachin Parab, BK Roopa and BK Vinod after launching of 'Nasha Mukta Bharat Abhiyan' at Raj Bhavan.



Mumbai: Chief Minister of Maharashtra Mr. Devendra Fadnavis is being presented a frame of God Shiva by BK Rukmini, BK Anju and BK Deepak.



Sambalpur: BK Parvati is presenting a Godly gift to Chief Minister of Odisha Mr. Mohan Charan Majhi.



Baku (Azerbaijan): United Nations Climate Change Conference COP29 is being addressed by BK Jayanti, Mohammad Bahr, BK Aneta and BK Sonya.



Jabalpur: The 'Nasha Mukta Bharat Abhiyan' is being flagged off by Chief Justice of MP High Court Mr. Suresh K Kait, BK Bhavna, Justice Vivek Agarwal, Justice Sushrut Arvind, Dr. Pushpa Pandey and others.



Prayagraj: Inaugurating a programme on Spiritual Empowerment are BK Shivani, BK Manorama, Justice Manoj Gupta, Justice Manju Chauhan, former MP Kesari Patel, Mr. Upendra Joshi, GM North Central Railway, Justice Prakash Padia, Justice Samit Gopal, Justice Deepak Verma and others.

DADIJI'S AUSPICIOUS MESSAGE FOR THE NEW YEAR



Dear divine brothers and sisters, esteemed readers and well-wishers of this spiritual family,

Hearly congratulations on the auspicious occasion of New Year, New World and the New *Kalpa*!

You are aware that Supreme Father Shiva, who is the Creator of the New World of Purity, Peace, Plenty and Happiness initiated the process of world transformation through the corporeal medium of Brahma Baba in 1936.

As we are now standing on the confluence of the departing *Kaliyuga* and the threshold of the new heavenly world, God Shiva brings us the good news that all our aspirations and hopes for unity, peace, happiness and prosperity in the world are going to be fulfilled very soon.

To welcome the righteous age of *Satyuga*, let us have these **New Year Resolutions**:

- ▶ We shall utilise each and every moment of this most auspicious *Sangam Yuga* in purifying ourselves and the world.
- ▶ We shall have elevated thoughts, words and deeds.

▶ We shall give regard to all, become merciful and sustain all with love and sincerity.

▶ We shall not be dependent on conveniences and comforts; instead, we shall reveal the spiritual life through the practice of Soul-consciousness and God-consciousness, keeping our mind stable under all circumstances.

Let's bid farewell to all our flaws and deficiencies and make the atmosphere of the world obstacle-free through our powerful minds, by becoming Carefree Emperors, surrendering all our burdens to the Ocean of Love, Supreme Father Shiva Baba. God has blessed us 'Be a Victorious Jewel' and we shall make all souls experience this Godly blessing through will power.

Our multi-million congratulations for the New Year and the New World! – *Your Divine Sister*
B.K. Ratan Mohini

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LOVING THE SELF, GOD, AND THE ENTIRE HUMAN FAMILY

A loving relationship with the self, the soul, and God is the key to loving all our neighbours on planet Earth.



Love is the energy that animates the world. God, it is said, is the ocean of love. Just as the ocean is vast and seemingly endless, God's love is limitless, reaching every part of the creation without any barriers or limitations. The ocean sustains life in many ways, and similarly, God's love is a source of spiritual nourishment, offering comfort, guidance, and support. It is a refuge for believers. And like the oceans that are ever-present, God's love is eternal and constant. No matter the circumstances or human shortcomings, God's love remains a steady presence in the lives of those who seek it.

As children of God, we human souls are beings of love. This is a truth that many, including philosophers and ordinary people, have realised over the centuries. Our everyday experiences teach us that love and kindness are not merely idealistic virtues but practical, powerful forces that shape our individual lives and society at large; they are essential qualities without which humanity cannot survive. **Love promotes deep emotional connections with others, while kindness strengthens those connections by making people feel valued, respected, and understood.** These qualities build trust, empathy, and cooperation, which are essential for creating communities where



people support each other.

However, when we look at the world around us, we see so much absence of love. There is conflict within humans, among humans, and between humans and nature. We often face decisions that challenge our sense of right and wrong, leading to inner turmoil. There is also tension within individuals when they try to reconcile their self-image with external expectations or societal pressures. Among humans, political, religious, and social disagreements are creating divisions in societies. Competition for limited resources and opportunities is fuelling conflicts between individuals, communities, and nations. In addition, the desire for power, control, or dominance over others is causing hostility and war.

This state of affairs has been brought about primarily because the majority of people do not love God or each other deeply enough.

We can love selflessly only when we are full of love ourselves. To love and have regard for others, we first need to feel complete. Otherwise, there are too many selfish motives within, which block the heart. **The way to become fulfilled is to love God—the inexhaustible source of power and virtues. God's cleansing love washes away the stains of old weaknesses and hurts, rejuvenating the soul to live a fulfilled life.**

It is a human tendency to emulate those we admire the most, so genuine love for God gives

us the inspiration to be like Him. Pure and unqualified Divine love kindles the spirit of accommodation within us, leading to the benevolent realisation that everyone in this world is a part of His creation.

When souls bruised by pain and sorrow are comforted, healed, and redeemed by God's love, they come to realise that they too need to be compassionate, and that every member of the human family deserves to be recognised and valued.

God shows us, by His own example, how to share love unconditionally – a love unadulterated with attachment or any other affliction, and which seeks not just one's own good, but the good of others as well.

It is such generosity that is enjoined on us by one of the loftiest religious commandments: Thou shalt love thy neighbour as thyself. All moral edicts are summed up in this one command.

However, being generous and compassionate can be challenging for various reasons. We often prioritize our own needs, desires, or feelings over those of others. This can come from excessive focus on personal goals, struggles, or a sense of entitlement. When we are too absorbed in ourselves, we fail to notice or care about the struggles of others. This leads to a lack of empathy and understanding.

Then, life pressures such as work, family obligations, financial stress, or personal challenges can make us feel overwhelmed. When we are exhausted or anxious, it is harder to be considerate and compassionate, as stress narrows our focus, making us less able or willing to consider the emotions and needs of others. It can also lead to irritability and emotional aloofness.



Fear of rejection, criticism, or misunderstanding also makes us hesitant to show compassion. Additionally, judgment based on preconceived notions, stereotypes, or biases may prevent us from empathizing with others.

Some people simply lack emotional intelligence, which is the ability to recognize and manage our own emotions and understand the emotions of others. Without it, it can be difficult to be compassionate or considerate, as one may be unable to understand other people's feelings or respond appropriately, leading to insensitivity or disregard for others' needs.

In some cultures, or environments, competition, individualism, and the pursuit of success are emphasized over empathy and community feelings. These values suppress compassion and kindness and normalise indifference and selfishness.

Another factor that is gaining prominence in today's world is our constant exposure to negative news, suffering, and violence in real life or through the media. This desensitises people, making them numb to the pain of others. Over time, people become apathetic or indifferent, unwilling to respond emotionally or practically to the needs of others, even when they have the resources and ability to help.

When people fail to be considerate, relationships suffer. Small acts of thoughtlessness, such as ignoring someone's feelings or failing to acknowledge their needs, can lead to resentment and conflict. Lack of compassion can also increase stress, anxiety, and depression for

both, the person lacking compassion and the individual on the receiving end of their neglect. This emotional toll can affect mental health and overall life satisfaction. On a larger scale, when individuals are not compassionate or considerate, it weakens the bonds that hold communities together.

So, how do we begin to love others as we love ourselves? The first requirement is faith in and deep love for God, or the aim to live a nobler way of life. Loving others wholeheartedly is not as difficult as it seems. It simply means having the same consideration for their needs and desires as we have for our own. This calls for recognition that others are as worthy of God's love as we are.

But we fail to see this when we forget who we are: spiritual beings, composed of the energies of purity, peace and love. These qualities are innate to us, that is why we find them comforting and enriching. As babies we seem to know this secret, which is why a baby is a bundle of joy.

But as we grow up, we lose connection with this innate truth and start seeking fulfilment outside. We look for love, contentment, and respect in people, places, and objects, and start believing that we will be happy when we get what we desire. Instead of enjoying the peace, love, and happiness we can create with our own thoughts and actions, we start chasing rainbows.

We also compare — when we look at others and find that they are happier than us, we become discontented or jealous, and begin to covet what they have. This leads to ill feeling and friction.

It is an eternal law that we get what we give. Giving love and respect inspires a like response from others. When vibrations of peace and love radiate from us into the universe, they ultimately

return to their source. Science, too, acknowledges this principle: Sir Isaac Newton's third law of physics says that every action has an equal and opposite reaction.

The ancients knew this fact, and that is why the Bible, Quran, and the teachings of Eastern philosophers contain what is known as The Golden Rule: Do unto others as you would have them do unto you. Everyone likes to have the best for themselves, and when we make our own self the benchmark for how we treat others, we learn to empathise and respect our fellow humans. However, a critical attitude often comes in the way.

We are quick to notice others' faults and slow to appreciate their good qualities. This pollutes our feelings towards them, and once that happens, we cannot be truly loving. This is what hinders amity between individuals and communities.

Negative feelings act as an invisible barrier that blocks cooperation and harmonious relationships, even at the expense of shared interests. We may smile and say all the right things to someone, and even strike deals with them, but if we harbour animus towards them, our vibrations will reveal it. There is little honesty, trust, or goodwill in such a relationship.

It is not selfish ambition or vain conceit that makes us superior, rather it is humility, which enables us to value everyone. Valuing others automatically brings us esteem. Humility naturally brings patience and tolerance, which encourage a sympathetic understanding of not just other people but all creatures and Mother Nature. This in turn leads to cooperation, which fosters cordial relations.

– *B.K. Brij Mohan*

From the mighty pen of Sanjay

EVER-HAPPY GREETINGS AND HAPPINESS UNDER A MICROSCOPE

God is wishing you all
'A Very Happy New Year as well as
Happy New Golden Age World'.

Wish you a very happy new year"—these are generally the words one hears one's friends and relatives greeting each other with. Though a sign of goodwill and good relationship, and also pleasant to hear, these words have been losing their realisable (if not real) value with the passing of every year, due to the rising wave of sufferings and sorrow, even as our currency has been losing its real value because of spurt in prices every year. As Buddha or Nanak said, this world is full of sufferings and, if a friend wishes one a happy new year, one feels that he has some well-wishing friends after all who wish for his well-being and happiness. But, as is the nature of things of this world, happiness in this Iron-Aged or *Kaliyugi* world is a fleeting phenomenon. It vanishes as quickly as camphor and is moth-eaten too.

This is, however, not to deny that happiness is the *birthright* of every soul, but have we had that birth by virtue of which it becomes our right? Man's *physical* birth, when it took place, had an accompaniment of pain and, as the saying goes, every 'normal' child in this world is born weeping and weeping, we all know, is the very antithesis of happiness.

Furthermore, when man is fully grown, decay sets in and, ultimately, man dies, leaving

many of those friends weeping who wished him a 'Happy New Year'. In fact, one's father and mother to whom one is born as a child are mortal and cannot bless the child with everlasting happiness by virtue of his birth to them as they bless him with some physical property.

Ever-happy Greetings

It is God alone who is eternally and perfectly peaceful and who has the might to ward off everything that gives sufferings. If one is 'born to Him' then only can one have ever-lasting peace and happiness. So, one has to be 'spiritually re-born' to God as one's Mother-Father, to deserve and inherit the Property (qualities) of God and to have from Him the birthright of Purity, Peace and Prosperity in the Golden-Age or *Satyugi* New World. It is for such an ever-happy, ever-healthy, ever-holy new life for 2500 years that we greet one and all on the eve of the New Year.

Such a world is being re-established and is in the making. So, from this point of view, God is wishing you all 'A Very Happy New Year as well as Happy New Golden Age World'. ■■



Jan. 2025

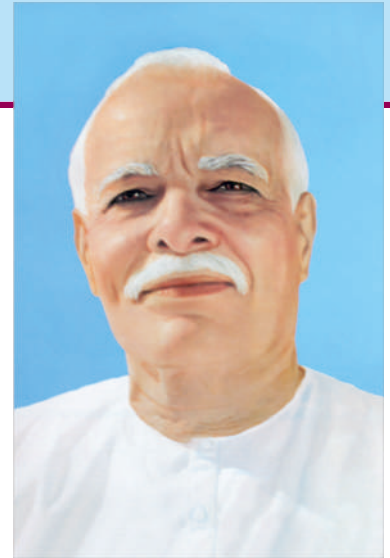
Don't try to convince if you are right; time itself will prove it.

7

BRAHMA BABA **THE EMBODIMENT OF** **REVOLUTIONARY SPIRITUAL** **PRINCIPLES**

He always considered even the critic as his true friend. His feelings were pure and auspicious towards every soul. His heart was filled with compassion and mercy.

Prof. Onkar Chand Sharma, Shantivan



As soon as the month of January arrives, the memories of Brahma Baba (the corporeal founding father of the Brahma Kumaris) automatically become fresh. Brahma Baba ascended to the subtle world

on 18th January 1969. His life of sacrifice, penance, and service fills the heart with the love of God. His bodiless, angelic stage automatically touches the heart. He conquered nature and the five vices with the power of yoga and attained a complete and perfect stage. Even though he had the responsibility of such a large BK family, he became an *Avyakt* Angel, a resident of the subtle world, by the constant remembrance of beloved God Father Shiv Baba.

The question arises what would have been the shining points of his spiritual endeavour through which he achieved that unique stage and got the ultimate fortune of doing the work of renewal of the world by staying in the company of Shiva Baba. He had adopted some revolutionary spiritual principles in his life. If we look at his spiritual life, many of his characteristics come to light, some of which are as follows:

Soul-conscious stage

Just as a worldly man learns the lesson of body-consciousness, similarly the soul-conscious stage had become a natural instinct for him. He always saw all human beings as souls separate from their bodies. From the very beginning, he had started practicing that "I am a soul, Jasoda (his wife) is a soul, Radhika (his daughter-in-law) is a soul, there are souls present in all bodies..." i.e. he had started practicing wholeheartedly to see every living being and friend and relative with a soul-conscious vision.

He often used to say that 'Whenever you meet each other, while greeting each other, ask each other - Do you remember Shiv Baba?' He used to say - Children, the true way to maintain friendship with each other is to remind each other of the soul and the Supreme Soul. This physical body will one day go to the grave. Do not have consciousness of this temporary and perishable body even after seeing it. This body has been born out of lust and vices. It is like an old shoe. Why should you get attached to it? Children, if you get attached to the body, you will lose your fortune of the heavenly kingdom. Children, it is the end times. In the end, even devotees practise 'chanting of God'. Therefore,

you also keep remembering Shiv Baba so that this stage becomes firm. If you remain trapped in this body, then the soul will not be able to fly.

Complete surrender of wealth and family

When BK organisation was established, Brahma Baba made a trust by donating all the wealth in the name of mothers and sisters in seconds. He had such unwavering faith in the incorporeal God Shiva that he never thought of his children and family. After dedicating the wealth, he never even touched it. Although he was a very wealthy diamond merchant, but after dedicating the wealth, he did not have any attraction towards it.

Not only the wealth but Baba dedicated his wife Yashoda Maiya, sons and daughters for Godly service. He put his house etc. for service and after dedicating, he gave the same facilities to his children and family as he gave to all other brothers and sisters of the organisation. Baba did not have even a trace of attachment towards his family; he transformed all worldly relationships into divine ones due to which he got easily connected to the Supreme Soul Shiv Baba and he became free from attachment, perfect and complete.

He did not want anything

Another speciality of his efforts was that he had no desire for fame or glory in his life, nor did he crave for food and drink. Baba always ate simple food and remained absorbed in God's love. His saying was 'as the food, so is the mind'. Food should always be accepted in the remembrance of Shiv Baba, considering it as God's *prasad*.

Also, he had no attachment to anyone and no one was a point of attraction for him. 'That's it, I do not want anything!' - this was the firm feeling of his mind. 'I have got what I had to get, what else is left!' - this dialogue kept on going on continuously, uninterruptedly, inside on the harp of his mind. The sound of his breaths was merged in this tone. He did not even take money in his hands. He did not have

any palace, any plane, any car or any touch of luxury. He was the living embodiment of simplicity.

His words were always heart-touching

Baba always respected everyone through his words, taught everyone the art of living with high self-respect. He always gave teachings in few sweet words, with love, with good feelings, to make every soul rich with virtues. He attained *Vaak Siddhi* (speech accomplishment) by giving happiness to all human beings through his words. His every word, the teachings of sweet *Murli*, touch the heart of every soul even today. Baba spoke every word of his by looking at the beginning, middle and end of the souls. His words were always restrained, his every word was a blessing and a pearl of knowledge.

Free from desire for name and fame

Baba was a true saint. He did not have any desire to receive honour and respect. When he would go out of Madhuban for service, he would first forbid the brothers and sisters from bringing garlands, bouquets, flowers etc for his welcome. He would say, there is no need to bring more brothers and sisters on the platform. In other words, he was free from all kinds of show-off, the right hand of Shiva Baba, the true *Kohinoor*. When any devotee soul wanted to touch Baba's feet, Baba did not let them touch, raised them high with respect, gave spiritual vision and endowed with powers.

Baba was such a big authority and belonged to a very rich family. Baba forgot everything. To the extent that whenever the children would ask Baba to have a photo,

Baba would say, "No, children, this is an old chariot, Shiv Baba's photo will not come, what will you do by taking a photo of this *tamopradhaan* body." He would say, "This body is an old shoe, you don't have to decorate it in any way, it is just a means to remember Shiv Baba in this Confluence Age." He never had body-consciousness of his beauty, personality etc. He would sit on an ordinary table and eat simple vegetarian food with love.

He always remained humble

Indeed, even after doing everything, Brahma Baba hid himself and gave credit to the Supreme Soul Shiv Baba. He glorified the mothers and sisters. When children would say, Baba, today you have narrated a very nice *gyan murli*, then he would easily point towards Shiv Baba and say that this *gyan murli* is of Shiv Baba, He has narrated it, Shiv Baba is the Ocean of Knowledge. Shiv Baba is getting His task done through this chariot. He did not have the slightest pride of his intellect that I have done something. He always remained humble, a true server. He never said that I sacrificed so much, I invested money, I brought up so many people, I made them so capable. He always considered sacrifice to be his destiny.

Transformation of old *sanskars*

In this *Kaliyugi* world, when every human has the *sanskars* of five vices, Baba surrendered all his old *sanskars* to Shiv Baba. There was not even a trace of old *sanskars* in him. Due to his elevated *sanskars*, every soul accepted his every word as truth. In his life there was not even a trace of old *sanskars* of jealousy, lying, laziness, carelessness, sadness, or the *sanskar* of demanding. He had made all his *sanskars* of his future deity form right here. By following

every word of Shiv Baba, he became a complete angel.

His feelings were pure and auspicious towards every soul. His heart was filled with compassion and mercy. He always considered even the critic as his true friend. Through his powerful, positive and pure thoughts he gave strength to the unhappy, restless and weak souls sitting far away. He raised the status of spirituality from mere ritualism, scripture – reading or rigid forms of worship to its proud place of purity and enlightenment. It is the call of the time that we should also become complete and perfect by following such a loving Brahma Baba. Our heartfelt gratitude to him for continuing to shower his blessings and imperishable gems of knowledge!! ■ ■

Life Changing Advice

- **Do what you love:** Life is really short, if you don't love the work you're doing or isn't leading to the work that you'll enjoy, then it's not worth doing.
- **Never fear failure:** Our biggest failures have been always the most life-changing. People like J.K. Rowling, author of the Harry Potter series got a constant rejection from publishers, Steve Jobs lost Apple, Oprah got fired at 23. Not all of those failures stopped them from being successful.
- **Don't live someone else's life:** Learn to have your own passions, thoughts, and goals. This is your life.

RAJYOGA THE UNIQUE MEDITATION PRACTICE

The Supreme Father is establishing one religion and one kingdom on the basis of the real spiritual education and Rajyoga.



Many spiritual knowledge exponents, preceptors including

Swami

Vivekananda and many others in the field of spirituality have written books on Rajyoga and taught the philosophy and practice of Rajyoga in their own

way. The word yoga is derived from the Sanskrit word “yuj” which means to connect, relate, link etc. That means there should be two entities to connect each other. While those who talk about Rajyoga are not able to explain about connecting with or focussing on any Supreme source. Even if there is a Supreme source it is necessary for such people to exactly disclose the location so that the Rajyoga aspirants will be able to concentrate the mind and intellect to that source, or even to pray or relate with that source.

In these days, physical exercises of all sorts, breathing exercises and a host of many spiritual practices are being projected to be yoga. In fact, there is a close connection of the mind and intellect with the object of yoga. Shrimat Bhagavat Gita also refers to Rajyoga. The Bhagavat Gita often refers to soul consciousness which means we are all souls. A soul cannot be vanquished by fire, water, air or weapons of any sort. It is immortal. A soul is a point of immortal sentient infinitesimal point of light. It consists of mind,



B.K. Surendran, Bengaluru

intellect, *sanskar* with seven divine virtues.

Sermons of the Supreme

Here the Gita sermonizer addresses the souls. The Gita sermonizer is not a human being nor a deity but the Supreme Light who is popularly known as Bhagwan, Ishwar, Allah, Yahova, God etc. who is also incorporeal so also the souls. The souls are the children of the Supreme Soul Almighty God. All the people in the world are souls, children of the Supreme Incorporeal God who is our Eternal Father who descends from the region of infinities (*Paramdham*) to teach Rajyoga and imbibe the way to connect with Him. It requires proximity. The Supreme Father is incorporeal so also, we the children who are now seen as human beings are also incorporeal point of divine light before entering into a human body.

The Supreme Father is the ever-incorporeal light who descends to this mortal world from the world of infinities which is filled with the sixth element of golden red light once in 5000 years to reveal His own Identity, Who is Who and What is What in the creation very specifically. The purpose of His descent is to mitigate the souls, His children, from the quagmire of vices and to restore them to their original state of purity, goodness and worship-worthy state.

God's Role

He empathetically observes that nobody should think that there is no one to care for, no asker and teller in the world. The Supreme creator is perfect and therefore His creation is also perfect. All souls who are the makers and shakers of the happenings in the

world are perfectly subject to the karma philosophy “As you think so shall you become”, “As you sow so shall you reap”, is the perfect law governing each and every act of the souls in the world.

Three important Roles of the Supreme

The present time is flooded with unrighteousness and irreligiousness. All souls are depleted of their goodness, greatness and purity. The Supreme is enacting three roles to rejuvenate the souls.

1) Supreme Father: The Supreme Father has been helping us, soothing us, protecting and consoling us in many ways, because of the miseries and hardships in the world. He has been always merciful, compassionate, supportive, soothing our pains and pangs right from when we started descending from the beginning of the copper age. We have been imploring, supplicating, and praying to Him for the last 2500 years. At long last, He has descended directly before us. Since He is incorporeal, He descended in the body of an ordinary human being to use His mouth organ to communicate with us. The medium is later on known as Prajapita Brahma. His sermons reveal that the souls take maximum 84 births in four epochs. The present time is the end of the Iron age and beginning of the Golden age. The Supreme through His three roles and also the power of love, humility, gentleness, simplicity, mercy, compassion, pure feelings, good wishes and positive attitude, transforms the souls to its original personality of purity, royalty, righteousness, religiousness and greatness. They are elevated to the level of deity-hood. As a consequence, the old-world order disappears and a new world order of paradise will emerge. He is very much with us. The moment we remember Him, He is with us. We can feel His presence. He is our Supreme Father and Mother which we personally experience in our day-to-day life.

2) He is our Supreme Teacher: One of the

important roles of the Supreme is to teach us the *Brahma Vidhya* and *Raja Vidhya*. It is said in mythology and scriptures that Brihaspathi was the teacher of the deities in paradise. In fact, deities do not require any kind of teachings. It is here when we are in the iron age where human souls are groping in darkness of ignorance, they require the real knowledge of life and way to elevate themselves to a state of enlightenment and goodness. Hence, the Supreme who is also known as *Vrikshapathi* means the seed of creation who enacts the role of the Supreme Teacher is the ocean of knowledge. He is also teaching us the easy Rajyoga which, when learned and practiced, is going to be the magic wand of overall achievements and attainments. This Rajyoga enables a soul to have perfect control over the mind, intellect, *sanskar* and also the five sense organs. Such a soul is known as a self-sovereign. A self-sovereign automatically becomes the world emperor.

These two (*Vidhya*) techniques can be taught by the Supreme Himself only since the object of easy Rajyoga is the Supreme Himself, who is a Self-Effulgent divine Light. The aim is to become soul-conscious and engross in the loveful remembrance of the Supreme. *Brahma Vidhya* should also be taught by the Supreme because He is always bodiless (incorporeal), and also does not come in the cycle of birth and death. He primarily teaches us to be soul-conscious which is the real consciousness. Our body is made up of five elements which disintegrates once the soul (The “I”) leaves the body. The practice of soul consciousness and remembering the Supreme enables the soul to leave the body on its own volition.

3) The Supreme Preceptor (*Sadguru*): The Supreme Father also enacts the role of Supreme Preceptor. He focuses His teachings to help the

souls to inculcate virtues, goodness and higher values in life. He also helps the souls to practice soul consciousness by being in the body and also detaching from the body and to fly away to the incorporeal world to be with the Supreme Father and also experience the sweet silence. This practice helps the souls to leave the body on their own when the body becomes aged. He empowers the souls to detach themselves from the body.

Because the Supreme Father is always incorporeal, He descends in the body of Brahma to communicate with the souls who are in their bodies. He has been active in the world for the last more than 8 decades and constantly transforming the vices ridden souls into virtues prone ones through the real spiritual knowledge (*Brahma Vidhya*) and Rajyoga (*Raja Vidhya*). The Supreme Father can only descend and ascend on His own at any time and no other souls have this monopoly to descend and ascend on their own.

Emergence of Golden Age

A virtuous world of peace, plenty and prosperity is being created by the Supreme which is going to

emerge when the vices ridden, enmity ridden, worries and miseries filled iron-aged world is going to perish on its own burden of sins.

Establishment of Adi Sanatan Deity Religion and Deity Kingdom by the Supreme

It is a wonder that the Supreme Father is establishing one religion and one kingdom on the basis of the real spiritual education and Rajyoga. He uses the power of love, non-violence, humility, simplicity, good wishes and pure feelings to transform the vices ridden souls into divine ones in the midst of all religions, innumerable kingdoms, democratic and autocratic empires and so on.

Hence the old-world order is going to perish with world war, civil war and natural calamities. It is very clear that the existing world order is sufficiently burdened with the population explosion, pollutions of many kinds, domestic violence, group clashes, innumerable diseases, religious intolerance, shortage of food and basic amenities. Every field of activities is going out of control of the governments and other law and order enforcing agencies. While a new world order is going to emerge for which the

WORDS OF WISDOM

- ◆ The journey of a thousand miles begins with one step.
- ◆ It always seems impossible until it's done.
- ◆ The only person you are destined to become is the person you decide to be.
- ◆ When you have a dream, you've got to grab it and never let go.
- ◆ Confident people have a way of carrying themselves that makes others attracted to them.
- ◆ Develop success from failures. Discouragement and failure are two of the surest stepping stones to success.
- ◆ Strive not to be a success, but rather to be of value.
- ◆ It is better to fail in originality than to succeed in imitation.

THE SPIRITUAL GURU

A spiritual guru would be one who can enable my spiritual growth and help me evolve and learn, not someone who makes me dependent on shortcuts and hacks.

B.K. Shikha, Noida

When searching for a spiritual Guru what should one look for? Many people are inclined to choose gurus who have special powers and can help the followers by performing magic or doing things not possible in the physical domain. Why are we so inclined towards supernatural abilities? When studying in school or college the difficult path is to be disciplined and invest effort in one's studies. Put the best effort and then accept the exam results gracefully while learning where improvement is needed. However, if someone does not want to invest all that effort or lacks the discipline, shortcuts would look attractive to clear the exam and move to the next class without learning the lessons.

We all came here in the earthly domain to learn. We all are non-physical supernatural beings. We take up physical bodies, limiting our powers, in order to experience various emotions, face various situations in life, learn and evolve. A spiritual guru is someone who can assist me in this process by helping me



understand the way things work, how our thoughts affect our actions and how everything is governed by the law of Karma.

A spiritual guru using supernatural powers to help followers would be much like a teacher who gives special attention to a select few or somehow assists them in clearing the exam. Would such a person be a good teacher and would this really help the student in the long run? When the teacher is no more with him, when he is expected to apply what he learned, what kind of teacher would prove to be a real well-wisher?

A spiritual guru would be one who can enable my spiritual growth and help me evolve and learn, not someone who makes me dependent on shortcuts and hacks. ■■



Be Stable

When we lose control over our stable state of mind, we shift from our original quality of peace.



EIGHT JEWELS OF BRAHMA BABA'S PERSONALITY

He possessed exceptional, unusual attributes that is why the Almighty chose him as His medium to carry out His divine plans to lay the foundation of *Satyuga* by preparing a hidden salvation army.

B.K. Rajbala, Mumbai

Brahma Baba, the epitome of peace, love, compassion, devotion, dedication, purity, perseverance, royalty and austerity, has set a perfect paradigm for the Brahma Kumaris and Brahma Kumars to proceed tirelessly on the path of perfection. The world may wonder how a mortal being on this earth, could elevate himself to the angelic and '*Karmateel*' state, how could he shed off human flaws and frailties. He possessed exceptional, unusual attributes that is why the Almighty chose him as His medium to carry out His divine plans to lay the foundation of *Satyuga* by preparing a hidden salvation army. Let us sum up the predominant characteristics of Brahma Baba which proved to be the credentials to transform Dada Lekhraj, a diamond merchant into Brahma Baba, an '*Alaukik*' father to the huge progeny of the *Brahmins* across the world.

Soul-Conscious

When GOD, our beloved Shiv Baba, descended in Brahma Baba's body, the very first lesson that He taught him was to always remain in soul-consciousness. But it is easy said than done. Having lived sixty three lives in body-consciousness, it is so fixedly engraved in human psyche that it is not easy to get it done in one day only but Brahma Baba, like Arjuna in Geeta, who assured Krishna I will abide by you, followed each

stricture laid down by Shiv Baba in full obeisance and filled diaries after diaries in writing down repeatedly against the name of each person in his life--I am a soul, Yashoda is a soul, Narayan is a soul, so on and so forth so that by practising again and again, the old impressions might be eliminated from his mind and new ones could be created and ultimately succeeded in being oblivious of the body and conscious of the soul and thus won the attribute '*Nirakari*'.

Absolute Dedication

When Shiv Baba showed Brahma Baba the glimpses of world destruction and also the re-creation of new era, the Golden Age, he got astounded but the Almighty explained to him the greater cause of world transformation. Shiv Baba elaborated the duties entrusted to him to instrument the process of world-renewal and that was the day when Brahma Baba surrendered himself to the will of GOD by ensuring himself physically, mentally and also monetarily and founded 'Om Mandali' which later on grew into 'Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya'. He was the man who had a happy family, a prosperous business and a well-recognised social life and was hitherto living a luxurious life amidst almost palatial comforts but the moment he was convinced that it was GOD who was demanding



something from him, he took no time to divest himself of all these material bondages. He wound up his lavish business, and not only he but his whole family also renounced the luxurious life and devoted themselves to the cause of God.

Embodiment of Parental Love

The rarest of the rare adornments of Brahma Baba's personality is his boundless, spontaneous love for all. Initially, there were almost three hundred and fifty aspirants comprising young, old and children and some of them are, by God's grace, alive even today to oblige us with their spiritual guidance and protection. I have heard many of them giving quite emotional account of their memoirs which is simply overwhelming. I carefully noticed one common thread running through their account i.e., the unforgettable, unfathomable love and affection that Baba showered on them unconditionally without any discrimination. Recently on 'Peace of Mind channel', I heard respected B.K. Brother Brij Mohan who not only once or twice but several times during his lecture was moved to tears while relating his experiences with Brahma Baba. I am not very old in this mission, hence did not know much about Brahma Baba but after listening to the Dadis and other BK brothers and sisters about heart-moving emotional reminiscences, I have also developed fondness for Baba. I am a mother but I do feel that the pious love that Baba imparted to all was much above the sort of love provided by any parent on this earth. Whosoever visited him, his spontaneous reaction was "*Aao bachche*" and embraced them and they immediately underwent a super-sensuous experience which they could never forget. Such was the impact of Baba's divine touch. That is why he was rightly called by Shiv Baba, '*Badi Maa*' (a senior mother). He was really a marvellous blend of motherly and fatherly

love. It is the gravitational love that the Dadis and other BKs received from Brahma Baba that has kept them glued to this mission inseparably and they are busy day-in and day-out to do every bit as good as possible to fulfil the objective of the mission.

Beggary Part

Baba, a millionaire, spent each penny of his huge empire on this mission and ran it smoothly for almost fourteen years but no treasure on this earth is imperishable if you keep on spending it and the day arrived when there was left nothing while Baba had the responsibility to look after 350 spiritual children but the creditable thing about Baba was that his faith in Shiv Baba was not shaken even in such hard and testing times. It is hard to imagine that this phase was so painful that sometimes not even a single grain was left to offer to Shiv Baba as '*Bhog*' but look at the rock-like faith of Brahma Baba. When someone informed Baba about it, he was perturbed not the least, rather solaced them to wait till 10 a.m. and to our great surprise at 10 a.m. the postman would come with the money-order which was spent to buy the basic needful items and the demand of the situation was met. Along with others, Baba's family members, who were used to a royal life so far were also among them passing through these ordeals but Baba, before embarking on this spiritual journey, had submitted himself to the will of Shiv Baba, taking for granted that it was Shiv Baba's mission and he was only an instrument. Anyway, this phase also passed away successfully, proving Brahma Baba victorious and a living example of '*Befikr Badshah*'.

A Karma Yogi

Brahma Baba was a *karma yogi* in the true spirit of the term. He was a living paradigm of 'work is worship' by doing even the menial domestic chores of the *yagya* with dignity. No

work was inferior for him and thus taught the children that any work, done in the remembrance of Shiv Baba, becomes a *karma yoga*. He did not mind even brooming or washing dishes. Imagine someone of Baba's stature condescending to such chores which are thought usually low. *Yagya* was above all for him and he sacrificed his all in the service of the *yagya* like Rishi Dadhichi who offered even his bones for a great cause. He performed each of his duties religiously till the last moments of his life. Even on the night of 18th Jan. 1969, he conducted Murli class, bade goodbye to the children and went into the room and to the shock of all breathed his last.

A Tapasvi

Brahma Baba who once lived a royal life, underwent austere discipline to be a genuine yogi. Initially the '*Amrit vela*' to wake up at 4'0 clock for meditation was not practised. One day Baba sent the '*Sandeshi*' to '*vatan*.' She informed Baba that she saw Brahma Baba in '*Sukshma Vatan*' but he was much more radiant than the real Baba. From that day onwards, Baba started sitting in meditation at 4 a.m. regularly. After sometime, Baba again sent her to '*vatan*' and again after the trance, she informed him that though there was not much difference yet the subtle Baba in the '*Sukshma vatan*' was more radiant. Now, Baba took it as motivator and started meditation from 2:30 a.m. and went on refining himself more and more and ultimately achieved '*karmateet avastha*' i.e., contained and restrained, modified and refined himself so much that he transcended the bondage of *Karmic* law and became a virtual angel.

Nirhankari (Egoless)

Baba lived the attribute '*Nirhankari*', absolute humbleness, modesty and geniality. He was a

perfect example of selflessness and did not believe in centralising powers. He always took care to credit achievement to the children instead of taking pride in himself. Today masters of different fields from all over the world visit Prajapita Brahma Kumaris Ishwariya Vishwa Vidhyalaya and get wonderstruck to see the management, the administration here which is the outcome of 100% dedication of Baba's children, working so devotedly in different capacities with the positive attitude that no work is high or low rather it is the mentality, the belief system which makes something high or low. On 18th January 1969, he held the hand of Dadi Prakashmani, as if handing over his responsibilities to her, and heaved last breath of eternal peace.

Nashtomoha

(Detached and Dispassionate)

Baba was a wonderful and amazing blend of love and detachment. He loved one and all unconditionally and cared for them more than a parent can, yet he was untouched by attachment with anyone or anything, but this did not happen overnight. He practised it with perseverance and eventually reached the '*karmateet*' stage. He strictly followed Shiv Baba's warning '*Ant-mati so gati*' i.e., a man is bound to get the thing or the person, his mind is stuck in while dying. Baba's mind was 100 percent detached from the world. The only thing that lingered in his mind was Shiv Baba and the inheritance.

Let us follow Brahma Baba in order to be worthy of our entitlement to the kingdom of heaven. Also give up the sloth and accelerate our efforts to purify ourselves and our surroundings and glorify the saying 'The Son shows the Father'. ■ ■

IT'S ABOUT THE CHOICES WE MAKE

We can't change our past, but we can shape our future. We can choose to rise above, to overcome, and to become the best version of ourselves.

B.K. Sister Chirya, New York, USA



Two siblings, same family, same upbringing, same values instilled. Yet, one becomes a pillar of the community, a beacon of hope, while the other struggles with addiction, lost in the shadows. One sibling chooses to honour their upbringing, to build upon the laid foundation. The other sibling chooses a different route, leading to darkness and despair.

We can't say, 'I turned out this way because of how I was raised.' We can't blame our environment, parents, or past. It's not about how we're raised. It's about the choices we make. It's about the values we adopt and our current habits and *sanskars* we have formed in our past lives. **We have the power to choose our path to create and forge our own destiny. It's a reminder, our choices shape us, not just our circumstances.** We can't change our past, but we can shape our future. We can choose to rise above, to overcome, and to become the best version of ourselves.

Mother, I got my results for mock exams and it's not good. The son expected to get a scolding from his mother, but to his surprise, his mother calmly said – ok. If you work hard, you will be able to do good and if not, you have to repeat next semester. It's up to you.

Next day, her daughter came to her and hesitatingly said – Mother, I smashed the car. Daughter was scared mother would get angry but to her surprise, she said – ok, take it to the car shop and get it fixed. Hearing such news the mother often reacted with negative emotions and

irritation; but now suddenly she was changed.

Seeing this change, everyone got worried and thought something was wrong. They came to her and asked, "Is something wrong? Why are you acting so calm?"

The mother smiled and replied, I realized my anguish, worrying, anxiety, stress, doesn't solve your problems, but aggravates mine. **I realized I can only control myself, and not judge or analyse too much. My job is to care, love and encourage you with good wishes.** I needed to go within, and experience stillness, connect to God, surrender the situation, experience His love and power and receive the right perceptions. The ability of being with people and yet withdrawing and not absorbing their energy protects me and helps to find creative solutions to problems. When I respond and act with the energy of peace others also become empowered.

She continued, I realized I can give you advice only if you ask, but it depends on you to follow or not, to solve your problems and find your own happiness. Whatever decision you take, its consequences good or bad, you will have to live with them. It took me a long time to realize each person is responsible for their own life. I am not responsible for actions of anyone. Therefore, I should remain calm and let each of you solve your problems. Everyone at home was speechless. From that day on, the family began to function better because everyone in the house knew exactly what it is they needed to do. ■ ■

understand that forgiveness is for the self and not the offender.

Why forgiveness is important:

Forgiveness is such a powerful and transformative act, it can bring about numerous benefits for both the person offering forgiveness and the person receiving it. **Like:**

▶ **Emotional Healing:** Holding onto grudges and harbouring feelings of anger, resentment or bitterness can have a detrimental impact on our emotional well-being. By choosing to forgive, we release ourselves from the negative emotions associated with the offense. It allows us to let go of the pain, hurt and negativity, leading to emotional healing and a sense of inner peace. Forgiveness frees us from the burden of carrying emotional baggage, enabling us to move forward, peacefully with our lives.

▶ **Restoration of Relationships:** Forgiveness has the potential to repair and restore damaged relationships. When we forgive someone, we open the door to reconciliation and create an opportunity for rebuilding trust and understanding. It can foster empathy, compassion and better communication between individuals, laying the foundation for healthier and more fulfilling relationships. Forgiveness promotes connection and allows for the possibility of rebuilding broken bonds.

▶ **Personal Growth and Empowerment:** Forgiveness is a courageous act that requires strength and resilience. When we forgive, we take control of our own emotions and responses instead of allowing the actions of others to dictate our lives. It empowers us to break free from feeling like a

victim and gain a sense of emotional strength. Forgiveness encourages personal growth by promoting empathy, compassion and understanding. It helps us develop greater self-awareness and the ability to nurture healthier relationships in the future.

▶ Studies show that people who forgive are happier and healthier than those who hold resentment. The first study to look at how forgiveness improves physical health discovered that when people think about forgiving an offender their cardiovascular and nervous system function improves. Another study found the more forgiving people were, the less they suffered from a wide range of illnesses. Less forgiving people reported a greater number of health problems.

▶ We must forgive them not because they deserve, but because we deserve peace of mind and intellect.

Once we realize that forgiveness is an act of self-love, is for my own wellbeing and has nothing to do with the accused, we get motivated to forgive.

If one is sufficiently convinced to forgive the self and/or others, following are some tips to make it easy and practically possible:

(1) Be merciful: having the virtue of being merciful makes it easy to practise forgiveness because a mercy filled kind heart can never hold negativity e.g., resentment, anger, frustration, etc. and let go of such heavy emotions quickly.

(2) Laid back and be Knowledgeful about the law of *karma* - what you sow so shall you reap, what they sow they reap and that this eternal world drama is accurate, unbiased and beneficial for all. No one escapes

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

TRANSITION DAWN

B.K. Indal Bhai, USA

Darkness lingered and suppressed the Truth
Infrequent flashes flared lightly but obscured the
glimmer of hope, and light tempts the intellect
So, the journey of want and revelation prolonged
Deep within the thirst for truth stirred
And the quest for freedom from obscurity ensued.

The embedded *sanskars* of truth stirred from distant
past
The impaired vision by obstacles and limitations
Stammers with blind hopes for light and revelations
Like the golden majestic Sunrise before dawn
Divine touches lit the torch and revealed the
pathway to a new day
The quest and hovering darkness
Lit up with pure energy and power.

The blind hopes and efforts long expended and
exhausted
For the search of truth and knowledge now lit the
horizon and all
And with untainted pure divine power as now
experienced
The tired soul of intellect, mind and *sanskars*
Once more remember and again swing in elevated
pure happiness
The heart of the soul is now filled with pure love and
untainted truth

World Benefactor and Supreme Soul, the Ocean of
Knowledge,
Our Father and Bestower of Salvation for All
Has come before His children practically
And patiently reveals the secret of
Truth and the True Gita as spoken by God

2025 - YEAR OF *SANSKAR* TRANSFORMATION

B.K. Yogesh Kumar, Ghaziabad

Amidst the World War danger and fear
We`re on threshold of another New Year
Change in behaviour, thoughts from roots
Will bear the Heavenly Delicious Fruits

The conditions of the world worsening
The GDP and inflation rate too rising
All politicians are changing the gear
How can we wish for a Happy New Year?

Ego clashes in families resulting in divorces
Turmoil in relationships too is in full force
Unemployment is on rise; AI rules the roost
Nothing is giving energy - Horlicks or Boost

Pointing out others` fault is biggest crime
Sanskar transformation is the call of time
Even God says Any moment could be last
Let`s burn our old vicious *Sanskar* very fast

God loves those souls who are truthful
Making your clean heart will make love-full
Soul-consciousness is 1st lesson of Godly
study
Let`s destruct false attachment and be ever-
ready

It is time to make our final journey to Soul
World
Remember only One God Shiva and fly like
bird
Welcome the New Year 2025 in a new way
Wish you all a transformed and Godly day

Jan. 2025

Do good to others; God will do good to you in return.

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PURE BITES - 5 TIPS FOR PURE EATING

It is said - You are what you eat. This means that the energy of the food you eat influences your mind and personality. Given below are 5 tips for pure eating:

- ▶ Choose only pure and *satvic* food to feed your stomach. Avoid non-vegetarian food which carries vibrations of anger, hurt, pain, fear, which the animal has secreted inside its body, while it was being killed for it to be eaten as meat.
- ▶ While cooking food, keep a pure and positive consciousness by remembering God and listening to words of spiritual wisdom or playing soothing meditation music or spiritual songs in the background.
- ▶ After you have finished cooking the food, offer the food to God and absorb his positive energy in meditation. Thank God for the food and fill the food with God's energy.



- ▶ Before eating, create a positive affirmation of health and happiness in your mind for about 10-15 seconds and radiate pure and peaceful vibrations to the food through your eyes. Thank nature for giving you something beautiful and healthy to eat, which will feed and nourish you – the soul and your physical body.
- ▶ While eating food, talk less and make sure that your conversations with others are short, sweet and positive and without any negative energy. Make sure that the television is not on while having your meal. Also, do not read the newspaper or use your phone during the meal. ■ ■

LAUGHTER: THE BEST MEDICINE

- ◆ My boss said I was going to see a big increase on my Payslip this month ... He increased the font size.
- ◆ Q: Can a kangaroo jump higher than the Empire State Building?
A: Of course. The Empire State Building can't jump.
- ◆ When I am offline, I only worry about food, bread, job and family. As soon as I go online, I start worrying about the religion, society, politics, country, world and the entire universe.

– Common Indian Citizen

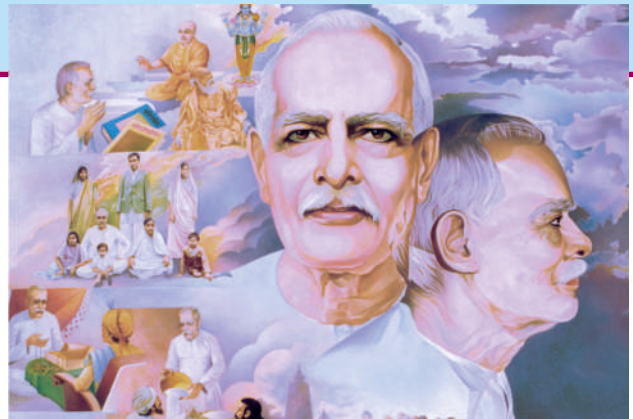
- ◆ A man inserted an 'ad' in the classifieds: "Wife wanted". The next day he received a hundred letters. They all said the same thing: "You can have mine."



GOD'S TV REPAIRMAN **The Divine Aerial is** **Brahma Baba**

The sacred waves of love and peace that emanate from the sacred mind of Brahma Baba that for 24 hours a day inspire us to wave goodbye to body consciousness and wave hello to God.

B.K. David, Paignton, UK



All you require to have a Godly TV is an inner aerial of purity that sends out deep love for God and truth.

God's TV licence is free whereas watching man's TV comes with a price tag that's detrimental to one's mental and physical welling that's like walking on hot sand or even broken glass at times, without shoes on.

Most paths walked today by all people are walked without wearing the shoes of truth. The result of walking such paths of falsehood and body consciousness is pain, suffering and endless sorrows.

People's armchairs have become like a sick hospital bed of sorrow or a car seat of speed, thrills and stress as they watch and partake in the race whilst also being a viewer of the instantaneous results of man's crazy actions that unfold before his eyes.

People's actions are tantamount to drinking acid and making himself ill and dizzy as he spends his days speeding in the day (body) of falsehood whose tyres (shoes) of truth wore out long ago.

The world walks round in a sorrowful daze as he thinks all the wrong thoughts.

It is one thing to dream of eating apple pie and getting it if you fill it with apples but what when you dream of eating apple pie but fill it with nothing other than nettles.

When your thoughts and actions are true, so

the people knocking your door will be true and so will their gifts be true and beneficial.

The knock of spirituality that occasionally calls at someone's door can be constant if they really want the gifts of love, peace and truth.

It is worth noting meaningful life, that walks with the legs of peace and happiness and sees through the eyes of contentment, will only come to the doorstep of those that have swept it clean with the broom of truth and pure desire.

Sadly, most only hear and respond to the knocks at their door from falsehood and vice and let only these two thieves into their houses (minds). It goes without saying that the longer they are allowed to stay in someone's house, the more they will steal and corrupt and the more they will carry on polluting the atmosphere.

There's a city with many modes of transport on which to travel into it.

Almost no one ever manages to escape this city of sin and the chains of vice are heavy, depleting and chain people to the railing of conformity and routine all too easily.

Instead of finding peace and contentment walking a straight path knowing it leads to happiness, most are seen to be walking round in endless circles chasing their tails of bad habits getting only closer to the place known as exhaustion.

Do you ever forget your higher self and find you have lost your way and are walking this crooked road of falsehood which leads directly to the huge city called Sorrow?

The divine aerial of Brahma Baba is what allows all signals from God to reach the TV of your mind.

It's only with your pure heart's desire for wanting your hand on God's remote control and to read His TV Guide (*murlī*), will He deliver you His TV set, Instruction book, remote control and golden throne from which to watch this TV.

There are nine channels and only one, the popular and often watch channel, shows the endless ugly scenes that unfold daily whilst the other channels show God's mind and how it works, what He's doing in the world, was doing in the world and will do in the world, and also how you can help Him by lending Him your hands and cooperating when free by joining in with His renewal of the world.

This Godly TV is the greatest gift when the right channel is being watched and often enough.

Is your Godly gift often on show or is it up the corner waiting to be switched on? It's only by turning your gift on will you get a happy state of mind and be able to remain cool and at peace whilst the world outside gets crazier by the day, or should that be by the minute?

A pure heart and desire are needed if you are to be granted a Godly TV licence that will allow you to sit back and watch any of His 8 main Channels in comfort. These channels bring unlimited benefit whereas man's main channel of body consciousness and sorrow only ever brings despair to the viewer every time they switch it on and watch the horrors unfolding.

There is nothing ever cool about watching man's TV as it makes you hot headed, stressful and angry whilst watching its channel and turns

your armchair into an uncomfortable chair made of barbed wire (vice and bad habits).

God's comfortable thrown (chair) and remote control allows you to see how lost mankind as he watches his TV from his prison cell as his channel contains only vice, anger, hate, sex, trouble and misery.

As yet, the world is unaware of the Godly aerial that God installed personally on top of each TV set (head) that for the body conscious, is invisible: without this aerial, no signal can reach the TV.

Our world has not accidentally become greedy, selfish and false.

Life is reflecting the state of mind of those on it and Greedy, Selfishness and Falsehood are the main three religions of our time today to which most of humanity is following.

Mankind has built an unlimited prison for himself and has thrown away the key of truth that could have unlocked his cell and freed him from his many sorrows. This worldwide prison houses billions of inmates that are all busy watching the same kind of violent TV programmes in one form or another which feed and pollute their minds that have shrunk over time and hold no peace, happiness and spiritual love.

Man's aerial of body consciousness attracts waste and anger and acts only as a conductor of sorrow which passes on down to his mind and stimulates it with stress and worry.

The conductor of their minds stands before them and makes their orchestra in to play and listen to the music of sorrow. Such a baton of falsehood always creates an out of tune noise and causes a headache and creates stress. This baton as it conducts and moves to and fro pokes them in the eye all too often.

The sounds coming from all orchestras of the mind all over the world are both deafening to the orchestra itself and all those that have to listen to what they play.

God's Television is the only television that can grant you a vision and make you into a living vision.

God's TV is the only real satellite TV. God's TV allows you to see into the distant past and know the present and future clearly and importantly how to live in the present in great contentment as this present of the here and now is all you and I are ever going to own.

It's a fool that remembers his past and gets lost in thinking of his future and believes he owns both and wants to control them. Such a person is controlled by disillusionment that and has become an unknowing slave to his present and unconsciously is seeking a key to set him free and undo his chains which is his thinking of that which has gone or yet to come about: your past and future hold chocolate keys that might look sweet and inviting to hold but easily melt in the hand and heat of reality.

God's TV can turn sorrow into happiness at the flick of a switch.

God's remote control of awareness is automatically in your hand the moment you taken up his package and have signed on the dotted line and agreed to start having spiritual thoughts and think along Godly lines of benevolence, behaviour, outlook and thinking, as what your agreement stated that requires you to shifts your consciousness away from being selfish, lazy or greedy.

People live in the path of man's floodgate of vice and yet, round the corner can be found God's Gate.

When you make spiritual effort based on God's TV Guide, it's like opening the gates of love and truth where the destination is divine and can be seen in the distance and all you have to do is walk forward and leave man's twisting sorrowful path behind you which is one of quicksand and stagnation which always leads

you to sorrow.

Man is now incapable of switching off his TV or removing such a detrimental aerial from the roof of his house (head) or walking round the corner to open God's Gate.

The key to the Godly Gate you must hand yourself by making yourself worthy of the Locksmith wanting to give you its golden key.

The common factor that keeps many from opening God's Gate to complete happiness and fulfilment is their body conscious nature and programming, followed by their bad habits and selfishness. These three act as super glue that seals the keyhole which when opened, allows a person to think clearly and spiritually.

God's TV and aerial enable you to pick up the stations of Love and Wisdom at any time.

If you are to gain success and face this old world and beat it, along with your old self with all of its accumulated bad habits, you'll need the aerial of Brahma Baba on top of your head that can feed you a current of deep understanding of how karma is playing out in the world: he will also fill the deep reservoir of your mind up again with the coolness of purity.

With this aerial on your head and knowledge in your soul you will be able to pick up God's Love Programme that's constantly being broadcast constantly all over the world.

For you to be able to tune in to God's Station and wavelength you need a broad intellect, a selfless nature and an open heart and mind that's giving or wants to give. If you've any of these four missing, then your TV will not work as it should and often may not work.

TV can broaden your mind and also blow it up.

Man's TV channels show his greed, sex, hate, violence, corruption, body consciousness and latest fashions. Many are consumed by these

(Contd. on page no. 31)

A SPIRITUAL INTERPRETATION OF BRAHM VS. UNIVERSE

According to *Advaita Vedanta*, liberation can be achieved while living and is called *Jeevanmukti*, which means that being in this life one can enjoy *Jeevanmukti* when one liberates oneself from vices, weakness, ignorance and indulgence.



Advaita Vedanta is the famous philosophy developed under the patronage of Adi Shankaracharya. The literary meaning of it is non-secondness but

profoundly known as non-dualism. The idea behind is that the world is unreal and a manifestation of *Brahm*. *Brahm* is the ultimate reality and the objects in this universe are in the different names and forms of *Brahm*. *Brahm* is the ultimate reality rest are just transient, unstable and momentary. The transient phenomenal world is an illusory appearance of *Brahm*.

As per mythological theories, even the *Atma* is not different from *Brahm*. "*Aham Brahmasmi*" means the self or the *Atma* or the soul is not different from *Brahm*.

The above statement depicts the hard truth of life nothing is permanent, things are very transient and what we perceive to be truth, reality is something different.

Example: Most people think of themselves as the physical body and are too conscious about their physical appearance, physical health, material progress and worldly position. Human

beings forget: their true identity as *Atma* or the Soul and also many a time forget they will be older and will die. Similarly, the days, personality and vigour of the youth are for a certain duration not permanent. Similarly, the physical condition of any assets, goods such as houses, cars, dresses, electronics instruments, pieces of machinery, etc are not permanent. Human beings are so much into indulgence, pleasure, and ignorance, that they ignore the signals of truth. There is so much death, devastation, destruction, and diseases, but people are into indulgence and ignorance. There are several examples where we misconceive the truth, but we do have a sense of overconfidence on our perception and faith. There is a false sense of ego regarding our own existence

That is the reason Adi Shankaracharya infused disinterest, hate and apathy for the worldly pleasure and material world proposing the theory that the world is an illusion. His theory does not refute the existence of the material world but states the false perception regarding the reality of this material world.

Shankaracharya advocates the understanding and realisation of true knowledge of the *Mahavakya*, the selected Upanishadic statements will lead to *Moksha*.



B.K. Shiba Prasad, Ahmedabad

Shankaracharya defined the Brahm as the ultimate reality and beyond anyone's comprehension, perception and understanding. He treated Brahm as non-attribute-based entity.

The *Brahm* was eulogised as *Nirguna* free from attributes but real, the realisation, understanding and knowledge of it leads to liberation. The whole notion was to be pious or to safeguard the self from the forces of evil. One should detach the self from this illusory world and get submerged into the incorporeal world of *Brahm*. The slogan was *Jagat Mithya and Brahm Satya*. Looking into the entire philosophy one can sense detachment, disinterest and indifference to the material and visible world and embracement to the infinite, pure, truthful and calm *Brahm*. In the entire philosophy, nothing is described about God. The whole motto of *Gyan*, practice and introspection was to attain *Moksha*, later this stage was also described as the stage of *Nirvikalp Samadhi*. This is the stage when an individual makes oneself as powerful and pure as *Brahm*. This is the stage of liberation from all the pains, sorrow and weakness. The entire philosophy was thought-provoking and different, the philosophy even denounced the rituals and idol worship. The entire philosophy is more about lifting one's consciousness beyond the physical world and physical pleasures to the world of the incorporeal. The theory accepts the existence of material and the material world but against false perceptions.

Interpretations of Advait Vedanta

Advaita Veda proposed by Shankaracharya is a great, unmatched, and extraordinary proposition. It has been guiding the monks, sanyasis, intellectuals and educated for ages, it could also bring restraints through renunciation and realisations of the incorporeal heavenly

abode of the souls or atma the *Brahm*. But it could not explain many hard realities of life about marriage, relations, duties, kingdom, wealth, stages of life, etc. Though it ascribed no difference between *Atma* and *Brahm* it did not discuss anything about God, the role of God and about *Satyuga* or Heaven or Paradise.

Renunciation, sacrifice, detachment, disinterest, indifference towards the material world, and maintaining celibacy could be a solution for the downfall of Bharat in the *Dwapar Yuga*. But leaving behind family life, duties, responsibilities and education, to accept Monkhood may not be a universal solution for individuals.

Ramanuja proposed *Vishishta Advait* where *Vishnu* is the Supreme Soul who is the embodiment of divine virtues "Saguna". The whole concept of the Supreme Entity of Ramanuja was quite different from the Shankar's non-attribute-based *Brahm* as the ultimate reality. In his philosophy the soul or the atma is part of *Vishnu*. The foundation of *Moksha* depends on the Surrender to Lord *Vishnu*, who is the ultimate power.

Brahma Kumaris on Brahm, Brahma, Self and Supreme Soul

As per the teachings of the Supreme Father Shiva through the corporeal body of Brahma Baba: *Brahm* is the residence of all the *Atma* or the souls along with the Supreme Soul. *Brahm* is the incorporeal world, the world of silence, purity and freedom for the souls. Whether God, goddess, preceptors, pious souls, common souls or Supreme Soul, all are the residents of the *Brahm*. Definitely, *Brahm* is the purest state of the Universe, as there is no biological life or activities, it is a place of eternal peace and purity. *Brahm* is much beyond this physical

Universe. Definitely everyone likes their place of stay "Sweet Home", even a bird feels safe within its nest. The nest or the resident is a place of safety, relaxation, peace, and love. Definitely, the remembrance and realization of *Brahm* by individuals infuses a sense of freedom, peace, relaxation, power and purity. Together it makes one realize the unexplainable happiness and bliss. But a home without parents or family members like brothers, sisters, children and wife is meaningless, sometimes boring and dry. Remembrance of *Brahm* along with *Brahmloka Niwasi* (resider), the incorporeal Almighty Father, Ocean of Love, Ocean of Knowledge, Ocean of Peace and Ocean of Happiness fulfils the infinite energy, tranquillity, and divine pleasure inside the souls.

It is true that the false identity of the self and false perception about life and the Universe are the root cause of vices, suffering and pain. Knowledge is the key to liberation both *Mukti* and *Jeevan Mukti*. As Shankaracharya had emphasized the importance of *Mahavakya*, the important learnings guide a soul to *Moksha*. **The Supreme Father Shiva had also emphasized on the *Shrimat* which guided one to be pure and peaceful to enjoy true happiness and freedom.** *Advaita Vedanta* has highlighted *Moksha* as the final destiny or the objective of the soul, which means to make oneself free from the cycle of rebirth and rebirth in this Universe is the reason behind bondages, pain and problems.

But as per Shiva Baba, there is no permanent liberation from this world drama. Even God is tagged in this drama to play His role in liberating the souls in every *Kalpa*. And the soul by nature is fond of playing His role

in this world drama. Everybody returns to the *Brahmloka* or *Brahm* for a certain duration to rest and experience peace, then return to the stage of world drama to play their role. Regarding the *Brahm Sat Jagat Mithya*, God Shiva tells us this physical world is real, definitely, particles or matter have their own property of duality in terms of matter and wave, but the physical world is real. But similar to Shankaracharya's statement, Shiva Baba explained that under the influence of vices, negativity, the soul develops false perceptions about the self and the Universe. The falsehood can be corrected through the true identity of the soul and remembrance of God.

According to *Advaita Vedanta*, liberation can be achieved while living and is called *Jeevanmukti*, which means that being in this life one can enjoy *Jeevanmukti* when one liberates oneself from vices, weakness, ignorance and indulgence. The term "*tat tvam asi*" is very famous in the Upanishad and was recited by Shankara. As per him there is no difference between the *atma* and *Brahm*, but now we know there is always a difference between the resider and residence. *Atma* is the resider in the residence of *Brahm*. As per the Supreme Father, each human soul was divine, pure and filled with virtues when they were in Heaven or *Satyuga* and because of rebirth they have lost their power, purity and virtues, but as per the world drama cycle, the soul has to regain his power to achieve own state of purity, divinity and power.

The Supreme Soul Shiva Baba is the incorporeal Father of all the souls and Prajapita Brahma, the father of the entire humanity. God Father Shiva through the corporeal body of Prajapita Brahma established the new Divine world through Knowledge and Guidance. ■■

ETERNAL BLISS

Every person on this earth has but one agenda in life. Everyone aims to be happy. The route and degree of fulfilment vary, but the target is the same.

Farha Sayed, Mumbai



While chasing daily chores followed by never-ending vices in life, we often forget the purpose of life that is the spiritual uplift of the soul which is a continuous process. Spiritual Growth is something related to knowing one's true self which requires earnest effort, dedication and heart-felt intention of a true seeker. Self-surrender to the divine, utmost sincerity at all occasions and under all circumstances at the unconscious level is extremely pertinent on the spiritual path. Every day we find ourselves immersed in the pool of problems/thoughts that keep on deviating us from the path of righteousness. Only a controlled and conducive mind alone can help us in accomplishing our goal.

During the spiritual era, music used to be the bridge that connected the parched heart of holy souls with the divine within. Little tears in the remembrance of lord along with the melodious vibes possess a great power to wash away all our sins and even has the capability of moving the mountains.

Every person on this earth has but one agenda in life. Everyone aims to be happy. The route and degree of fulfilment vary, but the target is the same. Through wealth,

power, knowledge and many other sources, all try to achieve their life's objective. To a greater or lesser extent, people do attain happiness. But with the fluctuating nature of life, this experience of happiness is often all too brief. Moreover, the happiness experienced is tainted with a feeling of incompleteness. It is not 100 percent happiness. There is always an element of fear or misery mixed in with it. Why is this? The answer is that the source of happiness is itself perishable and temporary, so naturally it follows that the resulting happiness will also be only temporary and fade away. Thus, it leads us back to square one and forces us to search again to find a lasting source of happiness

Brahm Gyan is the only means practiced since the ancient times that reconnects the wandering spirit to the ultimate source of eternal bliss. It paves the path of Self Awakening that in turn creates ground for mental peace.

When one experiences the happiness - or bliss - of God, everything else pales into insignificance. Such is the potency of the bliss that God can bestow. The experience of such bliss is possible when one shuns the enjoyment of the perishable objects of this world and opts for the bliss of God. It is necessary to forsake an object of lesser value to gain the object of greater value.

For example, a man with a copper coin in his hand will lose affection for it when

someone offers him a gold coin in exchange. In the same way, when one realises the bliss related to God, one develops *vairagya* towards all worldly pleasures, and one develops love only from God.

The message is clear: to experience the everlasting bliss of God (gold coin), one has to give up the desire for temporary happiness from materialistic pleasures.

To enjoy the bliss of God, one has to have a clear concept and understanding of His divine nature and form. That is, since God, as the source of infinite bliss, is our life's goal, it stands to reason that one must have as much knowledge and understanding about Him as possible.

Thus, any attempt to enjoy the bliss of God without a proper understanding of His true nature is futile and unproductive. It is like attempting to hit a bull's eye blindfolded and with both hands tied behind one's back! In short, experience of the bliss of God is only possible with a knowledge of His true, divine nature. The desire to claim the highest prizes requires certain sacrifices. Since the ultimate success is of topmost value and more elusive, considerably more effort and sacrifice is needed.

So, the practise of Raja Yoga is the methodical and deep step to find the purpose and to ultimate eternal bliss.

One has to forego the attractions of materialistic happiness. Sincere and persistent efforts in this direction will eventually lead one to experience eternal and infinite bliss. Success comes only to a privileged few and that too, only as a result of continual, sincere efforts and much sacrifice. ■ ■

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karma's judgement, one has to pay the non-negotiable debt for their wrong doings, sooner or later.

(3) Maintain the consciousness of universal brotherhood, since we are all children of one God Father. This consciousness will empower us to forgive others as our siblings. We are also the ancestors, great-great souls, for others, therefore we should forgive them because they are ignorant of both the *karma* philosophy and of the repercussions of their wrong doings.

(4) Cultivate Empathy: Putting ourselves in other's shoe can help us understand their view points.

(5) At this auspicious confluence age, it is our Supreme father, Supreme teacher and Supreme preceptor, God's direction to us is to forgive everyone and so we must forgive them without any second thought.

In a gist, Forgiveness is to accept the wrong as it is, to let it rest in the past, to not dwell on it or relive that pain again and instead of seeking revenge, marching forward with the lessons learnt on the life's journey ahead with a lighter heart filled with goodwill for all. Forgiveness is to take back our power and be responsible for our feelings and to put a firm full stop to the past.

Although easier said than done, **we must forgive for our own physical health, mental peace, emotional well-being, social harmony and spiritual ascension.** Practise forgiveness for the self's Holistic health and soon we'll find that a weight has been lifted off of our shoulders. ■ ■ to err is human but to forgive is divine.

KEEP YOUR AURA CLEAN AND CLEAR

Just as we ensure protection and wellness of our physical body, we also need to take care of our energy body or aura that surrounds our being. Our energy of intentions, thoughts, words, attitudes and behaviours create our aura. Our aura is like a lens through which we perceive our world. It's also like the perfume we wear, radiating to everyone around us. **Holding on to our own negativity or absorbing negativity from people and situations, dirties our aura.** Releasing them cleanses it. Your aura is white and clean, it shines brightly around you and has a footprint of your divinity. Energies from people and situations shouldn't harm you and stain your aura. **Your energy field is stronger than all other energies.** With regular meditation and spiritual study, you can empower your energy field. Your happiness, peace and power are protective shields around it. Keep your aura untouched by lower energies of anger, fear, stress and pain. Rise above them. Do not entangle with other



people's auras. Let what they did in the past or what they are doing today not affect your energy field. It's a part of them, not a part of you.

When someone gets angry at you, do you protect your energy and stay calm? Or do you react, lower your energy and stain your aura? We are responsible for keeping our aura clean, just as we keep our surroundings clean. In all our interactions, let us be the ones to think and respond with stability. Let us see goodness in others and radiate our goodness. This is the easiest way to protect our aura and experience health, happiness and harmony. The emotional clutter of unwanted thoughts, negative emotions, unpleasant memories, unforgiving attitudes and limiting beliefs stain our aura. We need to release them regularly to cleanse it. Remind yourself everyday - My aura is perfectly white. I clean it and strengthen it every day. I am a powerful being. My clean aura helps me experience ever-lasting peace and happiness. ■

(Contd. from page no. 25)

channels and it is possible to get lost in the sorrows they produce.

You cannot say that the adverts are less harmful or less important as it's these that create and fuel people's endless greed.

If you choose not to get a Godly TV and tune in to one of His Channels and pick up His love, peace or bliss, then sooner or later you'll have to run down the fire escape as man's programmes get hot, make you upset, angry and can explode at any time with its provocations or violence and set you on fire.

Those that seek peace and want to lead a life that's always full with the feelings of peace and coolness, then it should be God's TV they watch as it's only this TV that can cool your mind down and make your thinking process slow down and function as it should and when that happens, peace can wrap you in its shawl and take hold of you and later manifest itself naturally into the wider world through your aerial. ■ ■



Haridwar - Inaugurating the 1st World Meditation Day programme are Mahant Raghuveer Das ji, Minister of State Mr Shyamveer Saini, BK Manju, BK Meena, BK Sushil and others.



Bhubaneswar (Unit-9): The 1st World Meditation Day programme is being inaugurated by Mr. Biswa Bhusan Harichandan, former Governor of Chhattisgarh and BK Geeta.



Sambalpur (OD): A programme for Jurists is being inaugurated by Justice Shashikant Mishra, Judge of Odisha High Court, Justice Shatrughan Pujari, Chairperson of Odisha Human Rights Commission, Justice B.D Rathi, BK Lata and BK Parvati.



Bhopal: A Media Conference is being inaugurated by Youth & Sports Minister Mr. Vishwas Sarang, Padma Shri Vijay Shridhar, founder of Sapre Museum, Dr. MS Parmar, former VC of KT Journalism University, Prof Sanjay Dwivedi, former DG of IIMC, BK Shantanu and BK Reena.



Guwahati: Inaugurating the Silver Jubilee Celebration event are Mr. Pradeep K Basumatary, Head of the Guwahati Refinery, Mr. Kanaksen Deka, Editor of Dainik Agradoot, BK Sharda, BK Usha, BK Rukmani and BK Jonali.



Gurugram (ORC): A Seminar for Security Services is being inaugurated by Lt. Gen Raghu Srinivasan, RAF Inspector General Mr Sunil Joon, former Navy Vice Admiral SN Ghormade, BK Shukla, BK Ashok Gaba and others.



Durg (CG): Dy Chief Minister of Chhattisgarh, Mr Arun Sav is being presented a Godly gift by BK Rita and BK Chaitanya Prabha.



Unnao (UP): BK Onkar and BK Kusum are presenting a Godly gift to three times Minister Mr. Bhagwati Prasad during 7 days Happiness & Meditation Shivir.

DO YOU BELIEVE IN GOD? DO YOU FEEL HIS PRESENCE?

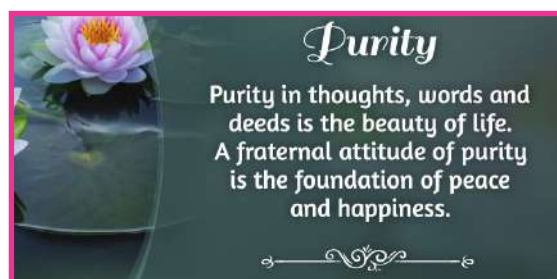
God is our spiritual parent and the Highest spiritual energy in the Universe.

Over many centuries, God has been loved and respected by millions of people all over the world. Yet, some people say that God is a man-made creation and his imagination. Have you ever wondered that you are a spiritual energy and so is everyone in the world? We undergo changes in our personality, depending on our actions. Are we aware that we need to have a spiritual parent who can correct us, when we go wrong and make our personality positive and pure again? **This is God's role in the Universe, to correct us and make us beautiful again.** If He did not exist, we would keep falling down in qualities and powers. So, isn't it wrong to question His presence? He is eternal and so are we and so is our relationship with Him.

Some people feel that human beings created the concept of God so that they would have someone to fear and as a result they would not perform any negative actions. But **God is a merciful parent, not someone to fear.** Some people said that the creation of the world is a completely physical process and God has no role to play in it. On the other hand, some others gave the view that God created the world and human beings. Some people who find the second point of view difficult to believe, shifted to the first point of view. According to spiritual wisdom shared by God, both these ideologies are incorrect. **God has revealed that three**



entities are eternal in the Universe - God, Souls and Nature and all three of them have never been created and will never be destroyed. Out of these three, souls and nature undergo change in their qualities from positive to negative and negative to positive and God is always constant in qualities and transforms souls and nature from negative to positive, whenever they become negative in the process of time. This is a process of spiritual creation or spiritual rejuvenation or making the old new again by God. This is a drama of life which we need to understand deeply and feel God's presence and transform ourselves by connecting with Him, instead of questioning His existence. ■ ■



ENCOURAGE AND APPRECIATE CHILDREN FOR USING VALUES

We need to appreciate children when they bring values in their thoughts, words and actions and show them that values always work. **Every child has a unique set of values and virtues which need to be appreciated and nurtured.** Teach them that values are the biggest and most important success in their lives.

- ▶ Values are more often caught by children rather than being taught to them. When as adults you live values consistently, children absorb them. Display honesty in simple acts like admitting to mistakes, paying taxes, paying fine if you break traffic rules, and so on. Respect family members, friends, neighbours, office colleagues and domestic helps, which children notice.
- ▶ Teach children to meditate every morning and read at least a small paragraph of spiritual content before beginning their day. This will keep them calm and make them emotionally strong. They will take the right



decisions and stick to their values and principles.

- ▶ Prioritise values over academic and other achievements. If children admit to having bunked classes to go for a movie with their friends or making any other mistake, first appreciate them for being honest, and then tell them what they did was not right.
- ▶ Help children create their own value compass. Encourage them to choose any one value and then use it with everyone, everywhere and every time for a week. Ask them to notice how it feels using a value and what benefit it brings. ■



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Rishikesh (UK): On World Meditation Day sitting on the stage are (L-R) BK Sushil, Swami Shivanand, Mahamandaleshwar Karnapal Giri, Swami Ashutosh, Mahant Ravi Prapancharya, Mahamandaleshwar Pranab Chaitanya, BK Manju, Swami Brahmanand, Mahamandaleshwar Swatantra Nand Giri and BK Aarti.



Cuttack (OD): National Jurist Conference is being inaugurated by Mr. Deepak Mishra, former CJI, Justice Shashikant Mishra, Odisha High Court Judge, BK Kamlesh, Justice B.D. Rathi and BK Lata.



San Fernando (Trinidad): During a programme on 'Gratitude and Thanksgiving' Dr Pradeep Rajpurohit, High Commissioner of India to Trinidad is being felicitated by BK Dr Payal.



Shanghai (China): BK Sapna is addressing an event on 1st World Meditation Day at Consulate General of India.



Ulhasnagar (Mah): BK Shivani is addressing a programme on 'Uljhanon se Ujale ki or'. The event was attended by commissioner Ms Indu Jakhar, Mr Mahesh Agarwal, Chairman, Regency Nirman Ltd., Mr. Udhavdas, Chairman, Eagle constructions and many more.



Mumbai (Gamdevi): Renowned Hollywood actor, director and producer Mr. Forest Whitaker is being presented a Godly gift by BK Neha during his visit to BK centre.

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Ooty (TN): H.E. Droupadi Murmu, the President of India is being warmly greeted by Brahma Kumaris family including BK Rajeshwari, BK Rukmani and BK Ganesh.

Gurugram (ORC): 'All India Sadhu Sant Maha Sammelan' is being inaugurated by BK Brijmohan, Swami Dharmadev Ji, Swami Sarvananda Saraswati, BK Asha, Swami Dineshananda, Maharishi Bhrihu Goswami Sushil, Swami Vidyagiri, Acharya Paramananda, Yogiraj Pranav Chaitanya and others.



Vijayawada (AP): BK Mruthyunjaya is meeting with Mr. N. Chandrababu Naidu, Chief Minister of AP . He is accompanied by MLA BK Anjaneyulu, BK Satyanarayan, BK Shivika and BK Padmaja.

Rajnandgaon (CG): After the inauguration of newly constructed 'Gyan Manasarovar', Chief Minister Mr. Vishnu Dev Sai and Assembly Speaker Dr Raman Singh are being presented Godly gift by BK Sharda, BK Hemlata and BK Pushpa.

