

a handy book of meditations



Want to reorient your thought patterns and feelings so you can live with greater harmony and contentment?

Raja Yoga, one of the oldest meditation techniques uses a series of “mental exercises” designed to lead you towards this goal.

Now you can explore the philosophy and spiritual awareness of Raja Yoga with four sections:

- UNDERSTANDING MYSELF AND MY HOME
- UNDERSTANDING MYSELF AND GOD
- UNDERSTANDING THE JOURNEY THROUGH TIME
- KEYS TO SELF-MASTERY

each accompanied by meditation commentaries – examples of thought patterns to practise.

And you can do these walking, sitting, at work or at leisure – anytime you want to experience a relaxed and powerful frame of mind.

A HANDY BOOK OF MEDITATIONS

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Based on the teachings of Brahma Kumaris Raja Yoga.

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Introduction

Raja Yoga is one of the oldest meditation techniques. It does not involve any physical postures or exercises – rather it is concerned with re-orientating thought patterns and feelings so you can live with greater harmony and contentment.

This book contains a series of “mental exercises” designed to lead you towards this goal. First there is an explanation of the philosophy and spiritual awareness upon which Raja Yoga is based, followed by meditation commentaries – examples of the thought patterns to practise. These can be done whilst walking or sitting, at work or at leisure, in the morning or at night. In fact, the aim is to enjoy a light, relaxed and powerful frame of mind all the time.

Whilst practising Raja Yoga meditation, rather than closing the eyes, it is better to keep your eyes open. This is because meditation can then help you to maintain a relaxed yet powerful state of mind whilst going about your day to day activities.

We hope that considered use of this book will bring about greater self-awareness. Within the method of Raja Yoga meditation there are five steps towards the achievement of this. The first step is spiritual information, and this leads to the second step, understanding. For maximum benefit it is useful to read each topic slowly and practise the thought exercise; thinking about each facet of the spiritual knowledge it contains. Give sufficient time to your practise of each exercise, before moving on to the next.

The third step is then to gain the experience of that which you have understood – letting the knowledge transcend from your head to your heart. This can lead to step four, realisation, or inner knowing, and help you achieve the final fifth step: transformation in your life.

Raja Yoga allows a mental link with God, the Supreme Being and source of all spiritual power. Throughout this book God is referred to as He; for the purpose of simplicity only. Students of Raja Yoga understand God to have the all the positive qualities of the masculine and feminine, in perfect balance.

Understanding myself and my home

1. WHO AM I?

The essential first step on the path of Raja Yoga is to realise who – and what – I am.

I am the one who sees through these eyes...hears through these ears...I am the one who directs this body to move...I observe the results of my actions. I use this body to experience our changing world. I have awareness; my body does not. The body is mine'.

My body and I are separate entities.

"I" am not this face, these features, nor my bodily name...I am not made up of the matter which shapes my body...this body is not "me", but rather, I perform actions and experience through this body...I am a spiritual being...I have the form of light...of pure energy...who thinks and knows...I feel detached from this physical body...and an experience of stillness and silence comes over me.

2. I AM A SOUL

Recognising my identity as a form of powerful energy, I can begin to understand the human spirit, or soul, as a point of light. In fact, all living beings share this same fundamental form – that of a soul.

I now withdraw my attention from my physical organs...my eyes are open...my body is at rest.

I focus my thought energy on myself...on the inner self...as the pull of thoughts of the world diminishes...I begin to feel light.

I am thinking, remembering and observing my original self...I am a point of light...a point of life energy...the life energy that powers the body.

I am non-material light...an eternal soul...thinking, deciding, acting, observing, remembering...I perform actions through this body...I observe the results of my actions...I am

the actor, my body is the costume. I am the rider. My body is the chariot.

I concentrate on this one thought...that I am a point of life energy...radiating light...as my thoughts focus I am filled with power...I become light...floating...and I experience deep, powerful peace...I am in total peace.

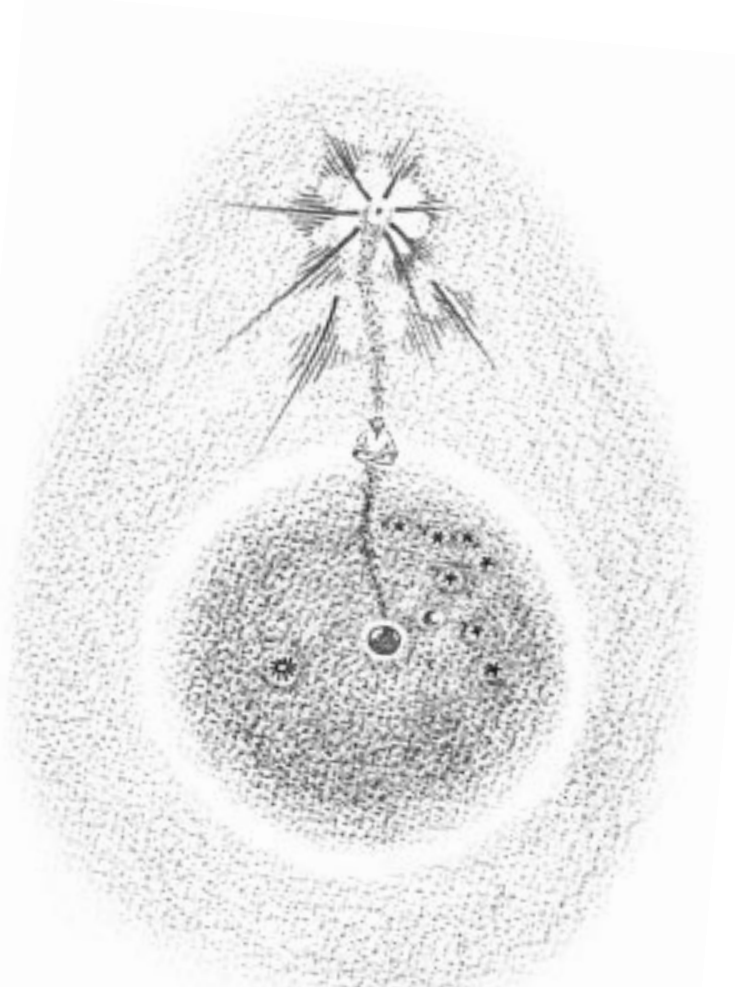
3. THE THIRD EYE

The soul is located in the body at a point behind the centre of the forehead, between the eyebrows. It is here that I receive impulses from my sense organs via certain nerve cells in the brain. It is from this 'seat' that I direct my body to act.

I am a soul...so tiny, lightweight and unburdened...in this body, I reside behind the eyes in the middle of the forehead...this is my seat, my throne in the body...now I reclaim it, regaining the power to rule over my actions and sense organs.

As I gain power through yoga, I become established on my throne...the third eye, the eye of spiritual understanding, opens once again...now I can truly experience the light of the soul...and see this light in others.

I am a soul...I control this body from my throne in the centre of the forehead...I am light and weightless...eternal.



THE THREE WORLDS

4. MY HOME

In Raja Yoga meditation I focus my thoughts on that region known as the ‘soul world’, ‘world of light’, ‘nirvana’ or ‘the heavenly abode’.

Many visionaries throughout the ages have seen this world of pure spiritual light. This is the region where the soul exists in its dormant stage, when it has no body and is in its purest form.

When I first take a body, it is from the soul world that I come to this physical world; the field of action. With the practice of meditation, the third eye opens and I see my home, the world of light, as an infinite expanse of subtle golden-red light.

I am a soul...light and burden-free...I reside in the centre of the forehead...concentrating now, I feel more and more powerful as I become light...radiating light...on the screen of my mind I begin to sense a warm, golden-red glow, my home.

My home is the land of peace and silence...the land of tranquil light...I bathe in this glow...and fill with total peace and silence.

I experience being in my home of light...filling with peace and inner space...my home has no limits...I fly free of tension in this expanse of light...I enjoy the gentle stillness...and when it is time to return to the awareness of my body, I do so with detachment...aware of the difference between soul and body...I come back to this physical world...the drama stage, the stage on which the drama of life is played.

5. I AM AN ACTOR IN THIS DRAMA

I constantly stay in this awareness of being an actor on the world stage. Then in times when there previously would have been stress, there will instead be lightness that enables me to see and assess situations with clarity.

Coming back to my body I see that I am an actor on the huge stage of the world...all other souls are actors too...each acting through their own individual, bodily costume, each acting out a unique role...I see my role unfolding before me...I realise that my past is recorded within me in the form of impressions or memories.

Sometimes I recollect scenes from the past... as memories surface in the soul as thoughts.

I, the soul, have come from my home...the world of light...to play my role here with other actors... understanding and experiencing this, I now feel a sense of detachment...allowing me to

play my role with full responsibility...small scenes in the drama that would previously have hurt me now no longer worry me.

I see all others as my brothers and sisters, a spiritual family...I do not criticise them, for they too are playing their part within this drama of life.

6. THE OBSERVER

Often I become blind to my behaviour, and oblivious to the quality of my thoughts and feelings. One way to increase self awareness and to check and change aspects which cause unhappiness or peacelessness, is to try look at everything objectively as a detached observer.

I become an observer...I return to the silence of my home from which I see the world of action...this feeling of detachment brings within me the power of tolerance...I am filling with spiritual knowledge...I am no longer pulled by things of the physical world...I feel myself to be a pure unlimited being...detached...and unaffected by the unfolding drama of life. How pure I am...how dignified I feel... I sit for a while to experience this powerful awareness I have created.

7. GOING BEYOND SOUND

The following exercise is valuable as a means to gather and retain power whilst performing actions. In a second I can stop, pack up my thoughts and ‘fly’ into silence. Practise this exercise every two hours at least. Go beyond sound in a second and then, filled with the power of peace and detachment, return to the world of sound and movement.

I, the soul, act through the body...in a moment I can make myself still...a quiet moment of eternity....I am a peaceful soul...resting in my home...the world of peace....I fill with peace and power...then return to the awareness of the body to continue my work.

8. DIVING DEEP INTO THE SELF

The original attributes of every soul are peace, love, truth, happiness, purity and bliss-filled silence. This sense of silence is not like the silence I experience in the physical world. Instead it is full – in bliss – a simultaneous satisfaction of all the senses.

Withdrawing my thoughts from the external world...I now focus deep within myself...I, the tiny spark of light energy, become introverted...looking deep within, I rediscover my original qualities...far below the surface waves of the mind...I find my state of perfect peace...and deep...bliss-filled...silence.

I become so still...I am the essence of peace...I become the embodiment of purity and silence. I fill myself with waves of eternal and unlimited peace...



YOGI IN BLISS

Understanding myself and God

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9. VISUALISING GOD

Throughout the ages God has been remembered as being the form of unlimited power and light. Through meditation, as I realise I am a soul, an eternal point of light, then it is easy for me to become aware of God, the Supreme Soul, who is also made of light – light with consciousness. I appreciate that God, the Supreme Consciousness, is unlimited, powerful and pure, full of immense wisdom and love and is beyond the cycle of birth and death.

I travel far beyond to my home of peace...in my home I am so free, light and peaceful...in this stillness of the land beyond...I feel the presence of a powerful light. Here there is 'soul consciousness' and there is spiritual power, the power of complete purity. In this stillness, I see on the screen of my mind, the glow of this powerful light. I reach for the source.

As my awareness opens...I am pulled...drawn

as if by a magnet...I come closer and closer to the source of immense energy and spiritual power, a brilliant light...a wave of love washes over me...I am in the presence of the Supreme Soul...the Supreme Father...the Unlimited...the purest, most immaculate Soul of all.

My search has ended...I have found God...and for a long moment we sit together...floating...in blissful silence. I realise how close I can come to God. I sit beside this one for a long moment. Just I, the soul, and God.

10. DIVING DEEP INTO THE OCEAN

In the spark of conscient light, the Supreme Soul, 'God', there is an unlimited reservoir of virtues and powers. It is as if God is the Ocean of all these treasures. In this meditation the soul experiences the depth and the richness of God's qualities.

Going deeper into this peace I feel so still and light...I begin to explore this depth of peace...this place of peace within...this soft aura of peace...I begin to realise...to experience...I am filling with feelings of warmth, love and comfort from God the Supreme...whose gentle waves of golden, tender love, pass over me and soothe my mind.

I become so still and quiet...I dive to the bottom of this Ocean of Peace...I bathe in the essence of peace...and again know that peace is my true nature.

With this peace comes the awareness of the

supreme love of the Supreme Being...like the Supreme Mother showering love on her child...such tender love that my silent waves of thought gently unfold into bliss...God, the giver of joy, is blessing this child with rays of peace, love, happiness...I, the child, who was lost...have now been found.

I reach into the depths of the unlimited Ocean of Purity. The forgotten purity returns to me...power...love...and peace.

11. SENDING GOOD WISHES

The virtues and powers I gain through this meditation can be shared with all other souls, through the power of thought and pure vibrations.

My ability to help others is often limited by time and distance, and can reach only a few people at a time. Subtle help through sending thoughts of virtue, support and good wishes can benefit all souls, even those who are physically many miles away.

God's love and support are eternal gifts that are given to all souls. I can be an instrument to pass this spiritual nourishment on to others. When connected with God I stay peaceful, loving, happy and pure and can refresh many others with the power of good wishes.

This exercise can be practised in silence, or when involved in activity. When dealing with others, or when walking past others on the street, keep an inner attitude of being like a flower that spreads its fragrance in the breeze.

To maintain this spiritual practice, when I see and connect with others, I focus on the soul, the point of light in the centre of the forehead, and stay aware that the eternal soul is talking to the eternal soul via the body.

I fly to my home...the world of pure light...the world of peace...here in this peaceful land I sit next to the source of peace, God the Supreme... the unlimited Ocean of Peace.

In front of me I now visualise all other souls...like so many stars...I share all the peace and love I feel within me with these souls...I am filled with this powerful vibration of purity coming from God...passing through me...to all others.

12. LIGHTHOUSE

A lighthouse shines in order to guide others away from danger and into the safety of the harbour. So too, a soul who has a continuous link with the Supreme Soul, the ever-luminous One, becomes a source of inspiration and guidance; a living lighthouse radiating the might of God to all corners of the world.

Whilst sitting, whilst walking or working, I see myself as a mirror, reflecting the qualities of God into the world as a guiding light for others.

I maintain the awareness of being the form of a small point of bright...light shining outward from the centre of my forehead so subtle...yet so powerful like a lighthouse...I become a spiritual guide for others...helping them to steer away from the jagged rocks of unhappiness...and towards the safe haven of Gods love and bliss.

13. RELATIONSHIPS WITH GOD

There are common beliefs that it is impossible to truly know or get close to God and that God must be feared as a Judge with wrathful vengeance for human wrong-doings. These misconceptions have only taken me further away from the Supreme Soul.

Now, through the practice of meditation, I enjoy a real communication with God, and enjoy a variety of relationships. All the experiences I would seek from human souls, can be fulfilled in my relationships with God. This link with God is 'yoga' – the union which fulfils all my needs.

With a deep and loving link of thoughts, I chat with God in each relationship. God is my Spiritual Father who shows me life's meaning. God is my Spiritual Mother with a loving heart. God is my Spiritual Teacher giving total knowledge. God is my Spiritual Guide, the spiritual Child we care for, the spiritual Grandfather and the SatGuru, the true Guide.

In the consciousness of myself as a spiritual being...I shed the awareness of my body...I am bodiless...free to communicate at a subtle level... I use the language of thoughts...and connect with the Supreme Being who is also bodiless.

Together we share what is innermost...I feel understood, encouraged and supported...by the One who is always there for me...in the form of the relationship I need most at every moment...and in the sharing, we become ever-closer...myself and God in the renewal of this eternal connection.

14. GOD IN RELATIONSHIPS

Usually I act and communicate with others on a physical level. There is the feeling it is only the physical form of myself that observes and interacts with others. I can call this state of awareness 'body consciousness'.

The state of spiritual awareness or enlightenment is called 'soul consciousness'. Once I am soul conscious, I can also become 'God conscious'. This means I enjoy mixing with others while also keeping the company of God. God stays in between, and then my communication with other souls becomes deeper and more meaningful. I connect 'soul to soul'.

This helps me stay connected to God whilst interacting with others. I let the constant state of soul consciousness and God consciousness deepen and purify my interaction with other souls.

Whilst continuing to speak and carry out other actions through the use of my body...I stay in the awareness that I am a soul...I remind myself that this body is an instrument with no physical desires of its own.

I am centred in the charitable qualities of the soul...love, peace, purity and bliss...and so easily connect with the One who is the Unlimited Ocean of these qualities...letting these qualities flow easily into beautiful...loving...interactions with all other souls.

15. BECOMING THE CHILD

As the soul becomes filled with knowledge and power, it also becomes like a child: simple, pure, humble, sweet and innocent of evil. God the Supreme becomes the Mother and the Father for a soul with this outlook.

Resting in my home of peace...with my Supreme Mother and Father...I experience a deep feeling of purity and power ...in this state, I experience the sweetness of my personal relationship with God. I feel the simple purity in this peace. I feel joy in being a spiritual child...full of innocence...happiness...spiritual love. This allows me to surrender to your supreme purity. Baba, I am the moth surrendering on the flame of your love for me.



CYCLE OF TIME

Understanding the journey through time

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16. SPINNING THE CYCLE

The human soul is eternal. God the Supreme Soul is eternal. The physical universe is also eternal. There is an eternal interaction between God, human souls and nature. The whole drama of life is based on the interaction of these three realities.

The drama of life moves through four equal acts. From the first act, of complete purity, the soul decays into body consciousness by acts three and four. The soul is totally renewed during the finale. Once the drama of life completes itself, it then continues to repeat identically, just like the hands of a clock continue to sweep around the clock face.

From the silence of the soul world, each soul comes into the world of action to play its individual role through its costume of the body. God is the only soul who does not come into this world 'to be born'. Rather God remains 'above' detached from this cycle of birth and death. God has the role of purifying the world in the

final act once the soul has totally decayed and needs lifting back to its highest state of purity.

This time period is called 'the golden age'. During the Golden Age, the original perfect state of the soul is reflected in the beauty of the body and harmony in all relationships. This is the time of the highest civilisation – science, art and government are at their highest levels of development. Nature too is at its peak. Everyone experiences the natural attributes of – peace, purity, love and happiness. There is no need for worship, ritual or other forms of spiritual search. The only part of the world populated at this time is a landmass known as Bharat, which includes what is now India as well as parts of neighbouring lands.

The Golden Age slowly gives way to the Silver Age. The prosperous and pure conditions continue, but with a gradual decline in the natural powers of souls as they take rebirth after rebirth. Finally, there comes a time when the natural purity of the soul has diminished to

such an extent that such a perfectly balanced system is no longer possible.

It is then that negative forces such as anger, greed, ego, lust and attachment first appear. These arise as the soul starts to identify itself with the physical body. Our true identity – that of eternal souls – is forgotten. Nature then reacts to the vibrations of impurity, and causes calamities which force people to seek other lands to inhabit.

The natural power of purity of the human soul is lost, as are earth's own natural powers also. Thus begins recorded history which is the age of searching – the Copper Age. Great civilisations such as those of the Egyptians and the Aztecs of South America are established, but without the harmony that existed previously. These civilisations also fall to more savage societies within a short time. In the search to regain the lost peace and happiness, people turn to worship.

Ancient records show that the first worship was of

God, in the form of oval shaped images, or shapes like that of the sun. These come from humanity's subconscious memories of the Supreme Soul, the One who never takes birth in a body of His own.

After this, there was the worship of deities, or gods and goddesses. Scriptures are written during the Copper Age, and powerful messengers – preceptors, or prophets – come to play their own special roles. Thus, Judaism, Buddhism, Christianity, Islam, and the other main religions are established.

However, the trend towards decay continues into what may be called the Iron Age, the present age of extreme violence and growing disparity between those who possess in abundance and those who live in scarcity.

Towards the end of the Iron Age, there is a short period of enlightenment – the Confluence Age. During this age, the age in which I am now, I can see that while there is the extreme of evil, there is also a strong re-awakening of spiritual values and knowledge in the minds

of many. The Confluence Age is the most auspicious period of time when searching can end and I see a growing thirst for a new and better way of life; a return to that original Golden Age.

This task of re-creating the pure peaceful world is achieved with the power of spiritual knowledge and Raja Yoga. The knowledge and power from God makes this impossible task achievable. Once this task is completed, human souls return to their silent home, the soul world. Then, once again, according to their roles and their accumulated purity, they begin returning to earth as the cycle of time recommences its journey through the Ages.

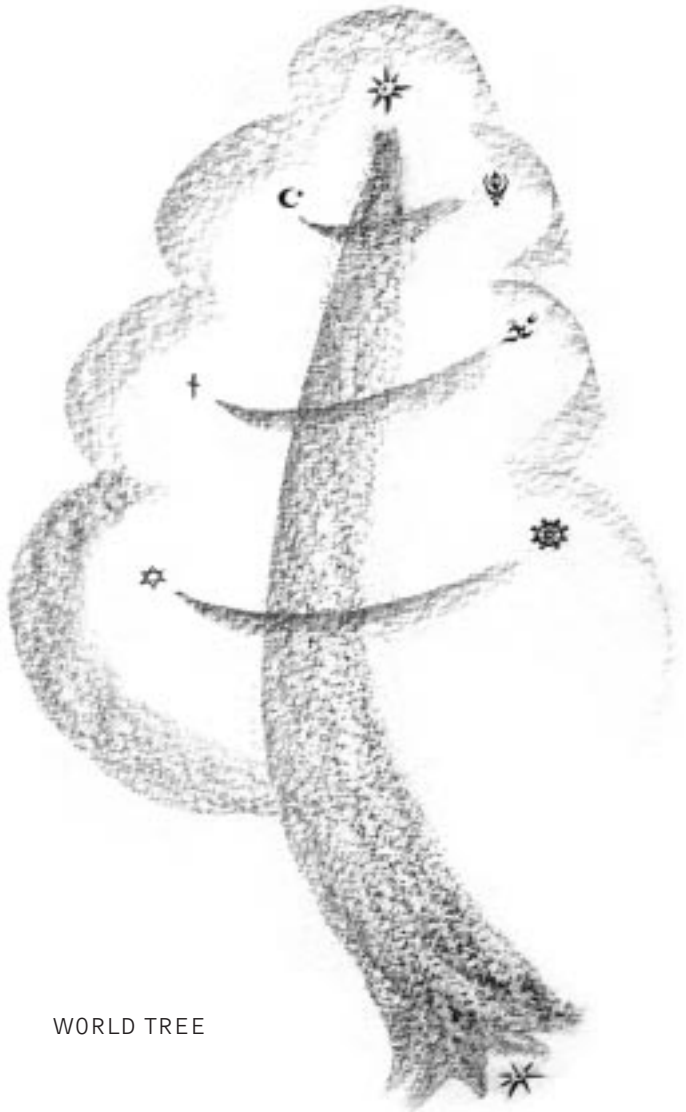
Let me expand my awareness...beyond these present moments and see where they fit in the bigger picture...in the entire drama of life...in the eternal cycle of time.

I can do this now...as I am living in this time of the drama...that is the short period of enlightenment...the Confluence Age...the time when I can accurately connect with the Supreme Soul...and use this connection...to understand how to build a new...and better way of life...a heaven on earth a Golden Age.

I see the lives that are ahead of me...when I descend once more...from my home, the soul world...and travel through the cycle of time...to experience a Golden...Silver...Copper...and Iron Age...until I once more replenish my depleted spiritual values...through a close...loving and living relationship with God.

According to the roles I have to play in the drama, I leave the Soul World and take physical birth on Earth – just like when an actor first appears on a theatre stage at a pre-designated time. After the first physical birth, I will continue to take rebirth as I travel through the cycle of time on the 'world stage'.

I, the soul, do not return home to the Soul World between physical births, just as an actor doesn't leave the theatre to go home until the play is finished and the final curtain goes down.



WORLD TREE

17. UNDERSTANDING THE TREE OF HUMANITY

A helpful image in understanding the changes that take place throughout the cycle of time, is that of a tree – the tree of humanity.

The trunk of the tree symbolises unity. This explains the first half of the cycle of world history and spans both the Golden Age and the Silver Age. These two time periods have been referred to as the 'lost civilisation' or 'Atlantis'.

However, as the cycle of time spins, two things happen simultaneously. Firstly, as souls continue to come down to earth from the soul world, the human population grows. Secondly, as souls take rebirth after rebirth they lose their natural power and purity, negative forces – or vices – appear.

People migrate to regions outside Bharat, the home of original civilisation. The main religions of the Copper Age are established and the tree trunk divides into

branches. As I continue to lose my spiritual power and the awareness of my true identity, the process of dividing and sub-dividing continues.

By the time I reach the Iron Age, the human world tree has many branches and twigs – contrasting groups of people divided by colour, culture, religion and politics. Even the main ‘branches’ – the major religions – fragment into opposing factions and sects.

Eventually the tree dies, but before that happens, as with a tree in the natural world, the seed of a new tree emerges so that the cycle of newness, growth and decay can continue to turn. This happens at the Confluence Age – the confluence of the old and the new. During this short time of enlightenment, we can see there is a strong re-awakening of spiritual values and knowledge in peoples’ minds. There is a growing thirst for truth and peace. Where does this vibration of ‘change’ come from?

I see how the birth of a new tree from a single seed...its growth...and ultimate decay...reflect the cycle of time for the entire world.

I bring into my mind the image the original pure sapling...its fresh green leaves... stretching upwards to form a single trunk, straight and strong...like a perfect new world... a world of unity...that lasts for half the cycle of time.

The trunk then begins to divide into branches ...then sub branches...and the process of dividing continues...as humanity chooses to separate into different religions...different rulers and governments...different countries.

I see how the continuous divisions begin to weaken the strength of the tree...its life force eventually weakens in its effort to sustain all its fragmented parts...but before its ultimate decay...it plants the seed of hope and purity...the seed that will become the new sapling...so that the tree of humanity can continue as a species in this physical world.

18. REMEMBERING THE SEED

The seed of the human world tree is the Supreme Soul, God, Shiv Baba.

It is God's role during the Confluence Age to re-awaken in souls the consciousness that they are points of pure, eternal energy, and that their true and original state is peaceful, loving and wise. The Supreme Parent says;

“Sweet children, remember your true self, the eternal, shining, star-like point of life-energy. Understand how you act through the costume of your body. Do not mistake yourself for your body but rather use it to share the gifts of spiritual knowledge and peace to all souls. Remember me, your eternal, spiritual Mother and Father. Draw power from me, the seed, using your yoga of the intellect. Always remain in this state of soul consciousness and be God conscious.”

As souls imbibe this pure spiritual knowledge their thoughts and actions become more elevated. This elevated behaviour leaves imprints on the soul so that pure

thoughts and actions continue to emerge, not only in this birth, but also in many births to come.

It is therefore at this time that the seeds of my fortune for the entire cycle of time are sown. Thus these moments of the Confluence Age are very precious and should be used wisely.

I sit in absolute stillness and absolute purity...I sit before my Mother...my Father...I sit before the Ocean of Knowledge...I absorb the rays of purity and love...I see the cycle that I have lived through...I see before me the cycle that is to come...I see before me a kingdom...a balanced society...I understand there is to be an age of complete balance within each individual ...between every individual...and between all different facets of society. I begin to understand the perfection...and the degree of purity...I must now attain...I see a Golden Age in which the

state of soul consciousness will be a natural state...I see a Golden Age when it will take no effort to maintain a pure natural awareness.

I fix myself now in my eternal consciousness...I sit with my Father, my Mother, the seed of spiritual power...I sit in the awareness of my eternal relationship with God...I understand that in this awareness I can spread the fragrance of complete purity...complete love and complete peace to all souls.

I understand how I can be beyond the limitations of physical consciousness...I dance internally with the joy of this pure experience...I experience within me the joy...the peace...the power...and the purity which is mine...I visualise how these qualities will later emerge...in a world where every member of society expresses only beautiful thoughts and

feelings. I live and move in the physical world with this awareness that I am a pure soul...constantly showering gifts of peace and purity and love on all souls...through pure thoughts and good wishes ... I maintain pure, soul-conscious relations with others. I see how I have lived in this way before...I see how I previously rose and fell...I see how my destiny is already assured. I am merely recreating my role for eternity...and my eternal fortune flashes before me.

Now I come back to the awareness of this Confluence Age...the time when I must fill myself with spiritual knowledge...and act with total detachment from the world of matter. I focus my intellect on Shiv Baba, as the seed. The Supreme Soul is pinpointed and powerful. When I link with Shiv Baba, using my divine intellect, I feel my inner battery being

recharged. The power from the seed enters I – the soul. Inner strength is coming back to me. The mind focuses on only the scenes and feelings that are helpful. The tendencies to think peacelessly dissipate. I relax in these feelings of peace and renewal. I let go of all that is holding me in body consciousness. This is true peace.

I carry with me my constant link with God the Supreme...the Ocean of Knowledge...and constantly radiate happiness towards my brother souls.

19. MERGING EXTENSIONS OF THE MIND

I see how my thoughts are also like a tree. From one thought many other thoughts arise. Then there are the actions that may result from these thoughts. I can choose the type of thoughts that come in my mind and thus, determine what will be the 'tree' of my life.

I, the soul, see my variety thoughts flashing across my mind...some are pure and powerful thoughts...others weak and impure...some may be useless, wasteful. I see my thoughts before me...I assess those thoughts...I place them in the context of my eternal relationship with the seed of the tree, Shiva Baba. I treasure the thoughts that harmonise with Baba's thoughts. I treasure them as jewels that nurture my realisations. The intellect centres on the highest spiritual thoughts, based on knowledge and feelings of

deep love for God... these pure thoughts carry me across any limits of body consciousness into the realm of pure experience. I experience the pure link with God... and know the highest bliss. My pure thoughts have created not a tree but the very seed itself, the awareness of the soul.

20. RESPECTING THE LAW OF KARMA

The word karma has been passed to the West with some negative connotations. In fact it simply means ‘action’, and the law of karma is simply a law of cause and effect – ‘You reap what you sow’.

Whatever my thoughts, words or actions – good or bad – they will create an equal return.

That return may be instantaneous, but more often it comes later – maybe even in a future birth, when the original behaviour has been long forgotten.

Every soul's purpose in taking a human body and coming onto the world stage is to perform karma; to experience action and interaction and the repercussions. Karma will be negative or positive, depending on whether the actions of the soul are good and beneficial (pure), or whether they give hurt and sorrow (impure).

It is understood that as souls travel through the cycle of time taking rebirth after rebirth, they lose the power of purity and the awareness of their true identity. As a

consequence, souls become less able to distinguish accurately between behaviour which is pure and which is impure, and thus the forces of negativity gain power.

The Copper and Iron Ages are a time of spiritual ignorance when souls perform negative or impure actions. These actions create an intricate web of karmic accounts with others, which will need to be settled at some point. Souls are not immune to the effects of their own thoughts, words and actions. They carry their karmic accounts with them into subsequent births, thereby determining the future experiences they will face, both good and bad.

Understanding the law of karma is empowering in two ways.

- It allows me to understand that I have created the present through my past thoughts, words and actions – I am not a 'victim of circumstance'.
- I can determine my future by the quality of my thoughts, words and actions in the present.

Spirituality means to understand and realise what the 'spirit' is and the nature of its connection with God and matter. When I firmly understand the laws of karma, the laws of spirituality, I regain the strength to master matter.

There are three types of karma. In the Golden and Silver Ages, there is only neutral action. No karmic accounts exist between souls. There is no 'push' or 'pull' in relationships. In the Copper and Iron Ages, karmas are impure. Body consciousness leads me to a create web of debts and credits that have to be settled. These accounts pull and push the soul and rob it of its freedom.

In the Confluence Age, the actions are pure. This means that the soul acts in a soul-consciousness manner, in loving remembrance of God. Thus all actions are based on knowledge that helps me and others become free and peaceful again.

The Confluence Age, when souls re-awaken to their true identity, is also the time when the karmic accounts

of many lives can be settled easily. As the soul performs pure actions and lessens the karmic burden of impure action, the intellect regains spiritual power and clarity. With this clarity comes greater capacity to discern beneficial action and destructive behaviour.

Only God at the end of the Iron Age explains the law of karma in detail. God is the only soul never caught in the bondages of action.

Now I re-emerge my awareness of my true form and my original qualities...as I build my relationship with You, my Parent...the long period of suffering and difficulties is left far behind...all my old attachments to the world and to my previous ways of thinking are forgotten.

In the truth of my original loving form...I send out vibrations of unlimited love...unlimited forgiveness ...unlimited compassion...unlimited acceptance... unlimited mercy...to the world...

and to all my past and present connections...and relationships.

As all my spiritual accounts are rapidly settled...I await the moment when I will return home with You...into peace and silence...to rest in absolute stillness and complete purity...satisfied by the love of my Supreme Mother, Father.

21. EXPERIENCING SOUL WORLD AND REST

I carry within me the experience of silent peace, when I was in my true home – the soul world. In the soul world the only awareness is of complete rest, complete silence.

I carry myself gently beyond my physical awareness...beyond the scenes that are before my eyes...I let the purest music of silence, the soft sounds of peace, carry me to my home...I sit with ease in my home...the world of light...and find such gentle stillness.

I find that beneath the surface impressions of sights and sounds, lie deeper experiences...I find that within me there is the desire to feel once more that silent peace that warms the soul...in this way I rediscover my original, true experiences of peace.

For a long time I had forgotten my original form...I had forgotten my true home... and...my Father...Baba, I forgot You. You teach me that my real nature is peace and silence...I am a peaceful soul...I am a peaceful soul...remain in this awareness for a little longer...



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GOLDEN AGE

22. INVOKING THE LAND OF HAPPINESS

After a period of rest in the true home, souls, according to their allotted role in the drama, begin to once again return to the physical world that has now become completely purified. This is the time of the Golden Age, a time of harmony, balance and happiness – all expressed in a pure and perfect society. When I make the effort to become pure and complete with all powers and virtues, I will enjoy many lifetimes in the Golden Age and the Silver Age.

I find deep within the vast sea of my subconscious memories, a past royal existence... a time when I was completely pure...in harmony with others in the glorious dance of life...in a society which knew only the law of love and the song of freedom.

I see myself there now...complete and in joy with my brothers and sisters...we dance as we

create the highest forms of art and technology...
and based on the laws of love, the whole
kingdom is one...a family in unity...and the world
has become a fabled land of magical beauty.

We have become deities...the worship-worthy
gods and goddesses of the Golden Age...now I
emerge the royal qualities of the deity...a
royalty that can only come from complete purity
and honesty. I enjoy mastery over the body and
matter.

This is where I have been before...and this is
where I will be again...a resident of this land of
happiness.

With these memories invoked, I feel compassion for
people trapped in body consciousness and the
materialistic lifestyle. I hold this feeling of inner joy and
send good wishes and heart felt love to others so that
they are also inspired to become soul conscious.

23. BEING AWARE OF ETERNITY

This world drama spins in identically repeating cycles. There is no beginning or end for either physical or spiritual energy; it is constantly changing.

I am eternal...nature is eternal...time is eternal...each moment has been witnessed countless times in the past...and will be experienced identically in the future.

I am a soul...I am eternal...I am at the meeting point, the cusp, the Confluence Age, of the world cycle once again...I sit very still...the memory comes back to me.

I have enjoyed this relationship with God eternally...I am the eternal child of God...God is my eternal Father and Mother...God is my eternal Teacher...teaching me the knowledge of eternity...the knowledge that I sought and have now found...God is my eternal Guide...showing

me the path of the spiritual pilgrimage...back to the home of all souls.

I enjoy eternal peace...I enjoy eternal bliss...I am enjoying the Supreme's eternal gifts in these eternal moments....So I will dance with this knowledge for all time...My Father...such deep joy will stay with me for all time...as we dance in this eternal drama of souls, God, and nature.

When I experience eternity, it is impossible for me to worry...instead, I know and understand the laws of this universe...this unlimited game...as my eternal Teacher and Guide, You show me the very essence of peace and bliss...I am absolutely still...just the form of the soul...the tiny point of conscious energy.

Just as in the dark, cold winter...the sun's rays filter through the barren season...to warm the ground for the spring...so too Your love is reaching me now. Now I realise...this is the time

to awaken...and create my eternal fortune. I sit
in the awareness of eternal time...with my
Father...in the purity of silence.

Keys to self-mastery

24. THE SEED STAGE

The highest, most powerful stage of meditation is known as the seed stage. No longer is there the active creation of pure thoughts, but there is the total experience of the self as a soul in communion with God.

All expansion of thought ceases, and I return to the essence; the powerful feeling of being a bodiless, eternal soul emerges. I am filled with power, and feel myself to be completely beyond the limitations of the body and the physical world.

I have total recognition of the eternal spiritual truths, and of this period in the cycle of time when God, the seed of the world tree, re-emerges.

I experience having all relationships with One; the Father, Mother, Teacher and Spiritual Guide.

In the seed stage I go beyond my body; but even more, I become free from the burden of heavy thoughts of the mind. I become free of the constant questioning of my intellect,

and of the effects of past impressions. All three come under my controlling power.

I have no conscious thoughts of “I am not my body”, “I am the soul”. I merely have the awareness of my original form. There is no weakness or shortcoming, no attraction or pull of thought to the physical world or to the body itself. I am oblivious to vice. I have become the form of the soul, so only soul consciousness can emerge.

When a person belongs to a place, they don’t have to make effort to view or visit that place in their mind, because it is natural to do so. In the same way, I automatically have the consciousness “I am a resident of the world of light; the soul world”. It is as if I have become a part of that world of light.

There is the experience that just as God is the World Benefactor, so too am I. I experience sitting by His side and being equal to Him in His work.

The seed stage makes me feel full and complete; totally above and not just detached, but completely beyond everything.

After the experience of this stage, when I come back to an awareness of the physical world, it seems as though I have taken this body on loan. I feel detached like the onlooker.

I find the experience of one second in the seed stage lasts for a long time, and this experience draws me back to that state again and again.

To attain the seed stage of meditation it is necessary to exercise certain controls on the self as follows:

- Always stay in the consciousness of the original self.
- Practise controlling wasteful thoughts.
- Practise creating pure thoughts.
- Be detached from the attractions of the physical world.
- Keep the intellect clear so as to maintain a constant relationship between the soul and God.
- Maintain a spiritual consciousness whilst performing normal daily duties.

The following meditation thoughts lead into the seed stage.

I, the soul, concentrate my thoughts...I am light and powerful...I fly to this timeless dimension of golden-red light, my spiritual home...soul world...here I find Baba, the one with whom I experience the sweetness of all relationships with one...Baba is my Beloved, Eternal Companion and Teacher...I sit with Baba, God and reflect on the knowledge and understanding shared with me...I enjoy this wonderful interplay of souls. Just as I am the seed of all my thoughts and actions, so too I see how God is the Seed of the world tree...I, the seed, sit with the Seed...and feel the spiritual power...the feeling of eternal silence is filled with the contentment of drawing all virtues and powers from God. I sit still... in silence...peace...and enjoy powerful realisations.

I sit before the Supreme Soul...I absorb eternal moments of stillness and beauty...I sit in my original form of the pure complete soul.

I am absorbed in the experience of the original powers of the soul...the power of silence and peace...the power of purity...I experience the power of God's love...so soft is the Ocean of Love...so still is the Ocean of Peace...so satisfying is the Ocean of Bliss...I sit as if suspended in this eternity.

Waves of light vibrations pass through me onto all my brother souls...as if I am a lighthouse...I am giving light to the whole world...the whole universe...the only reality for me is the reality of my link with God...I am a soul.

25. THE EIGHT POWERS

The powers gained through Raja Yoga are silent and subtle. Through my love link with God, I claim these treasures. The connection of the mind with the supreme mind of God results in the soul being energised and recharged with spiritual power, peace and happiness. This pure spiritual power is like a diamond with eight facets, where each facet represents a different power.

These eight powers enables me to deal effectively with the demands and challenges of daily life. They enable me to have pure, loving wishes for everyone, as the soul itself has more love to give through being strong and wise in all circumstances.

If I use these powers, at the right time, I am released from burden and past patterns. The powers reconnect me to the Seed and I hand over any burden to God who is the Ocean of all solutions.

THE POWER TO PACK UP: In a second I can pack up all wasteful thinking, so I become light and free of the burdens of the past and worries about the future.

THE POWER TO TOLERATE: Irritation and annoyance disappear, and nothing disturbs my frame of mind. I am concerned only with giving. My attitude creates harmony.

THE POWER TO ACCOMMODATE: Like the ocean that merges all that flows into it, I accept all that happens; so past is past, and the future seems clear and bright.

THE POWER TO DISCRIMINATE: Like the trained eye of a jeweller who discerns the real from imitation, I can discriminate between what is true and what is false.

THE POWER OF JUDGEMENT: I can assess any situation with clarity and confidence; making the right decisions comes naturally and easily to me.

THE POWER TO FACE: Nothing seems like an obstacle, but rather a stepping stone to victory. To have this power means to be able to overcome external difficulties and also to face personal problems.

THE POWER TO CO-OPERATE: I am not competing against anyone, but rather I am helping everyone. I have surrendered ego and claimed natural self-respect and humility, where I am able to learn from others.

THE POWER TO WITHDRAW: I can withdraw from the pull and demands of the body and become the seed. Detached, I become an observer of this drama of life. Through this acceptance, I achieve contentment.

I have seen through Raja Yoga how I accumulate eight main spiritual powers, but there are many others also. Developing them will enable me to lead a productive yogi life whilst living in this world:

- The power to achieve the stage of being completely free from the effects of illness.
- The power to influence the elements of nature.
- The power to change the weak into powerful.
- The power to change an unhappy, peaceless, poverty-stricken person, into one who is full, happy and peaceful.

- The power to control all thoughts and to focus within one second on whichever thought one chooses.
- The power to control and transform all negative tendencies.
- The power to give a soul the donation of awareness, and awaken it from spiritual ignorance to self realisation.
- The power to co-operate with and appreciate the goodness in people.
- The power to grant others personal sovereignty.

Like a ruler of a kingdom...I have in my possession eight spiritual powers that will enable me to stay strong and wise.

In perfect balance...I visualise myself bringing each power into play whenever it is needed...in each situation...that requires me to come into action. Like a master of the game of life... I remain centred...stable...loving...and detached as I remain beyond the influence of challenges... and ego...and remain a true king...a self sovereign.

26. AWARENESS THAT THE PAST IS PAST

One gift that meditation brings is the subtle art of being able to unlock the original positive qualities of the soul. At the same time, the impure effects and impressions of the more recent past are dissolved away.

The original attributes of the soul are the pure and perfect qualities of peace, purity and happiness. The recent past has in most cases been coloured by impurity and the materialistic state of body consciousness.

Dwelling or reminiscing on memories of the recent past is not constructive. It usually happens when I am not content with the present situation.

The Raja Yogi looks to the future stage of perfection, enjoys the present bliss of soul consciousness, and remembers the previous golden heights that the soul has experienced.

“Past is past” means the soul can have immediate detachment from any mistakes it may make. Worrying over past bad action is an unhelpful habit which can lead to despair, depression or regrets. Rather, when a mistake is made, I examine it to learn the appropriate lesson, and then close the door on that scene in the drama. In this way I become stronger and have the power and wisdom to avoid repeating the mistake should a similar situation reoccur.

The lesson will keep coming until I let go and let that pattern remain in the past. Then I accept it as just drama. If I constantly dip into the murky bucket of the past scenes, how can I feel clean. Once the fresh water of the original state hits the murky waters of the past, the sediment will be stirred. Then using the power of detachment, and the power to ‘put a full stop’, I let the past be flushed away. Then in time the bucket will contain only fresh water.

27. CREATING PURE THOUGHTS

In the Confluence Age, as I recreate my original, natural consciousness, a new and perfect world emerges. The creation of pure thoughts is an important step on this path to the future.

To create pure thoughts, I actively reflect on the different facets of spiritual knowledge. Powerful thoughts will then emerge spontaneously in the mind.

Consider the following four topics, "Knower of the Three Aspects of Time", "Master of the Three Worlds", "The Angel", and "The World Benefactor", and use these titles as self-affirmations.

28. THE ABILITY TO SEE BEYOND (KNOWER OF THE THREE ASPECTS OF TIME – 'TRIKALDARSHI')

With the third eye of knowledge I can see and understand the past, present and the future. This applies to all situations; whether with regard to thoughts, words or actions, or whether it includes awareness of world history.

When I understand the effects of my potential actions, then I wish only to practise those thoughts that will benefit myself and others. In this way I avoid the harmful consequences of impure thoughts and actions.

Through understanding the law of karma I accept that the quality of every action has its own reaction, or fruit. This enables me to have no worries or questions about the present, as I understand that present conditions are a result of past actions.

For the intellect to understand the subtleties of past, present and future, it must keep the awareness of the

present time in the world cycle. As I remain aware of my past and my future, I become inspired to rediscover and nurture my original pure qualities.

These are what bring me true peace and happiness.

I let myself transcend...beyond the consciousness of the body...and focus my awareness on my true identity...an eternal spiritual being a soul. Beyond this limited, physical existence...I now see everything with a broad and far sighted vision...I see the passage of time where the future becomes the present... where the present becomes the past...and the past becomes the future.

Understanding this...I also now realise the true significance of every moment...the importance of the quality of every action I perform...and how what I do in the present...also creates my future.

I shed all worries...knowing that there is nothing new that I am experiencing...no challenges I have not met before...nothing I cannot face...I am empowered and I accept responsibility for my own destiny.

29. THE ABILITY TO GO BEYOND (MASTER OF THE THREE WORLDS – ‘TRILOKINATH’)

Raja yoga frees the soul from the bondage of the physical realm and brings awareness of the spiritual world. Above and beyond the physical universe there is the subtle world and the soul world; both of which can be experienced in meditation.

The subtle, or angelic, world is a region of subtle white light where the soul has a body corresponding in appearance to the physical body, but made of light not matter. Here, in a world without sound, communication takes place by motion and the power of thought. This is the region from where we transmit vibrations of peace and angelic support.

The soul world is the infinite expanse of golden red light and is the resting-place of souls. Here there is no action and no sound, only perfect peace and silence. In this region, I am liberated from the body. It is freedom. The soul becomes ‘bodiless’.

The subtle world and the soul world are both pure regions. To have awareness of these regions, and be able to fly to and stabilise consciousness in the subtle world or the soul world while living in the physical world, is to be the Master of the Three Worlds.

In my bodiless state...I leave the consciousness of this physical world...and prepare to travel to other realms...with the power of pure...spiritual thought.

I realise the subtle and soul worlds...to both be just a thought away...all I have to do is let my imagination take me there...and to lose myself in the experience...the experience of bliss-filled moments...which can stretch to what seems like an eternity...in the timelessness ...of being lost in One.

30. THE ABILITY TO STAY CENTRED (SPINNER OF THE CYCLE – 'SWARDARSHANCHAKRADHARI')

The following meditation is an example of how I may travel through the cycle of time often throughout the day. These thoughts are powerful; they not only release my highest qualities but also enable the soul in the following ways.

- To view the drama of day to day life with detachment, free from anxiety.
- To create the habit of keeping only pure thoughts in the mind, thus leaving no place for the impurity of wasteful or negative thoughts.
- To see the contrast between the highest and the lowest form of myself; the pure and impure.

Then I realise exactly what thoughts, words and actions are beneficial, and which will carry the soul forward to its highest level of perfection once more.

As I dive deep into myself...I rediscover my original nature of peace and silence...from peace and silence I came into my first body...to play my part on the stage. I spin the cycle in my mind. I see the Ages of history passing in front of me, from the highest to the lowest, from new to old...I am the eternal soul playing my part. I see the impressions of my births...going deeper into concentration, I tap the impressions...recorded memories...of my perfection...I feel these powerful thoughts...the original experiences are coming back to me...I begin to ripple with waves of peace and joy...I imagine a life of perfection...enjoyed with others in a perfect society...the magic of purity brings back to me, the soul, a long lost dignity, a royalty...

For thousands of years I danced to the music of purity and harmony...but I gradually drifted

away from my most powerful level of purity and perfection...I came into the Copper Age...and then into the Iron Age...from worship-worthy to worshipper...I tumbled down as if from the steps of a ladder to my lowest level of impurity and imperfection.

But now I remember only my highest form...my eternally pure qualities emerge in front of me...and I see them as eternal treasures...of which I am the trustee.

I sit now in this Confluence Age of enlightenment...here with God...diving into spiritual knowledge...recreating my role for the future, as I have done many times before....I become an angel ...showering blessings on all my brother souls of the world...seeing only my beloved constant companion ...God...the Supreme Teacher.

I see my home...the world of silent golden red light...and I see my inheritance – a place in the pure kingdom of the Golden Age on Earth.

I detach from any character weaknesses I may have...seeing the cycle spin before my eyes, I understand the negativity surrounding me at this time and detach from it. I, the soul, have played various roles and I am now learning from my meditations, how to only choose the pearls of experiences, the gems of knowledge to store in my intellect. I leave feelings of negativity aside... I allow only powerful, pure thoughts of knowledge to remain in my mind...now I can 'fly' beyond the gravity of body consciousness. I seat myself in Baba's lap. He is my Supreme Teacher who has taught me to observe the cycle of drama with love and detachment.

I see the world events spinning like a wheel, below me...I feel myself sitting in gentle light,

close to God, the Ocean of Knowledge...through this link of Raja Yoga, I experience this knowledge of time from the source directly.

Returning to the consciousness of my physical duties, I keep this renewed stillness...I walk with inner calm as I do the jobs that need to be done...I am the peaceful soul acting through the medium of my body.

31. THE ANGELIC STAGE

Angels are always shown to be light, happy, benevolent, and innocent of evil. They are so light they can pass through obstacles. When I adopt my costume of light I feel double light.

This is not only because my form is one of light, but also because I also feel unburdened as I become detached from all the subtle chains that trap me. These subtle chains represent the obstacles that the angel must pass through. The chains of impure, wasteful thoughts and habits are the barriers between God and me.

Angels are called 'Destroyers of Obstacles'. To destroy these obstacles I use my power and the ability to see beyond: that is, I adopt the forms of the 'Master of the Three Worlds' and the 'Knower of the Three Aspects of Time'.

Then I can see beyond, and pass through these barriers smoothly, knowing why and how they have arisen. So the angel, with its powers of light and might to pass through

barriers and destroy obstacles, can be free to enjoy the bliss of a close, firm relationship with God.

A superb sensation of light grows inside me as I take on my angelic form...I become the form of light...and I am aware of Baba... God, the Supreme...the Ocean of Light.

My sweet Baba ...You are the World Benefactor...and, when I am with You...so too am I a benefactor to others.

I bathe gently in these warm waves of love and peace...which I now pass on these experiences to all my brother souls...and in this light and detached state...I can see the beginning...the middle...and the final scenes of this cycle of world history unfolding before me...I can see the time of transformation...of great beneficial change...coming close.

Here, in this region where only angels can

dwell...I am light and free...absolutely no physical or subtle burden can pull me...I enjoy only the bliss of Your sweet love. I feel your purity. Baba what is left for me but to become an instrument for your mercy...

The old tired world is so far away...and yet close enough that our pure vibrations and thoughts can bring love, solace and mercy to all...my dearest Baba...may all souls come to taste this sweet nectar of contentment!

32. THE WORLD BENEFACITOR STAGE

Raja Yogis are constantly aware that in each breath, each moment, they can be the instrument for world benefit. In just one thought, I can visualise all souls in front of me, and, sitting close to God the Almighty, I pass on powerful pure vibrations to all these souls.

To be a worthy child, I must also be like my Father – the Benefactor. To have mercy on my brother souls means that at no time do I hold onto the arrogance that 'I' have this wisdom and knowledge, 'I' am powerful, or 'I' am superior. This arrogance only comes when I forget the Source of all I have received.

My Supreme Father has given me all; I am just an instrument and a channel for His power and, as a result, I can truly see others as my brothers, not seeing any weaknesses, but only their virtues.

In this way, every thought, word and action can benefit all.

For a long time I had forgotten my original form...I had forgotten my home...and, my Father...I had forgotten You.

Now I realise my true form and my original qualities...now I have this union with You...the long period of suffering and difficulties is now far behind...all my old attachments to the world and to my previous thought habits are now forgotten...and I prepare for the return journey.

The soul is playing its part absolutely accurately, according to the spiritual laws...now I can see the ending period...as all my spiritual accounts are rapidly settled...I await the moment when I will return with You...into peace and silence.

A brief rest...as all the elements of nature are purified and transformed...a rest in absolute stillness and complete purity...satisfied by the love of the Supreme Mother, Father...and then...to enter the drama of life once more.

33. USING THE 16 CELESTIAL ARTS

The deities of the Golden Age were said to be 'Sixteen celestial degrees complete', that is, as well as being completely pure and perfectly viceless, they also possessed all the arts needed to create and enjoy living in a balanced civilisation.

The arts listed below are the corresponding skills that must be developed now to acquire the art of living a perfect lifestyle. They are presented here as topics for independent study and meditation. As you probe these subjects in your personal time, enjoy what you discover about yourself and the quality of the deity life.

1. The art of winning friends.
2. The art of dealing with others.
3. The art of reforming.
4. The art of refreshing.
5. The art of developing.
6. The art of remaining happy and content.
7. The art of keeping others happy.

8. The art of organising.
9. The art of leadership.
10. The art of administration.
11. The art of learning and teaching.
12. The art of enjoying work and leisure.
13. The art of speech and letter writing.
14. The art of thinking and creating.
15. The art of social service and spiritual welfare.
16. The art of concealing and revealing

I. OM SHANTI

The word mantra literally means advice. Hence, a mantra is not given to be repeated, but is given as advice to be used. The mantra: om shanti means 'I am a peaceful soul'.

Used as a form of greeting or farewell, it is a respectful recognition or remembrance that it is the eternal peaceful soul speaking to another soul, via the body.

Remembering 'om shanti', I remember my original state of peace.

om shanti

II. ABOUT THE BRAHMA KUMARIS

The challenge of living and prospering in the world today requires a wider range of personal skills and abilities than at any other time in human history. Continuously accelerating change and the transition into the next millennium calls for a new kind of education that re-awakens and empowers the spirituality of the individual.

In its simplest definition, "spirituality" means knowing how to live a meaningful and purposeful life. The Brahma Kumaris World Spiritual University, with around 4,000 branches in over 70 countries, offers people of all backgrounds an opportunity to deepen their understanding of universal spiritual principles. Students learn a range of spiritual skills through a variety of educational programmes, courses and learning resources.

The University recognises the intrinsic spirituality and goodness of every human being. It helps people to

rediscover goodness within themselves; encouraging and facilitating the development of spiritual awareness, attitudes and behaviours through a process of lifelong learning.

Courses, seminars and workshops include: the Foundation Course in Meditation, Self Esteem, Positive Thinking, Self Managing Leadership and Stress Free Living. Many other courses focus on the development of self-management and inter-personal skills.

Around the world the University is actively involved in working with local communities, helping to develop the spiritual dimension within key issues which currently face youth, women, interfaith, business, prison life, education, the environment, science and health care.

The University is an independent body and there are no fees for its services. Each University branch is administered and supported financially by the voluntary contributions of its teachers and students who live and work in the local community.

The University is a non-governmental organisation in general consultative status with the Economic and Social Council of the United Nations and in consultative status with UNICEF. It is also the recipient of seven UN Peace Messenger awards.

III. ABOUT THE AUTHOR

Robert Forbes stepped into the lap of spiritual study in 1975.

His love and dedication to unravelling spiritual wisdom and making it work in modern Australia led to his writing of this booklet and compiling and editing the magazine Confluence in the early 1980s. He loves explaining Raja Yoga in ways which preserve its essence and its origins, that of ancient India. Robert travelled India extensively during the 1970s and 1980s as a spiritual ambassador for the Brahma Kumaris World Spiritual University. With the nerve of a plucky 20-year-old, he shook hands with Indira Gandhi, sundry Indian presidents, Chief Justices, Cabinet Ministers and the occasional village tax collector!

Robert is now the Director of an International Pharmaceutical Consulting Group and juggles business and government relationships, deadlines and travel commitments, familiar to most people in that fast lane.

Robert finds that taking just a few seconds break every hour or so to think of simple truths is the most powerful and easy way to maintain one's equilibrium in a world where the pace of change seems to be accelerating.

In 1999 he stepped back through the gates of Madhuban, the Brahma Kumaris Headquarters in Mt Abu, Rajasthan, India, after some years to reaffirm the cool simplicity and the deep peace that spirituality provides in Madhuban's atmosphere of magic and silence.

IV. CONTACT

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