



The World Renewal

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Mount Abu (Pandav Bhawan):

In Diwali celebrations at Pandav Bhawan, Mount Abu, Dadi Ishu, Dadi Ratan Mohini and Sisters B.K. Munni are lighting the candles along with others.



Agra (Idgah):

Inaugurating the Campaign on "Disaster Management of Cleanliness" are Col. Vishnu Singh, Group Commander, N.C.C.; Col. K.A. Saini, Commanding Officer, U.P. Air Squadron, N.C.C.; Sister B.K. Sheela, B.K. Bharat Bhushan and others.



ORC (Delhi):

In the closing ceremony of the Campaign on "Disaster Management & Cleanliness", Ex-Minister Jagdish Yadav, Swami Krishna Yogi from U.S.A.; Sister B.K. Asha, B.K. Mohan Singhal and others are in a group photo.



Delhi (Pandav Bhawan):

In a programme "Rajyoga Meditation for High Performance in Sports", Mr. Niranj Kumar, Research Officer, Ministry of Youth Affairs & Sports; Mr. Rajkumar, Wrestling Coach; Mr. Padam Singh Chauhan, Mr. Sohan Atal, Sister B.K. Pushpa, B.K. Vijay and others are seen.

From the Mighty Pen of Sanjay



ABSORPTION IN LOVE AND EXPERIENCE OF GOD



When a person gets his first full acquaintance of the new and wonderful concepts of Godly Knowledge, a spiritual revolution starts taking place in the world of his thinking. This obliges him to answer the question: "To be or not to be?" If his mind, finally, resolves in favour of him being a yogi and having a life of *Sanyama*, i.e. self-control; then, he longs for being face to face with God. He aspires for a full-blast yogic experience. At this stage, thoughts that are irrelevant to the idea of God-realisation, and interests that have no real connection with his goal of consummating yogic experiences, seem unhelpful and extraneous; therefore, an attempt is made to shut these out.

Right concept of God helps right type of meditation

In this attempt, the theological concept of God as an Incorporeal Being of Light, which he had earlier learnt, helps him; it serves as an anchor to the tossing ship of his mind. The Godly knowledge dwells on Matter (*Prakriti*), Soul (*Purusha*) and God (*Param Purusha*) and explains that *Param Purusha* is not a supreme man or male, but He is the Supreme Being of Light; and, hence, is the only One to be meditated upon. So, his mind now thinks directly of God; it does not harbour on the visible objects of Matter in the cosmological scheme. He does not fix his mind on objects such as a lotus, flame, etc., as some *hatha*-yoga teachers advise but begins to have more and more intense thoughts of his Beloved Father-on-High. Thus, the right concept of God helps him to have right type of meditation.

The process of transcendence starts

Until now, he was a mere novice in yoga; he had his ego attached to the worldly things, he had identified himself with his body and could not think of objects in any other way except in a space-time frame of reference. But, now, during his meditational practice, his first thought is of reminding the self that he is a *soul*. The soul, now, begins to return to its own original nature. In this process of transcendence, it, now, withdraws itself from the experience of the phenomenal world.

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|| Editorial ||



CELEBRATING MEANINGFUL DEEPAWALI



Bharat, the most ancient land where the deities once ruled, continues to be an enchanted place. Just over two weeks ago, we witnessed the spiritual unity of humankind when the festivals of *Navratri* and *Dasshera* were celebrated. The beauty and grandeur of the *Navratri* Festival stimulates very beautiful feelings, as people dance together continuously for hours each night, during the stretch of 9 nights of rituals and celebrations. However this year, the grand finale in the form of *Dasshera* proved to be tragic and frustrating in certain places, such as the freak railway accident killing more than 60 people in Amritsar, and the rampant spread of fire because of the incompletely burned effigy of Ravan.

Moreover, during these past couple of months the stench of #MeToo revelations has been suffocating, thereby

gravely affecting the minds and emotions of many people. The demeaning belief system of looking at another human being as an 'object' that can be used to satisfy one's filthy desires, or as a helpless subordinate that can be suppressed, has gone on for too long.

One of the deep-rooted issues that add to the above problems is the huge amount of unnecessary importance given to the physical body. A significant portion of the movies from Bharat as well as Hollywood and other nations, many aspects of the selection process of Miss Universe/Mr. Olympia, Miss/Mister World, Miss/Mister Earth, etc, and the colourful, enticing presentations of semi-clad, provocative performers and artistes in all forms of media may very well lead to popularity and success, but these, in fact, are contributing sub-consciously to the waste and debasing thoughts and

attitudes of the weaker-minded youngsters and adolescents. Some newspapers even have a special column that repeatedly prints images of world famous celebrities in various forms of undress that only serves to glorify the skin-culture. There are many who fervently believe that one's dress and lifestyle choices do not mean we are inviting body-conscious attitudes or vision or physical or sexual abuse; however, it has become vital that we transform our nature or perception of how we 'look at' and 'carry' ourselves and 'perceive' others.

More often than not, those who watch movies or presentations of individuals that promote sexuality start losing sight of their own inner being and natural pure selves, leave aside soul-Consciousness and God-Consciousness, because the attraction towards the physical senses gravitates them to temporary pleasures that are on offer here and now. As the entire emphasis of a majority of the world is based on physique and physical features, it is but natural that a good percentage of youngsters or even mature people would be driven by such wasteful and gross thinking. That has led

and impelled many individuals and groups to corrupt their own minds and attitudes, and, eventually, harassing and abusing the innocent, educated and vulnerable females. Some of the media reports from different parts of the country, which are too disturbing as the perpetrators and abusers, have no sense of respect for the dignity of women, and crush them with their sadistic behaviours and actions. In some instances, women are unable to face the world as they feel that their confidence and self-esteem have been damaged irreparably, and so they take extreme steps to end their lives.

This is a very clear sign why *Ravan*, the symbol of five prominent vices, never gets burned completely in the Iron Age (*Kaliyuga*), because *Ravan*, actually, resides in the minds and hearts of ignorant, vicious individuals. Awakening the consciousness of individuals and society is very, very essential for the betterment and security of our citizens, and their optimal living as we pass through the end phase of *Kaliyuga*.

We express our gratitude to those courageous women, who have opened up about

the humiliations they have suffered in their professional and personal lives because of the impure and degrading attitudes of influential and powerful people. Many skeletons have, now, been brought out from the debris of time. Further, we ponder over the question as to what is the proper education for humankind that will enable them to renounce all body-conscious, wasteful and disrespectful thinking, inner weaknesses, and vicious vision and actions?

A very powerful education for re-development of the highest ethics, morals, values and principles needs to be promoted and appreciated; for only, then, will today's youth realise the value of their inner being, and understand their moral responsibility towards solving the crisis of character. Almost 99.99% of the entire world population is sleeping in the sleep of ignorance about their true identity, and not even 0.01% humans are aware of their identity of being spiritual individuals performing their respective roles through their physical identity and costumes, and that our actions make us our own friends or enemies. A very

powerful impetus is required for sustaining the young minds about the beauty, capabilities and powers of the inner self or spiritual being.

We, the people of Bharat, take pride in being the progeny of the deities of Golden Age (*Satyuga*) or Paradise (*Bahisht*), as there are references to this in the scriptures. If we are related to the goddesses and gods (*Devis-Devatas*), who are the perfect and complete forms of human existence, why do we find it so difficult to try and emulate the qualities of Shree Lakshmi and Shree Narayan?!

We are nearing the annual celebration of performing rituals to welcome the Goddess of Wealth, Shree Lakshmi (Shree Varalaxmyai, Shree Shubhaayai, Shree Mangalaa Devyai) to our homes. Physically, everyone is busy in cleaning, painting, decorating, refurnishing their homes and office spaces, with the hope that Shree Lakshmi would descend and bless their homes with peace and prosperity.

The business establishments restart their Income and Expenditure Registers from New Year's Day, which follows a day after *Diwali*. The

two common words, Auspicious (*Shubh*) and Beneficial (*Labh*) are always written prominently on new Account Books. Though this tradition is carried out year after year, most people still remain ignorant about the significance of these words, which should have actually started from the day of *Diwali*: When we say '*Shubh*', it refers to adopting positivity in thoughts, words and deeds, and '*Labh*' means benefitting the self, family and society through our value-based, virtuous lifestyles and actions. We have been worshipping our idols, Shree Lakshmi and Shree Narayan for centuries; but now it is time we pay close attention to the following praises we extend to them, and live our lives accordingly, to whatever capacity possible: ***Sarv Gunn Sampann, Solah Kala Sampoorn, Sampoorn Nirvikari, Maryada Purshottam, Ahinsa Parmodharm.***

Let's make new beginnings from this *Diwali* by celebrating with oil lamps (*diyas*) as well as other modern electric/LED lights, but more significantly by enlightening our inner selves; because without inner enlightenment, these celebrations are very short-

lived and non-beneficial. Those of us, who have recognised this beautiful path of regaining our self-sovereignty, self-respect, self-empowerment and self-divinisation, can continue to celebrate and enjoy the external and internal Festival of Lights not for just once a day but every day!

It is always so beautiful to witness how the first lit *Deepawali* earthenware lamp is used to light the second and third and consecutive lamps, which is symbolic of our ever-enlightened Supreme Soul descending down from His highest abode to rekindle our souls, the bedimmed lamps, for our spiritual reawakening. When we are fully reawakened, we recognise the beauty of spiritual consciousness, divine behaviour and elevated actions; negativities and base, gross thoughts get automatically renounced and eliminated from deep within our hearts and minds. This is the need of the hour to solve the present day crisis of character.

The teachings of the Supreme Father, God Shiva, through Prajapita Brahma Baba, are simple but filled with deep clarity in

meaning. Every individual needs to learn the subtle aspects of spiritual knowledge and apply the same in day-to-day life for one's own happiness and peace as well as for the progress and upliftment of the society.

The members of the Brahma Kumaris worldwide spiritual institution keep diving deeper and deeper into the realms of Godly wisdom, and give time daily to experience the inner peace, inner richness, fulfillment, enthusiasm, joy and inner beauty.

My humble appeal to our spiritual sisters and brothers all over the world without discrimination is: please re-awaken your inner consciousness and start living as worthy human souls devoid of all negativities, drawbacks, illusions, vices and ignorance. Global Enlightenment is the basis for Global Peace and Global Wellbeing. *Diwali* celebrations will, then, be worthy of its name to awaken the divinity within all of us, and thereby help us regain our lost paradise.

Wishing everyone a very, very pious, happy *Diwali* and doubly-prosperous (materialistically and spiritually) New Year!

Om Shanti.

– B.K. Nirwair

THE QUEST FOR PEACE

–B.K. Indal, Dallas, Texas

The shadow of night lingers before dawn,
The birds sing and hail the morning sun,
The air is cool and such sweet silence emerges;
The birds and the caressing wind mixed with other melodies
Beckon the new day, a new story, a new leaf or page of life.

I awake with the silent touch of conscience –
Is it conscience, awareness, habit or inner stir, or something else?
Oh! a new day appears, like birth, with a blessing and an onward journey:
The peace and silence all around, thoughts stir with reflections
And the mind, it seems, remembers its source and gives thanks impromptu.

The day grows with might and pierces the night with light;
Awareness spreads in all directions, mostly external;
Sure, it seems, it is quiet and peaceful, yet different;
The peace sinks and thoughts prevail and wander;
So much noise of inner unrest explodes with complex disorder.

Oh! my thoughts dance with myriads of channels, all open;
Externally the eyes, ears, touch and other senses seem like peace;
Yet the inner drums of unrest implode with varied thoughts and restlessness;
Life's focus wanders so easily with external desires, ambitions and values;
Yet cries in silence, too ashamed to share the guilt of inner unhappiness.

For peace is within the core, the depth of the spirit, so sweet and pure;
The knowledge and key to touch the inner treasure of real self
Lies within reach, yet the resonance of subtle interference prevails with force;
The key lies within – be introvert and look deep within to reach the source of divine energy
And seek for the power and purity of thoughts to evolve from within.

I must now release the hold of the elements and luggage of tainted spirit and fly.
Let go the anchor of impure weight of negativities and sanctify the mind;
Touch God, the Ocean of Love, Knowledge, Peace and Hope
And once again experience His real love and the sweet peace within.

NOTHING IS DIFFICULT WHEN WE APPLY THE POWER TO TOLERATE

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



Every day in the *Murli*, Baba explains to us about the fact of “who we are”. When we realise that we are souls, we experience peace. In the beginning, we didn’t say ‘*Om Shanti*’. We just used to chant ‘*Om*’. Internally, we need to remember ‘who we are’. The soul has three faculties of mind, intellect and *sanksaras*. In the beginning, we received only this much knowledge: Who am I? Who is mine? We used to look towards Baba. Baba’s divine glance (*drishti*) would give great happiness.

Originally, there was only Pandav Bhavan at Mount Abu. The foreigners started coming there. Then, Gyan Sarovar was built. Now, we are sitting in Shantivan and Diamond Hall has also become small with respect to our present requirements. The Godly family has become so big. This was in the drama plan. This is God’s act. We have the knowledge of drama and we need to use it every day. If we use the knowledge of drama, we can remain free from waste

and negative thoughts.

The power to tolerate makes difficult task easy. Nothing seems difficult if we apply the power to tolerate. When we remember that we belong to Baba, nothing will seem difficult.

Now, we are detached from the body and bodily relationships of the old world. We are detached and we receive God’s love. The love we have received is merged in our eyes. Now, we don’t have the bondage of bodily relationships. We are free from ego and attachment. We don’t now say: I want this, I want that. Even if you are living at home, don’t come in the bondage of actions. Don’t get unnecessarily entangled with anybody or anything. Don’t come into the fluctuation of relationships. Remember that our Father is pleased only with the person, who has an honest heart. Such a soul receives help from the Father. That soul will feel that Baba is making him move ahead.

I have seen that many souls argue with one another. Baba has made us instruments. We have the power to

accommodate and pack up. Whatever situation comes in front of you, don’t expand it. Don’t drag it along in your life. Use silence in the soul-conscious stage to put a full stop. Whatever has happened is good and whatever is to happen in future, will also be good. When you keep applying a dot, your power increases.

The important values or qualities we should pay attention to are humility and truth. Even a slight arrogance doesn’t allow one to earn a true income. We also need patience. Don’t allow yourself to be in a hurry. If you hurry, you can make mistakes. Be generous. Increase your concentration. Sweetness is also very important. Make these values or qualities quite natural in your life. Every trace of arrogance should be erased. Say to yourself, “Baba is making me an instrument for His task. If I have these qualities, He can use me.”

We are Rajyogis. Our life is

(Contd. on page no. 24)

DREAMS PROVE MORE THAN JUST THE IMMORTALITY OF SOUL



– **B.K. Rose Mary**

We, the human beings, experience mainly three states in our life such as waking, sleep and dream. “Dreams are wonderful experiences, like a motion picture, that come to us during sleep. In details, they all vary and effect-wise they are sometimes entertaining, saddening or neutral; yet in essence they are often metaphorical in nature and “the touchstones of our characters,” according to Henry David Thoreau.

It takes intelligence and insight to make a story filled with metaphors because a careful study of events, woven through their cause-effect mechanism, is involved in such story making. Similarly, dreams are designed by very intelligent and insightful entity within us and, many times, they are presented to us as guidance when, our body is taking rest. This is what Carl Gustav Jung, the famous Swiss psychiatrist and psychoanalyst, who founded analytical psychology, found out from analyzing his own dreams. He considered dreams as the medium, which our sub-

conscious mind uses to communicate with us by delivering messages directly to the conscious. Although many different characters can appear in our dreams, he states, “Every character is a different aspect of our unacknowledged self or a prevalent situation in our life. Basically, we cannot easily retrieve the data stored in our unconscious mind, so dreams offer the opportunity to view the data so that we can achieve inner peace, balance and harmony and achieve self-growth and self-realization, which propel us towards our unique higher purpose....Dreams are impartial, spontaneous products of the unconscious psyche, outside the control of the will. They are pure nature; they show us the unvarnished, natural truth, and are, therefore, fitted, as nothing else is, to give us back an attitude that accords with our basic human nature when our consciousness has strayed too far from its foundations and run into an impasse.” (*Collected Works: Volume 10*)

Our soul knows the full history of our personality with all its minute details; hence, it is in a

better position to tell us where we are heading. And guidance is provided through dreams and through symbolic representations. It comes in the form of motion pictures because our subconscious mind thinks in pictures, uses pictorial language and takes in/gives out information through pictures. Only the person, who receives dream, is able to understand it because it pertains to his life, and the characters that appear in dreams reflect the different aspects of his own personality. Through regular practice, one can be able to take the message as easily as we take the symbolic messages from the Traffic Signals: Red Light (Stop), Green Light (Start) and Flashing yellow or orange (Cross with caution). Carl Jung was an expert in this; he took messages from his own dreams to guide his life and even to cure his clients. *He benefited from the study of his own dreams to such an extent that he wrote this famous statement: “Who looks outside, dreams; who looks inside, awakes.”*

The dreams that appear like motion picture happen when body is at rest, and all possible emotions are felt and perceived in dreams. In all these dreams, there is one who recollects, perceives and memorizes the same into the *waking* state. It is not only the reason and all the

powers of intelligent waking man are used in dreams but also they are all found to be even more active in dreams than in waking life. This shows that “the Hidden Self is the one who has and does all this...continuous personal identity being felt and perceived, the inevitable conclusion is that we are the Hidden Self and that Self is above and beyond both body and brain.” (William Q. Judge). No wonder, Baha’i, as a group, believe that dreams prove that we each possess more than merely our tangible, material life – that we all have an eternal life latent within us. “Dreams are illustrations... from the book your soul is writing about you.” (Marsha Norman, 1983 Pulitzer Prize winner). Finnish scientist Antti Revonsuo even adds a future dimension to the dreams when he explains, in his *Threat Response Theory*, the possibility that our minds use dreams as a sort of practice for real life as the dreamer experiences situations he/she might not have experienced yet, in order to test out abilities and prepare mentally. This is something I too can relate. I have had dreams in which I was sharing aspects of *Rajyoga* teaching with others and easily overcoming obstacles with some solid reasoning, which I had not so far used in my wakeful state,

and then I got up from sleep and made a note of it in the diary for future use. Interestingly, before dream starts, our ability to make movement with our body organs such as leg, hands, etc. are all temporarily shut down and movement is seen only in the eyes as the purpose is to provide us guidance, not to amuse or annoy us.

If a part of your intelligence were to study your life and give a coded message through pictorial symbols in a way that only you could understand it, it could prove more than just the immortality of your soul. Obviously, it shows you are a soul with vast intellectual and insightful ability to guide yourself with knowledge of what is right and what is wrong. See what happens when we look beyond our thinking ability. “The moment you start watching the thinker, a higher level of consciousness becomes activated. You then begin to realize that there is a vast realm of intelligence beyond thought, that thought is only a tiny aspect of that intelligence. You also realize that all the things that truly matter – beauty, love, creativity, joy, inner peace, etc. – arise from beyond the mind. You begin to awaken.” (*The Power of Now*, Eckhart Tolle). It is from this “vast realm of intelligence” that dreams are

designed. Many scientific discoveries (such as Periodic Table, Aromatic Chemistry, Insulin) have their roots in dreams. (<http://dreamtraining.blogspot.com/2010/12/inventions-that-came-in-dreams-largest.html>). Even Albert Einstein’s great invention of *Theory of Relativity* is connected with two dreams he had. (*Einstein: A Life* by Denis Brian p.159).

In view of the above, the primary knowledge everyone should have is this: “I am a soul with vast intellectual and insightful ability to guide myself with knowledge of what is right and what is wrong.” This primary knowledge can make the difference of heaven and hell! If you remember only half truth and say you are this transient body, you are inviting hell for you because you would then want to enjoy and accumulate as much as possible within the available period with the narrow and limited attitude that “let us eat and drink, for tomorrow we shall die.” Such insatiable greed has made this earth into a hell: “The world’s eight richest billionaires control the same wealth among them as the poorest half of the globe’s population,” (www.theguardian.com/global-development/2017/jan/16) which may remind us of the famous

idiom “dog in the manger”– an attitude of accumulating excessively whereas many are deprived of the same. This excessive accumulation is against a well-known Bible command: “Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same” (Luke 3:11). In contrast, when you realize that “I am a soul (*Atma*) with a body as my costume; focus is changed from transient body onto the immortal, immaterial being. And it is everyone’s experience that body is activated when the soul (*Atma*) enters and becomes a corpse when it exits, and everything happens according to some unerring law, which makes a person responsible-minded. In such knowledge, there is acceptance (peace); and, in peace, one interacts with others lovingly, resulting in joy. This is the result of knowing the fact and truth that we are souls (*Atma*), as Carl Gustav Jung himself beautifully put it: “Know all the theories, master all the techniques, but as you touch a human soul, be just another human soul.”

This is the knowledge even a child can have – a lesson that story of Muruga (Kartikeya) conveys. According to the story, Muruga imprisoned Brahma (one

among the Hindu mythological Trinity: Brahma Vishnu and Shankar) for creating people with no knowledge of *Om*, the short-form of the word *Aham* (“self” or “I”) over which cycle of body’s three stages (birth, growth and death) take place repeatedly. Muruga, the boy, thought that if people had the realization of *Om*, everyone would view each other as self (*Atma*), and would feel the need of loving each other as oneself. Muruga released Brahma only at the intervention of his Father, Shiva. Before dismissing this as a myth, let us consider a real experience from Swami Vivekananda. He had a shock of his life when he met a small boy, who exhibited extraordinary spirituality during his foreign tour. While he was on his way, after buying one kilogram apple from a fruit-shop, a small boy followed him and offered double price for that apple pack of one kilogram. When asked why, the boy said: “I noticed the shop keeper adding spoiled apples also into your 1kg. pack when you were busy talking to others. When you return to India, I don’t want you to talk negatively about our country.”

Behind the details of the story above and the real incident witnessed by Swami Vivekananda, the essence is

that even little ones can do what is right because anyone can know that he/she is more than this body and there is an immaterial entity that runs this body and this is true of anyone else – a knowledge that enables everyone to love others as himself/herself. Such knowledge is forgotten in the second half of every *Kalpa*, thereby making the earth a hell and it is reawakened in the human souls when God Shiva starts *Rajyoga* training programme at the concluding phase of each *Kalpa*. Today, a greater fulfilment of this can be seen in Brahma Kumaris Organization, which looks as though being in its childhood in comparison with other long-aged and great religions whose knowledge is like that of mythological creator. Yet their most convincing knowledge is this very primary knowledge about *Om*, which Muruga was convinced of. The Brahma Kumars and Kumaris even greet each other saying “*Om Shanti*”, which means “I am a soul at peace,” peace being one of the seven attributes of human soul (*Atma*). In peace, when they interact with others, qualities such as love, joy and purity blossom naturally, which benefit themselves and others and make the life greatly meaningful and successful. ❖

EFFECTIVE AND SUCCESSFUL TIME MANAGEMENT WITH EASE



Living a life full of work pressures and targeted deadlines in the present world of busy lifestyles and challenging relationships, can be very stressful for many people at times. What should one do to remain free from stress and at the same time keep one's efficiency at the highest level? Whenever one starts a new task, it is important to take care of a few following important things:

For example, if I am a project leader in my office, I need to analyse many other aspects apart from the various tasks of my work. The first and most important aspect is time planning, which means I know exactly how I will complete all the different aspects of the project successfully in a time-bound manner. I have to do this within a particular time frame, I have at hand. A very important aspect of time planning is how I keep my thoughts as less as possible. This is because the more thoughts that I have in my mind, the more time it will take to finish any task.

It is commonly experienced that by practising simple techniques like meditation to

silence the mind, work efficiency can be increased. That means more work will get done in less time. *A simple method of relaxing the mind is stopping our work after every hour and performing a traffic control of the mind.* The term *traffic control* means creating positive thoughts of different types like peace, love and happiness or even of characteristics like success, victory and faith. You can do this for a minute and then continue working. This will keep you focused and charged mentally for the next one hour. This is a principle of the mind and its close connection with the body. The more peaceful the non-physical mind, the more efficient the physical body will be in performing the actions correctly.

Whenever we are very busy, we need to take a break for a minute or two and talk to ourselves and create for ourselves a few positive and noble thoughts. In this way, the negative and ignoble thoughts will be replaced and reduced in our mind. We need a concentrated mind and intellect to perform actions in a positive and noble manner. For example,

if at a certain point of time, the requirement of our mind is peace, say this to the self: *My real nature is peace and I am originally a peaceful being or energy.* Also, look at everyone around and create the simple thought: *The energy of my peace is spreading to everyone around me and giving peace to them.* In a similar manner, if we are stressed because of a relationship, talk this to the self: *I am a sweet natured soul and I have to give love to everyone, even if I am not receiving the same from others.* We can also think like this: *I am radiating love to my home or my office and changing its atmosphere to one, which is filled with good wishes and good feelings.*

This can be done for one minute every hour. Depending on what we need, we can create the relevant positive thoughts. *These thoughts will make our workplace and our home congruent with what we think and feel. Also, before that happens, our own mind will become just like what we think. Our thoughts will influence our feelings and attitudes accordingly.* Relationships will be cordial and people will start co-operating with us more amicably and collaboratively. Also, we will be able to satisfy people much more with our sweet and soothing words, actions and manners.

Very often, apart from creating the right type of thoughts, which help in proper time management, what is required is a *good balance*. We need to check the self whether our time given to different actions is being distributed properly. These actions could be our work, our hobbies, our personal life, our health, our relationships and all other areas of our life. Very often, we define success wrongly for ourselves and run after it with the wrong beliefs acquired over a long time. As a result, our time sometimes gets utilized in the wrong way. So, we need to check some aspects such as which relationships of ours are the most important ones to us. We also need to check how much importance do we give to our work and to what extent we give it time for its successful completion. Also, is the *balance* between our personal and professional life okay? We need to analyze all these, keeping in mind the correct definition of success, which not only refers to material success but also to a calm mind and contented heart. Contentment is inner success, which is more important than material success. Once, we understand our priorities correctly, our time starts flowing in the right direction and manner.

We also need to check what we may gain or lose in our every action in the form of our internal mind's treasures like peace, love and joy. Suppose, we are running after our work ambitions in the search of success, but are we neglecting our relationships, our health or our peace of mind in the process? Also, some relationships may be giving us temporary happiness; but it is important to check: Are they taking us away from our eternal relationship with God? After all, if our relationship with God is strong, all our other relationships will be successful. The answers to all these and many such similar questions lead us to a good time allocation or distribution in our life, which is, in other words, also called effective and successful time management.

– *Awakening With Brahma Kumaris*

THE WORLD IS SICK

– B.K David, Paignton. England

The world is sick;
It needs a blind man's stick.

Like a player plays a game;
We need to play this game of life
In a way which is beautiful
And the world will soon change.

This world has catapulted truth
and goodness
Into outer space and, thus, lost
all its grace.

This world is on fire; five
flames of *Maya*
Have turned our life into a
huge deflated tyre.

The matchbox of life is, now,
ablaze
With the matchsticks and
people are burning with the fire
of their bad habits in a constant
daze.

From once being cool to now
the fool
And to now in pain that now
sees them set on fire
And also going down the drain.

TAPASYA FOR WORLD PEACE: MY PERSONAL ACCOUNT OF A B.K. RETREAT PROGRAMME

–H.R. Prakash, Bengaluru

“*Tapasya* for World Peace” – what a beautiful concept! In this regard, a retreat was arranged by Brahma Kumaris’ Cultural Wing, Bengaluru at their Yellapur *Tapovan* from 19th to 21st September, 2018. B.K. Vishwanath and B.K. Sharada invited me to participate in this retreat. It was a wonderful programme.

The retreat was conducted for three days. I am sure that all the participants enjoyed their stay there and the programme definitely gave them contentment and peace. During these three days, different cultural programmes, including discourses, meditation, yoga practice too continued from 6 a.m. to 9 p.m. All the programmes were well organized and gave solace and peace to all, who participated in this retreat. Though the time schedule was hectic, yet no one was tired. At the end of the day, they were as cheerful as they were at 6.00 a.m. in the morning.

This great Brahma Kumaris Organization welcomes people from all walks of life without looking at their religions, castes and creeds. The discourses,

which were mainly in Kannada, were heart warming. The main point to be noted in this organization is that though they have both Brahma Kumars and Brahma Kumaris, the organization is mainly lead by Brahma Kumaris. The Sisters, who gave discourses, were all either graduates or post graduates or Ph.Ds. Earlier, they were holding important offices in private and government organizations. They follow the footsteps of Prajapita Brahma Baba, the corporeal founder of this organization. They work for uniting people from all walks of life. Their aim is to bring universal brotherhood into practice. They work for establishing world peace. Their main mantra is “Work is Worship”.

When is universal peace possible? It is possible only when people love one another. Day and night we read in news papers or watch over TV regarding war, terrorist attack, rape, corruption, etc. Who is responsible for this? We! We have bound ourselves with the chain of Caste, religion, creed. We have forgotten our real nature. We believe in what

fanatics say. We are after fleeting weal. How to transform such a society? The ways of transforming it are what was discussed in the retreat.

You might have heard of “Blinked Horse”. We have bound our mind also like this. Thinking of our own viewpoint, we don’t care for the views of others, and blow our own trumpet, saying, “I am right and all others are wrong.” There is a small story of Mulla Nasaruddin: “Once, he thought he is dead. Though his friends and relatives were telling him that he is not dead, he went on saying that he was dead. They were telling him that he was talking, he was listening, how could he consider himself dead? But, he said that man can talk, listen; but, even then he is dead. They took him to a psychologist. He tried his best but he could not make Mulla come out of his pre-conceived notion. Finally, he took a knife and made a small cut on Mulla’s hand. It started bleeding. It was also painful. The doctor said, “Now, you are feeling pain, it is bleeding. Such things will not happen to a dead body.” Mulla said, “At last, I have learnt a truth. The doctor and others were very happy to think that, at last, they were successful. But, Mulla said, “Now, I have learnt the truth that the dead person can also bleed and feel pain.”

Next, man is amassing money; just accumulating

money. Neither he enjoys nor allows others to enjoy. There is no respite to his mind; he does not sleep in the whole night. He is only thinking of tomorrow. Once, there was a wealthy person. He accumulated a lot of money, working through his life. One day, he called his accountant and asked him, "How much money has he got? How many days will it last?" The accountant informed him that it is more than sufficient for three generations. Instead of being happy after hearing this, the wealthy man asked, "Is it only for three generations? I have been informed that I will get rebirth in one of next seven generations. Now, I have to earn money to last for seven generations to come. Now, I cannot lose any more time. I have to start working towards that."

The greatest ignorance of man is that he thinks he is this body. He does not know that 'He' and 'his body' are different. He should first know that he is a soul but not this body. The soul works through five senses-organs of the body such as eyes, ears, tongue, nose and skin. Whenever he looks at a beautiful thing, his mind wants to have it. Work of the intellect is to differentiate between what is needed and what is not needed; what is good and what is bad. But, even when the intellect says that this is not good for you, the mind ignores

the advice and wants to have it. In this way, mind is after whatever is seen, heard, sniffed, tasted and felt. It does not care what the intellect says. If it gets the object of its desire, it becomes happy; otherwise, it feels sorrowful. It does not understand that these happiness and sorrow are only momentary. It aspires for fleeting happiness. It does not think of eternal happiness.

Sister Rashmi gave a beautiful example regarding mind's fickleness. Once, a person aspired to become rich immediately without struggling. He was not interested in putting any effort. He wanted the money to flow to him on its own. He came to know about a saint living outside the town, who is very powerful to fulfil any wishes. He met the saint and told the saint about his wishes,. "Swamiji, I want to become very rich. I want you to give me certain *mantra*, which can make me rich immediately. The saint saw his face and smiled. Smilingly, he advised him to chant "*Om Namah Shivaya*" for 21 days in the morning after taking bath. He became very excited and started leavinig. The saint called him again and told him not to think of red-faced monkey while chanting the *mantra*. He came back home and next day took bath and sat for chanting the *mantra*. As soon as he sat for chanting, a red-faced monkey appeared in his mind. He

did everything to get rid of this hallucination but could not. He could not chant the *mantra* even once. This is the state of a fickle mind.

How to get ourselves freed from all these? The answer is practice of easy (*Sahaj*) Rajyoga. Man can become the real man by practising *Sahaj* Rajyoga, which is the main ideology of the Brahma Kumaris Organization. The Brahma Kumaris and Kumars (BKs.) always say that only through self-transformation, we can transform the world. Even the great ones have said that only through meditation, it is possible to control the mind. What is meditation? After sitting in a comfortable position, bringing the mind on a single thought is the essence of meditation. It is said that the self or soul (*Atma*) is situated in between the eyebrows. When we concentrate our mind at the centre point between the eyebrows, mind becomes peaceful. The fickle mind becomes calm and starts feeling the self. This can be felt with inner joy. When you feel that you are the child of the Almighty God, the Supreme Soul, the Eternal Father of all souls (*Paramapita Paramatma*), you feel the inner joy.

Sister Rashmi also told that the soul (*Atma*) is enacting its role in the Eternal World Drama (EWD) using this body. The BKs. stressed again and again on the

concept of “World transformation through self-transformation. Practice of easy (*Saha*) Rajyoga helps to achieve this self-transformation. It controls the fickle mind. It gives the conscious realization of the knowledge of the soul (*Atma*). Once, you come to know through meditation that “I am not this body but I am the soul”, you will be very calm, peaceful and you will feel eternal bliss. When you think of nothing else other than this bliss, that bliss is God. Even those, who come in contact with you, will also feel the vibration of that peace and bliss. If you get transformed, those around you will also get transformed. In this way, we will achieve world peace.

There are no words to describe about the service of the BKs. Our stay at Yellapur for five days was indeed a memorable one. There, each morning, right at 5 AM, we were served coffee, tea, milk, both with sugar and sugarless. With regard to breakfast and meals, we were treated royally, with utmost care, love and hospitality by the BKs. We had a very nice time. You will not find this royal even at young home. They did not allow us even

to remove our plates after meals. Though it was difficult for us to accept this, we had to agree because it is their tradition.

A peaceful mindset is developed in this retreat, which I feel personally. If we remain in this mindset for long; definitely, attainment of world peace is not far off. I offer my heartfelt thanks to all the BKs.

The cultural programmes were a treat to the eyes. The dance programmes were very well arranged. My sincere thanks to all the artists. Apart from this, the team of the Cultural Wing, which organized this retreat programmes, took us to beautiful scenic locations like Jog Falls, Sathodi Falls, Sirsi, Sonde, Tibetan City and Hubli B.K. museum, which is under construction. I, sincerely, convey my heartfelt thanks to each and every B.K. brothers and sisters and all the office bearers of the Cultural Wing for enabling the participants to realize the feeling of personal peace and world peace through Rajyoga meditation (*Tapasya*). ❖

OVERCOMING FRUSTRATION IN RELATIONSHIPS

There are two things in life that we can never change: the past and other people.

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

Frustration is a form of anger. You allow the negative emotion to control you, and, therefore, you lose control. In most of times, situations will not be as you want them to be, and neither will people behave as you want them to. Therefore, you can decide, now, if you want to continue allowing the other to dictate your reactions according to how they behave, which results in the loss of your rule, control and

personal power, or you can decide that no matter how the other behaves, you rule over your responses; you decide what you want to think and feel.

When another tries to control you and then gets frustrated because you don't do what he or she wants or you aren't who he or she expects you to be, they get in a bad mood with you; they look at you with anger, and, then, what do you do? You, then, place an invisible barrier between you and him or her. You do this in such a way that they cannot enter into your world and you do not leave yours either, they lose their influence over you. In the same way, when you try to control people you lose your influence over them and distance between you and them is generated. ❖

**CREATING A POSITIVE, SOOTHING
AND PEACEFUL ENVIRONMENT
THROUGH EXPERIENCE OF BLISS**

–B.K. Sujoy, Durgapur (W.B.)

Bliss is an eternal virtue of our souls. The direct experience of the stage or state of soul-consciousness leads to the sublime stage of bliss. The state of bliss is the positive state of energy of our souls, untouched by any material or subtle weakness or deficiency. Our inner state of soul-conscious mind is the source of bliss. The material attainments, degrees and certificates, and other forms of success in life are temporary sources of happiness. Inculcating the divine virtues, contemplation of Godly knowledge and performing all deeds and services with a soul-conscious state and selfless attitude is the real source of experiencing the virtue of bliss.

Every one of us desires to have peace, bliss, happiness, tolerance, truth, courage, divinity, justice, discipline etc. in life. In fact, we all prefer to have the eternal divine virtues and values. But, it is possible to have this stage of happiness only when one is conscious of the process and method of attaining these divine virtues

and eternal powers; and only then one can feel happiness and contentment in life.

It is a natural desire in the human mind to be able to experience bliss. Man searches for bliss throughout his life because the true experience of bliss cannot be compared with anything physical. The real source of bliss lies in our inner mind. When human mind experiences the qualities of love, peace and purity, the soul experiences the natural vibrations of bliss. Through the medium of Rajyoga Meditation, which enables one for establishing a lasting relationship between the soul and the Supreme Soul, one can experience bliss and can extend this experience for as long a period as one desires. When man experiences the true super-sensual bliss, he tends to forego and forget the sensory and sensual pleasures of the body. In fact, it is the spiritual knowledge, its application and practice of Rajyoga meditation, which lead to the true source of bliss. The

more one contemplates on the spiritual knowledge, the more the possibility of realizing the bliss increases. Spiritual bliss is the state of a higher level of soul-consciousness, which allows us to be free from all the bonds of body and to experience our inner spirituality, beauty, integrity, eternity, etc..

In order to create a positive atmosphere, it is essential to experience a state of bliss in the prevalent contradictory situations of sorrow-happiness, loss-profit, condemnation-appreciation, etc. One should not be influenced by any of these situations or states in the practical life. By focusing the mind and intellect and practising the soul-conscious state, one is able to create a positive atmosphere around him/her. While practising the Rajyoga meditation, one experiences Godly love and powers of the original virtues of soul like peace, happiness, love, power, purity, bliss, etc. This spiritual connection between soul and God, the Supreme Soul, creates a powerful bright light around one's own self and the pure vibrations of the virtues through meditation spread in all directions, thereby creating a strong, positive, soothing and peaceful environment for the self and others as well. ❖



RAISING OF CONSCIOUSNESS FROM BODY-CONSCIOUSNESS TO SOUL-CONSCIOUSNESS: THE ONLY TRUE EQUITABLE, INCLUSIVE, QUALITY AND LIFELONG UNIVERSAL SPIRITUAL EDUCATION

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

The term ‘consciousness’ refers to soul or spirit or self. Human soul or spirit is, originally and essentially, the spiritual child of Incorporeal God, the Supreme Father of all embodied human souls of the humanity. But, at present in this decadent Iron Age (*Kaliyuga*), when human souls have been completely indulged in Seven Deadly Sins such as sex-lust, anger, greed, attachment, ego, indolence and jealousy, the “consciousness” of all human souls has utterly “fallen down”, “degraded” and “deteriorated” to its hellish state from its earlier high and elevated deity status in the Golden Age (*Satyuga*) of Heaven; so, now the human beings (souls/spirits) have turned to be like the proverbial “biblical prodigal” children because they have been completely devoid of the essence of “values, spirituality and spiritual education”, which are essential to achieve the Sustainable Development Goals (SDGs).

Raising of Consciousness

The earlier Millennium

Development Goals (MDGs), the achievement target of which was 2015, were not fully achieved; and the achievement target of current

Sustainable Development Goals (SDGs) are targeted to be achieved by 2030. Mere efforts made in general

disciplinary education of humanities and sciences are not at all quite enough to attain or achieve the left-out or incomplete aims and objectives of the MDGs and those of the current SDGs. Unless and until the “values, spirituality and spiritual education”, which are basic to the ultimate reform, uplift and elevation of the human souls, are added to the general disciplinary education of humanities and sciences, the set noble aims and objectives of the MDGs and SDGs will remain as the mere mirages of the deserts and also as the unfulfilled day dreams.

Rising or “raising of consciousness” from body-consciousness to soul-consciousness is the only true

equitable, inclusive, quality and lifelong universal spiritual education, which will help in reform, uplift and elevation of the human souls/spirits and their ultimate “spiritual empowerment”. Now, all human souls/spirits including all stakeholders of education have been completely discharged and depleted of their original and essential *spiritual power* at the present time of “universal spiritual entropy” that is currently widespread and prevalent everywhere.

Definition of Equitable, Inclusive, Lifelong and Universal Spiritual Education

The term “equitable” refers to equity or equal treatment of all human souls; the term “inclusive” refers to including and embracing all human souls without any discrimination; the term “lifelong” refers to the fact that “life is a long journey” and education that is received should continue or last longer in life; the term “universal spiritual education” refers to the fact that “spiritual education” or

“education of the spirit” is universal because all spirits or souls are the spiritual children of the One and Same God, the Supreme Spiritual Father of all human souls.

Current State of Man

This thematic article highlights that modern man is, now, like the ‘prodigal son’ gone astray and insane in the wilderness of value-free world of rank materialism, corrosive corruption, nasty sensuality, consumerism and sentimentalism. The materialistic and consumerism craze of modern man aggravated by his willful segregation from values and spirituality, blind indulgence in Seven Deadly Sins and his wrong identification with body, transient delights of sensual bodily pleasures and his dogmatic divorce from God, who is the only source of all values, virtues, powers and the Spiritual Root of all sorts of sustenance for the whole Mankind and Cosmic Universe, have thrown human life out of gear and the values-led trodden track.

As “raising of consciousness” from body-consciousness to soul-consciousness is the only true equitable, inclusive, quality and lifelong universal spiritual education, without this education in practice, the quality of human life can never improve; without value and spiritual education in

practice, quality education will remain ever a mere dream in spite of the various educational plans, programmes and policies of the government, because behind the implementation of these lies the real Man, who is, in fact, a soul - an inner spiritual entity - instead of the body, the outer physical costume. Value and spiritual education in practice can be possible if education gives true understanding of the real Man, the spiritual consciousness, and of God and also of their significant roles in the World-cum-Time Cycle.

SDGs –

The Blueprint of the UNO

Obtaining equitable, inclusive, quality and lifelong universal spiritual education is the foundation for improving people’s lives and ensuring sustainable development. The Sustainable Development Goals (SDGs) are the blueprint of the United Nations Organization (UNO) with a view to achieving a better, more sustainable and developed future for all. They are meant to address the various problems and challenges, which we all face such as poverty, inequality, climate change, environmental pollution and degradation, and also a range of various social needs, which we wish to fulfil in



United Nations

our life such as education, health, social protection, job opportunities soothing and salubrious climate and environmental protection. These noble, useful, relevant goals are a clarion call by all countries of the world – rich, poor and middle income group of people – to promote health, wealth, happiness, peace, purity, prosperity, and justice in the vast beloved but endangered planet Earth at present. These goals interconnect one and all; therefore, it is highly important that we are required to achieve each of these goals by 2030.

Though some sorts of efforts have been made in general disciplinary education of humanities and sciences, yet universal spiritual education, which is, in other words, called the “rising of the spirit” or “raising of consciousness”, and, in fact, the urgent need of the hour, and also meant for helping us in achieving the Sustainable Development Goals, has been almost unfortunately, ironically and practically neglected so far in educational institutions and students’ life though it has been given mere “lip services” in our various educational plans, policies and programmes.

Soul and its Classification

The soul, the infinitesimal point source of invisible meta-

physical energy, is known by its inherent, eternal attribute, the consciousness. This attribute of consciousness is not an epiphenomenon of the brain or the electro-magnetic forces at work in the brain and elsewhere, nor can it be called the product of chemical reactions taking place at cellular level in the brain and other parts of the body. There is a difference between physical



energy or power of non-living matter found in nature in different states (solid, liquid, gas) that are made up of atoms and molecules of different elements and are either tangible or latent, and the metaphysical energy or power of soul and Supreme Soul. These are, for example, natural powers such as magnetic power, electrical power, electro-magnetic power, gravitational power, wind power, atomic power, heat power, solar power, mechanical power, thermal power, etc. which are God's wonderful gifts of nature to living matters - plants, animals, mankind - and not to be confused with soul's or God's power, or their existence or omnipresence in them. Science has

explained that the neutron, proton, and electron (though mobile in orbits in the nucleus of atom) present in molecule are non-living energies only, and non-living materials are made up of different elements and different non-living materials have different qualities; hence neither non-living matter is soul or Supreme Soul, nor soul or Supreme Soul is present in non-living matter(s). In other words, non-living matter has no consciousness, mind, intellect, *sanskars*, and feelings, chain of actions and reactions and karmic accounts as the souls have.

The human consciousness or soul/spirit is a universal and spiritual entity – a conscient point of divine light (*Divya Jyoti Bindu*). Inside the human body, it is located in the hypothalamus of the human brain; outwardly, its presence is indicated as a 'sandal dot' (*Chandan Bindu*) and 'vermillion dot' (*Sindur Bindu*)



in between the two eyebrows on the forehead of male and female body respectively. The souls are

hierarchically classified as the Supreme Soul (*Paramatma*), deity soul (*Devatma*), religious soul (*Dharmatma*), virtuous soul (*Punyatma*), great soul (*Mahatma*) and sinful soul (*Papatma*). The Supreme Soul (*Paramatma*) is the only One and Incorporeal God, the Spiritual Father of all souls of the humanity. The human soul (*Manav Atma*) can be a deity soul (*Devatma*), religious soul (*Dharmatma*), virtuous soul (*Punyatma*), great soul (*Mahatma*) and sinful soul (*Papatma*) according to the quality and nature of its own thoughts, attitudes and actions.

State of Modern society in the current Iron Age

But, in the current phase of Iron Age (*Kaliyuga*), the human soul has fallen to a state of demon (*Danav*) as quite evident from its negative, nihilistic, devilish state of mind and performance of nefarious and destructive actions in the forms of rape, murder, killing, loot, plunder, male chauvinism, exploitation (molestation and abduction) of girls and women, mob lynching, cow vigilantism, witch haunting, all sorts of scams, crimes, corruptions, bank frauds, and ignominious Bofors and Rafale deals, the current mutual threats of American President Donald Trump and North Korean

Premier Kim Jong-un. Behind all these outer inhuman, ignoble, shameless and devilish actions lie the utter degradation, deterioration and devaluation of the inner human 'consciousness', which have resulted in complete lack and loss of human, social, moral, ethical and spiritual values and spirituality in human beings, society and world, thereby leading to the prevalence of spiritual wasteland and the reign of Satan/Devil, the symbol of sins and vices, everywhere.

The modern English poet T.S. Eliot's poem *The Wasteland* also reflects the state of spiritual wasteland of modern society, which is the outcome of the isolation of man from God, and the collapse of moral and spiritual values and reduction of the human life to the bare naturalistic and animal plane - "birth (*Janma*), copulation (*Kama*) and death (*Mrutyu*)". This backward movement of 'spiritual discipline' is in sharp contrast with the forward movement of 'scientific materialism', which T.S. Eliot viewed as an advance into death in his following poetic lines:

"The endless cycle of idea and action,/Endless invention, endless experiment,/Brings knowledge of motion, but not of stillness,/Knowledge of words, but not of silence,/Knowledge of

words, but ignorance of the word./The cycles of Heaven in twenty centuries/Bring us farther from God and nearer to the Dust."

The social disintegration was the root cause of a deeper spiritual malaise of which the external confusion was simply a symptom or manifestation. The people of Sindh were only interested in the material profit and loss, which reminds of the famous English romantic poet William Wordsworth's often-quoted lines below: "The world is too much with us, getting/And spending we lay waste our powers/ Nothing in nature we see that is ours/We have given our hearts away; a sordid boon."

Inclusion of Value and Spiritual Education and Training of Rajyoga Meditation

Thus, the author feels that material wealth and prosperity can only provide the paraphernalia (*sadhan*) of happiness but not real happiness, which can only be achieved through inclusion and inculcation of values, spirituality and practice of Rajyoga meditation (*sadhana*). Mere



mundane knowledge, which produces sheer "intellectualism" and "materialism", merely enhances our vision only of the outer world and helps us earn our livelihood, but cannot give us real inner peace, bliss and happiness. Only transcendental knowledge or knowledge of spirituality can give us vision of our inner consciousness and the world of values and spirituality and also provide us real wisdom in true sense of the term. Only spiritual knowledge and practice of *values, spirituality* and *Rajyoga meditation* can transport us to the realm of real peace and happiness in this wilderness of material plenty and spiritual scanty.

The only hope and respite from man's present hellish state and bondages of sins and vices lie in the 'rising or raising of human consciousness' through inclusion or introduction of teachings of value and spiritual education and training of Rajyoga meditation in our present top-sided educational curricula and syllabi; and this can solely be effective and instrumental in the quantum leap of human consciousness from the current lowest and hellish state of body-consciousness to the higher, heavenly and blissful state of soul-consciousness or spiritual consciousness. **(To be Contd.)**

AN INTERESTING AND UNBELIEVABLE EVENT IN MY LIFE

–Nimisha Chandrakant Jani,
Atlanta, Georgia, USA



This is the account of an interesting and unbelievable event in my life, which may give inspiration to others as well. The account states how a sudden turn of events gave me a new life, a new birth, a new world, and a new thinking pattern.

I still remember the event in my life on 23rd June 2017, between 2 to 3 pm, when I was driving my car from my house to the hospital. I was a nurse in North Fulton Hospital and would always reach 15 to 20 minutes before the start of my shift. I was driving my car on a normal speed, when suddenly another car came from the wrong side, crossed the divider and fell on my car. The impact was so strong that my car flipped and overturned on the left side. I was in a semi-conscious stage at that time. The police came and arranged an ambulance for me to take me to the Hospital. The Police asked me to give a contact phone number; and, with Almighty Baba's help, I could recollect from my memory and gave them my sister's residence

phone number.

I was treated for multiple fractures with multiple surgeries on my left forehead (skull), left hand, left pelvic and left foot. The doctors and physiotherapists believed that it will take about 24 months or more to recover from the impact of the accident and there may be chances of permanent disability also.

First, I was totally in a bed. I was transferred to an Emergency Room (ER) and Intensive Care Unit (ICU). As I was not able to turn on my left side and right side, I was using Folley Catheter, Bedpan, Bedside Commode, Sliding Board and Wheel Chair. The doctors of the hospital treated me for my multiple fractures with multiple surgeries. I surrendered my thoughts to God Father Shiva Baba.

After 10 to 12 days, I was transferred from Gwinnett Medical Hospital to Glancy Rehab Medical Centre. Initially, I could not use my left leg. For my daily activities, I was on wheel chair, which would sometimes make me feel lonely and helpless.

However, I didn't lose my patience because I had sincere and complete faith in Baba.

Slowly and steadily, my bones began to get healed. I was discharged from Glancy Rehab Medical Centre and doctors advised me to take regular physical therapy while at home. My parents asked me to go to India for further treatment.

I came back to Ahmedabad, Gujarat (India) where I interacted with brothers and sisters from the local Brahma Kumaris Centre. Baba and Baba's B.K. family members proved a miracle for me. Their encouragement made me feel good and, now, I felt 95% recovery in my health - no disability, no pain, no disorder. I could not expect that much recovery in my life without their good wishes. Today, I am quite physically fit.

During my stay in India, I started meditating regularly and would wake up at early in the morning (*Amritvela*). Rajyoga meditation gave me a lot of confidence and inner power to

(Contd. on page no. 24)



IT IS HIGH TIME TO TAKE A QUANTUM DIVINE LEAP



–B.K. Swapan Rudra, Durgapur (W.B.)

Every moment has its own value, but some moments are very precious. The most precious time in the world history is the time of the Confluence Age (*Sangam Yuga*), the time of transition to a new and beautiful age. This is the time when we enjoy the benefits of having received the Godly knowledge directly from the Supreme Father. He gives the spiritual knowledge to the human souls, His bereaved spiritual children, only once during this nectarine period of time in the whole Kalpa, a long span of 5,000 years. We, the souls, help God to re-create a wonderful divine world on the earth in the following ways:

- ▶ (i) We, as His instruments of service, enable all the human souls to have liberation and to enjoy salvation in their next birth through dissemination of spiritual knowledge to them.
- ▶ (ii) Our soothing spiritual efforts of teaching them the practice of Rajyoga meditation also enable them in the corporeal world to tolerate the unbearable state in which the

world is now. During this beautiful *Sangam Yuga*, one can make one's own destiny for the whole *Kalpa* of 5000 years. God Shiva says that by following His teachings sincerely, one can acquire all divine qualities, values, virtues and powers from Him and become worthy of taking birth in heaven, the Golden Age. If this golden opportunity is lost by human souls, it is lost forever.

We are always busy in searching something somewhere, perhaps, without knowing what actual things to be searched out. So, our smile is false, our laughter is fickle, and our heart is heavy. We are not honest about how lost we are, and we can't figure out how to find ourselves again. We repeat the same mistakes over and over again, searching in vain for different results. In simple terms, both our inner and outer world are in complete chaos. Science and technology have worked wonders in many fields, but the basic human problems remain unanswered. There is unprecedented mental restlessness and discontent in

us. There is no doubt about the increase in our material progress and prosperity, but somehow this is not sufficient as we have not yet succeeded in overcoming suffering and bringing about peace and happiness. We have materialistic benefits and physical comforts, but we are yet to know our true identity. The greatest fallacy of the society is to earn more and more by any means and to spend lavishly to get comfort in the name of happiness. So, today, knowingly or unknowingly, we are vainly trying to buy health, happiness and peace. We all are very much confused in a number of ways by means of our false ideas, wrong concepts and old belief system.

In this way, we have, gradually, lost all of our virtues during our long life journey beginning from the Golden Age through Silver and Copper Ages to the Iron Age. But, there is hope as God helps us to restore back our divinity. It is high time to regain the lost qualities of the soul and to prepare ourselves for divine quantum leap again. God helps us to remember that there is goodness in each one of us. However, when we act in a way that is not congruent with our goodness or our inner core values, we lose our own dignity, self-respect and self-worth; and this leads us to delve deeper into

a state of despair and chaos on a personal level. Unfortunately, this not only affects the individuals but the world at large as every decision, action and thought that we produce from that state of being, manifest as it is.

To bring about a quantum leap or shift, we need to understand the eternal concepts of soul, Supreme Soul, drama and *karmic* philosophy. At this Confluence Age, God Shiva Himself teaches Rajyoga Meditation which helps the human souls to tackle their personal challenges by enabling them to become the master of their own life and thereby reclaim the joy of a happy, peaceful and satisfactory life. God is facilitating the task of self and world renewal with the cooperation of human beings, who transform themselves through receiving His spiritual energy through regular practice of this meditation. His energy purifies the inner system of the human beings, thereby activating the awareness of the eternal spiritual identity, the soul, which paves the way for the outer system of the golden culture to be created.

The Brahma Kumaris Organization is the unique global socio-spiritual organisation, which is wholly principled and guided directly by God Himself

to change the present *Kaliyugi* world through transformation of the human souls. This organization welcomes all the human beings, without any discrimination, for their spiritual transformation and manifestation of their divinity. It appeals all to become spiritually aware and consciously activate the original consciousness of the soul. The human beings have the following choices at the present moment:

- ▶ Recognition of the Confluence Age as the only period in the Cycle of Time in which God comes down upon the earth to do His task of re-creation.
- ▶ Let go of the limited fortune and create unlimited fortune for ever.
- ▶ Take direct benefit from God's presence by receiving His powers and qualities.
- ▶ Let go of the old ways, life-style patterns, mental set up, etc., and thereby become a true Brahmin. A true Brahmin is a transformed soul, who recognizes God and takes spiritual birth through the mouth of Brahma and follows the highest code of human conduct in order to serve humanity spiritually. This spiritual birth is not a birth by a change of body but by a change of human consciousness from the state body-consciousness to the state of soul-consciousness.

It is high time to create our own destiny for the grand future. Only the winners, who are refreshed and renovated with new propensities, will get the lottery of entering in the gate of Heaven. So, it is now or never. ❖

(.....Contd. from page no. 8)

simple and diamond-like. The value of our lives lies in becoming samples for others. Have you made your life a sample? Have you made yourself into a diamond and become a hero actor? Baba has given us so many good points of knowledge. He is making us trustees and soul-conscious. When anyone comes in front of me, I get the feeling to give him/her something. Baba has made us detached but loving. Now, we take from Baba and give to others. In the future, we will receive the inheritance of the heavenly kingdom. ❖

(.....Contd. from page no. 22)

come out of this difficult and problematic period. I offer thanks to Baba for His constant companionship and also to the teachers, brothers and sisters of Brahma Kumaris Centres for their help and unflinching support, which gave me utmost relief and a new lease of life. ❖


**THE PROCESS AND
POWER OF BLESSING**


–Anil Nanda, Patiala

Blessings are the positive thoughts created for everyone. It is your unconditional good thoughts, feelings and wishes that travel in the form of pure vibrations to all - a feeling of respect, love, success, wellbeing and help.

The best gift you can give to anyone is to bless him/her. Instead of getting anxious and becoming negative and worried about any concerns, just *bless* the people in right state of mind. You will not even be aware, how powerful your blessings can be. They truly work wonders and can have tremendous positive impact on anyone's life.

For example, when the child is sleeping, put your loving hand on his/her head and bless him/her with all good things in life, good health, success, love, anything and everything you want your child to have. When he/she is just playing, studying, eating, just bless him/her. If nothing specific comes to your mind just keep saying internally, "God bless you." Let us all bless and guide our children, instead of worrying and feeling anxious. Let this be your ongoing way of loving your

child throughout his/her life.

The Process of Blessing

You need to bless yourself first - if you are empty from within, how can you fill up another person? Blessings can be through words, but importantly through thoughts. It shouldn't happen that your words say something, but your thoughts say something else. These blessings should be selfless and without any motive behind them. In order to make these blessings powerful and effective, visualise and feel as if you were getting immersed in God's powers, peace, love, happiness and bliss and transferring these to another soul through you and, in the process, you become the powerful instrument in sending blessings in your soul-conscious state. You must have good intentions and a feel of self-respect. It is a sort of soul (Atma) - Supreme Soul (*Param Atma*) connection and as such takes the shape of "Prayers". We should bless exactly what is wanted or required and importantly without having any doubt of the end result. These can be of any

shape: Giving hope, encouragement, strength, motivation, support, success, etc.

For example, your child is going for a final examination and you bless him through such words: "You will do well; Don't worry." But, on another hand, if you are churning in your mind that "Throughout the year he has not studied; it is not known whether his paper will be okay or not. (*Pata nahi iskey paper theek hongey ki nahin*); then, your words and thoughts are not in harmony. Instead, you should think and say, "You will definitely do very well and come out with flying colours."

We cannot control the situations, but the person, who is receiving blessings, becomes strong enough to face the situations and cross these hurdles, without weakening his mind. Earn money along with blessings. Blessings will, additionally, bring happiness, peace and love in the house. For example, you went to buy vegetables in the market; the vendor told that vegetables, today, are not fresh; please buy from the adjoining vendor. The first vendor has kept your interest foremost before his own and, in the process, earned wishes and blessings from you and, consequently, has won over you forever

because of his honest behaviour.

I personally feel that not necessarily a blessing has to come always from elders to youngers; but, it can be reversed too. In fact, the blessings are pure wishes from one pure soul to another soul with pure intentions. It can come from youngers to elders also. The process of giving and receiving blessing can be personally tried and experienced with pure intentions. ❖

CONTENTMENT

The more positive the thoughts flowing through my mind, the more contented I will feel. It is easy to feel contented when we are praised and appreciated but to remain contented when we are being criticised and rejected is the mark of real spiritual strength. The way to develop this level of strength is to learn about God's way of loving. Only when I am in deep contemplation can I see God showing me the kind of love I need to express so that I myself never reject or criticise and always generate good wishes for others. Then, I will feel satisfied no matter what life throws at me.

Morning Musings & Night Notions



"You have to grow inside out. None can teach you, none make you spiritual. There is no other teacher but your own soul."

—Swami Vivekananda

"If you judge people, you have no time to love them."

—Mother Teresa

"The secret of health both for mind and body is not to mourn for the past, not to worry about the future but to live the present moment wisely and earnestly."

—Gautam Buddha

"Life is to be enjoyed, not endured."

—Gordon B. Hinckley

"A pretty face may be enough to catch a man, but it needs character and good nature to hold him."

—Thomas More

"Even if I know that tomorrow the world would go to pieces, I would still plant my apple tree."

—Albert Einstein

"Choose your love; love your choice."

—Thomas A. Monson

If winter comes can spring be far behind?

—P. B. Shelley

"Remember Me only; I'll absolve you of all sins."

—God Father Shiva



UNFOLDING THE SECRETS OF LIFE MANAGEMENT THROUGH MEDITATION AND SELF-EMPOWERMENT

–Dr. Pabitra Kumar Mohanty,
Unit-9, Bhubneshwar

I am not a spiritual *guru*; but, like a common man, I am unconsciously spiritual. Therefore, spiritualism agitates my mind and also the philosophy behind it. From time immemorial, India has been the seat of spiritualism and oriental philosophy. Eminent proponents of the subject have enlightened the people around the world with their thought-provoking discourses. The point of discussion here is: how spiritualism affects and moulds our lives. Therefore, in the same vein, the moot point here is, whether it is necessary to have discussions to add some essential virtues to our lives in order to improve the quality of lifestyle and social parameters in general. However, after all, the main focus is on: What is spiritualism? and Why should we consider it to be part of our life? The subject is wide and very vast and can be viewed from different angles. Unfolding the secrets of life management could be one of them.

First of all, to unfold the secrets of management of life, we need to understand (a) the

process and purpose of life; (b) to have an understanding about life's inner-functioning; (c) to empower oneself through techniques of meditation; (d) to learn skills for better management of life and; (e) to get enlightened with India's glorious ancient philosophy for a fruitful life ahead. The preceding objects get easier to achieve and practise when we know that all humans have spiritual dimension by nature, not withstanding its varied degree of manifestation in each individual. However, it is, generally, believed that the essence of spirituality springs mostly in late life and consists of finding core meaning in being in relationship with God. As experience shows, people tend to become spiritual as they grow and become old enough to understand the rigors of life with each passing day. Its manifestation may vary from person to person but each of them has the same kind of inherent notion to attain the desired spiritualism though its capacity, gradually, increases with regard to self-acceptance

and perception of a life having integrity.

The process of life begins at home and is greatly influenced and modulated by the surrounding environment from childhood till we age; but, the purpose of life is manifold and may manifest in several ways during the lifetime. Maturity in wisdom adds an extra bit to spiritualism in the sense that it enables us to differentiate what is wrong and what is right. When we think of life as a whole, we find out what our inner being wants, i.e., the purpose of life. At first, it may be quite confusing to begin with but for the sake of 'purpose', it is desirable not to look at it as "finding" the purpose but rather "exploring" it because human beings are dynamic creatures, who do not have a one dimensional, fixed approach in life. Every one of us has a variety of interests, talents, experiences and identities that intersect each other in different ways and at different points in our lives, thereby offering innumerable correct and perfect avenues for contributing to the world wellbeing at various stages of life. We are free to choose any of them to achieve the essence of spiritualism and make it our goal as human beings.

The first thing to do in this process is to enter into a deliberate, rapid-fire inspiration. Simply put, you need to be inspired to take certain actions

on weekends or at leisure to measure up your potential by ploughing through books, documentaries, intelligent articles on topics of interest and, simultaneously, other 'weird' topics you do not know much about. In this process, you could find time to productively connect to people of learning and share experiences leading to most attractive and exhilarating ways to incorporate those elements to daily life. When this becomes a habit, you should devote certain specific hours of the day for interaction with intellectuals, godly men, besides reading books on the subjects of interest. In doing so, you can maintain a consistent and well-balanced life with a daily dose of inspiration.

Life has a characteristic that distinguishes physical entities that do have biological processes and functions. Various forms of life exist on our planet but, unlike them, man differs in many ways. Besides, inside the body of man there is a soul with mind, which both interplay with each other as long as he lives and regulates various activities whether bad or good. Our deliberations may, therefore, revolve around the body, mind and soul. Theologically, our life is connected to God and the concept is that though the body may decay after death, the soul remains eternal. The definition of

life has several connotations and, is, therefore, controversial.

Understanding life's inner functioning is dependent upon physical wellbeing of a person; nevertheless, it is greatly influenced by his spiritual wellness. A balance among the soul, mind and body is essential for happiness in life. For that matter, for a good person, happiness can mean different things and is variable for different kinds of people. For some of us, it is based on moral compass revolving around charity, generosity, empathy and doing no harm to others or the self. On the other hand, many people associate their life with wealth, good careers and high standards of living, commensurate with the trend of materialistic world. However, a person may be esoteric in his lifestyle and amalgamate some kind of benevolence while going for high standards of living that require material wealth.

Spiritualism has a role to play on this score. The soul and mind the will have a role to strike the right balance between thought and action in every individual life. This should be an important attribute in the life of every person. Unfortunately, most people rarely give it a thought. In today's materialistic world, we spend time, money and effort on frivolous surface demands and needs of the brain and body and

ignore the soul and mind. It is, now, time for all of us to ponder over this.

Mind, the thinking faculty of the soul, can function at different levels and different directions. It is the thought mechanism that propels our body to experience and works in tandem with brain and the soul. An unsound mind can make man to turn to be a devil. The mind serves as the memory bank and controls future actions - good or bad. Universal Intelligence or nature's wisdom, which is a God's gift to every individual, is the natural intuition. Intuition helps us to foresee hazards of life ahead. If there is a disconnection with Universal Intelligence or nature's wisdom, our intuition can be lost. If intuition is lost, a person can face disappointment, failure, stress, loss of faith, loss of self esteem and becomes low in confidence from which the fears for future, hopelessness and depression arise. In such cases, a life is virtually lost though it can be salvaged through counselling and meditation practice.

Peace of mind and physical wellbeing are ultimate aims of our life. There are many ways to achieve these aims. These can only be attained through self-empowerment. The weapon for empowerment is within reach of every one of us. It is simple and does not cost money and not very difficult to adopt.

What we need is perseverance and will to practise daily at a given hour of the day. Then, what is it? We must have heard about it and may have ignored despite its potential with regard to empowerment of the mind and soul and wellness of body. All that I need to say is: "meditation" is the method practised by a cross section of people worldwide to overcome stress. This was one of the most valuable gifts given ever to the mankind by our Saints and *Yoga Gurus*. There are several methods and principles to practise the art of yoga or self meditation. The Brahma Kumaris Organization teaches freely the method of Rajyoga meditation, which links the human soul with God Father Shiva, the Incorporeal Supreme Soul, and helps in self-realization and God-realization leading to ultimate self-empowerment.

Self-empowerment means that you take charge of your own life. It involves recognizing the power and ability to live from our natural state of life. The main purpose of self-empowerment is to achieve peace of mind. Though it may sound obvious yet most of us do not achieve it in its real sense. Then, what should we do for self-empowerment to transform our life from a dull and stressful state to a happier and stress-free state. Here are some following points to ruminate

during leisure and translate them into action practically:

- ▶ **i) Be Aware** - Awareness involves recognizing your environment yourself and your power to disengage from stressful things.
- ▶ **ii) Let go of the Past** - You must learn to live in the present moment or the "now" and forget the past, which may be laced with inner anger or grudge. Forgiveness is a valuable part of the achievement of inner peace and perfect antidote for all evil doings. Forgiveness is a great attribute bestowed by God upon man.
- ▶ **iii) Develop a new mindset** - If you are willing to expand and grow as a human being, you have to develop a new mindset. Think about your current dominant thoughts, habits and beliefs. Judge whether these are serving you in a positive manner or taking you to negative and evil ways. Change the negative thoughts into positive ones and proceed further.
- ▶ **iv) Don't worry about the future** - Adopt a mindset like a care free man. Accept the truth regarding what the future holds for you and challenges of tomorrow, which are inevitable as an empowering event that you can constructively utilize in your journey towards – finding

inner peace.

- ▶ **v) Trust others and yourself** - Trust is the quality that propels you as a better decision-maker and helps you be a good man. Trust generates trust. Trust in your abilities. Mistrust breeds contempt and may prove ruinous and destroys peace of mind. So, abhor mistrust.
- vi) Self-recognition** – Try to find out who you really are to know that you are a self/soul and what you stand for. Once, you recognized your abilities, everything becomes easier for you to achieve. Through this process, you can achieve self-empowerment.
- ▶ **vii) Be responsible** - To be more empowered, you must know exactly what you are responsible for in your life. Taking responsibility makes you empowered automatically and, therefore, independent. Do not run away from this virtue of life.
- ▶ **viii) Relax** - Take time out from your daily chores to meditate. Meditation is an excellent way to free your mind of stress. Take a few minutes each day to seek and enjoy silence because meditation boosts serotonin, a brain chemical, associated with mood. Meditation improves your attitude and your nights become more restful. Additionally,

meditation decreases stress hormones and helps in reducing tension and stress.

► **ix) Share your greatness** – Now, that you are on way to self-empowerment, share what you know about with others, who may be less fortunate than you. Allow people to see how great you have become with your new found independence, knowledge and peace. They may wish to become like you. Nowadays, very few amongst us try to share their wisdom with friends, family members and younger generation; so, cultivate a habit to share your new found ability and the way you acquired it.

► **x) Be truthful** - This is the trump card of the entire of process of self-empowerment. Don't be afraid to confess guilt. Therefore, honesty is best policy when it comes to achieve self-empowerment. Don't treat yourself any differently from others. Be truthful with yourself.

Skills required for better life management are mostly occupational and area specific and vary according to age group. "Life skills" refers to the skills you need to make most of life. This is a very important aspect from whatever angle one may view. But, in general, good life management skills include a good moral code to live by. This

code further includes being honest, loving others and God, taking care of yourself and family and all sorts of things. That is what we should try to learn and practise.

These basics give us a framework to operate life in harmony with the society and its surrounding environment. Another important skill is learning how to live within your means and living in a way so that you earn more than you spend, which reduces stress and strengthens financial security. Other precautions include avoiding unhealthy habits like alcohol, tobacco and other drugs beyond those for medical needs. These may be termed as personal skill that is essential to help maintain a healthy body and mind. Anything, which changes priorities, mood and abilities and harms you ultimately, must be given up. For example, drunkenness may be fine at times but most people avoid it and prefer soberness. Finding ways to relax that give you rest from activity, will be a fine proposition for better life management.

To get enriched with Indian ancient methods of life management, one has to know about Indian ethos. These have been scripted from time immemorial by our great *munis*, *gurus* and social reformers. The subject is too vast and would

require a bigger canvas and time to deliberate. In brief, Indian ethos gives rise to a common set of ideals, which, if actively practised, provides solace. It is recognized that these ideals have served as "deep structure" of Indian ethos and all *The Vedas*, *The Upanishads*, *The Smirities*, *The Puranas*, *The Ramayana*, *The Mahabharata*, etc., which have all blossomed out the fundamental values, virtues and spirituality in human life. As a principle, all the efforts of human life should be directed towards true and practical realization of the Ultimate and Absolute Reality, as human beings are considered superior to all other forms of life on the earth. This can be achieved by merging one's individual consciousness with the Supreme Universal Consciousness. This means an understanding that mindfulness is awareness and open and receptive to whatever is happening within us or outside. Besides, Indian Ethos also considers life as an opportunity to achieve a state of ultimate bliss in which a person is established in complete peace, unaffected by the happenings around him. This state of mind is called "Stitha Prajna". This is the state of mind we seek in our life time.

According to Indian Ethos,
(Contd. on page no. 34)

PRECEIVE THE WORLD AS A FAMILY

–B.K. Banshidhar, Bhubaneswar

The United Nations Organization (U.N.O.) emphasizes on the importance of considering and perceiving the entire 'World as Family'. The sole purpose of this is to re-establish the loving family ties among the different sections of people in the World. At present, we are living in a fast changing, modernizing and globalizing society with a mixed population of different religions, races, cultures, faiths, etc. But, this has created an environment of conflict, violence, poverty, inequality, hostilities, wars and terrorism due to the rapid erosion of human, social, moral, ethical and spiritual values in the humanity. As a result, the humanity faces common enormous social, environmental challenges and relational problems that victimize all and threatens the human dignity, life and existence.

At present, we are living in world of crises, i.e., crisis of poverty, educational crisis, economical crisis, crisis of environmental degradation, cultural crisis and crisis of

human values. In sum total, we are facing an imminent crisis of peace and peaceful co-existence, as a result of which people of various sects suffer greatly due to lack of harmony, co-ordination and mutual reciprocation in their lives. We, today, find ourselves in, what some have called, a global human crisis or a common crisis of humanity.

Vasudhaiva Kutumbakam is a Sanskrit phrase, which means that the whole world is one single vast family. The statement does not just denotes about living in peace and harmony among the various societies in the world, but also denotes about a universal truth that somehow the citizens of whole world have to live with the cardinal principle of universal brotherhood of Man and the Fatherhood of One Incorporeal God in order to prove that we really belong to one-world-family irrespective of all our varied outer and physical differences, because originally and essentially we have the same or similar inner and uniform spiritual identity as

souls. The whole objective of societies in the world today should be to work towards the philosophy of *Vasudhaiva Kutumbakam*. The moment there is a lack in the feeling of oneness in the society, it may give rise to injustice and depletion of peace in the society. God's vision for the world is a world of truth, love, joy and peace and to create a feeling of 'World as a family', which is possible only if the people perceive themselves and others as souls.

Spiritual knowledge gives us the understanding that it is not the external divisions of cultures, languages, religions, genders, ages etc., which has created rift among the people but it is the internal barriers of hate, anger, jealousy that are going on within each one, which has created so many divisions. Practice of soul-consciousness by people will eradicate the feeling of division among the people and lessen the distance among them and, then, they will feel the world as one Divine Family. This spiritual sense of universal unity gives sustenance, strength and courage to make the impossible possible.

If our desire is to move forward and make changes in our life, the first thing for all of us to do is to learn to meditate. When we connect ourselves with the Supreme source of all goodness and power in silence, it means

that we are drawing these same goodness and power into our inner selves; and, with this meditation practice, we can stay on our course steadily and move towards the ultimate destination of achieving constant and eternal peace. As we hold in our view the pure desire for truth, pure love and happiness, this motivation will move us towards spirituality and our highest goal of achieving divinity and deityhood, and thereby we will move in the direction of non-violence, truth and love at all levels, as we move away from any inner negativity that has restrained and negatively impacted us.

As we see the present world is in the fag-end of *Kaliyuga*, the Dark Age, we need to ask ourselves whether we want to be part of the negative force that plunges us into the depths of *Kaliyuga* or be part of the transition that takes us into a new unified world of peace purity and prosperity.

To establish a One-World-Family in the world, Incorporeal God Father Shiva started a movement 80 years ago through His corporeal medium of Prajapita Brahma, who formed an "Om Mandli" consisting of a group of God-loving sisters, called Brahma Kumaris, in 1936. The institution, He founded, brings

together people of all diversities and varieties from more than 137 countries, and, this is possible when they hold the awareness that they all belong to one human family and when they come to a spiritual understanding of being spirit but not body – a combination of flesh, blood, bone and skin. So, let us come to this spiritual understanding, and move beyond divisions. Here, in this Brahma Kumaris Organizations, Hindu, Muslim, Buddhist, Christian and all other religious and linguistic categories of people are treated as spiritual brothers and sisters who regard the Supreme Soul as the Universal Father of all souls of the humanity. If one

visits Mount Abu, the head quarter of the Brahma Kumaris, one will experience the divine love and affection as if he/she is also a part of this universal family.

In conclusion, this spiritual love can change the world. The spirit of spiritual love in thought, action and deed will flourish in anybody, who thinks that world is his/her family and sees treats and every one as a soul. Though U.N. was created 71 years ago, yet it has not been to establish a better world and better family life where peace and happiness can prevail. Only a deep state of spiritual consciousness and connection with the Divine can transform this world into a better one. ❖

PLAYING WITH PEARLS OF VIRTUES

– B.K. Urvashi, Mount Abu

It's a wonder how God manages to be so enchanting since His uniqueness cannot be attributed to the parameters human beings normally associate with an attractive personality such as etiquette, education, fashion sense, social contacts etc. Though God's purity, wisdom, power, love... are intangible, **when I am soul-consciousness I get exposed to God's unparalleled magnetism.** The more I stay in this spiritual magnetic field, my mind and heart experience a slow but permanent change. I learn to appreciate myself and others for things beyond physical qualifications.

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

The soul, now, comes nearer to God

The self, now, stands on its own status. There is, now, more harmonious flow of awareness of God. The soul is, now, not aware of anything else except its Spiritual Father. The mental distance between soul and God, now, narrows down. God, the object of meditation, comes nearer and nearer to the soul, or the other way round, the soul goes nearer and nearer to Him. As the meditation process advances, the human soul gets more and more clear view and comprehension of God's glory. Now, meditation begins to take the form of concentration of thoughts on God. Gradually or quickly, attention becomes manifestation, that is, *Dharma becomes Dhyana. The stages of meditation, concentration and absorption now finally converge into a single continuity of experience wherein the feeling of body or the gross world is absent.* Though the human soul dwells in the body yet it is no longer aware of it and the bond of love between the soul and God, now, is as between two intensely loving friends, who have lost all the awareness of the world and are cut off from the immediate present environment and are enjoying the happy spiritual union.

In this state of absorption, ideas of space and time evaporate

Then, the state of absorption becomes so intense that the ideas of space and time, which were there because of the touch of body, now, evaporate into pure being. In this state, one is not conscious of being in London, New York or Delhi nor is one conscious of whether it is day or night. No more is any 'human-ness' present there. Man is, now, not a national of any particular nation or country. The gross form of objects has gone and even the subtle form has been transcended. In this state of absorption, the awareness of time and space is gone. One, now, becomes less and less an object and more and more a subject so that a stage is reached when one becomes a spiritual being-in-self. Only the idea of 'I' (soul) and 'He' (God) is there in the form of realisation.

It is like the river meeting the ocean in a metaphysical sense. The soul, now, feels inundated, as it were, by the Light and Might of God. It, now, begins to feel as though it is getting a strong infusion of joy. This consummating experience is very ecstatic and wonderful. It is an all-inclusive experience. It cannot be described in language.

The luminous contact

One, now, feels satisfied that a union between soul and God, the Supreme Soul, has taken place. The soul is enchanted by this luminous contact, which looks like two flames from welder's pipes, meeting together. The soul, now, shines brilliantly in its pristine purity and glory. The very fact of being penetrated by God's light and might is, now, a source of inexpressible and immeasurable joy.

It is a joy that does not come from things and objects because they are not any more there. It is a joy that is the very characteristic of the self. The mind is, now, transported into a state of blissful experience.

This experience is super physical. The spiritual glory, now, reveals itself to its own self. It is a sort of feeling, which one gets when bright sunlight is falling on one's face in cold winter or moonlight is falling on a hot summer night. It is both in one, for it is soothing as well as energizing. It brings with it a feeling of satisfaction, born of the luminosity and resplendence of the self and of God.

One, now, feels as if one is being carried away by a very strong current of God's light and might or is being 'charged' by it, as a battery is charged by a dynamo. One is possessed, so to say, by the power of God, the Supreme.

One is extremely happy because *one is a pure being now*. There is complete melting away of the sense of physical body and its sense-organs. It is a state of being-qua-being or *self-qua-self*. This is the state of being, which is known as the state of “I-am-what-I-am” or “I-am-that-I-am”.

One has touched the Ocean of the Highest Being and is enchanted by His very contact and feels transformation reaching his very core. Words fail to describe this. Speech is hushed. Liberation, one feels, is not an attainment to be had in the future but is an experience of now and here.

When one comes back from this highest state of being into the world of matter to engage in action, one still has an awareness of the Transcendent. One does not have the ego that he is the doer. He considers himself as a mere trustee. There is the pure sense of being there, now. One wonders where all the physical objects, the house, the office, the friends and relations, the status and wealth, have gone? Where are they? Soon, one realises that they have vanished because his body-consciousness has completely vanished and that body-consciousness has been eliminated by the supreme transcendence and realization of soul-consciousness. So, he, now, realises the self and also the esoteric truth that the world-consciousness will go if one lights up the lamp of divine wisdom and soul-consciousness and that one can always have this peace that passes understanding, for this is his very own real, original and essential nature. ❖

(.....Contd. from page no. 30)

four objectives of human life stand out in forefront: (a). *Dharma* (Supreme Duty or Categorical Commitment; (b). *Artha* (Wealth or Material; (c). *Kama* (Desires), and (d) *Moksha* (Salvation or Liberation). Whatever may be your desire, the ultimate objective should be salvation or liberation from sins or vices and worldly bondages. Therefore, we pray to God in the morning and evening to release us from physical bondages and seek for alignment with Him. Further, according to the Indian spiritual tradition, Nature is like our mother and she deserves same loving and respectful treatment. Other values which ancient Indian tradition teaches us are to perform our duty in a pure, honest, sincere and selfless manner and to offer it to the divinity without indulging in future expectations. When you practise it, you will have the feeling of unparalleled satisfaction and peace.

The subject is immensely vast but concluding my article, it would be appropriate to pen down certain values of life as espoused by great thinkers for inclusion as a part of our life management, which are as follows:

- Consider every human being having a soul, which is full of potentials.
- Consider every work as sacred and take it as a Duty and perform it sincerely.
- Perform your work and duties with all sincerity and dedication.
- Maintain equanimity of mind and do not react in haste lest you may repent later.
- Share material prosperity with others.
- Consider “Welfare of all” in your every action.
- Take your people/employees to a higher plane of spiritualism. Try to be a role model.
- Perform your obligations and duties towards parents, teachers, followers, and society and the nature as a whole.
- Finally, offer every work to the Divine. ❖

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1. **Bhadoo:** Sister B.K. Vijaya Lakshmi is presenting Godly gift to Smt. Smriti Irani, Union Minister of Textiles, Govt. of India. 2. **New York:** Sister B.K. Mohini and B.K. Jayanti along with others are celebrating the 60 years of dedication of Sister B.K. Mohini and 50 years of B.K. Jayanti in the Yagya with lighting of candles and cutting of cake. 3. **Birganj (Nepal):** In a programme "Launching of Global Enlightenment for Golden Age", are Mr. Ramesh Prasad Kurmi, MLA, B.K. Raj Didi, Naval Kishor Sah, Social Development Minister of Province 2, Mrs. Paras Sah, MLA and others. 4. **Australia:** Dr. B.K. Savita from Shantivan is among the B.K. Brothers and Sisters in a group photo after the class. 5. **Mumbai (Santacruz West)** Brother Arjun Rampal, Actor, Producer, and Model visited Santacruz West Centre. Also seen in picture are BK Meera didi, Santacruz Subzone Incharge & BK Vinita Behn. 6. **Lucknow:** Inaugurating the "Tableau of Live Goddesses" are Mr. Suresh Rana, Sugarcane Development & Industrial Development Minister of U.P., B.K. Radha and others. 7. **Sunni (Shimla) :** In Annual Day Celebration of B.K. Centre are Mr. Virender Kanwar, Village Development and Panchayat Minister, Mr. Suresh Chandel, Ex. MP, Mr. Hira Lal, MLA, B.K. Prakash and others. 8. **Agra (Idgah):** Inaugurating the Campaign on "Disaster Management of Cleanliness" are Col. Vishnu Singh, Group Commander, N.C.C.; Col. K.A. Saini, Commanding Officer, U.P. Air Squadron, N.C.C.; Sister B.K. Sheela, B.K. Bharat Bhushan and others.



Delhi:

Sister B.K. Asha is giving Godly gift to His Excellency Bro. Ramnath Kovind, President of India, after discussing with him about spiritual knowledge. Bro. B.K. Brijmohan is seen along with them.

Abu Road (Raj.):
Rajyogini Dadi Janki, Dadi Ratan Mohini, B.K. Nirwair, Dadi Ishu, B.K. Atamprakash and others are inaugurating the 1 MW PV Solar Plant at the India One Solar plant near Shantivan, Abu Road.



Lucknow:

B.K. Mruthyunjay is presenting Godly gift to Hon'ble Chief Minister of U.P. Shri Yogi Adiyatnath. Sister B.K. Radha and others are seen.

Shanti Sarovar (Hyderabad):
In a programme "Grand Global Cultural Festival" Mr. Alexey Talai, Motivational Speaker, Mr. APN Sharma, Advisor to Govt. of Telengana; Mr. B. Venkatesham, Secretary, Deptt. of Culture, Govt. of Telengana, Sister B.K. Santosh, B.K. Kuldeep and others are seen in a group photo.

