



The World Renewal ^{Monthly}

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New Delhi ; B.K. Sis. Asha along with B.K. Sis. Pushpa is tying Rakhi to H.E. Mr. Venkaiah Naidu, Hon'ble Vice President of India.



New Delhi : B.K. Sis. Asha is tying Rakhi to Mr. Narendra Modi, Hon'ble Prime Minister of India.



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From the Mighty Pen of Sanjay

IS RAJYOGA MEDITATION BASED UPON IMAGINARY CONCEPTS?

From time to time, we have identified God, the Supreme Soul, as the subtlest self-luminous entity, who dwells in the highest metaphysical Soul World, called *Brahmlok*. We have also defined Yoga as simply the process of holding communion with Him. Some people say that when neither the Incorporeal God nor His highest metaphysical abode is visible to the naked eye, would not such a meditation be merely based upon imaginary concepts?

Now, this argument does not hold water and may well be parried by a counter-question: Do we not mentally form the images of people or objects on the basis of what may be termed mere hearsay? History has witnessed that when Sanyukta was told how brave and handsome prince Prithvi Raj was, she decided, then and there, that she would be the consort of such a man; or, in other words, she had *mentally linked* herself to him as her would-be spouse. Such instances are innumerable.

Man can and does perform many important tasks simply on the basis of common talks or reports. Does not a police official, for instance, when acquainted with the exact identity of an absconding criminal with his physical features (face, figure, dress, and bearing, etc.) often succeed in tracing him out and bringing him to book? In India, we are not unaccustomed to accept reliably enough testimony as proof. A young maiden in India, for instance, has followed the time-honoured tradition of accepting a person as her life partner on the basis of paternal or other reliable testimony, which her sophisticated modern counterpart in the West would perhaps treat as third-party reports. If that is so, why cannot God, who is universally recognised to be Incorporeal and Eternal verity, be recognised if more tangible and exact particulars of His identity are made known?

In God's case, however, there is abundant tangible evidence in the form of stone image pictures called *Shiva Lingas*, which are found installed in Shiva temples all over the country. The flames of conventional lamps, which are invariably seen being burnt near the image in these temples, and the lighted candles in churches symbolize God's form. It is a common practice in India,

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SOME CITIES PARALYSED BY THE RAINS



The citizens of Mumbai are normally very devout and compassionate, especially when the festival of Ganesh Chaturti is being honoured. Due to the scarcity of water over the previous couple of years people had been invoking the Rain Gods to shower enough rain drops for all the water-supplying lakes and dams to fill up and overflow. This year, the Rain Gods seem to be very pleased in bringing bountiful rains not only for the people of Mumbai or Maharashtra, but all over India.

However, the pattern of rains this year has drastically changed. Firstly, the El Nino effect resulted in the rains being delayed by 2 weeks, and when its effect dissipated around 15-16 July the Mega-City of Mumbai started receiving very heavy rains that have paralysed normal life thrice so far!! It has affected lakhs of commuters using local trains; passengers flying in or out of Mumbai on

national or international routes have also been subjected to several kinds of hardships. Just imagine the plight of those who had boarded the planes, but were stranded on the tarmac for hours since their pilots or attendants could not reach the airports on time... Much worse have been areas of Maharashtra where roads have been submerged for days, with water levels rising two-floors high...

But when we perceive the situation from another angle we should be thankful to our Supreme Protector and Nature, whose blessings have brought on good monsoon rains in all parts of India. This has sent a wave of hope amongst the farming community as the area of seasonal crops has multiplied, thereby assuring bumper crops. It is heart-warming to see the cheerfulness on the faces of our farmers everywhere. No doubt there have been cloud bursts and catastrophic flooding in some states of India, especially

Kerala, Maharashtra and Assam, but on the whole, the weather have been friendly through the months of monsoon season.

In this part of western Rajasthan, we the people are very, very obliged and thankful to the Almighty for answering our prayers positively; most of the water reservoirs in Rajasthan are overflowing at present. Even the mountain-top lakes and dams in Mount Abu are almost over-flowing bringing much cheer to the Abu Residents, especially the business and hotel communities.

Even international institutions like the Brahma Kumaris had been invoking the Rain Gods by continuous and daily meditations during the early mornings and evenings. **All participants of these special meditation programmes were confident that everyone's powerful thoughts would bear fruit, since Mount Abu is the highest pilgrimage place for not only members of the Brahma Kumaris worldwide institution, but also for devotees of the very famous shrines: Delwara Temples, Achal Garh, Guru Shikhar, Raghunath Mandir, Gau Mukh, Shiva**

Temples and Sanyaas Ashrams etc. As per the power of our faith, we firmly believe that God the Creator is ever-caring and protective towards His loving, loyal children.

Before the rains and the El Nino effect, we had also witnessed extreme summer climate when the temperatures rose to an average of 40 degrees Celsius, and shot up to 51 degrees in the northern states of India. After these refreshing showers, the people must have forgotten about the extremity of climate during the summers. However, the wise and far-sighted personalities like our Prime Minister, Mr Modiji, and several other dignitaries and institutions have reflected on ways and means to overcome such drastic changes in the climate, and prepare for the future. These preparations include instant and useful responses from the National Disaster Management Authority, abbreviated as NDMA. The primary purposes of this agency of the Ministry of Home Affairs are coordinating response to natural or human-made disasters, and capacity-

building in disaster resiliency and crisis response. It is by their fortitude that immediate care was provided to flood-affected areas in Puri, Assam, some parts of Kerala, Kolhapur and Sangli in Maharashtra, northern Karnataka, and Madhya Pradesh.

Other powerful individuals such as Heads of Religious and Spiritual Organisations are also responding in a very productive manner with plans for the coming years. One major problem is that road developments and widening of highways have led to about 5 crores of trees being cut down, thereby creating terrible imbalance in the environment. **The solution to this natural human-created calamity lies in the re-plantation of crores of trees such as Mangoes, Peepal, Banyan, Neem, and Jammun that are famous for pulling rain clouds and improving the water-level tables.** In one of his monthly radio talks, the Prime Minister dedicated his entire speech to the necessity of bringing about revolutionary Climate Change through tree-plantation involving educational institutions,

religious organisations and the common people. His talk was very timely and has created a wave amongst the people to plant the maximum number of trees in their respective areas of residence or work.

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya has launched a nationwide rain-trees plantation Campaign, in association with *Dainik Bhaskar*. Our Readers would also be thrilled to know that we have embarked on creating an orchard of variety Mango Trees, at Tapovan Farm, Abu Road. For this purpose, our divine sisters and brothers are contributing mango tree saplings of the best quality from South to North, and East to West of Bharat. Originally, the plan was to devote about 5 acres of land but that has since been amended, seeing the enthusiastic response of our BK family, as well as local authorities, including the Government Officials of District Sirohi and Abu Sub-Division. A Tree- Planting Camp was organised recently by the Brahma Kumaris and *Dainik Bhaskar* at Tapovan Farm. So it appears that the Mango Orchard may eventually consist of a

sprawling variety of trees covering about 10 acres! So far we have planted 800 trees, and there may be addition of 200 more saplings before the rainy season is over.

We take this opportunity to invite our respected Readers to find time in a few

years to come and enjoy the mangoes of this newly created Orchard! It will be a very beautiful experience of connecting with the Supreme Being in silent meditation, in the friendly, natural atmosphere of Tapovan. Experts in the field of

Agriculture tell us that these saplings will take the shape of beautiful mango trees within the next 4-5 years, and so the Orchard will depict a new and popular creation of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

MY RAJASTHAN – PROSPEROUS RAJASTHAN RALLIES

The Brahma Kumaris Social Activity Group (of the Headquarters in Shantivan) in collaboration with Rural, Medical and Social Service Wings, and Trauma Centre (Abu Road) have designed an interesting, multi-faceted project of serving the land of Rajasthan. Within 16-18 days, from 4-22 September 2019, about 100 BK Volunteers will be travelling in 6 rallies to promote, enhance and execute the theme: “*M a h r o*

Rajasthan - Samruddh Rajasthan (My Rajasthan - Prosperous Rajasthan)”.

The 6-point Agenda of the Spiritual Talks, Exhibitions, Workshops, and Medical Camps being offered in the Rallies is as follows: 1) Cleanliness and Preservation of the Environment 2) Sustainable Energy 3) Complete Health & De-Addiction 4) Empowerment of Farmers 5) Conservation of Water 6) Solutions to Heart

Diseases

This project will enable citizens to re-empower themselves to live a responsible, healthy, productive and serviceable lifestyle. We encourage our Readers to visit and support the Rallies when they pass through your cities. More information on the routes and dates of visit can be obtained from the website:

<http://socialactivity.bk.ooo/>

FROM MIND-BODY-MEDICINE TO AN EVER-HEALTHY FUTURE

It's heartening to note that the Medical Wing (of Rajyoga Education and Research Foundation), and Global Hospital & Research Centre Trust, under the patronage of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, organised the 38th National Conference on Mind-Body-

Medicine in Mount Abu, from 6-9 September 2019.

As I learned from the Organising Secretary, Dr Banarsilal Sah, over 600 Seniors Consultants and Medical Scientists gathered together. Over the years, these Conferences have become very prestigious occasions

with the participation of learned medical professionals who have also highlighted the beauty and benefits of spiritual awakening among the masses. Dr Ashok Mehta (eminent Cancer Surgeon from Mumbai and Chairperson of the Medical Wing), Dr Pratap Midha

(Director of Global Hospital & Research Centre facilities and Vice Chairperson of Medical Wing), Dr Satish Gupta (Creator of 3-D Healthcare Project in Preventive Cardiology), Dr Girish Patel (Senior Faculty Member and Psychiatrist), Dr Sachin Parab (Joint Secretary of Medical Wing), Dr Mohit Gupta of Delhi (Professor of Cardiology), BK Dr Nirmla Didi, BK Karunabhai, BK Ushaben, BK Gitaben, BK Shivaniben, BK Suryabhai, Dr BK Sachinbhai (GHRC) etc who acted as Resources during the Conference, are some of the most experienced pioneers in combining Mind-Body-Medicine and Spiritual Values.

The inauguration was carried out by **Honourable Shri Mangal Pandeyji, Health Minister of Bihar. Padam Shri Dr RV Ramani, Founder and Managing Trustee of Shankar Eye Foundation, Coimbatore,** BK Mruthyunjaya, Executive Secretary of Brahma Kumaris and many other prominent guests enriched the

atmosphere of the Conference in their unique ways. While reflecting on the Conference, it's laudable that **most Sessions enlightened this reputed group of Medical Scientists on the importance of us emulating Spiritual Wisdom, so that we are sufficiently empowered to settle past karmic accounts, and endure the fruit of karmas.** The Conference also attempted to bring about the realisation that **human society has not always been dependent on traditional allopathic medications. Medical professionals need to ponder on the question of whether it is possible for us to evolve spiritually to the extent that we become free from all bodily disease, and attain good health from the time of birth till the last breath? In order to achieve this, we have to open our minds to the Spiritual Knowledge and method of Easy Rajyoga Meditation as taught by the Supreme Father, Supreme Soul.** At the beginning of the World Cycle of 5000 years, human beings

in their elevated form had lived lives of 100% optimal health, and balanced lifestyle, with each birth spanning an average of 150 years! The Brahma Kumaris motivated all the participants to contemplate on these above beliefs, and discuss amongst themselves **what is the foundation or practices that will return humanity to that life of constant good health, contentment, and peace.** Enable yourself and others to take this giant leap forward! If it feels right, then let's start making endeavours in this direction, and if it seems challenging, then let's see what we can do to make it seamless and possible.

We are certain that the collation of ideas and experiences of so many senior Speakers and Lecturers would prove beneficial to humanity at large. We extend our congratulations and good wishes for continued success to all the Medical Professionals of the 38th National Conference on Mind-Body-Medicine!!!

Om Shanti,

–B.K. Nirwair

EXPERIENCE CONSTANT CLOSENESS WITH BABA AND HIS SWEET COMPANY



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



Saying “*Om Shanti*” also means remembering “Baba”. Ask yourself: In what way do I say the word “Baba”? Does it come from the heart, or just from the lips? When I talk to myself and to Baba, all questions disappear; so, what do you want me to tell you? How much time does each of us spend to have this internal conversation? This is something we can do while performing actions. So, there can be no excuse of shortage of time. Baba and I should be so close that there is constant experience of togetherness. If I let anything trouble me, that will also be rubbed off on others in a subtle way; so, I should always experience constant closeness with Baba and His sweet company while facing anything, and this automatically does spiritual service to others. Baba is *Karan karavanhaar*. He serves the world through His children. Brahma Baba used to say: “It is Shiva Baba who does every-

thing.” When service is remembered, Baba is also remembered.

It is a sign of ignorance to think that only Shiva Baba should be remembered, as it is through Brahma Baba that we can know Shiva Baba, and it is through the spoken *Murli* that we all became Shiva Baba’s sweet children. Whatever is needed in service, Shiva Baba finds someone to be an instrument of service; He invokes a soul and service is done automatically. To enable a lot of service to be done, we should have unbroken faith, zeal and enthusiasm. The more there is faith, the more success in service is achieved.

Baba speaks of our treasures. There is the treasure of breath, and if I have the belief that I am using each breath for the benefit of others, this can be a source of inner happiness. When a soul serves to that extent, the lifespan of that soul also increases. There is the treasure of all powers, and

when I see success as my God Fatherly Birthright, that success gives satisfaction to me and God as well.

Do I just look at the Father or do I remember Him deeply? We are the ones, who know rightly who He is. When He can be seen through my actions and my face, I will also be visible in His face. We should be able to say to others, “Just look at my face!” Only Baba as the Almighty Authority can perform the task of purifying the world. We have to become pure and do the service of inspiring others to become the same. Be detached and loving whilst living in the body, and be the carefree emperor, who only thinks and speaks the word “Baba”. Internally, churn the Godly knowledge with the power of concentration and dive to the bottom of the ocean of knowledge to attain Baba’s jewels and it will become visible in your features. The depth of the knowledge takes us to the Sun of

(Contd. on page no.34)

||From the Melodies of Mateshwari Jagdamba Saraswati ||



DON'T BE AFRAID AND DOUBTFUL BUT MOVE FORWARD WITH UNFLINCHING FAITH



There are some children, who reject the Father. Even in daily life, some children become unworthy. Children may be unworthy or worthless, but the Father is not so. A worldly father is merciful towards his children irrespective of how they are. God is the Unlimited Father. The Father Himself says: "When children become impure and unhappy, I come and help them." That is why He is known as the 'Merciful One'. Now, we have found that Father.

The children, who reject such Father, are really unfortunate. Despite finding the Bestower of Fortune, they are unable to attain anything from Him; so, what do we call such ones? The unfortunates ones! We should not become like them, should we? Therefore, we should try to be careful.

Maya is our Enemy

Maya is very powerful. It is her kingdom, isn't it? It is the end of the *Kalpa* now; so, she will use her full strength. You will face *Maya's* force to the extent you belong to Baba. She fights with those, who fight with her. We, the spiritual children,



fight with her. Now, we have learnt to fight with her. Earlier, we did not know this as we were under her control because why she would fight when we were under her control. On the contrary, she loved us. Now, she doesn't love us anymore rather she has become our enemy.

Maya tempts us a lot to pull us towards her. She comes in many forms in front of us. Even if some children don't have any bondage; still, vicious or waste thoughts distress them. This is nothing but the influence of *Maya*.

There may be many challenges in your life viz. you may suffer from diseases you had never even heard of before following this spiritual path or there can be scarcity of money or huge loss in your business,

etc. A friend may become an enemy; relatives may become distant and estranged from you. These are all challenges, which come to test us and clear our accounts.

We must detach our intellect from the body and bodily relationships but we are bound to face *Maya/Ravan*, aren't we? We must understand such things, without getting confused.

Cross the Hurdles with Caution

Many people think, thus: Oh! after belonging to God, there have been so many misfortunes. I have found God; I have recognized Him; now, only good things should happen to me. No form of difficulty should come to me. Are all the old gods upset with me, because I have come here?

Do not think like the above. There will be tests. Therefore, when you are faced with situations, do not think that you have not found God, do not doubt God, His existence and the path that you have chosen. I inform you well in advance that all tests and difficult situations will surely come.

However, many have left this path. Some of them were afraid of such things while some others were scared of what others used to say about this knowledge. If some people create doubt, they break away.

All this has happened and will continue to happen. I have seen it. The main reason for all this is body-consciousness.

Body-consciousness also comes as a result of vices of lust, anger, greed, attachment or doubts and misunderstandings. These are the weapons of *Maya* to push us away from this spiritual path. *Maya's* job is to turn the intellect upside down.

All this will happen. So, you need to be cautious as well as courageous about this. The Father says: "Connect your intellect with Me, so that it never becomes upside down or goes wrong." Keep a check on it. With the power of checking, maintain caution and take yourself across.

We have to change in this very birth. We must make effort to cross all these hurdles of *Maya*. We must not stay here relaxing without remembering the Father. The God Father



Shiva says: "Make effort to remember Me." This is an internal effort. You don't have to do anything external. Baba says that the situations and circumstances will come to shake your faith but the children should continue to

make effort with unshakeable faith. Keep all these aspects within yourself, be cautious and caution others as well. Save yourself and others from slipping down.

Clear the Accounts of Many Births in One Birth

You should be very cautious of the various types of doubts, waste thoughts and vicious thoughts. Understand all these matters accurately. Our *karmic* accounts are concerned with not only this one birth but with many births. We have to settle the accounts of many births in one birth now. If you don't settle these debts now, when will you settle them? Will you settle them in some other births?

Earlier, we used to settle some accounts in one birth and the remaining balance was carried forward to next birth. All the accounts of one birth do not get settled in the same birth. But, as this is the last birth, all accounts have to be settled in this one birth. We should also take it as a challenge to finish all the accounts. When we make such a challenge, *Maya* also demands to settle all our debts immediately. So, she will surround us now, won't she? If she comes, it will be with full force. Therefore, do not think that I have not done anything bad in this birth; so 'why did this

happen?', 'how did that happen?', 'why has this situation come?' Don't think like that. The debts of many births must be settled now, mustn't they? So, don't be afraid or develop any doubt. If tomorrow you leave where will your debtors and customers go? They must come now, isn't it?

Maya will come in all possible ways which are known as tests. To pass these tests, inculcation of knowledge is required. It is only the Father, who knows about all our *karmas*, our degradation and our salvation; so, He sits and imparts this divine knowledge to us children.

One, who has complete knowledge, will remain firm. If he/she doesn't have knowledge, he/she will get frightened, with his/her legs shaking. It is sung: "They listened to this knowledge, got amazed, imparted it to others and still ran away from this knowledge. Those, who get visions, will also develop doubts; they become afraid of *Maya* and break away. This has been happening since the beginning; so, don't be afraid, doubtful and suspicious. Try to understand knowledge completely and continue to move forward with unflinching faith. ❖



POPULATION GROWTH- RATE HAS HIDDEN IMPLICATION AND SURPRISE FOR EVERYONE



–B.K. Rose Mary

Seeing and real seeing are different. In physical seeing, one may say traffic jam is caused by the vehicles just like the materialists say that a Big Bang caused this wonderful universe and, finally, on earth the wonderful drama of life began from single-celled organisms to a variety of life forms through an endless series of genetic mutations. Yet a closer view would show that traffic jam is caused by some drivers, and a still closer view would show that traffic jam is caused by ego of some drivers. Thus, in seeing, only the outer physical eyes are involved whereas in real seeing, one sees much more with inner vision. In real seeing, one has four-directional and four-dimensional vision as symbolized by the symbolic depiction of Brahma, an old man with four heads turned toward all directions.

Let us apply this seeing principle with regard to population growth. In physical seeing, one may see population increase and even say history is millions of years old. But, in real

seeing, he will see its implied truth – something that is really shocking. Let us take a period which is well-documented. In last 150 years, world population grew from 150 crore to 771 crore (close to 8 Billion).

Ironically, in these 150 years, besides the regular death rate, which is common to other periods, we also saw 55 wars, two World Wars, many civil wars, ethnic cleansings, great bloody revolutions such as happened in communist nations, increasing number of natural calamities, road-accident deaths, terrorism-caused deaths, pollution-caused deaths, individuals going for abortions (over 50 million annually), Government sponsored family planning drives in many countries, modern life-style diseases that caused millions of pre-mature deaths, many killer-epidemics (“from the gruesome flu pandemic that killed an estimated 50 million to 100 million people in 1918, to the 2009 swine flu pandemic.”

In spite of all these growth-cutting factors, population grew

more than five times ($150 \times 5 = 750$) in just 150 years.

If we go *backward* in history at this rate; then, we will find population becoming smaller five times in every 150 years and, in few thousand years, we would see population touching zero. And if we go *forward* at this rate, in a few thousand years, we will reach an unimaginably huge population figure, which means the evolutionists got their calculation wrong. For example, the evolutionists believe that human population started on earth “300,000 years ago.” Others put the figure “between five million and seven million years ago.”

This claim has no meaning if we compare the ways in which population rate grows. We saw population rate is growing five times in 150 years in spite of many growth-cutting factors. That means, the first population of two people would become 10 (2×5) people in 150 years. This population of 10 would become 50 (10×5) in another 150 years. Like this if we calculate, in just 4900 years earth's total population would be 46566128730773925781250 (over 46566128730773 Billions). Now, take this calculation forward, still further and further. Multiply this figure with 5, and add 150 years to 4900 years. Repeat this

process till you reach the “300000 years” or “seven million years” as claimed by the evolutionists. You will reach a population figure beyond your comprehension. In other words, if human history were as old as the evolutionists claim; then, present population would have overflowed into solar system and beyond. That means that history cannot be very long as people are made to believe today; most people believe things without examining.

In India, it is believed that its population, at one point of time, was 333.33 million (33.33 crore), who were all humans in form but divine in function. God Shiva confirms that this was the case in the middle of each *Kalpa* (A *Kalpa* is of around 5,000 years of duration). He also says that each *Kalpa* is made of four quarters. The first quarter population is 9,00,000 and second quarter population is 33.33 cores, which would become the present population (of around 8 billion) by the end of the *Kalpa*, or at the end of the second half of the *Kalpa*. Thus, history is an endless cycle of *Kalp*s of around 5000 years duration each; and each *Kalpa* is made of two halves – in its first half there were divine people/population, who deteriorate into egoistic or

devilish people/population in the second half. God Shiva makes His descent in the concluding part of each cycle and elevates the iron-aged life of the willing children into golden-aged life. Thus history is an endless cycle of elevation and entropy, the facts of which we find everywhere in nature – like trees becoming old that leave seeds, which again become new trees. There is no mystery in the above explanation and the calculation is simple.

This is the glory of God Shiva! In *Murli*, He says: “If each cycle of history is longer than 5000 years; then, the present population would have been bigger in size.” Yet, we find unimaginably big population if we go by the evolutionist's imagined age of history. This means that when God Shiva says big, He really means it is unimaginably big.

Similarly, when He says, “The present Iron Age will soon be followed by Golden Age”, He does mean that the next Age will really be 'unimaginably golden'/virtuous in quality, as happened when this present *Kalpa* began. If present *Kalpa* began in abundance, the memory of it would remain protected somehow. When the history begins in Bharat (the original name of India) in every *Kalpa*, it starts as though there

was a rain (*varsha*) of material and spiritual blessings in their 'fullness' (derived from the root *bhar*, “full”). That situation aptly describes the thought behind *Bharathvarsha*, the name of ancient India, as given in the Scriptures such as [Vishnu Purana](#) (2,1,31), [Vayu Purana](#) (33,52), [Linga Purana](#) (1,47,23), [Brahmanda Purana](#) (14,5,62), [Agni Purana](#) (107,11–12), [Skanda Purana, Khanda](#) (37,57) and [Markandeya Purana](#) (50,41).

The word *varsham* (literally means “pouring down”) is used for land/kingdom, as it was, then, primarily known for pouring benefits on people, as in the case of *varsha* (rainfall), *vruksh* (tree), etc., which also have the same root. In other words, ancient India was a land of 'fullness' in all aspects. Just like the *depletion* of resources is the highlight in the end of each *Kalpa*, *abundance* was the highlight in the beginning of each *Kalpa*. This explains why people named earth as *prithvi* (literally, daughter of abundance). Another etymology says the name *Bharat* is derived from *Bha*' (from *Bhavam* or expression), *'Ra'* (from *Ragam* or melody), and *'Ta'* (from *Talam* or rhythm). This too points to the fact that people of first half of the history were leading a life that

resembles a melody, which reminds us of harmony and beauty because then, there was one-world-family enjoying abundance in all aspects of their life. This aspect of abundance is confirmed in the Confluence-Aged *The Gita* too: "All the deities in the Golden Age are oceans of purity and peace. Bharat was an ocean of happiness, peace and purity." (Murlī: 11.07.2019)

The truth that ancient *Bharat* was very rich was known to foreigners, as well-attested by the later development that foreign powers repeatedly came to loot Somanatha Temple, which was the symbol of both spiritual and material prosperity of ancient India. In addition, the amazing depth and variety into which ancient India went in the case of arts such as classical songs, musics, classical dances, etc. were the reflection of the melody of life of ancient era, and is also the internal proof of both spiritual and material prosperity of ancient India. These art forms were all primarily designed to elevate the minds of people into the virtues and spiritual abundance in God from the vices and material abundance in Satan/Devil. Interestingly, the last stanza of songs is named *charanam* (or *sharanam*), which means submission to God (in contrast to *Kaliyugi* arts that mostly lead people into vices such as lust, greed, violence, etc).

Such rise, elevation and fullness of the first half of the *Kalpa* is followed by its fall, deterioration and emptiness as the cycle of history turns and repeats. Those, who act wisely leading a golden-aged life, now, have the privilege of living in material and spiritual fullness of the forthcoming Golden Age. ❖

THE TIME IS NOW

Is there a perfect time that you wait for, to change anything about you, or to complete a pending task? Do you habitually postpone them, saying I will start on new year or my birthday or weekend or next week or next month? We usually postpone important matters - by not paying bills or tax until the last date, not valuing a relationship until it crumbles, not switching to a healthy diet until we fall ill, not giving up addictions until they severely affect us, not exercising or meditating until doctor insists. The longer we postpone, the longer we block goodness from coming into our life. If we don't know where to start, let's seek guidance immediately. If we don't think we can do it, let's eliminate excuses that we don't have time, confidence or will power. Decision to begin now is one thought away. Let's be determined and discipline our mind. Let's remind ourselves - I am committed to my tasks, my happiness and my health. I don't delay anything. I take action now.

The one habit that limits our potential is to postpone tasks over and over again. Let us reflect and check how many times we convinced ourselves - I don't have to do it right now, I will see tomorrow. The next day we again pushed the thought away. Eventually, tomorrow came after days or maybe it still hasn't come. Take this moment to break that inner resistance and get around what you want to do. Inculcate in yourself a true discipline of less thinking and more doing. You will find your unhealthy postponement-patterns fading. When you start doing the things you knew you had to, your satisfaction and happiness will be immense. You develop a passion and remain inspired to begin and complete your ideas and desires. All your resistance gets forced out.

LAW OF ATTRACTION

—Farha Sayed, Mumbai

Law of attraction is a law, which is perfect and precise. Positive beliefs and thoughts are one of the most powerful keys to the Law of Attraction. It says we all affect and are affected by each other and our energy impacts on absolutely everything around us. It also indicates and underlines just how much power we really have.

The Law of Attraction states that we attract into our lives whatever we are focussing on by using the power of the mind to translate whatever is in our thoughts and materialize them into reality. All our inner thoughts turn into things eventually being demonstrated in the outer world. In this sense, we attract not only what we want but also who we are. For example, if we often have a negative outlook on the world, we'll tend to pull that negativity - unhealthy skepticism - into any new information we encounter. If we wake up with an attitude that the world is unfair, we'll inevitably meet a world full of people with selfish means. But if we wake up in the morning and draw our attention to all the times in our life that people

helped us or just showed kindness, we walk into a world of lovely individuals. It all depends on how we look at people and things, and not how they are in themselves. Our own personal perspective matters a lot. Therefore, we need to cultivate thoughts carefully and mindfully.

This law does not mean we get what we want; rather, it actually means we get according to our perspectives and what we are. Our thoughts and words are what we are; these vibrate to the universe and we get them back. The words 'what we are' refer to our spiritual identity, soul, which is carrying *sanskars* and *karmic* accounts. So, what we are going to get will be according to our *sanskars* and *karmic* accounts. If we, as souls, suffer from lack of self-love or a low self-esteem, we will invite or attract lack of love and respect from other people too, because we get the same energy as we give. Whether it is love, peace, or happiness, if we cannot give it to ourselves, nobody else can give it to us. It all starts from us and goes outside and inside as well.

Hence, thought power is one of the most beneficial creative powers we possess. Our *sanskaras*, behaviour and attitude, actions and reactions are shaped by the thoughts we cultivate. Our thoughts generate energy in the form of subtle vibrations. These vibrations become like a magnetic field, attracting similar thought vibrations. By consciously choosing the right quality of thoughts, accompanied by powerful visualization, we can train our mind, over a period of time, to harness thoughts that will attract more and more goodness and positivity into our lives. ❖

LIGHT OF SPIRITUAL KNOWLEDGE

There is some darkness in most human minds today; so, there is a darkness component in most scenes and situations. Why else is there so much unhappiness and sorrow in the world? The reason is the lack of light of spiritual knowledge. The need is to be enlightened with the light of spiritual knowledge and practice of Rajyoga meditation which links the human soul with God, the Supreme Light.

THE WORLD DRAMA WHEEL

–B. K. Subramanian, Avadi

The Eternal World Drama (EWD), right from the inception till its culmination, has been predestined and moves on with the cycle of birth, growth, death and re-birth. This is the preordained, eternal, unlimited drama that keeps repeating. That is why it is called the eternal, imperishable world drama. There are three entities – the Supreme Soul, the Human Souls and Nature – around which the whole World Drama revolves.

The four ages with different stages and statures, comprising the whole drama, have been historically identified as (1) the Golden Age (2) the Silver Age (3) the Copper Age and (4) the Iron Age. These legendary periods have been termed in Indian scriptures as (1) *Satyuga* (2) *Tretayuga* (3) *Dwaparyuga* and (4) *Kaliyuga* respectively.

There has been some kind of evidence or proof, available to learn and speak about the history of mankind that took place in *Dwaparyug* (Copper Age) followed by *Kaliyuga* (Iron Age) either with correct interpretations, or in a distorted manner. But, to our dismay and

disappointment, no such information is available about the lifestyle, condition or relationship among different sections of people in *Satyuga* (Golden Age) and *Tretayuga* (Silver Age).

In the beginning of the world cycle, in the Golden Age, the virtues of peace, purity, wisdom, love and joy were in balance. As human souls come down in the birth-rebirth cycle and reach *Dwaparyuga*, they start becoming influenced by body-consciousness, resulting from their indulgence in the five vices – lust, anger, greed, attachment and ego – and, therefore, all spiritual building blocks or virtues start getting depleted. The human souls begin to deviate from the moral way of living. The valuable cultural characteristics and goodness, gradually, disappear and souls fall in the vicious circle of body-consciousness. People start living life on their own accord, thereby indulging in their own tastes, whims and fancies, personal biases, likes and dislikes without having any concern for others.

In the absence of morality, many fairy tales and fabulous

stories about gods, goddesses, deities and angels come into existence as part of our scriptures. All such stories are told and scripted with an intention to make the common people imbibe moral values, appreciate the good lessons and valuable teachings thereby to enable them to follow the righteous path and ensure that peace and happiness can be restored in life. But, unfortunately, as souls move into the Iron Age, they act under the complete influence of vices. Devotion (*Bhakti*) becomes a matter of routine without inculcation of ethical values, divine instructions or principles of high order either in their personal life or social life. At this juncture, God Shiva, the Supreme Soul and Director of this World Drama, comes down upon the earth and unveils the truths inherent in the story of human life: the truth of the immortality of the soul, its true, eternal relationship with the Supreme Soul and the story of the rise and fall of souls.

A brief note and recall on each Age as highlighted in Baba's *Murlis* is reproduced below:

***Rama Rajya* (Day of Brahma) – *Satyuga* (The Golden Age)**

Contrary to the facts enumerated in Darwin Theory,

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the first and foremost souls, who landed on this Earth, were the original descendants of the Deity Religion. They belonged to the Sun Dynasty, with its first predecessors recognized as *Adi Dev* (Brahma) and Brahmins, who became deities; and they were not *Adivasis* nor the products of step by step evolution from monkeys, who belong to animal species. The deities (*Devis* and *Devas*) are soul-conscious and their reign lasted for a period of about 1250 years. Shree Krishna and Shree Radha were the first Prince and Princess of the Heavenly world in *Satyuga*, who were later crowned to the throne as the first Emperor and first Empress under the Lordship name of Shree Narayan and Shree Lakshmi. The deities were the embodiment of complete sixteen celestial degrees as part and parcel of their highest, richest and spectacular divine standard of living. All elevated human beings in the form of deities lived up to their full lifetime span of one hundred and fifty years in each birth in *Satyuga*. There was no paucity or lacking either in their material comforts or in their emotional wellbeing. The five elements of Nature were also in their purest form. Then, the Nature by itself

provided everything including all resources, which were bountiful, superfluous and excessively rich in quality. The wonderful fact of *Satyuga* was that all animals and birds living in this world were herbivorous.

Tretayuga (The Silver Age)

This world of *Tretayuga* was also similar to that of the heavenly life enjoyed and experienced by the souls in *Satyuga*. The number of souls increased significantly; and, though all were still happy and prosperous, the radiance and fullness that characterized their lives in *Satyuga*, were no more. The values of natural, artistic celestial degree lessened from sixteen to fourteen. The lifetime span of each birth also reduced to 125 years. However, the rulers and inhabitants still enjoyed and experienced the healthiest, wealthiest and happiest life. This phase also lasted for 1250 years. Nevertheless, the global ruling power dramatically shifted from the status of Emperor and Empress to that of the King and Queen.

As per drama, the half or semi-sphere of the whole *Kalpa*, lovingly called as *Rama Rajya*, which lasted for 2500 years, came to an end due to the outbreak of *Ravanraj*.

Ravan Raj (Night of Brahma): Dwaparyuga (The Copper Age)

The elevated humans or the deities, who were in the soul-conscious stage in *Satyuga* and *Tretayuga*, stepped down from that stage birth after birth and started, gradually, developing body-conscious state at the beginning of *Dwaparyuga*. The procreation theory by power of meditation (*Yogbal*) that was being followed by the deities (*Devas* and *Devis*) in *Satyuga* and *Tretayuga*, was no more practiced as the vice of sex-lust emerged between husband (male) and wife (female). Thus, the love-full act changed into lustful act; and, gradually, other vices such as anger, greed, attachment and ego crept into the minds of human beings that, ultimately, fetched sorrows and sufferings to them in variant forms. At this stretch of time, the godly messengers, known as the religious founders or fathers like Abraham, Buddha, Jesus Christ, Mahaveer and Gurunanak, etc., came to this world to enlighten the people and guide them to follow the righteous ways to save themselves from being inflicted with punishments of different types. As time passed by, people started worshipping the religious founders as gods without inculcation of the

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knowledge, teachings and preaching imparted by them. In the cult of devotion (*Bhakti*), prayers, glorification of the lords and gods, recital of divine songs, versions, texts and phrases, worships, rites and rituals became the routine parts of human life.

With the loss of purity and righteousness, the human minds became very weak, lost control over sense organs and became enslaved to sensual pleasures.

In *Dwaparyuga*, the united universal empire and global kingdoms that existed in *Satyuga* and *Tretayuga*, got disunited and disintegrated into several territories, countries, islands, provinces and regions, big or small, with distribution of ruling powers to numerous kings and queens with single crown because their earlier crown of purity vanished; and, now, mother tongues, regional languages, linguistic communication skills of different territories differed and varied. Out of greed, jealousy and egoistic tendency, the kings started fighting and battling with one another and thereby lost their empires, kingdoms and territorial lands too.

With the entry of vices and immorality, there was steady deterioration in each and every

aspect of life, which resulted in reducing the life-span too.

Kaliyuga (The Iron Age) –

This is the final and infernal part of the world drama. In this age, the souls became completely tainted with the vices. Even in the domestic life, the characteristics such as self discipline, dignity, decorum and morality lost their importance because of cent percent body-consciousness. All the vices, i.e., sex-lust, anger, greed, attachment, ego along with laziness, fear, suspicion, jealousy, hatred, arrogance, depression, revenge, dishonesty, selfishness, etc., took hold of the human beings in variant degrees that, ultimately, caused only sorrows, sufferings, pains and diseases to them. Is there any way out for relief and remedy from these? The answer is an emphatic YES.

The Auspicious Confluence Age, called Sangam Yuga (Diamond Age)

Is there any reference or saying about the Confluence Age in the scriptures or holy books of different religions? It is said that the word '*Sangamyuga*' (Confluence Age) finds a place in the holy book of *The Srimat Bhagavad Gita*, but there has been no explanation or narration

as to what had happened in this Age and what were all the special features of this Age.

The greatest and unbelievable wonder in the world drama is that God, too, has a predestined part but only at the confluence of *Kaliyuga* and *Satyuga*. Since God has no physical body like human beings, His role is subtle. He plays an incognito part by means of incarnation (*Aavtaar*), i.e., descent into the body of an old man known as Dada Lekhraj whom He renames as Prajapita Brahma and through whom He imparts the spiritual knowledge of soul, Supreme Soul and the World Cycle and teaches Rajyoga. This Confluence Age is going to end shortly. Though it is too late, all the souls across the world are requested to avail themselves of this diamond opportunity at least in the eleventh hour without further delay.

To caution the motorists, the Chennai traffic police have displayed placards and boards inscribed with the following slogan: Better to be late than to be called Late Mr. X

Similarly, let's take heed of this caution and recognize the Supreme Father and imbibe His knowledge by understanding the importance of time before the placard displaying 'too late' is put up by the drama. ❖

EXPERIENCING GOD AS THE SUPREME TEACHER



– B.K. Viral, Borivali (West), Mumbai

September 5th, the birthday of Dr. S. Radhakrishnan, is celebrated as the Teachers' Day in India. Along with remembering our school teachers, who've been instrumental in our progress, let us remember Incorporeal God Shiva, the Supreme Teacher too.

His Divine Teachings

God's teachings are very simple, clear, powerful and full of essence. He gives knowledge on concepts like our real spiritual identity, His role within this drama, *karmic* philosophy, etc. He says that we are souls, originally full of divinity, purity, peace, love, happiness and inner powers. This daily reminder and awareness of being a divine soul automatically emerges the original virtues in us, which, then, get reflected in all our actions and interactions.

He shares with us His accurate introduction, thus: "You are a soul, a tiny point of light, so am I. The only difference is you're an embodiment of peace, love and happiness, etc. while I am the Ocean of these qualities." Hence, when we consider ourselves a soul and remember God with this awareness, we automatically get connected to Him and start experiencing a

very powerful current of pure energy from Him, which helps to dissolve the acquired tainted traits and emerges the divine virtues within. The power, thus received, helps us easily to maintain this elevated state of mind in spite of external situations in our lives.

He shares with us the knowledge of Cycle of Time. All of us know that it is the Iron Age (*Kaliyuga*), as is evident from the degrading quality of life. God shares the good news that this time of sorrow won't continue forever, but the dark night of *Kaliyuga* will be followed by the new morning of the Golden Age (*Satyuga*), a time of complete divinity, purity, peace and prosperity. All we need is to transform ourselves and imbibe divine, deity-like *sanskaras* using the power of spiritual knowledge and Rajyoga meditation. In fact, when we change, the world changes!

He shares the intricate details about the drama/play of life. We, the souls, are actors, and this body is our costume through which we play different roles on this stage of the world drama. All actors are playing their accurate roles, and the various scenes coming in front of us are accurate too, being simply the return of our past *karma*. This awareness helps us to gracefully accept all challenges

coming in life, thereby allowing us to keep on progressing ahead.

Becoming His Godly Students!

Hence, when we realize the fact that God has come and is directly sharing His teachings with us, we become His Godly students. It is said that student life is the best life, and the best part of this spiritual study is that we don't need to leave anything. God just asks us to devote 30-45 minutes daily for the self, for listening to His direct spiritual knowledge and for practice of Rajyoga meditation. And this powerful foundation of spiritual knowledge and meditation can transform our entire day, thereby making it rich and fulfilling.

When we start inculcating God's teachings, we too become spiritual teachers. Not just like those, who speak knowledge, but those, who inculcate these teachings in life, thereby becoming a practical example/inspiration for all, with their elevated character; thus, creating a wave of spiritual transformation. When a certain proportion of the world transforms itself, this will be the tipping point leading to world-transformation.

Let's start studying daily from God, the Supreme Teacher, and remain connected to Him; and, thus, start contributing to His divine task of world-transformation through self-transformation of human souls thereby establishing *Satyuga* once again upon the earth. ❖

AN ACT OF GOODNESS: A GREAT SERVICE

—B.K. Anil Nanda, Patiala

Doing act of goodness to others is a great service; it is not merely a duty but also a joy, which increases our own health and happiness. Service means “to give”. It is an act of expressing good wishes towards one and all. Goodness is something, which propels people to perform better.

Each and every person that comes to us in need, brings an opportunity to enhance our personal happiness. When we give something, we are the first to receive in return. So, we need to help sharing our good wishes with others irrespective of what they have given to us. As per the *Karma* philosophy, “The givers” are “the getters”. Money gets diminished if and when given; however, happiness gets multiplied if and when shared.

Service can be of the following types :

Service Through Words (Vaani Se Seva):

Have you ever known someone, who believed in you and frequently spoke words of encouragement and praise? That someone is the kind of person, who made you feel you could do it, whatever “it” was?

That's the kind of person God wants us to be, who does act of goodness by inspiring people to encourage one another. Through sweet and motivating words, we can encourage and motivate people, counsel them, guide them and earnestly show them the right way.

The Smithsonian Institute in Washington DC includes a display of several articles President Abraham Lincoln had with him on the night of his assassination. One of the articles is a worn-out newspaper clipping, which celebrated his accomplishments as the President of America. It reads: “Abe Lincoln is one of the greatest statesmen of all times.” It is amazing that even the president of the United States needed regular positive reinforcement in his life; if left unchallenged, negativity can permeate and overcome any of us.

The truth is: words do have power. Words can breath either life or death into the soul, build up someone's spirit or tear it down. They either encourage or discourage. So, speaking the right words at the right time is an act of goodness: a great service.

And the greatest service is possible when we give spiritual wisdom imparted by God to others and thereby elevate the life of others.

Service Through Actions (Karmana Seva):

We can serve by volunteering for Service through actions (*Karmana Seva* or *Kar Seva*) at any religious place, by distributing food to the needy, donating blood, taking someone to hospital, helping out in natural calamities, distributing blankets and woollens in winter, visiting and contributing things or money to orphanages or old age homes, etc. These acts if and when done with true heart and kindness, can help to heal the hearts of others.

Also, each of us has been given talents by the Supreme; we should develop and use them to serve God by serving the mankind. There's no sense of delight when we want to serve only ourselves. Sharing our talents with other people can create more lasting fulfilment. We can bless others or we can indulge in the selfishness of seeking praise and admiration. We need to search and find ourselves by getting answers to questions such as: What are my goals and intentions? What is in my heart? What are we good at? How could we use our talents to help those around us? God says that you, the

children, can serve others by displaying your values and virtues in action. The virtues like kindness, honesty, service are the essence of your character and when you keep the practice of virtues at the heart in everyday life, you live with purpose. When you practise values, you attract what may have been missing in your life such as fulfilling relationships and achievement of meaningful goals. Your friends, families, co-workers and neighbours will trust and rely on you. They will come to you for guidance and help. People will know you as persons with an exceptional character, who make the right choices and strive for excellence in all you do. They will want to be around you because you inspire them to be better people.

**Service Through Mind
(Mansa Seva):**

Service through mind (*Mansa Seva*) means serving through pure thoughts and good wishes. We can give blessings or wishes to the people when we have the stock of good wishes in the mind and pure feelings in the heart. For this service, we need to remind ourselves: 'I

am a spiritual being, a child of God. I am peaceful. I am loving. I am pure and powerful. My inherent nature is like God's nature. Love, peace, happiness, truth, and purity are God's gifts to me as the powers, virtues and qualities. This is the Confluence Age, when the realization that I am a child of God becomes awakened within me, allowing me to connect with God and to take strength from God. I cultivate the healing powers of hope, harmony, compassion, commitment, tolerance and respect and also use these treasures to light the way for others.

Service means that no one, who comes in front of us, should leave empty-handed. Everyone, who comes in front of us, should receive something – a virtue, a power, s w e e t w o r d s o f encouragement and divine glance (*drishti*). Let us remember: 'I am a soul, a child of the One, who brings goodness and benefit to the world.' So, we, too, are the instruments of service and donors. At the end of the day, we should take time to reflect back on the day to see if each

moment, each breath, each thought, word and deed was imbued with purity and goodness. We should check to remember whether each one, who came in front of us, left lighter, easier and filled with hope. This is the true meaning of goodness or service in real sense of the term. ❖

**LOST AND
FOUND**

Being lost in thought, thinking about things to do, what's been done, what could have been done: this is not only tiring but also a negative way to waste energy. It diminishes your peacefulness and clouds your clarity. Every time you become lost in thought it means exactly that you are lost! To find yourself, allow your mind to become quiet, to become utterly tranquil. In the quiet depths of every being, there is a stillness that contains a deep inner peace and wisdom that can guide you in your life.



MY PERSONAL SPIRITUAL EXPERIENCES WITH SHIVA BABA



– B.K. Sudipta Rath, New Delhi

When I was desperately searching for a real meaning and purpose of life, God Father Shiva, endearingly called Baba, came to me and introduced Himself. I like to share with others my personal spiritual experiences with Shiva Baba and a little background of my journey towards practice of Rajyoga.

I was a strong believer of God since my childhood and had been following *Bhakti* cult thoroughly. Eight years back in 2011, I saw a bright shining light in my dream. I woke up and could not understand why I saw such a unique light that was pretty different from sun and moon. After a few days of seeing that light, I travelled to Sweden to attend an International Conference. I saw the moon when the sky was dark during my flight and thought that perhaps that light was an indicator of my success. Since Sweden is a Scandinavian country and during my visit there was summer, I was so fortunate to see midnight sun there. Again, I thought, perhaps, this was the

meaning of my dream, that is, to have this amazing experience of 24 hour sunlight: (*Sirf praksh hi prakash hai*). I felt as if I have landed in Heaven. Then, in 2013, I relocated to Delhi quitting my job and winding up all my sources of income to stay with my family as my husband had been staying in Delhi. Earlier, I was posted in Odisha and was working in development sector.

My life had taken a different turn and I didn't want to return to the same traditional pattern of 9-5 job, which was very stressful and sucking all my time and energy. I was searching for some way to deliver my service to the world as a social worker and do something I was passionate about. I loved reading good books as well as writing. By God's grace, I got an opportunity to write articles on Self Development and started working from home. One day, in the afternoon, as I was working on my laptop and writing an article; suddenly, my eyes went towards the door of our living room and I saw rays of different colours coming straight towards me through a small opening on

the door. It was amazing as the rays were changing colours within fraction of seconds very fast just like flips. It was the second time a knocking from Supreme Power in 2015, I felt.

I was holding a mobile phone in my hand that time; so, I tried to capture the colours and did it. Then, they were no more visible. I ran towards the door and found that the sun had changed its direction. But, it was amazing to see the ultraviolet rays with open eyes. Next day, when at the same time I tried to see them, I could not. It was a divine feeling and I started a mission "Discover Yourself" - a mission towards a world of happiness, peace and ecstasy. It marked the beginning of the journey towards searching for the meaning and purpose of my life. I started doing meditation under the rising Sun in 2015.

One day, a thought came to my mind to publish a book. A word 'soul' popped up in my mind. I questioned: What's that? What is its origin? Next day, again while I was meditating, a word 'womb' popped up in my mind. And I started writing the book entitled "Womb - Your Eternal Soul Within." It was about a soul's journey in body from birth to the end of life. The book got published by Amazon just within 2 months; but, I was still

wandering 'who has written this book?' It wasn't me. Tears would flow through my eyes every time I would read this book and felt as if someone else has written this book through me to show the world that we are all souls. Another book has been written and, now, with even accurate understanding of soul through Spiritual knowledge (*Gyan*). This book is also published by Amazon.

Then, again a dream. Just for a fraction of second, I saw that I was at the place written as Heaven (*Vaikunth*). I loudly read that and with my own voice I woke up. Scared and sweating, my heart was pulping at a faster rate. Again, a big question mark? I had never thought of going to *Vaikunth*; so, I thought the dream means that I may leave this body within a few days. I suffered from viral fever and was in rest for a week as I was feeling very weak. One day, I was randomly changing TV channels to pass the time. Then, all of a sudden, I heard a voice, "*Mein ek Atma hoon*": In English "I am a soul." I stopped on that channel. The voice was of Sister B.K. Shivani, whom I didn't know. I watched the programme and felt that whatever she was telling I had already published in my book. I jumped from the bed energized and felt as if all weaknesses had gone from my body. I felt I was on the right track. Then, I started watching Peace of Mind TV regularly for a month and started practising *Amritvela* meditation. Then, in 2017, I visited the nearby Brahma Kumaris Centre at Green Park and got enrolled for 7-day Course of Rajyoga meditation.

On the very first day itself, I got answer to all my questions. And I understood that since 2011, it was God Father Shiva, who was calling out to me and guiding me towards my ultimate goal. I have finally reached my destination: *Meri manjil mujhe milgayee*.

I hummed to myself: "*Baba mujhe kabse pukar rahe the, par maine pahechan ne mein 6 saal laga diye. Wah Mujhe raasta dikhaye. Yahan tak mujhe lane ke liye mujhe Odisha se Delhi Le Aye. Mere parivar ke saath rakha, mujhe earning ka naya source bhi de diya. Mujhe jeewan jeene ka lakshya mil gaya*". ("Baba was calling out to me; but, I took 6 years to recognize Him. He guided all my life. He brought me to Delhi from Odisha, kept me with my family, gave me a new source of income. I found the meaning and purpose of my life.") *Wah mere Baba Wah! Wah Mera Bhagya Wah! Wah drama Wah!* ❖

THE DIFFERENCE BETWEEN LOVE AND ATTACHMENT

Attachment is a mental state. It is a relationship we have with someone in our own minds. When we become attached to someone, we use his/her image to fill our mind. We find that our thoughts are constantly filled with his/her image and the memories of his/her behaviour. It is not that we should never think about others; but, we should think about others only when it is necessary; and as we do so, let us make sure that we don't lose our self in his/her image. This will finally free us from dependency on others. The symptoms of attachment can be found when there is any personal desire or expectation of the other person. The desire causes the change of the energy of our love into fear.

We forget that we are already a source of what we have been taught to need and desire. It is our attachment that desires, love never desires and it has no expectations. It doesn't need to expect! As soon as you have any desire from others, or expectations of others, and your happiness becomes dependent on the desire or expectation being, thus, met, you are already giving birth to fear and anger, which are, otherwise, known as negative emotions, stress and suffering. Love never causes pain, but attachment does.

SERVICE QUALITY AND EXPECTATIONS MANAGEMENT IN GODLY SERVICE

–Dr. Shiba Parhi, Nashik,
–Dr. Ashok Jethva, Ahmedabad

Every one of us love good quality products. The products may be in forms of food, furniture or consumer durables. People are ready to pay the costs for high quality products. It seems that quality has become omnipresent in every aspect around the globe. Quality is not just limited to products; it is also present in spheres of education, health care, etc. In the world of business and industry, the word 'quality' was not so popular before the year, 1950. No industry was aware of the true definition of quality, standard or specification.

The three American consultants such as Edwards Deming, Joseph Juran and Philip B. Crosby were the most influential in developing the concept of quality. Their work significantly impacted on industries, the view of customer satisfaction, the employee needs and the supplier relations. In 1950, Deming was the first American professor, who introduced the importance

of quality to the World War II that shattered Japanese industries. In 1951, Juran's *Quality Control Handbook* gave the world a new perspective. Japanese industries were the first ones to recognize the importance of quality and invited Deming and Juran to give a series of lectures on it. Later, USA realized its most deep error by losing its competitive edge to Japan. Crosby coined the term 'zero defects' around 1960. W. Edwards Deming invented the term "Total Quality Management" in 1985 while working for US Navy. We can witness a sea-change in the industries with introduction of quality programme.

"Service Quality" Initiative

Till 1983, everyone was discussing about the quality of products, process and skilled man powers; no one talked about the quality of services such as education, health care, aviation, travel and tourism. No such quality standard was prevalent. A group of American authors, A. Parasuraman,

Valarie A. Zeithaml and Len Berry, carried out a systematic research programme between 1983 and 1988 on "Service Quality" and prepared a scale to measure service quality. That was the landmark in the service quality initiative and we can see the huge change in the quality of services offered by banking, insurances, e-commerce, logistics and ITs (Information Technologies) companies.

Connecting Service Quality with Godly Service

Defining "Service Quality" and Managing Godly Service Quality:

As per the definition of "Service Quality" (SQ) by Parasuraman, Valarie A. Zeithaml and Len Berry,

$SQ = P - E$ in which

P is the individual's 'perceptions' of given service delivery.

E is the individual's 'expectations' of a given service delivery.

Defining 'expected service', it is all about expectations of the service receivers from the service provider and 'perceived service' means actual service experienced by the service receiver from the service provider.

In our Godly University, it is all about the expectations of

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Baba's children or students from the Godly services in terms of core services and supplementary services. Baba also has expectations from us to maintain high standard in terms of knowledge, purity, peace and wisdom. Perceived quality in Godly service is about what the existing children or Baba's new children are experiencing, realizing or achieving in reality from the Godly Services. We need to stress on improving the "Service Quality" to attract quality souls to fulfil Bapdada's dream. In service, words of mouths and reference play a major role.

In present days, after watching "Peace of Mind" channel, many are coming to the centre with the expectations of instant solutions, blessings and meditation. What is being observed is that after listening to so many good things from TV, friends and family members, they want us to be honest practitioners but not just speakers. The gap between the preachings and practices should be zero; we should be watchful and careful in implementing the values that we preach.

God's Version on Godly Service Quality: I can

remember Bapdada's *Avyakt Murlī*, in which Baba stressed that the children should be free from effect and defect. He wants us to be absolutely defect-free, a "zero defect" soul. Bapdada has been insisting to improve the quality of souls. God Himself has introduced the "Total Quality" in every aspect: thoughts, words and behaviours. He has been reminding us to become complete and perfect in all respects: knowledge, purity, virtues and powers.

Baba has given us the knowledge that each and every soul is unique and precious. Spirituality is to serve a soul with love, care and empathy. We need to satisfy the requirements of each individual as per the Directions of the Supreme Soul.

In the present days, everyone is in dire need of love and kindness. The call of time is to educate each individual through compassion, cooperation and attention. Educate others through practical examples rather than mere preaching. You can educate one better through inculcating virtues and qualities.

Baba's approach of transforming souls is through love and belongingness. He has never compromised the quality

of Service (*Seva*), in spite of extensive service programmes. He has effectively communicated the need of changes with expansion and growth as well as what should be the role of Baba's children.

Changing Expectations in Present Era

In the present era of shortage of time, increasing income and sophisticated technologies, the expectations of service receivers are increasing. Customers want speed and accuracy in solutions to have obstacles-free life and progress. Baba exists and the new children base also has been increasing consistently. They want quick, better and specific results. Their expectations are backed up by media exposure, personal experience and words of mouth.

We should be very much careful about the promises made by the different forms of Media. In this world of service industries, quality of education offered by Indian Institute of Management (IIM) Ahmedabad or transportation service by Delhi Metro are quite immaculate. Many private banks also have been

maintaining their quality standards across the globe in spite of expansion and growth. Rather, their quality standards, accuracy and services have increased with geographical expansion. In Godly services, we cannot say that because of growth and expansion, there is liquidation of quality; rather, it should increase in every term. Baba has taught us the balance between “*Vruddhi* (growth and expansion), *Vidhi* (method, process and procedure) and *Siddhi* (success)”. With “*Vruddhi*” we need to be strict on “*Vidhi*” to achieve “*Siddhi*”. Product quality improves satisfaction and saves cost.

As per the father of the “Total Quality Management”, W Edwards Deming: (i) Improve constantly and forever the activity in the company in order to improve quality and productivity and, thus, constantly decrease cost. (ii) Drive out fear, so that everyone may work effectively for the company. (iii) Put everybody in the company to work in teams in order to accomplish the transformation.

Being the Manager of Baba’s business of peace, purity and transformation, it is our responsibility not just to maintain but improve our quality and standards with regard to yoga and implementation of knowledge and values, despite wide expansion of spiritual services. ❖

Morning Musings & Night Notions



“Big-heartedness is the most essential virtue on the spiritual journey.” – *Matthew Fox*

“When I give I give myself.” – *Walt Whitman*

“Lord, grant that I might not so much seek to be loved as to love.” – *St. Francis of Assisi*

“Being love rather than giving or taking love, is the only thing that provides stability.” – *Ram Dass*

“Perform all work carefully, guided by compassion.” – *Ved Vyasa*

“If your compassion does not include yourself, it is incomplete.” – *Jack Kornfield*

“True love begins when nothing is looked for in return.” – *Antoine De Saint*

“The most important time in the world is the time you make for yourself.” – *Anonymous*

“All major religious traditions carry basically the same message, that is, love, compassion and forgiveness... The important thing is they should be part of our daily lives.” – *Dalai Lama*

“When there is love in your heart, everything outside of you also becomes lovable.” – *Veeresh*

“Sweet children! You are the speaking and moving lighthouse. You hold the *Shantidham* in one eye and the *Shukhdham* in the other. You have to remember both.” – *God Father Shiva*



GO DEEP INTO THE DEPTHS OF YOUR INNER SELF TO GET THE EXPERIENCE OF PEACE, LOVE AND HAPPINESS



–T.V. Jayaprakash, Palakkad

When you go deep into the depths of yourself within your inner being and get the experience of peace, love and happiness that are there inside you, realise that the real inner beauty lies inside every soul. Find the qualities that are basically there inside each and every soul. Get connected with the same qualities of peace, love and happiness in others too. If you realise that everyone is an individual with their own unique part to play; it is easy to develop the power of tolerance. Be aware that the acronym 'EGO' when expanded, reveals itself as 'Edging God Out'.

Your essence is light and peace. Be bright and free like a star to radiate the light and instil serenity. You are pure, peaceful, powerful, lovable and blissful. We are what our deeds make us. Live life in true sense of the term when you are alive. The choices we make and the deeds we do, reveal our real identity. A

name is tied to a particular role, but one may play multiple roles. According to Ayurveda, the soul (*Atman*) is composed of five "sheaths" – the body, the vital breath, the mind or will, the intellect or desire to know, and bliss; i.e., the *koshas* such as *anamaya*, *pranamaya*, *manomaya*, *vijnanamaya*, and *anandamaya* respectively.

A difficult situation is embedded with a solution. The adventure lies in finding out the solution. We know that there is a solution for a problem. Thinking positively means making the choice to see the problems as opportunities. So, you find that the term 'PAINS' stands for 'Positive Attitude In Negative Situations'. Focus your mind on holy purposes and relax; and, then, begin to discover an ocean of peace right at your own doorstep.

Let us break ourselves free from the bondage of our past and enter into our real selves. Before we can be possessed by

someone else, we have to possess ourselves and keep moving, even though we, as persons or personae, all change. What we want, may not be what we need. We should identify our priorities by knowing what we want. "I want" is one of the first things a child learns to say.

Let us develop love, peace and harmony in us and others. Forget the past, avoid grudge and hostility, and live in the present. Clarity is the path of success in the journey of life. What we perceive is what we believe. Everything begins in the mind. If we want to see clearly, we need clear vision. Inhale happiness with smile that keeps you beautiful. Richness in beauty of life is derived from the hidden knowledge of happiness. You become rich when you keep away from your unlimited desires.

Remember the fact that time once gone never returns; past is past. Words spoken once can not be taken back. So, the chances that are missed, are lost forever. Be a flower that spreads fragrance for the whole hour. Miracles happen when you replace tears with prayer and fear with faith.

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We let others 'Rest In Peace' (RIP). Why can't, then, we live in peace and make others also live in peace with love that makes one feel precious, cared, happy and light at heart? Utilize your own pure energy and positive thoughts to do good to everyone and multiply your inner energy and satisfaction.

You need not let others rule over your life, when you can do it yourself. Fly high with positive passion. Dive deep into the ocean. Life depends on the way we perceive something and look at it. Accept the transcendental qualities of fearlessness, purity, charity, self-control, sacrifice, austerity, simplicity, non-violence, truthfulness, renunciation, tranquility, gentleness, compassion, vigour, forgiveness, fortitude, cleanliness, modesty and steady determination. Discard your fault-finding nature and be free from covetousness, anger, envy and the passion for outward and artificial honour. Before we advise others about anything, we have to first implement it in our own action.

The very best ones are like water that lies at low place. They are content with low places that

others dislike. They benefit from all the things and beings through their timely actions, right deeds, orderly governance, peaceful nature, gentle friendship, true words, deep love and simplicity. You can also change your habits for the better. Your habits can change your future. When the divinity in you increases, the weaknesses of your human nature will vanish automatically. The striving for widening our circle of compassion to all living creatures and the whole of Nature in its beauty is, in itself, a part of the liberation and a foundation of inner security.

Let what you lost, become a memory of the past. But, what you can use, now, i.e., the fire, water, earth, space and air, are a blessing of the present. Time never waits. Being better than yesterday will bring the best for later days. Generate or utilize



opportunity and to prove your ability.

Everyone has a friend during each stage of life. But, only the enlightened ones have the same benevolent friend,

Incorporeal God Shiva, in all stages of life. Love is pure and unconditional. Eternal love vacates violence. Compassion is the heart of love and patience. Your smile touches others' souls and melts their hearts.

"Great souls become humble after their victory." Because, they know the fact that behind their each effort and action for victory, lies hidden the blessings of God, the Unseen. What is seen is beautiful, what is not seen is more beautiful. ❖

EXERCISE AND DIET

Unhealthy lifestyles are rooted in the mind and seeded in the soul. The spiritual exercise of the mind involves taking the mind out of the physical body and to the subtle body of light and, then, to our state of being, a soul - a sentient point of light and power. As for diet control, pure thoughts are the healthy diet for the mind. Creative thoughts are like vitamins and positive thoughts provide proteins that build will power.



LET MASS/MULTI MEDIA BE VALUE-CENTRIC: THE MOST URGENT CALL OF TIME

Dr. Brahma Kumar Yudhishthir,
Shantivan, Associate Editor

The society, man and mass media are quite interlinked, interrelated and interdependent in such an inextricable manner that the effects of one on another are most visibly apparent. Though man is the best creation of God and His representative yet he has undergone unprecedented changes in his thoughts, attitudes, values, outlooks, behaviours, manners, etc. with the drastic changes of the society and mass media at present.

The State of Society and Man at Present

The state of society according to W. B. Yeats, the Irish poet, is: "Things fall apart; the centre cannot hold;/Mere anarchy is loosed upon the world,/The blood-dimmed tide is loosed, and everywhere/The ceremony of innocence is drowned;/The best lack all conviction while the worst/Are full of passionate intensity." The ignoble irony, in general, according to Martin Luther King, Jr., is: "Our scientific power has outrun our spiritual

power. We have guided missiles and misguided men."

The ignoble irony, in particular, is that the state of man has become so morally weak, devoid of values, spiritually bankrupt, emotionally depraved that he cannot rise or raise himself without God's grace, brace and support. His life has become a wasteland; he is wandering here and there in the wilderness to find out God and avail His grace and support like a drowning man desperately trying to catch a floating piece of straw in the river and vainly hoping that it will sail him across the river. Without finding God after wandering to many places of pilgrimage and meeting fake and swindling saints, sages and god-men, who blasphemously call them as "Shivoham", he finally gives out Save Our Souls (SOS) calls to liberate and redeem him from pains and sufferings caused by his accumulated sins and vices. In this wretched and miserable state of society and man, in general, mass media can come to play an enlightening and

enlivening role for their holistic transformation and resurgence.

The State of Media Before

Media was the fourth pillar of democracy; media persons were its watch-dogs. Literature was the mirror of the society; and the mass media were the most influential literature.

Media persons reflected the society in all aspects in their true and transparent colours. Media had brought widespread revolution in the world; inspired the sense of nationalism and patriotism, of devotion, dedication and determination in people; brought freedom and independence of the country from the clutches of foreigners; had enabled the country people to hoist the fluttering flag of tri-colours in the country. The main roles of responsible and conscious media were to educate, enlighten, inform and entertain.

State of Media at Present

But, the greatest irony is that mass media or multimedia including print, electronic and social media at present have gone astray and trodden away from the values-led track; and, now, have become devoid of values by reflecting the darker sides of human life and society such as gossips, rumours, sensuality, sensationalism, ultra-fashions, glammers, x-rated films, nudity, violence, etc. that have led our youths

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and people to a hellish state of existence in an animalistic manners, thereby confining life to “birth, copulation and death” in the words of modern English poet, T. S. Eliot, who also questions the miserable state of modern man's materialistic and values-less existence in the following lines:

“Where is life we have lost in living?/ Where is wisdom we have lost in knowledge?/ Where is the knowledge we have lost in information?/ The cycle of twentieth century brings us farther from God/And nearer to the dust.”

At present, media have become irresponsible and quite commercial; its roles now have been merely inform and entertain as the prime roles of educating and enlightening people and society have been completely forgotten or relegated to the background. As a result, our youths are more exposed to these negative and immoral aspects, which are eating away the moral, human, social, political and spiritual essence in their consciousness (souls or spirits), as a result of which malevolent incidents of r a p e s , a b d u c t i o n s , molestations, crimes, scams, corruptions, exploitations, cheating, killings, murders, black marketing, hoardings, etc. are increasing in the world

in geometrical progressions.

The Most Urgent Reform: Mass/Multi Media should be Value-Centric

Reform in media will help in reforming people, society and the world at large, which requires that mass/multi media should be value-centric. The only, unique and easiest method of making media value-centric is the inculcation of values, spirituality and practice of Rajyoga meditation by media persons.

Values

The term 'values' refer to such human, social, moral, ethical qualities, principles and ideals, which we need to espouse and inculcate in our practical life for a peaceful, harmonious and happy living.

'Value(s)' refer to those standards of principles, ideas, self-imposed rules (whether moral, spiritual, ethical, etc.) which we maintain in life or which we adopt to live our lives righteously and successfully, and which we stick to with a clear conscience without any fear of outside threat or influence. Values also refer to objects, experiences and achievements that we consider desirable and valuable for our existence and evolution; for liberation from evil and suffering, and evolution of our inner and outer environment

leading to eternal joy and bliss.

Values are the noble aspirations of religions, cultures and philosophies, and are espoused and respected. Values alert our moral conscience to remain free from temptations and give strength to resist human weaknesses and guide us for better, happy, comfortable, peaceful and sociable existence in the world. Values are the beauty, grace and treasures of life, and determine our moral and ethical choices in life. Values give indication of character because the nature and quality of human beings are determined much more by values held rather than by the amount of information one has gathered and mastered.

Spirituality

The term 'spirituality' refers to knowledge, understanding and realization of the spirit/soul/self and God, the Supreme Soul, and their attributes.

In present modern, materialistic society and world, spirituality and the cardinal values are lacking in the personal, social and professional lives of people and media persons due to utmost ignorance of the knowledge of 'spirit' or 'consciousness'. So, the modern world has turned to be a veritable wasteland

spiritually.

Pierre Teilhard De Chardin has rightly said, "We are not human beings having a spiritual experience. We are spiritual beings having a human experience." We have forgotten our original, essential and fundamental spirituality. Spirituality identifies us with the 'inner spirit' but not with the outer body, which is a lump of five natural elements. Lack of spirituality and values has twisted our real worldview and, as a result, has impelled the media and media persons to focus on negative journalism and trivial issues like fad, fashion and glamour; cinema and celebrity; gossip and blame game; hype and sensationalism; sensuality, vulgarity, immorality, obscenity, etc., which lead our youth and people on the wrong track to hellish human existence.

Values, Spirituality and Rajyoga Meditation are Interlinked

When spirituality is developed, values emerge; when values are developed, spirituality increases. God is the only and ultimate supreme source of spirituality, divine virtues, qualities and powers. Rajyoga meditation, which links the human soul with the Incorporeal God, is the only method of enabling the human

beings for inculcating spirituality and values in life because it is inextricably interlinked with them and makes their inculcation easy and possible. This will develop in media persons a keen sense of observation, understanding, judgement, journalistic acumen and inner conscience for their effective working.

Media persons are basically human souls, who need to first inculcate spirituality and values in their life; because the spiritual-and-values-based patterns of their thinking, attitude, visions, views, outlooks, character and conduct can positively influence people's consciousness, perceptions, outlooks, visions, psyche, choices, behaviours and lifestyles. Self-transformation leads to world-transformation. Self-transformation of media persons through practice of Rajyoga meditation, inculcation of spirituality and values, self-empowerment, self-introspection, self-analysis, self-regulation and self-realization will bring about the ultimate and eventual world-transformation. Because media is the fourth pillar of democracy, media persons are the integral and most influential parts of the society, and their pen is said to be mightier than the sword; they

can certainly wield enormous positive and effective impact for ameliorative change in people's personal, social, professional, economic, moral, ethical, spiritual, political spheres of life.

Therefore, the urgent need of the society is inculcation of spirituality, which, in turn, will instil the values in the human souls. The instant call of the time for the media persons is to play their unique role in developing and promoting spirituality and values through their various journalistic works of print, electronic and social media with a view to usher in a values-based society.

Personal Enlightenment Leads to Global Enlightenment

Mere attempt and will of God are not enough without man's own voluntary personal attempt and will. The transformation of man to god/deity can be successful only with his personal, individual enlightenment leading to the ultimate global enlightenment in a large scale through self-transformation and world-transformation. Enlightenment refers to dispersing of the darkness of ignorance of body-consciousness and opening of the third eye of man" through spiritual knowledge leading to 'awakening of spiritual

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consciousness' and his 'self-realization'. Self-realization of man leading to God-realization through daily, regular Rajyoga practice is the only effective method of making self-transformation and world-transformation. Rajyoga meditation is the process of mental, intellectual and spiritual connection or union of the human soul with God, the Supreme Soul.

Once, the human soul (being) was the divine child of Immortality and enlightened citizen of heaven. Though he is, now, suffering from the mortal pains in the present Iron Age, yet he is destined to move to the Golden Age of Heaven, which is, in other words, called the Kingdom of God, Paradise, Elysium, *Shivalaya*. In Golden Age, man will be a god/deity of an ideal mould and embodiment of divine values and spirituality. William Shakespeare has rightly wondered about God's craftsmanship of making man in His own image: "What a piece of work is man! How noble in reason! How infinite in faculty! The paragon of all animals!"

Brahma Kumaris are the Embodiment of Values and Spirituality

Brahma Kumaris are the embodiment of values and spirituality in the sense that they are spiritualising the

individual souls by explaining them that they are originally and essentially the immortal souls/spirits, who take the mortal bodies with various organs to play their roles on the earthly stage; the souls we are the spiritual children of One and same God Father. They are trying to transform the human into divine by instilling in them divine virtues.

They are creating integration in various faiths, through interfaith dialogue by inviting leaders of different faiths to a common platform for establishing values and spirituality through understanding of similarities of human souls and acceptance of the various diversities. They are emphasizing that spiritual education is the foundation of all other kinds of education; without this humanity is still crying for peace, love, unity, understanding, etc. in spite of the material prosperity.

Many Benefits of Value-Centric Media

When media will be value-centric, the following benefits are accrued:

- (i) The personal, familial and professional lives of media persons will be values-based and values-oriented.
- (ii) Their attitude, outlook, angle of vision and world-view will undergo a drastic sea-

change from body-consciousness to soul-consciousness, negative to positive, destructive to constructive.

(iii) With inculcation of values, acquisition of spiritual knowledge of soul and Supreme Soul, they will develop in them a principle of Universal Brotherhood of Man and Fatherhood of Incorporeal God Father Shiva, and thereby be inspired and ready to work and contribute greatly for establishing a One-World-Family (*Vasudhaiv Kutumbakam*).

(iv) They will be able to see and visualize all things, beings and Nature through a moral and spiritual vision.

(v) They will view, analyse, interpret and report news about things and beings in their true perspectives and colours without distorting, twisting and sensationalising them at all.

(vi) They will work according to the dictates and prompting of their reformed conscience, and safeguard themselves from the outside impacts and influences, threats, evil motivations, vices and temptations such as lust, anger, greed (bribery, gifts, etc.), attachment and ego. ❖

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

nowadays, for the would-be spouses to exchange their photographs with their-to-be husbands as a way of making preliminary acquaintance with each other. Then, again, it is by displaying a photograph or a portrait on the walls of our houses that we perpetuate the memory of worthy ancestors among their progeny. Why, then, can we not recognise the form of the Supreme God Father in the face of abundant testimony that has come down to us from the time immemorial?

Further, in day-to-day affairs also, we often do rely on the reports of knowledgeable people. To cite just a commonplace instance, we unhesitatingly undertake an unknown journey on the basis of a route-map supplied by someone, who has been that way, without thinking that it is imaginary. Thus, when someone, blessed with a divine vision, presents us with a picture of three worlds and tells us that the Supreme Soul is a Subtle Point-of-light in form, who dwells in *Brahmlok*, it would be wrong to reject this statement off-hand, especially when we feel convinced that the person has actually seen these (with divine eye) and is motivated purely by a divine urge to acquaint us with the facts of this rare spiritual experience simply

for our own benefits.

People having near-death experiences say that they saw an Orb of Light that was neither male nor female but they experience motherly and fatherly love from it. They have added that 'that light' was Knowledgeful, implying thereby that it was the self-luminous form of God. The true historians know that Shiva was held in holy esteem in the past in almost all the major religions of the world and is even, now, worshipped in many countries besides India.

However, the question is: Must we have a visual basis for everything in this world? Well, if so, then, this world simply cannot go on. A person, for instance, cannot claim to be a child's father, for the latter has no means to recognise him as such because the child never witnessed how it came into being nor, in fact, the world did so, which unhesitatingly accepts the father's claim. It is, thus, clear that the veracity of such statements cannot be doubted when we know that they are made by a truly divine person. This does not, however, mean that everything told by such a person, even though divine, is acceptable without critical examination.

Furthermore, as far as the act of seeing is concerned, it is not

the eye that sees. The eye is like the lens of a photographic camera, which reflects the image of an object or a person on the canvas of the mind-intellect of the human being or soul, the spiritual entity, which, in fact, perceives it. If it were otherwise, how could a tiny little physical organ like the eye take in the size of a big person or thing? It is evidently the mind-intellect that actually determines the height and form of the object or person reflected through the eye. And, then, the eye simply fails to notice even a big thing if the mind-intellect is engaged elsewhere. When we know that, even in this world of Matter, it is the intellect, which really perceives a thing; it needs no stretch of imagination to conclude that the world of spirit can also be seen only through the intellect. Of course, it has to be the divine, purified and divinised intellect, which is verily called the *third eye* of knowledge that only God can bestow upon people and He does it on the rarest of rare people.

Man Considers an Imaginary Thing to be Real and Vice versa

There are many assumptions in the physical science today, which, though merely imaginary, lead to logical conclusions, which are proved to be

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objectively correct. Take, for instance, the factual concept of the diurnal rotation of the earth around a slightly inclined *axis*, which is imaginary and this concept causes the phenomenon of night and day all over the globe. Then, again, there are actually no such lines like the line of *equator*, which is supposed to pass through the middle of the earth or the line of *longitude* and *latitude*, which divide the earth into certain distinctive zones and help to determine correctly the geographical and climatic features of various regions of the earth accurately. Now, the lines of longitude and latitude are merely imaginary; yet, they enable us to determine the precise location of a place in any part of the world. Would it, then, be stretching this analogy, by believing this earthly world to be the field of action of the human souls and *Brahmlok* as their eternal abode in the absence of any correct and cogent explanation of the whole scheme of Creation? Further, the belief in the existence of soul, its reincarnation and the inexorability of the law of action leads to correct understanding of this Eternal World Drama (EWD) of glaring contrast and complexity, which are so incomprehensible to man. To dismiss these as merely

imaginary concepts is nothing short of cutting at the very root of all geography and science; in fact, it is like negating all human knowledge so patiently and painstakingly built up by man in the course of many centuries.

From the foregoing discussion, it should be clear that the point of issue is not whether a concept is real or imaginary; but, whether it leads to objective conclusions or rational explanations of observed phenomena or not. In fact, every object or idea is first conceived in the human mind before it takes an outward shape. A table cannot be constructed unless and until its outline takes shape in the carpenter's mind; similarly, a building cannot be constructed unless and until its design takes shape in the architect's mind. All scientific discoveries or inventions are nothing but the off-shoots of the imagination of the scientists. The concept of reaching the moon, which was considered, till recently, a mere dream by the common man, was, actually, taken shape originally as a rational and scientific concept in the scientist's mind.

Is Rajyoga Practice merely a Form of Auto-Suggestion?

The practice of Rajyoga, which is to take one's mind and

intellect to the Soul World, *Paramdham*, and stabilise it on Shiva Baba, is objected by some people as a form of auto-suggestion or self-hypnotism or self-indoctrination or brain-washing or a form of all these. Now, this is wrong. In the sphere of education, the acts of repetition, revision and recapitulation are considered the psychologically accepted methods for driving lessons home to the students. The experts in the field of medicine and surgery, besides medication, often recommend the method of auto-suggestion to their patients as means of curing their ailments; while in the field of psychology, psychiatrists also rely a great deal on this method for curing the mental afflictions of people. Why should Rajyoga meditation, a method of self-contemplation, be objected to when, in the spiritual sphere, it is the only surest and quickest method or way of eradicating the deep-rooted evil propensities of the human mind.

In these days of advanced psychology, there are some lay men or pseudo-psychologists, who reject this form of meditation, because it is based on the spiritual concept of another individual. They summarily dismiss it simply as conditioning of the mind by indoctrination

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because the concept is alien to, i.e. not derived from, their own spiritual experience. A little thought will show how superficial this kind of criticism is! These people totally forget that almost the whole mode and style of their living and thinking cannot be said to be entirely individual or independent. It is mostly imitative and based on borrowed concepts. The content and the quality of the food they eat, the design and style of the dress they wear and the architectural style of the houses they live in, and in fact, everything is conventional and based on cultural concepts developed and established by others at different phases of times and in different climes. In short, all modern art, literature, science and philosophy are nothing but the products of the collective endeavours, both intellectual and spiritual, of the whole mankind through the ages. To say this, however, is by no means to suggest that the spiritual concepts, underlying *Sahaj Rajyoga* should not be tried and tested by one's own reason and also on the basis of the criterion that one has for himself. We wish to point out that to reject them off-hand because they are not derived from one's own experience is, in itself, the result of a conven-

tionally indoctrinated mind.

Then, there are people who, in the practice of yoga, lay stress on emptying the mind, i.e., on eliminating every thought, activity or reducing it to zero, and thereby on tapping one's own spiritual experience to serve as true guide. Now, this concept is not viable as this itself stems from an impossible state of mind; for the mind is always thinking except perhaps during the sleeping time.

To sum up, it is our belief that no man knows or can reveal the absolute truth for the simple reason that he is mortal and his intellect is limited by many factors and inherent shortcomings. Besides, every human thought is coloured by various tendencies inherited from numerous previous births that one has gone through during the cycle of time. Knowledge about eternal verities such as soul and the Supreme Soul, the abode of God in *Paramdham* and also the inexorability of the law of cause and effect, etc. can only be revealed by God Himself, who is the Supreme Eternal Being and the only Ocean of Knowledge. And, it is only He, who is actually revealing all these at this particular period of time to facilitate the practice of *Rajyoga*. Let these truths be put

by all means to the test of reason and spiritual experience, as they cannot be flippantly brushed aside as auto-suggestions or indoctrination. But, where is the proof, it may very well be asked? Well, one might say in reply, "*The proof of the pudding is in the eating of it*", or else "*The truth will look stranger than fiction itself.*" ❖

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

Knowledge and from Him we receive the power of *sakaash* that spreads happiness and lightness into our being.

Have no thought of other human beings, because it is our thoughts that take us to our destination. We cannot stay in Baba's remembrance if we look at the nature and *sanskars* of others. Live together as brothers and sisters and see each other as soul brothers. "Baba, Baba, Baba" should be the only thoughts we must have. Attain such a stage of remembrance that you receive a lot of power; and, through the inculcation of divine virtues, your faith will be visible in your face. ❖



1. Ranchi : B.K. Sis. Nirmla is tying Rakhi to H.E. Mrs. Draupadi Murmu, Governor of Jharkhand. 2. Imphal : B.K. Sis. Nilima giving the message of Rakhi to H.E. Mrs. Najma Heptulla, Governor of Manipur. 3. Chandigarh : B.K. Sis. Uttara is tying Rakhi to I.L.E. Mr. V.P. Singh Badnore, Governor of Punjab. 4. Puducherry : B.K. Sis. Kabita is tying Rakhi to I.L.E. Mrs. Kiran Bedi, Lt. Governor of Puducherry. 5. Gangtok : B.K. Sis. Sonam is tying Rakhi to I.L.E. Mr. Ganga Prashad, Governor of Sikkim. 6. Panaji : B.K. Sis. Shobha is tying Rakhi to H.E. Mrs. Mridula Sinha, Governor of Goa. 7. Bali (Indonesia) : After giving spiritual message, B.K. Sis. Janaki is seen with H.E. Mr. I Wayan Koster, Governor of Bali, and his wife. 8. Ahmedabad : B.K. Sis. Bharati is tying Rakhi to Mr. Vijay Rupani, Chief Minister of Gujarat. 9. Bhubaneswar : B.K. Sis. Geeta is tying Rakhi to Mr. Naveen Patnaik, Chief Minister of Odisha. 10. Sonapat : B.K. Sis. Ramdevi is applying Tilak to Mr. Manohar Lal Khattar, Chief Minister of Haryana. 11. Bengaluru : B.K. Sis. Padma is tying Rakhi to Mr. B.S. Yediyurappa, Chief Minister of Karnataka. 12. Dehradun : B.K. Sis. Usha is tying Rakhi to Mr. Trivendra Singh Rawat, Chief Minister of Uttarakhand.



1. Jaganath Puri : B.K. Sis. Pratima is tying Rakhi to Swami Nischalananda Saraswati, Shankaracharya of Puri. 2. Haridwar : B.K. Sis. Usha is tying Rakhi to Mahamandaleshwar Swami Devanand Saraswati. 3. Kathmandu : B.K. Sis. Raj is tying Rakhi to H.E. Mrs. Bidhya Devi Bhandari, President of Nepal. 4. Kathmandu : B.K. Sis. Raj is tying Rakhi to Mr. Khadga Prasad Sharma Oli, Hon'ble Prime Minister of Nepal. 5. Kota : B.K. Sis. Urmila is tying Rakhi to Mr. Om Birla, Hon'ble Speaker of the Lok Sabha. 6. Delhi (Indrapuri): B.K. Sis. Gayatri is tying Rakhi to Mr. Mukhtar Abbas Naqvi, Union Minister of Minority Affairs. 7. Jaipur : B.K. Sis. Sushma is tying Rakhi to Mr. Ashok Gehlot, Hon'ble Chief Minister of Rajasthan. 8. Jaipur : B.K. Sis. Nirmla is tying Rakhi to Mr. Sachin Pilot, Hon'ble Deputy Chief Minister of Rajasthan.