

The Oasis

Bi-monthly spiritual Journal of Brahma Kumaris, Pokhara, Nepal

Vol: 1, No.: 3

Bhadra/Ashwin-2072 (Aug./Oct. 2015)

God Realization

In this world, many beliefs exist about God. As a result, people understand God in their own way and often in their own imagination. But what is required is the understanding God as He is, what He is and how He is. The correct understanding about God has to be given by God Himself!

There are some who don't believe in the existence of God, often the reason being His existence cannot be proved like that of human beings. But because we cannot see God with the gross eyes, it doesn't mean that God doesn't exist. Just like wind, which cannot be seen but can be very much felt, it is possible to experience God's presence through Godly knowledge and meditation.

Who is God and what is His form and name?

We shall now try to understand who God or the Supreme Soul is. The term 'Supreme Soul' means He is supreme among all souls. It implies that, He is also 'a soul', though He is the Highest of all. He is above birth and death. God is the Supreme Father-Mother, Supreme teacher and Supreme Preceptor to all the human beings and He himself has no father-mother, teacher and preceptor.

God is a subtle, infinitesimal point of Light. He is not visible to the naked eye but it is very much possible to experience His presence and proximity in meditation. He is incorporeal in the sense that he does not have a body of his own. He is not a human being nor does He have a human form. He is immune to pleasure and pain unlike human beings.

Names are a means of identification of human beings after they are born. They do not speak of qualities and actions of the person; they are simply proper nouns and are not attributive names. But the

name of the supreme soul or God is based on His qualities and actions. His self-revealed name is 'Shiva'. 'Shiva' means doer of good or benefactor. God does good to all and therefore He is called Shiva. All souls ask for salvation and beatitude i.e. peace and happiness from Him. People remember Him by many other expressive names.

His Virtues:

God is the Supreme Father of all. He is called the creator. He is oceanic in his virtues – the ocean of peace, the ocean of love, the ocean of bliss, the ocean of knowledge, the ocean of happiness, the ocean of mercy, etc. He is the truth. He is the Almighty and Authority. He is reputed to be the preserver or sustainer of virtues and the destroyer of all evils. He is also the liberator, the guide, and the bestower of salvation, therefore the sadguru. He dispels sorrow, bestows joy. God is perfect in all ways and absolutely detached and loving. He is very benevolent and helpful and so souls ask all things of him. When in sorrow and losing all hope, souls turn to him intuitively and inevitably.

Many are the religions and paths that souls take in their quest for reaching God. Many wars have been waged in his name. However, he does not exclusively belong to anyone. He belongs to everyone equally.

The Supreme Father of all Souls:

God is the father of all souls in this world. It is observed that all religions have images, idols or memorials bearing one name or another to represent the form of Light that God is. All over India, the images of the form that Shiva has is found installed; these images are without any human form, in the form of linga, which is the symbol of an incorporeal Being. At Mecca, in the holy place of Kaaba, a stone

Let's create a beautiful and spiritual atmosphere....

Baba has told us to consider the self as a soul and stay in remembrance in such a way that all past sins are burnt away. Along with this spiritual effort it is essential to remain aware of the world cycle and how it spins. I have been through that cycle of time and I will pass through it again, so to think about it at the confluence is very relevant and important. Baba tells us to be careful and cautious when creating thoughts. My thoughts should not be influenced by my five senses. This needs to be paid attention to.

Yes, I may have made mistakes in the past but when I realize and tell Baba honestly about that, He forgives me. This is why it is essential to have an honest heart; to be truthful to Baba. I should now not perform any ordinary actions. Karma... the influence and effect of actions is very powerful. Baba is all powerful but karma is also



Rajyogini Dadi Janaki

very powerful. Thus, we have to remain as karma yogis. Whilst performing actions we have to remain in remembrance of the One Father so that remembrance penetrates our actions.

I should have a spiritual fragrance... When a soul remains in spirituality and has spiritual chit chat with others, a very beautiful fragrance is created. In the golden age there will not be such a beautiful, spiritual atmosphere.

image with oval form is called "Sang-e-Aswad". The devotees who go for Haj kiss this holy stone. Jesus Christ said, "God is Light". Guru Nanak, the founder of Sikhism also sang the praise of Him who is 'All-Light' (ek Omkar) and is incorporeal. In olden days, the Jews held a stone of this shape in their hands while taking a solemn oath and it is believed that Moses had vision of this form of God when he saw a flame behind the bush. The Zoroastrians worship God as fire. The ancient Egyptians worshipped the sun as god. A Buddhist sect in Japan focuses the mind on a small oval shape. They call it Karni, the peace giver.

It seems therefore that human beings, without realizing, have all been worshipping and trying to discover the same God. There is only one God and His form is a point of light. He is called by different names in different religions.

The Divine Abode of God:

Where does God live? Is there somewhere one can go to see Him, to be with Him? God is a subtle point of light, and He does not pervade the physical universe. Nor does he live in the heart of any human being or in any matter. Neither is He omnipresent; nor is He having a human form. His home is the incorporeal world, an infinite expanse of golden-red light, which is beyond this physical world we live. It is the original abode of all souls as well. The incorporeal world is known as Paramdham or Brahmlok. Knowing where the Supreme Father is, we can establish connection with Him through thoughts during meditation.

The Divine Descent of God: God descends into this world when it is under the spell of extreme darkness of ignorance,

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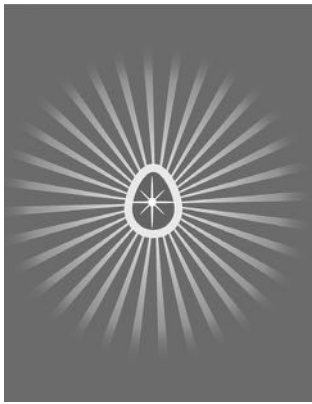
Fear will take you nowhere.
Overcome it!

- B.K. Shivani

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To give every one love and co-operation is to be a world server.

From the Desk of Almighty



"Sweet children, purity is the main foundation of Brahmin life. No matter what adverse situation comes in front of you, don't let go of your religion."

"Value of Value Based Life"

Patience

Definition :

Patience is an ability to face difficult situations. It is to tolerate life's inconveniences is to let go, be light, make others light and move on. It is the companion of wisdom. If peace is a goal then tolerance is the method. It is bitter but its fruit is always sweet.

Purpose :

- To give rest even in difficult situations.
- To appreciate good in the people.

Implementation :

- If peace is goal then tolerance is the method.
- Patience is a bitter but it is fruit, and always sweet.
- Where there is a lack of love, there is lack of tolerance.
- Transform a moment of high anxiety into a moment of quiet relaxation.

Affirmation :

I am lovable... I tolerate anything at any level... I appreciate the differences... I see the goodness in one and all ... For me success is a journey and not a destination ...

Quotable Quotes :

"He that can have patience can have what he will. Patience is the best remedy for trouble."

- Proverb

"Our patience will achieve more than our force."

- Edmund Burke

"Adopt the pace of nature : her secret is patience."

- Emerson

Editorial...

Healing the wound of the heart

The wound of the heart varies. Sometimes it becomes so deep that it takes a lot of time and care to recover and heal. Nowadays, there are so many scientific progresses to heal the physical wound. Sincere thanks to medical science as millions are getting relived with pain killers and antibiotics. But for the wound of the mind (which is the heart of the soul), there is not any medicine or any surgery. And we all know about that. What is the medicine of the mind ? people will say worship of god, follow some austerities. But, life is already overburdened with psychological and physical problems. We have already suffered a lot so, donot talk about sacrifice and austerities. Being a human, I need a simple solution.

We know that time is the best medicine; many wounds of relationship have healed with time. The simplest solution is one second of silence which will connect me to the universal force, the ocean of love, of harmony, of peace and of perfection. Get lost in that sensation and your life will start healing. You need to start practicing and increase that practice. Do again and again, the wound of the heart will start healing. Be healthy in your mind and your heart because that is the center point of enjoyment of life. A bleeding heart needs respite, love, care and rest. So, give your heart rest and respect.

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unrighteousness, moral turpitude, spiritual lassitude and religious decrepitude. This is described in scriptures as "Dharma Glani". Looking at the state of affairs today, it should not be difficult for us to conclude that the time the world is undergoing at present is indeed the Dharma Glani. This is the period of darkness when sins and crimes of all kinds usually take place; when man gropes around for want of clear vision. It is at this time that God intervenes in the affairs of mankind. The divine intervention takes place at the darkest hour of human history

when the human soul is groping in the darkness of ignorance about the self, the creator and the creation; when the souls are blinded by the vices of lust, arrogance, anger, greed and attachment.

It is in this time that God descends in the body of an ordinary man to reveal the Godly Knowledge, which paves way to victory over vices and cultivate divine qualities in life. This enables human beings to transform into divine beings again.

- The Oasis Bureau

*Just think about it ~**

*You have lot of responsibilities. Don't you?
You have to spread the vibrations of purity
to the world.*

*You have to transform the nature.
You have to give support to many souls. Then, why
are you heavy with small responsibilities?*

*Fulfill your elevated responsibilities
by giving all your burdens to Baba.*

Pearls of Wisdom

- * Think like a man of action, and act like a man of thought.
- Henri L. Bergson
- * Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough.
- Josh Billings
- * You can never cross the ocean unless you have courage to lose sight of the shore.
- Christopher Columbus
- * To a brave man, good and bad luck are like his left and right hand. He uses both.
- St Catherine of Siena
- * When you get to the end of the rope, tie a knot and hang on.
- Franklin D Roosevelt

The ones who rule themselves are those who have a right to true self-sovereignty.

Leadership Qualities

In order to be a successful manager, one has to be an effective leader. The difference between a manager and a leader is that the manager stays at the back and pushes people into the system, while a leader stands in the front and pulls the people along with him. The manager administers and maintains, while a leader innovates and develops. The manager relies on systems and counts on controls while a leader relies on people and counts on their trust. As such the manager enables things to be done right, while a leader does the right things through inspiration.

Hence, the organizational world demands leaders not just managers. Who is a true leader? Somebody has beautifully defined a leader as "One who never reacts, but observes, understands, analyses and then acts decisively". He would not react immediately on small things because he has some powerful, charismatic qualities.

These are known as the 5C's of a leader. A leader is a cool and clam person. He would not lose his temper instantly. Being a cool and calm personality there is no confusion. He possesses a clear vision that is a clear understanding, of what is he doing and why and how is he going to do it. This enables him to be confident and therefore he has a high level of commitment and while performing

he becomes highly creative in his ways. This is how he becomes a source of inspiration. When he has these qualities there is job satisfaction or inner contentment that he derive from his own performance. So we can say that he experiences the charisma of contentment through his inner qualities.

A leader is effective and efficient due to certain attitudes and inherent abilities he has, which enables him to efficiently carry on his activities. There are eight main attitudes or inner powers that he exercises at the appropriate time and right place. There are some core values connected with these abilities and powers and when he becomes aware of them and practices living those values, then the abilities and powers are naturally developed.

The first ability or power that a leader needs to have is the listening ability or the power to withdraw. The secret of managing paradox lies in detachment and equanimity. The greater the ability to detach from the influence, and the ability to remain stable in any conditions, the greater is his abilities to manage the paradox. Therefore, it is very important for a leader to be able to withdraw and be a detached observer in order to hear what someone is trying to say. If he doesn't have the ability to pull back and observe he will immediately react,

judge and assume what the other one is saying on the basis of his very first impression. Before the other one has had the chance to complete what he is trying to say, he colours it with his own feelings and references. This is very dangerous, as leaders for correct information they receive. The basis for all the decisions is the information they take in. The ability to listen means a very effective and permanent survey and assessment of the situation. It means having access to a very good management information system. In order to enhance the listening ability, one needs to have patience when someone is sharing something with him. If a manager is impatient, he loses relevant information and can hardly be successful without complete information.

The second ability that he has is mental availability or the power to pack up. The responsibility of a leader is to be present whenever and wherever he is needed. The listening ability and availability are very deeply connected. Whenever he is called upon, he needs to pack up all other thoughts, and pull out from whichever engagement his mind is busy in order to be fully available for the next. He needs to be available to those for whom he is responsible. Availability does not only mean



Rajyogini B.K. Usha, Mount Abu

physical availability but together with physical availability. A leader has to be mentally available to his people. Thus, availability means more or mental freedom. Availability means to be always ready, so that you are able to start anything at any time. It means you have all means available to you to be able to delegate well to other competent persons for those jobs. If you can't delegate, you will be very busy and therefore not available. Availability means ability for decision making. Availability means to have very clear objectives. Why is he not available? He may be too objectives. Why is he not available? He may be too busy in doing a lot of other things which are not much important but very urgent or because he is not well organized. Further, he needs humility to be available to all his associates to gain trust of his people.

To be continued.....

Meeting Life's challenges

Neville Hodgkinson



"When we let go of the thinking patterns that create selfishness, we start to experience that original nature and this puts us on the same wavelength as the Source."

To be able to generate and sustain inner power you need a change of attitude, vision, and perception. This has been my own experience and it has made a huge difference to me. But it is no small matter; you are talking about radically changing your outlook on life. It's a conceptual shift to understand that there can be space between you, the observer of life, and the part you are playing in it.

When you see yourself as a physical being, then, because the material world is in a state of constant flux, keeping up with change becomes progressively draining. You suffer, because your sense of who you are is defined by those things that can be at risk - like your job, your partner, your health. You lose power in the sense that you lose equanimity, happiness and clarity of judgment. You also lose your compassion, your ability to be sensitive to others, because of being needy yourself. My understanding now is that we've all come from the Seed, a Source of goodness, peace and compassion - which is our original nature too.

When we let go of the thinking patterns that create selfishness, we start to experience that original nature and this puts us on the same wavelength as the Source. Divine protection isn't about helping us pass our exams or earn more money, let alone win a war; it is at a level where

what is protected is the flow of goodness, unselfishness and joy that human beings experience when they feel able to live true to their innermost nature. Right now, the world seems to be re-awakening to the need for this kind of power.

When we learn to align with Divine purpose, it is as though we ride a wave that carries us over what might otherwise have seemed like insuperable obstacles. This is a powerful way of thinking to help us in our everyday efforts to live by our highest values.

* Neville Hodgkinson is a writer and journalist, specialising in health and science issues. He has been practising Raja Yoga meditation for 30 years.

POINTS TO PONDER

- * A great soul is one who imbibes the religion of purity in his life.
- * A powerful soul is someone who ends all waste in one way or another.
- * The greatest personality is that of the authority of purity.
- * A pure soul is the mirror of cleanliness and truth.

Those who always remain happy and content are worthy of praise.

Fear will take you nowhere. Overcome it!

- B.K. Shivani



"Instead, think the opposite of what you're fearing and fill your mind with productive thoughts. Your home and world will become a peaceful place to live in."

A child may get scared when it suddenly hears a harsh or loud voice. He may be scared to take his first step. There could be plenty of things on Earth that an infant may fear doing, seeing or hearing. But what about adults? Adults fear too; because fear is a natural trait.

In most cases, lack of confidence in our ability to face the tribulations of life could also instill a sense of fear. If the fear makes us justly cautious then it is healthy.

However, exaggerated and imaginary fear is definitely harmful. So what is the origin of fear? It is the subconscious anticipation of a danger ahead and the harm that would come off of it. Have you ever had this unsettling and inexplicable fear of missing the train or falling of a cliff or that your child would meet with an accident while going to school?

These are exaggerated and imaginary fears that have no cause or precedence. Yet, some people keep building such fears in their subconscious mind. Also, many people call themselves as

'God-fearing'. God is the beginning of all knowledge; why fear HIM? HE is the embodiment of love and what HE needs is love; not fear.

There was once an electrical engineer who was skilled at his work and hardworking too. Once day a respectable elderly gentleman casually mentioned to him that he may contract tuberculosis as his parents had died of TB. This remark bothered him so much that he began to believe that he would die of it too.

Even a regular cough was thought to be tuberculosis. He stopped working with zeal as he believed he would die soon. Until one day he went to the doctor to confirm his fear where he was asked to take an X-Ray. The man told the doctor "Tell me doctor, it is tuberculosis right? And how much more time do I have?" The doctor was perplexed. The man was completely normal and yet he was asking if he had TB. The doctor then compared his X-Ray with that of a TB patient's and explained to him that he is perfectly normal, thereby removing the earlier belief he had built and instilling in him a new one to build up on.

Many a time, our subconscious mind takes in some information and begins to believe in it. And we begin to build pictures around our belief thereby bringing it into reality. Now the concept is good, as long as it is practiced this with positive thoughts and not negative ones.

The sense of danger should inspire us to look for methods to overcome the obstacle rather than succumb to it. We should look at it as an opportunity to awaken our inner strength rather than convert it into fear and invite danger into our lives.

Instead, think the opposite of what you're fearing and fill your mind with productive thoughts. Your home and world will become a peaceful place to live in.

Snapshots of Spiritual Services



Pokhara : Presenting Token of Love to Rajyogini B.K. Parinita by Mr. Binod Shrestha, President of Lions' Club of Hemja.



Baglung : Presenting Godly gift to Mr. Kalyan Shrestha, Hon. Chief justice of the supreme court, by Rajyogini B.K. Sabitri.



Jomsom : B.K. Chandra with army men after conducting stress-free life program.

Story Why Speak the truth ?

Kabir, the poet - saint was humming a doha(a couplet) as he sat weaving in his hut. It is natural for saints to revel in divine thoughts, even while engaged in work.

Suddenly, the front door of his hut was thrown open and there stood a ruffian, "Quick, show me a place to hide, the policeman is after me!" demanded the intruder rather rudely.

Kabir calmly pointed to bales of cotton huddled together and said, "There! There you will be safe!"

"I am trying to nab a thief, I saw him running in this direction. Did you see him?"

Kabir, in his unique style, casually pointed to the bales of cotton. The policeman, looked at Kabir's face and thought that Kabir was lost in his own world, like saints are. So he

did not take him seriously and left hurriedly.

After sometime, the thief emerged safely from the bales of cotton and confronted Kabir, "You are a saint. You are supposed to protect anyone who takes refuge in you, even if he be a sinner. Why did you reveal my hiding place to the police? What if I had been exposed?"

"My dear friend, " Kabir spoke to the robber affectionately. "I spoke the truth since I was sure that only truth was capable of protecting you. If I had uttered a lie, it would have landed both of us in trouble. Truth alone saves us in the long run. Falsehood leads to ruin and sorrow."

The thief gave up his wrong ways and became Kabir's disciple.

The Oasis (Bi-monthly Spiritual Journal)

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To :

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To maintain constant zeal and enthusiasm is the breath of pure life.