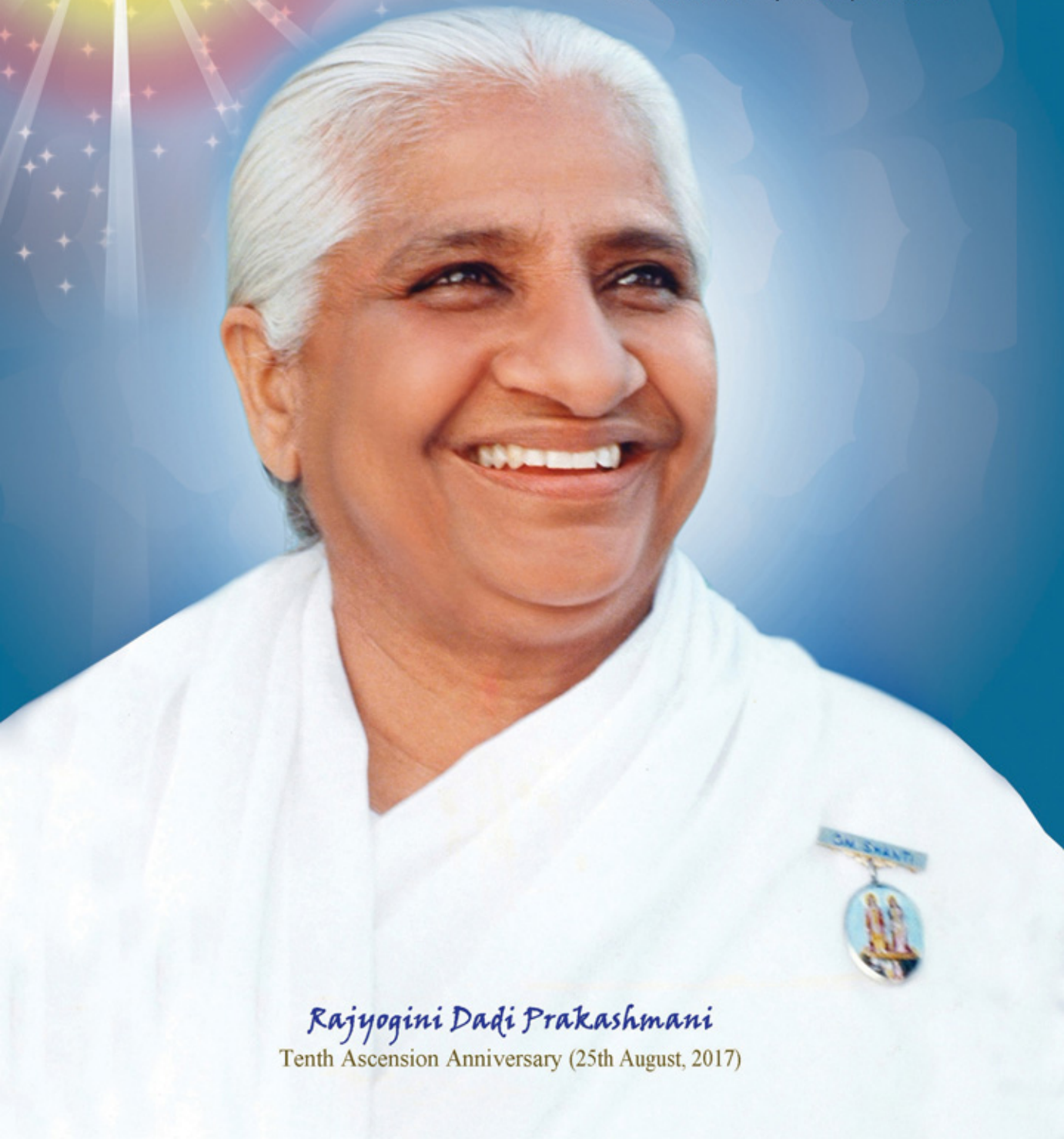


SUPREME SOUL
GOD FATHER SHIVA

The World Renewal

Monthly

Vol. 48, Number 2, August, 2017,
Price Rs. 8.50, Yearly Subscription Rs. 100/-



Rajyogini Dadi Prakashmani
Tenth Ascension Anniversary (25th August, 2017)



1. New Delhi:

H.E. Ram Nath Kovind, new President of India is being extended greetings on behalf of Rajyogini Dadi Janki by BK Asha and others.



2. Mount Abu (Gyan Sarovar):

A Conference organized by Administrators' Wing is being inaugurated by Mr. Shrichand Kriplani, Urban Development & Housing Minister of Rajasthan, Mr. Anil Swarup, School Education Secretary (HRD) of India, BK Asha, BK Avdhesh, BK Mruthyunjaya, BK Poonam, BK Harish and others.



3. Mount Abu (Gyan Sarovar):

Inaugurating the Conference organized by Women Wing are Dr. Promila Gupta, Deputy Director General, National Programme for Control of Blindness, Dr. Anthony Raju, Chairman of All India Council of Human Rights, liberties and Social Justice, BK Chakardhari, BK Shielu, Dr. BK Savita and others.



4. Mount Abu (Gyan Sarovar):

A Conference organized for Religious leaders is being inaugurated by Dr. Kaushal Kishor Maharaj, Bharatpur Siddh Pithadhishwar, Dr. Amrish Chetan Brahmachari, Swami Vrindavan Geeta Ashram, Shri Shri Acharya 108 Arvind Muni, Bhikhu Vishudanand Bodhi Mahathers, President, Pragyan Prasar Dhamm Sanskar Kendra, Shri Raghuvver Singh, Secretary, National Sikh Sangh, Brahma Vahini Sushree Hetal Didi, BK Brij Mohan, BK Manorama, BK Ramnath, and others.

From the mighty pen of Sanjay



NEW REVOLUTION THROUGH RAKSHA BANDHAN



In the history of the world, we have had many kinds of revolutions: the Green Revolution, the White Revolution, the Red Revolution, the Industrial Revolution, the French Revolution, the Glorious Revolution and some other important revolutions, which changed the very form of civilisation and the life-styles of people of those times.



We find that these revolutions started either with the purpose of producing goods mechanically, abundantly and conveniently, or started with the motive of getting more rights for the common man. The French Revolution and the Glorious Revolution were of the latter kind. So, as a result of these revolutions, our markets today have such a variety of articles of consumption, and in such great abundance, as was never witnessed before during the past 2000 years or more. As to human rights, citizens of many countries have, perhaps, more freedom today than they had under various types of monarchies or autocratic rulers, who themselves had all the powers of the State, including the executive, the legislative, the judicial, the financial and the political power.

Farther from the Goal of Peace

However, in spite of all these revolutions, we find that mankind has not marched any nearer towards the goal of achieving peace and happiness. On the contrary, we find that world is badly divided today. Its various sections are warring amongst themselves, and a large number of people are suffering from acute shortage of essential goods when others are living in great abundance and wastefulness. Man, instead of using new knowledge of science and technology for the betterment of the under-developed and for ameliorating the lot of mankind at large, has made use of it for creating terror and producing enormous quantities of weapons. We also notice that a kind of

(....Contd. on page no. 33)

CONTENTS

- ▶ New Revolution through *Raksha Bandhan*....(From the Mighty Pen of Sanjay) 3
- ▶ Heavy and Harmful Rains in Rajasthan (Editorial) 4
- ▶ My Very Life itself is My Income 8
- ▶ Our Lovely and Loving Late Dadi Prakashmani ji 9
- ▶ Late B.K. Ramesh Shah: Innovator, Intelligent and Loving 10
- ▶ The Art of Saying 'No' 11
- ▶ Win over the Mind to be Self-Sovereign 13
- ▶ Rajayoga Meditation: A Journey of Unlimited Peace and Happiness 15
- ▶ Spiritual Rebirth: A New Mind, New Vision and New Dimension of Living 16
- ▶ The Son as Master Bestower Reveals the Supreme Father17
- ▶ Life in Moments of Time 19
- ▶ Power of Thinking 20
- ▶ God Shiva – The Mentor for Mental Beauty 21
- ▶ Dance of Silence 23
- ▶ Celebrating *Ganesh Chaturthi* in its True Meanings 27
- ▶ Do you look at God's Bigger Picture or Man's Automatic World of Sorrow? 30

Rates of Subscription for "THE WORLD RENEWAL"

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

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

**Om Shanti Printing Press,
Shantivan-307510,
Abu Road, Rajasthan, INDIA.**

For Online Subscription

Name of Bank: SBI, PBKIVV Shantivan,
Account Holder Name: 'World Renewal'
Saving Bank A/c No.: **30297656367**,
IFSC : SBIN0010638

For Detail Information:

Mobile:09414006904,(02974)-228125
Email: omshantipress@bkivv.org

HEAVY AND HARMFUL RAINS IN RAJASTHAN



This year, the weather patterns seem to be different from that of the previous 25 years. In line with the forecast by the India Meteorological Department (IMD), we started getting good monsoon rains from the last week of June 2017, which came as a welcome respite from the scorching temperatures with mercury touching 43 degrees Celsius.

After sporadic showers on and off for 2-3 weeks, which was always welcomed, the heat wave continued, and it was only after the second week of July that the warning came from IMD about a cyclonic formation predicted to bring heavy rainfalls in the states of Madhya Pradesh, Rajasthan and Gujarat. People were taken unawares when, in fact, torrential rains flooded these areas for 5-6 days, during the third and fourth week of July! Such rains were totally unexpected and resulted in a lot of devastation and even loss of lives, properties and crops in Gujarat and Rajasthan. It affected essential services like

electricity, phone lines, drinking water and transportation due to severe damages to the roads and bridges. Traffic between Abu Road and Mt. Abu came to a standstill for couple of days because of the landslides that damaged some parts of the road. Despite everything, the incessant heavy rains created a very picturesque view with hundreds of tiny streams and waterfalls flowing down the Aravali mountain for days together.

The collective harmful effect of continuous rainfalls was felt acutely when several villages got submerged, and some roads were covered with 4 feet of water, thereby making it impossible for people to cross over to safety and dry land. Some of the bridges connecting tribal (*adivasi*) areas were very badly damaged, and people had to risk their lives to pass across. The flowing rivulets stopped many students from reaching their schools, but it was heartening to note one scenario which showed that a young man tied his belongings on his head

and swam across every day to go to college!

This fury of the rains has left hundreds of cattle dead and damaged roads worth crores. The authorities at all levels were caught unaware. The Chief Minister of Rajasthan, Shrimati Vasundhara Raje, travelled around the flooded areas of Rajasthan in a helicopter to assess the damage and extended immediate help. Government Agencies as well as voluntary social organisations, including the Brahma Kumaris, have extended much-needed help with distribution of food packets and medicines to the people in affected villages. Almost all B.K. Centres and other social institutions in the affected areas have been organising Relief Works and Medical Camps, as a gesture of humanitarian goodwill and concern for our fellow citizens.

On the one side, we, in Rajasthan, respect the rains a lot as they are our prime source of water supply, but, as witnessed this year, we sometimes also have to face the ire of natural calamities, which even affected our well-planned Shantivan campus by overloading and overflowing the drainage system, and thereby transforming the roads into

small canals flowing end to end. Some buildings in the low-lying areas faced flooding problem, including Dadiji's Cottage, from where our Senior Divine Sisters had to shift to safer places.

Every part of Rajasthan became water-logged, which may be very useful eventually in bringing the ground water level higher than the level during drought periods. It is astonishing to note that Mount Abu received over 110 inches rainfall by the end of July 2017! The upper and lower Kodhra Dams and Nakki Lake are full and are also attracting tourists to enjoy the natural beauties and waterfalls. The rainy season is expected to continue in August and part of September, 2017; and, so, will surely fill up all water resources not only in Rajasthan but in Gujarat too, as most of the rain water flows downwards to Gujarat, and fills its rivers and dams.

What can be done during such a season, when torrential rainfall continues for days together?! The Brahma Kumaris Members, whether they are Dedicated Teachers, Kumars, Kumaris or Couples and Matajis, have been making maximum use of the most pleasant, enjoyable spiritual atmosphere of Shantivan, Gyan Sarovar and Pandav Bhawan. As per the announced schedule

for the monsoon season, special **Gyan-Yoga Intensive Meditation Programmes (Bhattis)** have been going on, with the aim of infusing experiences of the Angelic Stage (*Farishta Sthiti*). The senior Teachers and Brothers of the Institution have been sharing in depth their personal experiences on different subjects of Spirituality, as planned by the Organising Teams. **Whatever may happen, sincere seekers would always avail of every opportunity, however challenging it may be, to become the embodiment of Light and Might.**

Over the past week, nature has brought us some respite from the rains, and we are able to enjoy sunlight in Abu Road area for some hours every day. Our happiness multiplies further when the visiting B.K. Sisters shower their good wishes on us, by tying *Rakhi* around our wrists and applying the *tilak* of victory on our foreheads.

Some long-term Madhuban Residents were very fortunate to have had their valuable *Rakhis* tied and *Tolis* and Fruits received from the highest authority of Brahma Kumaris, Respected Dadi Jankiji, before Dadiji left for her favourite service place out of India, to London, on 30th July, 2017. We

are happy to share with our readers that after being in London for a few days, Dadiji's health seems to have improved a lot, as we can make out from her voice message sent on 3rd August, 2017.

Shantivan has been very busy in celebrating the auspicious occasion of *Raksha Bandhan* for about 5-6 days, by inviting sisters and brothers of Pandav Bhawan, Gyan Sarovar, Global Hospital & Research Centre (GHRC), Eye Hospital, Trauma Centre, Shivmani Home, Abu Road B.K. Colony and finally the residents of Shantivan itself, to have their *Rakhis* tied in smaller gatherings. The grand finale will be on *Rakhi* Day, 7th August, 2017, when all B.Ks. and souls in contact from up and down the mountain, will gather together in Shantivan for *Rakhi* celebrations with *Bhog* offering, sharing of blessings by Seniors, tying of *Rakhi* on Senior Brothers, followed by *Brahma Bhojan*.

How thankful we are to our ancient thinkers for infusing the festive spirit with such inspiring customs on the auspicious days of *Raksha Bandhan*, *Shree Krishna Janamashtami*, *Ganesh Chaturthi* and such other festivals! We also wish to share that hundreds of small groups of the Brahma Kumaris

all over Bharat and Nepal would be visiting schools, colleges, hospitals, jails, social institutions, government and private offices, the personnel of Defence and Law Enforcement Agencies to tie *Rakhi* and share spiritual love and regard with all during these

weeks. **It is such an enriching occasion in which our divine B.K. sisters are able to convince souls (in both male and female physical costumes) to renounce addictions and negativities, and, in return, receive the gift of virtues**

and powerful and protective love of the Supreme.

May you be ever safe and happy under the canopy of Protection of the Supreme Parent, Guide and Protector, and live up to the promises you make in front of the divine B.K. Sisters!



GOD SHIVA, THE BESTOWER OF SPIRITUAL VALUES & IMMORTALITY

During the present Shravan months, our newspapers and other media have been bombarding us with political and borders skirmishes, terrorist attacks, Gorkha Land agitations, and elections for the new President and Vice-President of India. It is a pity that over 40 MLAs from Gujarat had to be flown to Bengaluru not just for their safety, but also to save them from being bribed to change over to other parties. The Prime Minister of our neighbouring country Pakistan had to resign because of corruption charges, and some recent statements of top dignitaries have accused many Heads of State with corruption and other charges. What kind of world scenario are we being exposed to?! **It is nothing else but the explosion and exposure of false value systems in political and**

social lives all over the world. We used to hear the statement: Beg, borrow or steal but for God's sake, but these days it is the culture of grabbing through bribes, and stashing of money in safe havens amounts up to billions! All along people forget that there is one Supreme Authority watching and recording all the *karmic* accounts of each human being, for which every responsible person will have to face justice and be answerable to the people or country to which he or she belongs. These are scenes of utter irreligiousness and unrighteousness as enshrined in our scriptures, but where will this lead us to?

The answer lies in the revelation that irreligiousness and unrighteousness (*Adharma*) had prevailed 5000 years ago, **but the Supreme Divine Being did intervene to**

establish true *Dharma*, the rule of righteousness in personal and public lives. It may sound an impossible utopian idea to re-establish spiritual values or righteousness in the lives of citizens of the world, given the present self-serving society. In one of the Indian States, more than two-third elected Members of the Legislature have had different kinds of criminal charges against them. But, yet, being in the position of lawmakers, they still pass and frame rules and regulations that may, perhaps, be hurting and troublesome for the public, as they do not have the people's well-being in focus. **It is also interesting to note that such controversial characters also take up positive roles in social events and occasions for change of outlook and behaviour.** Rather than seeing

it as a farce, it is important to note that no one is born a criminal; maybe circumstances or the wrong environment, guidance and company of one's near and dear ones/friends have mislead these individuals. However, there comes a time when the conscience of a person is jolted and awakened, as was witnessed in Jammu and Kashmir on several occasions. **Instead of waiting for any shocking treatment or incident, or rather waiting for 'time' to bring about a change, it would be nice to take initiative and become wise and awaken our inner self.**

The process of re-discovering the self in its original nature of love, peace, bliss, wisdom and purity would be the true awakening of the self. **Spending some time daily in reflection and contemplation, and rejuvenating the self by reconnecting with God and our spiritual values, would be the most valuable treasure anyone can gift oneself.** The awareness of us being peaceful, pure beings, and our strong love for God together, becomes a powerful foundation for an enriched life. **Those, who have been awakened in this way, then start spreading the light of spiritual love, the**

understanding of dealing with life's challenges, positive peace and healthy happiness with others. Those, who practise such a lifestyle, live much longer than the common person, because they keep the aim of guiding humanity on the path of righteousness and truth. We are very proud of our Spiritual Ancestors, who accomplished the said task and laid the foundation of leading a divine lifestyle while remaining occupied with their worldly professions and in fulfilling their social obligations.

A truly courageous and noble soul will always opt for spending his/her life in the service of humankind. We are very honoured to continue receiving the unconditional and dignified sustenance of our respected Dadis, who remain such elevated instruments of world service. It is a matter of great joy and pride that respected Dadi Jankiji had the courage to defy her physical age (101 years and 7 months!) and take up a service tour to the UK for celebrating *Raksha Bandhan* with sisters and brothers from different parts of Europe and the UK! B.Ks. from other regions are also present to receive Dadiji's blessings.

Whilst being in the UK, Dadiji remains connected with Madhuban and regularly shares good wishes from her heart with us, as we continue with the spiritual systems and customs, celebrations and normal *Yagya* routine. It is also beautiful that some of our Senior Teachers from different parts of Bharat have been extending their helping hand in maintaining high standards of Spiritual Education, Meditation Practices and Divine Disciplines in the different H.Q. campuses of Abu. We take this opportunity to offer our hearty congratulations, greetings and best wishes to our Respected Dadijis, Senior B.K. Sisters and Brothers, as well as brothers and sisters of all the Brahma Kumaris Centres around the globe for a very pious, noble and joyous *Raksha Bandhan* festival! May all of you also rejoice in the harmonious and unifying Dance (*Raas*) on the occasion of Shree Krishna *Janamashtami* festival!

Respected Dadi Jankiji, Dadi Hriday Mohiniji, Dadi Ratan Mohiniji, B.K. Munni, B.K. Santosh Didi, B.K. Sarla Didi, Dr. Nirmala Didi, B.K. Shashi especially send their hearty greetings to all in the festive season! Om Shanti,

-B.K. Nirwair

MY VERY LIFE ITSELF IS MY INCOME

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris



The days when Baba was with us were very loving and these days are also very loving. We have Baba with us and it is the moment to be truthful. There is happiness in truth and there is also victory in truth. This is not just knowledge to listen to and relate to others. We need to bring it into our own lives, so that we get experiences. It is our experience that will help others to have experience. We are with Baba; we have one strength and one support.

Say now, 'My Baba, sweet Baba, beloved Baba'. He belongs to each one of us personally. Baba has not only taught us how to live a good life but He is also teaching us how to have a good death. There are some souls, who are not happy with life. They think that it is better to die than to live. However, there

is benefit in living. There is income in living. What income is there? When I am with Baba, there is multi-million times income at every step. So, my very life itself is my income. We are all together on this path. I am walking this path with my spiritual family. We are all one and we belong to the One. From the day we belonged to Baba, He has fed *Brahma Bhojan* directly into our mouths. We have heard the words Shiv Baba spoke through the mouth of Brahma. Baba has taught us everything. There is Baba and there is drama. Whatever happens, Baba is sitting there for us. It is He, who is making us move.

Once, I was in Mumbai and I saw a small statue of three monkeys closing eyes, ears and mouth (indicating see no evil, hear no evil, speak no evil respectively). It

was worth eleven rupees. I bought it and showed to Baba. Baba told me that buying that statue was not enough. I had to go to the place where it was made. I went there and made an order. Baba asked me to get as many items as possible. The manufacturer said that he would make it for us for three rupees. Whoever came to Baba, Baba gave that as a gift. Baba taught us the importance of economy.

Now, we use our ears to listen only to what Baba says. We have learnt to use our eyes, ears and mouths in a beneficial way – not only for ourselves but for others too. If we hear anything negative, we let it in one ear and out in the other. In my case, I can hear only from one ear, so I have to let negativity out of the same ear. In one eye, we keep Shiva Baba and, in the other, we keep Brahma

Baba. Dadi only uses glasses to read. I can see all of you very well without using glasses. I see all of you with spiritual love. Look at Brahma Baba's photo and see how the light is shining from his forehead. Baba is too good! He is visible through our eyelashes. Baba has placed *dilkush toli* (the sweet of happiness) in our mouths. We have to make our own hearts happy and then make the hearts of others happy. On one side is Baba and, on the other, is our fortune.

Once, we asked Baba about the rosary. He said that it was very difficult to prepare the rosary, as the ones that were at the front went to the back and the ones, at the back, came to the front. I once asked Dadi Gulzar to ask Baba where I am in the rosary. She smiled and said, "You are with Baba".

If someone is not well; then, send them subtle vibrations. Subtle vibrations work wonders. Create your own fortune in this way by being with Baba. In this service, there are no issues of language. ❖

OUR LOVELY AND LOVING LATE DADI PRAKASHMANI JI

The brightest Jewel of B.K. family, she shines brightly ever; On August 25, her Ascension Day, we all lovingly remember her.



Her disarming cheerful smile attracted one and all; Her love was quite deep and divinizing that enlightened all. Embodiment of all values and virtues, she shined like the pole star; The sweet fragrance of her magnificent qualities spread near and far.

As a dazzling example of BapDada, she was a pioneer in spiritual sphere;

As an expert driver of vehicle of B.K. Organization, she was in full control and gear.

Her full mastery in Rajyoga made her an expert and powerful *Rajyogini*;

Her fine balance in action (*Karma*) and *yoga* made her an exemplary *Karmayogini*;

Entitled as Kumarka, she was the most beloved of all Brahma Kumars;

For all Kumars, she was the apple of all eyes and their inspiration source.

In all parts of the country, she spread the message of descent of God;

She moved as a flying angel and also spread the spiritual knowledge abroad.

As the former Chief of the Brahma Kumaris, she fluttered the flag of God Father Shiva;

And inspired many to change their life by establishing them in *Mantra Manmanabhava*.

Ocean like was her vast heart, she lovingly assimilated all without any discrimination;

Souls, like rivers, came and mingled in her as she was a marvel of toleration.

Adorned with International Peace Messenger Award, she was the apostle of World Peace and Culture;

For her love, renunciation, meditation and service, the B.K. divine family will remain indebted to her for ever.

LATE B. K. RAMESH SHAH: INNOVATOR, INTELLIGENT AND LOVING

– B. K. Nilu, CIDCO, Nasik

Divine Brother Ramesh Shah was a tireless Godly servant, who knew how to keep a balance between “accounts and arts”. He was an intelligent, hardworking, knowledgeable and creative soul, simply unmatched. Born into a Mumbai-based Gujarati family, he was brought up by his loving and virtuous mother, as he lost his father in his early childhood. It was his mother, who got divine knowledge and inspired Bro. Ramesh also towards the spiritual teachings. It is not easy to describe him in a few words, who was a philosopher, a writer, an analyst, an accountant, a lawyer, film producer and director, an orator, a businessman, a professor, a researcher, a family person and, of course, a divine saint.

He balanced the responsibilities and joys of his multiple roles of being a family person, businessman and spiritual saint with ease. He

was a gold medallist in Chartered Accountancy. He was also a Post Graduate in Philosophy and was a Professor of Philosophy in Mumbai University. He was very logical, rational and critical in his approach. He was an ardent follower of Baba’s knowledge and integrated it in his life with discipline and proper understanding. He was both brave and fearless while implementing spiritual principles and also quite humble and sincere in his feelings towards Jagadamba Mama and Brahma Baba.

Being a researcher, he was the Chairperson of Spiritual Application & Research Centre (SpARC Wing) since its inception. He knew very well how to balance art and account. He gave invaluable gifts to the Brahma Kumaris family in the form of spiritual/divine songs, art and culture. Brahma Baba would ask the spiritual children to play meaningful film-songs during *Satsang*. It was Bro.



Late B.K. Ramesh Shah

Ramesh, who produced the first cassette of divine songs, written by Baba’s children. He was the first soul to introduce new technology – tape recorder – to Godly Service. As a creative and visionary soul, he formulated the “Spiritual Exhibition”, and we can see the usefulness of this service instrument in spreading God’s message around the world.

He was a cultured, refined, distinguished and special soul, but it was not easy to face him if you are not genuine. His eyes were more powerful than an X-ray Machine; he would capture the feelings and thoughts of others. His gift to Godly Service is a well established, transparent and sturdy Accounts Department. It is a robust, accurate and thorough system, which satisfies the account principles of both the Godly Government and the Government of India. ❖



THE ART OF SAYING 'NO'



–Sister Padmapriya, USA

Some of us find it very difficult to say 'No' to people. To say 'No' to someone is so hard that we just say 'Yes' to things we can't do or do not want to do.

Why do we say 'Yes' for things we should say 'No'? There can be various reasons as follows:

1. We are afraid to say 'No' as we want to avoid confrontation; also we don't want to let people feel bad.
2. We are afraid to say 'No' because we want to please other persons. We do not want to let down our image of being very nice, of being always helpful and supportive, e.g., if you are a social person and you are habitual in always helping others in need, then subtly there is an ego, which tells you, 'I am supposed to help no matter what'.
3. Fear of rejection by the other person.
4. Fear of other consequences, e.g., when we say 'No' to people, who are in higher position than us like our boss,

parents, senior officials, then there is a fear of the consequence. When parents expect their children to go to a certain university, the children often give in to the pressure.

5. We do not want to hurt the other person, e.g., most parents just hand over whatever the kid demands because they do not want to hurt him/her or they avoid to handle the tantrum that the kid throws after their saying 'No'.

We all know the power of yes. 'Yes' can be life-giving, exciting, and intoxicating but only when we mean it. 'When our hearts aren't behind it, 'Yes' can be depleting. When we say yes because we are supposed to, or because we are trying to please someone, then 'Yes' can drain out our energy and potentials. Since we have said 'Yes' to things that we cannot do or manage, the following complications may arise for ourselves and for others:

- ▶ We feel pressurized because

we have to do it now as we have given our word.

- ▶ Things get delayed, as we have too much on our plate. We are overloaded.
- ▶ We get overwhelmed with tasks, projects, and activities.
- ▶ Burden of over-expectations from others
- ▶ We put ourselves in peak stress like rushing, making others wait, ignoring the phone calls, improper finishing, and poor job performances.

Sometimes, we are unable to say 'No' because we really treasure the relationship. What happens when we are overburdened with other responsibilities? This is when we get into trouble on both sides. For example, a husband promises his wife to take her for dinner on their wedding anniversary. The wife initiates the dinner invitation and the husband says 'Yes' in spite of his conflicting task on the same date. He says 'Yes' to please his wife as he really loves her and wants to keep her happy. At the same time, at his workplace, his boss has already scheduled him to an important meeting. He is caught up between work and family. He is unable to speak up and say 'No' to either side.

You can imagine what would be the end result of the story. He obviously makes his wife

wait at the restaurant by telling her that he is on his way while he is still in the meeting. And there begins the conflict.

Saying 'No' isn't easy. That is because the word 'No' tends to be associated with negativity. 'No' disappoints; 'No' means letting someone feel down; 'No' means we are not really the super human beings we think we should be. Saying 'No' could even be viewed as hurtful or selfish. But, it is better to say 'No' if we are genuine and cannot uphold it. At times, by saying "No", one can save oneself from future misery and also save disappointment to others.

It is rather better to say 'No' and not do the task than saying 'Yes' and not doing the task. We may have a compassionate heart, but at the same time to understand our capacity and commit accordingly is very important for our life.

How to say 'No'?

Be Polite: The manner in which we say 'No' is very important. The tone, body language and the audacity of 'No' plays an important role in not hurting the other person. For example, if you say 'No' in a harsh manner to your manager for an assignment, you are likely to earn his punishment, i.e., he may block your opportunities to

grow.

Sometimes, we say 'No' with a frustration or a blunt harsh tone. When I get upset or hurt and, then, say 'No', that 'No' doesn't work; it rather creates more trouble.

The proper manner to say 'No': Instead of directly saying 'No', I can say, 'I will be happy to do it but...', 'I would love to help you....', 'I wish I could do it for you....', 'I am so sorry.....'

Offer a consolation prize: If you can't fully grant someone's request, think of a way you can still do something to help out. When you explain your scenario and express a sincere interest in helping him/her, he/she will understand your 'No' in right perspective.

A lot of people tend to say 'No' flat on someone's face, which offends that requesting person. That is why it is extremely important to be kind and understanding even under stressful circumstances.

For example, how will you answer your kid, who is asking you to take him out on picnic when you have an urgent work to complete in office? If you just say a blunt 'No' (even yell at and mock him/her) and leave for work, this rude behaviour will hurt your kid and also bother your conscience.

Instead, you can learn to say a polite 'No'. For example, 'let's think about it, dear! We can schedule it on Sunday and, then, I'll also buy for you an ice-cream and pizza. Let's talk about this in the evening. Now, enjoy your school.' This manner of speaking will give a positive acknowledgment to your kid that his father or mother cares for him/her always. You can have a conversation or say a 'No' with an explanation when you go back home.

Just because someone catches us at the wrong timing, it doesn't give us the permission to act rude. We need to cultivate the art of expressing peacefully and this comes with the following:

- ☛ Self-realization
- ☛ Self-monitoring
- ☛ Constant attention and practice

Finally, saying 'No' is not a bad or selfish action. It helps us to concentrate on what is important to us, so that we can get our version of success much faster. Saying 'No' will also help everyone around us to develop and solidify the incredibly important habit of self-reliance. It will also help us to avoid the negative feeling of lack of progress, or even the worse feeling that we are not in control of our own life. ❖

WIN OVER THE MIND TO BE SELF-SOVEREIGN

– B. K. Surendran, Bengaluru

There are many presumptions and perceptions about the functioning of the mind. All of us know that the mind generates thoughts, which shape our attitudes and behaviours. As is the thought, so is our state of mind and also the state of life. One thought makes us happy and another thought makes us unhappy. We all have been constantly radiating the energy of thoughts to the world with or without our knowledge. Those, who are on the path of spirituality and meditation, understand the functioning of the mind and also the consequence of each and every thought. Meditation enables us to control, regulate and purposefully invest the energy of thoughts towards the betterment of world at large. It purifies and cleanses the mind of all wasteful, negative and vicious thoughts. Our mind is able to generate pure, positive and powerful thoughts. On the way, we develop many spiritual powers, which again help us to

win over the mind to become self-sovereign. Some of these powers are discussed briefly as follows:

Power of Wisdom

God generously shares divine knowledge of the Creator and the Creation, the philosophy of *Karma*, the knowledge of the World Cycle, time, the drama of life, etc. every day with us. We have been working upon this knowledge for a long time and understand the incredible consequences of the practical application of the knowledge in our own life and in the life of those around us. Every point of knowledge has tremendous reformatory, rejuvenating and refreshing energy. It leads us to a state in which once if we understand the eternal truths, it gives us immense amount of power and experience. As we apply the knowledge in our day-to-day life, the knowledge matures into wisdom over a period of time. Our intellect becomes very sharp. We are able to take right decisions from time to time. We are able to

transform wasteful, negative and vicious thoughts into gainful, positive and virtuous thoughts.

Power of Dedication

As we recognize and identify God as our Supreme Spiritual Father and understand the inheritance we are going to be blessed with, we willingly dedicate our body, mind and wealth to Him for the greater purpose of world transformation. This act of surrender gives us enormous inner strength to deal with the mind harmoniously. As an obedient servant, the mind begins to obey our orders as we begin to enjoy the company of the Supreme. The mind stays busy in the remembrance of God, on contemplating the points of virtues and on implementing them in the field of service, thus, leaving no time for any waste.

Power of Silence

We, the spiritual travellers, choose to speak less with a view to conserve our mental energy. We like to be in solitude and practise introversion; we avoid generating useless thoughts, which deplete our energy. The fewer the thoughts in my mind, the more powerful, positive, peaceful and focused they are, and the more my mind is able to contribute to the success of my role on a subtle level. Spiritual love carries us into the silence, the original state of our being.

This silence contains the power to create harmony in all relationships and also the sweetness to sustain them. The power of silence has incredible energy to keep the mind under our control.

Power of Divine Values

We have carved out a life of great values such as courtesy, politeness, civility, purity, truth, transparency, compassion, sacrifice and service. We lead a life based on God's *Shreemat* – a package of virtues and powers required to transform an ordinary human being into a deity. The inculcation of these values gives us an immense joy and we enjoy practising them in our day-to-day life. These values are superb self-disciplinary mandates, which are handed down to us by the Supreme Bestower for our own benefit and protection. These values help us to get rid of the influence of vices like anger, ego, attachment, greed, hatred, jealousy, etc. and ensure the power of complete purity and cleanliness in thoughts, words and actions.

Power of Love

Love is one of the most natural and powerful virtues of the self or soul, the spiritual entity, in human body. God teaches us to love. God's love is pure and unconditional. He does not expect anything from us. Those, who connect to God,

make life a joyful journey and a destination of peace and love for others. They remain content and are able to connect with people and their specialties. In fact, God's love improves our relationships with others. It is about taking from God and giving to others.

Loving God with a pure heart brings us closer to Him. It is the humble and the sweet ones, who can win God's love and closeness. When we recognise that God is our Eternal Spiritual Father, the Bestower of peace, solace and protection, we develop a natural longing for Him. This emotion of love is conveyed through our thoughts and feelings and we receive, in return, the energy of the Lord's love, which has the miraculous power to strengthen our mind.

Power of Attainments

God has come as the first attainment in our life. We never dreamt that we could meet God Himself, listen to His words of wisdom, and receive His sustenance, live under His canopy of protection and so on. The sacred knowledge of the Creator Himself and the

Creation transformed our life to a state of peace, happiness and contentment. This attainment has made us the richest and most powerful beings in the world. When we share these attainments with others we derive super-sensuous joy and contentment in life.

Power of God's Company

We have the most wonderful and powerful company of God. He is the closest, nearest and dearest to us. Again, we also have the company of pure souls – fellow divine students of spirituality. We study together and serve the humanity together. We are the messengers of God. The company of pure and peaceful souls helps us to move forward in our spiritual journey. There is a feeling of happiness and solace in the company of these souls. There is also unity and stability among them. As we enjoy the company of God, we enrich His attributes in a natural way. There is no necessity, now, for the mind to wander. The mind is stable in His loveful remembrance. The mind, thus, naturally obeys the Directions of the Master—the Supreme Soul. ❖



The best ornament is humility. The richest wealth is wisdom. The strongest weapon is patience. The best security is faith. The best tonic is laughter.





RAJAYOGA MEDITATION: A JOURNEY OF UNLIMITED PEACE AND HAPPINESS



–B. K. Shikha, Pune

Our awakened consciousness is extremely important and essential while performing any task. The more positive the consciousness, the more positive will be the experience of performing the task. There is a saying, “As the memory, so the stage.” (*Jaisee smriti waisee sthiti*), which means that your state of being is driven by your state of remembrance of Soul and Supreme Soul. Experiencing ourselves as immortal, imperishable and conscient, point-of-light soul, brings peace, purity, happiness, etc. that are the qualities of the soul. This is exactly the reason why we seek for these qualities. But, the irony is that we are looking outside for something, which is actually inside; so, it is no wonder that we are never able to find what we are looking for. We may experience temporary peace by being at a certain place or being with certain peaceful people, because of the vibrations of the place or people; but if we want to experience permanent peace,

or experience it at our own will, then we need to tap the source within.

Vices in Hindi are called *Vikaar*, which refers to an unnatural state of the soul. Whenever we are in an unnatural state, we are bound to experience discomfort. We may feel just like a rubber band which is kept in a stretched state for too long; in this state, chances are that it will snap at some point or lose its original characteristic of elasticity.

We, the souls, have also been in this unnatural state for quite a long time, leading to many of us snapping often, or completely losing our original elasticity. Rajayoga meditation brings us back to our original state of being a soul. Throughout the day, we act on the basis of our false identity and thereby reinforce our unnatural state and the remembrance of being a physical body instead of the natural state of soul. So, sitting in meditation for a while is the first step. When we focus on our eternal spiritual identity and the identity of the Supreme Soul and

create thoughts like ‘I am a peaceful, loving soul, the child of the Supreme, it gives a feeling of the state of peace and calmness’. This state is the most comfortable for the soul.

A soul is originally and essentially pure and peaceful, and this state of peace and purity brings real comfort to the soul. It heals the soul from within and lets it experience fulfilment. But, the deeds performed by the soul under the influence of vices act like poison for it. As spiritual power declines, symptoms of negativity such as anger, greed, ego, attachment, hatred, jealousy, insecurity and fear appear. It is like getting caught up in the vicious web of desires and body consciousness. However, just as darkness is the absence of light, negativity, which manifests as vices and weaknesses inside us, is merely the absence of spiritual light. As the soul’s power and spiritual light increase through a union (meditation) with the Supreme, the vices automatically disappear.

Experiencing oneself as a soul, connecting to your spiritual Father, the Supreme Soul or God, and charging the self with mental energy and positivity, are the acts of spiritual exercise. The exercise of connecting with God, with the help of the power

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

SPIRITUAL REBIRTH: A NEW MIND, NEW VISION AND NEW DIMENSION OF LIVING

—B. K. Sujoy, Durgapur (W.B.)

“Lord does not reveal Himself unto the prudent and the wise, but unto the babes.” — Jesus Christ

Even a little bit of spiritual wisdom can save us from dire disaster of sufferings and bring about an illuminating elevation of our spirit to transcendence. Usually, we are drawn downwards by the pull of vices and, before we realize this, we are caught up in the web of myriad of emotions of pain, misery, anger and discontent. The way to overcome this miserable condition is to connect and surrender to the Supreme. The love for the Supreme opens the door to the highest source of spiritual energy, and by rising above all physical laws, one can set oneself free from the effects of all bad, wrong and negative thoughts, words and actions.

The path to the Supreme may appear to be difficult, but all that it requires are the willingness for change and self-purification, intense aspiration, will power to subdue vices of anger, lust, greed and egoism and a deep, pure love for the Supreme

Father along with the elimination of earth-bound attachments.

My own personal life is the biggest testimony of how an ordinary person can be transformed through the love of God. Today, when I sit to introspect the life I am living while being in knowledge and the life before that, I understand how superficial and imperfect my world was before I met my Beloved Shiva Baba. I can lucidly remember the year when I was adopted by the Divine Father Shiva and started to follow the path of Rajayoga. At that time, I was a university student. I was in a sort of dilemma, like others, about the future. The different factors present in my surroundings like peer influences, curiosity and my own desires would continuously distract me from the way of living a meaningful life. Besides my studies and future planning, I was also troubled by the thoughts of having a compatible

companion.

Thankfully, my parents understood what I was going through and alleviated my misery. They suggested me to undergo the Seven-Day Rajayoga Meditation Course taught by the Brahma Kumaris, which had benefited them immensely. At the end of the course and various meditation sessions, my thought process began to change, and I realized the sweetness of the Divine relationship that a soul has with its Eternal Companion - God. I was advised to write a daily account of my activities to beloved Baba and try to establish a loving relationship with Him.

It worked like a magic. Through this apparently imaginative but intense interaction with the Divine, I started to receive the messages through self-realization. *The spiritual rebirth gave me a new mind, vision and dimension to my life and living.* Baba, the Savior, saved me from the quagmire of ordinary thoughts and inspired me to live an extraordinary life of a pure ‘Brahmin’. A new life with a divine goal of establishing the Golden Aged World gave me the zeal and enthusiasm to move ahead on this spiritual path. I was now inspired by the vision of a

(.....Contd. on page no. 18)

THE SON AS MASTER BESTOWER REVEALS THE SUPREME FATHER

—B. K. Jegasothy, Jaffna, Sri Lanka

This world, today, is a world of chaos, turmoil and deception; hence, human beings are attracted towards spirituality because they are tired of this fake living. When people experience deception, they look for a spiritual path. However, even when they come onto a spiritual path, after some time, they again experience some kind of deception. Their pure feelings of faith in religion begin to disappear – whether they are Hindu, Muslim, Christian or whatsoever.

Originally, the religious founders definitely had spiritual power. They lived as messengers of God. They came on this earth whenever there was a need, and played their role with the help of God's power. Now, because people have become body-conscious, they have forgotten their religion, and they have so much conflict within themselves that even if they use the term 'religion', it is only for namesake. Hence, they do not

practise the teachings that were imparted by those religious founders. The Muslims remember Allah, but they do not truly understand His teachings. All the Muslims gather at the main mosque and give greetings for EID. The EID theory deals with the different aspects of ego; but because of body-consciousness, they do not understand that only one strength and one support enables us to become unshakable and *sattopradhan*.

The Christian philosophy does not speak of rebirth, but they say that the corpse of Jesus Christ came back to life and gave certain instructions. They celebrate this day as the Day of Resurrection. Hence, they also recognize the theory of the soul. Even though the Christians consider Jesus Christ as their God, Christ himself has said that he came to reveal the Father, the Supreme God. Christ, the son of God, came to turn the minds of the ignorant people towards the Supreme Being.

When a gathering was

throwing stones at a prostitute, Jesus Christ told them, "Only the one, who is completely pure, can throw stone at her". At once, everyone disappeared from the scene. Then, Christ spoke to that particular soul, made her pure and serviceable to the world. This is an example to show that along with helping through words and actions, serving through pure thoughts and an elevated attitude also brings benefit. I would like to cite a quote from *The Bible*: "God, grant me the courage to change the things, I can change. The serenity to accept those I cannot change and above all the wisdom to know the difference; but God, grant me the courage not to give up on what I think is right, even though I think it is hopeless."

Christ himself said, "I am the son of God, I came to reveal the Father." Christ underwent a lot of hardships, but he believed in the drama and carried the cross, for the sake of other souls and to reveal the Father.

Lord Buddha rejected all his worldly pleasures in order to gain divine knowledge. When a woman came to Lord Buddha, carrying the dead body of her son and requested him to revive her son, Lord Buddha asked her to collect some mustard seeds from a house, where no one has ever died. Carrying the dead body of her son, she went to all

the houses. She found that there was no house, where death has never occurred. She returned to Lord Buddha, after having gained the wisdom that everything happens according to the drama and we have to go through the cycle. We are only a trustee of this body. Lord Buddha taught how to distribute the spiritual knowledge tactfully.

Each of the religious founders has given teachings through his words, actions or specialties but no one can match the beauty or the perfection of the Supreme God Father Shiva. No matter which religion one belongs to, one has to understand what true spirituality is and go into its depth. Spirituality means that we should be connected with the Source, for that we need to have the recognition of that Source. Who is He? Where does He reside? In fact, God is One. God is the only complete and perfect personality that exists, but He is not a physical personality, rather a spiritual one. No one can outdo Him, that is the reason He is an entity or living energy or personality, who is remembered the most by each and every one all over the world. This is the time, when He Himself comes down from His metaphysical Abode upon the earth to give the most appropriate teachings about Himself, the souls and the

Eternal World Drama (EWD).

The Supreme Father, lovingly called Baba, holds the hand of His long lost Brahmin children and says, "O' My lovely children! Now move on the path of truth and purity; I will take you to Heaven, your destination." This creates an incognito, internal connection with God and we begin to experience peace, happiness and power. We have the feeling of positivity and of bringing benefit to others in this way: "I am a soul; I am connected with the Supreme Soul; He is teaching me, and whatever He is teaching me, I am able to share with others."

We, the Brahmin children, should be capable of explaining this fact to others and reveal the Father like the faithful children. A pure wish, a loving word and a kind gesture of us will leave an everlasting impression on those, who receive them. In this way, the son as a master bestower reveals the Father. The faithful Brahmin children radiate the elevated thoughts of good wishes and pure feelings to others, who are far away. The son reveals the Father, as a master bestower of blessings. The elevated Brahmins take the vow of purity and truthfulness, make themselves a practical example and thereby fulfil the wishes of the Supreme Father.

The elevated Brahmin souls become a light house and might house and reveal the Father as the Supreme Soul of spiritual light and might. ❖

(.....Contd. from page no. 16)
new world, where love would not be limited by the physical senses rather be expanded by the spiritual senses.

Spiritual ignorance invariably begets suffering in life sooner or later. Those, who are intelligent, make it a point to pursue eternal peace and happiness, which are something beyond the temporary pleasures. The moment we sincerely turn to the Supreme Father, we are filled with positive thoughts and power, the power to realize who we are and who we belong to. This realization and awareness lead us to an elevated life in which we are inspired to be high and qualitative human beings, so that others also can take inspiration from us to become the same.

Today, having spent 12 divine years with Baba, I rejoice with an unbound joy of having such a beautiful companion, who guides me in every aspect of my life, and I say from the bottom of my heart: **Thank you Baba.** ❖

LIFE IN MOMENTS OF TIME

—B.K. Dr. Swapan Rudra, Durgapur, (W.B.)

Every moment of time prepares the next one taking energy from then and there and, in this process, the moments pass one after the other. Time can never be tied in a fixed position; its nature is always to move forward, and it is supposed to be good for some and bad for others. Actually, no moment is bad; each one has its own value in the flow of time. Moments may be compared to tiny drops of water in the vast ocean of intact time and space. We just bring moments, or it is better to say, they come up on their own in a link like the beads of a garland or spokes in a wheel. All are the same, there is no differentiation, but we separate the moments by our own personal feelings, perceptions and attitudes. Life proceeds in a particular direction, which is unknowingly pre-fixed and pre-destined. What is to be done next is also hidden in the moments.

If we wish to search and depict the desired things, we can. Firm determination is the main and only criterion behind this. We can get everything if

we have the desire, full faith and positivity in us. We do not know future, but we can draw it by our own thoughts and feelings created in the present moment. Once constructed, it can never be destroyed and the same will be fixed again in drama as our destiny. No event can be re-fixed in any way; once recorded, it will repeat in every *Kalpa*, which we call pre-destined in drama. Many times we are mistaken that we are not getting the right things as desired. We always try to compare our life with others, although there is no comparison as everyone is on their own journey, experiencing life as created by them. Everyone has their own story. What is important is the realization that it is not worth comparing our life with others, because it is the difficulties or the challenges in our lives that ultimately shape who we are at present. All our experiences teach us something, prepare us for something in life, and give us wisdom.

If we wish to be successful, we need to seize the opportunities the moments offer

in our life. But, what happens is that most of our time is spent looking at or admiring the lives of others. There will always be people, who “appear” to be better off than us and are seemingly living the perfect life. Hence, we begin to find out and determine, actually, who is living a more valuable life by comparing with them our clothes, cars, homes, jobs, salary, beauty, etc. We regularly aim to be like others and imitate the lifestyles of others. In other words, each and every one of us has learned to identify with something or the other, external.

This results in lack of identity and loss of stability, as it is almost always based on something external that is subject to change. We have started to identify with what we are not, starting with our own physical form, and then with external things like lands, positions, material possessions and people. These multiple identities generate confusion within and in those moments, our inner peace is lost.

This is where spirituality helps. The awareness of being a soul helps us to regain our lost identity and dignity. The thought like ‘I am a beautiful soul, the child of the Almighty, playing a role on this world stage’ brings the realization of self-responsibility. As human beings,

we play our many roles through many physical bodies on this beautiful world drama on this amazing, colourful and round stage, called the planet Earth. Each day is filled with multi-million scenes with some scenes directly related to us, some indirectly and a lot many not related at all. Each scene we are directly involved in, is an opportunity to play our role in the best possible way. Therefore, we are all hero actors, who, by playing our roles as well as possible, create the script of our own life, i.e., create our own destiny.

There is great power within the roles that we play; our acts enable us to control our lives. Each day offers us multiple options as to how we should act and respond to the world around us, and, thus, our destiny gets shaped up according to the options we make. Our destiny is decided not by others or by what happens to us or around us, but by how we act and respond to many events and circumstances, which we encounter as we make this complete journey of life.

Everything depends on us. If we wish the story of our life to be entertaining and good, we need to make the right moves as effective actors. Once, we ensure to perform actions and create responses, based on God's knowledge of good and bad *karmas*, the drama of life will unfold beautiful scenes before us. This is the basis of true happiness and contentment. ❖

POWER OF THINKING

–**Farha Sayed**, Ghatkopar (East), Mumbai

“Power of Thinking” is an introductory concept of thoughts easily comprehensible and can be implemented in our existing life.

Concerning to Physics, anything which comes to our mind is in a form of waves carrying vibrations. These vibrations are thoughts.

In our practical life, there are a series of thoughts revolving our mind. Thoughts mean capacity to think, reason and imagine.

On a broader prospect, we need to think over this statement: “When I see you, I feel more colourful.” It gives a definite, clear expression of vibrations of thoughts hitting on mind. Every simple thought carries energy power to proceed and manifest in our life.

There is ceaseless reciprocity between mind to mind and continual interchange of forces. A conscious mind will constantly and reasonably attend to a single thought. It is ironic, at present age, that human beings are more focused on multiple thoughts, thereby creating greater impact on lifestyle. Level of thoughts surmounting can apparently rule our mind. Metaphysical views express vibrations within our soul, which carries positive and negative traits according to our past generational life. The quality of life depends on the way of thinking. Positivity controls our mind irrespective of whatever coming into the mind, and thereby closes the door of negativity. The Universe is infinite, so is our thinking power. Our mind is receptive to over 70,000 thoughts running in every 24 hours. The levels of thinking give rise to our personality. At all times, it is imperative to create good thoughts. As mind tends to wander; so, the idea of emptying mind is significant to transform life.

In conclusion, we need to examine the quality of thoughts without being vulnerable to others' opinions but our own positive way of thought and insight. Later, we shall highlight on intense thinking capacity affecting our minds.



GOD SHIVA – THE MENTOR FOR MENTAL BEAUTY



–B. K. Subramanian, Avadi, Chennai

Beauty is the richest charm that can make any human being surrender to it. Nowadays, we are witnessing the upcoming of numerous artificial beauty parlours and cosmetic centres that are ascendant across the Nation. It is because the Indian women are very much fond of adorning themselves with cosmetics and perfumes as they want to look smart and fashionable. Normally, it is cine actors and actresses who have such a typical style of makeup so that they could maintain their image before the public, earn name, fame and money and retain their market value. The existing modern film industry has many fabulous, fascinating makeup materials exclusively to customize and beautify an artiste artificially. This factor has contributed a lot towards the cause, effect and impact on human beings to wear modern outfits and ornaments so that they could appear before the people with enhanced outlook that gives

them a feel of internal joy. The Indian ladies, particularly of the South, have great passion and desire towards wearing of jewels, gold and diamond ornaments besides silky costumes and garments under the pretext that they are valued in front of the society only by the ornaments and outfits they wear regardless of their behaviour, conduct and character. Today, we could see such a trend not only in cities but also in outskirts and remote villages. Everyone wants to look smart and feel proud of their external physical appearance. Such persons are under the thought and impression that the physical beauty and external style of deportment fetches them love and affection. But, on the contrary, we have heard or witnessed many divorce cases in which the physical complexions of the couples have no placement and it has nothing to do with their request for divorce.

God is the Supreme

Supernatural beauty whose unconditional love can attract and entice any human being towards Him. He is the mentor for mental beauty. The internal mental personality reflecting the qualities of God such as peace, purity, spiritual love, knowledge, compassion and latent faculties engraved in souls are not estimated by the people with higher value and respect as such divine qualities do not bring or confer any name, fame or monetary benefits to the holders or possessors. The people know that the external application of cosmetics and perfumes will fade away and vanish and the physical structural beauty will also gradually diminish and wither in the natural way of ageing process. Here, I would like to quote from the play “*Antony and Cleopatra*” by William Shakespeare, a great English poet and dramatist who lived in Great Britain during 16th century. He has described the physical beauty of Cleopatra in words such as: “Age cannot wither her nor custom can stale her infinite variety”. He has explicitly defined that Cleopatra had such a bounteous physical beauty that the great king Antony knelt down before her and craved for her love. Such

a behaviour and act on the part of the great king made him very weak little by little and ultimately caused the downfall of his Empire. The physical beauty of human beings made up of lustful skin and flesh, during Copper and Iron Ages, definitely caused degrading effects and impacts on their intellectual capacity, reasoning power that gradually eroded and destroyed their physical stamina and mental capabilities.

Socrates who lived at Athens in Rome, a great city in Italy, during 200 AD was a great thinker and philosopher. He did not have a fair facial outlook and pleasing physical personality. Nevertheless, he had the ability and magnetic mental power to attract hundreds and hundreds of young boys and girls towards him through his philosophical thoughts, words and speeches. He had such a mental power and capability that he is still remembered by the students and educationists over the entire globe as he is still living in their minds in the form of a great creator of literature.

Indians, even now, while looking at a beautiful bride comment that the bride looks like Shree Lakshmi. They never refer or compare the

beauty of Indian brides with Miss Universe or Miss World of the present time. This is a clear proof and evidence that it was Shree Lakshmi, the first and foremost Empress of the new world (Paradise), who had such a supreme, richest, bounteous charm and imperishable physical beauty that was infinite and beyond comparison. None in this mundane world could compete with her beauty. That is why, even after a lapse of five thousand years, her beauty had become unforgettable in the minds of Indians. Sri Lakshmi has been bestowed and endowed with such imperishable and everlasting physical beauty because of her purest mental stability / beauty adorned with the imperishable jewels of spiritual knowledge imparted by God Father Shiva through Brahma in her previous birth during the auspicious Confluence Age. The deities used to wear and adorn themselves with lot of jewels, gold and diamond ornaments as those gems were available in abundance and limitless quantities. Unlike the current passage of time in Kaliyuga, the deities then did not require any safety lockers to keep the jewels and ornaments under lock and key

in safe custody.

It is a natural tendency in humans that any material or article available in abundance over and above the demand or requirement has no value or has lesser value. The values of any object or thing automatically hike and increase when availability of such materials becomes scarce or very less. All the gems and other such items are very costly in these days because of their scarcity. That is why men and women living here go in search of safety lockers fearing that culprits may attempt to steal those items.

The new world *Satyuga* being created by God Father Shiva will have the sustenance of all varieties of essentials, goods and materials including health, wealth, prosperity, joys and happiness throughout the life and there is no need of fear for anything as the Nature provides everything in abundance with pure and superior qualities.

May we start our journey of life instantly towards the new world paradise as per the direction of God Father Shiva/ Jehovah/Allah - the Supreme Light House and Might House? ❖



DANCE OF SILENCE



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

Pace, which is one of the essential characteristics of soul, is born out of positive thinking and silence. Silence is not the absence of sound but the quietness or stillness of the mind. It is said that peace is the religion of the soul. That is why every soul seeks peace in this peaceless world at present.

Silence is the quietness of the mind

Silence is not the absence of sound but the quietness or stillness of the mind. Mind is one of the faculties of the soul; the other two faculties are intellect and impression (*sanskar*). Mind is the thinking faculty, whereas the intellect is the judging faculty and impression (*sanskar*) is the faculty of recording of all what the soul does or acts during its interaction with others in society and the world at large.

Due to the involvement of human soul in the activities or business with other souls in the day-to-day life, it remains ever busy in this material or physical world of sound and loses its original and essential state of silence of the metaphysical

world from which it has landed upon this earthly stage in order to play its apportioned roles in this physical dress of this human body. In the long run, the soul gets so indulged in five vices like lust, anger, greed, attachment and ego that it loses its original state of purity, which is the mother of peace and happiness. Once, the soul was in its original metaphysical world of silence, but now it has embroiled itself in the wilderness of this physical and material world of sound. Sound and silence cannot remain simultaneously in their nature at the same time; thus, in this world of sound, the human soul has completely lost its original qualities of peace and silence, which he seeks in vain in this world by making journey to places of pilgrimage here and there.

Silence is more eloquent than sound

Just as a student, who regularly attends his classes in the school, becomes absent even in a particular day, his absence becomes more eloquent on that day by his ‘absence’ than his ‘presence’ in all other days. In the same way, *silence* becomes

more eloquent by its absence in this world of *sound*. With complete loss or absence of silence in the souls of the humanity now, as if sound has become omnipresent. That is why the human souls are desperately seeking even precious moments of silence and peace. But, where can they find the real silence and peace in the world of sound? They cannot find it here. But, they may get it here during Rajyoga meditation, if they really practise it daily in this world.

Power of Silence and Peace

The specialty of *Sangam Yuga* is the power of silence and peace. The aim of *Sangam Yugi* Brahmin souls is to go back to the sweet silent home, the Soul World. To remain as embodiment of silence and peace and to give peace to others are the main symptoms of these Brahmin souls. *Today, the power of silence and peace is the sole need of the world.*

As a result of remaining alone, the soul, who is the embodiment of silence and peace, has the power of concentration of mind. Due to

this concentration, the human soul also achieves the powers of discrimination and judgment. These two powers are the easiest instruments of solving the various problems the human being faces in the paths of daily social interactions and behaviours, spirituality as well as Godly services.

We should enhance the powers of discrimination and judgment in order to become the destroyers of troubles that come in the paths of daily social behaviours, spirituality as well as Godly services. *Maya* comes and appears before the spiritual children by camouflaging itself in royal, godly forms. One cannot vacate or drive out *Maya* if he/she fails to discriminate these various beguiling forms of *Maya*. Concentration is necessary to discriminate these forms of *Maya*. One can get the power of concentration through the power of silence and peace.

Therefore, God Father Shiva says, “Transform all service centres and the households into *Shantikund*. Then, the rays of silence and peace emanating out of these *Shantikunds* will attract the souls of the world towards the realization of silence and peace. You will become the magnets of silence and peace. The power of silence and peace is the greatest power; and knowing the importance of this

power, try to be the bestowers of silence and peace. Remaining quite established in the state of silence and peace, if you transmit the rays of silence and peace to any peaceless soul, he/she will get established in state of silence and peace. To remain as the embodiment of silence and peace is to offer the rays of silence and peace. Be the bestowers of silence and peace for the self and others; this is the greatest offering or donation. Wherever there is silence and peace, all other qualities and powers will automatically be available there.”



He also added further, saying: “Today, all souls want to realize or experience peace and happiness instead of listening to knowledge from you. In order to give them this realization or experience, you yourself become the embodiment of such realization or experience of silence and peace. Just as the beggars of money come to beg for money, likewise the beggars of silence and peace will come

to you to beg for these. Just as a person, who is drowning in the waves of sea, searches for even a straw for his/her last support for life; in the same way, many beggary souls will come to you to beg for silence and peace. Fulfill yourselves with supra-sensual peace and happiness and all divine powers in order to quench the thirsts of these hankering, beggary souls.”

Rajayoga Meditation is the only Medium of Silence and Peace

The ultimate source of silence and peace is the metaphysical world of silence and peace, called *Nirvana Dham*, *Brahmlok*, *Shantidham* or *Paramdham* where the Incorporeal God Father Shiva, the Ocean of Peace, resides along with other souls in their bodiless naked state. One can reach there only through the practice of Rajayoga meditation, which is the only medium in this world that links the human soul with God, the Divine, and the Ultimate, Supreme Source of Peace.

‘Dance of Silence’ is the ‘Dance of Mind’ in Rajayoga Meditation

The phrase “dance of silence” seems contradictory because the term ‘dance’ implicates ‘sound’ whereas the term ‘silence’ implicates ‘quietness and peace’, which are the

opposites of the ‘sound’ associated with ‘dance’. The ‘dance of body and its different physical organs’ is associated with sound(s) due to the movements of feet, hands, fingers, eyes and various facial expressions in accompaniment of the songs and melody of various harmonious musical instruments that add to the charms and appeals of the dance and dancer. In the modern days of materialism and science, which deals with matter(s) and the world of sound, the extrovert human minds of people are also dancing outwardly in conformity with the noises, sounds, modern pop songs, sensuality, sexuality, vulgarity, perversion, promiscuity, corruption, etc., which digress the minds of the youth from the values-led or values-trodden path. This digression leads them to be indulged in vicious acts and sins of molestation, exploitation, rape, abduction, murder of girls and women, and thereby leading the society into traps/clutches of the Devil, the symbol of seven deadly sins like sex-lust, anger, greed, attachment, ego, jealousy and indolence. These devilish traps compel them to **lead a hellish life** by indulging themselves in the **dance of sound in this world of sound (Van/Vani)**.

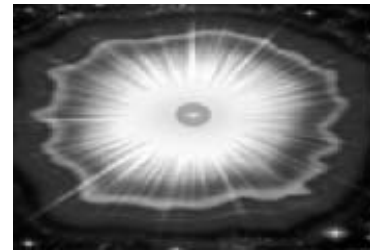
In contrast to *dance of sound* in this world of sound (*Van/*

Vani), the *dance of silence* is the *dance of mind* in Rajayoga meditation, which transports the meditator to the metaphysical world of complete silence of the Soul World (*Nirvana Dham*) where there is no sound (*Van/Vani*) of this earthly physical world of sound. In deep state of this Rajayoga meditation, mind, which is a faculty or component of the inner invisible soul, gets transported to the soundless and peaceful metaphysical world (*Shanti Dham*) where it remains oblivious of the earthly physical world of sound even though the body still remains in this earthly world stage.



In deep state of Rajayoga, the mind, the faculty of soul, remains completely absorbed in the God, the *Yogeshwar*, who is sole the Incorporeal Supreme Soul, and gets engrossed in God’s love, being forgetful of its own separate entity, thereby merging itself in Him in the soundless world of total silence, called *Nirvana Dham* or *Shantidham*,

and also thereby becoming two-in-one with Him. In this ethereal state, the mind turns introvert and without the feelings of body and body-consciousness unlike the extrovert mind of the earthly world of sound (*Van/Vani*) that delights in sounds and noises. In this celestial state, the introvert mind of Rajayogi matches and synchronizes with the ever introvert Supreme Universal



Mind of God in an unprecedented state of unique harmony with Him. This unique yogic harmony between the *individual human mind* and the *Universal Divine Mind* causes both the minds of their souls to merge in each other and *dance in silence* in the metaphysical World of Silence, *Nirvana Dham* or *Shantidham*. This unique merging in silence of the two engrossed and emerged souls (Human soul and Divine Soul) in the metaphysical silent world is called ‘the dance of silence’ or ‘the dance of mind(s)’ in deeper state of Rajayoga meditation, which gives the human its self-realization and God-realization, thereby enabling the human soul and its mind to dance

spontaneously in a spirit of spiritual joy and supra-sensual pleasure devoid of any sense of body or body-consciousness as the human soul feels itself completely detached and free from its body that lies in the physical world. The human soul, in its yogic state, feels a *spiritual romance* with the spiritual company of the Supreme Soul, whom it recognizes as its sole and long-cherished spiritual Companion it was seeking ever long in its spiritual pursuits through the long-march of spiritual pilgrimages all over the world but still did not find Him and remained yet unfulfilled so far without ever knowing the path of Rajayoga meditation is the only way for the human soul, to meet and commune with God, the Supreme Soul, as it does now with the meditation practice.

In this divine state of dance of silence or dance of mind in meditation, mind of the human soul is attuned to God and thereby experiences its elevation and upliftment from the human stage to the deity or divine stage of complete 16 degrees of embodiment of qualities, powers, values and virtues.

Hanuman (Hanyate maan iti Hanuman)

The etymological meaning of the term 'Hanuman' in Sanskrit refers to one, who has killed his feeling of ego [(*Abhiman*);

(*Hanyate man iti Hanuman*)] and thereby becomes complete humble in order to ensconce the Lord in his heart. In the cult of devotion (*Bhakti Marga*), the deities like Rama and Sita are shown to be dwelling in the heart of Hanuman, the king of monkeys, signifying its utter humility, devotion and dedication towards these most favoured deities of its heart.

Humility of the meditator or of dancer of silence and/or of dancer of mind also plays an important role in inviting the Lord or in making Him to associate with the former in the dance of silence and/or dance of mind in meditation. Because the humility of the dancer of silence and/or dancer of mind in meditation melts the heart of Lord to become agree to tune His Mind with the one who meditates Him in state of soul-consciousness and, thus, tries to become one with Him.

The Lord God likes the meditating soul and rejoices to dance with him/her in mental equilibrium when both become congruent and integrated in mutual soul-full embrace of each other.

Dance of Shankar - the Nataraj

The dance of Shankar is also symbolic of the dance of silence and/or dance of mind. The complete silence (stillness) of the mind of the Rajayogis along with

the attainment of their *Karmateet* stage will ring the sound (bell) of the ultimate Destruction - the sound of utter crying (*Chilana* or *Hahakar*) of human souls when the earth and Nature will start quaking and wobbling (*Hilenge*), thereby signaling the symptoms of the



final Destruction with virulent, terrifying and petrifying acts of the five elemental forces of Nature. In other words, 'the yogic silence' of the merged or engrossed Rajayoga meditation evokes and invites the 'sound' of ultimate destruction by natural or five elemental forces before the advent of the forthcoming Golden Age or *Satyuga* – the Paradise. This 'yogic silence' is referred to in English literature as 'the calm before the storm' in which the word 'calm' means the silence (stillness) of the mind and the word 'storm' means the 'sound' of ultimate destruction of the old, impure and decadent *Kaliyugi* world, thereby paving the way for reconstruction and revival of the new, pure and elevated world of *Satyuga*, called *Shivalaya* in right spiritual parlance. ❖



CELEBRATING GANESH CHATURTHI IN ITS TRUE MEANINGS



—B. K. Rajbala, Vasant Kunj, New Delhi

India is an ancient land of glorious civilization and culture with colourful festivals as its integral part. Each day of life was a celebration for our ancestors and, even now, when we have reached almost the fag-end of *Kaliyuga*, there hardly goes a month without a festival, big or small. Almost all our festivals are based on some mythological stories, cleverly designed to bring home to us the ethics and ethos, morals and lessons, ideals and principles, explicitly or implicitly. But, alas! We are so deeply bogged down in body-consciousness that we hardly spare a thought to understand the implied meanings hidden behind our festivals, the great inventions of our saints and savants, who had great commands on mythologies and lores; rather, we confine ourselves to singing, dancing, rejoicing and worshipping; hence, celebration of these festivals fails to bring enlightenment they were supposed to bring in us.

Traditionally, among the Hindus, all the auspicious rituals start by invoking Ganesh Ji, whose birth anniversary is commemorated on the fourth day of the month of *Bhadrapada* of Hindu lunar calendar between August – September. People bring home the idols of Ganesh Ji, who is the symbol of wisdom, prosperity and good fortune, maintain purity and chastity and worship him with deep devotion, variably from 1 to 11 days; and, on the last day of the festival, the idols are taken out in a colourful and musical procession and immersed in water. *Ganesh Chaturthi* is celebrated among all the Hindus in a great number of states in India, but notably with unusual religious zeals and fervors in Maharashtra and Telangana.

People love Ganesh Ji, the little god; but, the remarkable thing is the elephant head of this lovely deity. No one has come across a human being on the entire planet having an animal head. Then, how on earth did this

auspicious deity have this queer head? There is an interesting story behind the weird and wonderful elephant head of Ganesh Ji. As the story goes, once when Shankar Ji was away to Mount Kailash for long meditation, Goddess Parvati Ji asked her son Shri Ganesh to guard the house, lest anybody should enter as she was to bathe herself.

Ganesh Ji, a loyal son, did this duty so strictly that when Shankar Ji came back home coincidentally, the former did not permit the latter, as both were strangers to each other. Their argumentative articulation took such an ugly turn that Shankar Ji beheaded him. Hearing this commotion, when Parvati Ji came out and saw the situation, she started wailing and mourning. Then, Shankar ji consoled her and assured her to make Ganesh Ji alive by placing the head of anyone, whosoever passed by their door next morning. Next morning, when an elephant cub passed by their door, Shankar ji beheaded the cub and placed his head on the body of Ganesh Ji and, thus, came into existence the new *avatar* of Ganesh Ji with an elephant head.

What a strange story! A great deity like Shankar ji back from his austere penance, a long ‘*tapasya*’, must have

conquered his venomous vice like anger. But, what is this? He beheads first his son and, then, an innocent elephant cub. Let us not go by the prima facie evidence. Actually, our ancestors, the scripture writers, excelled in the art of conveying great morals through allegory, metaphors and other forms of expression as required. The aforesaid story is also conveyed figuratively in the form of a metaphor. Shankar Ji, here, represents God Shiva who, when in order to keep His words - ‘*Yada yada hi dharmasya Glanirbhavati Bharat*’, descends down on this earth for the purpose of establishing righteousness by eradicating unrighteousness. The first thing that He does is changing the mind of the souls, i.e., the thoughts, the ideas, the attitudes, the thinking patterns, the memory of His impure spiritual children and thereby transforming them into Pure Brahmins, who later are to become angels and deities respectively. The elephant head of the ‘*Vighna Vinashak*’ is absolutely symbolic as a metaphor.

All the facial features of this elephant god denote great implications. The broad forehead of elephant, i.e., Ganesh Ji, implies wisdom, the power to discern and to take right

judgment, which is the mother to nourish and activate all the remaining powers in us. The fan-like *big ears* convey the ability to fan away all the information that is negative or futile. They also signify the capacity to listen to others and assimilate their worthwhile ideas. Thus, our ears must safeguard us lest anything unwanted should enter into our mind. The *small eyes* represent the power to focus and concentrate, as while focusing on a point, we naturally shrink our eyes. Again it signifies that for the sake of success, we must be focused and concentrated. The visibility of only *one tusk* out of the two, symbolizes to rise above all the dualities like rise and fall, fame and defame, weal and woe, etc. The *long trunk* stands for the ability to smell the impending dangers and thereby to take safety measures on time. The *big belly* of Ganesh Ji symbolizes the power to absorb and adjust, which enables a person to digest contradictions as life is a blend of opposing elements, pleasant and unpleasant, but our capacity lies in taking them all in our stride as is illustrated through the ocean, which absorbs countless rivers without expressing any turbulence.

Ganesh ji is shown riding on a mouse. How come anyone like a heavy pot-bellied Ganesh ji ride on a restless tiny creature like a mouse? Actually, *the mouse* represents *Maya*, which sneaks into our psyche unawares and nibbles at our tender virtues. Hence, the vices need to be curbed and bridled like the unbridled animal we ride on. Furthermore, he is set to have *two wives*, named Ridhi and Sidhi, i.e., symbolizing ‘prosperity’ and ‘success’ respectively, which clarifies that a soul blessed with all the above referred attributes and accomplishments like the power to discern, the power to decide, the power to take all the different people into confidence, etc. with full focus and concentration, come out of all the tests and trials with flying colours and gets adorned with twin joys, i.e., prosperity and success.

Then, Ganesh Ji is shown with a platter full of luscious round-sized sweets (*Laddoos*) and also holding a *laddu* in one of his forearms as if to guide us to lead a virtuous life if we wish to live a divinely sweet and pleasant life. He is depicted with a *lotus*, an *axe* and a *rope* or cord in the rest of his hands. The lotus, being used for almost all the gods and goddesses, is the

symbol of detachment and purity, of rising above the mud and mire of body-consciousness and worldliness. The *axe* again, metaphorically, describes the power to annihilate all our evils and vices. The *cord* stands for binding ourselves in self-enhancing godly disciplines and directions, since too much of liberty invites unwanted laxity and depravity. Being decked with all these enriching virtues and powers, Ganesh Ji becomes a 'Vighna Vinashak' and 'Ganapati', i.e., as he rises above all the hurdles and thereby becomes a leader of the masses.

There is one more interesting story about Ganesh Ji, carrying a great relevance and significance in the present deteriorating scenario when the parenthood itself feels challenged as the children pay no heed to pay due respect and regard to their parents they

deserve. Once, just to decide who was greater of the two between the siblings, Ganesh Ji and Shri Kartikeya (the other son of Shankar Ji and Parvati Ji), Shankar Ji and Parvati Ji declared a contest for them to take the round of the whole world. Kartikeya, at once, set out on his tour on his peacock, but Ganesh Ji, who is known for his intelligence and wisdom, paused, thought for a while, stood up and ran around his parents and sat in front of them to their utmost surprise. On being asked, he replied, "My world is my parents; so, I have moved around them." This gesture of Ganesh Ji won him laurels from all, who were present there and he was proclaimed victorious with the unanimous decision that among the whole pantheon of gods and goddesses, he will be the first to be worshipped as an auspicious sign on all the

religious ceremonies.

Like yesteryears, this year too, there is fervor and flavor, zeal and gusto for the upcoming 'Ganesh Chaturthi' when our homes and thereby the atmosphere will resonate with singing and chanting, dancing and rejoicing, but all your big efforts and all your enthusiastic endeavours will be a mere futility if, this year too, celebration of this festival brings no amendment and improvement, no evolution and revolution in our thoughts, beliefs, attitudes, behaviours and personalities. So, let us celebrate this festival by imbibing the teachings and traits manifested through the symbolic figure and features of Ganesh Ji beautifully and be a virtual 'Vighna Vinashak' and 'Gan Nayak' in the precious era of this *Purushottam Sangam Yuga*. ❖

The family and team members of **THE WORLD RENEWAL** offer multi-million congratulations and good wishes on the occasions of **RAKSHA BANDHAN**



and **JANMASHTAMI** festivals to its beloved and inquisitive readers along with all other souls of the world. Let God Father Shiva instil in you all new zeal and enthusiasm to celebrate these festivals merrily with a spirit of universal brotherhood, mutual relationship, exchange of sweets and sweet behaviours.



DO YOU LOOK AT GOD'S BIGGER PICTURE OR MAN'S AUTOMATIC WORLD OF SORROW?

– B.K. David, Exit. Paignton, England

The family of worldwide misfits has grown constantly weaker, the more it has gradually lost all recognition of its roots and turned its backs on the tree of goodness.

The people of the world now look to only focus *on the forbidden fruit* of vices to satisfy them. The tree of goodness appears to have been cut down and the roots of it are far too underground from the look of the human beings of the humanity now, who walk upon the earth being quite oblivious of the treasure they hold.

The Apple (Soul) Deviation of People

It is due to the deviation of souls of people that they are unaware of the consortium of God's love that is growing stronger and, as a result, their apple core grows ever weaker. There are many apple cores in the humanity or world of today such as: the disheartened apple core (Australia and Japan, all looking to China and the sky of Korea); the obsessed apple core (Europe at the heart of life,

needing an operation to stop its heart attack); the confused apple core (UK, no longer OK and sat in the Doctor's Waiting Room); the dissatisfied apple core (Russia, with its power, but offset with its problems in a bottle); the distraught apple core (South America and the Brazil reprimand on the beach of deformity); the disinterested apple core (India and the East, with a million temples and sorrows that are all taken inside for attention but seldom resolved); the disastrous apple core (Africa with greed and still with endless starving).

This apple tree of the humanity with its many depleted cores over the world, has grown to become a huge extended family of fruits in all four corners, whose family tree can be traced back to the beginning of time. These scattered unhappy apple cores are all withered, dysfunctional, deplorable, rotten, disorganised and dishevelled.

I am sure that you must have met, at some point, one or all of these family members. They were polished fruits, who once

sat in the World Shop of Goodness but now have been discarded on the floor, eaten by the worms of vices and bad habits. Most are shrivelled to the core and are of little use.

When you do not feel full, complete, whole, you feel many poor emotions that can lead you to feel extreme sorrow, confusion and dejection in your life.

The worms of bad habits can eat you

Once, all were truly whole but now all those have become truly eaten, naked without truth to cover them, incomplete, exposed, plain, uncovered, found out, eaten, and consumed down to the apple core.

Life can consume you with its hostilities or bad habits, with either one leaving you with nothing but the core. Many walk round holding just the apple core to their life with nothing remaining of value, as all their sweetness and fullness are gone.

The apple cores go in the bin whilst apples are cleaned and polished for the table top. The

fruit of the seed is the apple and once the apple has gone, what value is left? I have had an apple core on the floor of my car for months. If an apple had sat on my passenger seat, it would have been eaten by now and enjoyed; as I surely must have done before and thrown the core to the floor.

All seek for peace of mind, but most of them create such a poor life as they spray the pesticide of impurity over their fruit that kills it and with that they will only find peacelessness on the branches of their life and everywhere they look, especially in their mind.

Everyone is walking round with their heads in the clouds and seldom paying attention to all the glass they are treading on with each step. People should not, then, wonder why they have so much pain in their life. All crave to be happy yet without looking where they are walking; disaster or boredom is all they are going to walk into each day. Everyone wishes to be whole again in their own way; as to be whole, is to be happy. But, put simply: there is no wholeness, no happiness. Do you know anyone, who does not want 'peace of mind' and to be full of love and laughing all the time?

Are you so busy or ignorant that you can walk into a wall

every day and hit your head? When a person is so ignorant, as can be seen on any street, he/she often does not look where he/she is going, and, thus, so often he/she treads on mud and dirt (vices). People leave dirty and vicious footprints behind them everywhere they go.

Put on apple (soul) outside under the 'baking sun of vice'

Put an apple (soul) outside under the 'baking sun of vice' and what happens to it after six months?

To be only 3% of your former glorious self is not natural. A life led with just 3% at your disposal, will, indeed, be a greatly diminished life. Yet, this 3% seems natural to most as it is all they have ever known. They think their 3% is somehow 100%. People's sorrow and faces show that they must all be living with just 3% capacity and worthy of such small happiness. Work it out by looking at what makes people happy and tick today – chocolate, cars, fashion, glamour, their I-Phones, fast food, selfishness and not much else. The mouse and its belly are small, so give it a nut and it becomes very happy very quickly and is easily full.

To put everything of importance into perspective: if being 100% full is living 2 miles

high above the clouds, then people, today, live as if standing on a chair. How successful or with how much enjoyment can a person really have with their restricted living and sleeping on a chair?

The tap of continual sorrows is turned on

The tap of continual sorrows is turned on and people drink from it every hour. Is your cup of vice always full?

If being whole and living with truth is the size of an elephant, then people are as tall as an ant. If being full is like a sunny day with no clouds, then everyone is living through a hurricane and thunderstorm. If being full is being a millionaire, then all are bankrupt with no money and so poor that they cannot even afford to buy a bottle of water. If being complete is to live with a relaxed mind with slow actions and with a peaceful mind; then, most are living in the fast lane, stressed, travelling dangerously at 150 mph. Few can slow down and relax; hence, the necessity of the drinks, sideshows and sources of entrainment they seek to offset the pace and sorrow that come on their way of speeding through life. The speeding fine and ticket issued for quick thinking and speeding are of universal sorrow to all of life's family members and are

paid for by all with stresses, tensions and their accompanying sister sorrow. If being full is to swim in the ocean, then people are paddling in a mucky puddle without shoes but are still wearing socks. If being complete is flying above the clouds in a plane at 600 mph; then, people are hobbling about with a walking stick and often prone to falling over.

God's Bigger Picture

God's bigger picture should always be the only picture you see. Otherwise, life can be a real big problem and will paint you so many ugly, problematic paintings for you to have to hang on your wall and look at until you can work out how to deal with their ugliness and change them. Either you can take the painting down, which is a good idea or paint over the ugly parts (past life experiences) with new paint (thoughts, ideas and lifestyle).

I favour the notion that sees a person taking down their old ugly painting (life) that he/she is used to look at constantly hanging on his/her wall. To remove a painting from your wall is telling yourself to put a full stop to the past and move on regardless of the past events and experiences. It may take effort to take down the painting as it is large and heavy, and, besides, it has been on your wall for so long that you've gotten

used to it. Yet, think of the lovely, large, clean space you'll be left with to create a new painting of happiness and use only the bright colours of love, peace and happiness to paint it.

So, avoid any negative painting that casts a negative shadow on all, who look at it. Many cannot put a full stop on the past and end up with a gallery of many paintings, which they have to look at day and night. If you have many paintings that are poor and make you sad, it stands to reason that if you keep having to stare at these paintings, that fixation will make you become as sad and gloomy as what they are. You will become a walking painting of gloom that people will not be interested to look at.

It is good to admire what you've created and painted for yourself and others to enjoy. But, it is wise in life to learn to always look to the bigger picture in front of you that is there if you can open your mind and eyes and see it. God's bigger picture always has endless possibilities as this painting is very wide, encompassing and bright. Painted from your heart with attention God and Truth and also with the paint of love, peace and happiness but not by numbers, you can create a painting that makes you feel good, contented and happy when you are painting it and also when you stand back

and look at it hanging on your wall. This is God's bigger picture for you, as He inspires you to paint it by giving your attention to Him with your heart, mind and soul. If you believe in God and truth as I do; then, you must also now believe God Shiva, my Father, and what He's teaching me.

With truth, happiness comes to you automatically. Happiness must come to those with pure heart though it may take time, but it has to come. If you want to look at life through the limited telescope which can only see unhappiness, then be prepared to get a headache from it. Binoculars will have the same effect. Only by you using your pure vision of love and enthusiasm, your two eyes will automatically focus on truth and let you see the bigger picture and also let you be happy.

If you stand in the rain, you automatically get wet. If you live with truth, happiness will feel compelled to follow you everywhere and be very keen to automatically give you a return. If a person does not live with truth, he/she will land in state of sorrow and unhappiness.

Pay attention to yourself

If your pockets are empty, you would not even think to give. So, if you are fed up to the core

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

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

artificial civilisation has developed, which is devoid of the quality of compassion or mass consideration for the fellow beings. It is for this reason that, today, when on the one hand, thousands of people are dying of starvation in some countries, on the other hand, because of the absence or lack of the qualities of heart that, when millions of children in many parts of the world, urgently require food and are in great need of the means of education, the advanced countries are deliberately manufacturing bombs, rather than sending to them basic foods, and are investing in making missiles rather than supplying medicines.

Need for Revolution in Man's Relationship

The reason for such a pitiable state of affairs is that there has not, as yet, taken place a world-wide revolution in which any new kind of knowledge has been used to create better relationships, better understanding or, if you like to put it thus, a feeling of oneness. In this mechanical world, the machines have, perhaps, deadened the hearts of man and have given severe blow to man's tender feelings, and also to his sense of saner judgement. And, an over-emphasis on rights has made man oblivious of his duties

towards the fellow beings. So, though there is, perhaps, more milk today because of the White Revolution, it seems that we are badly lacking in the human milk of kindness. It seems that man, today, has a mechanical rather than a human heart.

There is, therefore, need for a revolution, which awakens in our mind a kind of feeling that mankind is one and that we are all members of one great family. We cannot live alone as an isolated island in an ocean. We are social beings and our sense of social justice and of being good citizens depends largely upon our understanding of what sort of relationship we have among ourselves. Our condition is not going to improve if the material things are in great abundance while real love is in short supply. We must not forget that man cannot live on bread alone; he needs love and wants to express love, and it is this aspect of man's being, which needs to be revolutionised.

Rakhi for a New Revolution

Rakhi has the potentialities of such a new revolution. Thought, it is only a piece of thread to look at, the spirit and understanding with which it is tied, have, indeed, seeds of a great revolution. A piece of wire has, ordinarily, no power but when an electric current runs through it, it can be

used to set big wheels of a giant machine in motion. Likewise, the kind of love and the knowledge which *Rakhi* carries with it, has great power to transform a human heart. From this point of view, *Rakhi* is a unique festival. The sight of a sister tying *Rakhi* to a brother, not only stirs feelings of love and the recollection of the family bond of affection between a sister and a brother; but, it also awakens in the mind of every spectator, the feelings of pure and universal brotherhood. If a person, who is witnessing this sight, has no sister, he would say, heaving a deep sigh: "I wish that I also had a sister, who would have tied *Rakhi* around my wrist today." A girl who does not have a brother and a boy who does not have a sister, feel what a great thing it is in life to have a brother or a sister. Every brother and sister considers this day as one of the most auspicious days and this kind of love as more refreshing. Therefore, we say that *Rakhi* which is celebrated by tying a piece of thread and by applying a *sandal-tilak* or a saffron mark on the forehead, can transform the relationships between human beings.

Love in our Relationships is Necessary for Peace

We should remember that our peace and happiness are linked to our mutual relationships. If

there is hatred, jealousy, feeling of vengeance, selfishness, bitterness or estrangement in our relationships, we cannot feel peaceful. It is only when there is love, amity, cooperation, consideration, altruism, understanding, kinship, feelings to share and help each other that we feel happy and we think that life is worth living. But, these are the values or the human qualities, which no industrial, agricultural or political revolution can bring about. It is only when we understand the significance of *Raksha Bandhan* and celebrate it in the right perspective that we can bring a change in human hearts. *Raksha Bandhan* is an occasion not merely for gala ceremonies or festivities but, for renewing and reawakening our qualities, and re-strengthening the holy spiritual bonds.

Goodwill and Love are our Best Protection and Security

We must bear it in mind that we may have the mightiest of weapons and greatest of armies, the most experienced of all generals, the most brilliant scientists, who can give us newer and more sophisticated weapons and warfare, but no one can be sure that these would work as an unbreakable defence system and impenetrable means of protection. Let us remember that the real enemy lies within, and if we wish to win over these evil forces, we need to invest in love, goodwill and friendship. You cannot disarm nations by diplomatic negotiations or by passing resolutions but can do so only by extending your hand of amity to those whom you have been looking at as your adversariess. So, let us make preparation to kill the enmity rather than the enemies, to destroy the weapons rather than the segments of society with weapons. All this requires a revolutionary change in heart, a change in relationships, and *Raksha Bandhan* can bring about this change.

May the whole world – not India alone – celebrate *Raksha Bandhan* in this spirit! ❖

(.....Contd. from page no. 15)

of visualization and thought, gives the soul a lot of strength.

But, all these are just words till we have actually experienced them through the practice of Rajayoga meditation. In order to experience something, we need to take the first step to try it out for a considerable amount of time. If we take the first step, we can explore a journey of unlimited peace and happiness. ❖

(.....Contd. from page no. 32)

and feel empty and also do not know how to become complete again, turn your attention to yourself, your thoughts and actions and see how loving or unloving, these really are in the course of a day. A loving heart is a peaceful heart that creates a peaceful mind. So, how peaceful are you? How loving and giving are you? No love, no giving. Love always results in wishing to give.

Only by paying attention to yourself and God, you can become whole and become 100%. Attention can let you live with love 100% of the time. When you are 100% full, you can live with love constantly.

If the wind has gone out of your sail or the air from your tyres, it is you and you alone that needs to make good and inflate them again.



1. Mount Abu (Gyan Sarovar): A Conference organized by Transport Wing on 'Speed, Safety and Spirituality' is being inaugurated by Mr. Rajeev Gupta, Director General of National Academy of Indian Railways (NAIR), Mr. Angraj Mohan, CPO, Northern Railway, Dr. BK Nirmala, BK Divya, BK Kunti, BK Suresh and others. 2. Chandigarh: A Drug De-addiction program is being inaugurated by Mr. Anurag Aggarwal, Home & Health Secretary, Dr. Rakesh Gupta, State Nodal Officer for Tobacco Control, Dr. Banarsi, Dr. Pratap Midha, Dr. Sachin Parab and BK Amirchand Bhai. 3. Gurugram (ORC): After inaugurating a Conference for IT professionals Mr. Ravi Shankar Prasad, Union Minister for Communications & IT and Law & Justice is discussing spiritual knowledge with BK Shivani, BK Asha and BK Yashwant. 4. Raipur: Inaugurating a spiritual programme are Mr. Gauri Shankar Agrawal, Speaker of the Chhattisgarh Legislative Assembly, Mr. Rajesh Munat, PWD Minister, BK Shivani, BK Kamala and others. 5. Siwani Mandi (Hry): BK Rajinder and BK Nirmal are presenting Godly gift to Mr. Manohar Lal Khattar, Hon'ble Chief Minister of Haryana. 6. Warangal: Mr. K. Sri Hari, Deputy Chief Minister of Telangana State is being presented Godly gift by BK Savita, BK Srilatha and BK Sudhakar. 7. Ahmedabad (Indira Colony): BK Bhanu is presenting Godly gift to Mr. Vallabhkhai Kakadiya, Gujrat Transport Minister in a programme at BK centre. 8. Varanasi: Mr. Manoj Sinha, Union Minister of State for Railways is being presented Godly gift by BK Surendar.

The Divine Message of Dadi Janki Ji
on the occasion of the sacred festivals of
Raksha Bandhan & Janmashtami

Dear divine brothers and sisters, members of this divine family,
accept multi-million greetings on the auspicious occasions of
Raksha Bandhan and *Janmashtami*.

We are playing our part in this Eternal World Drama, as spiritual
brothers, children of one God Father Shiva - the Supreme Protector,
Saviour and Guide. This sacred festival of *Raksha Bandhan* unites us in
the bond of Purity strengthened by God's remembrance. Its spiritual
fervour, zeal and enthusiasm create a holy, happy, healthy and
harmonious unlimited family.

The festivals of *Raksha Bandhan* and *Janamashtami* are the invaluable
Godly gifts in this Confluence Age. The benevolent message of *Raksha
Bandhan* festival inspires us to inculcate complete purity in thoughts,
words and deeds by following the elevated Directions of the Supreme
Soul. It is, indeed, the harbinger of the New Age.

This is my hearty wish that all souls spread the
benevolent vibrations of good-will worldwide.

Let us be merciful and always remember the
mantra of 'Be Holy, Be Rajyogi' and tie Rakhi -
the Bond of Protection on the wrist, with strong
will-power. Feed the eternal sweet of soothing
and endearing words and apply the
Tilak of soul-consciousness. May the
inculcation of purity, sweetness and
determination bestow goodluck on
all souls - our fellow brethren!

-- Dadi Janki

