



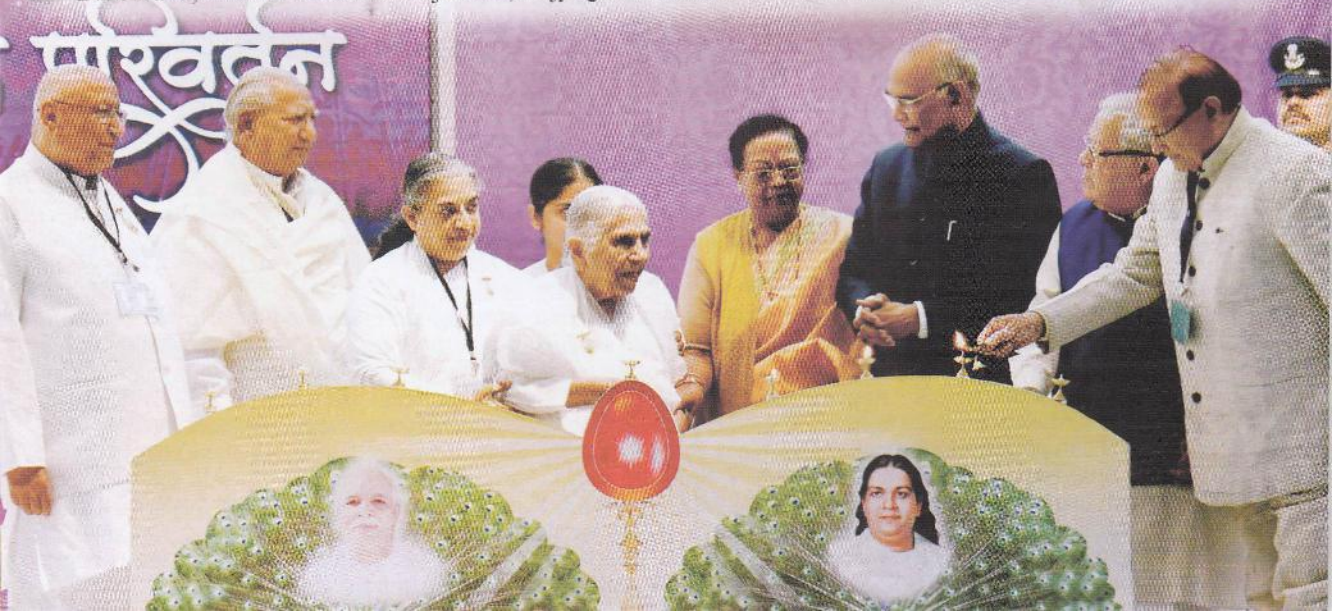
The World Renewal

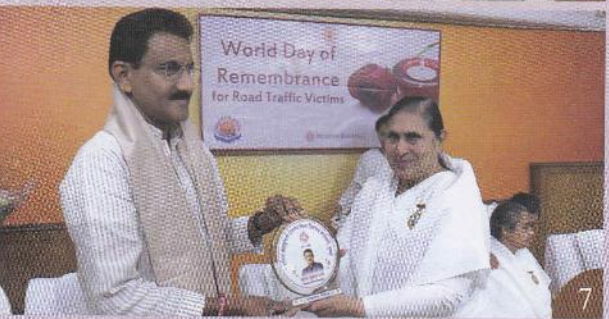
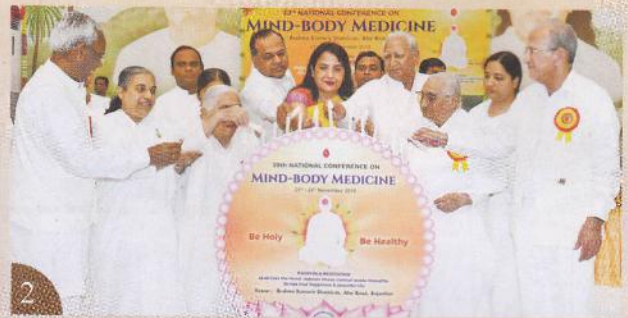
Monthly

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Abu Road (Shantivan): H.E. Mr. Ram Nath Kovind, Hon'ble President of India, is greeting Dadi Janki, Chief of Brahma Kumaris. Below: He is also inaugurating a National Convention on 'Empowerment of Women for Social Transformation' along with First Lady, Mrs. Savita Kovind, H.E. Kalraj Mishra, Hon'ble Governor of Rajasthan, Mr. B.D. Kalla, Power Minister of Rajasthan; Rajyogini Dadi Janki, B.K. Nirwair, B.K. Brijmohan and others.





1. **Kushinagar:** Rajyogini Dadi Janki is laying the symbolic foundation stone of "Shiv Jyoti Bhawan" along with B.K. Radha, B.K. Meera and others. 2. **Abu Road (Shantivan):** 39th National Conference on "Mind-Body Medicine" is being inaugurated by Rajyogini Dadi Janki, Rajyogini Dadi Ratanmohini, B.K. Nirwair, Dr. Sonal Rawat, Director of Preventive Health and Wellness, World Book of Records UK; Dr. Banarsi Lal, Dr. Pratap Midha and others. 3. **Khargone (MP):** Shri Shri Ravi Shankar, Founder of Art of Living, is being presented Godly gift by B.K. Kiran. 4. **Raipur:** B.K. Kamla is applying *tilak* of self consciousness on *Bhaiddooj* festival to Mr. Bhupesh Baghel, Hon'ble Chief Minister of Chhattisgarh. 5. **Mysuru:** After launching of SAT Wing Campaign from Mysuru to Mathura on "Mera Desh Meri Shan", Mr. Manjunath R., Airport Director, Mysuru, Mr. Uday Kumar, Regional Manager, KSTDC Mysore; B.K. Kamlesh, B.K. Lakshmi, B.K. Santosh and others are in group photo. 6. **Birgunj (Nepal):** A newly constructed building "Om Shanti Bhawan" is being inaugurated by Mr. Jitendra Sonal, Minister for Physical Infrastructure & Development; B.K. Raj, B.K. Ravina and others. 7. **Madurai (TN):** National Conference on "Excellence in Social Service" is being inaugurated by Justice Dr. P. Jothimani, Chairman, State Monitoring Committee of National Green Tribunal; Dr. A. Zamir Basha, Rotary District Governor; B.K. Amirchand, B.K. Pushpa, B.K. Uma, B.K. Onkar, B.K. Pandiamani and others. 8. **Edison (New Jersey, United States):** Mayor of Edison Mr. Thomas Lankey is in group photo with B.K. Amirchand from India. B.K. Ram Prakash and B.K. Sheetal after giving him the Godly message.

From the Mighty Pen of Sanjay



SINCERITY IN OUR LIFE



It is an auspicious sign that an increasingly large number of educated people have, now, started raising their voice about the need to practise values in order to improve the quality of life and to make the world a better place to live in. It is a sign of this age and also of intellectualism that once people take up a topic for serious discussion, they begin to analyze it, dissect it, describe it and give a detailed explanation of it from various aspects. For an in-depth study, and in keeping with the spirit of the times, it is alright. But, all these discussions and descriptions lose their purpose and charm if we merely intellectualize them and do not give spiritual content to them and put them into practice. Vitamins are of value as they remove certain deficiencies and provide us certain essential nutritive components. But, mere talk of Vitamins, without taking the required one in our physical system, would not help us. So also may be said of values. Talking about Values has its own value but it has no relevance unless we implement them.

Another thing to which we must pay proper attention is that most people talk about Values for two reasons. One of these is that it has become fashionable to talk about them. There is a wave or current, and one would like to go with the current and not against it. Years ago, Brahma Kumaris Organization published a book on Moral Values, Attitudes and Moods. At that time, 'Moral Values' was not a popular subject and a publisher would think many times before investing money on publishing a book on this subject. But, now, it is perhaps one of the most popular subjects for conversations, discussions, dialogues, conferences and articles. Even the United Nations Organization (UNO), now, focuses on values in solving some of the world's greatest challenges. In 1971, in New York, I wrote a piece on the topic: Environmental Pollution and Mental Pollution. I approached a prestigious Newspaper to publish the piece. They did not consider it a current subject and expressed regrets. But, now, environmental pollution is number one on the global agenda and speakers at International Conferences also talk about 'mental pollution' in that context. Today, people might talk on the subject of values to show that they also are with the spirit of the times but the need in this case is that they should themselves realize the importance of Values and not merely be carried with the current flow.

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WOMEN EMPOWERMENT - NEED OF THE HOUR



On Page 7 of Times of India 3 December 2019 Issue, we see a mother affectionately hugging her 24 year-old daughter, Sub-Lieutenant Shivangi, who has scripted history in the sky, by becoming the Indian Navy's first female Pilot! She has been inducted as SSC (Pilot) after completing her NOC course from Indian Naval Academy in Kerala. There is another picture showing her receiving the qualification wings from the Chief of Southern Naval Command, Vice Admiral AK Chawla. She expressed her happiness by saying, **"It's a proud feeling for me, my parents and it's a different feeling. I have been craving for this since a long time...It will create more opportunity for women who want to join Defence..."**

Another very intriguing headline was noticed: **Bohra girls learn to defend self in wake of Vadodara rape.** Another young girl has become **well-renowned for starting a campaign on emission of gases from chimneys and so on.** It appears that there are so many heroines playing their respective roles as per their individual passion and calling. **We applaud these brave and committed women for their initiative and achievements, now and in the future.**

Long ago, in 1936-37, the Founding Father of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, which was then known as Om Mandali, had the great vision to bring

about female empowerment with a difference. His personal belief along with Godly revelations motivated him to start a new-age spiritual educational institution, and entrusted the responsibility of its functioning on the young Brahma Kumari sisters and mothers, under the leadership of our first Administrative Head, Mateshwari Saraswati. This unique Centre of Spiritual Learning emphasised simple practices to transform personal outlook and attitude, and engage in regular study and self-empowerment through **Spiritual Wisdom.** Though other religions/cultures have always taught the above, here the main subjects of **Implementing Spiritual Values and Inner Powers, and Application of Spiritual Wisdom in day to day life were being taught from a totally new foundation of being God's children, and not devotees.**

No doubt the teachings had to be evolved afresh from the *Shrimat Bhagwad Gita* and direct teachings of Supreme Incorporeal Father, God Shiva, through the Founding Father, Pitashri Brahma Baba. **Some deep secrets of human endeavour relate to remembering that human beings were once pure and worship-worthy like their ancestors, Shri Lakshmi and Shri Narayan, the double-crowned deities and rulers of the perfect era of peace and happiness: Satyug or Golden Age, and it is our duty to return Nature, the World and ourselves back to that most beautiful stage.**

As per the teachings of the Bhagwad Gita, there had to be a formal educational system for bringing about self transformation from ordinary human beings to elevated, self-realised Sahaj Rajyogis. The Founding Father

knew very well that the hundreds of young sisters and brothers who had gathered together needed intense spiritual effort-making to do away with the age-old social stigmas and orthodox ways of living, especially where females were considered inferior and insignificant citizens. God's ways are strange, as they say. He is known as Bestower of 1) Spiritual Knowledge, 2) Third Eye of Wisdom and 3) Divine Vision & Trance Messages. **Each day of those 14 long years of new learning, healthy discipline and community-life became the most precious years of their lives, as it enabled the 370+ inmates of the first batch to transport their consciousness above worldly possessions, relations, status, restrictions and materialism to adorn the uniform and consciousness of 'Angels-in-the-making'.** This brought them the practical experience of a spiritual birth based on unlimited attitude, pure thinking and diet, elevated vision, new language and divine karma.

It was probably the first time in the history of humankind that Soul-Consciousness and the Supreme Being's remembrance became an integral, loving and natural part of day to day life. There was no renunciation of action, but renunciation of negative thinking, attitude, and interactions. **They became Messengers of God to share the guidance of re-emerging one's eternal, powerful stage of being a soul or spirit that manages the physical body, rather than being influenced and subdued by the external costume and energies. This practice of Soul-Consciousness rids human beings from the falsehood of Body-Consciousness, and attraction to the vices**

that have plagued humanity for thousands of years.

The lives of these spiritual path-breakers became a treasure-store of inspiration to hundreds and thousands, who went on to accept this original teaching from the Supreme Being, and practice living with soul-consciousness while leading family and professional lives. As is normal, it was difficult for the people of *Kaliyug* to perceive such high ideals in daily life, until they had undergone the Foundation Course of Godly Knowledge and Sahej Rajyoga. Today we have millions of Rajyogis, sisters and brothers, leading pious lives while fulfilling their worldly affairs with dignity and success. **They are all over the world, speaking different languages, holding down various professions, but sharing the same spiritual wisdom which has been disseminated from the original source, the Ocean of Spiritual Wisdom and Bestower of the Understanding of Rajyoga Meditation.**

Contrary to common belief that the journey of Spirituality should only be undertaken once one is retired or in their twilight years, **the application of these principles of Spiritual Learning and Rajyoga Meditation are for all ages.** It may be formerly conveyed to students from Kindergarten to University, as every individual in our present world is in need of leading a balanced life that caters to modernity and technology, but never loses sight of inculcating spiritual principles for better living. Technology is transforming lives, but let's use it for positive development, and dissemination of Spiritual Knowledge. A new wave of higher consciousness would

prevail upon the depleted value systems of families or societies, thereby containing the negativities, vulgar mindsets and depraved behaviours towards girls and women that are shockingly prevalent today.

Not a day goes by without being confronted with heart-wrenching news of young females being tortured and sexually abused by cruel perpetrators. These devilish individuals have lost the sense of humanity to such an extent that they pounce upon vulnerable, pure children and women, and do not think twice before destroying their lives... **These extreme signs of Kaliyug have been brought on by the lack of education in Moral Values, Spirituality and Karma Philosophy. Further, the easy access to drinking and other addictions have made people believe they are invincible, and so they commit these heinous crimes, which have been ferociously discussed in the Parliament and by Media.** All families have to take a determined thought to live with goodness and virtues, and teach everyone around us the same.

We have to genuinely express our empathy for victims of any kind of defamation, abuse and savagery, and give them full support for treatment, rehabilitation and a better future. The responsible and influential instruments and leaders of society should advocate the need for Spiritual Wisdom, Meditation and maintaining respect for females in particular, and all human beings and living creatures in general. This has to be a way of life, and not just opinions made viral when situations erupt, because the people's sentiments are mainly aggressive and volatile during those incidents,

so Social Leaders and Catalysts need to plan proper foundation courses in Moral & Value Education. In particular, users of social media, and story-writers, directors and producers of films are humbly requested to refrain from exhibiting negativity, and violence from their presentations and movies, as this contributes to the degrading psyche of morally weak people. Let entertainment and visuals be inspirational and joyous for families as a whole, allowing them to grow as individuals and learn the secrets of happy, peaceful and progressive living.

Keeping in line with the above goals, we are happy to share with our Readers and Well-Wishers that a **National Convention on Women Empowerment for Social Transformation was organised in the Brahma Kumaris' Shantivan Campus from 6-7 December 2019** for 3500 Dignitaries and Participants from all over India. It was most humbling to have the Hon'ble President of India, Shri Ram Nath Kovindji, bestow his gracious presence and wisdom on the Brahma Kumaris family, while inaugurating the National Convention at 1pm on 6 December. Hon'ble Governor of Rajasthan, Shri Kalraj Mishraji, and other powerful Government VIPs of Sirohi District and Rajasthan State were also present to pay their respects to our Hon'ble President, and show allegiance to the large gathering of women and their goals of empowerment.

We are sure this historic gathering will become the roots for greater levels of service of humanity.

Om Shanti,

– B. K. Nirwair



BEATING THE STRESS AT WORKPLACE



– B.K. Manjula Baijal,
Begur, Bengaluru

While workplace stress to some extent is normal, excessive stress can interfere with your productivity and performance, may impact your physical and emotional health, and affect your relationships and family life. It can even determine success or failure in the job. You can't control everything in your work environment, but that doesn't mean you're powerless, even when you're stuck in a difficult situation. Whatever your ambitions or work demands, there are steps you can take to protect yourself from the damaging effects of stress, to improve your job satisfaction, and to bolster your wellbeing in and out of the workplace. "You don't have to make yourself miserable to be successful; you will never feel truly satisfied by your work until you are satisfied in life."

Causes of Stress at Workplace

In today's hectic world, the workplace too often seems like an emotional roller coaster. Long hours, tight deadlines and ever-increasing demands can leave one feeling worried, drained, stressed and overwhelmed. And when stress affects your ability to cope, it starts causing damage to your mind and body as well as to your job satisfaction.

No matter what you do for a living, or how stressful your job is, there are plenty of things you can do to reduce your overall stress levels and regain a sense of control at work. The common causes of workplace stress include the following:

- Fear of being laid off

- More overtime due to staff cutbacks
- Pressure to perform to meet rising expectations but with no increase in job satisfaction
- Pressure to work at optimum levels, all the time
- Lack of control over how you do your work
- Constantly meeting the deadlines

When you feel overwhelmed at work, you lose confidence and may become angry, irritable, or withdrawn. The signs and symptoms of excessive stress at work include the following:

- Feeling anxious, irritable, or depressed
- Apathy, loss of interest in work
- Fatigue
- Poor concentration
- Muscle tension or headaches
- Stomach problems
- Social withdrawal
- Using alcohol or drugs to cope

The following are some of the **tips to beat workplace stress**:

Tip 1: Beat workplace stress by reaching out

Sometimes, the best stress-reducer is simply sharing your stress with someone close to you. The act of talking it out and getting support and sympathy, especially face-to-face, can be a highly effective way of blowing off steam and regaining your sense of calm. The other person doesn't have to 'fix' your problems; he/she just needs to be a good listener.

Having a solid support system at work can help buffer you from the negative effects of job stress. Just remember to listen to them and offer support when they are in need as well. If you don't have a close friend at work, you can take steps to be more social with your co-workers. When you take a break, for example, instead of directing your attention to your smart phone, try to engage with your colleagues.

Leaning on your friends and family members,

Positive thoughts generate atmosphere of love, cooperation, hope and healing.

as well as increasing social contact at work, having a strong network of supportive friends and family members, are extremely important to manage stress in all areas of your life. On the flip side, the lonelier and more isolated you are, the greater is your vulnerability to stress.

Build new satisfying friendships. If you don't feel that you have anyone to turn to at work or in your free time; it is never too late to build new friendships. Meet new people with common interests by taking a class or joining a club, or by volunteering your time, as well as by expanding your social network. Remember that helping others also delivers immense pleasure and can help significantly in reducing your stress.

Tip 2: Support your health with exercise and nutrition:

When you're overly focused on work, it's easy to neglect your physical health. But, when you're supporting your health with good nutrition and exercise, you're stronger and more resilient to stress.

Taking care of yourself doesn't require a total lifestyle overhaul. Even small things can lift your mood, increase your energy and make you feel like you're back in the driver's seat.

Tip 3: Set time for regular exercise and meditation:

Aerobic exercise – activity that raises your heart rate and makes you sweat – is a hugely effective way to lift your mood, increase energy, sharpen focus, and relax both the mind and body. Rhythmic movements – such as walking, running, dancing, drumming, etc. – are especially soothing for the nervous system. For maximum stress relief, try to get at least 30 minutes of activity on most days. If it's easier to fit into your schedule, break up the whole activities into two or three shorter segments. And when stress at work is mounting, try to take a quick break and move away from the stressful

situation. Take a stroll outside the workplace if possible. Physical movement can help you regain your balance. At the same time, go for meditation practice sessions, which will provide you stress-free experience.

Tip 4: Make smart, stress-busting food choices:

Your food choices can have a huge impact on how you feel during the work day. We enjoy best health when we are careful about what we eat, the company we keep, the images we absorb, the time we honour and the people we respect. Eating small, frequent and healthy meals, for example, can help your body maintain an even level of blood sugar. This maintains your energy and focus, and also prevents mood swings. Low blood sugar, on the other hand, can make you feel anxious and irritable, while eating too much can make you lethargic.

Tip 5: Eat only Sattwik food:

The *Sattwik* type of food is filled with vibrations of purity, self-awareness, love, peace and joy. This category of food includes fruits, vegetables, beans, nuts, grains, milk and dairy products. It helps your emotions and mind to remain in a stable and peaceful state. This, in turn, affects your thoughts, attitudes and behaviours. Avoid *Tamsik* food including meat, fish, eggs, alcohol, onions and garlics.

Minimize sugar and refined carbs. When you're stressed, you may crave for sugary snacks, baked goods, or comforting foods such as pasta or French fries. But these “feel-good” foods quickly lead to a crash in mood and energy, thereby making symptoms of stress worse, not better.

Reduce your intake of foods that can adversely affect your mood; these include caffeine, trans fats, and foods with high levels of chemical preservatives or hormones. Eat more

(Contd. on page no.17)

Together we have made this world hellish, together we can make it heavenly.

CELIBACY - THE FOUNDATION OF HAPPY MARRIED LIFE

–**B. K. Jyotsna Kulkarni,**
Belagavi, Karnataka

Spirituality is not just another aspect of life but it is the only path to lead a happy and peaceful life for any person whether he or she is married, a bachelor, a professional or a religious or spiritual aspirant. In the spiritual path, celibacy is the greatest and the purest form of instrument for one's progress. Some find celibacy impossible to observe especially in a married life because they have not understood the concept properly. However, the fact is that spirituality without celibacy (*Brahmacharya*) is like trying to cook food without fire.

What is Celibacy?

Chastity or complete purity in thoughts, feelings, words and deeds is called celibacy (*Brahmacharya*). It is the freedom from lust in thoughts, words and deeds. Bodily pleasures are temporary and lead to the long-time imprisonment of misery. Giving up such pleasures out of sacred love towards God for eternal bliss is the celibacy.

Benefits of Celibacy

There cannot be any language without vowels; you cannot draw a picture without canvas or a wall. Even so one cannot have spirituality in life without celibacy. It is the basis for morality. It is the shield for waging war against the vices of lust, anger and greed. It is the foundation for experiencing divinity. Celibacy promotes focus and concentration. Concentration and purity always go together. A celibate's mind is always pure, free from negative and waste thoughts and can concentrate with better results. With the

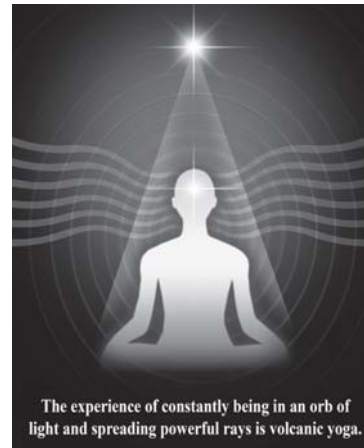
presence of such great celibates people get empowered and connect to their core values, feel peaceful and divine. Even God loves celibates.

Rajyoga Meditation Makes Celibacy very Simple

Since decades, it has been strongly believed that observing celibacy while being married or being with spouse is impossible. So, to practise spirituality and to attain higher consciousness, many took the path of renunciation, leaving behind their spouses and family. But, Rajyoga meditation makes as celibacy in married life very simple.

Incorporeal God Shiva incarnates on earth through the corporeal medium of Brahma Baba and make the practice of celibacy easy, simple and natural by changing the consciousness of human beings.

Rajyoga gives us the knowledge of our true



identity; a pure beautiful divine energy, called soul, which is experiencing life through this human body made up of five elements. 'I am the soul and not the body.' Soul is neither male or female but a divine energy,

which cannot be seen or touched. We all are soul-brothers. This simple truth is revealed by God Himself and this knowledge gives the power to observe celibacy easily.



Every human soul plays his/her role accurately as per the scheme of drama..

Celibacy is a Boon in Married Life

The self or soul becomes spiritually powerful by conserving soul-energy. One, who practises celibacy (*Brahmacharya*) in the right way, can conserve his/her soul-energy and can gain all the spiritual powers by staying in the company of God, the Supreme Father. In the present scenario of this Iron Age (*Kaliyuga*), internal conflicts, external fights, extramarital affairs are common everywhere, but celibacy restores harmony and peace of mind. The state of celibacy makes the mind free of any unwanted desires and feelings and helps to overcome negative emotions such as possessiveness, doubts, insecurities, jealousy, fears, misunderstandings and arguments, which are common in the relationship of husband and wife.

Celibacy is a celebration in married life. Celibacy brings an enhanced form of self-awareness and God-awareness, and mind and intellect can easily concentrate on God who is ever - Pure, Supreme and the Almighty. One starts feeling filled with powers and qualities of peace, love and happiness and this opens up the heart to give and share these in each and every relationship. Thus, relationship, especially between husband and wife, becomes very beautiful, and they stand for each other to unconditionally give and give, instead of wanting and craving for anything in return. The choice of celibacy makes people stronger in themselves, more autonomous and more self-confident. It liberates both genders from their over-reliance on each other and supports greater equality. Trust and respect become the foundation of relationship, expectations get reduced and acceptance becomes natural, thereby giving a sense of celebration with joy. Observing celibacy is equal to choosing a destiny of unlimited happiness and unconditional love.

Rajyoga – The only Way to Sustain Celibacy for Life

Celibacy helps to make way for the virtues and bring inner transformation. Those, who wish to scale higher on the path of spirituality and yoga, need to follow a celibate life. God Father Shiva says that those, who are weak in purity, find it hard to concentrate and experience yoga. Therefore, celibacy is a must. Without celibacy no one can become a yogi, and to sustain celibacy for lifetime, Rajyoga is the only way as it shifts our consciousness from the material to spiritual.

Looking at the body just pulls the mind towards attractions of the physical world. But, by having spiritual vision, seeing others and self as soul, we are freed from the thoughts of the physical world and this reduces and simplifies the thoughts in our minds. Waste thoughts are naturally neutralized. Spiritual vision emerges deep love and good wishes for the self and others; and, then, the feeling of mercy for others becomes natural. Negative attitudes of hatred and jealousy remain merged and we remain merged in company of God as our Friend, Teacher, and Parent. Spiritual vision broadens our understanding and gives us the power to pass this on to others so that they can forget the body and body-consciousness. Just as God Father Shiva sees us all as souls, so also our vision becomes equal to His vision in relation to all souls. The world of matter appears simply as a stage and we are no longer pulled by it. Experiencing this freedom from the influence of the body and human relationships, we can experience that a sheltering canopy is over us, which is protecting us, and there is the safety in having all relationships with God. Hence, the intense practice of celibacy brings us to the highest seed-stage of self awareness, which is the ultimate goal of Rajyoga. ❖

In order to be truly charitable begin your charity at home

WHATSAPP: A BOON OR A CURSE



–**B.K. Bharathi**,
Begur, Bengaluru

Albert Einstein has rightly said, "I fear the day that technology will surpass our human interaction. The world will have a generation of idiots."

Ever since phone apps like WhatsApp and other social media like YouTube, Facebook, Twitter, Instagram, etc. have invaded our lives, we have become the slaves of technology. Numerous studies have been conducted linking social sites to depression, social isolation, eliciting feelings of envy, insecurity and poor self-esteem. It is an addiction that has encircled humans in its vicious web. And the more time we invest in it, the more we lose our sanity. Indeed, a question we all need to ask the self, "Where am I these days?"

I too found myself getting addicted to the world of social media. So, I decided to leave the addictive smart-phone behind and take out some time to connect with the inner being and God, the Supreme Being. I wanted to be with myself and with God. And believe in me, life without the instant messengers and WhatsApp is a breather. There are a number of reasons to quit WhatsApp or limit it and other social media sites. Being addicted to social media networks leads to significant time loss, thus, affecting studies or normal routine. How often do we open our smartphone and suddenly find ourselves having lost 30 minutes or perhaps hours of our day?

I was added into a number of unwanted groups and sometimes in a group with a number of people whom I don't even know. And, then, there are the unbearable notifications from the group messages, which consume space on the phone. One simple forwarded message gets

over 20-30 replies and the constant beeping literally can drive you nuts.

We have forgotten the meaning of true happiness. Meaningful activities like outdoor games, hobbies and connecting with nature help us to enjoy the present moment and stay balanced. But, with the coming of technology, the time for the self seems to have evaporated, causing a lot of harm to our emotional wellbeing and leading to a monotonous and sedentary lifestyle. The happiness that one gets in exploring one's qualities and talents are affected as one on social media is constantly seeking more acceptance from people through "likes", not life. Many people will convey all the positive pictures, status updates, etc.; but, then, their real lives speak differently.

Our sense of creativity also goes for a toss. Yes, I know it's fun. Meeting new people, reconnecting with old friends, discussing irrelevant issues with strangers, exchanging photographs, etc., but every minute we spend on WhatsApp, Facebook and Twitter or checking new updates is another minute we aren't writing, or reading, or nurturing our creative spirit. Just like a delicate flower must be treated with respect and dignity, it must be nurtured, given the proper nutrients: water, sunlight, fertilizer, a touch of love. If properly taken care of, it will reward you with a bountiful garden. Similarly, our mind needs to be taken care of and must be nurtured with beautiful and necessary thoughts and good information to generate creative ideas.

The general concept of social media is to have the ability to 'connect' with others, but, in reality, it allows very little physical interaction between people. After the invention of Instant Messengers like WhatsApp, Hike, Viber and so on, the old concept of greeting through a phone call has simply vanished. Rather than getting



It is easier to find other's fault than to find one's own faults.

wishes through a call or even a personal message on festive occasions like New Year or *Diwali*, we are, now, attuned to receiving a forwarded message on our WhatsApp messenger. There is no time left for self, or for family members. For maintaining good relationships, it is important that we understand and appreciate each other's feelings, spend considerable time with one another, and limit the amount of time that we spend on social media. Making precious memories with our loved one's is far more valuable than living in a virtual reality.

By deleting these apps from my phone, I can say I am at peace now and becoming smarter. No more meaningless and forceful conversations, I can now sleep peacefully without having to wake up to the beeps of some unwanted notifications. I wake up well in time during the nectarine time (*Amritvela*) with fresh mind and body. I, now, have more time to read spiritual articles of divine magazines, which I earlier missed due to unnecessary amount of time on phone device. I have more free time to help my family in day-to-day chores other than helping in spiritual service.

This heightened level of self-awareness has transferred to other areas of life too, because it helped me become more cognizant of how time is a limited and precious resource. It helped me to understand that I have a choice as to how I want to spend my precious time. This is the Auspicious Confluence Age and we need to spend time in remembrance with Almighty Shiva Baba.

I feel that use of smart phone along with the time-consuming apps is a blessing till they are used only for useful purpose; and using them beyond a certain limit may lead to distraction. We cannot control others but we can control ourselves by limiting our time on them. Rather than wasting our life, we need to spend time in self-progress. ❖

PAUSE, CHOOSE AND RESPOND

There are things coming to us from outside, and those that we are sending out. Situations and people come from outside, so what we get from them is not in our control. But, what goes out from us such as our thoughts, words and behaviour in response, are always our choice. We think someone else caused our happiness, anger, pain or fear as we are in a habit of blaming. Also we are not aware that our response is our internal creation. Let's consciously choose to respond with peace, calmness and happiness today. Nobody else can create our emotions or make us feel a certain way. We create them but wrongly believe others are responsible for how we feel. No emotion is obvious and no response is natural. Let's take personal responsibility of our thoughts, feelings and behaviour. He wronged me so I was obviously upset, Her behavior angered me: these words should not be part of our vocabulary.

Our situations do not determine our happiness; our response to the situation determines it. The response begins with the thoughts our mind creates. Feeding the mind with good thoughts to begin the day is like planting healthy seeds in a fertile space. The outer environment is often a reflection of our thoughts. We reap the fruits of happy thoughts that attract happy experiences. Sit back and programme your mind for a perfect day. Set the foundation of emotional stability to build your responses. Situations and people can be imperfect but your state of mind should remain perfect, calm, happy and peaceful. Your thoughts, words and actions should radiate positive vibrations, influence people and situations, and attract more peace and happiness.

Surrender your heart, mind and soul to only God, who can heal.

WISHING YOU A VERY HAPPY NEW YEAR

—B.K. Viral, Mumbai

By celebrating any event correctly not only can we experience happiness but can also derive spiritual benefits.

Nowadays, the trend of celebrating the New Year on December 31 has become common. People plan vacations and outings to various destinations; they wish each other at the stroke of midnight; there are public fireworks shows, there is an air of festivity all around. But, why not ensure that this happiness and enthusiasm are not only there just for one day but also lasts throughout the year? Thus, just as we celebrate on New Year's eve, let's continue maintaining the same spirit of celebration, joy and zeal throughout the year by doing the following:

- Keep singing praises of God and remembering the illustrious fortune that He has bestowed upon us, which will make us dance in happiness and super-sensuous joy!
- Give everyone the gift of good wishes, pure feelings and elevated blessings. This is a subtle but very powerful form of supporting and empowering others, which is the best gift that can be given to anyone!
- Indeed, rather than just purchasing new things, let's inculcate 'newness' in our every thought and feeling. This shifts our consciousness to a higher level, hence ensuring that although our external schedule and routine remain the same, our experiences and feelings remain new and positive every day!
- Along with just changing the *date*, let's also change our *state* of mind, by shifting from

blaming to taking personal responsibility, from expectations to acceptance, from criticism to appreciation, from control to positive influence, from conflict to harmony, from competition to co-operation, etc.

The New Year is actually a confluence of the old and the new where we bid farewell (*vidaai*) to the old year and joyously welcome the New Year. So, let's also say "good bye" to the following:

- All the unwanted memories of the past by forgiving and forgetting
- All the past failures, by starting afresh with new motivation
- All the burdens of the past, by handing it over to God, the Supreme Being

This will ensure that our year truly starts on a new and more positive note. Looking at the year gone by, let's emerge the "attitude of gratitude", and do the following:

- Let's thank God for His continued subtle support, protection and blessings.
- Let's thank Him for all the skills, talents and specialties that He has given to us.
- Let's thank all souls, who have supported us, comforted us and helped to make our life smooth and special.
- Let's thank even those, who didn't believe in us but helped us to grow through their criticism and opposition.

Purity is the mother of peace and happiness. Hence, to make our new year truly happy, let us do the following to inculcate purity in our every thought, word and action:

- See everyone as pure divine souls and see their virtues and specialties.
- Remember that all are the children of One Supreme Father, thereby experiencing true unity and feeling of universal brotherhood.
- Feed only pure, positive and powerful information to empower the mind.
- Speak only sweet and divine words filled with

Cleverness is a virtue but cunningness is a vice that impures the soul.

spiritual wisdom.

- Perform actions, which act as an example for others, and keep benefitting others through your every act.

This New Year, let's make God our true Friend and Companion. This awareness that 'God is with me' ensures the following:

- We never feel lonely or bored, since we keep remembering His knowledgeable talks, experience His soothing presence, reflect on the wonderful experiences with Him, etc.
- We keep churning His imperishable jewels of spiritual knowledge, and, hence, experience great happiness.
- We stay free from fear, since the Almighty God Father is with us.
- We remain in His elevated company, free from negative influences, in the awareness of our original virtues of peace, love and happiness, thus, enabling us to contribute more positively to the world.

Conclusion

When we celebrate a happy event there should be enthusiasm and positivity in the environment. Celebrating New Year as is done currently may seem to be fun and frolic but spiritually it does a lot more harm than good. Therefore, this year we need to focus on celebrations by imbibing more positivity, and it will pave the way for a fruitful year 2020 and invoke the New Golden-Aged World (*Satyuga*) once again! ❖

Morning Musings & Night Notions



“Blessed are those who can give without remembering and take without forgetting.” – *Elizabeth Bibesco*

“Choose being kind over being right, and you'll be right every time.” – *Richard Carlson*

“Much of spiritual life is self-acceptance, maybe all of it.” – *Jack Kornfield*

“When you love, love as if the person is a god, not less than that.” – *Osho*

“Love is what we are born with. Fear is what we learn.” – *Marianne Williamson*

“I would rather feel compassion than know the meaning of it.” – *Thomas Aquinas*

“The greatest illusion of this world is the illusion of separation.” – *Anonymous*

“Forgive the past. It is over. Learn from it and let go.

People are constantly changing and growing. Do not cling to a limited, disconnected, negative image of a person in the past. See that person now.” – *Brian Weiss*

“Beautify your inner dialogue. Beautify your inner world with love, light and compassion. Life will be beautiful.” – *Amit Ray*

“They alone live, who live for others.”

– *Swami Vivekananda*

“Compassion is the wish for another being to be free from suffering; love is wanting them to have happiness.” – *Dalai Lama*

“Sweet children! The Highest of highs is only One Supreme Father. Nobody else knows Him except you children. He comes down to give the introduction of soul and of His own.” – *God Father Shiva*



BALANCE IS BLESSING

–B.K. Pranav, Jankipuram,
Lucknow, Uttar Pradesh

Life is all about balance. If you have ever gone to a circus and witnessed tightrope acts, then you would see how the walker balances one foot after another in a state of total concentration. With only one slip or slight imbalance, he will fall down to his death. To achieve balance is the law of nature: be it ecological balance or the life-nature equilibrium; without continuous restoration of balance, there will be complete chaos. Balance brings harmony and happiness, while imbalance begets discord and suffering.

The same principle applies to human life. When we balance material life with the spiritual life, through regular practice of soul-consciousness, inculcation of divine virtues and practice of Rajyoga meditation in loving remembrance of the Supreme, then we experience bliss and most importantly we receive blessings.

Blessing is a pure, positive, divine and powerful thought created by a soul for the self or for another soul, without any expectations in terms of respect, regard, things, etc. Regarding blessing God says: “Let the souls make efforts to any extent, they can not experience the stage of being Compassionate and Donor, unless they earn blessings. (*Koi Kitna Bhi Purushath Kyon Naa Karta Ho Lekin Agar Blessings Nahin Hai To Vo Rahamdil aur Datapan Ki Stage Kaa Anubhav Nahin Kar Sakta*”). – *Avyakt Bapdada 1999-2000*

TYPES OF BLESSINGS

(i) *Blessing for Self:*

The moment we become aware of our true 'inner being' as a soul, a sentient point of divine light lying between and behind the eyebrows, we begin to experience and enhance the soul's innate qualities, powers and levels of purity, peace, poise, love and happiness within. This is nothing but a blessing for the self.

'I am a peaceful and powerful being, peace is my true nature.....I am the child of the Supreme Being.....I am the Master.....My victory is 100 % certain.' Such positive feelings and energies emanating from our soul-conscious state of being in silent self-introspection and meditation with the Supreme Being, helps to make us empowered to manage our worldly role, responsibility, relationships resources and daily routines in a balanced, effective way.

(ii) *God's Blessing for a Soul:*

If we follow every divine instructions (*Shreemat*) given by God accurately, timely and immediately, we receive God's Blessings. Baba has said: “Remember me eight hours every day” “Keep attention on every thought, word and action”, “Give blessing and take blessings”, “Love all irrespective of any kind of behaviour from other side”, “Wake up at *Amritvela*”, “Do mental service (*Mansa Seva*)”, “Cook and eat food in remembrance” “Be supportive always in *Yagya Seva*”, “Keep chart daily”, etc. If we follow these directions; then, it will help us to grow spiritually and receive God's Blessings of love, strength, power, etc.

God's Blessings makes us content, enlightened, full of enthusiasm, grateful, inspired, empowered, enriched, uplifted, happy, light, refreshed, rejuvenated, sustained, wonderful and powerful. Is there anything else we need to make our life's journey easy?

(iii) *Blessings by God's Family:*

To receive blessings from divine family, we

Real power flows from a divine soul but not from a demon.

need to follow the disciplines that are collectively called "codes of conduct" (*Maryadas*). These codes ensure good karma and great companionship, including close relationships with the Brahmin family.

For this, we need to follow below-mentioned points:

- Always say "Yes" to instrumental/head souls and complete the tasks given by them without giving excuses.
- Always have respect for juniors and fellow serviceable brothers and sisters. Do not blame or criticize or magnify others' mistakes. Have a big heart to forgive them without dwelling on the past.
- If you are facing issues with someone, do not take law in your hands. Write a letter or talk with *Bapdada* or speak to an instrumental senior brother or sister and share your problems/concerns with him/her.
- Focus on powers of tolerance and adjustment to cooperate with everyone. They make big things small and move on with love. These powers also help one to win over others' heart and sit on the heart-throne of *Bapdada*.

VARIOUS TYPES OF BALANCES REQUIRED IN SPIRITUAL LIFE

1. Balance of being constructive (*Nirmaan*) and being humble (*Namra*): This refers to being free from expectations of getting name and fame in return of any work performed. Many times, we do good service, which brings us many new titles and much appreciation; hence, we need to have an increased instrument consciousness recognizing the self as simply a true loving instrument of God. Become free from "I and mine," and pass on the credit for our success to Baba and to be free from taking possession or feeling possessive about what we have done or our achievements. This awareness helps to be free from the attachment

of subtle threads of name, fame, position, etc. This humility helps us to be available for service always with the thought of bringing benefit to as many as possible. Humility also enables us to appreciate the effort put in by those around us. We would naturally be able to see the specialties in others and respect them. There would be no feeling of envy or jealousy.

Gandhiji once said, "You come closer to the great when you are great in humility." Humility is the portal that enables the soul to reconnect and allow closeness to the Supreme.

2. Balance of Four Pillars in the Brahmin way of Life

The following four main pillars need to be strong and balanced for enhanced wellbeing:

Spiritual Study (*Gyan*) – The daily study of spiritual knowledge which gives nourishment to the soul.

Meditation (*Yoga*) – Meditation provides a direct connection to God, the Supreme Spiritual Source, enabling the soul to draw power and build resilience and spiritual capacity.

Inculcation of virtues (*Dharna*) – Conscious inculcation of divine virtues and development of our character help to eliminate any negative *sanskars* or vicious personality characteristics.

Service (*Seva*) – Sharing the spiritual knowledge with others through our character and actions.

Baba has especially said for Kumars: "Many Kumars after 5-6 years leave God's Knowledge because they hide internal weaknesses and focus only on service.... the hidden vices tease them again and again and they don't sustain in Baba's Knowledge."

The basic thing of a yogic life or a Brahmin life is how to balance between self-development and spiritual service. When we maintain a balance between serving the self and serving others; then, we receive blessings. Many of us

Correction, quotation and criticism are not the acts of a divine being.

have the dissatisfaction and complaint of not getting sufficient time for the self-effort (*Swapurusharth*). We always find ourselves more occupied and responsible for different tasks. This affects the balance: 'Suppose, I do much service but do not wake up at early morning (*Amritvela*) meditation or do not give importance to daily divine versions (*Murli*) of God; then, I will not sustain on this spiritual path for a longer time.'

Baba also said in a *Murli*: one needs to have a balance of remembrance (yoga) and service for better results."

Remembrance means experiencing the self as a soul and, with this awareness, connecting to the Supreme Being. This enables one to have a clear mind and clean heart and develop pure feelings for others, and also to be successful in service. The fruit of our pure feelings of love is the transformation of the souls. If our mind is concentrated and feelings are powerful, these enable souls to receive what we want to share. Any souls, who come into relationship and connection with you, will experience peace and love at that moment.

The power of silence and the power of pure feelings reach from afar; the basis of this is the accumulation of the power of peace within us. Yoga helps to create powerful thoughts: the speed of thought is faster than all other powers. This subtle service of souls gives practical experiences, and takes less time, facilities and money.

To do this, the mind and intellect have to be free constantly. When we keep our mind and intellect busy with small matters, the subtle line of speedy service does not remain clear. So, no matter how busy we are, if we wish to do service, then, we will find one or two moments in between to experience yoga with self and Father and share the powers with everyone. With the following thoughts, we can serve our own self and others:

'I feel my eternal purity... as a soul, I am a pure

soul... there is no stain, nothing impure within me... I remind myself of who I am... and To Whom I belong...

I take my mind... my thoughts and feelings... to God... to the One I have always loved...

My thoughts become so elevated... When I think of others, I only have the best wishes for them...

I serve through the mind... I help others, by sending them pure feelings and good wishes... I send the world pure light... I am a lighthouse... from one place, I serve many...

My mind is turned towards God... and tuned to God... I take from His treasures... and distribute them to humanity...'

I am a server... my mind is an instrument for serving in an unlimited way... God is my source of power... I am a free, powerful soul.....a server.

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

Omega-3 fatty acids to give your mood a boost. The best sources of those are flax seeds and walnuts.

While you eat, be fully present. Resist the urge to check your cell phone or search the web. Set the intention to eat calmly. With each bite you eat, imagine that you are filling that food with pure, healing light. As you swallow, visualize that this light is healing the body and bringing it into balance and harmony.

Tip 6: Finally, Meditate:

Meditation is the journey inwards - a journey of self-discovery or, in fact, re-discovery. The time taken for quiet reflection and silence, enables one to restore his sense of wellbeing. Practice of Rajyoga meditation helps to connect with the real self or the soul and God, and thereby harness the innate qualities and powers, thus, increasing the strength to lead a stress-free life. ❖

Don't compare yourself with others because you are a unique soul.

LEADER'S CHOICE: COMPETITION OR COOPERATION



– Jayanta Roy,
Founder & Principal Consultant,
JRMC Global, Mumbai

Competition is everywhere in our modern world: in home, school, workplace, at home, and everywhere. Some feel that by competing against and comparing ourselves with one another, we learn how to improve and earn success but it also leads directly to lack of self-confidence or self-doubt, hostility and greed, all of which are the enemies of progress. If we want to advance our society and ourselves, we must learn that competition is not the path to victory but cooperation is.

Cooperation is not a tool but a total philosophy of human interaction. This is a frame of mind and heart that constantly seeks solutions, which are mutually satisfying and lead to invaluable social skills such as leadership, decision-making, trust building, communication and more.

Competition is founded on the Darwinian concept of "Struggle for Existence" and "Survival of the Fittest". Competition is domination. People use power, position, possessions, etc. to get their own way. Competition for temporary gains brings out the worst in our civilization. Swami Vivekananda emphasized on "the manifestation of divinity already in man". Healthy cooperation and striving for excellence manifest the best in man. Most of us struggle because we have a deeply-scripted win/lose mentality since birth. We always rush for "competition" due to our petty selfishness and ignorance.

The joy that comes from competitive victory can be cruel and unproductive, especially when it works against the goals of others. While friendly competition can be enjoyable every now

and again, we can build a stronger, more contented, wealthier, and all-around happier society by cooperating with one another in school, workplace, and home.

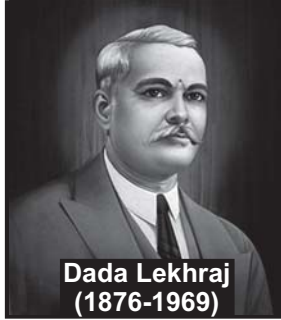
True winners always strive for something and get what they want. They never want others to lose. Akio Morita, the founder of Sony Corporation, spoke about the both sides of competition in Japan in his book *Made in Japan*: "Japan has witnessed both great prosperity and the worst in the humanism." He said that competition will make our economy great but excessive competition will destroy the true spirit of education, ethics, social harmony in people and society and eventually many innocent young lives.

Peter Senge, the American Scientist, says that cooperation is really the viable option for professionals, politicians, entrepreneurs, students, and all others. By committing to a bigger purpose than temporary personal success, leaders of the day can transform their organizations into greatness and the fragile "ecosystem" into sustainable one.

Cooperation is necessary to build stronger bonds. People need honesty, support and tolerance, which are inculcated and possible through the spirit of cooperation; competition provides none of these. In contrast, cooperation necessitates these qualities, which means it is vital in one's personal life. Cooperation can take various forms whether in terms of love or compassion, forgiveness or tolerance. As its most basic nature, having a cooperative relationship means working with rather than against one another.

Let us learn from the small creature fish. There are a total of 21,000 species of fish in the world. Each fish has its own food and makes its own living in a way that does not compete with the others. Peaceful coexistence is a natural instinct, which is developed, nurtured and sustained by the positive value of cooperation but not by the negative value of competition. ❖

The time of the Confluence Age is the most auspicious to meet with God.



CELEBRATION OF THE BIRTH ANNIVERSARY OF DADA LEKHRAJ AS “THE WORLD SPIRITUAL UPLIFTMENT DAY”

–Dr. Brahma Kumar Yudhisthir, Ph.D.,
Associate Editor, Shantivan &
Associate Professor (Education),
Madhav University, Pindwara (Raj.)

Dada Lekhraj Khubchand Kripalini, the corporeal founder of Brahma Kumaris Organization, later rechristened as Prajapita Brahma, was born on December 15, 1876 to a school headmaster in a suburb near Hyderabad (Sindh), now, in Pakistan. He grew to become a successful jewel merchant due to his business acumen. His amiable nature, fair dealings and adherence to high moral principles made Dada an amiable friend in the royal community as well. A deeply religious man, who daily read *The Shrimad Bhagwat Gita* without fail, was also a strict vegetarian in food habits.

In 1936, when the world was on the brink of World War II, Dada, at the age 60, had some revelations by God Shiva of the world destruction followed by those of the forthcoming new golden era. In *The Gita*, God, the Supreme Soul Himself, says that whenever the righteous code or *dharma* declines, He comes to renew the world. Accordingly, He entered in Dada's body-chariot for the renewal of the world. Paul Brunton justifies this in his statement: “If the Spirit is to help human beings it must find an outlet through another human being.”

Om Mandali

Dada, who is, now, endearingly called as Brahma Baba, started conducting *satsangs* or spiritual discourses, and through him the Supreme soul began to give His own introduction, reveal the laws of drama, and the truth about our identity as souls. He finally dedicated all his wealth and properties to a Trust *Om Mandali* formed by nine women and

surrendered his life to God's noble task of world transformation through self-transformation of human souls of the world through their spiritual upliftment.

In 1950, *Om Mandali* shifted to Mt. Abu, India, where Baba named the organization as Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV). The tiny spiritual sapling planted by Prajapita Brahma has today grown into a big Banyan tree with more than 4,000 branches in 140 countries of the world. This organization under his fostering love, care and spiritual guidance has generated a new wave of spiritual change aiming to create the new world order through values-based spiritual lifestyles. Millions of human souls have already changed them and have taken vow to establish the new viceless world of Heaven or Paradise with the divine Directions and Guidance of the Incorporeal, Almighty God Father Shiva.

143rd Birthday of Dada Lekhraj

The 143rd birthday of Dada Lekhraj is being celebrated as “**The World Spiritual Upliftment Day (*Vishwa Adhyatmik Utthan Divas*)**” on December 15 by the branches of this organization throughout the world in order to celebrate and commemorate his glorious spiritual contributions through his renunciation, meditation and service for the 'spiritual upliftment' of human souls of the world. So, it is timely and very essential for all of us to remember his sterling qualities and virtues, and also inculcate them in our lives to offer our befitting tributes to him.

When you meditate God, the divine virtues flow to you.

The following noble traits in his unique personality enabled him not only to be the 'chosen' corporeal vehicle of the Incorporeal God but also to become the founder of the new forthcoming Golden Age:

Prajapita Brahma: An Uncommon Personality

A man of common root, hailing from the Sindhi community, Prajapita Brahma had an uncommon personality. His childhood spirituality culminated at the age of sixty when he developed complete renunciation of the material world for quest of God and realization of the self. Though he has left his mortal coil on 18th January, 1969, and ascended into the subtle region after attaining perfection in his spiritual journey, his spiritual educational legacies have lived on being thoroughly practised by his millions of mouth-born progeny all over the world. He was such an outstanding personality in the spiritual educational firmament that he, with his universal ideas and ideals, ideologies and principles, brought about a sea change not only in his own life and but also in many others.

A Unique Revolutionary and Pioneer

When all around there was the prevalence of superstition, make-belief, hollow rituals, dogmas and meaningless shibboleths, which were eating like worms into the vitals of society, he, with his true revolutionary spirit, gave challenge to all these and introduced the unique *spiritual education* with a view to giving people the new elixir of enlightenment, soul-purification, self-realization and God-realization through the technique of Rajayoga meditation as imparted by God.

He gave due respect to the deprived and exploited women and inspired them to realize their inherent spiritual powers and to lead the mankind by becoming the embodiment of purity, simplicity, renunciation, meditation and service. He entitled them as *Shiva Shaktis* and viewed

them as the true harbingers of the New Age of Purity and really made them the instruments to open the Gate of Heaven.

An Ideal Godly Student

Though he had no much formal education yet he was able to impart lessons of profound wisdom from the reservoir of his life's deep experiences. He always considered Godly student life as the best life and regarded himself as a humble and ideal Godly student with God as his Guide and Teacher whose teachings and commandments he followed sincerely and wholeheartedly. This fact becomes very clear if one studies the *Murlis* – the oracles or discourses of Incorporeal God. He practised first whatever he preached as he never remained in an ivory tower like other thinkers, philosophers and theoreticians. He was very practical and dynamic and gave religion and spiritualism a new freshness and vigour, dynamism and pragmatism.

Universal Consciousness

Brahma Baba was the possessor of a unique and universal consciousness. This made him see and consider the world as One World Family (*Vasudhaivam Kutumbakam*). With the same universal vision, he saw all irrespective of their multifarious outward differences of caste, colour, creed, language, religion, nationality, sex, place of birth, culture, etc. because he thought that each and every soul belong to the same Universal Father and the same spiritual Sweet Home, Soul World. The integrated concept of 'oneness of the universe' enabled him to practically translate the spirit of One World and International Understanding in his own manners and behaviours.

Complete Renunciation

A perfect embodiment of renunciation, he surrendered everything instantly at God's command without hesitation to serve the world with body, mind, spirit and wealth. The

With self-control, it is easy to control your thoughts, words and deeds.

unprecedented renunciation of his self for the greater benefit of others and the world has been an extraordinary work of spiritual regeneration, rejuvenation and rehabilitation according to the Supreme Directions of the Incorporeal Supreme Soul, the Supreme Father.

A Unique Karmayogi

He made a perfect balance between action (*karma*) and meditation (*yoga*) during the regular routine of his spiritual efforts. To many souls, the Brahma Kumars and Brahma Kumaris and other souls, he appeared to be quite merged in loving remembrance of God even while interacting with them. Because, with regular and constant practice of deep meditation, he achieved *Avyakt* stage, which he could quite easily maintained while being engaged in spiritual intercourse with others in *Vyakt* atmosphere.

Selfless Service to Mankind

He had practically translated the dictum "Service to mankind is service to God". He became the replica of selfless socio-spiritual service to the souls of the world as he did this voluntarily without expecting anything in return from anyone. He had not spent a single pie for satisfying any selfish motive of his own self or of any of his family members. He led a life of great simplicity, immaculate purity, utmost generosity of heart and loyalty to God's task with a view to making holistic benevolence to the souls of the world.

The Exemplary and Imitative Model of Example

It is rightly said, "God has made man in His own image." He was the first Man, the Adam (*Adi Dev*), who did everything, from the most ordinary menial household work to the most sublime works like spiritual discourses and practical meditation, as an example for the children, for he knew very well this fact that there was none else other than him to do these for them. Only he himself was next to God, the Supreme Soul, and

he had to become the 'chosen one' by God to become the exemplary and imitative model of example before others to be followed.

The Great Grand Father of the Humanity

After Incorporeal God Shiva's descent in his body, he took for himself the onerous task of fostering the adopted children as the sole Father of the Humanity along with Jagadamba Saraswati, the World Mother. He showered upon them his bounteous love, sympathy and compassion so overwhelmingly that the loving words "*Mera Baba*" automatically came out of their hearts for him as they all got quite impressed with his amiable paternal love, care, sweet and soothing behaviour.

Multi-faceted Personality

Great men do not do different or extraordinary things but do everything differently. Prajapita Brahma did the same by living an unparalleled life in human history that became the benchmark for achieving perfection and divinity in human life. His exemplary deeds and spiritual endeavours have stood like milestones for others to achieve the ultimate goals of human life such as self-realization (*Atmanubhuti*), liberation (*Mukti*) and liberation-in-life (*Jeevan Mukti*). He was ahead of his times and came with innovative ideas to impart finer and deeper points of spiritual knowledge to people. He kept balance between love and law for setting high standards of disciplined life and conduct. Being highly self-introspective, he focused on imbibing the highest-level of purity in thoughts, words and actions for attaining perfection in human life. He was punctual, active, alert and accurate in everything what he did. The values of compassion and generosity shone in his interactions with all without discrimination. Detachment and trusteeship were the hallmarks of his spiritual life for he was neither attracted by success, adulation, support, and fame nor

If someone says to you bad words, respond him with sweet words.

detracted by failure, insult, hostility or any other adversities and challenges. He was a man of multi-faceted personality with myriad qualities, which shone like the dazzling rays that radiate from a multi-faceted diamond or a prism.

The Karmateet Stage

Along with the service of the human souls, he left no stone unturned to attain the *Karmateet* stage, the foremost aim of his spiritual efforts. He was the first soul to come out with flying colours in this attempt even while engaging him fully in activities of the institution. He raised himself to such a high and sublime stage by the power of yoga that he was transported to the Subtle World and Soul World at his own sweet will, and thereby he remained unaffected and uninfluenced by the good or bad effects of actions and circumstances in the physical world of matter.

A True Connoisseur of Art and Aesthetics

A true connoisseur of art and aesthetics, he had a highly developed aesthetic taste and a keen sense of appreciation of music, songs, art and beauty. He employed music during meditation and meaningfully interpreted songs to give a fitting start and touch of art to his spiritual discourses. Though he appreciated songs and poetry, yet he considered 'silence' as superior to songs and music, and gradually led the souls through meditation into a silent and soundless (*Nirvan*) state.

A Tower of Knowledge, Peace, Light and Might

The greatest Rajayogi of all times, he was a tower of spiritual knowledge, peace, light and might to many souls. He could easily inspire souls by his magnetic meditative power to counteract the pulling forces of bodily and worldly attractions and to mentally fly beyond the space into the metaphysical Soul World. This mental flight of souls into the metaphysical world is termed as '*Yaad ki Yatra*' – mind's upward flight

or pilgrimage of remembrance to the metaphysical world of souls – the Highest Divine Abode of Incorporeal God. The souls could easily do this mental pilgrimage as they came near him. Describing this yogic power of Brahma Baba, B.K. Jagdish mentioned, "Anyone, who sat in presence, experienced peace and withdrawal from body."

His birth anniversary celebration will be conducted by organizing the following activities:

- (I) Lectures, seminars, conferences, dialogues and meetings;
- (ii) Rajyoga camps and Yoga *Bhatthis*;
- (iii) Commemorative grand ceremonies and cultural programmes;
- (iv) Museums, exhibitions, light and sound shows on Baba's life;
- (v) Documentary films, video shows on his life, messages and teachings;
- (vi) Musical and stage plays;
- (vii) Tree plantation drive;
- (viii) Cleanliness drive;
- (ix) Processions, bicycle/motorcycle rallies, peace marches, marathon; essay competition, painting competition, cooking competition;
- (x) Construction of Baba's memorial at Shantivan and Retreat Centres;
- (xi) Free medical camps and blood donation camps;
- (xii) Distribution of clothes, foods school books, stationery, etc. to the needy;
- (xiii) Award presentations to promote Rajyogic and positive value-based lifestyles, purity, *sattvic* food, etc.
- (xiv) Publication of articles about Baba in various languages in magazines, journals, newspapers;
- (xv) Commemorative advertisements;
- (xvi) Decoration of B.K. Centre with flowers, lights, *diyas*, etc.
- (xvii) Re-release of postage stamps of Baba. ❖

Rajyoga practice makes the sense organs cool and under control.

GIVE YOURSELF AND OTHERS VITAMIN R AS 2019 CHRISTMAS GIFT THAT WILL MAKE YOUR COMING NEW YEAR SUPER SPECIAL



– B.K. David, Paington, England

You can give yourself the best ever Christmas gift this year; so, following New Year can be your year as they can be full of the 2019 gifts that you are going to give yourself soon.

The one thing you must do is make sure each of your gifts is wrapped in papers of love, peace and happiness. This ensures your gifts are valuable. When we have anything in our life that is not wrapped in such papers; then, it becomes ordinary and boring and predictable.

We need to make each day of our lives so special. My mother often replies to people when they ask what we shall do this Christmas and what we shall eat as they know we are vegetarian: "We have Christmas every day." And she is right in her reply.

Simpler Life is more Purposeful

The simpler a life you lead, the greater, the richer, happier and more purposeful it can be. At last, a 'Super Vitamin' has been discovered in the UK that can transform your health and life and change the way you feel and make you super happy.

I shall be giving myself a jar of such vitamins this Christmas morning. I have been busy doing endless research into vitamin nutrition and their health properties. I have isolated an unknown vitamin, which I call vitamin R. This vitamin has such health promoting properties that if you or anyone should take a course of this vitamin, I can guarantee that you shall be much healthier after

it.

I wish first to test this vitamin on you and get some results so that I can take to the government and get it passed by the governing body and see this vitamin prescribed by doctors and on every chemist's shelf of the world.

I would get them sent out to you but I heard Father Christmas this year is very stressed and

not very well; so, deliveries are uncertain. How can I deliver to the man that delivers all gifts? It's a problem



and so I need to send him good wishes as these are instant and easily get delivered to the desired person.

You can and do, I am sure, send everyone the best wishes in each Christmas. Now, you can also tell them of this breakthrough in vitamin research and send them a bottle so that they also can start to feel the benefits of this unknown vitamin that I discovered with the help of the top scientist in the world that gave me advice and pointed me in the right direction to get real happiness.

A life without happiness is a skiing holiday without snow. What you will think and do for making the coming years have great impact on your mental health and physical wellbeing is very important; and it makes good sense to give yourself the best chance possible and start taking Vitamin R as soon as possible for achieving your health and happiness.

Learn to Talk with your Eyes and Actions

You need to learn talking with your eyes and

A person with patience is more powerful than a desperate one.

actions. If anyone asks you what the letter 'R' stands for in this vitamin, try telling them first with just your eyes and actions if you can. This vitamin R stirs some long forgotten powers in you that can be woken from their dormant sleep if enough tablets are taken regularly. Vitamin R contains the compound 'R' whose ingredients can prompt back to life much goodness in you that aids your full recovery back to health and will strengthen your sense of peace and happiness and make you whole again.

If you look in your kitchen cupboard you might be able to find the ingredients yourself to be able to make this Vitamin R as Father Christmas would not wish you to miss out such a useful gift this year. All you need to do to make this vitamin is to **'Renounce'**(R) your poor thinking, actions and anything wasteful which takes up your precious time and uses up your energy.

Your wasteful thinking, poor eating habits of flesh derived from much suffering, and poor company are the main culprits that can make up a poor life, just as the ingredients of a cake determine if it tastes good or bad.

Always Keep Good Company

Your company can act like a leading boat and your negative thinking can whip up a storm. The company you keep, if not good and careful, often can be full of nothing more than meaningless small talk, and will shrink your mind and heart the longer you subject yourself to it and give time to people, who do not have a high aim and to whom you let to rob you of your energy. After all, next to your eating and breathing, it's your company that is of paramount importance in your life as it can slowly sink your boat without you even realising it.

Each hour, one should have, keep and revise

his/her goal of trying to sail from the old shore of the poor life that has many peoples, rocks and broken glass of bad habits on its shore that is responsible for his/her ocean of salty tears and misery and keep on the horizon a new life rising in the distance and keep on sailing towards it, even if large waves or storms come that rock your boat. With effort and wisdom, you will set foot on the new land of peace and happiness that is inhabited by people that have no bad habits but have positive thinking based on spiritual truths.

You can sit on this Beach of Goodness and look across the salty turbulent ocean and see the population running about chasing their tails in pursuit of five minute pleasures that are consumed by their negative thinking, which is based on falsehood and its mistaken concept of people, who think we are a body and have a soul, instead of realising the fact that we are souls that have bodies.

Once, the fact you let go of all this waste and negativity, it will free up your mind and hands, which will allow this vitamin R to start working on your mind and body and thereby transform your life positively and spiritually and guide you to its real and right destination from where you are heading now.

Inner Space Lab

This gift – vitamin R – alone holds the power and fuel necessary to send your rocket into an orbit that will later land you back on earth in divine peace and love. This new world is the ultimate Christmas gift to yourself and outweighs getting a Christmas gift this year of a new jumper or perfume. Have a good Christmas from all of us at the Inner Space Lab of love, peace and happiness. ❖

God gives chances to all; those, who take them, become the chancellors.

Melodies of Mamma

LEAD US FROM DARKNESS TO LIGHT

To get rid of *Maya* doesn't mean that we have to get rid of the body, or not come into this world. Some people think this world is *Maya*. Many scriptures are created on these lines. It is written that the world is false, or delusory. The world is not false or delusory, it is eternal. Because of the vices, it is regarded as false, and human beings are in sorrow; but it is not that there is no world at all. The world is eternal, isn't it?

There is no such thing as going away from the world and its contents. However, there is the aim of making this world and its things pure. The entire world was pure and pristine in the beginning of drama. That pure world was the world of the deities. The deities' world is not somewhere else! Is it up above? This world was a world of deities, in which every soul was in deity form. You can call it *Swarg*, or Heaven or Paradise.

All these things must be understood. *Maya* must be destroyed, now. This means we need to conquer over *Maya*, which means to conquer over the vices.

As our actions are being driven by the vices, wealth and acquisitions causes sorrow as well. Due to our vices, we created *karmic* accounts, and so we get sorrow from diseases and untimely death. We never had any diseases in the Golden Age, and never used to die in an untimely way. Because, there was no trace of vices, even the body was created in a vice-less way, which means with the power of yoga. Now, it is created through the power of the vices, and so we receive sorrow. All sorrows are due to

Maya. Therefore, remove *Maya*.

The Supreme Father says: "Both your intellect and the world are, now, *tamopradhan*, and so you experience sorrow and pain.

This is why I come and change the entire system. I give you the eye of wisdom to understand all these aspects. The eye of wisdom means true spiritual understanding. Understanding is imbibed in the intellect, isn't it! You children have now received understanding."

Brahmins are the Ones with the Third Eye

What have we, now, received from the Supreme Father? The eye of wisdom, the third eye. You have all received this, haven't you? The eye of wisdom is with us, now. The deities don't have it. 'We' means Brahmins. Earlier, we were *shudras*, and *shudra* means vicious. Now, from *shudra* we have become Brahmins. We have adopted purity. You have all adopted purity, haven't you?

We Brahmins are *Trinetri*. Deities are those, who receive the fruit of the spiritual effort that they made in the earlier Age of Transition (*Sangam Yuga*). We Brahmins make efforts to become deities and will attain the complete reward in future kingdom of Golden Age. Deities don't need the eye of wisdom. They became deities through the eye of wisdom. Now is the time when we are receiving knowledge, what will we become from this? Deities! We change from humans into deities.

Now, tell: Should deities have the third eye, or Brahmins? Now, as we souls are receiving Godly knowledge, we call ourselves Brahmins. We have become Brahmins from *shudras*, it means we are the mouth-born creation of God.



Smile to give cheerfulness just as a flower blossoms to give fragrance.

God, sitting in the body of Brahma, is imparting knowledge through his lotus mouth; we are born through that divine knowledge. This is known as mouth-born progeny or creation.

Earlier, we understood 'mouth-born creation' is a person, who emerges from the mouth. It isn't that way. We are becoming purified as a result of the knowledge received through the mouth of Brahma. So, it is, now, our new birth. We are born anew, so we become Brahmins. So, who should have the third eye? Brahmins, shouldn't they? The third eye and all the ornaments of Vishnu, should be for Brahmins only.

The conch shell, discus, mace and lotus - all these are symbolic ornaments. All these have specific spiritual meaning. The conch shell means the conch shell of knowledge. The mace is to suppress *Maya* through the power of yoga, and the discus is the knowledge of the cycle, of how we go through the four ages. This is the cycle of self-realization. It means to see the original self - we receive that vision - and also the knowledge as to how the cycle of world drama spins. How it becomes old from new, and new from old. The lotus is symbolic of our pure and vice-less living. All these things must be understood.

The new has to be created. The old doesn't have to be created, it becomes old by itself. We, now, have to make effort to make ourselves new. ❖

CREATE SUCCESS INSIDE AND OUTSIDE

If you introspect today on how successful you are, what factors would you look at – are they your achievements, possessions and positions? Or do you count your inherent good qualities and virtues? We always look for opportunities for success outside. But, success is about considering who I am, the being, and not just about my doing. Each time we use our qualities of peace, love and happiness, we are successful. Each time we co-operate, show kindness or build a beautiful relationship, we are successful. Let's not label the self as a failure just because we could not achieve something. Regret, dissatisfaction, fear and blame are barriers to success. Moreover, the brain and the body will accept these as our reality and our failures will repeat. When we are successful internally, we will be able to think, speak and behave rightly. Our inner energy matches our desires and creates physical success outside. Start believing and saying, this: I am a powerful being. I can do anything I choose to do. My success is certain.

We all have our own beliefs and definitions about the term 'success'. Many of us pursued success because we thought it would give happiness, since we have always searched for happiness in our achievements. So, we say: "I want to be a successful corporate professional, I will consider myself successful when I will have x amount in my account". We looked at success in terms of what we possessed - qualification, designation, relationships, physical health, social status, recognition, bank balance, property and so on. One aspect of our success is outside our actions and there is one more aspect of success, which is within us, in our feelings; that is: success in terms of our emotional stability, emotional comfort, happiness and contentment. If we are successful outside, it is not necessary that we will be happy inside too. But, when we are happy, we will always be contented. This energy will help us to be successful outside. So, today, let go of any limiting beliefs you have about your ability to do well. Your optimistic views and inner energy will attract people and circumstances that are conducive to create success. ❖

See and treat everyone as a soul to establish universal brotherhood.

THE SENSE OF RESPONSIBILITY ENERGIZED US SPONTANEOUSLY



– B. K. Ram Singh, Rewari

There was a railway pointsman, who always used to perform his work with responsibility. He wanted his friends also to follow the lesson of honesty. One day, he was away for his work on a specified point location. After some time, such an incident happened that two fast moving trains were seen to be coming on the same track from the opposite directions.

The pointsman immediately thought of attempting to give right signal to both trains but suddenly a black Cobra, a dangerous snake, wrapped around his feet. Now, the pointsman was in a fix. Thinking that if he leaves his point to manage removing snake, both the trains will collide and thousands of people may die/get hurt, and if he does leave the point, the snake would bite him, thereby making his death certain.

Finally, the responsibility spirit of the pointsman arose and, in the next second, he took a firm determination that let the snake bite him but his first duty was to manage the signal point and he would not allow his individual problem to make the reason of the death of innocent people.

He changed the route of point of the both trains by not moving even a single inch. His dutyfulness saved his own life also, because the snake left his feet due to the loud noise of both the passing trains. With the sense of his responsibility and dutyfulness, the lives of people were saved and both the trains also passed away without any damage to each other to reach their desired destinations. When the senior officers of railway came to know about the incident, they honoured their devoted employee

respectfully.

The above incident teaches us that every person should practically follow the sense of responsibility in all situations. Moral duty is always necessary for smooth functioning of all affairs. This tells that we must follow our responsibility in life because there is nothing more important than the life itself.

You are the best talented one and God has selected you for some important responsibilities. If you loose this chance; then, necessarily some other must be waiting to grab this opportunity.

Every stage of life has its own responsibility and with this the human body has certain specific role corresponding to each stage of life. So, it is better to keep the physique well maintained in order to cater to the needs of different stages of life. People should never shirk from their responsibilities. Those, who are serious about their assignments, find that they are developing many additional abilities of their own in their life.

When elders in house take responsibilities of their young ones, children find their childhood very light. After this, when they start facing changes in their responsibilities in their teenage, they notice so many changes. The time of heaviest responsibilities is between the age of 17 to 30 years and this is the age to upgrade oneself in one's respective career. But, as the pressure of responsibilities falls, the person takes it seriously and finds himself unhappy and worried. The old age is still the tough period and the person starts running away from the responsibilities. But, a lot of people necessarily abide by their responsibilities in old days also as they have no other option. It may also happen that they may have to cater to their responsibilities till the doomsday, i.e., even on final day of the last phase of their life. Therefore, a balance has to be maintained between age and responsibilities. It is implied that when one has to bear responsibilities; then, why not do so

Life is not a problem but our ignorance makes it problematic.

with vigor and full excitement?

When and where the responsibilities are undertaken, the process of development starts right then and there because the responsibility sharing is the process of developing energy. People, who are not keen to accept responsibilities, these are not offered to them; they never get true happiness and peace in their lives. Such people are never encouraged to make plans, so they never become capable to develop independence, stamina, courage, patience and such other values in them. On the other hand, some others are nurtured with sharing of big responsibilities.

During the period of follow up responsibilities programme, people should have abilities to grab development power, interaction power, emergency tackling power and making opportunity balance between objectives and available resources. It is said that the man becomes great by his deeds and responsibilities but not merely by birth and is the most beater in the world. Sacrificing his throne and maintaining celibacy throughout life, Bhisma's the first Pitamaha in the world, remain committed to the responsibilities to protect the reign of Hastinapur throughout his life. Thus, not taking responsibilities is the biggest hurdle in all achievements but people do never realize this fact. If people attempt to understand the importance of their responsibilities, which can build their fates or destinies, they will surely to get due respect, success and happiness. ❖

RELEASE YOUR EXPECTATIONS

You always assisted a colleague to finish his project in time; but, when you asked him for a favour, he refused. You reached home tired and expected your young child to behave well; but, he threw tantrums the entire evening. Are these situations familiar or have you been in similar situations and wondered: Why can't people meet simple expectations? Why can't they be as I expect? Our habits, personalities, perspectives, choices and priorities are different. So, we cannot always act in the same way as others, irrespective of our authority, role or responsibility. It also doesn't matter how simple and right our expectation is. Release expectations from everyone – family members, friends, colleagues and people of the society. Let us be on our way, accepting everyone as they are. We accept, advise, instruct and share opinion respectfully; but, we should not get upset if people don't meet our expectations. Let us drop the belief that expectations are normal and hold the belief that acceptance is normal. It helps us remain emotionally stable in every situation and have harmonious relationships.

No two individuals can think, speak or behave identically. Yet, we routinely wonder: How can he be like this? or Why did she say that? The load of such futile thoughts and expectations block our energy of love and peace. Let us remember that our state of mind has no connection with anyone or anything outside of us. Sit back and program your thoughts and feelings about other people. Do not succumb, do not hit back, do not expect, do not blame and do not complain. You take charge of your inner state and choose your response. In this way, you come out of impulsive, auto-piloted reactions to people's behaviours. Your acceptance that people are different can sustain your happiness and influence them positively. ❖

Inculcate one virtue; other virtues will come to you naturally.

**ELEVATION AND COMPLETE
LIBERTY OF THE ARTIST'S
MIND AND HIS LOVE
TOWARDS TRUTH**

– T.V. Jayaprakash,
Palakkad

Art is a form of catharsis. It flourishes where there is a sense of adventure, a sense of nothing having been done before, of complete freedom to experiment the new in order to avoid repetition, because repetition is the death of art. The excellency of every art lies in its intensity, in making all disagreeables evaporate, and in their close relationship with beauty and truth. Therefore, it is rightly said, "A thing of beauty is joy for ever."

Authority over an artist and his art is ridiculous. Art is the most intense mode of individualism. A work of art is the unique result of an unique temperament. Its beauty comes from the fact that the author is what he is. Art reflects the elevation of the spirit of its author – the artist.

Loneliness is part of the penalty every true artist pays for being different from the rest of his fellowmen. The process of adopting more and more values opens a beautiful world of harmonious relationships, mutual trust and love, which are reflected in the craftsmanship of the artist.

There is no road to peace. Peace itself is the road or path. When you allow your senses to overpower you; then, you have to pay for it. A simple and credulous believer is a bird in a cage, but a free thinker is an eagle parting away the clouds with its tireless wings. A ploughman on his legs is higher than a gentleman on his knees. Happy is the country where an honest man speaks as loud as a scoundrel. Honesty and character of the artist helps in flourishing the art because destiny has no part to play in art. Art is

anti-destiny.

The value of art lies not in mere beauty, but in right action. It is the right action in art that makes life, makes interest and gives importance. Art reflects the truth and unity of mankind. Considering the oneness of mankind and investigation of truth, delay in justice is injustice. A righteous man with collective spirit is omnipotent upon the earth he treads.

The artist, like God of the Creation, remains within or behind or beyond or above his handiwork, invisible, refined out of existence, indifferent, paring his fingernails. In fact, art is the lie that makes us realise truth.

Everyone shall have liberty without hindrance to be what he is, that is, his/her self and for self-realization. A general elevation in the character of the people is ensured in a democracy. One is not at a level with another. People believe that other people are as good as they are. Art is the most intense mode of expression of self and individualism.

Know thyself. Knowledge itself is power. The mind is the man, a man is but what he knows with his knowledge mind.

Literature with its moral, ethical and noble ideas and ideals is a substitute for religion. He is the greatest artist, who has embodied, in the sum of his works, the greatest number of the greatest ideas and ideals.

Peace cannot be kept by force. Achieve it by understanding. Abuses of the freedom of speech ought to be repressed; but whom are we to commit the power of doing it?

Be guided by the light of reason, you love and consider to be true. Don't live in prisons of your own making. Teach people that they are capable of becoming happier and more civilized, capable of becoming true 'man', master of their fates and captain of their souls. Without a true guide, one cannot reach the other shore.

Opinion is ultimately determined by the

You have the right to your actions but not to the fruits thereof.

feelings of the heart but not by the intellect. The things that are seen are temporal; the things that are not seen are eternal! Peace is indivisible. Be on the side of truth at heart. The man, who never alters his opinion, is like standing water, and breeds reptiles of the mind.

"Absolute truth is indestructible. Being indestructible, it is eternal. Being eternal, it is self-existent. Being self-existent, it is infinite. Being infinite, it is vast and deep. Being vast and

deep, it is transcendental and intelligent." Have a right to the truth. In the end, the truth will conquer.

A world of facts lies outside and beyond the world of words! Silence is sometimes more precious than words. Often one is made to understand the fact that whatever is seen is an illusion and whatever is heard is false. Accept negative forces as a challenge. Stick to your principles, that are great. Truth is always young. ❖

DON'T LABEL PEOPLE BUT GIVE RESPECT

When you meet someone - relative, co-passenger, neighbour, client, shopkeeper or anyone for that matter - even briefly, do you make conclusions about them? Do you categorically label the person as being either calm, arrogant, not good enough, skinny, dishonest, wise and so on? Our society, today, seems to insist on applying labels on everyone, especially negative ones, too quickly. The risk of this labelling is that people start living by the negative labels they receive. The energy of labels radiates to them and triggers more of that particular behavior or habit in them. This means, if we repeatedly label someone as dishonest, we reinforce dishonesty in him or her. Let's give people the privilege to be viewed as pure or perfect individuals. Otherwise, we only perceive them through the lens of labels we give. Eventually, we also attract that label into our energy field. Everyone has admirable qualities. Focusing on them, magnifying them and giving positive labels will uplift them and also elevate our thinking standards.

If we look at how many times in a day,

we judge other people, label them, criticize, compare or assess what they do, the number would be too high. We casually say - He is lazy, she is arrogant, that place is boring. Sometimes, we tend to do it unknowingly as though it is very natural and obvious. We even tend to justify such behaviour by saying - I only spoke the truth; after all, he or she is like this. It might be the truth; but, why should we magnify it and show that person in poor light? Let's focus on ourselves, instead. Today, different sources of media are also being used to spread biased views about someone or something, thereby influencing the society to perceive them in that way. By negative judgments and labelling, we not only lower our compassion but also deplete our own inner power. If we find the need to talk about someone, let us highlight and spread words about their virtues and values. Let go of judging others and stop getting affected by others' judgments. Not judging ensures protection for you and also empowerment of others. ❖

Do your work at your level best leaving the rest to God.

SELF-REALIZATION & GOD- REALIZATION THROUGH RAJYOGA ENABLE TO CLAIM THE HEAVENLY BIRTHRIGHT



–B. K. Subramanian, Avadi

Heaven, Paradise, *Vaikunth* and *Swarga* are the different contextual terms meant to refer one and the same pure and divine world. There is a quiz in everybody's mind. What is *swarga*? Where is it? Does it really exist? Is it a myth or truth? If anybody dies particularly in Bharat/India the people convey through placards or news papers an appraisal with the following slogans:

He/She attained a position in Shivlok.

Or reached the Heavenly Abode.

Or surrendered at God's feet,

The term used by Christians in candolence of the departed is: RIP (Rest in Peace). But, the people do not know where is Shivlok? Where is the Heavenly Abode? God, being the Creator and Knowledgeful with all powers, is the only sole Competent Authority, who could give the correct reply to all such questions. Incorporeal God, the Almighty Authority, has a Supreme Phenomenal and Philanthropic Role in the Eternal World Drama (EWD) but only once in a *Kalpa*, a period of 5,000 years, at the auspicious Confluence Age only. God, being the Supreme Father of all souls, and on hearing the hues and cries of His children on the mother Earth, descended on this corporeal world from the metaphysical incorporeal world, *Shivlok*, and subtly entered into the physical body-chariot of Pitashree Prajapita Brahma so that He could



speak to the souls with human bodies that are beseeching for redemption of the spirit and retrieval of human life, which is, now, entangled in many bondages in this mundane world.

God Father Shiva has already disclosed the secret that Shivlok is the Incorporeal (*Nirakar*) World lying beyond the material universe and up above the subtle world in the oval-shaped semisphere where the souls Repose in Peace (RIP). This world is called by different names in *Bhakti Marga* such as *Muktidham*, *Nirvandham*, *Parlok*, *Shantidham*, etc. This is the original Sweet Home of all human souls where all human soul and God Father Shiva, the Supreme Soul, abide permanently in their naked form.

According to Godly Version, the human souls, once after their descent from the Incorporeal World act as different characters with change of physical bodies in each human birth on the earth, cannot go back to Home (*Shantidham*) unless they attain their original state of purity either by way of Rajyoga meditation or by way of retribution through several ways, means and forms.

But, the Heavenly World (*Swarga*) is squarely different from that of *Shivlok/Parlok/Muktidham*, etc. The paradise did exist on the golden land of Bharat five thousand years ago during the prehistorical period that has been termed as *Satyuga* and *Tretayuga* in Hindu vedantic scripture. Shree Narayan, the first Emperor, and Shree Lakshmi, the first Empress, reigned throughout Satyuga for a period of one thousand two hundred and fifty years; and Shree Rama, King, and Shree Seeta, Queen, reigned throughout *Tretayuga* for an equivalent period of the same one thousand two hundred and fifty years.

The cycle of birth, death and rebirth could be explained with an illustration. The Earth on which we human beings are inhabiting is said to have been constituted of five natural elements, i.e.,

Money can buy only things but not the inner peace you need.

Land, Water, Air, Fire and Sky. We have studied that the earth revolves on its own axis due to which the change of time in a day (24 hours) like morning, noon, afternoon, evening and night occurs. Apart from the above natural occurrence, the earth is also revolving or orbiting around the sun and it takes one year (365 days) to complete the single round of revolution or orbit around the sun. Because of this natural phenomenon, the four major seasons such as Spring, Winter, Autumn and Summer occur in a year. In the same manner, the human physical bodies are said to have been made up of the aforesaid five natural elements and take their vital support and functional energy only from the souls on their subtle entry into these physical bodies. Here, the souls work like an axis in the human bodies and revolve in the cycle of birth, death and rebirth. Like the earth, the human beings during their life cycle in the world drama worship God, the Sun of Knowledge, in so many forms and names. It takes five thousand years to complete the world time cycle period from its inception till the end.

As the earth faces four major seasons in a year, so also the human beings on the earth do face four major dramatically changes in their habitual life style and pattern with different social, economic, educational and cultural background in each Age termed as *Satyuga*, *Tretayuga*, *Dwaparyuga* and *Kaliyuga* in the cycle of world drama.

Can anyone in this world tell when the earth started rotating on its own axis besides revolving or orbiting around the sun? These are all natural phenomenal acts happening since the time immemorial without any halt even for a while. It is a well known fact that the Sun plays a vital role in providing the light, heat and energy to all living beings on earth at various level. Similarly, God, the Sun of Knowledge, with unlimited powers

plays a vital and key role in affording the light of knowledge and wisdom, virtues and powers to the human beings during the auspicious Confluence Age, the time of dawn, for the New Heavenly World, which is scripturally termed as *Satyuga*.

As all living beings on earth are governed by the Law of Nature, we human beings on earth are governed by the Law of Actions (*Karma*). Of course, God is the Supreme Justice (*Dharmaraj*) of the world. At the same time, because of His compassion towards His children, He came down to this corporeal world from the Incorporeal World Shivlok (Soul World) to transform His children from the state of impurity into that of the original state of purity through easy Rajyoga meditation. He is not only the Supreme Father of all souls, He is the *Guru* (Teacher) and *Satguru* (Preceptor, Guide) as well who teaches the Spiritual Knowledge and Rajyoga to uplift His children from the state of humans to that of the state of elevated deities (*Devs/Devis*) to give placement in Heaven from where the life history of deities with full package of joy, happiness and delight restarts from the first scene of world drama serial at *Satyuga* lasting for one thousand two hundred and fifty years followed by *Tretayuga* with similar time duration with shrinkage of health, wealth and happiness by two degrees less: Sixteen celestial degrees in *Satyuga* reduced to fourteen celestial degrees in *Tretayuga*.

In *Kaliyuga*, the children have their birthrights to claim both the moveable and immoveable properties from their physical parents. Whereas the destitute or deprived children are deprived of their birthrights and fail to claim the parental properties as they do not know who their physical parents are.

God, who is the Supreme Father of all souls,

(Contd. on page no.33)

Relationship with God will make human relationship more loving.



PEACE OF MIND



–**B.K. Ramesh**, Porbandar

If you do not find peace in your own self, you will never find it any where else. Everybody tries to find peace from outside and surrounding as they do not know that peace is in their inside – the inner self.

One person was searching something in the backyard of his house. His neighbour asked him, “Hi friend! What are you searching for?” He replied, “I am searching the key of the door of my house. The neighbour again asked him, “Are you sure that your key is lost here in your backyard?” The person replied, “I have lost my key in front of the door.” The neighbour told that if you know that your key is lost in front of the door; then, why are you searching for it in the backyard? The person replied that he was doing so because there is no light there and here is the light in the backyard.

We, the people, are doing the same thing as the above person. Due to lack of knowledge about the light of the self or spirit, we are in deep darkness of the spiritual ignoranace. We waste our time and energy by searching peace from outside. In fact, the peace is our own property and it is in our self or spirit, the inner spiritual entity. The mind is the thinking faculty of the self or soul. So, people seek for the peace of mind.

Peace is like our own necklace lying around our neck

There was a queen. She was wearing a very precious diamond necklace around her neck. She went for bath in the river. She put off her diamond necklace from her neck and after bath she put on her necklace but she forgot that she

had put on her diamond necklace and started shouting, “I have lost my necklace.” One of her guards saw the necklace around the neck of the Queen. He said to the Queen, “Your Highness! Your valuable ornament is lying around your neck itself.” The Queen realised “Oh sorry! I forgot that I had put on the necklace around my neck.

This story refers to all of us, who have forgotten that peace is our own property in our self but we are searching for it outside, or seeking from other or our surrounding.

So, if we want peace, we should know that I am a peaceful self or spirit or soul. Peace is my own valuable and essential property and my Father, the Supreme Soul, is the Ocean of Peace.

Peace of mind is a beautiful gift, which only we can give to ourselves just by realizing our self of spirit through Rajyoga meditation that links or unites our self or spirit with God, the Supreme Self, and expecting nothing from anyone else. ❖

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has come forward with a Gift Voucher affirming all His spiritual children (souls) that whoever takes the seven-day Rajyoga course from Brahma Kumaris Ishwariya Vishwa Vidyalaya condensed in a diamond casket of Godly knowledge that speaks the potential truth of Human Life History from the beginning till the end, will be handed over the Gift Voucher to claim the God Fatherly Inheritance of Paradise on Earth for twenty one births. The value of the gift voucher will rise up depending upon the initiation, involvement and interest in the Godly studies by His children.

Please take your birthright to inherit the Heavenly life from the Spiritual Parents – Shiva Baba and Brahma Baba – by studying the Spiritual Knowledge and Rajyoga meditation taught in the Brahma Kumaris Organization.

Magnet magnetizes the iron but meditation spiritualizes the human.

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Secondly, as famous psychologist Karl Jung has said in his writings on Psychology, 'Man wears masks'; Jung calls these masks 'persona'. Man uses masks in order that he may get acceptance, commendation and praise. However, this mask does not represent his real self. So, even though a person talks of values, he may, in truth, be the very opposite of it. In his personal life, he might not be practising it. In that case, it would be mere hypocrisy and it will do disservice to the very cause. For, when people discover that men in power and high position talk of values but do not practise them, they become disillusioned. They lose the hope and desire to uphold the values as well. Especially, when they see that a great majority of people violate values in practical life though they beat trumpets about values in public life, they get frustrated and disillusioned. This, then, gives rise to a negative wave that counteracts the noble work of promotion of values. Hypocrisy is the worst enemy and sincerity is the real friend and real promoter.

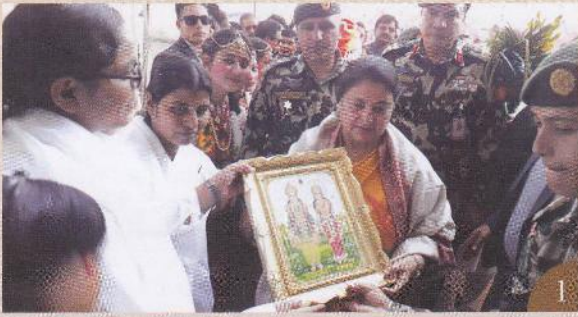
Let us, therefore, properly emphasize two things in our discussion on values. One is that we must implement values in our life and the other is that if a person talks of a value but does not practise it, let him speak about it and tell people that this value is important and that he also will now start practising it. Let him be sincere in his efforts.

Sincerity prepares the mind for other virtues also. It enables other values to grow strong and grow fast. It wins the hearts of others and enables a person to be nearer to God. This virtue is a fast friend of Honesty, Integrity, Truthfulness, Simplicity and Clean Heartedness. The habit of crookedness, deceit, hypocrisy, hide and seek, dishonesty, etc. do not serve in longer run.

Sincerity gives a unique experience of lightness and peace and is the fore-runner of complete purity. So, let sincerity in our mind be cultivated earnestly and enthusiastically

In fact, there have been different strata of society in all countries, all religions and all societies on one ground or the other for more than two millennia. These differences and discriminations were always based on body, its colour, birth, etc. There is only one way of eradicating the caste evil and that way is easy and effective also. It rests on our right understanding of the distinction between one person and another. If we understand that the term "*Brahmin*" does not speak of one's birth nor does it refer to one's erudition in certain scriptures but it refers to one's purity, vicelessness, high character and righteous behaviour and that the term "*Shudra*" applies to those persons, who are morally fallen, utterly corrupt, violent and unrighteous, then only will the caste system have some real meaning. Similarly, other terms can also be defined in terms of character and divine or devilish qualities and not in terms of birth. No human being is "untouchable" because he or she is born in a particular family. Anyone, who has hatred for fellow beings is, in reality, a *Shudra*, i.e., a bad person. A person born to a so-called low family also would be a Brahmin if he or she is a person of high character. This means that anyone can become a Brahmin by attaining spiritual knowledge, practising Rajyoga and following the path of being pure and virtuous.

So, let us all try to inculcate spiritual knowledge, be persons of high degree of purity and, thus, be the 'real' *Brahmins*. Otherwise, everyone, who has sex-lust, anger, greed, attachment, pride, jealousy, hatred, etc., is a *Shudra*. ❖



1 Janakpur (Nepal): H.E. Vidya Devi Bhandari, Hon'ble President of Nepal, is being presented Godly gift by B.K. Sarita and B.K. Gulab. 2 Dumka (Jharkhand): A Spiritual Fair is being inaugurated by H.E. Draupadi Murmu, Hon'ble Governor, Jharkhand; B.K. Jaymala, B.K. Kusum and others. 3 Puri (GRC): Educators' Conference on "Values & Spirituality for Overcoming Challenges" is being inaugurated by Prof. Madhumita Das, Vice Chancellor, Fakir Mohan University, Balasore; Prof. Harihara Hota, Vice-Chancellor, Shri Jagannath Sanskrit University; Prof. Dr. B.C. Guru, Advisor, KIIT University, Bhubaneswar; Dr. B.K. Pandiamani, B.K. Suman, Dr. B.K. Nirupama and others. 4 Guwahati: Mr. Naba Kumar Doley, Panchayat and Rural Development Minister, is being presented Godly gift by B.K. Sheela. 5 Bayana (Bharatpur): Mr. Sachin Pilot, Dy. Chief Minister of Rajasthan, is being presented Godly gift by B.K. Babita. 6 Kolkata: Mother Teresa Award is being awarded to B.K. Kanan for her significant contributions towards establishing Peace & Harmony in West Bengal. 7 Amritsar: On 550th Prakash Parv of Shri Guru Nanak Devji, Dr. B.K. Binny is being felicitated at Golden Temple by Mr. Gobind Singh Longowal, President of Shiromani Gurdwara Parbandhak Committee (SGPC) and Giani Jagtar Singh, Head Granthi, Golden Temple. 8 Visakhapatnam: Divya Jyoti Bhawan is being inaugurated by Rajyogini Dadi Ishu, Mr. K. Dharmashree, MLA; B.K. Someswari, B.K. Veeni and others.



1 Abu Road (Shantivan):
 A Programme on "World Diabetes Day" is being inaugurated by B.K. Santosh, B.K. Muthyunjaya, Dr. Banarasilal Shah, Dr. Shrimant Sahu and others.



2 Hyderabad (Shanti Sarovar):
 A project of Women Wing on "Hope – Happiness – Harmony" is being launched by H.E. Dr. Tamilisai Soundararajan, Hon'ble Governor, A.P.; Padmashri Arunima Sinha, First Woman Amputee Climber of Mt. Everest; Mr. M. Jagadeeshwar, Principal Secretary, WD & CW; B.K.Chakradhari, B.K. Kuldeep, Dr. B.K. Savita and others.



3 Gurugram (ORC):
 A Conference on "Farmers' Empowerment" is being inaugurated by Mr. B. Pradhan, Addl. Secretary, Agriculture Deptt. Govt of India; Dr. Sanjeev Kumar Patjoshi, Joint Secretary, Panchayatiraj Deptt., Govt. of India; B.K. Brijmohan, B.K. Asha, B.K. Raju, B.K. Sarla and others.



4 Mehsana (Becharaji):
 Lighting candles on the occasion of inauguration of a new centre building are Rajyogini Dadi Ratanmohini, Mr. Bharat Bhai Thakor, M.L.A; Mr.Rajnikant Patel, M.L.A; B.K. Asha, B.K. Godavari, B.K. Sarla, B.K. Tripti and others.