

Point of View
A hyperactive mind obstructs rest and sound sleep. It is like a car parked in the garage with the engine left running.

Monthly Journal of the Brahma Kumaris Hqs. Mount Abu, Rajasthan, India

15th All India Bhagavad Gita Conference in Gurugram



Om Shanti Retreat Centre, Gurugram: Standing in silence after inauguration are Prof. Kaptan Singh Solanki, Hon'ble Governor of Haryana and Punjab, and Administrator, UT of Chandigarh, Swami Dr. Muktanand Puri, Alwar, Swami Adhyatmananda Maharaj, Ahmedabad, Swami Jeevan Dev Maharaj, Rishikesh, Justice V. Eswariah, Chairman, National Commission for Backward Classes, BK Brij Mohan, BK Asha, Dr. Pushpa Pandey, Jabalpur, and BK Usha, Mt. Abu. (Also see pages 4 & 5)

Living in the Now

It is said that time is money. Unlike money, however, lost time cannot be recovered, and in this respect it is much more valuable than money. However, a lot of people forget this and waste their time dwelling on the past or dreaming of the future.

Happy and unhappy memories of events and people pull the mind, and if one is not alert, one can get carried away by a train of thought and spend hours in the past, mentally going over events and thinking of how things might have turned out if one had acted differently, or if the circumstances had been otherwise.

While one is doing this, one is disconnected from the present, unaware of the passage of time and even of the things that are happening around oneself. This experience can leave one tired, depressed or angry if one has been thinking about something that caused a lot of hurt or was otherwise emotionally intense.

One suffers the same loss of time and energy when one worries or dreams about the future. It is one thing to make plans, whereby one thinks of the steps one needs to take to accomplish a task or cope with likely events. But worrying, which usually involves thinking about how things might go wrong, doesn't help. Fear and doubt cause

worry, and the result is anxiety and a feeling of helplessness, both created by imaginary situations one has dreamed up.

At the other end of the spectrum, one might fly high, riding dreams of imagined achievements and successes, building castles in the air, until sobering reality brings one back to the present.

In all these cases one loses precious time in the present, which is the only time when one can really act, maybe to rectify a past mistake or achieve a future goal.

The past cannot be changed, and one cannot undo one's misfortunes by repeatedly thinking about them. The best one can do is to identify any mistakes that were made and learn from them so that they are not repeated. Once that is done, one needs to get on with life and not remain stuck in the past.

Similarly, planning is worthwhile only if the plans are acted upon. If I plan to have enough savings to buy a house, and work out all the details about how it will be painted, furnished and decorated, but never start saving money, then owning a house will remain a dream for me. Only when I start working towards that goal in the present can I hope to achieve it at some point in the future.

The present is the vantage point from where I can see the

past and visualise the future. But my life will not move forward if I just stand there watching. I need to start acting while keeping in mind both, lessons from the past and my future goals.

There are several ways in which one can loosen the hold of the past on the mind. Whatever past event one focuses on, one may need to express the feelings associated with the event, whether good or bad, before one can move on. Releasing pent up emotions can help one let go of the past and focus on the present. For this one can talk to a friend, family member or counsellor. Alternatively, one can try writing down one's feelings about the past.

Even if one is dwelling on good memories, it can cause one to lose connection with the present. One may be romanticizing the past or longing for things to be the way they were, instead of focusing on how to improve one's present life.

If expressing one's feelings about the past does not help, one can focus on happy things. Since one can't change the past, and it is pointless to worry about the future, it is better not to dwell on them. Instead, one can think about happy things happening in the present.

Another useful approach is to forgive and forget. Blaming others for past hurts can spoil the present. Instead of dwelling on who

has caused one pain, one needs to forgive them, focus on present events and leave behind any blame or hurt one feels. Festering in the pain doesn't change the person who hurt us and it will cause us to stay in the past.

One of the most powerful tools for remaining focused on the positive and the present is meditation. Spending time in quiet reflection and silence, away from the hustle and bustle of daily living, enables us to come back to a centred place of being. With the pace of modern life growing ever faster, we are losing touch with our true inner peace and power. When we no longer feel grounded, we can experience ourselves pushed and pulled in many different directions.

Meditation is a state of being in that place just beyond everyday consciousness, which is where spiritual empowerment begins. Spiritual awareness gives us the power to choose good and positive thoughts over those which are negative and wasteful. We start to recognise harmful patterns of thinking and behaviour and begin to avoid them, and develop the ability to steer our mind and focus it where we want. All of this gradually frees us from bondage to the past and fear of what lies ahead, enabling us to make the best use of the present to create a happy future.★

(Purity Features)

Photo Gallery

Positive thoughts are powerful thoughts.



New Delhi : After giving Godly message to Mr. Suresh Prabhu, Hon'ble Union Minister of Railways are BK Asha, Director, Om Shanti Retreat Centre, BK Prakash & BK Somshekhar, Mount Abu, BK Savitha and others.



Om Shanti Retreat Centre, Gurugram : BK Shivani, Motivational Speaker, giving talk on 'Success – a matter of destiny or effort' to corporate officers.



Borivali, Mumbai : Walking in silence are participants in a 2-day retreat on 'Silent Conversations' at Prabhu Upvan lawns.



Shantivan, Abu Road : BK Nirwair, Secretary General, Brahma Kumaris giving blessings to the participants of '37th Children Personality Development Camp' organised by Brahma Kumaris.



Narayangarh, Nepal : Ms. Vidya Devi Bhandari, H.E. President of Nepal, receiving Godly gift from BK Laxmi.

Indore, Om Shanti Bhawan : Lighting lamps to launch 'God's Wisdom for World Transformation' are Mrs. Dropadi Murum, Hon'ble Governor of Jharkhand, BK Hemlata, BK Jayanti, Mr. Shankar Lalwani, President, Indore Development Authority, Dr. Anil Bhandari, Social Worker, Mr. Rameshwar Patel, former Minister and others.



Sri Lanka : Mr. C.V. Vingeswaran, Hon'ble Chief Minister of Northern Province, receiving 'Spiritual Tree of Values' from BK Dr. Nirmala didi from India.



It's All for a New Beginning

In Hindu mythology, the trinity of Brahma, Vishnu and Shankar are believed to represent God's three divine acts of creation of a new world, sustenance or preservation, and destruction of the old, evil world. These three functions repeat in cyclic order and God is the harbinger of change and renewal of the world order in the form of destruction and purification of evil forces.

Creation and destruction, instead of being contradictory processes, complement each other. Destruction sometimes aids creation of a good thing and creation sometimes brings destruction. On the macro level, the whole universe works on this principle. Something is being destroyed for the creation of something. Death precedes a new birth. Clouds form and vanish when they rain down, and get formed again in the water cycle. Weeding is done to let plants grow. It involves destroying the weeds to help the useful plants grow.

Every creation originates in the mind. If we

All the turmoil and upheavals that are going on in the world now are precursors of a golden era that will dawn sooner than humans believe.

want every creation to be flawless, beneficial and long-lasting, it has to originate in a mind that is free from vices, a mind that is filled with the purest and the noblest motive – to do the maximum good for the maximum number. The seeds of virtues are there in every mind, but the weeds obstruct their growth. Hence, to get happiness, it is not enough to remove the cause of sorrow. We need to kill the Ravana inside or celebrate Dussehra in order to celebrate Diwali, i.e. burn the devilish tendencies within us and then light the lamp of enlightenment.

The destruction that follows the task of creation is a blessing in disguise for humanity. Just as when a house becomes too old and dilapidated it is pulled down so that a new one can be built in its place, this old world gets destroyed in order to make way for a new one. Here destruction implies both, subtle and physical processes. The power of destruction associated with God Shiva has a great purifying effect, on the individual and universal levels. On the subtle level, when vices and impure thoughts are destroyed or purified through spiritual power, it manifests as destruction of the physical world. Unless the impure matter is destroyed and purified, the pure world cannot come into existence. So, in fact, all the turmoil and



Guyana: BK Jayanti, Director, Brahma Kumaris, Europe, giving Godly message to Mr. Moses Nagamootoo, Hon'ble Prime Minister. Sister Jean, Coordinator, BK centre, is standing alongside. Sister Jayanti also attended celebrations marking 40 years of Brahma Kumaris' services in Guyana.

upheavals that are going on in the world now are precursors of a golden era that will dawn sooner than humans believe.

At the time of extreme unrighteousness, as promised in the Bhagavad Gita, God comes in an ordinary human medium and leads humanity out of the bondage of maya by revealing the mysteries of creation, the cycle of time and the laws of karma. God imparts the highest knowledge, which transforms humans into divine beings who manifest godly nature in their thoughts and conduct.

The purification and the destruction of evil is facilitated by spiritual wisdom and deep meditation with the Supreme Light, Shiva. While most gods and goddesses are remembered for their creative and preserving roles that support the smooth functioning of life processes, God Shiva is associated with both, the destructive

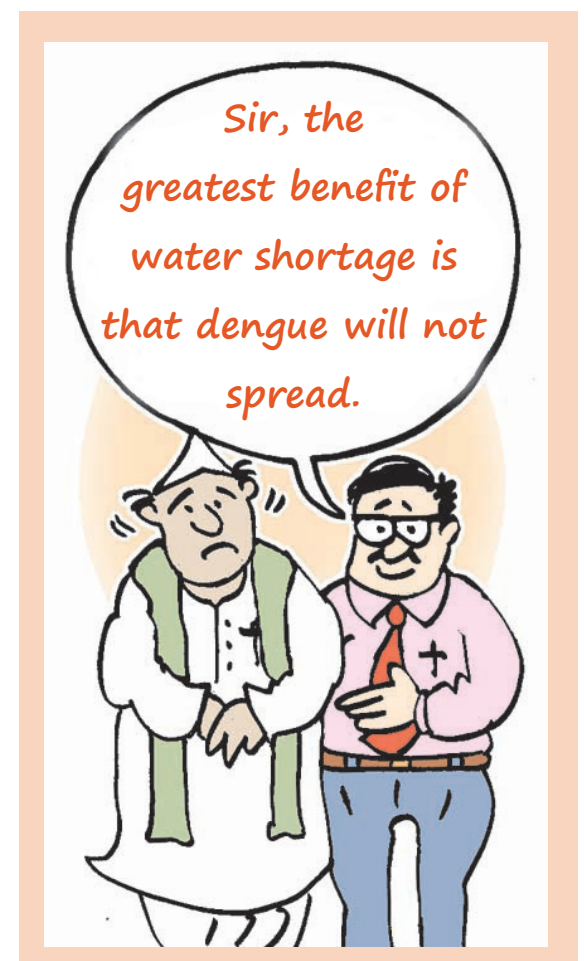
All that has a beginning by necessity must have an end. In destruction, nothing is truly destroyed but the illusion of individuality.

process as well as benevolence and benefaction. God Shiva is worshipped by many names, of which a few symbolize his destructive role. He is instrumental in bringing about the crucial transition from darkness to light, from evil to righteousness, from vice to virtue.

All that has a beginning by necessity must have an end. In destruction, nothing is truly destroyed but the illusion of individuality. The path of yoga, taken for the process of purification, calls for dropping all illusions and letting go of attachment to false identities based on ego. We stop being body-conscious and feeding negative energies around us and thus remain uninfluenced by the highs and lows of life. This enables our ascension from a 'tamoguni' to 'satoguni' nature and the transformation of the old world into a new, pure world.

The process of creating a new world through the destruction of the old world is on. This does not mean that we have to wait helplessly for destruction to happen. In fact, it is time for each one of us to become co-creators of a new world by following the supreme directions of God, who is guiding us to destroy the vices within us and to manifest our innate virtues.★ (Purity Features)

Please contact your nearest Brahma Kumaris centre for further elucidation. Visit www.brahmakumaris.com



HEALTH

- He who has health has hope, and who has hope has everything.
— Arabian Proverb
- Early to bed and early to rise makes a man healthy, wealthy and wise.
— Benjamin Franklin
- And he that will his health deny, down among the dead men let him lie.
— John Dyer
- Health is the second blessing, next to good conscience, that we mortals are capable of - a blessing that money cannot buy.
— Izaak Walton
- Physical and mental health depends upon spiritual health, ultimately.
— BK Mohini

Adopt Gita teachings in practical life

The knowledge of the Gita is not for mere listening or reading, but for contemplating and cultivating its universal teachings in daily life, said Prof. Kaptan Singh Solanki, Governor of Haryana and Punjab and Administrator of Union Territory of Chandigarh, while inaugurating the two-day **15th All India Bhagavad Gita Conference** on “Spiritual Wisdom for Re-establishing Satyugi Virtuous World”, organized by the Brahma Kumaris at Om Shanti Retreat Centre, Gurugram.

Prof. Solanki said India’s ancient religion, ‘Sanatan Dharma’, was not limited to ceremonies, rituals and prayers, but to adoption of a spiritual lifestyle and universal values like ‘vasudhaiva kutumbakam’ (the world is a family), ‘vishwa bandhutwa’ (universal brotherhood), and live and let live.

“If we can translate such simple living, high thinking and noble values into practical action as enshrined in Bhagavad Gita, then we can successfully combat and contain the evils of pollution, poverty, terrorism and climate change”, Prof. Solanki stressed.

In a video message from Mount Abu, Rajyogini Dadi Janki, Chief of the Brahma Kumaris, highlighted the Bhagavad Gita’s message of connecting one’s inner self with the Supreme Being in Rajyoga meditation for sublimating human vices and for developing divine virtues in life so as to supplement God’s work of re-



Prof. Kaptan Singh Solanki, Hon’ble Governor of Haryana and Punjab and Administrator of Union Territory of Chandigarh, being welcomed on arrival at Dadi Prakashmani Auditorium by BK Brij Mohan and BK Asha. (Pic. R) Hon’ble Governor addressing the audience at the inauguration of the conference.

establishing a ‘Satyugi’ virtuous world.

Justice V Eswaraiah, Chairman, National Commission for Backward Classes, said that even if named and worshipped differently in different religions, God is one incorporeal sentient being who is the spiritual father of all souls and who does not have any father or mother, unlike human beings and deities.

Swami Adhyatmanand Maharaj from Sivananda Ashram, Ahmedabad, said that even though the Bhagavad Gita had been variously interpreted by different authors, its quintessence remained the same, ‘Manmana bhav’ and ‘Madhyaji bhav’, which teach one to focus the mind and intellect on the Supreme Soul to elevate one’s life from the mundane to divine.

Swami Dr Muktanand Puri from Alwar said that every human soul was potentially divine and the God of Gita was the incorporeal Supreme Soul, who was a divine light and might. He urged all to follow the universal message of the Gita for re-establishment of ‘Sanatan Dharma’ in one’s life and the world.

Swami Jeevan Dev Maharaj of Jyoti Dham, Rishikesh, said that since human life was most valuable, it should be best utilized in service to the weaker, vulnerable and disadvantaged sections of society.

Rajyogi B K Brij Mohan, Additional Secretary General of the Brahma Kumaris, said that the aim of holding such Gita conferences was to delineate and disseminate true knowledge

and to spread awareness of the true spiritual message of Bhagavad Gita to eliminate vices, evils and negative traits and to infuse virtues, values and positive powers in people’s lives and in society.

In her welcome address, Rajyogini BK Asha, Director of the Brahma Kumaris’ Om Shanti Retreat Centre, said the Gita conference aimed to rediscover the true essence of the Gita’s knowledge given by incorporeal God and to spread it far and wide.

Gita scholar from Mount Abu, Rajyogini B K Usha, who was the stage coordinator, exhorted all to realize their inner self, the soul, and practice communion with the incorporeal Supreme Soul.★

(Purity Report)



(L-R): BK Prem Singh, Gulbarga, Prof. Harekrishna Satapathy, Vice-Chancellor, Rashtriya Sanskrit Vidyapeetha, Tirupati, Swami Dr. Muktanand Puri, Shri Harkesh Puri Ashram, Alwar, Justice V. Eswariah, Chairperson, National Commission for Backward Classes, and BK Rama, Sr. Rajyoga Teacher, New Delhi.



(L-R): BK Dr. Basavraj Rajurishi, Hubli, BK Dr. Nirupama, Puri, Swami Jeevan Dev Maharaj, Yati Dham, Rishikesh, Dr. Sushma Yadav, Legal Consultant, National Commission for Women, Mr. Rakesh Mehta, State Election Commissioner (Delhi & Chandigarh) and BK Sapna, Sr. Rajyoga Teacher, New Delhi.



(L-R): BK Trinath, Hyderabad, Prof. Dr. S.M. Mishra, Head, Department of Sanskrit, Kurukshetra University, Dr. Pushpa Pandey, Gita scholar, Jabalpur, Swami Adhyatmananda Maharaj, President, Sivananda Ashram, Ahmedabad, and BK Asha, Director, Om Shanti Retreat Centre.

15th All India Bhagavad Gita Conference

Who is the Incorporeal God of Gita?



On stage (L-R): BK Brij Mohan, Convenor, BK Trinath, Hyderabad, Swami Sarvanand Saraswati, Chancellor, Bhartisreepeetham, MM Swami Dharamdev, Pataudi, Swami Adhyatmananda Maharaj, President, Sivananda Ashram, Ahmedabad, BK Prem Singh, Gulbarga, and Dr. Pushpa Pandey, Gita scholar, Jabalpur.

The teachings of the Bhagavad Gita could only have come from incorporeal God, and not any deity, because only then will it qualify as the 'mother of all scriptures', as it is often described, and be accepted as such by people of all faiths.

This was the upshot of an engrossing discussion held last month at the Om Shanti Retreat Centre, the northern India campus of the Brahma Kumaris, Gurugram. The topic was, 'Who is the incorporeal God of the Gita?' Gathered for the event were religious figures, scholars and others. The speakers were Swami Adhyatmananda Maharaj from Ahmedabad, MM Swami Dharamdev from Pataudi, BK Prem Singh from Gulbarga, Mr. Trinath, a Gita scholar from Hyderabad, and BK Brij Mohan, Additional Secretary of the Brahma Kumaris. The session was hosted by Dr. Pushpa Pandey, a Gita scholar from Jabalpur.

Dr. Pandey set the ball rolling by raising the question as to why a large part of the human family, including Buddhists, Christians and Muslims, does not accept the Gita as its scripture even though it is described as the mother of all scriptures.

BK Prem Singh said the status of Gita as the supreme scripture is due to the fact that it contains God's own versions. Swami Adhyatmananda opined that when the Gita was written, none of the religions mentioned earlier existed, so the adherents of these religions

do not feel any connection with this holy book, and instead regard it as a sacred text of the Hindus.

Dwelling further on the difference between the Hindus and people of other faiths in their attitude towards the Gita, MM Swami Dharamdev said that ancient Indian philosophy and culture were inclusive and all-embracing, and encouraged a universal approach to issues, wherein each individual was considered a valuable part of the diverse human family. It was a philosophy that sought to achieve the greatest good of all creatures and nature.

In contrast, he said, the people of other countries seek to advance only their interests, which is a reflection of a parochial approach.

BK Brij Mohan then took the discussion deeper into the topic of the day. He pointed out that while it was true that no organised religion existed when the Gita was written, this also meant that the Gita was around when Buddhism, Christianity and Islam came into being, so what stopped the proponents of these religions from adopting the Gita's teachings?

The biggest reason, he said, must be that in the Gita, God is depicted in the form of Shri Krishna, a Hindu deity, and not the incorporeal God people of all faiths believe in. This erroneous depiction, he said, had limited the Gita's appeal and robbed it of its rightful status as a universal scripture, and reduced it to merely a holy book of

the Hindus.

In the Gita, God is shown as speaking in first person, with the words 'Bhagavaan Uvaacha' (God said) occurring before all that was spoken by Him. God describes Himself as being 'unborn and of imperishable nature'. Innumerable passages in the Gita, including the well-known one in which God says, 'Whenever there is a decline of righteousness, O Arjuna, and rise of unrighteousness, then I manifest Myself', indicate that it is none but God who is speaking.

Shri Krishna was a deity, in other words a human with divine qualities, and he could not have attributed to himself the qualities of the Supreme Being or exhorted Arjuna to remember him.

Only God, who is incorporeal, and is thus described in several religious traditions as being a divine light, without a human form, could have uttered the words spoken by Him in the Gita.

But then how did incorporeal God speak without a body of His own?

BK Brij Mohan said that in the Gita, Shri Krishna represents the medium through whom God gives

At Valedictory Session (L-R) BK Nandini, Sr. Rajyoga Teacher, Ahmedabad, BK Brij Mohan and Justice P.S. Narayana, Member, Mahadaya Water Dispute Tribunal.



spiritual knowledge. Since God does not have physical organs, he needs a human medium through which He can act. Who is that medium? It cannot be Shri Krishna, because as the Gita says, God comes to this world when it is in its most degraded state. A deity like Shri Krishna cannot exist in such a world.

God adopts an ordinary human medium who is remembered in the scriptures as Brahma, the creator, and the first man. Brahma is referred to in other religious traditions as Adam. He is the one who first receives spiritual knowledge from God and becomes instrumental in the establishment of a new, righteous world order.

Because of the key role he plays in creating a new world order, and his dedication to God's teachings, the human medium known as Brahma attains divine status, as represented by Shri Krishna in the Gita. Such is his divinity and so close is He to God that He comes to be worshipped as God.

In the end, BK Trinath quoted verses from the Gita to prove the point. Swami Sarvanand Saraswati chose to be a silent observer.★

(Purity Bureau)



Sectional view of the audience.

Editorial

Yoga as a way of life

This 21st the world observes the second International Day of Yoga, a celebration of the unity between an enlightened spirit and a healthy body. Calling for adoption of the Day at the United Nations General Assembly in 2014, Prime Minister Narendra Modi had emphasised that by changing our lifestyle through this ancient Indian tradition, we could fight current challenges like climate change. He clarified that “yoga is not about exercise, but to discover the sense of oneness with the self and the world”.

Popularising yoga becomes essential at this stage when human life has been completely taken over by materialism. Today, a ‘bhogi’ lifestyle that thrives on rapid consumption and greed, and pursues pleasure and power, has become the natural way to be. Such has been the race to accumulate resources that we have broken natural laws and trespassed all boundaries. We can see the climax of it all in the form of deteriorating public health, global warming, massive arms sales, corruption and an unprecedented rise in sexual violence.

Our present-day predicament is rooted in the adulteration of our inner world and prioritising of matter over mind. The solution lies in reversing this trend and adopting a yogi lifestyle, which is based on ancient wisdom and a holistic worldview.

Yoga means union – that of the soul and the Supreme Soul, spirit and matter, thought and action, man and nature. A yogi lifestyle implies discipline, commitment, character building, the art of giving and coexistence. It is a value-based approach that is founded on respect for the self, others and the natural world. A yogi enjoys health, contentment and happiness because he is not a ‘bhogi’ who lusts for more. As he is not ruled by his desires, he is able to keep diseases at bay.

The ‘bhogi’ lifestyle is consumption-driven. It appeals to our senses and is centred on accumulating and spending resources. It measures man with power, so it goes against our spiritual progress. The yogi lifestyle, on the other hand, places spirit over body. It is all about adding value to our existence, putting to best use our gifts and talents, and binding us together as one family.

The yogi lifestyle is generally perceived as dry and difficult, one that may involve renunciation, toil and restraint. On the contrary, it is one where we make our onward journey much easier by making the right choices. By renouncing that which is not useful or goes against our innate purity, we save ourselves from being trapped by our own choices. As our being becomes free from the negative dictates of its physical and subtle faculties, there is experience of inner freedom and the unleashing of latent creativity. We become aligned with universal laws and so do not have to chase health and happiness, but experience them naturally.

The International Day of Yoga attempts to propose to people such a harmonious way of living so that our world could be significantly impacted in more ways than one. Observing this Day once a year is good to spread awareness and initiate people into a new lifestyle. It is meant to draw attention to something important that was lost over time. However, we should not be content with this.

The Day of Yoga is not just about exercising for a day, but should serve as the beginning of a bigger change. It should inspire a way of life that stays with us forever. Our aim must be to tap into the full potential of yoga and make a significant difference within and outside.

Yoga is a spiritual science that must be promoted in places of learning, work, retreat and rest. It can also be added to streams such as medicine and art. But most importantly, it should become an integral part of our culture. This Yoga Day let’s keep this broader vision in front of us and together work towards it all through the year and continue thereafter. ★



Gleanings from the press

Skin cells transformed to suit heart and brain

In a major breakthrough, a team of researchers including an Indian-origin scientist has transformed skin cells into heart cells and brain cells using a combination of chemicals. The team used chemical cocktails to gradually coax skin cells to change into organ-specific stem cell-like cells and, ultimately, into heart or brain cells. “Reprogramming a patient’s own cells could provide the safest and most efficient way to regenerate dying or diseased heart muscle,” said one of the researchers, Deepak Srivastava, director of cardiovascular and stem cell research at Gladstone Institute in the US. “This method brings us closer to being able to generate new cells at the site of injury in patients,” Sheng Ding, also at Gladstone, noted.

(IANS)

Want to boost memory? Run barefoot

Running barefoot is better than running with shoes for your working memory, which refers to our ability to recall and process information, according to a study by University of North Florida.

(News Report)

‘Starving’ cancer cells key to new treatment

‘Starving’ cancer cells of a vital supply route that they use to obtain nutrients could lead to a new, safer treatment to stop the growth of tumours, a study has found. Scientists blocked gateways through which the cancer cells were obtaining the amino acid glutamine and found the cells almost completely stopped growing. “This is likely to work in a wide range of cancers, because it is a very common mechanism in cancer cells,” said Stefan Broer from the Australian National University. Better still, this should lead to chemotherapy with much less serious side-effects, as normal cells do not use glutamine as a building material,” said Broer.

(PTI)

Friends can boost your pain tolerance: Study

People with more friends have increased pain tolerance, according to a new Oxford study, which suggests that those with higher stress levels tend to have smaller social networks.

(News Item)

Found: Way to make cells burn fat, curb obesity

Scientists have found a new way of stimulating the body to burn fat instead of storing it, a breakthrough that may help fight obesity, diabetes and cardiovascular disease. In the study, researchers from McGill University in Canada focused on a protein

known as folliculin, and its role in regulating the activity of fat cells. By knocking out the gene that produces folliculin in fat cells in mice, researchers triggered biomolecular signals that switched the cells from storing fat to burning it. This process is known as the “browning” of fat cells. (PTI)

Bhoola Bhai

And our friend Bhoola Bhai on Temple Street points out that all work for development is for man, and if man himself is not morally developed, neither individuals nor society can be happy.



Entropy versus Eternity

A doomsday clock hangs in the University of Chicago, representing the countdown to a possible global catastrophe. In January this year, the Bulletin of Atomic Scientists retained its setting at three minutes to midnight, declaring that the earth is on the brink of a disaster due to two major reasons – nuclear war and climate change.

Today, when everything around us is collapsing, we are anxious about the future of humanity. We wonder where we all are headed to; is our tomorrow bleak or is there a silver lining somewhere? To explore this further, let us revisit some universal truths.

Law of Entropy

The present conditions on earth signal that we are nearing the 'end' of what must have once been in full glory. According to the law of entropy, everything in a closed system such as this universe is bound to degenerate. The process of randomisation of energy or the wasting away of the original potential of everything is a constant. This is true until an external source of energy supplements the system.

We have already reached the point of extreme deterioration of spirit and matter. Even when we fervently try to make things work, it acts merely as patchwork because

Today, when everything around us is collapsing, we wonder where we all are headed to; is our tomorrow bleak or is there a silver lining somewhere?

with time any system is bound to plunge to a further low. We are unable to redeem the situation on earth because we are attempting the impossible by trying to return from a point of no return. Something that has been fully exhausted cannot be restored to its original sheen. So is there no hope for us?

Yes, there is.

Law of Eternity

While the universe is naturally subject to degeneration, it is also designed for continuity by the law of eternity. The law of eternity ensures that after all that was 'acquired' perishes over time, the 'essence' remains and becomes the source of a new start. This knowledge is also connected to the cyclical pattern

of time, which tells us that there is never a dead end, as an end always leads to a new beginning. It gives us hope that even the darkest night will finally break into dawn as change is a constant.

So there is every possibility for a bright human future, but the point to understand here is that we can't go backwards in time, we can only move forward. An aged tree cannot return to being a plant, however, the seed it leaves behind can surely grow into a new tree. Similarly, earth cannot be revived step by step, but the cycle of time will begin afresh. In between will be a period of transition where the old world order will give way to the new one.

Transition

Let's put this into perspective. Science has confirmed that we are heading for difficult times. But before we hit the end, a new beginning would already be on its way. Since we are on the verge of finishing one cycle of time, the next chapter has to be the start of a new one. In simple words, earth will be transferred from the most polluted and poor state to its purest and superlative state.

The impending chaos will thus become a blessing in disguise as it will open the stage for the most pristine period of the eternal world drama. But how does that massive change come about?

Role of God

As we discussed under Law of Entropy, a vast source of energy from outside our universe is needed to make this massive shift possible.



Since human life and nature have to be completely transformed, we need a revolution that works from inside out, from the subtle to the physical level.

So this is the auspicious time when the Creator – who is the powerhouse of sentient energy and the unbound reserve of spiritual strength – intervenes in the world drama. The Almighty alone can change the world because He is above the physical dimension and pattern of decline. He is ever pure, and is so known as the ultimate purifier.

Transformation

He brings about this great shift by recharging human souls with their original powers and consciousness. The souls that connect with Him and their uncorrupted true self reach their highest potential. They then impact others and their surroundings. This catalyst group sows the seeds for creating the brightest future of humanity. This is followed by destruction of the old and corrupted world order. The great transformation of souls thus transfers the earth to the golden period.★

(Purity Bureau)

The “Journey of Yoga” retreat in South Africa

One hundred and fifty BKs from around South Africa gathered at the Protea Hotel Cenurion in Durban for the three-day retreat conducted by BK Brij Mohan from India, who took the souls on a journey of great depth and spiritual insight. Through anecdotes from his sixty years with the Brahma Kumaris, BK Brij Mohan lifted the whole gathering into the light of soul- and God-consciousness. **Quotable quotes:-**

- Karmateet is a ripened fruit hanging on a tree waiting to drop.
- If the third eye is open, then it doesn't matter if the other two aren't.
- Churn to make knowledge suitable to your own needs.
- Silence is the climax of speech.
- Everything that happens in silence has the best results.
- A hero actor gets the same pay no matter what part he plays — king or pauper.
- Every speciality can become our weakness.
- Excess of anything and deficiency of anything causes disease.
- Just follow the shrimat of the day.
- Falsehood sells in the name of truth.
- When you identify with the body, all digressions come.

In Lighter Vein

- Creativity: The art of hiding your source.
- Maybe egotists have overweight brains.
- At least counterfeiterers try to follow a good example.
- Singing is everybody's bath-right.
- Why do cows wear bells? Because their horns don't work.
- Time is a great healer but a poor beautician.
- People who are always on time are often lonely.
- Some definitions:

Experience: The name men give to their mistakes.

Lock: A device that informs a burglar about the absence of occupant and hence eases burglary.

Adult: A person who has stopped growing vertically and started growing in the middle.

Actor: A man who tries to be everything except himself.





The illusion of attachment

A man who has gone out of his town comes back and finds that his house is on fire. It was one of the most beautiful houses in the town, and the man loved the house the most! Many were ready to give double price for the house, but he had never agreed to sell for any price, and now it is just burning before his eyes.

And thousands of people have gathered, but nothing can be done, the fire has spread so far that even if you try to put it out, nothing will be saved. So he becomes very sad.

His son comes running and whispers something in his ear:

"Don't worry. I sold it yesterday and at a very good price — three times. The offer was so good I could not wait for you. Forgive me."

Father said, "thank God, it's not ours now!" Then the father is relaxed and became a silent watcher, just like 1000s of other watchers.

Please think about it! It is the same house... the same fire... everything is the same...but now he is not concerned. In fact started enjoying it just as everybody else in the crowd.

Then the second son comes running, and he says to the father, "What are you doing? You are smiling — and the house is on fire?" The father said, "Don't you know, your brother has sold it."

The son said, "we have taken only advance amount, not settled fully. I doubt now that the man is going to purchase it now."

Again, everything changes! Tears which had disappeared, have come back to the father's eyes, his smile is no more there, his heart is beating fast.

The 'watcher' is gone. He is again attached. And then the third son comes, and he says, "That man is a man of his word. I have just come from him. He said, 'It doesn't matter whether the house is burnt or not, it is mine. And I am going to pay the price that I have settled for. Neither you knew, nor I knew that the house would catch on fire.'"

Again the joy is back and family became 'watchers' - 'detached observers! The attachment is no more there.

Actually nothing has changed! Just the feeling that "I am the owner!" "I am not the owner of the house!" makes the whole difference. ★

Beware of false ego

Once a sculptor in a village made a beautiful deity of the Lord and thought of selling it at a good price in the city. So he loaded the Deity on his donkey and started towards the city. When he was going through the village, the villagers bowed in front of the Deity. Whichever street he crossed, a crowd would bow in front of the Deity. But a strange thing happened. The donkey, which was carrying the Deity, thought that he was special and that was the reason why people were bowing to him.

He was thrilled with his new found respect. Soon the sculptor returned after selling the Deity. While he was crossing the village, the donkey stopped in the middle of the road, expecting a warm welcome. But nobody paid attention to him. The donkey felt insulted and started braying, so much so, that the villagers drove him away.

The same mistake, what the donkey did, is what most of us do. When we are on the divine path of self-realization, with God's grace, a glow enters our demeanor and we stand out in the crowd. People respect such persons and often bow in respect.

But we should realize that people are bowing not to us but to that glimpse of Divinity whom they realize resides within us.

If we start taking the credit, we cross the thin line of demarcation and enter into an area of false ego. The basic difference between material and devotional/spiritual lifestyle is that, in material life the more we progress, the more ego we develop. In a spiritual/devotional lifestyle, the more we progress, the more ego we shed. ★ (BK Nikky)

Shanti Sarovar, Hyderabad : A group of child participants in the 'Children Personality Development Camp' with BK Kuldeep, Director and other faculty.



Latur, Maharashtra : Dr. Anil Kakodkar, Nuclear Scientist, Chairman, Rajiv Gandhi Science & Technology Commission, being presented Godly gift by BK Nanda.



Faridabad : Lighting lamps at 'Stress Free Living by Positive Thinking' programme for lawyers are Justice V. Eswariah, BK Usha and others.



Mount Abu : Swami Purushottampriydas of Swaminarayan Sansthan honouring BK Chandrashekhar, BK Shashikant and BK Amar.



BK Anand from Delhi lovingly feeding a Giraffe at Johannesburg, South Africa.



Johannesburg, South Africa : Group photo of BK Brij Mohan from India with Brahmin family.

Inspirations from Dadi Janki

Chief of Brahma Kumaris

Powerful influences on your life

There are three things that have a very powerful influence on your life:

- As is the food, so is the mind
- As is the company, so is the colour
- As is the water, so is the speech

When we remain in God's company, the atmosphere becomes spiritual and others benefit from that atmosphere. Dadi has paid a lot of attention to using breath, thoughts, and time in a worthwhile way. This is why today you all experience elevated feelings when we are together. Each of us has to do this so that we can enable others to have deep feelings of love. Do not waste a single breath, thought or second.

Times are such that we cannot afford to be slack in any way – even with our breath. Create such an atmosphere of remembrance that it is filled with loving feelings and faith. By doing this you receive spiritual power and you serve the world.

Experience True Freedom

Some of you have asked about liberation. Liberation is something you receive as an inheritance through your spiritual awakening. Whatever it is that is not free inside you, free yourself from it, so you are not tied in bondage to anything. Some people move away from the world in an attempt to become free. But this is not the time to leave the world. This is the time to transform while being in the world – to change from being a thorn to being a flower. Before we moved onto a spiritual path, our relationships, and even we ourselves, were like thorns, but now we have learned to transform ourselves so that our relationships bring benefit.

At this time we have to remain separate and detached from things outside the self. Consider no one to be your enemy. Move along knowing that whatever is in your awareness is also in your attitude, and that your vision will also be according to that. Pay attention to being conscious of yourself as a soul and being conscious of the Supreme. Use the senses as tools, but remain separate from them.



Go inside, be introverted and develop the power of concentration. Be completely peaceful. Allow this to become your natural nature. Then you will experience true freedom.

Turn your mind to the benefit you can bring

Some of my good friends work in the world of business and want to know how to make the experience of working in business more spiritual so that it can bring benefit to the world. God tells us to turn our minds to Him. You can remember this expression while engaged in business too. Don't have your mind attuned to wealth. Instead turn your mind to the benefit you can bring and to the Benefactor. When you maintain this awareness, then the quality of your actions will be such that you will be able to serve others automatically. You will be amazed. Then wherever you set foot you will serve. This helps you become free from attachments and from ego. Check this and change it in yourselves, and you will be an inspiration for others.

Godly Versions From the Murlis



Make God your companion (Avyakt 12.10.1975)

Unless you constantly have the consciousness of a detached observer, you cannot make God your Companion. Experience of the stage of a detached observer enables you to experience the companionship of the Father. You consider yourself to be God's friend, do you not? That is, you have made God your closest Friend, haven't you? Have you made God the Conqueror of your heart? Do you

experience wanting to share the secrets of your heart with anyone other than the Father, even in your thoughts? If you experience the happiness of all relationships with the One Father, and you have the experience of attainment of the love of all relationships, then your intellect cannot be drawn to any other relationship. The intellect should be totally absorbed in all relationships with the Father at every breath and every thought.

The power of control (Avyakt 12.1.1984)

You are able to stabilise yourself in a state of silence within a second. You have had the experience of this, haven't you? In a second you can go beyond sound and you are able to stabilize yourself in the religion of the self. Do you have such practice? You are the masters of your sense organs, aren't you? Whenever you wish to perform actions and stabilize yourself in the karmateet stage, you can do so. This is called unique and loving: in a second you become detached, and then loved by all because of your actions. Do you have the experience of such controlling power and ruling power?

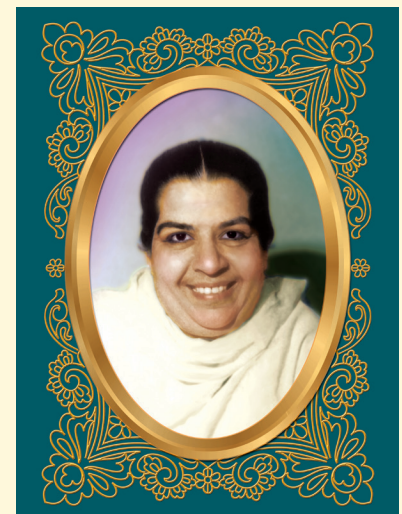
Charioteer & Sense Organs (Avyakt 9.12.1989)

By considering yourself as a charioteer, all your sense organs remain under your control. That is, you develop the controlling power to bring all your sense organs close to the destination of the aim and to those characteristics. The charioteer himself can never come under the influence of any sense organ.

Mateshwari Jagadamba Saraswati

Mama was an embodiment of divine virtues, an angel on earth, the goddess of wisdom. The light of her power of yoga could eradicate the darkness of body consciousness. Merely looking at her, one's spiritual consciousness would awaken.

Mama was a powerful and logical orator. Her answers to questions people asked her would literally make them fall at her feet. Mateshwari was the master of her mind. On being asked, Mama answered, "I tell the mind to keep silent for now and that I will call it whenever needed".



On June 24, Mama's anniversary will be observed at Brahma Kumaris centres worldwide.

Some jewels from Mama's teachings:

- Surrender all consciousness of 'mine'. There is benefit in wherever Baba has placed us so never have the feeling of ownership. Do not consider anything as 'mine', such as 'my body', 'my relationships' etc.
- Consider every hour to be your final hour, every breath to be your last breath and stay in the remembrance of the Almighty.
- Always think — not only is God watching me, but the whole world is watching my every step.
- Never ignore any teachings you receive. If not today then one day the teaching will be useful. Even if someone else is being signaled, consider those teachings to be for yourself.
- Keep your subconscious mind clean. Your subconscious is subtler than the mind and the intellect. If you keep the defects of others in your subconscious, the rubbish and waste will not allow you to focus and concentrate.

Easy Rajyoga

Meditation has become a buzzword these days and is prescribed as a 'multipurpose drug' for enhancing personal wellbeing. The term is now being used interchangeably for breathing exercises, yogasanas, contemplation, and a variety of activities.

At the Brahma Kumaris, however, meditation refers specifically to Rajyoga, an ancient Indian technique that empowers us by elevating our thoughts and consciousness. As our inner world changes, it has a ripple effect on our mental and physical health, relationships, social scenario, and even our natural environment.

What is Rajyoga?

'Yoga' means connection or link, and Rajyoga implies the highest connection – that of the soul with the Supreme Soul through the power of thought. Rajyoga simply means remembering God with love and correct understanding. Remembering a near one comes naturally to us, that is why Rajyoga is also known as Sahej Yog.

We are able to make this connection when we believe in our original identity as an eternal and virtuous soul that is distinct from our perishable body, and also recognise God as the Supreme Spiritual Being and Father of all souls. In this consciousness of truth, a mental love link with Him becomes obstacle-free. As our thoughts focus on Him, we are able to draw from His unlimited reserve of wisdom, purity, peace, love, happiness, power and bliss.

Rajyoga, step by step

In a usual Rajyoga session, we employ our subtle faculties – mind and intellect – to change our 'sanskars' (personality traits). We sit in silence, consciously create elevated thoughts through our mind, then visualise

Rajyoga means
mental love-link
or connection of
the soul with the
Supreme Soul.

them through our intellect. This is followed by inner experience that triggers self-transformation. The more our concentration, that is unity between the mind and intellect, the deeper our experience.

Soul-consciousness

When we get the right answer to the question 'who am I', and stay in its awareness, our old belief system – based on false identity of a mortal body – collapses and our understanding of life stems from truth. As a result, fear, insecurity and anxiety take leave and hope, courage and freedom set in.

Soul-consciousness connects us back to our pure and original qualities, universal truths and the Ultimate Truth. So we become inclined to expressing ourselves through kindness and virtues. We are able to recognise the world as an ongoing drama where each soul harvests what it sows, so our actions become responsible.

Health benefits

Our body is like a chemical factory where our thoughts trigger corresponding hormonal secretions all day. Rajyoga recharges every cell of our body by making our thought pattern positive. It checks our stress level and enhances the release of happy hormones that restore the body's immunity, vigour and beauty.

God-consciousness

The sweetest fruits in Rajyoga come from connecting with the Supreme. A Rajyogi receives new insights and 'touchings' along his journey that rescue him in emergencies or help him leap ahead in life, way beyond self-perception.

One can take this connection ahead through a mutual dialogue of thoughts, and experience a very live relationship with Him and feel fulfilled.

This two-way communication makes Rajyoga different from prayer, our traditional means to reach God, in which the seeker alone sends across a message which is often pre-scripted.

Transformation

A change in personal sanskars is the practical proof of Rajyoga. All of us are bound by our habits. But when the soul sits in authority as

the master of its mind, intellect and sanskars, as also the ruler of its body and five senses, it is able to redirect and control them.

Simultaneously, the connection with our pure core brings to fore our original spiritual qualities. This parallel process transforms the way in which we think, perceive, talk and act. A behavioural change thus achieved is voluntary, inside out, and long-lasting.

Rajyoga as fire

The highest stage in Rajyoga is where our connection with the Supreme becomes so intense that the fire of yoga incinerates our karmic debt. All souls carry the burden of past sins that gets manifested through situations that bring suffering. Rajyoga is the only means by which we can nullify the return of our own negative karma.*

(Purity Bureau)

HUMOUR

Slow, elderly golfer: "Let me inform you, young man, that I was playing this game before you were born".

Impatient opponent: "Well, would you mind trying to finish it before I die"?

Student A: "My motto in life is work hard, play hard and pray hard. What about you?"

Student B: "My motto is let bygones be bygones."

Student A: "That's good. Why did you choose that?"

Student B: "Then I wouldn't have to take any history classes!"

A psychiatrist received a card from a patient who was on holiday. It read — "Having a wonderful time... why?"

Absent-minded professor (leaving temple): "Who's the absent-minded one now? You left your umbrella back there and I not only remembered mine but I brought yours, too."

Wife (gazing blankly at him): "But neither of us took one to the temple!"

Psychiatrist in witness stand: "It is my opinion that the defendant is sane and rational. His lawyer, however, acts a little stange."



Gyan Sarovar, Mount Abu: Inaugurating Sports Conference are BK Shashi, Vice-Chairperson of Sports Wing, Mr. Ramphal Mann, International Wrestling Coach, Md. Abu Sayed, Physical & Health Educational Trainer, Dhaka, Bangladesh, Mr Vladimer Ishavili, Wrestling Coach, Russia, Ms. Shweta Rathore, World Champion, Fitness Physique, Dr Mukesh Saggar, Vice Chairperson, Women's Wing Federation of India, BK Prabha, BK. Jagbir, H.Q. Coordinator, Mr. Parmar Kanak Singh, Limca Book of Record holder in Push-Ups, BK Meher Chand, BK Jay Shree and others.



London : BK Daxa with Kindred Spirit Award 2016 for Lifetime Achievement awarded to Dadi Janki at the Well-Being Festival.



Guwahati, Asom : BK Sheela didi speaking at inauguration of 'International Day of Yoga Celebrations 2016'. Also on stage (L-R) are BK Joonali, Justice Anima Hazarika, Gauhati High Court, Dr. Hitesh Baruah, Justice Milli Bordoloi Kalita, Tribunal Judge and BK Moushumi.



Gyan Sarovar, Mount Abu : Mr. Anup Jalota, famous singer, giving performance at Harmony Hall during Art & Culture Conference.



Shilong, Meghalaya : BK Neelam & Dr. Mamoni Kachery at a medical camp organised jointly by Power Grid Corporation of India and Brahma Kumaris at Lotus Secondary School.



Ujjain : BK Binny, BK Reena with spiritual leaders taking pledge at "Sarva Dharma Swachhta Sankalp" organised by Global Interfaith Wash Alliance India & UNICEF at Kumbh Mela.



Neemuch, Maharashtra : Dadi Ratan Mohini, Jt. Chief of Brahma Kumaris giving a frame of 'Shiva' to Mr. Rajneesh Srivastava, Distt. Collector. Also in pic. are BK Mruthyunjaya, BK Surender and BK Savita.



◀ **Navapara :** After 'Spiritual Get-together' standing in group are MM Shiv Swaroopnand, MM Premanand, MM Anand Chatnay, BK Pushpa, BK Narayan and other spiritual leaders.



Sanour, Patiala: During 'Ek Shaam Shiv Pita ke Namn' programme, B. K. Shanta giving Godly gift to Chief Guests Mrs. Preneet Kaur and Mrs. Satinder Kaur Walia, Social Workers.



◀ **Nairobi, Kenya :** BK Dipti with Women of Godiva Forum – YPO/WPO International after giving a talk on 'Technique of Meditation'.



Gurugram : *Sitting in meditation at monthly 'Collective Meditation' programme at HUDA Ground, organised by Brahma Kumaris Delhi Zone. Pic. Top : BK Asha giving meditation commentary and BK Pushpa, BK Sundari and other sisters giving drishti.*



Lena Pillars, a geological formation of vertically elongated rocks upto 100 meters high piled along the banks of Lena River near Pokrovsky, Russia.



A cultural performance by the youth at 'Youth Conference', Mt. Abu.

Mr. Wise



Mr. Wise?
 Yes.
 People say they know God is everywhere, yet they are searching him, why?
 Well, let me think...
 Also, who is searching whom? Is omnipresent God looking for himself?
 I cannot say.
 ♦♦♦♦♦♦♦♦

And Mr. Wise?
 Yes.
 God is the Ocean of peace, Ocean of love and Ocean of bliss?
 Yes.
 If God is everywhere, then why these attributes of God are not found everywhere?
 I cannot say.
 ♦♦♦♦♦♦♦♦

Lastly...
 Yes.
 People say everything that happens is done by God?
 Yes. Not a leaf can stir without God's will.
 Won't it make God the motivator of all the sins, crimes and violence that are taking place in the world today?
 Perhaps you are right.
 ♦♦♦♦♦♦♦♦

Tailpiece



Mossa Allah consulted his friend Sikander Ali to suggest a suitable name for his little child who happened to be his fourth son. Sikander said he'd love to do that but it'd help if he know the names of Moosa's earlier off-springs. "Rehmat Allah (Mercy of God) is the eldest, Barkat Allah (Grace of God) is the next and Shaukat Allah (Glory of God) is the next to next", said Moosa proudly and looked expectantly at his friend to come out with his suggestion. Said Sikander after some pause, "Call him 'Bas-kar' Allah (stop now God)."
 ♦♦♦♦♦♦♦♦

There was once a stubborn woman on a plane to Singapore. She was in the economy class, but after takeoff, she saw an empty seat in first class and moved there. An attendant saw her and said, "Excuse me, ma'am, but you have a ticket for economy class, not first. You cannot stay here." The lady replied, "I can and I will." The attendant told the copilot, who came and talked to the woman. "Ma'am, we really can't have you staying in this seat, your ticket was for economy." "You can't make me move." The copilot told the captain, who tried to talk her out of the seat but it didn't work. Finally, a man who had heard what had been going on told the attendant to let him have a go at getting the woman out of the seat because he was married to a stubborn lady too, so he knew how to deal with her. After a quick chat with her, she moved. The shocked attendant asked him how he did it. The man replied, "I told her first class wasn't going to Singapore!"
 ♦♦♦♦♦♦♦♦