



The World Renewal

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Abu Road (Shantivan): After meeting with the Chief of Brahma Kumaris Rajyogini Dadi Janki, General Bipin Rawat, the Chief of Army Staff of the Indian Army and his wife Mrs. Madhulika Rawat are in group photo with BK Nirwair, BK Asha and BK Hansa.



General Bipin Rawat, the Chief of Army Staff of the Indian Army, is addressing the 'Commemoration Ceremony' for the soldiers, who sacrificed their lives for the nation. Sitting on the dais are Rajyogini Dadi Ratanmohini, BK Brijmohan, BK Mruthyunjaya and others.



Delhi (ORC):
'Akhil Bhartiya Geeta Mahasammelan' is being inaugurated by Rajyogini Dadi Janki, Swami Om Giri Ji Maharaj, Swami Vivekanand Ji Maharaj, Swami Ishwar Das Ji Maharaj, BK Brijmohan, BK Asha, BK Usha and others.



Nabarangpur (Odisha):
Lighting the candles during the foundation stone laying ceremony of "Anand Sarovar" are Rajyogini Dadi Janki, Prof. Sachidananda Mohanty, the Vice Chancellor of the Central University of Odisha; Mr. Bhujabal Majhi, MLA; Mr. Manohar Randhari, MLA; Dr. Ajit Kumar Mishra, Collector; BK Asha, BK Neelam and others.



Sonipat Retreat Centre:
Inaugurating the "Dadi Janki Auditorium" are Mr. Manohar Lal Khattar, Hon'ble Chief Minister of Haryana; Rajyogini Dadi Janki, Ms. Kavita Jain, Cabinet Minister; Mr. Ramesh Kaushik, MP; Justice A.N. Jindal, BK Amirchand and others.

|| From the Mighty Pen of Sanjay ||

BRAHMA BABA: HIS WORKS AND ACHIEVEMENTS

Brahma Baba, who gave up his mortal coil on 18th January, 1969, was not only a founder and an architect but also a great builder of the internationally known institution of the Brahma Kumaris. For about thirty-two years, after laying foundation of this great institution, he built it by laying bricks and mortar with a speed that has no parallel in the history of the mankind. During this period, which is not too long in the history of an institution of its kind, it has spread from a small family *satsang* (spiritual congregation) into a unique spiritual university, with its centres now in more than fifty countries (presently in 140 countries) and the number of its students increasing rapidly. He made this university the major instrument for the bulwark of his non-violent war against spiritual illiteracy, moral delinquency, blind faith, superstitions, indiscipline, viciousness and corruption in all strata of life.

A New Revolution through New Education

In order to redeem the suffering of the humanity at the call of the Most Merciful Father, God, he dedicated his body, mind and soul to restructure and regenerate the society through a new revolution by employing the university, he founded, as the main instrument.

(Contd. on page no. 32)

HAPPY NEW YEAR, 2019 TO ALL

The team members of **The World Renewal**, the monthly spiritual magazine, convey a HAPPY NEW YEAR, 2019 to all souls of the humanity including its readers and contributors along with the best wishes.

Let Incorporeal God Father, the Supreme Soul Shiva, ever shower His benevolent boons and blessings to you all to lead a Happy, Holy, Healthy, Peaceful, Blissful, Auspicious, Prosperous, Pure, Value-Based, Virtuous and Spiritual Life.

We hope, you will enjoy every golden moment of the New Year with New Zeal and Enthusiasm, Noble Ideals and Principles, Novel Visions and Aspirations under the safe and secured umbrella of God's Sweet Remembrance.



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|| Editorial ||

BRAHMA BABA: THE EVER-INSPIRING TOWER OF PEACE & LOVE

As we approach 18 January of the new Year, our thoughts fly to the most historic day when Pitashri Brahma Baba, Founding Father of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, accomplished his long cherished desire of 100% Self Enlightenment, on 18 January 1969. As deeply desired by him, he became avyakt (angelic) consciously whilst sitting on his bed in his room in Pandav Bhawan (Mt Abu), and passing the baton to Revered Dadi Prakashmani to look after Godly services. In doing so, he discovered his own new role to be played in the avyakt form. He was 100% accurate in recognising the virtues and administrative acumen in Dadiji, to be able to claim the baton and lead the non-violent Spiritual Army of dedicated Brahma Kumaris and Brahma Kumars, as well as those BK students who became part of the silent, spiritual revolution while leading their respective family and professional lives.

Brahma Baba left a very noble and divine legacy of spiritual learning, understanding and inculcation of virtues as a prerequisite to ushering in a new



Brahma Baba is giving *Toli* to B.K. Nirwair (lower middle one)

era of divine family set-up throughout the world. Based on the divine visions he witnessed directly, or through the Trance-Mediums, Brahma Baba shared with the senior-most members of the Institution the way the Supreme Being would keep inspiring, guiding and nourishing spiritually until the final transformation of the old world

into new takes place.

The Supreme Being's plans are unique, and would seem a bit unusual and strange to the common people who are either too immersed in Science & Technology, or the long-winding rituals of reciting verses of the Scriptures, singing *Bhakti* songs, worshipping the elements or the holy Rivers, or participating in a variety of religious ceremonies, especially at the *Kumbh Melas* or taking to pilgrimages to different Lord Shiva shrines in all parts of Bharat.

It was on 18 January 1937, when Brahma Baba envisioned the role of sisters and mothers (Brahma Kumaris) in taking responsibility for leading the global human race on the path of *Spirituality* and *Sahaj Rajyoga Meditation*. In the beginning, due to misogynistic attitudes towards females in general, the role of women in spreading the word of the Supreme's teachings of Rajyoga Meditation was not accepted by the community as the general public were especially followers of some or the other male Guru/Leader. It took a lot of time before the dedicated Brahma Kumaris evolved beautifully in their own spiritual consciousness. They learned the intricacies of the essence of all religious

Scriptures, as explained vividly by the Supreme Being, Incorporeal God Shiva, and His chosen medium: Pitashri Prajapita Brahma.

It made for very interesting history in itself as the new movement of Brahma Kumaris emerged at a very crucial time, when the people of Bharat were fighting for complete independence from the reigns of British Rule. Great souls like Bapu Gandhi, Rabindranath Tagore, Motilal Nehru, Lala Lajpat Rai, Bhagat Singh, Dr. Zakir Husain, Tipu Sultan (of Muslim origin), Madam Bhikhaji Cama (of Parsi origin) and many, many more cooperated at various junctures to attain independence through the power of Non-Violence, and the *Swadeshi* Movement. The Founding Fathers of the Brahma Kumaris, Incorporeal God Shiva and Pitashri Brahma Baba, simply known as 'Beloved BapDada' had a very clear vision and understanding about the most important requirement for achieving 'real freedom or independence': Unless human beings give up ego and other vices from their lives, there cannot be lasting peace and a physically-mentally-and-emotionally healthy society.

Brahma Baba valued each

individual, whether female or male, and saw in them the capacity to explore the depths of Godly wisdom, spiritual knowledge, and Sahaj Rajyoga Meditation. Therefore, he preferred to educate sisters and brothers individually on the path of Rajyoga for Self-Empowerment, and then inspire them to serve society. During Brahma Baba's lifetime, a small number of 150 Spiritual Seva Centres (*Brahma Kumaris Adhyatimik Sevakendras*) were in operation, with the guidance and support of Mateshwari Saraswati, the Dadis and senior brothers, who travelled far and wide to convey the original Message of the Supreme Father: "Along with achieving political freedom, men and women need to be free from negativities, jealousies, and divisive conflicts of 'mine' and 'yours'.

Brahma Baba lived with the thought of creating a great divine global family of individuals, who would rise above limited and petty consciousness, and stop identifying themselves and their near and dear ones as their 'own people', or separate from/better than the rest of humanity. The first lesson in Godly teachings, shared by Brahma Baba, was to identify oneself with one's own

spiritual being, and relate spiritual wisdom to others on the basis of spiritual enlightenment.

It was Brahma Baba's firm belief that it is possible to re-establish the age of Goodness, Purity, Peace and lasting Happiness through spiritual awakening, and consolidation of pure and divine vibrations all over the globe.

There have been several instances witnessed by Brahma Kumars and Brahma Kumaris in the 1960s, where VVIPs like Presidents, Prime Ministers, Religious Heads, Politicians, Scientists, Industrialists, Female Leaders, Business-people, Educationists, and similar high ranking influential individuals, who on meeting Brahma Baba and listening to his words of wisdom, were inspired to inculcate Spiritual Values and Meditation in their lives. Brahma Baba always felt the need to guide every individual on the path of righteousness and spiritual love, and thereby become instruments of positive change.

Brahma Baba always made it known that the purest spiritual knowledge which had dawned on him were the direct revelations of the Supreme Being, Incorporeal God Shiva, which he then practised and applied to his own lifestyle. This enabled him

to experience the beauty of inner peace, and it was as though he had discovered the treasure-store of invaluable diamonds and precious stones! Without hesitation or expectation, Brahma Baba conveyed the same teachings to one and all through the Elevated Versions: *Murlis*, or in personal meetings.

Without any qualms, I wish to share with our Readers that most brothers and sisters like myself who were in search of the truth, had our thirst quenched right at the first meeting with Brahma Baba, where we received the most uplifting, and empowering *drishti* (pure and loving vision) from Incorporeal God Shiv Baba through Brahma Baba's chariot. It is significant to share that it was a very real, practical experience to have this meeting (*Milan*) with the Supreme Mother and Father, God, filled with feelings of nearness and belonging. It was like finding the most, most valuable treasure through Brahma Baba, which made us love to spend as much time as possible in his highest spiritual company. Due to Brahma Baba's constant meditative consciousness, the vibrations around him at any hour used to be so magnetic and enchanting that we would prefer to relish

those moments in super-sensuous joy, without coming into sound or even feeling the need to speak. On seeing Brahma Baba's personal example, it became 100% clear that we are on the path of righteousness and spiritual awakening, and would definitely be successful in realising BapDada's vision of global enlightenment to re-establish the Golden Age on earth, as it was in the distant past.

The month of January is considered very auspicious by all BK sisters and brothers in Bharat and abroad, who experience frequent visits of angelic Brahma Baba in a subtle way... These experiences encourage us to adhere to the path of achieving spiritual excellence in wisdom, spiritual values, and ocean-like depths of peace and happiness.

The worldwide family of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya are honouring January as '*Tapasya Maas* (Month of Intense Meditation Practice)', when we will also be inculcating new inspirations from Baba's Elevated Versions.

We have personally benefitted enormously by Avyakt BapDada's role through

revered Dadi Hirday Mohini (also known as Dadi Gulzar) that began on 21 January 1969, and was clearly recognised by Dadi Prakashmani, Didi Manmohini, Dadi Chandramani, Dadi Janki, Dadi Ratan Mohini, and other Dadis and Dadas. They accepted every word of the Avyakt Murlis as sermons of the Divine, became the embodiments of every elevated teaching, and further instilled in us faith in the same. This deep faith in Avyakt BapDada's role for 50 long, priceless years has enlightened millions of sisters and brothers from all corners of Bharat and 120+ countries. This January 2019, we shall also be honouring the Golden Jubilee of Avyakt BapDada's role, and expressing our heart-felt thanks to the dignified and powerful Shiv-Shakti, who is Rajyogini Dadi Gulzar.

We hope everyone is benefitting from the recent Gyan Murlis, and Meditation Programmes organised, especially from 1 January onwards at Abu and the Brahma Kumaris Centres all over the globe, with the aim of achieving our most desired Liberation in Life stage (*Jeevan Mukti*).

Wishing you multimillion fold blessings and Godly love from Avyakt BapDada.

—B.K. Nirwair

BABA IS HIDDEN IN OUR HEARTS AND IS REVEALED IN OUR GAZE

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan



There is not another Hall like Om Shanti Bhawan. There is so much happiness, peace and love here. Look at the picture of the cycle at the back of the Hall... so simple and yet so good. What a Hall!

A brother sang a song: Baba is the One carrying out everything and making Dadi move! No words can express our gratitude to you!

Time is short and we keep the Time Cycle of 5000 years in front of us, which enables us to become the rulers of the globe. Even in this last birth, we use royal *sanskars* and I have never asked anyone for a single penny or to do anything for her. Shiva Baba has taught us renunciation and austerity. He has given us very deep understanding of what it means to remain in ascetic practice. It is beautiful to sit in this stage and we develop an attitude of disinterest. The stage of being an ascetic helps us to do service. There is no question of 'I' anymore.

A few have gone around the world on service. It has been a

great fortune to have gone around the world. Baba taught me everything here at Madhuban. He taught us to be the male child, the heir. I have never considered myself in the female form. The consciousness of being in a female chariot has also been broken. The heir recognizes his right over the parent's property. Generally, females have not received the full inheritance from the parents. Now, Shiva Baba has made all of us belong to Him and liberated us from the consciousness of the body.

Who is Shiva Baba truly? What is He like? He is detached and yet loved by all as the most unique One. There are many founding fathers and variety of souls throughout the world, but there is no one like my father Brahma. We are Baba's sweet and dearly loved children. No one speaks loudly. We all share '*Om Shanti*' with a great deal of love and regard for each other. Shiv Baba advises us to sit in solitude and make the stage of soul-consciousness very firm.

When Brahma Baba was here, he indicated that there

should be a big hall in front of Pandav Bhavan. There was no doubt that every word of Baba would come true and that the words '*Om Shanti*' would be heard all over the world. These two words, Baba and *Om Shanti*, we need to hear around the world to give Baba's introduction to others. Does our faith reveal Baba to the world? Do we show the right direction to others?

It is not the fault of those on the path of devotion that they call God (Shiva Baba) omnipresent. Baba is hidden or merged in our hearts and revealed in our gaze (*drishti*). Baba hides Himself in our hearts. He is sitting in our hearts, isn't He? Show the world what our Baba is like. Many say, "Dadi you don't speak of anything else. This is good, isn't it?" There is so much of eternal joy and comfort in speaking of Baba only. The words we hear from *Avyakt BapDada* is beautiful and the words we hear through the *Sakar Murlis* reveal the effort that Baba made, living with truth.

(Contd. on page no. 31)

PERSONAL RE-ENGINEERING: THE KEY TO SELF-TRANSFORMATION

–B.K. Sujoy, Durgapur (W.B.)

Most of us are not aware of the qualities we possess and, therefore, seek the strength from outside. Imagine someone hands over a coconut to us and we had never seen one before. We judge it by its outer appearance and throw it away, being totally unaware of the nourishment and sweetness inside it. Accessing and developing our inner qualities is a process, which we call 'Personal Re-engineering', i.e., to know ourselves accurately. And to know ourselves accurately, we need to be aware of our own inner potential and develop new skills and powers, essential for effectiveness in the present environment.

As the present environment becomes more unpredictable, it also becomes quite challenging to move confidently and powerfully through self-transformation. Personal re-engineering or the accurate awareness of our inner powers and to develop a clear focus, will-power and capabilities are the three important ingredients, which help us to bring the fundamental transformation in

the self.

Clear focus is required to guide our life activities on the basis of a clear sense of purposes, values and vision. The will power or the motivation and enthusiasm to introduce and sustain the actions, and the capabilities or the skills and abilities to fulfill the purpose and goals, help us to endure the changing situations.

If any of the three is lacking, we will fail. We may have the clear focus and also the capabilities; if we lack the will power, we may bring about the change but, probably, we will not be able to sustain the effort as we will be lacking in will power. Similarly, we may have the clear focus and have the will power as well, but if we lack the capabilities then, too, we would not be able to succeed as we lack the necessary skills and talents to achieve the ambitions, which are beyond our reach. Likewise, we may have the will and even the capabilities; but in the absence of focus too, we would not be able to succeed as we are so unclear about what we are doing and, thus, we shall simply exhaust ourselves and

run out of energy.

Therefore, all the three ingredients are needed together. But, how can we develop these three qualities and execute them for the purpose of self-transformation? The answer is 'Personal Re-engineering'.

When we start the personal re-engineering or the self evaluation of our inner core, we get focused. If the focus is powerful and based on a very deep sense of our inner purpose of life, it will provide us with the will power. If we have a clear driving focus in life and a lot of will power to back it up, we will soon develop the skills and capabilities, we need to make self-transformation happen.

The motivation for self-transformation is something that comes from within. Nobody else can aid or motivate us but ourselves. Of course, transformation demands constant practice. To achieve success in anything, it is important that we constantly complete what we have begun. With a constant and dedicated practice, even the impossible becomes possible.

Transformative meditation is an effective tool to make this impossible possible. In this kind of meditation, we invoke God's purifying powers when we sit in meditation in a detached state, in silent contemplation.

(Contd. on page no. 12)

HAPPENINGS ARE ALWAYS GOOD

–B.K. Dr. Swapan Rudra,
Durgapur (West Bengal)

We often say, what happened was good, what is happening is better and what will happen in future, will be the best. Perhaps, for this reason, we say that God is always good. Then, one can raise this question: “If everything is good, why do we feel pain or agony in many incidents in our life time?” Whatever may be the feeling – good or bad – that is temporary, nothing stands for all times. Continuous happiness or pleasure is not possible for any human being at this point of time. One, who can keep oneself smiling all the time, is really an exceptional personality in the present world. Such type of human being is discovered by the people when there seems to be a spark of positive mentality in them. The law of attraction describes that good thing attracts good and bad attracts bad. But, still the happenings are always in the right direction. Good and bad are also relative to the situation, perspective, place and time. Besides this, many times they are explained, depending on the mental state of the persons and their inner desire concerning profit or loss.

No incident comes back or repeats second time within the

same *Kalpa*, but the forwarding process through further lessons is being continued. Actually, we are within an Eternal World Drama (EWD) each having a time span of 5000 years of repeating cycles. Good is certainly good if it is not creating any negative impact on anyone’s mind and, at the same time, bad is not always bad; because some good things may be hidden in it. There is a particular direction of each *Kalpa* in its cyclical path. No one knows this direction, but just unknowingly moves towards the way, as destined in the time wheel. What we think a few minutes or hours back, may not always happen, though it was supposed to be in right direction. But, always some subtle things work beyond our thoughts. Thus, when advance thinking does not match with the practical moment, generally, happenings come with embarrassment and sufferings. Still, it is drama and we have to accept the same, because that unprecedented incident is also to be treated as good. Whatever may be the happenings, time never stops its journey in its own direction. As a whole, the drama wheel can never be otherwise deviating from its own path. If

the complete cycle is good, every moment is also good, inspite of the happenings, which are not desired by us.

So, we have to go deep in each event or situation, coming in our life. What is seen or shown outward is not always true; some hidden factors are always there in the mind. The cause and effect are interconnected and there is relationship between the two in the form of effort and reward. Actually, time has no limit when the human being remains in the being (soul) state, our earthly time is related to the rotating speed of the globe. Though we are restricted in bodies, but the soul within a body is multi-dimensional; hence, as human beings, we are unlimited. The past actions in the form of *sanskars* remain hidden in the subconscious layer along with a symmetry in the 5th dimension. All the records in memories are five-dimensional charts in our reincarnation or *karmic* cycle. All of our lives in past, present and future are being lived at the same moment but at different frequencies. Thus, our past lives are occurring right now on a different frequency along with the present and future. As a result, every moment is valuable and it is linked with its past and future. Therefore, betterment in life lies in the discovery of the self, while passing each and every moment of life. ❖

DOES SUFFERING MEAN GOD DOESN'T EXIST?

—B.K. Rose Mary

Many believe that if God doesn't remove suffering from earth; then, it means He doesn't exist. Such meaning arises in the mind of people, who have formulated the belief about God that He should remove suffering and ensure good results even from bad choices they make here on earth. Is this interpretation of God's existence and suffering correct?

Suffering is interpreted differently because cause is not easily known, or is known to a very few people. For example, people were taken by surprise when a great flood hit India's southern State of Kerala (having a huge population greater than even Australia) in August 2018. The environmentalists and scientists in Madhava Gadgil Committee had warned before seven years in advance that this flood would happen because of the factors such as "illegal mining, deforestation and massive encroachment of river fronts in the State." (<https://www.downtoearth.org.in/news/kerala-floods-government-was-warned-long-back-but-it-chose-to-ignore-61420>).

Anything that happens is part of a process, and behind any suffering, there will be some reasons or a trail of reasons. When a building goes into flame, a short-circuit is often blamed. But, short circuit is caused by various factors such as faulty insulation, loose connections, household pests, old or broken appliances, etc.; and all these reasons point to human negligence. Similarly, cause of poverty and malnutrition of children and their resultant suffering could be seen in the materially poor and ignorant parents, who carelessly bring into their lives many children in contrast to many rich people, who can afford to have any number of children yet often limit the number of children to the minimum, may be one or two. For example, Nehru was a rich man, yet he chose to have only one child, a daughter, whom he reared so well that she became India's Prime Minister for four terms. If all parents choose to limit the number of children to the minimum and provide effective and focused attention to them, they would be an asset to the society in contrast to the

many children born to poor parents; and those children are not taken well care of and finally become criminals or antisocials.

Then, there is suffering caused by various diseases. In reality, disease is a part of a mechanism that acts like traffic signal STOP. It tells us to choose a better path or lifestyle that brings health rather than the one we are following. No disease occurs without any reason – some reasons are known and some are not. Even when some know that certain habits (such as smoking, drinking, alcohol, etc.) invite diseases, they still continue with it. Then, there is the case of eating more than needed. When a part of human family suffers from poverty, about 5.5 billion people – up to 76% of the world's population – are 'overfat', which invite various diseases. Many simply mislive or follow a mass psychology—they do it because others do it even when it is against the most well-known truth. For example, every living being knows that killing is wrong and they manifest this knowledge by trying to run away from the predator or killer. Yet many humans kill inferior species, eat their flesh and make a celebration out of their suffering. Even though they are fondly called non-vegetarian; in reality, they are eating the flesh of other living beings, which is the violation of the very first

law found in the first book of *The Bible* (Genesis 1:29), which is the scripture for the Jews and Christians. Like any other violation of law, this too will have its ill-effects, as outlined in the book “*Poisons in Your Body*,” written by Mary and Steven Null. Look at the damage just this one non-vegetarian human habit causes besides health hazards: It is “an area 1.5 times the size of the European Union” is being wasted for animal farming, according to the World Wildlife Fund (WWF). (<http://www.independent.co.uk/news/science/meat-eating-destroying-planet-report-warning-a7985071.html> dt 4.10.2017).

Contrast the experience of a dog that was forced to live on vegetarian diet because its owner was vegetarian. “Bramble”, a blue merle collie, lived in the UK and held the Guinness World Record for being the oldest living dog at the time.” (<http://www.realfoodforlife.com/vegetarian-dog-lives-to-189-years/>)

What you feed your mind can also bring suffering. Every time you bring negativity into your life such as lust, anger, greed, hatred, ego, etc., you create a biochemical reaction in your physical body, which progressively weakens/destroys your immune system and your health. This means that things

and happenings get attracted to a person according to what he is, not according to what he desires. The Law of *Karma* operates accurately according to one’s thinking, or choices one makes; hence, it makes no mistake. Researchers from the universities of Coventry and Radboud, through 18 studies – featuring 846 participants over 11 years – found that relaxation activities such as meditation improves “physical health by causing observable molecular changes in the form of differential gene expression.” (<http://journal.frontiersin.org/article/10.3389/fimmu.2017.00670/full>)

Simply put, stress (which is one’s choice) causes molecular reactions in DNA, thereby resulting in various diseases; and relaxation activities (which is one’s choice) such as meditation reverses molecular reactions in DNA, thereby bringing cure for many diseases. DNA is like a language in the heart of the cell, a molecular message, a set of instructions telling the cell how to construct proteins much like the software needed to run a computer. Such orderly molecular reactions and reversals take place under instructions, and instructions are to be provided obviously from a superior source, the soul, as it is “the creator and governor of the realm of matter” or body. (*Nature*,

July 07, 2005). Thus, the soul is responsible for what happens to a person – whether good or bad. The renowned American author Luise L Hay first cured her own cancer through positive affirmations and visualization in meditation and dedicated her life to propagate this concept worldwide. She used to tell her audience that one can even choose the way one wants to die, such as to die peacefully in sleep. And it proved true in her own case because “she passed away peacefully in her sleep on August 30, 2017.” (*Life Positive*, October 2017, page 17). Thus, whether one is aware or not, one’s soul is the cause for whatever happens to him/her.

Look at the wonderful mechanism contained in seeds. Each of all the species (about 8.7 million) on earth reproduces only its own kind, which shows how perfectly the natural laws are working. Suffering and wellbeing are like two sides of a coin because wellbeing results when laws are observed and suffering results when laws are violated; thus, both suffering and wellbeing are the works of the same laws. For example, in skilful cooking, delicious dishes are produced, which means some laws are perfectly observed or obeyed. In careless cooking, what you cook is burned, or food item is turned

black into carbon, which again means some laws are at work. [Living things contain the element carbon; hence, anything that was once alive that you cook and subsequently burn, will turn black and the charred material will definitely contain the element carbon.] In reality, every happening is neutral as everything is a flow of events with one thing leading to the other, under the influence of many factors and forces. "In nature, there are neither rewards nor punishments; there are consequences," stated Robert Green Ingersoll, the American lawyer.

We all were born into a world of laws, which points to the existence of a great Law-Giver, who is God, our Supreme Father. Thus, it is pointless to say there is no God because there is suffering in the world. Laws are for our wellbeing. It is the violation of those laws that creates suffering, and it is our ego that causes violation of those laws. When one's thinking is healthy and positive, there is corresponding effects on one's body, which is made of five elements – earth, water, fire, air, ether. When thinking of all humans becomes healthy and positive, there would be



corresponding effects on environment too, which is also made of the same five elements. This is why many cultures say there was paradise and healthy ecosystem in the beginning because people were filled with good qualities (*sadguns*) and later that paradise was lost because people became diseased in their thinking or began to mix bad qualities (*durguns*); and, thus, the world began to be called *duniya*, which means the place where law/logic no longer rules over the lives of people but *durguns* rule over the lives of people, and it threw the perfect ecosystem out of balance, thereby paving the way for various forms of suffering.

Looking at the sorry situation of the second half of the world history, if one says there is no God, it is like saying there is no manufacturer for a vehicle, which is broken in an accident. Without knowing the above facts, the philosopher David Hume wrote this statement about God: "Is He willing to prevent evil, but not able? Then, He is impotent. Is He able, but not willing? Then, He is malevolent. Is He both able and willing? Whence, then is evil?" (*Dialogue Concerning Natural Religion*). He is not aware that God, the Almighty, gives a perfect start by establishing the Golden Age, which, then, goes through degradation on man's choice and

finally reaches the Iron Age, and the World Cycle repeats every *Kalpa* (a period of 5000 years).

If suffering is the result of violation of some laws performed knowingly or unknowingly, 'why many people, including good people and even children of all ages, die simultaneously in natural calamities? Does this show that at least some die for no reason; hence, there is no justice or no God? This question will be dealt with in the next issue. ❖

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

Transformative meditation means to absorb divine light and energy, which cleanses the soul of all old *sanskaras* acquired through our wrong identification with the outer physical body. This is the stage of melting away all unwanted elements from within. Transformative meditation teaches us that self-transformation takes place when we achieve such deep and silent meditation. It melts negativity, bad *sanskaras*, weakness, lack of understanding and false ego, and thereby transforms us into a positive, pure and more self-realized being.

Hence, personal re-engineering by transformative meditation makes the task of self-transformation apparently easy and effective. ❖



MY LOVELY AND LOVING BRAHMA BABA

– B.K. Shiv Kumar,
B.K. Colony, Shantivan

In the *Kalpa* of 5000 years, many special souls descend on this World stage, who, by performing some unique tasks, leave fond memories behind them and perform a great world service through their thoughts, words and deeds. Amongst them, here, we would focus on a special soul of this Eternal World Drama, who surrendered his all for the sake of world service and made himself the world servant. He is the one, who, through his sacrifice, penance and service, thought for the benediction of humankind; the one, who by thinking beyond the religion of his birth, kept good wishes for the entire world. He was *Pita Shri* Brahma Baba, whose erstwhile name was Dada Lekhraj. Suddenly, at the age of 60, there was wonderful transformation in his life when Incorporeal God Shiva Himself made him His corporeal medium at the time of extreme downfall in the state of souls, world and nature, when people had almost forgotten their true identity as well as that of God and had become miserable. God Father Shiva, the Ocean of Knowledge, started bestowing Godly knowledge through Brahma

Baba's lotus mouth and renamed him as Prajapita Brahma. Brahma Baba, under the directions of the Incorporeal God Shiva, established *Om Mandali* in 1937, surrendering his body, mind and wealth, and got 350 brothers and sisters, dedicated for Godly service and gave them divine sustenance. The same small sapling has, today, grown into a big human genealogical tree and has been manifested in the world as Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya. The qualities and virtues of Prajapita Brahma by remembering which one's eyes start flowing with tears of joy, have been explained here as follows:

Divine Vision of Incorporeal God

When I got the introduction of this Godly knowledge 28 years ago, after *Murli* classes, we would sit in Godly remembrance. While sitting in meditation, I would experience the presence of *Avyakt* BapDada. It was only later that we saw the photo of *Avyakt* Brahma Baba, after having attained the stage of completion and perfection. I felt as if Baba in angelic form was

loving us and I experienced a unique powerful vision (*drishti*) from him.

I received the *drishti, toli* (sweet) and blessing from *Avyakt* BapDada. Even today, *Avyakt* BapDada (Shiv Baba and Brahma Baba) give the same sustenance through the medium of Dadi Gulzar as before and make their children complete and perfect through their *Sakaash* day and night; they are liberating the souls from sins and purifying them through their powerful *drishti*; blessing them through their lotus mouth; feeding *tolis* through their lotus hands. This scene is very wonderful, which is experienced only by multi-million fortunate souls just once in the *Kalpa*.

The *Sakaash* during *Amritvela*

Ever since I became Baba's child, I never had even a single thought of missing *Amritvela* meditation. Baba wakes me up exactly at the time I plan. It would be relevant to mention here a wonderful experience. Once, I had to get up at 2 a.m. to catch a train at 2.30 a.m. It was winter. I had the thought of setting the alarm, but suddenly, I talked to Baba, "Daily, you wake me up at the right time; please wake me up today also." And, it was wonder of the sweetest Baba that He got me up at 2 a.m. sharp. After freshening up, I caught the train and participated in a program, which began with

the morning *Murli* class by Dadi Chandramani.

Service through the Subtle Body

Even after attaining the stage of completion and perfection and having left the mortal coil, lovely Baba has been giving the services through subtle body for last 50 years; he is giving messages through the medium of trance messengers; he is giving sustenance to children by all means; he is telling about the visions of future; making the children from India and abroad to have divine visions. He has been serving as the medium of the Supreme Soul, God Shiva, by solving every concern of Godly *yagya*. He is also paving the way for children's progress.

The Greatest Example of Sacrifice

There cannot be a greater sacrifice than the one made by Brahma Baba, who sacrificed his entire assets, his own body, the subtle thought power of the soul and surrendered the entire family to the Godly service, without worrying about future and bequeathed everything to a committee of five sisters known as *Om Mandali*. After having surrendered the wealth, he didn't even touch it.

In fact, it was not only the sacrifice of Baba, which was substantial but his thoughts, words and deeds also reflected the feeling of immense

abstinence and renunciation. Like a mother, he used to first feed the children, then only he would feed himself. Even during the midnight, he would make sure about the comfort of the children who had come from different parts of the country. He surrendered his all for the *yagya* service like Dadhichi *rishi*, and, attained the stage of completion by leaving this world like a liberated bird.

His Wonderful Sadhana

When we listen to the experiences of Baba's *sadhana* from the lotus mouths of Dadis, we come to know that Baba's practice of remembering Shiva Baba was so wonderful and beautiful that he used to wake up early at 2 a.m. and got lost in His remembrance. The light of Shiva Baba of his room would always remain on as he would contemplate on Godly knowledge and, thus, would prepare the new treasure of jewels of knowledge.

Despite having no source of guidance in corporeal form, lovely Baba had accommodated Shiva Baba in his mind and heart, as his forehead would reflect an aura of purity and divine light. He made each second of his life successful in God's love; always thought of world-service and gave inspiration for making fortune through his every action. The last chapter of *The Gita*, which highlights and emphasizes on

Nashtomoha Smriti Labdha, had become the practical part of his life. He, thus, made his own life exemplary.

Immense Respect for Womankind

In the beginning of *Om Mandali*, the sisters in the age group of seven years to 22-23 years, started coming in large numbers. Baba gave them immense respect and sustained them with lots of love. He grew them from small to big and took care of their education, food, etc. In other words, he transformed them from tiny saplings to trees, blooming with flowers, fruits, etc. Despite being the eldest in terms of age and experience, he praised Jagdamba Saraswati and other mothers and sisters; and, thus, made them capable of performing Godly service and giving sustenance. In this way, he paved the way for their progress by giving them motherly love.

In today's colourful world afflicted with vices, Baba turned impossible into possible by giving a spiritual loving sustenance to 350 mothers, sisters, spinsters and made them capable of performing world service and, thus, made them embodiment of divine powers. It is Brahma Baba's loving sustenance that, today, at many big places, despite living alone in some cases, Brahma Kumari sisters have been performing the great task of

spiritual service and thereby liberating the society. Such was the spiritual personality of Brahma Baba.

The Feelings of World Benediction

Brahma Baba had spiritual love towards every soul of the world. Baba never thought narrow; he had unlimited perspectives. He didn't think for the betterment of India only, but whatever vision he gave in the *Murlis*, it was from the unlimited outlook, e.g., sometimes he would speak in *Murli*, "In near future, children from Bharat as well as abroad would come to receive the inheritance of fruition from God. Therefore, there must be adequate arrangements of their boarding, lodging, etc."

Sometimes, he'd say that huge ingredients of jewels of knowledge would go to foreign countries, and there would be immense propagation of this Godly knowledge there and many souls would spend millions to come to India, which would become the best pilgrimage for them. Such was Baba's spiritual, loving unlimited vision for those people, who came from different corners of the world to learn Rajyoga in order to attain true peace of mind and to meet God.

Unlimited Auspicious Thinking

The lovely and loving Brahma Baba gave love and affection to

labourers and to the people of even backward categories, as he gave to his children. He fed *toli* to them with lots of love; tied *Rakhis* on their wrists and gave them pocket money and enquired about their welfare. His love was specially for those, who were thirsty of true spiritual love.

Sometimes, he would say, "Child, give *sakaash* (vibrations of peace) to the five elements of Nature; you have to purify these elements also because these very elements will serve you for 21 births and give comfort to you."

Not only this, Baba had so much love for the innocent and poor mothers of villages and would accept their offerings for *yagya* such as a handful of rice, and even small amount of money with lots of love and would praise them a lot. Whoever met him or even heard of experiences about him, can never ever forget his unparalleled spiritual love.

Experiences of Four Places of Pilgrimage

As soon as we reach Madhuban, the *Karma Bhoomi* of Brahma Baba, we experience deep peace and power. His memorial, the Tower of Peace, makes us experience the stage of flying.

Even, today, when one sits in four places of pilgrimage – in Baba's Room, History Hall, Baba's Hut and Tower of Peace

– the soul becomes powerful. In a few seconds, one experiences the angelic stage. In fact, every iota of Madhuban is filled with Baba's memories. For every soul of the world, Brahma Baba's *Karma Bhoomi*, the land of his world service, is the holiest place of pilgrimage. I wish that every soul of the world, at least once, must visit the land of the bestower of fortune – Brahma Baba – and experience the communion with the Supreme Soul, God Shiva.

Still Receiving Avyakt Sustenance

Forgetting their physical religions, seeing the world as one family, around 11 lakh brothers and sisters living in households, are receiving sweet sustenance from Shiva Baba through the medium of *Avyakt* Brahma even today; they are experiencing super-sensuous joy and bliss by meeting Him and listening to His sweet auspicious Godly versions. Around 30-35 thousand brothers and sisters, living the life of surrendered BKS, are, now, giving the Godly messages to the entire world. All are making sincere efforts to establish one true religion through oneness. People of all religions are collectively doing the greatest charity of world service, the basis of which is the loving sustenance of BapDada. ❖

THE GOLDEN JUBILEE OF AVYAKT SUSTENANCE AND MURLI REVISION (JANUARY, 1969 – JANUARY, 2019)

–Khem Jokhoo, Trinidad

Thirty three years of spiritual sustenance through the corporeal form of Prajapita Brahma ended on 18.01.69 and fifty years of *avyakt* sustenance through the angelic *avyakt* form of Adi Dev Brahma have been experienced since he left his corporeal form. This subtle *avyakt* sustenance will continue until the end of the cycle, which coincides with the end of the *avyakt* role of Adi Dev Brahma and the first moment of Krishna's birth. Although this *avyakt* role is mentioned in *The Gita* (c9v1) as *Nirguna Brahma* and *Sakara Brahma*, no one in the path of devotion can discern, understand and explain this unique event. Even the Rajyoga students of Prajapita Brahma became very perplexed, as they had no prior knowledge of this *avyakt* role in the subtle region. They literally believed that Prajapita Brahma would physically remain with them until the end of the cycle.

Shiva Baba explains about Avyakt Role in Avyakt Murlis (AM): 21.01.69

On 21.01.1969 three days after 18.01.69, Shiv Baba explained, "The part being enacted at the present time is

the method to make all of you *avyakt* very quickly." Shiva Baba told the children that those, who were stable in the *avyakt* stage, would have experienced that Brahma had attained the angelic *avyakt* form for months prior to 18.01.69. Shiva Baba knew that an ocean of upheaval had begun in the minds of some children and calmed that upheaval by reminding them that the part of establishment through Brahma is for a span of 100 years and he will complete this span in his angelic *avyakt* form.

Avyakt Sustenance - the Destiny in the Drama

The *Avyakt* sustenance from a subtle body of light is easier and faster than sustenance through the corporeal form. There was the need to spread this knowledge throughout the world. Therefore, the part of *avyakt* sustenance was said to be the destiny in the drama, as Brahma Baba would become unlimited to ensure that every soul receives this spiritual knowledge.

Prajapita Brahma as Adi Dev in Avyakt Role

On 21st January, 1969, *Avyakt* Brahma Baba was sent by Shiva Baba to meet the

children for the first time after experiencing the *avyakt* form. The time had come for the children to make the *avyakt* stage natural. The formal course of knowledge was completed in the *sakar* form and this was the beginning of the revision course as we are presently experiencing. Shiva Baba told the children, "The body of Brahma had been fixed and so the *Murlis* that were spoken through that body will always be the *sakar Murlis*. There is magic in the *Murlis* of BapDada. So, you now have to revise all the *Murlis* that have already been spoken." Shiva Baba said this because *Murlis* are the main form of spiritual sustenance for the children.

Brahma Baba told the children, "Only my children, who are stable in the *avyakt* stage, will understand this event of seeing him (Brahma Baba) in the corporeal (*vyakt*) form or the subtle (*avyakt*) form? Are you in the corporeal or the subtle stage? If you look whilst in the *vyakt* stage, you will not be able to see the father. Today, I have come to meet you from the subtle region." By taking your own *avyakt* form and receiving blessings through *avyakt drishti*, you become the embodiment of remembrance permanently; you become the embodiment of power. So through *drishti* learn the language of *drishti*.

**The Difference between
Avyakt Drishti &
Corporeal Blessings**

Shiva Baba in *Avyakt Murli* (11.11.85) says, "The word you use is "avyakt" and yet your desire is to experience the meeting in the corporeal. Now, become *avyakt*, destroy all attachments, maintain the consciousness of One, that is, become the embodiment of remembrance." This is the basis to pass in the final examination of being the conqueror over attachments and the embodiment of remembrance.

Through "words" and through "drishti", both forms of meeting can give the experience of blessings. Therefore, now stabilise your consciousness in the subtle stage and experience all blessings through the *drishti*. Otherwise, in seeking to listen, you may miss the importance of *drishti*.

Experience claiming all rights and all blessings simply through *drishti*. The more that you stabilise your consciousness in the subtle stage, the more you will be able to catch the language of *avyakt drishti*. "A blessing received through *drishti* is a blessing of permanent transformation, whereas the blessing that comes through words is sometimes remembered and sometimes forgotten," said Shiva Baba.

Shiva Baba continued, "When

you hear the *Murli*, you feel that you have received power. In the same way, have you the practice of experiencing the attainment of power through your *drishti*? As you progress further, there won't even be time to give anyone an introduction through words and there won't even be those circumstances, and so what will you do then? Those, who are bestower of blessings and great donors, will give a great donation and blessings through their *drishti*. The power of peace, the power of love, the powers of happiness and bliss are all attained through *drishti*."

**The End of the Avyakt
Role of Adi Dev**

The moment that the *avyakt* role ends, it coincides with the prenatal role of Krishna in the fetus of the mother. This auspicious moment in time is the commencement of the new cycle as stated in *Sakar Murli* (SM: 28.07.2001), "From the moment the Krishna soul comes down and enters the womb, he has to play the part of 84 births in 5000 years. Just as you celebrate the birthday of Shiva Baba when He is sitting in this one, when the Krishna soul enters a womb, there is movement and the calculation of 5000 years begins from that moment."

**Avyakt Sustenance
Creates the Golden Age**

The *Avyakt* sustenance can be taken when you are in the *avyakt*

stage in the *avyakt* form from Brahma Baba in the subtle region and this includes godly sustenance of blessings, visions, trance, *murlis*, *sakaash*, and touching and catching power. This can be attained at regular intervals during the day although the most beneficial time is at *amritvela*. With this practice becoming quite constant, your *drishti* becomes most powerful and you emerge your Golden-Aged *sanskars*. When your vision (*drishti*) changes, the world (*shristi*) will change and when your eternal *sanskars* emerge, the Golden Age will be created.

**Avyakt Sustenance &
Corporeal Sustenance**

In the beginning in *sakar* form, Brahma Baba did not even realize how powerful his *drishti* became when Shiva Baba was with him. It is said that when his *drishti* fell on people, many instantly closed their eyes and went into trance and had visions of their special deities and particularly in Krishna. He was confused at first why people would close their eyes on meeting him until they explained to him what took place and, then, he came to know the power of *drishti* through this experience. Shiva Baba said in (*Murli*: 03.03.07), "Change your *drishti* and you would change the world."

Become an Image that Grants Visions

In (*Sakar Murlis*: 28.05.07) Baba says: "Really, some of these daughters are not clever at all! If someone must be uplifted, I enter the child and uplift that person. I must enter an impure body in the impure world. Therefore, in order to bring benefit to someone I even enter some children. Some children do not understand this, whereas those, who listen to them, become cleverer than they are. It is because of the Father's help. One thing is that there is faith in the intellect, and, secondly, they receive *drishti*."

The Advance Party souls received *avyakt* sustenance as well as do "*avyakt* service. In *Avyakt* message of 25.08.08, Dadi Prakashmani said: "Baba emerges me in the subtle region every day; sometimes during *Amritvela* and sometimes a little later. I come to meet Baba in the subtle region every day. Baba also emerges the special souls of the Advance Party. We receive a lot of *sakaash* from Baba's *drishti*." Then, I asked Dadi: "Dadi, how does Baba send you on service?" Dadi said: "The majority of times, Baba makes me emerge in the subtle region every day and inspires me to do service from there, not through the birth that I have taken now. Baba emerges me in the subtle region and, sometimes, He takes me with Him and, sometimes, He gives me the experience of how to give rays from the subtle region."

The destination of Rajyoga practitioners is very high and incognito. It takes intense concentration of the mind to listen to this knowledge and it takes a golden intellect to inculcate it. It also requires incredible faith to believe this knowledge and this is the reason this knowledge must be experienced, as it cannot be proven in a laboratory. These are subtle and deep incognito matters and it takes a clean and clear intellect to discern it. ❖



GOD FATHER – THE CREATOR, DIRECTOR AND PRINCIPAL ACTOR

– B.K. Sapna, ORC, Delhi

Follow the God Father
in the same ways of Brahma,
Remember Him day and night
and do your *Karma*.

He gives the divine powers and courage,
I like Him and His Incorporeal image.

He is the Almighty Authority
and World Benefactor;
He tells me every time, "My sweet child,
Always maintain your good character."
He makes me deity and lord of Paradise,
He also likes me very much and
gives all expertise:

This is what I ever like and practically
realise.

He has a broad heart for all,
He is the Creator of the world and
Supreme Soul,
He is the Highest of high,
Who stays far beyond
the limits of the elemental sky.

Being Bodiless,
He has neither hands nor feet,
Yet He does and makes others do with all
merit.

He is my Supreme Father,
most beautiful and sweet,
He is also the Director and Principal Actor
In the Eternal World Drama and
plays His role as perfectly fit.

18th January: 50th Ascension Day

THE ANGELIC PRAJAPITA BRAHMA BABA: THE GREAT GREAT GRANDFATHER OF THE HUMANITY



–Dr. B.K. Narsaiah,
Gyan Sarovar, Mount Abu



With Brahma Baba
Dr. B.K. Narsaiah (3rd from left)

In *The Gita*, God, the Supreme Soul/Spirit Himself, says that whenever the righteous code or *dharma* declines or is violated, He comes to renew the world. He also makes it clear that He incarnates in an old, aged human body and does not take birth through a mother's womb but comes by entering in another's body, which becomes His body-chariot for enacting His noble roles of Generation, Operation and Destruction. In 1936, Dada Lekhraj (later renamed as Prajapita Brahma), had some visions/ revelations of the oncoming world destruction followed by those of the new golden era that would be established by the Incorporeal God, Supreme Soul, through him. These visions and his role were not clear to him unless and until the Supreme Himself incarnated in him and revealed to him his new role of Prajapita Brahma, the great grandfather of the humanity, who is made the instrument of Godly service by God.

The 18th January is the 50th Ascension Day on which Prajapita Brahma Baba shed his

mortal coil and ascended into the angelic subtle region after attaining spiritual perfection in his spiritual journey. After initiating the work of world-transformation on the earth and generating a new wave of spiritual change here, the Angelic Brahma is at present



guiding the human souls for the new viceless world, the Paradise. On this day, I take the proud privilege of commemorating him by mentioning below some of his stating qualities because I personally have been impressed by his unique personality and also have been sustained by him spiritually with his endearing love, care and nurture:

Embodiment of Renunciation

Brahma Baba surrendered everything of his personal belongings instantly at God's

command to serve the world with body, mind, spirit and wealth. The renunciation of his self for the greater benefit of others has been a great example of spiritual regeneration, rejuvenation and rehabilitation of many souls. He devoted his full time even sacrificing his rest and happiness for the betterment and welfare of others, who are in need of his special service at this time. He has to respond to their desperate SOS (Save Our Souls) calls to enlighten them with spiritual knowledge, values, spirituality and meditation.

An Exemplary *Karmayogi*

He was a perfect example of balance of service (*seva*), action (*karma*) and meditation (*yoga*) during the regular routine works in his spiritual life. He remained merged in loving remembrance of God even while interacting with others. He achieved the angelic *Avyakt* stage, even while being engaged in spiritual intercourse with others in *Vyakt* atmosphere of the physical world. Brahma Baba appeared to them in complete transparent bodiless angelic stage and inspired and enlightened many

souls, who were the inquisitive seekers of spiritual knowledge and Rajyoga meditation.

Embodiment of Selfless Service

On the basis of the slogan "Service to mankind is service to God" in the world, he became the embodiment and example of selfless socio-spiritual service to the human souls of the world as he did this voluntarily without expecting anything in return from anyone. Even after surrendering everything to *Om Mandali* - a Spiritual Service Trust - for the larger service of the humanity, he had not spent a single pie for satisfying any personal selfish motive of his own self or of his family members. He led a life of great simplicity, immaculate purity, utmost generosity of heart and loyalty to God's noble and divine task, thereby becoming the embodiment of selfless service.

The Great Great Grand Father of the Humanity

After being renamed as Prajapita Brahmaby the Incorporeal God Father Shiva, he undertook for himself the task of fostering the adopted children as the sole fostering father of the humanity along with Jagadamba Saraswati, the World Mother. He undertook this spiritual task of caring and sharing them with such a tremendous caution and responsibility and love that all the souls, who come in contact with

him, felt the ethereal and blissful feelings of selfless love, mercy and forgiveness in his person. They addressed him with the loving words "*Mera Baba*" automatically as they all got quite impressed with his amiable paternal cares, sweet and soothing behaviours. As a result of this spiritual fostering of souls as the father of the humanity in the transitional *Sangam Yuga*, he is also destined to foster the Deity World in Heaven as the Emperor of the Golden Age in the form of Vishnu. For this highly significant and universal role of Prajapita in bestowing equal love and spiritual succour to souls of all cultures, communities, religions, languages, nations, creeds, faiths and beliefs, he was appropriately regarded as the father of the humanity by all. In this role, he spread the unique vibrations of the spirit of 'unity in diversities' and that of "One World, One Family".

Unflinching Faith in God

His unflinching faith in God was the cornerstone of his complete surrender to Incorporeal God Father Shiva and His task, his quick transformation in spiritual path and his exemplary and unique spiritual leadership. He took no time to take a quantum leap from the life of diamond merchant to become a



spiritual pioneer in spite of many oppositions and adversities. Those, who opposed him, labelled him as a fake god man enticing women and youngsters with a strange and abstruse knowledge that threatened to pull apart the traditional, normal way of life, which was considered and lived by the people. He faced malicious slanders, organized protests, court cases, damage to his property, and even a plot to kill him; but, he remained calm, fearless and even sympathetic to his opponents facing them with a spirit of equanimity. Being entrusted to God and His task with his complete surrender with thoughts, actions and decisions, he never nourished any doubt, hesitation or dilemma in any trying situation.

Inculcation of Values and Virtues

Prajapita Brahma inculcated values and virtues like truth, peace, love, purity, compassion, forgiveness, help, co-operation, contemplation, optimism, endurance, patience, diligence, tolerance, abstinence, self-control, economy, charity, nobility, dignity, integrity, spirituality, etc. He maintained balance between love and law for setting high standards of disciplined life and conduct by exemplifying it. He focused on imbibing the highest-level purity

(Contd. on page no. 22)

NEW YEAR, 2019 TO LEAD US TO HEAVEN: A NEW WORLD OF GOLDEN-AGED PARADISE

—Major B.K. Bharat Bhushan,
Mount Abu, Rajasthan

Every New Year brings new thoughts, inspirations, zeal and enthusiasm in order to do something strikingly new with a difference from what is old, past and bygone. It opens up a new vista of visions, a panorama of new ideas, a host of noble ideals, a bunch of new strategies, a package of new principles, etc. for a person, who is ready and prepared to start a new venture. The New Year is a source of new inspirations to help him/her to march ahead in a path of new progress, prosperity and success. It is also a time for us, the spiritual children of the Incorporeal God Father Shiva, to take the golden chance of preparing ourselves through our personal spiritual efforts to do something new, noble, ideal and exceptional because the New Year, 2019 is to lead us to Heaven, a New World of Golden-Aged Paradise. In this auspicious time of the New Year, it is a golden chance for us to do the following:

Let us Think New

It is rightly said that past is past, old, dead and gone. If we

only think of the past, we will draw ourselves to the past memories. Repeating the past memories won't allow us to see towards the new vista of new thoughts, ideas and visions; therefore, we will remain confined to where we were once upon a time long, long ago. To be present in the present and think for the present and future, we have to cut off our mind from the past and think something new according to the Incorporeal God Father's Divine Plan, which He has set before us.

Therefore, let us think of noble instead of ignoble; because we wish to be noble. Let us think of civil instead of evil because we like to become civil and avoid evil. Let us think of good instead of bad as we aspire to be good and do good. Our words and actions flow from the type and nature of our thoughts; therefore, it is imperative for us to take care of what we think.

Let us Speak New

Our thoughts are the seeds, which grow to become words and actions. To speak new, we have to change the old pattern of our

thoughts. First, we think, then we speak. For example, if we think of scolding someone, we will speak abusive words to him/her; but, if we think of loving someone we will speak loving words to him/her. It is a natural corollary of speech flowing from thought.

Therefore, let us speak sweet words to anyone and every one we meet while we come in interaction with others. Sweet words satisfy everyone and give solace to their souls. Let's speak positive because positive words will disperse the layer of negativities from the minds of all, who listen to us. Let us speak noble words; as they will inspire the sense of nobility in our listeners to be noble.

Let us Plan and Do Something New

Every government of every country makes plans and policies to do something new for their country and people at a national level. They also make a budget for expenditure to implement these plans and policies in a practical form and shape. They employ human resources to demonstrate the projects under the plans and policies they have set for the welfare of the people.

Likewise, God Father Shiva, has already descended upon the earth and is doing the noble task of world - transformation according to His Universal Plan for establishing Heaven at a

universal and international level. He is doing this task and implementing His Divine Scheme through Prajapita Brahma, His body-chariot, and the Brahmin children, newly mouth-born progenies from the lotus mouth of Brahma. He is inspiring the human souls of the whole world to take part in implementing His Plan with applying of their body, mind, wealth, time, energy and thoughts because whatever He is doing is not meant for Himself at all but for all, who are destined to inherit the heaven as a result their divine burthright from Him.

Therefore, it is high time for all of us to plan and do something new at our pesronal level because only then we can inherit heaven, which is God's property for those of His children, who help Him on the basis of their good, positive, noble, ideal actions performed according to His Divine Directions (Shreemat).

Let us Visualize Heaven

It is our duty to visualize heaven in order to realize it. The heaven is a better world to live in. A better world is a perfect, prosperous and value-based world where people are supposed to have health, wealth, happiness, peace, purity and prosperity. A better world is such a world where there is perfect coordination among the three prime agencies of Man, Nature and God; where there is due balance in love and law; where men women and children are the

ideal and divine representatives of the Supreme God Father, being the incarnation of all divine qualities, values, virtues, powers, which they inherit from Him as their spiritual and heavenly birthrights; where there will be the reign of Divinity everywhere; where Shree Lakshmi and Shree Narayan, the first Empress and Emperor of heaven respectively, will reign and they will live a life of divine bliss and beatitude along with other deities (gods and goddesses) adorned with double crowns – crowns of purity and wealth. In the state of fruition/ liberation-in-life, the deities will be completely free from the seven deadly sins/vices like sex-lust, anger, greed, attachment, ego, jealousy and indolence, and live an ethereal life bliss and beatitude.

Practise Rajyoga Meditation

It is also our duty in our spiritual study to practise Rajyoga Meditation, enables us to get the passport to heaven. Rajyoga Meditation is the mental, intellectual and spiritual connection or union of the human soul - a point-of-conscient-light - with God, the Supreme Soul Shiva, the Absolute and Almighty Authority. Through this connection or union, God Father transmits the divine powers to the human souls, helps in flow the currents of pure thoughts and vibrations, and refines our qualities, skills, abilities, potentialities and

talents, and also lends them all sorts of helps and supports. If we take one step towards God, He will take thousand steps towards us. Somebody has rightly said in terms of computer terminology, "God is like a software: He enters our life; scans our problems; edits our tensions; downloads the solutions; deletes our worries; and also saves us." ❖

(.....Contd. from page no. 20)

in thoughts, words and actions for attaining perfection in human life by translating each point of knowledge into action.

The values of compassion and generosity shone in his interactions with all without discrimination as he believed only in giving for the welfare of the humanity and was always concerned with liberating human beings from sorrows and sufferings. Many people felt energized and transformed in his presence, and the power of his goodwill is nurturing many human souls even today from the subtle angelic world. Detachment and trusteeship were the hallmarks of his spiritual life for he was neither attracted by success, adulation and fame nor also detracted by failure, insult and hostility. He always acted with the spirit of detachment and awareness of a trustee or instrument of God and, thus, remained above the usual and prevalent pull of 'I' and 'mine'. ❖



A BOUQUET OF BEAUTIFUL, BENEVOLENT, NICE, NOBLE, ENLIGHTENING AND ELEVATING NEW YEAR, 2019 THOUGHTS TO ALL

– Dr. Brahma Kumar Yudhishtir, Ph.D.,
Shantivan, Associate Editor

Everything that is new brings changes in the old – be it in thoughts, words, actions, manners, natures, behaviours and the elements or things or parts and parcels of the vast Nature. Everyone likes and welcomes the new realities: the events, incidents, happenings, situations that have a new or novel touch, colour, cheer, charm, fragrance, variety, etc. Newness sparks a glow in man's heart, mind and soul, and evokes novelty, breakthrough, pioneering approach to add variety to life, something strikingly different from what is past, old and decadent, thereby creating new vistas, pastures, panorama, kaleidoscopic colours and beauty, and also heralding newer and better future, vibrant and vigorous sagas and episodes in narratives of a joyous, jubilant, peaceful and blissful life.

Thoughts are Beautiful and Benevolent

Thoughts are beautiful as they beautify the soul of thinker in a way quite different from the ordinary, artificial and outer

beauty of the common rut. The extraordinary beauty the thought adds to the personality exudes divine grace, charm and magnetic attraction.



Thoughts are benevolent as they create benevolence and beneficence not only for the thinker but also for the community, society and the world in which he/she is born, brought up, grows, develops and lives amidst other fellow beings.

Thoughts are Nice and Noble

Thoughts are nice in the sense that they develop a sense of nicety to every word and work the thinker speaks and does. He/She chooses and weighs every word before speaking and judges the consequences of every work or act before doing or acting. In this way, he/she saves himself/herself from the gripping clutches of the painful bondages of words and actions. Thoughts are noble in the sense that they add the marks of nobility to the character of the thinker, thereby

making his/her character quite charismatic, which is the sterling mark of a noble person.

Thoughts are Enlightening and Elevating

Thoughts are enlightening because they enlighten the thinker spiritually by dispersing the darkness of ignorance and instilling the spiritual knowledge in the ignorant and body-conscious mind. The spiritual knowledge rectifies the wrong or mistaken outer physical identity and heightens the awareness of one's inner spiritual identity - "I am a soul, the spiritual entity; the body, which is a lump of five physical elements, is mine." Thoughts are elevating because they elevate the current impure and decadent stage of human beings and make their stage pure and divine like that of Shree Lakshmi, the first Empress, and Shree Narayan, the first Emperor of the Paradise, the Kingdom of God or *Shivalaya*, established by none other than Incorporeal God Father Shiva.

In this article, the author presents a bouquet of beautiful,

benevolent, nice, noble and enlightening and elevating New Year, 2019 thoughts to all in order to celebrate this year by implementing them with a marked difference – by creating a sea change in one’s life with new perspectives, outlooks, attitudes, views, vistas and visions and by inculcating divine qualities, values, virtues, and spirituality practically in personal, family and professional life. The thoughts are as follows:

Nothing is Permanent but Change

In this vast physical world of space and time, nothing is permanent; rather everything is in a constant state of flux, movement and change. Time ticks away second by second; minutes, days, weeks, months and years pass by one after another; but no second, minute, day, week, month and year is the same as another. Heraclitus is quite right in his most famous often quotable statement: “Everything flows, nothing stays still.” Great empires were built and great civilizations were established; but they have crumbled to dust during the passing phases of fleeting Time, the Grand Leveller. Time is quite fickle. Change is the unchangeable law of Nature and Universe. Heraclitus is again right in his another statement: “You can’t step twice in the same

water.”

So, what should we have to do in this state of time and change? We have to prepare ourselves and be ready to change us according to the need and call of time.

Befriending the Enemy

The phrase ‘befriending the enemy’ is said easier than actually done. But, nothing is impossible in this world for us, if we understand the word ‘impossible’ by interpreting its meaning as ‘i’m possible’: everything is possible for me to do. One seems or looks as



enemy to us because we identify him/her as one *other*, who is different or separate from us. This identity of him/her as ‘other’ dissociates him/her from us – from our caste, colour, creed, faith, religion, language, gender, nationality, place of birth, etc. We easily befriend someone, who has similarity with us in any way.

What should we have to do to befriend the so called enemy? We have to recognize his/her real, true, original and essential identity, which is *spiritual* in essence, i. e, everyone including the enemy is a soul/self/spirit, which is a *similar* to our own inner spiritual entity and is present in every body, which is

different from our own body. The body is outer; and castes, colours, creeds, faiths, religions, languages, genders, nationalities, places of birth, etc. are the outer characteristics of our outer physical body with which we wrongly identify ourselves and mistakenly consider the *other* as our enemy. So, the need is to recognize and identify all with the real and inner spiritual entity of all and accept the *other* as our own in order to befriend the enemy.

Giving Flowers to One, who Gives Thorns

The thought - Giving flowers to one, who gives thorns - seems quite inconsistent, unpalatable and unusual in everyday life. But, if we give a second thought to it and analyse its consequence, we can most possibly give flowers to the giver of thorns. Because if we give thorns to him/her, we enhance the possibility of ‘tit for tat’, ‘eye for an eye’ ‘revenge in turn of revenge’ and ‘enmity in turn of enmity’. He/She gives us thorns to us, and we give thorns to him/her; in this way, how our quality or character is different from him/her? So, in order to show our quality or character quite unique from him/her and create a sense of change in the heart, mind and soul of the thorn-giver, we have to give him/her the flowers instead of thorns.

Giving is Taking

The act of giving and taking is the usual and common principle, which is mostly found in this world of give and take. Everybody wishes or expects to take something in return of giving something. But, the thought - Giving is taking - sounds awkward or unintelligible and unacceptable to the common mind, which has no deeper understanding of the divine scheme or plan of God, the Supreme Giver or Bestower,



who only gives to or bestows upon all without expecting anything. As children of God, you may give something to one, who may not give anything in return of it. But, God gives you and you take from Him in return of what you give to others. God gives you multi-million times of what you give to others even though they may not give you anything in return. As the Supreme Father He gives His children because He knows their needs much before they themselves know about their needs. It is also said, "God does not give what you like, but gives what is the best and most useful for you." You have no knowledge of the future, but He knows all time - past, present and future.

So, give without expecting anything; and that *giving* will turn to *taking* for you.

Have Rights to your Actions but not to the Fruits thereof

Generally, whenever people do or perform any action, they expect the fruits of such action. If they do not get any fruit of the result of their action, they get frustrated, disgusted and dispirited, thereby inviting sorrows and sufferings to themselves. Physically, mentally and financially, they get depleted as their plans, projects and dreams fail to materialize. Consequently, they blame God or fate for what happened to them eventually as their efforts and actions are not duly rewarded according to their expectations. In this way, they get embroiled in the grip of the vicious circle of bondages of action as their present and future become bleak.

In order to liberate or avoid ourselves from the gripping bondages of actions, we have to do our actions with detachment without expecting their fruits. That is why the deity Krishna has rightly advised Arjun as mentioned in *The Geeta*, "O Arjun! You have the right to your actions but not to the fruits thereof."



Surrendering Personal Will to the Universal Will

William Shakespeare, the world famous poet and dramatist in his play *As You Like It*, stated, "The world's a stage. All men and women are merely players." The word 'merely' indicates how man is a simple



instrument in the hands of God, who is the Absolute

and Almighty as the Supreme Director of the Eternal World Drama (EWD), and also the Principal Actor and Creator. We have already realized the present wretched plight, miserable condition and state of moral fall, indulgence in seven deadly sins like lust, anger, greed, attachment, ego, indolence and jealousy, and of spiritual bankruptcy of the humanity now, as we have wilfully and arrogantly deviated and digressed from the ways of God.

That is why Incorporeal God Father has already descended upon the earth in the body-chariot of Prajapita Brahma in order to "justify the ways of God to men", and thereby liberate, redeem the human beings and elevate them to their deity stage by imparting spiritual knowledge and training of Rajyoga meditation. God is the One, who

does and also makes others do (*Karankaravanhar*); He makes us do, we are just the instruments of service in His hands like the toy-like pawns in the chess board. Therefore, our hope, benevolence, peace, happiness and prosperity lie only in surrendering our personal will to His Universal Will without any hesitation.

Seeing every Opportunity in every Inconvenience

The world is a wonderful place of God’s Creation, and it is equipped with the vast panorama of Nature with its multifarious beauty, grandeur, grace, charm, attraction and entertainment for His children. The earth with its Nature provides everything to man for his growth and development by presenting many opportunities and chances to him. But, we fail to see or find those opportunities and make the best use of them for our benefits, development and success here in this life.

There are two kinds of people in the world such as *optimist* and *pessimist*. The optimist sees every opportunity in every inconvenience whereas the pessimist sees every inconvenience in every opportunity. In every incident or event of trials and troubles, dangers and difficulties, odds and oddities, the pessimist loses hope,



courage, patience and perseverance and fail to see or find any opportunity as he sees only the outer darkness in the dark cloud. But, in such situations, the optimist sees every opportunity as he sees or finds the ray of bright lightning that appears later in the black or dark cloud. For the optimist, every black or dark cloud has a bright lightning; in every incident of trouble, the welfare lies hidden, and he has the penetrating eye to find it out and finally achieve it. Let us try ever to be a robust optimist.

Speech is Silver, Silence is Golden

Silence is more valuable and effective than speech or sound.



One second of silent benevolent thought can reach a very far distance than speech or sound because silence is speedier than speech or sound. Silent benevolent thoughts of some seconds can easily reach a person staying in a far distant corner of the earth and touch him/her in a matter of seconds and work wonders in creating a positive and effective change in him/her than an hour of wordy speech.

By sitting in this physical world, the practitioners of Rajyoga meditation connect and commune in a second with the Incorporeal

God Father Shiva, who is staying in the metaphysical world of silence far beyond and above this elemental world of Nature. God also descends upon the earth in a second in His human medium/body-chariot to meet with His spiritual children and teach them.

Silence has tremendous power; it evokes meditative, creative and inventive thoughts; most of the scientific inventions and discoveries are the outcomes of deep cogitation, contemplation and musings in solemn atmosphere of silence. Speech or sound can never do what silence can ever do! That is why it is rightly said, “Speech is silver, silence is golden.”

Therefore, when New Year, 2019, is approaching the whole world and its people, the thoughtful souls are retiring to solitude - the sacred sanctum of silence – because it revives their old desires of taking a quantum leap to the higher soul-conscious stage in order to enable them to regain the lost Paradise. Edward Fitzgerald in *The Rubaiyat of Omar Khayyam* has rightly said, “Now the New Year is reviving old desires;/The thoughtful soul to solitude retires.”

Let these noble, didactic and useful New Year, 2019 thoughts inspire, ennoble, renew and elevate your mind and soul for a peaceful, happy and value-based and successful spiritual life with God’s ever flowing grace, boons and blessings. **(To be Contd. ...)**

WISHING YOU A VERY HAPPY REPUBLIC DAY



–B.K. Viral, Mumbai

The day 26th January is the Republic Day of India. 26th January, 1950 was a historic day when India adopted its own self-created Constitution. Hence, today, let us adopt a new way of living; we are aware that every thought is our independent creation, and we have the power and choice whether to allow external situations and people to influence us or not. This ensures we are fully in control; hence, this self-control allows us to:

- ▶ Excel in our aims in life.
- ▶ Maintain harmonious relationships with all.
- ▶ Maintain a 100% healthy and happy state of mind.
- ▶ Radiate positive vibrations to the body; hence, keep it as healthy as possible

The Constitution just means the recommended code of conduct, rules, etc. for living in the nation. Hence, today, let us also create and choose beneficial codes of conduct for ourselves, which are as follows:

- ▶ I'll listen to spiritual knowledge and meditate for at least 15-20 minutes daily.
- ▶ I'll attend spiritual programmes regularly and visit the Brahma Kumaris Centre to get benefitted from its pure elevated vibrations.
- ▶ I'll only look at the virtues and

specialties of everyone around and speak sweetly with all.

- ▶ I'll not put in any negative, impure or waste information through my eyes or ears.
- ▶ I'll limit the amount of time on social media.

These codes or disciplines in life help a lot in empowering us and saving our energy, thereby helping us make every aspect of our life very smooth, beautiful and harmonious.

The Indian Constitution is said to be 'For the People, of the people and by the People'. Similarly, when we adopt the above-referred best codes or disciplines, based on God's elevated Directions, we become the instruments of service 'for the people' i.e., even while doing our routine activities, we automatically keep serving and inspiring others, our life becomes a sample and example for all.

As we all know, the greatness of Bharat is immense due to the following reasons:

- ▶ Bharat is called the *Vishwa Guru*, i.e., teacher of the whole world. Everyone looks at this great country eagerly for spirituality, knowledge of our true self, God, meditation, etc.
- ▶ Bharat is the imperishable land where God Himself

descends down upon the earth.

- ▶ Bharat was the only land in *Satyuga/Tretayuga*, where 100% pure divine deities lived on this planet. That is why here, there is the praise of 33 crore deities (*devi-devtas*) because that was the population at the end of *Tretayuga*. Indeed, Bharat was so prosperous that it was also called the Golden Sparrow.

Hence, let us make a strong determination, today, once again to make Bharat elevated in almost all the walks of life. This will be the best tribute to the thousands of soldiers, who have sacrificed their lives for our nation.

The Indian Tricolour continues to inspire us always in the following ways:

- ▶ The saffron colour at the top denotes sacrifice: hence, let us sacrifice all our weaknesses and negativities in God's love.
- ▶ This automatically emerges our original virtues of purity and peace (denoted by the white colour), thereby making our life very elevated (denoted by the *Dharma Chakra*, the *Ashoka Chakra*)
- ▶ And when our life becomes elevated, we automatically become instrumental for illuminating the lives of everyone around, i.e., in our whole country and planet, denoted by the green color.) Indeed, just like the flag is

unfurled high on the pole, this will ensure that our state of mind also remains very high, i.e., powerfully stable and happy always.

The Republic Day is the day of patriotism, i.e., of respecting and contributing to the nation. Hence, today, let us extend our sincere sentiments to the whole world along with respecting and praising our own nation. Let us also appreciate the good things of all other nations of the world. Let us realise that, being the children of One Supreme Father, we are all One; and together we can create powerful vibrations and make the world better once again.

India has one of the largest armies in the world, yet has the distinction of never initiating an attack against any other nation. Similarly, along with physical non-violence, let us also inculcate non-violence in our thoughts and feelings, i.e., let us strive not to create a single negative thought for anyone under any circumstances.

Therefore, today, let us become the ruler over the self and start living our life based on God's elevated recommendations and directions thereby making our life very elevated, pure and divine. Also let us create a powerful influence on the entire surroundings, thereby helping transform our home, neighborhood, country and the whole world, once again, into the Golden Sparrow, a divine land of Paradise, called *Satyuga* once again. Wishing you a very happy republic day with thoughts divine to bring about world-transformation through self-transformation. ❖

Morning Musings & Night Notions



“The most beautiful experience we can have is the mysterious – the fundamental emotion, which stands at the cradle of true art and true science.”

– Albert Einstein

“Equanimity arises when we accept the way things are.”

– Jack Kornfield

“The personal life deeply lived always expands into truths beyond itself.”

– Anais Nin

“Who looks outside, dreams. Who looks inside, awakens.”

– Carl Jung

“The unexamined life is not worth living.”

– Socrates

“The Way is not in the sky; the Way is in the heart.”

– Buddha

“We can never obtain peace in the outer world until we make peace with ourselves.”

– Dalai Lama

“It isn't until you come to a spiritual understanding of who you are – not necessarily a religious feeling, but deep down, the spirit within – that you can begin to take control.”

– Oprah Winfrey

“You must live in the present, find your eternity in each moment. Fools stand on their island of opportunities and look toward another land. There is no other land; there is no other life but this.”

– Henry David Thoreau

“Nothing is, unless our thinking makes it so.”

– Shakespeare

“Destroy all sorts of attachment in order to remain in spiritual intoxication.”

– God Father Shiva



TAKE A POSITIVE INITIATIVE IN LIFE

– B.K. Bhagwan,
Gyanamrit Press, Shantivan

It is a matter of great fortune that this is the most auspicious time when Fortune is knocking at your doorsteps. All that one needs is to brush aside the dust of materialism and take the initiative to clearly see what is happening in the mirror of life. But, today, people are so absorbed in materialistic concepts that they are 'looking out' to get happiness, peace, comfort, relaxation or leisure and want to get them through whatever means that seem to be easy or the ways that are being followed by the society, be it through corrupt practices or based on false perceptions or superstitions.

However, beyond this individualistic society and the human world, there is the One, who lives in the Soul World or the Incorporeal World, whom we call God Shiva, who gives us the divine knowledge to attain true and everlasting peace and happiness. But, the irony is that man fails to understand His vision and cannot even surmise it.

At present, man has availed himself all the means at his disposal for comforts. However, instead of getting peace, happiness or contentment, he has been suffering so much from sorrow, anxiety and disquiet that he hardly ever gets rest even for a few moments. That is why he has to have sleeping pills to get proper sleep. At this very time of immense sorrow and disquiet, Incorporeal God Father, the Supreme Soul, descends on this planet earth from His Supreme Abode according to the version of the great Hindu scripture *The Srimad Bhagwat Gita*. Similarly, in the scriptures of almost all other religions, it has been reiterated that God comes down upon the world when there is the time of immense moral fall, spiritual bankruptcy corruption, viciousness, unrighteousness and irreligiousness.

Now, at the fag-end of *Kaliyuga*, God has reincarnated at His preordained time and is teaching the spiritual knowledge, ways and methods of Rajyoga practice to the fallen human souls to attain eternal happiness,

peace and comfort for 21 divine births in the forthcoming Golden Age of Heaven. But, unfortunately, the human souls/beings are still stuck up in the same old worldly mess.

Now, a great opportunity is knocking at your door and all you need to do is to take a positive initiative to rise above the false perceptions created by human beings in relation to the human world and God and also to listen to the teachings of spiritual Knowledge of the World Cycle and Rajyoga Meditation, which our most beloved Supreme Soul, God Father Shiva, is imparting now. For this, you have to recognize God in real sense and know His real name, form, abode and time of descent upon the earth and also thereby imbibe and implement His teachings in your practical life.

Once, Swami Vivekananda was on a pilgrimage to Kashi; there used to be a spiritual gathering (*Satsang*) throughout the day. He would visit various Ashrams and had a principle of going to different temples daily to have the vision of deities. One day, after having the vision, he came out of the temple and started moving towards his destination. Then, he discovered that a herd of monkeys also started following him because Swamiji used to wear a gown, which made them believe that

some eatables might be lying inside the pocket of his gown. In order to get rid of the monkeys, Swamiji sped up his steps but the monkeys were not going to give up and they kept following him steadily. Swamiji increased his speed to the extent of running. On that pathway, a Mahatma was coming from the opposite direction. Understanding the plight of Swamiji, the Mahatma advised, "Young man, stop; don't run. Remain standing and face the monkeys." This advice inspired Swamiji to be fearless and have the courage to face the monkeys. Watching him in such a fearless posture, the monkeys got frightened and, very soon, they went off hither and thither.

In our daily life, we encounter different challenging situations that create feelings of stress, worry, anxiety and fear. Instead of being bogged down by such situations, we need to tap into our inner powers to bring about a balance in our lives and sustain a positive frame of mind. Spiritual understanding, along with connection with the Supreme, helps us to stand up to our fears and make proactive response. It is said, "God gave us a spirit not to fear but to be empowered with love

and self-control." When we have the understanding that 'God is with us, supporting us in every walk of life', it liberates us from all negative thoughts. At this time, God showing us the path to have faith in Him, in the self and in others.

As the Supreme Teacher, the Supreme Soul, God Shiva, is showing us the way to take a positive initiative in life to transform the dark night of *Kaliyuga* into the golden dawn of *Paradise/Satyuga* and, for this, He has entered in the body-chariot of Prajapita Brahma and established Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya (PBKIVV). Its headquarters is located at Mount Abu (Rajasthan). In its more than 4,000 centres spread in over 140 countries, brothers and



sisters from different backgrounds are studying

Godly knowledge and practising Rajyoga meditation daily. In this worldwide institution, there is only One Supreme Teacher, who is none other than the Incorporeal Supreme Soul, God Father Shiva. Just by getting enrolled in this University, one's fortune gets transformed as one gets the knowledge of God's real identity as well as His original form and, thus, experience super-sensuous joy. By getting connected to the Supreme Source of all values, virtues, qualities and powers, one experiences spiritual power and gets an inspiration of making efforts for universal wellbeing through personal wellbeing of one's own self. In this way, every soul is adorned with treasures of knowledge, powers and virtues.

This Brahma Kumaris Organisation (BKO) is a Light House from which the rays of spiritual light and might are spreading in many countries. The curriculum of this Godly University comprises of the following major subjects: spiritual knowledge (*Gyan*) Rajyoga Meditation (*Yoga*) Inculcation of Virtues (*Dharna*) and Godly Service (*Seva*). It gives knowledge about (i) True introduction of the self, (ii)

True introduction of God, the Supreme Self (iii) Knowledge of three aspects of time and (iv) The inculcation of values, virtues, qualities and powers.

The basic course of Rajyoga Meditation is of just one week duration, which can be learnt at any Brahma Kumaris Centre. What all we need is to seize this golden opportunity and embark on an extraordinary spiritual journey towards meeting the Supreme and cultivating and living practically a value-based life of holistic wholeness.

One may regard this BKO as God's Home, Hospital and University. Everyone, whether young or old, gets the feel of the Godly family here. It is a matter of great wonder that happiness, in search of which we spent our whole life, can be attained easily here. Every work is an initiative; every moment is a new transformation; every thought is also an initiative. Only a conscious, concerned and real human being can take a positive initiative in his/her life. It is human tendency that one contemplates a lot to accept the opportunity of change for the better. If you take a positive initiative in your life, you won't move backward in life but rather move ahead in the forward march of personal and universal success and progress. Now, the time has come to live a meaningful life and, for this, the responsibility to take the opportunity and initiative is yours and it also lies in your hand.

Great persons have made their life great by catching the opportunity and taking a positive and courageous initiative in their life. The morning is when you wake up; every morning or dawn comes with a new opportunity or chance; you can take benefit from it if you are ready to take an initiative. ❖

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

I remain happy to the extent I have love, truth and peace in my heart. In one edition of *Trimurti* magazine (edited by Jagdish Bhai) there was an article on honesty, cleanliness and simplicity. All of you are great warrior souls; so, what do you think? How would you describe a horse rider? A horse rider struggles to keep up. An elephant rider (*maharathi*) moves very calmly with great control and peace. Baba's work is happening very peacefully all over the world and there is no conflict of 'I and mine'.

Many years ago, Baba sent us to foreign lands to serve and we wondered if there would be a time when Baba would call us all back to serve in Bharat. What are all of you going to do now? Serve as Baba would like you to serve; this is the only wish that I cherish. Baba is the One, who enables us to do everything. Who am I to decide where I am to be? – It is Baba, who places me in the right place at the right time. Wherever I go now, everyone recognises and say '*Om Shanti*'. People recognise us. Baba has made us belong to Him and made us the instruments of spiritual service to serve the whole world.

It was so wonderful to be with Dadi Gulzar in Delhi last weekend. She gave me her room in Delhi and shifted to a smaller room. I had to accept but how can I possibly like that. However, it was so sweet of her. Here, in Abu, she doesn't need to do this. We spent all the time there together. Dadi Gulzar is the instrument to share Baba's love with us as the official medium of Shiva Baba. She is so loving and sweet and no one shares so much love as she does. ❖

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

He started a new revolution on five fronts as his work as the human medium to the Divine had its social, economic, political and educational dimensions, and he also worked against inequality and injustice to women. However, his main work was to cure the moral degeneracy caused by man's body-consciousness.

The spiritual discourses of Shiva Baba articulated through his lotus mouth are his *magnum opus*. Of this, '*The story of the Creator and His Creation*' is one of the major contributions. This story reflects the origin, the course, the end and the cyclic repetition of the human existence and the struggle in between. *This story tells us that there is a certain ethical entropy that afflicts mankind through the ages and that human relations and morals have a very important bearing on the massive social, cultural, economic and political conflicts in the world. It redefines the goal of man and the society. It gives a profound and motivating reason for keeping moral standards high while doing everyday tasks. It instils in man an awareness and earnestness for a change. It strengthens people's will to work together for the common cause of establishing a new Golden-Aged world order.*

The teachings which Shiva

Baba imparted through him, give the listeners the knowledge and the realisation of their real identity and the meaning of life in relationship to the world around them. They enlighten and encourage people to behave responsibly towards one another. These teachings enable the individuals to come out of isolation and to respond to life's situations in a detached and yet comprehensively engaged manner. These teachings lead us to realise that we are, in fact, greater than we know.

His teachings formed a totally new system. These teachings were not a mere amendment of or addition to what had been said by the saints, prophets or philosophers before but was altogether a new set of rational, consistent and coherent beliefs. This system was not formed by picking up tenets and beliefs from various existing faiths but was completely new in its origin, formulations, implications and applications. It is this, which brought about internal transformation or spiritual revolution in the society through transformation in individuals.

He had an inimitable style of teaching. He taught self-control and discipline but his disciplinary thoroughness and strictness were over-shadowed by his love and his great kindness and compassion.

And Brahma Baba was a living model of all these teachings and all the best that can be expected of a great human being. He was a practical example of inner discipline. His life, in combination with his teachings, inspired the audience for an inner spiritual revolution.

As an effort to impart spiritual education, Brahma Baba prepared a spiritually oriented alphabet, wrote spiritual dialogues and composed spiritual songs besides teaching orally new spiritual tenets.

Revolution against Impurity: Spiritual Revolution

At the call of Shiva Baba, not only did Brahma Baba fulfil the vow of purity and persuade others to be vice-less but he worked as an ardent crusader for a vice-less society. The concept and precept of total purity and *Brahmacharya*, articulated by Shiva Baba through Brahma Baba as the human medium, was altogether unknown to the people of his time, and his teachings for complete celibacy were considered outrageous in that period of history; so, there was a stiff opposition and overwhelming resistance to him. Yet, in the face of this strong criticism and even hostility and persecution, he waged an incessant battle against the

vices. The priest class, the power of money, the press and the political bosses aligned to put pressure on him to give up his call for total purity, yet he was not to be cowed down by all this. He worked relentlessly with better and more improved methods of delivery of the Divine Message.

Revolution against Blind Faith, Intolerance, Fanaticism, Casteism and Apartheid

The beauty of these teachings is that though they lead to a strong intellectual conviction and a crusading spirit, yet they do not cause even an iota of intolerance against other faiths. In fact, one of their impacts is that they lead to the eradication of blind faith, fanaticism and intolerance to other faiths, other lifestyles or perspectives.

Baba's response or reaction to other faiths was always very suave, sober and tolerant. There have been few minds more universal than his. He had the virtues of the oriental and the occidental pattern of life. He was a real rebel against confusion, hypocrisy, vagueness, inconsistency, obscurantism and blind faith at the same time. He had great humility and he was always dignified in his manners and behaviour. He condemned all types of arrogance whether it was economic, political or

religious but he condemned arrogance, based on scriptural or religious knowledge the most severely. He was sure that knowledge in practical life brings humility. No doubt, he commented strongly on the doctrines, which he considered wrong, yet he did not mean an insult or hatred on his part.

He was an uncompromising critic of the prevalent caste system and apartheid and of a society seething with wounds of injustices and riven with hatred towards what were commonly known as 'the lower castes'. To him not those, who constituted the toiling classes but those who were utterly corrupt and vicious, were *the shudras* or the low castes. Towards the toiling masses, he was compassionate and kind. To the laboureres, who were employed for various kinds of work in Madhuban, he was generous. However, he was working for a long term plan of eradicating poverty and economic deprivation.

There was no distinction of caste, colour or creed for seeking an entry to the classes of the university, founded by him. In fact, this university is a practical example of people from all races, religions, castes and countries, meeting and living together with love and closeness as intimate family-members.

He felt moved not only

towards economically *backward* and socially *deprived* classes but also he evinced even greater concern for moral and spiritual '*backwardness*', which has made almost the whole of mankind '*a depressed (peaceless) class*'. He worked tirelessly to redeem this class from the evil fate by means of spiritual re-education, for he felt that all kinds of exploitation was due to lack or absence of moral and spiritual values.

Revolution against Inequality and Injustice to Women

Brahma Baba was a great champion of the cause of women uplift. He was greatly appalled to see the evil practice of widows being forced to lead a life of sorrow and misery, covering their heads with mantles soiled with oil, and the housewives covering their faces completely, leaving only a small window for one eye. He opened a school to give women and girls some secular and spiritual education but, in those days, it was widely believed by the semi-literate '*Bhai Bandhus*' (Business community) that, once girls were educated, they would not lead a life of subordination to their husbands and would, perhaps, dominate or even tyrannize the former. However, Baba's indefatigable spirit, cordial relationship and an excellent set-

up and curriculum of the school, made his views acceptable to the *Bhai Bandhus* though later his teachings for complete purity drew forth their opposition. It is an irony that his call for purity in the context of the threat of nuclear catastrophe and awful population growth and the dawn of a Golden Age around the beginning of the 21 st century, were not properly understood. Yet Baba continued to serve the suffering humanity with an unabated zeal.

Baba's Personality

Thus, Baba had an untiring spirit and a towering intellect. He was a marvel of spiritual genius, who had unmatched spiritual incisiveness. He was the father figure to all but he also nursed them as a mother. His love and kindness for all was extraordinary.

He was to God Shiva as Arjuna is known to have been to Shree Krishna. His was a life of total allegiance to Shiva Baba and of faithful implementation of what Shiva Baba wanted him to do. He lent his redoubtable assistance and obedience to Shiva Baba and under no circumstances could his companionship with God be rent asunder. Because of his these qualities, he earned from Shiva Baba the high appellation of

Brahma.

He was very loving and lovable but, at the same time, he was made of a very stern stuff and had a very strong will power in order to implement Shiva Baba's commandments. *For about 32 years, he strode on the stage of the world like a spiritual colossus and shone in all his lustre with remarkable success. He achieved within that period of about three decades, what one cannot attain in many lives, extending over many centuries.*

He gave up his physical body on 18th January, 1969 to take an angelic form and to serve the suffering humanity better and faster. He is still working along with God Shiva at Godly speed for the re-establishment of the Golden Age not only from the subtle regions but through a corporeal medium in the terrestrial region. It cannot, therefore, be said of him that he has "left behind" a fixed number of spiritual children as is often said of a family man when he passes away and 'leaves behind' his children. In his case, it will be appropriate to say that the number of his spiritual children is ever-increasing even after his having left his mortal body. Again, it cannot be said of him that he 'left' an indelible mark on

mankind and on history because his work and his eventful life still continue, though in a subtle form.

It can also not be said of him that *his mantle fell on some Dadis (elderly sisters)*. On the other hand, it would be appropriate to say that Dadis are his major instruments or that he is now working through them, besides working from the subtle region in companionship with Shiva Baba. ❖

CONTENTMENT

The more positive the thoughts flowing through my mind, the more contented I will feel. It is easy to feel contented when we are praised and appreciated but to remain contented when we are being criticised and rejected is the mark of real spiritual strength. The way to develop this level of strength is to learn about God's way of loving. Only when I am in deep contemplation can I see God showing me the kind of love I need to express so that I myself never reject or criticise and always generate good wishes for others. Then, I will feel satisfied no matter what life throws at me.

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1 Mehsana (Gujarat): The 'Inner Peace, Inner Power' programme is being inaugurated by Mr. Nitin Bhai Patel, Deputy Chief Minister, BK Shivani, Mr. Jiva Bhai Patel, Former MP, BK Sarla and others. 2 Gumala (Jharkhand): Mr. Sudarshan Bhagat, Union Minister of State for Tribal Affairs, is being given Godly gift by BK Shanti. 3 Azamgarh (UP): After visiting the Spiritual Exhibition in the Agriculture Fair, Mr. Surya Pratap Shahi, Agriculture Minister, is being presented Godly gift by BK Ranjana. 4 Cooch Behar (WB): Mr. Binoy Krishna Barman, Forest Minister, is in group photo with BK Sampa after being given Godly message. 5 Rewa (MP): Mrs. Rita Bahuguna Joshi, the Cabinet Minister of UP, is presenting an award to BK Nirmala. 6 Canada: BK Binni is receiving an Appreciation Award from Gurudwara Management Committee. 7 Jaipur: BK Kedar is receiving the "Rajasthan Energy Conservation Award, 2018" on behalf of Global Hospital, Mount Abu, from Mr. Sanjay Malhotra, Principal Secretary of Energy, Rajasthan Govt. and Mr. R.G. Gupta, Chairman and Managing Director of the DISCOMS. 8 Milpitas (USA): BK Kusum is greeting the gathering in a Christmas event at the local centre.



1 Fatehabad, Hry.: Newly Built Gyan-Vigyan Bhawan is being inaugurated by Rajyogini Dadi Janki, Dr. J. K. Abhir, Deputy Commissioner, BK Amirchand, BK Seeta, BK Madan and others. 2 Narwana, Hry.: H.E. Prof. Ganeshi Lal, Hon'ble Governor of Odisha, is being given Godly gift by BK Seema. 3 Guwahati: A Conference of Scientists & Engineers Wing is being inaugurated by H.E. Prof. Kaptan Singh Solanki, Governor of Tripura, BK Mohan Singhal, BK Sheela, BK Godavari, BK Bharat Bhushan and others. 4 Dehradun: After a formal meeting, H.E. Baby Rani Maurya, Hon'ble Governor of Utrakhand, is being given Godly gift by BK Manju, BK Vinita, BK Sushil and BK Ramesh. 5 Jaipur: Mr. Ashok Gehlot, the newly elected Chief Minister of Rajasthan is being felicitated by BK Sushma. 6 Raipur: Mr. Bhupesh Baghel, the newly elected Chief Minister of Chhattisgarh and new MLAs are being felicitated by BK Kamala. 7 Manali (HP): Mr. Jai Ram Thakur, Hon'ble Chief Minister and Mr. Govind Singh Thakur, Transport Minister, are being given Godly gift by BK Sandhya. 8. Rupwas, Bharatpur (Raj.): BK Sisters are presenting Godly gift to Mrs. Vasundhara Raje, former Chief Minister of Rajasthan.