

# The World Renewal

Monthly

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PURITY

LOVE

MIGHT

PEACE

MERCY

LIGHT

KNOWLEDGE

BLISS







1) Lucknow : On the occasion of International Yoga Day programme, Mr. Rajnath Singh, Union Home Minister felicitating B.K. Sis. Radha for her services in yoga. 2) Bhubaneswar : B.K. Sisters Leena and Durgesh presenting Godly gift to H.E. Mrs. Draupadi Murmu, Governor of Jharkhand. 3) Gyan Sarovar (Mt. Abu) : Mr. Vijendra, former M.P.; Rajyogini Dadi Ratan Mohini, B.K. Amir Chand, B.K. Prem, Dr. B.D. Patil, former V.C., University of Agriculture Science, Bangalore and B.K. Avtar inaugurating National Conference organised by Social Service Wing. 4) Shanti Sarovar (Raipur) : A programme on International Yoga Day being inaugurated by Dr. Raman Singh, Hon'ble Chief Minister and Mr. Brijmohan Agrawal, Hon'ble Agriculture and Water Resources Minister of Chhattisgarh; B.K. Om Prakash and B.K. Sis. Kamla. 5) Kolkata : Dr. Kiran Bedi, the first lady IPS of India; B.K. Sis. Kanan, Ms. Alokanda Roy, Cultural Icon of Kolkata and a famous dancer; Ms. Anumitra Paul, Fashion Designer; Ms. Manjula Jain, Chairperson, FICCI FLO; Ms. Sunita Kanoria, Vice Chairperson, FICCI inaugurating a programme organised by FICCI. 6) Kochi : A programme on International Yoga Day 'Rajyoga for Healthy and Happy Society' being inaugurated by Justice P.B. Suresh Kumar, Judge, Kerala High Court; Dr. Dilip Kumar, V.C., Kalady Sanskrit University; B.K. Sis. Radha and others. 7) Guwahati (Rupnagar) : A programme on International Yoga Day being inaugurated by B.K. Sisters Jonali, Sheela, Mr. Dhruva Jyoti Saikia, V.C., Cotton College State University; Dr. N.N. Dutta, Director, Down Town Hospital; B.K. Sis. Rani and others. 8) Secunderabad : A programme on International Yoga Day being inaugurated by Mr. Bandaru Dattatreya, Union Minister of State for Labour and Employment; B.K. Sis. Manju, B.K. Ramsloka and others.





# AUSPICIOUS BLESSINGS



**I**t is a matter of great pleasure that The World Renewal magazine that keeps sustaining and inspiring the esteemed readers through its highly elevated spiritual articles and experiences based on the Godly knowledge bestowed by the Ocean of Knowledge – God Shiva and Adi Dev Prajapita Brahma, has completed 45 years of its publication.

Godly knowledge is the light house that bestows liberation



and paves the way for salvation. It clarifies the esoteric and spiritual topics with a view to make the journey of life smooth, happy and memorable. The World Renewal has been successful in discharging this godly responsibility with great efficiency.

May all the Rajyogi brothers and sisters who are serving mankind through this magazine continue to purify the world by disseminating the

divine knowledge! May every nook and corner of the world benefit from the Godly teachings through this magazine!

I congratulate all the brothers and sisters who contribute their articles based on deep and innovative churnings and contemplation of the pearls of Godly Knowledge. I also congratulate all those spiritual servers who are instrumental in its publication including editing, designing, and distribution etc.

May the affectionate readers of The World Renewal experience Purity, Peace, Bliss and Happiness in their lives! May you remain generous-hearted, pious and righteous through inculcation of the Godly knowledge and serve mankind, staying unshakable and firm in all life situations, constantly! May this lovely magazine of BapDada and all of us keep progressing day by day, making this world fragrant through the fragrance of Divine Knowledge!

With best wishes and divine regards  
– **B.K. Janki**

## CONTENTS

- ▶ Auspicious Blessings ..... 3
- ▶ Rajyoga Promises us Good Health for Soul & Body (**Editorial**) ..... 4
- ▶ Some of the Factors that bring Effective Change (**From the mighty pen of Sanjay**) ..... 7
- ▶ A Spiritually Elevated Soul ..... 10
- ▶ Letting Go! ..... 13
- ▶ Nature in Peril ..... 14
- ▶ Proofs of God's repeated Intervention in the History ..... 15
- ▶ Meditation is the Medicine .... 17
- ▶ The Indelible Sweet Memories of Didi Manohini.. ..... 20
- ▶ Letter to the Editor ..... 21
- ▶ Thoughts about thoughts ..... 22
- ▶ I am an Elevated Soul ..... 23
- ▶ Meditation and Benefits.. ..... 24
- ▶ The Eye of Evil or Blessings ... 26
- ▶ Grow Friend, Grow! ..... 28
- ▶ Personality Development Camp for Children ..... 29
- ▶ My Master Dadi Janki ..... 30
- ▶ Your Life, like Your Bottle of Pumpaction Soap, will One Day Run Out and Finish .. 31

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## ***RAJYOGA PROMISES US GOOD HEALTH FOR SOUL & BODY***

**M**editators, Yogis and Spiritualists learn the art of attending to both physical and spiritual facets of human life. Our respected Prime Minister Shri Narendra Modiji, proved himself a worthy catalyst to mobilize about 20 crore people from 192 countries, and a spectrum of colours, religious and socio-economic backgrounds to participate in the first International Yoga Day (IYD) on 21st June 2015, and adopt some form of Yoga in their lives regularly. The Brahma Kumaris received a lovely message in response to the BK activities carried out in Delhi for IYD, where PM Modiji praises Yoga as “*a way of life that is based on oneness and integration*”. It is quite timely that the

monsoon season too is showing us the benefit of ‘being one with nature’. The rains started dramatically in June, and though it has subsided into a lull for a while, most Indian cities are enjoying better weather after a hot summer; flora and fauna are rejuvenated, and people are pleased with the change in atmosphere as well.

On one hand, nature is signalling for us to bond with our innate ‘nature’ of lightness, and work with a fresh outlook, but on the other hand the monsoons mean taking precautions in various areas of life: personal hygiene, travels, diet etc. The Body-Mind-Soul Supplement of the Rajasthan Patrika (5th July 2015) does a brilliant job of sharing valuable advice on the foods/fruits that

should or should not be consumed during the rainy season: mangoes, watermelons, honey melons, green vegetables should be avoided, while black plums (jamun/jambul), bananas, plums, papaya, cherries, pears, apples and pomegranates are highly recommended. The Rajyoga philosophy also encourages us to pay great attention to our diet: an important factor in creating a peaceful and balanced lifestyle. Adopting a vegetarian diet, paying attention to the environment in which we cook our meals and eat our meals, plus other guidelines work powerfully in stabilizing mind and body.

As we talk about oneness, balance and control, it is important to note how different parts of society



are experiencing unpredictable challenges, and see what can be done to ensure that the human family braves through it all. Though all of us are closely connected by technology and science today, however our universe now appears to be a very reactive laboratory of relationships and connections. Unravelling scenes of life are astounding, whether it's scams, or plane and road accidents, or closing of banks, or terrorist attacks, or the nonstop scrutiny of each other's lives, behaviour, choices, tweets, blogs... The speed at which these happenings take place is phenomenal, but sometimes with heart-wrenching results:

- ▶ Actions are not thought through but performed robotically and with less respect for others;
- ▶ Words that were once considered pearls flowing from the lips of the speaker, are now used to disgrace and misjudge, and are

nothing short of daggers that wound deeply;

- ▶ Thoughts that actually have the power to create one's fortune, dispel the darkness of ignorance, and free us from bondages of limited, prejudiced belief systems, are today not given any value or attention. They are easily influenced and channeled by desires, circumstances, misunderstandings, assumptions and the past grievances.

While there are numerous outlets in our society for progress, prosperity, and fulfillment, it would be a shame to work so hard for materialistic comforts and attainments, but not listen to the voice of reason – the inner spirit – that is yearning for a change in consciousness to be able to experience harmony of body, heart and mind, security in relationships/finances, and tangible peace and happiness.

This 'oneness' is indeed the most crucial missing link in our personal make-up and in that of society. The disharmony between humans and nature, humans with each other, and with their individual lifestyle, comes from the lack of understanding of how to balance what we ought to be thinking and feeling, with what we ought to express and bring into action. What is required is to delve deeper into the soul and dissect, refine, and empower the intellect: the seat of wisdom and righteousness within each human being; the soul's decision-making capacity; the faculty that enables us to visualise the unknown and unseen, and experience the strength of divine virtues and powers within the Self, and that of the Supreme Being.

It is time to re-understand what the intellect is, why we have forgotten how to activate and use it, and how the intellect can reinstate within us balance, serenity

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and spiritual power that are our birthright.

The practice of Rajyoga can do all of the above if we just take time to experiment with it. There is a great amount of general knowledge about the worldly intellect but not enough practical experience in taking benefit from it in a spiritual sense. When the intellect is pure (unaffected by the burden of the vices/bad *sanskars* of lust, anger, greed, attachment and ego) and truly loving (disinterested in worldly attractions, and connected regularly to the one Almighty, **Supreme Being**), **it generates power that allows it to:**

- ▶ visualize every human being as a child of God irrespective of caste, gender, physical assets etc.
- ▶ to make accurate decisions at the required time
- ▶ to call on the spiritual powers of discernment,

cooperation, tolerance, adjustment and others when needed and

- ▶ to enhance one's self-respect based on eternal spiritual truths.

This empowered intellect leads to a good attitude, clean and clear vision, positive thinking, words filled with intelligence, humility and truth, and actions that are timely, worthwhile and an inspiration to all.

The elevated versions of Avyakt Bapdada as heard on 28th June 2015 beautifully reminds all those who are deeply engaged in spiritual endeavour why we need to protect and sculpt our intellects every step of the way: *"Just as physical eyes are very important, similarly, each of you children is a light for the world. Without you lights of the world, the world has no value. When you remain stable in the stage of being the lights of the world, the world becomes happy and elevated.*

*When the lights of the world come down from this elevated stage, the world seems tasteless. Therefore, you are the images who support the world. The whole world's stage of ascent is connected with your stage of ascent. Do you move along considering yourself to have this much responsibility? From now on, understand how important your task is and remain constantly ignited (live in the consciousness of being spiritual beings). You can transform the world in a second through your own transformation."*

Let us continue to move along with faith in the intellect that every spiritual effort made to transform the Self with sincerity and in the remembrance of the Supreme, will reap success and contribute towards upliftment of society and our world family.

Om Shanti,  
– **B.K. Nirwair**

¶ From the mighty pen of Sanjay ¶



## SOME OF THE FACTORS THAT BRING EFFECTIVE CHANGE



When we study the history of mankind, especially the history of religion, we find that whenever there was a perceptible change in the lifestyle, behaviour, pattern of thinking or outlook of any sage, seer, devotee, king or sinner, there always were certain factors that caused that transformation to occur and to stay. To whichever land or time that person belonged, the factors responsible for his or her change were almost the same. For the purpose of study of case-histories, if we select ten or twelve people, out of a very long list of the sages, philosophers, kings and criminals, we find that a couple of factors, out of about twenty to thirty factors, worked as a turning point in the lives of these people. We will recount only some of these factors here.

Take the case of Gautam Buddha, the founder of Buddhism. Buddha saw a sick man, an old man and a dead body. Earlier, he had also seen how his cousin had hit a bird with an arrow and had, for his pleasure, caused pain to the bird.

He reflected deeply on these and other scenes of sorrows and sufferings and realised that there were many kinds of sorrows and afflictions in the world. He resolved that he would make all efforts to identify the causes of sufferings and would endeavour to liberate himself from sufferings and let others also benefit by his experience. In order to fulfil his resolve, he made sincere and sustained efforts with great strength of will, facing all difficulties. Thus, the transformation in his life took place by virtue of (1) deep reflection (2) realisation (3) resolve and (4) sincere and sustained efforts in face of all odds.

The same factors were responsible for great transformation in the life of the famous saint Valmiki. His original name was Ratnakar. He used to hide himself in thick forests and rob the way-side travellers. One day, he made an attempt to rob some sadhus or saints (or Narada as some say). The sadhus told him that it was wrong on his part to rob innocent passers-by. He was told that

everyone had to suffer alone for his bad karma and no one from among those, for whose sake a bad karma was done, can rescue the sinner from punishment. It was explained to him that earning livelihood, in this way, for his family was a sin and he would have to suffer for it, and no one of his family would be able to save him from his sad plight nor would any of his family-members, for whose sake he did that vicious action, offer themselves for punishment in his place.

Ratnakar went to his family-members and told them what the Sadhus had said and all told with one voice that they were not responsible for his sinful acts and that it was for him to earn livelihood through clean, honest means. Valmiki had deep reflections on this, realised his mistake and resolved to give up this sinful activity and became a changed person. For this, he sought the advice of those Sadhus. They asked him to recite the sacred name of Rama.

The story says that Valmiki was such an unlettered rustic and dunce that he found it very difficult even to pronounce correctly and repeatedly the name, Rama. The Sadhus then asked him to pronounce the word 'Mara'. He could

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pronounce this word 'Mara' because the word 'Mara' means 'killed' and Ratnakar (Valmiki) had been killing the passers-by who resisted his effort to rob them. By reciting Mara ... mara ... mara..., he could pronounce Rama in a crude way. This sincere and sustained effort brought tremendous change in him and so much did it awaken potentialities in him that he wrote the famous epic, Ramayana, and is considered to be the first Sanskrit poet. It is said that he performed so much penance (*Tapasya*) that the ants built up ant-hills and holes around him. His name was, therefore, changed into Valmiki, which refers to the hills and holes built by ants.

Similarly, Abraham, the saint, mentioned in the Bible, saw that people in his land worshipped idols of deities, considering them as God. He noticed that idols were made by human beings and were, therefore, the creation and not the Creator. He had deep reflection and realised that these idols, who could not protect even themselves, were not God. He, therefore, resolved to discard idol-worship and have faith only in one God, who is Light. He had to face great opposition and was forced to leave his motherland. With the strength of will, he did

not yield to idol-worshippers and made sincere and sustained efforts to become a great saint who is revered by Jews, Christians and Muslims.

Jesus Christ noticed that the worship in synagogues was not bringing any appreciable transformation in the minds of the people. The money-changers and the priests were just doing business. He reflected deeply and realised that the purity of mind and deep faith in God were essential. He, therefore, firmly resolved to practise these in his own life and to inspire others also to pray to God and have purity in life. He was even put on the cross but he did not give up his faith.

King Ashoka reflected over the enormous sufferings, caused by great killings in the Kalinga war, and, realising the futility of lust for more and more territory and indulging in violence, he resolved not only to give up war forever but to preach non-violence to his subjects and to other people, far and wide. He made sincere and sustained efforts in this direction. He built up stone-pillars on which were engraved the teachings of non-violence and compassion.

Tulsidas had so much infatuation for his wife that one mid-night, when she was at her

parent's home; Tulsidas went to be with her without any invitation from or intimation to, his in-laws. He stealthily went to the room where she was sleeping in the dark. She was shocked at this 'adventure' of Tulsidas and said to him: "You have so much love for this body which is but a bundle of flesh and bones! I wish you had, instead, love for Rama, for that would liberate you from the sufferings and from fear of death." Tulsidas reflected deeply on these comments of his wife; he realised his act of foolhardiness and deep attachment and resolved to give up worldly attachments and to become a devotee of Rama. His sustained efforts awakened his great potentialities so much so that he became a great poet and a saint or devotee. He gave up his home and devoted his life to the worship of Rama.

Meera belonged to a rich family and was leading a life of luxury. One day, she saw the idol of Shri Krishna in the hands of a Sadhu who had come to her house to speak to her mother. Meera asked the Sadhu to give the idol to her. The Sadhu gave it to her, saying: "He is Girdhar Gopal. If you like him, you would worship him." Meera's mind was moved by these words of



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the Sadhu. She liked the idol. She had deep reflection and resolved that to love God and to belong to Him was the life worth living. So, from that small age, she began to worship him. She composed metrical rhymes to express her love and longing for Krishna.

Later, she was married to the son of Rana Sanga of Marwar. But, at the time of marriage also she held that idol in her hand and said that she was married to Girdhar Gopal. Her family, friends and in-laws all tried to dissuade her from this, but she had a strong will so much so that even after the death of her husband, she did not give up her love for Girdhar Gopal and her life of deep devotion. She ultimately had to leave the royal mansion and the lifestyle and had to face grave criticism, but she was firm in her resolve, sustained in her efforts and constant in her devotion. These factors brought great transformation in her life so much so that her place among the great and honoured devotees became assured.

Mohandas Karam Chand Gandhi was not great from the beginning of his life. Initially, he was neither a successful lawyer nor a very brilliant person. When he went to England for

education, his mother had asked him to take a vow that he would not touch wine and meat and would lead a chaste life. This firm resolve saved him a number of times from going astray from the set path. Later, when his baggage was thrown out of a moving train on to the platform, in South Africa, he reflected on this sad and humiliating event and realised how degrading it was to be the citizen of a country that was ruled by foreigners. This awakened his self-respect and he resolved firmly that he would spend the rest part of his life for the political freedom of his native land. His sincerity and sustained efforts helped him to face trials and tribulations and ultimately, he succeeded.

These are the examples of only some of the luminaries in the path of devotion which show that reflection, realisation, resolve and sincere and sustained efforts are the ingredients necessary to bring transformation in one's life. We similarly find that almost the same factors caused great transformation in the life of Dada Lekh Raj so that he attained the highest spiritual status of Brahma Baba.

From an early period of his life, he, as a worshipper of the deity, Shri Narayana, had been

having deep reflections and contemplation. Later, he had a number of divine visions. He saw that there were some star-like self-luminous entities which descended from on-high and became manifest in the form of deity, princes and princesses. He also felt the presence of an Incorporeal Being-of-Light who spoke to him (Dada Lekhraj) in a whispering voice: "You have to become an instrument for the creation of this new world."

Dada Lekhraj reflected on this again and again. He asked himself: "Who was He? He was Light; He was Might. He said that a new world order of purity and of divine beings has to be established and that I have to be a divine instrument in this noble task." Dada Lekhraj realised that renunciation of vices was essential to establish the Golden Age or the vice-less world. He, therefore, resolved firmly to be vice-less and pure and to practise soul-consciousness for that purpose. Thereafter, he made sincere and sustained efforts to be pure and to practise meditation as taught by that Incorporeal Being-of-Light, called Shiva, who had now adopted him as a corporeal medium for the revelation of spiritual knowledge and Rajyoga.

*(Contd. on page no. 34)*

*A Tribute to Didi Manmohini*

**A SPIRITUALLY  
ELEVATED SOUL**



– B.K.Ranjit Fuliya, Associate Editor



**Didi Manmohini**

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

**D**idi Manmohini was born and brought up in a well-known family of Hyderabad, Sind. She was married into a reputed family. Dada Lekh Raj, the founder of the Brahma Kumaris organisation was a very famous jeweller of those days and Didi Manmohini's parents had very good relations with Dada. Om Mandali was established in 1937. The newly established spiritual organisation was called Om Mandali, which, is presently known as Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya. Didi was Brahma Baba's relative and her family had great regard for him

for his virtues such as righteousness, charity, compassion and generosity. Brahma Baba was one of the reputed persons of Sind those days. People respected him for his righteous conduct, noble nature and social service.

Though Didi Manmohini was rich, she would spend most of her time in *satsang* and charity. She had immense faith in Hindu scriptures – Gita and Bhagwat which she read as her daily routine. She felt that she herself was a 'gopi', as mentioned in the scriptures. Her mother attended Dada's *satsang*, for the first time after divine descent of Incorporeal God Shiva into his

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

**Steadfast and Firm**

Didi Manmohini's husband was a businessman and he would frequently go abroad for business purpose. Those days,

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

#### **Helper in Establishing a New Social Order**

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

immovable property to the trust of which Didi Manmohini was the founding member. She was a special associate of *yagya* mother Jagdamba Saraswati.

#### **Respect for Godly Versions**

Meeting Didi Manmohini ji in Madhuban always used to be a special experience for the spiritual family. Since Didi took keen interest in the spiritual progress of all the B.K. brothers and sisters, she would invariably meet them while bidding goodbye. She used to enquire about their spiritual efforts at personal level and suggested ways and means to remove the impediments and enhance their stage of soul-consciousness. She would highlight the importance of Godly versions and advised all to lead a yogi life.

#### **Powers to Discern and Cooperate**

Known for her great power of discernment, Didi Manmohini also had other qualities like tirelessness, administrative capability and politeness. When Prajapita Brahma Baba ascended to subtle region, after attaining perfection in his spiritual efforts, on 18th January, 1969, Didi Manmohini and Dadi Prakashmani were appointed to look after the administration of Brahmakumaris organisation,

jointly. The administration of the huge organisation required great coordination and cooperation which was visible to one and all in their administrative decisions and actions. While Dadi Prakashmani used to appear a symbol of love, Didi Manmohini was considered an embodiment of rule of law. The organisation was growing at a fast pace and there were many ticklish and complex issues of the *yagya* which were taken care of by Didi Manmohini. But Didi was a practical person; highly experienced in understanding people's problems and providing them sure and certain solutions. She would instantly create a rapport with whomsoever she met.

#### **Inculcation of Values in Life**

Didi ji sustained the divine family with great love and care. She would discuss the Godly Knowledge and Meditation for benefit of all. Though she showered her motherly love on all, she was also particular that Godly *maryada* or code of conduct is followed by all, in letter and spirit. She would draw personal attention of divine brothers and sisters towards self progress and inspired them to strengthen the foundation of Godly Knowledge and yoga. She



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also laid special emphasis on inculcation of values in practical life.

### **Royalty and Purity**

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

### **Her Affection and Amiable Nature**

I visited Madhuban during summer season of year 1981.

While I was taking leave for returning, Didi gave me a bag having the picture of Shri Krishna printed on it. "Ranjit, you take this bag as a divine gift with you and use it for carrying lunch to office. You should also keep Baba's Murli (divine versions) in it which you should read in the noon. And of course the picture of Shri Krishna will always remind you of your aim and object, i.e., to become a virtuous deity like Shri Krishna", said Didi while presenting godly gift to me. I was really overwhelmed by her hearty wishes, such a divine care and concern. She always used to remind all: "It's time to return home" and "Nothing is mine, everything is Baba's." By Home, she meant the real and original home of all souls, i.e.,

Incorporeal World, *Param Dham* or Soul-World. She always showered spiritual love received from Baba on all souls. She remained unwell for some time but even then she remained in *avyakt* stage most of the time and left her mortal on 28th July, 1983.

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



### **SOFTWARE DEVELOPERS REQUIRED AT SHANTIVAN**

Four Software Developers are required for ConnectOne Software Development Process. Necessary facilities shall be provided. Any brother or sister who has been in connection with BK Centre for at least 2 years.

**Please contact, B.K. Lalit at 09413373440,  
email: trimurtishiva@gmail.com**

# LETTING GO...!

– BK Anupam, Pune

**T**o be peaceful and happy, one has to learn the art of letting go – of the bad memories of the past, the bad feeling of the present and the fears of the future. Not being able to let them go causes pain and suffering not only to ourselves but also to the people who have to put up with us. Be compassionate to yourself, to your family and to your friends.

Train your mind and start letting go of things that cause you pain.

## **The first step to letting go**

Imagine you have got a big backpack on, really heavy. Not full of clothes but full of heavy rocks and you walk on your journey with this, not knowing how to take it off and put it down. You are going to get very tired. You are going to get very sick with no happiness. However beautiful the nature around you might be but you won't be able to enjoy it as you will be bogged down by the burden in your backpack.

Do you feel exhausted? Why? It is because you have

been carrying too many things in the backpack of your mind. Look into that backpack and see what you can throw away. It's amazing if you introspect a little. You will see how many things in the backpack of your mind are worthy of being thrown away. If you throw away all the concerns about your future and regrets about your past, you will feel much lighter. The past is a prison, like a cell with an open door. You can walk out any time you like. But just as people who have been in prison for a long time, get used to the prison cell so much that they find it hard to walk out; we also have trouble leaving our comfort zone, no matter how troublesome it is. But once you do it, you experience freedom and with it the happiness of being free from bondage. So get a rock from the forest, write 'my past' on it and throw it as far as you can. Walk out from the prison of your past. And this is the first step to letting go.

A lot of times, people don't want to let it go as they think

they can learn from the past. However, trying to hold on to the memories of the past will only give you pain. You learn much more from letting go of the past than you do by holding on to it. You have to be free from any unwanted baggage to truly live in the present moment. And it is your present that will create your future. Letting go is never easy but it can surely be done. It requires loads of patience and loads of practice. Letting go is the first thing that meditation helps you with. Convince yourself that you can let go of the past and that it is good to do.

## **Letting go of the fears of the future**

'What would happen' is a question that so often goes on in our minds. And mostly it revolves around our insecurities. What if I lose my job, what if something happens to my spouse, what if I had some debilitating illness and I don't get to know about it, what if, what if, what if? And we start imagining scenarios, horrible ones, scenarios that don't exist, or will never exist. And we begin to experience the pain of something that is not real. Carrying on these insecurities about the future in the backpack of our mind makes the journey of our life fearful, exhausting and tiring. We don't enjoy it anymore; we just go through the

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motions, our daily routines.

**Flash on the time when you were born in this world**

The material possessions and relationships that are at the heart of your insecurities didn't exist for you then. You didn't even recognize anyone, not even your parents. You didn't have a job, a house or a car. None of the relationships existed for you then. You came into this world empty-handed. And you will leave this body empty-handed. In the journey of life you acquired material things, got big designations in your company, forged relationships and started identifying yourself through them. But you lost touch with your real identity, your spiritual-consciousness. You tried to cling onto things and relationships that give you a false sense of security or make you feel worthwhile. But they led to bigger disappointments, more dissatisfaction and greater insecurities. The harder you tried to hold on to the things you considered dear, the greater was the fear of losing them.

To let go of your fears and insecurities about the future, you have to consider yourself as a trustee. Trustee is not just someone who is trusted with taking care of the material possessions and relationships but also the one who is always aware that he doesn't own any of it and thus is not scared of losing anything. Transfer the ownership to the Almighty of everything in your life that you are scared of losing and become a trustee yourself. And you will suddenly find the fears of the future have disappeared from the backpack of your mind. You will feel light and happy and will once again start enjoying the beautiful journey called life.

So, ask yourself – 'Do I wish to continue living in fear or sorrow or do I wish to feel alive again?' Simply let go the pains of the past and the anxieties of the future to enjoy the dreams, the mysteries that are unraveling right now, in this present moment.

**NATURE IN PERIL**

**– Allyosha Balkrishna**

Icy mountains, the ocean green  
Wild thickets with bounties serene  
Meandering rivers, valleys of flowers  
Alluring cascades, mesmerizing  
showers

Colourful butterflies fluttering around  
Nature filled with a peaceful sound  
Chirping of birds, humming of bees  
Their little mansion in majestic trees

Bubbling brooks and flowing streams  
Cuckoo sings and owlet screams  
Nature's beauty all around prevails  
With varied biodiversity it entrails.

Eco balance- the key to one's fate  
We disrupt at a rapid rate  
The bright sunshine, the silvery moon  
Alas! we have to lose all so soon

The global warming, the acid rain  
Appalling pollution gets bounties slain  
Kudos to tribal-the stewards of nature  
While we dwindle nature's stature

A shame for us—an utter disgrace  
Disaster one civilization going to face  
Instead of pooling gold and wealth  
Need is to maintain our planet's  
health.



# PROOFS OF GOD'S REPEATED INTERVENTION IN THE HISTORY

– BK Rose Mary

One of the major reasons why many become materialists or atheists is that they feel God is not intervening either to systematize all the conflicting religions or to stop large scale violence, sufferings, calamities and other untimely deaths.

The very fact that religions teach conflicting views about God shows that such teachings have not originated from God; hence He has nothing to do with them. Similarly, before blaming God for doing nothing to stop the large scale violence and other sufferings on earth, it is better to examine whether human beings have the ability to remove (or at least minimize) the sufferings. Look at their innovating ability—compare all the equipments they have designed with their earlier versions. There has been steady and an amazing improvement in science and technology but it has had its negative effects as well.

Even with all the innovations

and advancements, man has struggled spiritually and has not been able to wipe out the inner sufferings and imperfections related to the seven sins of 'pride, avarice, luxury, wrath, gluttony, envy and sloth'. People are given to sensual pleasures, acquiring bad qualities and ready to cause bloodshed on the score of differences in castes, views, politics, faiths, states or gender.

To put an end to all these evils is beyond the reach of any human being and at this time of extreme unrighteousness, Almighty God intervenes to establish lasting peace on the earth. God's descent uplifts the world. However, God doesn't come in every epoch or age, because the society is constantly declining.

He is the Benevolent Father and so He does intervene when the situation calls for it at the end of Iron Age and creates the Golden Age. God always gives a perfect start to the world when it declines to the lowest ebb.

This would mean there was

Heaven (or Golden Age) on earth sometime back. Interestingly, this fact can be learnt from the meaning of the original name of India, *Bharat*, which is a combination of *Bha* (light or self knowledge) and *rat* (delight, immersed). It implies there was a time when people of *Bharat* were living in true knowledge about themselves, joyfully treating each other as souls in true spirit of universal brotherhood, the result of which was Golden Age. Thus, for half the cycle (2500 years), it was the kingdom of soul-consciousness, figuratively called the kingdom of Rama (*Ra* represents fire or light of self-knowledge and '*Ma*' represents *manas* or the mind which also extends to *atma*, the soul.) Then for the remaining half of the cycle, it is the kingdom of body-consciousness or *Maya*, a period where people leave the UNLIMITED joy of living in soul-consciousness and get tainted by the five vices of lust, anger, greed, attachment and ego

which cause them to go to any extreme. No wonder the very word for the world in some languages is *duniya* (which literally means the world that has become debased/evil). When vices cross all limits, God intervenes and recreates Heaven on earth, which will again deteriorate into Hell in its due course. In other words, Heaven and Hell alternate on earth, like day and night.

If Heaven or Golden Age existed, then there will be proofs for the existence of superior technology used in that period. This explains why we find, in many parts of the world, archaeological wonders which the modern science finds difficult to explain; to mention a few:

- ▶ 5,000-year-old coins that have been found buried in the United States;
- ▶ *The Antikythera* mechanism, an incredibly intricate analogue computer (that belongs to the period of BC) found in a shipwreck near Greece in the year 1900 which is actually a device used to determine the positions of celestial bodies using a mind-bogglingly complex series of bronze gears.
- ▶ Stone disks unearthed in

China, believed to be thousands years old that tell the amazing story of space-ships that crashed into the mountains.

- ▶ Underwater Pyramid in the ruins of megaliths in the so-called Yucatan channel near Cuba.
- ▶ Ancient cave painting from Japan, dated to be more than 5000 BC, showing an ancient rocket ship.
- ▶ *Pumapunku* (Pre-Columbian **archaeological site** in western **Bolivia**, South America), part of a large temple complex which is an example of monumental engineering, with stone blocks on the site weighing up to 400 tons, yet bearing no chisel marks, raising the question what technology they used to cut them and transport.
- ▶ Ancient flying machines
- ▶ A 300 million year old piece of aluminium machinery found in Vladivostok (Russia) which appears to be manufactured.

Thus, it is a fact that there were times in the past when people lived using amazing technologies which the Scientists, who belong to the second half cycle of this Time

Cycle, cannot explain. It was a world of perfection, a world full of joys and happiness. So, when you look around at all the chaos and problems, do not think that God is Merciless or indifferent to the sorrows of this old world. He is working incognito tirelessly to transform the souls and bring back the world of the past. To understand this, we need to have a proper spiritual understanding about the role of The Supreme and the cycle of Drama.

It is a law of nature that what is new becomes old, and what is old becomes new, as shown in the seed-tree cycle. For old world to become new again, external intervention from an entity more powerful than us is required. And as said, God Shiva, the Supreme Seed of humanity is already on the job from the year 1936, raising the consciousness of the souls so as to recreate the Golden Age on earth. (*Gita* 4:7) Hence, the only meaningful activity for anyone now is to benefit from this spiritual enlightenment programme guided directly by God Himself only at this time called Confluence Age (short period between *Kaliyug* and *Satyug*).



# *MEDITATION IS THE MEDICINE*



**–B.K. Banshidhar, Bhubaneswar**

**T**he human body is a wonderful creation of God. It has billion (10<sup>6</sup>) of cells which control the body by performing one lakh of actions and reactions in every minute. In the physical world, we find a specialist for each part of the body separately. Heart specialist is called Cardiologist who takes care to treat heart problems exclusively. Similarly, eye specialist is for eyes, ENT specialist is for ears, nose and throat, Neurologists is for nervous system and brain, Orthopaedic is for bones and paediatrics for children. There are medicine specialists and there are surgeons for operations. There is a huge number of super specialists in renowned corporate and Government hospitals to render critical services. Nowadays, people also have become health conscious and they have annual/monthly budget for every member of the family. As a result, the average life-span of men and women has increased to more than 65 years in India.

It is a good sign that everyone is health conscious.

As per WHO (World Health Organization), “Health is a complete physical, mental and social wellbeing and not merely an absence of disease or infirmity.” Some experts add a 4<sup>th</sup> dimension to the definition, suggesting ‘spiritual well-being’ as an essential condition of human health. Mental health and spiritual health could eliminate about 90% of diseases of human beings. Mental health will give happiness, calmness and cheerfulness as well as self-control to face criticism, anger, fear etc. But spiritual health is related to soul-conscious stage through which one can do meditation and get immense power from The Supreme to eradicate the negativity and almost all diseases

The Government of India and the State Governments are taking keen interest for more health oriented plans. More doctors are being recruited for villages and urban areas. Hospitals and dispensaries are

being sanctioned by the Government for better health. Hospitals and dispensaries are proliferating. Besides, allopathic, ayurvedic, homeopathic and unani treatments are also spreading. There is a huge rush in medical institutions. The private institutions are also taking keen interest to keep public health intact though with heavy expenses on the part of the patients.

It has been analysed that in India, 100 persons are suffering from 200 diseases. It is also reported that about 90% of people are suffering from psychosomatic diseases i.e. the diseases which are caused due to tension/stress in mind. About 70% people are experiencing disturbed sleep or complete sleeplessness. Psychological stresses are caused to the soul due to anxiety, worries, anger and fear. Our heart, brain, lungs, pancreas, stomach, liver and muscles are also subjected to stress due to our irrational thoughts. Our thoughts per minute should be 15 for good health. If it reaches the limit of 30, irritation will come, at 35 per minute, anger is developed and if the number of thoughts touches 45 per minute, depression will occur. Our body has 5 sense organs such as skin, eyes, ears, nose and mouth and





the soul has 3 subtle organs, viz. mind, intellect and propensities (*sanskars*). From copper age, the souls have been degraded to Iron Age due to body, bodily relations, bodily nature and habits and bodily attachment to materials. Non-fulfilment of desire causes anxiety and anger. Man becomes the slave of sense organs. When a desire is fulfilled, another desire sprouts up and day by day man becomes overloaded with so many desires that he does not get a fraction of second to relax or to breathe oxygen. Man is thinking only 5% for present and 95 % for past and future. No time to stand and stare as said by an English poet. Intellect and mind have been degraded due to vices. Anything a man does is stored in the sub-conscious mind which is known as *Chitta*. In sub-conscious mind, the storage of the past sins of 63 births is about 70% to 80% and the vices of this birth are about 15 % totalling 95%. The vices in sub-conscious mind are to be eliminated in this age of confluence. These are the root causes of pain and sorrow for which we have to undergo and to settle through our *karmic* accounts. This is all possible only through meditation. If anything remains unsettled, one

has to face punishment by Dharmaraj. The time is passing so quickly that if one does not do now, one cannot do in future. The time is the strongest force of nature that surely rules nature and human mind. Past, present and future are the three impressions of nature. It rules the past that is why we call it history, it rules the present and we call it development and it is always prepared to rule the future, so we call it vision. We cannot value the importance of time and forget it. But we should remember that present time is a beautiful gift of God so we must do what we want to do at present and remember that **“Lost time never returns again.”** We should not spend time wastefully.

Meditation is a weapon to treat any psychosomatic disease of human soul and may cure the patient even up to 100%. It is a method to communicate with the Supreme Power with deep love. We must know that the soul has got 7 attributes such as **knowledge, purity, peace, love, happiness, bliss and power.** Now all these attributes of the soul have been degraded. So, all the attributes and 8 essential powers required for human life are received from the

Supreme Soul who is the Source of all powers. These can be acquired through meditation. Any discontinuity will cause to deviate from the main source. The basic principle of meditation is being soul-consciousness. The soul is situated between the pituitary gland and the hypothalamus which is near the forehead. As a driver drives the car being seated in the driver’s seat in the front, controls the brake, accelerator, light etc.; likewise the soul being seated near the forehead, controls the functions of the eyes, ears, mouth, hands, legs and skin of the body. The soul in golden age has perfect purity of mind, intellect and propensities which may be called memory or *sanskar*. In silver age, though attributes are reduced by 12.5%, yet no bad attribute makes any effect. The trouble starts from copper age, when the subconscious mind has a file of vices that makes the human being ruled by sense organs and the mind becomes the ruler disregarding the intellect. By the end of the Iron Age, the science has so many wonderful inventions including travelling, material comforts for lavishly living including mobiles, and other means of communications,

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TV, internet and aeroplanes etc. Instead of acquiring divine virtues, people are spending time in comforts, forgetting soul-consciousness. When there is no communion with God, the soul has no power to bear with any problems or face hardships in life which causes tension, which in turn causes various diseases like peptic ulcer, chronic depression and lack of confidence which may lead to convulsions in the body. The meditation gives power to eliminate the vices stored in the subconscious mind, removes diseases of the body, resultantly the soul gets elevated. In meditation, the mind should enjoy a blissful relationship with the Supreme Soul like Father, Mother, Teacher, Preceptor (*Satguru*), Brother, Friend, Lover (*Saajan*), Surgeon and Child. Every relation has its own effect. During meditation if the mind thinks of any bodily relations, it gets distracted from The Almighty Supreme Soul and power inflow gets suffered. In order to get continuous supply of Divine Energy, one must have deep love for and remembrance of The Supreme Father while travelling, strolling and working.

Besides, the knowledge of Drama is very essential. In

Drama, anything may happen, either good or bad. In good thing, one does not get overwhelmed with joy or in bad one does not feel depressed or sorry. Whatever happens is good. This will enable one to attain a better stage in future. The Drama is directed by God and is repeated because God loves the Drama. Everyone who is performing his or her duty is innocent. Everyone plays his or her role to become better in the next stage. So meditation without the knowledge of Drama will not be a perfect one. Continuous meditation will give one continuous power to elevate the stages of soul. It works like a medicine for the soul. Two things are most essential for good meditation to attain good health. (1) Good wishes for everybody, even for an enemy will work like a laser ray and will work like magic during meditation. (2) Love and affection will give the oxygen during meditation which will work wonders.

In Srimad Bhagawat Gita it is stated, "Oh child! one who remembers Me ardently, who loves Me fervently, who gets surrendered to Me completely, and acts only upon My advice "is a "Yogi". We call the Supreme

Father our Supreme Surgeon and if we remember Him firmly and continuously, many diseases like blockage in the artery or any heart disease or even cancer may be cured. Some medicines may be required if the disease is prolonged, but with confidence one can be assured that one can get rid of many severe diseases. If someone is suffering from a disease, minor or major, they should not be discouraged, instead they should have positive thoughts that they would be cured surely and meditate constantly and fervently. After a few days they would be fully cured. They should repeat this with strong determination everyday with the Supreme Father in the morning and evening and within a few days, positive result will come. Besides, the thoughts per minute should be within 8, so that only positive thoughts will be there in the mind and positive thoughts will make the immune system powerful to drive away the fear, anxiety and tensions and make them spiritually healthy.

Let us make a strong belief that 'Meditation' is the medicine through which we can get our lost health back very soon as it gives happiness which is a sure cure for all ailments. ●

# THE INDELIBLE SWEET MEMORIES OF DIDI MANMOHINI



– B.K. Santosh Bhuyan, Shantivan



B.K. Santosh

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

It was my great fortune that

at a very young age, I got a golden opportunity to meet with this noble and elevated soul, way back in 1981-82. My whole family was at Patiala, Punjab at that time. I was in sixth standard then. Didi came to Patiala centre of Brahma Kumaris. After sharing her words of wisdom and conducting meditation, Didi was distributing Rasgullas, a sweet to all the BK students in the class. I loved Rasgullas. I was in queue to receive the sweet from her. When my turn came, I got my Rasgulla from Didi, which I enjoyed very much. I wanted to get one more but then God Shiva's words came in my mind, "Child, it is better to die than to beg anything." Then, Shiv Baba's another *Shrimat* came into my mind, "Stealing is a sin." So, I was in a dilemma as how to get one more Rasgulla. Then, I asked Didi, "Didiji, Baba says that it is better to die than to beg anything." Didi said, "Yes, it is Baba's *shrimat*." Then, I again asked, "Didi, is stealing something also a sin?"

Didi affirmed this also. Then I took one more Rasgulla and ate it and asked her, "But this isn't stealing; is it?" Seeing this all sisters there along with Didi started laughing. Then, Didi held my ear and said, "Taking something without asking is also stealing; this is also a violation of *Shrimat*." Thus, she drew my attention to this very important Godly advice. Then, she gave me one more Rasgulla and I felt very happy and simultaneously learnt a lesson too.

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

## Qualities of Didi

Didi was like a coconut. Even though from outside, she seemed to be rather strict but from inside she was very sweet and loving.



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On the one hand, she was strict in inculcation of disciplines in BK Brothers and sisters as per Godly advice, but on the other hand, she loved the one who loved Godly service, irrespective of the nature of the service. She didn't like the wastage of anything, because everything in this Godly *yagya* whether it is wealth or time, is very important. There is an example in this regard. There was a brother in our headquarters, i.e. Madhuban (Mount Abu), whose service was then of labour class, but he was and is still very hard-working and much disciplined too. Seeing his love and dedication for Godly service, Didi gave him a costly Terri cotton cloth, which was the first Terri-cotton cloth to be given to someone in the *yagya*. This shows her love towards those who had love for the Godly service.

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

## Letter to the Editor

**Dear Editor,**

The cover page of 'The World Renewal', Vol.45, No. 10, April 2015, has an eye-catching portrait of 'A Yogi in a blissful state', a heart touching image.

The Article, 'Universal Religion' states "The real Dharma is one which God Himself establishes at the end of every cycle. Universal Values and Spiritual and Moral Laws taught by The Brahma Kumaris Ishwariya VishwaVidyalaya are an essential gist for all souls in the world. They are the creation of God Himself".

Another masterpiece is 'Indirect proof to Brahma Kumaris Teachings' by B.K. Joseph, Bangalore. In the article, the writer has proved his arguments with various supportive evidences, propounded by self-studies. He has gone in great depth of the subject by showing solid authentic proofs – 'Role of Population growth' and 'Earth's Weakening Magnetic Field'. Bro. Joseph has brought out facts, not revealed to the world so far by his enormous study for the spiritual benefit of the readers of 'The world Renewal'. My honest, sincere and heart-felt thanks to Bro. Joseph! Those who have studied it must have been enriched by his thought power.

There is another enlightening article by BK Lovely from Philippines, who revealed the 'Significance of Lenten Season' ending with the words, 'Righteousness', which is the message behind 'Good Friday.'

'Peace of Mind' by DadiJanki, concluding with her words, 'We are learning how to bring peace of mind to the self and to the world', a thought provoking piece of writing for readers, which makes minds mould to its thoughts.

Last but not the least, I'll fail in my duty if I don't thank Bro. SulabhKhare, Nasik for his wonderful writing under the heading 'Victory over vices through Rajyoga', concluding with the words, "In Brahma Kumaris, we get wonderful Godly Knowledge, which makes us sensible and praise-worthy in all aspects of life."

– **B.K. Ramesh Rao, Thane**

# *SOME THOUGHTS ABOUT THOUGHTS*



– Hari Om Chawla, Rajouri Garden, New Delhi

**T**houghts are the most important attributes of our lives. They are the most powerful energy. Just in a fraction of second, one relaxing thought can fill us with the most positive energy and one negative thought may drain away all energy from us. Therefore it is very important to start your day with a positive thought.

Thinking is a continuous process; we are thinking almost continuously even in sleep.

Our thinking patterns make our personality. We are what our thoughts are! In fact, as BK Shivani repeatedly asserts, thoughts create our destiny as through them permanent impressions are inscribed on our mind. Our each thought influences millions of our body cells and affects the flow of our consciousness. If our thoughts are in harmony with the innate nature of our consciousness, the flow of consciousness is smooth and it makes us feel very light. While negative thoughts can make us ill, positive thoughts can help in the healing process.

We cannot know each other completely because we cannot be aware of others' thoughts. We can know only as much about other persons as it comes out of their words, spoken and written, body movements, facial expressions etc.

In twentieth century, many 'stream of consciousness' novelists, James Joyce, Virginia Woolf, William Faulkner, Samuel Becket etc. tried to delve deep into the minds of their characters through catching up with the flow of thoughts, though apparently unconnected, yet linked with the personality traits.

Some say thoughts are our biggest enemies and thus try to suppress the thoughts. But the more we try to suppress them, the more strength they gather. It is not thoughts; rather it is our attachment to a particular thought that imprisons us. They are like clouds in the sky which come for a time and then go, leaving the sky clear and spotless or like waves in the ocean which rise and fall. However, deep within is the

undisturbed silence where we can see the rich treasures. In meditation, we become aware of our thoughts, but do not attach with them, nor try to stop them.

Thoughts are our creations. We create these thoughts each moment by what we see, hear or read. Each thought that passes through our psyche leaves an impression on it. These impressions assimilating with the previous impressions on our psyche are responsible for the quality of our thoughts. By exposing ourselves to positive environment all the time, reading good stuff, watching good documentaries/movies etc. and being in the company of good people helps creating good thoughts. By being aware of the quality of thought that is passing through our psyche and discarding any waste thought before it makes an impression on it, we help creating positive thoughts. By creating positive thoughts we can create positive feelings too, though positive feelings cannot be created directly.

In Rajyoga meditation, we observe our thoughts objectively. This helps us let go of all the wasteful, negative thoughts and then connect with the core, the inner self. In meditative state, we can create a positive thought,

*(Contd. on page no. 23)*

# I AM AN ELEVATED SOUL



– B.K. Jegasothy, Jaffna, Sri Lanka

**A**ny soul that undergoes renunciation and *tapasya* is an elevated soul. An elevated soul transforms bondage of *karma* into the enjoyment of service. An elevated soul overcomes adverse situations with own stage of stability and remains loving and detached. Such a soul constantly has the awareness of self-respect and specialty of being detached and soul-conscious. The special service of world transformation is brought about by their elevated attitude, words and actions. Even the atmosphere and the elements are changed through their attitude. They, like Brahma Baba, always have a determined thought of being the conquerors of Maya. Their fortress is well fortified with determination, *Shrimat* (Godly advice), purity and knowledge. They bring speciality to every task they perform and are entitled to become masters of the new world.

There are only a few souls in

the new world and it is a limited world. There everything is in plenty and no one has to toil for anything. People enjoy health, wealth, prosperity and happiness. After the first half of the Drama cycle, worship begins, early in the Copper Age. In the Copper Age, devotion is pure and unadulterated and the devotees write scriptures etc., depending on the knowledge of their previous birth. Later on the devotees become corrupt by ignorance and influence of vices. Hence the cycle of sorrow and unhappiness begins. At this time, the Supreme Father comes in the Confluence Age to explain the secrets of the Drama and to salvage the ignorant souls. Souls become pure and farsighted by

**(Contd. from page no. 22)**

just as I am a peaceful, powerful soul. When we become soul-conscious, we can connect with the Supreme Soul, our sweet Shiv Baba!

I am where my thoughts are! If I think about any of you, my mind gets connected with you, even if you are sitting millions of miles away. When we think about God, we can get connected with Him! Awareness is the key to channelise our thoughts. Wherever attention goes, energy flows!

churning the teachings imported by the Ocean of Knowledge. They eat, drink, cook, work and walk in the remembrance of the Divine Father.

The remembrance of the Father is the canopy of protection. An elevated soul always remains under the canopy of protection of the Father and always stays within the line of the code of conduct. He constantly remains powerful with the awareness of being a soul and a child of the Supreme Soul. When one knows who he is deeply, there is self-respect and respect for others and all forms of life.

Such a soul will be a master Bestower who sows seeds of good wishes for all the souls despite the opposition, insults or defamation caused to him. Their humility and altruistic nature help them in becoming effective instruments in God's task of transformation and in creating a New Beautiful World.

An Experience

# RAJYOGA MEDITATION AND BENEFITS

– B.K. Priti, Koramangala, Bangalore

Out of curiosity and unable to fully act on the solutions provided by Sister Shivani in Awakening with Brahma Kumaris, I decided to visit the main centre in Nagpur. With a confused state of mind but holding on to hope, I entered the centre. After taking all the details, I was asked to sit in the Meditation Room for 10 minutes. I was fortunate to be alone in the room. After a second all the misery emerged and I found myself sobbing in front of the picture, seeking answers to my infinite questions.

On my way back, I experienced a deep sense of relief and positivity and felt confident that at last I had reached the right place. A new journey towards Rajyoga Meditation started. I completed their 7-Day course and also began attending *Murli* classes.

During 'the course', I learnt that Yoga is nothing but a relation, a bond, an easy remembrance of our own

Supreme Father. *Murli* is a life-giving herb which purifies and empowers the inner being and fills it with positivity, love, happiness and peace. People say an idea can change your life. For me now it is the right way of life which has brought drastic transformation in my personality and capacity to remain empowered in the midst of worldly situations. Following are some of the benefits which I attained from Rajyoga Meditation:

### **I Am A Stable Soul**

I do remember an instance of attending a function in Journalism where I had to brief on the effectiveness of Crash Course in Journalism. My turn was the last and the speakers covered most of the points so much so that I was left with only a few quotes. I was nervous and scared as the occasion was graced by all the faculties, junior and senior reporters, editors, photographers, etc. from all the leading newspapers.

Immediately, I closed the

notepad and started to repeat, 'I am a peaceful soul; **I AM A STABLE SOUL**'. Finally my turn came and I spoke for 5 minutes. As I finished, there was a brief silence and then the whole room erupted into a big applause. What I spoke nobody had spoken and that had mesmerized all the people present inside the room. The few moments of silence gave me clarity and the confidence to put forth my ideas.

### **Enhanced Self-Esteem**

My daily routine was to attend the *Murli* Class in the morning and meditation after the class. Once I attended a seminar with renowned speakers on HR and their role in Recession. I was quite shaky. During that time, a slogan came in the *Murli* – ***Don't be the one who gets influenced by others but throw the light of knowledge onto others.*** This gave me faith in myself and unlocked the inner creativity which resulted in the composition and publication of an article on 'AWAKENING' for the first time in *The Hitavada* Newspaper (Middle Space). The composition amazed my friends and colleagues as it was an eye opener about how one can get influenced.

After a year, I relocated to Bangalore and continued going to the centre with daily

meditation. It is said that as you stay in the divine company of The Supreme Soul, it fills you with so much power that your waste thoughts easily get transformed into elevated thoughts. I also remember the power of churning points of self-respect in two instances.

**I Am Master Almighty Authority and Always Victorious**

Once I was asked to be a demo speaker (Toastmasters Club for Public Speaking) for the evaluator contest at our Oracle office. I was a bit nervous but I practised the point of self-respect “I AM MASTER ALMIGHTY AUTHORITY” and “I AM ALWAYS VICTORIOUS”, the whole day. When I entered the conference room, I found a feeling of positive energy within myself. I

remember some of the comments of the evaluators:

- ▶ “The speaker has such a high level of positive aura that it enveloped my inner self completely and hence no evaluation was done by me.”
- ▶ “I am empowered by the vibrations of peace, power and love that your presence created in this room.”

**I Am an Essence-full Soul**

Recently I trained some candidates for IIM interviews. When I asked them to start with their introduction part, they got totally confused and were unaware of their strengths and weaknesses. However, I gave them some points to churn like – I am a

powerful soul, I am an essence-full soul—and also gave a brief introduction about our true identity. This true knowledge helped them to realize their original strengths and focus on their improvement areas. They got so much attracted towards the positivity of this new knowledge that they took the 7-Day Rajyoga Meditation course at the nearby centre.

Spiritual attainments are many and methods are very-very easy. The Murli is a mirror to check our words, thoughts, behaviour and attitude. It teaches us the right and accurate actions. Rajyoga Meditation makes our life **FULL AND COMPLETE**. It is just to know from the Ocean of Knowledge what you really are. I would tell the readers that God is offering the treasures of His Divine companionship, so do not miss this Golden Opportunity.

DIAMOND CONSCIOUSNESS	
<p>When you look at the world through your physical eyes, you will see all the facets of our diversity: culture, race, personality, religion and so on. Seeing only through your physical eyes, it is easy to become stubborn and to try to prove yourself right. However where there is stubbornness, there is no love. And trying to prove the self right is equally offensive. A diamond will sparkle even in the dust; you do not ever need to prove that you are right. In the face of the dangers that come from seeing only with the physical eyes, always think: now is the time to go beyond all divisions, beyond all that limits us and our sense of self. Whatever the race, the religion, the class is – our consciousness now has to go beyond all of that.</p>	
DIAMOND CONSCIOUSNESS	



# THE EYE OF EVIL (NAZAR) OR BLESSINGS (VARDAN)



– Yogi Khem Johhoo, Trinidad

The gaze or vision from one's eyes is nothing but the feelings or emotions emanating from one's thoughts created in the mind. The mind, the intellect and the resolves are the three faculties of the soul. The eye is the first window of the soul and its emotions are reflected on the face. If the mind embraces the virtues of love, peace and happiness in its thoughts, the person creates vibrations of blessings in the atmosphere and it brings peace and happiness to everyone who experiences those vibrations. On the other hand, if the mind embraces the vices of lust, anger, greed and arrogance, the vibrations released in the atmosphere are of malice, hatred, envy and jealousy. Therefore, it is the same eye that is capable of giving blessings at one moment and sorrow in another situation. The negative energy vibrations of the soul that can cause harm to a person is called 'nazar'. That person is said to have 'the evil eye.'

## Cultural and Diasporic

This belief exists in just about every culture, but it is more prominent in the Middle Eastern and Asian belt and wherever the Diaspora from these regions migrated. Within the Indian Diaspora, it is referred to as 'najar (nazar) or malju'; in Spanish influence 'mal ojo', French as 'mal yeux', Hebrew as 'Ayin Ha'ra', Turkish as 'Nazar Boncoju', Italian as 'Mal Occhio', Arabic as 'Ayin Harsha', Tamil as 'Kann Drishti' and Romans as 'Oculus Malus' to mention a few.

## The Effects of the Evil Eye

The evil eye is believed to cause harm or discomfort to people, plants, animals as well as inanimate things. The discomfort may come in the form of anything from a minor misfortune to disease, injury or even death. It can destroy the victim's fortune, health, or good looks. Symptoms of illness caused by the evil eye include loss of appetite, nausea, sleepiness, hiccups, vomiting,

fever etc. If the evil eye is cast on a cow, its milk may dry up; if it is a plant or fruit tree, it may suddenly wither and die.

## Nazar from Food

Food display, eating habits and flaunting your good looks as well as boasting of your health, education or other accomplishments are said to be common occasions for attracting najjar or malju. Nazar is more applicable to food and its consumption whereas malju is common to your looks, physique and health although both have the same effects.

## Eating in Company

Some people openly display their food and consume the same in a greedy, ravenous or gluttonous manner. The simple feeling or desire for some of that food emits envious vibrations that affect the atmosphere. The person even before completing the meal feels nauseated and often vomits excessively with a feeling of weakness. That person who is affected by evil eye loses appetite for that particular food and never wants to see that food for a very long time. A simple thing like over piling your plate instead of taking a little at a time can induce nazar. For example, two friends were eating opposite each other at a wedding. About half an hour later, one exclaimed to the other,



“Oh, it’s you; I could not see you behind that plate of food”. For almost a year, the other said he had no appetite for that type of food to the extent that he felt nauseated on seeing such food. In some customs, a morsel of food is left on the plate as a sign of protection. When required to eat in a social setting in the company of others, always take a few moments and give the food the pure vibrations (*drishti*) of blessing in meditative remembrance of God.

#### **Precaution with Children**

Displaying or boasting a baby’s good looks especially if the baby is healthy with a bubbly smile is said to attract a malju. As a precaution, many mothers put a black *tikka* or even a cross with the soot from *diyas* called *kajal* on the forehead or the sole of the foot of the child. In olden days, it was forbidden to even feed children in front of strangers or even neighbours. This would be done in absolute privacy of the mother and the child. In different customs, talismans, amulets and *tabeez* as well as a thread of black beads is worn around the neck or on the wrist. Young boys are dressed with black *kardans* around their waist as they have a tendency to run around without

shirts whereas the girls wear hair clips or hand bracelets.

#### **Precautions from Bad Eye**

The best way and method that people use to deal with evil eye varies with cultures, geographical regions, and personal preference. Amulets made in the shape of an eye and preferably blue are worn to deter the evil eye. Charms, potions, and spells are prepared or garlic with other herbs, are used to deter the evil eye. However, if the concept of evil eye exists, we need to make sure that it doesn’t overpower your intelligence because the less evolved or mature a person is, the less likely he is to assume responsibility for what happens in his life, especially the bad things and more likely it is for them to find some external agency to blame. Sometimes, it is easy for one to blame others or their intentions rather than one’s own carelessness, when one falls sick.

The purpose of this article is not to scare people but to make them realise that it is not just the actions but also the consciousness that affects matter and life in general. As good wishes bring goodness into our lives, bad wishes of others bring harm to us. Life prospers

in loving happy surroundings, whereas it suffers in the opposite atmosphere. Assortment of amulets, hanging of lemons or chillies, approaching priests for worship etc. will not help but it is the understanding that if evil influences harm, then goodness influences protection.

Therefore, the best and most powerful way to fight evil – better than any lemons, black dots, lime, magic rings – is to create a powerful aura of the Almighty, the Supreme Soul God. What is required for this protection is the belief in God and His teachings. Those who follow His *Shrimat* and remain connected to His love and power, create an aura of protection therefore any evil directed at them is reflected back.

#### **Precautionary Methods by Yogis – *Drishti***

Yogis meet and greet others in remembrance of God. In this way their vision is filled with divine love and a spiritual attitude of good wishes and pure feelings that gives an experience of blessings and instant happiness. This vision is called an attitude of good wishes. If one’s *drishti* is not in the remembrance of God and it is based on body-consciousness,

then that *drishti* can be impure and mischievous (kann drishti). It is this mischievous *drishti* that can be termed as an evil-eye for being influenced by the evil spirits of anger, greed, ego, lust and attachment and it can harm the other person.

The practice and custom of a yogi is to be in constant soul-consciousness in constant remembrance of God. This awareness (*Smriti*, i.e. memory) of soul-consciousness becomes his armour of protection from those with impure vision. This is the safest method to protect oneself from evil eyes. Therefore yogis are vigilant and cannot relax their vision.

Their meals are prepared in a meditative atmosphere and they eat in silence in absolute privacy. This method can be adopted by those who want to protect themselves from the evil eyes of others. The key factor to remember is that when in contact or meeting people for the first time, give and take *drishti* in the remembrance of God. God's pure and divine vibrations form a shield around you and nothing evil can enter that sacred atmosphere.

So, even though the concept of *Nazar* does exist, but nothing can replace good common sense and logic and above all if a protection is needed, nothing excels blessings generated by good thoughts and power received through connection with the Supreme. When suffering is great or happens randomly, even the educated tend to become superstitious and waste time on psychics or other mumbo jumbo. However, when in trouble, reflect on the teachings of The Supreme and go for the most and sensible protection – the protection of God Himself. ●

## GROW FRIEND, GROW!

– B.K. Ranjit Fuliya, Associate Editor

I know all you underwent  
Mental turmoil, tension and pain  
Enviros exotic and virulent  
Unsolved queries, tears' rain  
You thought 'life's in vain'.

Let not a mere incident  
Or a word spoken in haste  
Mar the beauty of our amity  
Scar the face of positivity  
Hence knock the doors of sanity.

The footprints of our joint ventures  
Printed on the sands of time  
Commitments to bring a change  
Giving solace to suffering souls  
And help them attain their goals.

Let's waste no more time  
Brooding on past sublime  
Rather take a bold step  
Resolve anew, endeavour fresh  
Taking an uncharted path  
Subduing all anguish and wrath.

Note the newly blossomed zeal  
Intentions to help and heal  
Mend relations with affirmative deal  
Abound all around horizon  
Encompassing the entire environ.

Let's become like Angel or Fairy  
No more turbulence, no more scary  
Destined towards a sheen divine  
Shine in the spiritual glow  
Grow, Friend , Grow!

# **PERSONALITY DEVELOPMENT** **CAMP FOR CHILDREN**

**T**hirty-Ninth All-India Personality Development Camp for Children was held at Shantivan Complex of the Brahma Kumaris organisation from 20th to 26th May 2015. Around 3500 children in the age group 10 to 15 years participated in various intellectual, creative and sports events. This is worth noting that the camp has been organised consecutively for the last 38 years at the BKs international Headquarters, Mount Abu.

While inaugurating the camp, Rajyogini Dadi Ratan Mohini expressed the hope that the participating children would inculcate spiritual education and become a source of inspiration for the coming generation. Padam Shri Dr. Bhaktavatsalam, Chairman, K.G. group of institutions and K.G Hospital, Coimbatore, said that the children are the foundation of a bright tomorrow. Applauding the activities of Brahma Kumaris, he said that the children getting connected with the institution is itself a great achievement and a good sign.

Recalling the achievements of the camps, B.K. Harish Shukla, National Coordinator, Education

Wing, said that the children who attended these camps have been giving their services to the B.K. institution, while some have been contributing in various fields of society. Besides, B.K. Mohini, B.K. Mruthyunjaya and others also enlightened the audience through their inspirational views.

There were various competitions for the participating children such as Essay-Writing, Elocution, Story-Writing, Yoga *Asanas*, Mono-Acting, Singing etc. The sports activities included Musical Chair and Athletics. Rajyoga classes, lectures, meditation etc. were also organised for their spiritual benefit. The winners of the various competitions were given away prizes. The B.K. Centres which got maximum number of prizes in different competitions were also awarded. The children presented beautiful cultural programmes in the evening daily, which enthralled the audience. **B.K. Prashant, Dilshad Colony, Delhi, one of the participants of this Camp shares his experience as under:**

I am a student and have been connected with the Brahma Kumaris for the last eight years.

My participation in the Children Personality Development Camp held at Brahma Kumaris headquarters was a wonderful experience and a good fortune indeed. The camp became more attractive as it was organised at the land of incarnation of Supreme Soul God Shiva.

There were various competitions and spiritual quiz etc., for our holistic development. Many senior BK brothers and sisters empowered us with divine virtues, through their highly elevated spiritual classes. We have certainly been benefitted intellectually, physically and spiritually through this unique camp.

It's a matter of great fortune that the children from our Dilshad Colony centre got an opportunity to present a drama on the present state of India, depicting how Indians in general and the world in particular have been fettered by Maya Ravan and how the most benevolent God Shiva reincarnates from the Supreme Abode and liberates us through His most elevated Godly Knowledge.

We also got a golden opportunity to visit Pandav Bhawan, Mount Abu, the land

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where Prajapita Brahma, the Corporeal Medium of God Shiva performed divine karma and pronounced His words of wisdom through Brahma Baba's lotus-mouth and sustained Godly Children – Brahma Kumars and Kumaris. The experiences of the pilgrimage were highly enthralling. When I was at Baba's room and Baba's hut, I felt as if Shiv Baba through Brahma's angelic form put His hands on my shoulders and said – "Child, don't worry, I'm always there for you." At Shanti Stambh, the memorial of Brahma Baba, a complete spiritual state was felt.

At the end of the one-week camp, the mind and intellect weren't allowing us to leave such a spiritually charged atmosphere. Madhuban is, in fact, the place of incarnation of God Shiva who purifies us souls and thus creates a Paradise on this earth. This Camp has left an indelible imprint on our minds which will always keep inspiring us to accelerate our spiritual efforts to the level of being perfect and complete. We have firm faith that the camp will continue to inspire and motivate the children and further spread the message of incarnation of God and His most elevated Knowledge.

– Prepared by **B.K. Yogesh Kumar**, B.K. Colony, Shantivan

## MY MASTER DADI JANKI

– **B.K. Om Prakash Masuriha**, Banda (U.P.)

I accompanied my B.K. spouse to attend The World Peace Conference in Kolkata, India, in 1981. On the occasion, I attentively heard every word of wisdom from several speakers of prominence, but none of their words went through my heart until this aged lady with an angelic radiance took the centre stage.

When the mike was handed over to this white-dressed, short structured thin smiling aged lady, she spoke 'Om Shanti' thrice and there was complete silence and stillness for a very long period of about 6 minutes. This incident struck a close resemblance to the time when Swami Vivekananda spoke at the World Parliament of Religions in Chicago (U.S.A.), 1893 and started his speech with the words, "My Dear Sisters and Brothers of America". Then, the audience (4,000 in Nos.) were moved deeply by his heart touching words, because those words were not simply uttered through mouth but came from the heart and soul of an Indian Yogi, who treated every human being as his real brother and sister.

For my own realization, this aged lady full of spiritual belief was many folds more effective than the Swami Ji. Her powerful presence uplifted the atmosphere and made everything seem so quiet and still. I listened to each and every word of her with full concentration. I learnt that to express our inner qualities, we need to see ourselves as souls. If we see only the soul, we will be able to see everyone with love. Her spoken words transformed my life completely.

In her 20 minutes lecture, she said, "I see God as I am seeing you and if you really want to meet Him then come with me and do the experiment". Her sense of being, struck a chord with me and her inspirational words still resonate in my heart. I was astonished and thought, "Is it really possible to see God?" Because she had just invited the crowd of 15, 000 to come and seek the truth and meet God at that moment, I felt, she is the right person, who is worthy of becoming my master, someone who can guide me on this spiritual path. Afterwards, I came to know that she was Dadi Janki, the most stable mind in the world. Dadiji's words of wisdom still inspire me and help me to become a better child of The Supreme Soul.



# YOUR LIFE, LIKE YOUR BOTTLE OF PUMPACTION SOAP, WILL ONE DAY RUN OUT AND FINISH

(God – The Stop Cop, and Exquisite Parking to Recharging whilst Travelling to Kentucky. Do You Travel with God in Your Mind or a Bar of Chocolate in Your Bag?)



– B.K. David, Paignton, England

**Y**ou cannot complain of tiredness if you have spent the day before running around, chasing your tail in pursuit of material gains, sensual pleasures and alike. People should not complain how tired they are and how unhappy they feel but many do moan constantly as they are oblivious to the folly of their chase. People today live their lives like a hamster on a treadmill where they are busy yet get nowhere. People make much effort and really get nowhere and use up their precious energy chasing the objects, which if acquired, will cause them sorrow in the long run. People in their pursuit of happiness end up stepping constantly further back from the happiness they crave for.

## **Which happiness do you prefer?**

There are two kinds of happiness: fleeting moments of happiness that most chase after and which lasts no more than 10 to 15 minutes a day, and the other

happiness, based and gained not from objects, materialism or temporary pleasures experienced through your senses, and which can be called ‘true happiness’, and which can last all day long, or a lifetime. This true happiness requires a person to lead a truthful life putting the soul first and is geared around ‘sharing rather than acquiring’ in order to achieve a sense of fulfilment in one’s daily life.

**Do you see yourself, i.e. soul, when looking in the mirror or your face? Only one can be the real you.**

**Which one do you think is the real one? Are you your face or the soul behind it?**

You can never achieve happiness if you have falsehood and the wrong perception of yourself in your mind. You need to get rid of your false identity which is the root cause of your heaviness and unhappiness and develop the true awareness that is the real you, the soul, the

consciousness. We lead a life of mistaken identity to the same extent as a lion who sees himself as a mouse, not realising his powers or his majestic beauty.

**Some dream of exercising, becoming healthy and eating fruit whilst many others dream of making a lot of money and becoming wealthy. In life, people seem to either chase wealth or health.**

Many live their life like the diabetic desiring for chocolate and eat three bars one after the other. The results of not following physical laws are easy to imagine. The end result of not following spiritual laws takes more imagination yet with accurate knowledge and understanding of the soul, God and karma everything can become very clear very quickly. Without self-discipline anyone can and will go downhill. If someone’s dream is not based upon truth and goodness and has that benefit entwined with it,

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when realised, will eventually cause them harm.

**The cat responds to love and care by purring and rolling over on its back but is ever ready to scratch you when you are not kind and loving.**

You should not complain that your car is playing up and not working correctly whilst you are driving down the motorway if the day before, you filled it up and poured orange juice into the fuel tank. Many fill their lives with the wrong fuel and desires that will one day come back to scratch them with the claws of karma that they set in motion and ordered for themselves through ignorance with their wrongdoings or wrong thoughts. Life is like a cat: treat it right and stroke it with love and care and it will pay you back with love and affection. The cat can purr but it also has sharp claws. This secretive cat (karma) of life is not stupid and has greater intelligence than you or I.

**Karma's branches reach far and wide from its tree and spread all over the world and each branch wraps itself tightly or loosely around each person that squeezes or comforts them in its unique way.**

Life has a constant and hidden

law enforcement team called 'Karma' working in the background all the time across the entire world and will strike and arrest whoever they want whenever they want. This team of Karma is above human law as they are the ultimate Law Enforcement Agency. This law of karma has a dedicated Police Force Prison system and Judge to administer its law and give rewards and punishment out as and when it decides. This law of karma is as natural as a tree growing. To argue against the law of karma is to stand under a tree and argue to the tree that it should not grow so slow – or so quick. Then they stand next to the tree and tell it that it grows unnaturally and is wrong to grow as it does. Some will argue at the tree complaining and moaning as the tree goes about its business of growing. This Karma Tree is perfect, natural and just. The wise would sit down under this tree, realise their mistakes and acknowledge them, think and work out a good solution. Then having made peace with God, he would decide sincerely not to make the same mistakes again and move forward in life with a deeper, more spiritual understanding and attitude.

This Tree of Karma is always

justified in its actions or lack of them. All we need is to see the mistakes we have made and pray to God for forgiveness. Constantly remember that this Tree always has God seated high up in its branches looking down on you. God always smiles on us as He loves us unconditionally and understands and accepts us without mistakes. God shows us mercy – for the time being, at least. We need to learn quickly from our mistakes, show wisdom, self-discipline and in so doing, show care for ourselves and the rest of humanity. The world is ignorant of Tree of Karma and carries on regardless of its consequences, until the time comes to pay off the debts.

**Is your life like that of a 'Parachute Jumping Convention' for those scared of flying?**

Do you turn away your ears from truth or are you just hard of hearing? Does the uncertainty of truth scare you or are you more comfortable with falsehood and deception? Truth at any time in any place in any situation is always truth. People will often try and bend the truth either in ignorance or for self-gain.

Many a flight arrives safely but not all of them. Nothing is



guaranteed in life today, other than the eternal truths of life. Eternal truths are always eternal and true. Nothing and no one can ever change these truths. No religion or person or philosophy can ever change the eternal truth of God, His teachings of the soul, karma, our home, the cycle of life, and what is right and wrong.

**I so need the smell of sudden India.**

Man has polluted and changed much over thousands of years and now God Himself has come to set the record right and correct and clean up the pollution and misunderstandings that man has created for man. The world is now in total darkness. Who can shine the light of truth in this world of darkness? Some would argue that they get happiness from the light of the sun whilst sunbathing; but then get skin cancer. The partially sighted (the spiritual and truly religious folk) also find it very hard to see where they are going and to be able to see and know with certainty where they have come from. The world's people are all in the same dark room with no power or knowledge as to how to fix the problem or to know where the switch on the wall is

positioned as it is at shoulder height and everyone is disabled and blind and can only crawl on the floor.

No one can walk in true constant happiness without the aid of crutches (vice and bad habits) as all have weak minds, are disabled and limp and crawl in sorrow. This is the world of crawling on the floor begging, hoping, praying for happiness. It is a world of church bells ringing out but all are too busy to hear them, and think that God's bells and the Call to Him are not important. Most treasure their music, phone or own voice far above God's wisdom, silence and pure ways. And those who do listen and admire God and try to follow Him soon get a headache and earache once home.

Our past, future and present – all need clear vision to understand them. The blindness of today is omnipresent and at its best; blurredness will take many to the cliff edge. Everyone today either lives in fear or ignorance. Those unaware of the cliff edge and delicate times they live in are down the pub getting drunk or in bed sleeping their drunkenness off or with their lover or driving their luxury car thinking they are so smart

and have everything worked out and under control and have created and earned a good life for themselves and their family. People are unaware; they either sleep (in ignorance) or drive (after wealth) next to the cliff edge. It is a very slippery surface near the cliff edge and a long way down and very difficult to see where one is going surrounded by the thick mist of vice; let alone turn back and instead follow the elevated Godly path and road to happiness.

**Your life of a million miles and a billion steps and a trillion breaths could end tomorrow – or today!**

You do not automatically get or can claim a refund on your life if you have an early death. You cannot complain to anyone or dispute it. The only person you should complain to is yourself, but it is rather late to do that. The energy of your life eventually ran out and you needed to go on to another place in another body. The only thing anyone can ever do to combat death is to lead a purposeful, happy, peaceful and loving life, each and every day.

**Karma is now a huge ping pong game of give and with much take, big hits, and little love, hiding with**

**hardly any seeking, lies over truth, and either too much or too little sleep when you should be awake.**

A car's life is not infinite and will one day breakdown, wear out and be worth nothing and go to the crusher to be recycled. Each and every life is so valuable, yet after it has ended, the body is useless. A new candle will be lit somewhere else in the world soon after the demise of an extinguished light, and a new light and life shall be born to replace the sorrow and darkness of a departed loving soul who moved on to fulfill a new karma and role within a new family.

Sow the right seeds (thoughts and actions) now and you can sit in the shade of the Karma Tree and eat its many sweet fruits as they drop in your lap and you shall become very strong, happy, healthy and content.

**The trick to success and successful living is to have an addiction to truth.**

We all carry the fruits of karma around with us and as will be our thoughts and actions, so will be the fruit dropped in front of us. Some will have great

fruits to eat; for some, poisonous fruits will land on their path to eat and digest, while others will have to make with only twigs and no fruit on their path of life.

Remember, this Tree of Karma will always respond perfectly to perfect thoughts and actions. It is up to you as to what you think from now on. How mundane, erratic or calm you are and how truthful your thoughts are will determine what the Tree drops on you.

**God's mobile Tree of karma can tap you on your shoulder at any time and contact you by dialling your number on His spiritual mobile phone at any time.**

Is your spiritual mobile phone always charged up? Do you charge it up? Is your phone (soul/mind) often in need of getting charged up? God has your mobile phone number under 'Favourites' and can speed dial you. He is not a white bearded figure sitting in the clouds and giving us joy and sorrow. But He is the Supreme Being of Consciousness who only thinks about your welfare. He is extending His hand to you and all you need is to dial His

number. He is ready to serve you but are you willing to give up life of sorrow? ●

*(Contd. from page no. 9)*

Dada had to face many obstacles, severe criticism and great public opposition. But he carried on his work of self-transformation and world-transformation by means of the divine knowledge revealed by God Shiva through him. By virtue of his deep reflection, full realisation, firm resolve, sincere and sustained efforts to attain spiritual knowledge to practise easy Rajyoga, he was given the appellation, Prajapita Brahma. His self-transformation inspired many others to transform themselves and to attain inner peace the way he had done. Those hundreds and thousands of Brahma Kumaris and Brahma Kumars, who are making efforts for self-transformation on these lines, are living examples unto others. Their spiritual transformation also has been possible through these factors.

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1) Kathmandu (Nepal) – Mr. Sushil Koirala, Hon'ble P.M. of Nepal being presented a cheque for P.M. Disaster Relief Fund by B.K. Sis. Raj and B.K. Ram Singh on behalf of Brahma Kumaris. 2) Mumbai (Gamdevi) – A programme on International Yoga Day being inaugurated by Ms. Manju Nichani, Principal; Mrs. Madhu Malini, Cine Actress; B.K. Ramesh Shah, Dr. Avdhesh Sharma, B.K. Sis. Niha and others. 3) Itanagar – Mr. Nabam Tuki, Hon'ble Chief Minister of Arunachal Pradesh being given Godly message by B.K. Bro. Shakti, B.K. Sis. Junu and others. 4) Gyan Sarovar (Mt. Abu) – The Conference organised by Women's Wing being inaugurated by B.K. Sisters Sharda, Chakradhari; Ms. Anita Bhadel, Union Minister of State for Women and Child Development; Mrs. Suman Manjari, S.P., Haryana Police and Mrs. Snehal Ambekar, Mumbai Mayor. 5) Nuwara Eliya (Sri Lanka) – H.E. Maithripala Sirisena, President of Sri Lanka being presented Godly gift by B.K. Sis. Kala. 6) Hyderabad (Shanti Sarovar) – A programme on International Yoga Day being inaugurated by B.K. Sis. Kuldeep, Ms. Sunitha Laxma Reddy, former Minister; Dr. P. Raghu, former DG, Income Tax; Mr. Ram, Scientist and others. 7) Nagpur – A programme on Int'l Yoga Day being inaugurated by Mr. Shiva Swaroop, Regional Director, IGNOU; Mr. Satyen Gupta, Architect; B.K. Sis. Pushpa and others. 8) Moscow (Russia) – B.K. Ramlochan, B.K. Suryamani and B.K. Padmanabh from Shantivan along with B.K. Sis. Sudha, B.K. Vijay and others in a group photo at a programme for BKs.





**New Delhi (Siri Fort) :**  
 On the occasion of International Yoga day, 'National Campaign on Rajyoga for Healthy and Happy Life' being launched by Rajyogini Dadi Janki, Rajyogini Dadi Hriday Mohini, Mrs. Kiran Mehra-Kerpelman, Director, UNIC for India and Bhutan, B.K. Sisters Chakradhari, Asha and others.

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**New Delhi :**  
 Mr. Rajnath Singh, Union Home Minister; Sadguru Jaggi Vasudev Maharaj, B.K. Sis. Shivani and other spiritual gurus having spiritual discussion during International Conference on 'Rajyoga for Overall Health' organized at Vigyan Bhawan.

2



**Gyan Sarovar (Mt. Abu) :**  
 The conference organized by Media Wing being inaugurated by Rajyogini Dadi Ratan Mohini, B.K. Om Prakash, B.K. Atam Prakash, Justice C.K. Prasad, Chairman, Press Council of India; Mr. Rajiv Ranjan Nag, Member, Press Council of India; Mr. M.S. Parmar, V.C., Kushabhau Thakre Journalism University; B.K. Sisters Sheilu, Niranjana and others.

3



**Gyan Sarovar (Mt. Abu) :**  
 The Conference organised by Administrative Wing: 'Integrity, Benevolence and Meditation for Good Governance' being inaugurated by Rajyogini Dadi Ratan Mohini, Mr. Karan Dev Kamboj, Minister of State for Transport, Haryana; Mr. J.K. Dadoo, I.A.S. Addl. Secy., Commerce & Industry, Delhi; Mr. Suresh Chandra Panda, I.A.S. (Retd.), Member, Prasar Bharati; B.K. Brij Mohan, B.K. Sisters Asha, Avdhes and others.

4