

# The World Renewal

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Mount Abu (Pandav Bhawan): Rajyogini Dadi Janki, Dadi Ishu, B.K Nirwair, B.K. Karuna, B.K. Atamprakash, B.K. Mrithunjaya and others are hoisting God Shiva's flag on 81st Trimurti Shiv Jayanti.





**Delhi (Pandav Bhawan):**  
Inaugurating a programme on "Transforming Stress into Happiness" are Justice P.C. Ghosh, Hon'ble Judge, Supreme Court of India, Bro. B.K. Brij Mohan, Mr. M.V. Ramesh, Registrar, Supreme Court of India, Sisters B.K. Asha, B.K. Pushpa and B.K. Lata.

**Lucknow (Gomti Nagar):**  
A programme on 'God's Wisdom for World Transformation' is being inaugurated by Justice Shabihul Hasnain, Hon'ble Judge of High Court, Dr. Gerald John Mathias, Bishop of Lucknow, BK Jayanti, BK Mohan Singhal, BK Radha and others.



**New Delhi:**  
After explaining the Solar Project of Brahma Kumaris to Mr. Piyush Goyal, Hon'ble Union Minister of State for New & Renewable energy B.K. Jaisimha, B.K. Savitha and B.K. Fatima are in group photo with him.

**Milpitas (USA):**  
In a programme on Maha Shivratri standing on the stage are Mr. Jose Esteves, Mayor of Milpitas, Mr. Ash Kalra, Member of California State Assembly, Captain Armando Corpuz, Police Captain, B.K. Kusum and others.



From the mighty pen of Sanjay



# SPIRITUAL HOLI



India is a land of festivals and all festivals denote some spiritual meaning. But, in an increasingly commercialized world, festivals have become more about only gifting, buying sweets and chocolates, and wearing new clothes, and, thus, the deeper meaning and significance of festivals get lost. It is not just about the rituals one follows, but also about the history and the values associated with each festival. Hence, mere celebration of festival without an understanding of its deeper significance is of little benefit.



Like other festivals, the celebration of festival of *Holi* fills us with lots of excitement and enthusiasm. During the *Holi* celebration, we get a chance to experience happiness and forge a bond with our near and dear ones. Amidst the excitement, enthusiasm, thrill and joy, the mystery of the festival of colours must also be unveiled and understood.

## Why the festival of *Holi* comes after *Shivratri*? What is the spiritual meaning of *Holi*?

Whichever festivals are celebrated in India, there is a logical sequence in it. One must know and understand the mystery of that sequence. In that sequence, *Shivratri* precedes *Holi*. *Shivratri* is celebrated to commemorate the incarnation of Supreme Soul God Father Shiva. The very meaning of the name 'Shiva' proves that God Shiva's incarnation takes places for the sake of human beings' benefaction. Prior to His incarnation, the human beings are viciously coloured by five vices. The whole world is overcast with the night of ignorance. At such a time, God Shiva, who is an embodiment of Truth and Bliss, grants the colour of Knowledge and remembrance to the human souls. In the commemoration of that incident, the festivals of *Shivratri* and *Holi* are celebrated till date.

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## *HOLI - THE FESTIVAL OF FRIENDSHIP*



**W**e in India are gifted with so many festivals throughout the year, however the Festival of Colours, Holi, is very dear to one and all. There are many ways to celebrate Holi, which are prevalent in different parts of Bharat. In some places, people celebrate by lighting the bonfire that is symbolic of the destruction of evil. The mythological story of Prahlad being untouched by flames of the fire, and Holika, the she-devil, being completely destroyed in the same fire is well known. What an important lesson these stories share: **if a person has deep faith and love for the Supreme Being as one's Protector, she or he is always under the canopy of God's protection.** This is heralded by the village folk in their traditional songs that are sung during Holi celebrations.

Holi is symbolic of the emerging season of colourful flowers all around, and the welcoming of Spring time. The colours of each and every variety of flowers are so beautiful, and even the new leaves on our Neem Trees resemble new-born infants smiling and swaying in the gentle morning breeze... The sparrows, nightingales, doves, and pigeons sing their sweet melodies in synchrony early in the morning, thereby awakening us to their tunes. When one listens with full attention, we are able to experience the magic of their orchestra singing praise of the Creator, with sounds like 'Shiv, Shiv, Shiv...' reminding us of the Supreme Light: Shiv Baba, Shiva Baba... Some other birds choose to sing ever so slowly, 'Shiiiiivvaaaa...' It's easy to understand why the Supreme has been praised as **Shiva, the Benefactor of All, the**

**Eternal Truth and Ever-Beautiful One.** His benevolence is showered not just on human beings but on all creatures, and even flora. The wonder of His creation is present everywhere. All that we have to do is to find spare time every morning to look at the variety of plants, birds and animals, and of course the innumerable human beings who aim to live in His image.

A day after the burning of Holika (negativity), people celebrate the victory of good over evil by smearing each other with '*gulal* (red coloured powder)' and several other coloured powders. In some parts of India like Mathura and Vrindavan, where Holi is celebrated grandly, this festival is associated with the days of Shri Krishna having fun with his friends, the Gopes and Gopis, and playing Holi by squirting coloured water through '*pichkaaris* (spray-guns)' on each other, symbolising the colouring of each other with happiness, love and gaiety. Dancing and singing during Holi is

very popular in large cities; the love songs shared during these times are full of friendly feelings and intoxicating spirits. In many places, the practice of consuming intoxicants (*'bhang'*) is common where people wish to go beyond, and express their ecstasy.

**However, beyond all the revelry and mischief that people entertain themselves with, these rituals of Holi carry a great message for humankind, which should be revived.** Years back, an interesting chapter on the Holi Festival called, 'Holi Reminds us to be Holy' was published in the book "**The Real Gita**". Holi reminds us of the importance of learning Spiritual Knowledge in order to lead holy or pious lives, whilst performing our daily duties/responsibilities, so that we sow the seeds of righteous karma and become worthy and elevated human beings. Where there is divinity in one's every action, we become the image of *'Devi' or 'Devta'*: Divine Human

Beings.

The Deities/*Devatas* were direct descendants of Incorporeal Supreme Being, God Shiva, who revealed Himself to worthy souls, and inspired them to engage in spiritual endeavour, accumulate charitable actions, and thereby become Sovereigns of Paradise, alongside Shri Krishna. **Shri Krishna is always praised as the Embodiment of Perfection in thought, speech and action. Till today, the idols of Lord Krishna in the Temples radiate that divinity to quench the thirst of devotees, who spend hours/years worshipping just to have a vision of the Lord, even for a second.** Many Spiritual Leaders and Gurus have been instrumental in spreading spiritual love through the construction of Krishna temples around the world, as these glorious places of worship are a source of great strength to the lovers of purity, goodness and oneness. The songs in praise of Shri Krishna are magical and

transcendental, and send the Seekers into trance instantly. It is in this trance-like experience that many have visualised the natural, spiritual beauty of Shri Krishna, Shri Radha and other deities of the Golden Age while playing Holi with flower petals. It is enchanting to note how the playing of Holi by the deities with coloured petals is re-enacted till date by devotees colouring each other with coloured powders!

How we wish we could always dream of or visualise those days of the Deities: the way they lived, danced, ate, and interacted with such pure love! This is why some medieval poets have bestowed the name of 'Heaven' to this holy land of Bharat. Let's aim to re-create that world... **Let's listen once again to the melodious tunes of the Murli of Knowledge as shared by the Supreme, inviting us to be holy and practice Yogi Life so that we can re-claim the right to the land of Shri Krishna, the land of Shri Radha, Shri Narayan Puri**

and Shri Lakshmi Puri!

The following elevated versions of 5 March 2017 highlight powerfully the method we can adopt to fulfil our responsibility of spiritual love to the Supreme, and thereby lead an empowered life:

“This spiritual gathering is so alokik and elevated. The Supreme Flame is eternal, the moths (human souls) are eternal and the love between the Flame and the moths is eternal. No one except the Flame and the moths can know this spiritual love. **To fulfil the responsibility of love means to attain everything.**

“Do you know what the responsibility of love is? It is simply to do two things, which are to sing songs and to dance. You are all experienced in this, are you not? You start singing songs from Amrit Vela onwards. Therefore, **sing the songs of praise of the Supreme Father and your elevated life. Sing songs of knowledge. Sing songs of all attainments.**

“Perform every action whilst dancing in

happiness. When you *dance* physically, the whole body *dances*: it becomes like *drill*. You *dance* in different *poses*. Similarly, in *dancing* in happiness you have *poses* of different actions. **Therefore, to become a karma yogi means to continue to dance in different types of happiness.** The Supreme Flame likes the moths who know how to sing and dance. This is the responsibility of love.

“Constantly use your ears to keep listening to this sweet music, because, along with singing and dancing, you also need music. What music will you continue to listen to? The essence is given in every Murli is in the form of love and remembrance when the Supreme Father says, **“Sweet children, beloved children, long-lost, now-found children”.** Constantly continue to listen with your ears to this music of the Father’s love. If you are constantly busy singing songs, your mouth won’t have time to say anything wasteful. If

you constantly continue to **dance with the Father in happiness, then no third person will be able to disturb you.** No one can come between the two of you.

“When you get tired of these two things, then the third thing is to go to sleep. What does ‘sleeping’ mean here? **To sleep means to become detached from performing actions. Therefore, become detached from your physical senses.** So, when you become tired, become bodiless and become lost in remembrance of the bodiless Father.”

At this coming Festival of Holi, join us in conveying the best of greetings to everyone, especially to be loving and friendly towards one another, so that there is newness and goodness in society!

May the wave of real, unconditional spiritual friendship permeate throughout the world, as a gift of the most auspicious Festival of Holi!

Om Shanti,

– B.K. Nirwair

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# WHISTLE AWAY STRESS

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–B. K. Sujoy, Durgapur (W.B)

*“Instead of getting angry and being stressed, nurture a deep caring respect for trouble makers because by creating such trying circumstances they provide us with invaluable opportunities to practise tolerance and patience” – Rajyogini Dadi Janki ji*

In our daily life, there are many pulls and pressures. Too much pressure can make many of us angry, fed up or sad. Or simply, over time, knock you out with cold or a burn-out. Physical and mental strains are generated, thereby leading to various diseases like hypertension, BP, obesity, depression and other psychological disorders like not meeting our expectations that we have set for ourselves.

Some sources of stress are unavoidable. We cannot prevent or change stressors such as the death of a loved one, a serious illness or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it is easier than resisting a situation we cannot change.

Stress is nothing but a messenger, it has its negative effect when we take it as a threat, and it has positive effects if we consider it as a challenge.

If we confront stress and meet, greet and beat it successfully; then, stress would not be a stumbling block rather it would be a stepping stone. So, to cope with the challenge of stress we need to have some strategy.

### **Strategy No.1–**

#### **Avoid unnecessary stress:**

By considering our critics as our well-wishers and not feeling inferior by comparing ourselves with others, we can easily avoid unnecessary stress.

### **Strategy No. 2 –**

#### **Alter the Situation:**

If we cannot avoid the situation, we can alter it by having a positive attitude towards day-to-day events and by changing our attitudes to transform pain into pleasure, sorrow into happiness and criticism into blessing.

### **Strategy No. 3 –**

#### **Adapt to the stressor:**

The world is a huge drama in which we are all actors and are playing a specific role allotted to each one of us. So, instead of

fighting, we should concentrate on our own part, considering it as a scene of drama and, thus, regain control by changing our expectations and attitudes.

### **Strategy No. 4 –**

#### **Acceptance:**

Many people are living in an imperfect world where almost all (except the avid practitioners of Rajyoga) are led by desire, ego and attachment and this takes away their happiness. They need to cultivate the ability to truly accept whatever comes and embrace it. They need to develop the habit of looking at whatever happens through a positive mindset of acceptance instead of a negative or defeatist one.

### **Strategy No. 5 –**

#### **Adopt a healthy lifestyle:**

Eating healthy vegetarian diet and doing exercise help us to release stress and tension. Daily meditation practice, at least for 15 to 20 minutes, helps to introspect on the emotional obstacles created by us. It brings several physiological benefits.

Even the pressure cooker that we use in our home releases pressure, when extra pressure builds up. But, we do nothing usually to de-pressure our own system. The rat race continues and we get caught up in the race of this crazy life. Pressures build

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# SPIRITUAL PATRIOTISM



—Lt. Col. R. K. Langar, Noida

**D**ictionary defines ‘patriotism’ as “love for own country with an earnest desire to contribute towards the welfare of countrymen.” But, when we study patriotism in the light of Indian spiritual thought that the world is one family; then, patriotism takes a bigger form of meaning. Patriotism would now mean love for the entire humanity living in the world and contributing towards the welfare of all, but not only of our own countrymen in a narrow sense. When you love the entire humanity, this also means love of your country as the world includes your own motherland as well. Loving your country or the world has little meaning if you cannot contribute something towards the well being of all others around you. Many of us feel, and rightly too, that the world is drifting towards the worse and we should do something to make the world a better place to live in. Can a man change things around him? Has he got the capacity and power to change world order? Can a

change in a world order come about with man’s individual effort? These are some of the questions which need to be addressed if someone has a true patriotic feeling.

Swami Vivekananda, who is considered as India’s most influential patriot, had devised a new concept of patriotism which he called practical patriotism. He said that patriotism does not mean mere sentiment or even emotional love for the motherland but a passion to serve fellow countrymen. It is man’s *Karma* to suffer, but it is your *Karma* to relieve his suffering. Serve man to find God. Today, practical patriotism is what we need in our country. India has produced world class patriots like Swami Vivekananda, Sri Aurobindo and Mahatma Gandhi. Among them, Swami Vivekananda stands tallest who was even acknowledged by Sri Aurobindo and Gandhiji. We can say that patriotism is the brain child of Swami Vivekananda. Vivekananda never favoured linguistic or territorial patriotism, which is so common today.

Linguistic and territorial patriotism underscore narrow loyalty. There is an inherent tendency in a man to love the land where he is born, but that does not mean that patriotism should be compartmentalized. Love your region, language, country, community by all means, but your love should not stop at what you love rather it should move ahead to reach beyond our territorial borders to love people of the whole world. True love is, in fact, always borderless and all inclusive.

Many facets of patriotism assume great significance when India is facing internal threats today in addition to external threats. Internal threats which our country faces are violence, intolerance, corruption, poverty, lack of sincerity and commitment, casteism, exploitation of the down-trodden, fundamentalism, indiscipline and lack of accountability. So, the foremost task of a patriot is to contribute in any way to uplift the masses. A true patriot has to serve his fellow men who are suffering physically, emotionally and spiritually. We should have nationalism as an ideology which should not be confined to any particular caste, colour, creed, faith, religion, language, culture, nationality, etc., but it should cater

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# IMPORTANCE OF CORE GODLY SERVICES

Co-authored by: **B.K. Prof. Shib Prasad**, Nasik &  
**B.K. Dr. Ashok Jethva**, Ahmedabad

The service industry is growing by leaps and bounds, whether it may be in the field of travel, hospitality, finance, repair-cum-maintenance, health care, security, entertainment, telecom, etc.

Day-by-day, with increasing digitalization, superb technology, education and income level, everyone wants fast, reliable and qualitative services. We can see that companies are coming forward with better offers of services even at a lower price. Their services have added a lot of value to product offerings, thereby giving convenience in terms of time and place. This has become the buzzword.

Now, India is also preparing for running bullet trains, cashless transactions, additional airports, and so on.

We can also see a Yoga revolution gaining momentum around the world since the declaration of June 21 as the International Day of Yoga. Yoga tips and training, along with yogic accessories and ancillary products, have been consistently

expanding.

In our Institution, there is also the great expansion of spiritual services. In such a scenario, there is the need to learn how to handle such expanded spiritual services to the needy souls in the world.

## **Importance of Core Service, Core Competencies and Qualities:**

We can observe *the core values* on the basis of which some of the great personalities changed the world. Gandhiji was known for his practice of the values of truth and non-violence; Mother Teresa for her kindness and empathy; and Dr. A.P.J. Abdul Kalam for his scientific excellence and hard work. These people never compromised with their core values and remained consistent in offering their cooperation to the nation with their indomitable spirits and principles till their last breath. Similarly, each and every company, which have consistently delivered high quality core services, are regarded as the most admired

companies.

The demand for spiritual services is increasing with increasing problems, frustrations, break-ups, diseases, chaos and uncertainty, but with the passage of time these should be managed and handled properly with due care and concern. There are two types of assistance in every services viz. Core and Ancillary.

The ideal example of the provider of core and supplementary/ancillary services is the Airline Industry, which is providing 10 different ancillary or additional services, starting from decent seating arrangement, refreshment, water facilities, luggage, storage and transport, Wi-Fi facility, entertainment, shopping malls, pick and drop facilities, with royal hospitality and welcome, etc.

But, if the airline fails to land you in your particular destination on time and safely, will you avail its service next time? Certainly not, because the airline has failed to provide its core service, i.e., safe transportation without delay.

## **Would you like to be handled by an incompetent professional person?**

In addition to airline, there are hundreds of other services we are availing in our daily life. The core service provider is the key

person who ensures the quality and accuracy of the service.

In the Airline Industry, the pilot plays the major role of a core service provider. In hospitals, the core service providers are doctors; in educational institutions, teachers; in a theatre, artists; in a food restaurant, cooks, etc. None of us likes to go to a hospital just because of its good infrastructure, parking, gardens and medical equipments. First of all, we like to ensure the quality, expertise, knowledge, wisdom and etiquette of the doctor, because we do not want to be handled by an incompetent professional like a doctor. In the case of car repairing, we can understand how difficult it is to find the right mechanic with proper knowledge, intelligence and integrity. We think hundred times before visiting a mechanic as we do not like our car to be handled by an unfit or inexperienced mechanic. The core service and core service providers are the most important parts of any service point or station. The safety of flight mainly depends on the pilot. The amount of money spent on the pilot for his training, fitness and expertise year after year is very high. To ensure the right quality of core service, we need to ensure the right knowledge, skill and mindset of the service

provider, which can be achieved through proper training and care.

When we are in the Godly or spiritual service field, as the responsible service instruments we should be very accurate, trained, motivated and empathetic to serve the harassed souls of the world, who are in bondages of the vices. In Godly service, teachers are the core service providers and the whole responsibility of the good quality service depends on their expertise, willingness, readiness and attitude to serve. We may have good buildings, parking spaces, gardens, LCD projectors and vehicles but without efficient, disciplined and active core service providers, these ancillary facilities or services are meaningless without proper core service.

**Diversion is dangerous:**

In the recent past, the Delhi Zone of our institution has formed a committee which will scrutinize the service activities and will check whether the said activities are in harmony with the principles and aims of the institution or otherwise. As we have limited resources of all means; under such circumstances, it is high time not to divert our actions, energies, resources from our core services which are spiritual knowledge, meditation, spirituality, values,

etc. We should keep ourselves self-refrained from such activities that deviate us from our core services.

**When is the core service fulfilled?**

A doctor, who has an extraordinary operation theatre, instruments, lavishing hospital, ambulance but is poor in diagnosing and treating a patient, fails to provide the core service. Then, patients suffer a lot because of multiple experimentation, medication and surgery. This will increase pain, suffering, cost, etc. But, a patient is happy and gets cured when a doctor provides core service – treatment with least sufferings, cost and mental weariness.

In the spiritual service as well, through godly knowledge and meditation, we need to provide easy relief to the people because they have stepped in the institution with hope of relief. This is the measurement of our core service delivery. When the core service is fulfilled, the benefited person will never ever leave the institution.

**What does core service convey?**

I need a glass of water because I am thirsty, I won't be satisfied with a glass of milk.

When I am stressed, I won't be happy or satisfied with Positive Change Course; I will need Stress Management Course. When a person is coming to our institution, we need to listen to him/her and ask the proper questions in order to understand the reason of his/her coming to this place and then choose to provide proper core service accordingly. When we conduct any types of programs, it is necessary to understand and ask ourselves the question: which core service are we offering? The organization is evaluated on the basis of the quality of the core service. We are the unknown and incognito soldiers of God, the Almighty, and we should provide the best core service as per the requirement and the need of the students who stepped in. Let us not divert our efforts, energies and resources to unproductive things. If there is any such diversion, which is dangerous, we should check and change it instantly. ❖

FLY FLY FLY FAR  
BEYOND THE SKY

– **B.K. Mukesh**, Bikaner (Raj.)

Fly, fly, fly  
Higher up and far beyond the sky;  
Say wah Baba wah!  
But never say what, how and why.  
Fly, fly, fly higher up and far beyond the sky.

Our life is all colourful;  
Our Baba is also very wonderful.  
Let's love Him and obey His every rule;  
But never be at all shy;  
Fly, fly, fly higher up and far beyond the sky

Let's vanish all our suffering and sorrow;  
And do today's works now but never say  
tomorrow.

All things in this world are perishable and die;  
But love will never at all die;  
Fly, fly, fly higher up and far beyond the sky.

### Building a Strong Foundation out of Bricks Thrown towards Me

When my expectations for a task or another person are unfulfilled, I sometimes attribute it to my weaknesses or unworthiness. I may accept the disappointment and even forget the incident but sub-consciously allow it to hamper my self-respect. Ambitions or relationships are not appendages of my identity. They are vital in shaping my personality and taking me ahead, however I should not allow them to distort how I see myself. Only my God knows me precisely for what I am and what I will be. With this faith and confidence, let me see every experience as a brick thrown towards me to build a strong foundation for my future.

# BE KNOWLEDGEABLE



# AND SENSIBLE



– B. K. Surendran, Bengaluru

**T**he signs of knowledge explosion can be found everywhere. What kind of knowledge this world does not have? As the so called knowledge increases, worries and sorrows of the world also increase manifold. But, it is also said that knowledge is light, power, source of income, enlightenment, happiness, medicine, weapon and so on. When a person is knowledgeable, he is expected to be stable and contented. It is said that knowledge empowers a person with self-confidence, courage, enthusiasm, zeal and creativity, and the same person is able to lead a happy life.

But, experience shows quite a different situation. There are tension, stress, depression, divorce, broken homes, strained inter human relationships and so on. The values of morality and simplicity are manipulated to suit to the needs of the so called knowledgeable persons. A minister of a state government, who lost his position due to his immoral conduct towards a woman, was recently a subject of public scorn. It is also noticed

that whenever the so called educated people come together, there is more competition and jealousy. Therefore, the question arises: Are the so called people educated in the real sense of the word? Bertrand Russell had said: “We are in the middle of a race between human skill as to means and human folly as to end.” We have invented new equipments, apparatus, instruments which are supposed to provide more comfort and convenience to the masses. But, Einstein had said, “Science can denature plutonium, but science cannot remove the evil from the heart of man.” Knowledge explosion is a boon and also a curse for the people of 21<sup>st</sup> century. The information technology is providing us with the smart phones, facebook, internet, twitter, tablets, note books and so on. These can connect ourselves to anywhere in the world, but the person in the immediate neighbourhood, in some cases, the husband or wife is found to be very far away. In spite of having knowledge that one should have control over the temptations of vicious

tendencies, the same is awfully missing in the life of majority of the people. It is unfortunate that some of the so called highly placed people are victims of the temptations and vices including sex-lust. Such people resort to malpractices and corruption.

## **Code of Conduct**

We all know that life is based on certain code of conduct consisting of moral, human and spiritual values. There are both women and men in the field of life. But, a woman has the role of a mother, wife, sister, daughter; and a man has a role of a father, brother, husband, son and so on. Each role is governed by human, moral and spiritual values in life. If any of these values is perverted or manipulated, the harmony that should exist in the relationships, is disturbed and peace in the society is violated. The philosophy of *karma* operates in these relationships. We should be *sensible* of the consequences of our actions. If we break any of the laws and/or moral code, we will immediately lose our peace of mind and solace. Life, then, becomes quite miserable. When we think, speak, or perform any *karma*, we should be careful and examine whether what we send out through these acts are what we really want in life. What we give will, in turn, come back to us. We cannot do anything at our whims and



fancies. We must be aware of the laws of life to see that we do not destroy our life over a period of time.

### Effects of Thoughts on Environment

We must be aware that our thoughts make an impact on our surroundings. It makes an impact on other human beings and other creatures. It also creates an atmosphere. We all wish that our surroundings should be peaceful. Our thoughts lead and guide our life. We should see that our thoughts are pure, positive and elevated. We should not engage in thoughts that are negative, waste or toxic because we become instrumental in setting a bad precedent for others to think so.

### Effects of our Words

Similarly, our words should create an atmosphere of peace and serenity. Let us speak less, so that our words should be soft, sweet and serene. It is said that the tongue which has no bones can break many bones. A word can be similar to a stone to be thrown at others to kill them. In contrast, words can be showered as flowers. A word can be given as a blessing or as a curse to a person. A soft word with a smile can create cheers in many faces and smiles in many lips of people in the world while a rough and tough word can make the cheers and smiles to disappear from their faces and lips. A word once uttered and an arrow of an archer once gone cannot be retrieved.

### Effects of our Actions

Whenever we want to do anything, we must think that our every action reflects our personality. A thought is a seed sown in the field of life that comes into action. As you sow, so shall you reap. When a person in responsible position or even the father of the family does an act, the onlookers or the family members are likely to be influenced by it. The maxim – ‘*karma* which I do is seen and followed’ – comes into practical operation and, therefore, I should be very careful whenever I speak and do anything. Life is beautiful and pleasant. Our happiness should be our natural nature. We must initiate an action with happiness and in remembrance of God. Remembrance of the Lord is an elevated thought and action. Let our actions be an act of charity and donation. Let everybody get the benefit of our actions. Let everybody be happy now and at all times. Rajyoga meditation is an act to stay with the Lord at all times and this kind of existence generates a lot of happiness forever. ❖

## WATER

– Abha Mittal, NOIDA, U.P.

I am so unsure,  
How long water, an elixir so pure,  
And meant to appease us to the  
core,  
Can, in fact, endure  
The insensitivity of our  
unscrupulous offences,  
And save us from facing their  
disastrous consequences.

Rivers, our very life - line,  
Thought to be a blessing divine,  
Are pining for their glorious revival,  
And are struggling for their very  
survival.  
They have lost their former glitter,  
And are now filled with industrial  
litter.

How far our cruelty will go,  
I am unable to know,  
From cutting trees to polluting  
water,  
Our insensitivities go beyond any  
border.  
We enjoy benevolence of nature  
so serene,  
But the fury of Nature seems to  
us unseen.

When will we learn to treasure,  
The gifts given to us so generously  
by Nature?  
When will we come to our senses,  
Not to disturb Her ecological  
balances?  
I wish we should realize our  
mistakes soon,  
And resurrect ourselves from our  
doom.

## MY FIRST MEETING EXPERIENCE WITH BABA

– B.K. Zaenab, Bengaluru

I had been in Godly knowledge for a little over 3 years, but, in spite of my best efforts, I could not spare time for *milan* with Bap Dada. Sometimes, my examination dates or dealing with my job placements coincided with the *milan* dates. A number of rejections and failed interviews had brought me to an all-time low in my life. In my final year of engineering, I was informed that the next batch of companies would come for job placement that made me busy in the rut of tests and interviews for longer.

By now, I was absolutely desperate to meet Baba but decided to go with the flow. I said to myself, “If Baba wants to meet me too, then He will find a way out.” It was precisely at this point that I conjectured that Baba would give me a lifeline and help me get the most enviable job during interviews. “Could it be? No, it’s too early to draw conclusions, I asked and answered myself”. However, I knew Baba’s blessings was behind my job offer and I made full use of this chance and

booked my tickets for the *milan* with Baba on 18<sup>th</sup> January, 2017.

However, there were several obstacles. The most important ones are concerning my sister’s school trip, my internship and final semester classes starting in the same week as the turn of *milan*. But, I was firmly resolved to attend the *milan* this time. I called the HR manager of my company and informed him of my trip and he assured that I had nothing to worry about! But, another unsavoury element thrown into the mix was my sister’s school trip. She was to leave in the week of our absence and my mother’s presence was necessary to help her pack.

However, two days before our departure my sister reported, “Our trip will be postponed”. I’m sure you would have gauged the presence of Godly machinery at work by now. Her trip was postponed by one week! One after the other, Baba resolved every one of my troubles coming on the way of *milan* with Baba. I was in no doubt that this time, it was Baba who wanted to meet

me!!

All the wait ended at the moment of my entering Diamond Hall for the *milan*. Baba had arranged front row seats for me and my mother, somewhere around Gate No. 2, and I sat marvelling at the clear view of the stage. Hours rolled by and finally it was the time when Dadi Gulzar was escorted on stage and everyone greeted her with applause. My heart raced in excitement with the thought that this was finally happening, OMG (O’My God)!

Gulzar Dadi sat down and the music was played. I began meditating myself and tried my best to be as soul-conscious as possible. Also, I immediately narrated to myself the list of desired blessings, and also the things I wanted to give away to Baba. After that Baba started giving *drishti* to everyone. He gave *drishti* only for 10 minutes or so. He turned his *drishti* gradually and soon reached my place of the hall. Before He arrived, my mind had a lot of pictures of the hall, like the hall-full of people engaged in conversation. But, during the course of the *drishti*, I felt as if the whole hall had been emptied of its occupants except only me and Baba in it.

The mikes were brought in quickly before Baba and He began the *Murli*. My eyes

welled up with tears as Baba greeted us all. It was as if God was embracing me with His love and blessings.

And then the most amazing thing happened. Baba looked in the direction I was sitting and said, “*Milte rahenge*” (I will keep on meeting). At first, I was in disbelief that Baba is saying this to me, and I said to myself. “Nah!! There were so many others. Baba must be looking at someone else around me. I must be mistaken”. But He went on looking at me, and somewhere deep in my heart I felt He was really looking at me. This was particularly an emotional moment for me. I had been wondering if I would ever get to meet Baba like this again. I had already gone through a lot of troubles to get here and that too was arranged entirely by Baba. But, now, that He had assured me, I was confident of another *milan*. “In December, Baba!! I’ll come. Get me here again like you did this time, please”, I said to Baba.

Baba looked at me again! He said, “*Ek do ko dekh harshit ho rahe hain*”. Several times, hence, Baba turned to look at me. He would look at me and say the most appropriate thing that can be said. I thought He was even

humorous at times possibly to make me stop crying. I was laughing and crying at the same time.

People were busy taking photos during the *milan* but I was internally recording everything. “Baba, I will never forget the *milan* of today”.

The *Murli* was so captivating, and everyone listened with rapt attention. Then Dadi Janki was brought on stage and her meeting with Baba was adorable! Janki Dadi offered Baba a golden rose which He, in turn, offered to His children. While taking leave from His children, Baba said, “*Baba ko nahi bhoolna*”. I said, “Never Baba! Never!!”

Baba, then, gave everyone the blessing of happiness and said, “*Kaam karo, lekin khushi khushi se karo*”. This was a sound advice coming from the Supreme Soul to a frazzled little girl who was concerned about the mountain of work that awaited her on return to home. At that moment, I stopped worrying about my projects and job, saying to myself, “Baba will handle them. Let me do these with joy and happiness”.

As we are all aware, Baba met senior Dadis, Didis and brothers towards the end of the *milan* and everyone stands up

to look at Baba in the last few moments. I looked at Baba too and recollected the first time he looked at me. I was star-struck by the love He gave me.

By the end of the *milan*, I was sure that Baba had arranged everything perfectly and tended to my smallest wish so that He could meet me. I felt like an incognito VIP but not in an arrogant way. I was humbled beyond words can describe and was just so happy to be in the presence of the Creator. When I looked at Baba, I felt like I was looking at all of the Creation in a single instance. I was enhanced by His presence and could not look away even for a second. I felt so blessed and grateful that I could meet Baba. Whenever He looked at me, I felt so privileged that the Supreme Creator was looking at me and saying something so specifically meant for me. I can never forget that scene. Baba had this smile as if He were saying “Yes, I’m looking at you!”

I had finally met Baba. Baba too echoed with assurance, “*Baba mil gaya!!*” I just had the most amazing experience of my life. How many people on this earth get a chance to meet God! Baba made me feel like *one in a billion!* ❖

# CONTRAST BETWEEN THE PLANET HAPPY AND THE PLANET LIMP



– B.K. David, Paignton. England

A person's sorrow is quite easy to see on his/her face and in its reflection in the mirror. His/her sorrow is very true and should be easy to see when he/she looks in the mirror. Yet all are busy looking at their hairs and make-up and ignore their soul and sorrowful face.

One has to feel compassion for people but at the same time, a three-legged race is fun to watch as the runners easily fall over. Everyone seems to have either one leg or three legs. People hop about in life and get tired easily. One has to see the amusing side of most people's lifestyle and actions and the often poor results they get back on a daily basis.

The Planet Happy has its own language and way for its people to see, think and live. There are no heavy overcoats of falsehood, dishonesty, anger, bad habits or vice on this Planet to make its people unhappy. The constant wearing of an unhappy overcoat makes a person limp both on the outside and inside. An outer limp is a reflection of a mental limp

created and gained from carelessness and being on the wrong side of life's eternal laws which no one can escape; and so, all are now guilty of breaking them to be on the run. Man is on the run due to his lies and is searching for truth and happiness, but he will only ever run into more unhappiness wherever he goes.

A person's wrong thinking that leads him/her down the road to performing wrong actions, ties him to his/her inner ball and chain that causes him/her to limp, suffer, get tired and stressed out as he/she unknowingly drags his/her bad *karma* around with him/her wherever he/she goes. A lucky few have freed themselves from this ball and chain of *karma* when they were handed the only key to freedom.

Only a worthy person will receive such a special key of love and truth, and, in so doing, can now walk round in real freedom and real happiness. This Godly key is the only method and ultimate solution that can open the door to a new life

for you. This Godly key has double action. When the Godly door is opened in front of you with this divine key, it automatically closes and locks the old door containing your bad *karma* behind you. Your old room's contents will need to be emptied with care in the future.

God's magical key has much power and wisdom that unlocks your goodness and imprisons and locks away any sin you had accumulated in the past lives. This imprisoned badness is kept in isolation and will later be transferred from its cell and be placed in a furnace to be incinerated.

At the end of this Godly life you will see getting ever lighter and distant from your past badness, as you routinely placed your sin every day in a furnace of love. Only God offers this ongoing education for the soul and can give the current that reawakens your goodness through His Godly sweet knowledge that He shares with you as a gift. In bliss, you shall walk through the Godly Hospital doors and looking back you shall



not see the Hospital but God's University-cum- Healing Centre and think how fortunate you are to be taught and healed by God Himself.

People's shoes are very clean on Planet Happy as they walk in peace and love everywhere they go. They do not wear a watch as they have all the time in the world to do whatever they wish and go wherever they want at any time. They have no routines, timetables, deadlines or set plans; for this is how a clean heart and mind lives and is rewarded by living in such a clean world of constant happiness and peace. Nothing is ever wanted on this planet as they have everything they want at their fingertips. It is a world of 24 hours' satisfaction and happiness.

Bad *karma* can only exist and hit a person on the head today. In the Godly world of tomorrow there are no bruises or tears of any kind, other than tears of great laughter. It is only when people start acting bad, the world may become bad. This world is, now, a giant mirror and everyone lives in front of it. This mirror cannot lie and this world is created by its reflection of the people and their joint actions. The reflections and mass actions are all very ugly and distorted. This world can only follow and reflect the people; just as an innocent child is

helpless and must hold the hand of its father, but who turns out to be very bad for him/her.

Life should be a constant tea party in which everyone smiles and laughs all the time. Life's unhappy party has, now, for everyone become devoid of coolness, love, music, cake and tea. Everyone desires sweetness and love and is ever thirsty and itching to dance in happiness.

From Minnesota to mine head, from Bucharest to Birmingham, on train, plane, bus or lonely walk, it is all the same sad story and unhappy party all over the world. No one dances with truth anymore which has been replaced with the constant limp of sorrow and stress.

Illness has its two crippled feet set deeply and firmly in the roots of a tree called Falsehood. All the patients of the world are now chronically ill and cannot walk to a healthy new tree called Truth as they cannot see it as they are also blind. Ignorance and selfishness both cripple and blind a person slowly without them ever realising it. The Tree of Truth allows you to swing from its branches and the Tree of Falsehood traps your leg and mind.

A walking stick is not a cure but a reflection of a person's bad *karma* created in his/her past. You cannot stop the sun rising or

setting, and it takes away with it your health, happiness and peace of mind. The setting sun and the age of the Limp are very much here. The Limp Age grows ever stronger and prolific as people grow ever weaker. Pain and suffering are the consequences of *karma* and like the weakening boxer towards the end of a fight, gets hit, cut, bruised and punched to the floor easily.

There is one person who is free from gaining a limp, from entering the ring of *karma*, and who knows the only solution and cure to becoming healthy. This Godly referee is on your side but you need to stop fighting with falsehood. The boxing gloves of ignorance are very heavy. Only when you take off these gloves, you can hear God's bell. God will make you sit down and wipe your face and soothe your mind with His loving hands of coolness and whisper loving wise words in your ear.

The same earth Planet shows its two different facets – Planet Heaven and Planet Hell – in two different phases of time of Heaven and Hell. Planet Heaven, built by God, refers to Planet Happy, which is called the Day of Brahma; and planet Hell ruled by Ravan, refers to the Planet Limp, which is called the Night of Brahma. Only on Planet

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# WHO IS THE PURIFIER? THE RIVER GANGA OR GOD FATHER SHIVA, THE GITA SERMONIZER?

—Khem Johhoo, Trinidad

In the Hindu tradition and culture, the lakes and rivers as well as the oceans are considered sacred and even worshipped by the people. Temples are the first to be built on the banks of the rivers and then towns and villages emerge with an agricultural setting for self-sustenance. Many believe that by taking a holy bath in the Ganga river, the sins of many births are absolved and washed away. It is also customary to administer a few drops of water of the Ganges on the lips of the sick or those who are at death's door. On the other hand, water is symbolic of spiritual knowledge and very often the authorities on *The Gita* are praised with glowing epithets such as “rivers of knowledge” or simply that Vyas is “raining knowledge” on his followers. The epithet “Ocean of knowledge (*Gyan ka Sagar*)” is reserved for God alone because God is ever knowledge-full and eternally pure.

## Rivers in India

The rivers in India play a very significant role in agriculture as

well as the economy of the country. These rivers are also culturally important as many consider some rivers such as the Ganges to be very holy with the healing and medicinal properties. All the major rivers of India begin their journey at one of the three main watersheds viz. the Great Himalaya and Karakoram Mountain Ranges (Northern India); the Sahyadri or the Western Ghats (Western India); or the Vindhya and Satpura Mountain Ranges (Central India). Many of the major rivers of India end up either in the Bay of Bengal or the Arabian Sea. The major Indian rivers are the Ganga, Yamuna, Brahmaputra, Indus and Saraswati. Although the Ganga River is longer than the Brahmaputra River, the latter is considered to be the most powerful in terms of the speed at which it flows and volume of water it deposits in the Bay of Bengal.

## The Holy Ganga River

Regarded sacred by the Hindus, the river Ganga is personified as the goddess Ganga in ancient texts and arts.

Ritual bathing in the Ganga is an important part of Hindu pilgrimages and the ashes of the cremated bodies are often immersed in her waters. The Ganga is considered holy to the extent that many people believe that by taking a holy dip in its waters would absolve them of their sins. Many people also plan their retirement in Varanasi so that at the time of death, they would leave their body sitting in *Tapasya* and the river will dispose of the body. There is a brisk trade where the water of the river is bottled and sold as holy water that can heal the sick ones or remove their difficulties. However, today, the river Ganga is considered environmentally and biologically unfriendly and has become an integral part, focus and attention of Indian Government's “*Swachh Bharat Abhiyan*”.

Many people now question the sacredness of its water and also its praises for being worthy of worship. Some clarity is given in *The Yajurveda* (40:9) quote “*Andham tama pravishanti ye asambhutim upasate*” [“They enter darkness, those who worship the natural elements” (Earth, Water, Fire, Air and Ether.)]. *Tato bhuya iva te tamo ya u sambhutaym ratah*. [“They sink deeper in darkness, those who worship

sambhuti ('Sambhutim' means 'created things', for example, science, wealth, idols).]

### Rivers of Knowledge

It is well known that the age between the Iron Age (*Kaliyuga*) and the Golden Age (*Satyuga*) is called the auspicious confluence Age (*Purushottama Sangamyuga*). This auspicious Confluence Age overlaps the last 100 years of the Iron Age and is known as the Diamond Age. This Diamond Age is even more auspicious than the Golden Age because it is in this period that God Shiva, the Ocean of Knowledge, descends down upon the earth and imparts the spiritual knowledge of *The Shrimat Bhagavad Gita* (*The Gita* Chapter 4 Verse 7-8) through Brahma who is also called Arjun ('Arjun' means one who learns and transforms himself). God imparts this knowledge through Brahma's lotus lips thereby creating the mouth-born Brahmins of the Confluence Age. This divine descent of God upon the earth to create Brahmins through Brahma is to transform the Iron Age into the Golden Age. It is the true spiritual *Kumbhmela*, the meeting of the Incorporeal Supreme Soul through the body-chariot of Brahma with the embodied human souls. These

Brahmins led by Brahma and Saraswati are known as the rivers of spiritual knowledge. This is the reason why Pitashri Brahma and also Saraswati Maa, called the 'goddess of knowledge and wisdom', are shown with the Holy Scriptures in their hands.

### God Shiva, Ocean of Knowledge, Refreshes the Brahmins, the Rivers of Knowledge.

The descent of God Shiva on the earth as promised in *The Gita* (Chapter 4 Verse 7-8) is the occasion of the meeting of the Ocean of knowledge and the Brahmins, rivers of knowledge. God Shiva, the Ocean of knowledge, refreshes the Brahmins, the rivers of knowledge, with the knowledge of *The Gita* in order to destroy the major vices of lust, anger, greed, ego and attachment. This is symbolised in the form of *Brahma Astra* which was said to be used by Rama, the Prince of Ayodhya, to destroy *Ravan* the King of Lanka, who abducted Sita, the spouse of Rama. The *Brahma Astra* is not a material weapon; it is the spiritual weapon of knowledge and Rajyoga being imbibed and practised by the children of Brahma; it is also called *Brahma Vidya*. It is, therefore, not a 'coincidence' but "providence"

that the holy confluence of the river Brahmaputra and the river Ganga where they merge with the Indian Ocean at Bay of Bengal is called "the Diamond Harbour" in appropriate reference to the continuing Diamond Age at present. The deep secret in *The Gita* (Chapter 4 Verse 3) says, "This ancient yoga has been imparted to you by Me, because you are My devotee and friend because this is a supreme secret. *The Gita* (Chapter 14 Verse 1) says: "I shall impart to you once more the supreme wisdom, the best of all, acquiring which all sages have attained highest perfection, and got liberated from this mundane existence. This secret teaching should never be imparted to a man without austerity, nor to one without devotion, nor even to the one unwilling to hear, nor again to him who find faults with Me."

### The Deep Secrets of The Gita Revealed

The *Brahma Astra* is symbolic of Spiritual knowledge (*Gyan*) and Meditation (*Yoga*). This is because Brahma is a subtle deity and would not use a material/physical weapon nor would a deity be engaged in a physical bloody battle. Deities live a life of complete purity and they are doubly non-violent. This *Brahma Astra* is the symbol of

the combined form of Gyan and yoga that God imparts as promised in *The Gita* (Chapter 4 Verse 7-8), which says: “He would descend and embody Himself to protect the virtuous, destroy the evil and re-establish righteousness (*Dharma*)”. At the end of every Chapter of *The Gita*, it says that the knowledge of *The Gita* is the higher learning of *The Upanishads*. This is sometimes stated as “*Gyan Vigyan*” in which ‘*Gyan*’ means spiritual knowledge of the soul and matter (*The Gita* Chapter 13 Verse 2) and ‘*Vigyan*’ means to experience and experiment the knowledge through practice of yoga (*The Gita* Chapter 13 Verse 20-21).

### The Different types of Yoga in *The Gita*

*The Gita* begins with the ‘Yoga on Dejection’ which is followed by the ‘Yoga on greed, anger, lust, ego and attachment’. Here, Arjun is in deep sorrow and is dejected because his intellect or power to discriminate has become comatose. It is at this point that God descends and embodies Himself into the body (chariot) of Arjun and begins to impart the knowledge of *The Gita* to open his third eye of knowledge as He had done in previous *Kalpa*. This act is portrayed in scripture in the form of a chariot, with Shri

Krishna (Symbolic of God) holding the reins of the five horses (five senses) and Arjun seated in the back of the chariot listening, learning and transforming him from the ‘Yoga on Dejection’ to the ‘Yoga of Liberation’. This is followed by the ‘Yoga of action’ (*Karmayoga*) as well as the disciplines of action and knowledge that culminate in the ‘Yoga of mind control’ in Chapter - 6. God continues to impart all the different types of yoga until the eighteenth chapter when Arjun is fully transformed to “the yoga of liberation through the path of knowledge (*Gyan*), remembrance (*Yoga*) and self-conquest (*Swaraj*)”. This means the soul is once more the master of the five senses, the five elements and the five vices and can now experience complete liberation from bondages of sins/vices, thereby achieving purity, peace and happiness.

### The Golden Sparrows are the Rivers of Knowledge

Bharat is referred to as “**the Golden Sparrow**” and this reference has very deep spiritual significance. When God descends at the end of the Iron Age, He gives knowledge to free humanity from the chains of the vices of lust, anger, greed, attachment, and ego. The proof lies in the fact that *The Gita* is

the only scripture written in the “first person”. God, being the Ocean of Knowledge, imparts the esoteric secrets of the creation. Only the souls with a divine vision or golden intellect are able to imbibe this esoteric supreme spiritual knowledge. Spiritual writers captured this revelation by saying proverbially in these words: “**One sparrow can swallow the ocean or one sparrow can drink the ocean**”. Others wrote similarly in these words: “**Only a golden vessel can hold the milk of a lioness**”. This symbolism, in other words, means that only a soul with a “**divine or golden intellect**” can swallow, imbibe and inculcate the “Ocean of Godly knowledge” and, hence, the emergence of the name – “the Golden Sparrow”. The “Golden Sparrows” are the “Shiva Shaktis” originally called the “Bharat Mata Shaktis” whom the scriptures labelled as the “right hands” of God. This is the appropriate praise of the ‘Shiva-Shaktis’ or ‘Matrashakti’s in the song “*Vande Mataram*”.

The Brahmins, the rivers of spiritual knowledge, have become impure and tainted and become enveloped in darkness of ignorance. It is only God, the Sun of knowledge, who has to come to give the light of spiritual

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# INTROVERSION LEADS TO THE STAGE OF 'NO REACTION'



—B.K. Banshidhar, Bhubaneswar

**T**he famous British Physicist Sir Isaac Newton, who is widely known as one of the most influential scientists of all times and a key figure in scientific revolution, stated this as the third law of motion, “Every action has an equal and opposite reaction”.

From a conceptual standpoint, Newton’s third law is seen at work when a person walks: as he/she walks, he/she pushes against the floor, and the floor, in turn, pushes against him/her. Similarly, the tyres of a car push against the road while the road pushes back on the tyres. While swimming, a person interacts with the water; both the person and the water push against each other. The forces of reaction account for the motion in these examples. These forces depend on friction. But while walking/moving on ice, interaction between a person (or car) and ice, for example, may not exert the *action force* to produce the needed *reaction force*.

But, when we come to observe the interaction between

two living beings, one living being’s reaction to the other living being’s action may not be the same as it happens between the person (or car) and ice. In other words, if a man praises another person, the latter (he/she) gets elated; and his/her activity, vision and movement will be different from the previous ones. But, when the same man rebukes that person, the latter doesn’t get elated this time; his/her activity or reaction changes and he/she produces a reaction in negative direction to the former’s action of rebuke. The negativity arises in his mind and he/she will not give respect to that man who rebukes. Or, it also may happen that when rebuked, the latter person may not react at all negatively but, instead, remain silent completely. Therefore, in this case while dealing with certain human being, one must also realise that what he/she does towards others may have *no reaction* from them as they will consciously remain silent without showing any negative reaction.

The stage of *no reaction* is a very sensible and subtle stage. Anything coming to us as a reaction at present from a person may also be a reaction during our previous life’s interaction with that particular person to our negative action and, now, we are to clear that debt through silence and/or toleration. The drama is eternal; God is the Creator, Director and also Principal Actor. This drama is liked by God Himself and it is also accurate and justified. When a bad or negative act happens to us by anybody, instead of showing any negative reaction, we may also feel that we are taking back our own negative reaction which we might have given to him/her during our interaction with him/her in previous life. In other words, we may take back our own coins. This neutralizing behaviour or non-reacting behaviour is also called the ‘no reaction’ stage. If a monkey bites us, should we bite the monkey, in turn? No. Likewise, if a man bites us, we should not bite him, in turn. When a man bites us, let us understand or take it for granted that he does not have the knowledge of human relationship; his lower brain is only working for the revenge and upper brain is silent. Our upper brain is working; so, we must have a tolerating and forgiving heart with the quality

of 'toleration' and 'forget and forgive'. We should remember that we are the children of God and God has given us the divine quality of tolerance and forgiveness to face the odds of life by using these qualities thereby showing our 'no reaction' stage or tolerating and forgiving stage. This stage will come only when we have taken the shelter under Him.

It is said that to drive out one nail, we can take help of another nail. The negative thoughts or vain thoughts are to be driven out by positive thoughts. Positive thoughts are the living values of human beings. A person, who really understands his or her own inherent worth and respects others, will come to know that our inherent worth is not something assigned by external sources, but rather comes from a source that is universal and eternal. These are the divine virtues of self which we get from Supreme Father and these virtues become degraded, in the course of time, while acting in the world stage of drama from a state of deity sovereign kingdom to a state of devil kingdom. We should know that our good and positive thoughts and their expression in words and actions are universal conducts. We cannot escape the

consequences of our thoughts, words and actions. We have to become the masters and controllers of thought from which our words and actions flow. We should have good and pure thoughts and feelings for others.

These could be possible only when we are in soul-conscious stage and inculcate the divine virtues. Positive and good thoughts develop and come through daily practice of meditation. The thought range should be between 1 and 8 per minute. One of the divine virtues is introversion, which may lead us to *no reaction* stage because the powers of tolerance and forgiveness develop with introversion. Just as a tortoise after having done its daily job, whatever it may be, draws in all its sense organs, we should, after having done our daily jobs, withdraw into own selves and be unaware of the bodies by remaining in loving remembrance of Sweet Shiva Baba, the Supreme Soul.

We must have self-introspection. The seven qualities such as Knowledge, Purity, Peace, Love, Happiness, Bliss and Power are the original and essential qualities of the soul. If the soul is connected with the Supreme Soul, it can develop

spiritual powers to face the negative or untoward challenges and circumstances of life. When someone bursts with anger, it shows his/her weakness or lack of his/her tolerance. When we remember that the person who is rebuking me is also an actor trying to perform his role in this world drama according to his/her own ability and understanding, we are likely to overcome our anger. In this case, we see him/her as a child of God and he/she is performing his/her role to settle his *karmic* account with us. We have to feed the positive and non-reactive feeling to our subconscious mind that he/she is a good soul; he/she is innocent, etc. In this world drama, no one is guilty. Every day during the morning hours, we must send good vibrations to him/her and this sort of vibrations will change the thought pattern of that person. These imperishable good thought-seeds which we implant with any soul, will give good fruits at last. We must have unshakeable faith in, and support of, the Supreme Soul. We will win the love of others if we tolerate and remain silent in any negative event or situation of life and have positive thoughts for others.

In *The Srimad Bhagabat Gita*, it is said: “*Karmanyē Vadhikarastu ma phaleshu kadachan.*” If we are doing a good deed, we should not wish for any result. It is obvious that any good action has its good result. God knows our sincerity of hard work and He will reward us accordingly. God is the Knowledgeful One and He knows the perfect result and gives us His unconditional love and kindness to be perfect while facing all hindrances in our lives. The Supreme Father is also “*Karan Karavanhar*” which means that He is the sole World Benefactor and transforming the world through us. We must act as a trustee.

The procedures stated above may be difficult, but their ultimate result will give us immense joy and happiness as Baba has taught us to be patient and should show our no reaction stage by keeping the Supreme Soul as our Companion. If we make God our companion, we can be a detached observer of different situations unfolding before us and remain unperturbed, undisturbed and unmoved. We must have full faith that we are doing good work with help and support of God and we will succeed definitely in the long run. ❖

## SERVING



THROUGH



SILENCE

In meditation, you connect to the experience of silence in which both the mind and the heart are calmed. The mental chatter or noise stops. A gentle flow of slow, clear, transparent and peaceful thought is produced. The organs of the senses and the body are calmed and your emotions become peaceful. In this state, you can listen to the voice of your conscience, the voice that guides you. That way you awaken the divine intuition. On listening to that voice, you are strengthened. In this way, you start to align your life with your purpose, with what you really want. You begin to have more determination to carry out the things that you really want to do, without any fear preventing you to do them.

With meditation, you learn to love the silence – a tender, beautiful and sweet silence. That way you value each word more; therefore, not to lose that experience of the sweet silence, you try to talk less, to speak with sweetness and gentleness. When you generate the love and pleasure in going to the silence, it helps you to express the best of yourself. To help others, sometimes it is better not to speak, not to use words; but to use the vibration of your thoughts and good feelings that emerge from that state of silence. That way you will enter the hearts that are trapped in darkness. Those hearts are in darkness, they have lost hope, and they are hurt, wounded and discouraged. With your silence power, you transmit to them the light with which they can find a way out. To receive it, they have to be willing. But, if their time has not yet come, at least they will know that there are people willing to help from a silence that does not judge and complain. A silence that accepts, appreciates and loves, generating an atmosphere in which one can be oneself and feel free to change at their own speed, without feeling forced, but rather with understanding and love. ❖

# LIVING WITH SOUL-CONSCIOUSNESS

– Dr. Swapan Rudra, Durgapur (W.B)

**B**ody-consciousness means the state of constant thoughts of body-concerned matters, i.e., eating, sleeping and satisfying some other physical urge or activities all the time. Body itself is a complete biological machine through which the soul functions; and, hence, body is called the chariot of the soul. But, when we lose the awareness of the soul and start identifying with the gross body, then vices begin to rule over us.

Living without body-consciousness is neither difficult nor easy but depends on the mentality of a person. A burdened mind, full of different kinds of waste and negativities, can never imagine living without body-conscious whereas a free mind can easily do so whenever necessary. But, the big question is how to identify a burdened or a free state of mind. When I observe the other person and judge him, I always mix my own ideas and thoughts and thereby give extra labels to that person, known or unknown. This means I never judge him without

prejudice or partiality. Mental state often reflects it through the physical appearance especially through the face. That is why it is said that the face is the index of mind. Opposite things may also happen in some cases where no trace of anxiety or agony is found in facial expression but there is still deep turbulence within.

Negative emotions always harm the body as well as the soul. Any kind of forced suppression of negative waves in mind causes a number of mental and physical diseases. Sometimes, it is seen that body-conscious people are physically strong and stout and they remain satisfied in their own body-conscious state. They, generally, do not pay any attention to others' problem; they only react when something is wrong with them. They can do any harm to anybody for their own benefit as they, generally, have no feelings for others. There is a huge difference between such a majority of body-oriented people and very few mind-oriented personalities who never do any harm to

anyone. They themselves suffer, but do not try to take any revenge. Though the quality of humanity says that man should not be vindictive, yet majority are in this vicious-vindictive trap in a variety of vicious ways. The vicious ways may be different, but the common factors are same like the vices of lust, anger, ego, greed, attachment, enmity, hatred, etc.

Soul-consciousness is definitely another dimension of living in which only the mind plays and heart speaks. In the Brahma Kumaris Organisation (BKO), many have already attained this stage which is naturally reflected in their state of serenity. Saints cannot see the negativity; rather they mould it and change into positivity. On the other hand, the devils only see the negativity and always find faults in others. They even turn the positive things into negative. However, the process of transformation continues by the people in a society by being induced by the saint personality.

There was a time when people lived in soul-consciousness for a period of 2500 years in the first half of *Kalpa*, i.e., in *Satyuga* and *Treta Yuga*. Later on, since *Dwapar Yuga*, five vices gradually started entering in the soul and, hence, both soul and body became impure. This



impurity persisted in human being and environment and gradually reached its zenith at the end of *Kaliyuga*. It is very interesting that body is an innocent costume; it only carries out the order of its master, the soul. So, sin is not in body, it is in mind, a faculty of the soul. Accounts of sinful activities become imprinted as *sanskars* as one goes through the cycle of birth, death and rebirth. So far I have understood that the bodiless state is full of positive thoughts and feelings about the soul and the Supreme Soul as the soul comes out of illusion of this physical body and this materialistic world. When the soul returns to its original pure state after burning all the vices stored so far in it, and continue playing its role in this world drama, this is called soul-conscious state. With the soul-conscious state, it has the capacity to imbibe Godly qualities instantly. Soul-conscious state automatically brings us closer to God. Meeting of souls with the Supreme Soul is like the meeting of the children with their Father, and this spiritual meeting cleanses the souls of all its impurities and vices.

Once, the mind cleaning process gets started along with the burning of all the negative

*sanskars*, the soul begets its original pure state. Minimum requirements like food, rest, etc. for the body-machine are very much essential for normal physical activities. Anything extra or any abnormality in it will be treated as body-consciousness. That is why Baba says that purity is the mother of all values and virtues. Natural soul-conscious state is only possible during the time of *Satyuga* and *Tretayuga* among the divine people. We have lost a lot by degrading ourselves by indulging in vices for 2500 years. At present, the souls are also in the process of purification numberwise according to their grades and qualities. The one, who has nearly attained the soul-conscious state, will be full of inner power, peace and bliss.

To be in a bodiless state, one has to forget his own body, bodily relations, i.e., physical relatives,

other people and the world; and all this is possible through the acquisition of spiritual knowledge and practice of Rajyoga meditation. The Supreme Soul, God Father Shiva, has been giving divine directions since 1936 to help us attain soul-conscious state, for which we should give attention to the following four special points:

1. True love for God helps us in forgetting the world.
2. True friendship with God helps us to stay in the remembrance of One and One only.
3. Inculcation of Godly attributes and powers helps us to forget the sorrows sufferings and to remain in constant happiness.
4. Just thinking 'I am a bodiless soul but has taken this body to play my role' is the most appropriate method of becoming bodiless. ❖

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knowledge to dispel the darkness created by *Maya* – the symbol of vices. In this context, Brahma is considered the moon of knowledge whereas Saraswati and the whole Brahmin dynasty (Brahma's mouth-born progenies) are the stars of knowledge. It can safely be concluded that the true purifier of all the souls and the elements of Nature is God Father Shiva, the Ocean of Knowledge, who imparts or sermonizes the spiritual knowledge of *The Gita*, called *Gita Mata* in the Age of Transition or Confluence Age (*Purushottama Sangamyuga*). ❖

# LET US WALK THE TALK AND BE GENUINE

– Dr. Brahma Kumar Yudhisthir, Ph.D., Shantivan  
(Associate Editor)

The present world is at crossroads in an Age of Transition in which people have to choose the right road or path they have to take to move ahead so that they can reach the right destination of their life. But, we see that people, generally, are of different kinds and natures with one sort of nature in their outer countenance but are of something different in their inner

reach their genuine aim and destination of life?

## The Genuine and Counterfeit

Now-a-days, we, generally, see and observe many things and people who often wear a *mask* as a result of which we are not able to assess and evaluate their real personality, and get deceived by them; for example, this deception happens while we try to purchase

that looks golden are not really or genuinely gold. There is a great difference between the real and genuine and the counterfeit and fake, be it a currency, or a piece of evidence or the action or behaviour of a person. The real and genuine have values and are esteemed, appreciated, liked and loved by all whereas the counterfeit and fake have no values, and, therefore, relegated to the background, denounced, not liked and or loved by anyone when a measurement or judgment of anything or person is made. God Father Shiva also advises us to achieve the powers of discrimination and judgment through development of concentration in order to discriminate and judge the real and fake persons or various forms of Maya that come across us.

## The Mocking Birds

The mocking birds are known for their ability to mimic the sounds of not only other birds, but also the sounds of insects. The call of a mocking bird can be deceiving. It is more often also observed that some people try their level best to mock or imitate the dialogues of some actors and actresses or of sounds of some birds and animals. It does not matter whether they imitate really to the extent of cent percent



nature. They talk one thing but do another, thereby showing a reflection of their quite split personality. Will such persons be able to choose the right path and

anything (s) or while we come in interaction with some person (s). So, there goes a saying: “All that glitters is not gold.” This saying implicates that everything

accuracy of their tunes or accents, intonations and/or rhythms. However, any sort of imitation or mock act can never be as real or genuine as those of the original dialogues of some actors and actresses or of sounds of some birds and animals. We should be careful about such imitations or mock acts of people who are bent upon deceiving the simple and credible persons in the world.

**Do not be beguiled or deceived**

The call of a mocking bird or of a mocking can also be beguiling and conspiring. Therefore, we should not be fooled and beguiled by the calls or sounds of the mocking birds or the words and behaviours of conspiring or beguiling persons of this world who try their level best to fool the credulous people with their sweet and sugar-coated words. Their words taste sweet to the tongue only but are really bitter for the soul. We have to check the inner intent, meaning and purpose of their deceptive or beguiling words before believing in and acting upon them. “*Do not merely listen to the word, and so deceive yourselves.*” (James 1:22, NIV). Scriptures warn us not to be beguiled or deceived spiritually, but to “*examine yourselves to see whether you*

*are in the faith; test yourselves* (2 Corinthians 13:5, NIV).

**Introspect and avoid self-pretension**

Introspection is the act of seeing within the soul, viewing, checking and verifying one’s inner thoughts emerging or going on in the sub-conscious level in a manner of being quite alert and vigilant. It helps one to be true to one’s thoughts while trying to translate them into words and actions in true sense of the terms. Baba says that the act of introspection can be finer and subtler when we remain introvert (*Antarmukhi*). The combination of introversion and introspection makes us skillful to be “checker and maker”, and thereby helping in bringing harmony and coordination among one’s thoughts, words and actions as it gives one the golden chance of checking the negative or nihilistic thoughts and changing them into positive and constructive thoughts at the inner, sub-conscious level, thereby also helping one to avoid self-pretension. In other words, it saves one from the ignominy of being a pretentious person or hypocrite who appears to be different from his thinking, saying and action. The hypocrite thinks one thing, says another and does still another, and, thus, lacks any harmony or

coordination in one’s own being or soul/self, i.e., in its three inner faculties such as mind, intellect and *sanskar*.

**Let us walk the talk**

In the path of spirituality, it is the punctilious responsibility of us to walk our talk. Jesus spoke harshly of the Pharisees, referring to them as hypocrites, people who pretended to be something they were not. There are people who wear the label of “Christian,” but their “walk” is inconsistent with their “talk” as they do not act according to what they talk. In other words, they do not act and behave according to the principles or dictates of Christianity. We can also find many such people in other religions as well. That is why religions are rapidly declining now-a-days and becoming largely decadent. Baba also directs us to remain same or equal in our “inner and outer” personalities and behaviours.

**Ideate but also idealize and materialize**

To ideate is good, but to idealize and materialize what we ideate is the crux of the matter. Unless and until we idealize and materialize what we ideate, it is a useless effort to ideate only. It is like go on dreaming and dreaming without finding anything in reality of whatever

we dream or, in other words, we can say, "It is like building castles in air." Ideation, idealization and materialization should go side by side or simultaneously in the course of our life in order to bring benefits not only to ourselves but also to many other selves who are in contact with or parts of our lives in this society and world. It is our bounden duty to reach them and share our benefits in order to make them wholesome also, because they are also the children of God like us and are like us the indivisible parts and parcels of God's vast Creation. In other words, it can be said that we all are in the same boat of life which is ferried by none other than God Himself. How can we eat when those others with us are in hunger? Is it human to do so? When this act is not even human, how can it be divine? We are here to do both works, the human and divine: to do the human acts in order to satisfy our fellow human beings and to satisfy God, our Supreme Divine Father who greatly delights in our beneficial and benevolent actions towards ourselves and others. Because God wishes that we see ourselves in others, for we all are self-same beings "made in His own image"; it is, in other words, accepting others as we

are; or loving others as you love *thyself*. Jesus Christ also rightly advised people "to love thy neighbours as thyself". In this way, we can co-exist and live a peaceful and happy life in a spirit of peaceful co-existence; and this world can become a vast family (*Vasudhaiva Kutumbakam*) in true sense of the term with practical application of the principle of Universal Brotherhood of Man and Fatherhood of One Incorporeal God Father Shiva. He has come down upon this world to re-establish an *ideal world*, called *Shivalaya*, with our help and co-operation, which will only be possible when the concepts of ideation, idealization and materialization practically synchronize in our thoughts words and actions. God cannot translate His wishes in this world without our helping hands which He needs indispensably as He is Himself incorporeal without having any corporeal organs as we have. Thus, the effort of re-establishment of an *ideal world* is both a simultaneous human and divine effort.

#### **Practise the Principles**

Those, who sincerely practise the Principles or Directions of God, protect themselves against the dangers of being a mocker of God. "*Nothing in all creation is hidden from God's*

*sight. Everything is uncovered and laid bare before the eyes of Him to whom we must give account*" (Hebrews 4:13, NIV). In order to experience the power of the Holy Spirit in our lives, we must avoid, at all cost, pretending to be something we are not. We want our lives to echo properly into the whole humanity and eternity. Let us be the true children of Him, and show to the world that we are here as His true reflections in human forms, and, in fact, are the *chosen* representatives by Him in this world to further His works on behalf of Him. It is due to this act of ours, we are worshipped along with Him in almost all God Shiva's temples as *shaligrams* around the oval-shaped *Shiva Linga*.

#### **Listen to the Words and Translate them into Practical Actions**

When we listen to the "Words" and translate them into practical actions in our day-to-day personal life or while coming in interaction with other people in society, it is like transforming words into actions. The saying – "Actions speak louder than words" – is quite just and appropriate. In other words, when we translate the words, we listen to, into actions, it is becoming the *carbon copy of what we listen to*. In this way,

if we are careful to heed what the Scripture says, then we have the prospect of seeing God tangibly working in our lives while we are still in this world. Our faith in God and His Words and their practical application in our life bring the prospect of God's tangible working in our lives truly materialized and demonstrated, thereby turning them into a veritable reality on the surface of the planet earth. In fact, our truthful *conduct and deeds deserve* God's benevolent interventions in our life to make it wholesome and make us contented in God's own ways but not in our own ways. God as the Supreme Father knows better what our wants are or what are our essential needs even before we think of them and expect. So, the appropriate saying goes like this, "*Great are your purposes and mighty are your deeds. Your eyes are open to the ways of all mankind; you reward each person according to their conduct and as their deeds deserve*" (Jeremiah 32:19, NIV).

**Do not make a mockery of God**

Do not make a mockery of God, rather avoid becoming a mocker of God. Do not even think of doing so, because the

thought is the seed of words and actions; or, in other words, words and actions flow from the thought. We want to be sure that we are not mocking-bird Hindus or Christians or belong to any other mocking category of religions or mocking followers of such religions, who only hear the Word but do not practise the Word in their everyday life. Making a mockery of God or becoming a mocker of God is a sin or vice, which we should not commit at all, because we are here before God to absolve our already accumulated past and present sins or vices, but not commit such sins or vices any further. Do remember that it will be quite blasphemous to do so when we have accepted Him as our true Supreme Father and He has already accepted us as His true "Sweet Children".

**A Prayer for Today**

"O' Lord, help me to be a genuine reflection of what you want me to be in the world today, and forever." I want to demonstrate you in this world and practically "justify the ways of God to men" as mentioned by John Milton in his epic poem, *The Paradise Lost*, and also as wished by Saint Francis of Assisi in his following prayer:

"Lord, make me an instrument of your peace;

Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light;  
where there is sadness, joy;  
O Divine Master, grant that I may not so much seek to be consoled as to console;  
To be understood as to understand;  
to be loved as to love.  
For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
And it is in dying that we are born to eternal life."

**Benefits of walking the talk**

1. Walking the talk makes one genuine.
2. It makes one's inner and outer the same.
3. It makes one's personality integrated.
4. It makes one endearing and pleasing to all.
5. It makes one ideal and exemplary.
6. It makes one humane and sociable.
7. It makes one amiable to God.
8. It keeps one cheerful and spirited.
9. It helps one's thoughts to bear fruits.
10. It changes one's human stage to divine. ❖

# “MANMANABHAVA”: A STATE OF EXPERIENCING DIVINE BLISS

–B.K. Kishan Dutt, Shantivan

The *Gita* is the scripture wherein spiritual and psychological secrets have been revealed in depth. In fact, one should churn *The Gita* and should find out the real message of the Holy Scripture. Who is the true sermonizer of *The Gita*? When we peruse the opinions of various interpreters of *The Gita*, we find that they have failed to identify its sermonizer. Usually, people often read and preach *The Gita*, but they do not know either the real sense and/or its real sermonizer. Some people believe Lord Shri Krishna to be the sermonizer of Holy Scripture, *The Gita*, while others do not. On the one hand, development of science and technology is at its peak and, on the other hand, there is total degradation of human, moral and spiritual values to its lowest level. At this juncture, the real sermonizer of *The Gita* Himself has incarnated and revealed its truth: the real spiritual knowledge and His true identity in His own words: “I am the Incorporeal, the Almighty God (The Point of light). I incarnate at the end of every *Kalpa*, a Time Cycle of 5,000

years”. He Himself reveals the knowledge of *The Gita* through the corporeal body medium of Dada Lekhraj, who is renamed by Him ‘Prajapita Brahma’. Let us emphasize on the core value and ultimate purpose of the sermonizer of *The Gita*.

The very term ‘*Manmanabhava*’ has been emphasized many times in the scripture. It consists of three words: *Manmana-bhava*. Each word has a different meaning. When we say ‘*man*’, we refer to the individual’s mind. When we say ‘*mana*’, we refer to the Supreme Soul or the Supreme Consciousness. Thus, this term ‘*Manmanabhava*’ signifies a greater meaning, implying the spiritual sense of establishing the individual soul/self in God, the Universal or Absolute Self. So, it can be said that when the mind remains immersed in the God consciousness, this state of mind is called “*Manmanabhava*”.

The mind is a faculty of the soul; and, through it, a soul experiences all the emotions, i.e., joy, sorrow, etc. The mind is only a faculty to think, analyze and imagine. The mind is not an entity separate from the soul. In

the manifest world, the practical experiences of the mind are the only real things. But, when we start experiencing soul-consciousness, we also simultaneously experience a state of bliss, which is a by-product of the soul-conscious state. This blissful stage automatically inspires us towards higher blissful experiences. Thus, it is clear that the mind plays a very crucial role throughout our life while we are in the field of actions.

The soul has another faculty which we call ‘intellect’. The intellect has the power to discriminate and decide and has control over the thoughts of the mind. It has the power to perceive and to visualize too. So, it is quite self-explanatory that the strong mind and intellect are the abilities or faculties of a soul, which are inter-dependent for an individual’s spiritual growth. After getting into all minute details, we should understand the crux or the essence of the spiritual knowledge so that we have to stay spiritually and mentally strong and powerful while doing actions. We all of us have to play our roles and to do our actions. But, while doing our actions the questions arise: what ought to be our state of mind? How can we divinize our actions?

In order to remain constantly aware of the self, one has to be

in soul-consciousness and link the mind with the Source, the Supreme Soul. In order to enhance the degree of soul-conscious stage, one has to keep the mind under a constant vigil. A constant check on the quality and quantity of thoughts is also very essential.

The mind is an internal working mechanism of the soul in which thoughts are produced. Through mind, one can achieve the stage of soul-consciousness and God-consciousness too through the technique of Rajyoga. This higher stage of Rajyoga practice can be compared with the stage of 'Manmanabhava'. In other words, the state of 'Manmanabhava' is itself a higher state of Rajyoga. The *Manmanabhava* state is that utmost state in which the individual's mind remains completely focused on the Supreme Soul (the Supreme Mind). The longer one stays in His loveful remembrance, the more the peace, happiness and bliss are experienced. The mind will crave for this blissful experience again and again and will repeat the same, which, then, becomes a yogic habit. Thus, the experience and the practice become interdependent on each other.

One should understand that in this state of *Man-mana-bhava*,

though the sub-conscious mind is extremely stable and in deep silence yet it remains multi-dimensional and at the zenith of soul-consciousness. In this state, time and space lose all relevance, and one easily experiences the deeper connection with the Supreme Soul. The mind then remains in a bottomless silence awaiting divine instructions, which, now, it can receive with the help of its sharpened antenna (the divine intellect).

By experiencing the state of *Man-mana-bhava*, one can remain detached from the body and bodily relations while doing actions. When the individual achieves this stage, then whatsoever thoughts emerge in the mind are exact, truthful and accurate. In this stage, one can manifest a new reality.

God knows the complete time cycle. He knows the drama and the roles of the souls. He knows the root causes of all sufferings, chaos and imbalances in the world. Therefore, whenever irreligiousness reaches its extreme, He intervenes to restore order. He uplifts the entire humanity through His divine knowledge and training of Rajyoga. All we have to do is: tune our mind with Him (the Supreme Source of Spiritual Energy) and empower ourselves with the divine powers. This is the real meaning of

"*Manmanabhava*". To the entire mankind, it is the true message of God, the Supreme Soul – the real Gita Sermonizer – through *The Gita*. ❖

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Happy or Heaven you can walk, whilst on the other Planet Limp or Hell you only crawl everywhere you go. You should realise whether you are now choosing to walk or crawl. The Planet Happy needs to be walked upon with great care, awareness and with shoes of truth. The Planet Limp requires a walking stick to walk upon it and tablets to survive upon it.

Most people's happiness is like loose changes in their pocket that are easily and quickly spent and gone. People become unhappy as they have no savings in their bank to fall back on. The result is clear to see with everyone constantly walking round in circles chasing their tails. Everyone is now in a poor state of mind in search of happiness. The soul is now constantly thirsty for just a drop of real happiness that only truth can give. Everyone is starving and craving to be fed happiness.

It takes great wisdom for one to own a credit card of happiness and have God as your bank Manager. ❖





# NEGATIVITY IS ELIMINATED WITH POSITIVITY



—B.K. Subramanian, Avadi, Chennai

**B**efore going into this hypothesis in the title, I wish to narrate an episode wherein a Class Teacher asked his students to write on separate sheets all the good and bad that each one has in his day-to-day life. He gave them half an hour time. One of the boys had written the highest number of points that elucidated the bad or unrighteous deeds done by human beings. He called the boy and praised him for his enumeration under the caption of “Bad Deeds”. The teacher told the other students to learn much more from the particular boy so that they must be aware of all such evil acts and could be vigilant about them and move on without falling into their trap that would spoil human life. After many years, the same teacher met the same student and inquired about his life and career. The student replied in a shivering low voice, “Sir, what else could come out from the container of my mind!” The boy went on, saying “You know well that my intellect had

been dumped with the thoughts of bad *karmas* and it did not contain any thought about good or charitable actions. As thoughts are the seeds of actions, all thoughts about bad deeds emanated into actions, and, as a result of this, I gained nothing but struggles and sufferings”.

The above episode vividly reminds us that the human beings of *Kaliyuga* do not know anything or much about good deeds or *dharmik* actions that would fetch benefits to them. Negativity is predominant in the minds of the people, today, as the bad thoughts in the mind of the pitiable student were present, but little positivity was prevalent in his mind. Through the Rajyoga meditation practice, soul taps the positive energy from the Almighty God Father Shiva, the

ultimate Power House. The overwhelming power of positivity gathered little by little through meditation smashes away the root of the evil thoughts from the mind; and, thereby the target of achieving the peace and happiness in the life is automatically attained.

This could also be explained through another illustration. The solar panels have been scientifically and technically designed to absorb and store the energy of heat from the rays splashed down by the Sun, and the solar energy, thus, saved is converted into electricity through electromagnetic waves produced by the solar inverter concealed inside the panels. Similar is the system involved in the case of Rajyoga meditation practice. It tunes up the soul in such a way that the antenna of the intellect is accurately linked with God, the Supreme Positive Energy Source; and the flow of positive energy into the mind/ subconscious mind gradually cleans up the arena of the soul and removes the stains of negativity accumulated in the soul. ❖

(Contd. ....from page no. 7)

up within us and, in the bargain, we pick up various debilitating ailments with disastrous implications. Before we get increasingly frazzled and stressed out with our daily chores, we need to take some time, slow down and focus internally to listen to our own inner counsel. ❖

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In fact, every soul is coloured with the colour of *Maya*; now, if one wants to celebrate the *Holi* in the real sense, one needs to colour oneself with the colour of God's company. The colour of God's company or colour of Spiritual Knowledge is the one that fills the soul with ecstasy because when God puts the colour of Spiritual Knowledge, the soul vows to remain pure. That is why after *Holi*, the festival of *Raksha Bandhan* is celebrated.

Nowadays, on the day of *Holi*, the young and old mingle and apply colours to each other sometimes forcefully too. In fact, one should be coloured with the colour of God's knowledge, but body-conscious people forgo spirituality and put the material colours on one another. What is the advantage of playing such a *Holi* in which we pain others' hearts just for the sake of our own pleasure?

#### **Which colour are you coloured with?**

In the eyes of a wise man and a yogi, this human world is a stage where we, the actors, play our different roles. This world drama is a 'two-coloured game'. There are only two colours in this world – first is of *Maya* and second is of God. In this stage, every human being is coloured either with one colour or another.

Undoubtedly, getting coloured with Godly colour is the elevated celebration of *Holi*, because the one who is coloured in this colour is a true yogi. The one who is coloured in the colour of *Maya* is called a hedonist.

Now, everyone should ask oneself, "In which colour am I coloured; in *Maya's* colour or God's colour – in the colour of bad company or good company?"

#### **Auspicious Communion or Junglee Communion**

The soul can have an auspicious communion with God only because there is one God, called 'Shiva'. Hence, for auspicious communion with Him, one must have colour of God's spiritual knowledge. But, since people don't know the real meaning of auspicious communion, they put *Gulal* and *Abeer* on the faces of one another and hug also. Can we call it an auspicious-communion? An auspicious-communion can take place only when heart is pure without any feeling of enmity. Even though the Indians have been celebrating the *Holi* extremely lavishly, but, in conduct, what they celebrate is desert-communion. Like in a desert, animals look at each other and as soon as they meet, they want to devour each other; similarly today, depredation and beast-like attitude is visible in human beings. Law and order

have vanished and, now, law of the jungle has come into force. All this cannot be set right merely by putting colour, *Abeer* or *Gulal*.

Today, in this country, there are so many discrepancies such as discrepancy of language, province and nation because of which so many break-ups are taking place. As these discrepancies are increasing, it seems that one day a *Holi* of bloodshed will be played which has been mentioned in the epic *The Mahabharata* in the form of war between the Kauravas and Pandavas. Now, you think if there is any meaning of celebrating *Holi* with physical colours? Is there any advantage of this?

#### **How to celebrate Holi?**

That is why, we say that there is still some time for human beings to colour their heart with the Godly colour. Such a *Holi* is of Godly code of conduct. The *Holi* with physical colours gives rise to argy-bargy. The young and children put off elder's turban and elders too put mud and even insult each other. Oh, look, people today have turned such a holy festival into the one of uproar!

Some time back, in many cities of India, a tradition was followed that during the days of *Holi*; there used to be tableau of gods and goddesses. These masquerades used to pass

through the main roads of the cities. In these processions, there used to be demonstrations of deities doing *Raas*. Thus, by celebrating such a *Holi*, people would visualize the deities' healthy body, brilliant shape and happy life as an aim of their life and once again they could remember their ancestors and worship-worthy ones. In the forefront of this procession, there used to be the picture or model of Shankar and/or Shiva Linga on the bull. This riding and procession commemorate that when God Shiva comes down upon this world, He is followed by the world of gods and goddesses. Though celebrating *Holi* in this manner was somewhat good, but why should not we celebrate such a *Holi* today, so that instead of masquerades, the world of gods-goddesses of *Satyuga* comes back again and souls start glowing like fluorescent bulbs?

### Truly, *Holi* is the festival of the Confluence Age

The festival of *Holi* reminds of the Confluence at the fag-end of *Kaliyuga* and beginning of *Satyuga* because then only Supreme Soul God Shiva incarnates and plays the *Holi* of Spiritual Knowledge and the souls observe the auspicious

communion with Him. The story of Hirnayakashyap belongs to the on-going Confluence Age only. About Hirnayakashyap, it is said that he had got a boon that he could not be killed whether inside or outside, at night or during the day; this reminds of the Confluence Age because *Satyuga* and *Tretayuga* are called Brahma's Day and *Dwapar Yuga* and *Kaliyuga* are called Brahma's Night, and the confluence of both can be called 'neither day, nor night'. Hence, at the present time, we are celebrating *Holi* and having our auspicious communion with Supreme Soul, God Shiva. Being unaware of this mystery, people are celebrating *Holi* with physical colours and wasting their time,

money, clothes and energy and observing the jungle-communion.

### Celebrate *Holi* in the form of *Ho-li*

Now, as per God's command, let us exterminate mutual enmity and hatred and whatever unsound things have happened in our life, should be considered as *ho-li* (have happened) and past is past, thus, celebrate *Holi* thereby letting the things of past go. By celebrating such a *Holi*, there will be auspicious-communion. "Let bygones be bygones." By following this teaching and colouring the soul with the colour of Spiritual Knowledge, now let us celebrate the real auspicious communion with the Supreme Soul, God, the Benevolent Shiv Baba! ❖

(Contd. ....from page no. 8)

to all. This could be termed as *spiritual patriotism* or internationalism. Spiritual patriotism or inter-nationalism tells us to become a world citizen, a member of mankind with a global consciousness. It teaches us to be borderless. A spiritual patriot or inter-nationalist takes us to the path of international integration.

To understand spiritual patriotism in Indian context of *Vasudhaiv Kutumbakam*, we have to speak, think and act in such a manner that all what we do is beneficial for the mankind as a whole including our own country. Our thoughts should bring blessedness into the lives of all, our speech should gladden the heart of those who hear us, and our actions should be such which should provide the earth with peace, unity and selflessness. ❖

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1. **Bokaro:** H.E. Draupadi Murmu, Governor of Jharkhand is inaugurating Rajyoga Bhawan along with Mr. Rai Mahimapat Ray, DC, Mr. Y.S. Ramesh, SP, B.K. Mruthyunjaya, B.K. Shiela, B.K. Rani, B.K. Kusum and others. 2. **Patna:** A programme on "Inner Peace" is being inaugurated by Mr. Nitish Kumar, Hon'ble Chief Minister of Bihar, Mr. Lalu Prasad Yadav, President of Rashtriya Janta Dal, B.K. Shivani, Dr. B.K. Banarsi and others. 3. **Bengaluru:** A Medical Conference on 'Caring is healing' is being inaugurated by Mr. Sharan Prakash Patil, Minister for Medical Education, Dr. Sachidanand, Director of Medical Education, B.K. Shivani, Dr. B.K. Banarsi and others. 4. **Leicester (England):** B.K. Babu Bhai (inset) speaking on the occasion of the celebration of Maha Shivratri before the audience. 5. **Puri:** Lighting the lamps to inaugurate a National Convention on 'Shrimad Bhagavad Gita' are Prof. R.M. Dash, VC of Shri Jagannath Sanskrit University, Prof. H.K. Satapathy, Prof. A.C. Sarangi, B.K. Brijmohan, Dr. Pushpa Pandey and others. 6. **Palakkad (Kerala):** A programme to mark the 20th anniversary of local centre is being inaugurated by Padmasree Dr.P.R. Krishnakumar, Chancellor of the Avinashilingam University, Padma Vibhushan Dr. G. Madhavan Nair, former Chairman of ISRO, Ms. Prameela Shashidharan, Chairperson of Municipality, BK Usha, BK Beena and others. 7. **Manila (Philippines):** H.E. Kok Li Peng, Ambassador of Singapore is being given Godly gift by B.K. Rajni at Archbishop's Palace during UN Interfaith Week Programme. 8. **Chennai:** A programme on 'Good-Bye Diabetes' is being inaugurated by Dr K. Senguttuvan, Director of Medical and Rural Health Services, Dr K. Rajendran, Director, Malligai Hospital, Dr B. Srivastava, Dr V. Chockalingam, Dr Shrimanta Sahu, B.K. Beena and others.





**1. New Delhi:**  
B.K. Asha, B.K. Pushpa and others are in group photo with H.E. Pranab Mukherjee, Hon'ble President of India after a meeting.



**2. Mysore :**  
On the Occasion of Golden Jubilee Celebration of Mysore Centre and inauguration of Gyan Vigyan Darshan Mela lighting the lamps are Mahaswamiji of Suttur Math, Bro. B.K. Brij Mohan, B.K. Asha, B.K. Laxmi, B.K. Karuna, B.K. Nirmala and others.



**3. Abu Road (Shantivan):**  
A conference organized by Business & Industry Wing is being inaugurated by Mr. Annasaheb Chakote, the Chairman of Chakote Group of Industries, Rajyogini Dadi Ratanmohini, BK Yogini, BK Geeta and others.