

The World Renewal

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Abu Road (Shantivan) :

“37th All India Children Personality Development Camp, 2016” is being inaugurated by Dadi Ratanmohini ji, Bro. Nirwair ji, Sis. B.K. Mohini, Sis. B.K. Munni, Mr. Suresh Sindal, Chairman, Abu Road Municipality, Bro. B.K. Bhupal and others.



Narayangarh (Nepal) :

Sis. B.K. Laxmi is presenting Godly gift to H.E. Vidya Devi Bhandari, President of Nepal.



Mount Abu (Gyan Sarovar) :

Conference on “Mind Power for Success in Sports” organized by Sports Wing is being inaugurated by Shweta Rathore, World & Asian Champion, Fitness Physique, Mumbai, BK Shashi, BK Jagbir and others.



Mount Abu (Gyan Sarovar) :

Conference on “ Celebrating Nature” is being inaugurated by Padmabhushan Dr. A. V. Ramarao, CMD, ARVA Laboratories Pvt. Ltd. Hyderabad, Mr. Rajesh Goel, CMD, Hindustan Prefab Ltd. Govt. of India, New Delhi, B.K. Sis. Sarla, B.K. Sis. Godavari, B.K. Mohan Singhal, B.K. Bharat and others.

From the mighty pen of Sanjay

INTRODUCTION OF THE REVERED MOTHER SARASWATI

In this new life of Confluence Age, there are many respected, revered, esteemed personalities, each of whom is above the rest. We have yogis, great yogis, ascetics and great ascetics too. They're knowledgeable and great knowledgeable too. They're idols of virtues having bright characters who excel each other. If one is an embodiment of peace, then, the other is a jewel of contentment. If one is a goddess of coolness (*Sheetala*), then, the other symbolizes goddess of power – Durga. One creates the sound of conch, one is *Annapoorna* who gives the sustenance like a mother and one embodies virtuous Mother Gauri. The ones whom we've worshipped births after births, those living goddesses have sustained us in the form of *Dadis* and *Didis*. There must be due respect and belief towards them. Snubbing any of them is like inviting human curse and natural curse on the self.

Mother Saraswati's Place and Value

Amongst these goddesses, the place of Jagdamba Saraswati comes after Prajapita Brahma, and is great in itself in the establishment of the Godly Yagya. Howsoever we praise her for her omnipotent purity, severe austerity, unbreakable faith, etc., it would be less. Ask those who saw her face – what wonder of nature she was! By seeing her, even ignorant would say – “Mother, O Mother! Your cool breeze! Your cool bosom! Wherever you take me to, we see the sky, the world is forgotten for us! Mother, O Mother!” How divine was that sweet smile with which Father Shiva and Brahma Baba beautified her through the colour of knowledge! Seeing that smile, one would stop crying forever. Those serene eyes, from which when the luminous rays of yoga-austerity would fall on anyone, would raise one from the floor to ether. Her body language was such that she seemed to be a commander of the non-violence army. Her behaviour was like that in which when yoga and sovereignty were combined, it would look so magnificent, divine and courtly. Whoever got her divine touch, he would feel as if

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INSPIRATIONS FROM THE LIFE OF MATESHWARI SARASWATIJI



Several people, especially Bro. Jagdish Chandra, have written volumes about the life of Mateshwari Saraswatiji: the foremost ideal Brahma Kumari. The Founding Father, Incorporeal Supreme Being Shiva, through the medium of Brahma Baba, had recognised the light of this **Spiritual Kohinoor**. Her practical life founded on the highest spiritual principles used to endear one and all towards Mama, and still does. **Her vibrations and drishti were so magnetic that her presence would transform the whole atmosphere of a place as a Spiritual Light-house and Might-house.** She was indeed a Shiv-Shakti Reincarnate. The moment one received her *drishti*, he or she would immediately experience the original,



innate Self and connect with the Supreme.

Hundreds of men, women, young girls and boys, who came in contact with her were inspired to transform themselves internally (on the level consciousness), which helped them to become human beings with deity-like qualities. Many of those young aspirants decided to join the Shiv-Shakti Pandav Spiritual

Army, to become right hands of the Divine Being. They started inculcating high ideals in their lives, and disciplined themselves through regular spiritual education and meditation. **Mateshwari Saraswati, true to her symbolic mythological description, was the Embodiment of Spiritual Knowledge and also a Powerful Meditator. Her guidance acted as the motivation for a large number of individuals to take steps towards leading lives of simplicity, dedication, renunciation and spiritual service of the society.** This is the subtle, heroic action that can singly challenge and defeat the incognito Ravan, who has ruled over humanity for 2500 years! Mama remained very conscious about her role as Commander-in-Chief of the Shiv-Shakti and Pandav

Spiritual Army, and so led all of them from the front (as can be seen from the image portrayed beside the *Kalpa Tree*).

- ▶ Her words of wisdom (known as Mama's Gyan Murli) based on the teachings of Supreme Being, Incorporeal God Shiva, and exemplified by Brahma Baba, were so inspiring and practical for moulding our lives.
- ▶ The vibrations of Purity, Divinity, and Motherly Love endeared her to one and all, even if they were listening or meeting her for the first time.

▶ Her clarity of thought and right guidance became the basis of remoulding lives of hundreds, who went on to become Spiritual Teachers. **Even years after their initiation as Brahma Kumaris or Brahma Kumars, the enthusiasm of these souls remain at the sky level and they are utilising every moment of their lives to disseminate the wealth of spiritual values in the world.** Whether through Spiritual Exhibitions or other means, these enlightened souls bring

home the highest message of God's wisdom to millions in every corner of not only Bharat, but also throughout the world. They lead by example; those who come into contact feel highly honoured to have such great instruments of Godly service to guide them along the path of spirituality.

24 June 1965 reminds us of the Day of Ascension of Mateshwari Saraswati, who flew to the angelic realm to continue inspiring the masses in an incognito manner.

HERALDING A BEAUTIFUL MOTHERLAND – RE-GREENING MOTHER EARTH

The month of June brings mixed feelings, especially for the people of Bharat. After the scorching summer heat of April, May and beginning of June, the change in weather starts taking place. The Indian Meteorological Department has predicted very good rains for this year, though the Monsoon has been delayed by about 5 days. As of 5 June, it has touched the Kerala coast, but in the

meantime we hear the rains have already visited Tamil Nadu and Odisha, and been very kind to bring down the hot temperatures. Northern India is still facing very severe summer, where temperatures range between 40-50 degrees Celsius.

As I pen these thoughts, I am reminded that **June 5, 2016 is honoured every year as "World Environment Day"** by the UN, or in other words, the

day to honour our 'Mother Earth'. Many writers and poets from ancient Bharat and England, in particular, have praised Mother Earth for relentlessly providing bountiful food, minerals and water. Many activists have been raising the slogan, "Save our Mother Earth", again and again because of the **dangerous threats posed by pollution, deforestation, desertification, over-**

population and the most shocking threat of all: illegal trade in wildlife products (*Eco-crime hits the record high at \$258 billion, according to the UNEP-Interpol Report of June 4, 2016*). All of the above have resulted in very marked changes in climate patterns over the previous 25 years or so. For example, some of the effects of deforestation experienced all over the world, include cloud bursts, flash floods, and the melting of ice-bergs, which are raising the ocean/river levels. The exquisite mountain tops that were previously covered by snow and ice are becoming bare. There is so much fear over the predictions of eminent Scientists and Environmentalists.

Unbearable high temperatures are also impacting human consciousness, health and behaviour. Increasing violence, hatred and regional wars are taking a toll on human lives in many parts of the world.

For the last couple of decades, the world community has awakened to the above dangers, especially pertaining to Climate Change, and they have been holding Conferences and passing Resolutions to somehow rectify the mistakes made over by-gone generations. **There needs to be a concerted effort**

to transform the climate back to its original 'nature'. Most countries have signed Declarations for bringing down the Carbon Footprint (levels of Carbon Dioxide emissions) and for increasing green belt areas in their regions and countries, but it has still remained a gigantic task.

In addition to the steps being taken by the UN, **some alternate ways and means are being adopted, and have to be adopted to address the problem on a very subtle level.** June 21, declared by the United Nations as the International Day of Yoga, is one such powerful step which would undoubtedly bring about a positive change in attitudes, approach and interactions of those human beings who participate willingly and actively. **Meditation is such a natural way of returning to our own true nature and bringing us very close to the Supreme Creator, the Bestower of the Highest Wisdom and Teacher of the best practises in personal, political and professional lives.** By adopting a very simple approach of "living by our own true nature of peace, love, and dignity", we can plan and execute the best ways not only for our survival, but also

help rebuild our nations and support the entire global family in living peacefully in harmony with Nature.

When human beings return to their true nature, their vibrations will bring about Environmental Transformation. Meditation can help us achieve the said goal. As shared in our previous Edition, we have to allow Meditation in Silence to become part of everyone's daily routine, and so contribute to this silent Spiritual Revolution. Spirituality as the core entity of every human being needs to be recognised, explored, re-lived and magnified in order to transform one's consciousness, and then empower fellow human beings and the five elements, which are essential for the well-being of the human race and all species as well.

We are sure that the day is approaching very near when all human beings will readily implement the above tenets of Spirituality and learn to look up to the Divine Being and Supreme Creator with understanding and reverence, in order to receive all blessings and powers from Him for creating a better world.

Om Shanti

– *B.K. Nirwair*

Report of The University & College Educators' Conference on "Values and Spirituality for Excellence in Life"

The University & College Educators' Conference on "Values and Spirituality for Excellence in Life" organized by Education Wing, Rajyoga Education & Research Foundation (RERF) and Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya which commenced on May 27, 2016 at Academy for a Better World, Gyan Sarovar, Mount Abu, Rajasthan, concluded on May 31, as reported by **Dr. Brahma Kumar Yudhisthir.**

The conference included reception session, inaugural session, five open sessions, talk show and valedictory session with different sub-themes revolving around the major theme of "Values and Spirituality for Excellence in Life".

The reception session started with the welcome of the revered guests and delegates *bouquets and badges, song and dance* as well as *welcome speech*. **B.K. Mukesh Agarwal** welcomed the guests and delegates. The guests-speakers discussed elaborately on the thematic topic "**Values and Spirituality for Excellence in Life**". B. K. Sis.

Ravikala, Executive member, Education Wing, stated that the slogan of this organization is "Self-transformation leads to world-transformation". Dr. Keshubhai Desai, eminent Indian Novelist and Activist, Gandhi Nagar, praising the Brahma Kumaris, said, "While the world is moving towards destruction, here in the Brahma Kumaris Organization an arms-and-weapons-less spiritual revolution is going on. He highly eulogized the Brahma Kumaris Organization saying with great emotional emphasis, "**If heaven is anywhere, it is only here, it is only here.**" Dr. Tapan Panda, Dean, School of Management, BML University, said that he felt here as if he had moved to a different world. He said that material success is not success in true sense of the term, because many money achievers are now quite restless." We need 'spiritual awakening'; we need to move from 'knowing and doing' to 'being'; we need to move from 'parallel level to vertical level'. B.K. Sis. Shielu, Senior Rajyoga Teacher & Headquarter Co-ordinator, Education Wing,

appealed to all teachers of the Universities to develop excellence first in themselves through inculcation of values and spirituality and practice of Rajyoga meditation, and then inspire others for excellence.

In the inaugural session Dr. B.K Harish Shukla, National Co-ordinator, Education Wing welcomed the guests and delegates, and said that today students even after getting 90% marks are committing suicide, whereas the spiritual education imparted by Brahma Kumaris is leading to God and to achieve the deity hood. Dr. B.K. Pandiamani, Director, Distance Education Programme, narrated about various courses now running in 11 languages, saying the Brahma Kumaris Organization has taken an unprecedented step in making people experience values and spirituality practically in their life. Dr. Yashpal Singh, Director So many (PG) Institute of Technology & Management, Rewari, appealed to the University & College Educators to suggest to UGC to include the certain courses of Brahma Kumaris in the

syllabus, which can play a pivotal role in betterment of education and transformation of society, so that forthcoming generation will get the true value-based education which we could not. B.K. Sis. Pushpa, Senior Rajyoga Teacher, New Delhi said that Rajyoga meditation is the powerful way to strengthen the soul; we can solve all problems through it as it works as a shield to secure us from stress, tension and anxiety. Prof. M. Hemabindu, Chairperson, PG Council, North Odisha University, Baripada, said that spiritual education is the need for change and improvement of our thought, behaviour and lifestyle patterns. Mrs. Divya Khosla Kumar, Bollywood Actress, Producer & Director, Mumbai, said that her personal success in the Bollywood world happened because she remembered God before anything she did. B.K. Mruthyunjaya, Vice-Chairperson, Education Wing, said that values and spirituality are the two sides of the same coin. He also said that the mother of all pollutions is the mental pollution to eradicate which Rajyoga practice is necessary, and it will make men angels by freeing them of pollution. If Bharat will change, the whole world will change.

In the Valedictory Session,

highlighting on the topic “Spiritual Wisdom for Changing Times” Dr. Ashok Karande, Chairman, Board of Studies in English, Shivaji University, said that education offered in other universities and Brahma Kumaris Spiritual University is different. The latter is doing a great service to the humanity by creating better human beings. Dr. Tapan Panda, Dean, School of Management, BML University, New Delhi, said that establishment of ‘thought laboratory’ is a powerful thought which will go a long way in developing values and spirituality in people of the world. Dr. Kuldeep Singh, Director, Universal Group of Colleges, Mahuwa, Rajasthan, narrated his value-oriented personal life and described how a *Sadhu Baba* advised a child to give up sweets through his own change by renouncing of sweets. **B.K. Mruthyunjaya, Vice Chairperson, Education Wing**, said that really God is the hope of mankind. Teacher is also the hope of mankind. Now, God has come as the Supreme Teacher to direct all of us to “be holy and be yogi”. **Dr. B. K. Yudhisthir, Former Principal, Mudo Tamo Memorial College, Ziro, Arunachal Pradesh** reported about the proceedings of various sessions and read out the resolutions

which the participants have to translate in their life:

1. As a child of God I will play my role as a perfect actor in this Eternal World Drama (EWD) of life.

2. I will do my task when it comes to me during the passage of time.

3. I will be the change first what I want to see in the world.

4. I will live in the present, for present is the foundation of future.

5. I will stand for truth; fight for truth; and hoist the flag of truth irrespective of whatever may come in the path of truth..

6. I will do the drills both for the mind and body for achieving healthy mind and healthy body.

7. I will practise Rajyoga to be a person of good character, a *karma yogi* and reach my final destination and ultimate destiny.

8. I will try my best to lead a values-and-spirituality-based life. **B.K. Sushma, Executive Member, Education Wing**, through her soft commentary gave the realization of the reunion of the soul and Supreme Soul extraordinarily well. **B.K. Mamta, Executive Member, Education Wing** anchored the stage well, highlighting theme of this session, conducting it to the satisfaction of all. The conference ended with approval of all.

BABA IS FILLING US WITH POWER



– **Rajyogini Dadi Janki**,
Chief of Brahma Kumaris, Shantivan

We have to stay in silence. Science has provided many facilities but Baba has bestowed on us the gift of remaining in silence. Silence comes natural to the soul. The mind should be peaceful and the intellect should allow only positive and



necessary thoughts. To give time for silence means to make God belong to you. It is very good to remain in silence. The mind is peaceful and the physical senses no longer have any desire. One is desire and the other is attachment: I want this, I should keep this.

A good effort maker doesn't

get disturbed and doesn't disturb others. Baba has given us the wealth of knowledge in such a way that we have also received understanding. This is the time of the Confluence Age – the time to become a remover of sorrow and a bestower of happiness. Baba has given a gift to us children that wherever we stay, wherever we are, we naturally have to put the stamp of love, peace and happiness there. Who considers that Baba has applied a stamp on them?

We will have separate mothers and fathers throughout the World Cycle but at the Confluence Age we are such fortunate ones because we all belong to the One above. We belong to Him and He belongs to us. Baba tells us to connect our minds to Him and the mind can be connected to Baba only when there is honesty in the heart. We should not be dependent on others and others should not be dependent on us.

Ponder over these things

because these are the things that Baba has taught us and they are very valuable.

Pay attention to study. You should not have a careless nature because carelessness brings a great loss. Now, we understand that we have to go deep within ourselves. See your own self clearly. If you think you have a careless nature then change it. Baba has asked us to pay attention and that means paying attention to *karma* in our practical lives.

Dadi would like to whisper in your ears that it is a very grave mistake to give or take sorrow. We are very lucky that Baba has taught us this aspect. Baba Himself is the Remover of Sorrow and Bestower of Happiness. People ask Dadi for blessings and ask her to place her hands on their head because the connection of the heart is with the head. Our minds have become full and our natures have become simple. In our days of childhood, we used to make mistakes. Now, we know that we should not disturb others or ourselves.

Take care of yourself in such a way that you don't have to face that moment of repentance. At the last moment, you should feel that you have not wasted your time. We don't ask for money, we don't want money.

Let Baba always be content with you -- that is enough. Care, share and inspire. When we keep performing elevated actions, the Father forgives our past mistakes. Don't make that mistake again, move forward and forget the mistakes you have made. Baba is very Merciful.

One who is very honest is always happy. We feel immense Godly love when we remain honest. Have regard for the self and give regard to everyone. You will then be happy and you will dance in happiness. It is said that the feet of one who is true and honest, does not touch the ground. Such souls always keep dancing.

Stop looking at the weaknesses of others. Move forward and inspire others to move forward. Don't look at negativity – don't get caught up in it. Be a sample; let the whole world see and recognise you. Let people feel that they have never seen such a human being on this earth. Yes, we are human beings but we have to stay in the unlimited. Let your intellect go towards the unlimited because we will first go to the Supreme Abode and then come back to the Land of Happiness – the Heaven.

Our Father is in the Supreme Abode. Since the time Brahma Baba became *avyakt*, he has been residing in the Subtle World and Shiv Baba, through him, is filling us with power. We are being filled with power from Baba.

LIBERATION IN LIFE

–B.K. Shikha, Pune

The sources of sorrow of the soul are vices that drive our thoughts and actions and form our attitude. Real liberation for the soul is to be free from all the vices and vicious thoughts. Our evil thoughts drive our world and form the evil roots that needs to be corrected. If thoughts are pure and elevated, then everything else automatically falls into place. The root of the vices is the wrong consciousness of considering the self as body. This completely turns things upside down. We are non-physical beings of energy, driving the physical body. But we forget the real driver, the soul, and consider matter to be everything.

Bodies are just the costumes for us to play out our roles. And once the role is over, we leave this costume and move on. But when we start identifying ourselves with perishable body and everything connected with it — the name, the position, the appearance, the relations etc., it is as if we are trying to hold on to or protect or make something immortal, which is meant to be temporary. This results in sorrow and misery for our own selves. It is only when we realize our true identity of being a soul, we become free from the fear of loss and the fear of the unknown. 'I have nothing to lose. I did not bring anything with me nor will I take anything with me. I am a free soul, an eternal, immortal point of light, an energy which is the driving force.'

‘REMEMBER ME ALONE’

– B. K. Surendran, Bangalore

We all know that in the annals of history, great *rishis, munis*, founders of religions, spiritualists and many ardent disciples appeared on the stage of the world. They preached and practised spirituality according to their beliefs and faiths. All of them exhorted the masses to remember God. But when the Lord descends, He exhorts that all should remember Him and Him only. The unprecedented significant message continues, and explains the consequences of this remembrance. The message is unequivocal, assertive, authoritative, and sought to be followed by one and all. Having followed and inculcated this message, the spiritual aspirants have practically experienced all the transformational points noted below:

1. One is absolved of all sins of the past 63 births.
2. One becomes disease free, cheerful and free of all bondages.
3. One undergoes a natural cure process in which the

sanskaasr are divinized.

4. One is able to be naturally happy and peaceful.
5. One’s life span is naturally prolonged with health and happiness.
6. One achieves harmonious relationship with fellow human beings, other creatures and the environment.
7. One is able to be a self sovereign, having control over all sense organs.
8. Soul consciousness becomes the natural state of life.
9. One is able to drop the physical body as a natural process at the appropriate time.
10. One is able to experience super sensuous joy as one’s nature.

In the beginning I wondered as to how I was going to be purged of all the sins when I simply remember Him who is abiding in *Paramdham*. All of us know that God is the Supreme Authority of the universe, the Creator and the Director of this Eternal World Drama(EWD). When we simply remember Him

in *Paramdham*, which is far, far away from us, our downfallen life is elevated to that of the deities. He descends in the body of Prajapita Brahma which conveys and clarifies that the Supreme comes down to the level of human beings and reveals Himself and communicates with the human souls. The Sun of knowledge descends to impart knowledge and purify the souls which initiate a miraculous transformation in the life of the souls who imbibe His teachings. One gets immersed in His love, as remembrance is not done out of force, out of discipline, or out of an obligation to please Him rather it is more like the meeting of the hearts and experience of His true spiritual love and blessings.

Series of remembrances

It is a direction of the Supreme that we should remember Him in soul consciousness. Firstly, by remembering “I am a soul. I am not this body” brings an inner transformation and authority over the self. This very powerful thought is the basis for all the elevated thoughts, words, and actions, and lays the foundation of soul consciousness for the whole day. We must keep ourselves busy by ruminating on points of self respect or on

different aspects of spiritual knowledge. We should remember that we have been transmigrating from Golden Age to the end of Iron Age and we are now in Confluence Age where God has come to re-establish *Adi Sanatan* Deity Religion and we Brahmin souls are assisting Him in this process. We have taken 84 births and now it is time for return journey to *Paramdham* – our Sweet Home. We should remember Madhuban – the Sweet Home where God gives His divine teachings. We should remember the scene and feelings of the time when the Supreme Soul meets His children in Madhuban. As we keep on remembering and churning the golden versions, our ability to understand the subtle truth, right meaning and power contained in each and every Godly versions gets sharpened.

Insight and enlightenment

God is not a human being. He is Incorporeal Self-effulgent light. He reveals Himself to remove all the sorrows of the humanity. But, it is unfortunate that even though God has arrived and there are more than ten lakh people who have recognised and experienced His divine presence and have been telling the people of His presence but the people lost in their worldly rituals are not able to hear the call of the Supreme. He is bestowing the God-Fatherly birth right of purity, peace and happiness, but that goes unattended and unrealized by many. This is truth, stranger than fiction. It is 'Now or Never'!

NOT JUST PLEAD BUT LEARN TO LISTEN TO GOD SHIVA

– Manjula Baijal, Guwahati (Assam)

Many people would very well remember things that they would expect to receive but never would they think of what they have to give to others. Just as man enjoys certain rights, he has certain duties to perform. Some people ask God Shiva, “God! Since you have adopted me, don’t you have the responsibility to protect me as well?” But, we too should have the responsibility of showing gratitude to our Beloved Father. Do you thank God at least once a day with a grateful heart? Do you bow your head before the Almighty? Do you appeal to Him to make you tread the right path and thank Him for giving you all spiritual attainments? One feels annoyed if someone asks such questions. They would speak with despair that they pleaded God Shiva to fulfil a desire and since the desire was not fulfilled, they stopped praying to Him and would even justify their stand. In times of crisis or sorrow, we forget that although God can help us to some extent, whether we will surpass the situation or not is largely dependent on our past and present actions. Our faith and trust in God makes us open to receive God’s blessings and powers which can help to overcome any adverse situations. Just as we take food everyday, we have to talk to God. We should realize that we have to bear the effects of the accumulated sins of the past life and His remembrance helps to burn our sins and settle *karmic* accounts. When troubles surround us, we should pray to Shiv Baba to forgive our sins and condone our mistakes. We owe responsibility to ask for forgiveness and should be committed to perform good deeds. Remember that God is pleased with an honest heart. Our responsibility is to create good thoughts and actions which will bring love, peace and blessings, thus helping us to move ahead. Let us, thus, not just plead but listen to God Shiva through His Murlis.

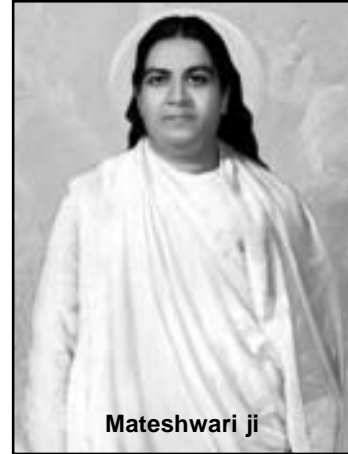
MAMMA'S SIGNIFICANT IMPACT ON TODAY'S MUNDANE WORLD



– Dr. Brahma Kumar Yudhisthir, Ph.D., Shantivan

“Music, when soft voices die,
Vibrates in the memory;
Odours, when sweet violets sicken,
Lives within the sense they quicken.
Rose leaves, when the beloved is dead,
Are heap'd for the beloved's bed.
And so thy thoughts, when thou art gone,
Love itself shall slumber on.”

– P. B. Shelley, the British Romantic Poet



Mateshwari ji

The thematic appropriateness of the above oft-quoted famous poetic lines befittingly match the most charismatic personality of “*Om Radhe of Om Mandali*,” known as Jagadamba Saraswati and most endearingly called ‘Sweet Mamma’ by all the spiritual children, the mouth-born progenies of Pitashree Prajapita Brahma. Though Mamma, the once blossoming fluorescent flower, has left her mortal coil, yet the aroma and charm of her magnetic, fragrant personality and beauty are still flowing on, thereby enlivening the atmosphere with the freshness of her colour (*Ranga*), form, feature (*Rupa*) and fragrance (*Khusbu*). In this article, the author has depicted how she was uniquely different from

today’s mundane world and people in her innate, exemplary divine attributes which left very significant impact on them, thereby effecting sustainable changes in the quality of their life and character.

Mamma Came Penniless, Conquered the Seat of the Empress:

In today’s world, people the world over, are trying to achieve anything and everything with different denominations of money like rupees or pounds but in vain. Money can buy things of matter but never those of the spirit. Money can never make any miracle which Mamma could do without money of any kind. She was not after or for any denominational money, rupee or penny.

In fact, she came penniless, she saw and she conquered.

She saw the corporeal Prajapita Brahma and could find and recognize the Incorporeal Invisible God Father in him, and conquered the hearts of all and also conquered the seat of the Empress after gaining the final, miraculous victory over the *Devil*, the symbol of seven biblical vices and sins. Such was her unflinching spiritual efforts in getting quick and accurate success over the four subjects - knowledge (*Gyan*), meditation (*Yoga*), acquisition (*Dharana*) and service (*Seva*) - that her pennilessness could not debar her from achieving the peerless, enviable and most-sought-after crown. She came later but conquered quicker the praise-worthy prize and laurel which was well-timed, well-deserved and well-reserved for her magnificent role that was and is also being well-played *Kalpa* after *Kalpa* exactly alike.

**Embodiment of devotion,
dedication, divinity and
determination:**

Today, people utterly lack the *spirit* of devotion, dedication, divinity and determination in true sense of the term. But Mamma was the exemplary embodiment of 4D's - Devotion, Dedication, Divinity and Determination - which could single her out among many sisters and mothers who flocked to "Om Mandali" then. The penetrating and discriminating eyes of Brahma Baba could pick her up as the well-chosen one among the common many just as the people's attention gets hooked to *the dazzling moon among the twinkling lesser stars*. She was **devoted** to God and His Supreme Directions (*Shreemat*) like *the sunflower to the Sun*. She was **dedicated** to her assigned tasks - the task of her own personal spiritual progress as well as the task of the fostering, loving and caring *mother* of all the twice-born Brahmans who came to drink the nectar of spiritual knowledge and to learn the technique of Rajayoga for a peaceful and blissful life. **Divinity** was completely revealed in her uncommon habits of good traits and conduct (*Aachar*), food habits (*Aahar*), thoughts pattern (*Vichar*) and manners (*Vyavahar*). She always

remained in the forefront like a vanguard in the work of *Yajna* and was determined to get things done, to get the aims and objectives of the *Yajna* achieved, to get its various tasks performed in time and target bound manner with the help and cooperation of co-workers, the spiritual children (*Yajna Vatsas*). Her fearless interaction and justified arguments with, and quick response to, the honourable Judge in the Court regarding taking oath by touching the scripture - *The Gita* - and regarding the observance of celibacy and purity, were well-marked specimen of her firm and fervent **determination**.

**Unflinching and
Unalterable Love for God:**

Today, people in general, always try to **fall** in love with things or corporeal beings or bodies (saints, sages, film heroes, heroines, other souls or personalities) in the intoxication and ignorance of body-consciousness but never try to **rise** in love with God. However, whenever and/or wherever they have tried to love God, their love also remained **misplaced** and **unreachable** without the true knowledge and recognition of "who God really is!" Just as a letter without its address reaches nowhere but returns eventually to the Dead Letter Office (DLO). Mostly, it is seen and

found that their love is of vagrant, wandering and wobbling nature, and is, therefore, fickle and fleeting.

But Mamma's love for the Incorporeal God Father, The Supreme Soul Shiva Baba, was quite **unflinching** and **unalterable**. This was very clearly apparent in her love, regard and obedience to His body-chariot and instrument, Prajapita Brahma, and his instructions. Whatever instructions, directions, indications Brahma Baba gave, she could translate them into action without reading or entertaining any of her own thoughts and meanings, as she very well understood that God was speaking directly through him. It was unthinkable for her to question, as the words that flowed from the lotus mouth of Brahma Baba were unquestionable and unchallengeable. Her love for God was so drenched in unfathomable depth of faith and keen conviction that it was adequately returned with the abundance of Godly love which took her to the zenith. She was, in fact, merged in God's love, remaining in, and realizing, all relationships with God in the two-in-one relationship. It is the true communion, culmination and crowning of *human love* and *Divine Love* consummated in close embrace of each other.

In this way, Mamma inherited God's Everlasting Oceanic Love (ECL) and could render such love to all the souls who took it as rarest *kaivalyya* or *prasad*.

Sweet, silent and solemn personality:

Today, as the mass media show, it is mostly apparent that the so called well known and educated personalities of the *Kaliyugi* world in various walks or fields of life are of sour and satanic, corrupt and tainted, noisy and nihilistic, garrulous and guilty nature.

But Mamma had a sweet, silent and solemn personality that attracted everyone just like a magnet attracts a piece of iron. Her *sweet* words of consolation, assurance, success and fulfilment turned out to be blessings (*Vardan*) for all who approached and came to her; her *silent*, meditative look made her a *solemn* personality which charmed and mesmerized the audience from far and near, who were touched to the core and instantly felt her to be their own nearest and dearest one. Her *personality* was as grand and mountainous as the peak Everest in the great and outstanding Himalayan Ranges of Mountains, and stood like a beaconing *Light and Might House*.

Combination of Breathtaking Beauty and Intellectual integrity:

The beauty of people today, is all make-up of creams and cosmetics, plastic surgery and artificial fashion artistry. Beauty parlours are quite prevalent which are ever ready to remake one of instant beauty with new designs of dresses and hairstyles and prepare him/her for the ubiquitous beauty contests organized by sponsors not only in World Beauty Pageants but also even in our secondary schools, colleges and universities every year where students unashamedly show off their fashions as well as fleshes. These skin-deep beauties, which are often of transitory and fading nature, evokes gross sensuality and sexuality, leading to molestation, abduction, rape and murder by lustful males of the girls and women, who are symbolized as the weaker fair sex. The number and percentage of such inhuman cases and incidents in the country and world are sky-rocketing daily.

But Mamma's beauty is well marked with a divine difference. Her unique composure in snow-white *saree* made her appear *swan-like*. Her beauty was incomparable and spotless in the sense that it was at once bewitching and breathtaking with her broad forehead, magnetic

feminine charm, stream-like flowing hairs, dazzling eyes, big protruding ears, well-chiselled cheeks, chin and lips, facial features, which never failed at all to attract and invite the souls to come near her to get from her the nectar of spiritual knowledge and the alleviating glance (*drishti*) that transported them to a *new divine world* and changed their lives with *new visions* and *values* bestowed to them by her.

Today, people lack *integrity* as most of them are *split personality*, lacking harmony and coherence between their thoughts and actions, preaching and practice. But Mamma had unique intellectual and behavioural integrity. Integrity means simultaneous harmony and consonance in one's thoughts, words and actions. Whatever she thought, she brought into words and actions; whatever she practised, she preached; she perceived herself as a soul and treated others as souls and accepted "the otherness of others" with the clear understanding and recognition of their inner, spiritual similarity as soul and that of the outer, physical differences whatsoever. Magnificent and unquestionable was the singular instance of her intellectual and behavioural match.

(to be contd.)

PRACTISE RAJYOGA: A PERFECT PANACEA FOR PSYCHOSOMATIC PROBLEMS



Co-authored By – B. K. Atam Prakash, Shantivan and Dr. B. K. Yudhisthir, Ph.D., Shantivan

Though formal and informal groups of yoga teachers and enthusiasts celebrated World Yoga Day on various other dates, UN officially declared June 21 as International Day of Yoga (IDY) accepting the proposal of Indian Prime Minister Narendra Modi during his address at UN General Assembly on September 27, 2014, wherein he stated: “Yoga is an invaluable gift of India’s ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but about discovering the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day.”

India’s Permanent Represen-



Yoga for Harmony & Peace

tative Asoke Mukherji introduced the draft resolution on December 11, 2014 in United Nations General Assembly (UNGA) which received broad support from 177 Member States who adopted the text without a vote. Many global leaders supported this initiative, and a total of 175 nations co-sponsored the resolution which was the highest number of co-sponsors ever for any UNGA Resolution of such nature.

Period of *Dakshinayana*:

The Summer Solstice marks the transition *Uttarayana* to *Dakshinayana* which has

special importance from the perspective of yoga. The first full moon after the Summer Solstice is known as *Guru Poornima*. God Shiva is said to have begun imparting the knowledge of yoga to the mankind on this day and became the first guru (*Adi Guru*). The period of *Dakshinayana* is also considered a propitious time of natural support for those pursuing yoga, meditation and spiritual practices. In his proposal, Prime Minister Modi said that *June 21 was the longest day of the year* in the northern hemisphere, having special significance in many parts of the world.

Praises of Yoga:

Sri Sri Ravi Shankar, the founder of “Art of Living” praised the initiative of Modi after the adoption of the UN Resolution, saying: “It is very difficult for any philosophy, religion or culture to survive without state patronage. Yoga has existed so far almost like an orphan. Now, official recognition by the UN would

further spread the benefit of yoga to the entire world.” Many other personalities have also praised the importance of yoga. “All life is yoga; yoga is all life”, said Sri Aurobindo. “Yoga makes you like a child again. When there is yoga and vedanta, there is no lack, impurity, ignorance and injustice. We need to take yoga to the doorstep of everyone and free the world of misery,” Sri Sri Ravi Shankar. Shreekrishna in *The Gita* said yoga is the skilfulness in action (“*Yogah Karmashu Kaushalam*”).

World Records on Yoga:

The first International Day of Yoga was observed world over on June 21, 2015 under the auspices of the Ministry of AYUSH which made necessary arrangements at Rajpath in New Delhi, India in the presence of about 35985 people, including Modi jee. A large number of dignitaries from 84 nations of the world participated. NCC cadets entered in Limca Book of Records for the ‘Largest Yoga Performance simultaneously by a single uniformed youth organisation’ at multiple venues. Ministry of Ayush received two Guinness World Records for Largest Yoga Class (35985 people) and Nationalities Participating (84 nations) at Rajpath.

Poor Health Record:

In spite of the observance of the International Day of Yoga and setting of various world records on yoga, the health and wellbeing of people are still on the wane. H.E. Mr Pranab Mukerjee, Hon’ble President of India, in his Convocation Address at the 40th Convocation of AIIMS, has expressed deep concern about the impoverishing impact of health and medical expenses on the vulnerable sections of society, and aggrievedly expressed that about 4 crore people of our country plunge into poverty each year due to expenses on medical treatment. He cautioned that the health services for the poor should be affordable and emphasized the need for crafting a high quality *national health system* for the poor and rich alike, because nation’s productivity largely depends on the health and wellbeing of its citizens, and economic growth that does not go hand in hand with reduction in avoidable mortality and ill health is neither sustainable nor desirable.

‘The Prodigal Son’:

Modern man is the ‘prodigal son’ gone astray and insane in the wilderness of value-free world of rank materialism, corrosive corruption, nasty

sexism and sensuality, voluptuous consumerism and fickle sentimentalism. In the wake of Liberalization, Privatization and Globalization (LPG) era, the materialistic mania and consumerism craze of modern man has intensified and aggravated by his wilful segregation from values and spirituality, blind indulgence in Seven Deadly Sins - sex-lust, anger, greed, attachment, ego, indolence and jealousy. Due to the Man’s wrong identification with body, his transient delights of futile sensual bodily pleasures, his ignorant alliance and mortgaging of his soul with the Demon /Devil/Evil/Satan and his dogmatic divorce from the Incorporeal God, the Supreme Soul who is the most Benevolent Supreme God Father of all the souls, the only Supreme Source of all values, virtues, powers and qualities and also the spiritual ROOT of sustenance for the whole mankind and the vast Cosmic Universe, human life has been thrown out of the regulated gear and also out of the much-glorified values-led trodden track.

Man is Spiritual:

Man is essentially spiritual in his original nature and called *Jeevatma*, a combination of both body (*Jeeva*) and spirit/soul

(*Atma*): “We are spiritual beings having a human experience. We are not humans having a spiritual experience,” said Pierre Teilhard de Chardin. The erstwhile USA President Calvin Coolidge clarified: “We do not need more material development, we need more spiritual development. We do not need more intellectual power, we need more moral power. We do not need more knowledge, we need more character. We do not need more of things that are seen, we need more of things that are unseen. It is that side which is the foundation of all else. If the foundation is firm, the superstructure will stand.”

Man is a *Jeevatma*:

A human being is a composition of, and coordination between, body and soul and is called a *Jeevatma* [*Jeeva* (body) + *Atma* (soul)]. A sound soul with its mind (*mana*), intellect (*buddhi*) and impressions (*sanskaras*) and a sound body with its well-regulated sense organs can achieve sound health with its **mental, emotional, social, psychological and spiritual** dimensions and manifestations. Human life is, thus, a co-ordination between body, soul/spirit/self, mind, intellect, impressions/resolves and senses; and yoga is the key

element for maintaining this coordination. Every human being has a choice, either to uplift or degrade themselves in their life, and if they sincerely want to uplift themselves, they have to follow and practise yoga. ‘Yoga and youth’ as well as ‘yoga and life’ need to be imperatively yoked for sustainable health of the family, society, nation and world.

Rajyoga is meant for Human Beings:

Rajyoga is meant for both physical and spiritual well-being of all human beings. Today, man suffers more than animals and has turned worse than the latter. The world Health Assembly defined ‘health’ as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.” The human being, called a *Jeevatma*, is essentially a psychosomatic being, but, unfortunately, is suffering from various acute psychosomatic problems in the modern materialistic age and consumerism craze. Let us understand the significance of Rajyoga on the occasion of this year’s International Day of Yoga, for it can offer effective solutions and efficacious cures to most of these problems like depression, tension, stress, hypertension, anxiety, insomnia,

frustration, suicidal tendency, somnambulism, nausea, etc.

Significance of Rajyoga



The term ‘Rajyoga’ is the compound of two words ‘Raja’ and ‘Yoga’; the latter has been derived from the Sanskrit root ‘yuj’, meaning ‘to yoke’, ‘to connect’, ‘to unite’, ‘to join’; and the former ‘Raj’ meaning the ‘king’ or ‘royal’ or ‘regal’ or the ‘best’. Thus, Rajyoga meditation is the ‘king of all yogas’ in the sense that it gives us a clear understanding and realisation of our soul/spirit and God by enabling the soul to reunite, reconnect and re-commune with the Supreme Soul in order to regain our lost values, virtues, powers, qualities as our birthright from Him and also the passport to holistically healthy and heavenly life. It also helps



us to rediscover and utilize the potentialities already latent within us, to develop the strength of our character and create positive thought patterns, attitudes and responses to life by transforming the wasteful and negative ones.

Rajyoga is the integration of the characteristic features of Science, Philosophy, Education, Medicine and Psychotherapy, Religion (*Atmic Dharma*), Spirituality, Values, *Bhaktiyoga*, *Jnanayoga*, *Karmayoga* - all rolled into an integral one, which can lend to its devoted practitioner the elixir and nectar of celestial life and the lever of holistic health, progress, development and well-being here and hereafter.

“Rajyoga has tremendous medicinal, psychotherapeutic and healing potentialities in the sense that it cures many psychic disorders by creating quantum shift in deep psychic layers within the human soul and, also thereby with zero expense, brings psychosomatic order and harmony with its holistic healing efficacy and salubrious impact on the soul-mind-body matrix that every human being is essentially and originally moulded of (Yudhisthir, 2016).”

Rajyoga meditation is a metaphysical process of opening

man’s already blocked (which is so due to his outward body-and-material-consciousness) inward channel for the direct flow of divine power of the Supreme Soul - the Almighty Graceful, Benevolent God Father, the Redeemer and Liberator - into the discharged and entropied human soul-battery in order to recharge and reinvigorate it. This loving, reciprocal psycho-intellectual reconnection, reunion and re-communion with Him, with all His moral, spiritual values and virtues, divine, celestial powers and qualities, brings a positive transformation, renewal, renaissance and rejuvenation of the decadent and degraded souls, the society and the world into the New Golden Aged World of a Regained Paradise.

The key to liberation (*Mukti*), liberation-in-life (*Jeevan Mukti*) and immortality is the sheltering of the soul in the Supreme Soul by remembering Him through Rajyoga meditation, by shunning all sorts of sins, vices and temptations, by not resorting to inaction but rather performing actions with renunciation of the fruits of actions with complete detachment, for the doer or performer has “the right to actions but not to the fruits

thereof.”

Benefits of Rajyoga:

“Attuning and communing of soul or spirit with God, the Redeemer, through Rajyoga meditation leads to ultimate atonement of its long-acquired sins, vices and weaknesses, and to effecting, in turn, of its eventual empowerment by getting it magnetized with His inherent divine and spiritual powers, values, virtues and qualities through the silent, secret and deep assimilating, absorbing and merging processes of engrossed meditative power. This also enables it to gain control not only over the *inner nature* of its inner faculties such as mind (*mana*), intellect (*buddhi*) and impressions (*sanskaras*) but also over physical senses and the elemental world of *outer Nature* by achieving what Thomas Carlyle called “the calm supremacy of the spirit over its circumstances” (Yudhisthir, 2016).”

Spiritual and Physical Benefits:

Practice of Rajyoga Meditation renders both *physical* and *spiritual* benefits for leading a sustainable, values-based and healthy life. The **physical benefits** are: (i) Rajyoga Meditation decreases cholesterol, reduces workload

on heart and high blood pressure; (ii) improves airflow to lungs and helps asthma patients; (iii) prolongs life expectancy with younger biological age; (iv) helps cure insomnia (sleeplessness); (v) lowers cortical and lactate - two stress causing chemicals. The **spiritual benefits** are: (i) Rajyoga meditation increases empathy; (ii) improves personal and professional relationships; (iii) power to withdraw from untoward events; (iv) increases power to tolerate; (v) develops power to accommodate and accept; (vi) develops power to discriminate between right and wrong; (vii) develops power to face situations; (viii) develops power of judgment and decision making; (ix) develops power of unity and cooperation; (x) develops power to pack up and get ready.

Apart from the above, Rajyoga practice also accrues other benefits such as peace of mind, healthy life, stress-free life, faster healing, unconditional happiness, sound sleep, increased work efficiency, harmonious relationships, slow ageing, healthy heart, better attention span, better control of thoughts, etc.

Values, Spirituality and Lifestyle are linked with Rajyoga:

Values, spirituality and Lifestyle are inextricably linked with **Rajyoga meditation, which links the soul to the Supreme Soul, the Ultimate Supreme Source of values, virtues, powers and spirituality,** through a loving communion thereby leading to the long-cherished reunion of the soul, the spiritual child, and the Supreme Soul, the Spiritual God Father. All kinds of values - universal or temporal including human, social, ethical, moral, spiritual, economic, aesthetic values, etc. - are demonstrated by our actions (*Karma*). Our actions (*Karma*) begin as thoughts, feelings and emotions. *Values and spirituality* are to be developed together because values – often the most essential and desired – are seeded in spirituality. Their relationship is inextricably interrelated, interlinked and interdependent. Establishing oneself in the state of soul-consciousness through the practice of **Rajyoga meditation** gives the much-needed power to develop values and spirituality and for their practical application in everyday lives. *When spirituality is developed, values emerge; and when values are*

developed, they increase spirituality. Rajyoga meditation makes this development and emergence practically possible.

Rajyoga meditation gives a new, pure, positive and proactive mould to lifestyle through its capacity of bringing inner psychosomatic changes in the soul or consciousness. *Lifestyle* is the way a person lives, and his/her way of life and style of living reflects his attitudes and values, virtues, powers, potentialities and qualities. *A values-framed, values-led and values-based life* is self-capable, self-empowering, meaningful, fulfilling in the sense that the person is the embodiment of values that he/she not only extolled, preached and espoused but also practically implemented and held in his/her personal and public life, and it is also very useful in serving the family, society, nation and world with the altruistic spirit.

Let's Practise Rajyoga:

Let's practise Rajyoga in order to give added values and benefits to the life of people and make the International Day of Yoga, 2016 a grand success, because it is *a perfect panacea* for most of the psychosomatic problems.

Rajyoga is available free of
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A CATASTROPHIC END FOR A NEW BEGINNING!



– BK Rose Mary

India's original name *Bharat* (*Manu* 2.21-24) which means "to revel in light" shows there was a time when people were delightfully living in light/truth, in soul-consciousness, treating everyone as children of one Heavenly Father with pure motive, which resulted in joy, love and peace. It means that in the past Golden Age existed in India.

Such a benevolent system of things based on virtues gradually slipped into darkness of egoism. When someone feels he is somehow more important than others, it is the birth of ego which is forgetfulness of invisible reality behind his visible body. Then his desires become intense. Desire becomes anger if met with obstruction, and if fulfilled, it results in greed and attachment, both of which will further fortify his ego. This vicious cycle repeats with everyone who feels self-important. To mention a few:

1) People KNOW that it is wrong for the mighty to exploit the weak. Yet exploitation, in micro and macro level, has been

going on. Also, there is exploitation between two different species. For example, people KNOW that non-vegetarian diet is less nutritious, more expensive and wastes lots of resources on feeding the flocks till they are slaughtered for eating; still many prefer non-vegetarian diet. As a result, a staggering 51 percent or more of global greenhouse-gas emissions are caused by animal agriculture. Then there are also many varieties of harmful consumption practised knowingly. One such behaviour is smoking. "Tobacco kills around 6 million people each year." (<http://www.who.int/mediacentre/factsheets/fs339/en/>).

2) People who invest in share market very well KNOW that they will get back only the face-value of the share in case company runs into loss. Yet people buy shares of nominal value. People KNOW that reckless borrowing is not wise. Yet, both individuals and governments alike are on a borrowing spree. People seem to believe that it is possible to have infinite growth and

improvement in living standards in a finite world - an attitude against which author Edward Abbey warned: "Growth for the sake of growth is the ideology of a cancer cell." People KNOW that inequality invites all sorts of social problems and has even caused civil wars in the past yet gap between the rich and the poor has been widening. Economic problems feed social and political discontent, opening the way for extremism. In the Great Depression of 1930's, the fear and disaffection of ordinary people who had lost their jobs and savings gave rise to fascism. Writing of the period, historian A J P Taylor noted, "[The] middle class, everywhere the pillar of stability and respectability, ... was now utterly destroyed ... they became resentful ... violent and irresponsible ... ready to follow the first demagogic saviour."

3) People KNOW that friendly neighbour is better security than costly war-preparedness. Yet there is no shortage of wars. Even when we experienced a great explosion of knowledge in last two generations, over 160 millions were killed in wars alone. (<http://www.scaruffi.com/politics/massacre.html>). That means man does not learn from the folly of war. In last century, there were two World



Wars! Then there was Cold War (1947 -1991) between two Super Powers. Now all the indications are that the same Cold War is returning. Balance of terror has always been there varying only in degrees, yet that has seldom been a deterrent because war has its origin in anger [and also in greed], and anger is temporary madness. In madness, people do not think what the impact of their action would be on themselves, others and planet. As long as ego exists in all its varied forms (individualistic, nationalistic, religious ...), conflicts and wars are inevitable. It was an act of a Serbian student in June 1914 that ultimately spread into First World War. That means wars can start on any incident.

4) People KNOW that they will endanger their very lives if they go on poisoning the air in their living room. Yet that is what exactly humans are doing to planet home through their industrial and vehicular emissions. "In March last year, the average concentration in the atmosphere of carbon dioxide, the most long-lasting of the heat-trapping greenhouse gases, breached the significant milestone of 400 parts per million - the highest recorded since the Mauna Loa Observatory in Hawaii began recording these

levels in 1958." "When threatened by terrorist bombings, countries declared a War on Terror...Climate change is biggest threat ever faced by humanity. Isn't it time we declared a War on Climate Destabilization?" The steadily increasing global warming and the resultant melting of polar ice-mountains would cause sea-level rise which will wipe out lives from coastal areas. Roughly, two hundred million people globally live along coastlines less than five meters above today's sea level, says Brian Fagan in his book *The Attacking Ocean: The Past, Present, and Future of Rising Sea Levels*. SEA SURGE would ultimately make over half the world's population that lives within 60km of the sea migrate to safer areas. How catastrophic that scenario would be, is beyond anybody's imagination. The entire area from North Africa to Bangladesh, which is perhaps the most susceptible to climate change, is also the areas of the world with the weakest governments, the highest civil unrest, abysmal human development, a ticking demographic and gender time-bomb, unmatched religious and ethnic strife, and large-scale unemployment. Truth may be

even far more terrifying than what is being presented to us by climate studies which are often funded by industrialists.

This world reached this dismal stage because people did what they KNEW they should not be doing. For example, the great Law Giver Manu had warned against greed when he wrote the greedy "cannot become clean by taking bath any number of times a day." (*Manu Smriti* 5:506). Jesus who taught to pray for our "daily bread" too had warned that seeking more material wealth than necessary makes one's life a hell. Mahatma Gandhi had said: "It is a theft to possess anything more than one's requirement" as the excess belong to those who have nothing. Albert Einstein went a step further and said: "Possessions, outward success, publicity, luxury..... to me, have always been contemptible. I believe that a simple and unassuming manner of life is best for everyone, best for both the body and the mind." Alexander the Great said: "Bury my body, do not build any monument, and keep my hands outside so that the world knows the person who won the world had nothing in his hands when dying."

Unfortunately, such practical

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‘WAY OF TREATING PEOPLE’



– Sister Padmapriya, USA

In the movie ‘Dumbo’, in a moving train the mother elephant with her friends awaits anxiously for her baby. Shortly, the stork delivers the baby elephant in a cloth bundle to the mother elephant. The baby elephant is named Jumbo before he is opened from the cloth bundle with a happy birthday song.

When the mom elephant happily opens the bundle, she finds a beautiful baby elephant with blue eyes as all her elephant friends adore the baby and call the baby with sweet names. Baby elephant smiles, becomes proud and happy. In few moments, the baby elephant sneezes and his large ears open up. Seeing those large ears, all the elephant friends immediately begin to tease the baby and make fun of the baby Jumbo. They even change his name to Dumbo. Hearing this reaction, the baby elephant frowns and becomes sad.

At this point, the mother elephant takes the baby elephant under her wing and shows her temper to the elephant friends.

The friends comment about her temper and justify their dislike of the large ears that they were right about the large ears.

Later, the mother elephant embraces the baby elephant and when the baby elephant’s large ears touch her eyes, she gently wraps those large ears around the baby elephant and cuddles him.

Well, having said the story, we see just how people treat each other in this world. Human beings treat other human beings in the same way as in the story. Like the baby elephant, each human being has inner beauty and goodness along with some weakness like the large ears. As long as one exhibits his goodness, everyone adores, loves, respects him.

Whereas when the same person exhibits some weakness in a situation (like a sneeze/ disturbance), everyone teases him, ignores him, makes fun of him, blames him, gives him hard time, disrespects him, criticises him and gossips about him behind his back.

A person can exhibit goodness

and weakness according to his personality and the situations he encounters in life. Everyone does it but the treatment we give to people when they are in their negative space has to be taken care of.

Every human being needs to be:

- ▶ Accepted along with his goodness and weakness (blue eyes and large ears), rather we resist, dislike and hate.
- ▶ Accommodated during their mistakes, errors and negative emotions, rather we judge and punish.
- ▶ Tolerated and to be understood, rather we quarrel, get upset and avoid him.
- ▶ Believed when he loses hope, rather we get disappointed, ignore and blame.
- ▶ Trusted when he is vulnerable, rather we complain and wail.
- ▶ Communicated how special he is, rather we gossip behind their back and find one or other fault with them.
- ▶ Appreciated for his hard work and good heart, rather we get jealous and hesitate cooperation.
- ▶ Supported for his effort, initiative, leadership and sharing, rather we try to dominate or manipulate.
- ▶ Encouraged when he is trying



to transform, rather we pull him down and just don't give him another chance.

We give a negative reaction because:

- We get hurt by people's negative behaviour.
- We expect them to behave in a certain way.
- Of our own ego, fear and insecurity.
- Of our own lack of discernment of others' needs.
- Lack of communication of our needs.
- Things don't work out between people because of assumptions: we tend to believe what we think is right and others are wrong. We get caught up in our own beliefs and perceptions.
- Not conveying your feelings then and there (feedback in a loving way) - it's very important to convey stuff to people without putting them in a defensive mode.
- Unable to let go and forgive.
- Unable to see one's own weakness and focusing on others' mistakes and problems.

Spirituality helps us to really focus on our own self and keep an open generous attitude towards others' needs and weaknesses. It enhances our self-esteem and helps us to accept people along with their deficiencies. It enables one to

give permission to let people be however they are. It does not amount to end or sing their actions but we do not get disturbed by their weakness. We take whatever is good in everyone and everything, allowing other stuff to sail away from us.

Spirituality is not a denial or avoidance of the reality of outer world, but understanding that:

- People can wear false masks.
- People can be mean.
- People can be dishonest.
- They can gossip.
- They can ignore and be insulting but with spirituality, one has the power to move beyond the negative stuff.

Some of the points mentioned below can help us:

- ▶ No one is perfect in this world including the saints, psychologists, philanthropists, spiritual teachers and so on. No-one-is-perfect, that is why pencils-have-erasers.
- ▶ Everyone is doing his/her best in his/her own scope and area.
- ▶ Life is a platform of consistent learning and enjoying the process.
- ▶ There is inner beauty in each being on this earth.
- ▶ Let our heart be pure and generous.

▶ Let us lower our expectations over others and be compassionate.

▶ Let us think of others' pain and suffering before self.

▶ Let us understand/empathize with other person's situation.

▶ Truth always wins and it's never proven.

▶ Not everything can be understood instantly, so let us be patient with self and others.

If we remember this, then we will be able to go beyond the incessant presence of unwanted negativity.

(Contd. from page no. 22)
 | wisdom falls on deaf ears! |
 | Greed continues to reign |
 | supreme! Thus the world is |
 | moving in the direction of what |
 | Brahma Baba saw in divine |
 | vision in 1936 that this world |
 | would eventually end in civil |
 | wars, nuclear war and natural |
 | calamities, following which the |
 | Supreme Father, the Supreme |
 | Soul, God Shiva would |
 | recreate Golden Age on earth. |
 | No one is taken by surprise. |
 | Brahma Kumaris have been |
 | proclaiming the incoming |
 | Golden Age for the last 80 |
 | years. Those who show |
 | interest are taught *Rajyoga*, |
 | an art that equips everyone to |
 | wade through this calamitous |
 | period and to inherit the |
 | incoming Golden Age. |

HAPPINESS BRINGS PERFECTION IN LIFE

– Dr. Kaushal Chauhan, Mullana, (Ambala)

The Purpose of Life is to be Happy. In fact, whatever we do in life, is all for Happiness. There is no other medicine as effective as Happiness. Happiness is the mind's diet. It destroys negativities and adds perfection in one's life, as it resolves all conflicts. Happiness is, in fact, the true beauty of a soul. It is the Key to success and a source of harmony in human relations.

We got many teachings in life since childhood, like how to eat, how to sleep, how to study, how to speak but nobody taught us how to be happy.... We all want to be happy and God also has sent us, human souls, to this earth to remain happy and play our role to perfection but we all have forgotten it. We should always remember that 'I am a Soul playing my role and others are also playing their roles on this World Stage. It is up to me how accurately and with happiness do I play my role'. We should try to give our best performance in every walk of life; but the irony is that in today's

environment, people have everything except happiness and they are searching for it in money, position or in relationships.

All of us have heard of donation of various sorts - eye donation, blood donation, etc. It is good but the greatest donation is that of Joy and Happiness. To give happiness to others is the greatest service but for that we need to be happy ourselves. Happiness is, indeed possible through the creation of our positive thoughts. If we remain happy, it creates a happy environment for others to thrive and prosper. Happiness increases as much as we give it to others. The Light of Sun, the Calmness of Moon, the Depth of Ocean, the Vastness of Sky, the Tolerance of Earth, the Energy of Fire, the Purity of Water - all remind us to spread the qualities of love, patience, tolerance, and most importantly, happiness to others unconditionally. The person who donates money gets money, but the person who distributes

Happiness earns Blessings. To have pure feelings for everyone is to donate Happiness.

May you keep smiling amidst thousands

Like a blooming rose in the Spring.

May you be blessed with all happiness in life

Like the Moon flanked by the stars.

Happiness for Perfection in Life

When a person realizes his true identity of being as a soul and that peace, love, purity truth are his innate qualities, he gains new insights, in his inner world, about his strengths and qualities and how to use them in daily life. Regular experience of the soul's intrinsic virtues calms the mind, making one more stable and content. The vices gradually lose their influence on the soul. The mind becomes clearer, enabling one to have a deeper understanding of the spiritual laws and principles that sustain harmony in life. With such a mind, one is able to recognize subtle truths and make the right choices, be they about the words one uses or the way one behaves and lives. One becomes sensitive to the impact one's actions have on the self, on others and on the whole planet. This sensitivity coupled with the wisdom that comes from a clear

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SPIRITUAL EMPOWERMENT OF WOMEN



– Hitesh Salunke, Jamkhed, Ahmednagar

Twenty first century has presented before us a series of challenges, the most prominent being the issue of security of women. In spite of various advances in our society, day by day, situations are getting critical, mostly impacting women, who are exploited, abused, disregarded in many ways - intellectually, physically or mentally – due to wrong thinking pattern and orthodox beliefs of male dominated society. A woman is not secure even in the mother's womb, due to the parents' fancy for a male child. Because of the resultant imbalance in society, we have lost control over all good aspects of life, and are left with a multi-faced, crime infested society, where everyone feels unsafe even while at home.

Women and girls are discriminated against right from the time of their birth and are considered as second-rate citizens. A male child is preferred as he is considered to continue the name of the clan of the family. Boys are thought

to be an asset while the girls are seen as a burden. This has been due to wrong social beliefs and practices. Females are deprived of many rights which the males enjoy. In many houses they are still kept under subjugation and in *purdah* (veil), being confined to the four walls of the house in some places.

It is true that in many western cultures women hold an almost equal footing with men. They hold public offices, run corporations just as men do, but they still have to face obstacles which their male counterparts would never be confronted with, and which are present in much larger numbers before them than before men.

Women rear and bring up the child, look after the family and play their roles as a daughter, sister, wife or a mother with dedication and sincerity. Can there be a human society without them or without their roles? Why should then be any gender-discrimination there? Why is then disharmony created in the family and the society by treating them as inferior? The biological and

psychological roles of both the genders are necessary to knit well the fabric of a family. The society needs the masculine as well as the feminine qualities and one cannot do without the other. Why are then women deprived of their rightful place in society? There is, in fact, the biological evidence that women are superior to men in certain aspects and it is, generally, felt that the feminine qualities are very much needed in society in order to restrain crime and have more service and sacrifice. Then, why are they treated with contempt?

Women play a major role in preserving and passing on the cultural and spiritual heritage to the succeeding generations. Women can better impart lessons in love, compassion and non-violence and end corruption if they are allowed to play their social role and male-domination over them ends. It has been rightly said, "Where women are honoured, deities dwell there."

It can only be God who can redress the imbalance and He did that by starting a spiritual revolution by establishing an organisation now renowned as the Brahma Kumaris. Prajapita Brahma became the human medium of Incorporeal God Shiva. Om Radhe or Jagdamba Saraswati became the role-model for many a women for



spreading spiritual awareness in the world. Young women realized their immense potential, inner worth and qualities and were inspired to come forward as spiritual leaders. In 1936, Incorporeal God Shiva came on earth to fulfil His promise, to take all souls back home by making them free from the bondage of impurity, and to transform this vicious world into a beautiful garden of 'Satyuga'.

He placed the urn of knowledge on mothers and sisters and gave them spiritual wisdom. Spiritual knowledge brings power to make one aware of inner self, to make one confident and to win over vices. This is the security that women need to evoke within themselves. Women need to be aware of their inner dignity through spirituality which will help to bring a change in the consciousness of the world at large. Women are often associated with love, care, respect, trust, patience, loyalty, empathy and mercy but it has often been equated with their weakness; however, when these qualities are replenished with spiritual power, it becomes a force powerful enough to transform the discriminatory attitudes and perceptions prevalent in the world.

Spiritual knowledge gives a deeper level of comprehension to understand the self and free the self from the confines and constraints of the physical limitations. The knowledge of 'Who am I?' divinises the intellect and opens the third eye of wisdom. It is the wisdom that women must embody. This wisdom is born from the depth of spiritual consciousness and has been remembered as *Shakti* – will-power received directly from God. Such wisdom brings security in one's life and also has a truly transforming effect on the lives of those around us. **If we want a happy, crime free life and society, we must emerge the security of our inner values and powers,** because the world is going to change; if we do not change ourselves in time, we will not qualify for the new world.

It's the time for change, and we must change.

Inner transformation requires that both men and women believe in the beauty of their innate worth and see the self and others in the context of the eternal reality, rather than just the transitory physical appearance. "Respect girls and women, because they are all Laxmi and Saraswati of their home, i.e., the goddess of the

house; if goddesses are happy at home and outside, everyone will feel the same happiness." Dedicating some lines from a song of the movie SOUND OF MUSIC to all women:

"Climb every mountain
Search high and low
Follow every by-way
Every path you know
Climb every mountain
Ford every stream
Follow every rainbow
'Till you find your dream"

(Contd. from page no. 25)
intellect, allows one to achieve harmony between the soul and body, and in relations with other people and nature as well. Happiness helps one to maintain a calm disposition at all times and the resultant peace radiates positive vibrations all around him. It is a subtle way of serving nature, and a happy person receives cooperation from nature in return. Happiness subtly elevates our consciousness and helps foster harmony at all levels in life. I wish that everyone should spread the tsunami of Happiness in the world, until Heaven or paradise is established on the earth. So let us give Happiness to all and be always Happy!



SOUL-CONSCIOUSNESS IS CONTEMPLATION, NOT EXPLANATION



–B.K. Sujoy, Durgapur

“Just as the acquaintance of the particulars of one’s relatives obliges one to remember his or her bodily relatives and friends, even so, complete knowledge of the self, its immortal relationship with the Supreme Soul and such particulars enable the self to be soul conscious and to have communion with God, the World Father” – Dadi Prakashmani Ji.

There are so many holy Scriptures accessible to people today, they hold faith in and pay obeisance to, nonetheless they remain trapped in this mortal form and distanced from the truth. They perform all the arduous rites and rituals, recite religious scriptures, visit places of pilgrimage, sit in penance, indulge in holy bathing and still find that they are at odds with life and the world at large. Because instead of unifying with the Eternal Being, prejudice holds them back, and the one thing which will set everything right is not obtained i.e. God-realization. So, one must relate with this Supreme Energy. And to relate with this Supreme Energy we have to contemplate our identity as a soul, all the other identities – teacher, student, man, woman, father, mother, friend, relation and so on – are simply different roles

which, we the souls play. Understanding this fact is what is called ‘soul-consciousness’. It is not just something to explain through Physics, Chemistry or Psychology.

In Rajyoga Meditation, we remain aware of our true identity, i.e., soul. We create thoughts about the real self and the innate qualities of the soul fill our mind. Initially, it doesn’t matter how fast the thoughts are arising as long as they are moving in the right direction. If our thoughts wander away, we gently bring them back to peaceful thoughts of the self. As we become involved in this experience, our thoughts gradually start to slow down and soon we are able to ‘savour’ the peace within. Just as when we eat something slowly, we are more likely to appreciate each mouthful of its flavour and texture. Through maintaining

soul-consciousness in this way, we continue to progress towards our aim of attaining God-realization and constant peace of mind.

It is excruciatingly apparent that confinement stifles liberation. Until and unless we are liberated from our false ego of **‘I Know it all’** we cannot be soul-conscious. Brahma Baba (Dada Lekhraj) is the lucid example of such liberated, carefree mind. He always believed in **“One Strength, One Faith and One Support”**. The sign of being a carefree emperor was always clearly visible on his face. In spite of having the burden of 350 children to be fed and to be looked after, he remained cheerful and stable. He always said **‘This is the Father’s responsibility, not mine. I belong to the Father and the children also belong to Him. I am no more than just an instrument’**.

Without having such a faith and carefree attitude, we cannot be soul-conscious. Having a soul-conscious life means a life of a tree or a river – a tree never eats its own fruit, a river never drinks its own water – representing service without possession or coercion. Life is a journey and God-realization is the destination, the

(Contd. on page no. 30)



SCIENCE BEHIND RAJYOGA



– *B.K. Banshidhar, Bhubaneswar*

Science is the deepness of going to the bottom of matter which explores the power and greatness of that matter. It is also defined as a systematic enterprise that creates, builds and organizes knowledge in the form of testable explanation and prediction about the universe. Originally, the term “science” (Latin *scientia*) simply means “knowledge”. Contemporary science is typically subdivided into the natural science, which studies the material world, the social science which studies people and societies, and the formal sciences like mathematics. The formal sciences are often excluded as they do not depend on empirical observations. Disciplines which use science like engineering and medicine may also be considered to be applied science. Science is the careful study of the structure and behaviour of the physical world, especially by watching, measuring and experimenting, and the development of theories to describe the result of these activities.

Rajyoga links soul to God who generates in it the creative energy. Rajyoga means stabilizing the mind in the sweet remembrance of God. The physical energies such as heat, sound, magnetism and electricity of the material world are not of much use in helping man to have link with God. The reason is that He is not a material entity perceptible through the physical sense organs. The communication cannot be established with Him through telephone, wireless or by any remote control system. Also yoga is a journey of soul to the holiest and the highest place, the incorporeal world known as “Paramdham” where the Supreme Father abides. Meditation is the creation of positive thoughts in the mind in such a way that the mind starts getting oriented in a positive direction above the routine thinking of day-to-day life. While meditating, one must know who he is and who God is. The soul can be discerned only through the eyes of knowledge, not by physical eyes. The physical eyes can see the

material objects. The soul being an immortal, divine, invisible, subtle and conscient entity, is the seer. The soul is neither born nor does it die.

The soul is eternal, immortal, and indestructible. The Supreme Soul is also a dot of light like soul. However, He is the Supreme among all the souls with respect to the attributes of knowledge, purity, peace, love, happiness, bliss and power. He is the Ocean of Knowledge, Ocean of Purity, Ocean of Peace, Ocean of Love, Ocean of Happiness, Ocean of Bliss and Ocean of Power etc. The science of complete knowledge about soul and Supreme Soul leads to meditation. The science behind this meditation is that when we are sitting for meditation, we must feel and confirm that “I am a soul”.

There is no age bar for meditation. Even a small child can do better meditation than an old man having more experiences. But the child must have knowledge to detach himself from the body and must have good visualization about the soul, the Supreme Soul and the incorporeal world. One must have powerful, determined and positive thoughts to overcome all the obstacles. Mind and intellect should work together and mind should not be attracted towards body, bodily relations and



materials. The science behind these two important subtle organs of soul, i.e., mind and intellect, is to be understood. When mind thinks about the incorporeal world, i.e., *Paramdham*, the intellect should create the vision or image of the incorporeal world where all the self-luminous point-shaped human souls reside with the Supreme Soul. The mind and intellect should think and focus on the Supreme Soul and start meditating. Here, the intellect acts like a camera and the mind works like a TV. When the camera is powerful, it will produce good and excellent pictures having high resolutions in the TV.

Before starting meditation one must think "I am a peaceful soul". When one does this, the spiritual energy of the soul is converted into mental energy and the 80000 billion cells in the body including 10000 billion cells in the brain take this positive energy and act positively. This type of positive thought causes to generate good hormones like endorphin in the body, hypothalamus and pituitary gland and gives good health. One good thought causes thousands of good reactions in the cells and ultimately leads to good health. Only soul conscious stage can give positive thoughts and it will lead to peace and happiness.

Meditation produces positive thoughts on the basis of which one gets good life and long life.

It is a known fact that Supreme Father has come to teach Rajyoga in this auspicious Confluence Age to make us deity-like. The power-mathematics of meditation is that if a soul meditates with the Supreme Soul, the power will multiply with a power index of 10. The Supreme Father is a point. The soul also being a point and remembering the Point it will become healthy and wealthy in qualities and powers. When one writes a point (zero) beside one, it becomes 10 and then, when he writes another zero beside it, it becomes 100 and then 1000.

With meditation, every soul can change from being vicious to vice-less for 21 births.

In recent years, the various health benefits of meditation have become more and more acknowledged by the scientific community as well as the public. Practising Rajyoga meditation is a simple way to balance one's physical condition, emotional state and mental well-being. Meditation helps to enhance energy, strength, vigour and fitness. It keeps blood pressure normal, reduces anxiety attacks as it lowers the levels of blood lactate. But most important effect is that Coronary Artery Disease (CAD) is fully cured by

meditation. In 2013, CAD was the most common cause of death globally, resulting in 8.14 million deaths (16.8%). About 7000 lives have been saved in Mount Abu by this meditation. By meditation the diseases like cancer, depression and mental tensions are also being cured.

Medical treatment gives one directional cure, i.e., it may cure body only. Meditation provides three dimensional treatment, i.e., physical, mental and spiritual treatment. Only the science of Rajyoga can give a total cure of the soul and body and can establish a happy and prosperous society and the world.

(Contd. from page no. 28)
| accomplishment of the |
| journey. |
| *"True knowledge of soul, |*
| *however, is not a matter of |*
| *superficial importance nor is |*
| *to be left to some philosophers |*
| *or religious scholars or |*
| *psychologists to discuss. Since |*
| *each and every one of us is a |*
| *conscient being, it concerns us |*
| *all individually and severally. |*
| *To deny ourselves the true |*
| *knowledge of consciousness is |*
| *to deny ourselves the right |*
| *and the duty of living a |*
| *meaningful life". |*
| *- B.K. Jagdish Chander |*
| *Hassija. |*

JOHNNY TALKS TO GOD!

– B.K. Rashmi Rathi, Pune

One day Johnny was looking for God. He went to a flower, a tree and a dog too to find whether God was there. But he could not find Him. Disappointed with his futile search, he sat down on a stone. Soon he felt he heard someone calling him.

“Who is it? Who is calling me?”

“Look up Johnny! It’s Me, God! You were calling me!”

“Huh? God? Are you kidding? I looked for you everywhere.

“Where did you look for Me?”

“In this stone, in that flower, in that tree and even in that silly dog.”

God laughed.

“And you thought that you would find Me there?” asked God.

“Because my mother said so.”

“What did she say?”

“She said that you are everywhere.”

God smiled, “You have been looking at all the wrong places.”

“Huh? Wrong places? But, my

mother said and even the teacher says so. And they don’t lie”

“Yes, they don’t lie. But, in this case they are wrong.

Johnny is lost in thoughts for a few minutes. “Hmmm...OK, then if you are not everywhere, where are you from?”

“I live in a far away world where you too used to live.”

“Me? But, I live here in New Jersey, in America.”

“For how long have you been living here in New Jersey?”

“I am 10 years old so, I guess, for the past 10 years for sure.”

“And before that where did you live?”

“My mother says, I have been with her for the past 10 years. Even she doesn’t know where I was before that.”

God smiles again.

“So where did you say, you were from?” Johnny asks.

“A far away world, which is the Soul World.”

“Hmmm... Soul World?”

And you say that I used to live there with you?”

“Yes! You and all other souls that are now on this planet earth”

“Then why did you send me...rather all of us here?”

“To realize your potential.”

Johnny is confused “How?”

“You have taken this body form by which you can act and express yourself and realise your potential.”

“By going to school every day, how am I realising my potential when I actually hate going to school?”

“It’s just one aspect of growing up. And as you grow up, you learn and imbibe new things and can do so much in the world.”

“Hmmmmmm....” Johnny is thoughtful.

“Why were you looking for Me?”

“Yesterday I saw on Television this news of war going on and it made me very sad. It always makes me sad to see any news of suffering and there is so much of it these days. It feels

like there is only suffering in the world. So, I was looking for you to ask you why there is so much suffering in this world as my mother says you will answer this question, as you are the Creator of this world.”

“Do you like playing Johnny?”

“Yes, I do. I like to play. It’s better than going to school.

“Do you always like to play?”

Johnny takes a minute to think before responding.

“Yes, most of the time, except when Jack and Jill start cheating or beating someone.”

“And when is that?”

“We play for some time and then we get tired of playing and that happens mostly towards the end of the play.”

“This is how it is with humans. Initially, when they arrive from the soul world, it is pretty clean and honest play. But as they keep playing, they get tired and that’s when the cheating and the beating (suffering) starts.”

“So, what happens after the play is over?”

“You all come back to the Soul World.”

“And then?”

“The cycle repeats.”

“Oh Now I see! This is all a big game and we are just playing this game. And it’s fun to play. Well, it’s just a game, after all, isn’t it? Well now I have my answer! Thank you God!”

God smiles and Johnny goes back to his playing.

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cost and is being taught by almost 9,000 Brahma Kumaris Rajyoga Centres in India and 147 countries abroad.

Time (Kala) to meditate:
Though early morning (*Amritvela*) is the best time for Rajyoga meditation, yet one can meditate at meal times and throughout the day, while walking or strolling, and just before sleep.

Place (Sthana) to meditate:
Since Rajyoga is a mental and spiritual link of the self with the Supreme, one can meditate at home, outside or inside, alone or in company, at workplace, while travelling, and can remain quiet even amidst the crowd through its practice.

Who (Patra) can meditate?:
Anyone and everyone can practise Rajyoga without any bar whatsoever and earn its multifarious effective benefits gratis.

CO-OPERATION

Co-operation is perhaps one of the least recognised but most valuable of human virtues. So, for a person to be co-operative means to have a quiet eye for what is needed to bring success, and to supply it (and no more) at the right time, in the right place and then to be off. Someone who co-operates, offers his or her services and then splashes his or her name on the achievement is not co-operative. It requires invisibility and precision to do and then to go without waiting for results. It also takes a discerning eye to see exactly what is needed, to be removed sufficiently from your own approach to a task and just to contribute one ingredient. Sometimes not even an idea but, however clever you may consider yourself to be, just a hand, a support.



his sensual volatility had been calmed. When someone entered her room, he/she found that she was meditating on God Shiva and was practising austerity or was churning the jewels of knowledge. Her image was so miraculous. There was such incense in her conduct. How fragrant were her actions! Whoever saw her with the introductory gaze, his/her life would become successful. Therefore, it is our good luck that we're Brahma Kumars and Brahma Kumaris, i.e., Brahma's mouth progeny and are Saraswati's sons and daughters. We are so fortunate that we drank nectar from her very lotus-mouth and listened to heavenly beats of Godly knowledge from her mouth, whom people call the 'goddess or bestower of Knowledge' and whom people invoke to receive blessing of knowledge from her sacramental hands. Her blissful hands showered love on our heads. We're the progenies of such a mother. Blessed are the eyes that saw Mother Saraswati standing, sitting and walking on the earth. Even though we might not have attained anything else, but, is, what we have seen and attained, less than anything? Can there be any other scene more beautiful than seeing goddess Saraswati in her living form in the

world? The earth and the sky used to create subtle divine sound when she walked. Even moon would come late when she used to remember Father Shiva day and night. Oh!, she was the same Parvati about whom it has been mentioned in the Hindu scriptures that she did austerity on the hills to attain Shiva. She was Mother Gauri. It was a lucky opportunity to see the one whom the world remembers with the names such as, Devi, Mother Ambe and Eve, etc. We communed with her, were sustained by her and played under her canopy. How unique were those days! That was such a beautiful time of our fortune. There couldn't be any experience more thrilling than that. She was the magnificence of India and Indian women. She was the greatest amongst the yogis; she was integrity of religion-philosophy-creed. She was the world mother. If she hadn't been there, nothing would have been there.

It was she only who used to listen to Godly Knowledge spoken by God Shiva through Prajapita Brahma's mouth and would explain it to all the yagya children. It was she who became the sample of knowledge and yoga in front of Brahma Kumars and Brahma Kumaris. It was she only who

became an instrument to take care of all the yagya children. She had the right to sit at the equal place of Prajapita Brahma and play Lyre of Knowledge (*Gyan Veena*) daily. The same Matheshwari Saraswati possessed the form of Durga and protected the fort of the yagya and combated obstacles and faced miseries that came from the public and government. It was she only who brightened the personality of yagya children possessing different personality traits and sang the lullaby of knowledge. She was the mother who was the embodiment of virtues such as Coolness, thus called *Sheetala*, embodiment of Contentment, thus, called *Santoshi Maa* and embodiment of Sustenance, thus, called *Mother Annapoorna*.

Prajapita Brahma himself gave her place in the pair bead of the rosary and entitled her as 'Yagya Mother'. Putting her at forefront and giving the example of her, he would say that men should keep sisters and mothers at the forefront. Brahma Baba would himself go up to Railway Station to see her off. Once he asked children to choose and bring some small, meagre sticks and offer the same to Mother Jagdamba and all sang a song in the praise of her. He asked me, "Child, do you know the song of

(Contd. from page no. 3)

mother's praise and can you sing *Arti* for her?" I told him, "I remember some". Then, we did the likewise. We selected the sticks and made a bundle of it and brought the same with us. That day Mamma hadn't gone to stroll with us. When we went to Pandav Bhawan, Mamma was standing to welcome Baba. Having put that bundle near her feet, with folded hands and keeping our eyes half-opened and being ecstatic, we started singing *Arti* of her. Seeing this all of sudden, she was smiling and was slightly laughing also... Our devotion was completed. We dedicated our devotion to mother Saraswati. That was such a scene that can neither be depicted, nor explained. We were neither being affected by the earth, nor were aware of time. Living Saraswati was in front of us. Can you understand how much love she must have showered on us?

I've visited around 50 countries. In look and beauty, I must have seen many personalities and leaders in various fields, erudition, social service, administration, elocution. But mother's divinity, decency, beauty were heavenly. Her judgment/rationality was unique. Raising herself beyond humanity, she belonged to pure-sacramental class, i.e., like that of a swan. Looking at her, whether it was sinful or destroyer, all were bound to say – "Mother." Despite being on the earth, she was not on the earth. Her spiritual consciousness, the light of yoga, was such that the seer would forget the body and would become soul-conscious and the spiritual consciousness would wake up. At least for a short while, his vicious tendencies would stop and goodness would rise, instead.

OVERCOMING FRUSTRATION IN RELATIONSHIPS

There are two things in life that we can never change:

- The past and
- Other people

When we try to force change, it brings us one frustration after the other, especially when we do not get the results that we want. Frustration is also a sign of failure, and every time that you fail in getting what you want from the other, your self-esteem and self-confidence are reduced.

Frustration is a form of anger. You allow the negative emotion to control you, and therefore you lose control. Most times situations will not be as you want them to be and neither will people behave as you want them to. Therefore, you can decide now if you want to continue allowing the other to dictate your reactions according to how they behave, which results in the loss of your rule, control and personal power, or you can decide that no matter how the other behaves, you rule over your responses; you decide what you want to think and feel.

When you try to control others and then get frustrated because they don't do what you want or aren't the one who you expect them to be, you get in a bad mood, look at them with anger and radiate negative energy. This places an invisible barrier between you and others in such a way that they cannot enter into your world and you do not leave yours either, thus you lose your influence over them. This results in more frustration and resentment. We need to realize that change cannot be forced but can be achieved only through kindness, respect, understanding and acceptance. This realization brings peace among relationships.

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1. **New Delhi** : Bro. B.K. Golo on behalf of the Brahma Kumaris and the World Renewal Spiritual Trust received the prestigious CST & Solar Cooker Excellence Award, 2016 by Sri Piyush Goyal, Hon'ble Minister of Power, Coal & Renewable Energies (NRE).
 2. **Delhi (Pul Prahladpur)** : Sis. Seema Trikha, Councillor, Faridabad and Chief Parliamentary Secretary of Haryana, welcoming Sis. B.K. Shivani by giving bouquet.
 3. **Kurukshetra** : On the occasion of Foundation Stone Laying of Shiv Jyoti Bhawan, Shiva flag is being hoisted by Mr. Subhash Sudha, MLA, Kurukshetra, Mr. Gurdyal Sunehdi, Chairman, B.K. Lakshman, B.K. Sisters Raj, Adarsh, Shakuntala, Saroj, Seema and others.
 4. **New Delhi** : After meeting with Mr. Suresh Prabhu, Indian Railways Minister, in a group photo are Sis. B.K. Asha, B.K. Savitha, B.K. Prakash and others.
 5. **Raipur** : Summer Camp Programme is being inaugurated by Sis. B.K. Kamla, Sis. Shatabdi Pandey, Chairman of CG Commission for Protection of Child Rights, B.K. Sabita and others.
 6. **Ujjain** : "Satyam Shivam Sundaram Exhibition" is being inaugurated by Sadhvi Niranjana Jyoti, Union Minister of State, Food Processing Industries, B.K. Hema and others.
 7. **Baroda (Alkapuri)** : Inaugurating a Spiritual Programme by lighting lamps are Sis. Ranjanben Bhatt, B.K. Dr. Niranjana, Bro. J.P. Namdev, BPC Executive Director, Bro. K.S. Chhabraji, B.K. Narendra and others.
 8. **Hong Kong** : Sis. Dr. Nirmla and Bro. B.K. Surendra are giving a spiritual talk in Hong Kong.



New Delhi (ORC) :

15th All India Bhagvad Gita Conference is being inaugurated by H.E. Prof. Kaptan Singh Solanki, Governor of Punjab and Haryana, Justice V. Eshwaraiah, Chairman, National Commission for Backward Classes, Swami Adhyatmanand Maharaj, Ahmedabad, Swami Dr. Muktanand Puri, Alwar, Swami Dr. Jeevan Dev Maharaj of Jyoti Dham, Rishikesh, Bro. B.K. Brijmohan, Sis. B.K. Asha and others.



Mount Abu (Gyan Sarovar) :

Conference on "Proactive Media for Positive Change" by Media Wing is being inaugurated by Dr. Man Singh Parmar, Vice-Chancellor, Kushabhau Thakre University of Journalism & Mass Communication, Raipur, Mr. Sumit Awasthi, Dy. Managing Editor, IBN7 Channel, Noida, Mr. Akshay Rout, OSD, Swachhh Bharat Mission, Ministry of Drinking Water & Sanitation, Govt. of India, B.K. Dr. Nirmla, B.K. Karuna, B.K. Atamprakash and others.



Mount Abu (Gyan Sarovar) :

Conference on "Values and Spirituality for Excellence in Life" is being inaugurated by Mrs. Divya Khosla Kumar, Actress, Producer and Director, Dr. Yashpal Singh, Director, Somany (P.G.) Institute of Technology & Management, Rewari, Haryana, Prof. M. Himabindu, Chairperson, P.G. Council, North Odisha University, B.K. Mruthyunjaya, B.K. Harish and others.



Mount Abu (Gyan Sarovar) :

Conference on "Role of Artists in Establishing Cultured Society" organized by Art and Culture Wing is being inaugurated by B.K. Dr. Nirmla, Mr. Narayan Prasad Kabirpanthi, Chairman, Sant Ravidas Hasta Shilp and Hathkargha Corp., Sis. Dr. Swatantra Sharma, Vice-Chancellor, Raja Mansingh Tomar University, Gwalior, B.K. Karuna and others.