

The World Renewal

Monthly

Vol. 46, Number 6, December, 2015,
Price Rs. 8.50, Yearly Subscription Rs. 100/-



New Delhi: Rajyogini Dadi Janki, Rajyogini Dadi Hriday Mohini, Swami Sarvanand Saraswati, founder of Int'l Bhajan Sukh Seva Mission; Mr. Firoz Bakht Ahmed, Columnist; Dr. A.K. Merchant, National Trustee, Bahai Community of India; Jain Saint Vivek Muni, B.K. Sis. Asha and others are seated on the dais at Collective Rajyoga Meditation programme organised at India Gate for World Peace.





1. **Mumbai (Sion)**: B.K. Sis. Santosh presenting Godly gift to Mr. Ashok Mehta, former President of Lions International, in the presence of Rajyogini Dadi Janki. 2. **New Delhi**: B.K. Surendra, B.K. Sisters Bhawna and Khyati presenting Godly gift to Mrs. Sonia Gandhi, President, Indian National Congress party. 3. **Shantivan**: A Conference organised by Administrators wing being inaugurated by Mr. Krishna Prasad Dhakal, Dy. Chief of Mission, Nepal Embassy, New Delhi; Dr. Mehul Pandya, Exec. Magistrate, Gandhinagar; B.K. Harish, B.K. Sisters Avdhesh, Asha, Urmil and others. 4. **Balia (UP)**: B.K. Sis. Suman presenting Godly gift to Mr. Suresh Prabhakar Prabhu, Union Minister for Railways. 5. **Chicago (U.S.A)**: B.K. Sis. Binny of Global Hospital, Mt. Abu along with the representatives of various countries at the World Religious Parliament. 6. **Puducherry**: B.K. Sis. Kavita presenting Godly gift to Lt. General (Rtd.) Ajay Kumar Singh, Lt. Governor. 7. **Bengaluru**: B.K. Sisters Bindu, Ambika and BK Venkatesh receiving the award on behalf of Brahma Kumaris for the best stall on 'Yogic Agriculture' at Annual Agriculture Fair – 2015. Mr. G. Sadananda Gowda, Union Law Minister, Mr. Ananth Kumar, Union Minister for Chemical and Fertilizer and Dr. H. Shivanna, V.C., University of Agricultural Sciences are also seen. 8. **Kochi**: A Doctors Conference being inaugurated by Dr. K. Narayanan Kutty, Director of IMA Blood Bank, B.K. Sis. Shivani and others

|| From the mighty pen of Sanjay ||

ATTAINMENT OF PURITY AND PEACE

All sensible persons would admit that every happening in this world has a cause. Whether we know that cause or not, that is a different question. Further, this too, is an established truth that every effect also, in its turn, serves as a cause to another effect independently of whether we have a clear perception of that after-effect or not. So, every incident in the world is a link in the continuous chain of cause and effect. No incident is an isolated event, or a broken link in this chain – this is a self-evident, non-controversial truth.

Karma and its Fruits

With a little variation, this law, when applied to human beings, is called 'the Law of Karma'. According to this law, every act has its effect, which devolves on the doer, sooner or later. Every thought leaves behind itself, a good or bad impression on the mind of the doer and this affects the total nature or disposition of the man. Nature or psyche serves, in its own turn, as the main cause or basis for further acts, which too, entail good or bad result for the doer. In this way, the wheel of cause (psyche), act (conation) and effect (affection) or of personality traits (nature), *Karma* (action) and its Fruit goes on eternally.

The Soul is Eternal

Now, when the soul first took a male or a female body, in a particular family, under particular circumstances (it is immaterial at what point of time it did), it must have done so on the basis of its certain predispositions. Naturally, the birth of a person must have been actuated by his bondage of actions, good or bad. Further, the predisposition must have been the result of certain previous actions. But actions can be performed through the agency of the body. And, the body, as has been said, is also determined by previous actions, Thus, this cycle, viz., birth based on previous resolves, resolves actuating further actions, actions again leaving impressions or resolves and the resolves again determining the next birth,

(Contd. on page no. 33)

CONTENTS

▶ Attainment of Purity & Peace (Mighty Pen)	3
▶ Wrath of Natural Calamities before Christmas (Editorial)	4
▶ Am I free from pulls and attachments?	7
▶ There is strength in Honesty	8
▶ Three Jewels of Spirituality	9
▶ Real Christmas Gifts!	11
▶ The Spiritual Significance of Christmas and Diwali	12
▶ A Wonderful Experience	16
▶ Experiencing God means Experiencing the Truth	17
▶ ...through Gate of Heaven	18
▶ Why this attachment?	19
▶ Bestower of Liberation	20
▶ Brain State Levels & Health	22
▶ Science behind Consciousness	23
▶ Nothing is particularly Hard ...	25
▶ The Last Journey	26
▶ Spiritualise Education in India	27
▶ Christmas Echoes	28
▶ Ancient Indian Rajyoga for Harmony	31

Rates of Subscription for "THE WORLD RENEWAL"

INDIA **FOREIGN**

Annual Rs.100/- Rs. 1000/-
Life Rs.2,000/- Rs. 10,000/-

Subscriptions payable through Money Order/Cash or Demand Draft (In the name of 'The World Renewal') may be sent to:

**Om Shanti Printing Press,
Shantivan-307510,**

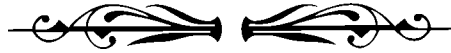
Abu Road, Rajasthan, INDIA.

FOR ONLINE SUBSCRIPTION –

Name of Bank: **State Bank of India**,
Branch: **Shantivan**, IFSC : **SBIN0010638**
Saving Bank A/c No.: **30297656367**

**Inform by phone or email after
remitting money or any other query:**
Mobile: 09414006904, (02974)-228125
Email: omshantipress@bkivv.org

WRATH OF NATURAL CALAMITIES BEFORE CHRISTMAS



Bharat is well known as God's own land, formerly famous for peace, happiness and plenty that reigned for centuries, right from the days of worship-worthy deities until about 1000 years after Christ (AD). The individuals of that era enjoyed lot of peace in personal lives and harmony within society, with plenty of rich resources, agricultural produce, minerals and environmental good. However, during the previous few decades, a lot of upheaval caused by natural calamities has been stabbing humanity in the back... Since the start of the millennium, India has been through a number of catastrophic challenges: Kutch-Bhuj faced a violent earthquake, resulting in heavy loss of lives and destruction of property that required trillions to rebuild the towns, villages and infra-structure.

People had hardly heaved a sigh of relief after that episode,

that the huge Tsunami caused major devastation in 2004; then came heavy rains which resulted in landslides and excessive flooding in Kedarnath/Jammu-Kashmir in 2013, which washed away hundreds of innocent lives in a flash.

The hopeless drought in Marathwada over the last 3-4 years has been playing havoc with the farming community, and bringing disturbing news of suicides by hundreds of farmers. Normally, winter rains are considered to be very auspicious in South India, especially Tamil Nadu, Andhra Pradesh, and Karnataka, however this year, the heavy rains have persisted for over 3 weeks since mid-November, flooding not just the low-lying areas but entire cities and villages. Though the loss of life is within 500 as of early December, the damage to properties and lack of drinking water and food supplies are

gigantic, proving true all the predictions we've been alerted to in the scriptures of all religions.

The irony of fate is that even when the Divine Being's elevated versions have been emphasizing and cautioning us that such happenings will take place from time to time, in different parts of the world, the human memory is very short-lived... People are taken aback by these events that have brought so much suffering. One of the life-saving hospitals in Chennai was invaded by the floods which resulted in the death of a dozen patients in the ICU... One cannot even begin to contemplate the kind of suffering those souls, and their relatives and friends must be experiencing! It's beyond imagination, and unacceptable by scientific-minded people. However, this is the reality and other natural calamities are also on a steep rise, partly created by vehicular and industrial

emissions; the levels of smog in China, the floods in Japan, pollution levels in capital of India, as well as other places, are all a matter of great concern. On one hand, it seems that nature is behaving totally unkindly and aggressively towards humanity, while on the other hand, the civil war in the Middle East, terrorist attacks in various corners, and shoot-outs in different parts of USA are signs of degrading levels of security and safety. The gun and bomb culture has spread rampantly, and created a deep fear psychosis all over the globe.

All the misery and upheaval in the world is because of the ignorance and disbelief in the minds of misguided individuals, who have not only destroyed the core value systems, but also the optimal environment for development and progress. At such overwhelming and challenging times, more and more people are now concerned about their own safety and social peace. Religiousness in the form of rituals, as well as the practice of Meditation, are becoming

more and more popular among the masses. The Brahma Kumaris, considering it to be their spiritual responsibility towards the suffering humanity, have been playing their role of guiding others on the path of Easy Rajyoga Meditation for personal peace of mind, and thereafter to spread vibrations of peace to alleviate the sorrows of the ailing society. It is good fortune that the Brahma Kumaris' spiritual light-houses, Meditation Centres, are spread all over the world. Modern science and technology are also available to contribute towards this noble task of world spiritual service. Television channels like Peace of Mind, God TV, Aastha etc. are playing very important roles in awakening the masses, and developing unity amongst peace-loving, meditation practitioners. The positive, peaceful vibrations created as a result of Collective Meditation sessions on particular days of the month, as well as Mega Meditation Programmes organised in Delhi, Abu, and around 9000 service places worldwide have proved to be

a great panacea to humanity.

Accurate meditation practice based on exactness of knowledge about Self and the Divine, becomes the basis of definite change within the self. When experienced individuals share those vibrations around the world, a new dawn of enlightenment can be ushered in. Through powerful consciousness in meditation, a person can evolve to an elevated stage and emerge the angelic qualities of compassion, lightness, and love for all. We need to remind ourselves of the need of the hour, which is not to allow negativity and pain to weaken our intellects and hearts, but to use our goodness and positive attitude to relieve the suffering of others. Angelic-minded people pay attention to constantly play their wonderful roles at such delicate times of natural disasters and calamities. May all of you continue being angels of hope and strength, worthy of being right hands of the Supreme Father and Mother!

With courage and faith, such enlightened souls move beyond limitations of race,

language, and religion to help billions. One such project that has yielded tireless efforts through the last year: 7 Billion Acts of Goodness has completed about 10,000 programmes in 30 countries! There are already plans to start the New Year with more events in India.

The festive holiday season at the end of year is drawing closer, and people have grand plans to enjoy their time with family and friends in hill-stations/ pilgrimage places. Apart from managing oneself in overcrowded tourist spots, and indulging in rejoicing and external pleasures, it would be

beneficial to remember that the festivals and ending of the year requires meaningful reflection and introspection, as taught to us by the *Rishis* and Meditators of yore. This would enable us to accumulate profound achievements.

Let's hope people all over the world are able to celebrate the festival of Christmas with their near and dear ones in peace and joy. At such glorious moments, the Supreme Being, Supreme Parent of all souls reminds us of the beauty of living in the golden-stage of consciousness: totally free from vices and avarice, completely immersed and coloured by the

powerful vibrations of the Divine which enable us to conquer negativities. This further inspires us to contribute towards the re-building of a world of divinity, where every child, woman and man live with divine qualities, and the five elements too are at peace and always available to sustain the elevated global human family.

May the spirit of the holiday season be invoked to thwart away the tides of misery and sufferings which are visible in every nook and corner of the world!

Om Shanti

– **B.K. Nirwair**

A DIVINE TRIBUTE



With deep feelings from the heart, we condole the passing away of our very dedicated divine brother, B.K. R.S. Bhatnagar, who was the Associate Editor of this spiritual magazine 'The World Renewal'. He got Godly knowledge in 1958 and was fortunate to get divine sustenance of Brahma Baba and Mateshwari Saraswati. He breathed his last on 19th Nov. 2015 at the age of 85.

May Supreme Father, God Shiva, bestow eternal peace and a worthy role on the soul to continue to play a crucial part, with our other divine seniors, who have gone on, in bringing about world transformation on a physical and spiritual level towards the Golden Age – *Satyuga!*

AM I FREE FROM PULLS AND ATTACHMENTS?

– Rajyogini Dadi Janki, The Chief of Brahma Kumaris

Day and night God Shiva is seeing us and we are seeing Him. I ask Shiv Baba, “Do you remember me more or do I remember you more?” Whenever someone tells me that they are intoxicated in the love of Shiv Baba, I feel very happy. Brahma Baba used to call me the ‘*mast faqir*’ (intoxicated beggar). Whenever we are intoxicated, we are carefree. Shiv Baba’s words give us love, peace and happiness and this is why we feel intoxication. Who, apart from God, could make us carefree?

Have you become free from ‘I and mine’? To be free from I and mine means to be free from pulls and attachments. ‘I and mine’ pull the intellect. We have to think about what we need to become and what we actually need to do for that. What should I keep in my mind, my heart and in my behaviour in order to achieve my aim? Whatever is in our hearts and minds, appears on our faces and in our behaviour.

Who can love us as much as Shiv Baba does? He loves us so much in the form of Mother, Father, Teacher and *Satguru*. He is our Teacher and we are

His students. He teaches us everyday. Everyday He tells us what we have to keep in our hearts and how we should be with others. He has made everything clear to us. We have to pay attention to our thoughts, words and actions throughout the day. We need to become detached so that we can remain loving to the Father. We should be able to reciprocate Shiv Baba’s love and it is by paying attention to our thoughts, words and actions so that we may experience and share His love. One must check how much one receives His love... He is watching us all the time; it is up to us to experience it. We feed Shiv Baba and He feeds us. When I come in the gathering, I feel I don’t come alone; I come with Shiv Baba.

Pay attention; your attitude creates your awareness which in turn creates your perception. It is Shiv Baba’s gaze that enables us to be detached from this body and also to have pure spiritual attitude towards others. While looking at me, people shouldn’t notice my name and form. I have to remain as a trustee.

Our aim is not small; as soon



as the Golden Age begins we have to rule. We shouldn’t become part of the subjects. One must pay attention to one’s stage and check it out every day. This is true effort.

Firstly, whatever work one does, one should do it with love. Such deeds will be remembered forever... Secondly, one should do only that one knows to be right. If one feels it is even slightly wrong, one shouldn’t do it. Thirdly, one must keep the aim to become a true Brahmin. I am the mouth born progeny of Brahma. Not that I am the son or daughter of so and so. No, I am the mouth born progeny of Brahma. Only what Baba speaks should be remembered by me, should be absorbed within my heart. There is a rosary and the beads are number-wise...

Shiv Baba has given us the gift to put a point. He is a point and I have to apply a full stop at every moment. I have to become a soul of such quality that undoubtedly I am one of the 108 jewels...

THERE IS STRENGTH IN HONESTY

– B.K. Sujoy , Durgapur (W.B)

“To begin to feel great we need to become more honest – to make what we think, say, feel and do as one. Without this ‘oneness’ in our personal lives, no amount of distracting fun can make us feel good, positive or great. Having honesty means taking responsibility for the way we think, feel and respond to situations and other people. – Dadi Janki

Once, Swami Vivekananda was telling stories to his classmates in the classroom. They were so engulfed that they could not notice that the teacher had come and started teaching. When the teacher noticed the sound of whispering, he shouted, who is talking? The whole class pointed to Swami Vivekananda along with his company. The teacher called them and ordered them to answer questions on what he was teaching. When everyone failed, he asked Swamiji. As Swamiji was a brilliant student, he answered him accurately. The teacher was convinced that Swamiji was listening to the lesson. So, he punished the friends of Swamiji by asking them to stand on the bench. Surprisingly! Swamiji also stood by them. When the teacher asked the reason, he candidly replied that it was he who

insisted his friends to talk so he must be punished along with them. The entire class was impressed by **the strength of honesty** showed by him.

Honesty means to be truthful or free from deceit and pretence. Honesty means to be full of honour, justice, fair play and being upright, candid, ingenuous, serene and honourable. Honesty means to bring our thoughts, words and actions into alignment. There should not be any artificiality. There has to be honesty in our thoughts, words and actions. Honesty with the self, in our words and in relationships is very important. Those with honesty have firmness and strength in their vision, words and actions that is why they neither fluctuate nor waver.

Spirituality and honesty are the integral part of each other. As spirituality means to know

the inner self, honesty means to create a harmony between inner self and truth. Spirituality means to follow one’s conscience while honesty is the guide to reach there. The great modern disease of human consciousness is to look only to the external as a means to achieving happiness and that is mostly full of deceit and dishonesty. The external can contribute, guide and inspire but ultimately life is what we make out of our internal world.

The need of the moment is to have inner strength because external factors are completely beyond our control and leave us often rootless and confused. To get that inner strength, the key word is ‘honesty’ because there cannot be a sense of fulfilment if any artificiality or superficiality is mixed in. Honesty is the spiritual foundation of trust in government, business and industry. Successful organizations make constant and conscious efforts to instil into their people a strong desire to excel in their chosen activities. If one is dishonest with others, it creates an atmosphere of mistrust and subtle tension, thus harming relationships. An honest person is loved by God and his friends, connections and family. Those who are honest and strong, cannot keep their identity incognito, and sparkle like **a diamond or lighthouse**.

(Contd. on page no. 30)

THREE JEWELS OF SPIRITUALITY

[Spirituality is a sure way of advancement in life which is evident from the lives of spiritually elevated persons. Three prominent characteristics of such advancement are Selflessness, Impartiality and Tolerance which are dealt in this article by Associate Editor B.K.Dr. Ranjit Singh Fuliya. We hope that our esteemed readers will get spiritual inspiration from the churnings. – Editor]

Spirituality is about connecting the self with the Supreme Being in the true sense. This is a subtle journey where our physical body lives in the material world and does not undergo any evident journey in the literal sense, but our mind is put to work in such a way that it is led towards happiness and peace. Remaining steadfast on the path of spirituality essentially translates to remaining unbiased in our thinking towards various sorts of groups. When we begin to judge people based on their religion, sect, or other factors, we are essentially giving importance to man-made barriers. This is sure to disrupt our subtle journey.

Only a calm mind with no disturbances can realise the self and the supreme. Even the slightest mental disturbance could deteriorate the strength of spirituality. To always maintain

the beautiful stream of positivity, we need to have three important qualities – Selflessness, Impartiality and Tolerance.

Selflessness

Selflessness gives us positivity from within. Selflessness is the attitude of doing things without expecting anything in return. Selflessness is the state of being unselfish- altruism. It is a stage of not having concern for oneself, especially with regard to fame, position, money, etc. When a person learns to be selfless, he performs noble deeds and all his acts become pure as he is not worried about gaining anything from it. It's a pure action, and does not bind the person to its results. When not bound by the results or achievements of the act, the person is able to act more effectively.

A spiritual aspirant learns to rethink and relearn what he

already knows. He first changes his perspective of the self and the world. When this change is achieved, he is able to act in a selfless manner, as he understands that we are all one. Hanging on to praise, appreciation etc., is superficial. When he realizes this, he is able to work for the well-being of the self and the society, in a selfless manner. Expecting returns after performing an action, and later getting disappointed upon not getting it – these are unnecessary negative vibrations created out of an importance given to the self.

Likewise, trying to impress others with material possessions and fame does not give us freedom, but only makes us part and parcel of the materialistic webs of the world. While we are trying to liberate ourselves from here and connect to the supreme, desire for anything that gives us materialistic/physical happiness is sure to neutralize this process! It is again selflessness that makes connecting to the supreme easier.

Impartiality

Being spiritual requires us to maintain calm in all situations. When we are in a position where nothing 'irritates' or 'offends' us, we are enabled to maintain a constant stream of positive vibrations. When a spiritual aspirant learns to be



selfless, he has brotherly feeling towards every soul. Naturally, then, he also learns to treat everyone equally. He becomes impartial in his thoughts, words and actions. Impartiality can be called fair mindedness. An impartial person takes his decisions in a fair state of mind and is not influenced by bias or prejudice. An impartial person is able to do justice to all his deeds and thoughts.

When we do not have this impartial vision, we tend to magnify all minute differences that exist between people – we end up judging every soul. Being impartial in our vision means we transcend all differences such as abilities, language, colour, caste, creed, habits. Water cannot expect the fire to behave like it. The very identity of water exists in the differences. If we do not accept the differences but expect everyone to belong to the one category labeled in the head, we are sure to fill ourselves with negativity. Such negativity would make us irritated with regard to the actions of others. Again, these are unnecessary negative vibrations that weaken the thread of connection between the self and the supreme.

Every soul, irrespective of its shelter creates vibrations – positive and negative. On this journey of life, we must take

care that negativity from nowhere disturbs us on our path of spirituality. And the best way to protect ourselves from negativity is to be ever positive from within, spread positivity and repel negativity, which will enable us to be selfless and impartial

In ordinary course of events, all of us tend to like someone or dislike others. When we are in a position of authority, our attitude may create a lot of difference in other people's lives. If we are impartial, we see to it that the deserving persons get their due share and they don't face any sort of deprivation due to unfair practices. No organization can flourish if it allows the practices marked by unfairness and partiality. Impartiality hints at the high state of spirituality of the soul; a weak soul can never remain impartial. The acts and performance of an impartial soul leave an imperishable imprint on many a mind and create an environment of fairness, judiciousness, righteousness and equanimity, which take the organization to new heights. **One who is impartial, will become a Marshal.**

Tolerance

Another most important characteristic for spiritual advancement is Tolerance.

There is a very apt and meaningful saying in Hindi: "सहन करने वाले ही शहनशाह बनते हैं"; which means, those who tolerate, become the emperors. An ordinary person may fret and fumble under unfavourable circumstances but a sedate soul manages to stay calm and cool even under adverse and trying situations. The power to tolerate calls for relinquishing the great vice called Arrogance. It is false pride of the self— one's talents and capabilities or one's post, position or possessions which makes one haughty and arrogant. To be able to tolerate, one needs great inner power—the strength of character. It is the virtue to stay positive, hopeful and sympathetic towards other persons, despite various adverse situations.

Tolerance along with Selflessness and Impartiality is the need of the hour. The virtue of tolerance will automatically check ego, anger, greed and other impulsive reactions. Nature treats everybody without any discrimination. There is no ego in nature. A pure person with these three basic qualities can go beyond all sorts of discriminations of body, mind, space and time to rise into eternity on the path of spirituality. Such a human revises

perception of self as well as surrounding world unaffected by adulations. Such conscious enlightened persons treat all living entities with due respect, as equal siblings and attract positive vibrations and at the same time repel negative vibrations to and fro souls around him/her.

When we try to inculcate these three values in our life, we surely feel and experience their positive imprint on our selves as well on other souls around us. This will create a positive and powerful environment at home and at our work places. This will bring subtle change in people around us, which will go a long way in empowering them internally and fill them with godly powers, in a subtle way.

Follow Brahma Baba

Brahma Baba's life was a perfect example of inculcation of these three values which laid a very strong foundation of the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya established by him under the divine directions of Incorporeal God Shiva and this spiritual organization is now working ceaselessly for the welfare of the entire world. Let us therefore follow Brahma Baba and become an instrument in world transformation, through self transformation.

BESTOWING REAL CHRISTMAS GIFTS!

–**B.K. Yogesh Kumar**,
BK Colony, Shantivan

Today's hi-fi Christmas tree lighting beautifully,
The festival inspires us to ignite soul benevolently.
Centuries have gone; the real Santa still far away,
"What a hell-like life it is!" we wonder all the way.

From traditional celebration with carols, prayers and décor,
What we see today– alcoholism with artificial splendour.
Christmas marks the birth anniversary of the great Christ,
The messiah of humanity blessed with a crown of light.

He worked for humanity; praised God as Divine Light.
Immortal are his sacrifices, values, and sacrificial might.
His divine birth to Virgin Mary hailed in the whole world;
Inspired to serve the poor and unprivileged till the end!

The real Santa – God reincarnates from Supreme Abode;
Ignites us souls, subdued lamps with love multi-fold.
Expresses His love through elevated pearls of wisdom,
Empowers us as luckiest, loveliest souls; bestows freedom.

His versions make us worship-worthy for 21 births,
Being obedient children, establish heaven on earth.
At the time of doomsday, reincarnates in Adam, Brahma,
His Godly advice dawns Satyuga with Prince Shri Krishna.

Let's now celebrate the real X-mas – the Big Day,
As Santa God distributes Christmas Gifts in full sway!
Ensures Ever-Health, Wealth and Happiness in Plenty,
The original qualities of soul are Godly gifts so hearty.

Through soul-consciousness and Godly remembrance,
Welcome Heavenly Kingdom and virtuous fragrance!

THE SPIRITUAL SIGNIFICANCE OF CHRISTMAS AND DIWALI



– B.K. Prakash Talathi, Lagos, Nigeria

In this physical world, we all are bodily beings who enact our roles on the world stage, creating a gigantic drama. The actions and interactions of all the actors, the synchronisation of actions and the dialogues with one another make this an interesting drama!

When the soul comes for the first time into this physical world, it comes as a point of light, just a naked point of light. Then the nature gives it a body made-up of five elements. The soul sits in the body, in the center of the forehead and takes charge of the body. Besides the physical body, the soul also has a body of light, which surrounds the physical body of flesh and bones. It is known as astral body. It cannot be seen by the physical eyes. A few gifted souls may see it. It is bright and transparent depending upon the soul's purity. The body or the costume is created by the physical parents from the five elements. So, the body comes from the 'Physical or Corporeal World' and the Soul comes from the Incorporeal

World. Soul doesn't belong to here; it is non-physical or meta-physical. It comes from Paramdham, the Soul World and enters its pre-matured body (embryo) in the womb of its new mother, though no one sees it. The mother feels its presence from the movements within. The soul is 'born' when its body is fully developed in the womb. During the time of its 'stay' in the womb, it gets acclimatized or seasoned with the functioning of various organs and systems. It also settles part of its pending wrong deeds (sins) through mental suffering.

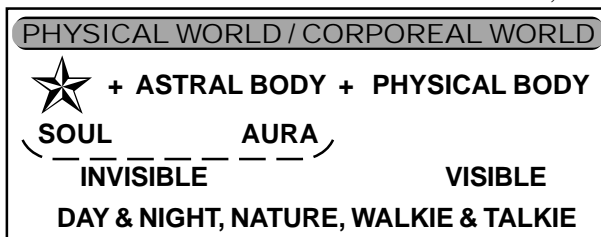
In essence, on this physical or corporeal world, a human-being is a combination of – Soul, the life energy + the physical body + an astral body.

With these three he walks and talks, so we can say, it is a **talkie world**. Here, there is nature of five elements, also the

day and night.

In the cycle of life and death when death occurs, the soul leaves the physical body of flesh and bones, and what remains with him is a body of light i.e. an astral body. In this combination (Soul + Astral Body), the soul remains in the environment of the earth (it is still earth-bound) waiting to take another body. It takes the next body, uses it and when it becomes old and problematic, drops it and goes for another new one. This goes on and on. However, when the cycle of life and death comes to an end and the soul is in its last body, before dropping it, it has to get itself purified; **unless purified, it can't move to the next world – Angelic World.**

Therefore, at the end of the cycle of birth and death, there will be cries of distress, sorrow, sufferings, poverty, blind faith etc. This makes people turn to God, the only saviour, the



purifier. Being the Father, He just can't ignore those cries and remain just an Observer to His children's suffering. Even a worldly father wants his children to be happy, stress and tension-free. Therefore, the Supreme Father descends and starts a process of purification. He explains to His children the two methods of purification –

▶ going through the purification process by self transformation before the end of the cycle of time willingly
OR

▶ Purification by undergoing punishment.

Willing Purification through Self-Transformation

– He sees to it that everyone gets a message that God, whom they were calling out birth after birth, has finally arrived. And, it is time to follow His directions (*shrimat*) and claim the inheritance of purity from Him, which we had lost in the course of our eternal journey. So, all one needs to do is to come and get purified and claim one's inheritance.

Now everything depends upon how one takes the message.

▶ Some people suspect the authenticity of His message as they have seen many Gurus who have claimed that they were God and cheated

them.

▶ Some feel that they are too young to take up the spiritual path and have desire to simply enjoy life. 'When we are old, we will see' is their attitude. As if, they have a guaranteed long life!

▶ Some people feel that they are already enjoying heavenly comforts here. The pull of sensual pleasures is so tempting and powerful that they don't want that to let go of these on the belief of a future heaven. They don't see any sense of leaving these pleasures on future promises. Who knows whether they will be realized! They believe in the saying – 'One in the hand is better than two in the bush!'

▶ Some people, who are open-minded, come forward and listen to what is being offered. They think over it; and if it makes sense to them (as if, an arrow hits the target), they start walking on the path of spirituality. That way they are preparing themselves willingly before end time (*Qayamat* or the day of judgement). As a result, they are purified without punishment.

▶ Those who ignore the message on whatever pretext will naturally continue their old lifestyle of not checking their mistakes and keep committing

the same mistakes repeatedly.

Therefore, at the end of the time-cycle, in order to become pure, they would be left with no other choice but to go through immense suffering. The suffering is actually to make them realize that they should have given up those bad habits/addictions. Without realization, there is no transformation. The realization is possible, through either knowledge or punishment. As they are not open to knowledge, they are punished to bring transformation into them and make them pure.

The advantage of transforming the self into a soul-conscious, virtuous being by following Godly directions (*shrimat*) is that the soul imbibes the virtues and makes them its resolve/personality trait. Therefore, in the births that follow the next cycle of time, that soul would reap the fruit of its purity and virtues in the form of health, wealth, happiness and prosperity.

The souls who get purified by going through 'punishment' in the form of physical and mental suffering, would not be able to imbibe the virtues hence they cannot accumulate the fortune of health, wealth, and happiness to the extent they have

undergone 'punishment'.

II) SUBTLE WORLD:

However, when the soul leaves its last body, it along with its astral body leaves this planet and the universe and continues the upward journey. The soul comes across another world of pleasant white light with a golden

the angels can move freely, they cannot talk, as they are not having the physical body. It is only walkie and not talkie! So, this world is also known as the 'Movie World'.

They have no relation with the soil (body and body-consciousness). So, they are known as **angel**. They have all relations with God. They

upon the purity attained by the soul, it takes a fixed seat, it cannot move from that seat. Therefore, here there is no walkie, no talkie! And total stillness spreads everywhere. Thus, this world can be called as 'Still World'. So, in a glance we can say there is a Talkie world, Movie world and a Still picture. In our physical world too, in old times, cinema progressed from still pictures to silent movies and then to 'talkie'.

tinge to it. It is cool like moonlight. In this world, there is no nature, no mountains, no rivers, no animals and no birds. There, it is just an environment of white light, filled with the vibrations of purity and peace. The entire atmosphere is pleasant and positive. The soul with its body of light can be called a *Farishta* or an angel. The body of the angel is known as the subtle body or the Angelic body. And, this world is known as the Subtle World. The angels are double light as the soul, the spark of light is placed in the body of light. Also, the soul is weightless and in that sense light and also, because the soul is knowledge-full and knowledge is light. The angels do not have any burden of sorrow or fear; hence, they are not heavy but light. Knowledge, Purity, Truth, Love all are light and might. Though

bring God's message to the degraded human beings and hence, are known as 'Guardian Angels'/God's messengers.

III) INCORPOREAL WORLD:

When an angel leaves behind his astral body or an aura of light, what now remains is just an eternal being of light, a self-illuminated, self-radiated point, source of energy. This form is known as 'Bodiless Form' (*Nirakari*). It is also known as the 'Seed form'. The soul ascends in this form towards the sweet Silence home, which is known as the SOUL WORLD.


When the soul enters the soul world, it observes an atmosphere of golden red light. This is a unique colour not seen in the physical world. It is transparent, bright, cool and pleasant environment there.

The soul also senses that the entire environment is charged fully with rich vibrations of Purity, Peace and love. It feels that finally it has come to its own sweet home.

It senses the presence of many sparkling tiny lights who are its brother souls seated in the formation of an inverted tree. It

then goes into a state of deep silent, blissful, sleep, as all

the faculties (mind, intellect and resolve) go into a deep slumber;

SUBTLE WORLD/ANGELIC WORLD	
	+ ASTRAL BODY
WHITE LIGHT, NO NATURE, WALKIE & NO TALKIE	

SOUL WORLD / LAND OF PEACE	
	
GOLDEN RED LIGHT, NO NATURE, NO WALKIE & NO TALKIE	
ABSOLUTE SILENCE : STILLNESS	



this creates absolute stillness. Now imagine what the person sitting on top of the physical world and looking up, would describe the position of God, the Supreme Soul, “the Highest on the high”. That is how in Christianity they call God. Hindus refer to Him as *Oonche te Ooncha* meaning the same.

Now, when it is the last stage in the time cycle, people start calling upon God, ‘Oh, Purifier, come and purify us.’ ‘Hey Bhagwan, take us away from this world of sins’ (*Is pap ki duniya se dur kahi le chal’*), ‘My boat is sinking hey boatman take me to the shore.’

They call the purifier to purify, so He is known as the ‘Purifier’. They also call out to Him to guide them to the land of happiness and purity. So He is also known as the ‘Guide’. Some pray to Him to take their sinking boat to the shore, hence He is called the Boat Man. Therefore, God gets His names based on what He does or what He is.

After God’s task of purification of souls and elements is finished, He takes us back to our original home. When the soul comes to the subtle region and sees angels, it feels something new. When we visit a hill-station and visit various tourist spots, we take a snap, likewise while seeing the subtle

region and the angels, a ‘snap’ is taken (it creates an impact/ impression) and is stored in the sub-conscious mind in its memory. When the soul proceeds again and approaches the home, it sees a world of golden red light with an inverted tree. Being something new, it takes another ‘snap’. Now the soul takes its place on the inverted tree. As a new cycle begins, the soul has to come down again in the cycle. So, it sits there till the time of its entry in the cycle comes.

Significance of Christmas festival:

When the soul descends again in the next cycle (*Kalpa*), the memories of the (inverted) tree with (souls) tiny lights in its home and also that of angels from angelic world are there in its sub-conscious mind. But they get super-imposed, so it brings a tree and decorates it with tiny bulbs with angels hanging over it. **So, Christmas is the festival of the memorial of souls’ sweet Silent Home.** They also place gifts at the foot of the tree

or in the stockings hanging on the tree.

During Christmas: It is commonly known that the Father Christmas descends on the Earth wearing a peculiar red dress with white frill. He enters the houses of His children in the mid-night through a chimney. He doesn’t come empty-handed but brings gifts to his children. All these things have spiritual significance.

Father Christmas, who is commonly known as Santa or Santa clause is none other than BapDada (God and the angel, Brahma). God, lovingly called Baba, the Father, leaves His Supreme Abode and comes to the Angelic World. He then enters in the subtle body of Dada (Brahma). So God, the Father, who comes from the Golden Red elements, combines with Brahma Baba who is an Angel with a body of white light. So, the dress becomes red and the remnant is seen as white frill indicating the combined form of BapDada who is then fondly called as Santa.

God Shiva, the Supreme Father, God, the Ocean of Knowledge and the Purifier, comes in the midnight when there is night of deep ignorance spread all over the humanity and everyone is in deep sleep of ignorance. He

- | SIGNIFICANCE OF FESTIVALS |
|------------------------------|
| 1. DRESS OF FATHER CHRISTMAS |
| 2. COMES IN THE MID-NIGHT |
| 3. THROUGH A CHIMNEY |
| 4. PRESENTS FOR CHILDREN |

comes quietly; no one knows the day and date of His descent, not even Brahma. Therefore, that explains the significance of entering the houses not through the main door or window but through a chimney.

Even a physical father brings sweets, chocolates, ice cream or anything of children's liking, then how can God, the Supreme



Father, the Supreme Soul come without any gift for His children and that too when He comes after 5000 years (the length of one time-cycle)! So, He brings

the gift of Heaven on the palm of His hands with a condition attached to it – in order to claim the inheritance of Heaven, one has to follow His directions. So, it is signified by keeping the gifts under the Christmas tree and/or in the stockings playfully.

The tiny lights on the tree are the souls.

Significance of Deepawali:

When the soul passes through the centre of the inverted tree towards its Seed (Please see picture 4), it observes (rows/columns/files of) sparkling lights around itself. Souls carry this impression and celebrate Deepmala (row of lights), or Diwali festival in this corporeal realm.

On Deepawali, in the evening, if one is walking on the street having houses and shops on both the sides where the lit earthen lamps are put in a row then

whatever experience he gets from this scene is very close to his ascending through sparkling souls to the seed in the inverted tree. So in the memory of its sweet silence home the soul celebrates Diwali. **Hence, Diwali also is a memorial of our Sweet Silence Home, Paramdham.**

Christmas and Diwali – both are festivals of light. After both these festivals, New Year (of New Age) starts. But (karmic) accounts of the souls are required to be settled before the New Age begins. This is the time when the soul gets the Knowledge on how to settle its Karmic accounts through deep remembrance of the Supreme (Yoga). So, let us understand the signals of time, change our consciousness, purify ourselves and claim our inheritance from our beloved Father, Santa Clause.

A WONDERFUL EXPERIENCE

– Harbans Singh, Kurukshetra

To understand and experience Rajyoga has been very easy for me. In Feb. 1984 during taking Rajyoga classes from Sis. Sheilu in the History Hall (Pandav Bhawan, Mt. Abu), the blissful connection with the Supreme was established. The experience of divine connection and meditation and knowledge gave me clear understanding of divine laws of the universe.

Though generally I don't relish alcohol or any other kind of addictions, because of my

political inclinations since student life and social background, I had to accept social drinking.

Listening to Godly versions, called Flute of Knowledge (*Gyan Murlī*) daily has given me much more clarity and courage to introspect and evaluate the spiritual, mental and health effect of even small quantity of alcohol. I have completely stopped accepting or taking alcohol. Since the spiritual bliss is far more refreshing, consistent and everlasting, all other enjoyments cannot match this wonderful enjoyment.

EXPERIENCING GOD MEANS EXPERIENCING THE TRUTH



– B.K. Subramanian, Avadi, Chennai

Rajyoga meditation' taught by the Brahma Kumaris is a great boon and blessing in disguise for those who wish to experience God, the Eternal Truth. This Vidyalyaya is unique and distinct in its name and style, functional disciplines and teachings. Undoubtedly it is a well-known fact that none in the mundane world including the saints, philosophers, scientists or medical experts have an absolute, thorough, profound and perfect knowledge on the under-mentioned theosophical points:

- i) **The Concept of God**
- ii) **The Karma Philosophy**
- iii) **The influence of thoughts over human attitudes**

At this crucial time, it is the Brahma Kumaris Institution that came forward, took up the challenge and made tremendous efforts to probe into the typical concepts of different faiths, beliefs and attitudinal views that man had unwittingly accepted and followed for many decades and centuries together unmindful of the cause and effect of the

actions performed by him. The continuous efforts and constant perseverance in search of God, fetched the truth and revealed the conscientious fact that there exists only one God. The research in this field has further disclosed logic that the role of God in the eternal world drama is also predestined and subtle and has no relevance to the common man's views and ideas about Him.

The stories and tales about the gods and the goddesses in the scriptures, religious books and manuscripts, knowingly or unknowingly, misguided the people to develop superstitious beliefs even to the extent of killing innocent animals like cows, goats, camels etc. to please the images/idols of deities under the pretext that such an act would fetch them some benefits and gains. Many incredible factuality and reality are being brought to light on experimental basis by observing the formulations behind the aforesaid inter-related and co-related subject matters.

As we all know that a man

cannot feel the light and heat impact of the Sun under the canopy of an umbrella or roof or under the shade of a tree; so is the fact that man cannot experience God and the truth so long as he keeps and wears the bumptious masks of caste, creed, colour, faith, language, sex, nationality, socio economic status and above all the façade of body-consciousness. As a matter of fact, people who wish to experience God and Truth must unmask themselves from the above perspectives and step into the realms of spiritual wisdom. The BKS are ever-ready to initiate and instil the Godly way of teaching the 'Rajyoga meditation' into anyone irrespective of their position and status in the Society. The people who listen to the Godly versions and put those principles to practice, will definitely develop a positive outlook and spend the remaining period of their lifetime in a peaceful and worthwhile manner.

Currently, man's life is like that of a spider which gets trapped in the netted filament woven by itself, unable to break through and come out. In the same way, man has been caught hold of by the Karmic bondages created by him by his heterogeneous actions/deeds either in this birth or the previous

ones. God is the only Supreme source for the human beings to liberate themselves from their bondages and redeem themselves of their sins and sinful actions. God Shiva, the Lord of lords and the Supreme Being has descended on to this Corporeal World incognito through an experienced Human medium/Chariot named Pitashri Brahma at the appropriate time in the Confluence Age to perform His indivisible divine acts of (i) Generation (ii) Operation (iii) Destruction.

Generation means transforming a *Shudra* into a Brahmin from a vicious character into a vice-less character and thereby creating a new generation for the new world to come in i.e. *Satyug* or Heaven. Operation means sustenance of the Brahmins so created for spiritual study and service. Destruction means destroying the weaknesses and flaws in man like lust, anger, greed, ego, jealousy etc. through meditation, that is remembering God by linking the soul with the Supreme Soul after apprehending and realizing the Name, Form, Abode and Acts of the Supreme being.

Shiva, our Supreme God Father, through His magical powers of 'Gyan and Yoga' liberates the human beings who are living like spiders and makes them fly freely like butterflies to attain salvation i.e. *Mukti* or Liberation and *Jeevan Mukti* or Liberation in life.

Satyam, Shivam, Sundaram – the *Manmanabhava* Mantra that is; where there is truth (Satyam) there is God (Shivam). Where there is God (Shivam), there is happiness (Sundaram). Is man always happy today? The answer is obviously in the negative. The reason is that there is no tangible truth or real and comprehensive Godly worship. In the Bible there is a saying that 'Death is the wages of the Sin'. What does it mean? All human beings and living beings in this world are mortal and subjected to decay. What is the source and cause behind the mortality and untimely death? What type of lifestyle, temperament and behaviour pattern brought the man down to this mortal and suffering world 'Kaliyug' from the highest peak of immortal world of 'Satyuga'? It could be nothing but the viciousness in man. Rajyoga meditation is the only method that opens up the gates for every man/woman to become a prince/princess and ruler of the new world with double crown.

A VICIOUS MAN CANNOT PASS THROUGH THE GATE OF HEAVEN



– B.K. Datiah, Kalyandurg

In Heaven live the deities, i.e. those who have divinized and purified themselves, so a vicious man cannot pass through the gate of Heaven, as a camel cannot pass through the eye of a needle. Just as a piece of paper gets burnt when the rays of the sun are concentrated or focused on to it by means of a convex lens similarly, vices of a soul get burnt when we concentrate or focus our attention on God, the Sun of Knowledge, i.e. The Supreme Light and Might. This is how the fire of yoga is lit up.

But just as the relationship of a child with his father is based on his experiences and his consciousness of the body likewise, yoga with God is based on the experience of soul consciousness. One needs to contemplate on various qualities of God and different relationships that one can experience with Him—the love of a Mother, the protection of a Father, the guidance of a Teacher or the support of a Friend. An aspirant of yoga should know that in order to proceed further, he has to be soul-conscious because body-consciousness is the root-cause of all vices and weaknesses. Body-consciousness turns us away from God and soul-consciousness brings us closer to God.



WHY THIS ATTACHMENT?



– BK Prof. Ved Guliani, Hisar

Most human beings across the globe, at all times, have believed that their life and fortune are controlled and governed by some unknown and unseen power, which they have called ‘God’, ‘Nature’ etc. In spite of knowing fully well that man is neither the creator nor the controller of the things and the happenings around him, he remains attached to most of them and more so to his own life.

It is often believed that this sense of attachment is caused by his anxiousness to fulfil present and near-future needs. In fact man’s requirements are limited which can be satisfied with a little and tension-free endeavour. But man attempts not only to collect but also to grab and amass everything to the excess.

Ironically, he also knows that he may not be able to use all his accumulated wealth and property. Sometimes his lifespan turns out to be too short while his health and circumstances do not allow him to use and enjoy those luxuries. But with all this knowledge and predicament,

would he let go of all these things? We all know the answer. He rather tries to enjoy his wealth and attainments in a subtle emotional form i.e. he boasts of having amassed all those comforts and wealth not for his own pleasure but for his successors and relatives. But this too is a common experience that during his lifetime, he remains so attached to these things that he would not allow their use even by his near and dear ones, his children, even in times of need.

In other words, man enjoys his attachment to wealth and other things and with these comes his ego and often his right to dictate over the lives of those who may hope to receive something from him in succession.

But it is not just the wealth and property but also the human relations that bind him irretrievably to the material world and life. Often one finds people praying to God for children. He makes offerings at religious places and even undertakes hazardous pilgrimage for the fulfilment of his desires for children, property,

job etc. But once his wishes are granted, he grows so possessive and attached, that the very idea of separation or leaving them agitates him to the bones. He behaves as if he had created or achieved them with his own power and efforts. In no case would he be ready to suffer their loss.

Thus as life moves on, the trap of attachment not only gets thickened but it also becomes vicious and complicated, encouraging further divisions and mutual malice. The pleasant truth of life, if understood and realized, is that human needs at all times and in all spheres are so few that the plentiful natural resources can take care of them. But man’s insatiate quest for luxury and comfort and his yearning for supremacy are so strong that he destroys the very Nature that is the lifeline of human existence. It is not an exaggeration when it is said that ‘Nature has plenty for everyone’s need, but not for anyone’s greed.’ This yearning for ‘more’ pushes man to evil, sin, and even some unimaginable ways of crime.

Is it not ironical that man who fails to protect his own self from the ravages of time and death should be passionately attached to and make all efforts to save and enhance his wealth, property and socio-political status?

BESTOWER OF LIBERATION AND SALVATION



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

The Father has saved us from harm

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

We now know that the vices cause harm. One should become a charitable soul now then one will attain the constant happiness which is the reward



Mateshwari ji

of charitable souls. Only deities are known as charitable souls and great souls. In the present times there is no great soul. They just name themselves as great; but only the deities are called great souls, because both their body and soul are pure. It's only they who have that right, because the soul experiences the reward of constant peace and happiness.

A worldly father can make his children doctors, engineers or barristers but look at this Eternal Father: He is making His children the king of kings, and that too of the Golden age. There is nobody above the Golden-aged emperor. There is

no name or trace of sorrow or disquiet there. Here, if a child becomes a doctor, but thereafter gets some disease which isn't cured even after treatment, what will he do? People will say it is his fate, luck or destiny.

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

Donate Knowledge to the Worthy Ones

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



It is our duty to give to others what we have so that they may also become aware. Otherwise a time may come when people will complain: ‘Oh, you people belonged to our nation, to our caste; you knew that God had come, and that destruction would take place – why didn’t you tell us before?’

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

Constantly Maintain Stage

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

When we go somewhere, we have to get ready in time, isn’t it? We should reach the train before it leaves. Will the train

wait for the passenger? No. The passenger should be at the station in time. This is also like that: we should get ready before time. We should be careful not to miss the train, but to be ready and to reach it before time.

Where will this train go? It will take us to liberation, and liberation in life. Even in worldly life, there are trains which take the passengers to pilgrimages. Now God Shiva has started a train for the real pilgrimage. We have to book the ticket quickly. Otherwise, the booking office will be closed and there will be a board displaying ‘too late’. So never let this happen. We must continue to move forward making best efforts.

Do, Become, and Attain

We need peace and happiness in our life. This will

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

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



RULES FOR HAPPINESS

- ✦ Do not expect anything from anyone.
- ✦ Let go – Do not hold on to any issue.
- ✦ Forget everything Old – Forget the Past – Past is Past
- ✦ Forgive all people unconditionally.
- ✦ Do not try to change others–Let it be. Accept them as they are.
- ✦ Accept Situations, Relations and Work as they are, if you cannot change them.
- ✦ Do not compare yourself with those who are more ‘fortunate’ than you are – Be contented.
- ✦ Always be positive in all situations.
- ✦ Have no regrets for anything that has happened; just learn the lesson that was required.
- ✦ Enjoy each moment of life – Life is Very Very Beautiful.
- ✦ Love all – Life is Very Short.

(From Shivani Bahen Classes)



BRAIN STATE LEVELS AND HEALTH



– Dr. Barkha Pavse, Sanaiya, U.A.E

In the Sweet Remembrance of God Shiva, here I want to give some of the brain state levels achieved through meditation and their effects on human health.

The human brain consists of billions of cells called neurons which communicate with each other through electricity and when these millions of neurons send signals at the same time, a huge amount of electrical activity is produced within the brain. This electrical brain activity is commonly referred to as brain wave pattern.

Electrical activity in the brain undergoes many changes as a result of a person's movements, thoughts and emotions. While there are millions of brain wave combinations, research has categorized them into five general ranges.

ALPHA – brain waves are present while dreaming or meditating and range between 8 and 13 cycles per second.

BETA – brain waves are present during normal awakened state and range between 14 and 30 cycles per second.

THETA – brain waves are

present during restful sleep and meditative sessions and range between 4 and 7 cycles per second.

DELTA – brain waves are present during deep sleep and sessions of deep meditation and range between 1 and 3 cycles.

GAMMA – brain waves are present during critical thinking or problem solving and tend to range between 30 and 60 cycles per second.

Their impact on human health – If a person is in alpha state, he/she will be in relaxed state, free of anxiety. This type of brain wave makes the person more creative, relaxed and clear minded and is good for super sensory ability and higher learning.

Theta waves are considered to be good in relaxed state of mind and the person is good in intuitional qualities and distant healing state.

Delta waves are good for body immune system and also for healing others through distance.

On the other hand, beta and gamma waves weaken the immune system and the person becomes more stressed due to

these waves.

During Rajyoga meditation, a person is able to attain the states of alpha, theta and delta even in awakened state of mind. The knowledge of being a soul helps us to see people and situations in a positive and detached manner. In various situations one thinks, 'I am the actor playing my role through this body. My original nature is peace and I am the child of The Ocean of Peace. My role is to radiate my qualities to others.' This helps us to handle the situations effectively and experience inner calm and peace. Our creativity of mind gets increased, our intuitional senses get activated and the relaxed mind brings our brain wave state in alpha, theta and with more practice till delta state. These states help us to heal ourselves as well as the people around us when they come in our contact. Because the calm and coherent brain wave patters us, our mind displays much more controlling power and our thoughts start getting clear. The positive vibrations radiate from our body and flows to the surroundings and to the whole world.

By remembering God Shiva, we are able to connect with the Supreme source of spiritual energy and achieve these states very quickly. I wish all the souls enjoy the journey of life with good health.

Be Rajyogi; Stay Healthy!

SCIENCE BEHIND CONSCIOUSNESS

– BK Dr. Swapan Rudra, Durgapur (W.B)

Indian philosophical system rightly describes the relationship between body, mind and consciousness and from this intimate relationship we choose to perceive the close link between man, mind and matter. Consciousness refers to one's awareness of his unique thoughts, memories, feelings, and sensation. Matter is nothing but just a tangible perception of the mind which is metaphysical in existence and functions only through human beings. The body is only an instrument through which the sentient being i.e. the soul functions in the form of a point of light. The body is actually the humus part made up of basic five constituents i.e. soil, water, fire, air and sky. If we find the chemical constituents within the physical body, we will get the earth and space bound matter components in various combinations. All the body systems and organs are made up of different types of cells and tissues formed of a variety of proteins. The body as a whole is a complete machinery and functions in a holistic manner

through nerves and hormones, enzymes, and many other biochemical components in blood and tissues. Different biochemical and bio-physical processes are always running within the body to cope up with a lot of external and internal situations. As the body is a temporary living instrument, it can touch, smell and visualize the matter with the help of senses via sensory nerves and respond through motor neurones. Inner or primary sense is being created in the mind; hence the mind can perceive everything without seeing or visualizing. Perception is the special quality of the mind. Mind may be defined as one of the faculties of the soul along with intellect and resolves. Mind and intellect, the subtle faculties of the embodied soul radiate metaphysical energies.

Consciousness is altogether a different kind of existence to which laws of chemistry and physics do not apply. The brain definitely controls the body and its thousand activities, but it is not self-sufficient. The brain is

controlled by the mind for every detail of its functioning. More elaborately, we can say that the brain is the CPU of the body computer and the CPU functions as per its inputs. The body is the hardware, brain is the system software and mind is the application software. Where from these inputs come? All the inputs i.e. life events come through the mind which processes the momentary incidents and places the same before the intellect. Intellect is the decision making faculty. Both the thought process and decision are transferred to the brain through quantum waves of the momentary photon fields. Neuro-scientist Penfield's experiments show that cerebral cortex is not the seat of the mind. A man can live and have consciousness even if he does not have two cerebral hemispheres. Movement of hands does not produce any conscious effects; it is just a mechanical action signalled through motor neurones.

Consciousness and thoughts do not occupy any space, hence are not destroyed by time. The more we think of a concept the more it gets set. Thoughts, ideas, concepts, experience and consciousness are the manifestations of a metaphysical form of energy. The locus of the memories is



between the upper brainstem and the hypothalamus which indicates the presence of an entity there, which is nothing but the soul, the point of light. Outwardly the seat of the soul is between the eyebrows, the point mark of sandal paste or vermilion. It shows that mind, consciousness or soul is located in the hypothalamus, near the upper part of the brainstem which has reticular activating system (RAS). The evidence indicates that the RAS is only an instrument to receive the external stimuli and send the same to the brain in the form of coded electrical impulses and the soul is that conscious entity which takes cognizance of the impulses. The Soul is a non-physical entity which cannot be perceived directly at any of the wave-lengths in the electromagnetic spectrum. Physical parameters such as mass, volume, time, velocity and weight cannot be applied to the soul directly. It has consciousness as its inherent quality. It manifests in various forms such as thoughts, belief, imagination, understanding, will, remembering, learning, intentions, emotions, judgment etc. Chiefly it performs through the mind, intellect,

resolves, memory and emotions. Resolves from its subconscious and supra conscious mind are continuously influencing the thoughts, decisions and emotions. Personality traits are the store house or repertory of thoughts, beliefs, ideas, emotions, desire, will, memory etc. which are actually the stock of different types of energies both positive and negative. Metaphysical energy, manifesting as thoughts, forms a quantum field which has no mass. At micro level, it influences the related nuclei in the hypothalamus which trigger the pituitary or which set up neuro-electrical impulses or photon fields at various organs and tissues. Life goes beyond biochemical and biophysical processes. The state of super consciousness gives a person high ideals, noble goals and positive ideas. Positive actions are the actions done in a state of being soul-conscious which always brings benefit to others.

The clinical tests show a decrease in blood sugar and lactate indicating a lower metabolic rate in the practitioner of Rajyoga Meditation. Practice of meditation brings a soothing

state of consciousness in our mind which works through the hypothalamus and the central nervous system relaxing the muscles and internal organs. Many other diseases like hypertension, peptic ulcers, bronchial asthma, irritable bowel syndrome, ulcerative colitis, rheumatoid arthritis etc. are some of the stress diseases which may easily be removed by meditation. It has been observed that elimination of stress leads to the cure of malignancy. Stress can only be removed by conscious choice of a human being to be free from the stress related factors, whatever they may be. Change of belief system through renovated thought patterns and awareness can change the consciousness, thought necessary for a person. There is an all time ever present cosmic consciousness which may enter the soul through the super conscious mind or higher self. Though the universe is a manifestation of conscious energy field, it is different in different states of consciousness of a human being.

Consciousness is one of the essential attributes of the soul; it may be manifested or may remain dormant. In this sense,

life and consciousness though closely related in the physical system, have two different meanings otherwise. The soul with its consciousness and qualities can exist without a material body, but a material body cannot continue to be a living body without a soul. When the condition of the body comes to such a condition that the essential activities of the soul do not continue in the right manner, the soul quits the body. Where there is highest mentation, there is lowest cerebation and when cerebation is lessened, consciousness is increased so high that the man could see and hear from a great distance. Consciousness is not limited by the brain. Brain can only experience 3D objects whereas outside the body, the

soul can have multi-dimensional experiences and have clairvoyance. The soul can think, feel, remember and learn even without a brain, though brain is a useful instrument for better manifestation through the body. The conscious mind dies when the physical body dies. Only the subconscious and supra-conscious mind survive after

death. The state of consciousness is the product of interaction between mind, intellect and resolve. Science can go a long way behind consciousness, but a moment will come when the true universal consciousness could mould the science, changing the scientific mind to a new and elevated direction.

NO COMPLAINING ZONE

If you approach life complaining about what's missing then you'll be dissatisfied. Satisfaction comes from knowing that things can always be improved but at the same time appreciating what is right in your life, right now.

NOTHING IS PARTICULARLY HARD

— **B.K. Nagraj**, Kazipet (A.P.)

Nothing is particularly hard.
If you divide into small jobs.

Decide upon your major definite purpose in life.
And then organise all your activities around it.

Set clear priorities on everything you do before you begin.
Set an example in everything you do, everyone is watching.

Do what you love to and commit yourself to doing it in an excellent fashion.
Starting and finishing a thing is tedious but it's worth it.

Patience and perseverance is required to overcome obstacles and achieve success.
No one succeeds without effort. Those who succeed owe their success to hard work.

Achieving your goal is not the end; it is beginning to another end.
If you keep going with a definite purpose, you will find the way.

THE LAST JOURNEY

—B.K. Shikha, Pune

What is the most dreaded fear, a fear very deep in our psyche that almost all of us have? No matter how much we deny it, but it refuses to leave us.

It is the fear of death. And how do we define death? Is it simply the process of changing the bodily costume by its owner, the soul, or is it really the painful time that the soul goes through when it leaves the body and acquires the next one?

We, as souls once lived in Heaven or Golden Age or *Satyug*, a world referred to as the World of Eternity (*Amarlok*) or the World of Immortality. Does it mean that no one ever died there? Or does it mean no one ever went through the pain of leaving a body and getting the next one? Changing the costume is a natural process for the soul and is inevitable. One who takes birth has to die one day. But what differentiates the World of Eternity (*Amarlok*) from the World of Death (*Mrityulok*), is the mental state of the soul when it reaches that last moment.

Why does the soul experience pain while leaving the body? Often we spend our lives in a state of amnesia or semi-consciousness. Somewhere inside we know the right and wrong, but we keep suppressing that inner voice. We are driven by superficial gains and by the time we reach our last stage, our balance sheet has more negative than positive. When it's time to leave the body, the soul has a deep realization of everything it did during its life span. It sees the whole life in a flash and if there are bad *karmas*, it experiences deep pain and suffering. Leaving the body and then waiting for the next one becomes a very painful process. And even after getting into the womb, this suffering doesn't end. The Soul experiences the feeling of being in a jail for the period it is in the womb. This is why we often see mothers carrying a child going through intense mood swings and temper tantrums.

The soul is also deeply attached to the belongings, possessions and relations that it

has built during its life span. That is another big cause of suffering. When it's time to leave, we are unable to detach ourselves from what we identify so deeply with. We never realise that one day we will have to leave all these physical belongings and relations and proceed to our next journey. This is like a passenger getting so involved in a side scene that he forgets where he is going and what his destination is. When we leave, the ones we leave behind also remember us with a lot of pain. And the soul catches these vibrations and feels pain.

In *Satyug* or the Golden Age, all the souls have a deep realization of their true identity—that everyone is just a co-actor in this unlimited drama so there is no attachment to anybody or anything. In that age, the soul has a premonition when it's time to leave the body and it happily does so. Everyone around is happy that the soul is getting a new body and the soul is also happy about the next phase of its journey.

This doesn't mean that there is no love for each other. In fact, soul-conscious love is sweeter than the body-conscious love of *Kaliyug*. That love is free from expectations and there is just sharing of happiness with everyone around, including nature. There is no attraction

towards some and repulsion for others. We experience deep peace, happiness and bliss which is our own true nature. This internal blissful state is also manifested in the nature, and everything is beautiful and pure.

Life is an immensely dynamic process and we need to be fully prepared to look out for the changes. When the weathers change, we always prepare in advance for the coming seasons. We don't run to the shop to buy a sweater when it's already cold outside or run to buy an umbrella when it's raining heavily. We are prepared in advance because we know what's coming. Then why not have the same attitude towards the time when we will leave the body. Do we not know that death is as inevitable as the changing weathers? Why not be well prepared for it rather than be taken by surprise and then go through suffering. The way to prepare for that last time is to check every day, 'what it is that I will carry along when I leave this body?' The way we keep an account of our income and expenses, why not also keep an account of our balance sheet of karma. 'Out of all the actions that I did today, how much did I accumulate that will go with me, and how much did I accumulate that will stay behind? If today were my last day, what would I take with me? Am I aware of my unlimited Balance Sheet or am I just carried away by the gross, the materialistic, the temporary and following what everyone else around is running for?'

Let's take a moment to introspect on these questions and prepare ourselves for the last journey of life. Because as is said— if you die before you die then when you die you don't die!

SPIRITUALISE EDUCATION IN INDIA



—**B.K. Pabitra Kr. Patnaik**,
Bellaguntha, Ganjam

Education is not just a philosophy which deals with the teaching and learning process but it is a systematic attempt towards learning basic facts about humanity. Education in the Indian context is about development of character. In ancient past, Indian *Rishis* and Sages saw education as a means to cultivate essential values in the character of the students so that positive attitudes might be sustained and developed. They wrote Epics based on elevated characters like Sri Rama and Sri Krishna which taught about the larger universal values. The main focus of education was to build a value-based culture where trust, respect, honesty, dignity and compassion come naturally. Ancient literature of India also laid emphasis on the development of the mind and empowerment of the soul. In the western world too, education, more or less, dealt with the subject of spirituality and the soul.

However, globalization, rapid industrialization, development of technology and science made man materialistic which degraded the importance of human values and spiritual knowledge. Education today has lost its nobility and value so much so that the focus today is on certificates, diplomas and degrees rather than on building character and morality.

To revive the ancient Indian Education and culture, we need to encourage integration of spirituality and values in the curriculum. We have to modify our school curriculum and include the topics like soul (who am I), knowledge of The Supreme Soul, qualities of soul and eight powers right from the L.K.G., U.K.G., and primary level. It is the time to change from what we are to what we have to become, i.e., divine.



CHRISTMAS ECHOES HUMAN CRAVING FOR LIBERATION!



– **BK Rose Mary**

Christmas comes once a year and it is one of the biggest festive occasions in the world. The very word Christmas carries the thought of celebration. It comes from the old English words *Cristes moesse*, which means ‘festival of Christ.’ Thus the word Christmas points to a time when people feel extremely happy knowing about God’s appointed one (or conduit) through whom He reveals light of knowledge to people which would liberate them from life’s problems.

Just as in any other festive celebrations, in Christmas too, people go on about merry-making and take pleasure in exchange of gifts. They re-enact the scene of Christ’s birth, making crib and displaying symbols such as ever-green tree, cookies, ornaments, wreath, bell, present, bows and ribbon, candle, angel, candy cane, and star. Yet these constitute only the superficial aspects of Christmas. The celebration becomes meaningful and complete only when its essence is remembered. It was not the intention of Christ to

launch one more religion which would later split into thousands of sects with each of them claiming ‘we are the true Church of Christ.’

Christ defined himself as the ‘light that has come into the world’ (John 3:19) and declared: “I am the light of the world.” (John 8:12) He shed light on most important subjects such as God, soul and their relationship, and the secret of happiness. He taught that God is the Supreme Spirit, who is our Heavenly Father, residing in Heaven and He is the source of all good qualities. (John 4:24; Mathew 6:9; Mark 10:18) Jesus was a Jew and his audience too were mostly Jews, hence they were all familiar with their Scriptures (what is now called as Old Testament) which say that there is an ‘eternal spirit’ that resides in each one’s physical body (Ecclesiastes 3:11; 12:7). Hence without elaboration, Christ declared: “Unless a seed falls into earth and dies, it cannot produce any grains,” (John 12:24) making it absolutely clear that physical apparatus of the seed dies but life continues. He further reiterated the immortality

of soul through the famous parable of Lazarus and Rich man, a story which explains how soul continues to exist after the death of one’s physical body and reaps the consequences of its action performed in the present life. (Luke 16:19–31). Thus for Jesus, death was an expression of life, the most critical defining feature of life. Thus his teaching that soul does not die removed the greatest fear of humans, and made his listeners understand that in any action they perform they have to be far-sighted carefully analyzing its consequences.

His daily activities started with early morning meditation. (Mark 1:35; John 8:1, 2). Then again during the day, evening, and sometimes even at night, he took time to talk to his Heavenly Father (Luke 5:16; 6:12; Mathew 14:23). He declared that the purpose of life and secret of happiness is to become like our Heavenly Father, manifesting His qualities in day-to-day life and to have good wishes for all beings—friends and foes alike. (Mathew 5:44-48; Mathew 23:12; Luke 6:38) And such ones will inherit the incoming Golden Age (Mathew 12:32; Mathew 19:28).

No wonder that his disciples asked him: “Are you going to restore the Kingdom now?” (Acts 1:6; Luke 19:11). This reflects the belief of people in



the East that God would re-establish righteous order when unrighteousness would reach its climax. (*Bhagavat-Gita* 4:7) Interestingly, Christ has many other similarities with what is taught in the East. His birth is attributed to divine means (so is Krishna's birth); there was a bright star appearing in the night sky during the night he was born (during Krishna's birth, the bright star *Rohini* was high in the sky). A great company of the heavenly host appeared with the angel who informed the shepherds who were working nearby that a Liberator (Luke 2:11) has been born, and began praising God (there were many demigods who came and danced and sang about the glories of Krishna when He was ready to appear in this world). Birth was without pomp and show—Christ in a cave-like manger (Krishna in a cave-like dungeon). Some wise men from the East presented Jesus with frankincense and myrrh (baby Krishna was presented with gifts that included sandalwood and perfumes). King Herod ordered the killing of all male children in his Kingdom to eliminate Christ (King Kansa ordered the killing of all the infants in an attempt to kill Krishna).

Thus the list of similarities goes on and on till their death

with Christ's chest being pierced with a spear (Krishna's foot was pierced with an arrow). Christ's second coming is spoken as to replace the wicked world with a righteous one (Krishna's next incarnation as *Kalki* is spoken as to do the same). Christ 'descended from *Yehudah*' tribe (Hebrew 7:14), and Krishna is from *Yadava* tribe. Thus similarity exists virtually in everything—even their names are very similar—Christ and Krishna/Chrisna. Christ refers to himself as 'Amen' (Revelation 3:14) which is actually the slanted form of 'Aum' in the East. Even the word "Satan" (that which stands in opposition to what Christ stands for) reminds us of the *Sanskrit* term *Sat-na*, which means non-truth or vices; because vices give pleasure in the beginning but pain in the end. Today humans are like Sita living in the captivity of Ravan (vices) which makes the message of Christmas [birth of a liberator] all the more relevant.

No wonder T.W. Doane wrote: "The mythological portion of the history of Jesus of Nazareth, contained in the books forming the Canon of the New Testament, is nothing more or less than a copy of the mythological histories of the Hindu Saviour Krishna, and the Buddhist Saviour Buddha, with a mixture of mythology

borrowed from the Persians and other nations." (*Bible Myths and Their Parallels in Other Religions*:)

Other cultures around the world had already been celebrating the 25th of December as the birthday of Sun-God. After all, the use of evergreens, Christmas trees, wreaths, etc., have all been borrowed into Christianity from other cultures; they were used in the old traditions to signify the return of the sun, the longer days, and the regenerative power that was sure to follow the winter solstice. Historically, it is known that Christ was not even born in the winter. Bible too confirms this when it reports that "there were shepherds living out in the fields nearby, keeping watch over their flocks at night" of Jesus' birth. (Luke 2:8) It is unlikely that shepherds would do this in the chilling night of a winter time. So why is the celebration placed on 25th December? *The New Schaff-Herzog Encyclopaedia of Religious Knowledge* explains that, "the date of the festival depended upon the Pagan Brumalia (December 25) following the Saturnalia (December 17-24), and celebrating the shortest day of the year and the 'New Sun' . . . The Pagan Saturnalia and Brumalia were too deeply



entrenched in popular custom to be set aside by Christian influence.” *The New Catholic Encyclopaedia* notes that ‘On this day (December 25) as the Sun began its return to northern skies the Pagan devotees of Mithra celebrated the birthday of the invincible Sun.’ They believed that the Sun-God was the LIBERATOR and that on account of his birth, there was the hope that everyone would be liberated.

Thus the Bible borrowed many things from other cultures, and also gradually abandoned certain beneficial teachings such as vegetarian diet, reincarnation ...etc. to accommodate their opposite teachings, as any reader can see for himself from the Bible (Genesis 1:29; Mathew 11:14). But behind the details of all scriptures and myths lies the truth that people crave for liberation. Everywhere people feel helplessness. In the East it is expressed by Duryodhan (in *Mahabharata*): “I know what is right but I am not able to act accordingly, I also know what is wrong but I am not able to restrain myself doing it;” and in West it is expressed by apostle Paul (in Bible): “I do not do the good I want to do, but the evil I do not want to do—this I keep on doing.” (Romans 7:19) This explains why there is a longing for a Liberator (expressed through

Christ in the West and Krishna in the East). Hence advent or birth of such a Liberator would naturally be celebrated, as *Christmas* in the West and *Krishna-Janmashtami* in the East.

Mythologies and scriptures are written out of past memories, recalling major events from the previous time cycle; hence details would differ, but the essence remains the same. That essence is this: History is a cycle of heaven and hell which alternate on this very earth—each time situation worsens to the rock-bottom, God intervenes and recreates heaven on earth, just like Sun arrives daily to replace dark period called night with light of day. (Ecclesiastes 1:9, 10; 3:15) Situation is like what the Second Law of Thermodynamics implies: A cold body can’t heat up a warm body. Heat naturally wants to flow from warmer to cooler areas. Heat wants to flow and spread out to areas with less heat. Only with the help of an external agency that heat can move from cooler to warmer areas. Similarly, when body-consciousness reach its worst stage, God, who is the Infinite Source of all powers and qualities, steps in and takes measures to recreate Heaven on earth.

The celebration of the memory of the birth of a supposed appointee of God as presented in

mythologies is like celebrating the shadow of the reality. But now the very reality is here – God Himself (the Ultimate Light) has arrived as we are now deep into the Iron Age. We invite you all truth-seekers to come and experience first-hand this teaching and training programme directed by God Himself whose *Shrimat* has already liberated many from all vices, making their lives a true celebration day after day.

Thus Christmas indirectly enables us to reflect on how we need to uphold *Shrimat* of the One who comes to uplift us at the end of each time cycle. May the spirit of Christmas bring you love, the pleasure of Christmas give you hope and the warmth of Christmas award you peace. Merry Christmas!

— — — — —
 | (Contd. from page no. 8) |
 | By being honest, one can |
 | decorate the self with the |
 | jewels of knowledge and be |
 | blessed with the positive |
 | vision of the world. |
 | “Absolute truth is |
 | indestructible. Being |
 | indestructible, it is eternal. |
 | Being eternal, it is self- |
 | existent. Being self- |
 | existent, it is infinite. Being |
 | infinite, it is vast and deep. |
 | Being vast and deep, it is |
 | transcendental and |
 | intelligent”. – Confucius |
 | — — — — — |

ANCIENT INDIAN RAJYOGA



FOR HARMONY



– Dr. Kaushal Chauhan, Mullana (Ambala)

Yoga has been in vogue for many decades as a means to enhance physical health and to cope with stress. For a layman the word yoga means a set of physical stretching and breathing exercises or some techniques like chanting to calm and relax the mind. There is a vast variety of Yoga – Hatha yoga, Tantra Yoga, Kriya Yoga, Rajayoga of Patanjali, Kundalini Yoga, Sankhya Yoga, Tattwa Yoga and many others. The literal meaning of yoga, which is derived from the Sanskrit word ‘Yuj’ is to connect.

The connection or communion that is sought by yoga is between the soul and the Supreme Being. Such a spiritual union empowers us to overcome vices like lust, anger, and ego etc. to live a virtuous life with spiritual awareness and compassion. India is known as the land of yoga with ancient spiritual wisdom. The Bhagvad Gita is called the *yog shastra* and is the only text in which God speaks to us. It is considered a profound treatise on Yoga. Each of its 18 chapters progressively

builds on different aspects of Yoga, leading to a composite, holistic picture in the end. Each chapter is believed to be a highly specialized yoga revealing the path of attaining self realization. Though many forms of meditation and yoga are practised the world over, what was the yoga taught by God Himself, as mentioned in the Gita and what was achieved through it? The Gita revolves around our spiritual universe and talks about our true identity as an immortal soul, distinct from perishable body of matter. The words *manmanabhav* and *mamekam* occur repeatedly in the Gita as God says that the path to self-purification is His remembrance alone. This yoga between the soul and the Supreme Soul is the highest connection, which sets the soul free from the bondages and transforms the whole world. ‘Yoga’ here refers to a mental link of love between two non-physical entities. The soul which is a sentient entity with the seven energies of wisdom, purity, peace, love, happiness, power and bliss is recharged as it receives unlimited showers of

light and might from God, the Ocean of these energies. When this mental connection is consistent, it leads to the cleansing of the soul. The empowered soul regains the authority to direct its mind and body to act as it desires, as against being compelled to act by the pull of the body. The sense organs become calm and willing to obey the directions of the soul conscious being..

Rajyoga Meditation is the process of becoming aware of one’s spiritual identity – remembering that we are soul, a spiritual being rather than a physical being, and connecting mentally with the Supreme Soul. This exercise enables the human soul to experience God’s love, which strengthens the soul’s will to free itself from the sorrow and pain caused by vices such as selfish desire, anger, fear, ego and attachment. God’s power helps the soul recognize its highest potential and leads to perfection by practising the art of simple living and high thinking.

Rajyoga develops one’s latent positive qualities, strength of character and creates new attitude and response to life. The mind becomes clearer, enabling one to gain a deeper insight and understanding of the spiritual laws and principles that sustain harmony in life. This also



includes choosing what to eat, what to buy, and how to treat other people and creatures. This sensitivity coupled with the wisdom that comes from a clear intellect, allows one to achieve harmony between the soul and the body, and in our relations with other people and nature.

Rajyoga helps one maintain a calm disposition at all times and the peace in the mind of such a person spreads all around him. It is a subtle way of serving nature, and such a person receives cooperation from nature in return. This is how Rajyoga subtly elevates our consciousness and helps foster harmony at all levels in life. This was original yoga taught by GOD of Gita five thousand years ago. God is known as the Purifier of the impure souls. When a soul is merged in deep, loving remembrance of God, it generates divine energy. Through such communion with God, a soul can become vice less and regain its original state of purity and power – the *satopradhan* state – and attain liberation and fruition. This is the time as promised by God to reincarnate on the earth for bringing about transformation. The revolution is now repeated and every one, irrespective of age, culture, or gender, can benefit from the simple and

original Godly yoga of Bharat..

How to Practise Yoga?

Understanding spiritual knowledge and having the awareness of soul and Supreme Soul is the starting point to remember God. As one begins to dwell on His form and qualities, the mind will be transported to the highest world of eternal light, which is His abode. The qualities of the Supreme Soul or God begin to surface in the mind. This means you have not uttered any sound or syllable nor recited mentally any formula or maxim, but you have to let yourself easily remember Him, or be conscious of Him, the Supreme Soul, who is in the incorporeal world, similar to the way in which the memory of any of your worldly relations or ties comes to you. You need to recollect the thoughts such as: “I am a soul... I am the child of The Supreme Soul. He is a luminous point of light, He lives in *Paramdham* where a golden red light pervades everywhere and... in reality, I am an inhabitant of that very world... God, the Supreme Father, is an inexhaustible repository of knowledge, peace, bliss, and love and is omnipotent... How fortunate I am! I have received the right knowledge of Him... O beloved Supreme Soul! I am now yours in all respects. You are the

Benefactor of all mankind. I shall now do your bidding, which is the best for me... Father you are guiding us and making us fit for sovereignty... You are working wonders in your unbounded compassion for me, you are making me purer and purer every moment and have come down here to teach me and grant me health, wealth and happiness... Dear Father, You are giving me peace and prosperity that cannot be measured...”. In this state of yoga one is captured by God’s love and feels that he is distinct from body. As one links with The Supreme, bad thoughts get transformed into elevated thoughts. Pure thoughts are the key to happiness, health and prosperity. With regular practice, your remembrance of God becomes easy and natural.

Benefits through Yoga:

Meditation or yoga brings about improvement in physical efficiency and tendency towards relaxed physical and mental states. The most important benefit is the invaluable attainment of bliss, liberation from the bondage of negative *sanskars* and cleansing of thoughts. God’s power helps the soul to recognize its highest potential and to aim for perfection by practising the art

(Contd. on page no. 34)

(Contd. from page no. 3)
clearly proves that the soul is eternal and its resolves (*Sanskars*) are also eternal.

The Thoughts or Acts of a Soul repeat

Now, the chain of cause and effect or of action and its fruit can be continuous and eternal only if it is comparable to a wheel, i.e. if the ultimate effect serves as the cause of the first incident. From this, it should be clear that the thoughts and words and acts of a soul repeat after a definite cycle. It means the personality traits of a man at the time of his last death condition actuate his first birth and death or cause and effect revolve unceasingly.

The Soul is the Worshipper as well as the Worship-worthy

Today, all are in a state of disquiet and misery; this also must have some cause. Evidently, man must have done some actions hinged on self-forgetfulness, which have caused him sufferings and disquiet. This proves that before performing vicious actions, the Self was peaceful, happy, noble and divine. So, the present state of soul, reduced to the state of sinful worshippers today, is a clear pointer to the fact that, at some time in the past, these very souls were worship-

worthy or comparatively vice-less. This proves that the very deities or ancestors, who are worshipped, are themselves in a degenerate condition today so it is mere ignorance on the part of man to worship the ancestors.

Secondly, since the personality traits of the soul are eternal, it is established that the individual existence of the soul, too, is eternal and immortal. It means that the soul does not dissolve in any other substance as some people say that it does. In other words, it does not merge in *Brahm* or God.

The Aim of Yoga

Therefore, the aim of true Yoga or spiritual discipline is not to attain dissolution in any other entity like God as it is eternal and immortal; it does not lose its individual existence. Rather, the aim is to attain the original state of Purity and Divinity, i.e., the spiritual state previous to the soul's launching upon vicious actions. In other words, the object of Yoga is to attain worship-worthy deity status or, as is popularly said, "to rise to the status of *Shri Narayana* from the stage of an ordinary man; i.e. to become divine."

The cause of being Disquiet

The sinful acts made man's nature and tendencies vicious.

As a result of this, man got entangled in the sorrowful cycle of painful births and deaths, i.e., in the bondage of vicious actions and became a sure prey to misery and sufferings.

The way to eradicate Disquiet

Now, if one wants to get rid of disquiet totally, he has to settle his previous negative accounts so that he may not suffer as a result of them. And, secondly, he must not commit any sin from now onwards and in fact, perform good acts so that he may reap good reward.

How to Attain Absoluteness

For making one's actions virtuous hence-forth and for getting rid of one's past sins, one must know the deep secret of Karma, *Akarma* (Neutral Karma) and *Vikarma* (Vicious Action). Without this knowledge, man can neither attain absoluteness from past acts nor become vice-less now. That is why there goes the saying: "There is no *Sadgati* (state of Blessedness and Beatitude) without Knowledge."

When a soul gets rid of its past actions, it attains the state of perfection, i.e. the state above pleasure and pain.

Thereafter, when the soul takes a body, it experiences happiness and peace for a number of lives and has divine

personality traits. Therefore, the way to become worship-worthy from an ordinary worshipper or to become a holy person from a sinful soul is only the path of Knowledge and Yoga-Meditation.

Which Knowledge?

Now, there arises the inevitable question: "Which Knowledge did the human soul forget which led to its fall from grace? A little reflection on this question would bring one to the truth that the ignorance of Action, Vicious Action etc., is also based on the ignorance of three fundamentals.

Firstly, the soul, because of its re-incarnation into a number of bodies, one after another, forgot that it is an immortal soul and, instead, began to identify itself with its mortal body of five elements and looked upon its bodily relatives as its (soul's) own relatives with the result that its actions became vitiated by the vices of sex-lust, anger, greed, attachment and arrogance. So, it became sinful.

Secondly, as it identified itself with the body, it forgot its Immortal Parent, i.e. God, the Bestower of Knowledge, Peace and Bliss. Therefore,

the soul, having unrighteous leanings, became inclined to bad acts.

Thirdly, as it identified itself with the body, it began to look upon this world of matter as its original abode and forgot that it's Sweet-Home, i.e. *Parlok*, where it dwelt as an incorporeal being. Consequently, it developed in itself the vices of attachment towards sensuous pleasures and suffered sorrow and grief in the bargain.

The result of forgetfulness of these fundamentals on the part of the soul was that it became susceptible to external influences and lost its divine qualities. Hence, all its acts were against its true Self or original nature, i.e. purity and peace. Man's nature and disposition became vicious and, as a result, he began to lead an ungodly and wretched life.

Way to positive attainment of peace

Summing up, the solution to this predicament is to get enlightened on the following spiritual concepts:

"Who am I? Am I different from my body? Wherefrom have I come on this World Stage? What is the name, form,

abode and act of God, the Immortal, the Eternal Father"? How can man attain, Peace and Prosperity for 21 births?

The reflection on these spiritual insights helps one to realize the authentic self, form a deeper relationship with God and experience peace and tranquility in personal life.

(Contd. from page no. 32)

of simple living and High thinking. Yoga develops one's latent positive qualities, strength of character and creates new attitudes and response to life. **There are various powers that are developed through Yoga.**

They are as follows:

- ▶ Power to Withdraw
- ▶ Power to pack up and let go
- ▶ Power to love or tolerate
- ▶ Power to accommodate
- ▶ Power to discriminate (apply correct thoughts, words and Actions in various situations)
- ▶ Power to decide
- ▶ Power to face
- ▶ Power to co-operate

Thus, meditation enables the soul to shine in its original lustre and glory and to rediscover its lost glory.

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at: **Om Shanti Printing Press, Gyanamrit Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

Chief Editor: B.K. Nirwair, Pandav Bhawan, Mount Abu.

Associate Editors: B.K. Dr Ranjit Fuliya, Delhi and B.K. Ved Guliani, Hisar.

Phone: (0091) 02974-228125

E-mail: worldrenewal@bkivv.org, omshantipress@bkivv.org



1. Sonapat: Rajyogini Dadi Janki cutting the cake on the occasion of her 100th Birth Anniversary. She is flanked by B.K. Amir Chand, Mrs. Suman Manjari, Superintendent of Police; Ms. Kavita Jain, Minister for Women and Child Development, Haryana and others. 2. New Delhi: Mr. Neville Hodgkinson, British Journalist, Mrs. Liz Hodgkinson, Reporter and writer, U.K.; B.K. Sis. Shivani, Mr. Suresh Oberoi, Cine Actor and B.K. Brij Mohan launching the book on Rajyogini Dadi Janki. 3. Delhi (Rajouri Garden): 'Health, Wealth, Happiness Festival' being inaugurated by Rajyogini Dadi Hriday Mohini, along with Rajyogini Dadi Rukmani, B.K. Sisters Sudesh, Shakti and others. 4. Naharlagun (Arunachal Pradesh): BK Sisters Poonam and Jamuna giving invitation of 100th Birthday Celebration of Rajyogini Dadi Janki to H.E. J.P. Rajkhowa, Governor, Arunachal Pradesh. 5. Hyderabad: A campaign: 'My Telangana Addiction Free Telangana' being inaugurated by Dadi Ratan Mohini, Mr. K. Swamy Goud, M.L.C, Justice Eshwaraiyah, Dr. Ashok Mehta, Dr. Banarasi, Dr. Sachin, B.K. Sis. Kuldeep and others. 6. Cuttack: Prof. Dr. A.K. Nayak, Director, CRRI; B.K. Sisters Kamlesh and Sulochana, Mr. Arun Panda, Sr. Journalist and others at the Inaugural Ceremony of Farmers Empowerment Campaign. 7. Bhubaneswar: Dr. R.P. Sharma, Police Commissioner, B.K. Dr. Shrimant, Mr. S.B. Mishra, Ex. Chief Secretary, Mr. A. N. Jena, Mayor, BMC and others inaugurating the programme 'Good Bye Diabetes'. 8. Doha (Qatar): After a Peace Retreat, B.K. Sis. Sadhna with BK Brothers and Sisters of Doha in a group photo.



**Kualalumpur
(Malaysia) :**
Mr. Narendra Modi,
Hon'ble Prime Minister of
India, being welcomed by
B.K. Sis. Meera.

New Delhi:
Mrs. Kiran Mehra, Director, UN
Information Centre for India and Bhutan,
addressing at a programme organized at
Parliament House Annexe to mark the
70th Anniversary of UNO. Rajyogini
Dadi Hriday Mohini, Rajyogini Dadi
Janki, B.K. Sisters Asha, Jayanti and Mr.
P.J. Kurien, Dy. Chairman, Rajya Sabha
are seated on the dais.



London:
Mr. Narendra Modi, Hon'ble
Prime Minister of India, after
being presented a book on
Dadji Janki by B.K. Sis.
Jaymini in a group photo.

Kathmandu:
H.E. Mrs. Bidhya Bhandari, the
first lady President of Nepal
being presented Godly gift by
B.K. Sis. Raj.

