

The *World Renewal* Monthly

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Day of Yoga Red Fort Delhi





1. Moscow (Russia):
Inaugurating the "Light of the World" Retreat Centre are Rajyogini Dadi Janki , B.K. Chakradhari, B.K. Rani, B.K. Sudha, B.K. Santosh and others.



2. Chennai :
Flagging off the "My India, Golden India" Youth Wing's Bus Service Campaign is Mr. E.K. Palaniswami, Chief Minister of Tamilnadu. BK Beena and others are there.



3. Abu Road (Shantivan):
Celebrating the International Day of Yoga with Rajyogini Dadi Janki at Diamond Hall, Shantivan are B.K. Atamprakash, B.K. Bharat and others.



4. Mount Abu (Gyan Sarovar) :
Inaugurating the National Jurists Conference on "God's Revelation through Essence of *Shrimad Bhagvad Gita*" are Justice A.K. Pattnaik, Judge, Supreme Court of India (Retd.); Justice A.S. Pachhapure, Judge, High Court of Karnataka (Retd.); Maharaja of Sirohi Raghurib Singh; Mr. Satyanarayan G. Mundada, RCM, WIRC of ICAI, Mumbai; Mr. Shrikant Nayak, President, High Court Bar Association of Odisha; B.K. B.L. Maheshwari, B.K. Lata and others.

From the Mighty Pen of Sanjay



POMP AND SHOW OF MAYA



In the present-day world, which is permeated by *Maya*, when a person, by his Machiavellian skills and abilities, by his political manoeuvres, manipulations and machinations, by his intrigues and intransigence and by his subtle craftiness and also, of course, by some of his good qualities rises to a very high political position, people congratulate him and begin to praise him highly. This man, who was considered a highly corrupt man till yesterday and was thought to be a man of doubtful, if not bad, character, is now profusely garlanded wherever he goes and is adored in superlative terms as if he has done something great. In some European countries where there was monarchy in the 18th, 19th and early part of the twentieth century, a famous political dictum said about the king: "A king never does any wrong". The idea was that a king got his commission straight from God, and, therefore, he was exempt from the moral sanctions that were binding upon everybody else. The moral character of his acts was not open to question by anyone. He might do whatever he liked – lie, steal, cheat, commit all sorts of oppressions, mayhems, adulteries, murders – and, as we say, get away with it under the special moral sanction that *the king can do no wrong*.

We have now, pretty generally, got rid of kings and substituted a system of parliaments and politicians, who administer what we call the State; and we also believe that they are not answerable to the moral standards set for other people and can do no wrong. A political leader sees himself as a king even though he had done many murky acts before he came to occupy 'the throne'!

This man, now, has all the pomp and show. He has all the paraphernalia of a very important and powerful man. He has his security guards and retinue of servants to carry out his order and a multitude of officers and bureaucrats at his command. He is, now, in the centre of the stage and in limelight. Newspapers and magazines publish his photos and the electronic and the print media give widest coverage to the events related to him. He is listened to with great attention and is

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SWEET MELODIES DURING THE RAINS



Over the last one week, I have been awakened very early in the morning by the melodious singing of *koel* (cuckoo) and other birds. A few times it has seemed like an orchestra of various melodies from big and small birds. This has been accompanied by the continuous song or pitter-patter sound of heavy rain that appears to be the drum-beating of clouds followed by thunderous lightning. It's been a fantastic feeling to experience cool breeze after few months of scorching summer. Heavy rains have washed all the trees and plants that are now shining bright and beautiful. The monsoon rains have now arrived all over Bharat with predictions of good rains to continue. It started 13 days earlier than the normal time to visit, especially in North India. How thankful we feel for the pleasant change in the atmosphere all around us!

Mother Nature has created such a friendly environment at a time when 13,000

Mothers - of different physical age groups, but have been students of the Brahma Kumaris between 3-15 years - have gathered in Shantivan (Abu Road) for a specific purpose: They are here on special invitation to participate in intense Meditation Sessions and enlightening classes on Spiritual Wisdom. These mothers have been blessed with the personal presence of the senior most Brahma Kumari, Revered Dadi Jankiji, who is nearing her 103rd year! Almost 83 years of her life has been spent in mentoring herself into an ideal Brahma Kumari, as well as becoming a very powerful guide for not only the mothers of India, but people of all ages and cultures across the world. She has time and again proved to be a great source of inspiration, as recently displayed when Dadiji led the meditation for a congregation of over 40,000 BK Students and Guests on International Yoga Day at Red Fort, Delhi, on 21 June 2018!

The moment Dadiji enters Diamond Hall, Shantivan, for

sharing the morning Gyan-Murli (revised course), the entire atmosphere of the 20,000-capacity Hall is uplifted... Can you imagine how elated these BK mothers feel in her presence, as they all recognise the value and power of having a 'darshan', that is celebrating a meeting with a 102-year old Yogi, still performing her duties as Administrative Head of the biggest women-led spiritual institution in the world, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalya. Dadi Jankiji is the best communicator with the young and old, sisters and brothers. Her sharings of the beautiful gems of Godly knowledge can be summarized into five divine qualities and eight spiritual powers that enable us to rebuild our self-respect, and motivate us to become worthy instruments of service for the world.

It is wonderful to witness the intoxication of the mothers, who are always expressing their gratitude for earning the right to God's inheritance of ever-happy lives. They have proved beyond doubt that when thousands of mothers sit together in silent meditation, and the unified thought of peace and love, or to listen to words of wisdom from the Murlis (Sakar and Avyakt), they disprove the

saying that two mothers can never sit without talking! To attain Self-Realisation and God-Realisation, one just needs simple understanding and faith in the eternity of Self, and the eternal relationship with the Supreme Parents. These mothers also enjoy singing beautiful devotional songs in separate groups or collectively, while internally visualizing themselves in front of the Highest of High, the Lord of Lords, the Supreme. Many beautiful topics of spiritual wisdom have been elaborated on in classes by respected Dadis, Teachers and Senior Brothers, based on their life-long experiences of spiritual awakening and meditation practices.

On one side, in the month of July devotees are taking to long-distance pilgrimages in Bharat, visiting shrines of Lord Shiva in the Himalayas, and facing all sorts of difficulties due to wet weather conditions. And here in Abu, these Brahma Kumari Matajis are enjoying their inner spiritual flight, by keeping themselves in company of the Supreme Father (Incorporeal Shiv Baba) and Supreme Spiritual Mother (Brahma: the one who gives us spiritual birth through the spiritual knowledge shared through his chariot/medium).

It is enriching to hear these BK Mothers share their personal experiences of overcoming the five negativities through the power of faith, contemplation, and regular meditation. They inspire us to think in a very positive way that if all mothers (that is 'creators') of the world were showered with power from the Supreme Parents, and guided on the path of Sahej Rajyoga Meditation, the whole world would become such a beautiful, unlimited home of happiness for the entire population! And, it is possible. In Indian parlance, they say, "If you educate a man, you educate an individual, but if you educate a woman, you educate the whole family..." because the understanding of language, traditions, and virtues spreads organically throughout society. This is possibly why the Supreme chose female instruments to be the catalyst for bringing about positive and long-term transformation in the world, 82 years back; it is time to bring individuals together in harmony, and with respect for each other's goodness.

If we don't focus on the above, this fragmented world and society we live in today cannot thrive for long... We are divided into many

religious faiths and social groups, each upholding different belief systems, but it is this attitude of 'us being better' and 'them being inferior' that weakens the foundation of humanity. I was so touched to read some verses from John Lennon's famous song, which appeared in Times of India recently, in the columns of "**Sacred Space**", and would like to share the same with our readers to contemplate on and imbibe in your lives:

Just Imagine

Imagine there is no heaven,
It is easy if you try
No hell below us
Above us only sky
Imagine all the people living
for today,
Imagine there are no
countries
It isn't hard to do
Nothing to kill or die for
And no religion too
Imagine all the people living
life in peace,
You may say I'm a dreamer
But I'm not the only one
I hope some day you'll join
us
And the world will be as
one..

In this vein, it gives us happiness to share that as per this year's theme of spiritual service, "Global Enlightenment for Golden Age", we at the Brahma

Kumaris Godly Service Centres strive to instill in others the importance of understanding the Supreme Being as our spiritual Father and Mother, and further, the oneness of us human beings as sisters and brothers of one universal family. Spiritual awakening is taking place all over the globe, and we want to be instruments spreading

the light of God's love, inner peace, and happiness. **Let's open our third eye of wisdom to visualise the Supreme as the eternal source of peace and happiness, and all human beings as points of energy, divine stars, who have lost their way and identity, and now have to return to their original**

stage of wisdom, peace, love and happiness.

There is tremendous joy in being spiritually enlightened, and immersed in the love of the Supreme.

A glimpse and taste of that experience of the Supreme's love for the universal family is evident from the following extract of Divine Versions dated 1 July 2018:

The family of God is the most elevated Family of all

"Today, God was seeing His elevated Brahmin (spiritual) family. The Brahmin family is the highest family. Do all of you know this very well? God has first of all brought you into the loving relationship of a family. He hasn't just given you knowledge that you are an elevated soul, but the knowledge that you, an elevated soul, are a child. He brought you into the relationship of Father and child and, because of coming into this relationship, the pure relationship of brothers and sisters was forged amongst you. What does it become where there is the relationship of Parents and brothers and sisters? God's family. Did you ever even dream about such fortune - that you would become an heir in God's family in a corporeal form and claim a right to the inheritance? To

become an heir is the most elevated fortune of all. Did you ever think that the Father Himself would come and adopt a corporeal form, just like you children, and give you the experience of Father and child and all relationships? You never even thought that you would receive sustenance from God in the corporeal form. However, you are experiencing this now, are you not? You attained the fortune to experience all of this when you became part of God's family. So, you became the children who have a right to such an elevated family. You are being sustained with such pure sustenance.

"Look how you are swinging in the swing of subtle attainment! You are experiencing all of this, are you not? Your family has changed. The age has changed. Your religion and

actions have changed. Because the age has changed, you have come away from the world of sorrow into the world of happiness. From being ordinary souls you have become the most elevated beings. You lived in the dirt (of negativities) for 63 births and now, from dirt, you have become lotuses. To come into God's family means to make your line of fortune elevated for birth after birth. This is God's family (parivaar). "Parivaar" means to go beyond (par) any attack (var). There can never be an attack on God's children. When you belong to God's family, your treasure-store of all attainments becomes full for all time. You become such master almighty authorities that even nature will become the servant of you children of God and serve you. Nature will consider you, who belong

to God's family, to be elevated and will fan you for birth after birth. Elevated souls are fanned as a welcome or as a sign of regard for them. Nature will give you regard all the time.

"Even today, all souls have love for God's family. Even today, people continue to give praise and perform worship on the basis of that love. Even today, people listen to and relate the Bhagawad, the scripture of the memorial of the divine activities of God's family with love. People listen to and speak about the Gita, which is the memorial of the study, the Teacher of this Godly family and the Godly student life, with so much purity and in the right way. The memorial of God's family is also celebrated and worshipped in the form of the Sun, the Moon and the lucky Stars in the sky.

"Those who belong to God's family become seated on the Father's heart throne. No one, except those who belong to God's family, can attain such a throne. This is the speciality of God's family. However many children there are, all of them become seated on the throne. In no other royal family do all the children claim the throne.

However, all of God's children have a right. Throughout the whole cycle, have you ever seen such a big and elevated throne on which all are able to be seated? God's family is such that everyone claims a right to self-sovereignty. He makes all of you into kings. As soon as you take birth, God gives all of you children the tilak of self-sovereignty. He doesn't give all of you the tilak of becoming subjects, but the tilak of becoming a king. Praise is also sung of the tilak of the kingdom...

"A tilak is a sign of happiness, a sign of fortune and a sign of a serious problem having been removed. When someone is going away to do some special task, his family members send him on his way after applying a tilak so that the task is successfully accomplished. All of you have already applied the tilak, have you not? You have become those who have the tilak, the throne and the crown of world benefit, have you not?

"Now is the time for special attainment and to attain the mine of all attainments. If you don't receive this now, you won't receive the future reward. The praise of this life is that the children of the Bestower, the children of the Bestower of Blessings, lack

nothing.

"So, do you have such intoxication and happiness all the time? Do you always remember the riddle "Who am I"? You are not caught up in the cycle of remembering and forgetting, are you? You have become free from this cycle, have you not? To become a spinner of the discus of self-realisation means to become free from the spinning of many limited things. You have become like this, have you not? You are masters, are you not? A master knows

everything. Every day at Amrit Vela, keep in your awareness "Who am I"? and you will always be powerful. Achcha."

Attending regular Meditation and Gyan Classes and reflecting deeply on the wonder of God's wisdom brings out feelings of ecstasy, inner silence and deep satisfaction. It's nothing else but a reflection of the wonder of spiritual life that can be attained by all Rajyogis, including dedicated Brahma Kumaris Teachers, Brahma Kumar Teachers, householders and those pursuing professional goals.

May all of you experience the rays of God's light and become the embodiment of that light and might!

Om Shanti

—B.K. Nirwair



BECOME AN ELEPHANT RIDER TO ENJOY STABILITY AND COMFORT



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



Baba has come to rescue us from the swamp. The swamp is such that it is difficult to define where it begins and where it ends. You suddenly slip into it without even knowing it was there. This marsh-land is such that it can swallow us down in a short time, and it is difficult for any person, whosoever, to rescue us. Baba is the only One, who can rescue us from the swamp of *Maya*, which has been swallowing us down. Baba has come down to rescue the human souls, but, unfortunately, still some choose to go back. If you slip just once, you will be back in the swamp. This is why we have to be careful. We have to allow Baba to rescue us completely and, then, we can help others. Baba has created 'a spiritual army' to salvage the whole world from the swamp. Those in the army have a strict discipline in life and they stay in order. They not only lead an orderly life but they also pay attention to the Godly Directions.

If your clothes get even a little dirty you don't feel comfortable, do you? In the same way, if you allow even a little dirt inside; then, you will feel uncomfortable. You

will get confused easily. There are so many traps and webs of *Maya*. A *Maharathi* will recognise them and take care not to get stuck. Do you consider yourself to be a *Maharathi*? Consider yourself to be a *Maharathi* and you will have the power to stay in your soul-conscious stage. In the stage of soul-consciousness, there will not be any confusion over small issues. To sit in Baba's eyes and to let Him sit in your eyes, is to be seated on an elephant. One, who sits on an elephant, sits with great comfort and stability while those, who sit on horses, have to tolerate the mischievousness of the horse. Now, become an elephant rider and enjoy a stage of stability and comfort. To stay in such a stage, you have to stop your vision from being drawn anywhere. My vision should not be attracted or distracted. Even to compare my efforts with those of others, is to let my vision be drawn here and there. The result of the comparison is that you will feel yourself either less or more than others. Be aware that everyone is making their own efforts and will receive the reward accordingly. I cannot do or be the same as others. Each one has

his/her own specialty. Yes, I can learn from them but I have to remain aware that each one is playing their own part in this drama and no two of us can play the same part. A *Sattoguni* soul will not look at flaws of others or pick up negativity. He will fill himself/herself with virtue and will be like a swan that only picks up pearls. He will not question or doubt.

Others catch the vibrations of a *sattopradhan* soul and will be inspired to become *sattopradhan*. Didi Manmohini never allowed anyone to be careless and slip while Dadi Prakashmani bound everyone with love and on the basis of that love inspired them to do service.

Those, who are to come in the Moon Dynasty (*Chandra Vansha*), will continually battle and quarrel whereas those, who are to come in the Sun Dynasty (*Surya Vansha*), will remain busy, looking at God, the Sun of Knowledge. Always remain aware that you are in front of the Sun of Knowledge, absorb His light and become a star that sparkles in this world of darkness. Others should

look at us and experience light. People should experience our bodiless stage when they come in front of us.

Baba told us in the recent *Avyakt Murlī* that we should spread the rays of peace, love and happiness all around. This is our duty and any one of us can do this service. Remember that Baba has come to dispel darkness and 'I am His companion in this task'.

When you come to *Murlī* class, do remember that 'I need to sit in the bodiless stage and then listen to my Father.' If you remember anything else such as your body, bodily relatives, position, money etc.; then, you cannot sit in soul-consciousness state and listen to the Father. This is a big mistake. Baba is advising us: "O sweet children! Follow my Supreme Directions." For God to call me His child, is such a beautiful experience. Am I able to say 'Baba' with the real, true and deep love of a child?

Destruction is coming closer. We have to move into the *sattopradhan* stage and prepare ourselves for the next scenes to get transferred to *Satyuga*. Are you ready for that time? Have you prepared yourself fully? Look at Shri Krishna; he is our aim and object. Are you ready to dance with Krishna in the new world? Now, display all the treasures Baba has given you, in front of the world. Make true effort with lightness and happiness; then, others will get inspiration from you. ❖

Morning Musings & Night Notions



"I believe that if you put negative energy out there, that is what will come back." – *Persis Khambatta*

"The tree has been always an allegory for spiritual growth." – *Juan Antonio Bayona*

"Hinduism alone is... a great diversified and yet subtly unified mass of spiritual thought, realization and aspiration." – *Sri Aurobindo*

"Self-control means wanting to be effective at some random point in the infinite radiations of my spiritual existence." – *Franz Kafka*

"The degree of freedom from unwanted thoughts and the degree of concentration on a single thought are the measures to gauge spiritual progress."

– *Ramana Maharshi*

"Discernment in the Lord guides me in my way of governing." – *Pope Francis*

"The theatre is a spiritual and social X-ray of its time." – *Stella Adler*

"A rebirth out of spiritual adversity causes us to become new creatures." – *James E. Faust*

"If you do a good job for others, you heal yourself at the same time, because a dose of joy is a spiritual cure." – *Ed Sullivan*

"The only work which is the product of inner compulsion can have spiritual meaning." – *Walter Gropius*

"Only the Supreme Soul, God Father Shiva, can say, 'You are souls.' No saint and sage can say like this to you." – *God Shiva*



I AVAILED GOD'S GRACE WHEN I LEAST EXPECTED

—Mukesh Bajpai, Senior Architect,
MoHFW, New Delhi

During my official tour in the year 2010, I was in Shivsagar at Jorhat, Assam and had a chance to visit a Shiva temple along with other members of my team on the day of Shivratri, the day being a gazetted holiday. I could experience an enormous amount of reverence and faith in the large crowd visiting the old Shiva shrine. The shrine there has three temples of Sivadol, Vishnudol and Devidol along the banks of Shivsagar Lake. The serenity and purity of the place left indelible mark on me and for the whole day I was thinking about the temple.

After returning to Delhi from my official tour of Assam, next day, I was suddenly asked by my spouse to visit the Brahma Kumaris Centre. I could not understand what she was talking about. I asked her what the Brahma Kumaris Centre was all about. I had a faint idea that some kind of meditation technique is taught there. Anyhow, quite reluctantly, I visited the place which was close to my house at

Indirapuram, Ghaziabad, U.P. But, I was surprised why I was being brought to the place which I had least bothered about and never thought of visiting even though I happened to see it daily during my stroll after dinner.

When we stepped inside the premises of the Centre, I could feel the powerful and positive vibrations over there and experienced deep silence within me, the same I had experienced after visiting Shivsagar temple. We were welcomed by Sister Rashmi, In-charge of the Centre. We were introduced by Sister Kunti about the Brahma Kumaris and their services. The spiritual sisters gave us knowledge about the soul, Supreme Soul, God Father Shiv Baba, and His attributes. I was mesmerised and overwhelmed with the simple yet powerful knowledge. At that moment, I could not grasp the intricacies of the knowledge but wondered how the simple sisters gave such deep wisdom and insights. Later we did our seven days course. After that, I also started practising Rajyoga meditation and went to attend to



daily *Murli* classes. A chance visit to the Brahma Kumaris Centre completely transformed my life and filled me with the love and power of the Divine.

After these eight years, I can see a great change in me and my outlook towards people and life. My life has also inspired others towards this spiritual lifestyle.

It is God's grace, which I availed when I least expected, has given me the spiritual wisdom to understand Him and believe in HIM. ❖

Accept Unconditionally

We all find some occasions to reject and resist another person. We all like to put up a fight against anything we dislike on the evening news in T.V. as we observe the world appearing while being telecast to us. But, we forget that when we decide to resist something or somebody, either mentally or physically, we only empower the object of our resistance, either in reality or in our own minds.



WOMEN, THE FIRST PRECEPTORS OF HUMANKIND



–B.K. Surendran, Bengaluru

Today, there can be observed a crisis of identity and leadership struggle. The dictum ‘right man for the right job’, which was the *sine qua non* in the glorious past, could not stand the test of time and has been a major casualty. The pages of history stand testimony to this hard reality. We fought against the Britishers collectively for freedom. Soon after attaining freedom, there arose a leadership struggle, which led to the partition of the country. The struggle continued there which again resulted in someone being declared as the leader, and thereby dictatorship administered over a period of time. There has been struggle among different ethnic communities and vested interests for leadership. The case of India, or for that matter any other country in this respect, is not different. The leadership struggle and attempt for wielding authority has been found decentralized. The ultimate victims are women. Men took advantage of their physical strength to impose authority on women. Surprisingly, women

who are born equals, have been even more than equal partners considering their unique role in giving birth to human off-springs but, unfortunately, they have been brought under an underprivileged lot.

Women are the embodiments of divine virtues

If we pick up the thread of hidden attributes of women such as gentleness, patience, love



and sacrifice, this could be traced to a glorious past of humankind when women were held as equals. We hear, even in our time, the combined

names of Sri Lakshmi and Sri Narayana, Sri Sita and Sri Rama whose pictures are quite common. They are shown sitting together and holding the *Darbar*. This indicates equality of men and women and, then, a collective leadership reigned. They were so great that their idols are still worshipped in the temples even today. These points to the fact that there was a time when these great personalities were the inhabitants of this part of the globe just like Mahatma Gandhi or Lokmanya Tilak whose statues remind us of their physical presence at an earlier point of time.

Mahatma Buddha recognised women’s right and recommended equal status for them. His first disciple, who was his own wife, became the head of the whole Buddhist movement among the women of India. In the *Vedic* and *Upanishadic* Age, ladies like Maitreyi, Gargi and a host of others of revered memory, took the place of *Rishis* in India. It is said that in an assembly of a thousand erudite scholars Gargi challenged Yagyavalkya in a discussion on God. Manu said, “Where women are respected, the gods delight to reside and where they are let down, there all work and effort come to naught.” History is replete with selfless and illustrious women

like Anusuya, Savitri, Sanghamitra, Leela, Ahlya Bai and Meera Bai. How heroic, fearless and daring was the Queen of Jhansi!

On the spiritual side, the *Shakti* worship is common in India. Sri Lakshmi, Sri Saraswathi, Sri Jagadamba, Sri Durga are goddesses, who were the personifications of wealth, knowledge, prosperity and valour respectively. The *Shakti* is portrayed as the overlord of even Brahma, Vishnu and Shankar or assuming the combined form of these Trinities to annihilate the demon kings Mahishasur and Tripurasur. A Hebrew proverb says, "God found that He cannot visit every home; so, he created women."

The pages of written and unwritten history convey that there was a glorious past and ignoble present especially in respect of the status of women. The deterioration has been identified to be gradual over the last two millennia, mainly due to over indulgence in sex not for procreation but for sensual pleasure, which shows a clear sign of mental debility. The misuse of physical strength, possessiveness, false prestige and predominance resulted in women being considered as play things and child-bearing machines. Swami Vivekananda said that until we learn to ignore

the question of sex and to meet on a ground of common humanity, the status of woman cannot be uplifted. Instead of thinking that we are men and women, we must think that we are human beings, born to help one another.

Women as the first preceptors

Women are naturally bestowed with gentleness, patience, love and sacrifice. The dictum – the child is the father of man – is taught as the first lesson on life by the child's mother. Her melodious stories on spiritual, moral and ethical aspects during childhood, make an indelible impact on an individual throughout his life thereby virtually making her the first preceptor of humankind. Therefore, she has a major responsibility and important role in shaping the destiny of humankind. An instance is narrated, thus, that at the time of execution of capital punishment on a thief, he was asked to express his last wish. He wanted to see his mother. When his mother was brought, he called her near to him. He pretended to tell something into her ear but he bit her ear off. The mother cried out. When questioned why he did so, he said that when he was a child, he was encouraged by his mother to steal and, gradually, he grew into

a notorious thief, which brought him to the gallows.

There are instances of many great men, who accepted women as their preceptors. Goswami Tulsidas and Kalidas accepted their wives as *guru* and drew inspiration from them. They rose in name, fame and reverence. Abraham Lincoln and Chhatrapati Shivaji rose to such great position due to the efforts of their mothers. Kasturaba was a source of strength and guidance to Mahatma Gandhi. It may certainly be generalized that humankind draws inspiration, guidance and sensibility from women. She is an embodiment of compassion, love, patience and gentleness, which are the cornerstones for building a better and a prosperous world. Medical opinion also favours that only a woman can withstand long-term stress.

Many of the social reformers and *gurus* understood this unique importance of women and tried to raise their status for world-transformation. Swami Vivekananda advocated female education with religion as its centre for formation of character and observance of the vows of celibacy. He wanted women to imbibe the ideals of renunciation so that they could take up the vow of life-long virginity with the strength of chastity, which is innate in their blood. Woman's

place as the mother of humankind is unique, for an old man is not called father; but an old woman is commonly addressed as mother in India.

The above-referred instances indicate that woman has a definite and preordained role to play in the eternal drama of life as mother, sister, wife and daughter being endowed with their innate qualities of tenderness, love and patience. Men, on the other hand, have aggression, power and strength as masculine qualities. It is the synchronization of these two set of qualities, which can make a happy home; and it is very much relevant in case of the world as a whole. The attempts of men over the years to sabotage the unique position of women have brought about the present state of affairs.

History and our experience have proved that women can be better teachers of humankind. The efforts of men to teach a woman in particular and the humankind in general have been an exercise in futility. Let women take the advantage of their unique position of being the first *Guru* of humankind. This maxim is now pre-eminently seen efficacious as is evident from the Brahma Kumaris World Spiritual University being managed by women, who are dedicated and selfless. They are proving to be

Shiva-Shaktis; for, they have a combined existence with Shiva, the Omnipotent. They are *Brahmcharinis* and *Yogins* whom Swami Vivekananda and a host of others dreamt of organising for bringing about world-transformation through them. They are not a few hundreds, but they are in thousands; day in and day out, their number swells. They are the first preceptors of humankind indeed. Their *Satguru* is not an ordinary person but the Incorporeal God Father Shiva Himself, who has been training them to be the first preceptors of mankind through His corporeal body-medium, Prajapita Brahma. In fact, in spiritual sense, the self, the soul, is *purusha*, an imperishable

conscient entity. There is no gender of soul. The soul can take either a male or female body. Their Guide and Preceptor is God Himself, the Creator. They have been taught to link themselves mentally with Him in soul-consciousness. This art of linking is called Raja Yoga. This is found to be an effective tool in teaching humankind the better way of living for transformation. Their work is praiseworthy, which has accorded them universal salutations – *Vande Mataram*.

The governments of all countries and those who are engaged in social reforms, are to take note that equal rights for women for social justice could be achieved only when the Gospel of Brahma Kumaris is strengthened and practised. ❖

PLAYING WITH PEARLS OF VIRTUES

–B.K. Urvashi, Mount Abu

The vast, abundant nature has an amazing ability to refresh our minds and hearts, doesn't it? Quite often it reminds us to marvel at God and His creation. **But aren't we human beings God's greatest creation?** If the inanimate, idyllic nature is powerful enough to touch our souls and make us lighter and more content, what can I not do? **When others look at me, are they reminded of God's beauty and qualities?** Let my personality be balanced and serene so that my presence comforts souls and elevates their consciousness.

THE CONFLUENCE AGE, CALLED THE DIAMOND AGE

–B.K. Rose Mary

The knowledge God Shiva imparts in every Confluence Age (*Sangam Yuga*) transforms the ordinary people into pure and very strong diamond-like people. This Godly knowledge is compared to the *Sudarshana Chakra* given by Him to Vishnu. The story of how Vishnu got *Sudarshana Chakra* is actually the symbolic expression of this major divine teaching programme that takes place in every Confluence Age. An insight into this symbolic story would show that the Confluence Age is, actually, the Diamond Age.

The word, *sudarshana* (*su + darshana*), literally means “good vision.” In view of its ultimate source in God Shiva, it means auspicious, beneficial, comforting and divine knowledge that makes one invincible against all attacks of *Maya* (vices, which are like sugar-coated poison). *Chakra* means a spinning wheel, which carries the notion of cyclic rotation. The sum of knowledge God Shiva gives to the willing children in the Confluence Age contains truth

about various cycles involving individual souls and the Supreme Soul. This knowledge keeps the recipients in awareness that they are souls, who are the rulers over their bodies and enables them to easily conquer over all vices (the enemies within), saves them from a lot of problems, also enables them to be the detached observers, and thereby maintain the consciousness of being an instrument and of acceptance of everything that happens to and around them. Hence, *Sudarshana Chakra* is better called as *Swadarshana Chakra* (‘*swa*’ means soul) by its beneficiaries.

The story of *Sudarshana Chakra* goes like this: Those who wanted victory over demons (personification of vices) sought the help of Lord Vishnu, who, then, turned to God Shiva for help. Lord Vishnu started worshipping God Shiva, prayed to Him, meditated on Him and chanted His name very devotedly for a long time, years and years, with no result. Then, he intensified his worship by deciding to offer one thousand

lotus flowers to God Shiva while chanting His one thousand names. When he came to the end, he realized that one flower was missing. Without wanting to waste time on search of one more lotus, Vishnu immediately thought of plucking out one of his eyes and placing it before God Shiva. As He was about to do this, God Shiva appeared before him, stopped him from plucking out his eye and said: “I will grant you your wish.” “Please give me something that will help me to conquer the demons,” asked Vishnu. God Shiva replied, “I give you this *Sudarshana Chakra* that will give you victory over all your enemies.” On receiving the *Sudarshana Chakra*, Lord Vishnu was able to defeat the demons and also help others, who wanted victory over demons.

Behind these details, the essence of the story is that God Shiva gives divine knowledge only to the true seekers, who are prepared to do intense effort to conquer vices (the internal enemies) and really cherish to live a life of purity. This happened in the case of Brahma Baba, the corporeal founding father of the Brahma Kumaris Organization (BKO). He behaved like a pearl merchant described by Jesus in *The Bible*: “The kingdom of heaven is like a fine pearl, which a merchant was looking for. When he found one of great value, he went away and sold

everything he had and bought it” (Mathew 13:45, 46). Even though Brahma Baba was a diamond merchant by profession, his heart was passionately searching for diamonds of Godly knowledge, which would help him to conquer over all (evil spirits of vices) and master all forms of virtues, as though Vishnu was doing *tapasya* (intense effort) to receive *Sudarshana Chakra* from God Shiva. He received it in the form of six visions and direct revelations from God Shiva during the period from 1936 to 1969. The ultimate effect of this Godly knowledge is that the ordinary iron-aged people are transformed into the Diamond-aged people, who live in God-given enlightenment and bliss (*Murli*: 02.06.2018).

In qualities, the Diamond-aged people and Iron-aged people are like literal diamond and graphite, both of which are forms of carbon (with atomic number six). The diamond is very hard, transparent to light and does not conduct electricity at all whereas graphite is slippery, gray, opaque and can conduct electricity reasonably well. Such differing properties are because of the differing way carbon atoms are arranged in both of them. In graphite, the carbon atoms only form three covalent bonds, creating

hexagonally packed sheets of carbon and the sheets of carbon become bonded by weaker intermolecular forces. However, “the diamond lattice contains tetrahedral carbon atoms in an infinite three-dimensional network.” (*Chemistry Encyclopaedia*, <http://www.chemistryexplained.com/A-Ar/Allotropes.html>).

In diamond, each of them would look like a triangular pyramid, composed of four triangular faces, six straight edges and four vertex corners. This accounts for diamond’s hardness, extraordinary strength, durability, a higher density and a great resistance to compression, scratch, etc.

Just like at very high pressure, carbon forms the more compact allotrope, diamond, under God Shiva’s Spiritual Knowledge and Rajyoga Training Programme of highest standard, ordinary carbon-like Shudra people are transformed into diamond-like Brahmins. The word Brahmin (brah = great + min/mana = mind) means person who has, under God Shiva’s Training Programme, expanded his mind to treat everyone as atma, as a child of God, and has an expanded and infinite vision about history—past, present and future.

From this Godly training programme, they learn ‘Really

who I am, who God is’; and they also know what to expect from others and what not to expect from others, and from history, etc. In awareness of such God-given knowledge, Diamond-aged Brahmins are always in great inner peace. In peace, they interact with others lovingly, which results in joy. When they act in a state of peace, love and joy, such actions are pure (in contrast to acting for something in return, which makes the action commercial or impure), which would resemble purity of action of God Father, who acts with no motive (*Murli*: 09.06.2018). See how their Godly knowledge is blossoming into peace, love, joy and purity in strong bond to each other as seen in diamond. Nothing can break this diamond-aged *sanskar*, formed after going through God Shiva’s Training Programme.

Interestingly, the word ‘diamond’ derives from the Greek *adamao*, which means “I tame” or “I subdue”, and its adjective *adamas* means “unbreakable”. From this is derived the English word *adamant* (from *a* = ‘not’ + *daman* = ‘to tame’) meaning “untamable, invincible”. The Diamond-aged people are adamant, stubbornly refusing to be tempted by *Ravan*, the symbol of five vices. In Hebrew

language (older than Greek), the word related to *adamah* is *adam*, which means “man” or “mankind” in his or its sinless stage during pre-fall period when he had perfect control over his body and sense organs. The Sanskrit words *manush* and *manava*, meaning a person with thinking ability, have the connotation of one, who is in control of himself, acting thoughtfully in consideration of pros and cons before executing the action, and, thus, using his thinking abilities to *rule* over his body and sense organs. This is in contrast to the post-fall people of the second half of the *Kalpa* [called hell (*narak*)] where they are being ruled by body (bulk of which is *neer* or water); hence, there are called *nara-naris* (derived from *neer*, water), who show the characteristics of water that takes the form of its container, the symbol of being formed or ruled by circumstances.

In other words, God Shiva’s *Rajyoga* Training Programme enables one to change from the ugly contraction and egoistic body-consciousness into sparkling expansion and soul-consciousness in which the soul rules supremely over the bodily kingdom, feels as “belonging to God,” and “acts as a trustee of God with regard to his/her abilities and assets, which save them from sinning”

(*Murli*: 25.05.2018; 30.05.2018). Unlike the vicious people, who are in the dark and confusion and reap *shok* (sorrow) from their worldly pursuits, the Diamond-aged *Brahmins* (*Rajyogis*) have absolute clarity on life; and, hence, know the art (ABCD) of life: they accept the unchangeable, bless everyone, change the changeable and depart from the unacceptable, and, thus, always have contentment in life. To cope with any situation in life, the *Rajyoga* Training programme has also given them clarity on soul’s eight powers – Ability to bounce back



to the now, Ability to introspect, Ability to see the essence from details, Ability to judge, Ability to face, Ability to tolerate, Ability to co-operate and Ability to adjust. These powers enable them to live very mightily leading a Diamond-aged life, which they reinforce daily by linking with

qualities of Supreme Father, God Shiva, through nectar-time *Rajyoga* meditation, the effect of which *rules* over all their daily activities. Thus, they are known for living a life of meditation, thereby radiating divine qualities in all directions, like the diamond dispersing its rainbow colours. What a huge change *Rajyoga* brings about in people! The ordinary people are transformed into pure and very strong Diamond-aged people.

As the saying goes, “The *Guru* (preceptor) arrives when the *Shishya* (student) is ready.” This is about Godly knowledge that has transforming and elevating power because the word *shishya* comes from the root *shasan*, “to rule.” Hence, it is the knowledge that should *rule* over one’s life, leading it into purity. Such knowledge is made available by God Shiva in every Confluence Age to those, who really seek it, value it and implement it instantly, as happened in the case of Brahma Baba and his numerous mouth-born children, Brahma Kumaris and Kumars. Thus, Diamond-aged people are formed in the Confluence Age, which is rightly called the Diamond Age, the First Age followed by other four Ages: Golden Age, Silver (*treta*/third) Age, Copper Age and Iron Age. ❖

“THINK OF BEING HAPPY AND YOU WILL BE,” IMPLY THE EVIDENCES FROM NEUROSCIENCE

–Dr. Veena Mani, Principal Scientist,
ICAR-NDRI, Karnal

Pondering on a simple question like “What is going to make you happy?”, on being specific, it is logical to say “What is going to make your mind happy?” Focussing on this will certainly be helpful in keeping ourselves in a happy state or, so to say, have a happy state of mind. Once understood, it becomes easy way to achieve this; otherwise, when we are looking for it in other material or physical attributes, though it can be achieved, yet it will be momentary, and it can’t be sustainable in situations, which are getting challenging day by day.

It is proven through medical science that our emotional state is dependent on our thinking process and vice versa. A well known researcher Alex Korb, a post doctorate in the field of neuroscience at University of California, Los Angeles (UCLA), authored a book *The Upward Spiral*. It is all about understanding how the brain works and how to modify the activity and neurochemistry of

particular neural circuits. He also discussed how specific-positive-life-changes result in positive changes in brain, thus, making it more effective in working for goals and ultimately the better life. He has elucidated about “what to feel and why” in a very simple and understandable way and suggested simple tips for being happier. When we are happy, obviously, we smile because at that time our brain detects the feeling and smile is there on the face. The otherwise is also true, i.e., when we smile, the brain gets the message and interprets, “I am smiling, this means I am happy.” If this is so, whenever unhappy, if we smile that will also produce happiness.

Alex says, “The brain isn’t always very smart. Many times the mind is getting all this information randomly and it isn’t sure how to feel; so, it looks around for clues, called “biofeedback”. Our brain is always sensing what is happening in our body and it reviews that information based on “biofeedback” to decide how it should feel about the world.

Alex suggests a strategy: “Fake it until you make it.” He also says, “When our brain senses the information that I am frowning, I am annoyed then it further assumes that I should be in low emotional state and must not be feeling good or positive emotions.” The other way round, if it is noticing relaxing muscles around mouth then it interprets that “I must be smiling” when we are changing the emotions for exhibiting smile on face (even if not so internally), brain interprets this ambiguous stimuli, which leads to probability of happiness; so, consciously increasing the probability in the positive direction will certainly be beneficial. This was about the process how the feelings are expressed.

Another issue with the brain is that it has got a deep root *tendency to read other people’s minds*. We are not the ones gifted with such a power to read the minds of other persons in true sense, but when still we try to read it, tainted with our own perspective, the situation invites miscommunication, making the brain mistaken, thus, causing hindrance in remaining in a peaceful and happy state. This situation is obvious when we are living in the era of distrust, dishonesty, lack of respect for others and also rather deep rooted condition of lack of self respect.

To prove this, the researcher Marco Iacoboni with his fellow colleagues, conducted a simple experiment on human interactions at UCLA. He selected subjects who were to watch subjects watch movie clips while in the MRI scanner. Some clips involved people doing a task or learning something. Other clips showed people interacting with each other. When the subjects watched the clips of the people interacting, their dorsomedial prefrontal cortex (PFC) lit up. The subjects didn't need to be asked to read the minds – we do it automatically. The important thing to realize is that you're doing it automatically, whether you're aware of it or not. And despite the fact that our brain engages in mind-reading all the time, don't just rely on our dorsomedial PFC to figure out what the other person might be thinking. *The solution to most arguments is to stop trying to read the minds and to stop expecting other persons to read your mind. The best way to find out what someone else's point of view is to ask them.*

Actually, our brain is not just a mass of grey matter, but it is perfectly organized, having different regions, engaged in different activities/roles. The important aspect in relation to thinking is: thinking with some

objective/goal. Having a goal literally changes the perception about the things. Human psychology says, *“Setting of some long term goals provides your brain a sense of control and can release dopamine, which will make you feel better and more motivated.”* So, when you're feeling stressed or challenged, think about your long-term goals. It gives your brain a sense of control and can release dopamine, which will make you feel better and more motivated. The 'Prefrontal Cortex' is the only region, which is concerned about our long-term goals. Alex says, *“The goals and intentions that you set in your prefrontal cortex change the way that your brain perceives the world. Sometimes when we feel like everything is going wrong and we're not making any progress and everything is awful, you don't need to change the world, you can just change the way you perceive the world and that is going to be enough to make a positive difference.”* By thinking, *“Okay, what is my long-term goal? What am I trying to accomplish?”* and calling that to mind, can actually make it feel rewarding to be doing homework instead of going to avoid because, then, your brain is like, *“Oh yeah! I'm working towards that goal. I'm accomplishing something that's meaningful to*

me.” Then, that can start to release dopamine in the 'nucleus accumbens' (another region in brain involved in just merry-making most of the time at the cost of work) and that can start to make you feel better about what you're doing.

Another factor, which reduces happiness is the “stress”, and one of the reasons is “procrastination” or needlessly postponing the deeds, which should otherwise be done. Stress takes the prefrontal cortex “offline” and changes the dynamics of that conversation by weakening it. Procrastination is a vicious cycle because when we delay, we will have less time to complete the project; so, we get more stressed, procrastinate more and have even less time, which makes us even more stressed and so on. To reduce stress, *find one small thing you can do to get started.* Taking one small step towards it, can make it start to feel more manageable. Alex says, *“When the prefrontal cortex is taken offline by stress, we end up doing things that are immediately pleasurable. Instead of getting overwhelmed, ask yourself, “What's one little thing that I could do now that would move me towards the goal I'm trying to accomplish?”*

In this way, the evidences from neuroscience imply, *“Think of being happy and you will be.”*

These are some hints from neuroscientists and psychologists, which can motivate for self improvement. Godly knowledge revealed by the Supreme Father, Supreme Soul (*Parampita Paramatma*) deals with these issues in understandable and practical way. Really, He is the Supreme Neuroscientist and Psychologist. He has given us the knowledge behind the thought process, telling us in simple way how thinking can change the world. He says, "As the vision, so the creation" (*Jaisi drishti, vaisi srishti*). He has given a long term assignment for inculcating divine virtues so that these can be helpful in making ourselves happy under present conditions and for future births as well. He has revealed the truth that soul is eternal and carries the stored information in terms of *sanskars*, which will be expressed in the next births. When we, the human beings (population), become the elevated souls with all the divine virtues, the world naturally becomes a Paradise/Heaven. ❖

OVERCOMING THE SUBTLE DESIRE FOR REVENGE

Ask yourself very honestly how many times in your life did you feel joy, even a slight trace of it, when something negative happened with someone who had harmed you or hurt you or insulted you in any way in the past – either in the immediate or distant past. When this kind of joy, which is an impure form of joy, is seen inside you, even if it is at your extremely subtle thought level (if not in your words or actions), you need to remember that this is nothing but a feeling of *subtle revenge*, even if physically you haven't got back at any point of time at the person who has harmed you, when he did so. It may not sound very nice, but this kind of joy is enjoying the pain of others and is obviously an extremely low grade form of joy. Sometimes, as a way of justifying our *joyful revenge*, we wrongly call it *justice*.

The driving energy or emotional fuel behind this kind of revenge is hatred or anger. It is a feeling of this thought: "*I really enjoyed it when what they had done to me came to them - I was so happy to see them suffer for what they had done, this is their punishment ... tit for tat.*" It is a type of joy that only increases our accounts of negative *karmas* with the other person, which, as a result, increases our sorrow, instead of decreasing it, although it may give us an impression for a while that it is decreasing our sorrow. This kind of joy will only cause the radiation of a negative form of energy to the other person, which will not only give pain to the other person, but will also cause the radiation of the negative energy of hatred from the other person to us that will never bring us long term joy. Imagine someone meeting with an accident on the road and in a lot of pain and instead of helping that person immediately we laugh at that person feeling happy with what has happened to him or her. What energy will such a person send us in return? This example is on a physical level, but the same principle applies on a subtle level. So, the next time something like this happens in our life, we need to remind ourselves only if we don't have the slightest trace of joy inside us that we can safely say that we are free from any desire for revenge, even though it may be very subtle.

RAJYOGA MEDITATION: THE PENULTIMATE STEP TO REALIZE GOD, THE ULTIMATE REALITY

– B. K. Sujoy, Durgapur (W.B.)

People, nowadays, are in search of happiness but, notwithstanding modernization and technical advancement, happiness remains elusive. Most of them lead a mind-driven life; their mind is in a state of chaos, driven by umpteen desires, whacked by countless emotions and drowned in a deluge of futile thoughts, and still they think this is the only way to live. But, it is possible to have a balanced, calm and composed mind, without being enslaved by the ignorant ways of our mind. Indeed, it is even possible to transcend the boundaries of mind.

The human beings have the potential to evolve their consciousness to the highest realm of existence; to go beyond the confines of mind and experience a state of being, which is independent of mind. The human beings also have been endowed with an intellect that can consider and contemplate about the deeper purpose of life and their internal upliftment. That is why evolution

is not only needed of the external world, but also of inner upliftment of the inner world of human beings.

No matter how beautiful this world is, everything has a shelf life. It is important to investigate if there is anything at all that is eternal, imperishable, untouched by birth, decay and death. For, if indeed there is no more to life than this physical and mental plane of existence; then, one will have to embrace this world of sufferings as the only option. But, it will be imprudent to accept this as the only reality without finding out the ultimate reality for ourselves. It will be imprudent to accept one's identity as the combination of this body and mind without exploring the possibility of the existence of spirit the realization of which can take us to a higher plane of existence.

The Upanishads and *The Shrimat Bhagwad Gita* have answered all existential questions in great depth; now, we don't have to take them for granted as delivering the gospel truth. In material science, first a

hypothesis is put up and, then, experiments are carried out to either prove or disprove it. The key word here is 'experimentation'. The same is to be done in the science of spirituality. Great sages have stated the truth in all its glory. Simultaneously, they have also given the methods of investigation. We have already been bestowed with a wonderful tool to carry out this exploration about the inner unity of our body, mind, intellect and spirit/soul. So, using this tool, one should experiment about the inner world of spirit with the methods detailed in our scriptures and find out the real and eternal truth. But, just by reading, it doesn't become our truth and reality. For this, one has to experience the spirit/soul deeply at first.

Indeed, Rajyoga meditation is the process of experiencing the inner spirit and the metaphysical world. Nowadays, more and more people are interested in learning meditation. The question is: Which method to choose? There are many techniques taught through different schools, *ashrams* and organizations. Then, why should we opt for Rajyoga? This is the meditation recommended in *The Shrimat Bhagwad Gita*. Rajyoga means the king of yogas. It involves purposeful thought about spiritual concepts. We progress step by step from the initial stage to

more advanced stages. We should choose the elements that suit us and correspond to our intuition of what is right for us. Meditation is very personal. It takes place deep within our heart and our being.

Rajyoga meditation is, sometimes, referred to as a spiritual pilgrimage, as there are different internal terrains to cross on a journey of continuous discovery where there are no short-cuts. Meditation is a progressive discipline. Its four stages are the ways to develop our abilities systematically. We should not try to go too far too fast. We must stay in a stage so that we understand it well before moving on to the next. The first stage is 'initiation'; here, we go to our meditation place, set up whatever accessories we would like, and sit with the intention of meditating for a particular period of time and on a particular theme. The second stage is 'meditation'; here, we begin by turning the mind within and considering our self as a spiritual entity, a soul. One by one, we think about all the things that we know about being a soul such as; we are immortal, invisible and eternal soul, a point-of-light. The third stage is 'concentration', here, we experience a natural state of detachment and dispassion

towards the external world. Distractions have no hold over us and our connection with the divine dimension remains uninterrupted and concentrated. The fourth stage is 'realization'. Realization is quite an advanced stage. It comes once the circling of the concentration stage becomes completely stable. We reach a point of such a stability that we are able to lift off from the workings of the mind and enter a higher and subtler spiritual or metaphysical dimension where we are completely still. In this stage, we are completely absorbed in the inner soul. This is the stage in which we can make contact with God, the Highest Supreme Soul, and also realize this Supreme Spiritual Being, who is the Ultimate Reality. Our complete stillness allows us to hold the subtle contact with Him and, thus, our souls are filled with extraordinary power, light and bliss, which flow to us from Him. Thus, it is rightly said that Rajyoga meditation is the penultimate step to realize God, the Ultimate Reality.

At the end, we can summarize that human evolution will not be complete until we expand our consciousness to a spiritual height and a state of sublimation in which one realizes the deeper and more significant purpose of human birth; in which all mind-

made madness comes to an end; in which one realizes that the supreme bliss is the only state of being. Rajyoga meditation is the path to achieve this inner evolution of the soul - the inner spiritual being. It enables us to become complete in all powers so that we may invoke from within the powers required by us in our practical life while interacting with others and dealing with various life situations. This is because the powers of the soul are like bouquet of flowers. They take support from each other to work successfully. ❖

Divine Help

Many times, people report the feeling of divine help and strength when they come close to a breaking point. Actually, divine help is always there, but I am usually so busy doing things in my own little way that I only look for it when I face absolute defeat. The tranquil nature of enlightened souls comes from their ability to take God's help constantly. A state of true surrender will lead to the feeling of victory in everything I do.

EARNING THE RIGHT LIVELIHOOD



– **B.K. Wicky**, Elders Home,
Sivapoomy, Jaffna, Sri Lanka

The word ‘livelihood’ suggests the ways in which one earns one’s livelihood. It is your job. Regardless of how you earn your livelihood, what does the right livelihood mean? Right livelihood applies to morality, specifically to the question of how one earns one’s living. It asks you to be honest and forthright as to what your livelihood is really about and it asks that your livelihood needs to be consistent with the moral principles of your life.

Here are some examples of earning the livelihood. Joe and Frank are both in sales job. Frank sells pyramid schemes. He promises people the chance to make them rich and those that get in early, do make some money, although not as much as Joe. Most lose money. Joe knows what he is selling is illegal and he is deliberately taking advantage of people’s greed. Frank sells life insurance. He is very good at it. Many of his clients have far more insurance than they need. Many have products that give a very low

return on their investment. Frank is making money by playing into people’s fears. However, he does not see it that way. He is convinced he is selling ‘security’ and protection. Which of these men is honest and forthright?

Honesty is one aspect. The other is whether what you are doing is in agreement with your



moral principles. Is your principle one of peace?; and even then you work for a company that makes weapons, which are made for war! If we are embarking on a moral or spiritual path, we need to live our lives morally and ethically, and this means ensuring that we do as little harm as possible to anyone or anything while we are earning our daily bread. If we do not live in this way, our practice will be undermined by our daily actions, not only

because of the practical consequences of harmful acts but also through the internal agitation of remorse and denial.

One important aspect of ‘the right livelihood’ is the recognition that our actions may also indirectly contribute to others’ suffering. Indirect effects are often important in economic life. For example, by making or selling things that are harmful, we can indirectly contribute to harm even if we do not actually directly apply that harmful thing. This is why trading in poisons, weapons or alcohol, is seen to be wrong means of earning livelihood.

In summary, the sense of earning the right livelihood asks you to look within. It is not about measuring your work or about making some forms of livelihood ‘good’ or ‘bad’. Instead it asks, are you being honest about what you do? Right livelihood involves mindfulness of our place in the whole, and, thus, becomes the foundation for ethical living based on values and moral principles, intelligent value-based social activism and our moral responsibility for maintaining ecological balance. Because, the nature of earning our livelihood has great impact on life of other people and also on the ecology and environment of the whole world. ❖

THE GREATEST GIFT OF GOD

–B.K. Rajbala, Airoli, Navi Mumbai

When God, the Omnipotent and Omniscient, steps in somebody's life, the first and the greatest gift He bestows on them is the third eye of wisdom, i.e., a divine perception, a divine intellect. The Almighty, the Saviour, descends on this planet when man, the Arjun, is caught up in the web of utter ignorance, oblivion, despondency and bewilderment and is utterly and bitterly torn between do's and don't's. When God, the Ocean of Knowledge, blesses us with divine vision, our attitude towards different aspects of life changes. We start picking virtues instead of vices while dealing with our fellowmen, become cautious lest any negative or waste thought should generate in our mind and, now, endowed with a holy Intellect, we are able to take right decisions at right time.



By the magic wand of His *Gyan Murlis*, God, our beloved

Shiva Baba, transforms the cranes into swans who, having renounced filth and froth, peck at pearls, but not at the pebbles. Such rarest of the rare, who happen to take shelter under the benevolent umbrella of Shiva Baba at this most auspicious Confluence Age, the *Purushotam Sangam Yuga*, are the luckiest ones. Imbued with this newly received godly wisdom and decked with the gems of lofty virtues, they usher in a new era of life. The swan-like outlook empowers us with distinctive genius to distinguish the righteous from the unrighteous, the genuine from the fake and the reasonable from the unreasonable at every stroke of life, which is replete with variegated hues and colours. Each day, the Ocean of unfathomable Knowledge, whom we endearingly regard from the core of our heart as Shiva Baba, delivers precious pearls of sacred knowledge because at *Sangam Yuga* only, He incarnates Himself and adopts us, after a long span of 5000 years, in order to adorn us with celestial accomplishments and attributes, to establish deity

kingdom, *Satyuga*. Since *Dwapar Yuga*, we had been invoking Him and calling out to Him as 'Ishwar', 'Bhagwan' and 'Prabhu' to liberate us from the sufferings, but, now, we are the privileged ones to be His children, so close and intimate to Him that we collaborate with Him in the upheaval task of world-transformation.

A proverb goes thus, "The milk of a lioness can be contained in the vessel of gold only." It goes well with the teachings and tenets disseminated by Shiva Baba. The teachings and preaching we are receiving from Him are worth millions or rather inestimable, as they, if implemented, are going to determine our destiny for 21 births. But, they cannot be retained in the intellect, alloyed with impurities. This invaluable understanding of the World Cycle, i.e., the beginning, the middle and the end of the universe, the mystic enlightenment about transmuting '*Nar into Shri Narayan*', '*Nari into Shri Lakshmi*', needs a pious intellect. That is why the first gift that our most beloved Father confers on us is 'divine intellect'; and, resultantly, we become '*Paras*' from worthless '*Patthar*' by the benevolence of our merciful God Father, the *Parasnath*.

God, the Ocean of Love, keeps refining our intellect

relentlessly because He is such an ideal Father that He wants to make His children step into His shoes. So, it has been rightly said, "As is the father, so are the children" since it happens only once in the whole 'Kalpa' that we become Godly children and Godly students. Devoid of divine perception, we can comprehend neither the soul nor the Supreme Soul as in *The Gita* too, it is mentioned that God, before enabling Arjun to see His cosmic form, bestowed upon him 'Divya Chakshu', i.e., divine eyes. The crux of the knowledge being propagated through the *Murli* is based on the awareness of our being souls, who are caught up in the eternal cycle of birth, death and rebirth, by going up and down the ladder. The spinning of the 'Sudarshan Chakra', which Baba emphasizes upon so emphatically, is vital to affirm that it is we, the souls, who are solely accountable for our rise and fall; we have all the powers and possibilities to make or mar our destiny because when the intellect is pious, chaste and unalloyed, we rise; but when it is tarnished and afflicted with vices, we fall. This is why Baba makes it paramount to gift us with spiritual insight, the key to peace, purity and happiness, before leading us to the long road of spirituality.

It happens only after our

wisdom gets awakened, after we are crowned with the entitlement of being 'Trinetri' and 'Trikaal Darshi' that we are able to see the things as they are, keeping in view all the three dimensions of time – the present, the past and the future. All the clouds of ignorance, misconceptions and blind faith get dispelled and the things appear to us in their genuine form and colour and our blurred visions gets demisted.

The first and the worst evil, the mother to all the vices, is body-consciousness. Until we are trapped in the mire of body consciousness, we cannot follow morals, and ethics in the strictest form. But now with our new perception, we do realize our true identity, our eternal entity that I am not this perishable body, made up of five inanimate elements but a conscient luminous energy, governing and sustaining this body. I am the 'Shakti' without which this body, of which we were blindly so proud of hitherto, becomes a 'Shav', a corpse. Having been gifted with new perception, there occurs a paradigm shift in our attitude, mindset and belief system, which change our personality in totality and we become an entirely changed person with a positive cult in our thoughts, words and actions so much so that we may term it as rebirth, a reincarnation, a new life

altogether. This initiation into a godly life makes us reborn as a 'Brahmin', called *Dwij* in Sanskrit, i.e., a twice-born. This newly gained life brings a sea change in our entire routine from dawn to dusk, which moulds our life to be majestically beautiful. Being a 'Brahmin' now, we start our day at *Brahm Muhurat* by wishing our dear Baba 'Good Morning' with *Amrit Vela* Meditation, a divine connection with the Almighty whom we perceive differently now, as our Father, Mother, our soul-mate, as someone closest to my heart or rather as my heart-throb, who is the Ever-Benevolent One, showering His unconditional love and care on us through one-on-one interaction. After *Amrit Vela*, every morning with a renewed interest and vigour, we head for *Brahm Gyan*, i.e., *Murli* classes when we experience face-to-face relationship with our Beloved Baba as our Supreme Teacher, giving us lessons on world history and geography and more importantly on code of conduct to deal with people in different walks of life. Now, come the food, which nourishes and nurtures not only our body but also our mind as is said in Hindi: "*Jaisa khaye Anna, Vaisa Bane Man.*" So, as a Brahmin, we accept *Brahma Bhojan*, which is cooked in the loving remembrance of Baba and is

procured with the honestly, fairly earned money and we consume it only after offering it to Baba.

Having been endowed with *Brahminhood*, we are entitled to free entry into *Brahmalok* anytime we wish to savour divine peace and godly love and after the night falls, having wound up our routine, we submit the account of our deeds of the day to Baba, bid Him goodnight and recede into His loving lap and sink into *Brahma Nidra*. We observe *Brahmacharya*, i.e., celibacy, not confining it to physical purity only but widening it as all embracing purity and chastity in thoughts, words and actions. Thus, by observing sanctity in each sphere of life, we become a true *Brahmachari* to the credit of our Incorporeal God Father. In this way, when God blesses our life and gifts us with wisdom, we, the Brahma Kumars and Brahma Kumaris, follow a sacred lifestyle, which encourages *Satto* (purity) and stifles *Tamas* (darkness) as an essential step towards spiritual development. ❖

Harmony

Love dissolves hate.
Kindness melts
cruelty. Compassion
calms passion.
Cooperation evokes
love and when we
bow, others bend.
This creates
harmony.

RADIATING POSITIVE AND POWERFUL ENERGY

You will notice that many people in your life, who are very much in need of love, attract the opposite energy. This is because the negative energy of lack of love for the self and low self esteem, which they continuously radiate, causes them to attract that same negative energy from others. In the same way, there are many people, who are very much in need of success, but they attract failure repeatedly. Failure is directly related to the quality of energy we radiate, i.e., how positive and powerful our expectations of success are. Once we set the goals that we wish to reach, we need to be careful that we move towards our aim without creating the negative energy of fear inside our consciousness. *Failure appears when we make an effort to achieve those goals and we damage the result or attract failure without us desiring so, simply because of our fears of failure.* Even then, if at that step we feel that we have failed, we need to have a positive and constructive attitude.

We need to emerge the power to face and power of acceptance inside us. That way our creative energies will flow and we will carry on going forward without the failure (whether real or only perceived by us to be real but actually not real) becoming an obstacle in our path from doing so. Although at that time it may seem as though we have missed an opportunity or that some openings have closed for us, have faith and be fearless. If we are fearless and radiate positive and powerful energy, other possibilities will open up. We have this deep-rooted belief that our fear will keep us safe, and we treat it like a comfort zone, a red signal that tells us that we should stop. *Setting aside a time every day to do something that you fear, helps you to re-condition yourself internally to begin to see the fear as a green signal and to develop inner courage, so that you can move towards your goal of success.* Each day, do what you fear and the fear will soon be removed. ❖

SPIRITUALITY AND RELIGION

—B.K. Archana, Bengaluru—

Most people think that spirituality is for the old. It is a common notion that after you have done everything, lived your life and achieved all you wanted to, then you should start thinking of God, the Lord. So, you will mostly find that only the old people are attending 'Satsang' – a place for singing praises of the Lord together. Ask young people if they have time for God, the answer would be an emphatic 'No'.

Many people fail to realize that spirituality has little to do with old age and is rather connected with everything you do and with the way you live your life. Many others confuse spirituality with religion. Little do they understand that while religion includes doing physical practices or rituals, going to holy places or temples, mosques, churches, etc., to find peace and happiness; spirituality is about "walking the talk". It is living life in congruence with the Godly teachings. It is a way of living, which provides not only contentment and happiness but

also abundance in every aspect of life.

In today's stressful times, where everyone is caught in a 'rat race' of achieving, earning and competing, we have ironically lost the very desires we set out to achieve – peace, love and happiness. We are seeking what is already within us just like the boy in Paulo Coelho's famous book *The Alchemist*, who travels half way round the world only to find his treasures in the very place from where he began his journey.

'I have everything, yet I am not happy'. Why? This question plagues many. Yet, this very question should be enough to make us start looking for the inner peace and happiness, which seem so elusive. In fact, as is commonly known, many successful people sometimes leave their lucrative jobs in search of personal fulfilment, thereby yearning to find the meaning and purpose of life. This is where spirituality comes in.

We can get fulfilment in life and find meaning and purpose

of it, if we can implement certain spiritual principles such as: "Do good and it will come back to you manifold." and "As you sow, so shall you reap." Certain simple laws of the universe that also find mention in bestselling books by renowned authors, are too colossal to ignore.

As a follower of the Brahma Kumaris Organization, a social-spiritual-cum-educational organization, I have experienced first-hand the benefits of self-transformation through the practice of Rajyoga meditation. Its cardinal teachings like 'Give



and take blessings' sound simplistic but form the core of the deepest secrets of the universe.

In a nutshell, don't wait to embrace the spiritual life only when you get old. Do it now and see the abundance unfold in your life! ❖



POSITIVE JOURNALISM FOR ESTABLISHING A VALUE-BASED SOCIETY AND BETTER WORLD

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

Today, in this Iron-Aged *Kaliyugi* world and society, where man has gone completely astray due to his deliberate deviation from the path of values, spirituality and righteous actions, the need of positive journalism has become quite urgent. The impact of journalism upon the society has become clearly perceptible. The print and electronic media have left their deep and indelible marks on the people of every walk of life and activities. The major fundamental objectives of media are to *inform, educate, enlighten* and *entertain* people. Journalism as an indivisible part of media has also almost the same objectives.

Negative Journalism and Positive Journalism

Negative journalism creates despondency, disunity, disorganization, revolt and narcissistic tendencies. An editorial written with bad, negative and ulterior motives can generate and spread negative thoughts and feelings in the whole country.

On the other hand, positive journalism creates hope, unity,

organization, peace and stability, creative and constructive tendencies. It can create and spread positive thoughts, feelings and understanding in the people of country, society and world at large. It can also create and establish essential values in life like love, sympathy, empathy, truth, peace, compassion, forgiveness, friendship, charity, unity, nobility, integrity, humanity, spirituality, spirit of co-existence, etc. in a diverse society and world inhabited by people of many castes, colours, creeds, faiths, beliefs, languages, religions, cultures, nationalities, genders, places of births, etc. Positive journalism can also inspire people in positive directions, give them value-and-spiritual orientations and create newer and nobler mindsets.

Core Ethics of Journalism

The very core ethics of journalism is based on *positive, creative* and *constructive* thoughts, ideas and ideals. Is not it a sheer compromise and contravention of professional ethics if any media professional or journalist makes destructive analysis and interpretations of

someone's comments or opinions and also subverts and then presents the same unethically by diverting from the core ethics of journalism? For example, Mr. A said, "I love women." But, if any journalist presents Mr. A's comment or statement as "He hates women", it is a burning example of negative journalism that is unethical. Such instances of negative journalism without professional ethics are many in our country.

When we are talking of the need of positive journalism, this means that we feel the lack of positive journalism or, in other words, there is more prevalence of negative journalism. That is why a plausible question arises in mind: "How far media professionals are able to fulfill or satisfy the objectives of media in the atmosphere of negative journalism?" That is why the topic is quite relevant today, and, therefore, it is the need to throw much light upon it when we are desirous of creating a value-based society and better world.

Concept of a Better World

Generally, a better world is a value-based world where people are value-oriented and supposed to have health, wealth, happiness, peace, purity and prosperity. A better world is such a world where there is perfect coordination among the three prime agencies of Man, Nature

and God; where there is due balance between love and law; where men, women and children are ideal in their thoughts, words and deeds. They are veritable divine representatives of the Supreme God Father, being the incarnation of all divine qualities, values, virtues, powers, which they inherit from Him as their spiritual and heavenly birthrights; where there will be the reign of Divinity everywhere; where Shree Lakshmi and Shree Narayan, the first Empress and Emperor respectively, will reign over. They will live a life of divine bliss and beatitude along with other deities (gods and goddesses) adorned with double crowns – crowns of purity and wealth. In the state of fruition/liberation-in-life, the deities will be completely free from the seven deadly sins/vices like sex-lust, anger, greed, attachment, ego, jealousy and indolence, and live an ethereal life bliss and beatitude.

Complete Health Means Holistic Health

A positive journalist should have complete health, which means holistic health. The Hindi word for 'Health' is 'Swastha' that contains two words 'Swa' and 'Stha': the 'Swa' meaning 'self' or 'soul' or 'spirit' and 'Stha' meaning 'to be'. Thus, the word 'Health' or *Swastha* means 'to be yourself' or 'to remain in the state of one's own original self'.

Thus, the term 'Healthy' or 'Heal-thy' also means 'Heal thy self'. When we remain 'healthy' (*Swastha*) by remaining in the state of our own 'selves', we can be happy (*Sukhi*). In true sense, 'Health' or *Swastha* does not mean only physical health, but it also means 'mental'; and 'spiritual' health as well. The World Health Organization (WHO) defines 'health' as "a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity." In this sense, complete health involves holistic health including physical, emotional, social, mental and spiritual health. But, today, the irony is that when people do not have their outer physical health, how can they have emotional, social, mental and spiritual health? When our health system itself has gone astray, how can we be healthy? In order to be healthy in true sense of the term, let us, all stakeholders of our health system, perceive and treat ourselves and others as the inner self/soul – the uniform being or consciousness of all of us.

A Journalist is a Human Soul

A journalist, who is also a human being, is basically an inner self/soul/spirit but not the outer body, which is made up of

five natural elements like earth, water, air, fire and ether. The outer body is mortal and perishable whereas the inner self/soul/spirit is immortal, eternal and imperishable, and it has three subtle components such as mind, intellect and soul.

The inner self/soul/spirit experiences happiness and sorrow, peace and



peacelessness, sweetness and sourness, etc. through the outer physical senses or organs. A human personality is known and recognized by his inner spiritual 'self' or 'soul' but not by his outer 'body'. That is why on the basis of the knowledge, qualities and powers of self/soul, the classification of souls and their personalities is, generally, made such as: Supreme Soul (*Param Atma*), deity soul (*Dev Atma*), human soul (*Manav Atma*), religious soul (*Dhrama Atma*), virtuous soul (*Punya Atma*), great soul (*Mahan Atma*) and sinful/vicious soul (*Pap Atma*). As per

this classification of souls, the media persons/journalists should ask themselves what sort of souls are they and what sort of soul they aspire to be.

As a human being/soul, the journalist should have eternal relationships with the Incorporeal God Father Shiva, the Supreme Soul – the Supreme Spiritual Father of all souls of the humanity. But, ironically, the human being has become completely oblivious of the inner self/soul and has wrongly identified himself with the outer body and turned to be completely body-conscious instead of being soul-conscious. How, then can a body-conscious man or woman can establish his/her connection with the ever soul-conscious God, the Supreme Soul? The body is the outer cover or dress of the soul. When one forgets one's own inner self/soul (*Swa*), how can he/she remain established in the state of one's own inner self/soul (*Swa*), and become healthy (*Swastha*)? A journalist can really be healthy in true sense only by being soul-conscious and keeping all relationships with God, the Supreme Spiritual Surgeon.

Positive Journalism for a Better World

Media and journalists can be responsible and instrumental in establishing a value-based

society and better world by inculcating values and spirituality in their personal and professional lives with their true, broad and spiritual perception and vision, and by implementing the following steps in their life:

(i) Self-introspection

A media professional or journalist is basically and



essentially a self/soul/spirit; he/she can practise positive journalism, if he/she can self-introspect by considering and perceiving him/her as a self, the inner spiritual entity, but not as a body, the outer material or physical entity. He/she can self-introspect, only when he/she can have a real vision and visualization of the self/soul/spirit and of God, the Supreme Soul. But, the soul and Supreme Soul are the spiritual entities, which are invisible to the naked eyes. According to Jonathan Swift, "The true vision is seeing the Invisible." Thus, seeing or perceiving of the soul and Supreme Soul is the true or right vision. We cannot see the

invisible soul and Supreme Soul with our skinny physical eyes but can do so with *the third eye* of knowledge. But, this eye of knowledge of all of us has been closed, and we can open it with the sincere practice of Rajyoga meditation.

Journalists deal with both words and pictures. A picture is worth thousands of words. Stuart Franklin has rightly said, "In a world of words, pictures still matter." A journalist presents news and messages through good and crystal clear images and pictures; but a unique journalist whose *third eye* of spiritual knowledge is open can have a better and broader worldview and see keener and clearer images with his/her sharp, piercing eyes into the heart of things, people and events and present them both in width and depth for the wider public with the power of his/her penetrating vision and self-introspection.

(ii) Practice of Rajyoga Meditation

In order to be a true and positive journalist with professional ethics, the journalist should make regular practice of Rajyoga Meditation. Rajyoga Meditation is the mental, intellectual and spiritual connection or union of the human soul - a point-of-conscient-light - with God, the

Supreme Soul Shiva, the Absolute and Almighty Authority. If and when the media professionals make this connection or union with God Father through meditation, He will transmit the divine powers to them, flow the currents of pure thoughts and languages, and refine their qualities, skills, abilities, potentialities and talents, and also lend them all sorts of helps and supports, because they are also His



spiritual Children. If they will take one step towards God, He will take thousand steps towards them. Somebody has rightly said in terms of computer terminology, "God is like a software: He enters our life; scans our problems; edits our tensions; downloads the solutions; deletes our worries; and also saves us."

(iii) Develop Good and Positive Thoughts

Media persons should understand the fact that health and happiness cannot come in

human life only with material wealth and prosperity such as



accumulation of money, possession of landed properties, stashing of gold ornaments and jewellerys in bank lockers, etc. It is the human mind that feels and experiences health and happiness by developing and generating good, positive, creative, moral and spiritual thoughts. We are what our thoughts have made us. So, goes the saying, "As you think, so you become." Good and Positive thoughts lead to good and positive feelings, emotions, words and actions. Good, positive, creative, moral and spiritual thoughts nullifies and neutralizes all negative and narcissistic tendencies; they quarantine the mind against evil, sinful and vicious thoughts, feelings, emotions and actions; they become safeguards against the evil temptations and attacks of Satan/Devil – the symbol of sins/vices like sex-lust, anger, greed, attachment, ego, indolence and jealousy. They keep the mind clean and create the possibilities to germinate and grow in it the saplings of values and virtues,

thereby giving true health and happiness in the long run. Healthy and happy people can earn the required wealth for maintaining their life. So, it is imperative that the media professionals should develop good, positive, creative, moral and spiritual thoughts in them to establish a value-based society and better world.

(iv) Develop a True and Sensitive Heart

The media professionals possess great talents, skills and abilities and also avail a great deal of sum, facilities, amenities and things (*Sadhan*) of comfort and luxuries. But, most often it is observed that they misuse them due to the lack of a true and sensitive heart in them as they lack the practice of meditation (*Sadhna*) in their life. Regular practice of Rajyoga meditation can enable them to develop a true and sensitive heart to feel and penetrate deeply into the heart of people, things, situations and events and also understand and interpret them in true colours and perspectives. Because, Rajyoga meditation coordinates the mind, intellect and heart and thereby gives the practitioners a true, proper and righteous worldview as it is, without any twists and turns. Thus, the media professionals are required to develop a true and sensitive heart in order to contribute to the establishment of a better world. *(To be Contd....)*

(...Contd. from June, 2018 Issue)

THE MOTORWAY OF THIS LIFE



– **B.K. David,**
Paignton, England

The motorway of this life is fast, furious, congested, slippery and very dangerous. This chaotic motorway and its Tarmac are soon to go into meltdown and *everything* will suddenly stop. Everyone will come to a halt when there is no petrol, love and peace to be found anywhere. Are you one of the many motorists that are guilty of thinking and driving (living) too fast on life's hectic motorway?

12,000 Reasons to be Happy

Every few hours, if you let God, He will give you 12,000 reasons to be happy. To know God and His ways, teachings and ideas, is to know 12,000 reasons or ways to happiness and to have 12,000 steps to carry you far away from sorrow and this world. The wealthy are soon to lose everything and they will then look to you, a child of God, that may have false teeth, a limp and no money, yet it is to you, the world will look for real wealth and health. Everyone is totally lost and without direction. If you continually remember you are a

queen amongst the poor, you shall be able to point out to them the path of truth that leads to happiness. You should not feel any hardship for this 'pointing', just like the surgeon carrying out an emergency operation on the dying patient does not think that he could go home and eat a meal with his beautiful wife or could be out for playing golf.

People will and do need help from you; for everyone is soon to become the poorest amongst the poor. There is no one poorer than the rich. There is no one richer than the poor children of God. If you know God, you will know everything. If you know God, you will feel and understand that He is preparing your golden house for you to live in soon. If you know God you will feel He is creating a perfect golden body of health for you. If you know God, your future will be worry-free, stress-free, and where everything is free for you.

Expensive Shoes (Wealth)

Expensive shoes that only give you the blues (sorrow). Today's wealthy wear expensive shoes of

barbed wire, which, if you have no wealth, you will not have to wear. With your inexpensive shoes, you feel that you are walking directly to heaven and getting a bright future. The wealthy are stuck in their endless mire trying to get their muddy tight boots (worry and suffering) off that are very heavy and which make them very tired when they wear them – which is almost all the time.

God's 1,000 Star Hotel of the future is not for the rich or famous of today, who cannot afford to go there as they cannot let go of their rubbish that weighs them down.

I feel sorry for the rich whose expensive shoes (wealth) and life cost them dearly. The heaven's gate requires the password of love and not wealth to get past it. You can have God in addition to the worry of hunger but you cannot have God with the worry, responsibility and position that go with wealth. If not very careful, this wealth will untimely cost the wealthy a place and life in heaven. The eye of the needle is a multi-coloured tunnel of love, which, for the pure heart of the poor, is an easy walk through.

The Wealthy Ones and the Godly Ones

The life of a queen, who is Godly, should be spent relaxing but not worrying. For the wealthy, their days are just ending. For the Godly ones, their days of glory and happiness are here already. All others, who are wealthy and

not Godly, live in hell, but you the Godly ones, smile as you are on your way to heaven soon. Knowing this incredible secret creates a world of difference for you in your daily life whilst moving you ever closer to it and for you to make it a reality.

The wealthy ones only have today's wooden plank on which they have to walk and have the balancing pole of stress and sorrow, and they are trying to stop them from falling overboard from the luxury boat into a sea of sharks below.

Walking on Spiritual Tight-Rope

Do you walk on a spiritual tight-rope that needs you to focus on yourself and God intently if you are to make it safely to the other side without falling off?

You share life with the rich but you have it to its fullest extent with gold and diamonds given to you by God whilst they have constant splinters that need removing. You have a future that's fast arriving whose tide is awash with love and whose unstoppable waves are carrying heaven ever closer to you.

As it is normal today to have to walk in the rain, cold and dark, it should be just as normal to think and plan how you will live in the approaching heaven with all of its beauty. You will soon be able to replace your relaxed seat on the bus to work for a relaxed swing in heaven.

We, the Godly ones, need, let go of all our rubbish and free ourselves so that we can pick up and carry on jewels of love and peace. We need to carry gold and smile at those that we see carrying rusty metal (vice) with them everywhere they go. We all need to learn to fight off the stress and worry of today in order to be worthy of relaxing in the future heaven of tomorrow. I am sure you wish to give up your bus seat in favour of being pushed on your swing like a queen. The life of a queen needs to be learnt and practised now where she is seen to lead her life as some goddess that is constantly in a state of relaxing, but not worrying.

God's Working Children Earn Great Wealth

No one can earn such Great Wealth as can the person, who is employed by God and works for Him tirelessly. Even the richest person in the world could never afford to go to heaven. Your time to spend in heaven should have been earned yesterday, today and tomorrow working for God. No one pays as much as God or rewards like He does. No one can earn as much as someone working for God with its endless benefits. No one could ever give such loving work conditions as what God provides for His working children. God likes us to work for Him.

The rich have not the wealth (spiritual love) or arms (wisdom)

to carry a telescope (knowledge). The simple and poor will inherit the earth (heaven). The rich, for the time being, will remain happy to be driven on earth (hell) today with no telescope (far sighted, telescopic vision, hope or notion) to see heaven - let alone breathe its air or sit under a tree in its shade. You need golden thoughts and not a golden car or plane to get you to heaven.

The True Art in Life

The true art in life is to be so full inside with spiritual love and lookout from behind your eyes whilst sitting on your loving spiritual chair that is just behind your eyes and with that love in your mind, you look at the world with that love and radiate it out into the world to the greatest degree possible.

If not careful, wealth and greed can drown you in its unending ocean of sorrow as you become very heavy in body-conscious clothes of selfishness and glittering jewellery of vanity and ego. If only you take time to learn to swim (give), just like the spiritually inclined have, this will result in you, now, having a loving nature, outlook and attitude to life.

You need love for truth and God in order to learn to swim spiritually and swim 'peace stroke' that makes your strong and develops your peace of mind daily and makes you light enough and clever enough to be able to

swim happily to the other side that is heaven.

Not everyone can swim, just as not everyone is wealthy. Not to be able to swim (give) is to have such a disability that will not allow you to swim to heaven and, in time, this disability of selfishness will drown those unlucky enough to be afflicted with it and having the anchor of 'poor life' secretly placed around their necks. No matter how big and powerful a car the wealthy drives, it is still a disability car with three wheels; albeit it is the gold plated luxury version. Their car (life) might have super soft, handmade, heated leather seats and space-age air conditioning, but these things will not stop them from getting a puncture (stress, suffering) or even crashing (dying) on the motorway of life.

Do You Have Endless Worry Or Endless Happiness?

There is much to be said about swimming and possibly even more to be said about helping others to learn to swim. I hope that when I see you waving in the sea, it is only you one, who is in such happiness that you're calling out to others to come and join you so that they may also enjoy themselves in the waves of happiness, and your waving is not that of distress or drowning trying to gain attention and help from those sunbathing on the beaches.

There is much to be gained from swimming (giving) and absolutely nothing to driving a big car (wealth). A big car needs great attention and concentration so that you do not scratch or bump it when you are out driving. Big cars need a lot of cleaning and polishing that it causes its owner endless sacrifice, time and worry, all of which is totally unnecessary and avoidable. Yet how long does it take you to put on your inexpensive swimming trunks so that you may swim and get fit and, at the same time, show others how they too may get fit and learn how to swim to heaven?

The Poor are Meant for Heaven

The poor are systematically and automatically, going to heaven. If you have a hole in your shoe (are poor), it's through this hole (trustee) in your shoe's (life) sole (soul) that you will become perfect and worthy to step into heaven. It is only through the hole of being a trustee that you can view heaven through its telescope. Heaven can slip through such a pure tiny hole, if the hole was made with such love and fill your life with its vivid colours.

In fact, the poor shall not step or walk into heaven, but they will fall into it with a heavenly bump. If you have done so many good deeds in your life for humanity and for yourself in the process, and having God behind you, it shall

be these elevated thoughts and actions, which you performed in your life, that will finally push you over the edge and into heaven.

Most people seem to live behind the cold damp walls of falsehood and ignorance and yet still somehow they manage to call their life a happy life. Life's modern motorway has lowered down such a drawbridge for the world to cross and most end up doing so and move into its Castle of Sorrow that sees endless poverty, which creates a world of debauchery and speed that leads to a life of futility for the many, who are living behind its thick walls.

It is almost seen as a crime to think and live so slowly. However, remember, God's Hotel is free and in His eyes, it's not a crime to be 'found and fined' by man for living and thinking too slow. I do not mind being found completely guilty of thinking too slowly and sentenced to a life of imprisonment. If this sentence means I am left alone and can escape today's life of falsehood and artificial happiness and it leaves me totally free to walk with God in secret, and with His company I can grow ever more slow in thought and action and become increasingly ever more free to be happy, then I hope I am tried and found guilty today.

God likes His children to travel in the slow lane – the spiritual lane. ❖ **(Concluded)**

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

given respect. Many people are awe-struck when they think of his authority. Many others push the crowds to see him closely and many others want to be photographed with him. All are greatly impressed by his lately found power and they feel honoured to be with him. Such is the nature of political power that it attracts many flatterers and yes-men towards itself because they want to extract some benefits, directly or indirectly, from the man in power.

So, it happens with businessmen too. A person, through trade-malpractices and by befooling, befriending or greasing the income tax, sales tax and custom authorities, or by defrauding the customer or by adopting short-cuts and shady quick ways to prosperity, may become a very big businessman. He also has great pomp and show. He has the power of money. He has authority over a great workforce and large number of management personnel. He owns palatial buildings and has all the comforts of life. He also receives praise wherever he goes. His black spots also get covered by the coat of money

he puts on.

The same can be said of administrators and others, who rise to great position and power. People hardly notice the vile and vicious acts, which led them to the present position. They see the glory surrounding the man and are carried away by his outer pomp and show.

Deluded by this, people often say: "Those, who walk on evil ways, are highly rewarded whereas those, who follow the path of righteousness, are left behind and they suffer in many ways." So, they question, "Why should, then, we also not take to what are known as evil ways?"

Such people, in fact, fail to see, the fact that those, who take to evil ways, have only a short-lived life with outer pomp and show. This is the show of *Maya* - a mere delusion because, inwardly, such people do not have real peace, solace and satisfaction. They live in fear and their private life is different from their public life in many ways. They carry a heavy load of bad acts on their backs; and, so, how can they feel easy in comfortable cars and cushioned chairs?

Compared to them, those, who, in business or politics,

observe principles and have values, are far-far better even though they are a step or a mile behind others, who observe no moral scruples. All businessmen and politicians are not dishonest or of dubious character because they are more in line with the conscience.

So, one should not become impressed by the outer pomp and show but have an insight into life. One will, then, see that peace and happiness reside in life of the persons with a sense of morality and purity. ❖

Develop the Habit of Getting up early

Develop the habit of getting up early and sitting in silence. Read a peaceful thought and reflect on it. Write down some ideas about this thought. Return to silence, allowing these ideas to take root inside you. Share your ideas with a person close to you. This practice will help you accept and cope with conflicts and difficult situations. It will help you stay happy and peaceful for the rest of the day.

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

Associate Editors: Dr. B.K. Ranjit Fuliya, Delhi and Dr. B.K. Yudhishtir, Shantivan.

Phone: (0091) 02974-228125

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



1. **Laos (Nigeria)** : After meeting with General Baba Olusegun Obasanjo, Former President of Nigeria, BK Mruthyunjaya, BK Supriya & BK Gowthami are seen in a group photo. 2. **Kathmandu** : On the occasion of International Day of Yoga, BK Kusum is presenting Godly gift to Mr. Ishwor Pokharel, Deputy Prime Minister and Defence Minister of Nepal. 3. **Bhubaneswar** : Sister BK Durgesh Nandini is offering Godly gift to H.E. Prof. Ganeshi Lal, Hon'ble Governor of Odisha along with BK Bijay, BK Hiroj and BK Prakash. 4. **Warangal (Telangana)** : On the occasion of "Mera Bharat, Swarnim Bharat" Youth Bus Yatra, BK Vimala and BK Shiva are presenting Godly gift to Mr. Kadiyam Srihari, Deputy Chief Minister of Telangana along with BK Sudhakar, BK Murthy and others. 5. **Didwana (Rajasthan)** : BK Anita is presenting Godly gift to Mrs. Vasundhara Raje Scindia, Hon'ble Chief Minister of Rajasthan. 6. **New Delhi** : BK Mruthyunjaya and BK Suman are presenting Godly gift to Dr. Harsha Vardhan, Union Minister of Science & Technology. 7. **Raipur (Chhattisgarh)**: Inaugrating the International Day of Yoga programme are Justice S.N. Srivastava, Chief Lokayukta, BK Savita, BK Kamala & BK Hemlata. 8. **Panaji (Goa)** : On the occasion of International Day of Yoga , Mr. Govind Gawade, Minister of Art & Culture is speaking, Dr. Pramod Sawant, Hon'ble Speaker, Goa Legislative Assembly, BK Ramesh & BK Shobha are on the dais.



Mujaffarpur : Laying the Foundation Stone of "Shanti-Shakti Sarovar" are Rajyogini Dadi Janki, H.E. Mridula Sinha, Hon'ble Governor of Goa. BK Rani, BK Mruthyunjaya, BK Kanan, BK Mohan Singhal, BK Bharat & others are there.



Mount Abu (Gyan Sarovar): Inaugurating a Conferance organised by Rural & Agriculture Wing are Mr. Sadabhau Khot, Agriculture Minister of Maharashtra, Mr. Santosh Joshi, Vice-Chairman, Gopalan & Animal Husbandry Board of M.P., Dr. A.K. Mishra, Vice- Chancellor of G.B. Pant University, BK Karuna, BK Sarla, Dr. Nirmala & others.



Mount Abu (Gyan Sarovar) : Inaugrating the Silver Jubilee & Convention of Political Leaders organized by Politicians Wing are Mr. Hitendernath Goswami, Speaker, Assam Legislative Assembly, Mr. Arun Gujrati, Formar Speaker & Cabinet Minister of Maharashtra , B.K. Nirwair, B.K. Brij Mohan, BK Usha & others.