



The World Renewal

Monthly

Vol. 48, Number 4, October, 2017,
Price Rs. 8.50, Yearly Subscription Rs. 100/-



Om Shanti Nagar (Kala Magra):

Inaugurating the New Gyanamrit Bhawan (Printing Press) of the Brahma Kumaris are Rajyogini Dadi Janki, B.K. Muni, B.K. Nirwair, B.K. Atam Prakash, B.K. Mruthunjaya, B.K. Hansa, B.K. Bharat and others.



Ahmedabad (Mahadevnagar):
Starting the "Exhibition Bus Campaign" organised by Youth Wing (RERF) are Bro. Nitin Bhai Patel, Deputy Chief Minister Gujarat, Rajayogini Dadi Ratan Mohini, Sister B.K. Chandrika, Film Actor Mr. Upen Patel, B.K. Sarla, B.K. Lalit alongwith others.

GYAN SAROVAR (Mount Abu) :

A Conference by Business Wing on "Facing Challenges & Finding Solutions" is being inaugurated by Dr. Vivek Mehan, Cardiologist, Mumbai, Mr. Ruchir Parekh, MD, Mumbai Chemical and Shipping, B.K. Yogini, B.K. M.L. Sharma, B.K. Geeta and others.



Gyan Sarovar (Mount Abu):
Inaugurating the Conference on "Mind-Body Medicine" are Dr. Banarasilal Shah, B.K. Mruthyunjaya, Mr. Anurag Aggawal, Home Secretary, Chandigarh, Sister Latika Pradhan, Chairperson, Odisha State Welfare Commission, B.K. Niranjana, B.K. Dr. Nirmala, B.K. Pratap Middha, Bro. Ashok Mehta, B.K. Shivani and Dr. Girish Patel.



Gyan Sarovar (Mount Abu):
Inaugurating the Conference on "Sanskar - Sanskriti - Sansar" organized by IT Wing, are B.K. Dr. Nirmla, B.K. Karuna, B.K. Yaswant, Mr. Hardik Parekh, C.E.O. of SIRS and others.



|| From the mighty pen of Sanjay ||

RELIGION HAS NOT SERVED ITS PURPOSE

The world is heading towards a Catastrophe. The religious preachers and believers have done more harm to the cause of religion than its opponents. Blind faith, meaningless and tiresome rituals, needless physical austerities, dryness and dogmatism, unbridgeable gulf between religious preachers on such vital topics as God, their rigidity of views, narrowness of outlook and intolerance are some factors, which are responsible for repulsion in the minds of the people towards religion. Religion has become uninspiring because of these factors and the result today is that though there is no dearth of temples, mosques, synagogues, monasteries and churches in the East as well as in the West, the number of persons visiting these places has considerably dwindled. Moreover, the actions of those few, who visit the places of worship today, do not match with the religious teachings they get. So, religion has been losing its appeal very fast.

The avowed aim of religion was to establish a link between soul and God and to foster the feeling of brotherhood between men and to guide people to have peace for themselves and for the society, but religion has not fulfilled this sacred promise. It has come into observation of the common man that most religious preachers do not have any reliable experience about God, nor is there any unanimity among them even on fundamental subjects such as soul. They can neither explain religious truths logically nor inspire others from their own practical example. Religion, instead of functioning as a uniting force, has got itself split up into uncountable cults and sects and given rise to conflict and even bloodshed in its name. All this has naturally led people to disenchantment with religion and disillusionment with spirituality. If spirituality loses its influence on the minds of the scientists, politicians and men in general, as it is being witnessed these days, then the world will soon face an unprecedented catastrophe. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalyaya (PBKIVV) is inspiring the masses and the intellectuals towards a universal, logical and practical spirituality

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Rates of Subscription for "THE WORLD RENEWAL"

	INDIA	FOREIGN
Annual	Rs.100/-	Rs. 1000/-
Life	Rs.2,000/-	Rs.10,000/-

Subscriptions payable through Money Order/Cash or Demand Draft (In the name of 'The World Renewal') may be sent to:

**Om Shanti Printing Press,
Shantivan-307510,
Abu Road, Rajasthan, INDIA.**

For Online Subscription

Name of Bank: SBI, PBKIVV Shantivan,
Account Holder Name: 'World Renewal'
Saving Bank A/c No.: **30297656367**,
IFSC : SBIN0010638

For Detail Information:

Mobile:09414006904,(02974)-228125
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MYTHOLOGICAL MOTHER DURGA



During the Festival of Navratri, Mother Goddess is worshipped in different forms which include that of Mother Saraswati, the Goddess of Wisdom, Purity and Virtues. Similarly on the eighth day, Ashtami, Goddess Durga is worshipped for valour and victory over evil. This we know and sing praise of through the mythological stories of India, and we continue to adore our Goddesses by worshipping them every year during the nine nights of Navratri.

A very interesting story is being shared through these columns with our beloved Readers so that you may exalt the purity, beauty and magical powers of the Mother Goddess, whenever that divine power descends to give blessings to the believers and devout. This enchanting fable was published in Times of India on Durga Ashtami this year, which we are presenting word for word for the benefit of our Readers:

A bangle-seller, old and grey
To a village small,
did find his way.
He was thin, his face was lined.
The basket on his head was piled
With glass bangles of all hues and size.
And as he walked he softly sang
“O Mother, show yourself to me but once
Before I go into the eternal night.”

As he looked around he saw

A little girl, of seven or eight, no more.
In a red, gold-bordered sari she was clad
And a crimson rose adorned her braid.
She sat on the steps beside the pond
Her lovely face was lost in thought
She seemed not to see him at all.
His heart was move and he called to her.
“My child, do come and some bangles
choose.”
“Dear Sir,” she softly replied,
“I did not come, as I cannot buy.”
His heart was filled with love, and he said
“Come, take your choice, not count the cost.
I only wish to adorn your arms
With these coloured bangles and beaded
charms.”
She ran to him, and looked amongst his wares
And one by one, he put on her wrist,
The best he had, emerald, ruby, gold and
amethyst
And when her arms could hold no more
She got up and said to him,
“Dear Sir, you are so very kind,
May you be happy all your life.”
“What is your name, and where do you stay?”
“My name is Durga and I live,
In the temple by the hill.
The priest who lives there surely will
For these bangles pay the bill.
In the western corner of the shrine
A plate of straw with coins you’ll find
Enough for what I have bought.”
Saying this she laughed and sang, and was
so gay
She quite stole his heart away,

And then she merrily danced away
To the mango grove that
Behind them stretched.

The old man slowly got to his feet
And to the temple found his way.
There in answer to his call
The priest came swiftly to the temple door.
“Why do you disturb me at this worship
time?”
“Dear Sir, I have come here to seek
Money for the bangles your daughter
bought from me.”
The priest in anger replied,

“I have lived alone here all my life
I have no daughter, wife or child.”
They went to the western corner of the
shrine,
And as she’d said,
There was a plate of straw with coins inside.
The sum exactly the price
For the bangles that she’d lovingly bought.

(Courtesy: **Kiran Dhar**, *Speaking Tree*,
TOI, 28 September 2017)

This is not just a fable but the experience of
those keep the lamp of faith lit deeply in their
intellects; for them there is attainment and
fulfilment at every step of life.

RAVANA IS DEAD - LET’S REJOICE **THE GOLDEN-AGED FESTIVAL OF DEEPAVALI**

Year after year for centuries, the people of Bharat have kept the story of Ramayana alive through theatrical performances by village folk, as well as the medium of Indian Cinema. This seems to be the best way to rekindle the light of love for the Supreme Being and His divine creation of Golden Age (*Satyuga*) and Silver Age (*Tretayuga*). To be exact, this is the ensuing kingdom of heaven on earth where the Rulers and the Ruled are all Deities: elevated human beings. How we wish the revelations unveiled by the Knower of the entire World Drama: Supreme Father, God Shiva could reach all Seekers of Truth at the earliest...

God is known as Truth as well as the Ocean of Love, Peace, Purity, Virtues and especially remembered as Bestower of the Kingdom of Heaven. But this spiritual

inheritance is only received once Lord Rama has conquered the negative forces of Ravana, Meghnath, and Kumbakarna, which are graphic but symbolic representations of the present day negativities of lust, ego, anger, greed and illusionary attachment. Let’s ask ourselves a question: How far have we succeeded in conquering these weaknesses or evil *sanskars* from within?

After watching the play of Ramayana many times in a lifetime, renowned writers and philosophers, who wrote master pieces like Mahabharat and Ramayana, must have wished that the followers or devotees who read or listen to these epic fables would try to inculcate those virtues hailed in Shri Krishna and Shri Rama. But let’s be honest with ourselves and our families and communities, and accept that just the

opposite is happening today. It is pitiful to read the conceptualization of our world by some Scholars and Writers through their stories and poetry: In one such text, the Poet mentions blatantly that Ravana is ruling every household, while Rama seems to have disappeared into exile... The true seekers of spiritual awakening and truth are requested to start listening to your own conscience, and visualise yourself in the roles of divine beings like Shri Krishna and Shri Rama. **It is not a dream or an illusion or trying to deceive oneself to be something we are not, but a conscious decision to live by high values and principles in life and follow the footsteps of our Ancestor Souls, the Deities.** Mere worship of these Elevated Beings helps us temporarily to become positive, pious, peaceful and happy. **However by following a consistent daily routine of self-introspection, listening to the inspirational words of God, and religiously following the best practices, we can lead good or godly lifestyles:**

Through early morning meditation sessions, we start experiencing nearness to God, and receive His blessings too. By listening to the spiritual lessons from the Jewel amongst all Scriptures, 'the Real Gita', we start performing righteous actions (*Shresht Karma*) and help ourselves and others in re-establishing a much needed heart-to-heart relationship or connection with the Ocean of Love, Peace, Purity and Power. All this empowers us to conquer the symbolic representations of negativity: Kumbakarna, Meghnath and finally Ravana. What a pity

that we excitedly create effigies of these demonic characters every year but hardly think about permanent eradication of these evils from our lives and societies! Once we are determined to start living as worthy children of God, we would be dancing in the company of the eternal gods and goddesses in the new, perfect world! **Everyone, all over the world, has the right to find God and receive Godly blessings and inheritance of being golden-aged deities, that is, beings who live with purity, peace, happiness and prosperity.**

We are sharing herewith some Godly versions for empowerment of the spiritual psyche so we can uphold the dignity of all females and males. May the spiritual enlightenment based on God's Revelations reach every home and heart for developing a clear, spiritual consciousness and divine attitude in interpersonal relations!

These divine thoughts also express our greetings with each of our special Readers for a very, very enlightened Happy Diwali and healthy and prosperous New Year!

"The Supreme Father is giving patience to the children. Which children? Those who are worshippers of the deities. They believe that their special, beloved gods and goddesses were great deities. Christians worship Christ. Buddhists worship Buddha. Jains worship Mahavir. They all worship or remember the head of their own religion. Therefore, God says to the worshippers of the deities: Have patience! Heaven is now being established. It has now been 5000 years

since it became the kingdom of Lakshmi and Narayan.

“Everyone in the world is in darkness, they are completely without an intellect. Explain to them that one is your worldly father and the other is the Father from beyond this world. He is the Creator of the new world. A father builds a new home. The unlimited Father is creating a new world.

“This is the ancient, easy Raja Yoga and easy knowledge of Bharat. The deity religion is now old and people have forgotten who established the deity religion. God has explained that you are the Brahmins who belong to the Confluence Age. Those brahmins of the iron age also say that they belong to the dynasty of Prajapita Brahma, but they don’t know when Brahma came.

“You mothers are called the mothers of Bharat who are incarnations of Shakti (power). Shiv Baba has taken an incarnation at the confluence age. He has made you His children. You children know that the Supreme Father, the Supreme Soul, who is the Father of all souls, is the Master of Brahmans. He is the Creator and so He should be the Master of Creation, but Baba says: I don’t become the Master of the heaven that I establish. I make you children the masters. Everyone in the world says that God is the Master of the World. However, He is just the Master to create it; He makes you into the masters of heaven. It is the Father’s duty to make the children higher

than Himself. The Father is the Servant. He gives everything to you children and then departs.

“To claim the kingdom of the world and then to lose it is a play for the people of Bharat. The people of Bharat were the masters of the world, whereas today they have become bankrupt. There isn’t even a kingdom of impure kings anymore; it is now the rule of the people.

“The Almighty Authority Father is establishing the deity religion. He gives us so much might that we become the masters of the world. There are innumerable religions in Bharat. There was just one religion in the golden age. The Father says: I am once again giving you the knowledge of the Gita. You will continue to drink the nectar of knowledge for as long as you live.

“The highest business is that of jewellery. Even higher than that is this business of the imperishable jewels of knowledge.

“Manmanabhav! By remembering Me, you will come to Me. Now, let’s go back! Baba is the spiritual Guide. He takes you to the spiritual land. This is why you now have to remember the Father so that your final thoughts will lead you to your destination.

“The Father says: Sweetest children, imbibe these jewels of knowledge in your intellects. Go and do service! This is called making effort. Don’t be afraid! Be brave.”

Om Shanti,

–B.K. Nirwair

THE GREATNESS OF THE CREATOR

– Rajyogini Dadi Janki,
Chief of Brahma Kumaris



Look at the whole creation and then look at the greatness of the Creator. When you say the world ‘Creator’, your mind goes up beyond. When you say the word ‘creation’, you check: where am I sitting now? In the world of Angels, we too are angels. ‘Angels’ means those, who are beyond the things that are happening down below in this material earthly world. This is not a class, it is an exchange of experiences. It is very good that everyone has Baba in his/her vision. Baba says, “Just sit here, I will do my work”. Baba gets His own work done. He is very clever at doing His work from behind and from front.

Check your stage when you came into this hall and then when you get up from here. It seems that everyone is sitting here tension-free. It is said that everyone has his/her own unique *sanskars*. Even those, who live together, will have their own *sanskars*. When the mind and intellect come together, the mind

becomes peaceful and the intellect becomes still. This is how *sanskars* are created.

Today, I have the feeling of sitting in the Meditation hall of Madhuban. It feels like Baba is observing everyone from above. Do you have this deep sense (*bhasna*)? (Someone presented Dadi with beautiful bouquet of flowers.). In the Golden Age, we won’t give flowers to one another.

Some one asked the question: Baba is saying nowadays in the *murlis* that time is running fast and so our effort has to move accordingly. On the other side, you say: ‘Have patience, as you make effort’. Do not wait for time, but time is speeding up. So, how can we keep up our speed and, at the same time, be patient? Dadi answered the question as follows:

Patience has to do with our nature. Previously, we had the habit of hurrying, whilst moving and sitting. Let it be as if our feet are not hitting the ground, but that we are light. It is as if Baba

is pulling you and you are taking strength from God. Those who consider Baba to be their child, have the feeling that Baba’s power is making me move and others move. Even though the five fingers are not equal to each other, they are on the same hand.

We are going towards the subtle angelic region. Someone is pulling me with the thread of love. We are not doing anything. This is called patience. This means that there is not even the slightest rushing around with impatience, but you are moving with love. Keep your vision stable; do not be distracted by anything. Have these deep loving feelings and this deep sense (*bhasna*) and wherever you go, carry this sense with you. Become the image of patience thereby.

Let everything happen naturally, no need to rush. There won’t be any images in the

(.....Contd. on page no. 17)

MAKE VALUE ADDITION FOR A LIFE OF FULFILMENT

– B.K. Surendran, Bengaluru

We all know that life has a lot of spiritual energy. This energy is a conglomeration of many virtues, values, powers and goodness. Life is beautiful and pleasant. It has joy and enthusiasm. It has hope, aspirations, expectations, desires, optimism and higher goals. There is no end to all these. Life keeps on scaling great heights. We are all engulfed in the unseen flow of energy as we enjoy, rejoice and celebrate life. In this context, let us try to peep into the various possibilities and avenues for making value addition to create a life of purpose and fulfilment.

▶ **Knowledge:** God, the Supreme, is the Ocean of Knowledge. When He comes, He unfolds the subtle aspects of divine knowledge before us such as the knowledge of the self, the Supreme, cycle of time, and more importantly about the philosophy of *karma*, its various facets and consequences and the unique

knowledge of spiritual efforts for transformation of hell into heaven. Even though we have been amassing the wealth of knowledge, there is a lot of gap between our present state of being and the state of perfection that we have to achieve.

▶ **Virtues:** The spiritual knowledge that we study and contemplate upon is manifested in our life as virtues. When we apply the knowledge in day-to-day life, our core virtues of knowledge, purity, peace, love, happiness, bliss and power will manifest in the form of different values. For example, the virtue of love manifests in the form of regard and respect, share and care, sacrifice and service, compassion, empathy and so on.

▶ **Powers:** The innate attributes or characteristics of the soul (peace, love, truth, purity and happiness) give the soul its power. A person, who upholds and practices values in life, is a powerful person

as he needs not ask for respect, because he commands respect. We need to use the faculties of the soul, mind and intellect to connect with the Supreme Source, the Almighty; so, this taking in of power or absorption of spiritual strength over a period of time, naturally, fills the soul with the eight powers such as - the power to tolerate, power to accommodate, power to face, power to pack up, power to discern, power to judge, power to withdraw and power to co-operate. These powers are packed with virtues and values.

▶ **Body:** Body is a temple. I, the soul, am the presiding deity of this temple. The body is my residence. The temple or residence should be kept clean and tidy. We should see that our food is *sattvic* – pure food. The food provides strength to the body and also acts as medicine for it. We must maintain sound health and practise healthy habits.

▶ **Wealth:** Material wealth is also necessary for a happy life. But, we should earn money and material wealth through honest, sincere and hard work. There should be dedication and commitment in our efforts. Our efforts should also become a means

for the wellbeing of others also. Our attempt to earn money should not, in any way, deprive others of their happiness. Our earnings should justify our means and, then, only that wealth will increase our happiness and wellbeing.

► **Time:** Time is money, time is wealth. This is the most valuable resource, which cannot be stored or preserved. It is rightly said, "Time and tide wait for none." Time travels with the thoughts. As the thoughts are properly applied and utilized, the time too should be used purposefully. When thoughts are wasted time is also wasted,. Everyone in this world is blessed with 24 hours in a day. During this time, some people scale great heights and some others slip down to dismal conditions based on the way they manage their time. Let us keep ourselves busy in constructive and creative work with systematic planning and goal setting. Every second of time should be purposefully used or invested for our own benefits or the benefits of others and the overall wellbeing of the world.

► **Thoughts:** Thoughts are the bricks with which the edifice of life is built. Thoughts lead, guide and regulate our life.

Thoughts are the makers and shakers of life. Thoughts are energy units, which can be given either as an affection or as an infection to a person. Sometimes, thought-attacks lead to heart attacks. Sudden emergence of arrogant, angry and toxic thoughts can lead to such situations. Thoughts carry vibrations, which can create harmony or disharmony. Thought management is self-management and life management.

To make value addition, we must constantly strive to elevate the quality of our thoughts in order to live a life of excellence.

► **Words:** Words have life energy. A word can make a person happy or unhappy. The emotions of love, affinity, support, compassion, kindness, persuasion, respect, regard, etc. are carried to others through words. Words are the means of communication. We communicate desires, wants, expectations, demands, directions, orders, instructions and guidance through words. So, our words should be polite, simple, courteous, civil, peaceful and sweet. We should speak less but softly and select appropriate words and foresee the consequences

of the words we speak, because a word may hurt the feelings of others, create enemies in our life or even pollute the atmosphere. We can accumulate blessings, good wishes, pure feelings, good intentions and thoughts of others by speaking sweet words of wisdom every day.

► **Karma:** Our life is the sum total of all the *karma* we have done in our life time, in the present birth in particular and the past births in general. It is a law, which teaches us that there is no such thing as luck and that whatever happens to us today is the result of our benevolent or malevolent actions in the past. As you sow, so shall you reap or every action on a spiritual level causes a similar reaction or life situation to come back to us. A positive action brings a positive life situation back to us and a negative action brings a negative life situation back to us. Our *Karma* decides the quality of our life. If we are influenced by the core virtues of the self, we are able to do elevated *karma*. Such *karma* is going to give us happiness and peace. In case our *karma* is influenced by the vices, we would be

committing sins, resulting in sorrow and miseries. We are given the power of discrimination and choice. When we understand clearly that we are the creators of our destiny, then we make a conscious effort to see that our *karma* is virtuous, elevated and based on the *Shreemat* of the Supreme. We should accumulate elevated and virtuous *karma* on a day-to-day basis to make value addition to our spiritual life.

► **Relationship:** We all are interrelated, having familial, social or professional bonding. Therefore, we have the wealth of relationship. We should focus on what to give in relationships rather than what to get. Showing care and consideration for others encourages mutual understanding and support, which creates good rapport and willingness for further interaction. Whether it is towards the colleagues at work, family relatives or friends, we should look forward to do our responsibility with integrity and honesty. Let us see in what way we can give or serve, so that there is no conflict, tension or struggle but just sweetness and mutual respect in our mutual

relationships. Also we need to nurture our relationships with the Supreme as it is God's love, which will make our relationships with others full of love. This is the triangle of spirituality: Take from God and give to others and also love others to bring them closer to God.

► **Blessings:** Blessings are the wings for our own progress and development. When we help others, serve others, care and share, and also have respect, pure feelings and good wishes, we automatically earn blessings of others. We must pay conscious attention not to disturb others, or create problems, sorrows and obstacles in their life, which will deprive ourselves of their blessings. We must help others to live in peace and happiness. We must count our blessings, so that we can understand that we are lucky souls to have earned so much of blessings. A word of hope, a true smile, and an act of charity will all earn blessings. When we live a life based on the *Shreemat* of the Lord, we earn His blessings.

► **Remembrance:** Our remembrance begins with self-awareness. We commence the journey of life

from the Golden Age, passing through the Silver, Copper and Iron Ages. As we unfold the 84 births, it gives the realization that the inner being or soul, passing through the cycle of births and rebirths, becomes weaker over a period of time. The step to achieve inner power is by changing our consciousness and remembering our original identity. We need to create positive affirmations and bring them into our actions, e.g., *I am a being of light, a spiritual energy full of power. I radiate spiritual power and joy to every scene, every person and every object. I am a soul full of all attainments.* The next step is to remember the Supreme Father and forge a link with Him in the incorporeal world. We need to keep in mind some form of remembrance of God as we perform actions like getting ready in the morning, cooking food, driving to work, taking a walk in the evening and going off to sleep. This remembrance brings peace, love and happiness back in our life and acts as a lifeline for self-transformation thereby leading to world-transformation. ❖

GET SOVEREIGNTY OF 21 BIRTHS FOR PURITY OF ONE BIRTH AT PRESENT

—B.K. Rose Mary

Suppose, someone wrote: “Oh! What a toilet.” It may mean that either toilet is too wonderful or is too awful. Only its context can help us to know what was really meant by the person. This shows that knowing the context is very important. Yet, without knowing background information, many summarize *The Bhagavad Gita* as: “You have entitlement over action alone, not on its results,” or as “You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions” (2:47) and apply this to all their activities paraphrasing it further as ‘You have right only on your action, not on its fruits.’ This obviously has some problem because everyone (including God) undertakes any action for certain result. Let us see the context of verse 2:47 in *The Gita*.

The Bhagavad Gita extensively speaks against Vedic ritualism. (2:44, 46, 49, 52, 53; 3:10-18, 22, 25, 29; 7:23; 11:48, 53; 16:10, 17) That means people in the past were

erroneously taught that they could get fulfilment of their desires through ritualistic sacrifices, which they performed as Vedic duties. (*The Gita* 4:12; 3:10-16; 9:20, 21) It seemed people were bribing the gods for their personal benefits. Such teaching would naturally make many feel exploited; hence, there were chances that many would react at some point of time. For this, they had to undermine the validity of *The Vedas* and present their case through the mouth of an authoritative figure. Hence, they transposed Shri Krishna (Emperor of the whole earth during the Golden Age) into the Copper Age and projected a fictitious scene wherein Arjun is discouraged in the war-field and Shri Krishna is trying to encourage him by reciting what came to be known as *The Bhagavad Gita*. [Such reworking of *The Mahabharata* Epic was possible in the past as it was being transmitted orally. There was a favourable atmosphere also for this as there were organized attempts against the

Vedic ritualism from dominant groups such as *Nastiks*, Jainism, Buddhism, etc.] In the process, they put into the mouth of Krishna pronouncements against the Vedic ritualism. It is in the midst of those anti-Vedic verses that we find the most famous verse of 2:47 that says “You have entitlement over action alone, not on its results”. Hence, this verse applies only to ritualistic/prescribed duties, but not to all our actions.

Even the word ‘entitlement’ too suggests that it does not apply to everything we do, because we perform most of the acts out of our own choice not because they are prescribed for us in *The Vedas*. When Vedic ritualism advocates ‘do this ritual or that ritual and get this benefit or that benefit,’ in principle it amounts to *Kamya Karma* (self-gratification or attaching oneself with sense-objects) as the way to happiness [*The Gita* 2:43]. But, at the same time, *Kamya Karma* itself is shown to be the cause of grief (*The Gita* 2:8); hence, performance of it will not bring happiness nor also remove grief. On the contrary, *The Gita* says if one wants to “enjoy unlimited happiness,” he must “link with the Supreme Soul through meditation, removing all vices and taking delight in the welfare of all beings.” (*The Gita* 5:21,

25; 12:2-4) Thus, it is *the result-oriented action that is advocated!* In other words, *The Gita* asks us to renounce the fruits of material *Yajna/yagya* [ritualistic duties] and take up *Jnana Yoga* (Knowledge *Yajna*) dedicated to Supreme Soul and fruits of *Yoga* [linking] with Him. (*The Gita* 4:24, 33) Interestingly, Mahatma Gandhi got it right when he wrote: “The whole purpose of *The Bhagavad Gita* is to make the reader “a yogi” and it is given “under the guise of a physical war”, because one has to win the war with inner demons when one tries to link with the Supreme Soul. (*Essence of Hinduism*, p. 155, 138)

The knowledge of *The Gita* given by God Shiva in the Confluence Age explains that war is spiritual: “You all are Arjunas and I have come into this chariot to inspire you to conquer *Maya* [five vices] on the battlefield of life” (*Murli*: 14.6.2017). Since *The Bhagavad Gita* begins with the subject of religion and ends on the same subject of religion (2:46, 52-53; 18:66), its intended audience are people, who are interested in true worship [but not Arjun because he would not be discouraged to fight a physical war against Kauravas as he had, in the past, single-

handedly defeated them in Virat Nagar when they came to steal cows during the period Pandavas were living there incognito]. If *The Gita* were really given in a war-setting, then anti-war verses such as 2:38; 6:7, 8; 14:24, 25 would not have been part of *The Gita*, and God would not have taught Arjun that *rajas guna* [assigned to Kshatriyas – *The Gita* 14:7] is his enemy (*The Gita* 3:36-40) and would not have asked him to destroy it by the superior power of his soul. (*The Gita* 3:42, 43).

Even if we assume that God was talking to Arjun in the battlefield, then telling Arjun that ‘his entitlement is only on the action of fighting, not on its results’ would not make any sense, because this was exactly what Duryodhan (villain of the Epic) had been telling Pandavas all along—even after deceitfully imposing 14-year exile on them, he refused to give them not only their rightful Kingdom, but even a “pin-pointed size of land.” In fact, acting without thinking of its results is unwise and is against the very purpose of the Epics themselves. The Epics like *The Mahabharat* and *The Ramayana* teach us this vital lesson: ‘If you do not want trouble and suffering, do not behave like people such as

Duryodhan, Ravan, etc.’ Not only the epics, virtually all stories and scriptures tell us: ‘If you want beneficial results, behave like people who acted wisely.’ Interestingly, *The Bhagavad Gita* makes this conclusion: “I have declared wisdom more profound than all profundities to you. Reflect upon it fully and act as you choose” (*The Gita* 18:63), which means that we are quite capable of seeing the results before choosing the action. The Pandavas had the results in mind when they devised ways to kill people like Drona, Bhishma, Duryodhan, etc. Even Arjun is famous for being focused on the result before performing the action [when all others failed Arjun alone was declared the best student because he said he saw only the target - eye of bird - before shooting the arrow].

The truth is that like the Pandavas, everyone should aim for the fruits of their action – removal of the wicked forces that rule the kingdom of mind. People undertake any action with some intended result in their minds. Students undertake studies, because they want a good career. People suffering from obesity do exercise/go for walking, because they want to burn their excessive fat.

Farmers undertake cultivation, because they want the results of good harvest. Doctors undertake the treatment of their patients, because they want to provide them cure. People change their governments, because they want better governance. Even when God does something, He too does it for a specific result, because He declares: “When the decay of values reaches its climax in the end of each *Kalpa* (a cycle of 5000 years), I have to descend to protect the righteous and to destroy the wicked, thus to re-establish *dharma*.” (*The Bhagavat Gita* 4:7, 8) Hence, the essence of *The Gita* is: “If you want beneficial results, perform action accordingly.” This concept is seen throughout *The Bhagavad Gita*. If you don’t want to make your life a hell, then take the action of renouncing “lust, anger and greed” (*The Gita* 16:21). If you ‘desire liberation from all your sins and want to attain supreme peace’ then perform the action of ‘abandoning all religions and take refuge in God alone’ (*The Gita* 18:62, 66). This is the sensible course of action to be taken, especially, now, because this only will qualify us for the Golden Age that is soon to be re-established by God Shiva.

Hence, God Shiva, the Sermonizer of true *The Gita*, summarizes His knowledge this way: “*Manmanabhava*, and *Madhyajibhava*”, which means to constantly remember Him and the inheritance of the Golden-Aged world sovereignty also, in order to become happy for 21 births by remaining pure in this one birth (*Murli*: 15.06.2017). In other words: ‘If you want to enjoy the fruits of perfect peace and prosperity for 21 births in heaven in *Satyuga* spread through 2500 years, then practise *Rajyoga* being taught by God Himself in this one birth of Confluence Age (*Sangam Yuga*).’ In short, get sovereignty of 21 births in future for purity one birth at present. ❖

SHOWER ON ME THY LOVE, ETERNAL

– B.K. Sovana Dash, Cuttack, Odisha

Quite perturbed I am because clouds of confusion

And darkness are all around me:

What is the mystery of God’s creation?

Tons of material gifts are ill placed;

Only a few are blessed for enjoying earthly bliss.

Poverty and misery make majority depressed.

Happiness is showered by You on us in abundance;

But, still envy and greed make us often blind

Leading us thereby towards deep ignorance.

The poor often blame the Almighty, God Father,
For being quite unfair to them,

And Pray for thy ameliorating Grace

To relieve them from the terrific tragedy

Through thy benevolent Blessings and Powers.

Blessed is he, who remains still and unmoved
By twin brothers of ‘misery and pleasure’,
‘defeat and triumph’ In this divine creation.

O Point of Eternal Light!

The Source of Knowledge, Peace and Purity!

Keep my soul ever ablaze.

O Ocean of Peace and Happiness!

Enchant me with divinity, inspire and guide me

To be detached from the results of action

While performing selfless service.

My peaceful soul yearns for the Abode,
Eternal,

Where resides all souls and the Supreme Soul,

O Ocean of Supreme Spiritual Knowledge !

Shower on me thy Love, Eternal.

NON-VIOLENCE: KEY TO SUSTAINABLE PEACE

—B.K. Yogendra, Solar Power Plant,
Shantivan

Peace has become the most precious commodity in today's times. Everybody is searching for peace but very few have managed to find it. What is the reason for this situation? Is peace so sacred? Is it so difficult to comprehend? What has changed so much that we have lost the tranquility and balance of our life? What has obscured our understanding of life? What is it that we have lost over the period of time that we are struggling to find moments of solace and peace within ourselves, with our relations and with the world that we live in? For decades, world leaders and well wishers are trying to resolve conflicts, establish peace within societies through various means, but what is it that is falling short of? What are the missing ingredients for a peaceful society? Why is it that in spite of so many efforts and funding for peace keeping missions and policies, we still cannot establish peace in this world?

It is often so that, sometimes, we try to find the solutions to

these issues outside of us with others, but we never search for it inside us, and often we realize that the solution was just there within us, but we never got the time and knowledge to look inside. The same is true for establishing peace with the self and with others. We need to introspect ourselves and try to find the solution right there!

For times immemorial, great saints, thinkers and seekers of truth have preached the practice of non-violence for a peaceful living world. Let's understand this science of non violence with all its elements.

Non-violence is the value that is guided by the principles of spirituality, practising them and falling in line with the law of *karma* shall help us lead to a peaceful living.

With the help of spiritual knowledge, we understand that we are spirits (souls) and peace is our eternal nature. As a soul, we are *sat, chit, anand swaroopam*; Truth, bliss and love are the eternal virtues of a soul.

The more we are truthful and loveful, the more we are at

peace with ourselves. As Mahatma Gandhi rightly said: "Truth and Non-violence are inseparable and presuppose one another," so, non-violence is the action of the enlightened personality that has realized itself as soul that is "*sat-chit-anand swaroopam*".

"At the centre of Non violence stands the principle of love," said Martin Luther King. The second step of spiritual realization is that, as we are spiritual beings with divine virtues and so is every creature in this living world. Each living being is unique in its own way and is contributing to the symmetric beauty of this world. At the core of every living spiritual being is the essence of truth, love, bliss and compassion. When we understand this spiritual aspect of ourselves and others, we develop respect, compassion and love for all human beings; and this is the urgent need of the time. It is time to realize ourselves that we are all spiritual beings on a human journey. The world famous thinker, Adolfo Perez Esquivel, has rightly said: "Non-violence is absolute respect for all human beings."

When we realize ourselves as spiritual beings with innate, natural and divine virtues; our thoughts, words and actions shall be originating from our eternal

nature of peace, truth, love and compassion. Through our actions, we shall respect all living beings, have compassion for every living creature and understanding to accommodate different views. We will have deeper maturity, tolerance and power to accommodate, to listen to our fellow beings and arrive at peaceful solutions. With this deeper spiritual understanding, maturity and powers, it becomes our natural nature to practise non-violence, under any circumstances: It is rightly said by Liu Xiaobo as follows: *“The greatness of non-violent resistance is that even as man is faced with tyranny, and the resulting suffering, he responds to hate with love, to prejudice with tolerance, to arrogance with humility, to humiliation with dignity, and to violence with reason.”*

Further, the genuine practice of non-violence includes not just avoiding external physical violence but also internal violence of spirit. Since we have lost the deeper spiritual understanding of ourselves as *sat, chit, anand swaroopam* and have forgot our original virtues, have lost the clarity of our thoughts and have started living with a confused identity; this has resulted in falsehood, hatred, anger and false pride and

these have the violent nature of the spirit. *“Anger is the enemy of non-violence and pride is the monster that swallows it,” said M K Gandhi.*

Therefore, a true seeker and practitioner of non-violence shall refrain from lust, anger, jealousy, hatred, falsehood and ego, which, in turn, are the inhibitors of the values of non-violence and peace in one’s spirit. The seeker with deep understanding of soul and its original nature shall always try to seek truth, justice, honesty in his deeds; display creativity, hard labour and dedication in his works; awareness of self in his thoughts, words and actions and shall have principles led personality, thus leading a truthful and just life where in lies the secrets of happy and peaceful living. M K Gandhi has rightly said that the roots of violence lie in the lack of these Principles: Wealth without work, Pleasure without conscience, Knowledge without character, Commerce without morality, Science without humanity, Worship without sacrifice, Politics without principles.”

The third step of spiritual realization is to understand the Law of *Karma*:

Actions (*Karma*) are the result of a thought process that has elements of emotions and

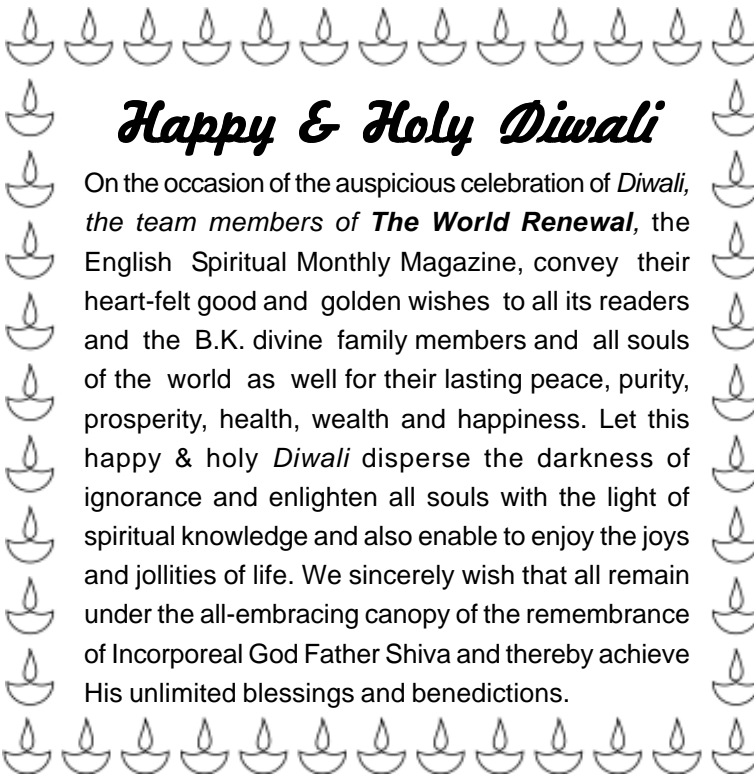
individual personality traits (*sanskaras*) to it. The sayings “As you think so shall you become” and “As you sow, so shall you reap” state that if you practise violence in your *karma*, you shall get conflict in return; and if you practise non-violence, you shall get peaceful solutions in return.

In today’s troubled times, when the clarity of thoughts have taken a back seat and hatred, bigotry, falsehood and pride have taken a front seat, a huge leap in our effort is required to understand the significance of non-violence and its effects on the common evolution of mankind. Today, practising non-violence is considered a flop proposition and adopting it is considered a weakness; but, even if you achieve your goals by violent means, the law of *karma* will work against you and the side effects shall be even more severe problems. Once, you understand and practise the spiritual principles and follow the spiritual laws, you will reckon that practising non-violence is like healing the self and our relationships with others. You will realize with time that practising non-violence and compassion is the greatest tool in today’s turbulent times. It is rightly said by Martin Luther King: *“Non-violence is*

powerful and just weapon, which cuts without wounding and ennobles a man who wields it.” His statement is corroborated by M K Gandhi: “Non – violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man.” Because, the human minds are so confused that they feel easy to respond to violence with violence; but, they do not know how to respond to non-violence and love. But, the law of *karma* shall ensure that if you reciprocate with love and keep

doing good, you shall reap lots of love, peace and good relations. The law of *karma* ensures that *there is no such thing as defeat in non-violence.* Understanding of this fact is the first step to self-transformation. We have always believed in the notion that self-transformation will lead to world-transformation. We have to become the change that we wish to see in the world. We have to become just, tolerant, compassionate, humble, understanding and accommodative, and practise non-violence, which shall then reflect through our relationships

with the world and, in turn, shall bring peace and harmony in the world. But, this is not a one man’s job; rather, it is a collective effort and non-violence is the weapon of the strong and it can be successful when it gathers mass movement. That should be the ultimate goal of our civilization and only then we shall be remembered as the most civilized and evolved human beings. “*Non-Violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all living beings, we are still savages,*” rightly said by Thomas Edison. ❖



Happy & Holy Diwali

On the occasion of the auspicious celebration of *Diwali*, the team members of **The World Renewal**, the English Spiritual Monthly Magazine, convey their heart-felt good and golden wishes to all its readers and the B.K. divine family members and all souls of the world as well for their lasting peace, purity, prosperity, health, wealth and happiness. Let this happy & holy *Diwali* disperse the darkness of ignorance and enlighten all souls with the light of spiritual knowledge and also enable to enjoy the joys and jollities of life. We sincerely wish that all remain under the all-embracing canopy of the remembrance of Incorporeal God Father Shiva and thereby achieve His unlimited blessings and benedictions.

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

Golden Age. When there are images, they are of the deities and not of us. Baba is the One, who values our image now. Baba made us into instruments for the world. Who is glorified? We say Baba is and Baba says: “My children are”. Are you having special experiences whilst sitting here today? The five fingers are doing their work together, peacefully. No one in the Golden Age or the Iron Age waves like this (hand of blessings). This only happens now in the Confluence Age. ❖



ATTITUDE OF GRATITUDE TO GOD FATHER SHIVA: DEPICTING HIS UNIQUE PRAISES

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

Decades after decades come and go, but what remain indelible are the great acts of the social reformers, their impressions and large scale impacts, influences, inspirations and effective changes in the people and society that are not at all forgettable ever.

Social Reformers and Religious Founders

India is privileged to have a good number of great souls as the social reformers and religious founders, who have managed to bring revolutionary changes by making radical changes in the society. While some reformers worked for breaking the jinx of the prevailing caste system, dowry system and the tradition of burning of chaste widows in the funeral pyre of their husbands (*Satidah Pratha*), some others fought for the introduction of girls' education and widow remarriage, etc. Their contributions were really very path-breaking and uncommon as their thoughts and activities in socio-religious reform uplift and regeneration

guided the Indian nation to a new and better beginning.

But, in spite of their contributions, India, our most beloved country, has reached its nadir being devoid of values and spirituality of which it was once in their pinnacle 5,000 years ago. That is why, according to the version in *The Geeta*, Incorporeal God Father Shiva had to descend upon the earth in the human medium (body-chariot) of Pitashri Prajapita Brahma in order to purify the impure souls, His prodigal spiritual children, and thereby transform them into deities and also transform the world once again.

Attitude of Gratitude to God

When someone thanks you for what you have done, it is a nice feeling. Expressions of gratitude strengthen our relationships. The same is true with our relationship with God; having an attitude of gratitude to God, praising Him and thereby expressing gratitude to Him enhance our relationship with Him. So, it is our bounden duty

to express our sincere gratitude for His noble task for world transformation. In conjunction with praising God, we must conduct ourselves properly under the umbrella of His will. God is looking for our "reasonable service," and this includes a heart of gratitude and a life that conforms to His will. "*Whoever offers praise glorifies Me; and to him who orders his conduct aright I will show the salvation of God* (Psalm 50:23, NKJV)."

The Unique Praises of God Father Shiva

If we go through the pages of history, we can find that no social reformer and/or religious founder has played such socio-spiritual transformative and educative roles and done such elevating and liberating services to the human souls as the Incorporeal Supreme Soul, God Father Shiva, is doing now. At present in the Age of Transition/Confluence (*Sangam Yuga*), He is doing the unprecedented socio-spiritual and educational services for bringing about the true spiritual renaissance, regeneration and rejuvenation of souls and their uplift from the impure and decadent human stage to the elevated deity stage. By rejuvenation of soul, He is ushering in the forthcoming Golden Age, called Heaven or Paradise or Elysium as

described in the western scriptures and mythologies, or *Swarga* or *Bahistha* or *Shivalaya* as described in the eastern scriptures and mythologies. The author of this article has the privilege of expressing his heart-felt gratitude to our utmost Benevolent, Merciful, Magnanimous, Liberator, Redeemer, Almighty and Absolute Supreme Authority of the Universe, God Father Shiva, who is the Supreme Spiritual Father of all human souls of the humanity, as follows:

God Shiva: The Only Supreme Spiritual Father-Mother

Every human being/soul has his/her biological father and mother, who have given him/her the physical birth, love, care and sustenance in a particular birth and lifetime. The role of biological father and mother is so important, significant and indispensable that people have regarded them as equivalent to God. But, actually, they are not God as they are physical beings, mortal in nature and have their limitations in this earthly plane, because they cannot do everything for us and cannot come to rescue us from all sorts of trials and tribulations of life. The Incorporeal Supreme Soul Shiva is the only God and *the*

Only Supreme Spiritual Father-Mother of all human souls in the vast humanity. God as *Father* gives the spiritual property of spiritual knowledge, peace, love, happiness, purity, power, bliss and liberation in this auspicious Age of Transition/Confluence, and also gives Liberation (*Mukti*) Liberation-in-life/Fruition (*Jeevan Mukti*) for the forthcoming Golden Age Paradise where the purified, elevated and deified souls will live their life in utmost beatific state. As *Mother* God gives through Prajapita Brahma, His corporeal body-chariot, spiritual sustenance, fostering care, nurture and nourishment to the famished, deprived and prodigal souls, who were long-lost and now-found by Him. That is why the Brahma Kumaris Organization (BKO), established by Him through Brahma, is called the Spiritual Home, Hospital and University (SHHU) for all souls of the humanity.

The Only Unique Socio-Spiritual Reformer

There have been many social reformers in India, but, God Shiva has been the only unique Socio-Spiritual Reformer in the whole world, who has brought about unprecedented spiritual reform by a quantum shift of human consciousness from

body-consciousness to spiritual or soul-consciousness. He changed the earlier identity of human beings as bodies into the identity of souls/spirits, and thereby their way of perception, vision, attitude, outlook and behavior.

Creator of Hindu Trinity – Brahma, Vishnu and Shankar

Incorporeal God Father Shiva is the sole Creator of the Hindu



Trinity, called the subtle deities such as Brahma, Vishnu and Shankar, who help in His

triple noble tasks of Generation (*Sthapna*), Operation/Sustenance (*Palana*) and Destruction (*Vinash*) respectively in the cycle of Creation. The deity Prajapita Brahma is the complete subtle form of Dada Lekhraj, a human being in his age of 60, who got the revelation of God and surrendered his life and property to God for transformation of the world. The deity Vishnu is the combined form of the reincarnation of the soul of Prajapita Brahma and Jagadamba Saraswati, who are entrusted with the task of Operation/Sustenance (*Palana*) of the gods and goddesses in

Satyuga, the Golden Age, as the first Emperor and Empress. The deity Shankar is the symbolic form of the instrument of Destruction of the old *Kaliyugi* world in culmination of his perfect meditative and transcendental state.

The Only Transformer of Hell to Heaven

John Milton, the English poet, has rightly said, "Mind is in its own place, it can make a hell of heaven and heaven of hell." Therefore, Incorporeal God Father Shiva has descended at present upon the world stage in *Sangam Yuga* to transform the ongoing hell into heaven by changing the state of *mind* of the human souls from negativity to



positivity, from viciousness to virtuousness by imparting them the knowledge of their true *spiritual identity* and making them realize their spiritual self through the practice of Rajyoga meditation. He also impresses upon them to inculcate the divine virtues and qualities now in order to become deities in the forthcoming Golden Age of Paradise or Heaven. He is the

only Transformer of Hell to Heaven as He has the unique capacity of doing so because He is the only Supreme Soul, who remains ever pure and undefiled in the Eternal World Drama (EWD) of life. He who remains ever pure can only purify others and make them pure and heavenly.

The Only Liberator and Redeemer from Sins and Vices

The human souls while playing their roles in a period of 5,000 years from the Golden Age of *Satyuga* to the fag-end of the Iron Age of *Kaliyuga* become subjected to Seven Deadly Sins like sex-lust, anger, greed, attachment, ego, indolence and jealousy. Due to the bondages of these sins, they remain entangled in the futile and transient bodily pleasures. The more they are satisfied, the more they are famished, because the sensual, physical pleasures cannot permanently satiate the spiritual hunger and thirst of the souls, which are essentially spirits in true sense of the term. God Father Shiva is the only Liberator and Redeemer, who liberates them from these bondages and redeems them of their sins and vices. He gives them the elixir of new life and transports them to the new world to live further a sinless and

viceless life in heaven or *swarga*, a span of 2,500 years.

The Only Elevator from Human Stage to Deity Stage

The deity souls, who reigned over the world during the Golden Age (*Satyuga*) and Silver Age (*Treta Yuga*) at the beginning of the *Kalpa*, fell down from their highest ever stage of peace, purity, prosperity, health, wealth and happiness when they begin to become body-conscious at the beginning of *Dwapara Yuga* by forgetting their original stage of soul-consciousness during the passage of time. Gradually, they become crestfallen; they turn to be single-crowned kings by losing their natural aura or crown of purity. They tried to seek peace and happiness by establishing and worshipping the images of *Shiva Linga* and deities like Lakshmi and Narayan, as they forgot that once they were such deities at the beginning of the *Kalpa*. In this way, they, once the worship-worthy souls, became the worshippers of their own images. At fag-end of the *Kaliyuga*, they slide down to worst stage of human beings, who live an animalistic pattern of human life, being merely indulged in what T.S. Eliot, the Modern English poet, terms as "birth, copulation and death"—a nasty, short and brutish pattern

of animal life.

The Only Establisher of Deity Religion and Deitism

The religious founders of all other religions like Islamism, Buddhism, Christianity, Jainism, Sikhism, etc. came at their own time according to the scheme of the Eternal World Drama (EWD) and established their own religions, followed by their followers. During the passage of time, the different religions started declining after the expiry of their religious founders and division of their religions into different sects. Thus, religions, which were originally and practically meant to unite and enlighten people, began to divide, disenchant and darken them, as a result of which violent and virulent wars were fought in the name of religion and valuable lives and properties of millions of people got destroyed, thereby plunging the humanity into deep darkness of the ignorance. The evil and negative impact of division of religions led to all sorts of differentiation, disorganization, disintegration, disorders and disunity in life of human beings, thus, rendering them shorn of peace, purity, love, happiness, power, bliss, etc. The bloody ravages of the two World Wars made people

bewildered, confused and dumb-founded and even compelled them to question about the real meaning of life. The modern English poet T.S. Eliot also wrote about the condition of life in such lines in his epic poem as: "Where is life we have lost in living?/Where is knowledge we have lost in information?/ Where is the wisdom we have lost in knowledge?/We have knowledge of the words/But are ignorant of the Word./In the cycle of twentieth century we are farther from God/But nearer to the Dust."

At such a time of utter disgust, desperation and helplessness of the human souls, Incorporeal God Father, Supreme Soul Shiva, according to the versions of *The Geeta*, descends down upon the earth in order to impart the spiritual knowledge of the World Cycle and training of Rajayoga meditation to all spiritually ignorant, impoverished and decadent souls, His prodigal spiritual children, and thereby liberate, redeem and elevate them once again from their wretched and deplorable human stage to the divine and deified deity stage, and thereby finally establish the ancient One Deity Religion.

The Only Conscient Seed of Kalpa Tree (*Kalpa Briksha*)

Incorporeal God Father Shiva is also very tiny in form as a conscient point-of-divine light. His form may be so tiny as a point (*Bindu*) that it is ever invisible, but in His qualities and attributes He is the Ocean (*Sindhu/Sagar*) of these. In Him is assimilated the whole knowledge of the history and geography of the world from the beginning through the middle to the end of the Complete World Cycle. That is why He is the conscient Seed of World Human Genealogical Tree. It is in this *Sangam Yuga*, which is otherwise known or called as the Age of Transition/Confluence, the Knowledgeful God Father relates the complete story of whole human civilizations from the beginning of the establishment and continuance of the Pure Deity religion (*Pavitra Adi Santan Devi Devta Dharma*) to the end of the *Kalpa* when there is complete irreligiousness, impurity and decadence in the souls and Nature, and thereby He purifies, liberates, redeems and elevates them from their this ignoble stage to their noble and deified stage once again to continue the next *Kalpa* of the repetition of deity and human civilizations.

(To be Contd.)

FILTERING FALSE INFORMATION THROUGH GOD'S KNOWLEDGE

—B.K. Dr. Swapan Rudra, Durgapur, (W. B.)

Majority people think that they do not need any further knowledge as they have enough life experiences; hence, they do not want to waste time for any other kind of knowledge that can open their eyes. They think that they can see more than sufficient through their physical eyes and thoughts in mind. But, still they are very limited in their outlook and understanding in absence of true spiritual knowledge. Therefore, beyond the basic material knowledge we need for survival, each of us needs spiritual understanding and insight into the special knowledge revealed only by the Incorporeal God Father Shiva Himself. Without a substantial spiritual foundation, our basic natural understanding will always fall short of showing us how to live completely fulfilled and truly abundant lives now and here itself, not to mention the incomparable prospect of a happy and peaceful life in the forthcoming New World created by God.

Gaining knowledge about our

own real self, our role and understanding our relationship with God, enables us to do the things that we need to do, so that a wiser civilization, and a new and better world, can be created. Spiritual knowledge given by God helps one to become aware of the wise self within, to nurture it until it grows into a tree of strength and support that will provide fruit not only for the self, but also for others and will also help to inspire those, who come into our contact every day.

Knowing God's words is priceless knowledge. It is the true foundation for understanding all other knowledge, counteracting and also filtering the false information we find around us. Although, He is always accessible to us, yet we cannot listen to Him due to our inability to reach that higher level of connecting frequency. This is the fact behind not having the experience of companionship with God, especially in the moment of sorrow or misery. He always wants to help His children, particularly in this

phase of world drama, but people can hardly listen to Him while they are involved in their own crises. Due to our own constraint of receiving His coded waves through divine intellect, we blame God.

To connect with God, understand and love Him, we need to recognize Him and listen to His teachings. The basics of Godly knowledge are to make every soul aware of his/her original self and then link it with the Supreme. But, due to one's addiction to body-consciousness, one fails to connect and, as a result, the two-way communication becomes impossible.

God helps us to become full of divine qualities by imparting spiritual knowledge. We need to realize the importance of the efforts made by God as a Supreme Teacher. Also, we need to realize how we should return to Him for all the energy and time that He spends on us in making us perfect human beings and lifting up the level of our spiritual intelligence to higher levels. He is looming over us like a constant spiritual power canopy. His eyes never stop watching and protecting us from all the difficulties that we may face in our life.

His true knowledge elevates a person from his low-status and helps him to perceive life in a

different but positive way. Life is not as difficult as we think; it is very easy and simple only if we change our thought patterns. If we keep in mind a few words of advice like “Be good, do good and think good” and “Do not see evil, hear evil, speak evil and even think evil”; then, our lives will automatically be filled with

virtues, which, in turn, will give us peace and happiness. We all are in search of peace and happiness, but could not find the treasure due to our own personal blockages. God’s knowledge only helps us to remove all our wastes and negativities and invoke qualities like love, happiness, contentment and

truthfulness that will make us worthy of receiving God’s spiritual sustenance and support, and thereby achieve the inheritance for forthcoming 21 births in the New Golden Aged World of *Satyuga*, which will follow after the great Destruction of the old *Kaliyugi* World. ❖

VICTIM CONSCIOUSNESS: THE REAL ENEMY

–B.K. Shikha, Pune

One of the deepest habits of most people is victim consciousness that refers to blaming others for everything that is wrong in their life. We most often do this because it is easy. What is difficult is to find the solution and work on it; so, we often choose the easier way, blaming or treating others as the enemy. It could be a country, a religion, some people, situations or something else and we spend the rest of our lives, cursing that enemy. Interestingly, the enemy keeps changing. Because, we get addicted to the habit of cursing and finding faults, we need to find an object of our negativity and the circle of negativity just keep going on. We keep grooming the tree of negativity thereby giving it lots of attention, watering it at regular intervals and making sure that it is getting all essential minerals.

How will this stop? And who will stop this? It cannot be someone else. Whatever has been set wrong by me, has to be set right by me. And the way to set it right is to realise that I am the only one responsible for what is happening in my life. Take the ownership and take a conscious decision to put a full stop to this negative thought process or pattern. We often spend our life living in the past or the future, but the real enjoyment comes when we start living in the Now! What is gone is gone and what will happen next, is completely unpredictable, and that is how life works. But, this very moment, which will become past very soon, has to be lived well. So, now, at this moment let me make a conscious decision to end the cycle of negativity and take control of my life by giving the right direction to my thoughts.

ROLE OF RAJAYOGA AND SPIRITUALITY IN TIME MANAGEMENT

—B.K. Madhabi Sarkar, Gurugram

*“The bad news is time flies.
The good news is you’re the pilot.” — Michael Altshuler*

Time management has become an important aspect of our everyday life in which we have to constantly prioritise and choose from a plethora of options. Time management has been discussed at length and probably volumes have been written about it in the personal development, career enhancement and self-help zone, but have we ever explored the issue from a spiritual perspective? Before doing that, I would like to explain why I aim to do so.

First, in my opinion, both time management and spirituality concerns our way of life and are interdependent. One of the biggest challenges we face when trying to go about doing what needs to be done, is the mind. The mind is unscrupulous and a master at making apparently genuine excuses. The challenge is to be very aware and to catch when we are just about to make an excuse and be strong enough not to give in. That is the only way

we can accomplish more in our day-to-day life and also effectively manage time to adhere to deadlines without feeling drained out.

But, it is easier said than done? That is where spirituality comes in our life, thereby enabling us to do rather than just to say. This is where I am reminded of a context from the lines in Shakespeare’s play Julius Caesar: “Men at some time are masters of their fates: The fault, dear Brutus, is not in our stars, / But in ourselves, that we are underlings...”

The power in the above statement is that it creates its own momentum. In other words, this statement clearly indicates that we do have the potential to be the master of time, but the fact that we cannot achieve it, lies in our own shortcomings. I depart from the current philosophy that work drains our energy. On the contrary, I believe that you have more energy when you are able to achieve more and you are

more confident and ready when the next task arrives. All we need to do is to effectively manage time and thereby manage ourselves better.

Secondly, if we extend the concept of time management to all spheres of corporate, social, political and environmental systems, achieving it would require our collaboration, which is not possible without our shared values. Time management also requires a change in lifestyle and mindset.

Spirituality, thus, comes into picture to add the missing dimension of self awareness, self control and self transformation. We cannot control the hands of the clock, but we can definitely stop ourselves from racing against time.

The two simple strategies to reduce alarmed feelings of being pressed for time are: practice of Rajyoga meditation and acquisition of spiritual knowledge, which help us in re-channeling of any worked-up feelings of stress into more productive high-energy emotions. However, this has to be a conscious decision to put in the effort to achieve the larger goals. And when the quality of energy is positive, we will be able to manage time better. Often I encounter questions like “Where’s the time to meditate

when we don't find enough time even to finish work?" Honestly, we cannot literally add hours to the span of day, can we? If that were possible, we would customize our weekends to 36 hours or more. We cannot influence the external environment, but we can definitely try to better manage the 24 hours in an efficient manner. Starting with 30 minutes to 1 hour of investment in morning meditation, will direct our energy flow for the rest of our day. And who would not want to invest just 30 minutes in the morning, which will impact the remaining hours of the day?

Rajyog meditation can help liberate you from the pressures of time. This is partly because it helps you deal with tasks more skillfully and creatively. It makes you happier and less stressed too. Numerous researches have confirmed the importance of morning hours. In the morning, our mind and intellect are typically the sharpest, and we have the largest store of energy to work effectively and proactively. Further, in the mornings, we are less likely to be interrupted by urgencies that occur as the day progresses. But, to translate this into action, we need self-control. Self-control and energy are not only connected but are also finite just like time. In the grind of

everyday life, our schedule tires our soul much like a muscle. Even though we don't much realize it, as the day progresses, we understand our increased difficulty in applying self-control and focusing on work. As self-control recedes, our exhaustion and negative-energy-flow takes over the centre stage and we find the task at hand to be extremely challenging. This tiredness of soul kills our productivity and our energy is drained. For reference, there is an interesting study by John Denninger (2015), a psychiatrist at Harvard Medical School, on how meditation can ward off stress and disease. This is where time and spirituality go hand in hand. To achieve the best benefits of time, spirituality is really the only guide.

Otherwise, in today's patterns of lifestyles and demands, we are all emotionally conflicted and, invariably, anxiety takes over. It is this anxiety that makes you feel like you don't have enough time to do it all. How many of us have ever wanted more than 24 hours in a day to be able to achieve more? However, when we reflect upon the experiences, do we think that we 'could have done better' moments? Given that the past circumstances were the same, why do we have this feeling of déjà vu? Only because we know that we could have done better,

but we did not; simply because our mind was busy making excuses; and, in any case, it is easier to blame circumstances than ourselves.

Often, without being aware, a lot of our time is lost because our mind and intellect are oscillating between the past and the future. Meditation brings the focus back to the present moment, which is the field of action as we cannot act in the past or future, rather what we can do is to act in the 'now!' So, when the mind is in the present, we can do much more in the same specified time. That is where Rajyoga meditation can help to sail through the troubled waters of the day in a peaceful manner and, further, enable us to sort out our timelines in an effective manner. Rajayoga meditation can lead to profound shift in how the brain allocates attention. And if we have the tool to sharpen our attentiveness, do we really have to worry about time management issues? The shared truth is: we all know that we can do it and that somewhere deep down we have the quality and the ability to do things better. However, still we fail. This is where we need spiritual intervention to sharpen our intellect. This, in turn, influences our decision making process and ability to

prioritise. And, once, we are able to do that, we automatically invest our time in what is needed rather than wasting our time and energy in procrastination to make decisions.

Time management translated through spirituality is about respecting your own self and others as well. However, the spiritual ambit is often lost as we tend to blame dearth of time, other people, and situations for our own failure to manage ourselves. We incline ourselves to an array of negative energies like fear, despair and frustration when we are not able to cope up with time. In the meantime, we conveniently push the spiritual aspect away and start time-chasing things that wouldn't happen anyway. Rajayoga meditation can help add hours to our day. We can experience this for ourselves over a period of time as we meditate daily and go deeper into the practice. This is the second stage of time management in the spiritual journey in which we stop chasing time and are able to move from time management to time creation.

Thirdly, feeling pressed for time can have many harmful consequences such as poorer health, insomnia and depression. What signal are we giving to our body when we are constantly in haste? What impact will it have

on our psyche? By pausing, we can utilise the time we actually have in a healthier and happier way. I would like to incorporate the spiritual concept of 'traffic control' into this aspect, which reminds us to pause, to break away from the present activity and connect with the Supreme Energy above. No words can underline the importance of this and we will only have to try this to understand the wonders. And if we can include this in our everyday life, I bet that we will not have to take sabbaticals or plan long holidays to give ourselves a break from work. Further, bad, negative, unholy and fractured relationships also drain a lot of our time and energy, which, in turn, affect our wellbeing. The practice of time management is not just limited to workplace but can easily be applied to household situations as well. Spirituality teaches us when to invest, when to disconnect and when to stop. This practice transforms the relationship dynamics at home. As a result, we are able to spend quality time with our loved ones.

Fourthly, this might be a personal proposition; but, honestly, there is time for everything that truly matters to you. In my opinion "not having enough time" has become one of recent fads of the 21st

Century and I think it has led us to be superficially happy about the delusional fact of being busy all the time. There is a certain kind of pseudo importance attached to not-having-time and somewhere it satisfies our ego. But, doesn't it sound like a lame excuse? We often become so focused and concentrated on planning the future that we miss the most important moments in our life, which lies in the present.

Conclusively, if an action is performed in the spirit of Yoga or connection, (as I understand being detached from the material process and connected with Supreme Energy), then the psyche becomes predisposed to function in accordance with the unified decision-making process. The attitude of performing work in Yoga facilitates a reflective inner propensity; which leads to the discovery of the underlying suppressed issues thereby influencing time management and decision making issues. However, the sustainability of time management and spirituality depends on individual practice. It is only by embracing spiritual congruity that we can suppress the various causes of disruptive forces and restore positive energy, thereby influencing our time and productivity. ❖

THE WORLD IS YOUR LOBSTER

–B.K. David Exit. Paignton, England

To attract God is no small feat and to get Him to follow you, you'll need much sweetness, knowledge and Love! Love is the key to all aspects of success, be it singing, riding a bike or gardening and growing large vegetables.

The only trick you need to learn in life is to turn the 2% good you find in your life and make that into 100%.

The Street Named 'Without Any Love'

This street named 'Without Any Love' is in every city, town and village. Few can escape the onslaught and marching army of sorrow that long ago burnt its flag of truth and progress in favour of living under a selfish flag. Progress has got us to the moon, to view and split the atom, smart phones and instant combination. All of these are experienced with no love, always busy on the move with no time, peace and happiness. So, what have we actually achieved?

Without the treasures of

peace, happiness, love and contentment, you'll find life to be shallow, boring, unhappy and rather pointless. Such are these treasures and purposes of life; without them, you can be a ship in a storm with no anchor, radio, map, compass, telescope, hope or chance of rescue.

The Bus to Nowhere Goes Nowhere

Everyone jumps up on this bus every day with a carefree attitude. The driver is blind (not knowing who he is, where he has come from or is going or what is happening in the world), the conductor does not care and is corrupt (caught up on life's treadmill of chasing money) and the bus (body) itself is falling apart and leaks poisonous fumes (pain) into the driver's cabin (their mind).

So, there you have it. You call in the bus station each morning and get the only bus you've ever caught that requires no fare and its passengers do not really care where they are going. Most of

this civilization is on this bus travelling very fast yet getting nowhere.

The only thing of certainty is that tomorrow will not be as good as today. Life gets more complicated, problematic and awful from day to day. Happiness decreases, not daily, but hourly. No one should ever disagree with this fact and if they do, get them to watch the evening news on T.V.

Life was once like an open oyster for all to partake and enjoy. And now? Life has changed from 'the world is your oyster' to 'the world is your lobster'. It is quite surprising how many people live for their evening bag of fish and chips or chocolate bars and even a packet of boiled sweets.

Life's Only Choice – Sailing on Yacht of Values

Life should consist of just one choice, last choice, only choice, and most important choice – sailing on yacht of values. Yet, for most, the choice is often only between pizza, Indian or Chinese, or which dress and shoes to wear or to stay in with a bottle of wine or go to a movie. On such choices, people's lives revolve and get in a spin.

It is a world of 5 star luxury in which all are staying in the Billion Star Hotel at one end

of the street, set against unlimited sorrow at the other end with more than a billion stars. You can ride a dolphin or tsunami but not only does your past have a say in which one you ride, so does your present-day lifestyle.

It is not gambling and a sin to change the *karmic* cards you've been dealt with. Do not get stuck at the table feeling helpless and sad looking at your poor *karma* hand you've been dealt. Play the game, be good and change your cards for a better hand.

Is it a happy face that you wear? Do you walk in peace to great places? Is your life comfortable or do you have to carry bales of straw on your back? Do you have many straws of bad *karma* burdening you down?

Do you have any protective boots, shoes, socks, coat or trousers (values of love, peace, purity, power) to help you get through life being blown away in the storm?

Are you a Tug boat of love pulling the world behind you or on life's speedboat speeding next to the crowded beach? Are you remembering God on a speedboat that is heading straight for the rocks?

The speedboat (of body consciousness, success and ego) whizzes past the beach

creating such waves for all to see. Whilst people are on this boat, happiness eludes them until they run out of petrol (energy). Ignorance is the fuel that drives their speedboat with bad habits being their motor.

People's pursuits make me think that the rubber tyres (of innocence, of learning, of spirituality) are a much happier form of transport on the water and by far are the safest and best to ways to reach the shore. The speedboat, on the other hand, with its speed (ego and greed), will sink you.

Ignorance speeds up your thought process and creates holes of ignorance and greed below the waterline and whose anchor of bad habits will drag you down to the bottom. The chain to this anchor is made up of the continual links of ego and greed, ego and greed.

It is a cruel and dangerous sea out there on which all boats sail. This sea is all around you

and is unending with waves of sorrow, deceit, dishonesty and falsehood continually coming in with each tide.

Man is unlikely to survive the perpetual storm of sorrow, agony, starvation, conflict and darkness as he knowingly and unknowingly wastes his life enjoying himself on his speedboat, without preparing for the future storms.

This speedboat of life is devoid of almost any real love and happiness and offers no contentment. People keep riding it not knowing where they are going. It is time that people realize that God has come to correct their ways and make them elevated, so that they can step down from their speedboat and step on to the yacht of values which will take them on the voyage of peace, contentment and harmony. So, choose between the speedboat of body-conscious and yacht of values. It is your choice!!! ❖

WALK QUICKLY

Walk quickly today, not because you are in a hurry, but because you value the exercise for your legs and heart. As you walk, allow your thoughts to visit you, but not stay. Let them come to pass, and you will be surprised how quickly they become positive and filled with creative ideas.

TRUE LOVE COMES TO LIBERATE AND SET US FREE

– B.K. Sujoy, Durgapur (W.B.)

“The wise man beholds all beings in the self and the self in all beings; for that reason he does not hate anyone.”- Isha Upanishad

Every human soul wants to love and to be loved by others. Love provides a feeling of wellbeing, contentment, security and support, which one cannot get from money, power and prestige. Love acts like sunshine, lighting up one’s life, enriching the soul and making it bloom up.

Love must not be confused with physical sensation or sexual attraction. The body is subject to disease and decay and love based solely on physical beauty withers away as the years go by. True love comes to liberate and set us free. True love does not demand anything. In fact, it is prepared to give everything. To understand true love, first of all we need to know our true identity - that we are souls, but not bodies. The soul is the sentient point-of-light that gives life to the body. Peace, purity, love, joy and truth are the natural attributes of every soul.

When we remember our real

self, the intrinsic goodness of the soul begins to emerge and it gets the strength to establish a loving link with God, who is the Ocean of all qualities, values, virtues and powers. The canopy of God’s love and protection is the best source of comfort and security in the world in which people are now living increasingly lonely and insecure life. One, who is enriched by God’s love, is not only freed of dependency on other humans but also becomes a conduit for sharing that love with others.

God, the Supreme Soul, is the Father of all the souls, and He loves each of His children more than a human being can love his children, because His love is completely pure and unconditional. He sees only the best in His children. In spite of knowing their flaws fully well,

He does not let His vision get biased against them. Rather being ever Merciful, He always wishes them well, and is ever ready to empower them, so that they can overcome their weaknesses and become free of the sorrows and sufferings they experience.

The self awareness of our true identity and our relationship with God give us the power to open our eyes to the innate goodness of others. Loving God allows us to love ourselves first, so that we have the strength of heart and mind to give the same to other persons. It also gives us the understanding that all human souls are related to each other by virtue of being the children of the Supreme Soul. We should be sure of giving unconditional love to people even when they make foolish mistakes and fail to do what we want them to do and we don’t feel disappointed or irritated with them even when they get into our way. When people make a seemingly poor choice about their lives, take a wrong turn, undo or sabotage our happiness, it is our unconditional love that



PEACE OF MIND

Peace of mind comes not by wishing to change others, but by simply accepting them as they are.



keeps them right there. We can empower others not by judging or punishing them but by loving and accepting them without conditions. It is the selfless love alone that has the power to bind people together and create good and viable relationships, quite beyond our present capacity to imagine.

Love also has power to heal. Only the power of pure love, unconditional love or love of God, can help us to get rid of the suppressed pain inside the subconscious. When we live through a situation that causes us pain, we have to love the self and love others without expectations. The truth is that we invite suffering on ourselves by our own selfish desires and expectations. If we do not want to make ourselves suffer, then starting from now, we have to learn to give love without considering how others should behave with us. Instead of focusing on what others need to do, we need to focus on our own qualities and bring them into action. This is true love. Such a love, when brought into action, becomes a beautiful foundation for a happy, peaceful and lasting relationship. ❖

PERSONALITY RADIATION

Each thought that we create, every word we speak and every action we perform are responsible for the radiation of non-physical energy or vibration into the universe including other people, the surroundings or the atmosphere as well as to physical nature. *A very important aspect of our consciousness, which influences the quality of this vibration, is the intention or hidden meaning behind each thought, word and action.* When the intention is pure, positive and unconditional, positive vibrations of the energy of peace, love, good wishes, happiness and truth get transmitted. People, who experience this positive energy vibrations from us, are reminded of their personal positive qualities, even if these qualities are different from ours, and get inspired to imbibe the same and put them into practice, although this may not even be our conscious intention in the first place, but we just have a general pure, positive, intention towards everything and everyone around us. But, this giving of inspiration happens automatically. On the other hand, when the intention is negative and impure, it is as if we bring other people, surroundings and nature down, i.e., in a way we draw and absorb positive energy from these entities, instead of filling them. People, without realizing this will come down from their positive personality state on receiving this energy and become inclined to thinking and speaking against their basic, positive nature; thus, it is a negative inspiration. Both of these types are energy exchanges, but one is positive and the other is negative.

The above process happens even when we are quiet, not creating any thoughts and not speaking or performing any actions. Depending on the kind of nature or personality we have, those type of vibrations keep getting emitted from us all the time. The higher the quality of the activity inside the mind and intellect during the day and, in general, in our life, even if they are inactive at a particular point of time, the higher the quality of the energy is radiated at that time. It seems as if we are constant spiritual energy radiators and radiate our personality all the time, even while we sleep. The purer is our personality, the purer this radiation is.

ANGER: IT'S CAUSES, EFFECTS AND PREVENTION

– Prof. B. K. Banshidhar Sahu,
Bhubaneswar

Anger kills. History speaks how anger can take lives of millions of people as evidenced by the bombing on Hiroshima and Nagasaki, during the last phase of the Second World War in 1945. We can look at Afghanistan, Pakistan, Sri Lanka, North Korea, China, France, Turkey and any part of the world, where every day a large number of people die due to wars, conflicts or by terrorist attacks. War is initiated to show one's superiority over others or in the name of religion. The human lives have become as insignificant as flies or mosquitoes or any other insects.

The negative effects of anger have been observed throughout history. In scriptures, we are told that Kauravs fought with Pandavas and they destroyed themselves and their generations too. A saint named Durvasa in Indian scriptures was known for his anger. Everybody was scared of his anger. Vishwamitra

killed 100 sons of Saint Vashistha in the rage of his anger because Vashistha never considered him as "*Brahmarishi*" and used to address him always as "*Rajarshi*".

We can see that generally people die due to ego or anger. A man does not hesitate to kill his daughter and son-in-law if the daughter marries a boy of other caste. The son kills his father if his father does not give money to him. Every day we can read such news in newspapers.

Causes of Anger:

Anger is an intense emotional response to a perceived provocation, hurt or threat. Anger can occur when a person feels that his personal boundaries are being or going to be violated. Some have a learned tendency to react to anger through retaliation as a way of coping. Anger may be utilized effectively by setting boundaries or escaping from dangerous situations. The external expression of anger can

be found in facial expressions, body language, physiological responses, and at times in public acts of aggressions. Animals, for example, make loud sounds, attempt to look physically larger, bare their teeth and stare. Such behaviours associated with anger are designed to warn aggressors to stop their threatening behaviour. Rarely does a physical altercation occur without the prior expression of anger by at least one of the participants. While most of those who experience anger explain its arousal as a result of "what has happened to them," Psychologists point out that an angry person can very well be mistaken because anger causes a loss in self-monitoring capacity and objective observability.

There are various reasons for anger. One of the most important is the unfulfilled desire and attachment. If it is not fulfilled one becomes sad. The sadness leads to discontentment and then to anger. Another reason of anger is to be at war against the past. The occurrence which happened in the past may cause us anger. Also we get angry with another person when he has done something wrong. There are various sources of anger. They are: (1) Impatience, (2) Irritability, (3) Frustration, (4) Indignation, (5) Self-

righteousness, (6) Situation upon which anger is expressed or suppressed.

However, the main cause of anger is the ego and self-centeredness which mostly leads to discontentment. Most important factor of anger is body-consciousness and it is the root of all the disturbances in life.

Effects of Anger:

Anger brings imbalance and temporary madness. It can affect physically and mentally as well. When any one gets angry, his face becomes red. The anger burns a large number of brain cells and raises high blood pressure and one may fall unconscious if it continues for more time. The anger harms the heart; so, there is a chance of heart attack. Anger also damages the nervous system and profuse leakage of blood may take place. Once, we get angry with someone, we cannot recoup our original stage of soul consciousness at least for a month. We cannot practise meditation, because the figure of that particular man will appear in our mind.

Angry expression might have negative outcome for individuals and organizations as well, such as decrease of productivity and increase of job stress. Physiological responses to anger

include an increase in the heart rate, preparing the person to move, and increase of the blood flow to the hands, preparing them to strike. Perspiration increases particularly when the anger is intense.

Anger also increases indigestion and disturbs sleep, causing tiredness and exhaustion. The body becomes susceptible to diseases due to reduction of immunity system of the body. It also quickens ageing and shortens life span. Anger depletes the positive energy level in man as a result of which it procreates a shadow over his judgment, causes emotional imbalances, harmony in the relationship gets soured and the happiness runs miles away from him. As a piece of steel loses its temper when it is heated in fire, a person loses his temper and integrity due to the fire of anger.

Prevention of Anger:

We must recognise the anger signs to apply correction.

- ▶ Counting to 10 gives us time to cool down, so we can think more clearly and overcome the impulse to lash out.
- ▶ Breathe out for longer than you breathe in, and relax as you breathe out. This will calm you down effectively and help to think more clearly.
- ▶ Drink a glass of water immediately. Do a short

exercise or have a short walk to control the anger.

- ▶ Hear spiritual music.
- ▶ Anger comes when we forget that we are a divine being and the child of Almighty Supreme Father. The attributes of the soul are that it is peaceful, loveful, blissful, knowledgeable, powerful, pure, and happy. Throughout the day, try to remain in soul-conscious state and remind the self that anger is not the original attribute of the soul. It is acquired by ego of power and position.
- ▶ The soul is incorporeal and fully pure (*Nirakari* & *Nirvikari*). So practise *Nirakari* and *Faristha* (Angelic) stage.
- ▶ Give full attention to mind, heart and intellect. We have to avoid the subtle and material desires in mind and the attachment in heart. Then the intellect can judge rightly.
- ▶ Remember that if the soul leaves the body at any moment, what will it carry with it. If we have anger, no pure propensities will go with the soul.
- ▶ Always remember the saying of Brahma Baba, "What I do, others will follow me". Keep attention on mind, intellect and resolves.
- ▶ Have positive thoughts. Do not make assumption about

anybody. Have pure and loving thoughts and good wishes for others.

- ▶ Try to inculcate the divine virtues, such as love, compassion, caring, empathy etc., as this will leave no place for anger.
- ▶ Try to increase the inner qualities such as acceptance, tolerance, patience, accommodation. Remember that nobody is making us angry. Everyone is an actor on this world stage performing their given roles. We are hero actors in this world drama and our duty is to give happiness to everyone.
- ▶ Practise every day at least for ten times, any one point of self-respect (*swaman*) given to us by the Supreme Father.

By practising Rajyoga every day, one can win over anger. Remember that a life free from anger is a life full of happiness. If we cannot free ourselves from anger now, we can never be happy. ❖

GIVING

With habits, never give in or we lose our dignity. With the self, never give up or we lose our destiny. With others never give your worst or you will never develop your best. The saying, "What we give is what we receive". The lesson: Just to give.

INVOKE THE SHAKTI WITHIN - POWER TO TOLERATE

Power to tolerate is our ability to remain internally unaffected when situations and people are not our way. This power involves extending openness and acceptance, and internally resolving any conflict with right understanding. It is about rising beyond our ordinary ways of reacting when scenes of life are not favorable. Tolerance comes with the knowledge that each soul is different from us. Their thoughts, feelings, perceptions are different from us. Their *sanskars* and *karmic* accounts were created on the journey of different births in different environments facing different situations. So, we cannot question other's behavior or *sanskars*. This understanding helps us accept people as they are. We reach a point where we easily tolerate different *sanskars*. We reach a stage where there is no feeling of having to tolerate. Power to tolerate means we live and work with people with the understanding that different *sanskars* are the natural way to be. We do not waste our energy or get agitated thinking or questioning: "Why are they this way, how can they be like this. We do not try to control them or force them to change. We inspire and empower them and they chose to change what they find uncomfortable about themselves. Let us make a list of simple habits of people, which we have not been able to tolerate so far. It is only a programming of our mind as we always tell our self that we cannot tolerate something or someone. Today, let us create a thought: *I accept this sanskar of theirs and from now their sanskar will not create any disturbance in my mind.*

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

and it is its well-considered opinion that if man does not take to the path of Yoga, i.e. the method of forging link with His Creator, not only will he be deprived of eternal peace but, soon, this will lead the world to a major disaster. The institution of Brahma Kumaris is making special efforts for making Rajyoga popular and explaining religious and spiritual principles in rational and scientific way by making use of visual aids



The Institution lays particular stress on enlightenment of younger generation and imparting moral education to students. The youth have surplus energy and, if they are not spiritually guided, their energy, instead of being channelized to constructive purposes, would be

frittered away in agitations, destruction of national property and such other harmful ways, or they would spoil their life by taking to drugs and other addictive things. The Institution of Brahma Kumaris pays special attention to the youth and is doing commendable work in this direction because the youth of today will be the politician, businessman, executive, civil servant or householder of tomorrow; and, so, its spiritual education means building a good society of today and tomorrow.

People have, until now, been looking upon religion as a means of individual liberation. It has been divorced from social problems and man's daily routine. However, spiritualism is a force for solving social problems and it acts to provide man with a moral code, which he ought to observe in his business dealings and other relationships. In fact, almost all the problems, which the society faces today, are due to the reasons that only spirituality can tackle. Over-population, eve-teasing, criminal assault and adultery, for example, are due to inflamed sex-lust. Economic exploitation, bribery, adulteration, etc. are due to man's greed. All wars and acts of violence are due

to anger. Many countries are backward in the comity of nations because of sloth or laziness. All these basic evils are recognised by spirituality and it shows the ways to eradicate them if man cares. In fact, easy Rajyoga is the only solution, which can eradicate man's mental pollution, and if man does not take to ways of spiritual wisdom, purity and Yoga even at this critical phase of the world, natural processes will set at work to wipe off these dominating evils and corrupt society with its strong hand of nuclear weapons and grave elemental fury.

However, this is not a message of despair but hope. On the one hand, you see nuclear weapons ready for a major world catastrophe and, on the other hand, it is for the mankind to see that, according to the divine promise embodied in *Shrimad Bhagwad Gita*, God Himself is working for a process of spiritual rejuvenation and for bringing about a new world order or the Golden Age. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is only an instrument in His hands and the nuclear means of destruction are only a part of over-all world plan.



1. **Sunni (Shimla)** : His Excellency Acharya Debabrata, Hon'ble Governor of Himachal Pradesh, is being presented Godly gifts by Sister B.K. Shakuntala along with Bro. B.K. Revadas. 2. **New Delhi (Hari Nagar)** : Inaugurating a Spiritual Programme on " Inner Peace for Happy and Healthy Mind" are Prof. P.N. Shastry, VC, Rashtriya Sanskrit Sansthan, Mr. Shreenibas Prusty, Registrar, Indian Law Institute, Prof. E.V. Girish, B.K. Shukla, B.K. Sushant and others. 3. **Sirohi** : Inaugurating a Spiritual Fair are B.K. Karuna, B.K. Shivani, Smt. Payal Parasrampuria, Zila Pramukh, Sirohi, Mr. Lumba Ram Choudhary, Mr. Shyam Lodha, Mr. Verendra Chouhan, B.K. Bharat and others. 4. **Gorakhpur**: Bro. Hridya Narayan Dixit, Hon'ble Speaker, U.P. Assembly, is being presented Godly gift by B.K. Parul. 5. **Ujjain (Rishi Nagar)**: Inaugurating the Programme on "Supermind, Super Future" Bro. Paras Chandra Jain, Minister of Energy, Govt. of Madhya Pradesh, B.K. Shaktiraj Singh, Bro. Dinesh Tripathi, Inspector of Schools, Dr. Vimal Garg and Sister B.K. Usha. 6. **Indore** : Inaugurating "Doctors Get-together" programme are Dr. Girish Patel, Dr.Sanjay Londhe, Dr. Shilpa Desai, Dr. Ramesh Mittal, VC, Medi-Caps University, Dr. Banarasilal, Mr. Anil Bhandari, Social Worker, B.K. Hemlata and others 7. **Bengaluru (Jakur)**: Inaugurating the "World Brotherhood Meet" are Rajyogini Dadi Ratan Mohini, Actor Bro. Sarigama Viji, Film Organizer Bro. Anant Kumar, Sister B.K. Padma, Sister B.K. Leela alongwith others. 8. **Bhopal** : Conference on "Shrimad Bhagwad Geeta" is being inaugurated by B.K. Brij Mohan, B.K. Avdesh, Dr. S.M.Mishra, Associate Professor, Kurukshetra University, B.K. Trinath, Dr. Pushpa Pandey and others.



NEW DELHI :

A Concerence on “Rajyoga for Healthy and Happy Bharat” is being inaugurated by Dadi Janki, Dadi Ratanmohini, Dr. H.R. Nagendra, President, VYASA, Swami Chidanand Saraswati, President and Spiritual Head of Parmarth Niketan Ashram, B.K. Brijmohan, B.K. Amir Chand, B.K. Mrithujanjaya, B.K. Santosh, B.K. Chakradhari and others.

SHANTIVAN (Abu Road):
 A National Conference on “Spiritual Wisdom & Rajyoga for Peace and Happiness - Role of Media” is being inaugurated by B.K. Nirwair, B.K. Atamprakash, B.K. Karuna, Mr. S. Narendra, Information Advisor of former Prime Ministers of India, M.B. Jayaram, Head, PRCI, Dr. Rajiv Tyagi, Pro-Vice Chancellor, Motherhood University, Roorkee, Prof. Kamal Dixit, Dr. Ajit Pathak, National President, Indian Public Relation Institution, B.K. Mruthunjaya, B.K. Sheilu and others.



SHANTIVAN (Abu Road) :
 A Conference for Senior Secondary Teachers on “Spiritual Education for Happy and Peaceful Life” is being inaugurated by Dadi Ratanmohini, B.K. Nirwair, Dr. Jaswant Singh Yadav, Cabinet Minister for Skills Development, Labour and Employment, Factory and Boilers Inspection, Government of Rajasthan, B.K. Mruthunjaya, Dr. B.K. Harish Shukla and others.

GYAN SAROVAR (Mount Abu) :
 A Conference by SpARC Wing on “Inner Resilience to Outer Agility” is being inaugurated by Mr. M Shashidhar Reddy, former Vice Chairman, NDMA, Govt. of India, Dr. (Maj. Gen.) J. K. Bansal, VSM, Chikitsa Ratna, former Member, NDMA, Dr. P. G. Radhakrishna, Mr. Chandra Bhushan, Dy. DG, Centre for Science & Environment, New Delhi, Dr. N. Bhaskaran, Director, Tamil University, Tamil Nadu, Mr. Anil Kumar Singh, Dy. Director, DESIDOC, DRDO, Ministry of Defence, B.K. Ambika, B.K. Mruthunjaya and others.

