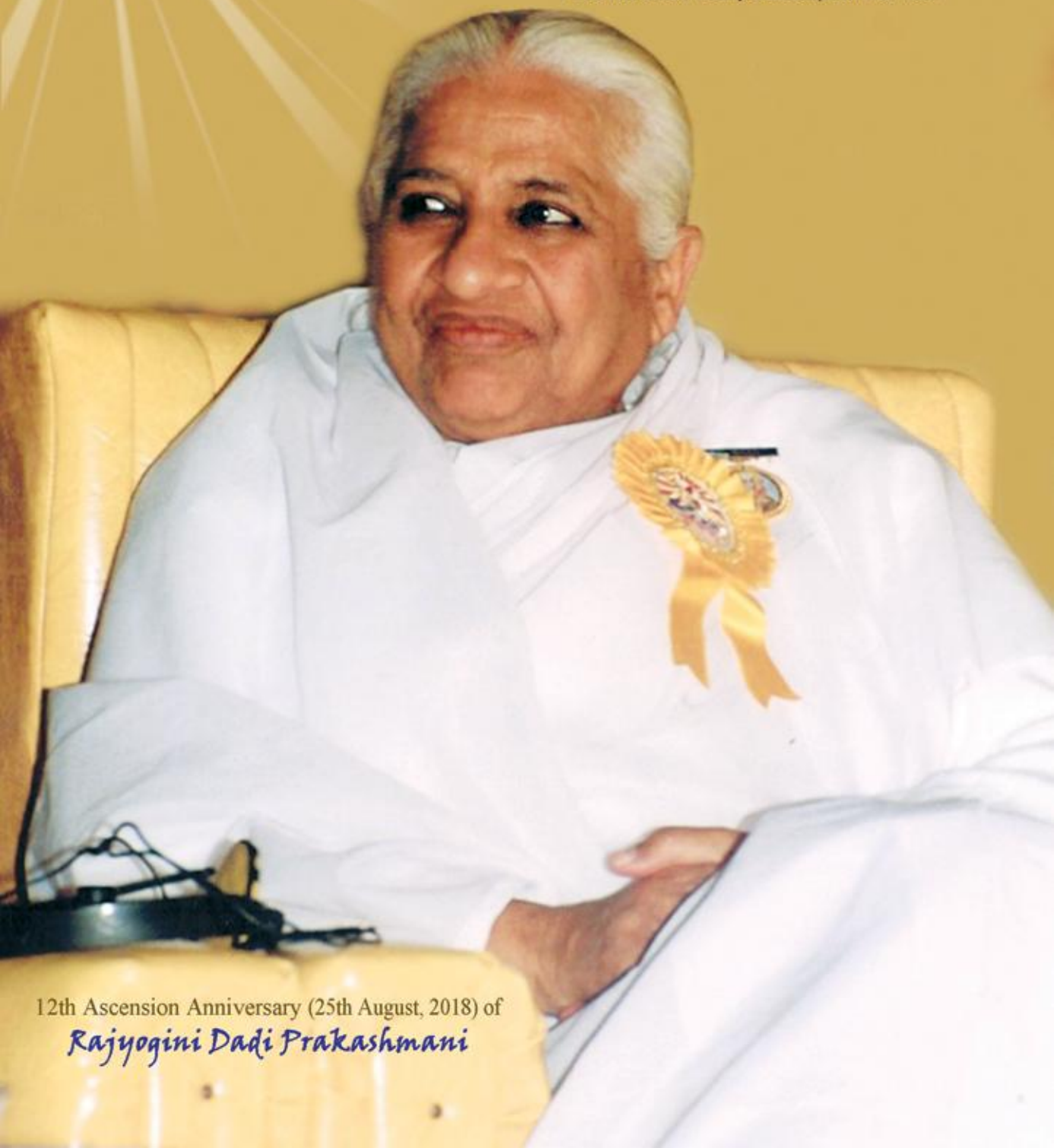




# The World Renewal

Monthly

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12th Ascension Anniversary (25th August, 2018) of  
*Rajyogini Dadi Prakashmani*



### Mount Abu (Gyan Sarovar):

A Conference organized by Administrators' Wing on "Renewing the Mindsets for Better Governance" is being inaugurated by Mr. Debabrata Swain, Member of the Odisha Lokayukta; Mr. Roshan Jaggi, Joint Secretary in AYUSH Ministry; Mr. Seetaram Meena, BK Brijmohan, BK Asha, BK Harish and others.



### Mount Abu (Gyan Sarovar):

A Conference organized by Religious Wing for religious leaders on "Golden Age Through Godly Power" is being inaugurated by Sant Rameshwar Teerth, Swami Kalyan Swaroopanand, Sadhvi Vijay Lakshmi Puri, Shree Dilip Singh Ragi, BK Dr. Nirmala, BK Godavari, BK Manorama, BK Ramnath and others.



### New Delhi:

A National Conference on 'New Education for New India' is being inaugurated by Mr. Ramesh Pokhriyal, Union Minister of Human Resource Development; Dr. D.P. Singh, Chairman of UGC; Prof. M. Jagadesh Kumar, V.C. of JNU, Delhi; BK Shivani, BK Mruthyunjaya, BK Chakardhari, BK Shukla and others.



### New Delhi:

National Convention of Saints and Scholars on "New Learning from The Bhagavad Gita" at Sirifort Auditorium is being inaugurated by BK Brij Mohan, BK Basavaraj Rajrushi and others.

|| From the Mighty Pen of Sanjay ||



## UNIVERSALLY ACCEPTABLE METHODOLOGY FOR ESTABLISHMENT OF PEACE



**W**e have heard the names of St. Francis of Assisi and Mahatma Gandhi; both of them were men of peace, who stood firmly in their lifetime for spiritual values of non-violence and universal love.

In the ancient land of India, there has been our revered holy father Prajapita Brahma, whom some of us call Adam and all of us endearingly call Brahma Baba. He, too, was an embodiment of absolute non-violence and was a fountain of heavenly love. His love was, as of loving spiritual father, for the progeny of mankind. He had visions of God, as Arjuna of *The Gita*-fame had of effulgence of light or Moses of *The Old Testament*-fame had on the Mount. He also saw visions of the forthcoming Golden Age of Peace; and, then, renouncing his all for the service of mankind, became the corporeal medium of the Incorporeal God Father Shiva. Brahma Baba ascended to the Subtle Angelic region on 18th January, 1969 and has, since then, been guiding us for our salvation and has been carrying on his sacred work of establishment of universal peace in unison with the Supreme Being. I will keep before you the lives of these three highly elevated souls to express my views about the universally acceptable methodology for the creation of a peaceful planet, for, these three, as far as I know, had such moral and spiritual values in their lives as would be universally acclaimed.

I know personally, as I have been in intimate contact with Brahma Baba, that everyone, who came to him, loved him as his own, irrespective of whether he was a Christian, a Mohammedan, a Sikh, a Buddhist or a Hindu. Brahma Baba called everyone '*beloved child*' and those, who met him, called him '*Beloved Father*'. In him, everyone had a vision of the coming peaceful era on the planet earth. We call this era the Golden Age of the world when the world is a paradise, a heaven.

### **Purity as the Universal Law; Love and Goodwill as the Basis of Relationship for a Peaceful Universe**

We have, today, a set of laws in every country, to be observed by its citizens so that there may be order and peace.

(Contd. .... on page no.32 )

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## AUGUST, 2019: THE MONTH OF NATIONAL CELEBRATIONS

At the time of penning down the forthcoming events, especially the festivals, we can simply declare the month of August as the Month of Celebrations! The people of Bharat love to celebrate every aspect of social life.

First of all, we offer our salutations to our Supreme Lord, God Shiva, for accepting obeisance and offerings of the devotees in the cave-shrines of Amarnath, in Jammu & Kashmir. Many thanks to the will of devotees, and the protection provided to them by the Government of India for their worry-free pilgrimage. Devotees from all over India cherish going on the Amarnath Pilgrimage during these months, especially the month of Shravan. This year the Rain Gods were invoked, and prayed to for good rains with several kinds of rituals

including *Havans* and *Shiva Pujas*, and by invoking the blessings of Ambaji and other goddesses and gods. However, the El Nino effect led to unbelievably very high temperatures in summer in many parts of Bharat, some rising up to 51 degrees Celsius! This effect spread in not only several parts of Bharat, but many other countries too, where people suffered so much because of water shortage and continually rising temperatures. The formation of red-coloured particles engulfed the entire globe, which emanated from the Pacific Ocean, and brought on horrifying situations to the people of Bharat, and countries like France, Germany, the Americas, and South Africa. People scrambled around for water, and were even willing to pay over 150 rupees for one glass of water.

With the ending of the El Nino effect around 16 July, the rain clouds started to appear and changed the scenario drastically. Though the monsoon started with a few good showers, the intensity increased rapidly in a couple of weeks leading to flooding levels in parts of Bharat: Assam, Bihar, Mumbai, Maharashtra, Chhattisgarh, Vadodara to name a few.

Keeping this fragile atmosphere, and the future environmental needs in mind, we, the Brahma Kumaris, have investigated the root cause of such high temperatures, and lack of rain: the main reason for rising temperatures is deforestation/cutting down of trees and abuse of natural resources. As we have learned, 5 crore rain-pulling trees have been chopped down to make way for the widening and laying of new roads; this is a huge number.

Our respected Prime Minister Shri Modiji has shared his concern with the people of Bharat and exalted them to plant maximum number of trees. The BKs

have planned to plant 40 lac trees all over Bharat through our Godly Service Centres, and have particularly chosen to plant 6-7 feet tall saplings of Peepal, Banyan, Mango, Neem, Jammun etc. We believe these trees will definitely grow under the care of our Rajyogi Sisters and Brothers, who would look after and nurture them with all physical requirements, and of course yogic vibrations. Let's hope each of our spiritual sisters and brothers of Bharat plants at least one tree sapling, and commits to looking after the same for 2-3 years. Bharat would definitely become green, beautiful and prosperous.

Dedicated Brahma Kumaris Teachers and BK Brothers have also embarked upon setting up a Mango Orchard on Tapovan Farmland, Abu Road, by planting saplings of a variety of mangoes from all over India. This is a project of around 1000 trees on 5-acres of land.

Our beloved Founder: Pitashri Brahma Baba, and

former Chief of Brahma Kumaris: Rajyogini Dadi Prakashmani, were especially always attuned to nature and encouraged the plantation of flowers, fruit-trees like grapes, mangoes and lychees, which are still growing in their original place of residence: Pandav Bhawan, the International HQ of the Brahma Kumaris in Mount Abu. Trees will always be friends of humanity. So let's maintain a very friendly, loving attitude towards plants, vegetation and trees.

We belong to the highest spiritual parents, Incorporeal God Shiva and Brahma Baba, and the environment/nature has always been friends of Yogis, Tapasvis, Hermits, Ascetics, Writers, Philosophers, and Preachers. Let us revert to the age-old practices of our ancestors, and show the regard that *they* had for the five elements, because after God, it is only nature that is all-giving and all rejuvenating. So take a

pledge to avoid cutting trees, and continue to plant more and more rain-pulling trees.

On one hand, we are making spiritual efforts to 1) conquer our defects and weaknesses (symbolic of the sacred Festival of Raksha Bandhan where true protection from the Supreme is guaranteed when we live with purity in thought, word and action) and 2) revive our original deity-like character and virtues of purity, peace, happiness and love. But alongside, it's imperative that we help nature return to her original perfect form of balance and harmony. That alone can accomplish our desire of creating heaven on earth where health, relationships and the environment will be optimal in every respect (symbolic of the glorious Festival of Shri Krishna Janamashtami that heralds the coming of the Golden-Aged Satyugi World).

Wishing everyone a very happy and joyous month of August!!❖

## INDEPENDENCE DAY CELEBRATIONS

We celebrate Independence Day (15 August) with pomp and splendour all over Bharat by hoisting the *Tiranga* (the tri-colour Indian Flag). Achieving independence was not easy and the freedom fighters had to play their heroic role for nearly 200 years. It's indeed very heartening for all of us that we achieved freedom on 15 August 1947, which is commemorated every year. The Honourable Prime Minister of India hoists the flag and addresses the nation from the ramparts of Red Fort, outlining the policies of the Government for the welfare and well-being of our citizens.

The present government under the leadership of our beloved PM Shri Modiji and his Lieutenants (Union Ministers) are indeed playing a wonderful role in bringing about change for the better. It was wonderful to

hear recently that the Prime Minister suggested organizing a 2-day internal workshop for the elected BJP Members of Parliament on the procedural knowledge of representing their respective Constituencies. The compulsory 'Abhyas Varga' took place on 3rd - 4th August 2019, where MPs were reminded of the etiquettes and manners in sharing their views in Parliament, maintaining discipline and punctuality, and were familiarized about their duties and responsibilities. This indeed is a very welcomed development as the new MPs in particular would naturally seek guidance on representing their Constituencies. They have been oriented about the most valuable and effective ways of communication, where every word of their Speeches would be royal

and honourable. The younger MPs will surely be appreciative of this specialized training and guidelines.

Let's hope that the present Parliament sets a great example of sharing their ideas, strategies and convictions in an approachable and friendly way. These are signs of good governance, and a bright future for the country. Hearty congratulations to our beloved Prime Minister, Union Home Minister, Defence Minister, Finance Minister, and Mr. J. P. Nadda, Executive President of BJP!!!

As we rejoice and celebrate our most valuable independence, let us become conscious of our responsibilities to uphold the dignity of every citizen of India, and unfurl the *Tiranga* with soaring sentiments!!

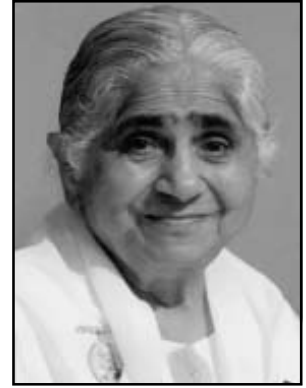
Om Shanti

–**B.K. Nirwair**

# REMAIN EVER UNSHAKEABLE AND IMMOVABLE IN THE STABLE COMPANIONSHIP OF BABA



– **Rajyogini Dadi Janki**,  
Chief of Brahma Kumaris, Shantivan



**O**n the path of devotion, we chanted “Om” and “Rama” and, now, there is nothing that we need to rhyme. Internally, we have recognized the Supreme God Father; so, by knowing Him, our mind and intellect become pure. Therefore, Baba gives us the *mantra Manmanabhav* and asks us to always remember Him. Even in *The Gita*, the term *Manmanabhav* is repeatedly mentioned. With the remembrance of the Supreme God Father, we become so powerful that the soul gets freed from instability and becomes unshakeable. If the mind and intellect fluctuate a lot, more effort is required to become right again. In *The Ramayana*, Sita deviated from the code of conduct, and this deviation gave Ravan a chance to abduct and imprison her. Check the reasons behind your not being unshakeable and immovable and get rid of them. Remind yourself that you are a powerful soul. While seeing anything worldly, see with detachment; otherwise, it will disturb your stability.

Now, this is the Confluence Age. In order to claim the status of the future kingdom and go to the Soul World, now, we have to have the *Karmateet* stage, even whilst living in this body and performing actions. Baba gives us many teachings and the true understanding of how to remain unshakeable and immovable in His stable companionship. Do you check yourself to see if you are unshakeable and immovable under all situations, no matter what happens? Whatever is happening around, there should be no questions as to why it happened - not even for a second, not even emerging a thought in mind. If we have these questions, we are not unshakeable and immovable. We can benefit ourselves a lot by saving time and thought-energy; on the contrary, we incur a great loss for ourselves. If we waste even a second; then, whatever we have accumulated is also finished.



Keep keen attention while making spiritual effort so that you do not face repentance. We have received such a Beloved Father, the Almighty Authority. By becoming merged in meditation (*yogyukt*), we become the masters. Take power from the unlimited God Father, the Almighty Authority, through practice of meditation. Make practice that your body is here and the soul is remembering the Father. In the soul-conscious stage, the soul becomes powerful. When the Father is remembered with an honest heart, there is realization of soul and God, which brings power. We remember with the mind; but, realization gives power, which is felt in the heart.

Real and keen interest in making spiritual effort comes when we don't have interest in anything else. It is, then, that we have the interest to remember the Father. We are very firm that Baba has come to take us back to our metaphysical Sweet Home and that we will go with Him. He has given us this

guarantee. We will go with Baba when our *karmic* accounts are settled, our *karmic* bondages are removed and we experience the *karmateet* stage. Even if there is a little *karmic* account still unsettled, we will not be able to go with Baba. We will go from here with Baba and come at the beginning of the Golden Age.



Therefore, Baba says that if we make half effort, we cannot enjoy the beginning of the Golden Age; so, we always have to pay attention to the effort that we make now. If we leave our body now what status would we claim? If we wish for a high status in the *Satyuga*, we will never become careless to waste time or thoughts. We will value time and spend it in churning of the Ocean of Knowledge. Baba wishes us to go into the depth of knowledge. Only by considering ourselves as soul, we go deep inside and the intellect can move up above. External matters should not go inside me hence, I, the soul, should be very much careful about myself.

On the path of devotion, we sing the praises of God, who is the Incorporeal Being, the Truth

and the Ever Blissful One. By remembering the Father, our stage should become equal to that of the Father because the Father is the Truth, the Sentient Being and the ever Blissful One. By remaining truthful, there is a lot of Godly attraction. The person with an honest heart is the one, who can remember Baba because the Father is honest and with Baba's love, we also become honest. The One, who loves us, is the Truth. Baba loves us and we have to remember Him. Without remembrance there is no attainment. Then, Baba will look at our faces and say, "This child of Mine is not standing on his own two feet and is limping." If there is any pain in the mind, we cannot make effort. We have to become the supporting sticks for the blind and ignorant. Baba says to us to show the real and righteous path to the blind and ignorant.

In this Confluence Age, we have spiritual love for our brothers and sisters. Stop worrying about the past. We often worry about the past and talk about the past with one another. Now, we have to give everyone zeal and enthusiasm and stop worrying about the past. Every day is the day to earn an income. Monday is the day of drinking nectar. I used to observe Monday as the day of silence. I did a lot of service on Mondays but

remained silent. Tuesday is a benevolent day. Remember your status every day. Baba's teachings would be given on Tuesday. Mamma's day was Wednesday. Keep her in front of you and be detached and loving like our divine mother. Thursday is the auspicious day of Jupiter and Friday is the day to thank Baba. Saturday means if you give away the vices, the vicious eclipse will be removed from the soul. Whatever vice or mistake has been committed, realized and donated in a second, remove it from inside and don't take it back again. Then, there is Sunday, the day of the Sun of Knowledge. We are the children of the Father. To make your stage elevated, there are many good methods to imbibe. Even on the path of devotion, many obtain success. Use the correct method from early and auspicious morning (*Amritvela*) to night methodically and wholeheartedly and you will obtain success. Success is our God-Fatherly birthright.

Today, Baba said that a yogi life gives teachings to others. Baba is our most stable Companion and remaining in His Company we are moving along and being taken across. We have to be detached observers while playing our part and make Baba our only Companion and move along with Him in order to reach the sacred shore of *Satyuga*. ❖



# GETTING SPIRITUAL INSPIRATIONS FROM CELEBRATION OF RAKSHA BANDHAN FESTIVAL



—B.K. Viral,

Borivali (West), Mumbai

**W**e'll be celebrating the wonderful festival of *Raksha Bandhan* on 15th of August. Hence, let's understand the spiritual significance of *Raksha Bandhan* and get spiritual inspirations from its celebration!

Just like we decorate the *Rakhi* so beautifully, let's decorate our life with divine virtues. Just like we share sweets, let's speak our words with full of sweetness. Just like we exchange gifts, let's give the gift of good wishes to all. And, for that, first donate the gift of forgiving the faults and forgetting the past matters.

We wear new clothes during festivals. Similarly, let's inculcate newness in our every thought, word and action. Before tying *Rakhi*, a dot (*tilak*) of vermilion or sandal paste is applied on the forehead. This just denotes the awareness of being a soul because the location of soul is the centre of forehead.

*Raksha Bandhan* festival celebrates the purity in relationship and highlights that the relationship of brother and sister is pure or pious. Hence, let's also ensure the same purity

in our thoughts, i.e., let's pledge to never ever create even a single negative thought for each other.

## Spiritual Inspirations from *Rakhi*

During *Raksha Bandhan* festival, we see different forms of *Rakhi*: Many *Rakhis* contain



gemstones. Let's always remain in the awareness of being God's sparkling diamond. Many *Rakhis* are fancifully designed but its beauty lies in being simple. Hence, rather than just focusing on external looks, let's inculcate simplicity in our every thought, word and action.

## God, the Supreme Protector

After being tied *Rakhi* in his wrist by the sister, the brother gives a promise to the sister to protect her always. But, it is the Incorporeal God, the Almighty, who can offer all of us the true protection for ever.

## The Pledge of Purity

*Raksha Bandhan* is actually the festival of purity, which is symbolic of the present *Sangamyuga* when God ties us in the pledge or oath of purity.

Indeed, purity is the biggest protection since it creates a very powerful aura around the self, which repels negative vibrations or impure glance from the Satanic forces or body-conscious persons coming towards us.

Many keep the *Rakhi* tied on their hand for months. Hence, let's remember our pledge of purity for a lifetime.

## The Foundation of Divinity

*Raksha Bandhan* marks the start of the festive season, being followed by the festivals of *Ganesh Chaturthi*, *Janmashtami*, *Navratri*, *Diwali*, etc. Hence, when we inculcate purity, life becomes a celebration in the following ways:

- ▶ Our intellect starts becoming golden, i.e., it can easily inculcate spiritual wisdom like Shree Ganesha.
- ▶ It emerges all the divine *sanskars* like those of Shree Krishna within us.
- ▶ Purity is power (*Shakti*), and it also conserves a lot of our energy.
- ▶ We start becoming victorious over all our vices and weaknesses symbolized by *Ravan*.

(Contd. .... on page no.27)

# WHY SHOULD ONE LEARN AND PRACTISE RAJYOGA?



—B. K. Rose Mary

**E**ckhart Tolle (the globally acclaimed author of worldwide best seller *The Power of Now – A Guide to Spiritual Enlightenment*) narrates, thus, his own experience in his book *A New Earth – Create A Better Life*: One day, a friend came to his house and unloaded all her negativities onto him by sharing about her sorrows. Feeling drained, he went to a nearby restaurant to refresh himself. One fellow, who was having his food in the restaurant, picked up fight with a waiter, which finally ended up in smashing the glass wall of the restaurant. Looking insightfully at the chain of events, the owner of the restaurant said to him: “You are the root cause for all this mess.”

Mr. Eckhart Tolle correctly recollected the chain of events: He came to the restaurant with some negative energy; a customer (who was sorrowful, hence, already in negative energy) absorbs the negative energy like a sponge from Eckhart Tolle; a minor irritation from the waiter results in fighting and smashing the glass wall of the restaurant. But, the interesting

thing is that Eckhart Tolle had control over his mind because of his practice of meditation; hence, the negative energy that was downloaded onto him by his friend did not affect him.

The above incident highlights an interesting truth: Those, who practise meditation, remain immune to the negativity of others. This realization is especially beneficial, now, in this concluding phase of *Kaliyuga* when negativity of people keeps on increasing. When one lives in the pains of past or in the worries of future, he is not really living like a human being (*manushya*), which literally means “coming from Manu,” and essentially means one in whom mind rules over bodily organs. A Manu-like person will use his reason as follows: ‘I have no control over the past, and future happenings are dependent on many factors and forces, which are also not under my control; hence, I must enjoy living in the present, being fully focused on it. But, pain-ruled or worried person is living like a *nara* (a man whose mind is controlled by body, which is more of water or *neer*, which is at the root of the

word *nara*) in the midst of *vani* (noises from within and without) jumping from one thought to another, from past to future and *vice versa* like a monkey, which jumps from one branch/tree to another. This shows that monkeys were named *vanars* by the insightful ones, who perceived more the internal resemblance (rather than external resemblance) with humans. This concept is beautifully picturized in the story of ‘Narada Maharishi’. Though Narad was known for his great spiritual accomplishments, at one time, when he was distracted towards the physical beauty of Lakshmi, his face seemed like a monkey’s face to others. Thus, monkey is the apt symbol of a distracted mind.

A distracted mind is in contrast to a spiritual mind, which remains soul-conscious. During soul-consciousness, self-talk of the mind is dead as testified by experienced people like Eckhart Tolle, who wrote, thus: “To be awakened means to be awakened out of the self-talk in the head because self-talk is a form of hypnosis - self hypnosis.” (<https://www.eckharttollenow.com/eckhart-tolle-quotes/p1/>). He further explained: “True intelligence is to rise above the thought that thinking is the source of all intelligence.” “Most people’s lives are cluttered up with things: material things,

things to do, things to think about. Their minds are filled up with the clutter of thoughts, one thought after another.” “Whenever an answer, a solution or a creative idea is needed, stop thinking for a moment by focusing on your inner energy field. ... When you resume thinking, it will be fresh and creative.” “What a liberation to realize that the ‘voice in my head’ is not really who I am. Who am I, then? The one, who sees that.” I, the soul, is the one, who witnesses the procession of thoughts, emotions, etc. This is what becomes obvious when one turns within. “When you operate from inner self or silence, you re-establish ruler-ship over your bodily kingdom, and your life changes for the better. The lack of application of intelligence to emotions makes one lonely, depressed, angry, unruly, prone to worry, more impulsive and aggressive,” says Daniel Goleman in *Emotional Intelligence*.

Interestingly, God Father Shiva asks the souls, His spiritual children: “Do you not have as much wisdom as a tortoise? It eats grass, etc. for its sustenance, withdraws all its physical organs and, then, sits down quietly. You children have to stay in remembrance of the Father.” (*Murli* 5.4.2018). As one progresses in practice of

*Rajyoga*, he/she may soon experience even the seed-form stage. Just like the famous expression ‘falling in love’, which happens naturally without effort, you are “falling awake” [in contrast to your ‘falling asleep’ in body-identification]; and, then, you remain alert inside, but the body is in deep relaxation – you don’t even realize that you are in body because you have turned within. When energy turns in, it is like turning or coming of your energy back to the source. Mind refers to sound or words; but, self refers to silence. In the state of that silence, you experience oneness of your qualities with God’s qualities. It is like what happens to a magnetized piece of iron. “You take a piece of iron and magnetize it and that piece of iron can lift 12 times its weight. You demagnetize that iron, it will not be able to lift even a feather,” stated Scot Anderson in *God Wants You Rich: Not Poor and Struggling*. The more you remain in this stage, the more you are purified and empowered. Such purity and power will characterize everything you do during rest of the day. Such a person has knowledge that he/she is a soul (*Atma*) and gains power to bring about any change, as Seneca rightly described, thus: “The most powerful is he, who is

himself in his own power.” From such a powerful person, virtues will flow naturally just like from a weak person vices such as lust, anger, greed, etc. flow naturally. This is a protection when he lives amongst the people filled with negativity.

In Iron Age (*Kaliyuga*), negativity rules over the lives of most of the people because everyone is of *shudra* (derived from *shok*, sorrow) clan, now; and their predominant nature is sorrowful. One can be affected not only by the people around him/her but also by the people whom he/she comes in contact with and whom he/she remembers. For example, during a joyous day, when I suddenly find sadness overcoming me, I immediately introspect to find that it happened after I remembered someone. When I phone that person, I find out that he/she is in sorrow because of some problem. It means through my remembering that person, I unwittingly paved the way for his negative energy to be downloaded onto me. The word ‘remember’ is made up of ‘re + member,’ which means I become a member in the sort of sorrowful energy as that person is a member of such negative energy. In this way, we became connected with each other partaking from the same negative energy vibrations; and both of us

are experiencing the same negative or sorrowful feeling. In other words, by remembering a person of negative energy or attitude, you are drawing negative energy from him. Conversely, when you feel low and demotivated; and, suddenly, come across or remember a jolly person, you will draw his positive energy. Such positive energy Brahma Kumaris receive on a daily basis when they remember the Heavenly God Father, Shiva Baba, during the nectarine time (*Amritvela*) Rajyoga meditation.

While performing Rajyoga meditation, a Rajyogi comes in



contact with God, the Supreme Soul (*Param Atma*), who is the Ocean of all qualities and powers. After being fully charged with positive and divine power or energy, a Rajyogi feels full control over what he thinks, speaks and does, and thereby doesn't get affected by the negative energy that others may

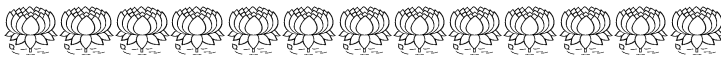
unwittingly download onto him through their interaction. A Rajyogi bubbles with greater positive and spiritual energy vibrations over which the lesser negative and worldly ones don't have control. That is why one should learn and practise Rajyoga.

The insightful ones turn to the life of meditation at the earliest, which is possible even while living with the family. The seers knew this intuitively; hence, they used to get up early in the morning and spend time with God in silence. For example, Jesus did not even wait for his family members or disciples to join him in meditation; rather, he went alone to do this daily (*Mark 1:35*). It was through meditation that I came to truly realize that I am a 'spiritual being' in human costume (body), and this led to self-realization and my self-actualization. Until then, I used to feel like a fish thrown out of water. Interestingly, self-realization is the last of the five basic needs of a human being, which are to be fulfilled in priority, culminating in self-actualization, according to famous American psychologist Abraham Maslow, the other four needs being physiological, safety, social, esteem. (*Maslow, 1943, p. 375*). In other words, when physical hunger gets fulfilled, psychological hunger would emerge; when

psychological hunger gets fulfilled, spiritual hunger would emerge, which can be fulfilled effectively through practice of Rajyoga meditation, the king of all types of meditation.

A Rajyogi always feels easy and relaxed, which means that his mind always remains in the ideal Alpha Brain waves, which comes in the middle of five brain wave patterns such as: Delta (0.5 – 4Hz), Theta (4 – 8Hz), ALPHA (8 – 14Hz), Beta (14 – 40Hz) and Gama (above 40Hz). Alpha waves produced in the brain during meditation is 11.7 Hz (very close to 12Hz, which is the magnitude when it is produced on earth). It shows that Rajyogis are in harmony (*yoga*) with their earthly home and also with the Supreme Soul (*Param Atma*), who links them with His qualities. Living in Alpha wave frequency throughout the day is like joining one-way traffic and moving forward in all sorts of harmony. Living a non-meditative or mundane life with all sorts of vices like lust, anger, greed, attachment, ego, etc. is like shifting into higher brain waves such as Beta or Gama and is like travelling in opposite direction in one-way traffic in which one can never experience or enjoy the real mental peace, which is the religion of soul. ❖

# THE CYCLE OF CREATION REPEATS EVER



It is said that the eternal and original Deity Religion (*Adi Sanatan Devi-Devta Dharma*) has almost disappeared. This religion doesn't exist anymore. However, the names of a few deities remain, there are just some traces left. The actual biography and all other accurate aspects of the deities have disappeared. The remaining traces are not original either, they are there just for namesake. This is why the Father says: "When everything remains only for namesake, I come and establish the original and eternal deity religion."

## **Have the Pure Intoxication of Claiming the Elevated Fortune**

The name of Bharat is glorified because all the great tasks have been done here. All these things must be understood very well. People in Bharat believe in clans. We are the fortunate ones, who got spiritual knowledge from Baba and gained the elevated fortune. We must experience the intoxication of knowing that we are the ones, who claim the right to elevated attainment. This is



Mateshwari ji

our elevated fortune, isn't it? We have the pure intoxication that the unlimited Father is teaching us; it is we, who claim a right over the Supreme Father, the Bestower of Divine Fortune.

This is the time when the Supreme Father creates Brahmins directly. He is teaching us and gives us a right. We, the Brahmins, must have the intoxication of our 'Brahminhood'. We are clean and pure; our purity is very elevated. Look, the worldly Brahmins feel proud that they are superior and important. Where from did they get this? From us! We should have the intoxication that we are God's direct and first-born progeny.

One, who is so pure, so royal

and has the intoxication of being first-born, must adopt all aspects of the code of conduct very well. The Brahmin clan has a good name. Our clan is the highest. The children of such a great clan must pay full attention to their clan and their Father. We should attain all that we have to from the Father by paying good attention to inculcating virtues, to performance of our activities and to dealing with others with royal manners and behaviours. This attention must be constant.

## **The Supreme Father and His Children are Seers of Three Times (*Trikaldarshi*)**

Now, we are on the ascending journey. The Supreme Father comes and imparts all the knowledge of the three aspects of time and the three worlds. This is why the Supreme Father is known as *Trikaldarshi* and so are we, the souls, His spiritual children; we are no less, are we? We also become like our Father.

The term '*Kaal*' means time. We need to have the knowledge of how the Creation or World moves or repeats ever in the cycle of time. We, the souls, come from the Incorporeal World and play our part in this Corporeal World. The Time/World Cycle spins, and the souls take maximum 84 births; and, at the end of cycle, they

return to their original Incorporeal or Metaphysical Home. The cycle restarts with the descent of souls from the Incorporeal World to the earthly stage of this Corporeal World to repeat their parts once again in the Golden Age, *Satyuga*.

In the beginning, we are incorporeal in *Paramdham*. In the middle, there is the cycle of birth, death and rebirth; and, then, we come to the end after finishing the cycle. We return to the Incorporeal World from where we came. We must come and we must go. This is the beginning, middle and end of the Cycle of Creation in the context of the parts the souls play during the three aspects of time.

If you take up the three aspects of time in the context of births, the beginning of the creation is the Golden Age, when both body and soul are pure. The Incorporeal World is the beginning for souls; and the Deity World is the beginning for the Creation.

The cycle of clans begins from the deities in *Satyuga*. In the middle, when *Dwaparyuga* starts, the vices begin to taint us, and we change from the stage of purity to impurity. This is the middle period with regard to our births. The end is when we get rid of the vices and return home. This is the beginning, middle, and end of the cycle of our births, deaths and rebirths in past, present and future, the three aspects of Time. This is known as being *trikaaldarshi*. The Father says: "Sweet Children! I come and explain to you the knowledge of the creation and the souls; and you children become master *Trikaldarshi* as well." The Father also gave us this knowledge: "Children! This is your last body, your last birth: so, forget your body and bodily relations and remember Me alone." ❖

## TRY BE EASY, NOT BUSY

We routinely use the usual and common vocabulary - *I am very busy...I have no time*. This mindset doesn't let us prioritize our works and manage our time. We, as a result, over-commit and under-deliver in every area of life. The turbulent energy of the word *busy* conveys that we are not available to enjoy life's most precious moments. Busyness makes us stressed about saving time, wasting time and constantly being engaged in action. Just by saying *busy..busy..busy*, even if our schedule permits a few hours of leisure, we won't utilize it to care for ourselves or others. We don't meet people, we call. We don't listen to people, we speak to. We don't connect with them, we just remain in contact. Today, we have more responsibilities, more pressures and more expectations. More need not mean busy. We can work 16 hours a day while remaining calm and happy. Let's start saying *I am easy, I have time for everything*. The relaxed energy of the word *easy* keeps us calm, focused and efficient. Then, we, won't want time; rather, we will have more time.

We come across professionals or housewives who work 14 hours a day while remaining easy. We also meet school kids, who say, "*I am very busy*. Today, the energy of being busy is in the air. When we consume and add it to our vocabulary, we radiate a message of having too much to manage and that we are not available for the benefit and betterment of our own self and other people. Being *easy* or *busy* indicate opposite states of your mind; they have nothing to do with the amount of work you do. Replace busy state with easy state and see the difference it makes to your emotional health. You will no longer hurry yourself or other people and create panic. You will go with the normal flow instead of resisting unexpected situations. You will, then, radiate vibrations of peace to your mind, health to your body, harmony to your relationships and happiness to your environment.



# MY FAVOURITE LIFE SKILLS



–B.K. Urvashi, Madhuban

**D**o you know what pulled me to this topic? It wasn't the part of 'life skills', as that is something most people could spout out based on their accomplishments and follies. But, being a post-millennial myself and interacting with the millennials, I honestly believe that the ability 'to keep learning' is the founding skill with which we need to thrive in this world. Why? With the advent of easy access to technology, we usually put ourselves on autopilot most hours of the day, just consuming information but not necessarily **deciphering** what's useful or otherwise, and rarely **imbibing** it in thoughts, words and actions. Most people, today, whether children, the elderly or young adults, would say, "we know it all", or 'we know where to find out about it', or 'how does it really matter to me". Somewhere along the way, a number of us have built a resistance to being open-minded and patient towards new experiences or facets of knowledge that could be beneficial to ourselves first and, later, to others. I try to check that I am not bogged down by this 'learning lethargy' because, then, there is nothing that can hold me

back, or become too large an obstacle in my life, and on the path to fulfillment. Why should we confine learning to a particular age, gender, stage of life or mental capacity? The most inspiring and transformational experiences come in the least expected forms and colours.

Donning this shield of knowing how and what to learn, I've collected a few following memorabilia of favourite life skills that continue to channel me through life. I hope, they work for you too:

- ▶ **Nothing beats being compassionate and respectful:** Be compassionate to the self, people, nature, living creatures or the atmosphere. When our intentions are clean and inclusive, the results are always useful.
- ▶ **Know when to speak out, and when to keep quiet:** It's worth checking the pulse of the person or situation we would like to share something with, or offer suggestions for change. What we have to say may be totally correct but others need to be in the right frame of mind and heart to digest it.

▶ **No one is as good as I think they are, and no one is as bad as I think they are:** Pre-conceptions about people either make us over-judge them or undermine them; so, let's save ourselves from building up an unrealistic image or expectation of another. It's okay if they surprise us once in a while by not behaving as they 'should'; we could end up learning more from them than when and what we had imagined about them.

▶ **Nurture, strengthen and revitalize not only your physical organs, but the mind and intellect as well:** We have to protect the mind and intellect from negative news and gossips, irregular sleep patterns, undisciplined use of technology, and especially meals that are not cooked or eaten in a peaceful environment. We need to pay attention to the above, and these two can become our best friends.

▶ **Success stories live on when the ultimate attention is on the intangible:** Sure, we can measure how successful we've been through tangible achievements; but, real progress and success have to mean *development, stepping outside our comfort zone, bringing equal benefits to self and others, and never letting doubts or insecurities*

govern our decisions.

► **Know which battles to fight**

**for:** Let's conserve our energy, and thinking power for issues that matter more, and leave a permanent impact. Otherwise, fighting every little battle will drain us of our inner resources little by little and side-track us from our immediate and ultimate goals.

► **Help others as much as they wish to be helped:**

It is great to be caring and offer support that can be a beacon of light for others at the time of need; but, we also need to tread very carefully and determine how far to stretch ourselves. We can't force our help on anyone or expect results that we wish to see; let's accept that people will use our guidance as they wish. It's more gratifying to make others strong and independent, rather than making them dependent on us. Let us allow the baby birds to grow and fly away to create their own destiny, without being agitated about the consequences of our 'letting them go' or of our thinking 'they are not yet ready'. Similarly, the way to ensure that all of us move ahead is for the tracks of our lives to move parallel, side-by-side.

I conclude the topic with my all-time favorite mindset: "*Everything is perfect, and there is always room for improvement,*" stated by Shunryu Suzuki. ❖

## Morning Musings & Night Notions



"Enlightenment means waking up to what you truly are and then being that." – *Adyashanti*

"Your sacred space is where you can find yourself over and over again." – *Joseph Campbell*

"Let what comes come. Let what goes go. Find out what remains." – *Ramana Maharshi*

"Anything that makes weak physically, intellectually and Spiritually, reject it as poison." – *Swami Vivekananda*

"Where there is charity and wisdom, there is neither fear nor ignorance." – *Francis of Assisi*

"Everything that has a beginning has an ending. Make your peace with that and all will be well." – *Jack Kornfield*

"You can read books without ever stepping into a library; and practise spirituality without ever going to a temple." – *Anthony de Mello*

"The path of awakening is not about becoming who you are. Rather, it is about unbecoming who you are not." – *Albert Schweitzer*

Observing desire without acting on it enlarges our freedom to choose how we live." – *Tara Brach*

"Sweet children! The knowledge of the Creator and of beginning, middle and end of the Creation are not in human beings. It is said that the ancient saints and sages also do not know this. *Satyuga* and *Tretayuga* are the most ancient; and then and there were no saints and sages." - *God Father Shiva*





# INCULCATE AND PRACTISE VALUES TO MAKE LIFE WORTHY AND MEANINGFUL

–Prof.(Dr.) Raveendra Kurup,  
Madhav University, Abu Road

**T**he term 'Value' comes from the Latin word 'Valere', which means to be strong. As per the dictionary, 'value' has the following meanings: relative worth, utility or importance, degree of excellence, quality, intrinsically valuable. 'Value' literary means something that has a price, something precious, dear and worthwhile. Values are set of principles or standard behaviours that are regarded as desirable, important and held in high esteem by the society. They are based on the moral norms or standards. We value money and jewellery, so we keep them under lock. Values reflect personal attitudes and judgments, decision and choices, behaviours and relationships, dreams and visions. They give rise to beliefs, thoughts, feelings and actions. Values guide us to do the right things and, hence, make us morally sound. The basis of values are morals.

Values are the essence of life. They are like building blocks, which are used to form a firm structure. The building blocks are

set into position by several workers to construct a building. In the same way, the values inherited from family, society, environment, culture and other influencing factors, if and when rightly placed, raise up human values that build up the personality of a man. The positive values set up the standard of what an individual should be. We have to face many ups and downs in life. A person with positive values does not get disheartened even during bad times. It is because of the positive values like 'patience' and 'hope' one sees the rays of light and hope even in darkness of life.

The entire world consists of the three types of people: In the first category, you can see the suffering people because they don't even have the basic facilities: for example, food, clothes and shelter. So, they struggle and suffer. People of the second category have enough of these things; but, still they suffer because of lack of right understanding and relationship, which come through knowledge and realization of self. It is a

question of inner self-realization. When you realize your inner self/soul and inculcate the values or qualities of soul, you will feel that you have enough and you are really very rich being enriched by values or qualities.

Be happy with the knowledge of who and what you are internally and what you have and be generous with both; then, you won't have to hunt for outward or material happiness. In the third category of people, no problem is anticipated. In these people, you can see that knowledge, understanding, relationship, etc. are intact in them. Therefore, people are very happy in this category. Most of us belong to the second category. We have to shift our mindset from being of the second category to that of the third one.

Further, the whole universe consists of four orders. The first order is material order. It covers all the materials of the world. The second order is pranic order, which covers all plants. The third order is animal order, which covers the entire animals of the world. The fourth one is the human order. This order is a debatable order. The human order is the most egoistic and selfish order. The human being is always in the habit of encroaching upon the world of Nature and also he thinks that he is supreme. All the problems,

which the humans face today, are man-made. The question of universal harmony is a big question before the humanity and this can be solved only through the mutual or reciprocal existence and innate relationship between these four orders. This mutual existence means co-existence of all four orders simultaneously.

In today's world, right understanding and relationship are also alarmingly deteriorating. Excess knowledge without inculcation of values makes the human being devil. In this juncture, it is worthwhile to mention here that the easiest thing in this world is to give advice and the most difficult things are to 'Know thyself', 'Who am I?' and 'What I want to be'? These questions can be answered through self exploration with the tools of 'natural acceptance' and 'experimental validation'. And, ultimately, this will bring about a thorough change in ourselves and can ascertain our effective role in the betterment of Family, Society, Nature, etc.

Mere knowledge can not make a man schooled by itself alone. It has to be accompanied by values. If a knowledgeable person lacks the values of 'punctuality' and 'regularity', his knowledge cannot be fully utilized. It is the inculcation and

practice of values that sustain and direct our lives. The ultimate goal of the values-based human life is to give and receive maximum love and happiness in mutual exchange among the human beings. Human value is like a lamp; when kept on a mount, it illuminates the area, whereas when kept in a pit, it seems as if it is not there.

In *The Mahabharata*, we observe a number of instances where war was fought on the basis of the prevailing value system. Despite the fact that the then society and culture were different from those of today, even then human values like trust, honesty, integrity were practically essential and indispensable for life.

Further, the Shakespearean tragedies such as *Hamlet*, *King Lear*, *Othello* and *Macbeth* have presented excellent clashes between the ideologies and value systems of that period. Shakespeare had mechanically analyzed the inner recess of human psyche; and that is why he is universal and known for 'all the ages'. The dilemma 'To be or not to be' in the prince and hero Hamlet in the play *Hamlet* still remains as a question of value before the humanity. In *Hamlet*, the prince of Denmark Hamlet killed Claudius, the villain, uttering these words: "Here, thou incestuous

murderous, damned Dane! Drink off this poison. Is thy union here? Follow my mother." (5.2:315-7)

Let us take an example from Vth Act of the play *Macbeth*. The hero Macbeth just heard about his wife's death and befitting the situation he burst out, thus:

"To-morrow and tomorrow and tomorrow/Creeps in the petty pace from day to day / To the last syllable of recorded time; / And all our yesterdays are lighted fools/ The way to dusty death/ Out, out, brief candles/ Life's but a walking shadow a poor player/ That struts and frets his hour upon the stage/ And then is heard no more. It is a tale/ Told by an idiot, full of sound and fury/ Signifying nothing."

Values are constructed over a lifetime. We all have experienced that good behaviour is rewarded and bad behaviour is punished. Only when a person realizes the importance of values, he/she tries to implement them in practice.

What are the human values? How are they deteriorating? What can we do to restore them? These are some of the favourite topics on which various Workshops, Seminars and Conferences are being held nowadays. But, the irony is that deep within, we know what to do; but, when it comes to action we hold ourselves back. So, values are given only lip service; they

remain only in mere talk without being implemented or translated into practical action in our day-to-day life.

One of the major reasons for the present crisis of value situation is that we have given more importance to the materials than to values. Every person has an inherent desire to enrich his or her life. Those, who have higher per capita income, are labelled as prosperous today. However, enrichment has two aspects - outer and inner. To enrich our outer life, we require a lot of effort, materials and money. But, to enrich our inner life, we need to inculcate and practise values. Inner enrichment is the real richness without which life is worthless and meaningless.

Without the values or virtues like love, compassion and honesty, sustenance of soul or self with money and materials cannot last long and be effective at all. There is a proverb, which justifies this fact: "Money can purchase a good bed but not sleep, money can purchase costly and nutritious food but not appetite, money can purchase everything except character and happiness."

Thus, the purpose of life is not to be simply happy and prosperous; but, it is to be useful, to be honourable and to be compassionate by inculcating such values. Those, who possess such values, can be assured that they have lived well. Further, values are the basis of sustainable development, including growth and holistic perspective in the day-to-day achievements in life.

Values are the foundation stone of intellectual humility, which make human beings great. Therefore, let us hereby pledge to inculcate and practise the values in our life in order to preserve harmony, lead a life of co-existence and make the life worthy and meaningful.

Yesterday is history, tomorrow is mystery, but present is the gift of God; that is why we call it as 'present'. Only present is in our hands. Let us make our life at present fragrant by adding the fragrance of values like love, trust, sympathy, empathy, honesty and integrity.

Hereby I conclude the topic, with the following lines: "The little deed of kindness/A little word of love/Make the earth an Eden/Like the Heaven above." ❖

## RAJAYOGA MEDITATION

Rajyoga Meditation is the journey inwards, a journey of self-discovery or, in fact, re-discovery. It requires that the people should take some time for quiet reflection and silence, away from the hustle and bustle of daily living. Taking time out enables us to come back to a centred place of being. In our modern world, the pace of life is growing ever faster and we are losing touch with the real source of our true inner peace and power. When we no longer feel grounded, we can experience ourselves pushed and pulled in many different directions. It is at this point that we start to experience stress and a feeling of being trapped. Gradually, over time, this feeling leads to illness and disease, as our mental, emotional and physical health is thrown out of balance.

Rajayoga meditation is a form of meditation that is accessible to people of all backgrounds. It is a meditation without rituals or *mantras* and can be practised anywhere at any time. Rajayoga It is practised with 'open eyes', which makes this method of meditation versatile, simple and easy to practise. It is a state of being in that place just beyond every day consciousness, which is where spiritual empowerment begins. Spiritual awareness gives us the power to choose good and positive thoughts over those, which are negative and wasteful. We start to respond to situations, rather than just reacting to them. We begin to live with harmony, we create better and happier, healthier relationships and change our lives in the most positive way.

# CELEBRATE INDEPENDENCE DAY BY LIBERATING SELF FROM VICES



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

We, the Indians, have been celebrating our glorious Independence Day on August 15<sup>th</sup> with many colorful ceremonies throughout the country since 1947, after being geographically and administratively free from the British rule. But, still we are in the bondages of poverty, unemployment, insecurity, addictions, cross-border terrorism, infiltration, etc. The Indian history of freedom movement still glitters in our minds, reminding us of the dedication and sacrifice by thousands of patriots, from the period of 'The Sepoy Mutiny' in 1857 to 'The Freedom Movement of Indian National Army' led by Netaji Subhas Chandra Bose in 1945. But, even in the period of 72 years after getting independence, we have not progressed up to the mark as desired and dreamed by Mahatma Gandhi and Netaji.

We, now independently, live in a sovereign, secular, socialist, democratic and republican country, which is not yet without chaos and social turbulence. We have got freedom from the Britishers; but, we have not got liberation from our own vices, which are dominating over our

souls. Losing inner values makes a country weak and vulnerable to invasion by external forces. India started getting degraded gradually since the commencement of the Copper Age (*Dwaparyuga*) approximately 2500 years ago, due to the sole cause of emergence of body-consciousness. Majority of the people are unaware of the fact that Bharat was heaven for a period of 2500 years during *Satyuga* and *Tretayuga*, on the basis of soul consciousness. All the events in the drama are predestined and they come in a series, being linked with one another. The human souls play their respective roles, changing costumes (bodies) throughout the cycle of 5000 years in a *Kalpa*.

We have forgotten the original history and geography of India. Though it's our obligation and enjoyment to celebrate the Independence Day to give honor to all the patriots and the martyrs but, at the same time, we must know how to clear our vices off in order to liberate ourselves from their domination and bondages. Until and unless we give up our vicious nature, we cannot celebrate and enjoy the true freedom or independence in true

sense of the term. We have got only the political freedom or liberation from the foreigners, but we have to get spiritual freedom from the clutches of vices. We are in a strong bondage of five vices viz. lust, anger, greed, ego and attachment. We think that it is very difficult to conquer these vicious enemies as we have never tried to confront them due to our strong mental slavery to them. When one gets the taste of the viceless life, he/she no longer gets afflicted with vicious negative desires and emotions.

Now, the Incorporeal God Father Shiva Himself has descended on this earth to liberate us, the souls, from all the vicious bondages by connecting our mind and intellect to Him. This process of connection is known as Rajyoga meditation. The present time is a transitional period, known as the Confluence Age, which is in between the *Kaliyuga* and *Satyuga* and the same is bringing about the transformation of hell into heaven. So, now, we must adopt the process of repair and redemption of our mind and intellect and *sanskars*, which are the three faculties of the soul, with the help of Godly knowledge and practice of Rajyoga meditation, taught at all the Brahmakumaris Centres throughout the world. To locate the nearest Centre, please visit the websites: [www.bkwsu.org](http://www.bkwsu.org) and [www.brahmakumaris.com](http://www.brahmakumaris.com).

# SIGNIFICANCE OF OUR THOUGHTS

– B.K. Surendran, Bengaluru

**T**he thoughts have ultimate rule and domination over this world. The greatest power is the power of the mind, the power of the thoughts. If we develop the untapped resources of this hidden treasure, we can attain our desires and goals. The purpose of a thought is to create, to affect a change and to produce a meaningful reality. We generate a large number thoughts per day, we are blessed with an abundant resource; but, a few of us live in this awareness as we are too caught up in physical surroundings. As a result, most of our thought energy and the freedom to choose and create is simply wasted.

Our greatest treasure is our thoughts. This treasure is the most powerful. The power of money can be measured, the power of our physical strength can be gauged, but the power of thoughts is immeasurable. We can send one person to the gallows in one second, we can also release him from the gallows in one second. Our thoughts are the speediest of all land-borne and air-borne

vehicles. It is the speediest of all rockets. We can reach any place, feel the presence of any person sitting at a far off place, even without moving from our place. The habits are formed out of our thoughts. Thus, the thoughts are the building-blocks of our life.

If our thoughts are pure and powerful, they will not only bring happiness and success in life but will also make this world a better place to live in. On the contrary, if our thoughts are impure, unstable vicious and fickle, they make our life miserable and, hence, will not yield the desired results. Wasteful and negative thoughts reduce an individual to a state of sloth and slumber, with no zeal and enthusiasm, no hopes and expectations and produce almost a seemingly dead person even though there is life in him/her. For those, who live in negative thinking, for them life means living in fear, sadness or anger, most of the time.

## **Adverse Effect of Wasteful and Negative Thoughts**

Negative thoughts narrow down one's mind. For example, when one is in a fight with

someone, the vices of anger and excitement might consume him to the point where he/she can't think about anything good. Or, when one is stressed out about something, he/she may find it hard to actually do anything because he/she is paralyzed by his/her negative thoughts, thus, limiting his/her responses. In each case, the brain closes off from the outside world and focuses on the negative thoughts and emotions of fear, anger and stress. Negative thoughts and emotions prevent the brain from seeing the other positive options and choices that surround us.

Researchers tested the impact of positive thoughts on the brain through an experiment. During this experiment, research subjects were divided into five groups and each group was showed different film clips.

The first two groups were shown clips that created positive thoughts and emotions. Group 1 saw images that created feelings of joy. Group 2 saw images that created feelings of contentment. Group 3 was the control group. They saw images that were neutral and produced no significant thought or emotion. The last two groups were shown clips that created negative thoughts and emotions. Group 4 saw images that created thoughts of fear. Group 5 saw images that created thoughts of anger.

Afterward, each participant was asked to imagine themselves in a situation where similar thoughts and feelings would arise and were asked to write down their reactions. Each participant was handed over a piece of paper with 20 blank lines that started with the phrase, "I would like to..."

The participants, who saw the images of fear and anger, wrote down the fewest responses. Meanwhile, the participants, who saw the images of joy and contentment, wrote down a significantly higher number of reactions that they would take, even when compared to the neutral group.

In other words, when you are experiencing positive thoughts and emotions like joy, contentment and love, you will see more possibilities in your life. These findings suggested that positive thoughts and emotions broaden the sense of possibility and open our mind up to more options. One is more proactive and looks at people and situations with a different and positive perspective.

### **Ways to Preserve Powerful Thoughts**

Thoughts are our unseen costliest treasure that cannot be looted, stolen or destroyed by thieves or dacoits nor it is perishable. It can be saved and accumulated by its owner only.

How can we avoid wasteful and negative thoughts? How can we add to the account of elevated thoughts? The following ways can be considered useful to stop wasteful thoughts and increase the accumulated treasure of powerful thoughts:

- ▶ Watch the thoughts for at least half an hour everyday so as to discipline the mind to behave the way you want it to. The key is your awareness of your own thoughts; then, you can decide which type of thoughts you want to focus on.
- ▶ Always think that you are an instrument of God. Whatever is seen through these physical eyes, is transitory and subject to change. Nothing is static here. It moves. God is our true well-wisher, who is always with us. He is simply a thought away. This will develop detachment. Be an actor and spectator in the ever-unfolding drama of life.
- ▶ Be soul-conscious by moving in the awareness of your true spiritual identity and identifying and seeing others as pure souls as well.
- ▶ We know the limitations of human beings. When the thought of a human being haunts us, we should divert our thoughts towards the

Incorporeal God, our One Constant Companion. Ask yourself the questions: Who is Ever-Pure? Who is the True Altruist? Who is the real source of Protection? Who is the Most Perfect and Beautiful Being? You'll find the answer: only God. Then, feel His presence as a Friend, Guide, Teacher, Guru, Father and Mother as the time demands. If we allow the thought of being a human being to persist in our mind, many merits and demerits will come out of it, which will result in the stream of wasteful thoughts. The thought of God only adds to the treasure of elevated thoughts.

- ▶ See yourself as an embodiment of qualities. If you are in a gloomy state, repeat humaning to yourself: 'I am a cheerful soul, I am a blissful being'. If there is a feeling of anger, emerge your loveful stage. If there is hatred and resentment, think of compassion and mercy. If there are thoughts of impurity, think of yourself as a pure being. If there is dishonesty, think of integrity. If there is pride, think of humility. If there is jealousy, think of nobility and magnanimity. If there is timidity, think of courage and so on.

▶ You can also emerge some of the wonderful and pleasant experiences you had in your life, which will elevate your state of being immediately. By being in that experience for some time, you can stop wasteful thoughts quickly. List out the various attainments – invaluable peace, happiness, value inculcation, greater discipline and so on that you have achieved after being a Godly student. List out your qualities. Count your blessings and tell yourself how lucky you are when compared to many others, since God has selected us as one of his instruments for the noble service of world-transformation. Have well-wishes for all. Have good intentions and thoughts for others' benevolence and wellbeing.

▶ Observe silence of speech and, then, move on to the silence of the mind. By silencing the mind, we will know what to think and when to think, what to do and when to do. Observe silence (*moun*) for a few hours in the morning and in the evening so as to reinforce the inner strength.

Our thoughts have the power to materialize. They create the environment and return back. If we have positive and elevated thoughts like mercy, compassion and good wishes, they help those suffering from tension, stress and depression. Thus, we can eradicate sorrow from this world and invoke a world of peace, love, happiness and purity. ❖

## THE ENERGY OF THOUGHT AND FEELING

Like so many other energies such as sound energy, light energy, electrical energy, etc., which are primarily invisible forms of energy and come under the realm of matter or the five elements of Nature, the energy of thought and feeling is also a form of invisible spiritual or psychic energy. The only difference is that it is an energy, which transcends the limits of matter or the five elements and is metaphysical or non-physical and extremely subtle in nature. It is a living or conscient energy, which originates from the conscient soul, as compared to the other energies, which are non-living or non-conscient in nature. But, at the same time, it is important not to forget that it is closely connected with the physical body and can only express itself through a physical body. The other energies cannot express themselves since they are non-living. Also, we perceive this energy only when we are inside the physical body.

It is an energy, which has kept going and going for as long as we have lived, life after life, in many wrong directions a lot of time. It is this energy, which we need to learn to channelize, control, manage, discipline, etc., because by doing that we experience our original virtues of peace, love, joy and power, which is our only and only desire, for which we use various different methods, but many times it is not fulfilled, because we forget this basic and most important method. This is something, which we have not been able to do since a long time, and also something, which a lot of people have desired to achieve since thousands of years. The technique of meditation is the only one technique, which helps us in doing that. The channelization of this energy will also improve the state of our physical body as it has a positive effect on the various body systems, the quality of all roles that we play and the success we achieve while playing them and very importantly our relationships, not only with others but with our self and God, the Supreme Being also.

# TECHNIQUE AND BENEFITS OF RAJYOGA MEDITATION

–**B.K. Manjula Baijal,**  
Begur, Bengaluru

**P**eople with unstable minds can become reckless. Burning tempers, mood swings and indecisive actions sap their energy as a result of which keeping them calm becomes a daunting task. So, what is the way out of this mental turbulence?

Rajyoga meditation is a practice in which an individual uses a technique – such as mindfulness, or focusing their mind on the self and the Supreme Self/Being in order to train attention and awareness and thereby achieve an emotionally calm and stable state of mind.



Rajyoga is an ancient system of meditation and spiritual understanding. It enables us to return to a state of inner peace, personal power and self-worth through re-kindling the soul's original qualities, powers and virtues. It provides many answers to age-old questions relating to our real identity and purpose of life and also opens

up a pathway to experience true peace of mind and a natural state of happiness.

Rajyoga meditation is a technique mentioned in *The Bhagavad Gita*, and it was popularized by Swami Vivekananda in the 19th century. Since then, it has gained popularity and is widely taught around the world to maintain stability and sanity of mind. This meditation or yoga is prefixed with the term 'Raja' because the practice of it aims to impart king-like qualities of confidence, awareness and independence.

This technique is a spiritual process to know the self, and it uses the power of the mind to control the body and its sense organs. It awakens the positive qualities merged within us, and teaches the importance of silence and introspection.

## **Technique of Rajyoga Meditation: How To Practise it?**

Rajyoga meditation can easily fit in our daily regimen. Daily practice of this meditation can provide us lifetime benefits, including reduced stress, lessened attachment to material objects and physical

relationships, enhancement of inner powers and complete self-realization. Early morning hours are the best time for practice of meditation since during that time there is lesser noise in the atmosphere. Also, meditating in the morning sets our mood well for the rest of the day.

Firstly, we should find a peaceful spot in the house or we can go outdoors into the greenery to find a suitable place to meditate. We should feel comfortable and relaxed at the place we choose. To get us into a reflective mode, we can play some soft music in the background. Sitting in the lotus position works well. Even the *Vajrasana* is fine. If these sitting positions make us uncomfortable, we can shift or change to a more comfortable one. We should make sure that we feel stable in the sitting position. Let us keep the shoulders down, open up the chest and keep the back naturally straight, and gently place our palms on our knees. For a few moments, let us reflect on our original spiritual identity - soul, a point of light - which is located in the middle of the forehead, and also on our core qualities and values.

We should keep our eyes open, visualize and gently focus on the soul/self, a point of light, shining like a star in the middle of the forehead. As we practise this, our mind will have a range



of thoughts passing through. Let us not try to avoid them; rather, we should gently accept them and try to return to the present moment by getting back to the point of our focus. Then, we need to create a powerful thought like this: "I am a peaceful soul, I am a peaceful being and peace is my original nature." While thinking like this, we should try to experience the feeling and beauty of it. Gradually, we should visualize the rays of light, peace, love and power emerging from the soul at centre of forehead and radiating all around. Our understanding and experience of these feeling and light will combine to produce a profound sense of self-realization. When the practice of meditation is over, we need to try to hold on to the inner peace as we go about doing our daily tasks.

### The Benefits of Rajyoga Meditation

The following are the benefits of Rajyoga meditation:

- ▶ Rajyoga meditation gives peace of mind and relaxes our body.
- ▶ It helps us in developing a positive attitude to respond to the situations in a better way.
- ▶ It helps in developing positive relationships.
- ▶ It improves concentration and increases clarity.
- ▶ It develops a broad sense of self-worth.
- ▶ It enables to find purpose in life and to work towards achieving it.
- ▶ It also enables us to feel contented and remain stable.
- ▶ With its regular practice, we will experience peace and there will be an improvement in our mental as well as physical health too.

It is always helpful if we have the proper guidance of some able and experienced teacher. One can visit any of the Brahma Kumaris Centres to learn Rajyoga meditation, which is taught freely there by experienced Rajyoga teachers, and thereby experience the power of spiritual and meditative vibrations of the centres and also take the benefits of this meditation. ❖

## BUILD SELF - CONFIDENCE THROUGH HEALTHY MIND - TALK

– Farha Sayed, Mumbai

Self-confidence is all about being strong from inside. Are you strong enough? What comes to your mind when you think of strength? Being rich or physically strong? Real strength comes from within - the belief in the self, belief in our skills, qualities and powers. Confidence is that unique and palpable sense of absolute conviction that cannot be affected by external or internal fluctuations. It is being absolutely sure and fearless. Self-confidence is a very intrinsic quality of a person that comes from within. Using external methods like dressing smart or walking faster may help to some extent, but the real self-confidence comes from within and does not require any external attire for its boosting.

It is not a real confidence that comes from fear, overwhelming arrogance, the puny ego, or ethnocentric pride. It is not a real confidence that comes from a desire for power and an aspiration to dominate. But, the real a confidence is being true to the self in the very middle of the life-processes, even in all its chaos and complexities. To know our inherent goodness is to know, understand and realize who we really are. When one knows, understands and realizes the true self, there are no limits, no doubts, no fear and no expectations, but only love, stability, courage and perfection.

The only way to tap into the wisdom of inner self is to meditate. This is the tool that opens up our heart and mind. Through practice of Rajyoga meditation, we understand life in true sense of the term and this helps us build our real self-confidence.

To build self-confidence, the need is to have a simple thought or healthy mind-talk or self-talk, which will take you to great heights with a peaceful mind.

# DEAR GOD! LET ME BE A BETTER PERSON TODAY



–B.K. David, Paington, UK

**D**ear God! Let me be tireless and have the commitment and dedication to serve like Brahma Baba. Let me have the wisdom and shrewdness of Gandhi. Let me have the compassion and care that mother Teresa nurtured and shared with the world. Let me be like Buddha, who sat under the tree detached whilst performing elevated *Karma*. Let me be like the Guru, who has renounced all things worldly and all things harmful. Let me be more like You, who is full of Peace and Benevolence. Let me be a better person today so that tomorrow I can be the person that I desperately want to be. Dear God! Next to You, let perfection be my best friend.

Do you crave to be a better person? If so, and if you truly want to be a happy you tomorrow, you need to act today, right now, this minute.

How I wish I could feel God's hand on my head every day? But, Am I worthy of such a regular Godly Hand of Divinity? I can become worthy of God's continuous company if I leave behind my vices, bad habits,

negative ways of thinking, and take with me the sense of peace, purity, love and contentment. I can feel His presence if I stay true and obedient to Him and His noble spiritual teachings.

## **The Bench of *Maya***

Who can put their hand up and say they do not need to be often pushed by God in the right direction? Are you so obedient, accurate and good that you walk each minute the road that leads to heaven? Do you never change direction and walk the road of laziness and unhappiness that causes you to stop and rest on the bench of *Maya*? Is your bench comfortable for you? If so, you can spend months on it relaxing, just thinking, doing nothing spiritual or constructive.

Everyone, at some point, sits on the bench of *Maya*. This bench for the spiritually minded is taboo. This bench is to be avoided at all costs as it will rob you completely of all your inner wealth. Yet, for a mundane man, who represents most of the humanity, this bench is always

full. For mankind at present, this bench has become their home, their pride and joy, their bedroom, kitchen and a place they can sleep in ignorance and get cheap pleasures whilst on it.

O Dear God! let me feel the coolness of Your hand on my head and stop me from sitting on the bench of *Maya* and from being unworthy. I need Your care and warmth of love all the time.

## **No Effort, No Luck: Make your own Spiritual Effort**

A spiritual path should not be a spiritual roundabout of worldly amusement. Many tread a spiritual path that sooner or later develops into a circular road that takes them nowhere and only fatigues them. Do you ever get bored and step on to the motorbike of entertainment, daring and cheap thrills? This motorbike only serves to speed up your mind and takes away your energy.

Today, everyone has a T shirt which they wear even in the winter with its saying visible on both front and back: NO EFFORT, NO LUCK.

This T shirt will remind the wearer and also anyone looking at it, to make effort. The person seeing someone with such a T shirt could remind the wearer of what it says, especially if they are being careless in the

department of making effort.

So, make your own spiritual effort. 'Effort' is on the ground floor of any spiritual building and it's from there that you can take the Godly Elevator and move up quickly through the floors to the top floor of this Spiritual Department Store.

Without performing the right effort, many end up having to walk up the endless stairs and it's this kind of effort, which eventually makes the aspiring student tired and causes him to lose hope and forget about the high climb. When the student gets tired, it becomes all too easy for him to turn around and start walking back down the staircase.

Does the earthquake of vice easily and suddenly shake your Spiritual Building which you're climbing? Do you optimistically enter through the doors of progress and into the foyer of effort each day? If your foundation under your building is not mixed with the concrete of selfless love, courage, dedication to service, wisdom and compassion, the foundation of your spiritual building with its staircase will easily shake, shatter and collapse with you inside it.

Make sure you are wearing a bright T shirt today. So, put on

your clean and bright T shirt every day and remind yourself of the effort you need to make so that you can be sure you reach the rooftop garden that gives an incredible view. By your climbing and getting near the rooftop, others will notice what you are wearing.

Dear God! let me break my body-consciousness and endless desires. Dear God! Do not let me get weighed down by man's degraded lifestyle that sees him shackled by the hand wearing his gold watch and around his neck, which he is choking to death as being strangled by his heavy gold chain of greed for money. Man's gold chain is as endless as is his sorrow.

### Thoughts and Actions are Linked

Everything is linked and connected. Man's thoughts and actions are linked to him and are the cause of his sorrows, and this acts as the links to his gold chain around his neck and these links that add up and become heavy and cause him sorrow.

Many get trapped by falsehood and become unable to free themselves so as to walk on the land of truth. Dear God! give me the strength that I need so that I may not get trapped

by such falsehood but live with only truth in my life. Make me so true that I become worthy of Your Love. Give me the ability and power to be able to walk away from falsehood and turn my back on ignorance. ❖

(.....Contd. from page no. 9)

▶ It acts as the basis for bringing the New World (*Diwali* and New Year), called *Satyuga* once again.

The word *bandhan* actually means bondage, but *Raksha Bandhan* is a very sweet bond of protection. Hence, let's tie ourselves in the following self-chosen disciplines:

- ▶ I will devote time for listening to Godly knowledge.
- ▶ I will meditate for at least 15 minutes daily in the morning and evening.
- ▶ I'll not spend more than 15 minutes on social media at a stretch .

Many send *Rakhi* by post. Similarly, let's visualize as if God Himself has sent us a *Rakhi* from above, and is tying this bond of purity and love. Indeed, we heartily wish you a very happy *Raksha Bandhan* and invite you to come and tie *Rakhi* at your nearest Brahma Kumaris Centre.❖

# DEIFIED AND GLORIFIED BRAHMA KUMARIS: THE SPIRITUALLY EMPOWERED WOMEN OF THE WORLD

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



**B**rahma Kumaris are the pioneers of the new heavenly world, which will follow the present old *Kaliyugi* hellish world. In this sense they are called God's *chosen* divine representatives for ushering in that world by transmitting the teachings of His spiritual knowledge and training of Rajyoga meditation to all decadent and impure human souls of this world, and thereby transforming them from their present human stage to their forthcoming divine stage. They teach all men, women and children by their practical examples of spiritual and values-based lifestyles, which attract them to follow and emulate their lifestyles in order to live anew with elevated thoughts (*Vichar*), with intake of vegetarian foods and drinks (*Ahar*); with divine and spiritual conduct (*Achar*); and with dignified behaviour (*Vyvahar*).

## **Brahma Kumaris - The Spiritual Torch Bearers for the World**

When the whole world is enveloped in the deep spiritual darkness of the *Kaliyugi* night,

Brahma Kumaris, who are born as the spiritual off-springs of Prajapita Brahma through his lotus mouth, received the rays of spiritual light of divine knowledge of Incorporeal God Father Shiva, the Almighty Knowledgeful Lord of the three worlds (*Trilokinath*). In this way, Brahma Kumaris became God's sole instruments of bearing the spiritual torches for guiding the ignorant and floundering human souls of the humanity to a new direction leading to God-guided spiritual path of heavenly life.



By listening to such spiritual knowledge and leading a spiritual path, the crestfallen human souls heave a sigh of relief by getting a new lease of pure and divine life, which is quite different from their earlier life of impurity, sensuality and perversity. Brahma Kumaris Organization (BKO) is "the spiritual light and might house" of the world, and Brahma Kumaris showed and "justified the ways of God to men" in the words of John Milton, the English poet, by pointing out

the ways of spiritual transformation of life.

## **Brahma Kumaris – The Path-Breakers of the Society**

The materialistic and westernized society of the old-age world was quite prone to blind beliefs, dogmas, dilemmas, superstitions, etc. in which people were completely segregated from God, spirituality, values, virtues, morality, ethicality, irreligiosity



as they ignorantly considered and treated themselves and others as outer bodies instead of souls – the spiritual beings/entities – in their mistaken, narrow and unproven mechanistic worldview. In the current scientific and technological worldview, they considered themselves and the world as machines and worked as material machines being quite oblivious of their original, essential and real spiritual identity and spiritual worldview.

Brahma Kumaris as the path-breakers of the society give the

people their new spiritual identity and the new spiritual worldview with new outlooks, attitudes, temperaments, moral and ethical choices for taking a strong decision to break away from the dogmatic, superstitious, mistaken and narrow ways, which had strayed them from the God-led, values-driven and spiritually-oriented tracks of real, peaceful and happy life. They give a new direction to the people and society and lead them to a spiritual and divinized way of life, which is characterized by peace, purity, prosperity, health, wealth and happiness on the basis of God's Commandments.

**Brahma Kumaris - The True Divine and Holy Angels**

Unlike the body-conscious human beings of this physical, elemental and material world, the angels are subtle beings of



transparent light bodies with their soul-conscious state, who serve the human beings as the divine messengers of Incorporeal God Father with their pure and positive thought vibrations. Brahma Kumaris all over the world in over 140 countries are doing such subtle, spiritual services of the human souls of the vast humanity through pure, positive and good wishes and thoughts of their mind.

In this way, they are justifying and implementing practically the oft-quoted saying: "Service to mankind is service to God." By going through their disciplined routine life of regular spiritual studies, they are at their level best to elevate themselves in order to attain their subtle angelic stage with a view to becoming the true divine and holy angels (*Farishte*) even while making speedier spiritual efforts and remaining in their present gross bodies. In reality, the descent of Incorporeal God Father in human body is meant to transform the human souls/beings from their present *Shudra* stage to Brahmin stage; then, from Brahmin stage to angelic stage and, then, finally to the deity stage. Brahma Kumaris and Kumars are also set to achieve this subtle angelic and deity states in very near future.

**Brahma Kumaris Dole out God's Holy Grace**

It is rightly said that the holy grace of God is flowing freely like fountains. But, God is, in fact, Immortal, Incorporeal, Almighty and Invisible to the human souls/beings. How can, then, the mortal, corporeal, weak, visible and human beings get His holy grace? In order to enable such human beings to get His holy grace, the most Gracious God Father Shiva has made Prajapita Brahma and Brahma Kumaris

and Brahma Kumars, his progenies, the instruments of doling out His holy grace to all. Brahma Kumaris taught all human souls the practice of Rajyoga meditation and through



their powerful meditation commentary transport them to the metaphysical Soul World, and

thereby enable them to connect their souls with the Incorporeal God, the Supreme Soul, who is the ever flowing Fountain of Holy Grace. Just like the thirsty partridge birds very earnestly seek to drink the first drops of rain after the scorching heat of summer season, these human souls, who are scorched by the fiery and burning fire of vices like sex-lust, anger, greed, attachment, ego, indolence and jealousy, seek to pacify their spiritual thirst by gulping the holy grace of God through their inner link with Him through meditation that allows His grace to flow freely into their parched and thirsty souls.

**Brahma & Brahma Kumaris - The True Followers of Incorporeal God Shiva, the Real Founder of Shaivism**

The character and position of God *Rudra*, called Shiva, "the Auspicious One," who is the Creator of the Hindu Trinity -

Brahma, Vishnu and Shankar - came to dominate in Hinduism. God Shiva is held by devotees to be the Conscient Seed of entire Universe, and is worshipped as Shiva *Lingam* in various significant names in Shiva temples throughout the world due to His benevolent acts. Shaivism is the world's most ancient religion, which is otherwise called Deity Religion (*Adi Sanatan Devi Devta Dharma*).

Worshipping Incorporeal God Shiva, the Most Compassionate One, known as *Sarvodaya*, who shows compassion or mercy on all souls, stresses on disciplines, high spiritual philosophy and the centrality of the Supreme Spirit as Supreme Father, Supreme Teacher and Supreme Preceptor (*Satguru*) leading to souls' oneness with Him.

Shaivism is the most ancient in the sense that it is truly ageless, for it has no beginning. It is the precursor of the many-faceted religion, which is, now, termed as Hinduism. Scholars trace the roots of Shiva worship back to 5,000 years. But, sacred writings state that there never was a time when Shaivism did not exist. Shaivism's grandeur and beauty are found in practical

cultures; it shows an enlightened view of man's place in the universe and a profound system of temple mysticism and Rajyoga, often called Siddha Yoga, the practice of which renders to the devoted and committed practitioners all types of wish-fulfilment (*Siddhi*) in life. It provides knowledge of man's evolution from God and of the human soul's spiritual awakening, enfoldment, uplift and elevation from human stage to deity stage. During the cult of devotion (*Bhakti Marga*), its majority followers were devout families, guided by enlightened sages and hundreds of orders of *swamis* and *sadhus*, who followed it with a view to attaining liberation. *The Vedas* state, "By knowing Shiva, the Auspicious One and the One Embracer of the whole Universe, and by realizing Him, one is released from all fetters."

Among His various names, the most famous are: *Bholenath*, which means the innocent God; *Rudra*, which means the destroyer of evils and sorrows; *Sadashiva*, which means always the Doer of Good and His existence is timeless and ageless; *Trinetri* and *Trikaldarshi*, which mean Seer of three phases of Time Cycle - past, present and future simultaneously with the power of His Divine Vision; *Mahakal*,

which means the One, who takes away all with Him; Lord of all Lords, which means that even Lord Vishnu, Krishna and Rama worshipped Him; the Lord of Yoga, Yogeshwar, which means that He alone teaches Rajyoga to all decadent souls; Incorporeal (*Nirakar*), which means that He does not have or like any decorations with jewels and materialistic ornaments like other corporeal gods and goddesses when worshipped. When lesser gods like Brahma, Vishnu and Shankar are worshipped, the devotees utter "*Devtaya Namah*" whereas when God Shiva is worshipped they utter "*Shiva Paramatmaya Namah*." Brahma and Brahma Kumaris practically transform their lives according to His Directions and, hence, are called the true followers of Incorporeal God Shiva, the Real Founder of Shaivism.

### **Brahma Kumaris - The Heralders of the Heaven**

These Brahma Kumaris along with the Brahma Kumars are the *heralders* of the forthcoming Heaven - *Shivalaya* - in the sense that due to their committed spiritual efforts in acquiring the spiritual knowledge, expertise in Rajyoga meditation, inculcating divine values and virtues in their practical lives, rendering dedicated spiritual services for the uplift of the fallen

souls and contributions to God Shiva's noble task of world-transformation, they become deities in future in *Satyuga*, and are, then, called true Vaishnavas under the suzerainty of the Presiding Deity Vishnu, who is symbolically represented as the combined form of Shree Lakshmi and Shree Narayan, the divine spouse, who reigned there as the First Empress and First Emperor of the New World respectively.

### Brahma Kumaris - The Inheritors of the Golden-Aged Paradise

According to God's Divine Directions/Versions (*Shreemat*), Brahma Kumaris are building the foundation of the approaching Golden-aged Paradise by



changing themselves and their lives first and also putting in their best efforts to change others accordingly. They are casting themselves and others in God's divine mould and finishing their and others' life to perfection in the ultimate ways as God wishes them to be the inheritors of the Golden-Aged Paradise. Because, the gates of heaven will be open to those, who are

rendering selfless spiritual service to the ignorant, unaware and strayed human brethren.

God, the sole Bestower of Divine Properties, makes will of His properties to the deserving souls like Brahma Kumaris and Brahma Kumars as the inheritors, who surrender and dedicate themselves to the noble cause or task of self-transformation and world-transformation. Only those, who transform their selves, can easily and surely transform the world.

### Brahma Kumaris – The Exemplary Models of “Nari Tu Narayani”

There is a powerful and appropriate saying, “Let man (*Nar*) does such action (*Karma*) that he becomes Narayan; and let woman (*Nari*) do such action (*Karma*) that she becomes Narayani.” This saying is practically and effectively implemented into result-oriented action through Brahma Kumaris Organization by none other than the Incorporeal Supreme God Father Shiva, whose ultimate aim is to transform every man into a veritable living god (Narayan) and woman into a living goddess (Narayani). Brahma Kumars and Kumaris are the first and foremost such group of men and women, who are specially “chosen” by Him to go through the self-transformative process of turning from their human stage to

the deity stage by the cataclysmic power of His spiritual knowledge of World/Time Cycle and Rajyoga meditation practice.

From their practical, positive, effective and values-based spiritual lifestyles, manners, divine



conduct, behaviours and deportment in their interaction with fellow beings and others, Brahma

Kumaris, who are the glorious embodiment of divine values, virtues, powers and qualities, show the emulative examples of women being practically transformed into goddess, thereby becoming the exemplary models of “Nari Tu Narayani” for all women in the world at large.

A very outward look/glimpse at the flock of Brahma Kumaris will give anyone the feeling, experience and realization of their divine womanhood, outlook, attitude and nature of divinity in them, which is reflected in the purified and spiritual glaze of their meditative, charming and attractive faces and features.

In nutshell, Brahma Kumaris are the self-realized, God-guided, deified, and Spiritually Empowered Women of the World (SEWW). **(Concluded)**

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

In all democratic countries, we have a legislative body, which frames and passes laws; and there is a judiciary, which adjudges the cases of its violation; and there are police and jail departments, which carry out the work of penalising those, who are adjudged as criminals. But, if we analyse these legal systems, we will find that they, generally, take cognizance of the five well-known evils viz. sex-lust, anger, attachment, greed and anger. These legal laws are related to various forms of Greed such as bribery, tax-evasion, etc.; to various forms of Anger such as violence, murder, etc.; to any of the other vices such as Sex-lust, which takes the form of molestation, abduction, rape, etc.; and also to various forms of Attachment and Ego. Because of crime and sin or unrighteous actions, there is peace-lessness in this world.

So, if we want a peaceful planet, the foundation or the basis or the primary code of human conduct has to be to abstain from these five evils or vices. Every faith, be it Christianity, Buddhism, Sufism or ancient Deity-Religion in India, asks man to

be holy, to observe chastity and to refrain from these vices.

We read in the biographical details of St. Francis of Assisi that when he was asked by his friends whether he would marry, he replied that he would marry Lady Poverty, which means utmost Simplicity, which, he said, is the most beautiful of all ladies. Mahatma Gandhi also took up *Brahmcharya*, i.e., continence and regarded his wife as his mother. Buddha also renounced sex and took to *Brahmcharya*; and Brahma Baba, as we observed in our own lifetime, not only himself observed it as a foremost principle; but, today, millions of people, by drawing inspirations from him, observe it religiously in their lives. Those, who observe it, are not priests or friars but are householders, who lead a family life and are carrying on their professional duties as anyone else. Chastity was the basic virtue of men and women in paradise. The fall of Adam and Eve, as described in *The Bible*, the Christian Scripture, was due to their having committed this original sin. If this vice is renounced, the world will again be a holy land of heavenly peace.

### Purity is the Mother of Peace

The Incorporeal God Father Shiva has explained to us through his human medium, Brahma Baba, that the main cause of peace-lessness is that man's love has taken a perverted form. It has either acquired the form of love for sex, love for money or status, or love only for one's self or physical relatives. If any of these forms of love is not satisfied, he becomes angry or begins to hate or commit violence. But, if man's love becomes universal and divine, we will have peace on this planet. The new world order will have Purity as a basic law, which every human being will follow as naturally as he breathes. God Shiva and Brahma Baba have said that *Purity is the Mother of Peace*. Without purity, there cannot be peace in the world.

Purity and Universal Love go together. Purification or sublimation of physical love to spiritual love roots out all the problems. St. Francis, Mahatma Gandhi and Buddha had love for fellow human beings, for animals, birds and all. This universal love eliminated from their minds the tendencies of hate, anger or violence. St. Francis had first loved and kissed a leper, whom



he once hated. He had, now, love for those beggars he would hate them earlier when they asked for some charity while he was working at his father's shop. He loved animals and birds as, his biographer says, he loved even the wolf and had been able to turn it into a non-violent creature or being. He had spoken to larks and had, through his love, asked them to be silent while he was praying.

Buddha loved the bird, which had been shot at with an arrow by his cousin, Debdudda. He had said that the right to save life was more sacred than the right to kill any creature for food, or for game or in self-defence.

Mahatma Gandhi, too, loved Hindus, Muslims and Christians alike and was against violence and killing. He had asked his people to wage a non-violent fight against the Britishers for freedom.

Brahma Baba was bitterly criticised and castigated by those, who were against the principle of purity; but, he did not cease to love them. He stated that he was God's instrument for the establishment of the kingdom of universal love. Once, the editor of a newspaper criticised Baba for his preaching of complete purity. Baba sent him a letter, thanking him for telling people what he was preaching

and teaching. The editor was also told that as souls we all are brothers and, therefore, Baba considered him, too, his brother.

St. Francis had given up his ambition of Knighthood for love of God. His inner voice called him to give up his love for chivalry and to be a General not of the army, which was to fight on the side of the Pope against King Fredrick II but to be the General of the forces for Peace and Amity. It was for love of the Lord that he had given up his everything, even his belt, shoes and his father's property. He had given up his attachment for his father and the costly costumes and paraphernalia of the knighthood for love of the poor and the whole mankind. It was because of having loved even the poor and having renounced his all that he was known as Poverello - the poor little fellow.

Brahma Baba also loved us all so much that everyone was able to transform the self without much difficulty. "Sweet children", "beloved children", "long-lost and newly found children" - this is how he addressed all of us. His love was able to bring great reform, because, for love's sake, one can easily mould oneself. Baba won our hearts by means of extraordinary love and, then, every one of us was willing to sacrifice anything and everything. Baba demanded

nothing but stressed on giving up the bad habits, which were the main reasons of our and others' peace-lessness.

We learn from the biography of St. Francis that when Mount of La Verna was given to him by the great Knight of Orlando of Chuisi, St. Francis dedicated its outstanding peak to St. Michael, who, as you all know, is considered to be the sworn enemy of Satan or Evil and is regarded as the leader of the heavenly hosts. He had dedicated it to St. Michael, for he was not a mere hermit but sought to liberate man from the enemy giants of avarice, lust and hatred.

Now, there at the Mount of La Verna, St. Francis resolved to keep a forty days' fast in preparation for the feast of St. Michael by spending his time in prayer with his best-loved brethren Leo, Masseo, Angels and Alluminate, in August, 1224. In one of these special prayers, St. Francis said "I entreat you Lord, to give me two graces". One of these was "That I feel in my heart, as far as possible, that excess of love by which you, a son of God, was inflamed to undertake so cruel a suffering for us sinners." And you know that on October 3rd in the year 1225, which was his last day of life, after he had caused bread to be brought and broken into

pieces and to be distributed to friars, he gave his last commandment that they should love one another.

Mahatma Gandhi also said at his regular evening public prayers that God or Rama was the purifier of the sinful and that we should be pure and loving. Sufism, as we all know, is also based on universal love and has purity as one of its main principles.

Brahma Baba also practically demonstrated for us his profound love for mankind and his strong will to eradicate evil wherever it is. He often said that ours is a non-violent army, fighting against Satan or Ravana and that God is the Ocean of Love and we all, like his faithful children, should have lots of love for one another. His last direction that he gave in his discourse on 18th January, 1969 was: "We should regard even our worst critic as our friend." He also said that we should be completely viceless and egoless by giving up our identification with our bodies. Inculcation of Purity, Love and Non-violence in our life is, therefore, the universal methodology for establishment of Peace on the planet Earth. ❖

## THE INVISIBLE IMPRESSIONS THAT SHAPE ME

The mind and intellect are two faculties of the soul, which play their role on the surface of our consciousness. At a deeper level, hidden beneath these two faculties, there lies a third faculty, commonly called the *sanskara*. The *sanskara* is not only a store house of personality traits, as we commonly know it to be, but a store house of millions and millions of impressions or imprints. Such a large number of impressions are created by millions of experiences that I go through my sense organs not only in this life but in all my lifetimes. Everything that I hear, see, touch, taste, etc. I process or analyze or summarize in my own unique way; basically, I give the experiences a unique form depending on my personality, before this form gets stored in the form of impressions inside me. I even process my subtle experiences, which are in the form of thoughts and feelings.

This process of experiencing and processing takes place during each and every second of my life including the time I sleep, when my mind may not be experiencing a lot but it is busy in processing the physical and subtle experiences of the day that has gone by and storing the processed information in the form of impressions. From this, one can get an idea of the magnitude of the database of impressions stored within my self, the spiritual being. These impressions or imprints, which are unique to me, make up my *sanskaras*, and shape up my unique personality in a cyclic process. My personality shapes what type of impressions are created out of my experiences and the impressions, in turn, shape my personality, my thoughts, words and actions. For example, if I constantly keep the company of people who gossip, a large number of respective impressions based on the experience of gossiping keep getting stored inside me, which, in turn, influence my personality. The personality characteristic gets stronger and over a period of time I do not find anything wrong with it and I indulge in it more and more. As a result, more such impressions get stored. Thus, it is a cyclic process.



1. Ahmedabad: The new Governor of Gujarat, His Excellency Mr. Acharya Dev Vrat is being felicitated by BK Bharti, BK Kailash, BK Usha, BK Amar and others. 2. Bhubaneswar: The new Governor of Andhra Pradesh His Excellency Mr. Biswabhusan Harichandan is being greeted by BK Leena and BK Vijay. 3. Lucknow: After felicitating the newly appointed Governor of Uttar Pradesh His Excellency Mrs. Anandiben Patel, Sisters BK Radha and BK Manju are in conversation with her. 4. Raipur: The newly appointed Governor of Tripura His Excellency Mr. Ramesh Bais is being felicitated by BK Savita and BK Vanisha. 5. Vijayawada (AP): The new Governor of Andhra Pradesh His Excellency Mr. Biswabhusan Harichandan is being felicitated by BK Bharathi, BK Padmaja, BK Radha and others. 6. Kuala Lumpur (Malaysia): After a talk on the theme "Transforming Hearts and Minds to Transform the World" at the Islamic Science University of Malaysia (USIM), BK Jayanti and BK Meera are in group photo with the faculty members. 7. London: BK Maureen is receiving the "Bharat Gaurav Award" from Dr. Virendra Sharma, Member of British Parliament, and Pt. Suresh Mishra at the House of Commons. 8. Vietnam: Dr. B.K. Nirmala, Dr. B.K. Savita and BK Trish are in a group photo with the participants in a Spiritual Retreat.

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## The Divine Message of Dadi Janki Ji

On the occasion of  
**Holy Raksha Bandhan Festival**

On the holy occasions of Raksha Bandhan and Janmashtami, multi-million thanks to all dear divine brothers and sisters, who remain ever safe and secured under the protective canopy of the divine knowledge, qualities and powers of the World-Protector, God Farther Shiva, the Supreme Soul.

On this earthly stage of the world, we all human souls are originally spiritual brothers. We are the children of One Supreme Father and are the residents of one and the same highest metaphysical abode where He resides; and purity is the religion of all of us.

Let us inculcate the virtue of purity in our thoughts, words and actions and also even in our dreams by implementing the divine teachings of the Supreme Father, the Ocean of Spiritual Knowledge. This is the unique holy and divine message of Raksha Bandhan festival.

By remembering the mantra of "Be Holy & Be Yogi", let us fasten in our wrists with strong determination the sacred thread of Rakhi, which is the symbol of protecting all of us from the evils; of entwining in the thread of unity with remembrance of the One Supreme Father; of ensuring our longevity and making us disease-free through intake of the tonics of zeal, enthusiasm and joy.

Let us feed each other and one another the eternal sweet Laddoo) of sweet words and apply on the forehead the dot (Tilak) of remaining established in the state of soul-consciousness. The practical inculcation of the virtues of purity, sweetness and determination will always make you the fortunate ones of being ever happy and joyful.

- Dadi Janki

