

# The World Renewal

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**Jamshedpur:**  
A Conference on "Values, Yoga & Spirituality for Global Transformation" is being inaugurated by H.E. Draupadi Murmu, Hon'ble Governor of Jharkhand, Dr. Shukla Mohanty, Vice Chancellor of Kolhan University, BK Mruthyunjaya, BK Anju, BK Supriya, BK Shefali and others.



**Abu Road (Shantivan):**  
Diamond Project for "Diabetes Management through Lifestyle Modification, Right Medication and Rajyoga Meditation" is being inaugurated by BK Nirvair, BK Mruthyunjaya, Dr. Sushil Parmar, CMO of Sirohi, Dr. Pratap Midha, Dr. Banarasi, BK Shukla and others.



**Junagarh (Guj):**  
A Programme on "Wah! Zindgi Wah!" is being inaugurated by Padmashri Bhikhudanbhai Gadhavi, noted Gujarati folk litterateur and folksinger, Mr. Jwaharbhai Chavda, MLA, Mr. Bhikhabhai Joshi, MLA, Mr. Suresh Oberoi, Film Actor, BK Shivani, BK Damyanti and others.



**Latur (Mah):**  
Mr. Chandrashekhar Bawankule, State Minister of Energy, is presenting State Level Award for Excellence in Energy Conservation and Management to BK Nanda, BK Kedar & BK Punya.

|| From the Mighty Pen of Sanjay ||

# O GOD! GRANT ME HUMILITY

In my own lifetime, I have seen and met persons, who rose to the pinnacle of glory. Among these were great scholars whose memory was stupendous and stock of information and learning almost encyclopaedic; there were orators, who kept their listeners spellbound for five or six hours without break; there were war generals, who had commandeered vast armies over the whole continent during the second world war; there were political leaders, who had a special charisma in their personality and who wielded power and swayed over hundreds of millions of people; there were actors or musicians, who enthralled and captivated the hearts of their countless admirers so much that the crowds gathered in no time to have a glimpse of them wherever they went; there were religious preachers, who quoted copiously and meticulously from a vast array of scriptures; there were philosophers whose thinking was very deep and understanding of their subject very profound; there were historians whose vision covered a vast canvas of the past and whose views of the past were penetrating and ideas about the future almost prophetic. To be brief, among this galaxy of great men, there were people of amazing excellence and rare merit. They had won high laurels and had carved a niche for themselves.

Besides these, there were thousands others, who were towering figures in their own respective fields or disciplines whom I had no chance or occasion to meet personally but I read about some of them in contemporary literature and periodicals of the time or heard about them from my friends. These and hundreds and thousands more form just a very small fraction of the total numbers of men and women of excellence during the last half a century, and if I see these people in the vast panorama of world history – history of civilisations, history of science, history of philosophy, history of arts, etc. – the number of great people whom I met personally would be insignificant indeed.

## Men of Strong Will, Enormous Ability and Foresight

Each one of the eminent persons, whom I had the chance to meet, left different impressions on me. (This is true of those

(Contd. .... on page no. 33)

## CONTENTS

- ▶ O God! Grant me Humility (*From the Mighty Pen of Sanjay*) ..... 3
- ▶ *The Spirit of Self-Esteem (Editorial)* ..... 6
- ▶ *Sakaash Refers to Godly Love8*
- ▶ *Remembrance of God Became a Pain-Killer* ..... 8
- ▶ *Practices of A Spiritual Life .. 10*
- ▶ *De-Addiction in the Spiritual Way!* ..... 13
- ▶ *Harmony* ..... 14
- ▶ *The Motorway of this Life* ..... 15
- ▶ *Asexual Birth & Reproduction in the Golden Age* ..... 18
- ▶ *To Drop the Arrogant Self is to be Truly Spiritual* ..... 21
- ▶ *Values and Ethics For Engineers* ..... 23
- ▶ *Man is Destined to be Divine and Inherit the Golden-Aged Kingdom of Heaven* ..... 26
- ▶ *Rajyoga Meditation Centre: The Mind Gym* ..... 30

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## ***THE SPIRIT OF SELF-ESTEEM***



To enable different communities to experience their own individuality and build self-esteem (as the world understands it) amongst its citizens, many of India's big states were divided on the basis of language, thereby forming new States. Some of them were created on 1 May, which is otherwise known as the day to honour the Labour Community.

Recognition of the Labour Community is a very remarkable step as no project of the Government or the public can be accomplished without the direct support and involvement of Labour Unions, which have so much control and influence over their invaluable members.

An incident of a few decades ago comes to mind, where the motives and actions of one Union Leader in Mumbai led to indefinite strikes by the Labour Union for months together! Finally some of the mills and other businesses had to be shut-down or discontinued, throwing thousands of workers on the streets, rendering them jobless. Such misfortunes take place all over the world and can have many repercussions, creating relentless stressful lives for the working class as well as

industrialists and business classes. In some countries, these movements change into revolutions that have unmanageable ripple effects, resulting in a chaotic atmosphere. **The underlying spirit and duty of any society is to improve the living conditions of its people by providing new jobs, which helps build one's self-worth.** But when changes take place in the systems, it takes a number of years for stabilisation of those economical conditions again. There also poses a continuous threat to younger generations for want of proper jobs, as per their educational qualifications and abilities.

Countries which had been under British rule or other western nations had totally fragmented economies when they achieved their respective independence. One can imagine how the people of any country, who had been subjected to poverty, health problems and racial divisions, would take a long time before they truly feel the joy of freedom. Most laws of the land continue from the days of foreign rule, which may not always be very helpful to the newly-created nations. Some former rulers continue to overburden the

countries with loans from the World Bank or other sources.

Many philosophers and thinkers from the East and West had warned us, a number of decades ago, about the challenging events to befall all parts of the world. We in India sometimes feel our economy has improved, because per capita income has increased. However, the spiralling prices of goods and grains for daily use have risen over 1000 times, in comparison to what it was when we received Independence. Looking at the annual budgets of poverty-stricken nations, we know how a major part of their budgets is drained by the purchase of arms and ammunition from western countries. **This is yet another way of enslaving other nations or keeping them dependent.**

Over-population has its own crippling force on the spirit of a majority of people in developing countries. So many of these factors have led to competition, the infamous 'rat race', attitudes of superiority and inferiority, lack of confidence or will-power to excel in one's profession/vocation and life, depression, jealousy and failures. **A malnourished population of such relatively 'newly-born' nations can theoretically churn out only a small percentage of Achievers and Winners,** and this has been the performance on the world stage whether it's in Sports, Business

& Industry, Fine Arts and Education. Some obstacle or the other prevents people and their nation from coming up to the mark... It's something like overhauling an old machine; it doesn't seem to pick up as per the aim. **The lacking components are not Resources or Intelligence or Capabilities or even Diligence and Hardwork, but what is missing is the significant base or foundation of true, sustainable Self-Esteem.**

From history we learn that it was through revolutionary speeches, songs and poetry that a wave was created to infuse a spirit of self-esteem in every Age. There have always been leaders in India from every background, including the educated class or Men and Women of great character and will, who were deeply committed to the moral, economical, emotional, and spiritual betterment of their fellow citizens. Those leaders even hailed from all religious backgrounds; spiritual leaders like Shri Vivekanda had the power and fortitude to guide the youth of the day, and the common focus of these enlightened souls was, "**Mera Bharat Mahaan!**" and secondly, what is required to maintain the greatness of this great land. **The need of the present hour is the 'spirit of a united India'**. It doesn't matter whether you belong to one region or the other, or you speak one

language or the other, whether you have one profession or the other; we have to work unitedly with the spirit of togetherness for a great cause.

**It is high time we recognise the basic Indian philosophy as enshrined in the Shrimad Bhagawad Gita and other scriptures, which revolve around the royal principles of good life, providing the best of environment for the working class, instilling the best of education in our future generations, securing the well-being of children and women, and providing due care for our elders.** These lofty ideals can be pursued and achieved by having a powerful foundation of spiritual and moral values, irrespective of caste, creed, gender, language or religion.

**Self-esteem develops when we have fully awakened the inner self, and regained our spirit of nobility, wisdom, and benevolence.** It's only the human intellect that can think of bringing about inner transformation, and become powerful instruments of change. Each of us has a tremendous power of specialities and qualities, which needs to be expressed in our thoughts and behaviour. With determination, nothing is impossible to achieve, and once we have succeeded in attaining our cherished goals for self-empowerment and then service of society, we will

definitely experience a great feeling of self-worth.

I would like to remind our dear readers the fact that we are now being gifted with the highest spiritual revelations, coming directly from the Wisest Being, our most beloved Supreme Parent, Teacher and Satguru. It's His observation that time is nearing the rise of the golden-aged Sun. Our Divine Being is motivating us to conquer our deep ignorance and weaknesses, and emerge enlightened and empowered human beings to be able to welcome a new era of One Global Family on earth.

Let our psyche not be weighed down by disheartenment or hopelessness that sometimes emerges on witnessing the current scenario of the world; self-empowerment is guaranteed to lead to empowerment of communities and nations, which in turn support every individual human soul to become more and more peaceful and righteous in daily life.

Self-esteem will be accomplished through unity of elevated thoughts, and global peace can be realised through spiritual awakening. Instead of thinking how can it be possible, let us think that it can be made possible..Let's continue sounding the melodious rhythm that was heard during former President Obama's days, when his words resonated not only in USA but around the globe: "Yes, We Can..." – **B.K. Nirwair**

# SAKAASH REFERS TO GODLY LOVE

– Rajyogini Dadi Janki,  
Chief of Brahma Kumaris, Shantivan



**T**his article contains some questions of the seeker and answers of Dadi Janki, which are very useful and relevant for galvanising the spiritual efforts of the seeker. She has enlightened the seeker by throwing due penetrating light on the questions and thereby enabling him to understand their meaning through her simple and clear answers.

**Question:** *A faithful intellect is victorious. What is your experience regarding this?*

**Answer:** When we belong to Baba, we become detached both from happiness and sorrow. There is no experience of wanting happiness or feeling sorrow. If you want happiness from people, you will experience sorrow. Sorrow has been sitting in the soul for a long time; now, we have to be detached both from happiness and sorrow.

**Question:** *Many of us have experienced sakaash from you. Please clarify the term sakaash. Have you made your body well through sakaash?*

**Answer:** When I was coming to

the hall, I had a lot of pain. I was given a tablet. I sat in yoga when I got here. The term *sakaash* refers to Godly love: love for Baba and love for the family. I didn't have the thought of avoiding to come here. I sat in yoga and there was no pain. Baba is making this body move along. Many of Baba's children depend on Baba to move them along. They are able to draw power from Baba. It is Baba's *sakaash* and your own honesty and love for the fellow souls. *Sakaash* works when there is honesty and love.

**Question:** *What is the fastest and easiest method to clean our 'chitt'?*

**Answer:** First of all, we need to understand 'chitt'. It is an entity of the mind and intellect. My mind should not wander; it should be *Manmanabhava* and it should not waste time in waste thoughts. Nothing should remain in my *chitt* that doesn't allow me to use my mind and intellect in the correct way. That is why we need to remember only one Baba. When the mind wanders, it lets go of the

knowledge. Then, we are prone to waste time in wrong thoughts. I need to make my *chitt* very clean. I have no time for unnecessary thinking. For example, worrying wastes time and doesn't allow the intellect to be clean. When we are focused on the Incorporeal God Father, reality and royalty become part of our experience.

So, focus your mind on the Supreme One. Be introverted. Become stable and you will be cleaning your *chitt*. When we sit in Godly remembrance, concentration allows us to take power from the Almighty Authority. This power allows us to create a powerful atmosphere.

**Question:** *What are the three main qualities needed to become an angel?*

**Answer:** In order to become an angel what effort do I need to make? I have to become a deity, who is going to come in the Golden Age. That means I

have to become complete – not just nearly complete. First, I have to become an angel. God, says that the feet of angel don't touch the ground. Angels don't come into the feeling of what is happening or what has happened. To be an angel means to be detached from every activity. Everyone's role is different; so, I can't ask why they are doing something. No, this is none of my business. An angel's life gives inspiration to others. Angels don't get upset. They won't upset others. An angel is detached from the world and loved by Baba. To be detached is to be unique – it is a very beautiful aspect and allows one to draw *sakaash*. Many are in other countries yet they can draw *sakaash* from this gathering. Baba protects an angel and they, in turn, protect others. Baba's *sakaash* allows one to move along easily. The power of yoga is so wonderful. Baba's light is reaching all the souls.

**Question:** What is the deep significance of 'Om' as in 'Om Shanti'?

**Answer:** One experiences '*shanti*' (peace) by chanting *Om*. I saw this with Brahma Baba. I need the recognition of myself first; then, I can be peaceful. Baba used to chant 'Om' and we would follow him. It was almost like a soundless chant – not loud – but it changed our lives completely. Whoever went to *Om Mandali*, didn't want to leave it. We were pulled by Baba. ❖

## Morning Musings & Night Notions



"The nature of the God force, the unseen intelligence in all things, is best described as pure, unconditional love."  
– Wayne Dyer

"Real values can have meaning to man only when he steps on to the spiritual path, a path where negative emotions have no use."  
– Sai Baba

"Self-discovery is spiritual in nature, not social or political."  
– Vernon Howard

"I do believe that the original sources of all religions should be taught, because with that we will find our similarities, not just our differences."  
– Yehuda Berg

"A life is either all spiritual or not spiritual at all. No man can serve two masters. Your life is shaped by the end you live for."  
– Thomas Merton

"Humility is not cowardice. Meekness is not weakness. Humility and meekness are, indeed, spiritual powers."  
– Swami Sivananda

"The happiness and peace attained by those satisfied by the nectar of spiritual tranquility are not attained by greedy persons restlessly moving here and there."  
– Chanakya

"Being spiritual is feeling a connection with a higher power and knowing that life is about more than just achieving goals."  
– Heather Graham

"Sweet Children! Now, you are filling your coffers with the imperishable jewels of Knowledge. Check how much you donate this knowledge to others and thereby make you virtuous."  
– God Shiva



## **REMEMBRANCE OF GOD BECAME A PAIN-KILLER**



**–B.K. Rahul, Kolhapur**

**S**ince my childhood, I used to hear that God can make a crippled walk, a deaf hear, a blind see. But, in my practical experience, God has not only relieved me from a dreadful disease but has also shown me the right path by becoming my Father. “Where the limits of science end, spirituality starts.” This saying is very much true in my case as where the medical science had given up on me, God not only gave me a new life but showed me the way to live a meaningful life. This was only the magic of remembrance of God at *Amritvela*.

I was born in 1985 in a Sindhi family. From childhood onwards, we, the children of the family, were shown the path of devotion. Every day at home, we used to read the holy *Guru Granth Sahib*. From the age of 8 only, I used to listen to the versions of saints in spiritual gatherings and also enjoyed listening to different devotional songs. I had a deep longing for God. I used to read books written by Swami Vivekananda. Since I had not much interest in studies, I

started doing business after passing the 10th Class.

In the year 2006, I felt a severe back pain, which kept on increasing even after using different medications and consulting different doctors. In 2007, I came to know that I was suffering from Ankylosis Spondylitis and Rheumatic Arthritis. The doctor advised me to take complete bed rest and prescribed injections for 5 years. This news came as a big shock for my family; but, I did not accept defeat and started taking some Ayurvedic and Homeopathic treatment. Time passed by and during this time I also completed my B.Com. and M.B.A.

But, from 2010, my physical problems worsened. My disease had taken such a form that even doing basic things like walking had become quite difficult for me and then I found that I also have hyperthyroidism due to which my weight came down from 95 kg to 65 kg.

My continuous fight to be physically fit brought a sense of detachment from everything and I remembered the words of

Swami Vivekananda which I had read before, “where the limits of science end, spirituality begins” and “GOD is the only Truth, rest all is False. Live with the Holy One or Live Alone.”

These words gave hope to me and I tore all the reports of the doctors and stopped all the medicines and devoted myself to intense devotion (*Bhakti*) of Shree Krishna. I began studying *The Bhagwad Gita* and sacrificed the intake of any cooked food also. I started eating only raw sprouts and fruits as my diet. I had a deep longing to meet God. I wanted to find Him and ask Him the questions: “Why is there so much pain, sorrow and suffering in His world?” If there is so much sorrow, God must have some solution for it.

I made a firm resolution that I would not take cooked food until God cured me. My family members were very much disturbed with this decision of mine; but, I did not listen to anyone. During this period, I experimented with all types of yogas ranging from the yoga of Baba Ramdev, Art of living, Swami Vivekananda, Ama Bhagwan to that of the Jain *Munis (Sanyasis)*, etc.

My condition was getting worse day by day. My neck and spine had completely fused and both of my hip joints were damaged. My posture had fully bended forward. I used to walk



like a crippled person. Seeing my condition, others thought that I would survive only for a few more days.

But, in March 2012, I came in contact with a sister of the Brahma Kumaris Organization. She asked me to do their 7-Day Rajyoga course. I thought she might be suggesting it for the sake of money; so, I denied outright. But, when I came to know that they offer services free of charge, I attended the course in June 2012 and liked the Godly knowledge very much. I also started the study of the *Murlis*. But, due to severe back pain, I could not go to the centre every day, so I would take the old *Murlis* of last one week from the sisters and studied them at home. I started applying the points of the *Murlis* in my life.

The first wordings which touched my heart from the *Avyakt Mahavakya* were; "Those children who remain busy in My remembrance, the work of their thinking is also done by Me."

I kept on experimenting with the knowledge. I surrendered all my problems to Him and began meditation for 7 to 8 hours a day. I started liking the remembrance of GOD. It became a *pain-killer* for me. Every morning during *Amritvela* (nectarine time) tears of love would flow from my eyes in His remembrance. I had developed the faith: **This is My**

**Baba.** Day and night, I used to listen to the points of knowledge and classes of Dadis and Senior brothers sharing their experiences of togetherness and companionship with Shiva Baba. Once, during *Amritvela*, I also had a divine vision of four-armed (*Chaturbhuj*) Vishnu and also had the vision of God, the point of divine light.

I tried to implement this *Avyakt Mahavakya* from the *Murli* in my life: "Change all *mine* into *yours*. Give all your worries to the Supreme Father and remain carefree. Become a carefree emperor."

In January 2015, I had to undergo the operation of my hip joints, but there was so much risk involved that I was unable to make any decision. Then, one day, before going to sleep, I offered my body to Baba and told Baba: "Now, you only advise what need to be done." Then, I fell asleep in the lap of Baba. The same night in my dreams, Baba told me to get the operation done that very month only. Baba is there, so remain carefree. Till today that image is crystal clear in the eyes of my intellect.

The two major operations of hip joints were a success. By February, 2015, I had also started walking normally. Then, I began to feel decided this: My present life is a bonus, a gift from GOD and I will surrender this body for

Godly service.

I followed the *Avyakt Mahavakya* in my life: "Child, you only correct your *Amritvela*, I will correct everything of yours." This Godly version changed my whole life.

With the blessings of Baba, not only can I walk today but I can run also every morning after *Amritvela*; I also go for jogging for an hour. I can also drive without any physical pain. My friends and relatives are surprised at my miraculous physical and mental turnaround. I remain in zeal and enthusiasm day and night in the remembrance of Shiva Baba.

I tell everyone that I have been cured by none other than the Supreme Doctor, my Supreme Friend (*Khuda Dost*). His magic is making me fly. This miraculous experience of mine has also inspired other doctors to take up this divine knowledge. Wah Baba! Wah! Thank You Baba, thank You.

This is a magic which only GOD can do. Remain immersed in the love of GOD and make Him your constant Companion. This is the solution for all the problems and cure for all illnesses.

This *Avyakt Mahavakya* from the *Murli* came true in my life: "God will always keep His children easy in body, mind and wealth. This is the guarantee of the Supreme Father." ❖



# PRACTICES OF A SPIRITUAL LIFE



– B.K. Surendran, Bengaluru

**T**he lifestyles of the people of the world differ from one country to another, one state to another and one region to another. The lifestyle is a set of living habits such as food, dress, etiquettes, manners, relationships, festivals, celebrations so on and so forth. When life starts at the beginning of the life cycle according to the ever repeating cycle of the Eternal World Drama (EWD), it was the Golden Age. In the Golden Age, lifestyle was pleasant and beautiful. Thereafter, birth after birth, the lifestyle also started changing constantly as it passed through Silver, Copper and Iron Ages. As the journey reached the end of the Iron Age, the lifestyle got distorted, perverted and polluted and the human life became very old with full of worries and miseries. As the Lord descended upon the earth to tell us the true story of our downfall, we woke up from the slumber of ignorance and started recalling our golden days and lifestyle practices of the Golden Age. The

Lord Himself, as the Supreme Teacher, is coaching us about the various facets of holistic lifestyle. As the teaching of the Lord is in progress, we are able to learn and imbibe the holistic and healthy lifestyle practices in our own life. The following are some lifestyle practices based on our personal spiritual own experiences.

## **Thoughtful Living**

We think before thinking what we want to think. We know that an action at the seed level is the thought. Hence, we think of the consequences of the action before practically executing or translating it into practice. We become always aware of what we have been thinking, speaking and doing. We enjoy each and every moment of life, by focusing on our motives and feelings to check and see that our words and actions do not injure ourselves and others as well, and also that they radiate the vibrations of peace and solace to the surroundings and the atmosphere and people of the world at large. We become

habituated to think globally and act locally and thereby contribute to the welfare of the whole world.

## **Truthful Living**

We, particularly, ensure cohesiveness in our thoughts, words and actions. Truth and honesty are the building blocks of a happy life. God is Truth. Truthfulness is next to godliness. People will come to have faith in us based on our truthful dealings, interactions and relationships. We are fearless and courageous when we are honest. Truthfulness attracts respect and appreciation from one and all. It is said that a boat of truth may shake and wobble but will never drown. It is also said, “*Satyameva Jayate, Satyam Vada*” (Only the truth triumphs, tell the truth).

## **Courteous and Polite Behaviour**

Giving regard to others is a part of good manners. This helps us in connecting with people with harmony. Our relationship with others would be cordial and amicable. It helps us to get well along with others. When we understand that each and every human being has divinity and is placed on the same life footing and what one gives to this world is his/her actual investment, it is always in the best interest of oneself to be polite and courteous. Politeness and courtesy are two most valuable

qualities in the behaviour patterns of people of royal nature, people of rich culture and dealings.

### **Purity in Relationship**

We are social beings. We interact with others for our existence. We give and take, share, care and serve mutually for a peaceful and happy co-existence. In order to sustain harmony and love in our relationships, it is necessary that we should inculcate the values of truth, honesty, integrity, openness, sincerity, faithfulness and transparency and demonstrate or implement these values while interacting with others in our relationships. A healthy, happy and close relationship is an invaluable wealth in our life. Our relationship should become closer and closer as time passes by.

### **Civilized Conflict Management**

We are all spiritual brothers. While dealing with a brother, we must have the sense of belongingness. Our main tool for conflict management should be the mutual reciprocation of pure love, affection, compassion, empathy and sympathy. This kind of thoughts and feelings will have a positive spiritual energy, which will touch the heart of those, who created the conflict

and, eventually they will relent. As a result, a similar mind set is created on the other side and all conflicts would be resolved without hurting the feelings of either side. There is no room for becoming rough and tough, showing arrogant and angry behaviour. We should avoid ego, greed, selfishness and undue expectations.

### **Pleasant Interactions and Peaceful Co-existence**

We should be consciously aware of what we should think and speak and also foresee the end result of our actions. Our words can make or break a relationship. Our words should be polite, civil, courteous, respectable, and majestic and silently convey the message to others: 'You are important' and 'thank you'. We must have a cheerful and joyful approach in interactions with others, by becoming conscious of taking only our due share of conversation and allowing others to speak. We should neither cut short anybody nor disallow anybody to speak. We should, respectfully, listen to them with attention. When we interact with others, we should give them some useful incentives such as a word of hope, optimism, enthusiasm, inspiration, good wishes and so on. Our pleasant interactions will reinforce our

bond of affection and goodwill and, thus, we will earn the wealth of good relationship, and peaceful co-existence will become a way of life.

### **Sattwic Dietary Habits**

We are well aware that the composition of human body is made and meant for intake of the vegetarian food. The non-vegetarian food habit is an acquired habit. In fact, the vegetarian food we eat, provides us with all nutrients required for the body and it also serves as medicine for the body for maintaining sound health. The food articles should be clean, pure and fresh. The intake of stale food is not healthy for the body. The money, with which the food articles are bought, should be earned through hard work and truthful means. The food should be cooked in the remembrance of the Lord and offered to Him before we eat it. We should eat each morsel in the remembrance of God in silence. We all know the aptness of the saying: "As the food, so the mind."

### **Develop Healthy Associations**

We associate with many people in life. We have knowledgeable and meditative lifestyle. In this context, we have experience that the people we associate with, influence our

thinking, behaviour and habits. This process occurs at an unconscious level and we do not even be aware that we are being influenced by those around us. We should be quite conscious that we are spending time with people, who are living the kind of values-based life we are aiming at. We must see that our associations uplift us and inspire us to stand for something greater than we do at present. The Lord is our Company and Companion. We must be aware that the people we associate with are under the influence of the teachings of the Lord and are progressively scaling great heights in inculcating godly knowledge and practising Rajyoga meditation with a lot of interest and taste, and their primary vocation is godly service. It is said, '*Satsang Tare, Kusang Bore*', which means good people's company will uplift us but our association with bad people will cause our downfall. Somebody asked, "Who is he?" Came the reply, "Tell me who are his friends and I will tell you who he is."

#### Moderate Exercise

There are health clubs, gyms, *Yogabhyas* centers and so on. But, for a common man and those who are aged, it is not possible to go to such places or

to find time to do the exercises. The best and most convenient wholesome exercise is morning or evening walk. The walk should be undertaken after the sunrise or in the evening before the sun set. While walking, all our body parts are moved and charged. Brisk walking and slow or medium level walking in combination will be a good exercise. While walking, we must swing our hands moderately so that the shoulders and the chest get proper exercise in the process. Walking for twenty minutes at a stretch is compulsorily recommended. The body must perspire. Brisk walking will activate the heart, resulting in increased blood circulation. The fat deposits in the body will burn out. Along with this, simple aerobic exercises can also be adopted based on one's interest.

#### Meditation Practice

Practising meditation is finding personal space for oneself. Meditation is an occasion for self talk; it is to stop

talking to the outside world and start talking to the soul and the Supreme Soul. Even though we have many thoughts to manage stressful situations, it becomes a reality only when we have sufficient inner strength to keep us cool and calm. The precious godly knowledge should get digested and transformed or converted into light and might. Sometimes, we have to manage a stressful situation with the help of a powerful positive and pure thought. Yet, at other times, we must maintain calmness, patience and tolerance. When we are in our personal space, we can establish a mental connection with Lord, the Supreme, who is the Almighty and Ocean of Peace, Bliss and of all positive and divine values, qualities virtues and powers. When we connect with Him, the powers of tolerance, discrimination, judgment, accommodation and a lot of other powers also start flowing to us, besides the divine experience of super-sensuous joy.

### HOW NOT TO GET TIRED?

It's not busy-ness in life that makes us tired. It's thinking too much that makes us tired. How not to get tired? Don't get distracted, get upset or get too 'lost' in anything or anyone. Don't think too much about the work. Just do it! Then, your mind will stay rested and relaxed whilst you work.

# DE-ADDICTION IN THE SPIRITUAL WAY!



– B.K. Viral, Mumbai

**T**he day 31<sup>st</sup> May is celebrated as the “World No Tobacco Day”. Let us understand the scientific and spiritual aspects of overcoming addictions, i.e., de-addiction.

Addictions are of different kinds. People may be addicted to substances like tobacco, alcohol, drugs or towards gadgets, shopping, etc. Addiction just refers to a person’s searching for right/apt urge or desire (i.e., happiness) in a wrong/inapt thing or object (i.e., tobacco). Hence, the desire of the human souls for happiness is very genuine, but they are just using the wrong things. That’s why the happiness eludes them.

So, how can the human soul leave or give up using this wrong thing? It is very simple. If a child is playing with a dangerous thing like knife and we wish to make them leave it, what do we do? If we try to forcibly snatch the knife, he/she may resist and injure themselves in the process. Hence, the best technique is to give him/her another thing like toy to play with, and, in this way, he/she will automatically leave the knife. Similarly, when a

human being is shown the spiritual way to fill him/her with true permanent happiness through spiritual knowledge and Rajyoga meditation, he/she automatically leaves or gets rid of the addictions to all wrong things. Hence, without arguing with others about the merits and demerits of addictions and forcing them to leave their addictions, we just need to empower them by showing and inspiring them to follow the right *spiritual* way or path.

This is the wonderful spiritual principle behind the various De-Addiction Camps organised by the Brahma Kumaris Organization, which have helped thousands of human souls/beings to overcome addictions. So, the B.K. Sisters have also been the recipient of numerous awards from various state governments of India. Hence, recommending your addicted friends and relatives to attend such a camp is, indeed, the best and most elevated form of service you can do for them.

In fact, every human soul/being also very well knows the negative and harmful impact of

addiction to intoxicating things like tobacco, opium, beer, wine, alcohol *ganja*, *bidi*, cigarette, heroin, etc., on physical and emotional health and wealth, and, hence, wants to leave these things. But, the only thing lacking in the human being is the power to change. It is exactly this spiritual power, which is



provided to addicted human beings very easily through the regular practice of Rajyoga meditation. Indeed, the positive and ameliorative effect of this meditation is so magical that many observe that their required de-addiction dosages of medicine go down drastically and finally finishes without any other conscious effort on their part, as a result of their daily listening to spiritual knowledge and practice of Rajyoga meditation.

Also, today, alongwith the effort to overcome the addiction to tobacco and alcohol, it is also necessary to overcome the subtle addictions to various gadgets, expensive shopping, etc., which give rise to consumerism culture and spread of materialism, by filling ourselves with real peace, true

happiness and bliss in *the spiritual way*.

Some people blindly or ignorantly associate smoking, alcohol, etc., with social status. But, in reality, addictions are by no means status symbols, since making our precious elevated mind dependent on and addicted to small, insignificant and harmful external substances is nothing to feel proud of.

Addictions operate by stimulating a certain section of the brain responsible for pleasure; but, since this is an unnatural way of experiencing pleasure or happiness, the amount of dosage required to experience the same level of pleasure keeps on increasing, and thereby leading the people to become chain-smokers, heavy drinkers, incorrigible addicts, etc.

While, initially, many tend to take these addictions very lightly; but, after a critical disease like cancer comes up due to addiction, it leads to a lifetime of repentance, guilt, pain suffering and sorrow. Hence, it is imperative for us to leave such dangerous pursuits and choose a life based on values, spirituality, real peace, happiness and stability both for us and our family.

Indeed, being the sweet children of the Almighty God, how can we ever become so weak and dependent on such intoxicating things? God says, "This body is like your temple, and you're the divine soul residing in it." Hence, we should definitely not put such impure things inside our temple-like body. Indeed, we should not try such things even once again!

In fact, there were no such addictions in *Satyuga*, and we also never ever see pictures of deities consuming such intoxicating substances. Hence, by leaving such addictions and becoming full of true happiness, we will become instrumental in ushering in the divine ever-happy Golden-Aged Kingdom of Heaven, called *Satyuga* once again!

If some people around us encourage and motivate us to take such things or substances and/or make fun of us when we leave addictions to such things, let us understand that they are not our true friends. Hence, we need to continue following the spiritual way or path and march ahead in the path of spiritual progress by leaving these harmful addictions with full speed and determination irrespective of such small barriers, and thereby live a value-and-spirituality based life.

## HARMONY

– **B.K. Nirakar, Cuttack**

Hold my hands, we will walk a few steps;

We will share a cup of tea.

I respect your views though don't agree to it,

I will see beauty in your character as no one is perfect,

I can respond to your expectations and resonate your thoughts.

A stick and an old man both are one,  
The beauty of one depends on the other,

The need of one depends on the other,

Two trees standing on the same ground

Just like two friends, for years together.

The vibrant colour of the morning sun,  
The soothing light of the full moon night,

Clear sky with a few colourful clouds,

A few birds in the sky, blowing of the breeze

And the murmuring sounds of the streams,

Evoke the harmony in Nature.

Adjust with pleasure and compromise

With love and compassion for harmony;

Have an unlimited vision of global cooperation

For a better world like heaven.

# THE MOTORWAY OF THIS LIFE



– B.K. David,  
Paignton, England

**T**he motorway of this life is fast, furious, congested, slippery and also very dangerous. This chaotic motorway and its tarmac are soon to go into meltdown and everything will suddenly stop. Everyone will come to a halt when there will be no petrol (love and peace) to be found anywhere. Are you one of the many motorists, who are guilty of thinking and driving (living) too fast on life's hectic motorway?

If this life is a motorway, be prepared for many traffic jams, delays, frustrations, angry motorists, hazardous conditions, heat, cold, poor visibility, boredom, fines, pile-ups, flat tyres, fogs and crashes.

We are all busy with constant communication, yet most of us lack the skills necessary for successful communication. People communicate often without honesty and more with pretence, falsehood, shallowness, and also for show.

Long gone are the days of pure interaction and communication when no one ever lied and every exchange was

filled with real happiness and respect and people greeted one another with smiles and love-filled eyes.

## **This 'Hotel of Life'**

Are you stuck in 'Hotel Austria' or a Holiday Camp Chalet? Have you ever been stuck in a hotel room that is dirty with large squashed mosquitoes on the walls, where horrid food is served and you have to share that hotel with awful people? This '**Hotel of Life**' is such a hotel of horrors and is so vast, encompassing, demonstrative and popular.

All find themselves staying in this hotel if they look carefully. All are staying in a room with squashed insects on the wall as if in some low quality hotel in which they suffer daily.

To take a plunge in this hotel pool is only to plunge deeper into sorrow. The hotel of life is false with a conformity and rule book and code of conduct that only plunges its residents deeper into falsehood and sorrow. The only thing that stops people checking out today and checking into a happy hotel is their fear of letting go their old

nature. Many have been guests in this rundown hotel for so long, they have turned their stay into one where they have become inmates and prisoners of their own making and they are scared to make changes in their circumstances that would liberate them and make their life worth living again.

A pink fluffy ball-and-chain is still a ball-and-chain and will always be a heavy ball-and-chain. At present, most walk round shackled, handcuffed due to their sorrowful way of thinking, seeing, doing, eating and walking. They have made themselves heavy carrying round the ball-and-chain that was created, forged and handmade and shaped by them long ago from their poor attitude to life, to others and also to themselves.

Do you ever take a holiday or short break from your happiness? Do you take a fleeting holiday and check-in to one of life's endless hotels, called 'Poor Situations'. You'll need to be very clever and wise not only to quickly get out of this hotel, as most who have checked-in do not even realise they are staying in such a rundown hotel; such is the popularity and acceptance of staying for a short break. Taking a long holiday or short break in this gloomy modern hotel is, in reality, to take a break from your happiness.

### Man's Hotel California and God's Hotel India

Man's Hotel California is built on a fault line. God's Hotel India is built upon a mountain and is without faults.

Staying in a Poor Hotel like Man's Hotel California is never a good experience, because it is uncomfortable, it saps your energy and wastes your time and money. It becomes increasingly hard to enjoy staying in this huge hotel of life. Few realise there's an alternative accommodation available at God's Hotel where everything is First Class.

God's Hotel India does not have a large neon sign outside like the Poor Hotel does with the hope of attracting and capturing the last remaining business that will see guests turned into victims.

God's Hotel is a rest home for the tired, weary and spiritually inclined, and it is also a marvellous stopping point and *Halfway House to Heaven*. The only thing you need in order to be able to stay free of charge in this *Rest Home*, is deep love for God and truth and a desire for spiritual perfection in your life and also the will to be prepared to renounce everything that is old and negative in your thoughts, words and actions.

You need to always renounce and put down the old before you

can ever be free to pick up the new. If you have the old in one hand and the new in the other, you'll become unbalanced and fall over.

*God's Hotel is the Hotel of Peace with a 1000 Star rating. His Hotel can only be seen and stayed in by those who are consciously searching for truth.* You could easily walk past its entrance and never know you have just walked past God's Hotel. All of God's Hotels have such an atmosphere of peace that only the fortunate will ring their bell and book a room for the nectarine auspicious time (*Amritvela*), called the Confluence Age that will turn into a stay of Peace and Eternity. God's Hotel is, therefore, known as Peace Hotel.

### The Reception Book with Seven Pages

It's amazing how blind people have become accustomed to life's hotel, which has become nothing more than an oversized junk shop and market, selling only trash. In order to stay at God's Hotel-cum-Home-cum-Hospital-cum-Spiritual University, you'll have to check that your passport (love), visa (discipline) and suitcase (present actions) are all in order so as to get through Border Control and Customs (*Dharamraj*) checking. The Reception Book with seven

pages, while undergoing the Seven-Day Course of Spiritual Knowledge and Rajyoga Meditation Course, must be filled in by everyone, who wishes to stay.

### God's Sanctuary for Weary Travellers

God's Hotel chain, now, has Hotels in every city in almost every country of the world. You can check-in all over Asia, Europe, Africa, the Americas and Australia. On all the five continents, God's sanctuary is offered to the weary traveller. In one way or the other, everyone is busily looking for peace and happiness in their own way. Everyone wishes to find something special in life. Some wish for 'enlightenment' to appear whilst others want a new wife, a bigger car or better job. Most simply want great wealth. But, what do you want?

At God's Hotel, you will find that God requires you to take off your old chains of bad habits so that He can replace them with the beads of love and happiness. Man's hotel chains you to sufferings, leaving you stranded in the Gloom Hotel room where it's hard to live sleep and be happy.

God's hotel ties you to Him in a loving embrace. Staying at God's Hotel can enable you to break your old chains of wrong beliefs. Instead, it reflects your



self-belief, faith, conviction and courage to pursue what you feel is accurate, right and healthy. Yet swapping ties will prove for many too big a step. From the safety of their hotel room, they cannot now budge. This secure locked hotel room they live in, has become their comfort zone, which slowly isolates them from the love and warmth of God.

The walls (the spiritual ignorance) of this poor hotel are thick and one needs to be able to step through this wall in order to shake hands with God. As yet, few have been brave enough to escape this prison and walk out through the front gates (being helped) to freedom.

If you look, you can see that most are lost in their cells of sorrow and do not have the power or love that would empower them to escape right under the noses of the guards of vices. You really do need the spiritual love and grace of God to escape from such self-imposed imprisonment in Man's Hotel and to set yourself free to stay and live in God's Hotel.

#### **Make the Most of Your Life**

To have 1,000 rupees today is to have 1,000 problems and headaches. Not to have 1,000 rupees can also be a headache and a real problem, yet as long as you have good health and can have a meal and roof over your head and are warm and have shoes, a coat, scarf and gloves, tea and coffee, then you do not really have a problem. All these give you 1,000 reasons to be happy.

You should make the most of your life, so that all is fine and is moving forward in the right direction in 'the world of you'. If you eat (perform good *karma*), think (have God with you at your side), exercise (have a good intellect to take care of yourself) and are reasonably healthy (enough to get by so you are able to increase your good *karma* and have the power to perform '*karma yoga*' in the remembrance of God); then, all is fine in your world.

(...to be Contd.)

### **PROVIDING EMOTIONAL SUPPORT TO THE LOVED ONES**

What do we do when friends and loved ones come to us, and expect emotional support from us? Spirituality teaches us the right technique of providing emotional support – the technique of detached involvement – which is the technique of not being overawed and affected by the emotions of others. If a friend, colleague or any loved one is upset and we also get upset, we cannot provide them the necessary support or the assistance to see why they are reacting emotionally and how they might change the nature of their emotions by themselves. My true love for someone means that I am able to provide him/her the love he/she needs. Being concerned is fine; but, if I become upset by seeing them upset, this simply aggravates the situation and adds fuel to their fire.

By remaining detached, we can be more effective in our ability to care, listen and help them think clearly about the situation, they find themselves in. Only if we are stable, which is possible when we are detached, will we be able to provide them stability. We can encourage and empower them to change their negative reaction to a more positive response, and thereby generate a healthier energy. If we become over-involved in someone else's problems, there is a risk that our own judgment will be affected negatively. This is why making decisions and choices under the influence of your own and others' emotions is normally ineffective.

# ASEXUAL BIRTH AND REPRODUCTION IN THE GOLDEN AGE



–**B.K. Rose Mary**

In our physical bodies, we find solids, liquids, body-heat, air-circulation and space. Thus, the human body is an exact representation of the physical world outside, which is made of five basic physical or primordial elements (*panchabhootas*): land, water, fire, air and ether).

These five physical elements have their emergent properties or can give us certain sensations such as smell, taste, light, sound and touch (or pressure) through our respective sense organs such as nose, tongue, eyes, ears and skin. Each sensation is naturally meant for limited enjoyment, which teaches us that there is trouble if a certain limit is crossed.

If excessive use of one's sense organ causes trouble, how much more trouble would be caused by excessive use of mind, the chief faculty of perception that controls all the sense organs! It is this subtle mental faculty that becomes excessively active when one is indulged in enjoying or feeling of the vice of 'lust'. An anonymous

Kwakiutl Indian of Southern Alaska recited about the fire of lust in 1896 as follows: "Fire runs through my body with the pain of loving you. Pain runs through my body with the fires of my love for you. Pain like a boil about to burst with my love for you, consumed by fire with my love for you. I remember what you said to me. I am thinking of your love for me. I am torn by your love for me. Pain and more pain – where are you going with my love? I am told, you will go from here. I am told, you will leave me here. My body is numb with grief." No wonder, God Shiva describes body-consciousness as "illness". (*Murli* 12.12.2017)

Dr. Helen Fisher, an anthropologist of New Jersey's Rutgers University, said that she "decided to look into the brain and study this madness... We found activity in a tiny, little factory near the base of the brain called the Ventral Tegmental Area (VTA). We found the activity in some cells called the A10 cells, cells that actually make dopamine, a natural stimulant, and spray it to

many brain regions. Indeed, this part, the VTA, is part of the brain's reward system. It's way below your cognitive thinking process. It is below your emotions. It's part of what we call the reptilian core of the brain, associated with wanting, with motivation, with focus and with craving. In fact, the same brain region where we found activity, becomes active also when you feel the rush of cocaine. But, lust is much more than a cocaine high at least you come down from cocaine. Lust is an obsession, it possesses you. You lose your sense of self." ([https://www.ted.com/talks/helen\\_fisher\\_studies\\_the\\_brain\\_in\\_love/transcript](https://www.ted.com/talks/helen_fisher_studies_the_brain_in_love/transcript))

In other words, lust has all the characteristics of addiction – withdrawals and relapse – a vicious cycle in which a distortion of reality takes place. "Recent studies of brain scans show that being in obsessive love (which is nothing but lust) causes changes in the brain that are strikingly similar to serious health problems like drug addiction and obsessive-compulsive disorder". (*Is It Love or Mental Illness?*) in *The Wall Street Journal* (<https://www.wsj.com/articles/SB117131067930406235>).

No wonder, the great scriptures such as *The Bible*, *The Bhagavat Gita*, etc., declare lust as man's "constant enemy"

by comparing it to “an insatiable fire” (*Galatians* 5:16-20; 1 Peter 2:11; 4:3; James 1:14, 15; 1 *Corinthians* 6:13; *The Gita* 3:39). In most cases, lust brings two people into marital union and it rules their lives thereafter. George Bernard Shaw stated about lust in his words: “When two people are under the influence of the most violent, most insane, most delusive, and most transient of passions, they are required to swear that they will remain in that excited, abnormal, and exhausting condition continuously until death does them part... Marriage is to me apostasy, profanation of the sanctuary of my soul.” Even after “licensed” use of lust within the marriage, many people are so uncontrollably greedy for lust that they search for its fulfilment even outside marriage. That is why “extra-marital affairs are responsible for the breakdown of most marriages that end in divorce.” (<https://www.marriage.com/advice/divorce/10-most-common-reasons-for-divorce/>)

*The Bhagavat* story of the twin notorious sons, Hiranyakashyapu and Hiranyaksha, born to the married couple, Diti and Kashyapa, shows that even one partner’s lust would give birth to the children, who are seekers of sensual pleasures. This explains

why great insightful people like Angela Carter, the English novelist, describes marriage as “prostitution to one man instead of many.”

Interestingly, Jesus Christ very well knew that whenever this old world is “renewed” (*Mathew* 19:28) there won’t be things like marriage plagued by lust in that New World (*Luke* 20:34-38). In the parallel description, he said there would be perfect marriage and perfect families with ‘father, mother, wife, and children’ in the incoming New World (*Mathew* 19:27-29). No wonder, *The Bible* declares lust as the disqualifying factor for anyone, who wants to enter into that New World (*Mark* 7:21, 22; *Mathew* 5:28; 24:37, 38; *Galatians* 5:19-21; 1 *John* 2:17). This clearly shows that lustful love did not exist when earth was heaven (New World), but it appeared in the second half of the history when humanity fell into vices, which made the earth a hell (Old World). This fact was intuitively understood by the great scientist Albert Einstein when he said this about such lust-ridden marriages: “The concept of marriage must have been thought up by an unimaginative pig.”

The above facts meant that human beings, in the first half of history, were married. But, they gave birth and reproduced through asexual (non-sexual)

means by using the power of their mind instead of the power of the body. Even now, there are many species that reproduce through non-sexual means such as fission, budding, fragmentation, and parthenogenesis, which means that reproduction is possible without lust. “*Sexual* reproduction means ‘fertilization’ – the union of a male sperm with a female egg, thereby resulting in the reproduction of a genetically distinct human being. This can happen naturally within a woman’s body, or artificially in an In Vitro Fertilization (IVF) or Artificial Reproductive Technology (ART). *Asexual* birth and reproduction simply mean ‘without the immediate use of fertilization’; it is the combining of parts of a human sperm, egg, embryo, or synthetic genes to reproduce a new human embryo. Most of the time this happens in IVF/ART facilities. But, one kind of asexual reproduction takes place naturally in the woman’s body – monozygotic (identical) twinning. Monozygotic twinning is a type of asexual reproduction, yet it has been used in IVF cycles for decades. It is, in truth, a type of human cloning. Other types of asexual reproduction take place artificially in IVF/ART facilities, e.g., cloning by somatic cell

nuclear transfer.” (<http://www.all.org/asexual-human-reproduction/>)

In an article “Clone alone: Who needs sex?” *The New Scientist*, magazine (February 27, 2013), it is reported: “We’re discovering many females can make babies without any male help.” (<https://www.newscientist.com/article/mg21729061.600-clone-alone-who-needs-sex/#.U4cZVBDN4sk>) “The females of several large and complex animals, such as lizards and sharks, can reproduce without males, a process called parthenogenesis – and, now, we’re realising it happens in the wild more often than we thought. So, could humans learn this biological trick, allowing women to fall pregnant on their own schedule – without men getting in the way? It’s given that, at the very least, women need sperm if they are to conceive. But there’s no reason why that source of sperm ought to be a man. Ten years ago, Japanese researchers unveiled a mouse that had two mothers but no father.” (<http://www.bbc.com/future/story/20140530-do-we-need-sex-to-reproduce>, 30 May 2014)

If the scientists of imperfect second half of the history believe that non-sexual human reproduction is possible, it must have definitely been possible in the perfect first half of the history.

There were no vices including lust in the Golden Age. No wonder, Incorporeal God Father Shiva says: “Lust causes sorrow from its beginning through the middle to its end and causes the most damage; hence, it is the greatest enemy of God’s people; and to conquer lust is a Mahavir’s job” (*Murli* 3.8.2016; 4.8.2016; 13.01.2018). Those, who practise *Rajyoga*, have learned how to have control not only over the vice of lust but also over other vices. It means that they live a pure life, which makes them qualified to be the deities (gods and goddesses) of the Sun/Deity Dynasty in the Golden-Aged Kingdom of Heaven/Paradise or *Shivalaya* that is now being established by God Shiva, and that is to follow this departing Iron Age (*Kaliyuga*).

## RESOLVE ISSUES TO HAVE PERFECT RELATIONSHIPS

A perfect relationship is not that you never get angry, upset or irritated with each other. It is how fast you resolve and bounce back to normal.

Often after an argument or if we have been cheated, we feel hurt or let down, we choose to remain hurt or angry for hours, months, even years. We feel our hurt is justified, it was other’s mistake, he/she needs to make things right; or sometimes we even feel things can never be the same again. Irrespective of what had happened, it takes only one thought to get back to normal. The mind will ask questions, give it the answers: (1) Why should I be doing it, it was other’s fault? Because my relationship is more important than my ego.

(2) Why so soon, let them at least realise his/her mistake? Because, every passing moment is causing me and him/her pain and weakening our relationship. (3) Will I be considered weak if I give in? Forgiving, forgetting and moving on is strength, let me give myself and him/her that strength. (4) If I become normal, will he/she does the same? He/She may take his/her time, but if I get to normal, the process has begun and very soon he/she will get back to normal. (5) Will I be taken for granted? If people can take my love and care for granted, it is my fortune. I have given them a reason to believe that I always love them.

There can be many questions, but we have the answer to every question if we have decided that our relationship is our priority, their happiness and our own happiness matters to us more than what was right or wrong.

# TO DROP THE ARROGANT SELF IS TO BE TRULY SPIRITUAL

– B. K. Sujoy, Durgapur (W.B.)

**T**o live a life of gratitude is an enlightened way of living. Gratitude opens the door to simplicity. A person, who is grateful for the things they own, will care for them, enjoy them, and waste less energy in not seeking more. They will experience fulfilment in the gifts they already possess rather than looking outside themselves for more. A grateful heart is a contented heart. A contented heart is a simple heart. And a simple heart is led to live a simplified life. And to be simple means to drop the arrogant self, and this dropping or shedding of arrogance is to be truly spiritual.

Arrogance is a big, ugly sense of 'I', 'me' and 'mine' that leads to unnecessary complexities in life. It is inordinate self-obsession, narcissism, bigotry, rigidity and vanity to the point of being a pain for the self and for others as well. An unbridled ego can cripple one's development in all facets of life. It can obscure one's inherent virtues, eclipse one's rationality and dwarf one's personal growth. By and large,

an arrogant self will be lacking in reason, sensitivity, clarity, transparency in speech and conduct and, above all, a clear conscience. The sole aim of his life becomes the gratification of his sense of 'I', 'me' and 'mine'.

Transcending arrogance is a herculean task. All the same, we need to work at it continuously. Sublimating the ego also mitigates it. When we live a virtuous life of profound awareness, we become deeply connected to ourselves. In such a state, we start becoming aware of our frailties, we start observing the arrogance in ourselves, thereby beginning to go beyond it.

Consciously or unconsciously, willingly or unwillingly, we generally maintain the distinction between 'I' and 'my', we use 'I' for the 'self' and 'my' for the things which 'I', as a person, use or possess. For example, everyone says; 'This is my house' or 'This is my car'; no one ever says, 'I am a car' or 'I am a house'. Similarly, no one says: 'I am the eyes, the

ears or the face'. So, when someone says: 'This is my body', his statement implies that the one, who says this, is different from the body. This, therefore, points to the distinction between the self and the body. 'I' stands for the person, the entity, the being, whereas 'my' stands for what belongs to, or is owned or used by that person. The former is conscient and metaphysical whereas the latter is physical or material.

Values and spirituality arise through humility, concern for others and self-restraint. Grandiose ambitions and desires can become obstacles to progress and contentment. If we are driven by dissatisfaction, we pursue the treasure to the end of the rainbow and rarely drink deeply at the well of the present moment, which is all we ever have. The truth is that if we are not satisfied with what we have, we will never be satisfied with what we want. Sooner or later, we must face up to unrealistic desires and renounce them or else we cannot proceed on the inward spiritual journey. At the same time, we need to find gratitude and contentment in what we have: our realization of God, our family, friends, our gifts, our talents, our time, and the treasures we hold that are important to recognize ourselves, and our potential. We

must distinguish between grandiosity and using, developing and sharing our gifts and talents with others. It is natural to desire, enhance, grow and awaken our fortune. Self-denial is not spirituality but self-restraint of negative tendencies is.

When one fixes one's mind in this mental affirmation, one feels that one is at a better level of consciousness. One experiences peace, calmness and quietude and has an exhilarating feeling of lightness. One has also the feeling of enhancement or activation of one's spiritual and moral power.

Therefore, the need is to understand simplicity and know the difference between having your needs met and giving in to greed. Tests, problems and circumstances in life come and it is normal to be taken by surprise and be confused by them. But, when they come, a sense of gratitude, self-restraint, calmness, spiritual empowerment and contentment provides a perspective from which we can view life in its entirety and not be overwhelmed by temporary circumstances. In the face of demoralization, gratitude has the power to energize. In the face of brokenness, gratitude has the power to heal. In the face of despair, gratitude has the power to bring hope. In other words, gratitude can help us cope with the "hard times".

### LEADING A STRESS-FREE LIFE

Till about 20 years ago, the word 'stress' was only a term in Science. It was not a part of our conversations to refer to our state of mind. Even during those years, we worked as hard as we are working today, situations were equally challenging as they are today. Yet, we never said, "we feel stressed". Slowly, we started using it commonly as an emotion to describe our state of mind. We like to say that we are stressed, as an indicator that we are working very hard, even going above and beyond our regular duties. Let us check our understanding about stress. We are originally happy, peaceful and powerful beings. Stress is a result of our creation of wrong thoughts. It is an emotional pain that indicates that something in us needs to change. But, seeing everyone around us also going through stress, we tend to believe that experiencing a little stress is fine, natural, obvious and common in today's times. That is not true. Stress has an impact on our physical and emotional well-being. It impacts our efficiency, memory, decision making ability and reduces our performances. Hence, any amount of stress is damaging.

In Science, Stress is equal to Pressure divided by Resilience.

Applying it in our lives:

Pressure = Our Situations (like targets, deadlines, exams, goals, issues in health, relationships)

Resilience = Our Inner Strength (like purity, peace, power, happiness, bliss, wisdom, love)

Therefore, Stress is equal to Our Situations divided by Our Inner Strength.

So, when we increase inner strength, we reduce stress. We become stable, peaceful and happy beings. But, when our inner strength is low, even a small pressure creates high stress. Our first responsibility in any situation is to take charge of our state of mind by increasing inner strength. It is the only entity in our control but not the situation, and gives us the power to face any situation. v

—Awakening With Brahma Kumaris

# VALUES AND ETHICS FOR ENGINEERS

–B.K. Banshidhar,  
Bhubaneswar

Science and Technology have made quantum jump in every walk of life. With the help of science, we are able to accomplish our task in the twinkling of an eye. One of the fields of science, which has led to such phenomenal growth, is the Science of Engineering. The engineers are said to be the builders of the nation. They are engaged in every field, starting from the construction of sky scrapers in the cities to the supply of drinking water to every person in the cities and villages, construction of dams and canals to supply water to agricultural fields, providing transport facilities of bus, trains and aeroplanes to all the people, providing manufacturing systems to supply consumer goods to every nook and corner of the country, lighting the streets of the towns, cities and villages and providing electricity to every house hold, running metro trains in mega cities of the country, providing internet networks to computers and mobiles and what not. But, the

important question is: Are the engineers prepared for a fulfilling life of meaningful and responsible service in this challenging world?

A great irony of today's world is that people are fed on an over diet of dualism, scientism, and especially consumerism. We live in a severely limited, materialistic world view. We learn to manipulate the world: to earn, store, and protect wealth and *matter* rather than to learn to nurture and preserve the *spirit*. We learn to cater to our personal desires rather than learning to be sensitive to understand and attend to the needs and desires of our close fellow beings and of others. Due to this self-centred worldview of the embedded philosophy of science, students are shaped into efficient scientists and engineers, who merely tend to focus on making discoveries and producing effective *material* products in the absence of *spiritual* considerations. Engineering teaches to be objective and analytical, and rightly so but it

should be coupled with positive understanding of moral duty and of integration of material, spiritual and professional obligations in human life.

The problem is not with scientific methods and research or with rational inquiries concerning human nature. Instead, the problem is that we tend to assume that objective methods require us to eliminate questions of purpose, value, meaning, and to assume that we human beings are only machines, or collections of molecules or interacting subatomic particles. Rather, the science of engineering should receive the knowledge that will allow the engineers to form their own view of things and also to integrate the meaning and purpose of their lives into this view.

Hence, scientists and engineers in particular and people in general should know about the importance and significance of the values and spirituality in human life. The spiritual knowledge provides the keen insight into the nature of consciousness. The first and foremost fact among these is that consciousness is inherent, inseparable and eternal quality or attribute of a non-physical, spiritual entity, called the soul or spirit (*Atma*). Spirituality does not consider consciousness an

epiphenomenon of the brain or electro-magnetic forces that are at the brain and body nor does it consider it as a producer of chemical actions and reactions that are taking place in the body and the brain. The term 'spirituality' derives from the word 'spirit,' which means 'soul' or *Atma* or '*Ruh*'. The soul is the invisible entity, which runs the visible human body. It is eternal and immortal.

The actions of human beings and all others conscient beings have spiritual and moral dimensions. It is the moral or spiritual factors that bring peace and happiness to man and wilful neglect of these factors bring suffering and pain to him.

Spirituality puts up a strong case for leading a life of soul-consciousness and performing good actions (*karmas*) based on values and spirituality. If one remains soul-conscious, or in touch with the inner being, by remembering his spiritual qualities and powers; he will remain at peace and in self-control. One will have beautiful relationships with others and feel full of love and happiness and will also excel in every sphere of life. It enunciates the laws of *karma* and gives to man 'a code of conduct' to follow in order to lead a healthy and happy life.

### Spirituality Develops Divine Qualities and Values

Spirituality lays down that man must cultivate such divine qualities and values such as humility, contentment, tolerance, patience, compassion, equipoise, universal love, etc., so that he may rise higher and may help in building a better social order. All these qualities and values are within us; what all we need is to connect with them and emerge them in our awareness. Spirituality helps to remember our own original, true state of being and implement these values in our life and work, while interacting with family and friends and also in the way we respond to what is happening around.

It gives the knowledge of form and identity of God and how to strengthen our loving link with Him. God can be experienced as a non-physical energy, full of spiritual love, as a dazzling conscient point of pure spiritual light. He is someone whose aura is so supremely charged that it envelops the soul, the being of light. It lays great emphasis on living life on the basis of this spiritual the relationship day in and day out, for it is a source of spiritual strength and it brings about sublimation of man's will and behaviour.

### Importance of Ethics

An engineer is a person with full knowledge of his/her speciality, who always keep their knowledge up-to date, and who can solve such practical problems as related to engineering in the fields of health, education, agriculture, industry, etc. with their expertise and ingenuity. An engineer can also create various weapons to allow for more casualties in less time. Although engineers can employ their ingenuity and knowledge for different purposes, it is the engineering *ethics* that makes them use their knowledge and skill for the enhancement of human welfare and the environment. Respecting human values and ethics can endow engineers with peace of mind, satisfaction and true happiness. The mission of an engineer with engineering ethics is to earnestly provide the most efficient of services (Bahadorinejad, M., 2006).

### Importance of Values

It is high time to realize that much of the destructive impact of modern science and its misuse can be minimized and its beneficial potential maximized, if the modern mind bestows greater attention to the task of shaping and implementing the right *values* in science and technology.



Because, technology is only a tool and how it is used depends on the values of its users, the scientists and engineers.

Ayn Rand, the well-known novelist and author, defines values as a code of conduct or principles “to guide man’s choices and actions, the choices and actions that determine the course of his life”, and the main aim of the science of values is “discovering and defining such a code”.

The values of truth, honesty, co-operation, love, tolerance, integrity, self-control, justice, etc., help to bring out the best in man.

### **Rajyoga Meditation is the Basic Foundation For Inculcation of Ethics and Values:**

Rajyoga Meditation means stabilizing the mind in the consciousness of God or having a mental, intellectual and spiritual link with God, the Supreme Being. A Rajyogi keeps in his mind the divine qualities of God and fills the self with His unconditional love and power. With Rajyoga Practice, one feels a kind of divine ecstasy, which is different from the worldly joy due to the following qualities of God: (i) The source of God’s love is constant. (ii) He brings with Him thousands of treasures like knowledge, virtues, powers and blessings, which we can take from Him by connecting and communicating with Him. (iii) He offers the gift of His company to us in less than a second. We can receive our spiritual sustenance from Him, just like the human children receive from their human parents. Meditation can be practised at short intervals for a few minutes, when the consciousness can be transferred from the worldly actions and connected to the Supreme. This love-filled connection strengthens the inner being or soul, purifies it immensely and fills it with the seven primary virtues of peace, joy, love, bliss, purity, power and truth.

### **Conclusion**

With Rajyoga practice, one can be endowed with all the human qualities, values, virtues and powers, which are required for a civilized society. Naturally, the morality, spirituality and professional ethics can also be inculcated with the practice of Rajyoga.

## **GUILT IS THE SELF – INFLECTED ANGER**

Guilt is the self-inflicted anger, which depletes our emotional energy and deprives us of the strength needed to transform.

Since childhood we were taught that if we have done something wrong, we should be guilty about it, and if we were not, people around us made us feel guilty. We started believing that guilt was natural and necessary to transform. Guilt is the anger which is inflicted on the self. When we get angry with others once in a while, and the other person feels our anger is unnecessary and then, he/she does not accept it. Even then, anger is damaging emotionally and physically to both – the one who gets angry and the one on whom it is inflicted. What about the guilt when we get angry with ourselves? It is not once in a while, we have to live with the angry person 24X7, for days, sometimes years. When someone else gets angry with us, we defend ourselves, but when we get angry with ourselves we accept it because we feel it is justified. Doctors tell us that anger, if and when not vented out, creates more damage. Guilt is internal anger, we cannot vent it out. We are the one creating the internal anger and we are the one on whom it is being inflicted and we are accepting it. If anger is damaging, guilt is toxic.



## MAN IS DESTINED TO BE DIVINE AND INHERIT THE GOLDEN-AGED KINGDOM OF HEAVEN

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

The journey of man's life in the Iron Age is a queer mixture of ups and downs, happiness and sorrow, successes and failures, optimism and pessimism, hope and despondence, laughs and cries, purity and profanity, union and separation as he passes through its different phases. According to Thomas Hardy, the English novelist, "Happiness was but the occasional episode in a general drama of pain." However, the seeds of both happiness and pain have remained merged in man's being, and it is up to him how and when he can merge pain and emerge happiness. Everything depends upon his own *thinking* process.

### Gandhiji's Three Symbolic Monkeys

Now, modern man has become as fickle as a monkey. This reminds us of Gandhiji's three symbolic monkeys, suggesting and advising people to "see no evil, speak no evil and hear no evil". Gandhiji, the father of the nation, wished to establish *Rama Rajya* in India, but he failed to do so because he forgot to

advise them to "think no evil and do no evil". From the initial act of "thinking" all other acts of 'seeing', 'speaking', 'hearing'



and finally 'doing' originate or commence; and when people utterly fail to change their "thinking" process, they indulge themselves in sins through their other senses of 'seeing', 'speaking' and 'hearing', as a result of which the hellish *Ravan Rajya* came instead of the heavenly *Rama Rajya*.

However, now, the Incorporeal God Father, Supreme Soul Shiva, the Universal Spiritual Father of all souls, has already descended upon the decadent earth and is engaged here in establishing the true *Rama Rajya*, called the Golden-Aged Kingdom of Heaven/Paradise by

transforming man's initial "thinking" process or pattern of his "thoughts" through the quantum shift of his consciousness from the false identity of body-consciousness to true identity soul-consciousness by imparting the esoteric spiritual knowledge of the complete World-Cycle and training of Rajayoga meditation.

Man can become a god/deity if he likes and makes spiritual efforts of acquiring spiritual knowledge and practice of Rajayoga meditation. What is the difference between a man and a god/deity? Man and god/deity both have the similar outer physical features, but man lacks the inner divine values, virtues, powers and qualities whereas god is the embodiment of all these. Man is, at present, stuck in a middle position; if he morally and spiritually rises up he can become a god/deity, but if he morally and spiritually falls down he can become a demon or devil.

### The Ignoble Irony

But, the ignoble irony, in particular, according to W. B. Yeats, the Irish poet, is: "Things fall apart; the centre cannot hold;/Mere anarchy is loosed upon the world,/The blood-dimmed tide is loosed, and everywhere/The ceremony of innocence is drowned;/The best lack all conviction while the worst/Are full of passionate intensity." The ignoble irony, in

general, also according to Martin Luther King, Jr., is: “Our scientific power has outrun our spiritual power. We have guided missiles and misguided men.” The ignoble irony, in particular, is that man has become so morally weak and powerless, spiritually bankrupt, emotionally depraved that he cannot rise or raise himself without God’s grace, brace and support. His life, at present, has become a veritable wasteland; and he is wandering here and there in the wilderness to find out God and avail His grace and support like a drowning man desperately trying to catch a flowing piece of straw in the river, thinking it as his last support and vainly hoping that it will sail him across the river. Without finding God after a lot of wandering to many places of pilgrimage and meeting many fake and swindling saints, sages and god-men, who blasphemously call them as “*Shivoham*”, he finally gives out Save Our Souls (SOS) calls to the Supreme One Above (*Uparwala*) in order to liberate and redeem him from the acute, unbearable pains and sufferings caused by his accumulated sins and vices.

**God Shiva – The Sole Guide, Liberator, Redeemer and Elevator**

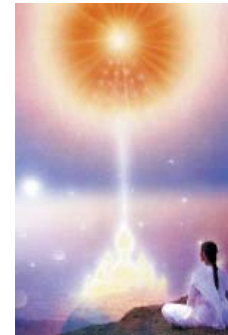
God comes in His own time just as every season turns up

according to the accurate cyclic movement of the ever revolving Cycle of Time. As per the Version of *The Gita*, now, the Incorporeal God Father Shiva has come down upon the planet earth in the Confluence Age, the Transitional *Sangam Yuga*, in order to transform man into god/deity by reforming and remodeling him “in His own image”. God Shiva - the Supreme Spiritual Father - is the true and sole Guide, Liberator, Redeemer and Elevator of the human souls - His prodigal spiritual children – who have outrightly gone astray from the erstwhile trodden path of values, spirituality and righteousness. He is the only Supreme Divine Instrument, who is, now, attempting to raise and elevate the crestfallen, decadent, depraved human souls from their hellish human stage to the heavenly deity stage, and thereby to restore to them their lost Paradise as their heavenly birthright.

**Personal Enlightenment Leads to Global Enlightenment**

But, mere attempt and will of God is not enough without man’s own voluntary personal attempt and will. The transformation and transition of man to god/deity can be successful only with his personal, individual enlightenment leading to the ultimate global enlightenment in

a large scale through self-transformation and world transformation. The term ‘enlightenment’ refers to



*dispersing of the darkness of ignorance of body-consciousness and opening of the third eye*

*of man* through spiritual knowledge leading to ‘awakening of spiritual consciousness’ and his ‘self-realization’. Self-realization of man leading to God-realization through daily, regular Rajayoga practice is the only effective method of making self-transformation and world transformation. Rajayoga meditation is the process of mental, intellectual and spiritual connection or union of the human soul with God, the Supreme Soul, the Supreme Spiritual Father of all human souls of the humanity.

Once, the human soul (being) was the divine child of Immortality and the enlightened denizen/citizen of heaven. Though he is, now, suffering from the mortal pains and pangs in the present Iron Age (*Kaliguga*), yet he is destined to move to the Golden Age of Heaven (*Satyuga*), which is, in other

words, called the Kingdom of God, Paradise, Elysium, *Shivalaya*. In the Golden Age, man will be a god/deity of an ideal divine mould and the embodiment of the characteristics of divine values such as peace, purity, prosperity, health, wealth and happiness. William Shakespeare, the most world famous English poet and dramatist, has rightly wondered about God's craftsmanship of making man in His own image: "What a piece of work is man! How noble in reason! How infinite in faculty! .....The paragon of all animals!"

**The Golden-Aged Kingdom of Heaven**

The Golden-Aged Kingdom of Heaven will be completely free from the seven deadly sins/vices like sex-lust, anger, greed, attachment, ego, jealousy and indolence, which are the characteristics of the Iron Age. There will be perfect harmony among the major Agencies of Man and Nature as both these agencies are purified and transformed by the neg-entropy power of God in the present auspicious time of the Age of Transition. Therefore, in the Golden Age, there will be the reign of Shree Lakshmi and Shree Narayan, the first Empress and Emperor respectively, and they will live a

life of divine bliss and beatitude along with other deities (gods and goddesses) adorned with double crowns – crowns of purity and wealth. The deities will be the incarnation of divinity in their ways, manners and behaviours due to their characteristic values and virtues of love, compassion, cooperation, peace, purity, amity, nobility, integrity, divinity, beauty, magnanimity, decency, sweetness, harmony, grace, etc. There will be perfect balance between spiritual love and divine law. With Nature's plenty and bounty, she, along with her other purified elements such as earth, water, air, fire and ether, will dedicatedly serve the deities, by remaining ever ready at their beck and call. There the scenes and sceneries along with flora and fauna will be so beautiful, eye-catching that they will be a feast to the eyes; songs of birds, swinging of leaves of trees and blowing of slow and sweet breezes will be sonorous music to the ears; the deities will live in golden palaces studded with dazzling pearls and jewels that emit their original, innate sparkling lights; they will travel in safe nuclear-powered planes, which will operate with their effective thought power. Time's winged chariot is flying fleetingly, and soon the present Iron Age will pave the way for the forthcoming Golden Age, when

there will be the reign of Divinity everywhere with deities reigning there as the divine representatives of God Father Shiva, and the holy land of Bharat itself with its Sun/Deity Dynasty will, then, be called the whole or entire World, as other territories will remain submerged under the vast expanse of ocean water with tiny patches of islands seen here and there.

It is rightly said, "We are not human beings having spiritual experiences, but we are spiritual beings having human experiences." The revolving cycle of the Eternal World Drama (EWD) will turn, and the present Iron Age will turn back to give place to the forthcoming Golden Age. Man is destined to be divine, to inherit such a Golden-Aged Heaven and also to belong to the Sun/Deity Dynasty and live a virtuous, values-based, divine life for 2,500 years - half a *Kalpa* - in complete bliss and beatitude. Both his inner soul and outer physical body will be 100% pure up to the extent of 24 karats of pure gold.

**God's Grace is Flowing Like Spring Showers**

If man takes one step with staunch faith in God Father, the Universal Parent; then, He will take thousands of steps towards man, His long-lost and long-bereaved child, in order to bestow upon him the heavenly properties

of liberation (*Mukti*) and fruition (*Jeevan Mukti*) as his divine, heavenly birthrights and celestial boons and blessings. God's help and support are meant for man; His grace is flowing and falling down like the sacred spring showers. The need is to come out of one's closet and take a holy bath in these showers of divine grace. God's love for man is infinite. He has left His Purest and Highest Metaphysical Abode *Brahmlok* and entered in the body-chariot of Prajapita Brahma in order to rescue, salvage and divinize man, the best of His Creations, by defeating the evil and crafty designs of Satan/Devil - the symbol of seven deadly sins – and to carry the human souls back along with Him to the Sweet Silent Home after purifying them of all sins. Because, personal self-purification leads to universal-purification, and individual enlightenment leads to global enlightenment, thereby ultimately paving the way for personal self-transformation and world-transformation.

### **The Programme - Global Enlightenment for Golden Age**

The Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBKIVV), which is founded by both the Incorporeal God Father

Shiva and the corporeal Prajapita Brahma, is dedicatedly engaged in "justifying the ways of God to men" through various regular life-changing courses, values-based



programmes, enlightening discourses, eye-opening seminars, symposia, conferences, special meditative sessions, etc. But, it is celebrating 2018-19 session as the "Year of Global Enlightenment for Golden Age" with a view to guiding the human brethren of the whole humanity from "darkness of ignorance to the light of spiritual knowledge" (*Tamaso ma Jyotirgamaya*), from "inevitable death to ultimate immortality" (*Mrutyu ma Amrutogamaya*) and from "untruth to truth" (*Asato ma Satgamaya*) through a mass enlightening programme, thereby leading to Global Enlightenment and ushering in the forthcoming Golden-Aged Kingdom of Heaven in very near future.

The uniqueness of the programme is that various regional, national and

international centres/branches of PBKIVV will conduct the programme throughout the 2018-19 session upon various "enlightening themes" for achieving the major objective of establishing the Golden Age through the process of Global Enlightenment of all human souls irrespective of the differences of their castes, colours, creeds, faiths, languages, religions, cultures, nationalities, genders, places of birth, etc.

The programme calls out all of us and sounds the warning that it is not the time for slumber anymore; it is time to wake up and arise. Once, the human beings themselves were invoking the God Father by calling Him at their house tops. But, now God Himself is calling the human souls to wake up and listen to Him and to make the hay while the sun shines. Because, He has come down to open *the third eye of knowledge* for our much-needed personal enlightenment as well as global enlightenment. The time of His departure is hastening near. So, please wake up sooner to take the golden chance to attend the programme now or never.

### **The Objectives of the Programme**

- (i) To clarify the concept of 'enlightenment' that it refers

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

# RAJYOGA MEDITATION CENTRE: THE MIND GYM

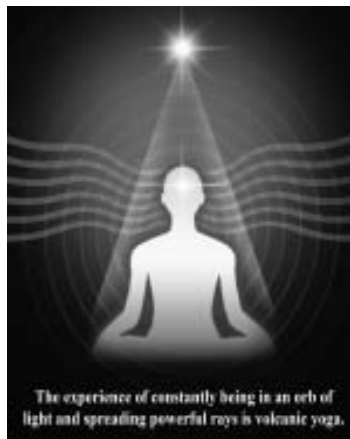


– B.K. Nihar Mahapatra,  
Bhubaneswar

People are becoming more and more health conscious nowadays. Gyms are in great demand as people want to have a good physique and keep them physically fit. The body is one of the most talked about phenomena in our lives. We all are well aware about how to keep our body physically fit. We often insist on good, hygienic food, a good and healthy environment and, of course, some physical exercise so that our body remains fit and fine. The key to keep our body fit is to add a *regular* word to all the three aspects mentioned above.

Once this is done as a ritual every day, we derive great benefit out of it. This is a well-known phenomenon and most of us have no doubt about it. We also understand very well that it is not going to help us if we take good care of our body only when we are sick or not in a fit state of physical well-being. All our efforts aim at having good

food regularly, having a good environment at all the times and



having a regular exercise pattern every day.

But, on the contrary, when it comes to *mind*, we often try to manage it when it is in most unmanageable state.

We want our mind to listen to us when it has started ignoring us, we want it to be peaceful when we have lost all the peace, we want it to cool down instantly when it is at its melting point, we want it to be productive when it has yielded the most unproductive outcome to us; and, most importantly, we

sometimes want it to go to sleep when we are suffering from insomnia.

This is something like *asking a heart patient in the ICU bed to take a 3 kilometre walk every day, starting from that very day*. It may sound a bit awkward but this is what we often do logically or technically with our mind when it is sick.

Still, we apply all possible forces on it, so that it acts according to us. Sometimes, we try to control our mind by trying to be silent; sometimes we seek help of others to get peace of mind; sometimes we try to cool it with a couple of puffs of cigarette; sometimes, we end up in a retreat to have the so called modern age *spiritual empowerment*. And if nothing works; then, we take medicines in an effort to make our mind work as per our desire.

We do many such activities with a hope to bring the mind in our control. A few of them work but for a very short period of time and soon we are back with the same mental miseries.

The famous saying states: "Mind can make you or break you." But, we often ponder over the questions: What is this mind all about? How to deal with our mind and keep it healthy? These questions always pop up

in our mind; but, we tend to ignore them as most of us think that “*anything wrong with our mind will be alright in due course of time*”.

As we treat our body to be fit; similarly, we also need to treat our mind in the same way as well, so that it does not fall sick. Mind is like a “highly fertile land”. If we take good care of it, it will yield highly productive crops, but if we don't take good care of it then it yields wild and thorny bushes.

These bushes, in this context, refer to *unproductive* and *negative* thoughts that capture our mind and we often lose control over it. To get rid of the negative thoughts and to have a continuous flow of positive thoughts, we have to take care of this fertile land of mind by **regularly uprooting** any thorny bushes that grow in it. But, the question arises: How? How can this fertility of the mind be maintained? How can the weeds be uprooted regularly?

Very similar to the way we take care of our body, we need to take care of our mind, with good food, good environment

and regular exercise.

**Good food for mind is good thought**

We need to learn how to stay away from *negative* thoughts and welcome only *positive* thoughts in our mind. For that, we need to be careful about what we feed to our mind on a daily basis. A day, which starts with watching or listening to negative news on the TV of accidents, deaths and violence or by reading a negative piece of information or with an argument with someone, will definitely be followed by a day with negative events. The thoughts are given shape in the morning and they act accordingly during the day after that. Also, the thoughts inside the mind in the night, before sleeping, have an influence on the state of mind the next morning. So, we need to consciously create positive affirmations before sleeping.

Giving instructions to mind in the form of thoughts based on the knowledge and experience of soul and the Supreme Soul makes the mind soul-conscious. This is training to the mind to keep

its remembrance oriented towards the soul, i.e., its own spiritual self and Incorporeal God Shiva, the Supreme Father of all souls.

**Good environment is having good company**

The more we interact with and remain in the company of positive-minded people and have positive conversations with them, we give and receive positive energy. If we come in contact with a person, who gives happiness and love to everyone, the fragrance of his qualities will also have an impact on us. So, we need to keep checking our company and fill the self with positive virtues, which will make our *karmas* positive and beautiful and we will naturally perform lesser number of incorrect and negative actions.

The *regular* exercise for mind is: keeping it constantly connected with God, the Supreme Power, through Rajyoga meditation.

Our body and mind complement each other; both need to work hand-in-hand, so that we have body-mind balance in life.

We join a “Body Gym” to

keep our body fit; similarly, we need to join a "Mind Gym", which will help us keep our mind fit. The Mind Gyms are the Rajyoga Meditation Centres of the Brahma Kumaris Organization that we have around us in our localities. You just need to search for it, and join this as soon as possible.

The most interesting fact is that the joining fees for these Mind Gym is very less, it's only "7 Ana". Now, you may think what is this "7 Ana" all about? Nowadays, no such "Ana" denomination exists. Well, there is a small trick in it. For the joining fee, you have to twist these words a bit, so that it becomes "7 Baar Aana" in Hindi, which means you have to go to the Mind Gym (Rajyoga Meditation Centre) 7 times only (1 hour a day for 7 days only).

This is all that you have to contribute from your end for the joining fee in the "Mind Gym". Once, you join this Mind Gym, you have to add a *regular* tag to the daily Mind workouts through Rajyoga meditation practice. The B.K. Sisters will guide you through meditation the techniques, which will help you to master your sense organs, think more peacefully and powerfully, maintain your focus of inner attention and remain undisturbed by external events, whether at the workplace or at home.

So, please search for the nearest Mind Gym (Rajyoga Meditation Centre) and register yourself for a 7-Day free of cost orientation programme and enjoy the blissful, enlightening, awakened life in order to get a divine citizenship in the Golden-Aged Paradise, God's Kingdom of Heaven.

(.....Contd. from page no. 29)

- (i) to 'dispersing of the darkness of ignorance', 'opening of the third eye of spiritual knowledge', and 'awakening of spiritual consciousness' in people
- (ii) To enlighten human individual souls morally and spiritually in local level for effecting total enlightenment in global level for global enlightenment.
- (iii) To bring about a quantum shift in human conscious-ness from outer body-consciousness to inner soul-consciousness
- (iv) To impart spiritual knowledge of World-Cycle and training of Rajayoga meditation free of cost to people for their self-realization and God-realization
- (v) To help people in inculcation of values, virtues, qualities and divine power to change them from their current human stage to the divine deity stage
- (vi) To explain the concept of One-World-Family and adopt the principles of Universal Brotherhood of Man and Fatherhood of One Incorporeal God
- (vii) To explain the contrast between the present departing Iron Age and the forthcoming Golden Age, which is otherwise known as Heaven, Paradise, Elysium, Kingdom of God and *Shivalaya*, which God is establishing now and which man will inherit from Him as his heavenly birthright in near future
- (viii) To bring home the point that the Golden Age is the era of peace, bliss, purity, prosperity, health, wealth and happiness, where Shree Lakshmi and Shree Narayana will rule over with perfect balance of spiritual love and divine law \*



(.....Contd. from page no. 3)  
 persons also about whom I read in books.) This was only natural because each one of them had their own individuality, personality, traits and mannerisms. It also mattered what aspect of personality of the great man I paid attention to, and this latter, in turn, depended on what my own state of mind was when I met anyone of them or read about some others. However, one thing that impressed me universally was that these great men had an indomitable spirit, a strong will, a high power of resistance that withstood the oppositions and the obstacles. They carried on their efforts with persistence, perseverance and rare perspicuity. Moreover, they were able to arrange facts and findings in such a manner that these yielded useful conclusions; or they had the ability to organise men and resources in such a way that they attained targets or goals set by them. They could plan things ahead of time as they had keen foresight.

**Chance Factor**

But, this is only half-truth. For, besides their abilities, there was always the chance factor that led them to discoveries, inventions or

eminent positions. The chance factor has been a very potent factor in the history of nations as well as individuals. One may call this 'Destiny', 'Drama', 'Predestination' or by any other name; but, this had always been there. Circumstances in their homes, events in their country, happenings in their vicinity or situations in the world of their time were such that they stirred these men into play or provided them with an opportunity to come on to the stage and into the limelight. Remove these 'chances' and you would find that these colossus of men were only ordinary or mediocre mortals.

This is, however, not to underrate their talents, their abilities and their worthy achievements. These men, no doubt, put in hard efforts; but, what is meant to be emphasised is that their efforts and abilities only partially explain their success. I have seen men fall from grace and have read of men, who, later in their life, faded into oblivion or lost all charisma, glory and power when time and circumstances substantially changed. Some of these men have themselves said in their speeches or writings that chance has been a major

factor that led them to the summit of success.

**No Justification for Pride**

When I look at these men from this angle and take proper notice of their fate in the end, I come to the conclusion that there is very little justification for man's pride. What these men were in their old age, or before their death, or when they were dethroned from high pedestal of power or became infirm, diseased or helpless, is a lesson, which is generally lost sight of in the plethora of details. If we weigh man's achievements in one or more fields against his errors and failures in other fields, the balance sheet forms no rational base for man's ego. The plus-points might have at best been slightly higher than the minus-points; but, though the matter has been a cause for jubilation and enthusiasm, it has not been an occasion for arrogance. It goes, therefore, to the credit of those among them, who were not touched by any vanity.

Another thing that I noticed was that when any of the eminent men gave up their body, there were condolence messages from national and world leaders and there were obituary references about them

in the press or by persons and institutions with whom they had worked. These were revealing in a way for what different people said about them after their death, was more often different from what these people had said of them during their life-time, particularly when the man was hyperactive and, thus, stirred the feelings of jealousy in the minds of others, who were in race for power and position. This is another aspect of greatness! Strange indeed!

The world of great men has been a huge mosaic or a multi-faceted and multi-coloured vistas to me. From Alexander the Great to Duke of Wellington, Napoleon, Lord Montgomery, Lord Mountbatten, General McArthur and General (later president) Eisenhower; from Moses, Confucius, Buddha, Christ and Zoroaster to St. Augustine, St. Francis of Assisi, and a host of other saints; from Anagoras, Pythagoras, Kapil, Vyas, Patanjali, Jaimini, or from Aristotle, Plato, Socrates and stoics to Thomas Aquinas, Descartes, Hegel, Kant, Karl Marx and Nietzsche and many

others; from Vyas, Valmiki, Homer and Kalidas to Shakespeare, Bernard Shaw and many other literateurs; from Euclid, Archimedes, Copernicus, Kepler, Galileo, Hippocrates, Newton, Arkright, Outenburg, Marconi, Mendel, Pasteur to Max Planck, Einstein and others; from Michael Angelo, Monet Claude, Picasso, Leonardo Da Vinci to great artists of the day – it has all been a saga of talents in one form or the other. And yet this list does not mention thousands of such others. But I, sometimes, ask myself whether these luminaries had understood the cosmos, realised the self, had known God and had attained the goal of life? Did they feel contented as to the mission of their life? Had these giants among men attained full satisfaction and felt that the secrets of Nature – inner and

outer – lay unto them like an open book? When they left their mortal coils, did they feel that they had a clean chit with them?

When I ponder over the meaning of the term 'greatness', my own head bows low, for I am neither a scientist nor a mathematician, nor a writer nor a journalist, nor a bigwig in any other field. Perhaps, this is a chance provided to me to have a feeling of humility. Perhaps, this poverty of talent has provided me with a chance to have God's grace, for it has been rightly said that He is especially benevolent to the poor and the humble. I am satisfied when I think of this and these words well out from my lips: "O God! Grant me humility. Save me from being surrounded by boasters or men of vanity, for I really feel ill at ease in their company."

### ADDICTED TO PRAISE

We all want to be liked, valued, praised and appreciated. There's no doubt that we're motivated by praise from those, who matter to us. But, it's easy to become addicted to praise. Savour compliments without needing them. Enjoy performing well even if no one notices. Give your best without expecting any praise and/or validation.

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1. **Pokhara:** Mr. Prithvi Subba Gurung, Chief Minister of Province No. 4 is being presented Godly gift by BK Parineeta and BK Apsara after inaugurating a programme on *The Bhagavad Gecta*. 2. **St.Petersburg (Russia):** Ms. Galina Morozova, Director of the Institute of Arts and Information Technologies is presenting membership of the Academy of Fundamental Sciences to BK Santosh during an International Scientific Conference. 3. **Mumbai (Borivali):** Indian playback singer, Alka Yagnik, music director Hemant Acharya, Sisters BK Divyaprabha and BK Jayanti are in group photo after recording of devotional songs. 4. **Indore:** The new President of the Vishwa Hindu Parishad (VHP), Mr. V. S. Kokje is being greeted by BK Hemlata and BK Anita. 5. **Denpasar (Bali):** BK Ram Lochan, Bk Suryamani & Sister BK Janki are presenting a set of spiritual books in Braille script to Drs. I. Ketut Sumartawan, Headmaster of Dria Raba School for visually impaired children. 6. **Moscow:** Lighting the candles in a Programme on Baisakhi are Mr. Parmod Kumar, President, Punjabi Sabha, BK Sudha and others.



**Jabalpur (M.P.):**  
A Golden Jubilee Programme is being inaugurated by Rajyogini Dadi Ratanmohini, Swami Janmejy Sharan, Mr. Ishwardas Rohani, MLA, Ms. Swati Godbole, Mayor, BK Atamprakash, BK Kamala and others.



**Butwal (Nepal):**  
Newly Elected Chief Minister of Province No. 5 Mr. Shankar Pokhrel and his cabinet ministers, Mr. Lila Giri and Ms. Arti Podwal, are in a group photo after being felicitated at BK Centre. Ms. Sunita Shakya, MP, Mr. Shivraj Subedi, Mayor, BK Kamala, BK Narayan are also there.



**St. Petersburg (Russia) :**  
During the International Scientific Conference on "Topical Issues of Information Society in Science, Culture, Education and Economics", BK Santosh is in a group photo with Dr. Andrey Tyunyaev, President of the Academy of Fundamental Sciences, Prof. Valentin Borzunov, academician of the Russian Academy of Natural Sciences; Prof. Nigina Shermuhamedova, National University of Uzbekistan, and other academicians.



**London:**  
BK Maureen Goodman is addressing the members of Religions for Peace, UK Women of Faith Network and Brahma Kumaris Women and Spirituality during a coffee morning get-together on "Compassion in Action".