

The World Renewal

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New Delhi : Dadi Janki ji along with Bro. B.K. Brij Mohan, B.K. Asha and B.K. Hansa in a group photo with H.E. Pranab Mukherjee, Hon'ble President of India, after giving invitation to him for Madhuban (Mount Abu).



Lucknow : On the occasion of International Day of Yoga (IDY) B.K. Radha is welcoming Mr. Narendra Modi, Hon'ble Prime Minister of India.



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1. **New Delhi (Siri Fort)**: Mr. Vijay Goel, Union Minister of Youth Affairs and Sports, Dr. H.R.Nagendra, Vice Chancellor of Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Mr. Derk Segar, Director of the United Nations Information Centre for India and Bhutan, Mr. Anshuman Sharma, Deputy Secretary, Ministry of AYUSH, Dr. Lalit Kumar, Chairman, Centre for Personnel Talent and Management (CEPTAM), DRDO, B.K. Brij Mohan, B.K. Chakradhari and others lighting lamps to celebrate IDY. 2. **Ahmadnagar** : B.K. Dipak presenting Godly gift to Mr. Amit Shah, President of the Bharatiya Janta Party. 3. **Texas** : Brahma Kumaris joined with the Consulate General of India (Houston) in celebrating the 2017 International Day of Yoga in Texas. 4. **Visakhapatnam** : B.K. Seetha presenting Godly gift to Mr.Chandrababu Naidu, Hon'ble Chief Minister of Andhra Pradesh. 5. **Kulala Lumpur** : After the candle lighting ceremony on the occasion of International Day of Yoga standing in a group photo are Mr. T.S. Tirumurti, High Commissioner of India, B.K. Meera and Interfaith leaders from various religions. 6. **Warangal** : B.K. Savita presenting Godly gift to Mr. Kadiyam Sri Hari, Deputy Chief Minister of Telangana. 7. **China (Guangzhou)** : On the occasion of International Day of Yoga an event was co-organised by Brahma Kumaris and Consulate General of India in Guangzhou. B.K. Sapna along with participants celebrating the event. 8. **Vishakhapatnam** : B.K. Shivleela is being felicitated by Mr. Piyush Goyal, Union Minister of Coals and Mines.

From the mighty pen of Sanjay



THE UNIQUE METHODS OF EDUCATION



All the fear, anxiety, cruelty and injustice that are injuring the world today are caused due to the lack of spiritual education. Today, education is focused on cultivating genius – education centred on how to learn instead of what to learn. As a nation and as a planet, we must admit that education is not just about learning how to read and write, but education is the foundation for a good and fulfilling life, setting the individual on a path of personal fulfilment, self-dignity, inner security and societal contribution.

Imagine, what will happen when we teach people how to focus on the power of their mind? What will happen when we encourage them to foster their creativity for better solutions rather than to wait for a problem to solve? What will happen when we teach them to meditate, i.e., to find a place of peace within themselves? What will happen when we make them conscious of the real self - 'I' – the embodiment of peace and power? Where there's love, where there's peace, where there's generosity, where there's hope, there is no place for fear or hatred or anger or destruction. This is universally true.

With this aspect in mind, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is a unique spiritual 'university', which is teaching spiritual education to lakhs of people from diverse backgrounds, castes, creeds or religions. This spiritual education is a life-long process, which helps one to attain perfection. This education is not for a few years, and its syllabi and courses do not end at a certain point of time, say after four or five years. In life, there is always scope for improvement, further enrichment and deeper or more exalted experience. One can never say that one has learnt all and learnt fully and has attained all the wisdom. Moreover, to learn material knowledge in a superficial way is different from diving deep into spiritual knowledge. One's understanding deepens or matures by ruminating divine knowledge, by churning it or by reflection. The classes, where this knowledge is given, has a setting of a class, where there are others, who are also pursuing the same path with deep interest and devotion; and,

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CHATURMAS - MONTHS OF DEVOTION AND PILGRIMAGES

Bharat is the most ancient nation with a 5000-year old culture of divinity, piety, faith, and devotion. After the severe months of hot summer, we are gifted with the onset of monsoon rains bringing down the temperature for human comfort and experience of ecstasy. We are able to see peacocks dance around us again; a variety of birds rejoices by singing in their own respective tunes, while flying from one side to another heralding the beauty of nature. During these four months, **‘Chaturmas’ (July, August, September, October 2017), the devout especially of Hindu faith observe fasts, perform sacrifices and charity, bath in holy waters to settle any wrongdoing of the past, and take to pilgrimages, especially to famous shrines or Lord Shiva Temples located in far distant places like Amarnath in the North. It is significant to note that the period of Chaturmas is sacred even to the followers of Jainism and Buddhism.**

The Amarnath Yatra has become world famous where pilgrims traverse hundreds of kilometres by different means of transportation or in Group Pilgrim Yatras. They feel so delighted on being able to have a vision of the ice-Shiv Linga. The low temperatures ensure that the ice does not melt, thereby maintaining the natural divinity and beauty of the Shiv Linga, and constantly enchanting all the devotees. **Perhaps the Shiv Linga of ice, lovingly known as ‘Barfaani Baba’, symbolises the eternal existence of the Supreme in the form of pure light.**

As per God’s promise, the wishes of devotees do get fulfilled because of their deep faith and penance in having trekked long, arduous distances. However, whatever is symbolised on the path of Devotion or *Bhakti* has special significance. God does fulfil His promise of descending, and guiding humanity on the royal path of Gyan and Yoga, popularly known as *Sahej Rajyoga*. It shouldn’t be out of place to know and learn how He

fulfills the given promise of re-incarnating to bless all devotees. **He becomes the best Guide for devotees to become Gyani (knowledgeful and enlightened) souls in order to empower themselves, and become worthy of receiving God Shiva’s blessings and boons.** God’s ways are strange, but real and beneficial for humanity. His revelations have no parallel as God is One, the only one Ocean of Knowledge, Ocean of Bliss, and Bestower of Liberation (*Mukti*) and Fruition (*Jeevan-Mukti*). All philosophers are devotees too, who keep on studying, analysing and sharing a vast range of philosophy, **devoid of the original spiritual wisdom imparted by Incorporeal, Supreme Father, God Shiva Himself.** In the month of June, we had witnessed almost the entire population on the globe taking to different postures of Hatha Yoga; their efforts then culminated on 21 June 2017 in deep silence meditation, and super-sensuous joy. Different forms of Yoga and Meditation are again symbolic of the inner journey of receiving inheritance from the Supreme Father in the form of ever-healthy virtuous lives immortalised by the Deities (elevated and righteous beings). As there are too many schools of thought about the various forms of Yoga, the common

person is generally bewildered about the authenticity of, and achievements as propagated by the Teachers and Trainers. However, we have been blessed with God's powerful presence through the corporeal mediums of Pitashari Prajapita Brahmaji and respected Dadi Hirday Mohiniji over decades. **It's our fortune that we've been able to receive Elevated Guidance (*Shrimat*) in the form of divine visions and divine intellect to study the differences between the guidance of great human souls or Preceptors, and the**

Supreme Father, Teacher, Satguru personally sharing the highest tenets of Spirituality and Meditation.

Out of over 7 billion human beings, those who are fortunate to realise the presence of God listen to His direct versions, which emphasize the need for practising a divine way of life, and achieving Deity-hood again. In a way it's God's great plan to change Devotees into Deities!

From the Godly versions we are sharing today, our esteemed Readers would learn the beauty of God's wisdom and personality, and His greatest

service onto spiritual children of all backgrounds, irrespective of traditional religions, languages and nationalities. The fortunate souls whose third eye of wisdom has awakened are able to perceive His presence, receive the highest benefit of listening to God's wisdom, and feel positive and divine vibrations during one's regular communications with the Supreme Father. May everyone recognise the true path as revealed by God the Supreme, and reclaim one's highest Godly fortune!

THE AGE AND PURPOSE OF GOD'S DESCENT TO BRING ABOUT WORLD TRANSFORMATION:

"I am the *Father* of all souls. I have become the *Teacher* in order to teach you yoga through this body. It is said that when there is extreme defamation of religion, it is then that I come. These are the same versions of the previous cycle and are being *repeated* through a very ordinary body.

"So, when there is defamation of religion and when many other religions are also present and the name and trace of the deity religion has disappeared completely, those of the deity religion begin to call themselves Hindus. Though they worship the deities, they call themselves Hindus. It is as though the deity

religion is *replaced* by the Hindu religion. When the name and trace of that one deity religion disappears, many other religions, sects and cults emerge and replace it.

"No one else can speak these versions of God. That same One comes once again and *repeats* these same elevated versions of the Gita. He says: When there are many religions and it is the end of the Iron Age, I come at the confluence of the cycles because the Iron Age is said to be tamopradhan and the Golden Age is said to be satopradhan. There, it is the kingdom of gods and goddesses established by the Supreme Father, the Supreme

Soul, that is, it is the kingdom ruled by *gods* and *goddesses*. Vaikunth (paradise) is not another place somewhere else. There was the kingdom of deities in this same Bharat and it has now disappeared.

"It is said of the Supreme Soul: *God is knowledge-full*. He alone is the Ocean of Knowledge, the Ocean of Bliss and the Ocean of Happiness. No one, apart from Him, has this *Godly* knowledge. So, how can anyone else be called knowledgeable? Until He Himself comes and gives *knowledge*, no one can become *knowledge-full*. This *Godly knowledge* is called the

philosophy through which souls are *purified*.

“They say that God is omnipresent. However, God says: That is false knowledge. I am not omnipresent. Whatever I am, however I am, I am revealed in front of you children. No one can know Me nor can anyone reach Me until I come and speak My knowledge to you.

“When I come, there are many *doctors of philosophy*, holy men and great souls who give their knowledge. They all give knowledge, saying that they are God. On the one side, they say that God is one and on the

other side, there are so many opinions of theirs; so whom should you believe? God says: I have to come and finish all the many directions there are and establish the one direction.

“Children, that same *episode* of the Gita is now *repeating*. Death is just ahead and you must therefore break away from everyone else, have yoga with Me, the Supreme Soul, alone and your final thoughts will lead you to your destination and you will come to My land.

“Extinguish all other lamps (deepaks) and ignite the one deepak and I will liberate you from your sins and make you sit

with Me. Remember Me, God, and no one else, just as Meera only remembered one Girdhar (Krishna). She renounced the opinion of society and her clan. You have to remember Me, God, in the same way. Only by having yoga with Me can you meet Me. When you consider yourself to be God’s child and have yoga with Baba, you will then have that happiness. The Supreme Soul is the Ocean of Bliss, and so how could you experience bliss if you do not have yoga with Him?

“God’s coming and going and His method of giving you knowledge is unique.”

THE AUSPICIOUS MEETING OF THE SUPREME AND HIS SPIRITUAL CHILDREN:

“This is a meeting of the Ocean of Love and the (spiritual) rivers. To celebrate a meeting means to celebrate a festival. BapDada is pleased to see the souls who are celebrating a meeting - those out of such a huge population of such a huge unlimited world, the variety of souls who have the fortune of receiving love and have attained the fortune of having a meeting. Souls who had no hope in the world claimed the fortune of having all their hopes and desires fulfilled, whereas souls who are very well known in the world and in whom there are great hopes are left wondering and

searching. Whilst wondering about their searching, they have got completely lost in that and have become lost themselves. However, you loving souls attained God on the basis of your love. So, who is elevated?

“Some are debating the scriptures and are left behind, lost in the scriptures. Some become great souls, but are deprived of their fortune because of being caught up in the minor illusion of the soul and the Supreme Soul. They are deprived of becoming children and of claiming a right to the Father.

“Great scientists are lost in their own research. Politicians are left behind in making their plans. Innocent devotees are left behind in searching for God in every particle. Yet, who has

attained Him? The innocent children of the Innocent Lord! Those with clever brains haven’t attained Him, but those with honest hearts have attained Him. This is why there is the saying that the Lord is pleased with an honest heart. With your honest hearts, all of you can be seated on the heart-throne. When you have an honest heart, you can make the Father, the Comforter of Hearts, belong to

you. The Father, the Comforter of Hearts, cannot stay in your remembrance for even a *second* unless you have an honest heart.

“Those with honest hearts experience the Father’s constant company in all three forms: the corporeal, subtle and incorporeal.”

During the Chaturmas period

every year, sisters and brothers of the Brahma Kumaris undertake their inner journey (spiritual pilgrimage) and spend almost a week’s time in contemplative silence, and empower the Self through powerful deep meditations. This practise is simply known as Annual Yoga Bhattis.

On the basis of the above

revelations, let’s embark on a similar journey by connecting directly with our most beloved Supreme Father, and empower ourselves to be Conquerors of Maya (all negativities). Only then we can receive the highest reward of ‘double-crowned deity world-sovereignty’!

Om Shanti,

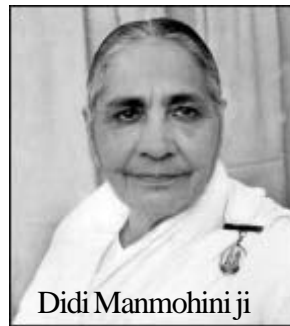
– *B.K. Nirwair*

REMEMBERING DIDI MANMOHINIJI

The month of July holds deep significance as we remember one of Founding Members of the Brahma Kumaris Spiritual Family: Didi Manmohiniji. Didi was a gifted daughter of the Chanrai family from Hyderabad, Sindh. In the late 1930s, it required tremendous amount of courage and faith to realise the reincarnation of Incorporeal God Shiva, through the medium of Pitashri Brahma Baba, and then surrender one’s life to His will for the service of humanity. Didi’s mother, lovingly called ‘Queen Mother’, and her younger sister, Dadi Sheel Indrajai, joined Didi as founding members of Om Mandli.

Didi was a great Meditator, who never missed her Amritvela Meditation and Morning Murli (Elevated Godly Versions) being a very dedicated Godly Student. Her

administrative acumen enabled her to look after Godly service, in Delhi in particular, and of



course all over Bharat and other countries. Didi Manmohiniji and Dadi Prakash Maniji were like two sides of the same coin, and they looked after the Institution magnificently after Mateshwariji and Brahma Baba renounced their chariots and become avyakt.

Didi Manmohiniji had special powers of bestowing experiences of Self-Realisation and God-Realisation through

her drishti during meditation sessions. She was also gifted with the noble sanskar of inspiring young Kumaris and Kumars to dedicate their lives in the service of society, including stalwarts like Jagdish Chanderbhaiji, Brij Mohanbhaiji, Mohinibenji (USA), Shuklabenji, Gitabenji & Shantibenji (Sirifort), Lakshmanbhaiji and Sundaribenji (Malviya Nagar), Sudeshbenji (Germany), Chakradharibenji, Atam Prakashbhaiji (Gyan Amrit Press), Shantabenji (Ajmer), Prembenji (Dehradun), Inderjitbhaiji, BK (Dr) Balwantbhaiji and many, many others.

As we honour our beloved Didi Manmohiniji in the month of July, we feel so proud of being nurtured by these invaluable spiritual diamonds of BapDada’s rosary. ❖

THE EASY YOGA OF THREE OM SHANTI

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris



Without saying ‘*Om Shanti*’ three times, I cannot proceed. These three *Om Shanti* give answer to these three questions: Who am I?, Who is mine? and Why am I here? Baba has shed light on these three things, and we have had this experience in one second. Whatever the condition of the body may be, the soul is well. The Supreme Lord is pleased with an honest heart. When the children have courage, the God Father helps. When your heart is clean, whatever thought you have will happen. Baba has created my life based on these *three Om Shanti*. This is the easy yoga of three ‘*Om Shanti*’. There are also just two things: I and my Baba. These two things have freed us from all other types of thinking. There is no problem in the mind or in the body. Whatever has happened in my entire life was good. Whatever is happening is good. Whatever is to happen in future will also be good. Baba has taught me how to create and live a life like

this. People of the world look at us to look into our life and understand what our study and sustenance are. For sustenance, there are the Mother and Father. This is both a study and a practice. He is the Teacher, the Friend and the *Satguru*. We can experience these five relationships in our practical life. The *Satguru* gives us Supreme Directions (*Shreemat*); so, one’s own opinion (*manmat*) does not work.

Once, Baba called me and asked me if I was singing this song: “I have immense happiness by belonging to you.” Baba played this song and gave me this experience. I have all relationships with one Baba as the Mother, Father, Teacher, *Satguru* and Friend. I was able to have all relationships with Baba, but would have a little difficulty in the relationship with Him as the Friend. I placed Baba’s *Shreemat* on my forehead and, therefore, I am free from *manmat* and other’s opinion (*parmat*). Didi Manmohini told Baba about my

difficulty and since then, Baba has given me such good experiences of the Friend. He has taught us and sustained us. One time, seeing others, I too took a notebook and pencil and started taking notes. Baba asked me, “What are you doing?” and said, “If you take notes, you will lose your power to listen”. Baba placed us in His lap; and in order to make us the beads of the rosary, He also embraced us.

We are Baba’s children, and He gives us so much love, so that He can give us the inheritance. The journey of our life and 84 births are good because we belong to Baba. Anger will not allow you to have good relations with each other. Greed means that you can accumulate many things and will wonder where to keep them in safety.

What is the essence of the study? My Baba. Drama is very good. No need to remember anything of the past. Let your attitude and vision be that, which is useful. At *amritvela*, I

continue to remember Baba's love in my practical life. We receive unlimited happiness from the Mother and Father. No one knows the fullness of the Highest-on-High Benefactor. Each one has his/her own speciality of giving cooperation, wisdom or of relating everything honestly to Baba. Let your heart be with God, the Comforter of Hearts and the Ocean of Peace, Joy, Bliss, Truth, Love. It is a great fortune to continue to give your cooperation.

Baba told us right in the beginning about "What is the soul?". No matter how much *Bhakti* we had done, we didn't know what this soul is and that I am a soul. The body is made of the five elements and was created by the physical mother and father. But, now, my life is in my own hands and in God's hands (not in my *laukik* parent's hands). I belong to Baba. Baba is mine. Baba is sweet and has

made us sweet. But, there is no extra sugar! Don't have the kind of sweetness that others would want to hang on to you. We have not come here to make ourselves famous or reveal ourselves. Do not allow this thought or wish of revealing yourself, to come to you. Truth, humility, patience, depth and maturity – let all these be natural in you and, then, there will be no need to reveal yourself. The amazing thing is that Brahma Baba is teaching us even after ascending to the Subtle World and becoming subtle (*avyakt*). We had never heard of this in devotion. And our Baba is so wonderful! I say this from the heart: even if the body is no more, everyone will continue to attain that which they are attaining. There is this guarantee. The Iron Age is about to end and the Golden Age is about to come. We first have to go back to sweet home;

so, remember the home. What is our home? The knowledge of the drama is very sweet. It will enable you to become free from thinking. From the time we came to Shiva Baba, He told us, "You are a soul, you are my child". The soul has the mind, intellect, *sansakars*. The mind becomes peaceful in a practical way, and the intellect is connected in yoga to Baba in such a way that we experience the joy of every relation with Him. Baba developed these *sanskars* in us in the last cycle and is developing in this cycle too. The heart gives thanks to Baba. We are *Karmayogis* and *Rajayogis* and we use knowledge in meditation (*yoga*) and have inculcation (*dharna*) of divine virtues. The code of conduct (*maryadas*) and principles, which we maintain daily, increase the beauty of our Brahmin life. ❖

❖ ACCEPT LIFE AS IT IS ❖

Accepting 'life as it is' a multi-faceted concept. While it is good to accept circumstances and people as they are, it would be unwise to act out of blind faith or dejection: Either we say that things will happen if God or destiny wills it, or that things are never going to improve; so, why should we bother at all? Both perceptions spread a negative vibration. **Acceptance means that I don't confront a situation or person simply because things are not to my liking, because this drains me of energy I could use to reform and solve the problem. With a clear mind, open heart to the unexpected, and willingness to make a difference, I link myself to God and take His energy to be successful in achieving my targeted goals.**

REVIVING THE DIGNITY OF THE FEMININE

– **B.K. Urvashi**, Mount Abu

It is comforting that our generation has at least started to ‘hear’ about the movement for female emancipation from a host of oppressive situations. We have actually witnessed very moving, genuine acts of actually achieving it in some corners of the world. However, in a country like India, which has around 6.42 million females (as of 2016), *it has become quite essential and important to empower girl children, female adolescents and women*, who may not presently be facing difficult incidents, but are nonetheless affected by them by virtue of the *commonly discriminatory and misogynistic vision, attitude and behaviour they are exposed to from the relatives, elders and strangers*. The deep-rooted, fatuous beliefs that females are weaker, less intelligent, more dependent, and not as worthy or profitable as the other gender can be seen:

▶ in the vibrations and atmosphere surrounding a

- pregnant mother;
- ▶ in the choices made for the girl or boy child about how much they will study, and how much earnings they will bring to the table;
- ▶ when her school education is curbed to support her brother’s;
- ▶ when she does not have the privilege of having decent (or any kind of) rest-rooms at school like her male classmates;
- ▶ when it leads to the assumption that fair skin can redeem her somehow. Whitening-cream market was worth \$432m in 2010, according to a report by market researchers ACNielsen!
- ▶ when it is obvious in the fearful way she questions the intention and gaze of males in her contact;
- ▶ when it is apparent in how policy-makers, the media and even relatives often place the blame at the female victim’s doorstep in any assault or conflict, since ‘she should

have known better’

- ▶ when it is in the way not many comprehend that her pursuing a vocation is not merely for money and status, but a means of enhancing her skills, challenging herself to higher levels and finding a purpose in a greater cause;
- ▶ when it is blatantly seen in the way her advice and opinions are vetoed by males because she ‘couldn’t possibly know about worldly matters’;
- ▶ in the fact that even some illustrious companies and organizations do not have equal pay-scale for their female and male employees, despite both holding the same qualifications and experience.

It is this and that and so much more. It is a slow, subtle conspiracy to dismantle the already shaky self-respect, love for life and sense of freedom of the feminine. Perhaps, some of us are even guilty of treating ourselves in the above ways, not only others, so how can we blame just the misogynistic-minded beings of the world?!

Time is calling upon us to *protect and sustain the feminine power. Do not misunderstand this to be exclusive to females, but realize that every human being, whether in a female or male body, can own and wield this power to attain great*

heights in life. Depletion and disrespect of this power have led to the disappearance of the values of compassion, tolerance and sanity in our world. It is high time when we need to urgently revive the Dignity of the Feminine.

As a teenager bonded to an amazing yet challenging third-world country, I learned early about the disturbing business of child trafficking, of girls and women being forced into sex slavery. I heard with frustration about those being victimized for refusing to enter a forced marriage or succumb to dowry demands, or retaliating against the behaviour of the dominating male figure in her life, or for wanting to be educated, self-confident and just simply free to chart her own life. Each time tragedies of emotional, intellectual and physical assault on females pound on our television screens, social media and own awareness, there is a myriad of emotions one goes through: ‘despair’, ‘fear’, ‘anger’, ‘retaliation’, ‘disheartenment’, etc. *The heart longs to comfort and somehow help the victims and their families, of known and unknown tales, and somehow ensure the millions of other girls and women not to lose hope in goodness, or faith in*

their destiny. I thank my parents for good family upbringing, teachers for the love for spirituality, and my role models for training me to understand, face the above emotions, and not let them defeat me in any way.

I do not speak as a rebel, or an activist, or even as a survivor of abuse against the female identity; I hail from the small percentage of girls and women, who are blessed to live a safe and progressive life. I only share the chart of some realizations to *encourage the more-privileged women, men and children to act as catalysts, in helping to restore love, dignity and fulfilment in the less-privileged she-relatives, she-friends, she-seniors, she-juniors and she-members of our global family.*

To me, some of the most enchanting qualities of the feminine (and not exclusive to the female population) are the ability to **love** unconditionally, to show **tolerance**, to **understand** others, to impart **wisdom** and a sense of **righteousness**, and to keep **faith** through every storm. But, how ironic is it that each of these inner powers have been diluted and convoluted over time, so that they render the opposite impact today; they are no longer perceived as strengths

but weaknesses in a sense.

Today, ‘love’ has become possessiveness, dependency and give-and-take; so, can there be such a thing as real love?

Today, ‘tolerance’ can make me subservient or make it easier for someone to manipulate me; so, why should I be tolerant?

Today, ‘understanding’ others means I have to extend myself, give time and energy to work through *their* misconceptions, prejudices and doubts, so why should I bother?

Today, if I act ‘wisely’ and ‘rightly’, I have to mainly remain humble and sacrifice things to keep the peace; so what is in it for me?

Today, keeping ‘faith’ in others proves to a bad decision, for how can I trust any person or fate in these days to live up to my hopes and cater to my dreams?

Yes, adverse circumstances do make us question our good principles, but the uplifting life stories of heroines like **Malala Yousafzai** (the teenager Pakistani activist for female education, and youngest-ever Nobel Prize laureate, who survived an attack by the Taliban) or **Neerja Bhanot** (the Indian flight purser, who lost her life while preventing the hijacking of a Pan Am flight, and eventually saved 359 lives) and

many others are sufficient to motivate us to live by our value systems and virtues.

We need to renew the vote of confidence in all positive and spiritual values, because *the darkness of ignorance is just the absence of the light of wisdom*. While the present scenes of life and conditions for women and girls are volatile, the bigger failure lies in not seeing that the foundation is crumbling. *The spirit of the feminine is being crushed, and, as a result, we are seeing more and more people refusing to acknowledge each other (female or male) as human beings with the same rights and aspirations as themselves*. We are all, in fact, suffering, irrespective of whether we are the oppressors or victims.

Let us decide to keep in mind that whatever I do will be observed by others, and mirrored in their actions in the near future. *If we cannot put out the fire, let's make sure we are not spilling extra fuel around unknowingly*. While rallying and working towards more holistic parenting and educational systems, and balanced, accountable laws/policing, we can surely empower ourselves and those in our family, work and community spheres, by living with a positive, pure and loving

consciousness towards the self, Nature and all others with the following thoughts in mind:

“I aim to stay in my original nature of peace, love, purity, wisdom, and mercy. This is how I make every thought, word and action elevated and beneficial. I see every other being as a child of the Divine, holding equal rights within this global human family. This unlimited vision and awareness not only transcends me above the barriers of genders, but also that of castes, languages, religions and personality traits. I, then, can live with true self-respect and help others to do the same. The more I cleanse my consciousness of everything that is limited, temporary and

false, the stronger is my connection with the elements, other living beings and with the Divine. Further, my sense of security and well-being increases with the belief that I can look after myself, and yet will be humble to recognize when and how to take support. This, in turn, carves the path to success, fulfilment and stability.”

The exchange of negative, impure and hateful energies between females and males, of any age or race or status, has to be contained and dissolved. Let us encourage each person to live by their innate worthiness and strength, so that we can truly recreate the culture of dignity of the feminine, being empowered with love, peace and happiness. ❖

KNOW REAL LOVE

We seek love here, we seek it there, and we look for it everywhere! We expect it to come to us, usually through another person. All our conditioning says that it is something that happens to us. The show of our mythology, fables, legends and modern day entertainment industries say that it is something we ‘fall in’; so, there is a phrase in English: “Fall in love with” her/him. But yet and yet, the real love cannot be acquired, possessed or accumulated. It cannot be known when we think that it comes from outside ourselves. The ultimate paradox is we are it. We are love, personified itself.

ENTERING INTO ETERNITY

– B.K. Prakash Talathi, Lagos, Nigeria
(email:bkprakash45@gmail.com)

When one stands in the doorway to eternity, he/she is scared of death due to the entry to vastness and unknown world, because what lies within no one can guess! It is all mystery; perhaps it seems like entering into the blackhole. The world within must be filled with eternal things. Eternity is endless time and infinity is endless space!

Anything that has weight (w) has mass (m), according to the law: $W = mg$.

Anything that has mass is energy! This is, again, according to Albert Einstein's Law of Energy: $E = mc^2$

According to law of conservation of energy: Energy can neither be created, nor be destroyed.

It means energy has no beginning (*Anadi*), no end (*Anant*); so, it is eternal!

As everything on this planet has mass, everything is eternal energy. So, in essence, it may be said: 'Matter is eternal'.

Our physical body is made up of five elements of nature such as earth, water, air, fire and

ether with the contributions of our biological parents. These elements are either compound or a mixture; e.g., water is H_2O and air is the mixture of many gases. However, these elements in their purest form are eternal, whereas the body made from these elements is not eternal. After the death, body decomposes and the elements return to their parental form. Though the body is made up of eternal elements, even then it is perishable. So, it is said about the body "*Jhooti Maya, Jhooti Kaya!*"

The human body is a big machine, which also consists of many tiny machines within it. No machine can work without energy. The energy, which makes this body-machinery to function, is known as Soul, Spirit, *Ruh, Atma*, etc. Being itself a point of spiritual energy, the soul is eternal.

The soul does not belong to this earthly planet; it is not a physical energy like electricity, magnetic energy, etc. It is a spiritual or metaphysical energy, which can think and express itself. The Supreme Soul is also

an eternal spiritual or metaphysical energy.

Time and eternity are relative terms. When the Earth takes one rotation around itself, the duration of time of this is called a day. When it revolves around the Sun and completes a revolution the span of distance covered is called one year. So, the duration of time is equal to the span of distance covered. Distance is, generally, measured in miles or kilometres. But, in practical life, we say Bombay to Poona is just four hours or London to New York is just 8 hours. At the back of our mind, we know which vehicle we will use to cover that distance.

The rays emitted by a powerful star from another galaxy can take years to reach our planet. The distance between that star and earth is expressed in term of 'light years'. So, again we also calculate the time in terms of distance covered. Suppose, that Sun (Star) is 10 light years away; this means that it takes 10 years for its light to reach us. In case that sun disappears from that galaxy by any reason, we will only come to know after 10 years! Though the Sun is not there, we will still receive its light for 10 years! How funny!!

When we enter into very deep sleep, we have no awareness about whatever is happening around us; many scenes are

unfolding, time is running but we have no awareness of all these. On getting up, sometimes we get confused about the state our existence or time, asking such question as: “Where am I? or Is it evening or dawn? Or Am I getting up from day or night sleep? But, in case of a fetus in a mother’s womb, the consciousness of time does not exist. The fetus is more or less in a timeless state; whereas time does exist for the human beings in the outside world.

We sleep in cycles of 2 hours, plus or minus a few minutes. Mind goes on slowing down its various functions during sleep. The rate of thinking also goes on reducing. According to the states of sleep, the states of mind are also defined. This definition starts from Beta state, through Alpha, Theta to Delta state. In the state of deep and sound sleep, the mind is in delta state and in as good as a thoughtless state. Here, the distance between two emerging thoughts is nearly entire delta state, say, 20 minutes approximately. So, our thoughtless state almost takes us to a timeless state in which we are completely oblivious of time. Is there any world which is timeless with thoughtless beings? Yes, that is the Soul World – our sweet silence Home.

After purification of the impure Soul, God, the Father, Purifier and Guide, takes all the purified souls on return journey back to their ‘Sweet Silence Home’ in the metaphysical world. Once arrived there, they get set in their specific section and just go into thoughtless state. As they are not thinking (*Nirsankalp State*), not speaking (*Nishabd State*) and not performing any act (motionless), the quality of peace in the World of Peace (*Shanti Dham, Nirvan Dham*) is “Absolute Stillness”. This is the timeless World of Souls – the thoughtless beings. This metaphysical World of Souls is called the sixth element of light. There the residents are living flames, *jyotir bindu*, living stars in a golden red metaphysical sky. Every soul is pure and silent, so the atmosphere there is also of purity and silence. Anyway, it is God’s and His spiritual children’s Abode above.

Just imagine, visualize this metaphysical scene and enjoy the immense happiness and joy. You are one of the sparkling, dazzling bright stars in the golden-red metaphysical sky. You are the decoration of your Father’s sweet silent home! Yea! You are the “Twinkle, twinkle little star!” ❖

Overcoming Frustration in Relationships

There are two things in life that we can never change: the past and other people. These often brings us one frustration after the other, especially when we do not get the results that we want. Frustration is 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 also a form of anger. You allow the negative emotion to control you; therefore, you lose control. Most times, situations will neither be as you want them to be and nor will people behave as you want them to. Therefore, you can decide now whether 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 another tries to control you and then gets frustrated because you don’t do what he or she wants or you aren’t who he or she expects you to be, they get in a bad mood with you; they look at you with anger; and, then, what do you do? You then place an invisible barrier between you and him or her. As a result, they cannot enter into your world and you do not leave yours either; thus, they lose their influence upon you. *In the same way, when you try to control people you lose your influence over them and distance is generated between you and them.*

EXPERIENCE THE ECSTASY OF GOD'S REMEMBRANCE

– B.K. Surendran, Bengaluru

The most exhilarating remembrance is the remembrance of the Lord. It is normally observed that when there is a crisis, severe pain, fear, sorrow, misery, helplessness, people, in general, remember God only. It reveals the true and loving relationship between human beings and God. He is the last resort, though He should be the first. He is the Supreme Protector.

We have a perennial relationship with God. We are all souls and His spiritual children. He is our Supreme Spiritual Father. The *laukik* father keeps on changing in each of the rebirths we take. But, God, the Supreme, is our Eternal Father. When we have this perspective, true love towards God is naturally originated in the self and remembrance of Him becomes very natural. We find that God is our Eternal Father, who gives us the real wealth of peace, love, happiness and protection. When the mind starts remembering God, it experiences such bliss

and joy that cannot be attained from any worldly source. The mind is very subtle, which is trying to find peace and happiness in physical things at present. Once the mind is focused on the Lord, who is the Ocean of all virtues and powers, then, it is filled with happiness and contentment. The search for happiness and peace from elsewhere stops at this point.

It is a pity that many people put in a life's efforts to concentrate the mind, yet fail to attain it because they do not know that the mind will not get focused on a physical or abstract object. But, here, the mind is focused and concentrated in a natural way on God, the Supreme, who is the subtlest of the subtle point of divine light. The closest relationship between the Supreme Soul and the soul is revived, which makes it abundantly possible for constant remembrance.

Fruits of God's remembrance

Remembrance of God brings

ecstasy and inner joy. As we remember Him, our past sins are burnt. Our latencies are divinised. Under the umbrella of His protection, the super sensuous joy of being in His Company is experienced and this experience naturally forces the self towards deeper transformation, deeper insight and greater inspiration. When God becomes personal and real, then, one is able to experience the relationship, and it is through this relationship that one begins to experience the love that gives one faith in oneself and the courage to change. One has the feeling as if God, the eternal Mother, is sweetly whispering: "I love you as you are, you do not have to prove yourself. You are what you are and I love and accept that."

As we tune our mind and connect with God, the Benevolent Being, then we fill the self, not just with light, but with deep compassion and understanding. In that compassion and understanding, there is change in the self, attitude and vision towards others. Our consciousness is lifted and we are much more positive, encompassing, and reconciling with the other souls.

When we have an encounter with God, we experience the protection of Father, care of Mother and presence and

acceptance of a sweet Companion and Friend. This love and sweetness take away the bitterness of the past and enable us to experience the power of forgiveness, to let go of things, not to hold grudges. When there is that forgiveness for our own self, then, we start realizing, who we really are.

When we remember God as He truly is, then our consciousness ascends to a level of universality and compassion at which there are no barriers of resentment, accusation or fear. The impact of the remembrance of God cannot be confined to oneself. It radiates to the surroundings and its rays of light and might travel far and wide. It purifies human beings and elements of Nature and it energises human souls with enthusiasm, cheerfulness, happiness and joy. It activates the Natural elements to respond positively to human needs. The moment we remember Him, He also remembers us. In order to bring back the original consciousness of our real personality, purity and glory, He also blesses us.

Remembrance of God is Rajayoga Meditation

The spiritual science and technology of remembrance of God is called Rajayoga Meditation. The word 'meditation' is derived from the Latin word 'medri' which means to heal the mind. Rajayoga meditation heals the mind as well as heals the feelings, emotions, relationships, physical body and so on.

Some of the Benefits of Rajayoga Meditation:

1. Self-realization and God-realization becomes the highest attainment in the life of a Rajayogi.
2. One achieves freedom from vicious, waste and negative thoughts.
3. It improves mental, social and spiritual health.
4. One gains power to concentrate and to make prompt decisions with accuracy and stability.
5. It enables to respond positively to people and adverse situations.
6. One develops the ability to create and promote better relationships.
7. It helps to build self-respect and dignity. ❖

WHAT IS WILL-POWER?

The term *will-power* is often used to refer to our ability to put into practice the ideas meant for our wellbeing and to refrain from actions (*karmas*), which are harmful for us. This is directly related to the soul's intellectual strength. When we speak of weakness or strength in the soul, we are referring to the intellect. In the case of a weak soul (one with lower *will-power*), it is almost as if the intellect plays no part in determining which thoughts arise in the mind, but they come as if pushed by the *sanskaras* (mainly in the form of habits) or are triggered by the atmosphere around or the moods of others. On the contrary, a powerful soul (one with higher *will-power*) enjoys the experience of its own choice of thoughts through checking and control by the power of intellect, regardless of the influence of external stimuli.

Meditation develops the power of intellect to such an extent that this degree of control is possible. A practitioner of meditation can be in the midst of a situation of intense disturbance, yet he/she remains so unshakeably calm that his/her inner strength becomes an inspiration for others, who lack in that strength. The weak soul is like a leaf at the mercy of the storm, whereas the strong one is like a rock in the face of a rough and dashing sea.

A SPECIAL CALL FOR A DOUBLE FOREIGNER

– Deepak Goel, New Delhi

I have been a journalist with *The Hindu* and *The Economic Times* newspapers and I go to the Brahma Kumaris' Siri Fort Centre, New Delhi, every day for *Murli* classes. I met Sister Moira of Argentina during the two day International Yoga-Meet at Siri Fort Auditorium and this is a short excerpt from her life story, which she shared with me.

This is about the life-changing spiritual transformation of Sister Moira of Argentina during her visit to India three decades ago.

Moira was 24 years old when she came to India to seek happiness and peace as she was passing through a phase of life when she didn't know what she wanted to do or which part of the world she should settle in. "All you have to do is to wait" is what she heard from nowhere while walking on a deserted beach in Goa one night. Moira had grown up in Argentina as a very bold and independent woman before she

decided to work in London in her early twenties. After working in London for a few years, she realised that she was not at peace with herself. "There was a noise in my head. I was asking myself everyday where to go next and I could have gone to any part of the world. The entire world was an option," she said.

In her quest for peace, Moira came a few months later to Pandav Bhawan at Mount Abu, Rajasthan, and no sooner than she looked at Brahma Baba's photo than she realised that it was he whose voice she had heard on that Goa beach. "It was so clear it was he. There was no introduction required. I just knew it was he. I was absolutely sure," she said. There has been no looking back for her. She has not only been a dedicated student since then but also is currently the National Co-ordinator of Brahma Kumaris for Argentina and Paraguay in South America. She has also helped to open

centres in Chile and Uruguay.

Her coming to Pandav Bhawan three decades ago was by the way of interesting turn of events. She explained that she stayed on in Goa for a few more weeks after she heard that voice that told her to wait. She then went to Jaisalmer in Rajasthan, and there again she was desperately seeking peace. "I was so desperate for peace that I just looked out of the window of my hotel in Jaisalmer, Rajasthan, and went to the first person I saw and asked him where should I go for getting peace. He just told me to go to Mount Abu," she remembered.

She took the first train to Abu Road that she could find. Even in Mount Abu, her reaching Pandav Bhawan was no less interesting. She was visiting Dilwara Temple when she spotted a group of people who looked very happy with themselves. "True and genuine happiness was on their faces" she remembered. She then asked these people as who they were and how could they be so happy. They told her that they were Brahma Kumaris and that she should visit Pandav Bhawan for happiness. And that changed her life forever. ❖

.....Contd. from previous June, 2017 Issue

UNDERSTANDING AND PRACTISING EASY SPIRITUALITY

—B.K. Viral, Borivali (West), Mumbai

Spirituality does not require much time. Simply, setting out 15-20 minutes of quality time daily for the self to put in pure knowledge and to meditate, is enough to maintain a good and stable state of mind throughout the day. Because of today's busy lives, even though we understand the importance of knowledge, meditation, etc., we may feel that we do not have time.

Suppose, one is given the opportunity to invest Rs. 100 at the start of the day, with a guaranteed return of Rs. 200 at the end of the day. Anyone can invest, of course!

Similarly, setting out some time for the self is not an expense but an investment, which will actually save a lot of time during the day in the following ways:

- ▶ By remaining protected from a range of waste thoughts, we end up saving quite a lot of time.
- ▶ As waste thoughts get reduced, our focus or concentration power

improves, thus, enabling us to do more in less time; and, hence, saving time.

- ▶ When our mind is stable, sleep quality improves; hence, we require less quantity of sleep. This also saves time.

Making this investment of 15-20 minutes is easy, because:

- ▶ On weekends, we do have quite a lot of time. Even on working days, there are some periods of time when we have spare time, i.e., while travelling, in breaks, at night, etc.
- ▶ Even while doing habitual actions like brushing, having breakfast, routine work, etc., since the mental work is less the mind is free to think differently, listen to knowledge, create elevated thoughts, etc. Hence, in essence, setting out a few minutes daily for the self is beneficial and results in leading an improved quality of life.

Spirituality and relationship

Spirituality doesn't mean breaking our relationship, but involves making our relationship more genuine, truly loving and strong.

- ▶ Spirituality empowers us, thereby helping us to shift from blame-game to personal responsibility, expectations to acceptance, taking to giving, control to positive influence and support; all these shift factors significantly improve our relationship with all.
- ▶ Spiritual Knowledge broadens our intellect, thereby helping us to understand that others are also right from their own perspectives. This is giving true respect to others' views and opinions.
- ▶ Spirituality teaches us to look at the specialities of others instead of their weaknesses. This improves our perception of others, thereby improving relationship.
- ▶ Earlier, we went through pain when we see our close ones in pain; hence, we were unable to heal them. Spirituality empowers us; hence, we now remain protected from pain, thereby actually allowing us to heal and relieve them out of pain. Thus, we are able to fulfil our social responsibilities better and in the true sense of term.

▶ Spirituality teaches us how to express our qualities in relationship with others. Only when we express our qualities in socio-personal relationship are we able to experience them; only then they grow. Also, when we share our qualities with all, we get blessings from all, thereby making our progress very easy.

▶ Spirituality teaches us that we are all souls, the spiritual children, of One Supreme Spiritual Father. This spiritual consciousness breaks all limited barriers of language, religions, castes, creeds, etc., thereby emerging true love, unity and universal brotherhood.

▶ We learn to separate the act from the person. Even though a person does worst acts, yet he is also originally a pure being. This generates genuine love and respect for him/her, thereby enabling and empowering him/her for his/her self-transformation.

Role of the Brahma Kumaris

The role of the Brahma Kumaris World Spiritual University (BKWSU) in facilitating easy spiritual progress is quite immense. The Brahma Kumaris is an International NGO of the United

Nations accredited with General Consultative Status with the Economic and Social Council (ECOSOC), having consultative status with the UNICEF and many more such associations. All the courses and services provided here are free of charge.

The resources offered at the Brahma Kumaris for the regular diet of spiritual knowledge and meditation are as follows:

▶ Each B.K. Centre teaches the foundation 7 Day Rajayoga Meditation Course, 1 hour daily, at a time convenient to the aspirants seekers. This explains and teaches them the basics of meditation.

▶ Peace of Mind TV is a free, ad-free 24 hour TV channel, which provides continuous positive information. There are many programs like 'Awakening with Brahma Kumaris' by Sister Shivani, which are a quality source of practical knowledge.

▶ The B.K. Centres conduct many management courses and regular programmes on various practical topics such as: Stress-free living, Happiness Unlimited, Harmony in Relationships, Power of Purpose, Conflict Resolution, De-Addiction camps, etc. These

programmes are also conducted in corporate and industrial houses, companies, schools, etc. on request. Innumerable such organisations have also benefited through this.

▶ The *Murlis*, which are God's elevated versions, are the most elevated source of thoughts available. It provides very clear, simple, practical knowledge and is also a quality source of pure elevated thoughts to create in meditation. It is studied at the B.K. Centre, and the version of it differs daily.

▶ There are many recorded meditation commentaries available. Initially, practising meditation with the help of these gives very easy experiences since we simply have to follow and visualize the thoughts shared through them.

The Brahma Kumaris has more than 4,000 centres in 137 countries. There are following numerous advantages when one is associated with by keeping a close connection with the Centre:

▶ The environment of the Centre is charged with years of intense meditation, thereby making it very pure and powerful.

▶ Everyone comes here with

the aim of self-transformation. This also influences and maintains the collective, positive and spiritual vibrations of the Centre. The power of such vibrations in the Centre pushes our spiritual journey upwards.

► The B.K. teachers at the Centre, who are the instruments of God, follow the best meditation practices since a long time, and their practical knowledge and experiences help the seekers immensely.

There are more than 10 lakh families, who are the daily students of this organisation. They are like all others, but they perform all duties, working, caring and sharing their values and spirituality with the world. The only difference in their lifestyle is that they have set out a fixed amount of time daily for the self and internally live a life of much greater stability, love and happiness, as an example for everyone around us, and during the remaining time of the day they actually allow us to truly excel and develop and also to do justice to their work and relationship.

Conclusion

In conclusion, we have understood how meditation simply means taking care of the self and mind. And as are the thoughts being created in our mind, so are our feelings. Hence, if our feelings are not comfortable, we should change the thoughts lying behind them.

We also saw that the main obstacle in changing our thoughts is blaming the situation. We should realise that situations do not create our thoughts, and it is we who have the power to choose our response. Hence, in resulting experience, our focus shifts from looking outside us to looking inside us.

Then, we saw the role of Knowledge and Meditation as powerful tools to empower the self; we saw how giving some time to the self actually saves a lot of time throughout the day, and also the invaluable role of Spirituality in Relationship.

Hence, in essence, Spirituality is a lifestyle, which empowers and transforms us, thereby making each aspect of our life beautiful. ❖

ANGER:

AN UNWANTED EMOTION

If realized deeply, it's alright to conclude that anger destroys. If it doesn't destroy our physical body (that too it manages to do so in the long term), it definitely destroys our capacity to be creative. And, after all, the very purpose of our life is to be creative. So, in short, anger distracts us from reaching our very purpose of life. Anger is never ever good for health – mental or physical; never ever positive or empowering, and, thus, never ever it is allowable or justified. Many authors of self development books, philosophers, psychologists and experts on the human nature have argued that anger is a natural, biological and psychological response, which is an integral part of human *sanskar* and life. While this can be respected as a point of view of many, it is not at all meant to be true.

A spiritual perspective means a view based on the absolute truth, because the word 'spiritual' means that which is the truth; thus, anger is never ever natural or beneficial. While we are all used to getting angry in different extents; on a little introspection, we will realize that it drains us out and is counter-productive. Anger is an absolutely unwanted emotion if we want to live a peaceful, contented and blissful life. It totally destroys the ability to create meaningful and deep relationships based on trust and respect; and fails to bring the efficiency of our actions, performed at the workplace, at home or anywhere else. If we believe in the necessity of anger, we should stop for a while and reflect deeply and see how it is a huge obstacle to our own contentment and fulfilment, and also negatively influences the contentment and fulfilment of those around us; and, then, we should try to rectify this erroneous belief.

....Contd. from previous June, 2017 Issue



RAJAYOGA SERVES TO ACHIEVE THE MULTI-OBJECTIVES OF HUMAN LIFE



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

Rajayoga not only serves to achieve the multi-objectives of human life but also integrates these objectives to make human life holistic and integrate the human personality. Rajayoga has been the glorious ancient heritage of India, and its contribution to the world at large has been manifold and remarkable in the field of attainment of health, happiness, values, virtues, morality, ethicality, spirituality, bliss, beatitude, benediction, positive thoughts and good actions, thereby also being a major factor of measurement of all these. In this article, which continues from the previous June issue, how Rajayoga serves to achieve other objectives of human life is mentioned as follows:

Rajayoga Establishes ‘Unity in Diversity’

Rajayoga makes the understanding and realization of the concept of ‘uniformity of

beings or consciousnesses’ and diversity of physical attributes and features possible, thereby making all sorts of physical diversities to co-exist with the mutual understanding of souls’ spiritual uniformity; and, hence, the unity is evoked and born from that uniformity. *With this spiritual understanding of the metaphysical bond and alliance, the terms ‘unity’ and ‘diversity’ that seem paradoxical at the surface meaning, become really complementary to each other, because unity has to be brought among the diverse things, objects or elements. Question of creating unity won’t arise if the things are equally similar, identical; for it is but natural that “the birds of same feathers flock together”.*

As the human beings at present are body-conscious in their extrovert nature and consumerism culture and,

hence, they wrongly and ignorantly identify themselves with various body-related



transient identities of physical or material dimension and create differences, disunities, conflicts, divisions, thereby bringing in wake a myriad of miseries and sorrows, Rajayoga plays the very crucial role of making them realize the deeply underlying and animating soul, their inner spiritual being; and, thus, inspires them to become inward and introvert and also to recognize the uniform identity of spirit working with the uniformity principle under the veneer of so many physical identities and diversities. In this way, Rajayoga effects,

promotes and establishes 'unity in diversity' in the world of multi-varieties and multi-diversities.

Rajayoga for Establishing Heavenly World

With the practice of Rajayoga, the knowledge of souls as spiritual brothers and that of Supreme Soul as the Supreme Spiritual Father of mankind enables a practical change in consciousness and creates in the people of different races, languages, nationalities, cultures, religions, a genuine feeling of belongingness to a global-family and accompanying goodwill in them to see the world as a vast One-Word-Family (*Vasudhaiva Kutumbakam*) and to work for it in a concerted effort for its betterment.

The regular and sustained practice of Rajayoga also brings about perceptible and practical change in the visions, perceptions and visualizations in many people, who begin to see the world in new conception, form, shape and colour. Some practitioners also have already got the revelations of what the new nuclear-free world would be in the forthcoming future. So, a complete new concept of the future "Better World", figuratively called the Golden Age or Heaven or Paradise or *Shivalaya*, has begun to take

shape in the visions of the people of goodwill of different backgrounds of the North, South, East and West of the World.

All of them share the same benevolent view that as a global family they share the same unique planet and share the same hopes and aspirations for a just and humane world. They also accept the fact that as they approach the dawn of the new millennium, they are equally concerned with the fact that life on earth is threatened and is going to be threatened more with the passage of time. At the same time, they are also yearning for a better world of peace, purity, prosperity, holistic health, wealth and happiness for themselves and their children, the future generation, for whom the new world is really a sort of gift from the present generation. The new vision, engendered by the spiritual knowledge and practice of Rajayoga, reflects the new concept of a Better World in which there will be new world order with amity and integrity, reciprocity and understanding, balance between head, heart and hands, between love and law, principles and practices. The inhabitants of the new world will be the embodiment of divine qualities, powers, values and virtues like love, peace, purity, forgiveness, charity, nobility,

divinity, serenity, solemnity, generosity, dignity, humility, unity, mercy, cooperation, cheerfulness, truthfulness, etc.

Man will be an ideal and integrated personality with the embodiment of all values, qualities, divine virtues and powers as all attributes of God will find perfect and complete manifestation in Man, who is now in this *Sangam Yuga* - Age of Transition - being "made in His own image" by none other than God Himself through the exemplary Prajapita Brahma, who by his thoughts, words and actions "justifies the ways of God to men". Nature will be in plenty and bounty, solemn and serene, obedient and subservient to Man in his prime divinity as a voluntary server to him remaining at his beck and call.

Rajayoga for Developing an Integrated Global Perspective

As the *material or physical consciousness* gets completely transformed into *spiritual consciousness* with regular and continuous practice of Rajayoga, a consistent global and spiritual outlook of life of peaceful co-existence as ordained by God and as practically implemented by the Brahma Kumaris Institution, which co-operated with various programmes and projects of the

United Nations Organization (UNO), develops in the mind. The soul-looking-at-soul vision, which replaces the body-looking-at-body vision, comes naturally into play in day-to-day life. The outward view of everything is changed into an inward view, and the mirage-like view of the vast external world of elemental Nature begins to get a realistic view in the mind of the practitioners of Rajayoga, who now hold a clear picture of the world and universe in the light of their self-realization and God-realization. When one considers and perceives oneself as the spiritual and divine light and perceives others as the similar and uniform lights, a unique sense of close relationship and belongingness begins to be felt as a result of the realization of 'the uniformity of consciousness', which is universally residing in all human beings as a soul, the same spiritual entity, and thereby animating and activating their mortal bodies.

The Supreme Soul, God Father Shiva - the Yogeshwar

The Supreme Soul God Father Shiva is forever in the state of Truth-Consciousness-Bliss (*Sat-Chit-Ananda*) and Truth-Benevolence-Beauty (*Satyam-Shivam-Sundaram*). He is the

Ocean of Knowledge and *Yogeshwar*, who teaches the esoteric spiritual knowledge and ancient Rajayoga to the impure and ignorant souls of the world for their spiritual purification and elevation. Anyone can remember Him through Rajayoga meditation, and imbibe, experience and absorb His divine attributes in oneself and in one's life; and this task is called the yoga of the self/soul/spirit with the Supreme Soul, the *Yogeshwar* – the Supreme Teacher of Yoga of the ancient Indian *Adi Sanatan* spiritual tradition.

Incorporeal God Father Shiva is the *Yogeshwar*, who also teaches and trains the human souls in the ancient Rajayoga in the continuing auspicious Transitional Age of *Sangam*, in order to mould them as the great, elevated souls (*Purushottam*) 'in His own image'. The Infinite Wisdom of God Shiva involves the esoteric spiritual knowledge and training of Rajyoga Education System (RES) for holistic development of world peace, health and happiness. His wisdom involves, in totality, the religio-political wisdom including the history and geography of the world. He is the Supreme Father of all souls of the humanity, and, thus, He has the universal wisdom of establishing a vast

One-World-Family. He is the Supreme Teacher, and, thus, He has the spiritual educational wisdom of teaching spiritual knowledge to all benighted and bewildered souls of the world. He is the Supreme Preceptor and Liberator, and, thus, He has incomparable wisdom of granting liberation and fruition for liberating the souls and taking them back to their original Metaphysical Sweet Home or Abode, called *Paramdham*. He is the Supreme Surgeon, and, thus, He has the excellent wisdom of soul-surgery for providing the human souls with holistic physical, mental and spiritual health. He has the super-scientific wisdom of employing the scientists and thereby making use by them of the refined nano-and-nuclear science for world-reconstruction and establishment of heaven upon this planet earth in very near future.

Spiritual and Physical Benefits of Rajayoga

“Attuning and communing of soul or spirit with God, the Redeemer, through Rajayoga 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 spiritualized with His

inherent divine and spiritual powers. Rajayoga enables the human soul to gain control not only over the inner *nature* or 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.”

Practice of Rajayoga Meditation renders both *physical* and *spiritual* benefits for leading a sustainable, values-based and healthy life. The **physical benefits** are: (i) Rajayoga Meditation decreases cholesterol, 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 cortisol and lactate - two stress causing chemicals. The **spiritual benefits** are: (i) Rajayoga meditation increases empathy; (ii) improves personal and professional relationships; (iii) empowers 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, Rajayoga 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, reverse of heart problems, better attention span, better control of thoughts, emotions, feelings, etc.

Let us sincerely Practise Rajayoga: Every individual human soul/being, thus, has a choice, either to uplift or degrade himself in his or her life, and if he/she sincerely wants to uplift oneself, he/she has to follow and practise Rajayoga. ‘Rajayoga and youth’ as well as ‘Rajayoga and human life’ need to be imperatively yoked for sustainable development and health of the people, family, society, nation and world in order to achieve durable peace and happiness.

Rajayoga does not mean physical postures (*Asanas* or *Hathayoga Kriya*) but

connection with one’s real inner self and the Supreme Self, the God Father - the Almighty Authority. Let us practise Rajayoga in order to give added values and benefits to the life of people, because it is a **perfect panacea** for most of the psychosomatic problems and is available free of cost and being taught by Brahma Kumaris in the thousands of Brahma Kumaris Rajyoga Centers in India and 137 countries abroad.

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

Place (Sthana) to meditate: Since Rajayoga 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 even remain quiet among the crowd through its practice.

Persons (Patra) to meditate: Anyone and everyone can practise Rajayoga meditation without any bar whatsoever and thereby earn its multifarious and effective benefits gratis. *

(Concluded)

WHAT ARE THE ATHEISTS NOT AWARE OF?

—B.K. Rose Mary

Why is God's influence not seen in the lives of most believers? Why does suffering exist? These are some of the questions due to which the atheists find it difficult to believe in the existence of God, says Richard Dawkins in his book *God Delusion*.

Such questions arise from the view that knowledge influences people. But, the truth is that knowledge may or may not influence people. For example, many people have seen prisons or at least know that prisons exist, yet this knowledge has no influence on those people, who are bent on law-breaking. This means that many believers, showing no influence of God on their lives, are not a case against His existence. That pain and suffering exist too cannot argue against the existence of God because pain and suffering have to exist and they do serve a purpose. Pain-mechanism in your body alerts you to avoid further/future harm, so is the case with suffering. With choice comes consequence. As

one makes choices, he faces the fruits of those choices – good or bad. The natural condition of life is harmony. When you act in destructive manner, you imbalance that natural state. This negative expression will reverberate through the very fabric of life, where it will make an impression and, then, rebound back to the sender. Once this discordant energy has been set in motion, the painful tuning process, then, begins until harmony is restored. This means that unpleasant things such as pain and suffering should exist as part of balancing act and as the results of actions people choose to do. This is how one can learn and discriminate the beneficial from the unbeneficial.

However, people, in general, tend to go by convenience, rather than knowledge. They act according to their *sanskar* (tendency). When watched, many people would obey laws; when not watched, many people would flout laws. This means that people have a permanent *sanskar* even

though they may adopt a temporary *sanskar* under pressure. It is like water turning into steam when heated to a temperature of 100 degrees Celsius and turning into ice when frozen. But, under normal condition, it will return to liquidity, which is its permanent nature. Interestingly, Jesus Christ made the same observation with regard to human behaviour: “The good man brings good things out of his good store of treasure, and the evil man brings evil things out of his evil store of treasure.” (Mathew 12:35) This means that people repeat what they enjoy doing, and such tendencies would carry forward to their next births too. Seeing the *sanskar* of his cousin (John, the Baptist), Jesus correctly recognized him as the reincarnated Elijah, the prophet of ancient Israel. (Mathew 11:14)

If people choose to go by their *sanskars*; then, it would mean that God plays no role in the natural unfolding of events – with each event having its basis on things that happened before. Intervening every time when a person misuses his freewill and stopping him from seeing the consequences of his action, would only reduce human beings into robots, which God cannot do because they are

His very children. The only right option is to leave everything to run its natural course. Since entropy is always at work, things would naturally move from perfection to imperfection and from order to disorder, and, then, from worse to the worst. God's role would naturally be to elevate human beings whenever moral decay reaches its climax. (*The Gita 4:7*) In other words, there is elevation by God and eventual decline brought out by human beings with degree of participation varying from person to person; and, hence, reaping the varying results.

This means that history is a cycle of having perfection in the first half and imperfection in the second half. When people live in harmony with truth (that they are immortal souls, not merely mortal bodies), there is perfection in their lives and in environment. Scriptures show that mankind had a perfect start as they were living as 'images of God' or as gods and goddesses on earth enjoying perfect harmony with both the human beings and animals enjoying the vegetarian diet. (Genesis 1:27, 29) In ancient India, kings were known by their fatherly qualities, rather than by their personal names. (*The Gita 3:20*) For

example, *Janaka* (father) is the name used to refer to the kings of *Videha*, which literally means without the body (*deha*). The most famous *Janaka* is the foster father of *Sita*, the heroine of the epic *The Ramayana*. The land of *Videha* was known so, because its inhabitants viewed themselves primarily as immortal souls, who had no sense of attachment with the sensory pleasures that the corporeal body would provide, and *Sita* was the princess of *Videha*. Then, women enjoyed very high status in the society. (*Manusmriti 3:56*) The fact that *Lakshmi* is remembered as the goddess of wealth and well-being and *Saraswati* as the goddess of knowledge shows that in the first half of the history, women were entrusted with the important portfolios such as Finance and Education. The amazing depth into which people of *Bharat* (ancient name of India) have gone with regard to such things as their classical music, dance, *yogasanas*, etc. shows that this country had a glorious past when they enjoyed abundant material prosperity. This material prosperity was simply a side-effect of their spiritual prosperity. This is implied in the very name *Bharat* (literally,

delighted in knowledge). *Bharat* was named so because its residents' *delight* was in their *knowledge* that they were immortal souls (but not just mortal bodies), the children of the Supreme Soul; and, hence, they were divine in their behaviour. The ruler's name was *Rama*, which means "one who delights everybody." When the king and subjects delightfully based their lives on truth, there was no conflict in the minds of the individuals, families and countries. No wonder, his capital was known as *Ayodhya*, which literally means *a* (without) + *yodhya* (liable to conflict or war).

Then, moral decay started with the passing of the time. (*The Gita 4:2*) When the souls slipped into untruth believing that they were mortal bodies, the second half of the world history began. Under the impact of body-consciousness, they began to view themselves as male and female. Woman would feel weaker and look to man for security; and, on the other hand, man would feel stronger and look to woman for pleasure. If their desire gets fulfilled, then it would lead to greed, attachment and arrogance; and if desire is not fulfilled, then, anger would arise, which would result in

competition, conflict and sorrow. In body-consciousness, desire (fulfilled or not) results in pain and sorrow. Naturally, people would start a form of worship seeking material benefits from God, which reveals people's love for *bhoga* or things of God (rather than *Bhagavan* or God Himself). Thus, people were worship-worthy in the first half of the history whereas they became worshippers in the second half of the history, using devotion or *bhakti* (from *bhaj*, to divide or share) as a means for material benefit. No wonder, Jesus declared *bhakti* as futile and, then, made the revolutionary revelation that people would be judged by their humane view of the fellow human beings, but not by the forms of their worship. (Mathew 7:21-23; 25:31-36)

Such materialistic outlook would naturally reach climax in extreme selfish attitude, which would call for God's intervention, and He takes measures to elevate the human beings. Thus, God plays His role only at the end of each *Kalpa* (a period of 5000 years). This would mean that religions that appeared in the second half of the history were all offsprings of their time. What happens to the *Kalpa*, happens

to religions too – each religion was good when it started, then it decayed with the passage of time. This explains why religions turned divisive later, why the Scriptures contained scientific errors, and why the believers often manifested no influence of God in their lives. When influence of God was not seen on the believers (which means that the believers were living *without God*) many people decided to turn into atheists. Interestingly, the word *atheist* is a combination of two Greek words *a* (without) + *theos* (God); thus, the term *atheist* literally means 'one who lives *without God*, or lives without taking God into account.'

This means that atheism arose because some people could not reconcile the decay of the second half of the history with existence of God. But, if they take into account the first half of the history also, where there was perfection both in the environment and in the lives of people, who reflected God's qualities, they will have to admit that the Almighty God, the Infinite Source of those qualities, exists. Those, who learn *Rajayoga*, are fortunate enough, because they experience the first-hand training programme directed by

God Shiva in this period called *Sangama Yuga* (Transition/Confluence Age), and, as a result, they are now leading a golden-aged life, which makes them worthy of inheriting the Golden Age or Paradise or Heaven that is soon to be established here on earth. ❖

VISION

Never believe in anyone who says, "We cannot change". Vision is one of the secrets of personal transformation. We are all artists, our mind is the arena of creation, and vision is what we are constantly creating. What is your vision of yourself today – patient, relaxed, positive or tense, tight and negative? What do you prefer? So, be creative. What does patience look like, feel like? What are you doing is different when you are patient and you are expressing your power to wait. Always start with vision, not action. See it and you will be it. Be it and you will do it. We don't 'get a life' as some would cynically tell us this. Actually, we create our own life. In fact, we are the architects of our life and destiny.



GOD: THE ULTIMATE SOURCE FOR HUMANITY



—B. K. Subramanian, Avadi

Time and again, we have heard the expression of the term “love” by human beings from all walks of life. Today, the amazing magical power of the word “love” has lost its intrinsic value and is being deliberately misinterpreted as sex-lust or attachment.

As a matter of fact, true or real love has nothing to do with the body and bodily feelings. Love has no limit or barrier of any kind since it is purely an emotional feeling closely associated with the soul, the inner being. The people having true love towards mankind and all other creatures of the world including the Nature are kind and compassionate towards all living beings, and such people volunteer themselves in rendering succor and extending helping hands to those, who are in distress, without anticipating anything in return. Such race among the humanity is seen as outdated and out of place in *Kaliyuga*, where *Dharma* or righteousness is faced with many challenges by the force of *Maya*.

The twenty-first Century has brought with it wonderful

chances of material progress. Men’s intellects have widened and their perceptions have grown, but, in spite of all this, human blood is being spilt day by day. Violence, hatred, jealousy, etc. lead to bloodshed now and then. Look at the wretched fate of enormous number of unhappy people around the planet! How many have been killed during this sad time? How many homes are ruined, wives become desolate and children turn orphans! And what is to be gained in exchange for all these anguish and heartache? These all show that material progress alone does not tend to uplift man. On the contrary, the more he becomes immersed in material progress, the more does his spirituality become obscured and he loses the meaning of love and brotherhood.

Most people, today, share the common understanding that happiness comes from material possessions. The faultiness of this thinking, perhaps, best reveals itself when we acknowledge the real suffering experienced by those, who seem to have it all. Studies show that

material wealth contributes to happiness so long as it solves definite personal problems associated with poverty, malnutrition, homelessness, physical exhaustion, or disease. But, once they are solved, wealth becomes less and less efficient at making people happy. For people, who are grounded in some body of spiritual teachings, the reason for this seems clear enough. Happiness is an inner condition. Until we get our spiritual house in order, there won’t be much joy or contentment. Both spiritual and material bases for human happiness need to be energetically pursued to make our lives better.

It is evident that it is impossible to move forward without spiritual development. Without this, one will not be able to withstand internal and external challenges, nor can one succeed in global competitions. Every country has to have military, technological and economic strength; but, the main thing that will determine success is the quality of the citizens and society: their intellectual, spiritual and moral strength. After all, in the end, economic growth, prosperity and geo-political influence are all derived from societal conditions. They depend on whether the citizens of a given country consider

themselves a nation, whether they are united by common goals and responsibilities, and to what extent they identify with their own values and traditions.

Material progress and spiritual progress are two very different things, and only if material progress goes hand in hand with spirituality; then, any real progress can come about, and peace can reign in the world. If people follow the teachings of God and love resides in their hearts; only, then, we can see happiness in homes, society or in the world.

Can human civilization grow, mature and develop if we remain stagnant? When we look back at history, can we truly say that the human race has progressed? The collective human progress will remain an illusion and a myth as long as we do not progress spiritually. It is, therefore, suggested that the subject on spiritual studies be included as a part of the syllabus in the Institutional Curriculum at all levels of educational system for the survival and sustenance of morals values and spirituality in this chaotic uncertain world.

Indeed, God, the Almighty Authority, has already established a 'University' called the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya to impart values that are lost to the

human race. God is the Supreme Father of the whole universe. His knowledge and teachings are not to be restricted on racial, communal, linguistic or territorial differences and dissensions either at national or international level. God's teachings help:

- ▶ To encourage a deeper understanding of the individual's place and purpose within the broader context of life.
- ▶ To reaffirm the spiritual identity, inherent goodness, dignity and worth of the human beings.
- ▶ To encourage a change of awareness, attitude, vision and behavior within the human family.
- ▶ To help individuals rediscover their latent personal relationship with the Supreme Source of all goodness.
- ▶ To foster a spirit of human brotherhood. Every human being, irrespective of their religions, races, genders or nationalities, can

draw profound inner strength from a relationship with their eternal Parent, the Divine.

- ▶ To support the betterment of the human conditions by remaining fully engaged with our communities and to support programmes, projects and initiatives with this rediscovered inner strength.
- ▶ To establish a relationship between human beings and the environment based on the principle of non-violence.

No strategic formalities or prevalence of any kind of social stigma prevents a male or female to visit the B.K. Centers. These centers of personal transformation are located globally in over 137 countries and all that one has to do is to undergo the Seven-Day Course, listen to the teachings of God and make personal endeavor to implement those dictates in the day-to-day life. God's love and mercy have no boundary and He is calling out to the whole humanity to change before it is too late. ❖

ADD FUN TO YOUR LIFE

Waking up energised and excited about tackling challenges is a sign that you have the 'fun factor' in your life. When you are having 'fun', you are curious enough to actively explore life. And, then, nothing is impossible or off limits.

.....Contd. from previous June, 2017 Issue



THE TRUE MEANING OF LIFE NOW



– B.K. David, Paignton, England

God's truth machine is now for sale and all you need to do is take it off the Godly table. It will cost you nothing and all you need to do is place your rubbish and falsehood on the table as you pick up this machine and place it in the pocket of your mind.

You will find that God's truth machine fits into the pocket of your mind very easily and you feel very comfortable. You will need to empty the handbag of your mind of its contents. Ignore the wallet and credit cards in your suit of body-consciousness and take off your tie of position and authority to make room for God's machine that can make you feel more worthy. God likes you to wear the suit of love, of giving and of service, that makes you become clearly visible while He remains invisible.

For most, their past history is the poor part and only the future hidden part is potentially great. Your future is hidden but you hold a key today to unlock yourself that will allow you to make sure that whatever you build is best, strongest and

incredibly stable.

What you wear and see today is all relevant and truly reflective of the person you are. The more fashion you wear, the more you hide the key to your happiness. It is time for change and you can change if you wish, and it all starts with a thought of love, of a desire for love, to want to live a truthful life without any falsehood, but with only true happiness fuelling the fire in your house (life) that warms you. Though the fire of vice warms people, yet soon that will set them on fire and burn them.

The gun of falsehood and vice will, one day, have to turn and point to the person holding its handle. It is said that you cannot escape the long arm of the law, and I believe that within the same *Book of Truth*, it is also written in its pages, "Those who carry a false gun cannot escape and will have to look down the barrel of truth sooner or later".

Are you trying to be happy?

Most people abuse life and the meaning of their existence has become very shallow, as it revolves around pleasing their

five senses, eating meat, drinking alcohol, etc., and in doing so, they chain themselves to many bad habits.

The *Book of Truth* has been in existence since eternity as the soul is eternal and so are its actions. This *Book of Truth* has a long and detailed chapter on the intricacies of spiritual law and order and what happens to the soul when those laws are broken and ignored. These *karmic* laws are written in stone that can never be changed.

These laws are ever present and secretly rule everyone and give justice, punishment and rewards as and whenever, it decides, it is fitting. This law comes into being the moment a person chooses to pick up the gun and fire bullets that hurt themselves and others. People ignorantly want to live and rule their life having this gun of bad habits at their side, but ultimately Law of *Karma* takes back control and rules everyone with its many long arms that hold the guns of truth that are loaded with the bullets that can fire at any time, thereby inflicting pain or discomfort in accordance with its law and sentence.

Karma is the secret Policeman in life that watches everyone and, if necessary, punishes anyone, who breaks the law. *Karma* is the equivalent of modern-day CCTV technology

but with spiritual capacity.

There is a shield called the Shield of Truth and Good Actions. This shield gives you the armoured clothing, if you're 'rich' enough (good enough) and 'wise' enough to be able to buy it. You can pick up your shield or buy these clothes at any time from the God's store.

'Forever' is secretly being created today. Your 'forever' is at your fingertips right now. If you can crack open the Safe of Time and grasp and master its secrets, you can live as a king or queen in the near future.

What's most important: thinking, breathing, eating or loving?

My answer is: love is the most important aspect in life. With love you can walk in the right direction, think and breathe with peace and eat the food that will make you healthy.

Man switches off his own light

Man switches off his own light whilst fumbling in this world that grows ever darker. He is quite oblivious of the truth of life, while counting his money and eating, and he walks blindly down the wrong road of life that will come to a sudden dead-end that will become pitch-black once the light of truth in him is switched off completely.

If your happiness is based on

skating on thin ice as opposed to walking on the path of truth, eventually you will fall through your thin ice and drown.

Reckless state of people

With one foot and arm over the cliff edge, people walk on recklessly. If you learn to walk only in truth and aim for truth, you will also qualify for a flight manual. In contrast, if you walk in falsehood with deceit and lies in your shoes (mind and heart), you will slide ever closer to the cliff edge. As many walk in ignorance and with no truth, they have one arm and leg already over the cliff edge, and still cannot see the danger as they are looking in front of themselves.

Some have already fallen through their ice of lies and, perhaps, the repercussions of the cold shock will give them a realisation and desire to crawl out and get warmth from the sun of truth.

It is the right time to change your actions for the better, before they change you for the worse. You need to learn to acknowledge the beautiful person hidden within you. You need to make sure that the dark forces within you should never win over the good in you and take the centre stage in your life. The 'beautiful you' needs to express itself and perform

elevated actions and walk in the right direction to experience true happiness. If you want to be a real king with all the spiritual treasures; then, you need to think and act differently that will take you closer to your real original pure self.

It is one thing to be a millionaire, but if you do not take care of your wealth, you can become bankrupt overnight. Take hold of your inner wealth and check it every night, morning and at every breath and step you take.

Choose to be a master and a king

Is your life the life of a victim or are you a slave to bad habits, carrying the burden of chains everywhere you go? Are you unaware that you are on the run and have a limp? Or are you a master and a king on the 'throne of self-control', enjoying the happiness of life? It is better to choose to be a master and a king instead of being a victim and a slave.

The roots of *karma* tree are spread far and deep, and whose seeds you might have sown many years or may be, lifetime earlier. If you ask and try to work out why your life is reaping such bitter fruit, you need to go no further but look at your *karma* tree.

(.....Contd. on page no. 34)

(.....Contd. from page no. 3)

hence, one benefits not only from the congenial atmosphere or the 'spiritual field' created by sincere students but one also learns from others' experiences.

Regular Classes

So, this 'university' holds classes for its daily students. The timings of its classes, both in the morning and evening, are such as it suits most of the people. In the morning, the classes, at most places, are held from 6.30 a.m. to 8.00 a.m. as many of them have to go to their workplaces, others have to do the household chores, and children as well as youth have to go to their schools and colleges. At most of the centers, the classes are held in the evening also, generally from 7.00 p.m. to 8.30 p.m.

One Month or One-Week Course and Condensed Courses for three days

Before a person is admitted to these spiritual classes, he has to take up at least, a *One-Week Course*. For others, whose life is very busy and who cannot, therefore, spend even that much time, the time can be shortened or modified. After undergoing that short course, if he feels deeply interested, he himself makes his best efforts to find time to attend to further studies.

In order to fulfill the needs of the students of various levels,

there are, at some intervals, *refresher courses, advanced courses or in-depth studies*. There is also provision for *individual or group counseling* in order to solve difficulties of individuals or to cater to the spiritual needs of various age-groups or various segments of the society.

Conferences, Workshops, Seminars, etc.

Since the education in moral and human values, behavioral change and practice of meditation has to be imparted to various people to build a better society, holding of mere classes or giving of courses of various durations is neither enough nor always suitable to all categories of people.

There are people, who are extremely busy because of the nature of their work. Politicians, media persons, judges, many top-ranking bureaucrats, etc. belong to this category. There may also be some, who do not realize the importance of this kind of education, for they have never had any exposure to it and, therefore, have no experience of its benefits. There may also be people, who, at their age, or with all their erudition or high status, feel shy or arrogant in joining classes with others. Though this shyness/arrogance/pride vanishes later, when one gets some knowledge of real self and

the connection with One Supreme Father, initially such people have to be provided with occasions, where they can come and join all without feeling of a loss of respect or hurting their pride.

So, conferences, seminars, workshops and get-togethers are the means of education, both for the classes and the masses. This university organizes such events for judges, doctors, professors, media persons, scientists and engineers, businessmen and industrialists, poets and litterateurs, artists, youth, women, social workers, politicians, administrators, etc., and also holds multi-disciplinary meetings or International Conferences. The top brass from each segment of society, or from every profession, are invited to address or to participate in discussions and deliberations. In such an atmosphere, everyone can give one's views without any inhibitions, but one has, naturally, to sit through all the proceedings and to listen. This sort of give and take, or opening of mind and starting communication with such people, who are committed to the cause of peace and of moral and human values, is very educative.

After all, one cannot expect people from all rungs of the social, economic and political

ladder to become regular students of classes for behavioral transformation or for effecting change in attitudes. Conferences, workshops, seminars, or get-togethers are the informal-cum-formal means of educating certain categories, who can be, in such ways, initiated towards their personal self-transformation.

Exhibitions, Fairs, etc.

Another very useful method for transmitting knowledge to the people in an interesting way is through *Exhibitions, Fairs* or *Festivals*, where we can walk through people in large numbers and where they can walk in at any time that suits them. These exhibitions are different from the worldly exhibitions as they focus on social and contemporary themes. One of these may be *'the place and role of women in our society'*; another one may be on *giving up smoking and drugs, etc.* There may also be exhibitions on giving people *a world-view and glimpses of the past and visions of the future.* All these and other exhibitions, organized by the university, are for *character building* and for *promotion of values.*

Here, each one has the freedom to move, to see, to listen and to ask. Many of them take keen interest and some join

short-duration courses and later, classes also. All others carry the effect of this education, however little it may be. After all, they get an exposure to the spiritual knowledge in subtle ways; the teachings once gone into their heads will rise into their awareness and goad them to action sometime in the future. It will not be lost totally and forever.

Cultural Programmes

The university also organizes dramas, puppet shows, dances, dialogues, etc., to promote values and to inspire people for taking to good ways of life. Children and youth are involved in writing and enacting dramas, singing songs, reciting poems, etc.

Rajayoga Meditation Camps

The university organizes Rajayoga Meditation Camps at its Headquarters in Mount Abu from time to time, sometimes, during festivals and fairs too. Many people, including judges, journalists, authors, doctors, scientists, management experts, educationists, etc., can attend these camps. Up to now, hundreds of thousands of each category have attended these camps and benefited from them. There are written opinions from them as to what benefitted they had and what the educational values of these camps are.

Elocution Contests, Debates, Art Competitions, etc.

The university organizes elocution contests, debates, etc., on values that enable children and youth to reflect deeply on those themes and, thus, to convince themselves of the need for high character and higher moral, human, social and spiritual values. Those, who listen also, feel inspired by the oration of fellow students.

Art competitions also prove to be very educative. Each art work gives a great message in an aesthetic manner, creating a lasting effect. One art-piece sums up so much in a small space, which even voluminous books may not sometimes convey in such an interesting, colorful and beautiful manner.

Celebration of Festivals

The Indian festivals are full of spiritual significance. They have a deeper meaning and a stimulating message. Most people have heard only the mythological stories relating to them but do not know the message each festival gives. If people know the real meaning of each festival or each 'sacred day', they will get nourishment for their cultural roots and will enjoy the spirit behind them. Also, the festivals will become a means to national integration and social amity.

Today, people hurl indignities on others on the occasion of *Holi* festival. They waste so much on this occasion and, often, they quarrel though they are supposed to celebrate happiness, to forget all wrong doings of others and to set aside the hang-over of the bitter past if there is any. Hence, this festival can be used for great personal change and a chance to set our relationships straight and to begin new relationships on a happy note, provided people know its origin and intent.

Similarly, people celebrate *Deepavali* and *Raksha Bandhan* festivals with great festivity and show. But, they do not light their inner selves, where darkness still prevails nor do they open new accounts of their actions, by closing the past ones. Likewise, they give gifts to their sisters, who tie *Rakhi* round the wrists of brothers but, soon, they forget the message of purity, which this festival gives.

The university, therefore, uses all these occasions to educate individuals and masses in a pleasing way and foster the real festive spirit.

Classes on Personality Development of Children

During the Summer Vacation, various centers of this university conduct classes and courses of children of various age-groups

on Personality Development and Self-management. Students and the parents of these children highly appreciate these classes.

Children's Programmes at Mount Abu

Special programmes for moral and spiritual education and programmes for children are held every year at Mount Abu, the headquarters of the Brahma Kumaris, where children of different age-groups come from all over India.

Hostels for Students

The university has also opened a Girls' Hostel at Indore, Madhya Pradesh, to help build values and character along with academic brilliance. The girls, who reside in the hostel, go to schools and colleges for their regular studies but they also study spiritual knowledge imparted by the Brahma Kumaris. They are brought up in such a benevolent and happy atmosphere that it helps and encourages them to achieve all round development. These girls have not only shown brilliant results in their secular studies but also have developed their character and various abilities such as public speaking, singing, dancing, cooking, writing, etc. Their parents and other people are impressed by their attainments facilitated by the Brahma Kumaris.

In short, the Brahma Kumaris

is a unique spiritual and value based 'University', which is imparting spiritual education to restore human values in the society, and is helping people to develop a positive attitude towards life through the effective technique of Rajayoga meditation. ❖

(.....Contd. from page no. 31)

One needs wisdom, tolerance and patience in order to realise that the fruits of today (destiny) are the result of the seeds (thoughts, words or actions) sown earlier. The language of *karma* is silence, but its actions are eloquent that speak louder than words.

Be in God's Good Book

The meaning of life is to be in God's Book carried in His hand. If you want to know the meaning of life and know the answers to all questions, you need to get smart by first reading God's *Book of Eternal Truth*, which will guide you to look within yourself and connect with God to bring transformation in your thoughts, words, deeds, *sanskars*, etc.

Carry God's Book everywhere you go and God will carry you as His book marker everywhere He goes. ❖

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1. **Gulbarga** : On the occasion of International Day of Yoga lighting the lamps are Mr. Alok Kumar, IPS, IG of Police, Gulbarga, Mr. Doddappa Gouda, former MLA, Mr. Revu Naik, former Minister, Ms. Anita, IPS, SP, Anti Corruption, B.K. Vijaya, B.K. Prem and others. 2. **Kolkata** : A Spiritual Programme is being inaugurated by Mr. S.K. Gajmer, IPS, IGP, WB, Dr. H.P.Kanoria, Chairman, SREI Foundation, Ven-Pahulaa Thero, Bhikhu Incharge, Mahabodhi Society of India, Kolkata, Mr. Vinod Yadav, IFS, Addl. Principal Chief Conservator of Forest, Justice Subrata Talukdar, Judge, Kolkata High Court, B.K. Kanan and others on the occasion of International Day of Yoga. 3. **New York** : B.K. Bhumika is receiving Life Time Achievement Award on behalf of Dadi Hridaya Mohini & Sis. B.K. Mohini from Bharat Gaurav for distinguished services to the nation and outstanding individual achievements. The award ceremony was organized by Sanskriti Yuva Sanstha, India at the United Nations Head Quarters, New York. 4. **Raipur** : On the occasion of International Day of Yoga, a spiritual programme is being inaugurated by Mr. Arun Dev Gautam, Home Secretary, Chhattisgarh, B.K. Atamprakash, B.K. Kamla and others. 5. **Moscow** : On the occasion of International Day of Yoga B.K. Sudha in a group photo with Mr. Sammy Kotwani, President of the Indian Business Alliance, Mr. Sidhartha Shashi, First Secretary at the Indian Embassy, Ms. Saswati Dey, Second Secretary at the Indian Embassy and B.K. Vijay. 6. **Los Angeles**: Brahma Kumaris Los Angeles was invited to an Interfaith Celebration at the Islamic Center. After a panel discussion Sis. B.K. Gita is in a group photo with religious leaders. 7. **Ahmedabad (Vastrapur)** : A spiritual programme is being inaugurated by Rtn. Abhay Rathod, Vice President of Rotary Club, Ahmedabad, Rtn. Jigar Shah, Programme Chairman of Rotary Club, Rtn. Manish Mehta, Secretary of Rotary Club, B.K. Shivani, B.K. Sharda, B.K. Niru and others. 8. **Hong Kong** : On the occasion of International Day of Yoga the Indian Consulate and Asia Society organised an event with Brahma Kumaris. B.K. Rohin is in a group photo with the participants.



New Delhi : On the occasion of International Day of Yoga (IDY), Dadi Janki ji is addressing the participants at Red Fort, New Delhi. Sitting on the dais are Mr. D.R.Karthikeyan, former Director of CBI, B.K. Brij Mohan, Sisters B.K. Asha, B.K. Pushpa, B.K. Shukla, Dadi Kamalmani and others.



Mount Abu (Gyan Sarovar): A Jurists Conference and Retreat on "Spirituality for Peace & Happiness" is being inaugurated by Justice A. Ramalingeswara Rao, Judge Telengana High Court, Justice V. Eshwaraiiah, former President of National Commission for Backward Classes, Justice A.S. Paschapure, President ASPCA, Bangalore, B.K. B.L.Maheswari, Ms. Rashmi Ojha, B.K. Pushpa, B.K. Lata and others.



Mount Abu (Gyan Sarovar) : National Conference of Rural Development Wing on "Holistic Rural Development through Pure Feelings" is being inaugurated by Mr. Pradeep Yadav, Former Agriculture Minister, UP, Dr. Ram Kherche, Vice-Chairman, Maharashtra Council of Agriculture, Education and Research, Pune, Mr. Jai Prakash, Asstt. Director, Agricultural Research Centre, Pusa, Bihar, B.K. Raju, Sisters B.K. Sarla, B.K. Raj, B.K. Trupti, B.K. Sapna and others.