



SUPREME SOUL
GOD FATHER SHIVA

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1. **Chandigarh:** BK Ultra is handing over Cheque of Rs. Five Lakh to Mr. Sachin Rana, Addl. Deputy Commissioner for COVID-19 Relief Fund along with BK Neha. 2. **Solan(HP):** BK Sushma is donating the cheque of Rs. One Lakh to Mr. K.C. Chaman, Deputy Commissioner for District COVID-19 Relief Fund. 3. **Ayodhya (Wazirganj):** BK Shashi is handing over Cheque of Rs. 51 thousand to Mr Anuj Kumar Jha, Collector for COVID-19 Relief Fund. 4. **Konjhar (OD):** BK Bindu is handing over the cheque of Rs. 1 Lakh to Ms. Suranjika Behra, Deputy Collector for COVID-19 Relief Fund. 5. **Kendrapara (OD):** BK Sneha is handing over Cheque of Rs. One Lakh to Mr. Narhari Sethi, Revenue Adm. for COVID-19 Relief Fund. 6. **Ludhiana:** BK Saraswati is handing over the cheque of Rs. One Lakh to Mr. Pradeep Kumar Agrawal, Deputy Commissioner for COVID-19 Relief Fund along with BK Sushma & BK Gurpreet. 7. **Sambalpur (OD):** BK Aani & BK Jyoti are handing over the cheque of Rs. 1 Lakh to Mr. Niranjan Sahu, RDC for COVID-19 Relief Fund. 8. **Pathankot:** BK Pratap is handing over Cheque of Rs. One Lakh to Mr. Prithi Singh, Addl. Deputy Commissioner as contribution towards COVID-19 Relief Fund.

From the Mighty Pen of Sanjay



HABIT FORMATION AND REFORMATION-II



An important principle to be observed for breaking a bad habit and forming a new one is the avoidance of any exception in this process. If, for example, a person resolves to give up the habit of smoking, he should not allow himself to think that he can smoke one cigarette today because there are guest-smokers in his home today and that, from tomorrow, he will give up smoking totally. If he permits himself such kind of exceptions or lapses; then, he will either not be able to root out the habit finally or will make his own task very hard. Things have not to be done by fits and starts. Once, you have determined to oust the enemy and have put him on the run, don't let him in again.

In this context, one incident from the life of Shivaji, the Maratha war-hero and his prominent courtier, Shelarji, comes to mind. Tanaji once entered the castle of the enemy's army by climbing up its wall with the help of the rope. When the enemy's military forces became aware of the surprise entry of the Maratha forces, skirmishes started. Feeling scared, some less-determined soldiers of the Maratha forces began a hasty retreat towards the rope, which was the only means of escape, because the enemy, who was encamping in the castle, had bolted the royal gates from inside and were heavily guarding them lest the Maratha entrants should run out. Shelarji, seeing that some of the Maratha soldiers were trying to escape by climbing down the rope, ordered the rope to be cut. As a result, the soldiers, now, thought that they had to do or die. History says that they fought valiantly and won the battle. This lays down for us a hint about how we can conquer the enemy, who is encamping in the castle of our mind. We should not try to find escape routes while facing the enemy. Let all ropes be cut. Let there be no excuses, no exception. Let no occasion serves to weaken our will. Once, a man has stopped smoking or has given up drinking alcohol or any other addiction, let him neither keep with him a packet of cigarettes or a bottle of wine for any occasion nor even ever touch these in future.

If a student decides to form the habit of regular study and,

(Contd. on page no.33)

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■ Editorial ■



**WORLD
ENVIRONMENT
DAY
CELEBRATED**



The ongoing onslaught of COVID-19 all over the world has been a means of making people very conscious about the Environment. It is a fact that people at large in most countries were simply going about their daily routine enjoying the materialistic pleasures of life, be it a variety of food items, soft and hard drinks, or spending on the self without limit with hundreds of other like-minded people. The highly indulgent or sometimes apathetic lifestyle of spending late nights partying or on social media, in savouring harmful drinks and especially non-vegetarian foods, and ignoring one's responsibility towards self, community and nature is now reaping bitter fruit. From the statistics around the world, though many had thought they were invincible to COVID-19, however the virus that started from Wuhan, China, in December 2019 has spread its wings to 213 countries, affecting tens of thousands of people in every nation, including the so-called developed ones. Till date, no vaccine has been invented for counteracting the attack of Coronavirus; every country has been trying different ways and means to safeguard its people, but the impact of the virus seems to be too powerful for the elderly, children and

those with co-morbid illnesses as their immune systems render too weak to battle the virus.

In the land of Bharat, a significant percentage of the population follow a vegetarian diet which has seemingly helped in containing the spread of the virus. It should not be out of place to mention that as of yet, the BK Teachers and million+ families of Brahma Kumaris Sisters and Brothers connected with 8000 Learning Centres & Sub-Centres in over 130 countries have remained safe, and we hope all will continue to lead normal, happy and healthy lives.

I wanted to contemplate and gather information on what makes spiritually-inclined individuals resistant to most viruses, and have come to the following assessments:

1. Those connected with Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, and following its principles and systems to the best of their ability, aim to follow a natural early morning routine of saying Good Morning to the Divine Being as soon as they wake up, and then sitting for half an hour to an hour in Meditation. This is scientifically proven to be most beneficial for inner soul, brain and major organs of the body.
2. The unconditional love and faith with which we forge our spiritual relationships with the Supreme Being as Father, Mother, Teacher, Satguru, Friend etc, generate a tremendous amount of spiritual, emotional and sensible powers.

3. The disciplined vegetarian lifestyle acts as a good foundation in providing most of the ingredients required to face and tide over infections.
4. Those who adopt Spirituality are also more responsive towards alternative therapies that often provide substantial solutions to health issues. For example, as we see from the widely distributed information in newspapers and TV Channels these days, a number of Ayurvedic herbal soups prepared with turmeric (*haldi*) and other spices, taken once or twice a day, can do wonders in building one's resistance power.
5. Spirituality, Soul-Consciousness and God-Consciousness teach us to be respectful as far as possible to the living space, the five elements and environment in which we live in. In return, a peaceful, friendly atmosphere helps us establish a meaningful spiritual connection with our Supreme Parents and the entire global family. This is why it is so important to be aware of how the environment plays an important role in enhancing our good health. There is a certain correlation between the high numbers of co-morbid illnesses and low immunity levels of those living in big cities like Mumbai, Delhi, Ahmedabad, Chennai etc because of lack of environmental protection at residential towers.

The Coronavirus may become a blessing in disguise for the planners of big cities and towns, to create a healthier environment

that will motivate the entire community to think differently. On one side, they should definitely pay attention to creating green patches, more parks and play-grounds for the occupants of high-rise buildings. We also know very well that the labourers who come to these cities from far-off distances like Uttar Pradesh, Bihar, Orissa or South India to name a few, are exposed many times to hardships on physical and hygienic levels. However, it's time to adhere to our age-old values: the haves should look after the have-nots. So, at the time of designing any new colonies, attention should be given to providing enough space for healthy residential hutments for the working class with proper drinking water, sanitation and approach roads. Though in the past decade, there has been awareness and action in terms of reforming the environment and living space by increasing green cover around the country, but more can definitely be done in this regard. At least 50% of the available land should be reserved for green trees, flora and fauna.

Individuals and families need to return to a more health-conscious and nature-conscious lifestyle. This can be achieved by educating our nation further in the principles and practices followed by the ancient *Rishis* and Ascetics, when they ran hermitages for enlightening youngsters about the harmony between mind and physical health, positive behaviour and attitude, and care and respect for the community and environment.

As per the season, we should continue to plant rain-pulling trees like the Peepal, Banyan, Mango, Neem, Jamun and other such trees whose roots extend deep into the ground. Greenery in our surroundings can bring back richness and vibrancy to the lives of all inhabitants. It should not be out of place to mention how this culture of care towards the environment catalysed the plantation campaign of millions of trees last year all over the country, and the same enthusiastic drive should be continued this year during the monsoon months of June, July, August and September. This cannot be achieved without focusing on the wider canvas of the health of the entire nation.

We are very happy to note that our Central and State Governments are focused sincerely on the safety of the people from Coronavirus, but this may also be supplemented with a dynamic approach towards protecting the environment of Bharat during the year 2020. A vaccine for the virus may be developed in due course, however efforts towards rehabilitation of the environment will definitely assist in improving the overall well-being of the people of Bharat.

We have several thinkers, poets, writers, orators who can help in educating the masses about leading optimal lives based on balanced routine, healthy and sustainable diet, and loving, respectful communication and connection with all living beings. As has been true in history, places of worship and education have played important roles in moulding the

psyche of different communities for value-based co-existence, and continue to do so. Selfless caring for one another has been a common sight in Bharat, and even more so over the past 3 months with voluntary Community Kitchens and Health Care Centres serving thousands on a daily basis. May these God-loving, generous-hearted instruments of change continue with their acts of kindness towards the Supreme Being's children irrespective of caste or religion or colour!

Members of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya have also been happily involved in sustaining needy souls on all levels at the Headquarters as well as other places. It is one of our major responsibilities to help people conquer fear from their minds, and prepare them to be well-informed, strong warriors against detrimental living habits.

During these trying times, our honoured members of the medical fraternity, sanitation workers, providers of essential needs, social workers, police personnel, members of the State and District Administrative Staff have displayed astounding courage in fulfilling their duty towards all the affected members of the community, and we extend our unending support and thanks to all of them.

Let us take a pledge to become leading lights for creating a positive, healthy, green and beautiful environment for ourselves and all those around us!

Om Shanti,

—*B. K. Nirwair*

June 24: Ascension Day of Mamma

SARASWATI: THE IDOL OF SPIRITUAL WISDOM

—Brother B.K. Jagdish Chander

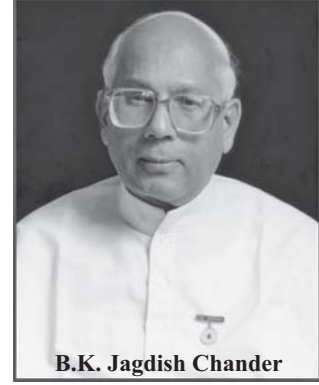
The Hindus in India and elsewhere start their education or intellectual endeavour by worshipping Goddess Saraswati, whom they regard as the Goddess of Knowledge. The Sanskrit verse generally recited to invoke the blessings of Saraswati says: “May Goddess Saraswati, who is as white and bright as the jasmine flower, moon, dew, and a garland of pearls, who dresses her in white clothes and whose hand is adorned with the finest *Veena*, who sits on a white lotus and is held in reverence by Brahma, Vishnu and Shankar, protect me from the worldly evils and a dull intellect by kindling the light of knowledge.” It is evident from this verse that Saraswati had attained and realised spiritual knowledge; being powerful and proficient in it, she could remove any obstacles placed by *Maya* on her path and that of other spiritual seekers as well. In this sense, she was the spiritual mother, who nourished other souls with the milk of divine knowledge.

The word '*Saraswati*' means one, who bestows sweetness on the self. Since this is only possible by sharing spiritual knowledge, her name suggests that she was the Bestower of Spiritual Wisdom. Today, she is regarded as the



Mamma

icon of not merely spiritual knowledge but of any venture or branch of knowledge. Many Universities and Academies keep an image of Saraswati in their buildings or as part of their insignia, along with an



B.K. Jagdish Chander

inscription of a line or two from the above verse. Eminent scholars, who are well-versed in scriptures, or have mastery over expression are given the title '*Saraswati*', which is appended to their names (even though the spiritual sweetness born through spiritual wisdom may be lacking in them).

Meaningful Name

The above traditions draw light to the fact that the name, '*Saraswati*' must have been bestowed as an honourable *upādhi* (title) to a virtuous young virgin, who had attained unparalleled proficiency in spiritual knowledge. Being extraordinarily sweet in temperament, she gave motherly love, affection and spiritual relief to the humanity at large as a spiritual mother. Therefore, '*Saraswati*' was not the name given to her *physical* body but was conferred by a Higher Being in recognition of her spiritual enlightenment and eminence. The Supreme Entity, God Shiva, the Knowledgeful One and Creator of the *Trimurti* (Brahma-Vishnu-Shankar) gave regard to Saraswati for her spiritual learning, enlightenment and sweetness.

The word '*Saraswati*' originates from the Sanskrit root, "*Srigatou*", which represents a person, who is the river or ocean of divine consciousness, where divine knowledge vibrates constantly just as water flows in a river. If water in a channel does not flow, it begins to

God attracts your soul like a magnet the moment you stay in soul-consciousness

stagnate and stink; if, on the other hand, it keeps flowing, it remains clean and removes all obstacles in its path. It also reaches out to serve others. The word '*Saraswati*', thus, has these connotations.

Saraswati is also given the names *Kamlā* and *Padmā* in scriptures. Both these names mean 'lotus'. Since the lotus is a symbol of detachment and purity, the essential characteristics of a spiritual person, these names signify her spiritual qualities. They further illustrate that Saraswati was not the name of her physical costume but '*Kamla*' and '*Padma*' were her spiritual titles.

Signs and Symbols

Her numerous characteristics are praised in verses and depicted using specific signs and symbols. The following descriptions of signs and symbols explain their significance accurately:

Veena: *Veena* is a musical instrument that requires great control and mastery over the strings. It signifies control over one's physical organs or actions. In India, the *veena* is symbolic of life whilst its strings symbolize feelings, emotions or sensibilities. Life is like music; there needs to be rhythm and we have to play the music well. The *veena* in the hands of the Goddess of Knowledge indicates the delivery of knowledge as one plays musical notes; knowledge should be imparted in an artistic and skilful manner that can win the listeners' hearts. It is also symbolic of the rhythmic mind of the person, who holds it, and the control over his/her physical sense organs.

It is worth noting that Sanskrit literature calls the *veena* played by Saraswati as '*Kachchapi*', meaning 'a female tortoise'. Some artists portray her *veena* with its upper end in the form of a tortoise. In Indian tradition, *Kachchapi* (tortoise) signifies withdrawal of physical senses from the external world. As is well-known, a tortoise

withdraws its organs when it does not need to move or act. This withdrawal from the physical senses or introversion is essential for attaining spiritual knowledge. One, who is withdrawn and alone, can play well or enjoy the musical notes of the *veena* of Godly knowledge. Zoologists and those, who have studied the behaviour of tortoises, say that after a female tortoise lays her eggs, she covers them up with sand to protect them, and carries on with other activities whilst keeping an eye on her eggs. This signifies the quality of Mother Saraswati, who gave spiritual birth to others through Godly knowledge, and, then, protected and nurtured them well.

In her portrait Saraswati is seen holding the *veena* with her left hand on the upper side and the right hand on the lower part. This implies that she had command over the complete knowledge and could play whichever part appealed to a particular soul.

The *veena* is also called '*Muktchandi*', meaning multi-rhythmic potential. Saraswati was not bound by any texts or scriptures, but being a wise person she had the freedom to decide what to say.

Book: A 'book', which symbolizes knowledge, is held by a pupil, disciple or student and also by a teacher or author. Saraswati had deep interest in divine knowledge and taught the same to others. She practised spiritual discipline well and trained others in the art and science of life. An authority on divine knowledge, she is known as the 'Goddess of Knowledge'.

Rosary: The 'rosary' symbolizes 'concentration of the mind on God' or 'lovely remembrance of the Supreme Being'. The rosary comprises of 50 beads and, incidentally, the alphabetical letters in Sanskrit or Devnagari script are also 50 in number. This signifies that she had mastered the complete knowledge and

Make friendship with Incorporeal God Shiva, who will always give you His good company.

had grounded her meditation and concentration on the same.

It is interesting to note that in the science of symbolism everything holds significance. Traditionally, the thumb, third finger, and the one next to the index finger are used to hold a rosary; the thumb is considered to represent *guru* or spiritual teacher; the third finger indicates knowledge and the finger next to the index finger is symbolic of 'the known'. In other words, her meditation and concentration were based on knowledge but not on blind faith. The trio in this *mudra* (positioning of fingers) symbolises the truth that the soul and God are two distinct entities. The Goddess of Knowledge, who had attained complete purity, represents the reality that soul and God are not one and it is through meditation that they are linked. Meditation is righteous only if it is based on this understanding.

Swan: Saraswati is shown seated on a 'swan', which is considered to have a strong power to discriminate between right and wrong, the valuable and useless. A notable feature of a swan is that it can stay and swim in water without getting tired, incapacitated or adversely affected. The swan (*Hans*), the 'carrier' of Saraswati, signifies that she led her life with a strong power of judgement, without getting attached to or affected by the world. Godly knowledge does not ask us to renounce the world or actions, but teaches us the power to discriminate and become a vehicle that can help us swim across the waters of life without being influenced. The white swan symbolises the quality or virtue of 'purity', which can become our vehicle; we can neither develop sound judgement nor swim across without purity.

Peacock: Apart from its colourful feathers,

the peacock has a few unedifying traits and habits; its mood keeps changing. It is greatly influenced by change in weather and weeps due to infatuation; a yogi is expected to not have these traits. The peacock is symbolic of worldly knowledge, name and fame. So, peacock, which symbolizes worldly knowledge and success, is not Saraswati's vehicle, but is shown at her feet waiting to be used. This implies that the one, who has attained spiritual knowledge, also has the worldly success at his or her disposal but does not use them. Such a soul does neither experience fluctuating moods nor is a victim of infatuation.

White Lotus: The divine Mother Saraswati is shown seated on a lotus flower. This flower is mainly white with a light-red tinge. White colour represents purity and light-red colour symbolises dignity and grace. These symbolize her graceful way of performing tasks and her truthful and righteous intellect. It further illustrates that realisation of the depths of knowledge comes by performing activities parallel in nature.

Banana Leaves: The trunk of the banana plant is made up of multiple layers. As the layers are removed, one ultimately reaches the end where nothing else remains. It is symbolic of finality in knowledge or penetration into its depths. In India, it is said, "the statement of a spiritually knowledgeable person has many layers to it or is as deep as a banana tree." Therefore, the knowledge delivered by Saraswati has many strata or layers of truth.

The Fruition of Godly Knowledge

Having acquired brief knowledge of the names and symbols associated with Saraswati, and her authority over spiritual knowledge, the logical question would be: what is the ultimate fruition of Saraswati's knowledge? In other words, what did

Spiritual literature raises us to Heaven, obscene literature hurls us down into Hell.

she attain by rising to the acme of purity and spiritual knowledge?

We know that knowledge is the means through which a person achieves a goal. Indian scriptures say, "It is through knowledge that man becomes like God, Shree Narayana, and a woman attains the status of Goddess Shree Lakshmi." The word "*Lakshmi*" originates from the Sanskrit word '*Lakshya*' with '*Lakshana*' (*signs or symptoms*), meaning 'goal' or 'aim of life'. Semantically, Lakshmi is the goddess representing the goal of human life. This is reiterated beautifully in a Sanskrit verse: "She signifies the culmination of Godly knowledge and is symbolic of the final attainments of health, wealth, and happiness; thus, she is the goal for all." Saraswati attained the status of Shree Lakshmi in her future life at the beginning of *Satyuga*, which ensued after she, Prajapita Brahma and their spiritual progeny (Brahma Kumars and Kumaris) helped in purifying and enlightening the mankind.

We have understood these truths by our practical experiences with Jagadamba Saraswati. We have seen the white-clad mother, whose life was a source of deep spiritual inspiration. We have listened to her *Gyan Veena*, the *Veena* of knowledge. We have received her motherly love and care, and should continue to experience her subtle, angelic presence amongst us. ❖

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

"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



By treading on the path of truth, you'll win the game of life under God's Supreme Justice.

June 24: Mamma's Ascension Day

ADI DEVI JAGADAMBA SARASWATI (The First Goddess)

—Dada B.K. Anand Kishore

Dada Anand Kishore is one of the *Yagya's* original jewels. After Brahma Baba attained his angelic stage, Dada took care of the *Yagya's* administrative works in the Madhuban Office. He was a highly competent server of the *Yagya*. He left his corporeal body on 21st September, 1998.

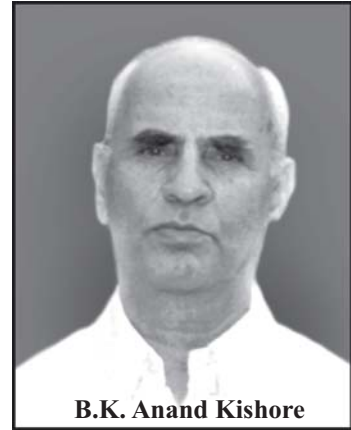
Introducing the World Mother Saraswati, Brahma Kumar Dada Anand Kishore says, "Each one of us has our own physical mother, who gave birth to our body, but as souls our Supreme Mother and Father is the one Incorporeal God Shiva, Supreme Soul, the Point-of-Light. We all know about both kinds of parents, the *Laukik* and *Parlaukik*. But, today the human beings do not have the true introduction of the name, form, abode, role, etc. of the Supreme Parent. There also comes a time within the world drama cycle of 5000 years, when we find our Spiritual Mother. We get to know this spiritual mother for only a short period once in the cycle; her name is World Mother (Jagadamba) *Adi Devi Saraswati*.

The Incorporeal Supreme Soul, Shiva, is the Eternal One and, therefore, He is the Spiritual Father of all souls. But, how can *Jagadamba*, an embodied being, be a Mother of the World? The answer lies in understanding *Jagadamba's* spiritual task. The name of this *Laukik* Mother,

based on her duty, is "*Shiva Vanshi Brahma Kumari Adi Devi Jagadamba Saraswati*". She is called the Creation of Shiva, known as the First Goddess, and regarded as Mamma, the World Mother Saraswati. Everyone sees her as the "Goddess of Knowledge".

The ornament '*veena*' in her hands is symbolic of her playing the *veena* of knowledge. But, if the Supreme Father is the Ocean of Knowledge; then, where and how did Mother Saraswati attain this knowledge? She would definitely have received the vast knowledge from none other than the Supreme Soul Shiva; and, then, she becomes the Goddess of Knowledge (*Gyan-Gyaneshwari*) herself! When the world drama cycle reaches the completely impure time of the Iron Age (*Kaliyuga*) and the urn of sin is full, the God of *The Gita*, the Incorporeal Supreme Soul Shiva, incarnates upon the earth by entering the corporeal chariot of Prajapita Brahma (*Bhagirath*, the lucky chariot) in order to purify the impure humanity and re-establish the world of Golden Age (*Satyuga*). People do believe that the Supreme Soul created a New Heavenly World through Brahma.

Mother Saraswati became the Commander of the Non-Violent *Shiv-Shakti* Army, manned by the mouth-born creations of Brahma - the true Brahmins - Brahma Kumars and Brahma Kumaris. They personally listen to and imbibe the real Godly knowledge, imparted through Brahma's lotus mouth, and, then, they battle



B.K. Anand Kishore



Mamma

(Contd. on page no.14)

Lust, the greatest enemy of human souls, leads them to utter depravity.

THE ANCIENT YOGA TAUGHT BY THE LORD OF YOGIS

– B.K. Surendran, Bengaluru

When we look around and study the lives of people, we observe that the largest masses of people in the world are in search of God. No other being is sought after or remembered in this manner. It implies that God is the most sought-after personality in the world. But, the irony of all these is that nobody knows who is God. God observes that He comes down to the level of human beings to communicate the truth. It cannot be done in a proxy way. He does not come in birth and death cycle. He has to descend in the body of an ordinary human being, who is later named as Prajapita Brahma. He is speaking through the mouth-organ of Brahma. More than ten lakh people attend the sermons of God. The unprecedented, positive transformation in their life is an eye opener to this fact. He is teaching the souls easy (*Sahaj*) Rajyoga, the method to remember Him, thereby revealing the truth that He is the Supreme Father of all souls of all religions. This revelation and the consequential personal experiences of people, who attend to His sermons, attract the human souls in a natural way. His sermons convey the intrinsic knowledge that the soul is a micro star of consciousness and it consists of three faculties such as mind, intellect and resolves (*sanskars*), with seven divine virtues as the core. His loveful remembrance connects the human souls with Him.

God descends on His own from His Highest Metaphysical Abode (*Paramdham*), which is beyond the outer space, the region of infinities,

to reveal His true, eternal personality, His real identity and also His mission. When we find someone, we have been searching for a long time, our joy will know no limits. God communicates with us with love and honesty through the language of silence-thoughts. With the light of spiritual knowledge that He reveals, we are able to understand what He expects from us and also understand His real personality. One cannot help being enamoured of His thoughts, His language, His blessings and His love. He is called the Innocent Lord (*Bholanath*), the One, who is pleased with an honest and truthful heart. He is not a human being. He is a self-effulgent Divine Point-of-Light. He is the Supreme Soul. He always remains above and beyond the influence or impact of birth and death cycle.

The Sermons of the Lord and their Impact

When we listen to Him, we start thinking over and over again on what He teaches us so as to perpetuate and sustain His remembrance. We are able to convince ourselves that the Special Incorporeal Person – God – who is our very life and our world, whom we are meeting after 5000 years, is before us and speaking to us. He is the Sun of Knowledge. When we listen to Him, we can visualize His personality through His words. The spiritual Sun's rays are His thoughts. We look at Him through His words. It is our good fortune that we could recognize Him. After recognizing Him and thinking of Him, which is otherwise known as Rajyoga, a series of unprecedented changes take place in our life. When we understand the benefits, we will steal some time in the midst of the worldly life to remember Him and to evaluate the achievements in our life after we met the most sought-after Supreme One in our life. We are naturally overtaken by an inner urge to surrender ourselves to the Lord and give all our burdens to Him. The Lord belongs to us and we belong to

Life is short and transitory; let us make the most and best of it.

Him. It is said that remembrance begets remembrance.

Self-empowerment with Spiritual Knowledge and God's Remembrance

Based on our such beautiful experiences, we have got full faith in the One Lord as our Supreme Father, who can definitely purge all our sins. It is our experience that the moment we remember Him in *Paramdham*, He looks at us with mercy and love and these get transformed into blessings for and upon us and, as a result, all our problems are dissolved. He gives us a lot of mind-fulfilling work – the Godly service – to attend to and when we start doing that work or service we automatically remember Him. It is impossible to forget the Lord when we are on Godly service; for, He Himself has entrusted the Godly service to us. This arrangement is made by the Lord duly convincing us that through this, we enrich ourselves and grow spiritually. Our work efficiency also improves a lot. Consequently, the hellish world is transformed into heaven. God descends to establish *Adi Sanatan* Deity Religion and Heaven on earth with the power of yoga and *Brahma Vidya* to the human souls. Therefore, whatever thoughts we generate, whatever words we speak and works or actions we do should be in line with the Lord's Directions. This will ensure proximity and similarity in thoughts. Our thoughts meet there of the Lord and we start understanding His personality. We move closer to Him. When our thoughts are integrated to those of the Lord, He makes us to move, He makes us to talk, He makes us to serve and He becomes the Manager of our life.

We are the leaves of the Human Genealogical Tree, called *Kalpa Vriksha* and He moves us – the leaves. In this lifestyle, we unburden ourselves. Happiness, peace and contentment

become the essence of our being. The voice of the heart, charged with gratitude and indebtedness, reaches the Lord. Then, the mind and the intellect always like to stay with the Lord; for, there is proximity. The heart takes the mind and intellect in its wings to the Lord. The Lord is the Subtlest of the subtle while the mind and intellect are also the Subtlest of the subtle. They can only think and speak the language of the Lord. As the mind thinks more of the Lord, it tastes the sweetness of His remembrance, and it advances into tastier and tastier realms of existence. As much as the mind remembers the Lord, so much as the mind and intellect will feel that the Lord is the Sweetest of the sweet. God's thoughts – the Godly Versions - provide abundant pure and powerful thoughts. We listen to the Sermons of the Lord and understand the different dimensions of their meaning. We have to listen, churn, and visualise these sermons in order to become the embodiment of what he speaks. When the mind likes something, it hangs on to it. The intellect takes a final decision as to the utility of remembering God to enrich life. But, if this liking of the mind is also accepted by the intellect; then, the heart along with the mind and intellect will race very often to the Lord in a natural way. The concentration of the mind naturally will take place.

Normally, people try to practise yoga by concentrating their mind on an external object. But, here, the yoga is taking place between two conscient entities – the soul, which is a conscient star of consciousness, and God, who is also a point of Supreme conscient light – the child and the Father coming together in loveful countenance on the basis of natural, perennial and eternal relationship, thereby realising bit by bit their close, eternal and intimate relationship. There is a natural pull of each other to be

Let the milk of human kindness develop and grow in human breast.

together at all times, as both like the company of each other. The mind is always concentrated on the Lord. Then and there comes the real peace in the mind, which is followed by coolness and calmness, leading to stability of mind. Rajyoga is the easiest of yogas because the the Incorporeal God, who teaches us, is the sole object of our concentration and meditation.

Self-Sovereignty – The result of Learning Rajyoga

A stable mind is always under the command of the self, the owner of the mind. The owner self can easily apply and deploy the mind wherever he wants to and to the extent he wants to. Therefore, yoga with God equips us to confidently be in the world of action and be successful at all times. We will be able to successfully adapt to situations and changes taking place in the world and also creatively deal with many crises. Again, the application of mind involves constructive and creative thinking, analysing, examining, understanding, studying, re-examining the consequences of a course of action, and taking appropriate action and moving on in life. Application of mind also involves exercising the power of discrimination, decision-making and owning personal responsibility. One, who applies his mind, will not meet failures but he gets success and only success in life. The mind will really become an instrument, which works as an enchanting vessel that can supply anything and everything. On the other hand, the mind will become very powerful to solve any problems in life. We accumulate a treasure of pure spiritual knowledge, which is revealed by God Father Shiva, the Supreme Fountain of Spiritual Knowledge. We store this Knowledge (*Gyan*) in our intellect, which can be used for various applications in life. We all know that this spiritual

knowledge is power, source of income, light and might, medicine, elixir of life, weapons of sorts and so on. We empower ourselves with this pure spiritual knowledge, which is bestowed upon us as blessing by the Almighty, the Supreme Authority on Spiritual Knowledge. ❖

(Contd. from page no.11)

against the vices. Along with other Brahma Kumars and Brahma Kumaris, she imbibes the knowledge from the Ocean of Knowledge, Supreme Soul Shiva, in her intellect. Thus, she becomes the living *Ganges* of Knowledge and engages herself in the service of purifying the impure human souls. This spiritual service transforms the corrupt Iron-Aged world from a jungle of thorns into an elevated Golden-aged garden of divine flowers. The rivers of Bharat have been named as Ganga, Yamuna, Godavari, Krishna, Cauveri, Brahmaputra, etc., in memory of this spiritual task of Brahma. Saraswati is an incognito river, implying that Prajapita Brahma and the creation of Shiva, Jagadamba Saraswati, establish the new Golden-Aged world once again with the power of Godly knowledge and yoga. Consequently, they are considered to be the *alaukik* father and mother of the world. Their spiritual task occurs at the Confluence Age at the fag-end of the Iron Age and beginning of the Golden Age. Today, people believe the meeting of rivers in Allahabad to be the true 'confluence' (*Sangam*), which is merely a memorial of Confluence Age (*Sangam Yuga*) created on the path of devotion. As this task took place at the beginning (*Adi*) of the New World, the World Mother is also known as the first Goddess (*Adi Devi*). ❖

The aim of spiritual education is deification of the human soul.

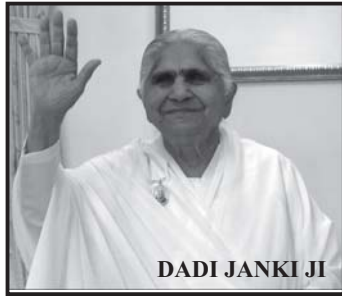
LATE DADI JANKI: AN INSPIRATION FOR THE UNIVERSE



–B.K. Manjula Baijal,
Begur, Bengaluru

Let me have a vision of appreciation for such a divine soul, whose spirit embodied truth, purity, sweetness, cheerfulness, courage, fearlessness and determination. Late Dadi Janki was the jewel in the garland of God, who completely dedicated her life towards the service of the humanity. Here, I would like to express what I learnt from her.

Beloved Dadi Ji used to say, “Challenging situations will continue to come in all aspects of our lives: mind, body, wealth and relationships but if we get caught up in situations, then, we will be stuck. If we keep thinking about the situation, we end up making the situation bigger than it really is. This leads to fear, worry and doubts, creates an upheaval and fluctuation inside; and, as a result, this depletes our inner strength.”



If we keep thinking – “What’s going to happen?”– then, we will allow our imagination to run wild and create worst-case scenarios. And, most often, our thoughts lead us to our destination. Dadiji used to say, “If we keep thinking that we are going to fail; then, we most likely will fail!”

“Decide: Do I want to continue to live like this or do I want to become strong and stable with a divine vision? Do I want to sit on a comfortable stable chair or do I want to sit on an uneven, wobbly chair?”

If we want inner stability, then, we need to pay attention to our thoughts. If there are any unnecessary thoughts, apply a full stop. Harness your mind and finish any negativity immediately. Think only of what is necessary. Create positive thoughts, which help to make the mind peaceful and powerful.

Learn to accept as the situations unfold. Understand that every scene in the drama of life holds benefit for us and all. Know that any situation in life has, in fact, come to move us forward but not to hold us back. Just assume that the situation will pass.

Whatever happened was good, whatever is happening is better and whatever is to happen will be the best. It is part of the world drama. In this way, no matter what happens, we will genuinely feel that there is no problem, and that everything is OK and everything is easy.

When we are undisturbed, we are able to remain in the present and think clearly. We will find solutions easily. But, by the grace of the Supreme Father, we’ll know what we need to do. You’ll know what is the appropriate action needed, right now. Overcome challenging situations with courage, determination and faith.

While Dadi Ji was in Pune, there was once a major earthquake. She remained calm and peaceful, and didn’t fluctuate in any way. Then, as soon as it stopped, she was able to go out and help others. She said, “If we panic, we cause confusion not only for ourselves but also for others around us. If we get affected when others are disturbed, are we going to be helpful in that situation? Imagine, how would a patient react if the doctor starts getting distressed? We should make ourselves unshakeable, like an elephant. Make your head and heart strong. When we feel strong, our heart is big, generous and compassionate. Stay strong and then we can help and support others through our thoughts and presence. Our good feelings can make a difference and erase others’ distress and sorrow.”

Dadi’s personal secret to staying unflappable

God Father always loves the souls, His spiritual children, from the core of His heart.

was: No matter what her health was like, or how many commitments and meetings she would have, she always maintained her discipline of daily meditation and spiritual study. She used to take light and might from God, and she had total faith that everything will turn out right. And when she used to interact with others, all she had to do was 'care, share and inspire'. This is what gave her energy, strength and power.

She would always say, "Pay attention to actions. Performing good actions creates inner strength; actually, not just good, but elevated actions."

She also added, "Make time to experience inner peace. When there's peace, there's love, and there's happiness, and in happiness there is power. Then, nothing can disturb us. Keep smiling, keep going and, simply, enjoy the journey."

She used to guide for every word and every action that adds to the positive. Each and every one of us is capable of making such a contribution.

Let our heart shine even more than our face. The beautiful contents of our heart can never be forgotten, but our face will be a history.

I was touched when she said, "It's not the years in our life that count but it's the life in our years." She proved this fact of this statement thoroughly in her practical life.

Dadi Janki always said that she was not a product of circumstances but a product of the Almighty's decisions.

Last but not the least, I would like to conclude with her own noble vision: "Go confidently in the direction of your dreams. Live the life you have imagined." ❖

A Heartfelt Tribute To Departed Dear Dadi Janki Ji And Condolence Message By "Radha Soami Satsang"



Radha Soami Satsang, Beas

Dera Baba Jaimal Singh, Beas, Punjab, 143 204, India
TELEPHONE: 01853 - 272345/ 272346/ 272341

28th March, 2020

Dear Sisters,

We are grieved to learn about the sad demise of beloved Rajyogini Dadi Janki Ji, the Spiritual Head, Brahma Kumaris, Mount Abu, on 27th March, 2020.



Gurinder Singh Dhillon

Dadi Janki Ji was a lady of highest spiritual virtues with a very loving and gracious disposition. Her selfless service to the humanity is well known not only in India but also all over the World. With her positive approach to life, she championed the cause of 'World Peace and Brotherhood', 'Women Empowerment' and 'Positive and Constructive Role of Women in the Society'.

She tirelessly served the humanity by planting roots of spirituality, divinity and values of life in the minds of those, who came in her company (*Sangat*). By leading an exemplary life, she inspired her followers across all cultures irrespective of caste and creed to live life for a higher sense of purpose and contribute towards making this world a better place to live in. Her demise is a great loss to the humanity.

Her contributions to the betterment of the humanity will be remembered for times to come and her loving memory will be cherished by hundreds and thousands of people all across the world.

In this moment of grief, I, at my personal level and on behalf of *Sangat* of Radha Soami Satsang, Beas, express our heartfelt condolences to you and the followers of Brahma Kumari Ashram.

With kind regards,

Yours Sincerely,

G. Dhillon

When spirituality is developed, values emerge; when values are developed, spirituality increases.

(Contd... from May, 2020 Issue)



SPINNING THE DISCUS OF SELF-REALIZATION



–B.K. Prakash Talathi, Pune

The answer to the question – On what basis do souls get their seat number in the inverted tree? – is: they get their seats on the basis of 'purity'. They are all pure, aren't they? Yes, they are all pure, but their degree of purity varies; so, they become number-wise, as mentioned follows:

i) Those, who are purified forcefully with punishment, have their level of purity, which will naturally be much lower in comparison with those, who are purified willingly before end-time, i.e., final destruction.

ii) The sparkle and the luminosity of the soul varies depending upon the purity attained by it. The souls, who are purified willingly, are purer and brighter with more radiant glow spreading in all directions like sparkling diamonds. They sit in the trunk of the tree very close to the Seed, their Spiritual Father. Whereas, those purified with punishment have a low purity level and sit away from the Father in the branches. The lowest pure one have lesser (degree of) brightness gradually tapering down towards dimness. The intensity of the light near the seed is very strong and powerful, which very gradually reduces towards the periphery of the tree. Note, the periphery is at the bottom and the seed is at the top.

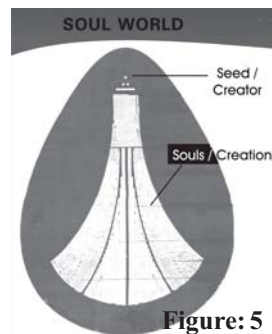
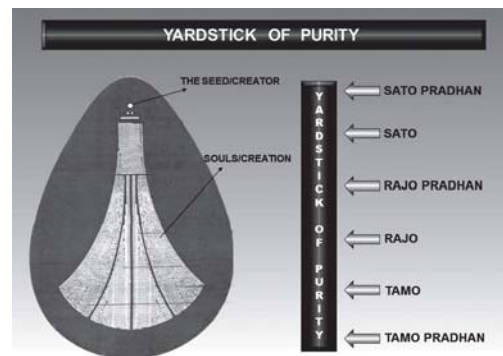


Figure: 5

Figure 5 – Incorporeal God, the Supreme Soul, and souls are seated in the inverted formation of Tree in the Incorporeal Soul World according to the degrees of their Purity.

iii) Yardstick of Purity: It covers a wide range.

Everything has to pass through three main levels of purity: *Satto*, *Rajo* and *Tamo*. For more clarity, we have split them in two, i.e., *Satto Pradhan* and *Satto*, *Rajo Pradhan* and *Rajo*, *Tamo* and *Tamo Pradhan*. To simplify further, we can say, *Satto Pradhan* is A+ and *Satto* is A. *Rajo Pradhan* is B+ and *Rajo* is B.



Tamo is C and *Tamo Pradhan* is C- (C minus).

Figure 6– Yardstick of Purity

In the above figure, the souls sit in the Soul World according to their levels of purity. So, the highest pure souls, seated close to God, are *Sattopradhan* souls belonging to Sun Clan and below them are *Satto* souls belonging to Moon Clan. Both these categories, Sun Clan and Moon Clan, sit in the trunk of an Inverted tree. Whereas, the souls of *Rajo Pradhan* to *Tamo Pradhan* level of purity sit in the branches, sub-branches, twigs and form the total expansion of the inverted tree according to their purity.

Spiritual Galaxy (Taramanda)

In the sweet silence home, we, the souls, sparkling points of lights (*Jyoti-bindus*) are well placed in the formation of a tree upside down known as inverted tree. It can be viewed like 7 wheels (chakras) or 7 bands or 7 rings of human souls.

Elevation View & Plan View

In the drama of human life, the hero ever triumphs over the villain.

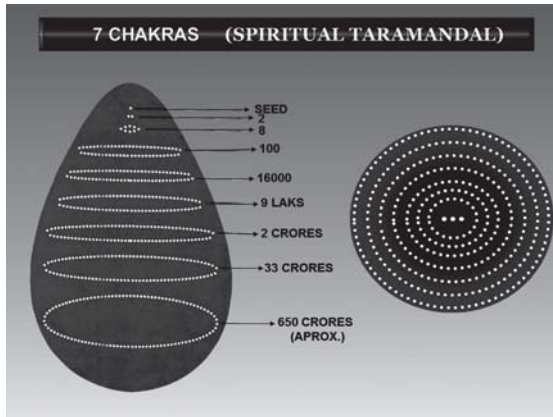


Figure 7 – Spiritual Galaxy (Taramandal)

The Seed of this tree is on the top, highest on high; and, hence, He is known as the Supreme. “Highest -on-high” – That is how in Christianity they call to God. Hindus call '*Unche-te-uncha*', meaning the same. After God's task of purification is finished, He takes all the souls back home. So, we name Him as the 'Purifier' and 'Guide'.

If we take a 'Plan View' as we do in the engineering drawing, we will observe many concentric circles around this central point, the Seed, the Supreme. These circles can be called as the garlands (*Malas*) around the neck of the Supreme.

The very first garland (*Mala*) is of eight jewels. They are the ones, who have passed with honour. They are known as always victorious (*Sada Ke Vijayi*)! They earn the victory over vices (Devils, *Maya-Ravan*) by following Godly dictates (*Shreemat*). They never experience any inner struggle to follow *Shreemat*. God tells and they simply follow and become constantly victorious! That is how they pass with honour without having any struggle!

The second ring is of 100, making 108 in all. They are the rulers of the Golden Age (*Satyuga*).

The third one is of 16,000, making 16,108 in all. They are the rulers right from the beginning of the Golden Age till the end of the Silver Age (*Tretayuga*).

The next (4th) garland (*Mala*) is of 9,00,000

souls, all inclusive. These nine lakhs form the very first generation of the Golden Age and they are the direct creation of God Himself, about whom it is sung that 'God made man in His own image!'

The next (5th) garland (*Mala*) is of 20 million (2 Crores). That is the total population at the end of the Golden Age and at the beginning of the Silver Age. All these 2 crores are known as deities and they form the Sun Clan.

The next (6th) garland (*Mala*) is of 330 million (33 crores) warriors, who belong to the Moon Clan.

The last one is the entire population of souls, say (650 crores) 6.5 to 7 billion approximately.

If we see all these 7 bands of souls from the front, it looks like inverted tree and can be said as 'Elevation View'. But, if we see it from top/bottom, that is, said as 'Plan View' and in that case all these concentric bands of living stars will fit in each other around the Sun of the Spiritual Galaxy, Supreme Soul. This is how the Spiritual Sun covers the entire sky with his living stars like the physical Moon on the full moon night.

How nice, wonderful and beautiful scene will it look like, just imagine! And 'I am one of those sparkling stars, decorating my Father's Sweet Home – what wonderful feelings and intoxication it gives!

The article is summed up as follows:

- The souls take their seats on the Inverted Tree according to their purity.

- There is yardstick of purity. Accordingly, the souls become number-wise.

- Luminosity and purity have direct relationship with each other. More luminescent the soul is, the higher is the purity.

- The closeness of the trunk to the Seed symbolises those souls, who embody God's qualities, living lives based on the principles of truth and wisdom. Such Golden-aged souls are of Sun-Clan having *Satto Pradhan* purity and the Silver-aged souls belong to Moon Clan. It is we who create our fortune.

(To be Contd.)

Always expect everything from the Incorporeal God only as He is the sole Bestower.

LET US REUNITE GLOBALLY TO DEFEAT CORONA VIRUS

–**Dhanyakumar Kurmude**,
Prof. & HoD, Deptt. of Physics,
Milind College of Science, Aurangabad.

Friends, at present times our world is experiencing shocking, sorrowful and dangerous situation due to the global attack of corona virus. At present, almost every individual is affected in some or the other way due to corona virus. Further, the situation is affecting widely on various aspects such as economy, international relations, essential commodity shortages, etc.

Governments and various administrative agencies of all nations, states and territories are taking corrective and preventive measures to get rid of the virus of Corona Viral Disease, 2019 (COVID-19). Different non-government organisations, Research and Development Institutes, Start-Up Companies, Religious organisations and authorities, businessmen, celebrities and many others are also extending their hands of cooperation in a number of ways to defeat corona virus.

At personal and social levels, every individual in the world at large is taking care such as staying at home, washing hands frequently, gargling with warm water, washing vegetables with warm water, avoiding use of air conditioners, maintaining social distancing, disinfecting the rooms and various things that one handles frequently in order to remain safe and protected from the corona virus. These precaution activities also aim at preventing the spread of corona virus and to maintain society for healthy and happy life.

Friends, on the eve of this global disaster, I would like to take your attention to some fundamental facts and to think over them impartially just as a human being. By 'human being' I mean that I am not conscious of my religion, my nation, I am not conscious of my acquired and physical parameters

such as poor or rich, male or female, etc.

Friends, all this is a game of Mind and Matter. Both are forms of different type of Energy. They keep on interacting with each other. Let us try to understand which one is having dominance over the other?

Whether it is Mind over Matter or Matter over Mind? All of us experience these interactions in everyday life. When one is in a happy state of mind, his/her body, especially face, glows and becomes fair. One can easily recognise his/her happiness by looking at the face. Angry state of mind is reflected through red face, especially through eyes, nose, etc. In the same way, anxious, fearful mind is similar to slow poison, which gives rise to various physical disorders and, if not cared properly, leads to death. These interactions are carried out via the catalyst, known as thought, which is one kind of mental or spiritual energy! Basically, the thoughts are stimulus to secretion of various glands and variety of chemical reactions that take place in our body. Thoughts originate in mind and have the power to construct or destroy 'something', which is physical or materialistic.

It is also said that wars took place in mind first. Whatever is happening everywhere or anywhere in this world happens in somebody's mind first. Somebody is creating thoughts first and, then, materialising them afterwards in due course of time. Inventions and discoveries first took place in mind. All these scientific developments that we experience, today, had been thought of by certain human being as individual or as a group in certain region of the world! Just imagine, try to feel the Power of Thoughts. Thoughts are so powerful and are able to change the entire world!

Coming to corona virus disaster; one can come to the conclusion that it is also a bitter fruit of somebody's thoughts and actions, may be purposefully or unknowingly in natural way of



Dhanyakumar Kurmude

Keep all relationships with Incorporeal God only in order to forget all bodily relations.

one's lifestyle and/or food habits! But, now, it is time to conquer over the global disaster - the Corona Virus. But, the question is - How? The answer lies in thoughts and actions! One's thoughtful mind affects the matter around us. Whether the effect is constructive or destructive, that is decided by the quality of thoughts. Now, if we, as human beings, on this globe reunite and simultaneously make a thought of defeating corona virus, then, just realise the magic that will happen. The recent activity of lightening the candles (*diyas*) simultaneously, which took place in our country and a few other countries too for nine minutes with a thought to defeat corona, was one such collective step at a mass level! We want our globe to be out of the danger, caused by Corona. Our globe has to be safe, secure and protected from the tiny corona virus.

So, in addition to doing some protective physical activities, let us also think of doing some mental activities such as: fill your mind with positive, peaceful, pure and eternal thoughts. Those, who are still safe and secure from the disaster, should have thought of staying at home and staying safe with actions accordingly. Also, they should keep on radiating powerful thoughts of peace, energy and happiness in the surroundings while sitting at home. And amazingly most of the population is sitting at home, contributing to the task of defeating corona virus! In addition, they should give appreciation to the courage of those, who are working round the clock in field against corona virus attack. And those, who are at high risk due to their nature of work in addition to the safety measures, should have thought of wellbeing of others. Do well to remain well. At the same time, duty of every individual is to understand others' pain and co-operate with them. Those, who are infected with corona virus, should also fill their mind with thoughts of 'acceptance' of the medication through which they are undergoing. They should co-operate happily to the self as well as to the medical team present at their service. During the quarantine time, they can create thoughts such as: "I am peaceful. I am pure. I am protected and

secured. I shall come out of this corona virus attack. Before, few days everything was alright. I was leading happy and healthy life. No infection was there in my body. So, it will not be there in future also. I will be perfectly alright one day. I am supported by well wishes of my entire family and those who are sitting at home too. I have done so many good things in my life; so, it will help me in getting out of corona virus infection. The virus has affected my mortal body and not 'me – the spiritual being (soul)'. I, as human being (inner soul), am different from my body, the material cover or dress of the soul. The body is mine but I am not the body. I can see my infected body as separate from myself. I expose my infected body to the vibrations of peace and energy. Infection in my body is getting cleared. I am becoming healthy once again. I have become healthy."

And, now, the final and ultimate thought. One should accept the ultimate truth of death. One should understand the beauty of death and the Cycle of Birth-Death-Rebirth. The human being, who takes birth, has to die one day. No doubt, death is the ultimate truth but the beauty is that after death again there is rebirth. The cause, way and situation by or in which the death (and rebirth too) takes place is determined by one's own deeds or actions (*Karmas*). The Cycle of Birth-Death-Rebirth is everlasting. Every human being is an eternal, spiritual and immortal entity, apart from his/her physical body. The virus has affected the human being's mortal body but not the 'being' (soul) itself. So, have the understanding and feeling of distinctness of the soul from the body. Make the practice of realising the self/soul/self as a powerful, peaceful and purest spiritual energy point.

Thus, along with all precautions, ongoing medications, continuous streaming of such high quality thoughts in one's mind, will surely take him/her out of danger of corona virus. Let us reunite together for common cause of wellbeing of the entire humanity. Let us be safe and do safe and say: Good Bye Corona! ❖

Obstacles come to the spiritual effort-maker to take him ahead in path of progress.

Contd. from May, 2020 Issue

THE INNER WAR AND THE INCOGNITO VICTORY

– B.K. Girish, Bengaluru

If I sit and take note of whatever all God has done to me so far, the list will never end. I don't even realize how He has cared for me all these days, the way He is helping me at present and the way He will be with me in future. He will be taking care not just in this birth but also in all the births of the cycle.

Naturally, He is the only Companion – an Eternal Companion – was so even during the periods of *Bhakti*. He is the only Friend and Guide. How to express my gratitude to Him? It is impossible. But, I do love Him. So, do what He says, and there lies my own benefit. Having determination to do as He says is the only way I can express my love towards Him. Determination is a gift for someone you love. Determination comes with love and love comes with the understanding of the person. The more you understand Him, the more will be your love for the Supreme. Thereby, the more is the determination to do as He directs.

The Intentions and Desires

Ultimately, it is question of practice; only practice, practice and practice. There is no substitute or shortcut to practice. This spiritual life is so very deep that I will never be able to fathom its depths. The Merciful Lord of everyone's hearts never settles for anything less than complete perfection of a soul.

Intentions and desires are the most important drivers in life. Just as worldly possessions are attributed to the intentions and desires of a person after them, so is the spiritual pursuit. It is all about intentions, desires and deep passion to

achieve the objective of this pursuit at any cost.

If the intentions are not right, just make them right. If the desires are not good, change them for better. If the passion is negative, transform it. There is no need to feel disappointed and frustrated. A life, which is for God, from God, of God and by God practically in every moment of this great Confluence Age, is only to be totally realized.

God Father, the *Gita* Sermonizer, loves each and every one of us so much, just because He is everyone's Father. In mythologies, many instances are narrated, in which God appears in front of His devotees after thousand years of penance. Now, that after decades and centuries of craving for Him and devotion across births, He has practically appeared in front of me. What more do I need? In Him, I have everything. Here, ends all corporeal descriptions. And it is here that all the indescribable experiences start. I go and become lost in the world of sweet experiences.

Depend on Him Directly without via Media

The story of *Bhakti*, which I am narrating now, is something, which has got etched in my mind. I had read a comic when I was a kid. Thanks to Drama and certainly to the Invisible God, who wanted me to read it, so that I will never forget Him in my life, irrespective of my own state of mind.

Once, a village lad found himself in an uncomfortable situation. There was an incident and everyone was victimizing him. He tried to prove his honesty but no one accepted his argument. They asked for proof. He said, "God is the witness." Then, they ridiculed him to show God! Insulted, this lad took a journey of 20 miles to a place where the temple was located. He goes there exhausted, begs the Lord to accompany him to his village, so that he can prove every one of his innocence. God said, "He

Satan, the symbol of Severn Deadly Sins, will have no presence in Heaven.

just cannot come with Him in that physical way." But, the lad was so adamant that even the Lord could not evade his request. The Lord agreed to accompany him but put forth a condition. The Lord said, "You keep walking, I keep following you, but the condition is that you should not look back." The boy asked, "How do I know for sure that You are walking behind me?" Look at the ignorance of this boy! He didn't fully believe even God words!! He wanted some material proof. God's own words did not convince Him. Being Merciful and, perhaps, understanding the human limitations, the Lord said, "You can hear the sound of anklets."

Then, the boy was convinced. While he was walking, his ears were all on the sound of the anklets. As he walked, the thorns on the way became flowers, the clouds hovered above to give him shadow to shield him from hot sunrays, cool breeze ensured that he is not exhausted and, in fact, there were many miracles on the way. But, a time came when the boy did not hear the anklets' sound. He was in huge turmoil. Should he turn back to check if the Lord is following Him or have faith that He is following Him! One can imagine his predicament. In the end, he gives in to his wavering mind and turns back. The Lord, who was faithfully keeping His words and following him, immediately became a statue. This boy again begs, cries, but the condition was already violated! The sands had got stuck in those anklets; so, there was no sound. What a lost diamond opportunity! Still, the golden opportunity was not lost as he asked the villagers to come to the place to check for themselves. They went there and after seeing this, they had to accept his story and accept the glory of God and the truth.

But, if we look back at the story, there is something foolish that the boy did. He had no faith in God's words! He wanted a physical proof

that God is following. He was not prepared to believe in Him. He kept on judging God's words based on the anklets' sounds. Let me not depend on Shiva Baba based on miracles or incidents in my life or some material proofs. That is very misleading and extremely damaging.

Let me depend on Him directly, have faith in Him completely. I don't have to judge my Father based on thorns or flowers, some signs like those sounds, nope, nothing is required. That would be extremely stupid. Let me just be in the know that He is with me, because He is, indeed, with me. I know He is around me, because He is, in fact, around. Things that are happening in my way, what happens in my own mind, or in me are not the ones I should be taking as signs of whether God is with me or not. I need no proof. Just be aware that He is always around in spite of thorns, flowers, heat, cold, storms, soothing breeze, etc. Problems of any sort do not matter at all. My love for Him, my faith in Him and my understanding of Him are not based on physical experiences. It is based on Him as He is. I expect nothing from Him. He is there and that is all I had wanted in my life.

After all, I wanted only Him, and nothing else. I wish to walk till the end of this life without looking back, being combined with Him, so that I will never ever imagine any trouble. When God is combined with me, what more should I need?

The Aim of Brahmin Life

What is the aim of Brahmin Life? What should I be keeping as the single-most focus in this life? What should I strive for in this life? What should I be aiming to achieve, for which I need to forego many other things in life?

The answers could be many: maintaining my stage, my self-respect, *yagya* service (*seva*), giving knowledge to others, uplifting other Brahmins, faith, detachment, soul-consciousness, burning past accounts, self-

Vices enter into the human souls at the weakest moment of body-consciousness

purification, self-transformation and so on and so forth. The list can go on. But, I realize from *Murli* and common sense that one single thing *that encompasses all these things* and should be my only focus is “eight hours of remembrance” every day. As of today, I am very far from that stage. But, surely I had this experience several times. I know how it would be like. So, that should be my aim, for which I am prepared to forego all other things. Many times, based on “my” past experiences, I tend to think it may not be possible. How is it possible in my day-to-day work or service, when it involves mental thinking, application of mind and intellect and, yes, when the list of reasons and excuses only get bloated? But, that does not mean that it is not possible tomorrow.

Come what may, let it be my only priority in life. Other things, He will take care. At the end of the day, the chart should say, “I remembered Him for 8 hours.” This is the only yardstick of a Brahmin's progress. Other things don't matter as much as this one. The way I see, the way I hear, the way I eat, the way I think, the way I take decisions, the way I breathe, the way I do *Karmas* – let all these be done with only this one thing in mind. Is this not possible? Is it that I know it is possible? Am I doubtful of myself? I should not doubt but I have to make a lot of sacrifices.

Let me first understand and accept that it should be possible, because God says, “Spend eight hours in my remembrance.” Why else would He say it if it was impossible? It is this order or dictate of God, which makes me convinced that I will one day achieve the goal of eight hours of remembrance. Every effort towards this goal gets me unforgettable experiences. So, let my single point of focus be only this. No other thing gives as much satisfaction, contentment and fulfilment in life. Just as a lover is always lost in the remembrance of the beloved, irrespective of the place, time,

surroundings and situation, I shall develop that deep love for Him and awareness of Him, who has made my life, and without whom this life is nothing. I have not given the value it deserved so far. But, I realize that just by aiming at 'eight hours of remembrance', everything else falls in place. Let every action, step, thought or decision I take in life be only with this purpose in mind. Let the remembrance be as part and parcel of this soul as much as breathing is to the life and animation of the body. This is the only way I can express my gratitude for all that He is doing for me. Let me also be aware of the first two Blessings – *Yogi Bhava, Pavitra Bhava* – which I got and understood that they are complimentary to each other. **(Concluded)**

PLAYING WITH PEARL OF VIRTUES

–B.K. Urvashi, Mt. Abu

We learn a lot about someone's personality simply by listening to him/her. On a gross level, it reveals a person's background, education, intelligence, wittiness, etc. However, it also brings to light one's attitude and *sanskars* (personality traits): **How much do we live in the past or future and not the present, do we appreciate the positive aspects in situations and people, are our words spoken with arrogance or humility, does my lax nature make me speak inappropriately or does my intellect first judge the situation, time, person, and consequences before I allow words to emerge?** It pays to '*Speak less, speak slowly and speak sweetly*' as it creates a place for me in other's hearts in no time.

Fear and despondence arise in body-consciousness; courage and hope arise in soul-consciousness.

HAVING A RADIANT AND HAPPY FRAME OF MIND

–Farha Sayed, Mumbai

Our thoughts are the source of our beliefs, actions and ultimately of habits, which form our lives. It can sound very scary – or very relieving, because we don't need to work in so many different areas to kick-start our new habits that will completely transform our lives!

Become mindful of your inner thoughts, maybe write them down and re-phrase them into positive, uplifting ones. For example, when your belief about yourself is: 'I always fail at everything', you can start telling yourself: 'I am capable of doing anything I really want.'

Living a radiant life can mean many things, but the most important of all is: It means taking time to take proper care of the self. By embracing the need to live a radiant life, we can ultimately become happier, less stressed out and more in tune with the world. I have compiled a list of following ways in which we can add radiance to our life, and many of them are with science-backed results:

Keep it Simple

Doing small things that nevertheless make you happy can add a lot of radiance to your life. You can spend a lifetime chasing things, you think, will make you happy, but open your eyes to the beautiful world around you. No matter what comes to you in life, find joy in simplicity. Whatever it is, no matter how small, it can greatly lift your spirits as long as you make it a regular part of your life.

Happy Plans

Planning things happily, you can look forward to add a ton of brightness to your life. Such planning raises your happiness levels and leave you feeling much more energized as you count

down the days.

Embrace Self-Love

Make it a habit to do things for yourself that make you feel good. Practising confidence, making an effort to change bad habits and forgiving yourself for past mistakes are ways by which you can embrace self-love. A focus on inner beauty rather than outer or external beauty can also go a long way.

Take a Break

Life is all about balance. If we're overworked, it will ultimately show as stress and may even lead to sickness. If we're too busy with too many balls in the air, it can lead to all those balls coming crashing down. Knowing when to 'take a break' is essential to living a balanced life.

Exposure to Nature

Research has shown that 'exposure' to the elements of Nature, which acts as a fostering mother, has a stress-reducing ability that ultimately makes people feel calmer and more relaxed.

So, try to make such exposure a regular part of your life, and let the radiance roll in.

Let Go

A truly radiant life is one without clutter. And we're not just talking about clutter around the house, although cutting down on that can be extremely rejuvenating. Learn to let go of the negative and waste thoughts, attitudes, temperaments and tendencies that you are holding up in your mind.

Practice of Rajyoga Meditation

To really live in a happy and radiant state of mind, we need to discipline our thoughts. Practice of Rajyoga meditation helps us to change our thought process from negative to positive. It's a journey of inner world. By regular practice, our inner powers get activated, thinking process become more purifying and positive. When we change our inner thoughts, then, things become easy in outer world. Let us visualize our greatness and our inner qualities to utilize for making impossible things possible. Let us remove all kinds of weakness within by

(Contd. on page no.28)

When you keep company with and faith in God, nobody can bend a single hair of you.

MANY MAGICAL AND WONDERFUL TRAITS OF MAGNANIMOUS AND VERSATILE *MURLI*

–B.K. David, Paington, UK

M*urli* is a decorated white painted door behind which you can take a glimpse or insight into God's mind. The door to God's mind opens automatically every time you think of Him and get drawn to Him.

Murli of three pages contains knowledge of the three worlds and of the three aspects of time. It tells us of past, present and future times to come. It also points out where we all went wrong, how to now correct it in the present and create a bright future for ourselves.

Murli is an encyclopaedia, which teaches us Godly children about the mysteries of creation. To fit such knowledge of world history, of the three worlds and three aspects of time on just three pages is something only God could do - and He does do it - every day.

Murli educates, entertains and cools our mind whilst it re-energises, fills and cleans our soul with its spiritual power, wisdom, love and peace – all on three pages. It gives hope and enthusiasm to us in our gloomy world that sees little hope or enthusiasm for the future.

Murli is an alarm clock that never stops ringing and never fails to wake you up at 4 a.m. if you had set your mind correctly and accurately before going to sleep. It is your Godly Company, which fills your mind with the wealth of Godly virtues, powers and energy.

Murli is a key that allows you to unlock the Godly door so that you can join Him behind His door and enter the room of His mind and get lost in a state of yoga, called union. It gives an insight into the room behind the door to God's mind, which is an ocean of love, bliss and coolness.

Murli is a keyhole to look through into God's Mind where can be found the Mine to all

treasures. It is Godly wealth that you can take from and make your own every day. It contains three pages in which can be found the greatest wealth ever known to man.

Murli is an injection of health and wealth and is eternal and unending. The qualities and *sanskars* inculcated by just reading three pages are transferable to your many next births.

Murli holds the key to the present and, when unlocked, allows you to live and use the treasures within it each day.

Murli is God's beating heart whose beats are the words on its pages and His pulse is His thoughts that radiate out into the world whilst His divine breath is creating the air of the future new world for the resident deities to breathe in peace. These three pages of *Murli* can take you high up past our world and beyond the stars to your original home of spiritual peace via the world of light and Godly activity.

Murli is the Doctor, Surgeon, Pharmacist and Driver that drives you to do service. It is the fuel, wings, booking office, ticket and inspiration that can fly you to India to meet Him.

Murli is a Rocket to perfection in which you need sit in every day and take-off whilst in a state of introversion so that you can figure out its destination, speed and depth and make a daily plan of action. It supplies daily fuel to many rockets. It is preparing to launch the final Godly Rocket that will land you on the planet called Heaven if you are on-board.

Murli is your food – breakfast and three square meals – that nourishes your soul, recharges it and massages your mind with peace, truth and coolness and also reinvigorates your body. It is your bread and

With complete detachment from body, bodily relationships, the human soul can merge in God.

butter and jar of honey. It is a fridge in which you can put your hot thoughts to cool down. It is your launch pad to a new world.

Murli is the Maintenance Shop in which you can disassemble your angry thoughts, clean them and put them back together again in a peaceful way so that they function accurately and slowly.

Murli is a Sweet Factory that can make you sweet if you work in it with honesty and with daily effort; you can stay on its conveyor belt long enough so that you can come out at the other end being sugar-coated and sweet.

Murli is your Hospital, which you must visit daily to be checked over. It is the magic lamp and genie in the bottle which appears the moment you pick it up. It is the Shinning North Star and stable. It is your compass and bag in which you put everything.

Murli is a brightly lit Mine down which you automatically develop eight arms to pick up whatever you want and need. It is a piano that has never played a wrong key as it makes divine music.

Murli is a swimming pool in which you can swim and get fit. It is a dieting book that can keep you healthy.

Murli is your beautiful baby that needs your constant checking every five minutes; especially, if and when the baby starts screaming out at you for your attention. It is your light bulb that allows you to see accurately what you are doing.

Can you feel *Murli* to be the deepest ocean, which hides on its bed the greatest treasure? *Murli* is your shower that can clean you or keep you cool if you stand under it. It is the Travel Shop where you book your seat to heaven.

Murli is the world's most powerful telescope that allows you to see your home that is beyond the stars. It is your wristwatch that you should

always wear as it shows the three aspects of time and tells clearly what you should be doing at any given time when you look at it.

Murli is God's mobile phone on which He calls you every morning. But, it is not a mobile phone that should be switched off and put down forever. It is your kite that can entertain you and lift your spirits very high. Do you know and feel that *Murli* is your favourite song that you always like to listen to and sing along with?

Murli is your bank that never closes in which you can 'take out' and 'deposit' as often as you wish and become the richest person in the world. It is your currency of love that you can spend constantly without fear as it never runs out.

Murli is a map that you can carry in your pocket and always shows you exactly where you are and enables you to never get lost.

Murli is the sweetest cake that has 21 burning candles on top that anyone can have a slice of and take home to enjoy. It is a mirror in which you can see inside yourself to see how smart, beautiful, ugly or untidy you are. It is also your living room fire that brings you comfort and warmth in our cold and devious world.

Murli is the Ganges that purifies and bathes the soul, gives us hope and allows anyone to walk down its sacred steps at any time to take a dip. It holds the blueprint to heaven and key to successful living today.

Murli allows you to stand tall and detached from this world that is trapped in its goldfish bowl of sorrow. It is your very own fountain of good luck that has a seat next to it with your name on it.

Murli is a wishing well down which you can throw any rubbish, high hopes, pure desires and old fears and get Godly advice and love in return.

Murli is the walking stick and box of Paracetamol that aids us endlessly to live in comfort and helps us in relieving any pain. It is your best friend, most comfortable chair,

Incorporeal God Father Shiva is the only Selfless Sever of His spiritual children.

favourite walk and holiday destination. It is your pair of climbing boots to help you climb this Godly slippery mountain of spirituality that we must conquer and reach its summit.

Murli is, for some students, their reason for living and passport to happiness. It is the acorn to the tree of your divine. It can be your excuse to turn your back on this old world. It is a parrot that constantly sits on your shoulder telling you how lovely you are.

Murli is your car that you drive about from A to B knowing you'll arrive safely. It is your breath of fresh air and walk on the beach next to the sea. It is your favourite pair of shoes that you can wear everywhere.

Murli is your favourite recipe and sweet dessert that you like to taste. It is your favourite time of year. It is the ribbon around your head that is a gift to the world.

In fact, *Murli* is really very magnanimous and versatile, as it has many magical and wonderful traits that transform ordinary, impure and decadent 'human beings' (souls) into wonderful 'divine deities' as the righteous representatives of the most wonderful God upon the earth. ❖

TIME

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

Throughout life we always feel crisis of time:
Retaining complaints having no time in hand;
Now, time itself has come to our door
Finishing excuses an end.

In every country, life has set an order day and night;
All the time, we do something by production and service;
People, for the sake of Nation, act with dedication and sacrifice.

We sense time 24 hours in a day due to rotation
Of our home planet, nourishing bed for mankind,
On the lap of mother Nature
Moving around in unlimited space bind.

When we try to understand time in its own way
We could find it linked with other dimensions;
Time is to measure the experience of space between events.

Physicists consider universe in space-time continuum
And self-perpetuating with renewal never-ending time,
Law of Entropy works to process the globe
From heaven to hell and back prime.

Time is not linear but cyclical having no initial origin
And the space is unbounded and curved in matters;
The present lockdown is to overcome the catastrophe
From which the humanity suffers.

So, never think that the things remain haphazard;
Everything is predestined and repeats as per drama wheel;
This, too, shall pass away giving some lessons
To prepare us for future drill.

In the Golden Age, all five elements of Nature will serve the deities like obedient maids.

LET US BREAK DOWN THE DEVIL'S LOCKDOWN

—Anant Gaudana, Nadiad, (Gujarat)

Corona Viral Disease, 2019 (COVID-19) has virtually locked down the whole world. All humans are confined to homes as if they are behind bars; and animals, birds are on parole, coming out openly on streets, without any fear for a change! It is a wonderful scene in this huge world drama, isn't it?

Anyway, the human beings are unaware of the fact that they, since as many as 2500 years, are under lockdown of the Devil/Ravan, the symbol of five vices such as lust, anger, greed, attachment and ego! Our most beloved Incorporeal God Father Shiva, through the corporeal medium of Prajapita Brahma, has revealed various subtle secrets of the World/Time Cycle, especially the present time.

God, the Ocean of Knowledge, unfolds the mystery that in the beginning of the drama (*Satyuga* and *Tretayuga*) we were vice-less deities for 2500 years. After that, we fell into the trap of vices and began suffering from sorrow and pain.

However, the good news is that over 10 lakh human souls have managed to catch God's signals and managed to come out of the Devil's lockdown and are sailing in His ship toward the shore of *Satyuga*. God Himself serves as a captain of this ship, which is heading to the new world of heaven.

The Supreme *Satguru* has directed the Brahma Kumaris and Brahma Kumars to keep a good distance from all the vices and observe lifetime quarantine, adhering to purity, pure and *sattvik* food, regular sanitisation with divine

knowledge and practice of moral values. Not only they are helping themselves but also with their own resources, trying to help fellow brothers and sisters of this universe to come out of the trap of these vices.

The deep-rooted five vices are more dangerous and fatal than COVID-19 and have affected the whole world population (700 crores). These vices can only be destroyed with Godly knowledge (true knowledge about self, Incorporeal Supreme God Father and about the World/Time Cycle) and intense practice of Rajyoga meditation. We appeal you to join the spiritual salvation army to break down the Devil's lockdown by recognizing the noble mission of God, who, at present, is Himself helping the souls to be free from the fatal disease of body-consciousness.

You have an opportunity to be His helping hand and thereby earn a first class seat in the ensuing new Golden-aged heaven (*Shivalaya*), the kingdom of deities! ❖



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practising Rajyoga meditation and let us be our best guide and judge to make the best life.

Let us internalise these following positive thoughts: "I am a pure, powerful, successful being. I am calm and at ease; my every thought is right, my every word is right. I radiate respect to everyone at home and at work. My relationship with everyone is in harmony. I influence every situation with stability. I accept each one as he/she is."

"I let go of past emotional patterns, which are repeating in my present. I delete the old memory file of hurt; I delete, delete and let it go." ❖

Soul-consciousness makes us light and draws spiritual might from God, the Almighty.

Contd. from May, 2020 Issue



INCORPOREAL GOD FATHER SHIVA'S DIVINE DIRECTIONS (*MURLI*): THE CATALYTIC ELIXIR FOR DIVINE LIFE OF THE BRAHMINS AND DEITIES

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

Murli is the eternal storehouse of spiritual knowledge that transforms ordinary impure and human beings/souls into divine deities. It is the imperishable record of the history and geography of the world. It throws searchlight on the three aspects of Time – past, present and future – and directs us to build the future on the basis of our present good actions, for present is the foundation of the future. It beckons all of us to make us ready to chart out the future course of history in the imminent forthcoming *Kalpa* of 5000 years on the basis of our steady and ready spiritual efforts in the present auspicious Age of Transition (*Sangam Yuga*). *Murli* is replete with many and multifarious, magical and wonderful features or qualities, which wonderfully transform the whole fabric of human history with unprecedented transformation of human souls, Nature and its elements, thereby ushering in a new world of heaven upon the surface of the earth again. This article continues highlighting certain other magical features of *Murli*.

***Murli* Enthuses and Inspires**

Murli is the ever flowing eternal stream of unprecedented and everlasting enthusiasm and inspiration. It is like an eternal spring of nectar that overflows and satisfies many thirsty human souls, who are eagerly and sincerely searching for the Divine and wish to have a re-union and re-communion with Him. It enthuses and inspires them for such an early 're-union and re-

communion' in this most auspicious nectarine time of the Diamond Age when God has descended upon the earth in the body-chariot of a human being, called the most fortunate vehicle (*Bhagirath*) for carrying out the onerous divine tasks of Generation, Operation and Destruction (GOD) leading to world-transformation through ultimate transformation of human beings and Nature altogether.

***Murli* Enhances and Sharpens Meditation Power**

Murli ignites the mind and intellect of human beings by waking them up from their deep and ignorant slumber to the current renaissance of spiritual knowledge and revival of the human spirit and regeneration of the whole humanity. It gives them their real, original, essential and fundamental spiritual identity and reminds them of their eternal spiritual relationship with none other than the Incorporeal God, the Almighty Supreme Soul, the Highest, Ultimate and Absolute Source of all Values, Virtues, Divine Powers and Qualities. It teaches them about the *modus operandi* of restoring such relationship with Him by acquainting with them the ways and goals of Rajyoga meditation, which links the human souls with the Supreme spiritually, intellectually emotionally and psychologically. With regular and constant practice of meditative link or union with God, the Spiritual Powerhouse, the meditative powers of the human beings get enhanced and sharpened to the extent of

The worldly education is taught by human teacher; spiritual education is taught by God, the Divine Teacher.

purifying, redeeming and liberating them from the gripping clutches of the Devil/Satan, who is biblically described as the symbol of Seven Deadly Sins (SDS).

Murli Makes Souls Pure and Positive

Murli makes the human souls pure and positive by quarantining them against all sorts of negativities, nasty and impure tendencies, devilish proclivities, nihilistic and nefarious designs, evil propensities and inclinations, unholistic and hellish thoughts and desires. It empowers them with divine powers to guard them against outside influential threats of body-conscious people and society to the inner essences of their holy spirits, which have the eternal shares of the divine qualities of God in them.

Murli Instils Discriminating and Judging Power

Murli has the enchanting charms that bewitch the human souls from the evil and hoodwinking crafts of *Maya*, which comes in disguise to hook the simple, credible and innocent souls just as Ravan, the King of Lanka, sent a golden deer to misguide Sita, who believed it to be real. Without understanding his evil designs, she became desirous of possessing it and, then, requested Rama to run after it to catch it. In this way, Rama went far away into the forest; and, then, Lakshman also left Sita alone in pursuit of Rama after scratching *three forbidding lines* for her safety and directing her not to cross beyond them. Then, finding her alone in the hut in forest, Ravan came in disguise of a saint, asked her for alms and instigated and persuaded her to give the alms by crossing beyond the restricting three lines, and as she did it without discriminating and judging between fake and original, good and evil, she finally fell prey to his evil designs and got abducted by him to Kingdom of Lanka, the evil abode of the Devil.

Murli sensitizes the human souls and instills in them the power of discriminating and judging the veracity of the real and unreal, truth and falsity, good and evil, original and fake, etc. and thereby ensures the chance of safeguarding them from the evil designs of the evil doers.

Murli Puts Showers of Knowledge

Murli puts showers of spiritual Knowledge (*Jnana Barsat*) on human souls, which makes human life fertile and full of greenery with wide vistas and panorama of Nature. It is rightly said, "Knowledge is power." Without knowledge, man is compared to an animal or beast of the jungle. A person, who is well equipped with power of knowledge, can achieve the impossible and secure the dreams, goals and ambitions of life. The knowledge of soul, Supreme Soul and World/Time Cycle, training of Rajyoga meditation, inculcation of divine virtues, and acquisition of divine powers, which are imparted by the knowledgeable God Father Shiva, furnish the human beings with all possible subtle weapons in order to conquer over *Maya* by defeating all its evil schemes, designs, tantrums, camouflages, plans and crafts, etc.

In this way, *Murli* makes human beings victorious in the complex game of modern life in the decadent Iron Age (*Kaliyuga*) by empowering them with the enabling and invigorating power of spiritual knowledge, which many are, now, lacking completely in this world.

Murli Proves God's Spiritual Love for the Human Souls

Murli proves the practical demonstration of God's spiritual love and blessings for the souls, His long-lost and now-found prodigal human souls, His spiritual children, segregated for long from Him and His Heavenly Metaphysical Abode, which is far beyond the physical firmament of sun, moon and stars and even beyond the space and outer space. Physical

To the optimist every inconvenience is an opportunity; to the pessimist every opportunity is an inconvenience.

love born out of body-consciousness, which has dominated over all now, has tarnished the human souls of their glaze of purity, discharged them of their vigour and vivacity, has eaten away their inner essences of spirituality, and has relegated them into the background by hurling them in the wilderness of modern wasteland. In this wasteland, man is full of 'passionate intensity', promiscuity, perversion, animalistic and inhuman tendencies; he is a victim of senses; he is hungry of sex-lust; he is addicted to wine and women being quite oblivious of his primordial purity, chastity, integrity and spirituality.

But, now, the magical power of *Murli* manifests practically the spiritual love of God, the Merciful Supreme Spiritual Father, who invites His prodigal children and wishes to take them back to His Highest Above Abode by purifying them again of all sins and vices with knowledge of *Murli*, meditative powers, and ameliorating power of His spiritual love.

***Murli* Assures and Insures**

Murli assures to the human souls of their reserved seats in the Kingdom of God, Heaven, because they have the eternal birthright to reign and live there with utmost bliss, peace, purity, health, wealth and happiness. Those, who daily drink the nectar of knowledge through reading of *Murli*, the direct versions or utterances of Incorporeal God Father, Supreme Soul Shiva, delivered through the lotus mouth of Prajapita Brahma, His human body-chariot or vehicle, will find their place intact and ever insured and secured in heaven. God is the Supreme Insurance Magnet, who insures the body, mind, wealth, time, thought and energy of human souls, His children, who have already utilized these for spiritual services in His noble tasks of transformation of souls and world-transformation and are also doing so now.

God (*Murlidhar*) Loves the Poor and Innocent

God (*Murlidhar*) loves the poor and innocent, who engage themselves in spiritual study, i.e., reading of *Murli* and practice of Rajyoga. It is rightly said that the poor and innocent will inherit the heaven because they recognize God and dedicate their all to Him for service of the mankind by saving every pie for this Godly mission. They live a life of "simple living and high thinking" on the basis of the principles of "renunciation (*Tyaga*), meditation (*Tapasya*) and service (*Seva*). Whereas the rich, being madly and ignorantly intoxicated with their wealth and riches, mistakenly consider this Iron-aged World of Science and Technology to be heaven, (which is actually hell), and enjoy their life by indulging in five vices and thereby selling their souls to the Satan/Devil for mere and temporary amusement by gratification of senses and flesh in this hell.

In fact, God lives with the poor, as He is called "Gariv Nivas". In *The Mahaabharat* epic, it is described that Krishna rejected the offer of rich and sumptuous delicacies of Duryodhan, the Kuarava prince, at his palace and, instead, preferred to dine at Bidur's home by accepting his simple hospitality and relished and satisfied him with the simple meals. We are also aware of Krishna's love for his childhood poor friend Sudama and his intense love for "broken fried rice" brought by his friend for him.

***Murli* is the Golden Key to all Treasures**

Murli is the direct utterance or deliverance of God; so, every utterance - word and/or sentence - is very valuable as it is called the "Great Utterance or Sentence (*Mahavakya*). God is Truth; so, whatever He says or utters in *Murli* is truth and becomes manifested or demonstrated as the objective, effective, productive and concrete reality. It is also said that his words and sentences are boons and blessings; thus, *Murli*

You can satisfy God through your remembrance (of Him) and service of the souls.

is the golden key to all treasures and incomes because knowledge of *Murli* is the source of income.

There is a story to prove this fact of this point. Once, a king opened his palace publicly to all his subjects, saying, "Touch any thing or object in this palace, and it will be yours." Being quite wondered and delighted, the subjects thronged to the precincts of the palace and went on thinking or deciding to touch which of the things or objects that will become theirs. They went on comparing and contrasting the value, price, importance or significance of various things there. Meanwhile, a small girl approached towards the king, soon touched him and just sat upon his lap. Just imagine the finer sense and sensibility, sharp intellect and discerning judgment power of the girl. According to the announcement, the girl touched the king and he became her and all things/objects of the king also became her. On the other hand, the subjects, with their ordinary and gross sense and sensibility, weak intellect and lack of judgement power, were wasting valuable time in comparing and contrasting things.

So, we should understand the value, importance and significance of each and every word or sentence of *Murli* and act on the same without wasting time because they are God's Supreme Commandments, which are the golden keys and have the power to open for us all hidden treasures or incomes for a happy, peaceful and blissful life here and hereafter.

Let us not Miss *Murli* at all

Murli introduces us to the three aspects of Time – past, present and future. It gives us the knowledge of the roles and responsibilities of souls, Supreme Soul, Nature and World Cycle and Time. It teaches about practice of Rajyoga

meditation and its achievable powers. It also teaches about the esoteric philosophy of actions (*Karma Darshan*) – *Karma*, *Akarma* and *Vikarma*. *Murli* is called *The Times of the World*, which reports about the spiritual affairs of the world; so, we should read *Murli* daily without fail just as we read the national newspaper *The Times of India*. Everyday, reading of *Murli* in the morning equips us with valuable points of knowledge in order to face and handle the people, society and the world in the best possible and successful manner to our great advantage and run our life very smoothly while coming in interaction with all we meet and come across. If we miss *Murli*, we miss lakhs or millions because in God's own words: "Every word or sentence of *Murli* is worth lakhs or millions."

Conclusions

Murli has the universal appeal and applicability. It has the magical and magnetic powers. It can transform the ordinary into extraordinary just as a piece of magnet magnetizes a piece of iron. It can help us in defeating the evil designs of *Maya/Devil* and gain conquest over it. It reminds us God, the Supreme Flutist, (*Murlidhar*). It helps in reuniting us with Him and in restoring all our already lost qualities, values, virtues and divine powers from Him through our link with Him through practice of easy meditation. It is magnanimous, philanthropic and versatile in free contribution and donation of spiritual knowledge, qualities, virtues and powers and has many wonders for us such as our inspiration, improvement, benevolence and welfare; especially, it gives us the ultimate passport from God to enter in heaven.

(Concluded)

It is blasphemous to say and consider that God is omnipresent in everything and everywhere.

(Contd. from. page no.3)

accordingly, formulates a Time-Table and adheres to the set schedule for a number of days enthusiastically; and, then, one day, decides to leave it off and enjoy and roam about, he will later find it hard to resist the temptation in future also. He will not be able to stick to the time-table, which he has planned for himself. He will, instead, form the habit of putting off his work, for this tendency will, now, gain strength and will weaken his will-power. In fact, the greatest obstacle to breaking one's old, bad habits and forming new ones is the tendency to put off or to allow exceptions. If this is overcome, then, one would be successful in his goal. For this, one should realise that if one puts off one's efforts even for one day or makes exception even once, he puts back his efforts by many days.

One should, therefore, be firm so as to allow no interruption and not to succumb to any sort of allurements.

Do not Blame the Circumstances

Old habits urge a man, from within, to give them expression. They seek chance for their manifestation. They persuade man to make excuses or blame others or circumstances.

Blaming is the way one shrugs off responsibility for his actions and, therefore, does nothing to change. One re-embraces the old, evil habit and, in order to save face, tells people that the circumstances compelled him to do it.

Circumstances are lifeless while man is sentient and, yet, man, who is the highest of God's creations, expresses his incapacity to overcome the circumstances! God, the Father-on-High, is the Almighty and man, the son, the Master Almighty, confesses his inability to face the environment! Doesn't it sound strange and illogical, unbelievable and unacceptable also? A well-known proverb says: "Where there is a will, there is a way." This means that the main cause is

the weakness of man's will but not the difficult circumstances.

There are uncountable examples of people having risen to great heights despite adverse circumstances or non-congenial environment. There have been many people, who were born in slums and in filthy surroundings; but, they rose to great heights and won laurels and fame. The life of James Ramsay Macdonald is one such example. He rose from a field-labourer to the status of the Prime Minister of Britain. Even a lotus is surrounded on all sides by quagmire. So, what looks like unfavourable environment can provide man with opportunities to become great.

God Shiva has said that by means of one's will-power and stabilisation in the self (*Swasthiti*), one can overcome the environment. He exhorts us to become trouble-shooters (*Vighna-Vinashak*). We should remember that unfavourable environment cannot annihilate one's potential greatness and innate excellence; rather, they give man the valuable opportunities to bring into play his qualities of perseverance, sincerity of purpose, iron-will and strong determination. Like a good batsman in cricket, one should not be afraid of a fast ball but be bold enough to hit it out of the park. If we wish to sail across the channel, we should give up fear of the wave, and should not grumble about currents also.

One should not grumble of any bad environment but should, rather, create proper mental climate. Let man not take shelter under the cover of Destiny or Fate. A man, who has resoluteness of spirit, would try to grow even in adverse circumstances. If one understands the glory, the splendour and the power of the Supreme Self; then, one will never grumble of fate or circumstances for such is the magnanimity and might of the Supreme, who, in truth, is the Power Source of Divine Majesty.

Spiritual love is only pure and selfless, which is love between soul and the Supreme Soul.

If at all any serious calamity occurs, do not break your sacred resolve. Face the storm with a cheerful countenance. Find out the method to tide over the difficulty instead of searching the way to break your pledge. Do not be carried away by weakness of the flesh or fear of public opinion or by criticism made by your friends. Do not lose heart. Then, soon, your difficulties will be over. Remember, no relative or friend can thrust poison down your throat; no one has the right to compel you to take to smoking or drinking or seeing obscene movies or taking to any other filthy habit. You are the master of your choice, for you will, ultimately, be held responsible for your action (*Karma*) in the court of God. You cannot, therefore, make the plea that your relatives and friends did not approve of your giving up the habit and that they compelled you to take recourse to that habit again.

Practice of Soul-Consciousness in Rajyoga Meditation

Body-consciousness leads to adoption of material values, which affect the mind, thereby destroying the pristine purity of your innate qualities and, in fact, of the entire thought-process. This dilutes the quality of thoughts and, consequently, the quality of life. Waste thoughts produce attitudinal maladies like doubts, apprehensions, fear, etc. and take away all the powers from one's life. This results in lethargy and laziness. The waste and negativity weaken the mind and, then, it becomes prone to external influences.

Soul-consciousness achieved through

practice of Rajyoga Meditation and leading to self-realisation, on the other hand, brings



forward the soul's original qualities of love, peace, happiness and power. The will of a person with a good reservoir of inner powers and qualities shall always prevail. Strong will-power enables one to transform a situation of possible failure into that

of success – just as in a game of cricket, a good batsman converts a dangerous looking ball into a four or six by a mere flick of his bat. Soul-conscious stage not only protects one from adverse outside influences, it also empowers him/her to exert influence on the external environment much in the same way as the rose seed produces fragrant roses even from a heap of foul-smelling rubbish.

Further, the practice of Rajyoga meditation and concentration should go hand-in-hand with the effort to break the bad habit. Spiritual meditation and concentration are auxiliaries to all such efforts. Never forget the point that without practice of spiritual meditation and concentration on God, body-consciousness, ego, anger, etc. cannot be eradicated; and, without eradicating these basic evils, it would not be possible to have real and long-time benefit of forming right habits. ❖

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1. Jaipur (Chaumu): BK Prem & BK Mangla are handing over the Box of protection Masks for Corona Virus to Mr. Ramlal Sharma, MLA. 2. Sagwara (Raj.): BK Padma is handing over the cheque of Rs. 55 thousand to Mr. Rajeew Diwedi, Dist. Collector for COVID-19 Relief Fund. 3. Rani Somesar (Raj): Corona Warriors were honored by BK Soru, BK Priyanka and others. 4. Jalore (R.J): World environment Day was celebrated in the presence of Mr. Amit Chauhan, Asstt. Distt. Forest Officer, BK Ranju, Dr. Yogender, Dr. Krishna and others. 5. Dungarpur (Raj): BK Vijaylakshmi is handing over the cheque of Rs. 50 Thousands to Mr. Deependra Singh Shekhawat, Collector for COVID-19 Relief Fund. 6. Gulbarga: BK Vijaya is donating a cheque of Rupees Two Lakh to Mr. Sharat B., Deputy Commissioner for COVID-19 Relief Fund. 7. Bengaluru (Kumara Park): BK sisters and brothers distributing ration and food for COVID-19. 8. Umred (Mah): Sweepers working as Corona Warriors were honored by BK Jyoti and food was served to them.



1. **Bangalore:** BK Padma is handing over Cheque of Rs. Five Lakh to Mr. B S Yediyurappa, Chief Minister for COVID-19 Relief Fund. 2. **Raipur (CG):** BK Kamala is donating Rs. 11 Lakh to Mr. S Bharathidasan, Collector for COVID-19 Relief Fund. 3. **Agartala:** Mr. Jishnu Debbaman, Dy. Chief Minister is receiving cheque of Rs. 1 Lakh from BK Adya for COVID-19 Relief Fund. 4. **Neemuch(MP):** BK Savita is handing over the cheque of Rs. 2.2 Lakh to Mr. Jitendra Singh Raje, Collector for COVID-19 Relief Fund in the presence of Mr. Dilip Singh Parihar, MLA. 5. **Hisar:** BK Ramesh is handing over the cheque of Rs. 5 Lakh to Mr. Ranbir Singh Gangwa, MLA for COVID-19 Relief Fund as a contribution towards the fight against CoronaVirus. 6. **Imphal:** BK Nilima is handing over the cheque of Rs. 1 Lakh to Mr. N. Biren Singh, Chief Minister for COVID-19 Relief Fund. 7. **Bidar:** BK Pratima is handing over the cheque of Rs. 2 Lakh to Mr. H R Mahadev, DC for COVID-19 Relief Fund. 8. **Guwahati:** BK Alpna, BK Karabi are donating a cheque of Rupees 3.5 Lakh to Mr. Sarbananda Sonowal, Chief Minister for COVID-19 Relief Fund.