

Peace of Mind and World Peace



Prajapita Brahma Kumaris Ishwariya Vishwa-Vidyalyaya
Pandav Bhawan, Mount Abu, Rajasthan

**PEACE OF MIND
AND
WORLD PEACE**



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Pandav Bhavan, Mount Abu, INDIA**

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HOW TO GET RELEASED FROM THE GRIP OF WORRIES AND ATTAIN PEACE

Most of the times, people are weighed down by the feelings of worry, anxiety, stress or fear. If you ask a person whether he gets anxious at times- the answer would be a definite 'Yes'. Today, people worry about anything or everything in their life related to the domains of relationship, work, finance, future, health, physical attainments etc. It is a strange world where poor are anxious about their source of income while the rich are worried about how to invest and multiply their money. The students are concerned about their grades and achievements, parents are worried about their children, politicians are anxiously searching for ways to seize power and the list goes on. It has become an obsession where people worry about all the uncontrollable factors in their life, as they go on trying to 'fix' people and situations.

Some people worry because they think that it helps them to think about the solutions, when faced with problems. However, anxiety or doubts hardly help anyone. All it does is, that it deprives us of positive constructive energy and leads to more problems. For example, if a merchant, who has lent out money to someone, creates a negative assumption, "I doubt whether

the man, to whom I have lent money, would ever pay me back his debt". These thoughts of doubt and hopelessness not only rob the soul of positive feelings for the borrower but it will also generate uncertainty in the mind of the borrower. When the lender worries, he sends the same negative vibrations, which will be picked up by the borrower. This will not empower the borrower and will weaken and disturb him. Anxiety or worries give rise to subtle vibrations, i.e. current of thoughts which agitate the atmosphere and pervert the mind of those for whom one is having negative thoughts. We are all linked together at a subtle, invisible level and communicate with others through the power of thoughts. Others pick up the energy that we create and respond positively or negatively depending on the quality of the energy radiated.

We need to understand that any form of anxiety will not help us in achieving our goals. In fact, thinking of evil or being afraid of evil, brings evil on one's head which means the more we think negatively about something, the more we increase the probability of its happening. It is not to say that we should stop thinking about the future or should stop planning. One should certainly think and plan but should not let the self be grounded with doubts. Because it is, only when we are free from the emotional disturbances of anxiety, fear or depression, we are able to feel better, see situations in

better light, think more creatively and respond proactively.

Worry lets slip the chance

Winston Churchill once said, "When I look back on all the words I have read, I remember the story of the man who said on his death-bed that he had a lot of trouble in his life that never happened". It is a sad fact that people hardly enjoy the present but mostly worry about the future, about the consequences of their actions. They keep exaggerating things as they anticipate or fantasize about the worst that can happen. Some may call it farsightedness. However, anxiety does not translate into farsightedness. In fact, it is an irrational fear of the far-off future that neither empowers our mental and spiritual energy. If we keep thinking about what may happen in the future, this will create a lot of pain and the energy that we create is toxic which prevents us from any creative problem-solving.

Yet, despite knowing that worry harms and kills, we keep doing or overdoing it. The most prevalent worry is for the loved ones. We feed on the great prevailing myth, "worry shows that we care". We care for ourselves, we care for others. Like the parents who feel that when they worry about the health or the life or the future of their children, it amounts to their love or care. However, love

means to send the vibrations of positive spiritual energy that can uplift others. Love is not limited to just giving physical support or sustenance, but it means to give subtle support in the form of good wishes. The negative vibrations of fear, anger, doubt, irritation or anxiety cannot be termed as true concern or care.

Worry amounts to spiritual suicide and has no place in spiritual endeavour. The dead body, on the burning pyre does not feel pain because it is devoid of sentience. But worry takes good care to burn a person while he is still alive. Hence, worry is the death of human being, even before the body dies. Therefore, whenever we see ourselves thinking uselessly, try to bring the mind in the present. Allow the self to just be and go with the flow. Our responsibility is only towards the present moment. We should put our best efforts and allow things to take their own course.

People say that the jewel called '*Chintamani*' removes all the worries and helps in the fulfilment of all wishes. However, there is no gem in the world that can help us to be free from worries. It is a thought process, an attitude or a habit that is cultivated by us over a period of time. We can be free from this habit only through true and determined self-effort. The real "*Chintamani*" is when we understand the Godly knowledge and apply it in our life. The wisdom tells us to look at life as Drama enacted

on world stage and that we all are actors in this Drama of life. Each of us have a unique role to play interconnected with the roles of others. Whatever happens in this Drama happens for a reason. This helps me to be a detached observer and not be blocked by fears or doubts or anxiety. Also, the understanding that we have a unique role in this Drama helps us to play our parts with confidence, maturity and dignity. Our actions in the present will create the new scenes and decide our future. We need to work in making the 'Now' as meaningful as possible and the future will be taken care of automatically.

We can utilize our present in the best possible way when we engage in the endeavour of remembrance of God. This helps to increase the faith in God, faith in the self and faith in the drama. It means to have no concerns (*chinta*) at all. God is the one who makes it happen, who gets things done. We don't have to do anything but hand over our problems, concerns or fears over to Him. When we stop worrying and hand over the reigns of our life to the Supreme, it makes our living much more easier. It gives a positive experience filling us with much more hope and optimism rather than fear or despair. However, what stops us from doing it is that we think that we are the great 'architects' or the 'planners'. We think we know the path, we know the destination, we know the roadblocks and we know how to put that out. But the

reality is we know nothing. It is the Supreme Father who knows what lies ahead. What we need is to 'surrender'. Surrender does not mean sitting around doing nothing but it means to surrender the outcomes to God and having the belief that He will turn out the things in a way which will be best for us

It is having the positive energy to believe that He will be there for us at every step of our life.

“Make God yours and you will feel everything is being taken care of and you will have no worries”

Baba in Murli

“Previously you were burning on the pyre of worry and the Father has now showered nectar of knowledge on you and made you come alive. He brought you off the burning pyre and back to life. The Father gave you the nectar to drink and made you immortal. Previously, you were like dead corpses and from being corpses, you have now become great. Before, people used to say: God brought the dead back to life, but they didn't know how He did it. Now you have the happiness that the Father has lifted you off the burning pyre and made you immortal.”



HOW TO HAVE PEACE WHEN SOME NEAR AND DEAR RELATIVE PASSES AWAY?

Life is a journey and we all are like the passengers of a train, some of us boarding off the train earlier while others travelling on for a farther station. Now, imagine how odd it would look if a passenger in a train develops bonds of attachment with a co-traveller and laments when the latter deboards at the end of his scheduled journey! It would really be an act of ignorance on his part. Similarly, we human souls come from our Original Home, *Paramdham* and develop bonds of attachment with other fellow souls. Is not someone's leaving the train of his/her body similar to breaking journey at some wayside station?

It is famously said that neither a traveller nor a bird can be anyone's permanent friend or companion. The soul is akin to a bird caged in the body or similar to a traveller who stays for a while in an inn (i.e body) before moving on to the next. So, when we do not accept the death of someone, it is like we are wishing to wipe out the inexorable law of the transitoriness of the world and the law of decay of body. Life hangs by a thread which can be broken any moment, by the jerk of death. Hence, we should learn to remain stabilized in the true knowledge of this world and its transitory nature. We

must accept that change is part of nature. Everything that grows must decay and cease to exist. Life is like a river, always flowing. It does not stop. There is always a way forward. Like the river, no matter what situations come our way, we need to keep flowing not just for our sake but for our loved ones.

Facing the death of a child may be the hardest thing that a parent ever has to do. Parents find it hard to let go the memories of their children whom they have reared and brought up with loving care. Grief leaves them helpless, discouraged, miserable, depressed and at times bitter. But one has to have wisdom that we all are the actors in this vast unlimited Drama. Just as an actor changes his costume, we also shake off this old worn-out body and take on another body to perform a different role at another place in another environment. No association or relationship is even meant to be ever lasting. As actors, we keep on playing different roles in different costumes at different point of time. We must understand that we are eternal beings in mortal bodies. The physical body will get worn out and may die but the soul, the energy that caused the body to think, feel and love lives on forever. Our loved one is eternal soul who continues to live on, just playing a different part somewhere else. What we can contribute is the feelings of love, peace and joy to the departed soul so that it

continues its new journey beautifully.

Be Detached

There is a beautiful story: A tired bird used to sit on a branch of tree. It became its favourite place as it provided the best view and offered it safety from the animals beneath. One day, a strong burst of wind started blowing and the branch started swaying back and forth, threatening to break at any point of time. But the bird remained calm for it knew two things: One was that it had the power of its two wings and that even without the branch, it could fly. The second was that there were other branches which can provide her with support and temporary rest. This story illustrates that we must enjoy and cherish our loved ones but should not be attached or dependent on them. We must learn to let go and move forward . It also speaks about the relationship we have with ourselves and our relationship with others and most importantly with God. Firstly, we need to realize that we can choose not to be angry or bitter but use this situation for spiritual progress and inner growth through the cultivation of inner power, peace and self-acceptance. We can choose to turn a loss into a gain. We can either choose to stay in pain and suffering or we can use the experience to share, learn and grow. This can be the time when we restore our relationship with other souls as well

and share love, compassion and our good feelings with them.

Instead of grieving, we should remember God for He is our true eternal friend and companion. All other relationships are transient. We must forge all our relationships with Him as He can be the Father who protects, Mother who loves or even the Child who can provide support when needed.

Law of Karma

We all wish that our loved ones stay with us forever. And, therefore, when we lose a loved one, we continue to be in denial and disbelief. But spirituality explains that we cannot understand why the cycle of events unfolded the way they do but there is a reason for everything, a hidden message. We need to have the divine wisdom to understand this without resisting it. The belief in spiritual laws and the philosophy of *karma* helps us to be at peace. Everything is pre-ordained and is happening, as it should be. Like a mother prays that it should not rain else her child would get wet and fall ill. However, the rains are needed for the cultivation of plants and for crops. If nature's laws were to work in accordance with the wishes of mankind, then everything will come to a grinding halt. Similarly, a mother prays that her child may not die but elsewhere a woman longs for a baby to

be born to her. Now, if one who is someone's child or anyone's friend does not die, how can the wish of another family be fulfilled? The souls are eternal and no new souls are created. It simply casts off one body to take birth in a new body at a new destination. They simply change places and their corporeal forms during the course of this World cycle.

So, this vast World Drama works according to an eternal and pre-ordained procedure. Instead of asking questions like , "Why?", "Why did this happen to me?", "Why me?", we need to understand that the conflict, suffering and deprivation are because of various *karmic* accounts we have created in the past. Whatever we are witnessing are the effects of past actions. This helps us to accept the present reality and also realize the importance of present moment. It helps us to make our lives more meaningful and know the value of the elevated actions. We can live each moment in harmony with ourselves and with others. That is, the true healing begins when we connect our mind with God and use His energy to reflect feelings of love, acceptance, tolerance and understanding. We can have the lawful wish for someone's long life but grieving over a loss is useless.



HOW TO HAVE PEACE IN ADVERSE CIRCUMSTANCES

Sometimes life offers us different situations and circumstances, some of which we may perceive as a challenge, a problem or an obstacle and this leads to our loss of peace. However, all that we perceive as bad are actually experiences that help us to grow in life. Every situation in life holds a gift, a lesson or blessing or an opportunity in disguise. We need to ask ourselves, “What does this situation tell me about myself?”, “What lesson can I learn from this?”, and “What do I need to change?” We can turn everything into a positive side. All, we need is to have much more patience, tolerance and understanding to see the positive side of things. Just as a sculptor’s knocks chip away the extra stone and turn it into a beautiful statue, in the same way, life-knocks chip away at our weaknesses and bring out the perfection hidden within us. Therefore, we should regard the difficulties and disappointments as events that help us become more mature and restore our truth and beauty.

This also means to take responsibility for our mindset and choosing thoughts that take us higher than our problems. “I can overcome this”, “Nothing lasts forever”. It is not as if we live the life in denial or do not accept the reality of the situation. But it is that we refuse to let the negativity affect the present moment as we choose to

focus on happiness, love and hope. Outside situations do matter, but our thoughts and feelings decide whether we allow those challenges and struggles to push us back or to move us forward. Spiritual understanding tells us that of all the current obstacles in our life, we are the biggest obstacle. And then begins the choice – either to stay mired in pain or suffering or be more aware, more loving, more forgiving, more humble, more helpful – in essence, a better and powerful ‘being’ .

For this, it is essential that we meditate everyday to train our minds to consciously create positive thought patterns. Meditation helps us to create pure energized thoughts – thoughts that are filled with compassion, not bitterness; thought of understanding, not of judgement; thoughts of love, not hatred and thoughts of peace and not anger. We are, then, able to see and respond positively rather than wasting our energy on questions like why is this happening or not happening.



HOW TO KEEP CALM WHEN SOMEONE BEHAVES IMPROPERLY

It is a matter of common observation that we all like to be loved, valued, appreciated and respected but the world is full of difficult people and we cannot stop them from being rude, insensitive, mean or downright negative. Whenever faced with negativity, we usually blame the people around us or the situations for making us feel in a certain way. The common observation today is that our life is determined by the people and the situations. We give justifications for our negative response and behaviour - "Who wouldn't get mad over something obviously rude or unjust?". We feel our happiness is not in our control. There is no doubt that, a beautiful compliment, or a praise or a gesture of respect makes us feel good; but a real yogi is one who remains stable and happy in all conditions whether he is respected or not. The question, therefore, arises as to what line of thoughts and actions should we adopt in case someone insults or disrespects us.

The solution lies in maintaining our own positive state rather than focussing on others or trying to change their negativity into positivity. For this, we need to nurture our ability to go within and find moments of silence so as to have more clarity in thoughts and to be able to make the right decisions. In this way, even if someone passes a

curt, waspish or a rude comment, we will not be caught up in the emotions of the situations. As we go within, we can simply remind ourselves to stay cool and composed and this allows us to think of a much more clearly calm response rather than going for a knee-jerk negative response or retaliation. Also, there is no point losing peace of mind over someone's comments and words that serve no meaning or purpose.

Regard of and Faith in the self

When faced with criticism or insult, we can remain unaffected if we remain seated on the seat of self respect i.e., respect for the soul and its inherent qualities. The proper understanding of the self also helps me to realize my relationship with God. The basis of self respect is the faith that God loves me. "I gently remind myself that I am the child of the Supreme soul, the Saviour, the All-Powerful and the Ocean of knowledge, peace, bliss and love. This makes me appreciate myself even more and create love and sweetness in my heart for others without being affected by thorns of insult. Any feeling of disgrace is destructive if we accept it as such. When we get upset or get angry, we hand over our power to the other person. But if I am able to stay close to the essence of the spirit and have a clear understanding of what we really want, then we do not lose our freedom or our self- respect and

are in fact able to learn from every negative remark that comes our way.

People argue that it is our faith in ourselves that makes us experience insult when disrespectful or abusive words are used against us. For instance, if we are told in presence of others that we are not good enough, we never doubt ourselves. We believe we are good and it is this belief that makes us angry. However, we need to understand that we have a tendency to mistake Ego as our self-respect. Ego always tries to prove and justify itself, be seen as always knowing everything. Those who take the support of Ego for a sense of self-worth and value will like to be in charge, self indulgent, will love to be praised and liked by everyone and will be caught in the circle of desiring, denying, defending, avoiding, resisting or protecting themselves. Ego is the absence of self-respect. Self-respect is the faith that we all are beautiful, powerful beings of energy. The realization that, "I am unique, special, incredible and valuable not because of the titles or praises given by others but because 'I am'. I am an eternal peaceful soul and will always be". This faith in self, helps us to respond with peace and understanding. It gives the understanding that if we stay in the awareness of being a peaceful soul, then the life begins to unfold a lot more beautifully. Then even if someone praises us or insults us or comments negatively,

then we are not affected because we know that our real beauty, real power lies within us, within our character, which cannot be taken away. Those who stay in the state of self-respect see situations and people in different perspective. They recognize and accept their uniqueness and have the realization that they are free to be whatever they choose to be. The problem is not outside but whatever is going on inside me is the root of all negativity.

When we look outwards and accept others' comments or abuses, only then we can experience insult whereas when we look inwards and spend few moments in self-reflection, then we can maintain our balance and experience true reverence and respect in general.

It all depends on us

It is well said that the respect one wishes to command, depends upon one's own self. We do not lose respect just because we are subjected to indecent behaviour, but we lose our integrity when we lose control over our-self and allow building up negativity within us. The insults hurt us because we feel that it will decrease our stature or diminish our image or reputation in the eyes of others. However, an insult can diminish our self-image only when we accept and believe it to be true and react, as form of justification. But, if someone behaves badly with us and we remain seated in the realization of our own

divine being, then respect for us continues unabated. Therefore, instead of seeking confirmation from outside or having fear about what others would say, we should have developed our inherent self-respect and self-esteem. With this awareness of 'I', the soul and the awareness of being a child of God, we know that we have within us the capacity to have feelings of love, purity and peace. This helps to transform the vision and the attitude that we have for ourselves and also changes how others view us.

Inculcation of Tolerance and Sweetness in the Self

We all commit mistakes, but sometimes our mistakes become the reason for someone's failure or loss as a result of which we may be humiliated in the presence of others. How can we maintain peace and equanimity in such situation? Like in a situation where one of our family members says, a brother counts on us to show up in time at the railway station along with some of his important belongings but if somehow in spite of our best efforts, we are not able to reach in time, the brother who has been waiting is so angry that he treats us with a feast of spiteful words, in front of his friends. When we happen to be in any such situation, where there is such a continuous assault, we should not be sad or upset. We need to realize that human beings are our constant and

greatest teachers who give us opportunities to learn about ourselves and help us to grow in tolerance, patience and understanding. Even if the brother is using harsh words, we should not follow his example and speak or act in arrogance or anger. Anger is a poison that can kill any relationship. We may spend a lifetime being good to others, but it can all be erased in a moment of anger. So, instead of being defensive or aggressive, we need to accept the situation as it is, derive the lesson from it and in future work with greater sense of responsibility. When others behave negatively, it is better to self-analyze the situation and not to be affected by its negativity; else we will fall into the cycle of action, reaction and responses over which we will have no control.

The relationships today seem to breakdown because we all seem to be more self-obsessive and self-indulgent. We all want to be loved and respected but we ourselves are quite critical and judgmental about others. We want to be treated with respect but have no value for the dignity of others. As far as love and respect is concerned, we all wish to be on the receiving end rather than on the giving end. If we ever commit a mistake then we should not be afraid to apologize and if we are not on the wrong side, even then the wisdom tells us that we should show tolerance, love and compassion.

Sometimes, people feel that if they do not retaliate,

then others would laugh at them thinking them to be a coward, one who has no sense of self-respect. Such a manner of thinking is a sign of an ignorant mind holding wrong conceptions and beliefs. We need to understand that being peaceful and stable is not a sign of weakness or submissiveness. It does not mean bowing down to others. In fact, it is anger that makes one weak emotionally as one is under the control of others. Peace and tolerance are not the form of weaknesses but they are the traits of strength. When we are the masters of our feelings and destiny, we can maintain good wishes even in the midst of negativity and help the situations to calm down. This, in itself, is a great power available to each one of us. But if we also react to another person's negativity, this will only add to the negative energy already existing and makes the situation more complicated and difficult to resolve. We need to be positive and use our inner resources to share the wisdom, joy, peace, love and power. When we realize that the others are acting out of ignorance and it is up to us to show forgiveness, and the maturity of character to fill their emotional and spiritual void.

Have a Spirit of Detachment towards this World

Sometimes, we give our everything to a relationship but when the love and respect is not reciprocated or

appreciated or properly recognized, then we feel slighted or unhappy. There are times, when we get so attached and emotionally involved about certain things, that we feel deprived, when things do not turn out as we wanted. Especially in the case of parents whose world revolves around their children. Parents give their children the love and care and work for their education and well-being. But as children grow, they become more independent and more distanced. The parents begin to feel that their children no more belong to them or do not carry out their wishes or pay proper attention to their needs. This makes them feel lost and depressed. This is where detachment plays an integral part. We should love our children but should be detached enough to let them live their lives the way they want. In detachment lies freedom, freedom from the bonds of unrealistic expectations in relationships. We should admit that every relationship goes through change, whether it is a parent-child, husband-wife or friend-friend relationship. There always comes a time when we need to let go. When we are detached, we do not clamour for attention as we watch our loved ones changing the trajectory of their flight. It is about understanding that everyone is on their own path and have their own thought processes. We cannot interfere or criticize that but the only thing that we can do is to explore our own powers and grow from that

experience without any negative constraints. It doesn't mean that we don't care but, it means we do not let the experience affect us adversely.

Also, we need to acknowledge that this is the end of *Kaliyuga* where people will be ungrateful and disregardful of their duties. In this unholy and vicious world, it would be futile to hope for real love from the worldly beings. It is only the Supreme Father who gives constant and unconditional love to His children. There is no end to the depth of love of God. All we can do is to remember Him with an honest heart to experience His pure love.

“Stabilize yourself in the state of self-respect, look at others with feelings of the original self (*swabhawna*) and have good wishes for each and every soul. ‘To stabilize in your self-respect’ is the first lesson” (Murli)



HOW TO FORGIVE AND FORGET

Mileus pass, they cease to exist but continue to be alive in our minds. We keep recounting the stories and sorrows of the past. We keep thinking as to how people were rude or insulting toward us or how the situations were unkind. This constant repetition of past memories and experiences makes the painful effect to linger much longer even though we wish to be free from its burdens. The more we think of past hurts, the more it generates feelings of anger, animosity or even feelings of subtle revenge. Sometimes, people spend years nurturing feelings of bitterness and resentment for a particular person who has hurt them. The only thing, it does is that it keeps the wound fresh and makes us heavy, in turn also affecting other relationships. We need to make a choice to either suffer or, move forward with what is good and look towards a better future.

We need to understand that we are all actors in this Drama of life and each one is playing his role according to his capacity. The best that we can do is accept the Drama and the other actor's part. It means we are able to see the other actors in different perspective and, we are able to forgive their mistakes. This helps us to develop the capacity to accept, forget, forgive and learn.

Also, it is difficult to forget the mistakes of others because most of the times, we are busy correcting them

even if it is in our minds only and that makes it difficult to forgive and forget. When we try to correct others, we try to control them even if subtly and, in those moments we forget to accept and forgive them. But when we forgive, then we empower others with powerful vibrations and, the correction is automatically there.

Let the past be past

Forgetting and forgiving means letting go of the pain and hurt of the past experiences. We keep thinking about the people who were unfavourable to us. However, we need to let go these invisible wounds which hold us back. We need to understand that whatever happened does not exist now. Everything, be it people, events or conditions, undergo change with the passage of time. We need to move forward by letting go the baggage and negative memories of the past. As we let go, we become much more free to think clearly and positively in the present. This helps to heal ourselves; to heal the self emotionally and mentally. But most of the times we hold on to things, and keep thinking of what should have been rather than accepting what has happened. This only creates the pain within us and also prolongs the healing process.

One has to realize that past is past, the past is dead and it is best to only take lessons from it in order to build a better future. Things do not always happen as expected. It is best to let go of our expectations and accept things

as they are.

Time goes on ceaselessly

Besides, one should not forget that time moves on constantly and is never at rest, recording every second as it passes. The events follow one after another to form what is called our past. If we spend our present time thinking about the past, then we shall miss the joy and beauty of living in the present. Most of us get so busy brooding about the past, that we forget to enjoy what lies in present or to have a positive vision for the future. So, wasteful thinking will have an influence on our present and our future too. Instead of wasting our time over the past memories, we should think of timeless 'Purusha', the Incorporeal Supreme Soul because it is His remembrance that brings real joy and happiness and makes every moment of our lives truly valuable. We should stop blaming others for not being good, and should remember that whatever has happened is because of our past actions. Our *karmic* accounts drive all relationships and all the situations that we face in our life. So, there is no point creating feelings of hurt, blame, anger, regret or hatred but we should use the spiritual knowledge to be self-responsible and create beautiful feelings of mercy and compassion for ourselves and for others. Let us show more responsibility and act with love, honesty and integrity. If we go against our responsibilities, then we

are adding to our *karmic* burdens.

What things of past should we remember?

We can utilize the habit of remembering the past in another manner, and that is by remembering God and his teachings. We can also look back at the true history of the five *yugas* of the World Cycle as to how there was a time when the world was beautiful and new. It was the Age of complete peace, purity and truth called the Golden Age or *Satyuga*. Here, there was one kingdom and there was complete love and harmony in all the activities of human beings. This was followed by the Silver Age or *Treta Yuga* where we, the souls, lost a bit of our perfection. But, still there was no conflict or suffering. We enjoyed 20 births in the deity-sovereignty world of Sat Yuga and *Treta Yuga*. But from here, the purity of soul and the matter began to wane and it marked the beginning of Copper Age or *Dwapar Yuga*. Our qualities and actions were tainted by vices and unrighteousness and this resulted in strife, disputes and conflicts. We performed sacrifices, austerities and indulged in various forms of idol-worship but the suffering only increased. The five vices led the world to more impurity and suffering as we entered the darkest period of Iron Age or *Kaliyuga*. This marked the Age of extreme degradation, pain and unrest.

Today, we dwell in this dark Age when the world has reached a state of complete decay and utmost degradation and this is when God Shiva descends and purifies and replenishes the souls by means of Knowledge (Gyan) and Yoga. He liberates the souls from the vicious clutches of vices and takes them back to their original abode—*Paramdham*. This period of transformation is called Confluence Age or *Sangam Yuga* where the souls are given a new spiritual birth. We receive a new identity, a new understanding and a new vision to live our life. This inner transformation helps us to move from the old degenerative Iron Age to the new, perfect Golden Age. When we spin this cycle of self realization, it reminds us of our original innocent stage where we, the souls, were completely divine and if we work on ourselves, we can revert back to our lost childhood innocence. These memories empower the soul to return to its original pure and loving state and can help to let go of the bitter memories of past and embrace true happiness in the present. As has been said:

“When we find powers in ourselves to forget the past,
To leave offence and mistakes behind,
When we can forgive others and ourselves,-
We open the doors into the Land of Happiness
Where everything is easy and natural. Just as in
Childhood.”

THE WAY TO PEACE DURING ILLNESS

Here, in this world of vice and misery, everyone of us suffers from different diseases at one time or another. During illness when we are in pain, it leads to gross body-consciousness. We live in pain and suffering and forget to derive joy from the remembrance of God, the Supreme Father. The question then arises, how can we manage to be in intellectual communion with God, in spite of being ill? Below are mentioned a few useful points to ponder:

Remain in Yoga

On the basis of the experience of a large number of people, it may be said that spiritual knowledge and meditation contribute to healing and a sense of well-being. With the help of divine knowledge, we can find comfort in the spiritual state and gain physical health. Spirituality helps us to feel better about ourselves, cope with illness and give us the strength and confidence to even overcome chronic diseases. Illness gives us an opportunity to have more trust in the Supreme. So, instead of crying out in pain, we should remember the Pain-Killer, the Supreme Surgeon (God). We should not think of the body but should concentrate on the One, who liberates us from all types of sorrow and illness. The

medicine for all illnesses is to remember Him. His loving remembrance gives power and nutrition to the soul to effect a wholesale transformation which otherwise we will find very painful and serious as only slightly painful, as insignificant like a prick of a thorn.

When we are ill, it is very easy for the mind to become ill too. We create waste and negative thoughts that lead to more suffering. Instead of having anxious thoughts, we should remember Him as Rama or Rameshwara or Shiva. If we cannot find adequate rest, then instead of complaining, we should say Aa-Rama i.e., invoke Rama. It is not to say that we should not take care of our bodies but it means being more responsible with our mind. The mind has a strong influence on our bodies, be it positive or negative. So, instead of thinking about illness, we should channelise our thoughts towards spiritual knowledge. For instance, if we have pain in our legs, we must get the treatment but at the same time, be happy in the thought that God has granted us such elevated knowledge, on the basis of which we can stand on our own legs, i.e., can create our fortune and make our future bright for 21 births. If we have a heart problem, we can think that we have the most beautiful heart in the whole world as in it, resides – *Dilaram*, the Comforter of Hearts. God is our sweet-heart whom we love whole-heartedly. The sore eyes should remind us of God who is benign

and who has granted us the third eye, the eye of knowledge. The problem in arms should remind us of our aim to become the Vishnu, our perfect selves who is fit to hold the conch, the wheel, the mace and the lotus. The forehead should take us to the idea of the precious gift of divine judgement that the Supreme Soul has granted us. We can think that each of our breath is dedicated towards the service of God, the Lord of life (Pran-nath). Thus, any concern regarding the body should be transformed into divine contemplation and this will itself become a source of spiritual or transcendental joy.

It is the body which is suffering from the disease. Why should the mind become weak? The mind should be busy in the contemplation of positive thoughts concerning divine knowledge.

Mind – the cause of Disease

Deep down, we all know that there is a link between what we think and our health. So, our body is deeply interconnected with our thoughts, emotions and our spiritual self. Illness is often caused when our body experiences the effect of unfulfilled expectations or desires. In life, we often go through unpleasant or traumatic experiences. The resultant feelings of anger, hatred, guilt, hopelessness or resentment manifest themselves in the form of one or other physical disorder.

This is where spiritual knowledge is important because it helps to be at peace with ourselves. It helps us to identify the different damaging thoughts and feelings and the situations and the people that trigger them. Identifying these feelings to be the cause of our emotional and physical unrest, we can try to remove them. When we understand that the deep underlying cause may be our anger or jealousy, then we can change our response and express positive feelings like love, compassion, forgiveness and empathy. Thus, we are able to take charge over our own mind rather than lament on our physical conditions.

Spirituality provides a sense of who we are, what is the meaning or purpose of our life and why things happen the way they do. It, most importantly, helps to accept the things which cannot be readily explained or understood, such as illness and gives answers to certain intricate questions like – Why is this happening to me? Why am I suffering and in pain? Is there any hope? What is the true meaning of life? Why am I here? What is the purpose of my life? And the most important question of all, Who am I? Once we have the understanding of who we are, it brings inner peace and tranquility. Have the affirmation – I am peace, the child of Ocean of Peace. I am safe, I am loved by my Father”. This spiritual awareness helps to find meaning, hope and optimism even in the midst of

negativity and not only helps in healing but also promote, healthy behaviour and creates a sense of relaxation.

Do Not Fear Death but Remember God

Sometimes if one is critically ill, they are confronted with questions like What if I die? What will happen to me after I die? This creates fear and uncertainty in the mind. However, Rajyoga meditation teaches us that there is nothing such as death, only life, as the soul is eternal, immortal and imperishable. This awareness of true self dissolves all the fears and can help us to live life to the fullest. We need to understand that the body is just the costume for the soul to play its numerous roles; sooner or later, it has to get rid of this costume. Death is a path that we all have to travel through. So, instead of being frightful about it, we should focus on the good actions and deeds because they only will be carried away by the soul in its new journey. Then, if the body is to die, it would be a joyful event. If we take time for self-realization and remain in the remembrance of the Supreme and surrender our life for the welfare of others, then death would not be the time of regret and remorse, as we know a new better life awaits us.

Besides this, we should also understand that the cause of all disease and sickness is *Karma*. Our past actions and the present negative tendencies create illness. Illness

is a means of squaring off the accounts of my past actions or *karmas*. This knowledge helps us to appreciate our lives and make the best use of it. We will not see illness as a curse but a means of wiping out our negative accounts. Also, instead of blaming or criticizing situations or my destiny, we can take responsibility to 'be good' so that the future is also good, positive and powerful. The seeds of good *karma* will continue to serve even in the future.

Be free from Attachment

Sometimes, when people are confronted with a cruel possibility of leaving their body, then most of them still try to hold on to the materialistic things, the worldly relationships. They cannot let go of their attachment to their children, grandchildren, their family or to their wealth that they acquired during their whole life. As the end of life approaches, they tend to hold on to the attachments. This makes death a fearful or painful experience. However, one should realize that everyone has to leave behind their loved ones at some point of their life. One cannot escape it; it will occur at the precise moment when the account of giving and taking with other souls through a particular costume is finished. It is better to transform the attachments to real love and move away from possessiveness to a life of receiving, giving and

sharing. Receiving love and power from the Supreme and sharing it with the loved ones. One should detach oneself from worldly relations and use such time to link their mind to the Supreme Soul who bestows real peace, happiness and bliss. It is, if one has to breathe his last, it should be in the lap of the Eternal Father. It is this remembrance that creates good fortune for the future.

“It is said: When your mind is happy, the whole world is happy, whereas when there is illness in the mind, even the body becomes pale. If your mind is well then, you will not feel any illness of the body. Even if the body is unwell, the mind is healthy because you have very good nourishment of happiness. This nourishment chases away any illness and makes you forget it. When your mind is happy, the world is happy and your life is happy and this is why you are ever-healthy.” (Murli)



MAINTAINING PEACE IN THE FACE OF POVERTY

Poverty is, many a times, the main cause of misery and unrest. People, who have limited means, think themselves to be unlucky and helpless since they cannot command respect in the society. They feel that their poverty stands in the way of fulfilment of their needs and desires. 'A poor man's life is no life'. Such people suffer from a low sense of self – esteem and consider themselves to be unworthy and incapable of achieving success. But this is a wrong mindset. One should strive to earn money but should understand that wealth is of different kinds. Wealth can be defined in terms of time, relationships, good character etc. Like wealth in the form of knowledge is imperishable and is of the highest quality. This wealth can help a person to make best use of all resources and turn a calamity into an opportunity. The wealth of spiritual wisdom helps us to live and appreciate our lives, know our values and understand the connection with the self and others. It also helps in exploring the various beautiful relationships that a soul can have with the Supreme and realize the immense treasure that is available to the one who nurtures these relationships in his life. Spirituality makes us rich, not in money but in values.

A Chinese Proverb explains the difference between

material and spiritual wealth:

“Money can buy you a house but not home.
Money can buy you a bed but not sleep.
Money can buy you medicine but not Health.
Money can buy you blood but not Life.
Money can buy you a lover but not Love.
Money can buy you amusements but not Happiness.
Money can buy you books but not Wisdom.
Money can buy you a clock but not more Time.
Money can buy you companions but not Friends.
Money can buy you food but not an Appetite.
Money can buy you a ring but not a Marriage.”

This means that the true measurement of our level of abundance is not in physical wealth but in the amount of peace and joy that we feel within. Money can provide us with external superficial comforts but it cannot guarantee a beautiful, enriched or fulfilling life. Therefore, one should not look down upon themselves or be critical just because they have insufficient material wealth. In fact one must encourage themselves to cultivate ‘jewels’ of qualities because it is these qualities that help one to experience a rich and blissful life. The material wealth cannot guarantee happiness . The rich and the most advanced countries of the world have the highest cases of depression. People, there are in dire need

of peace. They are rich in money but do not have the purity of thought and conduct .Today, even the richest have started to realize that a superficial, material-driven lifestyle cannot necessarily make one happy and satisfied. It may bring momentary happiness every time one achieves something or get some something new but one will always be left wanting more. The real contentment comes from inside. It is the ability to appreciate what we have and to count our blessings based on inner values and powers. Contentment comes from knowing that things can always be improved but the more important thing is to be appreciating what is right in our life, right now. Whatever we have materially is the right amount for us. If we are consumed with feelings of not being wealthy , or keep longing, desiring or waiting to have more, then it will leave us feeling angry, restless or frustrated. But when we focus on the abundance of virtues that lies within in the form of purity, peace, love and bliss , it makes us feel joyful, enriched, eager and inspired .This is also the means to attain unaccountable wealth in the future. We should also be grateful to the Supreme Father who has bestowed on us the spiritual rich treasures of knowledge, virtues and powers.

The rich think of wealth. You think of God

Worldly riches create an illusion of grandeur, power

and security in beholder's mind. Their whole attention is directed towards earning money and maintaining their bank balances. In short, their yoga or link is constantly with material wealth in one form or the other. However, the more money people obtain, the more their relationship with God suffers because for them life is all about material riches. This leaves them with no time for remembering God. Also this leaves them to wrongly think that they don't need God as they have no distractions.

Today, money is the driving force behind everything. It is the reason why we all go to schools and colleges, why we push for good grades and why we look forward to become a doctor or an engineer or a lawyer. Success is defined through the trappings of wealth such as expansive homes, fancy cars or wallets stuffed with credit cards. Those, who don't have money, want it, those, who do have, want more of it. They need it to spend it on lavish parties, marriages, honeymoons, for holidaying in exotic locations or for sexual indulgence. This obsession and the need for more money have led people to do unethical things whether it is creating fraud, robbing or cheating, adulteration or black marketing. Because the more a person's wealth rises, the more he is driven by greed and the more uncivilized, selfish and shrewd he becomes. Money also has an

impact in the way people live. The rich find ways to spend their money on alcohol, cigarettes and other expensive self-indulgence which promote different vices. Their attachment to worldly riches make them paupers from the standpoint of good *karmas*. The temptations, greed and the subsequent exploitation to satiate their desires make the rich wander from their true faith and follow the path of unrighteousness or irreligiousness. And as is famously said, "What do you benefit if you gain the whole world but lose your own soul?" They forget that money does not make one rich, neither has it made us happy. Many pursue material goods because they believe it will give them an identity, satisfaction, happiness, security or sense of power. People believe that flaunting a new car or a phone or a dress will make them more acceptable and loved and will bolster their self-image in the eyes of others. But the more they get the more they struggle with low self esteem and the more they long for inner happiness. The rich people fail to see that money, position, authority, material things do not bring lasting peace but it lies in the beauty of the soul, in the qualities like love, kindness, contentment .It is the spiritual riches which make the soul truly prosperous and peaceful.

The conventional meaning of 'rich' is to have money. But a more comprehensive definition of richness

includes happiness, bliss, inner peace, joy and a sense of contentment. Interestingly, it has been seen that the economically poor are often spiritually rich-rich in values and principles. Those who are poor can take heart in the fact that they do not have to deal with the challenges of materialism, consumerism, greed or vanity. They are not distracted by the worldly riches or things that don't really matter in life. A rich man has to go through various roadblocks in order to progress spiritually but the one who is not so worldly rich can see this as a blessing in disguise. They can find richness in joy, richness in righteousness, richness in sharing of good feelings, richness in simplicity and generosity and richness in the remembrance of God. As has been quoted, "Be Rich with the only currency that is valid in God's economy". One must understand that money or material things do not make us rich in the eyes of the Supreme. It is only when we lead a virtuous life, a life of honesty and integrity; when we become a worthy child of God, that we can receive His blessings. It is the fact that we are the children of the Almighty who loves us unconditionally. God sees us in our purest, complete form, form which exudes only goodness. He gives us the treasures of divine knowledge and gift of purity. Only those who really inculcate His knowledge in their life can be truly termed as lucky and wealthy.

With less money, you can have more

Poverty is a mental or spiritual condition. One can feel lost, lonely and shattered, even in the midst of worldly riches or can have the sense of abundance even if they are poor in financial terms. Abundance means a state of consciousness where we have a beautiful relationship with the self, with the Supreme and with others.

Those who have less, often have feelings of being worthless, weak or powerless. They feel isolated and vulnerable. But, when we understand that- I am a soul- it does open up new possibilities for us. Living in the awareness of being a soul, helps us to reconnect with our inner beauty and develop our natural positive qualities. They, in turn influence our thoughts, our beliefs and our actions. In turn, our sense of self-worth also increases.

It changes the way we see and feel about the world. Instead of, always looking to acquire or receive something or anything; we develop a sense of gratitude and contentment. We, no longer perceive ourselves as 'poor' or 'inadequate' or 'helpless'. We are as poor as we believe to be. The soul conscious state helps to create richer thoughts like, "I am complete", "I am a unique child of God", "I have everything which I need at this moment", "I have the powers and qualities right here,

with me”. These thoughts bring a sense of overflowing fullness as we are more appreciative of our inherent dignity and power. It makes us realize that we are not incomplete but we are full. This life is a precious gift where we receive gems of knowledge and wealth of spiritual power directly from the Supreme.

We are also able to restore our relationship with God who is the Ocean of love, peace and power. “I mayn’t feel great but, I remember, how powerful my Eternal Father is- He is with me”. He is also our Companion. Whenever we feel lost, we can remember that He is guiding us. We are not alone. As we reconnect with the Supreme, we can feel His overwhelming presence and this re-empowers and rejuvenates the soul. This also helps us to perform righteous actions irrespective of our situations. Also, we realize that the most beautiful ‘act’ is to serve others.

To be wealthy, give the wealth of knowledge to others

Sometimes, people search for right answers to questions like- Why were we born in such a family? Why was I born here and he there? Why is she beautiful and me ugly? Why is she more talented than me? Why do some suffer for no apparent fault of theirs? Why do those who do business with unscrupulous means and fiddle with their income – tax returns attain wealth and worldly

success? Why this and that?

The answers lie in the Law of *Karma*. No one can escape the returns of his or her *karma*. Our actions in the previous lives, have a significant impact on our present or in other words on our destiny. Depending upon the good or bad actions, we will enjoy or suffer, either in this life or the next life. One is, born in the midst of bonanza another may be born a beggar depending upon the thoughts and actions performed in the previous births. One may easily attain success, if they have performed acts of charity or helped someone in need in their past births. The truth is, that whatever we sowed in the past, we reap in the present. This brings a sense of responsibility towards the quality of actions which we perform in the present because they will influence our future. The best way of clearing any past *karmic* accounts or, to create good *karmas* is to perform righteous actions in the remembrance of Supreme Father. We should also serve others by sharing spiritual virtues along with Godly knowledge with others through thoughts, words or actions. Because, when we help others come close to the experience of peace, love and truth, we also help ourselves. Also, blessings received from others help us in our life.



ROOT CAUSE OF PEACE-LESSNESS

At present, the world is beset with sorrow and suffering. There is no single heart or mind throughout the world where pain, sorrow, disease or death have not cast their pall of gloom. It is owing to this, that the world is referred to as “The land of death” or “the forest of thorns”. Founders of various religions observed the ubiquitousness of sorrows and found this world tiring, lost and over-used. Guru Nanak found it miserable and dubbed it as the “house of sorrow”, one prophet called it the home venations as (*Vishay Sagar*) while the other called it a complicated “Gordian knot”. They also gave their teachings on how to get rid of these sorrows. However, in spite of their teachings and various religious books available, there has been no change in the conditions of the world; in fact they have got transformed from bad to worse. The world, which was once a garden of flowers, has now turned into a forest of thorns. During these last twenty five centuries or so, a considerable number of Sages, *Ascetics*, *Holy Saints*, various religious sects and their propagators have disseminated their views on peace but still pain, sorrow and suffering continues unabated.

Why, the unhappy result?

Modern man has made great progress in various fields

of science and technology, he has amassed huge wealth and has accumulated all the comforts for the body, yet the mind continues to remain peaceless and miserable? It is because he has gained all the knowledge about the outer – world but, knows very little about the inner-world. What we are seeing outside are the effects but the cause lies within. We have been addressing the symptoms and, not the illness. The illness remains deep within us, in our consciousness. The absence of inner wisdom of the Self and of the Supreme, has led to so much of unrest and Pandemonium.

The Supreme Soul is the Remover of sorrow and the Bestower of happiness, being the Ocean of peace, love, bliss and knowledge. He makes us understand that body-consciousness is the real cause of all the evils and unhappiness in the world because vices like lust, anger, greed, attachment and ego have their roots in body-consciousness. When we consider ourselves to be a physical body, we begin to form purely physical links with other bodily beings and forget the most beautiful link that the soul has with its Supreme Father. A soul corrupted by the body-consciousness can neither recognize nor is attracted by the Divine energy. This destroys the pristine purity and beauty of our innate virtues. As a result, our thoughts and attitude have become negative which leads to unrighteous and wrongful

actions. We depend on vices to satisfy our evil desires. We form dependencies and attachments to make us feel complete, depending on greed for acquiring worldly luxuries and lust for enjoying momentary sensual pleasures. To be under the influence of vices, is like committing an act of violence because we violate the natural laws of peace, love and purity. We start believing that things, people and situations will make us free, happy and fulfilled but when we fail, we experience a mix of emotions ranging from anger, jealousy, betrayal, despair and sorrow. The more our spiritual power declines, the more we get caught up in the mixup of following vices:

Lust: Most of us spend time lusting for money, power and physical pleasure. It is selfishness at its worst and creating an endless cycle of desires and indulgences. We may feel fulfilled for a fleeting moment but soon, it creates a sense of hollowness as it finishes all the powers and dignity of the soul.

Greed: It is about believing that 'more' is better as we go on satiating our hunger by trying to possess more and more even if it comes at the cost of values. One who is greedy is always poor and empty inside even if one has enough at his disposal. This vice has resulted in the exploitation of nature and human beings.

Anger: whenever our desires are not fulfilled, when situations do not turn out or people do not behave the

way we want them to then we become angry. This loss of 'being in control' leads us to destructive behaviour.

Attachment: It comes from a wrong sense of identity where we need to hold on to whatever we are attached to, be it a person or an object or a role. It is all about 'I', 'me' and 'mine'

Ego: This is a false identity where we feel superior or inferior depending on people and situations, thus creating feelings of insecurity and competition.

The above vices leave us completely powerless and empty from inside. As we experience a void of wisdom, peace, joy, love and power, we need to realize that this void can only be re-filled by us. When we realize our own truth, the truth of our identity, our pure nature – 'I am a pure being of energy, a soul' – then we begin to return to our original powerful self and are able to form union with the Supreme. We need to ask: Who we are and whom do we belong to? This helps to stay in the remembrance of the Supreme and creates an inner atmosphere full of peace, love and joy. When we are distressed, we need to turn to God's power. If our thoughts are filled with anger and bitterness, then we must look at God's healing power of love and compassion. If our thoughts revolve around the materialistic world, we can look at our unlimited fortune of knowing and finding God. His incessant loving remembrance helps us to

remain grounded and sets us free from the dark influence of the vices.

God is giving knowledge to remove sorrow and establish a world of peace and happiness. The only thing, He asks from the children is, to be bodiless and remember Him. As the soul's power increases through the union with the Supreme, the vices start disappearing. The vices are nothing but the symptom of loss of power. As we begin to draw upon the power of Supreme, it discards the dirt of the vices and emerge our original pure righteous self.



RAJYOGA – THE WAY TO SUPREME PEACE

Every human being strives hard to attain eternal peace or ever-lasting happiness. But, the constant chaos and turmoil around the world makes one wonder, “What really is the way to realize it?” In order to have peace, to enjoy profound spiritual rapture and to experience *Karmateet* stage and to transform the past *sanskars*, one needs to light up a big blaze of yoga. Rajyoga helps to form a mental connection between ‘I’ the soul and the Supreme soul. This stability in the soul-consciousness and God-Consciousness helps to bring peace and wisdom. Soul-consciousness helps us to see ourselves as how we really are (pure, radiant beings) and, in contrast to how we are now. This helps in self-realization, checking and changing any negative traits that we find within ourselves. Also, when we connect with the Supreme Soul, it helps us to experience His qualities, virtues and powers. This also helps because we are coloured by the company

We keep. And, if we have the most beautiful relationship of a child with the Supreme, then as a child, we should also reflect the qualities of the Father, that of peace, purity, bliss, joy etc.

When our mind is absorbed in the remembrance of the most beloved God-Father, it relieves us of all the burdens or bondages of the body or the pulls of the

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worldly ties. Also the *sanskars* of our previous births are destroyed because communion with God acts like a fire, burning all the dirt and sins of the past. As the soul is cleansed, the elements of nature are also brought to elevated stage as another world-order of righteousness and peace is re-established. It is only this spiritual stage and, the practice of meditation that can bring us everlasting peace.



WORLD PEACE AND PEACE OF MIND

Seeker: Sister, the problem of the world peace is the biggest problem of the day. Violence and conflict have pervaded all levels of society. From wars, clashes, terrorism to individual acts of crimes, we are witnessing shocking acts that contribute to misery and uproar. Take the example of Indian sub-continent. The armed forces of India are always at stand-off with Pakistan or China. A small trigger can bring these countries to a state of war. Israel and Palestine, Iran and the US, Syria, Korea and many other countries are always hostile to each other. The whole world seems to be in a state of discord. Lethal weapons, atomic and hydrogen bombs have been prepared which can be used any time. The conflict is not just limited to international borders but, has permeated the civil society. Militants keep killing innocent people and the naxalite strikes have become common in North-East region, Orissa and Chattisgarh. At all places, there is an atmosphere of disquiet. Sister, in the domain of divine knowledge, is there any solution to this?

Brahma Kumari: The divine knowledge is there to ensure peace to man's mind and to the whole world.

People employ several methods in order to establish peace in the world. Religious minded people perform either *Rudra yagyas* or hold peace conferences.

Presidents of various countries hold Peace Summit Conferences and discuss ways and means for effective disarmament. Some countries have set up Peace Corps. The U.N is also actively involved to bring about peace in various areas of the world. But, we observe that the more people try to invoke peace, the more quickly the peace flies away. In spite of numerous efforts, people are getting further away from their goal of establishing a peaceful and conflict free society. On one hand, the countries call for peace and restraint and on the other, the budget expenditure on arms and ammunitions keep increasing every year even at the cost of nation's development.

The truth is that the evil does not die until and unless it is pulled up by the roots, whereas efforts now-a-days touch just the fringe; it is like looping off a branch here and there of the tree of discord. Its roots, its stem and its numerous branches are growing unabated. This reminds me of an event that occurred in my neighbourhood.

A few years ago, a peepal plant began to grow near a drain pipe set in the wall of a house. In the beginning, it was thin and soft, just a small twig cropping out of the wall. The house owner paid no attention to it. He would come out once in a fortnight and would cut out the projecting parts of the plant with an axe but the roots remained safe inside the wall, growing stronger and

spreading its tentacles far and wide. One fine morning, the whole wall crumbled down, causing a huge loss.

This shows that the growth of evil cannot be stopped until its roots are taken out. This applies to world peace as well. We have to address the roots of the problem of world peace in order to solve it.

Seeker: From your point of view, what is the root cause of this problem?

Brahma Kumari: Before understanding the root cause, we need to know the main reasons for world conflict. They are:

Class differences

Class differences may be due to difference in the income patterns, employment, wage rates, job opportunities, difference in material wealth, social status etc. This social division pits those in the upper class against the lower classes and can manifest as physical violence, boycotts, legal disputes etc. The world is divided into 'haves' and 'have-nots'. This contradiction between the privileged and deprived sections, educated and illiterates, higher caste and lower castes are the major cause of conflict.

Even, U.S. recognized as a country offering fair opportunities also, has a high level of social disparity with just top 20% of Americans owning 85% of the nation's wealth as a whole and other 80% Americans

have only 15% of the wealth. This result in difference with regard to access to education, health care and other facilities, thus leading to discord. Whenever some people are treated unequally and unjustly, it is likely to erupt in conflict.

Political differences

The differences also prevail on account of different aims and ideologies of different political parties. Today, there is a constant power struggle among various political parties as they keep trying to topple each other through no-confidence motions, accusations, allegations of vote-buying, sex-scandals etc. The politics of today is devoid of the concept of 'right' and 'justice' and is based on machinations and self-interest. It is the political leaders who have demanded separate statehood and incited the masses by inflammatory speeches to cause disturbances in the country so as to achieve their objective. They have often played divisive politics by creating discrimination, intolerance and hate among the masses.

Religious differences

In virtually every society, religion is at the core of much of the strife and discord. The religious beliefs and practices have been the centre of conflict throughout history. The reason is, that the religious extremists and fundamentalists offer dogmas and ideas which lead to

inflexibility and intolerance among their followers and this often escalates into grievances and conflict. We all know the differences between Hindus and Muslims led to partition of India so much that the conflict and mistrust continues even today as seen in the Gujarat riots. The hostility between Hindus and Sikhs or between Hindus and Christians has witnessed various state organized crimes, riots, violence etc. Elsewhere in the world, Religion is the core issue in the dispute between the Jewish state of Israel and various surrounding Islamic states.

Caste, Colour and Regional Differences

Differences of castes are also a factor to reckon with as this leads to discrimination, exclusion and deprivation. This is truer in case of villages and other remote areas as those from the lower castes are subjected to abusive treatment and are kept separate from the mainstream society. The people from lower castes are discriminated against, forced to work in deteriorating conditions and often abused or killed by higher castes. There have been numerous caste related violence involving dalits and other backward groups in various states India. This 'hidden apartheid' and the resultant intolerance is also said to be the reason behind the growing Maoist/Naxalits problem in India.

People have also fought amongst themselves on the

question of the colour of the skin. The blacks have been given subordinate status relative to white people in nearly every area of life. Discriminations against Afro-Americans, Latin Americans and Asians are widely acknowledged in America. This has led to slavery in colonial America and also segregations or marginalization, institutionalized racism, socio-economic inequality and injustice. There have been numerous cases of crimes where both whites and blacks have targeted each other.

Regional or territorial loyalties have also led to discord. Mumbai and parts of Maharashtra have been seeing growing resentment towards South Indians and migrants from U.P and Bihar. The Local people feel that the 'outsiders' take away the jobs of Sons of Soil and in many cases this has resulted attacks and vandalization of property.

Linguistic Differences

Language is a 'means of communication' but it has also been a means of conflict. If, religion was the reason behind the creation of Pakistan, Bangladesh is the example of language conflict. There have been riots and violent demonstrations where the students have indulged in acts of lawlessness , destroying government property and burning of copies of Constitution; just on the issue of Hindi or English being the compulsory language.

Seeker: You have clearly expounded the main reasons of peacelessness in the world. But, can you suggest a solution to the problem?

Brahma Kumari: We need to understand that mental unrest is the root cause of all the conflict, sorrow, suffering, upheavals and wars. It is said that 'wars are born in the minds of men'. This mental unrest is caused by feeding the mind with anger, greed, attachment, lust and ego which in turn, creates too many unnecessary and negative thoughts, leading to discord. Extremism, terrorism and violence in the form of communal riots are all due to anger and hatred. The greed for money, or the obsession for material possessions have resulted in huge exploitation, smuggling, black marketing, corruption, bribery and economic injustice. Attachment in any form either to one's own mortal body or worldly relations give rise to phobia, jealousy, rigidity and possessiveness, leading to favouritism, nepotism and extreme form of nationalism while attachment to various ideas, beliefs or opinions have even led to blood-shed. Egotism is all the reason behind all conflicts. The feelings of being in control or, the sense of superiority or bossism are behind the clashes among individuals, countries or nations. The vice of lust is the reason behind the downfall of human character and is the reason behind sex related crimes, divorces and estrangement of relationships. These

five vices have their origin in body-consciousness, which is due to ignorance. Ignorance to certain basic questions:

Who we really are, what is our true identity?

What is our original abode?

Who do we belong to? Who is our Spiritual Parent?

What is our true religion, the essence?

What is the purpose of our life?

From where we have come and what is our final destination?

How is this world, a Drama?

When we are not able to find answers to these questions, it leads to emotional pain and moves us further away from truth.

Seeker: You have rightly depicted the cause of world unrest. But, how is it possible for one to secure mental peace?

Brahma Kumari: Most of us believe we are physical forms and so we identify with the body. This wrong sense of self is, what creates all phobia, anger and unhappiness in life. But, when we are truly seated in the awareness of the original nature of the self, "I am a soul, a point of light," then we are able to draw on our innate qualities of love, truth and peace. We become aware of the false self and the illusions that are embedded in our life ; the illusions of Ego (I know), Anger (I expect), Attachment (I possess), Greed (I want) or Lust (I desire). This helps

us to have an awareness that we do not own or possess anything. It also enables us to see others as souls and thus transcend all the false identities of race, colour, caste, gender, age, religion, nationality, occupation etc. This helps us to be at peace with ourselves and also with others. And when we are at peace, our thoughts and attitude help to make the world peaceful.

When we connect to our original and eternal self, we are also able to connect with the Source of Energy. Being in soul consciousness, we are able to see that we, as souls are the children of God, the One, and the Supreme Father of all. He is the source of Peace, the most Loving, Blissful and Knowledge-ful and all others are souls, my brothers and sisters. The loving link or communion with the Supreme, who is the source of all qualities and powers, enables to awaken our lost purity and hidden qualities, as a result of which all the vices begin to leave the soul. The love of the Supreme is capable of recharging and purification of the soul. 'Yoga' is nothing but concentrating the mind with the thoughts of Supreme soul and filling the self with the feelings of purest peace and love. This spiritual embrace heals us and makes us complete. Also, the newly found spiritual strength helps in self-change by cleansing off our bad latencies or past sanskars.

This self-change also helps to change the world. At

this point of time, when the whole humanity has degraded to its lowest level, when there is wickedness and irreligion, God himself has to come to restore divinity and re-establish lasting peace on Earth. He descends in the body of an ordinary person, names him Prajapita Brahma and teaches divine knowledge and easy Rajyoga. He is the world Liberator and so He makes the souls completely viceless and takes them back to their original home, *Param Dham*. He purifies and cleanses this old vicious world and creates a new beautiful Golden Age, *Satyuga* or Land of Paradise as everyone calls it.

Seeker: I admit that God makes us peaceful but can peace be established in the whole world? The belief is that this world has forever been peaceless as peace and conflict have existed together.

Brahma Kumari: For that, we need to understand the history of this world cycle. The Supreme Soul has told us that in the beginning, the whole world was peaceful. There was only one religion, the religion of the deities. The rulers and the subjects were viceless and divine. There was sovereignty of complete peace, purity and happiness. There was also no fury of nature. The world population was small, the nature was clean and everyone lived in amity and peace. It was known as *Satyuga* (Golden Age) or *Tretayuga* (Silver Age). It was only when Copper Age followed Silver Age that the souls

begin to lose their spiritual power and vices began to cast their shadows on them. The souls lost their deityhood. The population also started increasing considerably whereas in the beginning, there was oneness, now there were many religions, many kingdoms, languages and cultures thereby creating divisions, strife and disunity. As the souls entered Iron Age or *Kaliyuga*, the souls were completely in body consciousness and were overpowered by the feelings of nepotism, unrighteousness, selfishness, lust, and attachment. This results in misery, suffering and uproar. But, the world will not go on like this forever. As I told you earlier that Almighty steps in, to establish order and righteousness. He gives us a beautiful vision of a new world where there is no war or threat of war. His spiritual knowledge gives us a new understanding and awareness that brings a change in our thoughts, perceptions and attitudes. This in itself will change the world.

Many think that concept of a peaceful world is just a myth. But, the ways of God is unique. Instead of thinking about 'how' and 'when will it happen, we need to bring the change in ourselves and our new way of thinking will create a new world. We need to pay full attention on ourselves. "It is time to change the world". "It is time to change ourselves".



IT IS TIME – NOW OR NEVER

The most beloved God–Father Shiva has given us divine visions and has commanded us to warn the whole world that the destruction through nuclear weapons, natural calamities and civil wars is not far off. Time is not far when the present day gala appearances of plastics and perfumes and the rhythm and joys of music and marriage will cease with the thundering noise of atom bombs. Like every fully grown crop is harvested, the Kalpa tree of religions shall also be axed and cropped. It is therefore time to forsake attachment and understand the significance of this period, the confluence Age. This is the time when God, the Supreme Teacher gives true knowledge to the mankind about the self, God, the connection between the two, the cycle of time, the gradual decline of human souls from divinity in *Satyuga* to viciousness in *Kalyuga* and the transformation of souls back to their original deity form. By following His teachings, we can our lost virtues and become worthy of coming in the Golden Age. If the achievement of complete peace, purity and happiness is the sole aim of one's life, then one should aspire it now and here. If this opportunity is lost, it will be lost forever for the time left before the forthcoming world catastrophe is too short. It is 'Now or Never'.



Om Shanti

PEACE OF MIND



PEACE OF MIND

AND

WORLD PEACE