



The World Renewal

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On the occasion of 77th Shiv-Jayanti Festival celebration, Cordial Greetings & Multimillion Congratulations. Most beloved God Father Shiva has been transforming the gloomy Iron Aged World to a beautiful & wonderful Golden Aged World through the unique medium of Prajapita Brahma on the ancient land of Bharat for the last 76 years.





1) Kullu: B.K. Sis. Kiran presenting Godly gift to H.E. Governor of Himachal Pradesh, Ms. Urmila Singh. 2) Anand: H.E. Ms. Kamla Beniwal, Governor, Gujarat, presenting a memento to B.K. Sis. Gita at a programme organized by Nivedita Trust. 3) Shantivan: Rajyogini Dadi Janki was presented a 27'ft. long memento entered in LIMCA BOOK. The certificate of Limca Book of records being presented to Rajyogini Dadi Janki by Bro. Mr. V.V. Murthy, Limca Book Marketing Head. 4) Shirampur (Mah.): Bhanudas Murkute, Madhavrao Patil, Annasaheb Mhaske, B.K. Sisters Kamlesh, Santosh, Usha, Raj, B.K. Bhupal and others present at the Closing Ceremony of Silver Jubilee of Pimpri Nirmal Pathshala. 5) Kurukshetra: B.K. Atam Prakash addressing a spiritual programme. B.K. Lakshman, Mr. Naveen Jindal, M.P., and others are seated on the dais. 6) Sawner (Mah.): B.K. Sisters Prabha Mishra, Pushpa, BJP Leader, Mr. Nitin Gadkari and others inaugurating a programme: 'Five Steps of Success'. 7) Bhilwara: Hon'ble Education Minister, Rajasthan, Ms. Naseem Akhtar Insaf inaugurating a Disaster Management and Spiritual Empowerment Exhibition. B.K. Sis. Tara, District Collector, Mr. Onkar Singh and others are also seen. 8) Nonthaburi (Thailand): B.K. Vinod of Trauma Centre, GHRC seen along with B.K. Sis. La and other brothers and sisters.

|| From the mighty pen of Sanjay ||

CRIME AND CULTURE OF CRIME

In the present time, crime in our country as well as in all other countries has reached its peak. People feel that their life, property and honour are at great risk. In order to give people the feeling that the Government is concerned about their security and is alert, vigilant and active in tracing criminals and punishing them, the Government increases the number of security forces, investigating staff, public prosecutors etc., etc. It spends large amounts of money on crime-prevention, justice delivery system and maintenance of law and order. Newspapers give four, five or six column headlines to crime and publish detailed stories on murder, rape, molestation, scams etc., and pursue the event for a number of days and even over years. People read those columns with interest and talk about it in public and in private talks. The electronic media broadcasts news about crime committed by individuals, gangs, violent communities and also by countries in an organised way.

Countries also commit great crime against humanity on a vast scale through their well-trained and well-armed military forces. So much is spent on these forces and on manufacture and purchase of weapons and there is a line of command and set traditions, protocol and practices in vogue that one would require years to know its intricacies even after spending some years at defence academies. There is almost a whole culture of Crime and Violence. Those who invade other countries with the sanction and under the proper command of their Government are even awarded, rewarded and remembered as heroes. Thus crime is even legitimatised by giving good label to its motives, purposes and perpetrators. Even some religions sanction crime and promise a seat in heaven to those who carry crusades and commit violence for them. Even their gods and goddesses seem to have weapons as war-lords.

There are millions of people who do not themselves commit crime but they, willy-nilly, co-operate in committal of crime. Some of them poison others' mind, incite, instigate or infuriate them or even persuade them to commit crime.

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POWER OF GOD'S LOVE



Everyday we hear of miraculous stories happening in various parts of the world. This is evident especially at this time in the World Cycle when we have the extremes of positive events and negative behaviour, localized unrest and restive climatic conditions. On one hand, there are millions of loving devotees joining rituals and taking dips in the Holy Ganges at Allahabad to do away with sins of the past, and imbibe purity and piety for the welfare of society. But on the other hand, there are the rulers and high-ups engaging in slaughtering hundreds with war machines, drone attacks, guns and bombs... This show of ruthless power and other means of negative acts have brought us to the point of no return, and unfortunately reflect helplessness on the part of Governments and other

agencies. Criminal activities in the form of heinous crimes including kidnappings, brutal rapes and murders are highlighted prominently everyday by the Media through television and newspapers. Even when the Central Government has come out with stringent punishment laws to punish the culprits committing all sorts of crimes, the storm does not seem to cease. Rather it is taking the forms of cyclones and tornadoes day by day raising questions in the minds, and fear in the hearts of thinkers and common persons alike. Financial and economic crimes by the 'well-placed gentlemen and respected women' administrators are being aired on television non-stop. How and when will the change occur?

This is the most important question in the

minds of the young and old being discussed in private and public discussions. This storm seems to be like zero-visibility during the recent unseasonal heavy rains in the Capital of India, and snow-storms in Jammu & Kashmir and Himachal Pradesh.

Everyone is searching for just a ray of hope from every corner of the world. It appears that this was visible in Delhi Sri Ram College of Commerce during the visit of Gujarat Chief Minister, Mr Narendra Modi, on 7th February 2013 when he addressed students for an hour. And why should this not be when the formula of success happens to be **P² + G²: Pro-Public and Good Governance**! But this formula has to be applied to every field of Public Administration and should be further strengthened by value-based personal lifestyles of the Rulers, Ministers, Administrators, and Executives in every sphere of life.

This is a gigantic task as the human psyche at this juncture of Kaliyuga has

descended steeply to its lowest extreme or seemingly, the point of no return. When reforms of the past and leaders of new movements find themselves in their defeated and powerless states of being, God Himself returns to this planet – Mother Earth – to grace human beings with the power of His love. This begins with the revelations that remind us about His own promise of Re-Incarnation, which is very well symbolized in Indian mythology in the form of the religious festival, Maha Shivratri.

Maha Shivratri has continued to be celebrated for ages, but its true significance has been lost due to ignorance or many inaccurate myths and rituals observed by Preachers and Devotees alike. This has led

to the wasting of time, energy and wealth bringing the land of God's Incarnation (Bharat) to the present extreme condition of irreligiousness, unrighteousness, lawlessness etc., as symbolized by the seven extremes of irreligiousness in Babu Gandhiji's teachings.

However, as mentioned earlier, God, the Supreme Parent of all souls, never forgets His given promise and would never shirk away from His responsibility to bring about world transformation by helping us transform our mindset, vision, behaviour, and character through His ocean-like love and divine power. Spiritual understanding motivates us to re-establish the eternal, loving Parent-Child relationship

with the Supreme Being. He, being the Wisest One, bestows love and righteous knowledge to awaken our third eye of wisdom which enables us to renounce vices and negativity. When, we, human souls are spiritually awakened, enlightened and empowered, we are able to conquer our own minds to become sovereigns of a peaceful, pure and perfect world. And so God's re-incarnation ultimately helps us return to Self-Sovereignty and World-Sovereignty i.e. **Man-Jeet, Jagat-Jeet** as were the blessings received directly on 2nd February 2013.

It would be an honour for us to share Avyakt BapDada's ocean-like love and wisdom as gifted to us in the form of elevated versions:

UNLIMITED POWER OF GOD'S LOVE – CONQUEROR OF THE MIND, CONQUEROR OF THE WORLD

Essence of 2nd Feb 2013 Avyakt Versions, Shantivan

- ▶ “While merged in God, the Father's love, *control* your mind with the spiritual powers.”
- ▶ “There are three blessings visible in

every child: One is the blessing of an inheritance from the form of God, as the Father; second is the blessing of elevated

teachings from the form of God, as the Teacher; the third is the blessing of blessings from the form of God, as the Guru.”

▶ “God’s love is the means to make you bodiless. God’s love is such that it enables everyone to become merged in love for God. This Godly love is making you so elevated in this one birth that you souls become merged in love; you become bodiless and will return to your own home, *Paramdham*, and along with that, will also claim a right to your own kingdom.”

▶ “By being constantly merged in the Father’s love, become a conqueror of the mind and a conqueror of the world. Some think that it is difficult to become a master of the mind, but God says: You refer to the mind as “my mind”, so just as other physical organs are yours, and they work under your *control*, in the same way, it is not difficult to become a conqueror of the mind and so a conqueror of the world. You have to *control* your mind with

the powers. “It is mine and I am a master of that which is mine”. You will remain happy by making your mind work as a master, as you want. Just as you make your hands and feet work under your *orders* because they are yours, in the same way, you can be an embodiment of power and make your mind work; but as a master make it work, and you will become a conqueror of the mind and a conqueror of the world.”

▶ “Constantly be a soul who is an embodiment of power, be a master who makes those physical organs work; remain constantly happy and distribute happiness. This is because souls of the world, while doing their work, instead of remaining happy, consider themselves to be helpless in various *circumstances*. Make those who are helpless strong. You can see the conditions of the world,

but make yourself detached and loving to God – the Father, and remain merged in that love.”

▶ “Give many souls the introduction (of Soul and God) to make Bharat as elevated as it was.”

▶ “Keep the aim to make yourselves powerful and to do the service of giving others God’s introduction and turning them into heirs. Heir-quality means those who constantly move along as God’s companions and also make many others God’s companions.”

Wishing all of you multi-million fold congratulations for the 77th Trimurti Shiv Jayanti (Maha Shivratri)! May you remain conscious of God Shiva’s Re-Incarnation and receive unlimited power of His love to become like God’s worthy-of-worship future creation, Shri Lakshmi and Shri Narayan!

- *B.K. Nirwair*

SELF-INSPIRATION

I BELIEVE ... SO I LIVE :

As I begin to write, I write to begin
A tale of true life, an era of a lovely usher
There are no empty roads if your heart is full
Walk through the woods, talk through the wind
Where smiles matter and fragile hopes mind
Fervent mornings dipped in frivolous hopes
Paint my day in tender colours of a bliss
Amused on every musing, my thought lives..
Assured by a tiny belief, I soul exist..
I saw me in pain ... I saw the colour of vain..
I bore rocky flowers ... in the hopeful rain
If it were not for time, I would simply die
If it were not for truth, I would simply lie
Let the blues and blacks devoid my space..
Let strict damn hurdles, hit off my shins...
The best way to learn life is to love..
Though you lose here...you stay a winning dove..
I believe ... So I live...

Days and nights go in a flash
Seasons roll out without any reasons..
But You will be You as due in the dew..
With memories to cherish more than a few..
Living for yourself is someday mortal..
Living for others is truly immortal..
Every sunrise then, is a beautiful verse
Life simply then is sheer poetry!..
I believe, so I live ...

Don't plan to live, just live..
Every puzzle of time is then cracked with
elegance..
I said to myself, calming the hurricanes
Scars of wars would have marked it dark,

Pains of emotions might have pierced you a lot...
Rains can be aching, thunders can be soothing,
Excel in yourself...never take a chance
Love it to the brim... you live only once
Always be You and in all ways be you !
I believe ... So I Live ...

Date the day with time... then dare to call it a
day..
Hate every hatred on the world... let love have
its way..
Stop the time at your will ... signing marks of a
hope
Life cannot be bought...by selling your dreams..
And love cannot be sold.....at the rate of false
faiths...
Of all the lively arts...I love smiling,,,
Of all the precious deeds.. I love loving..
Never forget to smile... Let the day be colourful
Never miss out to live...because life is
beautiful...
I believe, So I live ...

I could see blooms, like the laughing kids
I moved my pain into the darkest llanos,
Lurking in the moonlight , snuggled every doom
In a sweet flash, my eye lashes brushed upon
Watching the golden rays, cherishing a new
warmth
Believing in another chance , another day to live
...
Getting ready to face another cute click
GOD said to me , “Smile please !!!
As I begin to write, I write to begin; I believe, so
I live”

SHIVRATRI – THE FESTIVAL CONNECTED WITH GOD’S DESCENT ON EARTH

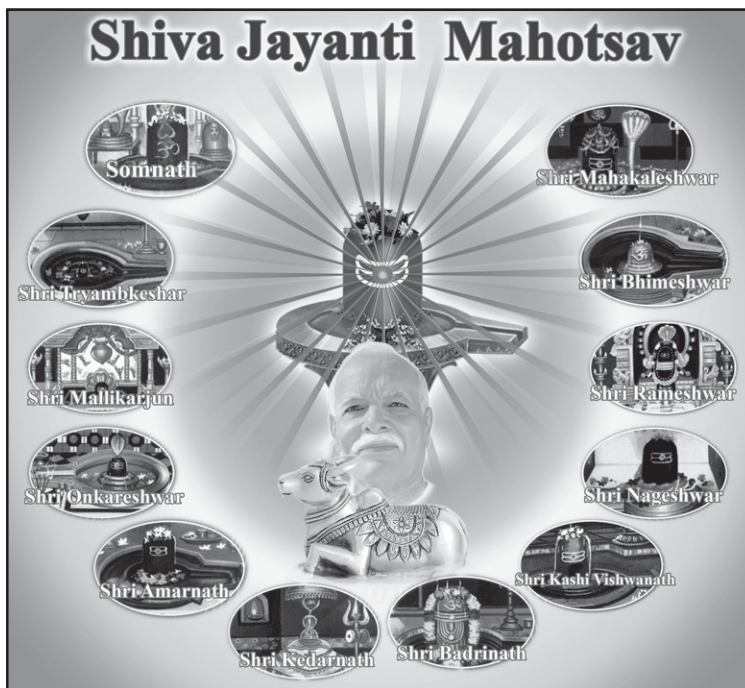
– B.K. Jagdish Chander Hassija

All men, except perhaps the hard core atheists, at the time of a calamity or in the state of disquiet or some sort of grief, look up to God for help. They pray to Him thus: “O Lord Redeemer, O Thou purifier of sinful souls, the Remover of sufferings and the Bestower of happiness, our most propitious Father, have mercy on us. Pray, come and liberate us from this incarceration and lead us O Kindly Light out of the whirl of vices, back to our Sweet Home!” Such prayers are a

token of the fact that there was a time in the remote past, when God, the Merciful Father, descended on to this world and salvaged us—souls from this ocean of vices and bestowed peace and prosperity on us. It is because of His having done some supreme good to mankind by incarnating in this world, that He is worshipped even today through His image the ‘Shivling’. It is because of His having given peace to mankind by descending in a corporeal medium in this

world that His advent into this world of mortals is sought again and again and is commemorated every year on the occasion of what is known as ‘Shivratri’ and people daily sing very highly of Him and His deeds.

But alas, even those who celebrate Shivratri and worship Him zealously have little knowledge of how the incorporeal God Father Shiva, who is regarded as ever above the cycle of birth and death, incarnates into this world and brings about the welfare and renovation of mankind. We can say it on the basis of our own experiences that if man assimilates the interesting and beneficial knowledge of this supernatural birth of God, which knowledge God Shiva Himself has now revealed to us, he can surely rise from a debased sinner into a highly purified man. He can change himself from an estranged and orphaned soul into a God-embraced and God-blessed one, from a de-crowned, disquiet and powerless human being into a double-crowned deity of heaven.



Why is Shiva's Divine Birth Associated with 'Ratri' i.e. Night?

The most Beloved God Shiva, the Supreme Father, has now explained that 'Night' is in fact, a symbol of ignorance, drowsiness, *tamoguna*, lassitude, lasciviousness or indulgence in vices. In this sense, *Dwapar Yuga* and *Kaliyuga* i.e. the second half-period of the World History-cycle is the 'Night of the World' because that is the period characterised by ignorance, irreligiousness, sinfulness and lewdness. At the end of *Kaliyuga* (Iron-Age) when even the *Sadhus* (Holy men) put up only an outward show and are devoid of purity within and when even the *Gurus* (preceptors) are mere impostors and the *Sanyasis* (recluses) do not renounce their vices and the *Acharyas* have lost all high standards of *Achar* (*Character*) i.e. when even those who are expected to be the source of ethical and moral inspiration are utterly degenerated, then God-Father Shiva, the most illustrious Preceptor and Acharya descends into this world. In other words, when the climax of unrighteousness and impurity in personal, social and international conduct has been reached and

all are dozing in ignorance and religion has decayed extremely and Bharat, which was once the edifice of Purity, becomes a veritable house of sin, hidden or open, the advent of God Shiva, the Bestower of Purity and Remover of Impurity, takes place in this world. Therefore, instead of celebrating a birthday' (as it is called in the case of others), we celebrate the 'Birth Night' of God Shiva.

The Extraordinary way of birth of God Shiva, the Unborn

The Most Venerated Supreme Soul Shiva, does not take birth as other beings do from the wombs of their respective mothers, because He is Himself the Supra-Cosmic, Father-Mother of all mankind and, being above *Karma* and the bondage caused by it, He is also free from the kind of birth to which human beings are subject. Unlike other souls, He does not take a body that be 'His own' because one's 'own body' is had on the basis of one's past actions and resolves (*Samskaras*). God Shiva does not perform any such actions and has no such bondages and resolves as other beings have. What He does is that, He descends from the Supreme Abode on the intellect of a mediocre man, who has an

aged body of 'his own' which he has acquired as a result of his past actions and resolves. God Shiva takes the body of that man 'on loan' so to say, because He requires a mouth-organ for unfolding the knowledge and spiritual yoga unto mankind. This body serves as the corporeal medium or a vehicle for Shiva, the Supreme Soul. Shiva blesses the man for the body loaned or leased to Him, but He is not attached to the body and does not eat, sleep or be subject to worldly pleasure and pain through that body, which, in fact, belongs to that man, who only undergoes all these experiences as a result of his actions. God Father Shiva only speaks through the oral organ of this man to divulge the truth and to enlighten the path of mankind. For this purpose, He descends from His Supreme Abode for short period, as and when He so wills and then, having given the teachings, returns to His abode. Thus, the intellect or the body of that man is not the permanent seat of God Shiva, but a temporary resort or a camp for Him, where He stays only for some part of everyday, until the divine task of re-establishment of the new moral order is complete. This extraordinary way of embodying Himself into the

man's aged body or entry into another's body," is called the Divine Birth or Supernatural Incarnation of God Shiva and is peculiar to Him only".

When the Knowledge-full God Shiva reveals the Knowledge, which had hitherto gone into oblivion, through the mouth of that man, he (the latter) also listens to it and assimilates it, even as many others do, and in this way, they transform themselves into righteous and pious persons. The Most Exalted God-Father Shiva gives this man a new name, because having renounced his previous ways, this man is now changed and, as we say, is a 'possessed man'. This man is now given the name 'Prajapita Brahma'. In other religions, he comes to be known as Adam or Adhem, the progenitor of holy mankind. Those who listen to the sermons of God, the Supramundane Father, as uttered through the mouth of Prajapita Brahma, are known as Brahmins or the 'oral progeny of Brahma' or the 'mouth-children of Adam' or 'Brahma Kumaris and Brahma Kumars' and this knowledge, which God gives, is known as the 'original Gita-Gyan'.

The Disappearance of Ignorance and vice after the Advent of God Shiva

In this connection, it should be known that when God Shiva, the

Sun of Godly Knowledge, enlightens mankind through His Knowledge, then this Knowledge makes a lasting and great impact on the world and as a result thereof *Tamogun*, Inertia and *Kaliyuga* are ended, giving place to *Satogun*, Virtue and Satyuga. This Supernatural incarnation of God, which takes place only once in a Kalpa (World Cycle) is an epoch-making event because it transforms the whole world from the den of devils to the abode of deities and it uplifts a man to the status of the deity Shri Narayana and a woman to the status of the deity Shri Lakshmi, which are the highest status a human soul can achieve.

The Present Reincarnation of God Father Shiva

What a strange situation it is that while on the one hand, the devotees of Shiva prostrate themselves before the image of Shiva and worship and invoke Him in the customary way, on the other hand, God-Father Shiva

has reincarnated at the present time, which is the fag-end of *Kaliyuga* and is transforming the vicious into vice-less beings or the *Shudra* (Impious people) into holy ones, by imparting Godly Knowledge and teaching easy Rajyoga.

Shiva's Divine Birth is worth Multi-Million Gems

What has been said above explains that the Divine Birth of the Most Beloved and the Most Venerable God-Father Shiva (Jehovah) is worth a million diamonds because man attains the God-Fatherly inheritance of Liberation and Fruition only when God Shiva descends into this world and takes Supernatural birth.

Shiv Jayanti is Gita Jayanti

It has been mentioned above that the original and real Gita Knowledge was given by the Knowledge-full God-Father Shiva through the mouth of Prajapita Brahma. Keeping this in mind, one can appreciate the valuable truth that Gita Jayanti is, in fact, Shiv Jayanti or *vice versa*.

Talk Lovingly To Yourself

Learning to talk properly to the self is a spiritual endeavour. When you make a mistake, do you talk lovingly to yourself in your mind, or do you tell yourself off? One habit recognises your divinity; the other subtly shapes a nature of sorrow.

NON-VIOLENCE AND SPIRITUALITY

– **B.K. Surendran**, Bangalore

We boast of a modern, progressive and high-tech world where everything can be obtained with a movement of the mouse. More and more people are getting educated with worldly knowledge, consequently more and more specialists are appearing on the world scene in the field of medicine, engineering, management, agriculture, communication, travel, tourism, media and so on. It is a welcome feature of this world that with the pressing of a button one is able to be connected to any part of the world. We are all proudly pronouncing that the globe is a village now. The world outside is seen to be on the fast track. Fast food, fast travel, fast cure and fast life are the nature of this world.

Violence and suicides

In the midst of this panoramic scene, it is reported that suicide cases in India are slightly above the world-rate. Of the half million people reported to die of suicide worldwide every year, 20% are Indians. In the last two decades, the suicide rate has increased from 7.9 to 10.3 per

100,000 with very high rates in some southern regions. In a study published in 'The Lancet' medical journal, in June 2012, the estimated number of suicides in India in 2010 was about 187,000. A large proportion of adult suicide deaths were found to occur between the ages of 15 years and 29 years. Suicide attempters are ten times the suicide completers. In spite of high rate of literacy and ongoing planned literacy spreading programmes, the violence in all fields is increasing. Our perennial code of conduct in personal, family and social life which are based on values and that sustain peaceful and happy life are compromised at different levels and are thrown to the winds in the name of modern lifestyle practices. This type of compromises of the code of conduct and scant regard for universal values and human values are breaking up macro families at a faster rate in the name of freedom and progress. Nowadays, the micro families are also breaking up since man and woman are not able to co-

exist due to their unreasonable expectations, demands and desires. Ego clashes, jealousy and selfish motives are ruining the institution of family. This is giving room for extra marital relationships, live in relationships and illicit relationships. Due to this, divorce rate is going up and single parents are increasing. This kind of development in personal life of the people has been putting pressure on the old-aged parents and also children. Old-age parents are not taken care of and children are not looked after properly. Parents are forced into old-age homes and some children end up in destitute homes. The consequences of all these developments singularly and collectively generate violence of sorts. Scams, embezzlements, corrupt practices, shady and fishy dealings in government, public and private sectors, rapes and violence against women, theft, domestic violence and murders are the consequences of all the unhappy, unwelcome and immoral happenings in the lives of the people. As the personal life is under acute pressure of one kind or the other, more and more people are becoming heart patients, diabetic patients, or vulnerable to many unknown diseases, which the medical science is baffled and confused to

diagnose. Some educators are of the view that wherever the so called educated people are more, the problems are found to be more and are on the increase. This scene was foreseen by Swami Vivekananda more than 100 years ago and observed 'we have intellectual giants and moustached babies, we have moral pigmies. All these so called educated people should be got educated once again'.

Violence at deed, word and thought level

A word of wilful criticism, speaking ill of others, backbiting, bad mouthing, wilfully finding fault with others, defaming others, downgrading others in the eyes of others, picking up quarrel with others etc., are also violence. Similarly, when a person commits an act of violence, it is known to everyone. But, more than word and act, we commit a lot of violence at the thought level. We all know that every word heard, and act seen in the world originates in the mind. The violence seen in the world is triggered in the mind with a thought. A thought of rape, a thought of molestation, revenge, avenge, hatred, ill-will, dislike, to tarnish the image of others, wilful criticism, to hurt others, to kill somebody etc., is a violence since the thought is an

energy which is transmitted against the person concerned instantly. Therefore, the violence proper sprouts in the mind in the form of a thought. Such violence affects the person concerned who is taken ill mentally and physically. In fact these thoughts are vicious, negative and waste which destroy a person. When such thoughts take shape in the form of words and deeds, there is individual and collective violence, and serious law and order problem is created in the world.

The Governments all over the world always explore physical preventive measures. Governments open more and more police stations, jails, courts, old-age homes, destitute homes, super-speciality hospitals and so on. These are found to be quick-fix solutions. These are all the watering of leaves of the tree. But the solution lies in the root of the problem. We have efficient doctors, expert engineers, able managers, intellectuals, creative and enterprising people. The IQ level of these people is very high. This is the result of our specialised education facilities. This education has equipped them to earn a livelihood and also to bring about scientific advancement. Science and technology has provided us

unprecedented facilities. It is necessary. But, it is also found to be more important that we are able to strike a balance between our personal lives and modern advancement. Along with the vernacular education, we should also see that we are able to foster better interpersonal relationship, our conflict management capacity is increased, have peace, happiness, solace and security in personal lives. While the IQ level is increased, there is no increase in emotional quotient and spiritual quotient.

Non-violence and spirituality

It is good that we have ample facilities for inventing new facilities and updating our already existing physical facilities. All these efforts have provided a lot of material prosperity. This is necessary. In this context, we should know that the values of truth, honesty, integrity, sincerity, love, purity, humility, simplicity, sharing, caring, sacrifice, service, selflessness, cooperation, compassion, imaginative sympathy, empathy, solace, happiness, peace and a plethora of other values are the very foundation of our lives. They sustain our life with happiness, peace and solace. These are the essence of the spiritual self. We are in fact spiritual beings

with a physical presence in the world. When we identify others with our own spiritual essence, non-violence becomes our prime value system. This will enable us to achieve self mastery and self-discipline which are the foundation of good relationships with others. Our thoughts, words and deeds will then be prompted by these values in the field of personal, family, social and professional lives. Rajyoga meditation provides the power for culturing, nurturing and fostering the values in life. This gives us the will-power to inculcate values in life. God, the Supreme is the source of all virtues and powers. By mentally connecting to that self effulgent light – God, we enrich virtues and powers. This will equip us to foster better interpersonal relationship, capacity to handle conflicts, increase the capacity for quick decision making, concentration power and memory power. We all know that Gautam Buddha, Mahavir, Mahatma Gandhi and a host of others have lived a life of non-violence and set an example for others to follow. To quote an example, we all know the power of non-violence practised and propagated by Mahatma Gandhi gave India

freedom from the mighty British. Gautam Buddha's power of compassion and non-violence conquered the brutish nature of Angulimal and converted him as a follower of non-violence. We must understand that these values are rooted in our spiritual essence. 'I am a spiritual being – soul, a point of light. This infinitesimal point of spiritual light is the source of all virtues and values. We all know that the mind generates thoughts. We have a choice to select our thoughts. Our thoughts should be moulded and folded with the different values when we interact with others, when we handle people, situations and conflicts in our day to day life. Our thoughts should be tuned with the rhyme and rhythm of different values which are required at the appropriate moment of action.

But, this capacity for inculcation and application of values will not come on its own or simply by casual applications at our whims and fancies. This is possible through a structured study of spirituality and values. Brahma Kumaris has been teaching the lessons pertaining to spirituality and values for the last 76 years at their established study centres almost all over the world. As a consequence of this

course of study, there are more than nine lakhs people from all walks of life who have inculcated values. This study is for self empowerment. These people do not involve in any kind of violence and malpractices. They uphold values in life. In the light of this experience, we must also have a stream of education on values and spirituality in our education system. The education now imparted by the worldly education institutions will enable one to earn money for livelihood. The education on values and spirituality will empower the participants to face life situations without disturbing themselves and to enjoy life. Therefore, it is high time that the Governments of the world and the educational institutions introduce education on values and spirituality as separate compulsory subject along with other subjects so as to create better human beings for the future. It is good that we have now intellectuals, creative, clever and enterprising people in the world. But, this will not solve the ever increasing self destructive tendencies of the people. We should create goodness in individuals. We should have more and more good people in the world. This is the solution to the present day problems of the world.

SOUL WORKER



'It's Time©' by Aruna Ladva,
B.K. Publications, London

If one approaches life as an artist, considering all life experiences to be the tools one has been given with which to weave a perfect masterpiece, then life can be fun and creative, instead of a chore and a struggle. A soul worker is constantly striving for improvement and personal development.

An artist combines a variety of elements to produce the most perfect outcome. Take for example the florist; he arranges a variety of flowers to create an exquisite bouquet. The chef combines an assortment of ingredients to create the most sumptuous and Palatable feast. And the tailor takes fabrics of various colours and textures, cuts them and sews them into one piece again!

Just as plastic surgeons take scalpel to flesh and remodel it to create a more desirable result, why can't we become makers of our destiny and create the life we desire or aspire to? The greatest work of art has to be our ability to patch up the pieces

of our broken heart and make it a whole again. Someone earlier may have cracked that heart, others walked off with pieces of it, and I lost some of those pieces along the way to people and places. For this I have to forgive, forget, let go, and continue bridging, building and forging relationships despite many hurts felt along the way.

Soul work is an art; it's a way to become whole again. It is only when we look inside using introversion or our 'intro-vision', that we are able to re-evaluate the activities of soul. We are then able to find other ways to view situations and to respond to them outside the patterns that we have built up that are more common to us.

Working on any piece of art takes patience and perseverance. And one may revisit it several times before one is happy with the final result. The final result might be obvious in our mind and vision, but matching the current reality with the end

may seem a long way away. For that I need patience.

Like tailoring, sculpting, designing and cooking, carving/engraving the soul is an art that can also take up a lifetime. And with the increase in negative events around the world that demand so much of my patience, tolerance, kindness and compassion, my speed of adaptation and personal growth has to correspond with the changing times. Those with an archaic mind-set may get left behind.

Artists are always confronted with critics – some are genuine while others criticise out of spite and jealousy. Whatever the nature of the criticism, a soul worker always approaches it positively, taking what is relevant and discarding what is not. Switch off the voice of self-doubt and amplify the voice of self-respect. Stay focused and in alignment with your vision.

Most artists suffer from blocks of one kind or another that hinder their creativity. Here too, the greatest hitch/obstacle has to be when the soul falls asleep to its greatness or worse, has amnesia;

whereby the soul forgets how elegant and magnificent it once was. I cannot strive for that which I have not yet known or experienced. And so if the soul worker's vision is a life of peace, happiness and abundance, then it's because the soul has been there before.

When something is beautiful, everyone takes a second look. As most people can easily discern between the good and the bad, the best and the worst, they want the finest and are ready to pay the price for it. And so the soul worker too has a sharp eye that can distinguish between the beauty and the beast within. It then just needs the strength to conquer the beast and to allow the beauty shine.

It's time... to take on your role of soul worker seriously, to look at the beauty within and to let it shine. Paint your life and begin to get creative; bring out the colours, the shine, and the imagination. Try to look at things from a different perspective and enjoy the drama of life around you. Let every scene and incident be the chisel and hammer that is defining and refining the beauty of the idol within, i.e., the soul.

**Creative Online Poetry Competition
(Held in November 2012)**

**WOMAN AS HOME-MAKER
IN-HOUSE MAID**

– Aiswarya T. Anish, Thiruvananthapuram

She worked with her hand, one on the pot
Her other on the pram, at its cosiest spot
Her legs scrubbed the floor, her eyes on the webs
That crisscrossed the ceilings until it ebbs

She swept up the dust, and dug up the dirt
The garden flourished with the touch of her skirt
She sang with the bird and danced with her wash
She cried with the cuckoo with tears as she splashed

She mended his soles, his dad's and his mum's
She went to the shops and wiped out the crumbs
She cleaned and she cooked, she loved even more
All her possessions until she was sore

In-house maid, I called her mom
Aunty and beloved, beta for some
The woman in the house, a lamp of her own
Burned out in fire, softest heart that I've known

Blown her curls in the eastern wind that felt
Her chins and cheeks, but with fire she'd dwelt
To cook up the food and feed it for good
To family, friends and to all that she could

In-house maid, making the house a home
Brush out the beauty in the backyard brome
The woman, homemaker, heart of the house
A thousand stories as a mom, daughter and spouse.

INTERVIEW WITH ANTHONY STRANO

Interviewer—Vasia Pelegrati for Green Angel
(Green Angel's blog www.greenangelinitiative.org)
Venues are the ones mentioned in the interview.

Anthony Strano, born and brought up in Australia by an Italian family has been living in Athens, Greece for more than 25 years now is a director of the Brahma Kumaris meditation centres throughout Greece and Hungary while coordinating their activities in Cyprus and Bulgaria as well. He's been practising Rajyoga meditation for the past 35 years. He is writing, teaching and travelling around the world in order to conduct seminars and retreats. He has authored several books; his most recent one "Seeking Silence" with CD "Time for Healing" has been used as tool kit for courses, seminars and retreats on meditation and lifestyle practices. He, together with a group of young Greek people has created 'The Green Angel Initiative' as part of the Brahma Kumaris Environment Initiative as a way to awaken respectful awareness towards Nature.

Real spirituality has a natural respect for Nature, recognizes the call of the time, feels the pulse of what is needed and is able to tune into that. In this

holistic, systemic vision, such angels are universal; they don't carry an identity; their spirit lies beyond any physical borders and their vision knows no limits and is able to embrace all life and nature. Sharing some simple truth by a high spirit:

Trees seem to inspire you. What do you see in trees?

Trees are the lungs of the Earth and provide us with so much. I learnt whilst growing up on a farm in Australia how to respect trees, especially the fruit trees that provided food for us. I lived near a huge eucalyptus forest and often we would walk amongst the trees and feel the clean air produced by them really embrace us and refresh us.

Trees have always provided everything until recently when metals, electricity and plastics started to be used. For example, houses, ships, wagons were made from wood. Trees also provided us with warmth of fire where we could also cook food.

What does Nature represent to you?

Nature is a mother. She is not like a mother but is actually a mother, who nourishes us from

birth to death. Nature provides everything for our earthly existence and so we should have that respect for her. The body is made of material elements, is a creation of nature, so I am careful what I feed it, what I breathe and drink; right timings and enough sleep. To keep the body healthy I need to care for it and not just eat or drink anything. Nature also provides the herbs and medicines to heal our body.

You have been practicing meditation for many years. What do you think is the connection between our thoughts and the environment?

Consciousness impacts everything. What we think we create. Environment responds to our thoughts. It is well documented how plants respond to people who are kind and caring to them as opposed to those who are destructive. Thought is energy and energy circulates and thus touches everything. Negative thought can damage, it can negatively interfere. Positive thought can stimulate, encourage and sustain. Experiments with crop growing have shown this. Human greed to produce more for monetary gain has also stimulated the creation and use of pesticides, which damages not only the reproduction pattern

of plants but also, poisons our body over time. Hippocrates, ancient Greek doctor, once said that food was our true medicine. Now because of negative human interference, it has become our poison so we see increase in different types of bodily ailments.

What should be the characteristics of a Green Angel?

A Green Angel seeks harmony with spirit and matter. A Green Angel returns to the roots of the original essence of living, both spiritually and materially. The Green angel respects Nature deeply and works with her to sustain the original and pure in human life via correct eating, sleeping and behaviour patterns. The Green Angel facilitates things to return to their natural and true position and sustains the awareness of the natural, harmonious balance between nature and human beings. The respect that humankind gives Nature will allow humanity to flourish. With disrespect and disregard, imbalances are created that damage and ultimately destroy the subtle threads that hold our existence together.

What do you think Nature needs from us at this particular time?

Deeper appreciation of who

she is and what she does! She needs our respect as well and not to interfere in her natural rhythms that maintain life-rhythms that are destroyed by humanity's experiments with science, such as weather control, genetic engineering, atomic testing etc.

In which ways can we give our support to Nature?

Through having good thoughts and sending them out to her plus in our own personal lives, being economical and respectful in using natural resources, such as water and food (not to waste). Not polluting her with use of additives, chemicals, nor using any violence to control or direct her.

What is the inner or deeper truth that you believe human beings have lost?

The understanding of how Mother Nature gives and sustains our life is lost. In ancient Greece, that consciousness was there, as it is often in old cultures and in native cultures. Such cultures have not lost their humility, respectfulness or gratitude whereas in modern life we have, generally lost all these. There is not that sensitivity or wisdom which understands that our thoughts and actions have consequences. Now we are

startled at great weather changes and natural catastrophes but do not realise that all these are consequence of the misuses of nature and her resources.

On what base do you think that this truth can be restored?

Through education: making people aware that once there were in most cultures the respect for Nature and her principles. It would be of interest to examine how the native Indians of the Americas, the ancient Greeks, Celts, Chinese and Indians etc. appreciated nature. To return to this and start to change the way we think: not greedy for more and more, not to pollute and waste, to think and reflect before acting. To educate that violence brought about by selfish and narrow thinking does not see the larger picture and therefore the global consequences of certain actions. Awareness education is happening which is good to see, but it also needs to grow more. Governments, who have conferences, discuss but, generally, do not act consistently and decisively towards deeper changes in their own country and citizens.

“JUDGE NOT THAT YE MAY NOT BE JUDGED”



– B.K. Khem Jokhoo, Trinidad

“**Judge** not and ye may not be judged” as stated in Matthew 7:1 and Luke 6:37 is one of the three pillars of *karmic* law as well as one of the key commandments of all religions. It is a spiritual law that means “**Do not judge others, and you will not be judged. Do not condemn others, or it will return to you. Forgive others, and you will be forgiven**”. The second pillar is the law of destiny followed by the third pillar of the law of cause and effect. All these pillars are but the embodiment of spiritual ethics that govern both moral and human values. The law of karma is the same as biblical law that says “what you sow is what you reap” or the Newton’s third law of motion “Action and reaction are equal and opposite”.

THE PILLARS OF KARMIC LAW

The three main pillars of karmic law are 1) the law of cause and effect, 2) Judge not that ye may not be judged and 3) the law of destiny.

1. The Law of Cause and Effect

Karma is to perform action.

Action is the process of acting or doing. It is to do things based on your own thoughts or to act on the thoughts or ideas of others. The origin of all actions is in the thoughts. The kind of thoughts therefore determines the type and quality of all actions. **Karma is the action performed and the fruit of the action is the effect.** So to every effect, there is a **corresponding cause** that is the **action performed**. This is the “**law of cause and effect**”. The conscience that sits in the intellect of the soul is part of the spiritual judiciary.

2. Judge not so that ye may not be judged.

To judge others based on their weaknesses be it perception or even reality is a violation of *karmic* law. Matthew 7:1-5 reads, “**Judge not, that ye be not judged.**” The deeper aspect warns “**Thou hypocrite, first cast out the beam out of thine own eye; and then shalt thou see clearly to cast out the mote out of thy brother’s eye.**”

Today, we are witnessing a deluge of condemnation by

cleverly hiding behind the legal term “it is alleged”. This may absolve one in the secular courts but no one can escape the consequences of karmic law. We justify our condemnation by claiming a violation of either human or constitutional rights forgetting that spiritual law supersedes all other rights.

People are pretending to be self-righteous and holier than thou by condemning those who have fallen from grace, status and power or for that matter anyone who experiences misfortunes in health or wealth. Some arrogantly and insensitively label other people misfortunes as karmic retribution. They have become merciless, uncompassionate and “Shylock” in nature. This is because we have all forgotten the biblical proverb of “*let he, who is without sin, cast the first stone*”.

3. The Law of Destiny

The law of destiny is the product of the law of cause and effect. The present is a reflection of your past deeds and the future is the combined effect of the both the past and present deeds. In essence, we are the builders and architects of our own destiny, not God. God gives to all His children equally; it is for the children to receive equally. This is determined by the effort you make to receive. Whatever effort you make in

life, that is what you will receive, nothing more or nothing less. Therefore, your future destiny is based on the efforts you make in the present and this is the basis of the law of destiny. For it is said: 'the tree is known by its fruits as no one is wiser than destiny.'

THE CONSEQUENCES OF BEING JUDGMENTAL

To point out publicly that someone is experiencing sorrow because of karmic deeds is to be senseless as the very karmic law says that we ought not to be judgmental. However it gets even worse when they pretend to be holier than thou and claim that we are only speaking the truth. This is to be doubly arrogant as we not only pass judgement, but we now become lawyers to defend our own arrogance. In this case, we not only accumulate bad karmas in our spiritual account but we share in the bad karma of those who probably innocently committed those crimes. This is what Christ advised in the story of the adulterous woman brought before him by hypocrites: **"let he who is without sin, cast the first stone"** **John 8.7.** And Jesus said unto her, neither do I condemn thee: go, and sin no more.— John 8:11.

MENTAL GYMNASIUM

– **Soumya Ajith**, Bangalore

Nowadays, we are well aware of the physical illnesses from the smallest to the biggest on account of which we take good care of the body. But many a times, we fall short of information about the contribution of our mind towards the diseases we suffer. We go to gym, do physical yoga or any kind of other exercises as an attempt to keep the body fit. As we know that "health is wealth", we even take control of eating habits for this purpose. However unless and until we ignore the internal strength, we won't be able to remain completely fit.

Do we take care of our emotional strength as a part of our mental health? The answer will be "no" as we have never felt a need to do so because there is no much thing to do indeed! The first step towards empowering the self is introspection of one's own strengths and weaknesses. The evidence of one's emotional strength lies in the harmony in all relationships.

Though there will be problems regarding one or more relationship we have, we don't stop checking our own contribution to the problem in the relationship. And it is a firm belief that 'I AM ALWAYS RIGHT'. The more we think about issues from the other people's perspective, the more are the chances to bring harmony in the relationship, provided "NO ONE MAKES A LOCK WITHOUT A KEY".

The first and foremost thought needed for kindling any relationship is that 'I AM A PURE Consciousness and a lot of roles to be performed through my body which are 'labels 'to this body like father/mother, son/daughter, boss, friend, uncle etc. According to the people we meet, these labels keep on changing and we think from the point of view of that particular label we conceive in a circumstance. So it is not from the point of view of any label, we should think about any relationship. But after detaching from all labels we have given for our self and for others. Then only thoughts will flow in the direction towards bringing harmony in life, which takes care of internal stability a key responsibility for the self to nurture all relationships.

This Story is an embodiment of this revelation.

THE LAST TRAIN

– A short story by **B.K. Mukut**, Nalbari Assam

(Writer's note: Shiva Baba in his divine 'murlī' has made lot of revelations about the future Golden Aged World. "... The sky will become highway for you. ...now you need to come by train. But one day aeroplanes will be standing in front of your palace... Everything will be run by atomic energy...")

Arriving at nearby small railway station, Sukumar noticed some drastic changes in its environment. The ever-busy station had become very silent. There was neither rush, nor hue and cry of passengers, railway porters or anything. He could see only two or three persons moving here and there at the railway station. Actually, there was no need for him too to come to the railway station on that day. Leaving lots of important jobs, he had come here just to become a historic passenger of the last train in human history. The Indian Railways had already issued notice that from that day, there would be no movement of trains on any railway track. To combat the progressive loss, the Indian Railways had been gradually downsizing its activities and had discontinued many long journey trains. Only

some local trains were running. From today, they will also go to the museum. It seemed that people had gently and peacefully accepted the decision of the Government.

Though majority of people had not reacted against the closure of trains, Sukumar could not bear it without pain in his heart. He liked train and its majestic movement. He never felt boredom while waiting at any railway crossing. One after another compartments would pass him; he would count them one, two, three ...

Setting aside lots of important jobs, he had come here to see the train moving for the last time on a railway track and also to take a chance to become a historic passenger of the last train in human history. He went to the ticket counter. The counter assistant was snoozing in his

seat. Of course, there was no other passenger to purchase ticket. Sukumar requested him for a ticket. Opening his eyes, the assistant looked at him for a moment in such a way as if Sukumar had made some mistake by requesting him for a ticket. However, he politely answered that the train would be at least three hours late and tickets would be issued only half an hour before arrival of the train.

Sukumar got slightly irritated. He thought, "Being central government employees, they are receiving high salary, and are now sleeping in their seats. It is only for such idle employees, the railway department is going to be wound up today!" After a while, looking towards the innocent face of the counter assistant, Sukumar felt pity for him. From tomorrow he would be jobless! How would he earn his livelihood? Would he be able to start a new business or job at this elderly age?

Sukumar had sat down in a chair and begun to think of the reason behind the closure of railway department. "Who is to blame for its failure?" The exceptional development of technology, especially in the field of aeronautics is the main cause of misfortune of the railway department. During

the last few years, aeronautics had made tremendous development. The use of nuclear battery in place of aviation oil has made air travel much cheaper and easier. Today's airplane does not have to carry the huge tank of aviation oil. A small nuclear battery can now do this. Discovery of new hard but light alloy metal has also made direct impact on the development of aeronautics. The size of airplane has also been reduced now. Now, airplanes of different sizes are available. There are single seaters, two seaters, family size and commercial size; all sizes are now available. There is no need of long runway, taxiway, terminal building etc. now. No expert trained pilot is required. Anyone can ride them. Even a small boy/girl of eight or ten years can also pilot them. There is no risk of accident in these aeroplanes. All of them are fool-proof. A good number of engines are fitted in them. If one engine fails to work, the other will start working. The development of computer software and hardware has made it almost possible to run them automatically. What one needs to do is to press on/off button.

Government has declared total tax exemption on air travel and also has given full support for the growth of aeronautics as it has no responsibility for constructing and maintaining roadways and railways.

Recently, a new kind of fashion has developed amongst the people. They like to purchase new and improved models of the airplane. Today Sukumar has heard of a new model "*Puspak Viman*". Thinking about it, Sukumar in his imagination presses the starting button of the "*Viman*". The "*Puspak Viman*" slowly and steadily begins to fly at a very low speed about 200 feet above the ground. He could see clearly everything below the "*Viman*". "That is river Yamuna... there they are constructing a 'Raj Mahal'."

"Hello brother, hello, the train has already arrived! This is your ticket."

Sukumar woke up at the call of the railway assistant. The railway assistant thanked him for becoming a passenger of the last train. He too wished him a happy journey. Sukumar rushed, boarded the last train and occupied a seat in an empty compartment.

SEE PROBLEMS AS OPPORTUNITIES

When a problem comes, do I panic or do I see it as a challenge? Sometimes the whole world seems like a problem; sometimes I need to create problems so as to keep myself busy. A problem is only a problem when I call it a problem. A situation is only as difficult as I want it to be.

Difficulties and disappointments are the events, which lead me to maturity. After all, wisdom does not necessarily come with age; it is the gift of experience.

I have the tendency to imagine that my problems are greater and more important than anyone else's. It is in fact a subtle form of ego; the feeling that "my problem is worse than your problem, so you must give me regard".

More often I am so confused and clouded that I cannot see a clear way out of a given problem, with the result that fear and tension build up, and I become irritable and am filled with self-pity. In that frame of mind the smallest obstacle becomes huge.

I keep running away from situations that I find disagreeable; and the further I run away from a problem, the more difficult it is to resolve.

— JUST A MOMENT



GOD IS TRUTH



– B.K. Anand Mohan Hans, Delhi

Japji Sahab of the Sikh faith, which appears at the very beginning of the Guru Granth Sahab, is a song composed by Shri Guru Nanak Dev Ji, the founder of the Sikh faith. It contains several verses, the first of which is named as the *mool mantra*. This *Mantra* begins with the words “*Ek Onkar Satnam*” and ends with the words “*Aad Sach Jugad Sach, Hai bee Sach Nanak Hosi bee Sach.*” I have not recited the entire verse but only those words of the verse which describe God as Truth: There is one God and His name is Truth; He is Truth from the beginning and will remain Truth for all time to come.

The other day I happened to read a small piece about Shri Guru Nanak Dev Ji in an English newspaper. It was excellently written and gave all the information about Guru Nanak and the Sikh faith. At one place in the piece it was mentioned that God and Truth are the same thing. There is no doubt in that as the *mool mantra* of *Japji Sahab* bears it out. It is further borne out by the phrase “*Satyam Shivam Sundaram*” which also describes God as Truth: God (Shivam) is Truth (Satyam) and

Beautiful (Sundaram).

The piece on Guru Nanak Dev Ji, however, did not add anything to what I had already known since my childhood about Guru Nanak Dev Ji and the Sikhism. When I had a chance to meet the writer I told him about this and added that in addition to what he had written in the piece he should have explained further the significance of what he meant about God and Truth being the same thing. He parried my question and, instead, replied to the effect that this was a matter of research and that his piece was meant for ordinary folks who mostly read the newspapers and not for the intellectuals and the intelligentsia.

It is a practice with us to say in praise of God that He is Truth, Light, Power, Beauty, Love and the like. We recite *Japji Sahab* or chant *Satyam Shivam Sundaram* as a matter of routine and let the matter rest at that. We do not bother to know the rest about God. The reason why we do not care to know the rest is that we think that God does not have separate and different identity from us because He is within every one of us or we are all Gods.

But, if that be so, I fail to understand why we tell lies, why we are in the dark about what is happening around us, why we do not have the will power to pursue goodness, why there is no love lost between man and man and why we do not perceive beauty in the things created by God. It is just like listening to a song only for its tuneful music appreciating little what message or purport the song and its words convey. It sounds very good to address God by such epithets but have we understood or even attempted to fathom the depth of these surnames we have attributed to God? In order to understand the full implication of these epithets we need to know what God does to deserve these surnames. This is the subject matter of this article.

We have been hitherto fed on the knowledge that does not seem to stand on reason. We blame God for the misery and grief that we undergo in life, yet at the same time we hold the belief that we reap the fruit of our own past *Karma*. We always look upwards whenever pleading with God to grant some wish but still believe that He is everywhere, in everybody and in everything. We sing in praise of God that He is an incorporeal being, repeat, a being but *Nirakar* – not taking birth or leaving the body in the manner we do—but still we have denied

Him an identity of His own. We proclaim that there is none but one God but at the same time worship different gods of our own choice. We *believe that God has created every human being as equal, yet we cannot explain* why there are divisions in the world on the basis of social status and wealth. There is a long list of such hypocritical beliefs we hold not only about God but also about many other things in our life.

Jesus Christ said, not without reason, that God is Light because He leads us from the darkness of ignorance to the light of knowledge; but which ignorance and what knowledge? I do not think anyone knows what that knowledge is which God the Light leads us to. There is a biblical story which tells us that long, long time back Adam and Eve lived in the Garden of Eden in their natural state. They ate the forbidden fruit against the will of God and consequently were thrown down on the earth. As a story, it is good but what is the truth behind it, it is silent about that. We do not know what the forbidden fruit was and when and how Adam and Eve were thrown down on the earth or even what 'throwing down on the earth' signifies.

The people at large have no conception of what and who God is. We tend to dismiss the subject by simply saying that

they are sure God is some Power running this universe. Is this enough to know or say about God? We derive power from electricity. It has many uses for us. In fact, we are so much dependent on it that our life would come to a sudden halt if there were no electricity. If God is Power, then the question arises as to what that Power, like electricity, does for us? Not knowing what that Power does for us, we are not able to make use of God and, therefore, He is virtually considered as good as useless for us.

These questions need to be answered or, otherwise, the knowledge we profess to have will remain half-baked and incomplete. That is why the knowledge we have at present is leading us nowhere. This knowledge has been passed on from generation to generation through religious epics (*granths*) and scriptures (*shastras*). But true knowledge about us, about God, about our home, and about the world drama going around us is not there in any one of them. It is God, the only source and the ocean of Knowledge, who can give us the true knowledge. His knowledge has been transferred to us through Brahma, a human being, whom God adopts as His medium. God has given us the truth behind whatever we have hitherto learnt from the religious

books. His knowledge is not found anywhere in any religion and is therefore different and unique.

Take, for example, the story of the Adam and Eve. We know now, in the light of the Knowledge God has given, that the Garden of Eden is not some place beyond the skies but really the Heaven established by God on the earth itself. Adam and Eve represent the gods and goddesses, created by God in His own image as the Christians believe, who lived in that Heaven in the era of *Satyuga*. These gods and goddesses, or the *Devis* and *Devtas* as the Hindus call them, lived in their natural state, that is, in the state of soul-consciousness. The forbidden fruit which they are said to have eaten was not the poor apple but body-consciousness or bodily pleasures Adam and Eve got used to and hence were 'thrown down on the earth' meaning that their Garden of Eden changed into hell or the present jungle of misery and sorrow. It is not one forbidden apple that they ate but as many as five of them—Lust, Anger, Greed, Attachment and, above all, Ego. These five vices brought about their downfall from the Heaven.

We know now that the entire world has turned into a graveyard and the Judgement Day is not far

off. The souls on the earth which are presently virtually buried in bodily graves (they are as good as unconscious (*Moorchhit*) because they have lost the original attributes of a soul) will come back to life with the Knowledge (*Sanjeevani Booti*) given by God and then face the tribunal set up by Him as Dharam Raj before being sent back to their home, the soul world.

Many such instances can be cited to show that the knowledge we have at this moment is only a shadow of what the truth really is. The Hindus know Shri Krishna by the name of *Shyam Sunder*. *Shyam* means dark or *Sanwara* and *Sunder* means beautiful or *Gora*. Now, can someone be *Sanwara* and *Gora* at the same time? There must be some hidden meaning in this expression because it is only God, the incorporeal being, who is ever beautiful or *Gora*.

It is a common belief among the Hindus that a soul takes 84 lakh births in different species—animals, insects, birds and what not before taking body of a human being again. Will the seed of a mango tree grow into a blackberry (*Jamun*) tree? Moreover, if I am not going to take the next birth as a human being then what is the purpose of doing good in this life, if I am in any case coming back to this world as an animal, insect or bird?

The truth is entirely different from what we have been told by religious pundits and gurus. The man takes a maximum number of 84 births, of course, as human being and because he has passed through this cycle of 84 births lakhs of times, the so-called authorities of religion have changed it into saying 84 lakh births.

The reader must have guessed by now the reason why God is called Truth. The knowledge He gives us is the true Knowledge. In God, we trust as He speaks the Truth. He has told us that we are not bodies, but souls. The body is only the medium through which the soul acts its part. He has told us that He is NOT omnipresent. Because He is incorporeal, He does not take a human body but has to take one on loan, to act His part. The soul descends upon the earth from its home, takes up the costume of a human body and starts playing the assigned role in the world drama. The world drama has a pre-planned script and is being enacted on the world stage accurately and repeatedly, according to that plan. It has no beginning (*Anadi*) and no end (*Anant*). It is timeless. God too has a role in this World Drama – the role of our Liberator and Guide.

There is still another reason why God is considered synonymous with Truth. It is

because He cleanses the soul of the five vices and the world, of falsehood and evil and then establishes Heaven on the earth which we remember by several names, one among which is *Sachkhand* – the realm or the land of Truth. This is the period known as *Satyuga* or the era of Truth where there is Purity, Peace, *Prem* (Love) and *Parmanand* (*Bliss*).

How do you define Truth? In simple words, Truth is something which does not undergo change with time. It remains ever the same. Day changes into night, night into day. Seasons change; there is always spring time after winter. This is the truth. The world changes from heaven to hell, from *Satyug* to *Kalyug*. The *devis* and *devtas* of *Satyuga* whom God created in His own image change into ordinary human beings with all the vices. Change is thus an eternal law. God with His attributes of Knowledge, Purity, Peace, Love, Happiness, Bliss and Power is the only being who does not change. And, therefore, God is Truth.

It is the bounden duty of a father to look after his children and give them love and affection. The man may at times fail in his duty but God, our spiritual Father, does not. He gives us immense love which is true and knows no boundaries. The kind of love we

have in the present day world can be likened to a pain killer which relieves pain but for a short time and reappears with a vengeance. It is selfish and, therefore, untrue. The world is thirsting for a single drop of God's Love when He, our Father, is called the Ocean of Love. What an irony! True love can be given only by God and it is because of that, we call Him Truth.

So, after all, it is not that difficult to understand the statement that God and Truth is same thing. It is something which even a common man would understand. It does not need any research or study of any holy scripture. What we need is to connect with God to know the truth behind all that we have learnt from religious pundits and gurus so far. But connection with Him can be forged only when we know Him as and what He is. He is a soul too but the Supreme Soul or *Paramatma* and, therefore, different from us just as father and child are two separate beings. We have to recognise and accept this truth or, otherwise, such expressions as 'God is Truth', 'Satnam' or 'Satyam Shivam Sundaram' will remain mere words carrying little meaning for us.

BE OPTIMISTIC TO BE HEALTHY

– BK Vijay Bhasker, Hyderabad

Every human being in the world wants to be happy, healthy and holy, which is possible only under the benign care of Almighty. He says – “Always be optimistic, i.e., always think positive”

Every dark night has a bright daylight at its tail. So, one must be always hopeful of something good to take place in one's life. One must never be disheartened with difficulties and obstacles. All the hardships will surely end into a soothing happiness. This is a divine law, applicable only to those who have belief and confidence in GOD, our Supreme Father. We, as souls, are the children of that Supreme Soul, who is called SHIVA. Father knows the best as to what is good for his children. We must lend our hand to Him because He can hold fast and lead us safely. He alone can lead us through the ordeals of life successfully.

While the entire world is searching for Him, praying to have a glimpse and begging for help and mercy, He has already descended from His abode '*Paramdham*'. He talks personally to His children as Father, with care and concern, as Mother with tender love and affection, as Teacher enlightening us with deep knowledge, so far unknown to the entire world and as Preceptor (*Satguru*). He has come to liberate us from the clutches of Maya (Ravana). He says “I have come to take you all along with Me to our sweet, peaceful and sacred Home – *Paramdham* or *Shantidham*.”

He has picked us – *Pandavas* – to make us victorious in the Mahabharat of life. It is a subtle war, the fight between good and evil, going on within every individual. It is to be understood rightly to achieve victory in every single battle of this war. Thus, we are all really very lucky and fortunate. So, we must acquire divine virtues through the practice of Rajyoga, being taught by our Supreme Teacher.

Let us be cheerful and loving all the time under all circumstances. It is assured that life will get changed from monotony to merriment. We will become really healthy and happy.

This Rajyoga training and practice is taught free at the Brahma Kumaris Rajyoga centres where anyone, irrespective of one's age, religion, caste, gender or social status, can go and take benefit from this godly service.

BLENDING MEDICINE WITH MEDITATION

– Dr. Mangal M. Jain MD, Dr. D.V. Kaundinya MD,
Sir J.J. Hospital, Mumbai

Human Collective Consciousness has an effect on the environment. recent experiments in Neuroscience have brought forth novel scientific evidence that our thoughts pack tremendous power. So much so that even levitation or clairvoyance is possible. Incurable diseases may get permanently cured. Seemingly impossible tasks shall start messaging that “I AM POSSIBLE”. It is now clear that the “**Tsunamis of violence and criminal behaviour in human minds**” are bringing about the Tsunamis of real life. The human beings having sage-like mind are pure and powerful, *Satvik* or Soul-conscious. They bring about the peace, bliss and positive energy in the atmosphere. James Twyman’s “**Global Consciousness Project**” conducts group prayers for peace in the world. It was subsequently discovered that these **prayers remarkably reduced the incidence of premature deaths, violence,**

terrorism and crime rates in the vicinity. A study published in the “**Journal of Offenders’ rehabilitation**” reported that a group of people regularly gathered and meditated **with a single thought** of bringing peace in the whole world for a period over two years. **This simple act reduced all acts of terrorism and violence-world-wide by a phenomenal seventy two percent.** As soon as the meetings of the meditators were stopped, the crime rate started going up again.

More than fifty publications since the year 2005 have shown that the “**Group Meditations**” created miraculous improvement in the health and **the Quality Of Life [QOL] worldwide.** These studies established a dictum, “**Heal yourself first for healing the world.**” Brahma Kumaris tell it a bit differently “**Self-transformation for the world-transformation.**” Dr. Hew Len, a Mexican psychiatrist, was made in-

charge of a ward where they kept criminally insane and highly dangerous patients. Here, the psychiatrists quit the job on monthly basis. Dr. Len did an innovative act. In addition to the usual therapy, he held each patient’s file and kept on saying “**I AM SORRY**” and “**I LOVE YOU**” over and over again. Within a few months of this innovation in the treatment, the patients who had to be shackled were allowed to walk freely. Others, who had to be heavily medicated, started getting off their medication. Those who had absolutely no chance of getting released were freed. Absenteeism and rapid turnover of the staff disappeared. Soon the staff outnumbered the patients. **Today, the ward is closed.**

As a wonderful co-incidence to all these developments, in one of the Godly versions or Murlis, Incorporeal God Shiva said – “**Spread vibrations of peace and love to the whole world for some time during Amritvela Meditation for bringing peace to the humanity in the whole world.**” This sounded incredible to my **Scientist Mind** which was full of doubts and questions. Scientific proof in the journals quelled my questions and an Inner Silence [*Antar-Mauna*] emerged. Neuroscience tells

that this phase called “**The zone**” denotes that the powerful and wise sub-conscious or **Spiritualist Mind** has now assumed a dominant role. During this period, suddenly a thought came as if from the Cosmos – “Why not apply this science-proved innovation and novel method narrated by Incorporeal God Shiva, for improving and empowering the atmosphere in Sir J J Hospital campus?”

The BK-Meditation Hut in Sir J J Hospital, **Byculla**, had come into existence in the year 1998 along with another BK-Centre at **Kalachowki**. A person with political clout used to be a hindrance in acquiring the Peace-Park at Kalachowki. Shiv Baba made me an instrument. Accompanied by Dr. Bhavani and Head of Uro-Surgery department, I immediately contacted Mr. Balasaheb Nandagaonkar, Hon’ble M.L.A. for Byculla area. The hindrance was immediately removed. Dadi Dr. Prakashmani inaugurated both the BK-centres. Subsequently, spiritual service at Kalachowki increased by leaps and bounds.

Sir J.J.H. Meditation Hut provided a different picture. My better half Dr. Surekha Kaundinya and I started taking at least one lecture on Rajyoga

and Health for each new batch of medical and nursing students and as well as for the colleagues who obliged by patiently listening. One belief amongst doctors was very strong that ‘Spiritual strategies in modern medicine mean a **sophisticated form of “Quackery”**. This is despite the fact that Harrison’s latest Text book of Medicine carries a full chapter on Complimentary Alternative medicine [CAM] and Meditation. **Best & Taylor’s “Physiological Basis of Medical Practice”** published in 2012, contains an extensive chapter on Asana, Pranayama and meditation. Brahma Kumaris Meditation has been discussed under an independent head.

With a view to bring the benefits of Rajyoga in the lives of more doctors and others associated with health profession, we requested our Dadi to permit us to have “International Yog” at Sir J.J.H. Hut instead of at Kalachowki. Within just 15 months of this practice, favourable changes started happening. Padmashree Dr. Lahane, the charismatic Head of the Ophthalmology Deptt., whose cataract surgeries on leprosy patients at Anandavana without any complications is a miracle,

became the Dean. His immense drive for discipline and sanitation in the campus threw the dirt and flab away. The Hospital soon became an efficient well-oiled machine for the service of the ailing humanity as before. Huge Government grants of Rupees 120 crores and then Rupees 650 crores brought **world-class state-of-the-art equipment** to the hospital. Old buildings, laboratories and operation theatres were renovated to beat any private tertiary care hospital in looks and facilities. **The research projects involving Rajyoga for Health benefits in depression, Diabetes and Coronary Artery Disease, which were abandoned in the year 2005, were re-started in the year 2012. Holding VIHASA–Values in Health-care – a spiritual approach by Janki Foundation for Global Healthcare** became a priority in 2011. But several obstacles that arose, disappeared as if by a miracle. The idea was to bring the two colossal personalities, Padmashree Dr. Lahane and Dr. Ashok Mehta, an internationally renowned Cancer surgeon together.

The VIHASA got organized by Dr. Mangal Jain, Associate Professor, as a CME programme of the Pharmacology

Department, in the afternoon of 14th January 2013. Even though CME credit points were disallowed for this “**Out of Syllabus topic**”, seventy doctors registered. All of them attended the four-hour programme between 2 p.m. and 7.30 p.m. The Feedback forms from the Professors, Associate Professors and the residents of the Speciality and super-speciality departments showed the tremendous impact of the programme. **The Rajyoga Experience by BK Dr. Sachin Parab** was appreciated by each and everybody. Everyone expressed his desire to have more exposure to this type of programmes.

A strong impetus for holding VIHASA was provided by a **KAP study** [Knowledge, Attitude and Practice about the role of spiritual strategies in modern medicine] done in 2012 by Dr. Mangal Jain, Associate Professor of Pharmacology. About 250 “**Questionnaire Forms**” were distributed to the residents and senior faculty. Out of them, 200 persons responded. The analysis of the responses was an eye-opener.

Everybody expressed the need of a spiritual strategy for the self for stress-management and for their patients’ wellness, especially for those who suffer from an end-stage cancer or chronic debilitating illnesses which rob the patient of the Quality Of Life [QOL].

The respondents had recorded that they were unfortunately, not aware of any evidence-based spiritual strategy which could be easy to learn and practise and which guarantees a quick positive response. **This was despite the fact that I had been highlighting in my lectures the Mount Abu Open Heart trial with 100 percent regression of 100 percent blocks in heart vessels in just three months and the personal experience of the permanent cure of the seven so-called incurable diseases by Rajyoga, Their response showed that it left no impression on the stress laden minds of the UG and PG students.**

It appeared as if the students,

nowadays, do not pay any attention to any topic which is not included in the syllabus and which is taught “Free of Cost”. Shiv God, once again, made me an instrument in bringing Dr. Arun Jamkar, the Vice-chancellor of Maharashtra University of Health Sciences [MUHS] and Dr. Ashok Mehta together. The proactive and young Vice Chancellor was so impressed that by active persuasion, he included Spiritual Medicine in the new syllabus of Physiology, to be effective from June 2013.

Sir J.J. Hospital, solely because of the exceptional foresight of Padmashree Dr. Lahane, the Dean, became the third hospital in whole of India, to start **Geriatrics OPD**. The people above 60 years of age, many times, do not have any serious illness, except a sense of vacuum, uselessness, hopelessness and helplessness in today’s value-starved society. Days are not far off when Rajyoga shall provide a Free of Cost and effective mind-empowerment to these patients and help them regain their much needed self-esteem.

Incense Stick: Some people say that it is very difficult to be positive in this highly negative world. But just as an incense stick spreads fragrance everywhere and dispels bad odour, the power of constantly pure and positive thoughts can transform the negative attitudes and atmosphere of any person or place.

(Contd. From December 2012)

LIFE IS 60% EFFORT AND 70% LOVE

(Bowlers, Runs, Lipstick, Money,
Monkeys, Turkeys and Tears)

– B.K. David, Paignton, England

The greatest paradox to man and one of the greatest mistakes and faults, is to keep on repeating the same old mistakes again and again, thinking that one day they'll have success. In man's ignorance, he thinks in some way that a mistake can be made correct and successful, when all that can be accomplished is for him to possibly make even a greater mistake next time. From a mistake, the outcome is normally 90% suffering and if you're wise and realise it is a mistake, you can turn 10% into learning and benefit

Can You Smell The Roses? Or Is Your Nose So Blocked Up With Body- Consciousness That You Can't Smell Anything Fragrant In Life?

If your nose (mind) is clear, you can smell all the goodness (virtue) in life. If your nose is congested with body consciousness, then you can't take in any fragrance of goodness or beauty. The only smell you will get will be the waft of yourself and of the

artificiality all around you, and any beauty that you see, will be fake and only skin-deep. Most people think they have a good, successful life, even though each day they only breathe in the stagnant smell from plastic flowers. In their innocence and ignorance, they feel plastic flowers with its odour; both look good and smell beautiful. Are their nose and plastic flowers (life) true? Or are fresh flowers true? Do plastic flowers lie? Do fresh flowers give off the fragrance of happiness?

The key to clarity is thinking, breathing, and doing everything in a state of soul consciousness. It is when someone is body-consciousness that his thinking becomes polluted (fake, blocked up), body becomes ill, and their actions become corrupt and similar to that of a monkey. With body-consciousness, people really do live, think, breathe and act like sheep on the way to the slaughter house. They think it is just another day out, but it's

not.

Have You Ever Seen A Violin Play Itself?

When someone is playing the violin; who is actually playing the violin – The violin or the person holding it? We are the violinist (the soul), not the violin (body). To play the violin masterly, one needs to be a master, where a string can only blow in the wind. We are not made up of blood and bones, but of thoughts, feelings, emotions and desires. When all of these are in harmony, then you'll play a beautiful tune (have a wonderful life).

Does Your DNA Have Goodness Written All The Way Through It?

What is written in your DNA? Does it have 'Done Nothing Again' written all the way through it, like a stick of rock? Some people's DNA is inherently bad now, whilst most are just lazy and too ignorant to care and solve life's mysteries. Most think that they are only here once, so lead a frivolous life of desires and fulfillment, greed and carelessness. They eat and drink what they like, as much as they like, do what they like when they like and to whomever they like, seemingly oblivious to the consequences their actions will bring on them. If someone does bad to another person, then when they are maybe dinning out, and would

least expect it, a sack of potatoes might just fall from the sky and land on their head. No one can escape their actions, as no one can escape breathing or thinking. Actually, if you do good in life, your breathing and thinking become very healthy, whilst the opposite is also true.

You May Dress A Monkey Up, But He'll Always Act Like A Monkey

Those who have goodness at their core will in the end, win. Those, whose DNA doesn't have goodness at its core, will eventually get caught out and exposed. They are not fraudulent, as this is what they are deep down. You cannot arrest a monkey and say he was trying to cheat someone by putting a cap and shoes on and pretending to be human. A monkey will always be a monkey regardless of what he does, and a good person will always be a good person, even if someone does shoot him in the heart.

Do You Feel At Times That It Would Be Easier To Walk On Water Than To Follow God?

I know many who follow God but no one who can walk on water. Even if you're Chinese with expensive shoes, Hindu with a *Bindu*, Buddhist with a bag, Christian with a gold cross, Communist with a book or have three legs, you cannot walk on

water, however much faith you have, but you can follow God. To follow God requires more dedication than what it does to learn to walk on water.

God is very strict, like a mother needs to be to a naughty child. It's this strictness, care, love and attention that will eventually make the child into a healthy and perfect adult when he grows up.

People Today Are Really No Different Than A Turkey At Christmas

A T.V. Character often says here in the UK: We're doomed. And yes, you only need to look at the state of this world and its people to realise that it is true. If you look at the quality, virtue and values in people's lives, they appear only slightly higher than the monkey.

If Life Is Like A Parcel With You Inside, Then It's Got Lost In The Post

Life has become nothing more than the parcel (of sorrow), and how disappointed they will all be to know there is at the moment, nor is there going to be, anything worthwhile or valuable inside the box (life). If someone had two million pound in their box, and another had the crown jewels and a third person owned and run a billion pound Business Empire, none of them would still have anything of value inside themselves.

To Know Yourself, Is To Know How Wealthy You Are

It is only those who know themselves and have good, health, wisdom, love and peace in their box, can say they have a really valuable box (life). It is up to each individual to work out as to what is valuable in life and decide each day what they will put in their box. Some put great items in their box such as love and kindness, whilst many just put rubbish. Many boxes glow in the dark with purity but most boxes look like dirty, overflowing dustbins that have not been emptied for years. They are so full of rubbish that they cannot put the lids on (stop spreading their rubbish everywhere, be quiet and learn to shut up and exercise self-control and self-restraint).

People, Who Invest Very Little In Life With Kindness, Get A Great Return Of Sorrow

If you give little out in life, you'll get little back. If you give out great sorrow, then you'll get a great return. Give out average thoughts and you'll get an average life back. Whatever you give out will be stored neatly in the rucksack of *karma* that you carry about on your back. If carrying your rucksack (thought filled mind) feels heavy and makes you all to be easily tired, then you must have placed

heavy thoughts and actions in it that did not give out happiness. Your resultant life and your state of mind are not difficult to work out when one traces back exactly what it is you've given out in life.

People Live In Their Small Houses, With Their Small Minds, Small Hearts, Bad Thoughts, Bad Temper and Immense Sorrow

Take your pick. What shall you live within your house? A small or large and open mind? A big heart? Or a miserly heart? Will you have good or bad thoughts as your companion throughout the day? Whichever you choose, and how carefully or careless you are in implementing them into your life, will determine just how immense or minuscule your sorrow is.

The world's saying is: Try, try and try again. Yet no matter how hard they keep on trying and keep on getting back up on to this horse (body-consciousness), they are doomed to failure. The world only knows of this horse, and as it's a totally fake horse and goes against nature, it will time after time, throw them off. As long as man keeps on riding this horse, he will always be destined to fall off it. There is nothing in the world as false and wild as this bodily horse. We are the horse rider, its master, the one who holds the reins, and not the horse itself. The clearer we understand this lesson and the more we make it firm, the happier we are going to be. We can all go against nature, and we can all be just as unhappy.

Body-Consciousness Is Like an Itch That Will Just Not Go Away

Body-consciousness is like walking through a desert with a lifejacket on whilst dragging a heavy lifeboat behind you. Of what use is a life jacket and lifeboat in a desert, you may ask. In this lifeboat you have placed a comfortable armchair, newspapers, a thousand empty glass water bottles, a fridge, 10 cook-books, a comb and mirror, hair-dryer, wardrobe full of fashionable clothes, make-up, lipstick, money and a tennis racket. What do you drag unnecessarily through life with you?

(Concluded)

FULFILLING THE CRITERIA OF POSITIVITY

positivity can be defined as something which leads me as well as others towards a state of truth. A state of truth every soul is a state in which it is an embodiment of the virtues of peace, love, joy, purity and power i.e. a state in which these virtues exist inside the soul to the fullest extent. As a result, in this state of truth everything that flows out of the soul or everything that it radiates or every thought, feeling, word or action that it creates, speaks or performs, is filled with these qualities. This state of truth is the original state of every soul. **Therefore, when I, through any medium, bring myself as well others, whom I interact with, close to this state, to whatever extent, then that is positivity.** If my thought, word or action takes me and others away from this state of truth, then that is the opposite i.e. negativity. Negativity hides my truth, and causes me to take incorrect steps during the day, without realizing, hurting others and myself yet not knowing how or why. **If I help others to come close to the experience of truth (as defined above), I will also help myself: whereas if I bring others down into a state of falsehood that will also bring me down.** Whenever I give another soul an experience of any of these virtues, the virtue will first flow through me and then touch the other. As a result, there will be an increase in the virtue inside me first and then the other will be benefited.

In the entire day, my words and actions may be numbered, but my thoughts are in thousands. My mind works, even when I sleep, even though I am not active physically at that time. The quality of my thoughts at that time is largely influenced by the quality of my thoughts, words and actions during the day. So I need to be aware throughout the day as to how much is each thought, word and action of mine fulfilling the criteria of positivity mentioned above. **The more my thoughts, words and actions do so; the result is an increase in an experience of inner and outer lightness in the self and a similar experience from me to those who come into my contact or whom I interact with.**

– From Awakening With Brahma Kumaris

THE EIGHT POWERS



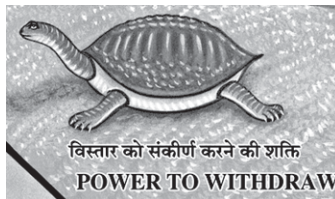
– Neena, E. Delhi

Today, the number of **addictions** is growing fast. One can become addict of almost anything: eating, drinking, sweets, lust, smoking, relationships, television, mobile, internet, chat etc. In some ways, this shows the presence of **an inner void** that people try to fill with external things. If we are addicted to any of the above objects/aspects, our will-power is gradually weakened. Further, if we don't realize what is happening or don't put a full stop to it, we may fall into a vicious cycle of compulsive actions that gradually limits our freedom to decide what we want to do with our lives, **causing a loss of self-esteem and a state of depression, anxiety and dependency or subservience.** Many addictions are caused due to lack of respect, love, peace, attention, self-esteem or a certain inferiority complex or stress and last but not the least; an unfulfilled desire.

However, it is in our inner self where we can turn to discover what we need. Although our mind often asks for tangible and material things,

its needs are deeper and nothing superficial can satisfy it. Meditation leads us to what is genuine and eternal, the lasting peace and love. All the resources and powers are within; we only need to tap them. **Rajyoga meditation is a systematic method of accumulating these powers by having our mental and intellectual connection with God. Since this type of meditation makes us the ruler or king of our sense-organs, it is called Rajyoga.** Virtues and powers are the real adornment of one's personality. **The main powers are eight in number which are represented by eight arms of goddess Durga.** Let's be like **Durga**, by imbibing the following eight powers, which can simply be garnered through Rajyoga:

1. POWER TO WITHDRAW



To withdraw is to detach or step back from whatever the

current situation is, from the influence of outward situations that seek to draw me into their webs of feelings, emotions. This requires detachment from old patterns of thinking, being and reacting.

To **WITHDRAW** is crucial to understand that I should not be entangled in the mundane happenings or tidings of the world.... If I do so, I lose my power of being creative, being free to shape new ideas. As soon as I merge into the role, I am lost. Therefore, view every scene of life as a detached observer, so that our inner calm and poise is not disturbed by external influences.

Meditation helps us to build this power and we learn to be quieter. Speaking less... thinking less...growing a discipline within. One ought to create positive thoughts and feelings, eschew negative emotions or the whirlpool of all negative thoughts; waste thoughts related to the situation that you have been; which you find beyond your control. No matter whether you are in a soup, are caught in a predicament or a stalemate, you strictly need to discipline your mind; whatsoever be the circumstances. Presume your mind as a child of yours... don't chide or reprimand it harshly for thinking negative for long.

Instead, handle it with love and care. This would bring steadfastness and finally develop the power to withdraw. Practise to see every scene of life as a detached observer.

2. POWER TO DISCERN (DISCRIMINATE)

This is the power to distinguish between truth and falsehood, right and wrong, reality and illusion, benefit and loss, sin and charitable act (*Paap-Punya*).

It is the power of clarity, seeing with different eyes, hearing with different ears. It is about trusting our highest selves even in the face of opposing opinions. It is the power to listen to our inner conscience, deep within, i.e., to listen to the inner voice of soul, uncoloured by bias or prejudices, to view everything objectively – to choose what is right, true and genuine. It signals that the leader must learn to hone and trust his or her intuitive powers; logic alone is not enough here. It is to do with your sixth sense, even if it would mean non-conformity to the accepted belief system.

Look at the Swan, which carefully, scrupulously discriminates between pebbles and pearls and picks up only pearls.

3. POWER TO JUDGE OR DECIDE

The power to discriminate leads to the power to judge. It is

ultimately what we choose after discriminating, i.e., the best decision that we could ever make regarding any issue or problem at hand.

This is the power of truth; it is intrinsically connected to the power to discriminate, and takes much of its strength from that power. If the power to discriminate has been exercised well, then the power to decide flows more easily and naturally.

One who uses this power is making a statement that “I trust myself and am clear and confident that my actions are right and will bring success. I am prepared to stand by my choices and to accept and be accountable for the consequences. I will stand alone if necessary. I believe in myself.” You have to be firm, resolute, while taking the decision, not swayed by the circumstances of our customary beliefs/system.

4. POWER TO ACCOMMODATE

Whenever something – a milieu, a person, or an event – is awkward or out of order, a strong formidable person has the power to accommodate. This is the power to accept things ‘as it is’, rather than to lament or

grumble. It is the power to have the courage to witness unusual and untoward situations. The Eternal World Drama is preordained and fixed. The role of each and every soul is unique....distinct from others, signifying the fact that each one is a tapestry of experiences. We only need to accept this fact to progress and intensify our efforts further, in order to reach the perfect stage. To exercise this power, it is important that I should have access to the fundamental power to withdraw. Otherwise I become caught in the play, in my vortex of disturbing thoughts, turmoil, and reaction.

The power to merge is closely intertwined with it. If you find any weak trait in a person, a sort of weakness, don’t spread it amongst the acquaintances around you. Merge it within you...no matter whether it is a secret of someone or a vicious act. Mateshwari Jagdamba (Mamma) would never criticize or ridicule any weak soul indulging in wrongful act; rather she used to encourage them to overcome that weakness. She would entrust a task to them, so that it could boost their confidence level.

(...to be concluded)

(...Contd. from page no. 3)

There are hundreds and thousands of those who, in their individual or collective case go to the police to report about crime and to seek help and protection of police. But one often reads in newspapers how the policemen themselves commit crimes. They do not register cases unless one has either political or institutional influence or one greases their palms. Then the perusal of the cases becomes very difficult unless one meets his/her demands against one's own conscience and harbours a bit of crime, in mind even though unwillingly.

Ratio of criminals to non-criminals

Thus, the atmosphere is full of crime. There is more pollution in the air due to crime than due to cutting down of trees which, in itself, is no doubt, a crime against society. There is more thick smoke of crime than the smoke from chimneys or motor vehicles that gets added daily to the already polluted environment. One sometimes wonders as to how many persons in the world have never committed a crime and have no

criminal tendencies now. What is the ratio, today, of criminals to non-criminals? Even the religious zealots, the devoted lot and the church, mosque and temple goers say in their prayers: O God, you are Merciful! Have mercy on us because we have been committing sin and crime.

Thus everyone admits that there is another kind of 'global warming' due to the fire and smoke of crime. This may, in future, take the form of a hot world war. They know that the 'crime-house effect' is becoming an equally potent threat as the 'green-house effect'. Yet there is no such global conference on the causes and consequences of this 'environmental pollution' as there are the conferences on Environment. Nor do people know of any remedy to this new kind of pollution. They do not know of such environment-friendly lifestyle so that everyone is friend to others and, so, the social, economic and

political environment also is clean. They do not know of the ways of using the non-polluting energy of mind. They do not know of the ways of getting positive solar energy from God, the Spiritual Sun. They do not know of spirituality that gives health and happiness and makes all-round sustainable development possible.

It is, therefore, high time that people are given the awareness of this kind of education that makes our mind unpolluted. If the trees of our thoughts are felled and our minds are turned into deserts where there are no wells, lakes and reservoirs of the water of love, then life on the planet earth would become suffocating and our survival as civilised, honest and holy people will be threatened. Alas, if we spend even half of what we spend on military, weapons, police, jails and the paraphernalia and machinery of maintaining law and order on moral and spiritual education, our world would be much better.

True Wealth: Even more valuable than physical wealth is the wealth of spiritual love.

The Power of Truth: The power of Truth is such that you need never be concerned about proving it. You need only be concerned with being it and living it. Truth is always revealed, at the right moment, at the right place.

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Chief Editor: B.K. Nirwair, Pandav Bhawan, Mount Abu.

Associate Editors: B.K. R.S. Bhatnagar, Shantivan and B.K. Ranjit Fuliya, Delhi.

Phone: (0091) 02974-228125 **E-mail: worldrenewal@bkivv.org, omshantipress@bkivv.org**



1) Shantivan: After having a spiritual discussion, Member of Rajasthan Revenue Commission, Mr. B.L. Gupta along with his family and Rajyogini Dadi Ratan Mohini seen in group photo. 2) Bhinmal: Sri-Sri 1008 Mahantshri Babugiri Maharaj, Sri-Sri 1008 Mahantshri Prembharti Maharaj, Sri-Sri Mahantshri Lahar Bharti Maharaj, B.K. Bhupal, B.K. Sis. Jagruti and Geeta inaugurating World Peace Fair. 3) Ayodhya: Chief Priest of Ram Janambhoomi Temple, Maharaj Janmejyasharan and Maharaj Manjaldas being presented Godly gift by B.K. Sis. Sudha. 4) Diu: After a spiritual discussion with eminent spiritual leader, Ramesh Ojha; B.K. Sis. Geeta, Mr. Hitesh, President, Municipal Council and others in a group photo. 5) Ajmer: Hon'ble Chief Minister of Rajasthan, Mr. Ashok Gehlot receiving Godly gift from B.K. Sis. Roopa and B.K. Sis. Ankita. 6) Pipili (Odisha): B.K. Sis. Shashi Rekha presenting Godly gift to Hon'ble Chief Minister, Odisha, Mr. Naveen Patnaik. 7) Zeyawadi (Myanmar): B.K. Vinod along with B.K. Chandra Mohan, B.K. Sis. Sita and others in a group photo. 8) Delhi: B.K. Sis. Dr. Binini receiving 'Outstanding Achievement Award' from former Governor, Assam, Dr. Bishma Narayan Singh for her book 'Awakening Spirituality'.

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Posted at Shantivan-307510 (Abu Road) on 9-10 of the month.



1. Raipur: B.K. Sis. Shivani addressing the ministers and MLAS of Chhattisgarh Legislative Assembly, while cine actor Mr. Suresh Oberoi is seated on the dais. Hon'ble Chief Minister, Chhattisgarh, Dr. Raman Singh; Hon'ble Speaker of L.A., Mr. Dharam Lal Kaushik and other ministers listening to her with rapt attention. 2. Sonapat (Vishwa Kalyan Sarovar): Hon'ble Speaker, Haryana Legislative Assembly, Mr. Kuldeep Sharma; Session Court Judge, Justice Kuldeep Jain; B.K. Lakshman, B.K. Sisters Shivani and Pushpa inaugurating a programme: 'Our Fate – Pre-ordained or at Our Will'. 3) O.R.C. (Delhi): Union Minister of State for Tribal Affairs, Mrs. Raneer Narah, Dadi Kamalmani, B.K. Brij Mohan, B.K. Sis. Asha and others inaugurating the 11th Annual Function.