

A woman with her hair in a braid, wearing a white long-sleeved top and pants, is sitting in a meditative pose on a sandy beach. She is facing away from the camera, looking out at the ocean. The sky is a vibrant orange and red, with a bright sunburst effect in the upper left corner. The water is calm, reflecting the warm colors of the sky. The overall mood is peaceful and contemplative.

The World Renewal

Monthly

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1. **Bhubaneswar** – B.K. Sis. Leena presenting Godly gift to H.E. Pranav Mukherjee, President of India. B.K. Vijay, B.K. Sis. Tapaswini and others are also seen. 2. **Shantivan (Abu Road)** – On the occasion of Conference on: 'Time of Great Transformation by Godly Power', B.K. Sis. Kamla, Rajyogini Dadi Ratan Mohini, H.E. Balram Das Tandon, Governor of Chhattisgarh; B.K. Omprakash and B.K. Mruthyunjaya on the dais. 3. **Panaji (Goa)** – H.E. Mrs. Mridul Sinha, Governor, Goa being presented Godly gift by B.K. Sis. Shobha. 4. **Bengaluru** : After giving Godly message to H.E. Vajubhai Rudhabhai Vala, Governor of Karnataka, B.K. Sis. Savita and others along with him in a group photo. 5. **Guwahati (Rupnagar)** – Shri-Shri Bhigurri Maharaj, Acharya Panchakanya Dham, Baristha; B.K. Brij Mohan, B.K. Sisters Asha, Sheela, Usha and Jonali inaugurating a Conference 'It's Time to Re-Establishment of Golden Era'. 6. **Delhi (Krishna Nagar)** – A spiritual program 'Time of Great Transformation by Godly Power' being inaugurated by Rajyogini Dadi Kamalmani, Mr. Jitender Singh (Santi), MLA; B.K. Brij Mohan, B.K. Atam Prakash, B.K. Sis. Asha, B.K. Lakshman and others. 7. **Nagpur** – Mr. Devendra Fadnavis, the newly elected Chief Minister of Mah. being presented Godly gift by B.K. Sis. Pushparani and B.K. Prem. 8. **Kohima** – B.K. Sis. Roopa presenting Godly gift to Mr. T.R. Zeliyang, Chief Minister, Nagaland.

|| From the mighty pen of Sanjay ||



TURN – KEY FOR PEACE



The world, today, seems to be permeated with conflicts of all sorts. Even a man's own mind is like a house divided against itself. Obviously, this is not a happy state of affairs. One, therefore, wants to know what is wrong with the functioning of man's mind and conscience that he has lost his peace.

When we make an attempt to understand the nature of man and the state of society, we find that all actions of man are goaded by one or the other of his four basic desires. One of the desires concerns the fulfillment of physical or economic needs. Man requires food, clothing and shelter. To fulfill these desires, he requires money or wealth. But the difficulty is that man does not stop at fulfilling these needs; his desire for comforts takes the form of greed. His excessive demands and the endless streak of his longings come into clash with the longings of other people. This, therefore, becomes the cause for disquiet. It is mainly because of this that the world, today, has around billions of people living in absolute poverty. It is this unchecked desire which has caused the class war or the conflict between the 'Haves' and 'Have-nots'.

Besides, man has the emotional needs. He wants love, care, attention and understanding. He wants an honourable living. But if he stretches this desire also to an inordinate extent, his longings for prestige, position, privilege, and power take the form of jealousy, envy, hatred etc., and he comes into conflict with others. It is because of this unbridled desire of man in society, that there is power struggle everywhere, which, on a larger scale, takes the form of armed conflicts or endless craving for military supremacy.

The peculiarity of all this is that man desires to be extricated from the situation of conflict and disquiet. He desires peace, liberation, freedom or salvation, i.e. 'Mukti' and it is because of this that various 'religious' or 'secular' attempts are made. Societies are formed, constitutions are framed and religious institutions are established but when one's desires take the form

(Contd. on page no. 34)

CONTENTS

- ▶ Turn- Key for Peace
(From the mighty pen of Sanjay) 3
- ▶ Regaining the Highest & Holiest Life
(Editorial) 4
- ▶ Stay in Pure Thoughts and Have
Good Wishes for Everyone 7
- ▶ Expectations and Acceptance 8
- ▶ Power of Transformation 11
- ▶ It is time to Conquer Duality! 12
- ▶ Divine Experiences 13
- ▶ What spiritual Hero/Heroine you
are? 14
- ▶ Three types of people and their
destinies!..... 16
- ▶ Pilgrimage of Remembrance 18
- ▶ He always stood beside me 19
- ▶ It's Christmas Again! 23
- ▶ True Work Culture 24
- ▶ Festivals in today's context 25
- ▶ The Spiritual Mystery of week
days 26
- ▶ Dear Death – Dear Life – Dear
Christmas 28
- ▶ Forgiveness 29
- ▶ God Shiva never takes a Human
Birth 30
- ▶ Understanding Freedom. 32
- ▶ This World and the New 34

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REGAINING THE HIGHEST & HOLIEST LIFE



There is a natural inspiration in everyone's heart to reach higher and higher while pursuing the Holy Path. There have been some misconceptions in the minds of ascetics or philosophers in particular and society in general, as it has been believed that a person can become powerful to rule or lead a holy life only by renouncing worldly responsibilities. This is why there are different paths for house-holders and those who believe in renunciation of worldly life. No one ever thinks that we humans can ever become like Shri Lakshmi and Shri Narayan, who are known as the World Rulers of Paradise/Satyug/Golden Age while living holy lives par excellence.

From the mythological stories, we learn that the kingdom of Sun-Dynasty rulers was believed to be the highest in all aspects of personal and

family life, as well as for social and political set-up. It's beyond the imagination of present day people to think that there could be one ruling dynasty for the entire globe, and that too without any Ministers or Advisers! In fact, as we learn from the Supreme Father and Teacher, the Rulers and the Ruled of *Satyug* followed such a beautiful code of conduct in their lives as is famous for the Deities: adherence to all the natural laws based on **divine virtues, divine discipline, and divine actions**. It was very interesting to recently hear from the *Sakar* elevated versions of 3rd December 2014, that there would be separate institutions of Higher Learning for the Princes and Princesses of the Golden Age, and they would 'fly' to their study places in their own fool-proof flying chariots (*Pushpak Vimans*). It is very likely that those planes would be flying machines running on nuclear fuel, causing zero

pollution and noise. This is simply one of the most beautiful and powerful characteristics of the Golden Age.

To be worthy of regaining that highest and holiest status and to sustain the entire world for 21 births, **the Supreme Father had directly taught us some of the highest principles of divine life** which we would like to share with our readers. These Godly versions are based on the Avyakt Murli of 6th January 1979, revised on 23rd November 2014, and contain the 12 principles lived and enjoyed by deities of the Sun Dynasty:

- 1) *“Those of the Sun-Dynasty constantly experience the Father’s company and remain absorbed in experiencing love in all relationships with Him.*
- 2) *“Sun-Dynasty souls do not fluctuate in their stage by sometimes ascending and sometimes descending. They constantly experience the stage of ascent, just as the sun is always experienced as the form of light. It doesn’t go into a cycle of degrees.*
- 3) *“Maya (negativity) definitely comes in front of*



- Sun-Dynasty souls like a cloud, but that cloud comes and then vanishes.*
- 4) *“Sun-Dynasty souls constantly have a stage of equanimity; their own brightness doesn’t lessen when they see clouds. They experience having the virtues of the Father in their practical lives and also reveal themselves to everyone through this form.*
- 5) *“Sun-Dynasty souls constantly experience themselves to be unlimited servers and light-and-might-houses.*
- 6) *“Sun-Dynasty souls constantly follow the footsteps of Father Brahma in everything they do; they are equal to Father Brahma in their deeds and in the speed of their efforts.*
- 7) *“The first step of Sun-Dynasty souls is in following the Father – their minds, intellects are totally surrendered to the Father. Father Brahma claimed his great fortune through his great renunciation. Similarly,*
- Sun-Dynasty souls are great and complete renunciates. To be a complete renunciate means that you renounce even the progeny of vice in your sanskars.*
- 8) *“Sun-Dynasty souls constantly experience their intellects to have faith and thereby remain constantly carefree and experience themselves to be definitely victorious in every cycle.*
- 9) *“Sun-Dynasty souls, whilst fulfilling the responsibility of world benefit, remain double light.*
- 10) *“Sun-Dynasty souls, through the rays of their attitude and their vibrations, stabilise other souls in the experience of their original form.*
- 11) *“Sun-Dynasty souls do not use any of the treasures they have selfishly for themselves, but are constantly Great Donors and bestow blessings on others.*
- 12) *“There are two special indications of souls who belong to the Sun-Dynasty: firstly, they only come into sound after being in the stage beyond sound. Secondly, they always maintain their stage of self-respect and, they are humble and constructive in their words and deeds.”*
- In contrast, the Moon-Dynasty souls *“only sometimes fulfil a task to the full extent and at other times to a lesser extent; it would sometimes be 50%. Sometimes, they sparkle like the souls who reach 100%, and, at other times, they constantly turn the beads of their own rosary of weaknesses in front of God. Sometimes, they are powerful, and at other times they create waste. Sometimes, they are great and at other times, they are ordinary. Sometimes, they experience themselves to have authority and to be mahavirs (great spiritual warriors), and at other times, they say that they can only move forward if they are given support and cooperation...”*
- Our future is based on the magical transformation which takes place through the direct



teachings of the Supreme Parents or Avyakt BapDada. It involves nothing else but elevating one's consciousness to be at par with the Supreme Being. This regular, constant spiritual endeavour enables humans to belong to the *Surya-Vanshi* (Sun-Dynasty) or if not, then *Chandra-Vanshi*.

We are now at the opportune time of most auspicious time of the Confluence Age of the *Kalpa* (Cycle of Time), when

we have become direct spiritual children of God, who also becomes our Supreme Teacher to teach us the Highest Knowledge (*Gyan*) never known before by anyone else, thereby sharing with us the **subtlest art of elevating our consciousness** to be on par with the Supreme Parents. These special experiences bring home the feeling that we are indeed even higher than the Sun-Dynasty and Moon-

Dynasty souls because God will not be teaching us directly in the Golden Age... it's only at this auspicious Confluence Age (*Purushottam Sangam Yug*) that we have the choicest gift from God of receiving the most invaluable gems of Spiritual Wisdom. May you all enjoy these and maintain a flying stage until we comfortably reach our destination of our Golden Age, Paradise!

THE AUSPICIOUS MONTH OF CHRISTMAS

The month of December marks the south-ward journey of the Sun when the Northern Hemisphere starts getting cooled down and quietened. In the Indian Sub-Continent, the sowing season has ended and the people follow a very relaxed routine. With the days becoming shorter, the timings for schools and offices also change. It's a special season for children, the youth and elderly from many angles. First of all, many delicious recipes are prepared and enjoyed by the whole family. The devout, especially those of Christians and Catholics, observe the month of December as a special time for prayers and for enjoying inner quietude. It's the

time to wait for the most auspicious occasion of celebrating Christmas and New Year. Therefore, the teachings of Christ and the Bible are studied sincerely and appreciated for inculcation in one's personal life. In a way, it's nothing else but switching over to a meditative mood by connecting one's inner self with the nobility of Christ and remembrance of the Supreme Being.

People wait for the Christmas Mass, especially at the Vatican, when they listen to a message from the Pope. Each year the Pope's message is very special and heart-warming, and always connected with service of the

poor, care of children and medical help towards the differently-abled community. This is also the occasion when the Pope bestows the title of 'Sainthood' and honours the services of the Priests and Nuns of yore. There could not be a more appropriate occasion to carry out this act of greatness.

Every festival has a special message for us, so let's remember that Christmas brings tidings of happiness and gaiety on one side, and service of the needy on the other side. Wishing you all Merry Christmas and a very, very Happy New Year!

– *B.K. Nirwair*

STAY IN PURE THOUGHTS AND HAVE GOOD WISHES FOR EVERYONE



– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan

We are children of one God Shiva. Day-by-day there is a feeling that no subtle discrimination should remain in us. To the extent discrimination goes inside, we need to question: ‘I am happy with Shiv Baba, He is happy with me, but am I happy with everyone?’

At Nectar Time, there is an attraction, a pull to sit in front of Shiv Baba – there is this feeling; that feeling then stays throughout the day. The word is ‘feeling’, in Hindi we say ‘Bhawna’. With feeling, there is attainment for the self.

I always think, first there is Shiv Baba only then there is service. We do service in His remembrance. We are all instruments of *yagya* service. If one doesn’t do this, what does one do? ‘What this one does, that one doesn’t, and what this one doesn’t do, that one does’ – one shouldn’t dwell on this. Dada Vishwa Ratan had such a feeling that he had received so much attainment. Let there not be any mistakes in service. One needs

to pay full attention, not just a little attention, to being ‘instrumental in service’.

Carelessness and lethargy come into service even with the subtle thought, “*Well, there are others to do this, why do I have to do this*”.

There is deep study, repeated thought, and churning. If in my mind, Godly Knowledge has really set in, it comes in my churning. This has been very useful for me; I am free from wasteful churning. To stay in well-wishing thoughts, and be a well-wisher for others is our fortune. Let each one check that there are no waste thoughts for anyone. This is the true meaning of having compassion and mercy for the self. There is God’s kindness and mercy, but that comes when I keep attention without carelessness. Carelessness is the biggest defect and it brings a great loss.

Q: What is the difference between carelessness and lethargy?

Lethargy makes one careless. One may get a good chance, yet

lethargy doesn’t allow us to do what we could and that makes us careless. Lethargy brings such thoughts within that there is no spiritual income. **There are some who don’t do things as a duty, but as their nature.** Lethargy is an enemy. It will make one offer excuses. Like getting up from meditation and leaving for some reason. As long as we are meditating, there is spiritual income. It’s wonderful, there is a pull.

With dedication we say that the body, mind and wealth are not ‘mine’. If I say that they are not mine, I need also to check how I am using them. I love the Knowledge that Shiv Baba has bestowed on us in the beginning. I watched the film, “Who am I?” They have made a very clear film. It is very useful. It is worth watching.

Service, Remembrance, and Relationship: There is spirituality in relationships. In service, there is an income. Service is for the self, i.e. personal. As much as one stays in remembrance, nothing else will come to him or her. Let us give everyone this gift. Whatever happened an hour ago, one should forget it. One shouldn’t dwell on the past, really one shouldn’t remember it. This is income. There is the knowledge of the Drama. What is predestined, will happen.

EXPECTATIONS AND ACCEPTANCE

– B.K. Surendran, Bangalore

All of us have various goals in life and we go on through the journey of life realizing these goals. To fulfill our purpose, we perform many actions which are full of expectations. We expect that everybody should love us, respect us, help us and support us. We expect to lead a happy life. We expect to achieve great heights in life. We expect to be treated well. We have a lot of hope from the world. We have great expectations from our parents and other physical relations. We expect that people should visit and console us when we are sick. Expectations are a package of thoughts which aspire to unfold better days in life, be it passing an examination, buying a house, getting a job, getting married, setting up a family or getting a hike in wages etc. When we keep expectations, it is also necessary for us to put in sufficient efforts to fulfill those expectations. Here, the real test comes. Many people expect good things, but do not make efforts to realize those expectations. Consequently, many of the

expectations turn into heartburns, disappointments, enmity, and jealousy and so on.

In this context, we need to learn many lessons of life. It is good to be action-oriented and having clearly outlined objectives but we should go on achieving our aims and realizing our dreams without the expectations of them being fulfilled now or on a specific date. Expectations do not make us enjoy the journey of life as one constantly lives in fear, worry and stress. Expectations create dependency and we are unable to experience happiness. And as is said; 'Happiness is a journey, not a destination.

To be free from the disappointment and disillusionment of expectations, **we need to remember the slogan: Accept and not expect.**

ACCEPTANCE

The best way to counter excessive expectations is to accept things and people as they are. Accepting people means having the understanding that people have different thought process abilities and likings. We

cannot control others' behaviour and hence need not create any negative thoughts about their responses. Sometimes, many painful situations are to be accepted with ease and peace, poise and composure. We can tell 'I accept myself as I am; I accept my role in the world as perfect. I accept my parents and my situation in life as perfect. I accept my present job as long as I am at this job'.

One of the alternatives is never to expect anything from anybody. For example, we should not think 'my son should do this for me; my wife should do this for me, etc., thinking that we have done so much for them. We need not go on begging that one should do this for me or that for me. It will come on its own. Helping somebody, extending cooperation, providing relief in times of crisis, calling on a sick person etc., are good *karmas*. Others are giving us an opportunity to do a good *karma* and we must be thankful to them. As soon as the idea of getting something in return comes for a help extended, we have converted a good act into a commercial bargain and the very purpose attached to our work is lost. Therefore, if someone does not reciprocate our favours, we should not have any ill-feeling towards him; instead, let us have good wishes and pure feelings

for him.

Again regarding acceptance, one of the major reasons for our miseries and sorrows is that we are not able to accept something unfavourable that comes up in our life. Suppose, somebody whom we consider to be our own expires or meets with an accident or suffers a big financial loss, we are not able to cope with the situation. We resist the situation with our negative thoughts.

Acceptance may sometimes sound like inaction. But it is not inaction; it is to let go of the *sanskars* (tendencies) of complaining, blaming, worrying, disturbing, confronting or clamming up, and realising that they do not serve any purpose in life. Acceptance is the right course. It gives us the freedom to act. We can look for the blessings in disguise amid adversity. Let us recharge, refresh, rejuvenate and embrace the age old-adage that life does not give us what we want, but sends us what we need. We all get hard days and mean seasons from time to time. Challenges, conflicts, confusions and uncertainty are beautifully orchestrated vehicles to help us progress in life. We all know that life is positive and beautiful. The days do get better and seasons always change. Accept 'what is', and expect that the

bitter days will be shorter.

EXPECTATIONS AND ACCEPTANCE IN GODLY LIFE

Now God is creating a new breed and race of human beings who put emphasis on goodness and pure lifestyle. They are the spiritual people leading a life based on values and spirituality. They are the Brahma Kumars and Brahma Kumaris who are the adopted children of Prajapita Brahma and the direct children of God. They are taught, trained and sustained by the Supreme directly. Their philosophy and practice of expectations and acceptance is with a difference. They know that the world is a huge stage of drama and everybody is an actor playing his or her part. They are fully aware of the philosophy and practice of good *karma*. They do not expect anything from human beings. They expect everything from God. Even though they seek cooperation from fellow human beings in transforming this world, they do not get upset when anybody does not come up to those expectations. They have the unique outlook about the world that everybody is a good, virtuous, and lovely soul. They love one and all. They accept all situations and people as they are and enjoy whatever they see in the world. They work towards

bringing a positive transformation in the world, towards re-creating this old world into heaven where everyone would coexist peacefully.

PLUGGED-IN WORLD

We live in a plugged-in world – computers, music, phone, TV, game consoles... the list goes on. You're not a machine. So, what we need to do is to disconnect from these too many sources that absorb our energies. We need to quickly release our mind from all the debilitating socket points. We should give ourselves two minutes to unplug and breathe. We need to be quiet and recalibrate.

MOTIVE

Sometimes, although the act in itself is right, we find that the result is not so good or effective. At such times, unable to understand, we tend to have a lot of waste and negative questions in the mind. If our motive (attitude) is right, it becomes a powerful seed, which brings about a good result, a good fruit. All other situations are able to nurture this seed instead of creating obstacles or further misunderstanding.

EXPERIENCING GOD'S PRESENCE

I need to understand that God is a person (although the Supreme Person), like us, and not some formal or non-personal

energy, with whom we cannot communicate or have a relationship. If I know God's form, His qualities and His abode, I can direct my thoughts towards that One and immediately start experiencing the connection. The sentiment expressed in the phrase, 'O God, wherever I am, you are with me', indicates the closeness of the soul and God. It expresses the experience of the presence of God, in the manner of two lovers. The sun is the source of our physical necessities. It purifies the water, makes the plants grow to produce food and oxygen and provides a suitable range of temperatures for our life here. To give life it doesn't need to be present in every particle. Its effect in the form of light and heat is felt throughout the solar system. In the same manner, for the effective practice of Rajyoga meditation, God is seen as a Sun of perfection, the Source of spiritual qualities and powers and, as such, He doesn't need to be present in everything. Even though God resides in the Soul World, He can be with me since the sense of closeness is beyond physical dimensions. One thought and I can experience Him in the soul world and be in His presence!

¶ ATTENTION PLEASE ¶

Divine Sisters and Brothers,
Multi-million blessings of the Supreme Soul,

With blessings and inspiration from BapDada the Godlywood Studio of the Brahma Kumaris has taken the initiative of spreading Baba's message through the medium of Internet and mobile phone. The management of the Godlywood Studio entered into an agreement with the Times of India Group and now you can find spiritual writings, videos, photos of the Brahma Kumaris on the Speaking Tree website.

The Speaking Tree is a spiritual website that enlightens the viewers/ readers on a lot of spiritual issues and thereby helps overcome the difficulties and tensions of life.

By utilizing the state of art network installed in the Godlywood Studio, the Brahma Kumaris can now spread and share Godly knowledge across the world through their 'Master-Slot' on the website 'The Speaking Tree'.

The Speaking Tree caters to people seeking material, physical, mental, intellectual, social, spiritual well-being of the self and the society. The fast spreading social networking has come handy to venture into the online space for spirituality and thus achieve our goal of showing Baba and His knowledge to the world at large. Thus the website www.speakingtree.in/rajyoginidadijanki provides a good platform to interact with Baba's children as well as the ignorant souls across the world.

This is an opportunity, which every member of the Brahmim family can utilize to perform better godly service. We can follow this site by logging in through any of our web accounts like the Face-book, Twitter, Google. The procedure of accessing this site is also explained here-below.

1. Click the link - www.speakingtree.in/rajyoginidadijanki
 2. Page of Brahma Kumaris gets open, just click the FOLLOW button .
 3. This will lead to a small window. Where you have to select either GOOGLE, TWITTER or FACEBOOK account and Sign in.
 4. You are now the Follower of Brahma Kumaris
- Please forward this mail to as many people as possible so that they can benefit from this godly service.

In Godly Service
BK Ramesh Shah,
Chairman,
Godlywood Studio.

POWER OF TRANSFORMATION

– BK Nalin Pithwa, Jayanagar, Ba

There is no person in the world who would not like some sort of change for the better. People want to change their lifestyle, their eating habits, professions, relationships, country of residence, religion, fashion statements, political ideals, spiritual ideals, etc. All this is a sign of life – which a person does not want to stagnate or wants to improve for happiness.

On the other hand, there are people who want other people or society or communities to change. So, we find philosophers, religious heads, politicians, teachers/professors, social workers, philanthropists etc. who are instrumental in bringing about a change in people's attitudes, ethical principles, political ideals, etc.

There are three agents of change in the world – the power of religion, the power of science and the power of politics/rulers. All these three work at both the individual level as well as at the level of society.

Need for a holistic approach.

At the individual level, every

human being born on this earth is moulded or transformed by his or her mother, father, teachers/professors etc. Not only do the mother and father sustain the child's physical needs, but also the needs for education, love, moral support, and instill in them values to make a better human-being. The teacher transforms a person's intellect and imparts knowledge to earn an income, and thereby a status, and hence, some sort of happiness in future.

In India, there was a custom to offer a child to a guru for blessings, or salvation, or liberation. A guru generally moulds or transforms a child's religious, spiritual and ethical values by imparting knowledge. *So, clearly, we can say that a person is changed by his relationships.*

In Rajyoga meditation, the individual starts a gradual process of transformation by changing his relationship with himself. Instead of taking a viewpoint that "I am this physical body", a person becomes more aware of the fact "this is my body" and hence, the "entity" which says "my body" is

distinct from the body; this *entity* which is the master of the physical body can also be called the *self* or the *soul*. It is a living, conscient being with mind, intellect and personality traits whereas the physical body is a non-living thing. The soul is the ruler and controller of the five physical organs (eyes, nose, skin, tongue, and ears) and performs actions through these sense organs.

So, in Rajyoga meditation, not only does a person change relationship with himself, but, in effect, he changes the viewpoint of his own self-identity. Dr. Deepak Chopra has emphasized that in order to bring a lasting change in one's life, one should work at the grassroots – a person needs to change his view-point. In Rajyoga meditation, a person adopts a spiritual viewpoint with himself, with the Supreme Soul, with his immediate family and with the world at large.

Though relationships change a person's viewpoint(s) at an early age, a person might want to bring about a transformation when he or she faces insurmountable problems – personal, professional or due to some external circumstances.

A need for a change is experienced when there is some pain experienced. The deeper

the pain, the greater is the need for transformation at the fundamental level. But, one need not fear transformation. Change is a law of this world. All political systems, all kingdoms, all religions, even nature undergo change. A very simple example is that the weather also gets changed cyclically. A very hot summer heralds a bountiful monsoon. Through Rajyoga, a holistic spiritual education, a person gets empowered to think about his own innate potential and virtues and thus gradually improves his IQ (intellectual quotient), EQ (emotional quotient) and SQ (spiritual quotient).

Generally, people want to do meditation for a variety of reasons – some want relaxation, some want power, some want solitude – but above all the deep desire of all human beings is to live a peaceful life. In Rajyoga, a person recognizes that peace does not lie in possessing worldly objects but, the person himself is a soul and the innate nature of a soul is to be peaceful. The basic mantra of Rajyoga is Om Shanti – “I am a peaceful soul* – which tells the person to look for peace within himself. This seemingly simple way is a powerful way to progress in life for only a mind filled with peace can think about solutions to the various problems one faces. And, a transformation at the individual level changes the whole world because all human beings want inner peace.

IT IS TIME TO CONQURE DUALITY!

– B.K. Pavan Patale, Finland

Duality is everywhere, whether it's the behaviour of light or the usage of intellectual might. Some want to become hero of masses; some want to remain darling of classes. Some enjoy adventurous vacation by swimming with sharks; some enjoy simple vacation by sailing with swans.

Some believe living as an art, while some believe living according to science.

Some put more faith in self; some put more faith in God. Some lead the groups by managing; some lead the groups by sustaining.

Oh! Duality, you are everywhere.

Some live based on luck by chance, some live based on luck by choice.

Some show their loyalty by licking; some show their loyalty by building. Some go around the world to teach, some go around the world to learn.

Some measure everything in terms of money and time. Some measure everything in terms of space and time.

Some want to be a big fish in a small pond.

Some want to be a small fish in a big pond. Oh! Dear duality, you are everywhere. Some work towards finding black holes, some work towards building worm holes.

Some embrace the principles of spirituality; some embrace the rules of materialism.

Some decide based on the collective information; some decide based on the precise data.

Some get bored seeing random nature; some get bored seeing fixed nature. Some disagree to agree; some agree to disagree. Whatever it is; alas! you are everywhere helping us crisscross to get somewhere.

Now, it is time to conquer this duality, which makes us self-centred or selfish persons. We all need to dedicate our thoughts, words and deeds towards the world welfare and act as per Godly advice; then only, we'll be able to establish world brotherhood, where all will be equals without any duality.

DIVINE EXPERIENCES

– Dr. Barkha Pavse Sanaiya, Al-Ain, U.A.E



As Baba keeps on saying, “Sweet children just see the self as soul and then remember me”. So it is very important to be stabilized in soul-conscious state. For that, bring your focus in between your eye brows and visualize a tiny point of light radiating its energy to the whole body and to the surroundings. This is you—the energy—the soul.

Now, create some elevated thoughts like – ‘I am a peaceful soul and the powerful vibrations from the Almighty are flowing to my whole body’, then feel that energy flowing to each and every part of the body. In between this, you need to feel that on the top of your head is God Shiva, the Sun of Knowledge showering rays of light and might over you and these rays are healing each and every cell of your body. If you are suffering from any kind of disease whether it is a mild headache or any dreaded disease; don’t worry, but keep on repeating this process as

many times a day as you wish. But to start with, see yourself as you are. Tell yourself. “I am a being of light, a peaceful being..... I radiate light all around..... I am in the company of God, the Supreme Being who radiates infinite love, peace and happiness He is the powerful Ocean of love and Purity that can dissolve all my fears, the pain and the suffering within.

This will make you feel happy and thus, you will enjoy while meditating and get empowered. Continue with the thoughts, “I am the child of Supreme. I hand over the strings of my life in God’s hand”. Open up your ear and call out to Him, “Here are my problems and my fears I hand them over to You... I feel how your love touches my fear.... I let go of all my worries.... You are my source of strength..... my Father..... My Companion I feel safe in the company of Supreme Being I am at peace..... free of worries I feel confident.”

This practice is not only to cure many diseases but also to bring back one’s lost confidence and also become helpful to someone who is undergoing any kind of depression or failure in life so one may receive the rays accordingly. For instance, in order to succeed in exams, one may receive the rays of success. And one may also visualise that he actually receives first prize in his or her exam and puts forth efforts accordingly. Similarly, if one is not having good health, one should visualise the picture that finally, he or she has totally recovered from the illness and is now perfectly in good health.

This process can be done as many times as one can, depending upon the availability of time and one will find that it will work like a miracle. It will be superb if one tries to start this from 4 a.m. till 4.45 a.m., which is known as *amritvela* or nectar time and the best time to get more fruitful results.

WHAT SPIRITUAL HERO/ HEROINE YOU ARE?



– B.K. Padmapriya, Los Angeles

The word ‘Heroism’ is synonymous with love, courage, fearlessness, sacrifice, authenticity etc. In a movie, heroes and heroines stand up against the dark forces and emerge victorious. However, movies are just a reflection of reality. In real life too, a hero is one who lives by values, stands for everyone’s benefit and makes his life valuable by supporting others’ needs without getting bogged down by negativity.

A spiritual hero/heroine never gives up; he/she finds happiness in the happiness of others. They take good care of the self, body and mind along with caring for others. They maintain balance of life.

They become merciful when the weaknesses of others erupt; they never react or lose patience. They know each one’s specialty and move along accordingly. Their heart is open and generous leaving no room for expectations.

Their thoughts, words and actions are always aligned. You will never find a hero/heroine

gossiping about others. Are you such a hero/heroine? **There are eight categories of heroes/heroines described here.**

SPIRITUAL KNOWLEDGE

Your base is Spiritual Knowledge, Wisdom, and Learning.

You will run life based on your experiences, wise decisions and apply spiritual knowledge at every scene of your life.

You are very wise; you know the secret of every personality, action and situation. You always see three aspects of time (past, present and future), knowing the beginning, middle and end of every situation that arises.

You never wander in the past and future but stay in the present moment. You stay stable and mature in your seat of farsightedness and wisdom.

You always stay as a guide to others; enlightening each individual with simple solutions. You are always curious to learn and develop your spirituality and spiritual wisdom.

Your power: **Power of Intellect.**

SPIRITUAL WEALTH

Your base is Spiritual Wealth, Abundance and Prosperity.

You use your accumulated treasures of:

- Spiritual knowledge
- Your qualities and powers.

As you are spiritually abundant, you can’t help yourself from giving, sharing and distributing. You always fill the hearts of many. Others feel prosperous in your company.

Wherever you are, there is an atmosphere of abundance, fullness and prosperity. Everything flourishes in your presence.

Your power: **Generosity and Kindness.**

BENEVOLENCE

Your base is Goodness, Benevolence and Magic (Transformation power).

You always find some benefit/positive/goodness in any person or situation.

You perform the magic of changing negative into positive, wrong into right and waste into useful.

Wherever you are, there is magic with solutions. Your eyes only see the light; darkness isn’t visible to you even though it’s there.

Your power: **Benevolent vision and attitude.**

COOLNESS

Your base is Coolness,



Calmness and Freedom.

You deal everything in life with total ease under 'Take it Easy' policy along with responsibility.

Nothing can push your button since you act from the space of self-mastery.

You are free at heart and there is no wave of tension or worry visible in your face. You are a hero/heroine who extinguishes the fire of anger and any sort of negativity.

When you walk amidst a gathering, an atmosphere of coolness, easiness and calmness prevails.

Your power: **Aura of coolness.**

CONTENTMENT

Your base is contentment and gratitude.

You move along in your life with the support of contentment.

You are content with everything and anything. You appreciate all the beauty and fortune that life has given you and with this power, you easily make others content.

You have the understanding to accept that everything is the way it is meant to be at every moment.

You always stay in the beautiful cloud of contentment as you observe life, people and situations with a sense of detachment.

In your company, distressed and disappointed hearts get

coloured by your contentment in seconds.

Your Power: **State of fulfillment and Pleasant smile.**

FEARLESSNESS

Your base is Courage and Bravery.

Nothing can make you afraid. You never run away from obstacles.

You take challenges and problems as means of spiritual growth. You look at each obstacle as a chance to express your own inner powers.

You are confident and persistent. You always wear the armour of bravery and use the sword of power.

People get inspired in your presence. You take initiatives, have a voice and work for greater cause.

You transform weak into strong with your powerful words and behaviour.

Your power: **Strength and Will power.**

SUSTENANCE

Your base is Nurturing, Love and Sustenance.

You move along on the basis of love and care. You care for every being in this world including nature and animals. You see others in a positive light, whatever their flaws may be.

With your gracious eyes, you always give a sense of

belonging to anyone who comes into your contact.

The world gets nurtured from your sustenance and unconditional heart.

You forgive and forget; giving only pure feelings of love and compassion.

Your power: **Unconditional Heart.**

ZEALAND

ENTHUSIASM

Your base is Happiness, Joy and Hope

Your very spirit is filled with zeal and enthusiasm. Others can experience the breeze of your inner motivational nature.

You elevate people's hopes and show them the path to happiness. Nothing can upset you or put you off mood and no task seems heavy or difficult.

You bring smile to despairing souls, and give them the courage to do their best and enrich their lives.

You lighten the lamps of hope in hopeless minds and transform failure into success by riding on the wings of power, imagination and creativity.

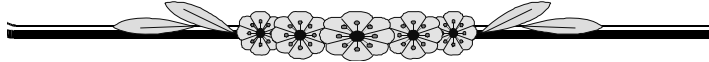
Your power: **Colours of happiness.**

Remember there is a hero/heroine inside each of us; perhaps I have it all!

REFLECTION

Choose a hero each week and practise being it.

THREE TYPES OF PEOPLE AND THEIR DESTINIES!



—BK Joseph, Bangalore

Quality-wise, there are three types of things—high, medium and low. Similarly, quality-wise (according to their natural dedication brought out by the cumulative effect of the choices they made in the past) there are three types of people (*Bhagavat Gita* 17:2):

- ▶ The *Satwic* who choose to be wise and virtuous, being intoxicated in the love of God. (*Gita* 10:8)
- ▶ The *Rajasic* who choose to mix both virtues and vices in their passionate pursuit of greed, being intoxicated in the love of objects of senses. (*Gita* 16:17)
- ▶ The *Tamasic* who choose to be heedless and vicious. (*Gita* 14:9, 17; 18:23-25)

Characters in the great epic *Mahabharata* are the vivid embodiment of above qualities in varying degrees. In same situation, people act/react differently. Karna wasted his whole life on revenge against those who called him *Suta Putr* (son of a servant) whereas Vidura (who was also son of a maid-servant) spent his whole life in trying to elevate others.

We can see such characters in our daily lives. In poverty, some may turn to stealing, prostitution, suicide ... etc., yet not all poor people choose to do so, whereas some of the rich may choose to do those things! Among those who go deep into Science and Philosophy, some may become atheists and others may find their faith in God becoming stronger. Religious founders appeared at various periods and declared great truths, yet, people in general, have simply been repeating the way they had been doing! Why?

The answer lies in a hidden factor that is at work in all human beings! People act/react according to their tastes/tendencies. (*Gita* 3:33; 13:21; compare also Bible books of Mathew 12:35 and Revelation 22:11) Tendency is formed by the force of repeated actions in which one takes delight. Thus, some would always choose to remain *Satwic* (elevated/righteous) or conquerors of vices in their “innumerable births.” (*Avyakt Murli* 19.04.1969; 14/11/87 & 27/11/87; *Gita* 5:23, 26; 6:20-22)

Others will choose to repeat their *rajasic* and *tamasic* *sanskars*!—*Gita* 16:20, 23.

Many would complain asking: ‘Why can’t God appear and tell us what to do?’ But the truth is that we need only to open our eyes to see what we need to know! Look at the life-support systems such as the fruit-bearing trees. They are living examples of three core-attributes or principles (which are also at the root of all of God’s qualities):

- ▶ Trees have been producing their seeds in whose memory all their future generations remain protected so that tree-seed-tree cycle goes on eternally—hence highlight the principle of *Satyam* (TRUTH), which literally means that which does not change, hence remains forever.
- ▶ Fruit-bearing trees clothe their seeds with nutritious flesh (not for them to eat) for the nourishment of others, and thus do good for the sake of good—hence highlight the quality of *Shivam* (BENEFICENCE).
- ▶ And they present the fruits to us in attractive colours and shape—hence highlight the quality of *Sundaram* (BEAUTY)!

Thus, life of a fruit-bearing tree is the simplest, elevated



message, clearly conveyed earlier and better than all the religious founders have preached. Intellectuals and philosophers have always discerned these principles from the trees. For example, Socrates told his friend to use the famous “Test of Three”: ‘Before you talk to me about something, let’s take a moment to test whether what you’re going to say is Truthful, Beneficial and Pleasant (or Beautiful).’ No wonder these principles are called the “*Sanatana Dharma* (eternal duty)” and spoken as the characteristics of a *satwic* person. (*Gita* 12:3, 4, 16, 20; 17:15) It is with these principles that each recreation of the *Satwic* Age always begins. (*Gita* 3:10, 11; compare 4:7, 8; 9:7-10, 18) Then with the passing of time, decline in quality sets in, and Time Cycle of 5000 years passes through *rajasic* and *tamasic* stages!

Fact of the matter is that all the three qualities are equally present in all humans. However, each one CHOOSES to keep one quality dominant over the others or keep them in their varying degrees. (*Gita* 14:10) One can make any changes at any time as thought is the father of all actions. (*Murli* 3.4.96) You may have observed people who seem to be rough choosing to be

very soft with people from whom they enjoy or expect some favours! This means people CAN be changed into any direction—from virtuous to vicious and vice versa (*Gita* 9:30), but most people prefer REPETITION! (*Gita* 3:16; 25; 16:19, 20)

Hence the question arises: How should God respond to such choices people make in REPEATING the same thing over and over again? It would make no sense if God tries to forcefully change people in certain way (which would only reduce them into mere robots!) So, the Law of Nature takes over. (*Gita* 5:14) According to the Law of Nature, people are born, quality-wise (number-wise) in a suitable system of things and in suitable “wombs.” (Compare *Gita* 2:40; 6:40; 14:15, 18) This means there should be three phases in each *Kalpa-satwic* phase (comprising Golden Age and Silver Age), *rajasic* phase (Copper Age) and *tamasic* phase (Iron Age) to match the *satwic*, *rajasic* and *tamasic* people respectively. (Compare *Gita* 8:6; 13:21; 14:5, 11-18)

Such a quality-wise division of Time Cycle is a wonderful design! Though the *satwic* system of things is exclusively for the *elevated*, an elevated

person continues to take birth in the ages that come later on. (Compare *Gita* 6:40, 41) But a *rajasic* person cannot take birth in elevated system as it is not of his liking, hence is born in *rajasic* system of things, and continues to take birth in the Age that follows too. And the same principle applies to a vicious person too; he can only take birth for the first time in a time cycle only at a time when he can feel comfortable, that is, in the Iron Age (*Kaliyug*). Thus number of births each one takes is determined by his or her merit. If one chooses to be always elevated, he can have births, in good situations, throughout the time cycle. The number of births in the *rajasic* and the *tamasic* period will vary according to the degree of their worth. By the end of each time cycle, all souls would have come down from the ‘soul-world’ and births taken on earth. This explains why population would reach at its peak towards the end of Iron Age.

At the end of each time cycle, all souls will have to go back to their original home (soul world) and wait for their turn to be born in a certain order (number-wise) in the respective/appropriate phase of the next time cycle which repeats endlessly! (*Gita* 9:7-10) You might have



observed that you rise up from your sleep with the very thoughts you went to the bed! Similarly, you are reborn with the same propensity with which you lived your previous life! (*Gita* 7:30; 8:6) Nature makes no mistakes in this! See how meticulously it brings to us, through trees, various fruits in same taste, flavour and colour generation after generation! So is the case with fruition of all actions. (*Gita* 3:27; 9:10; 13:29; compare 5:14; 10:33)

Good news is that at the fag-end of Iron Age (from 1936), God Shiva Himself teaches (using a medium whom He names as *Brahma*) the way to become elevated to all those who are willing to learn from Him. (Compare *Gita* 4:7, 8) Hence this short period, called Confluence Age (between Iron Age and Golden Age), is the most auspicious time in each time cycle. It is only at this time that the Father opens the Godly University for His children where they study and change their degraded resolves into those of deities. And this period is also called *Diamond Age* because anyone who chooses to be refashioned after His *Shrimat* (dictates of God Shiva) can become strong and beautiful like a diamond.

Many people who were elevated in their previous lives have now recognized God and the value of His teachings and have been benefiting from the same. Many of them were really searching for God, and needed only a small trigger to come to a reawakening and to flock to where God Himself is directly teaching for Golden-Aged life. What about you? Have you tasted God's *Shrimat*? If not, this is the time to do so and experience first-hand the foretaste of the real Golden Age even now, and to ensure the destiny of being born with elevated propensity whenever you are born!

The souls desirous to know more, can contact their nearest Rajyoga Centre and ask for a free seven-day course, conducted for one hour daily. This will give them tips, tools and knowledge to lead a Golden-Aged life!

PILGRIMAGE OF REMEMBRANCE

– B.K. Neena, E. Delhi.

Each soul given a unique role to play
No role matching others' in World Play
Yet each one is suffering and crying
New escape routes searching and trying

Surrender complete, sincere and real
Switching from the body to incorporeal
We poor distressed children surrender fast
Forgetting the old and bidding adieu to the past!

Remember, we are but, children of one GOD
Trapped in anger and other vices wrought
Learning Godly wisdom to defy **MAYA's**
position
Becoming victorious is the soul's decision

Be serviceable, loving-forgiving, and peaceful
kind
Shower goodwill, benevolence; leave the
world behind
Become detached, on your mental plane
A shining image on the life's frame

Now is the time to become Almighty's Heir
Attain and control His treasures so rare
Create pearls of Wisdom from pebbles of
Waste
With your power to judge and to discriminate

Give up the burden of body-consciousness
Come out of the ego and worldly mess
Vanquish the vices and conquer the self
For you – is waiting the Heavenly Dell.

Shine O' lotus of the pond, shine again
Remember thy abode the Golden plain
This perishing world of pain is not for you
Be with Him to charter the pilgrimage true

HE ALWAYS STOOD BESIDE ME



– Rajbala Singh, New Delhi

I was born and brought up in a family which was not at all conducive to spiritual growth because I had lost my father, the sole bread earner, in my early childhood and my mother was so much engrossed in struggling against the doom and gloom inflicted upon her by the untimely demise of my father that she hardly showed any sign of interest in observing religious rights and rituals which are primarily essential for further religious and consequently spiritual growth.

But, perhaps due to my past life which is said to cast its shadow on the present, I had strong propensity for spirituality right from my childhood and now I do remember well, how on my own, I borrowed 'Hanuman Chalisa' from one of the neighbours and started chanting its verses with utmost devotion when I was scarcely eight-year old and continued it until my marriage and then shifted to 'Durga Puja' and over the years, I got initiated into Gayatri Pariwar founded by my Gurudev Pt. Shri Ram Sharma Acharya,

a renowned sage, a seer and a philosopher who has the authorship of a corpus of 3200 books to his credit and left his mortal coil years ago. I was intensely moved by Gurudev's ideology which is based on the bedrock of the slogan 'Hum Badlenge, Yug Badlega, Hum Sudhenge, Yug Sudhrega', in essence, through his exemplary life, he taught to be the change we wish to see around us. He also declared with conviction the arrival of golden era i.e. the 'Satyug' and established through his writings and preaching that the 21st century is going to usher in bright future by propounding '*Ikisveen Sadi, Ujjwal Bhavishya*'.

I was so deeply moved and motivated by Gurudev's exhortations to join hands with him to contribute to the betterment of the society that soon after my retirement, I offered my services as an honorary lecturer at 'Dev Sanskriti Vishwa Vidyalaya, Haridwar' founded by him and I was very happy in the green, clean and serene ambience of

DSVV and led a contented life working to the satisfaction of my students and planned to spend the remaining years of my life there only but again something happened which was beyond my wildest dreams.

Here, at DSVV, a Nepali student paid me visits quite often and started calling me 'Ma'. Reciprocally, I also developed fondness for him as if he was my own child. Although he was pursuing his Masters in Yoga, he carried such a child-like innocent and pious demeanour and spent hours in meditation that I was deeply influenced by him. Gradually, he started calling some other students into my flat for meditation and soon my room got converted into a meditation room. He knew my unquestionable devotion to my Gurudev; yet before I could know anything about Brahmakumaris Ishwariya Vishwa Vidyalaya, he took me to Madhuban for Baba Milan. Is it not wonderful that my Baba Milan occurred before I could get introduced to Brahmakumaris in a usual way? Without my intentional efforts, God Shiva won over me and thus He, The Almighty, whom I always loved and adored, made entry into my humble life as Shiv Baba and I turned out to be a Brahma Kumari which I could have never imagined during my

days at DSVV. This strengthened my faith in the knowledge of Eternal World Drama.

Now, at the present juncture, I can make out that whatever happened with me, was in line with God Shiva teaching that the souls who belonged to this Godly family in the previous Kalpa, will come back for one reason or the other. After joining DSVV, I could never think that there will be any twist and turn in my life to unravel new vistas of heavenly cool breezes and showers. Actually, while at Haridwar, it was not possible for me to go to centre for Murli classes as it was quite far off but again as pre-scripted in the Drama, the circumstances took a further turn. I had to leave Haridwar due to my health problems after serving for 6 years and shifted to Mumbai to stay with my son who became an instrument to take me to centre and I turned out to be a regular and punctual student of my dear Shiv Baba.

Though I joined the Brahmakumaris Ishwariya Vishwa Vidyalaya late, I pay my gratitude to my previous background and Shiv Baba's blessings for catching up with His divine knowledge. Now whether I am at my station or roaming, busy or relaxed, I never

miss Murli and feel privileged and confident when people think that I am quite senior in the *Gyan*. The prime attraction of this *Gyan* is that it is being provided by none other than the Almighty Authority. Hence, it is simply superb, it is unparalleled. The *Murli* class is so enthralling and captivating.

My initiation into God Shiva's knowledge has given me a new dimension to my life. The sea-saw change in my life is that this teacher of 45 years of experience has suddenly become a student, sitting among the classmates with pen and diary, listening to the teacher with rapt attention and jotting down each and every point minutely, revising the points meticulously at home and answering the questions in the class and glistening with glee when by God Shiva's grace, answers come true. Wow! I feel myself so young and my joy knows no bounds when Baba calls me 'Sweet Child! My long-lost, now found child!'. I pursue *Amritvela* persistently and try to avail myself of every opportunity of service that comes my way.

Now I am the blessed student of Prajapita Brahma Ishwariya Vishwavidyalaya and as its very name connotes, this is the Godly University founded by the Incorporeal Supreme Authority

through His human medium Brahma Baba. In sync with His words, "*Yada Yada hi dharmasya....*" He descends on this earth in the period, shrouded in gloom and doom, with the sole motive of establishing a righteous sovereign deity kingdom by annihilating the five vices i.e., lust, anger, attachment, greed and ego. It is these vices that demean and debase human soul so deadly that it rips all morals and ethics, all goodness and propriety, to pieces.

To wash off these vices from human psyche which remained engrained in human soul for 63 births, Shiv Baba has to go through the ordeal of purifying us by teaching us through *Murlis* for years. This is such a hazardous endeavour that it cannot happen overnight because it is one thing to know something theoretically, and it is quite another thing to implement it. So the core of this knowledge is developing soul-consciousness because soul comprises all the divine virtues like purity, peace, love, happiness, bliss and power and it is the body-consciousness which breeds all the evils. The yearning for unbridled bodily pleasures brings forth all degradation and consequently utter destruction too. God Shiva's divine knowledge



transforms materialistic attitude towards life with spiritual attitude.

At this stage of six decades into my life, I dare to say that all other religions, sects and cults on this earth, may be preaching all good things but it is the Prajapita Brahma Ishwariya Vishwavidyalaya which practises what it teaches for the simple reason that no human entity but God, the omnipotent, is at the helm of this university and we who are the voluntary students, have no excuse for violating His injunctions, soaked in unconditional fathomless love.

God Shiva's teachings are absolutely pragmatic and possess the potency to elevate a person to Brahminhood and then to Deityhood by transmuting His baser instincts, inclinations and latencies. But the problem here is that in order to bring about this drastic change in our personality, no outside support can help us, not even God, rather it is we only who are required to put arduous efforts to reconstruct our mind and intellect, to modify our conditioned mindset which will transform our thoughts, words and actions i.e., our personality and behaviour. There is no easy readymade formula to achieve this positivity but to go through a constant vigilant endeavour.

That is why most of the people find this knowledge highly laudable yet avoid it since they are reluctant to undergo the exertion of self amendment.

With each passing day, I feel myself wealthier and happier as my teacher, my master, adorns me with precious jewels of virtues and invaluable knowledge which is generating subtler and finer changes in me and if I start revealing it in words, I am afraid it may sound like bragging. Among numerous gems of God's preaching, I may throw light on some of them which are very prominent and practical. Without getting tired of repeating, time and again, He enjoins us to have good-will for one and all unconditionally; to send our positive vibrations to all for their well-being, even for the persons who have harmed us. He puts great emphasis on giving and receiving blessings. He says that it does not suffice to observe celibacy only because most of the people who boast of their purity are subjected to anger and ego and don't mind venting out their pent up aggression and often fall victim to attachment and greed, though it may be subtle i.e., in the disguised form of desire for approval, name and fame. He exhorts us to be pure in totality, to perform our duties in the

capacity of a trustee with the view to convert "Myness" into "Yourness" and to sweeten our behaviour with everyone with equality.

Now God is the experienced reality for us, not the inferred reality. So leaving behind all the sorrows and woes, bouquets and brickbats, our life went through, let's align ourselves with what is right and embark on this new journey of life to arrive at deityhood, tiding over all the turmoil, physical or mental, unfazed and unruffled as taught by God Shiva through His Godly versions and put all our abilities and our skills, powers and potentials, wealth and treasures to service.

Though God entered my life as Shiv Baba quite late, I can say, I could feel His lively presence throughout; otherwise my life which had never been smooth and sleek but the labyrinth of zigzag and shoddy rough pathways, could not reach such culmination as my present phase of life as a blessed BK reveals. After the untimely demise of my father, we had no adequate means of sustenance so it was not possible for my mother to educate us, consequently, barring me, none of my siblings could study but I turned out to be a trained graduate not withstanding all the



struggles and strife at each step, got government job immediately and could pursue masters in English and Psychology respectively, though being in job, privately. Eventually, life got settled; I got married, had children and some years rolled on but once more, a stumbling jolt when my husband expired leaving the onus of the whole family on my shoulders, merely a lecturer with limited earnings as the pay scales a few years ago, were not so good as they are now. Anyway, I worked arduously with my frail physique due to stress ridden ailments, took extra tuitions and being on my guard, did everything that was the need of the hour and took life in my stride, and now by God's infinite grace and blessings all the children are well settled but I do assert, that all

this could happen because God was always with me. My one step of courage and His thousand steps of succour went ahead along and the result is my beautiful present.

He remained and still remains with me in the form of my inner voice which I never violated. I always listened to my inner calling cautiously and then followed it in letter and spirit. I tried to understand the tenor and temper of the situation before responding to it. Shiv Baba always says, "You are a victorious soul; you are the invincible". Before receiving Godly knowledge, I hardly spared a thought to this self-recognition but since He infuses self-esteem into us so constantly that now, introspecting my whole life with variegated experiences, I believe that indeed we, the

privileged children of Baba, are the winners in this drama that is why we emerge triumphant.

I may conclude that fate treated me like a ruthless dictator right from my childhood but the presence of God in my life, made me dedicate action to a higher goal which, of course, made my life very hectic but without any scope for desire-driven-frenzied activity. His presence never let the waste thoughts steal my mind as these thoughts are nothing but drain on our energy. I worked with full focus on my goal whatsoever, and HE blessed me with HIS love which is the core strength of life and now at the culmination of my life, I have no regrets and repentance but peace with myself and harmony with all.

THIS IS NECESSARY NOW

Concentration means to stabilize in one thought; to get lost in it. Concentration enables us to easily stop our thoughts wandering all over the places. We forget the body and the physical world, as long we are stabilized in the stage of concentration. It is because, for that period of time, that is the world, and you are lost in it. One must have the experience of such power of concentration. Through the power of concentration, you can convey the message of any soul to a particular soul. You can invoke any soul. You can catch the voice of any soul. You can give co-operation to any soul, sitting at a distance. Let there be one Father and none other in your thought. Let there be the experience of all the attainments of the whole world in the one Father. Let there be only One. Trying to concentrate your thoughts is something else. To be stabilized in concentration is such a powerful, elevated stage. Experiment, and see. Solitude is necessary in this. Once You become practised in being lost in One, in the midst of upheaval at the end, you will experience solitude amidst upheaval. However, you need such practice over a very long period of time. It is very necessary, now, to become an image of experience through incognito powers. – *Avyakt BapDada*

IT'S CHRISTMAS AGAIN!

(A Short Story on Christmas)



– BK Brigita Akil, Sydney, Australia

Once upon a time, in a very far away land, the Supreme amongst all stars noticed that down below some of His children are crying out to get His attention. It had been a long time since they had the experience of real peace and harmony. The drumming and the singing were becoming more and more intense day by day. It was time for Him to answer their calls.

With great love on one evening, He left His majestic throne and flew silently to meet His sweet star children.

When He arrived, many had gathered anticipating His love-full advice and spiritual guidance; for the world they inhabited had grown dark with despair and sorrows. Shining brightest of all, the Father brought vibrations of deep silence which fell upon them, a feeling which brought back memories of a time when everything was beautiful and perfect in every way.

God gave each one wondrous vision—a vision for all to see. A tall green glowing tree with lights

sparkling in gold red blue pink and green! It was laden with fruits and sweets of 36 varieties.

”A gift for you all”, whispered the great One—kindly smiling and radiating with great love. He saw that the hearts which were once so happy had all grown heavy and struggling in pain and sorrow. He shone His divine light and held out His hand. The healing vibrations of His love dissolved all the pain and negativities, bringing children closer to their Father.



From that time onwards the One came to meet His children at particular special times of the year and arranged to send loveful letters each day to them which were lovingly called

‘*Murli*’ – the magic flute of Wisdom.

Soon the children were singing sweet songs of happiness and joy for they now knew that soon they would join their sweet Father once again in His Holy abode.

All over the world celebrations began.

Some of His children also gathered in some distant places in the world on having heard the news about the beautiful green tree, the gift the Father had given to His children that day and they started the custom of putting up a tree decorating it and singing songs happily together just after the sun had set in the east and named it affectionately after the hero who had come to show them the path. His name was Christ who was later hailed as a holy prophet.

And so the tree, once given by the Father to His close children, again found a place in all the homes glowing and shining with gifts singing the songs of joy, love, peace and merriment.

Those, who were there on the original day of the meeting of the Supreme Father with His children, received the gift of eternal peace, love and happiness. The Father of all souls had finally answered their call – to take His soul children back home.

TRUE WORK CULTURE



– Manjula Bose, C.R. Park, New Delhi

Work is an essential part of our life – most of the time we are busy doing work. When the result is satisfactory, we are happy; otherwise, we tend to be sad and frustrated. Actions may be just the means for earning our livelihood or for pleasure seeking, or may also be spiritually oriented. Whatever the immediate reason, work done with a higher purpose in mind has a different foundation than being attached to a specific result.

There is a valuable verse in Bhagavat Gita (Chapter –II, verse -47) which gives a profound guidance how to work.

*Karmanyev adhikaras te
ma phalesu kadachana
ma karmaphalahetur bhur
ma te sango 'stv akarmani*

“To action alone hast thou a right and never at all to its fruits; let not the fruits of action be thy motive; neither let there be in thee any attachment to inaction” (translated by Dr. Radhakrishnan).

The following statements are given as a clue for successful action.

We only have the right to work, not to the fruits of our

labour. Let not the fruits be the motive for work. That said, “Do not remain inactive”.

The usual conditions in which we attach our approach to work with an expected outcome in our lives has many pitfalls. So this verse tells us not to get disillusioned, and to enjoy our work and liberate ourselves through action without attachment or expectation of gain.

When we work only for our ego-centric self-gratification, we may acquire lot of wealth, can get respect from our dependents. Generally, the love and praise which we get, is conditional – based on our money. With the approach of death, when we are about to leave all our acquired possessions, we may not be so sure of love and respect, which was conditional to begin with.

Secondly, human desire and greed has no limit. Desire leads to greed and if we remain busy attempting to satisfy them, it may be too late when the time comes. We then realize that the valuable energy of our human life was spent in material gratification only. And there is

nothing substantial from the material realm that we can take with us.

Thirdly, when we focus only on our self-gratification, then whatever may be the result, good or bad, we remain tied to our *karmic* bonds.

If we think deeply, we realize our body, its functions, our faculties, and the situations we face are all gifts from God. We are here to play our role in the cosmic drama and realize our role and purpose. Though nothing belongs to us, we are all interconnected.

So in any given situation, our role should be keeping God in our mind, to please Him, when we do our prescribed tasks. Then we do not get tied within our *Karmic* bondage. When we live and take care of everything in the name of God, our life evolves devoid of habitual *karmic* desires that result in reincarnation, and we are liberated.

Whatever may be the outcome of our work, may we never lose balance and tranquillity! If we fail, may we try anew! As Paramhansa Yogananda says, “A man is on the right path when he concentrates on the performance of his duties only to please God. He succumbs neither to inactivity nor to the

performance of actions in order to satisfy egotistical desires, but does his part to fulfil the perfect cosmic plan”. Keeping that in mind, man can earn money, look after his family, can do good to the world, and not be entangled within his karmic bonds. He can remain untouched by the circumstances and always experience joy regardless of material success or failure. Such are the blessings of a peaceful conscience!

This is the teaching of the Upanishads also. It says individual soul has infinite dimension, and to understand that should be the goal of human life.

If we study the present-day situation, we will be disillusioned. Interpretations of these great sayings must have been lost somewhere along history’s path, otherwise in the holy land of ancient scriptures like The Vedas, Upanishads, and The Gita, how can there be so much corruption, injustice, and greed? Swami Rangathananda translated the universal message of Bhagavat Gita Vol. 1 as “In spite of all the religiosity we have, we are utter failure in the social context ... public property is no body’s property... This kind of trivialization of the self has overwhelmed and weakened our nation”. So time has come, that we find our heritage, and our valuable treasures by which we can enrich ourselves and all.

FESTIVALS IN TODAY’S CONTEXT

– BK Tanu, Ludhiana

What are the festivals? Why do we celebrate them? What is their true relevance? For instance, as far as Diwali is concerned, one of the main festivals of Bharat, what have we reduced it to? It lies in bundle of gifts and socializing, everything has gone commercial – earthen lamps have been replaced by bulbs, house celebrations by card sessions, money earlier spent for a cause has been replaced by gambling with prayers has become just a formality. Definition of Diwali actually comes out to be *Diwala*, i.e. insolvency or bankruptcy for few.

As I sit and compile my thoughts, I ponder over the burning effigy of Ravan every year. I wonder when I think that all we end up doing is burning money for the sound of pleasure; maybe we are just assuring ourselves that Ravan inside each of us has died. We are witnessing that the height of the effigy is increasing every year at a considerable monetary expense. Have we ever paused to reflect what is it symbolic of? It is actually symbolic of a fact that evils inside each of us are getting more and more entrenched but unfortunately, we fail to burn evil in us while we are happy to burn the superficial Ravan.

Another question that constantly bewilders me is how can it be that a mother would name her son Ravan, Kansa, Dushashan, Duryodhan? Did these characters actually exist? Or, were they merely role play? The tragedy is that we’ve actually got involved in the characters and lost the essence. The essence of very values for which Mother Durga was worshipped! The source of power that has made her victorious over evils! Durga means ‘the conqueror of evils’. We worship Mother Durga only in its idol form while conveniently ignoring the values she stands for. It is only by imbibing and practising these values that we can truly celebrate the festival Navratri, which is the memorial of the divine acts of Mother Durga, i.e. Saraswati. It is only then we would deserve to be called as the followers of Mother Durga.

I wish that we should abide by teachings of God, introspect and take responsibility of our actions. So novel should be our deeds and thoughts, such should be our wisdom, strength and courage that God reaches out to us instead of us pleading before Him!

THE SPIRITUAL MYSTERY OF WEEK DAYS

– B. K. Bhagwan, Shantivan

The memorial of divine duties performed by God Shiva at this Confluence Age is observed in the form of various festivals, cultural carnivals, fasts, rituals etc. Behind every festival, fast, ritual is hidden some spiritual mystery. If we first understand it and then perform deeds accordingly, this can lead us towards self progress. The cycle of week days also holds spiritual significance.

► **Monday:** As per Hindu mythology, Monday is considered to be the day of the Supreme Soul God Shiva. The week begins with this very day. At the end of *Kaliyuga*, when there is darkness of ignorance in the world; God Shiva reincarnates in the body of His corporeal medium, which He renames as Prajapita Brahma. Through the lotus mouth of Prajapita Brahma, He feeds us nectar of knowledge (called *Somras* in Hindi), i.e. the World Creator bestows on us the knowledge of beginning, middle and end of the

creation.

► **Tuesday:** After the attainment of Godly Knowledge, one gets answers to all the questions which results in auspicious (*Mangal*) communion (*Milan*) with God. This very fact is very well explained in the verse ‘Soul and Supreme Soul remained separated for a long while; it paved the way for a beautiful communion when *Satguru* has been attained as an agent.’ Through the communion with God, one attains supreme bliss and the life becomes grateful. That is why it is called *Mangalvar* in Hindi.

► **Wednesday:** After Godly communion, the power which one attains broadens one’s intellect and transforms the vision, attitude and actions. The bodily vision comes to an end and by drinking the nectar of knowledge and having communion with God, one becomes a knowledgeable soul. That is why Wednesday is said to be the day of the

goddess of knowledge – Saraswati.

► **Thursday:** After drinking the nectar of knowledge and having communion with God, one’s intellect gets broadened; thus, *Satguru* becomes happy with such a soul. With the attainments of blessings from *Satguru*, impossible tasks become possible. It becomes easy to inculcate the teachings taught by God and becomes successful in all fields, as one stays under His canopy of protection.

► **Friday:** After *Satguru* becomes happy with the souls, they get real joy. All such souls feel contented. Therefore, Friday is said to be the day of Mother of Contentment (*Santoshi Maa*) and all such souls say from the heart, “We have attained what we wanted to; nothing has remained unattained.”

► **Saturday:** When one feels super-sensuous joy through Godly communion, one is no longer drawn towards the matter, splendour, relations of this world as well as the momentary or sensual pleasures. Consequently, these lucky souls are liberated from the vices, i.e. Saturn and they attain power from Godly communion.

Thus, these souls become courageous or brave, i.e. *Mahaveers*; that is why Saturday is said to be the day of *Mahaveers*.

► **Sunday:** After achieving victory over all the vices, the souls attain liberation. The souls go back to their original Home, i.e. Incorporeal World or Soul World. In other words, they are off this world. That is why Sunday is an off day or holiday. Through the truthful knowledge of God, God's communion and blessings, the souls become holy. Thus, they attain the inheritance of liberation and fruition from God.

Presently, God Shiva Himself is feeding the nectar of Knowledge. In other words, from this old world, we souls have to return to our Sweet Silence Home. Incorporeal God Shiva Himself is performing the greatest task of feeding nectar of knowledge to human souls of the entire world so as to liberate them from the vices.

"Our bodies are our gardens to which our wills are gardeners."

– *William Shakespeare*

THE SECRET OF HAPPINESS

There was a town near Tokyo city, Japan, which was famous for happiness. Once, a person, in order to know the reason of happiness in the town, reached there in the early morning. He saw a coffee shop. He thought that he would sit there quietly and keep looking at the people, and he slowly moved on and sat on a chair lying in the shop. The coffee shop was like a restaurant of the city, but he found the behaviour of people there to be quite weird. A gentleman came in the shop and after paying the money for two cups of coffee, he said, "Two cups of coffee; one for myself and another on that wall." The person started looking towards the wall but he didn't find anyone there, but still the waiter after having given the coffee to that gentleman, went near the wall and pasted a piece of paper, on which, it was written: "One cup coffee and another one on that wall." The person couldn't understand what the matter was. He decided to sit for some more time there and try to understand the matter. After sometime, a poor laborer came there; he was wearing old and torn clothes, but still he entered there with full self-confidence and sat in a chair comfortably.

The person was thinking that wasting a coffee for a labourer was not sensible.

Then, the waiter went up to the labourer to get the order, "Sir, your order please", the waiter said. "One cup coffee for the wall", replied the labourer. The waiter gave one cup of coffee to the labourer free of cost, removed one of the heaps of pieces of paper that were put on the wall and threw the same into the dustbin. The person now understood the entire matter; seeing this attitude of people towards the needy, he was touched. He felt that really the people had found out a very good way to help the poor people where even a poor labourer could enjoy eating and drinking at a coffee shop without affecting his self-respect. Sure, he had learnt the secret of the happiness of the people of the town and kept musing whether it was really so difficult for people in other cities and towns to follow. – **Through INTERNET**

DEAR DEATH – DEAR LIFE – DEAR CHRISTMAS



– B.K. David, Paignton, England

Body-consciousness truly hides the real ‘you’ inside and stops you from experiencing the true eternal happiness. But once you move beyond the camouflage, you can experience true inner happiness and bliss. If you do not believe me, try it. Yet most are too busy or too shallow to even contemplate such an activity that would question their present life and its values.

Are you a tiger in Sheep’s clothing?

Do you smile but have a knife hidden behind your back? I know so many individuals like this: in fact, most people I come across are like this. Are you shallow like a canoe? Canoes easily go out of control and capsize when the water gets even a little turbulent. Canoes (people) have no depth to them and as such, have poor stability. But some people are so deep, that it is as if they are a submarine. These folks are worth knowing as to what they have is meaningful and beneficial to all who can swim (know) with them.

Matching clothes, matching sorrow

Most are followers of fashion: they always have been and they always will be. They are victims of modern times and living. They follow the crowd and feel it safe to do that. It is understood and accepted by those who look at them that they will be unhappy for most of their lives in the future as what they chase after is their tails. If you were to bet on these people never achieving true happiness and contentment in their lives, you’d lose your money every time.

Is it a Happy Christmas for the animals – with an electric shock and knife at your throat?

And now as we sit here as Christmas approaches again, the poor turkeys grow fat for consumption and death. Animals live in ignorance of their fate, just like the people who eat them live their lives in equal ignorance. Human ignorance is far greater than the turkey’s ignorance. I feel more concern for the innocent turkey with these passing years than I do for

the ignorant people who eat them up. Humans have choice but the animal has none; and for this, they are butchered and eaten.

It is right and fitting that the turkey should, later in life, be able to bite those back from the inside who ate them. The cruelty inflicted upon animals is so unnecessary and is done to feed greedy humans. Humans are now more ‘morally’ ignorant than the turkeys they eat and are becoming uglier than the turkey they eat. As a consequence, to the many birds that die a violent death, one day those deaths will show up in some way or the other in people’s lives; be it through disease, suffering or manifest in their awful nature, words or appearance.

Tick, tick, tick.....bang!

Just like the universal law of gravity, the law of *Karma* is inescapable. Some people tend to forget that the clock of *karma* is forever ticking and they cannot get away with all the horrible things that they have done in their life. On the other hand, some people are so good and elevated that the clock of *karma* that follows them about ticks silently, with love and gives them the constant feeling of contentment and peace in their lives.

It will be a Happy Christmas

only for those with a true heart and whose shoes have no blood on them. Those, whose shoes have walked through a blood puddle, will make it easy for the clock of *karma* to follow their footprints and deliver them the appropriate result for their past actions. It would be punishment and not a sweet gift that *karma* would deliver those who have blood on their shoes.

Good actions bring good gifts whilst bad actions bring suffering and sorrow. Would you class those two states as gifts or punishment? What you see on your plate over Christmas will greatly determine how you feel over the coming New Year.

Some acknowledge the suffering of a turkey and grant it life and in so doing, grant themselves a happy, healthy life. Many can only think of their belly and in the future will only be able to think of the pain they are suffering.

We have freedom of choice; unlike the turkey, sheep and all the other animals people want to eat each day. Each day, those people who eat meat, climb further down the ladder and into the hole of suffering, disease and unhappiness.

There are two ladders in life, one of falsehood and one of truth.

These two ladders can only ever take you up or down according to which ladder you are on. Even if you stop halfway on either ladder, you will slowly start to slip down. In your life, it is ultimately your thinking and actions that will allow you to either go up or down the ladder of happiness or sorrow.

God gives people the ladder of understanding, wisdom and love that enables them to climb up and become worthy of going to a new world. This Godly ladder gives you the insight, power and ability to climb up and start cleaning the window of the soul.

Pure soap and water makes for a clean and bright future.

The window of the soul is located right at the top of your building (body). Many now clean their window very well each day and let light shine into their lives. These lucky people can now see very clearly what is happening around them. They use the soap and water of God's love and knowledge to clean themselves each day.

**PRECONDITION FOR
INNER PEACE –
FORGIVENESS**

– **B.K. Vishnu Dath,**
Bheero of Mauritius

Build outwards enriched in
brotherhood
Where prevails no competition
but cooperation
Not rivalry, not even defeat but
harmony,
And each one member of one
great family.

Planted by nature in mutual love,
Humble and social just as a
dove.

We are born for the good of all,
Coming, working and
maintaining all.

We love and promote everyone's
progress
Know not why, but I did digress
Thinking in terms of plan and
projects,
But failed as I loved just objects.

Then I learnt to endeavour for the
lasting
Creating the New for peaceful
harvesting
For the global peace setting a
new tone,
Before anyone else, charity of
my own.

GOD SHIVA NEVER TAKES A HUMAN BIRTH

– B.K. Khem Jokhoo, Trinidad

God Shiva is the Supreme Soul. He is the One that is not subjected to birth and death (Gita c10v3). God Shiva's form is a point of oval-shaped conscient light. God is Incorporeal, Ever-pure and eternal. He does not have a visible human form (Gita c7v24). This is the primary reason that He is remembered and worshipped in the form of the 'Shiva Lingam'. Shiva *Lingams* have three parallel lines with a dot in the middle, where the lines represent Brahma, Vishnu and Shankar and the dot is symbolic of God Shiva.

God's Divine Birth from Gita

The devotees and lovers of the Gita must be immovable in their belief that God is not subjected to the cycle of birth and rebirth. God is above the bondage and experience of *karma*, nature and matter (Gita c9v9). He does not have a mother or father nor does He ever take birth from a woman's womb. In Gita c9v11, God tells Arjuna **"Fools, not knowing my supreme nature, think low of Me, the Lord of creation,**

who have put on the human body. That is, they take me, who have appeared in human garb through my *Yogamaya* (divine potency) for the deliverance of the world, to be an ordinary mortal".

He goes on to say, **"Not knowing My unsurpassable and imperishable supreme nature, the unintelligent think Me, the Supreme Spirit beyond the reach of mind and senses, the embodiment of Truth, Knowledge and Bliss, to have assumed a visible human form"**.

God's Form in Yajurveda and Upanishads

In Yajurveda 32.3: "There is no image of Him" and in 40.8: "He is bodiless and pure". In Chandogya Upanishads 6:2:1: "He is One only without a second".

Why does Shiva Incarnate?

Shiva incarnates once at the end of every cycle to protect the virtuous, to destroy irreligiousness and re-establish righteousness or dharma as promised in the Gita (C4v7-8). His incarnation is only to use the

lotus mouth of Brahma (Arjuna) to impart the knowledge of the Gita and never to experience earthly life as human-beings do. This memorial of the incarnation of God is symbolic of Arjuna in the chariot with five horses with Krishna holding the reins. God Shiva imparts this 'immortal yoga' (Gita c4v1) to Arjuna (Arjuna means one who imbibes knowledge) for the re-establishment of *dharma* and to recreate the deity dynasty of the Golden Age. This is fixed in the predestined eternal World Drama that is cyclical (Gita c9v10) and repeats itself identically every 5000 years as depicted in the world cycle.

When does Shiva Incarnate?

Shiva's incarnation takes place in the last 100 years of the World Cycle at the end of *Kaliyuga*, called the auspicious Confluence Age. This is shown as the 'five to twelve' position in the World Cycle Clock.

Shiva's descent and incarnation at the end of the Iron Age is called Shiv-Ratri. Shiva advises in Gita (c4 v1-5) that this immortal ancient yoga was taught, "I taught this immortal yoga to Vivaswan the Sun-god (Surya Narayan) and Vivaswan conveyed it to his son Manu who taught it to his son Ikswaku". **He continues to advise in Gita (c4v2) that this**

yoga disappeared with the efflux of time and He descends once more to teach this 'supreme secret' to Vivaswan whose birth is at the beginning of creation, "This ancient Yoga has on this day been imparted to you by Me, because you are my devotee and friend, and also because this is the supreme secret."

Who is Vivaswan in Gita?

Vivaswan is Arjuna of the Gita, also called Brahma, whose next birth is that of Prince Krishna, the first prince of the Golden Age. When Krishna gets married to princess Radhe, his title, name and role get changed to that of Emperor Narayan of the Golden Age or Sun Dynasty. Surya in this context does not mean the planet 'sun'; it means the sun-dynasty. Shiva incarnated and 'embodied Himself' into Brahma (Arjuna) to impart this immortal ancient yoga and the divine knowledge referred to as '**the supreme secret**'. These are but the deep secrets revealed in Gita.

God Shiva and the Trimurti

In the path of devotion, God Shiva has been omitted from the picture of the Trimurti as people did not understand the relevance of the point of light (*Jyotirlingam*). The Trimurti includes Shiva and His three divine acts of Brahma as creator,

Vishnu as sustainer and Shankar as transformer or destroyer.

The Role of Brahma in the Trimurti

Shiva is the Creator and recreates through Brahma. This is the main reason that Brahma is referred to as the creator. Shiva created Brahma as the first Brahmin by relating to him the past, present and future of the world. All other Brahmins are mouth-born progenies created by Shiva through Brahma. The Brahmin clan is created and exists only in the auspicious Confluence Age. Therefore, Brahma's role as the creator is to impart the knowledge of the Gita as revealed to Him by the Supreme Soul Shiva to re-create the Brahmin clan.

The Role of Shankar in the Trimurti

Deity Shankar is the transformer or destroyer of evil. His only function is to give inspiration to destroy the forces of evil and to assist in the purification and transformation of all souls and the restoration of the environment, nature and the elements. Shankar is always shown in a meditative posture depicting his constant remembrance and yoga with Shiva. His clear message is that only the '**power of yoga**' or intense penance can burn the

vices and remove the veil of Maya that has eclipsed the third eye.

The Role of Vishnu in the Trimurti

The third aspect of the Trimurti is the four-armed Vishnu whose function is to give sustenance to the souls who practise 'the fire of yoga'. This is a very subtle aspect and must be clearly understood. Vishnu is the dual or combined form of Shri Lakshmi and Shri Narayan. Therefore, Vishnu possesses both the masculine and feminine divine qualities – virtues and attributes of Shri Lakshmi and Shri Narayan. Vishnu and Mahalakshmi are both the masculine and feminine aspects of the pure Vedic family path as taught in the Gita.

Shiva, Confluence Age and Mahabharata War

The Mahabharata war symbolizes the spiritual war that took place in the Confluence Age. The Mahabharata war has a subtle part as well as a physical part. The conquest of the vices is the subtle part done through the pilgrimage of remembrance or yoga as taught in the Gita. The physical part is through nuclear wars, plagues, pestilence and natural calamities. Shivratri signals the beginning of the Mahabharata

(Contd. on page no. 34)

UNDERSTANDING FREEDOM

– B.K. Shikha, Chandan Nagar, Pune

What is freedom? Does it mean doing what I want to do without any restrictions, any boundaries? No one should be telling me the right or wrong. Is that really freedom? Does it really make me feel free? Or do I get even further down in the shackles of various bondages on the soul? To be free means to be light; to feel a deep sense of enjoyment internally. Not being dependent on anything external for my happiness; not being a slave of something which is not in my control to elevate me—that is real freedom as it's never lost; it's imperishable. It's not dependent on anything and it's my property.

We often find people thinking that living a life without rules is freedom. But is that true? If my actions affect someone else, is that the right kind of freedom? I take a lot from Mother Nature and the society. If I don't contribute anything, am I justifying my existence and can I feel true happiness?

What is it that binds the soul? It's truly the needs and the wants that bind us and hold us back

from living a truly free life. All the different vices bind the soul. When I am deeply attached to something or someone, my actions are not unbiased. My decisions are not free. I am under the shadow of another soul. I don't live in the present moment. My thought space is occupied by the person or the thing. And when our thoughts are waste or negative, they drain us. Silence fills us and internal or external noise drains us and exhausts us.

What is the reason for anger? Trying to be in control, trying to change the drama; instead of being an actor, trying to become the director? When we try to do that, we feel angry or irritated. Crying is also a silent anger. This again doesn't let me be free, because instead of enjoying my part, I am resisting the drama and the part. I am fighting it internally which is taking up my energies and my thought power. Thought is the biggest power of the soul. A positive and elevated thought can instantly take us higher. And a negative or waste thought can bring us down more quickly,

because every thought reinforces itself and attracts the same type of energy. When I accept myself the way I am and accept and understand my part, there is no resistance. And there is deep peace and satisfaction. Peace attracts all other divine virtues. We feel contented and satisfied. Satisfaction doesn't come from anything external but is really a state of mind and a state of being.

The tendency to grab and accumulate things, often things which I don't need, makes me heavy. When we accumulate, we block the natural flow. And we are then occupied with the thoughts of how to protect our belongings and how to accumulate more. And again my thought energy is occupied with something which is so perishable. When I got into this present role, this present body, did I bring along any of these possessions? And when it's time for me to leave this body and continue to the next role, will I carry any of those possessions with me? What is it that will go with me? It's the personality traits, good or bad, meaning the habits that I build. Because when we do an action repeatedly, its memory gets etched into the soul and that goes with us even after leaving the body. And another thing that goes with me is the balance sheet of my *Karmas*.



So, where should I spend my energy? On accumulating what's perishable or that which is imperishable?

When we feel an attraction or repulsion towards someone, our thoughts are occupied by the actions of that person. As soon as I consider myself as a body, a physical being, I start draining my energy in various subtle ways. I look at others, considering them to be a physical being as well. Even though I feel that I love the other person, actually I am not giving them comfort or happiness. When we think about others with a body-conscious attitude, our thoughts actually bring the other soul into body-consciousness as well. And that way instead of loving the person in the true sense, we actually become responsible for bringing the other soul down. This is why we see the superficial nature of relations in present times. Each one of us is an independent soul, an independent entity. We are with certain souls during our part. But that doesn't mean we can influence their role or their part in the Drama. This desire to influence or change my part or that of another soul really binds me. And there is no positive outcome of that. It's like an actor in a play, unhappy about his or her role, cannot

play his or her role properly and doesn't feel the happiness and enjoyment. And the only reason for souls to get onto this world Drama stage is to enjoy and be in the feeling of bliss. But if we understand enjoyment in the incorrect way, then we get misdirected in what we really want.

If my Ego can be hurt easily, I am never free. I am always worried of being insulted. Any action of others can make me lose my self-respect and get into a low state. I keep thinking why a person said something to me. I analyze a scene from all angles, draw conclusions, and find reasons to be unhappy. I am dependent on others to make me happy by giving me praise and acceptance, even if it's not real. Some words of praise give me a high and I feel good about myself. But I am what I am. Each one of us is an independent soul. If I learn to be happy and content with what I am, then I am not bound by this desire to be praised by others, or worried thinking what others think about me, or how others see me. I am what I am; a soul, a point of light; a being of peace, a unique actor in the world drama. Nothing else can really fulfill me but this inner acceptance of myself.

A truly free soul is one who

is always satisfied. And satisfaction is a state of mind. This may be achieved by accepting things the way they are. Some people might see contentment as laziness. But there is a subtle difference between laziness and being satisfied with things. If we learn to be unhappy with things, we develop a habit of being unhappy. Then even if the reason for dissatisfaction is gone, we will still be dissatisfied with something else. That is because the mind has learnt to want something all the time. And when we learn to be satisfied, we will be happy in all situations. And life takes its own course. We can't drive things. A scene in drama is supposed to play out completely. It cannot be stopped in between. If we cultivate the habit of being satisfied, we will not spend our thought energy in trying to change things. But we will spend it in enjoying the present. And if we look at it from an objective point of view, things of Past and Future are beyond our control. It's only the present which is in our control.

So let's contemplate on what freedom means for each one of us. And let's not postpone living, because every moment is precious. ●

(Contd. from page no. 3)

of greed and lust, there arises a conflict. So, there has to be a rational acceptance of self-control.

This is the social side of the law of 'Dharma'. The law that puts some limits to man's desires, serves as a regulative principle of life and requires us to respect the dignity and the needs of 'brother man'. It is this regulating principle that solves all other conflicts. It is what is called 'Purity' or 'Righteousness'. Anyone who desires peace has to have purity or 'original nature'; it is Rajyoga that stabilises man in his 'original nature' or 'original form'. Rajyoga is, therefore, the turn-key for peace. It changes man's outlook, transforms his behaviour, gets him peace by having a mental link with God and enables him to lead a life of inner and outer harmony. Lucky are those who possess this turn-key for peace.

(Contd. from page no. 31)

War. Shivratri is the most important event in world history; yes world history, as this signifies the transformation of the old *Kaliyuga* world into the new world of the Golden Age. God Shiva purifies the Souls and establishes the deity religion of 'Adi Sanatan Devi Devata Dharma' also known as *Sanatan Dharma*.

THIS WORLD AND THE NEW

– Vinod Passy, Kandy, Sri Lanka

The entire world seems a damaged sculpture
Encompassed by vicious, devilish culture
Mankind everywhere helplessly praying
The whole world is topsy-turvy

Just to get some mental peace
Men folks restlessly tweak
In the garb of lasting peace and harmony
Nuclear tests – the destructive testimony

In the name of religion, truth nowhere
People being cheated everywhere
Democracy thriving in its grooves
Despite its unscrupulous moves

Crushed are the common and simple
By unscrupulous and treacherous people
Men joining them in their hoards
Devil enjoys and laughs at his hold

God sees and listens to the cries
Helpless, poor and their tries
Those who get wiped out
By some vicious turn and spout

And of those teeming millions
The so-called great and minions
Unmindful of their actions and deeds
Governed only by their vices and greed

Why cry for mercy and blessings
Be good and divine to avoid all cursing.
Values and virtues leading the way
Joyous Heaven coming in our sway!

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1. Kishangarh – Maharani Meenakshi being presented Godly gift by Rajyogini Dadi Ratan Mohini. B.K. Sis. Kamlesh is also seen. 2. Kurukshetra – Dr. Krishan Chand Rulhan, V.C., Kurukshetra University being presented a Godly gift by B.K. Sisters Urmila, Saroj and others. 3. Agra (Kamla Nagar) – 'Future Of Power' Project being inaugurated by Mr. Anthony Phillips, Mr. Nizar Juma, Mr. Sunil Mangorani, B.K. Sis. Vimla and others. 4. Delhi – A program 'Time of Great Transformation by Godly Power' being inaugurated by Justice V. Eshwaraiah, Acting Chief Justice of High Court of Andhra Pradesh; B.K. Brij Mohan, Ms. Kiran Chopra, Chairperson, Sr. Citizen Kesari Club; B.K. Sisters Shivani and Chakradhari. 5. Pokhara (Nepal) – Mr. Minendra Rijal, Hon'ble Minister for Information and Communications, Nepal, being presented Godly gift by B.K. Shailesh and B.K. Sis. Shobha. 6. Butwal (Nepal) – B.K. Sis. Kamla presenting Godly gift to Mr. Bamdev Gautam, Hon'ble Home Minister, Nepal. 7. Lucknow (Gomati Nagar) – A spiritual program: 'Account of Karma' being inaugurated by Mrs. Surabhi Ranjan, Mr. Alok Ranjan, Chief Secy., U.P.; B.K. Sisters Shivani, Radha and others. 8. Beijing (China) – B.K. Vinod flanked by Madam Chen and Rev. Monk along with B.K. Sumit and others in a 'Sharing Programme'.



Shantivan –
Rajyogini Dadi Hriday Mohini, Rajyogini Dadi Janki, Rajyogini Dadi Ratan Mohini, Justice Samarendra Pratap Singh, Judge, Bihar High Court; B.K. Nirwair , Mr. Hari Prasad Gautam, former Chief Justice of Nepal, B.K. Mruthyunjaya and others inaugurating a spiritual programme.



Shantivan :
A Convocation Ceremony organized for the candidates of PG, MBA, PG Diploma courses, conducted by Brahma Kumaris being inaugurated by Rajyogini Dadi Hriday Mohini, Rajyogini Dadi Ratan Mohini, B.K. Nirwair, Dr. Chandrashekhar, Director, Annamalai University, and others.



Betamcherla (Kurnool)–
A newly constructed Retreat Centre 'Anubhooti Dham' being inaugurated by B.K. Ramesh Shah, B.K. Mruthyunjaya, B.K. Sisters Ambika, Manju, Pushpa, B.K. Sanjeevaiah and others.