



The World Renewal

Monthly

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Delhi: HE Venkaiah Naidu, Hon'ble Vice President of India, is speaking on the occasion of International Yoga Day Programme held at Red Fort Grounds. A View of 35 thousands BK brothers and sisters participating in the event.





Gulbarga:

Inaugurating the Amrit Sarovar Retreat Centre are Rajyogini Dadi Janki, Mr. Rajshekhar Patil, Cabinet Minister of Karnataka; Mr. Dattatreya Patil, MLA; BK Vijaya, BK Prem, B K Laxmi, BK Basavraj and others.



Guwahati:

BK Rekha, BK Mausami and BK Santosh are extending invitation for Global Summit to be held at Mount Abu to HE Prof. Jagdish Mukhi, Hon'ble Governor of Assam.



New Delhi:

Mr. Ramesh Pokhriyal, new Union Minister of Human Resource Development, is being felicitated by Dr. B.K. Mruthyunjaya.



New Delhi: Dr. B.K.

Mruthyunjaya is extending invitation for Global Summit to be held at Mount Abu to Mr. Pratap Chandra Sarangi, Union Minister of State for Animal Husbandry, Dairying and Fisheries.



Bangkok: BK Suvarna, BK

Laa and BK Deepak Harke are receiving India Thai Friendship Award for Best NGO for Meditation in India from Ms. Marisa Fainkvamphi, famous Industrialist; Dr. Abhiram Kulshreshtha, Director General of National Institute for Education & Research.

From the Mighty Pen of Sanjay



THE MORAL IMPERATIVE



Our World, today, is caught up in a vicious circle. Most of the problems it faces are interlinked and each one of them feeds up the fires of others. They are so much entangled and intertwined that it has become very difficult to extricate the world out of it. One of the reasons why we cannot solve or lessen the rigour of these problems is that we do not apply or do not have a solution, which attacks all the problems simultaneously. In other words, our approach to our problems is not holistic; it is merely piecemeal. We try to make use of solutions for each individual problem separately and the result is that, in the mean time, other problems increase and bring from the back door other problems that we are trying to tackle!

Secondly, we have infatuation for the old theories. Little do we realise that our present problems have been caused, directly or indirectly, by such socio-economic, psychological and political theories and concepts that gained currency during the past about three hundred years or a little more. We should have thought that these theories have proved not only ineffective in the long run but have given rise to new problems or have aggravated our old problems. We should, therefore, have discarded them as outdated. We should have felt that the theories of Adam Smith and Karl Marx cannot work in the present context, for the world scene has changed tremendously since then. If even, now, we do not free ourselves from the constraints of these crumbling ideologies and unconfirmed assumptions, the time will have run out and we will be too late to apply any correctives.

In fact, by now, we should have known that something is wrong with our very approach to the problems of elimination or alleviation of sufferings in the world, and our paradigm of a better world is erroneous. Our main emphasis, in our present approach and model, has been only on economic development. We have been measuring, and we still measure, the advancement of a nation on the basis of its GNP (Gross National Product) and its *per capita* income. Our major concern is to see whether this paradigm of development has been able to raise the economic standard of living of the people. This has been based on the

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PHILOSOPHY OF A HAPPY LIFE



There are many paths and guides that can bring happiness in our lives. We keep searching for such moments in life when we are truly peaceful and happy internally. It very much depends on the awareness and closeness of different relations, just like a child starting to jump and dance on seeing his or her beloved mother or father, who bestow unconditional love on the child always. Similarly, in the pursuit of deeper understanding and spiritual learning, we look at different resources; someone would enjoy studying philosophical books, while others feel relaxed and happy while listening to the religious discourses from learned Saints and Gurus. **Irrespective of who we are or what our background is, the yearning for everlasting happiness continues to motivate everyone.**

In the above journey, one's role or task or ambition in life

plays a significant part in enabling us to experience happiness and fulfilment, but also share the same with others: Those who have achieved high social status or ministerial positions in one's country remain deeply satisfied in life by continually helping hundreds and thousands of their community and country, and solving day to day problems. Many high-ranking members of different social service organisations like the Rotary Club, Lions Club, women-led institutions rejoice in extending their helping hands to the needy and poor, particularly in the fields of Health, Education and Safety.

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya recently hosted a very important conference for Social Service Leaders on the theme, "**Happy Life & Healthy Society**" from 30 June to 4 July, at our Gyan Sarovar Campus, Mt Abu.

These four words carry a very big message from the service point of view. Around 375 guests created a very beautiful ambience with their participation in the early Morning Meditations, and Conference Sessions. Each Session was well designed; Speakers from different Social Service organisations, and Spiritual Seva experts highlighted the existing scenario of social service in different parts of India and Nepal, and the way they are helping their National and State Governments in the fields of the empowerment of girls and women, education of girl students, and improvement of health and economic status of individuals in society.

One of the top dignitaries who graced this occasion was none else than the former Deputy Prime Minister of Nepal, **Hon'ble Shri Bijay Kumar Gachhadar**. His keen interest in serving society contributed to his being elected continuously for 40 years, while being endowed with different responsibilities in the Ministerial Posts. He became Deputy Prime Minister four times during his

political life. Shri Gachhadar was Guest of Honour at the Social Service Wing Conference, accompanied by his wife and 14 other dignitaries from Nepal. He shared the following most humbly: ***“I am experiencing great peace here. I have been delayed in coming to this land of Gyan Sarovar, but I am happy that I have finally come. The stream of Knowledge-Yoga flows here. Today, there are distortions in society, and the situation in the country of Buddha, Nepal is especially delicate. It is necessary to imbibe the message shared by the Supreme Being, Incorporeal God Shiva, through which everyone can be benefitted.”***

These Nepalese guests were highly appreciative of the teachings of Spiritual Values and Meditation being rendered by hundreds of Brahma Kumaris Centres, in Nepal, that are administered brilliantly by Divine Sisters BK Rajdidi and BK Kiranbehn. I had the fortune of meeting the delegation from Nepal, as well as some VIPs invited for the

Conference. One couple from Indore happened to be Rotarians, who are much involved in establishing 100% literacy in India, especially amongst girl students.

Such encouraging stories of will-power and determination as shared at the Conference would definitely inspire other Social Service Instruments to bring about positive changes in society, especially in elevating the standards of living of girls and women, and making their dreams a reality. The Brahma Kumaris under directions of the Supreme Being have pledged to spend their time and energy in spreading Spiritual Enlightenment through Value Education and Easy Rajyoga Meditation. Being an international spiritual institution, Brahma Kumaris have more than 5000 Centres in India and Nepal, and Associate Centres in 130 countries around the globe.

Spiritual Awakening is one of the most important fields in human endeavour for upliftment of human character, and reviving inner peace and happiness in the maximum number of people in the world.

We know that the search for inner peace and happiness goes beyond the barriers of religion, country or language. When a person is awakened spiritually, and understands the depth of Spirituality, they become the most valuable world servers in conveying God’s message for the transformation of society. The Brahma Kumaris have accumulated many treasures of spiritual wisdom, and multimillion fold experiences in the application of Spiritual Values and Rajyoga Meditation, and so the Mission and Philosophy of the Brahma Kumaris is very simple: **Each one Teach one through one’s own example of Self-Transformation.** Those who are empowered to renounce negativity from their lives, and inculcate divine virtues, can rightly say that they have found the right path to natural self-awareness, and realisation of universal spiritual brotherhood/sisterhood.

Just as a variety of pertinent subjects were contemplated during the Social Service Wing Conference, 19 other denominations of Godly Service

Wings are functioning to serve people of different professional walks of life. It is colourful spectrum of Wings created by Rajyoga Education & Research Foundation (a sisterly concern of the Brahma Kumaris): Administrators, Politicians, Medical, Jurists, Scientists & Engineers, Transport, I.T., Media, Education, Religious Service etc. These Wings design their service plans for the entire year to reach out to their own kind to the maximum, and share the wonders of spiritual experiences through Rajyoga

Meditation, and their application in day-to-day life, while maintaining a balance between professional, family and social lives.

Philosophies can be many, but the essence of all learning is the depth of Self-Realisation and experience of the relationship with the Supreme Being; this helps in overpowering all negativity and weaknesses. Spiritual effort-making is the path of great people, who become the embodiments of humility, simplicity, gratitude and selflessness, like Bapu Gandhiji,

Pitashri Brahma Baba, Mother Teresa, Abdul ghaffar Khan and the like.

The Godly versions of the previous four weeks have been emphasizing the need to celebrate the joy and beauty of spiritual belongingness to the world community, as worthy creation of One Almighty Authority Supreme Parent. Let's put our heads and hearts together in living by our spiritual faith, values, and practices. This would lead us to our most cherished goal of life in the Golden Age.

– *B.K. Nirwair*

A UNIQUE MANGO TREE GROVE

We have been inspired to set aside 5 acres of land in Tapovan Farm, near Shantivan (Abu Road), for developing a variety Mango Tree Grove. We invite our respected Brahma Kumaris Sisters and Brothers, and Well-Wishers, **to facilitate the acquiring of saplings of about height 6-7 feet from all over India for this special project.**

These mango trees, as well as the peepal, banyan and neem, are gifted with the ability of creating an atmosphere conducive to bringing on rains, and elevating the ground-water table. We have just one month's time to carry out the plantation, so we extend our multimillion thanks in advance for your kind cooperation.

If you are able to provide healthy mango tree saplings, you are requested to contact:
**B.K. Bharatbhai (Chief Engineer, Shantivan): Email - bktapovan@gmail.com,
 Mobile – 9414164200**

BABA'S *DRISHTI* CREATES EXTREMELY DEEP HAPPINESS WITHIN US



– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan



The elephant's trumpeting is so great. This is a gathering of the Maharathis, such a beautiful gathering happens just once a year. Here, we can see Baba's creation and immediately think of Baba. What did Baba teach us today in the *Murl*? Baba's inspirations and feelings are also within me. Baba wants the children to inculcate the knowledge and gives us deep points. I remember some words of *The Gita*: "O God, this knowledge of yours is very deep, filled with extraordinary significance. This knowledge is very deep, attractive and filled with love and secrets. As we listen to it, we become the supporting sticks (*lathis*) for the blind; we are able to show the way to those in distress, who are stumbling and cannot figure out what to do and where to go. To show them the way, Baba has made us His own, and like Himself. Where were we before? We were wandering about. From so many far-off places, He picked us up. With His *drishti*, He pulled us. Baba's *drishti* creates extremely deep happiness within us. In a

second, we take deep *drishti* from Baba.

You are listening and sitting in the Diamond Hall. Who is speaking? The songs say that Lord Shiva is Innocent and Sweet. He makes us His own children. He transforms us into something completely different. What were we before and what have we, now, become? We can become something when we have an aim and object. The devotees do not have an aim and object but we do have; and this makes it easy for us to be better day by day and we like what we are doing. We were ordinary humans and are, now, becoming deities. The deities we used to worship are the ones we are, now, becoming. Is it not surprising? In the *laukik* world, first, one studies and, then, one accumulates wealth. Baba has made us able to earn whilst we are studying.

In the early morning at *Amrit Vela*, Baba gives the feeling of being the Father to His children. This is the precious time to feel whose children we are and what we are studying? Throughout the day, we are serving and accumulating the treasures, in

the evening we are sitting as angels with full faith to become the deities in *Satyuga*.

I am firm that we are all making efforts to go with a high status to the Golden Age. What quality of Brahmin am I? I am a Brahmin, born through the lotus mouth of Brahma. The *laukik* Brahmins cannot say this. Today, Baba spoke about purity. A Brahmin must have 100% purity; if there is 5% less, this is not being a true Brahmin. Then, you will be numberwise. Hold the feeling of being a Brahmin and make this firm, so that others pick up this feeling of who you are.

Shiva Baba is my Grand Father. Brahma Baba is both my mother and father. The wonder of Brahma Baba is that he is the mother, who has adopted us and also the father, who makes us worthy to claim the inheritance. We are his children, who receive blessings. We know this definition and description. The *rishis* and *munis* say that God is indefinable and there are so many *pundits* and scholars, but none of them know God. We

are not arrogant but we have the true faith and intoxication that reveals itself through our face. Since the Copper Age began, we studied *The Vedas*, scriptures, etc. We know God: who is He? where does He live, what does He do? how does He do His work? and when does He do it? We know all of these things very well. People ask: Have you seen Him? '*We have seen and attained the innocent Lord Shiva*' is the song and Baba made the correction: '*We have known and not seen*'. This gives purpose. Through His teachings and sustenance, Baba has made our intellect absolutely clean. Anyone, who has a clean intellect, hasn't any outstanding old 'stuff' in his/her thoughts and thinking. *Don't think anything else.*

If you want to think; then, think, about knowledge. The Supreme Father is the knowledgeable, and makes us powerful and loveful again and again. There is no *Murli* in which Baba doesn't say: 'Remember Me'; and with this remembrance, your negative action (*Karma*) will be destroyed. Remember Me, your Father. The accumulation of sins from many births cannot be destroyed without remembrance. Remembrance is essential. We have to become the destroyers of negative *Karma* and become *Karmateet*. It is not a desire but a feeling within us to become a conqueror of negative *Karma* and become *Karmateet* and, then, to become complete with 16 celestial degrees along with all the virtues. Such a one can become close to Baba and, then, will have divine attraction.

Dadi Gulzar, in one sentence, says: "We are 'combined' with Baba, but not alone." Open up your heart and see who is in your heart. It is the One you love the most. If you don't feel love for Baba, it means you have placed someone else in your heart; so, be very careful. If anyone or anything is sitting in your heart, the Comforter of Hearts will not come and sit there. Take a step of courage and receive Baba's help. Be honest to Him – this will please the Lord and Master. You will have both these experiences. If you didn't have courage, you would not be sitting here as *Maharathis*. You all are more than 20 years in knowledge (*Gyan*). What is your foundation? You took a step of courage, overcame many obstacles and reached here. So, keep a true heart and the Father will be very much pleased with you. ❖

THE NECTARINE TIME (AMRIT VELA)

–B.K. Indal Singh,
Texas, USA

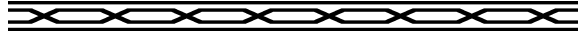
Wakeup, O sweet child, it is pre-dawn;
The silence is pure and sweet;
Listen, O My Fortunate child, can you hear:
The silence sings the symphony of the soul;
Now, embrace the new day with peace.

Journey back with the Father homeward,
Leave all and let silence be your companion;
Now, touch the Father's Hand and fly higher up.
"Yes, My Beloved Father, I am very light in flight
And feel the supersensuous joy with Your might."

Hurrah! What a joy in flight with Baba's love
And the speed of thought and silence;
O Sweet Beloved Father! Your luminous touch
And assurance of Liberation and Salvation
Fuel my soul to move back to the Original Metaphysical Home.

O Sweet Beloved Baba! what a blessing I feel
When the darkness heralds the Golden Heavenly Light:
The Age of Bliss, Immortality and Joy.
You have found me to take me back to our sweet Home
Once again for eternal peace, calm and silence.

SITUATION-PROOFING IN LIFE



We are learning a lesson at every step of our lives. The real life situations are our hidden lessons which come to teach us something or the other in a short period of time and bring in front of us various questions such as: "How will I ever live a life without a loved one, lost due to death or due to differences in opinions? or Why did this particular event ever have to happen to me like an illness or a sudden financial loss at the workplace? or When will I achieve the desired success in a difficult scene full of events that challenge my mental security? or What did I do in my past births the results of which I am seeing in the form of a loved one not looking at me with the love and respect that I deserve?"

We all know what is water-proofing. A rain coat worn in the rain does that. Based on that, there is a term **situation-proofing**. The situations and problems will be there. But, you have to mould your thoughts and perceptions to become situation-proof. Situation-proof means you become free from the negative influence of the situations and are able to deal with them without any worry or tension. We are all faced with different types of challenging situations. The situations will come in the form of our own negative *sanskaras*

like anger, jealousy or ego or sometimes in the form of lack of respect from a work colleague, or a challenging or difficult work or task or a difficult relationship or a temporary setback in the physical body, etc.

A life without situations is like trying to live a life in an imaginary world, cut off from reality. There are two categories of people. One will make the situation smaller by having a *positive perception*. The other will make the situation bigger than what it is by having a *negative perception*. Perception is based on how you see things and what you believe. How you see things and what you believe is based on what you think. The negative thoughts of **How? Why? When? What? If! and But!** create confusion and chaos in the mind, and create a negative perception about things and life in general. On the other hand, if we are positive, we will rise above these questions and be positive. This is situation-proofing.

As we all know, as is our consciousness (*smriti*), so will be our attitude and this will influence our perceptions or the way we look at life situations (*drishti* or *drishtikon* in Hindi). Finally, the energy of our perceptions flows into our words and actions (or *kritti* in Hindi) and shapes them.

Situation-proofing can be defined as cultivating a powerful consciousness with little room for the negative or waste thought patterns. A person with such a positive consciousness has a natural positive attitude. This positive attitude is translated into a positive perception, which finally leads to correct words and actions, required to solve a problem.

Thus, our thoughts are the foundation of our perception. Negative perceptions stand on the foundation of negative thought patterns created over a period of time. Similarly, positive perceptions stand on the foundation of thoughts of positivity over a long period of time. The mind does not become powerful overnight. Thoughts of positivity are like clean water poured in the bucket of the mind filled with muddy water. A large volume of clean water (thoughts of positivity) is required to be poured into the bucket so that the unclean water is completely replaced by the clear water of positive thoughts. So, pour positive and beautiful thoughts into your mind everyday for a few minutes through the help of spiritual knowledge. And, slowly, over a period of time, the question marks and exclamation marks, which confuse you and reduce your positive perception, will be removed. As a result you will become situation-proofed in your life. ❖

**—Awakening With
Brahma Kumaris**

IF EVERYTHING IS FIXED, WHY SHOULD I TRY?

—B.K. Rose Mary

When it is told that everything in the Drama is fixed and repeats itself every *Kalpa*, some may feel: “If so, why should I try? Would it not be boring?, etc.”

Just like there could be wrong answers, there could be improper questions also. For example, after seeing non-vegetarians enjoying their food, one cannot ask: “Is the flesh of other living beings a very enjoyable food?” This question is not fully right because it has conflicting answers. The flesh is a delightful food for one group whereas it is highly abhorrent for people, who value lives of other living beings. Similarly, you can't ask: “Is an idol (*pratima*) good?”; because some religions hate it whereas, in India, *idol (pratima)* is helpful. The term *Pratima* [derived from the root *ma* = to measure] is defined as *Pratimeeyathe iti pratima*, which means conveying the character of god/goddess in equal measure into another medium, as in the case of picturization of *Vishnu* whose core characteristics are shown through four hands holding the *swadarshana chakra* (knowledge that he is *atma*),

mace (victory over *Maya*), lotus (purity) and conch (announcing the knowledge of the forthcoming Golden Age with others and enabling others to become like him).

That means conflicting answers we can have for certain questions depending on various factors, and the true meaning of a statement is inseparably connected with its context. In the context of saying history repeats identically every cycle, God may say ‘even a fly that passes by your face may do so in the next cycle too.’ People, who look for essence rightly, think: “If so, the more important things, too, will surely repeat identically.” It is not unusual to take minor things to highlight major things. For example, Jesus said: “Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye” (*Mathew: 7:3*). He was not thinking about a dust particle. Rather, he was saying that most people are inclined to see even the minor faults of others (but not their own major faults); thus, they never feel the need to change; hence, good and bad people repeat what they have

been doing (*Mathew: 12:35*); and, because of this, he declared: “Wide is the gate and broad is the road that leads to destruction, and many enter through it. But, small is the gate and narrow the road that leads to life, and only a few find it.” (*Mathew: 7:13, 14*)

When God Shiva says: “Everything repeats itself”; it is simply His experience that everything repeats itself. He gives a perfect start to humanity at the start of every *Kalpa* and they reach the state of decadence in the end; hence, He has been renewing what has become old at the end of each *Kalpa*. Things begin to become old as inhabitants on earth fall into forgetfulness about true nature of themselves and of God; thus, history is cycle of “forgetting and not forgetting” (*Murli: 05.09.2017*), which is all about repetition. Things repeat in small and large scale. To mention a few examples: Billions of deaths have occurred; yet, people repeat the style of living as though they will not die. Even though mechanism of Cause and Effect is everywhere, most people repeat hoping that they can evade the consequences of their actions; thus, we have increasing crime rate, abortions, etc. Everyone knows that the sensual pleasures are sweet in the beginning but bitter in the end, thereby resulting in many

sufferings; yet, people repeat running after them. Even though everyone in India knows that Gandhiji entered into politics with no selfish interest, people repeat entering into politics with selfish interest.

The reason why people repeat is that each *atma* is unique and has also unique *sanskar*. Hence, even though one may think that he/she is choosing his/her action; in fact, he/she is only unfolding according to his/her likes and dislikes. People going to a restaurant and ordering for different items may give the impression that they are choosing. In fact, each one is only acting according to his/her taste and liking, which is *not choosing*. The likes and dislikes are fixed whereas choice is quite dynamic. One may unwillingly donate for a welfare cause, because he is worried about his image; thus, his donation was a forced giving but *not a choice*. What people do is only an expression of what they really are. What one is, doesn't depend on him. What is in the tank only will come through the tap. What is in one's *sanskar* only will come out as his/her actions and reactions. Hence, whatever one does is unfolding of his/her likes and dislikes, which are, in effect, like *rolling down*; hence, choice is not a right word to describe our actions. Our actions are best described by the word "instrumental

consciousness (*nimit bhav* or *chetna*)," says Gulzar Dadi (*World and Wisdom of Gulzar*, p. 74). Because, it is under various factors and forces that each person acts. This word *nimit* is a combination of *ni* (down, back) and *mita* (moderate/measure, derived from the root *ma*, to measure) as in *nirrog*, which means "free from disease". Hence, when you say "I am *nimit*", it means my part in any happening is too small to measure as I am flowing with many factors and forces (seen, unseen, discernible and indiscernible). When I say "I had my lunch", it may look too simple. But, to make it possible, how many people should work directly and indirectly, including the invisible labour force of micro organisms, working beneath the mud in the farmlands?

In view of the above, one would easily understand the import of what Baba says: "Even, the fly that passes before your face will repeat it in the next *Kalpa*." This is just another way of saying everything (micro and macro) repeats, and this statement often comes with other statements such as: "BKs are those, who do not engage in vices. If a BK commits any vice, he/she will lose his/her status and will also receive 100 times punishment, etc." Thus, in essence, what He says is that Drama is a play of both freedom and destiny. All those, who are

acting, do not feel that they are acting in a fixed way but instead feel that they are choosing; yet, in fact, they are only unfolding according to their *sanskar*. There is no choice in unfolding, it is fixed. Hence, actions are fixed, and results are inseparable from action; hence, they, too, are fixed. Fixed by whom? By each individual. For example, Baba says: "You could even go higher than Mamma and Baba, but the conscience says that no one can go higher than Mamma and Baba." (*Murli*: October 09, 2017) In other words, in Drama everything repeats because of the fixed thinking of individuals. In some cases, it is very obvious. For example, the habitual late-comers have a fixed thinking; and habitual time-keepers, too, have a fixed thinking; hence, both groups repeat their habits.

When BK spiritual knowledge (*Gyan*) was introduced to us, we readily and delightfully accepted it; and, superficially, it seemed it was our choice. Yet, the truth is that we accepted it because it matched with our *sanskar*. When I went through the seven-day course of Brahma Kumaris, I felt an overwhelming leaning towards it from my subconscious mind to accept it readily as though I have lived through the first perfect half of the *Kalpa*. In other words, it was as if I was re-awakened to BK knowledge (*Gyan*) just like I am

awakened from sleep by the sound of an alarm clock, which is not a choice in its real sense. Those, who reject BK knowledge (*Gyan*) too do the same in every *Kalpa*. They are like those, who have never visited foreign countries, and, to them, the names of foreign countries are just names with no memories attached. But, the name of Switzerland comes with many fond memories to a person, who has already visited that country. Those, who accept truth, will do so in every *Kalpa* and those, who reject it, will do so in every *Kalpa*. Everyone knows that there is love, and there is real love too; there is seeing, and there is real seeing too, etc. Similarly, those, who see, will always see [what physical eyes can see], and those, who really see will always really see [what non-physical eyes can see]. The physical eyes see seed-tree-seed mechanism whereas non-physical eyes see an eternal cycle behind them. The physical eyes see the end of *Kaliyuga* and the non-physical eyes can see beginning of the next cycle, too.

Thus, two types of people are repeating two different *sanskars*. The spiritual person and non-spiritual person may always repeat acting in a fixed way. For example, when a spiritual person sees a purse falling onto the road from another person, he/she simply returns it to its owner and feels happy about that very act

and *would not want any publicity* to it. On the contrary, when a non-spiritual person sees a purse falling onto the road from another person he/she simply takes it to himself/herself and feels happy about the things he/she can buy with the money in that purse and *would not want any publicity* to his/her taking the purse. These two types of people would always repeat their style of functioning. This is true in large scales also. In the first half of the *Kalpa*, the inhabitants of heaven only enjoy the fruits of their actions performed in the Confluence Age. In second half, more souls descend and divisiveness starts; and it is unstoppable. If anyone tries to introduce the features of first half of the *Kalpa* (such as one government for all, one religion for all, one economical system for all, one language for all, etc), he/she will simply be resisted by all, and he/she will understand how impossible such change is, even though everyone knows that it is highly beneficial. What an irony is it! Yet, it is a fact! It means that the highlights of first half of the *Kalpa* and those of second half of the *Kalpa* simply repeat identically. It is an endless cycle of elevation and entropy! The only thing an individual can do is 'acceptance' or *Amor Fati* (love and accept everything that happens) – a beautiful concept, which the ancient Romans understood. In

the act of 'acceptance', there is peace, which brings other virtues such as love, joy, forgiveness, sympathy, empathy, etc.

Thus, in overall view, there is contentment. It is like the one, who is praising the pour or fall of rain in overall view: "What a wonderful arrangement the rain is! It pours on all places. It starts from the ocean and travels through air as cloud and falls as drops and flows back to the ocean. In the process, it cleanses the land and nourishes the living beings." See what happens when he/she has limited view about rain, saying: "What a wastage! It pours water on rock, mountain, deserted areas, etc." Similarly, in limited view, one may not fully appreciate the repetitive aspect of Drama, saying: "What a boring it would be!" Some would even ask: "If everything is fixed, why should I try or do *seva*?" Such question has no meaning in their personal life because if someone is a skilled cook/dancer/driver/singer, etc, he/she would not ask: "why should I be careful while cooking/dancing/driving/singing, etc?"

The more attentive one is to one's talent, skill and work, the more enjoyable his/her life would be no matter how repetitive the action is. As John Milton, the English poet, rightly wrote in *The Paradise Lost*: "The mind is its own place and in itself can make a Heaven of Hell, a Hell of

Heaven." You can find this to be true by a simple experiment. Imagine that you are a grandfather. You kept an Indian Sweet (*ladu*) on the dining table and went to washroom, and when you returned to eat it, it was missing. Now, you begin to think who the possible culprit could be. You feel anger, when you think of your maid as the culprit. But, you feel no anger when you think of your wife as the culprit. You feel happy when you think of your daughter as the culprit. And you feel double happiness when you think that your grand-daughter may have eaten it. See, how negative emotion of anger changed into double happiness according to the change in your own thought! A person, who interacted with over 12,000 persons during their wait for death, in the eve of their lives, gives the highlight of what they all said: "One should try to find joy in the small things, for that is what would bring a blot of happiness. One should learn to accept the situation and choose what you deeply feel will be of value to you." (*Vibes: Incessant Journey of thoughts*, by Mizuma Lenin)

It's all in our mind. If one feels that "repetition is boring," then, it is boring; and if another feels that "repetition is not boring," then, it is not boring. People, who have overall view, have no problem with the teaching that 'everything (micro and macro) repeats' because they know that happiness does not depend on whether something is repetitive or non-repetitive. Happiness depends on doing what we enjoy doing or on liking what we do, fully concentrating on the now, regardless of whether it is small thing or big thing, repetitive or non-repetitive. There are many things we do daily, on repetitive mode, such as brushing the teeth, bathing, eating, etc.; yet, we don't feel they are boring to us. Such routine things become even more enjoyable when we do them consciously. Apply this principle to do everything we do; and you will find that every moment becomes a moment of joyfulness. The shrewd ones would also safeguard their happiness by keeping only positive and inspiring friends. And this is all the more necessary, now, as we are very close to the Golden Age. ❖

BELIEVE AND YOU WILL SUCCEED

Have you been very excited about your big or small goals, working very hard to achieve them; but somewhere down the line doubted success? Just recall how it influenced the outcome. Whether it is a personal goal or a professional one, we typically need people's support to be successful. It's important for everyone to work with a calm, relaxed and stable mind. The environment needs to vibrate with confidence and determination. When we rely on each other, trust must be at the core of our belief and behavior. We have all experienced that people are most productive when they have a person trusting their abilities. Let's ensure no-one creates thoughts of doubt, insecurity, incompetence or anxiety either about themselves or others. Negative thoughts become obstacles to success. If it is our goal we have a responsibility to be solution-oriented. Let's focus only on how to help and motivate people. And let's remind ourselves daily: *I am confident that together we will be successful.*

We have heard the saying: *Well begun is half done.* Whether there are 10 or 20 things on our to-do list today, if we begin them with self-belief, discipline and enthusiasm, our speed and efficiency increase magically. People working with us absorb our energy and feel motivated. An overall sense of belonging to the place, people and task develops. Time doesn't seem a barrier. Sit back and make your work day unfold perfectly today. Your inner success factors of stability, comfort and happiness will have an influence on getting your success outside. You will save time and energy because there were no emotional leakages of anxiety, aggression or stress. You will go back home from your workplace being quite pleased and happy.

SPIRITUAL INSPIRATIONS FROM JUDGES, LAWYERS AND COURTS



– B.K. Viral, Mumbai

The day, 17th July, is the World Day for International Justice. Hence, today, let's take some spiritual inspirations from the judges, lawyers and courts.

An Illustrious Life!

The judge is referred to as "Your Honour". Similarly, let's honour and respect everyone around us.

The Law consists of various Acts. Hence, let's perform every act in God's remembrance in order to experience success at every step.

The judge hits the hammer on the table to silence the arguments. Instead, let's become so peaceful and silent from within that everyone around us, automatically, becomes peaceful and calm in our sweet and solemn presence.

After hearing the arguments for and against some court-cases, the judge goes to another room for a few minutes before making the final decision, in order to become free from unnecessary influence. Similarly, let's always remain in the elevated company of God in order to remain free from negative influence always.

Witnesses are very important in solving some cases. Hence, let's witness (i.e., see) every scene of this world drama as a detached observer without being influenced by the scenes, and try to positively influence them through the power of our good wishes and blessings.

Courts get many property cases. Hence, let's keep



remembering the divine properties (i.e., divine inheritances) of spiritual knowledge, virtues and powers that the Knowledgeful and Benevolent God Father is giving us, by inculcating which we can inherit the divine inheritances of *Satyuga* as our divine birthright.

Judging our Own Self!

We tend to become a judge for others, but a lawyer for ourselves (i.e., justifying our actions). Hence, let's make this opposite, i.e., keep judging and correcting ourselves and keep accepting the otherness of others.

Indeed, let's avoid becoming judgemental towards others. Because, we don't know what

they've gone through in their past births.

The order passed by the lower courts can be challenged in higher courts, even in the Supreme Court also. Similarly, let's keep checking our old belief systems in light of the new spiritual knowledge, which is being imparted by God, the Supreme.

Indeed, let's judge our sense organs in our personal court every night and check whether our eyes, ears, nose, tongue, etc. are acting according to our directions or not.

Only when we're unable to self-regulate ourselves, we need external regulations to control us. Hence, let's fill ourselves with the power of spiritual knowledge and meditation in order to become fully self-disciplined for following automatically all the regulations required.

Remembering the Law of Action (*Karma*)!

While the worldly laws need to be enforced by courts, there's one universal law in Nature that automatically gets enforced; that is called the Law of Action (*Karma*).

The Law consists of primary legislations and secondary regulations. Hence, let's keep primary attention on our thoughts in order to automatically ensure that our words and actions are also of the same elevated quality as our thoughts.

The judge needs to be very stable, even though the lawyers and parties may flare up during the course of the arguments, because he needs to be peaceful to take the right decision. Similarly, even amidst the various challenges in life, let's aim to remain very stable in order to make the right decisions always, which greatly benefit both ourselves and others in the long-term.

Courts can send the accused to jail when proved guilty. Similarly, in order to prove our innocence and guiltlessness, let's avoid getting jailed or imprisoned by our own old and negative *sanskars*.

The accused in the court-case goes through a lot of stress. Hence, let's always pay full attention to our actions in order to avoid stress and repentance later.

Remaining ever Happy through Spirituality!

The lawyers have the excellent knowledge of the various laws; even they have many laws memorized, word by word in their mind. Hence, let's also ensure the same attention and sincerity in memorizing our spiritual study and also maintaining an elevated state of mind always.

The defendants need to take an oath on the holy scripture that "I'll only speak the Truth". Similarly, let's take pledge to always follow God's Elevated Directions (*Shreemat*) in life and thereby to become the most elevated ones.

Courts get many criminal cases. Hence, today, let's realize that all the crimes arise only as a result of the anger and attachment within. Hence, let's win over even subtle shades of the vices within us like lust, anger, greed, attachment and ego in order to become

completely pure once again, and thereby become free from even the slightest trace of sorrow; and thereby fill with happiness not only ourselves but also largely contribute to creating the ever-happy land of *Satyuga* once again.

Indeed, there'll be no courts in *Satyuga*. Because, all the souls will be 100% charged with purity and divinity, i.e., they will be fully pure, divine and powerful; hence; fully self-disciplined.

Conclusion

Hence, today, let's remain under the elevated guidance of God, the Supreme Justice, in order to remain in His divine company always and ensure that our every action (*Karma*) is full of royalty and divinity. This ensures that we must win over even the subtle shades of vices within us, and thereby help in ushering in the divine, lawful, disciplined and orderly land of *Satyuga* once again. ❖



PLAYING WITH PEARLS OF VIRTUES



Am I comfortable with silence? Or does the mind get fidgety when I am physically silent and bring up questions and uncertainties related to my life and relationships? Silence to some is boring and unproductive but that depends on one's thoughts. **I have two magical tools in hand: the mind and intellect. When I teach both to work in synchrony, I create for myself unforgettable experiences of empowerment, love, wisdom, compassion, forgiveness and far-sightedness.** In silence, I can detach from my body, tasks and relationships and see which next step would be beneficial for myself and others.

The more I discipline the mind with love, it becomes my closest friend.

– B.K. Urvashi, Mt. Abu

|| From the Melodies of Mateshwari Jagdamba Saraswati ||

WORLD PEACE AND HAPPINESS



What do people wish for in this life? Everyone accepts that human beings need peace and happiness. So much effort is made in the world to try to find true happiness and peace, either materially or spiritually.

Generally, people's efforts are to attain material things. They get at least some happiness through that; and, so, they continue to make efforts. But, despite much effort made over a long period of time, they have not attained peace and happiness in life. It is understood from this that there is some other way to attain these qualities.

Definitely, there is someone else, who gives peace and happiness. Who is He? We witness the condition of the world, resulting from all the efforts people are making: it is said that there is unrest and unhappiness. Everyone is peaceless and unhappy. This is why they wish for happiness and peace; if the world had peace and happiness, why would they say they want World Peace? If the world had peace, the words 'world peace' would not exist. It



Mateshwari ji

means there is no peace in the world. The world is definitely peaceless, now.

It is not the question of one person, or two to four people, or a few hundred thousand. It is a matter of the entire world. The whole world is peaceless; and, so, it is said that the world needs peace.

Time to Establish World Peace and Happiness

The One, who establishes world peace and happiness, is the Lord or Master of the world. To give peace and happiness to the world is not a human being's task. It is the task of the Lord and Master of the world. The Lord and Master is the One, who is the Creator. Everyone must

understand how and when the Creator gives. The Master, the Creator, personally comes and explains about all these aspects. He says: "I have to come to explain about all these aspects, and I come in my own time, known as the Confluence Age. Do you understand?"

The Confluence Age means the end of this cycle and the beginning of the new cycle. It means the beginning of the Golden Age and the end of the Iron Age. Many are unaware of this Confluence Age. If asked, people mention four ages – golden, silver, copper and iron. But, none except Baba's children know about the Confluence age. Many think that God comes in all these ages mentioned above. People misunderstand what God said in *The Gita* and believe that He comes in every age. But, this belief is erroneous.

There is No Need for God to Come in Every Age

There is no task for God to do in every age, is there? What would He do in the Golden Age? The Golden Age is itself the age of truth. God comes to establish righteousness. The Golden Age is the age of righteous souls; this is why it is called the Golden Age. There is no need for God even in the Silver Age. That is the kingdom of moon dynasty,

for which Gandhiji aspired and wanted *Rama Rajya* for the nation.” There is no need for Him in the Copper Age too because that is followed by the Iron Age.

So, God has to come at the end of the Iron Age and the beginning of the Golden Age. This is called the Confluence Age. This is what is meant when God says, “I come in every age: it means each confluence age between the Iron Age and Golden Age. Because the word “yuge-yuge” [every age] is written in *The Gita*, and the word Confluence has been omitted; so, those, who read *The Gita*, think that God comes in every age. But, there is no need for that. So, including this auspicious Confluence Age, there are five ages, aren't there?

The Time when God Comes

The Confluence Time is neither night nor day. It is also written in *The Gita* that there are two Phases, called the Day of Brahma and the Night of Brahma. The Golden and Silver Ages are Brahma's Day, and Copper and Iron Ages are Brahma's Night. God says: “I come neither during Brahma's Day nor Brahma's Night; instead, I come at the Confluence Age”, known as the



Auspicious Age. As there is a leap month, an extra or auspicious month after three years; similarly, within the period of four ages, there is the auspicious, beneficial Confluence Age, when God comes. The present time we are living in, is the same Confluence Age.

This is the beginning of the Golden Age; it is the time of the foundation of the Golden Age, when the sapling for the future age is planted and preparation for destruction is also taking place. This is the fortunate time when God, sitting in front of us, explains about all these aspects.

He says, “I have nothing to do in the Golden Age, as there is complete peace and happiness there. I come only at the end of the Iron age when there is complete irreligiousness, I only come in the end to destroy irreligiousness and unrighteousness. All these aspects must be understood.”

There are Five Clans

You must also understand the five clans of the inhabitants of Bharat (*Bharatwasis*). It is said that there are four clans: Brahmins, Warriors, Merchants and *Shudras*. Actually, there are five clans: the clan of Deities in the Golden Age, of Warriors in the Silver Age, of Merchants in the Copper Age, of *Shudras* in

the Iron Age and, then, *Brahmins* in the Diamond Age or Confluence Age. Now, in the Confluence Age, it's the Brahmin clan. God creates the true Brahmins, who are mouth-born progenies through Spiritual Knowledge delivered through Brahma's lotus mouth in the Confluence Age, now. The true Brahmins are those, who listen to and teach knowledge, imbibe purity and inspire others too to imbibe purity. Only the Brahmins created by God through Brahma are the true or genuine Brahmins.

It is said that Brahma created the New World. This means that the mouth-born progenies were created through his lotus mouth; it means the sapling of the generation of purity was planted as a result of spiritual knowledge delivered through his lotus mouth.

Who are we now? We are the true Brahmins, called Brahma Kumars and Kumaris. The Father says, “It is these Brahmins, who become deities in the Golden Age (*Brahman so Devta*). It is also said, “*Brahman Devtaya Namaha*”, which means, “Salutations to the Brahmins, who become deities.” The Father says: “I come and create the true Brahmins. How do I create? I impart knowledge through Brahma and teach

Rajyoga. I establish the Sun and Moon dynasties (Kingdoms) through this yoga.”

We attain the divine kingdom through this power of yoga. This is the yoga to attain the Sun and Moon dynasty kingdoms, wherein we were very happy; and the entire world was happy. There was complete happiness, health and wealth. God has come again to establish such a religion or kingdom and once again there will be peace and happiness in the world.

The Basis of Human Life is Action (*Karma*)

Now, God is establishing that very religion of deities. The term ‘deity’ means a purified and divine human being. When everyone was pure, that was known as the deity religion. People were constantly happy, because of being constantly pure.

There is peace and prosperity if there is purity. When there is no purity, there is no peace, happiness and prosperity. This is why we must adopt purity. The Brahmins adopt purity, and the generation of purity increases. Then, we get a pure body and pure soul in the Golden Age. Now, the soul is becoming pure.

We are the Brahmins now; and, later, we become deities.

You must sit and understand all these aspects. The Unlimited God Father, who knows the knowledge, sits and explains about the clans and ages. He makes us aware of the present time and tells us to take the benefit of it. He says: “Make effort to understand the importance of the present time, and get ready for the forthcoming world.” He explains all about the new world, what is in that world, how to become worthy to live there, and so on.

If we become worthy, only then we will be able to attain the reward of the Golden Age. The basis of human life is actions (*Karmas*) – We must, now, make our actions (*Karmas*) elevated, and become worthy of the reward of belonging to the deity kingdom, which is becoming ready. Here, in this school or college or university called Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, we are taught how to prepare ourselves for the New World, the Golden Age.

Concentration is Necessary, Now

Concentration means to get stabilized in one thought; to get lost in it. Concentration enables us easily to stop the waves of thoughts wandering here and there. We forget the body and the physical world, as long as we are stabilized in the stage of

concentration because, for that period of time, we are lost in it. Do you have the experience of such power of concentration?

Through the power of concentration, you can convey the message to any soul, howsoever far. You can invoke any soul. You can catch the voice of any soul. You can give cooperation to any soul, sitting at a distance. You can experience this power of concentration provided there is only the Incorporeal God Father Shiva and none other in your thought. Let there be the experience of all the attainments of the whole world in the Unlimited Father only. Let there be only One in your remembrance.

Trying to concentrate your thoughts is something else. To be stabilized in concentration is such a powerful, elevated stage. Experiment with this and see the results. Solitude is necessary for this. When you practise being lost in the One and only true Companion, in the midst of upheaval at the end, you will experience solitude amidst upheaval. However, you need such practice for a very long period of time. It is very necessary now, to become an image of experience through incognito divine powers. ❖



LIFE AND TIME PASS THROUGH INCIDENTS



– **B.K. Dr. Swapan Rudra,**
Durgapur (West Bengal)

Everyone's life is full of incidents whatever may be the facts and figures. Among them, a few are treated as accidents due to their negative intensity causing injury or loss of lives and property. Good moments are, generally, not counted, only bad moments are counted and remembered repeatedly for not being just to them till date. We, normally, do not expect any accidental moment, but still it happens all the time. Accidents are nothing but undue incidents with some sort of losses. Though all the happenings across the globe, in a particular moment, are fixed but we cannot know them at the time of occurrence; we come to know the same later. Human knowledge is still unable to move ahead in the direction in which we will be aware enough to tackle the situation by our own capacity of knowing the pros and cons of the incident. Had we known the series of events beforehand accurately, our lives would have been much better rather than being accident prone. We could never think that the incidents that are happening in our lives have been destined by

and for us only. Without having that kind of knowledge, we always try to apply the conventional worldly knowledge and, unknowingly, we flow ourselves in the direction, which we do not like. As a result, the whole society is becoming chaotic, turbulent, unhappy and violent, thereby turning it towards the black hole of intense negative force instead of many apparent good policies and programmes.

At this stage, society needs a reverse transformation aiming at peace and happiness. For this, soul power is necessary to clean the mind and intellect of each and every person. Then only, transparency will come in our minds and we will be able to think for the society and country in an unselfish manner. To oppose anything for self or in the name of others is easy, but to understand the inside of good moves is difficult. Generally, the human thoughts flow in a specific direction as collective consciousness as per the call of time, which may be termed as the need of the hour. The incidents happen in their time, we all enjoy the good ones and get pains from the bad ones, but

cannot change them. Even, we could never think that the future bad things may be changed if awareness comes at a right moment. But, post incident thoughts come differently that bring more problematic future instead of any remedy. The present human civilization is moving forward along with many backward motions, generation after generation. At the same time, in the running society amidst a lot of conventional ordinary zero-point or negative works, few giant steps are taken for the good of the people in the long run. Mental capacity of common people is not so powerful to catch the negative vibrations against the deeds taken for granted, today; and, hence, in majority cases, solution does not come. We blame one another and the situations become worse day by day. We always try to rationalize the irrations by our own judgements, introducing falsehood, mistrust and selfishness; and, hence, in no way the problems reduce. Rather, the whole society is being entangled in a variety of mental turbulences in which we all have been captured directly or indirectly.

Actually, we have lost our inner power as a result of forgetting our original spiritual identity. Power does not belong to body, muscles and bones; and it never depends on arms,

weapons and ammunitions. It lies within the spirits or souls and whenever we deplete that power, we lose our sense of righteousness. We can recharge our soul-battery by connecting our soul with the Supreme Soul or God. We call Him Supreme in every sense because He is the Supreme and Absolute Source of power, purity, knowledge, peace, bliss, values, virtues, qualities, etc. We remained orphan for a period of 2500 years in spite of our temporary achievement in different fields. But, an auspicious metaphysical time comes at the fag-end of each *Kalpa* (a cycle of 5,000 years) when God descends down upon the earth from His Highest Abode to give us the spiritual knowledge through which we may enlighten ourselves. Understanding comes from this Godly knowledge and powerful waves of spiritual light and might from Him penetrate the souls in an invisible manner through Godly remembrance. The more is the Godly remembrance (*Yaad*), the more is the availability of power, enriching the soul with its original and essential qualities. The empowered souls may bring peace and happiness in the present world and in future Golden Age when the lives will be spent more beautifully with enjoying moments of peace, bliss and happiness all the time. we will be free from any accident, health hazards and untimely death. All the moments, then, will be adorned with golden sparks of peace, bliss and happiness. ❖

Morning Musings & Night Notions



“You are never alone or helpless. The force that guides the stars, guides you too.” – *Shri Shri Anandamurti*

“When the heart speaks, the mind finds it indecent to object.” – *Milan Kundera*

“The want of goods is easily repaired, but the poverty of the soul is irreparable.” – *Michel de Montaigne*

“We are at our most powerful state the moment we no longer need to be powerful.” – *Eric Micha’el Leventhal*

“Eventually, all that one has learnt will have to be forgotten.” – *Ramana Maharshi*

“The game is not about becoming somebody, it’s about becoming nobody.” – *Ram Dass*

“Enlightenment means taking full responsibility for your life.” – *William Blake*

“Re-examine all you have been told. Dismiss what insults your soul.” – *Walt Whitman*

“Wisdom says we are nothing. Love says we are everything. Between these two our life flows.”

– *Jack Kornfield*

“In a conflict between the heart and the brain, follow your heart.” – *Swami Vivekananda*

“A life of reaction is a life of slavery, intellectually and spiritually. One must fight for a life of action, not reaction.” – *Rita Mae Brown*

“Sweet children! There are mainly three kinds of accounts of action: the soul clears them by going through diseases; by experiencing pains through its relationships; and by going through natural calamities.”

– *God Father Shiva*



Contd. from June, 2019 Issue



The deified and glorified Brahma Kumaris are the peerless and incomparable models of examples for other women of the current crestfallen section of the society. With their own examples of perfect womanhood, they instill new zeal and enthusiasm in the girls and women of the male chauvinistic and dominated society, which has, at present, relegated them to the background. If the girls and women follow the noble ideal paths of Brahma Kumaris, they will find a steady breakthrough in their life with new hope, courage and confidence in order to make the best and most of their life.

True and Perfect Rajayoginis and Karmayoginis

Today, in this world of rank consumerism (*Bhog*) and corruption (*Bhrashtachar*), people have neither interest nor time for renunciation (*Tyaga*), meditation (*Yoga/Tapasya*) and service (*Seva*). Even the saints and sages, who were earlier trying to do some sort of penance or

DEIFIED AND GLORIFIED BRAHMA KUMARIS: THE SPIRITUALLY EMPOWERED WOMEN OF THE WORLD

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

yoga of any denomination, have, now, left their lone abode in secluded caves and forests, fled to live in the costly, palatial bungalows, and to fool, loot and exploit the credible and gullible people with their so called *mantras* and *tantras*, and, thus, are leading a *bhogi* life instead



of a *yogic* one. Most of them seem to be *yogi* in their *outward* sartorial make-up but *inwardly* they have no love and liking for yoga, liberation, redemption at all, now. In fact, they are living their lives in “masks” and “camouflages”. But, in sharp contrast, Brahma Kumaris are the true perfect *Rajayoginis* and *Karmayoginis*, who are making invaluable spiritual service by giving *search-light* (*Sakaash*) and *might* (*Shakti*) to the world, its inhabitants and the elemental Nature. A true *yogi/yogini* is he/she, who remains in *yoga* spontaneously and constantly, matching the incessant movement of the subtle life

breath; Brahma Kumaris matched well with this definition of *yoga and yogini*. Shiva Baba emphasizes on the constant, consecutive and continuous remembrance (*Nirantar Yaad*), which they practised and came out with perfection. They maintain perfect balance between *karma* and *yoga*, thereby earning for them the enviable title of a perfect *Rajyoginis* and *Karmayoginis*.

Embodiment of True Brahmin Culture and Socio-Spiritual Culture

In the present decadent and impure world, the so called Brahmins, who are born and brought up in Brahmin caste and wear the so called sacred thread on their bodies, have completely defiled themselves by being indulged in sins of lust, anger, greed, attachment, ego, jealousy and indolence. In the manners of their food habits (*Ahar*), conduct (*Achar*), thought (*Vichar*) and behaviour (*Vyavhar*), they have completely gone astray due to intake of non-vegetarian foods and drinks like wines and liquors, due to evil and illegal conduct, due to bad,

inauspicious and negative thoughts, and due to anti-social and illegal behaviours while dealing with the devotees and seekers coming to religious places.

In contrast, the Brahma Kumaris and Kumars, who are the mouth-born progenies of



Prajapita Brahma, are the real Brahmins in true sense of the term and, therefore, are called the twice-born (*Dwijia*) because, firstly, their physical bodies are born out of mother's womb and secondly they took a divine, spiritual birth by listening to and inculcating the spiritual knowledge of Incorporeal God Father Shiva delivered through the lotus-mouth of Brahma. Their food habits (*Ahar*), conduct (*Achar*), thought (*Vichar*) and behaviour (*Vyavhar*) and day-to-day manners and dealings with others are also quite in concurrence with the Divine Versions (*Shreemat*) of God. In true letter and spirit also, they follow and display the real socio-spiritual culture of Universal Brotherhood of Man, Fatherhood of One Incorporeal God Father Shiva and One-World-Family on the basis of which the future spiritual and

cultural civilization of the forthcoming heavenly world is being founded, now.

In this way, they help in establishing the true Brahmin and Socio-Spiritual Culture in the world with full commitment and dedication, at present.

Exemplary Models of Complete and Perfect Womanhood

The girls, mothers and women, in general, of the world are passing through the current phase of utter humiliation, torture and defamation in the form of rape, molestation, abduction, murder, etc. in the morally, socially and spiritually bankrupt society and world, at present. They are being regarded as the objects of sex and sensuality, relegated to background in social and financial status, subjected to emotional and psychological torture, and are tagged with stigma of miserable and wretched women, being thrown to hellish and heinous conditions. As a result, the earlier state of their womanhood is currently at stake.

In contrast, Brahma Kumaris, who are pure in their thoughts, words, deeds, manners and behaviours, are the exemplary models of complete and perfect womanhood. With their illustrious moral, social and spiritual conduct, they display the divine characteristics of the

worship-worthy deities like Sita, Savitri, Shree Lakshmi and devotees like Meera, Parvati and such others with their utmost devotion towards God, dedication and determination for His noble tasks of complete world-transformation by surrendering their body, mind, wealth, time, energy and thoughts. They have inculcated the noble values, qualities and virtues of simplicity, peace, purity, divinity, integrity, charity, nobility, compassion, cooperation, forgiveness, truth, sincerity, commitment, patience, perseverance, generosity, wisdom, ingenuity, etc. in their practical life while coming in interaction with others, and thereby showing themselves to the world at large as the exemplary models of complete and perfect womanhood.

Brahma Kumaris are Embodiment of Values

'Value(s)' refer to those standards of principles, ideas, self-imposed rules (whether moral, spiritual, ethical, etc.), which we maintain in life or which we adopt to live our lives righteously and successfully, and which we stick to with a clear conscience without any fear of outside threat or influence. Values also refer to the experiences and achievements that we consider desirable and

valuable for our existence and evolution; for liberation from evil and suffering, and for evolution of our inner and outer environment leading to eternal joy and bliss.

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

Brahma Kumaris are the Embodiment of Spirituality

Brahma Kumaris are the embodiment of spirituality in the sense that they are spiritualizing the individual souls by explaining them that they are originally and essentially the immortal souls/spirits, who take the mortal bodies with various organs to

play their roles on the earthly stage; as souls we are the spiritual children of One and same God Father. They are trying to transform the human beings into divine ones by instilling in them the spirituality and divine



virtues and thereby also trying to divinize the society and the world in very near future. They are creating integration in various faiths, through interfaith dialogue, by inviting the leaders and people of different faiths to a common platform for establishing mutual love, trust, cooperation, reciprocity through understanding of similarities and acceptance of the various diversities as parts of the one integrated whole. They are emphasizing that spiritual education is the root and foundation of all other kinds of education without which humanity is still crying for peace, love, unity, understanding, etc. in spite of the so called present material prosperity and scientific and technological advancement.

Universal Brotherhood of Man and Fatherhood of God

Brahma Kumaris preach the unique principle of Universal Brotherhood of Man and

Fatherhood of God in order to establish One-World-Family upon the earth. The right knowledge and understanding of soul, Supreme Soul and World Cycle, and self-realization and God-realization made clear the universal concept of One-World-Family in the sense that every human being is the spiritual child of God Father Shiva irrespective of the differences of castes, colours, creeds, cultures, faiths, religions, languages, genders, nationalities, places of birth, etc. As incorporeal souls, we are spiritual children of the same and one Supreme Spiritual Incorporeal God Father even though we hailed down from the metaphysical Soul World to take our body-costumes in order to play our apportioned roles by taking births in different familial, social and religious set-up in this earthly stage. Though the individual souls are different in their grades of qualities, virtues, values and powers; yet, they are of the same spiritual and divine mould, belonging to the Clan of Incorporeal Shiva and, when embodied, they are regarded as the spiritual brothers among themselves and off-springs of Prajapita Brahma and Jagadamba Saraswati in *Sangam Yuga*, and belonging to the deity dynasty of Shree Lakshmi and Shree Narayana in *Satyuga*. Thus, the eternal

principle of Universal Brotherhood of Man and Fatherhood of God runs ever in their blood and they look at the world as one divine or spiritual family on the basis of 'similarity and uniformity of spiritual consciousnesses'.

**Brahma Kumaris
Organization**

Demonstrates GOD

The Brahma Kumaris Organization (BKO), including Prajapita Brahma, Brahma Kumaris and Brahma Kumars, demonstrate GOD and His acts of Geneartion, Operation and Destruction in this world, now, at this most auspicious period of self-transformation leading to world-transformation. In the acts of Geneartion, they generate good, positive, noble, constructive and virtuous thoughts; in the acts of Operation, they nourish, nurture and cherish these good, positive, noble, constructive and virtuous thoughts while they operate and interact with others in society through their day-to-day actions, performances, programmes and functions; and in the acts of Destruction, they destroy all bad, negative, ignoble, destructive and vicious thoughts. Brahma Kumaris make the demonstration (*Pratyakshata*) of the Incorporeal God and His spiritual knowledge and Rajayoga through their personal ways, food habits, conduct, thoughts and behaviours, because they conduct

themselves according to the strict guidelines of God Shiva's Superme Directions (*Shreemat*). They do the regular study of the four spiritual subjects - knowledge, meditation (*Rajyoga*), inculcation of virtues (*Dharana*) and service (*Seva*) - and come in interaction with their inmates, colleagues and others in a state of soul-consciousness, by perceiving and treating others as the replica of their own selves made in "the image of God". The constant remembrance of Incorporeal God Father Shiva while performing any actions made them the real *Karmayogis*, thereby demonstrating and spreading His noble message: "Yoga is efficiency/excellence in action" ("*Yogah Karmashu Kushalam*").

**Brahma Kumaris - The
Shiva Shaktis**

The mythological *Ardhanari Swarup* of Shiva/Shankar is the outer representation of the combination of the inner divine power and woman power. This is, now, practically reflected in the combination of God Shiva's power with woman power represented by Brhama Kumaris (and also Brhama Kumars) in His noble task of world-transformation to which the latter are completely dedicated with their body, mind, wealth, time, energy and thought. In Hindu scriptures, it is shown that Parvati is the consort of Shiva/Shankar, who narrated the story

of immortality (*Amar Katha*) to her. In fact, Parvati is the symbol of human souls, who seek the knowledge of immortality and divinity as they were, then, suffering from the pangs of their physical consciousness resulting in deep indulgence in sins of lust, anger, greed, attachment, ego, etc. in their human stage. As the disembodied souls, they are His sons/children, but as embodied souls they take the human forms



in male and female bodies to play the roles of their 84 births in the earthly plane. During

the passage of time, births after births, they turned impure and sinful as a result of which they sought the knowledge of immortality and divinity for their liberation and elevation from the human stage to the deity stage again. In fact, Brahma Kumaris, who are such seekers of knowledge of immortality and divinity, are the incarnation of Parvati, the consort of Shiva/Shankar, as mentioned in the scriptures. But, practically, after getting the knowledge of immortality and divinity and transforming their lives, they are serving to transform other souls of the world for giving practical shape to His noble act of world-transformation.

(To be Contd.)

DISCOVERY OF THE REAL AND ULTIMATE TRUTHS: THE PRIMARY GOAL

–B. K. Sujoy, Durgapur (W.B.)

Thomas Merton has rightly said, “Peace demands the most heroic labour and the most difficult sacrifice. It demands greater heroism than war. It demands greater fidelity to the truth and much more perfect purity of conscience.”

Truth is the reality of life. We must try to know the secret of life, the purpose and real goal of life in order to know what is right or wrong, what is good for the individual and what is good for the society.

The answer to these questions is not written on a mountainside. It is our duty to discover all these things in order to gain knowledge of the truth. Since to know truth is so important, a person with his/her conscious mind is completely free to discover all these truths of life.

Often, people live in a state of frustration. Tension and stress are the greatest psychological diseases in our present world. The reason lies in people’s failure to find the real and ultimate truths.

Everyone is a seeker by nature, but everyone lives their life without knowing its real purpose. As a result of the

ensuing sense of aimlessness, people live in a state of confusion and full of contradictions. They yearn to find something without knowing what it is.

A tension-free mind is one that can function positively despite contrariety. People work but find no job satisfaction. They earn money but experience no inner satisfaction. They live by the formula: enjoy life! But, they don’t know what real enjoyment is. It is a paradoxical situation. Everyone is living in this state of self-contradiction.

This is a self-created problem. When the Creator has given us a mind and made us free to use our mind, we should make use of this opportunity. We should activate our thinking capacity and discover reality. We should read what is hidden in our nature in an unwritten form. This is the only way to deliver and free our self from the psychological chaos.

The consciousness of truth is interwoven in our nature: it is very easy, therefore, to discover the real and ultimate truths. The only condition is to shun distraction, following the well-known principle of ‘simple living and high

thinking’. If we want to save our self from going astray, let us activate our positive thinking. We will, thus, surely reach the gates of truths.

To most of the philosophers, the word “soul” or “consciousness” connotes the establishment of relationship between the mind and the world. To the writers on spiritual or religious topics, it, frequently, connotes the connection of relationship between the mind and God, or that of the relationship between the mind and the deeper truths that are thought to be more fundamental than the physical world. Among many truths of life, the Incorporeal God Father Shiva is the Real and Ultimate Truth. He is regarded as Truth (*Satyam*), Benevolent (*Shivam*) and Beauty (*Sundaram*). Krishna consciousness, for example, is a term used to mean an intimate linkage between the mind of a worshipper and the god Krishna. Many distinguished psychiatrists have divided consciousness in three different categories, for example - simple consciousness, awareness of the body, possessed by many animals; self consciousness, awareness of being aware, possessed only by humans; and cosmic consciousness, awareness of life and order of the universe, possessed only by humans, who are enlightened.

Many more examples could be given.

Many philosophers have argued that the human mind is divided into three parts: the consciousness, sub-conscious and unconscious. These are integral parts of the mind of every individual, whether male or female. The conscious mind is that part of the mind, which deals with everything that is within the realm of our awareness; the sub-conscious mind deals with our underlying or hidden impressions (*sanskars*); whereas the unconscious mind deals with all those thoughts, which the individual is unaware of but which, nevertheless, influence their behaviour.

The human body is a highly complex organism. In it, there are numerous functions or processes at play at all times, such as seeing, hearing, digestion, respiration and different kinds of movements. Almost all these functions are governed by the unconscious mind. Little effort is required on the part of the conscious mind for all these bodily activities to function smoothly.

The conscious mind, with its unlimited capacity for thinking and analyzing the facts, is an exceptionally important part of our personality. But, if according to the divine plan of the creation, so much is placed in the charge of the unconscious mind, what is the role of the conscious mind? The conscious mind is free to involve itself largely in the great quest for or discovery of the real and ultimate truths, which are the prime goals of every human being and life. ❖

EVERYDAY IS A PERFECT DAY

How has your day been? Have your peace and happiness depended on what is going on around you, things happening as per what you had planned, and how people behaved with you? If we keep questioning and giving away control of our emotions to external circumstances, we become weak day by day, thereby waking up hoping for everything to be as we wish... and getting upset each time an unexpected scene unfolds. We have a choice of how to respond to every scene of the day. Two people choose different responses to the same situation. At times, our own response to the same situation differs. If we are in a good mood we choose to be calm; otherwise, we get disturbed easily. There are no good or bad days. It all depends on how we think and respond. Let's remind ourselves: *My situation and state of mind are not connected. No matter what today brings, I will think correctly and make it a perfect day.*

We all write a beautiful script in mind about how our day should unfold. On most of the days, things happen as we want. But, on those days when situations drift away from our plan, we ask: "*Why me? What did I do to deserve this?*" Everything that happens is accurate and meant to be. We need to reframe how we perceive things. Take a moment to prepare yourself to accept and flow with what today brings. A lot can happen in a day. We need to stay positive even when something seems to fall apart. Even if one moment isn't pleasant, you will take immediate steps to make the next moment better. Instead of focusing on what isn't going right, you will start focusing on what you can control and how you influence situations. And you will also pause to notice those good moments, which you would have otherwise overlooked.

CHANGE OF ATMOSPHERE: A MUST FOR THE NEW WORLD

**–B.K. Rajaretnam,
Nagercoil, Kanyakumari**

The World Almighty Authority Baba's wonderful creation is the new world. Baba teaches Rajayoga to His children because human beings have the capacity to control everything whether living or non-living. By giving knowledge to the children, Baba makes them masters of the new world, including the five elements of Nature.

First of all, God Father Shiva gives the knowledge to the children that they are a soul, a point of light and not the body. The soul controls the activities of the body. Also Baba gives His own introduction that He also is a point of light and He never takes a body and His residence is the Metaphysical World (*Moolvatan* or *Paramdham*). Since Baba never takes a body, He always remains pure. He comes to the world when the whole creation, which was in a *Sattopradhan* stage, reaches the *Tamopradhan* stage. He gives the knowledge to the souls in an easy way and in the one and only way to attain its original stage that is just by remembering

Him.

God Father Shiva, through divine messages, has given directions to all the souls to sit in silence at least for eight hours daily to purify the atmosphere through the power of the vibrations of silence. What is atmosphere? An atmosphere is a gaseous envelope around any planet. It is a mixture of gases like Hydrogen, Oxygen, Nitrogen, Methane, Butane and other gases. Each planet has its own atmosphere of different mixture of gases. It ranges from 200 to 300 kms. depending on the planet. Any object within the atmosphere of the planet is under the control of the gravity of the planet. As a whole, the planet and the atmosphere are parts of the elemental space. The Supreme Soul, God Father Shiva, has given directions only to purify the atmosphere of the planet earth because the earth alone has sufficient quantity of oxygen for human beings and other creatures to live in its atmosphere. In no other planet, the human beings exist; so, the earth is a wonderful stage for the

human souls to play their parts in the human bodies.

The behaviour of the atmosphere is based on two factors such as temperature and humidity. Temperature makes the atmosphere hot or cold. There are three stages of humidity: dry, damp and wet. Humidity is a measure of water content in the air. When the temperature is hot, the water content evaporates and the humidity becomes dry. Changes in humidity are affected by rainfall; when the humidity is dry and there is 3/4 inches rainfall, it changes from dry to damp. When within successive 3 days, when totally there is 3" rainfall, the humidity changes from dry to wet. On a particular day, when the humidity is dry and there is 2 1/2" rainfall, the condition changes from dry to wet. The reverse condition takes place when the rain recedes.

Another effect of the temperature is the movement of air. When the humidity is dry and hot conditions continue, the hot air moves up and a vacuum like situation is developed. To fill up this, air from all sides rushes towards the vacant spot, especially, from places where the humidity is wet. This is the main reason for the movement of air, which, in turn, causes rainfall. Depending on the atmospheric conditions, the speed of the flow of air varies and it takes different names.

When the speed of the air ranges from 3 to 6 km./hour, it is called breeze. When it ranges from 6 to 15 kms., it is called wind; when it ranges from 15 to 30 kms., it is heavy wind; when it ranges from 30 to 40 kms., it is hail storm or whirl wind. When the flow is from 40 to 90 kms., it is called a tempest; when the flow is from 90 to 140 kms., it is a storm and when the flow is above 140 kms., it is called a cyclone. Normally, when the wind speed is more than 35 kms., it brings rain along with it.

The basic reason for all these changes is the rotation of Earth on its own axis. The earth rotates itself in an inclined axis of $23\frac{1}{2}^{\circ}$ and, at the same time, comes around the sun in an elliptical path. The line joining the north pole and south pole is called the axis of the earth. Due to its rotation, days and nights are formed. The part of earth facing the sun becomes the day and the other part being shadowed is the night. Daily, this process is repeated and, during the days, the heat waves of the sun hot up the atmosphere and, during night, it is cooled down. This process continues. The circulation of the earth around the sun in an elliptical path, creates the four seasons: the spring, summer, autumn and winter. Second by second, the distance from the sun to earth varies due to its circulation or revolution around the sun. When the earth

comes closer to the sun, it heats up the atmosphere and we call it the summer season. The rest of the seasons follow and it repeats annually since the earth completes one circulation or revolution in a year.

All the changes in the atmosphere are due to the circulation or revolution of the earth around the sun. Baba, the Ocean of Knowledge, says that there is only one season in the Golden Age. To control the atmospheric change, control the circulation or revolution of the earth around the sun. The Greatest Magician, Baba, gives the magical way to control anything in an easy way, which is just to remember the Father.

The Almighty Authority, Baba, says that you children are the Master Almighty Authorities and you have enough powers to do that change. Baba, the point of light, being incorporeal, radiates pure white light. The white colour is a combination of seven colours, which are represented in an acronym, called VIBGYOR. The feeling of and reflecting on the same colours, gives the soul all the important divine virtues and powers of God Father, and the vibrations of them, transforms the atmosphere.

For realizing and vibrating the same, practise the *Amritvela* yoga regularly and properly and be in a *Farista* stage. Only, then, you have the power to change

the atmosphere through the power of vibrations.

On Sundays, remember Baba as the Supreme Father, the Power House. The realization of radiating pure red light, fills the soul with power (the power to oppose and the vibrations of which transform the atmosphere and the 5 elements of Nature). On Mondays, remember Baba as the Divine Mother radiating green rays (rays of divine love), which fills the soul with the divine virtue of love and the vibrations of which purifies the atmosphere.

On Tuesdays, remember Baba as your child, radiating blue rays (rays of peace and tranquillity), which makes the soul peaceful, the vibrations of which transform the atmosphere into a peaceful one. On Wednesday, remember Baba as the Supreme Teacher, the Ocean of Knowledge, radiating indigo rays (rays of knowledge), which makes the soul knowledgeable, and the vibrations of the above rays transform the atmosphere. On Thursdays, remember Baba as *Satguru*, radiating the orange rays (purity), which make the soul pure and the vibrations of which transform the atmosphere into pure one. On Fridays, remember Baba as the Supreme Beloved, radiating violet rays (bliss), which make the soul blissful, and the vibrations of which transform the atmosphere into blissful one. On Saturdays,

remember Baba as the Beloved Companion, radiating yellow rays (rays of happiness), which make the soul a beloved friend, the vibrations of which transform the atmosphere into a friendly one. Baba directs all the souls to do this exercise at least four hours daily and the drill has to be continued for a long time; only then the transformation of the atmosphere takes place.

The Incorporeal Baba never does anything by Himself. He provides the children with the required powers and does the job through them. When nine lakh souls sit in silence in perfect (*sampoorna*) stage, the vibrations of the power of silence transforms the atmosphere in such a way that it reshapes the surface of the earth. So, the axis of the earth has zero inclination means the axis of the earth will become perfectly vertical. That marks the beginning of the Golden Age. This is the wonder of the power of remembrance of God Father. This will make the earth revolve around the sun in a circular path instead of the elliptical path in the old world, meaning the distance between the earth and the sun remains the same, thereby making one season in the New World. In that world, no storm or cyclone will create heavy rainfalls, causing floods, which breach the banks of the rivers and submerging of the nearby villages and towns, thereby inflicting heavy losses of public property and life. No meandering of rivers takes place; no flooding of rivers nor drying up of rivers are caused in the New World.

Baba creates the New World for His children to live in peace, purity and prosperity. Baba, the Father of all the souls, takes everybody to His Sweet Home, and sends them to the New World, the Paradise, numberwise, according to their efforts in remembering Him. ❖

GIVE YOURSELF AN EMOTIONAL DETOX

Are you in a habit of checking your phone or laptop every few minutes to read messages from different media sources? Do you evaluate the quality of information you consume? Do you listen, read and watch everything coming in your way? Just as food nourishes the body, information nourishes the mind. Every piece of information we consume is a source of our thoughts. Today, not just our phones but our mind is flooded with information. In the name of news and entertainment, we consume energies of violence, hatred, ridicule and manipulation. So, our thoughts reflect shades of anger, fear and stress. We are what we read, watch and listen. To keep our thoughts pure and positive, we need to filter the information we are taking in. The next time we receive any message, let us reaffirm, *I am on an emotional diet. The information I consume and share with others is pure, positive and powerful and fills me with happiness, harmony, kindness, sharing and caring. I delete negative messages without even going through them. I keep my mind and intellect positive and clean at all times.*

The digital world has made it challenging for some of us to reconnect with the real world. With media flooding our gadgets, we are all going through a content overdose. Most messages focus on negative stories, give us negative opinion about people, things and the world, and thereby heighten the negative levels in our minds. Sit back and check how you control your daily media intake. When you consume only positive information, your mind has raw material to create only positive thoughts and feelings. You will help yourself immensely by avoiding gossip, judgment and insult – all in the name of entertainment or being well-informed. With less distraction and more time, your days will be more productive and relaxed. So, enjoy your time online but maintain an inner awareness of what you consume all the time.

THE DRISHTI OF SAKAASH: THE FINAL INTENSE EFFORT FOR UNLIMITED SERVICE



—Yogi Khem Jokhoo, Trinidad

What is *Sakaash*? *Sakaash* can be described as a subtle powerful current of light and might that contains all powers and virtues to restore the soul to its original powerful state. It is God's divine, unconditional pure feelings of power-filled spiritual love in the form of rays of spiritual energy that emanate from Him as blessings for human souls, His spiritual children. *Sakaash* contains God's special powerful vibrations that can heal any difficulty, mend broken hearts and refresh the distressed souls, provided there is unconditional faith, honesty and obedience to Him. *Sakaash* is your own personal canopy of spiritual protection from the evil forces of the world.

The Divine Directions in *Avyakt Murli* (20.10.2008): "Baba knows that the times that are to come, will be of great distress. All of you will have to give *sakaash* and your giving that *sakaash* will become your intense effort. In a short time, you will have to give all powers through *sakaash* and those, to

whom you give *sakaash* in such delicate times, will become your devotees in the Copper and Iron Ages".

In *Avyakt* Message (19.11.08), Baba showed us the scene of how to give *sakaash* to the sorrowful and peaceless world. He said: "The message has to be given to everyone, but where you cannot enable the message to reach through words, you have to give *sakaash* through your mental service. By doing so, the task will be accomplished very quickly. Just as with facilities of science, such as the TV, you are able to see and hear very easily; in the same way, many will receive the *sakaash* of your power of silence easily and they will be attracted towards Baba and come here. Just as they used to have visions while sitting at home; in the same way, they will see people dressed in white in the form of light and they will receive *sakaash* from you."

To master this practice, He said in *Avyakt Murli* (AM) (18.01.2007), "Your final form at the end is the form of light. Through the form of *light*,

anyone, who comes in front of you, should become bodiless in a *second*. That will happen only through your form of *light*. Your final service is to experience yourself to be a form of light. Experience yourself to be the form of *light* and others will also experience you to be that. This is the final unlimited service. The final stage is not to have the awareness of the body. Such a stage is called the final stage."

How to Receive *Drishhti* and Give *Drishhti*

In *AM* (04.09.05), Bapdada directs the children, "You want to receive *drishhti* and so you always keep Bapdada in your *drishhti*. Do not take *drishhti* just like that. To take *drishhti* means to merge the Father in your *drishhti*. Take *drishhti* in this way." This is because all *sakaash* originates from God and the children are simply the absorbers and reflectors of this *sakaash* while in remembrance in the *avyakt* stage. If one is body-conscious; then, that one's *drishhti* can become mischievous.

Attitude is an extremely important ingredient in donating "service through the mind" and, in particular, *drishhti*, as reminded in *A.M.* (17.03.07), "Bapdada has seen that the easiest method for service is to create *vibrations* through your attitude and to create the atmosphere through your

vibrations, because the attitude is the most powerful method of all. Just as the rockets of science are able to fly very fast; in the same way, your spiritual attitude of good wishes and pure feelings will change your vision and world. While sitting at one place, you can serve through your attitude. It is possible to forget what you have heard, but you cannot forget the experience you have had of an atmosphere.”

Characteristics and Powers of Sakaash

The source of all *sakaash* is God. *Sakaash* is pure and powerful energy that is transmitted through pure thoughts in the form of vibrations of good wishes or pure feelings either through the intellect or the eyes. These pure vibrations contain all the innate virtues as well as the powers of the soul. The main virtues are power, purity, happiness, love, peace, truth and bliss.

God's *sakaash* can change the attitudes and transform the depressed, degraded or lonely souls, by giving them instant love, power and purity. One, who is able to access and receive *sakaash*, can attain an instant spiritual lift and become peaceful and contented. It is also possible for the searching souls to get self-realization as well as God's realization in a second. With God's *sakaash*, a soul can be

liberated from doing labour to achieve constant success. The difficult things become quite easy and impossible things become quite possible. Success is certain and becomes your birthright. Just as the sun rays have seven incognito colours as displayed through the rainbow; so, too, *sakaash* has all powers, virtues and spiritual attainments, necessary to restore the soul's original qualities, strength and healing powers. Therefore, a "peaceless soul", on receiving *sakaash* directly from God or even through a powerful yogi, is able to transform and enjoy peace and contentment. In other words, the vilest sinner, on receiving *sakaash*, can be transformed into the most divine person. *Sakaash* can change anything bad into something good.

Description of Sakaash

Sakaash has unlimited subtle properties, powers and healing attributes. *Sakaash* cannot be seen with the physical eyes but it can be felt and experienced. It is a subtle energy; just as a tiny current of electricity is felt on the hands or the body. *Sakaash* is felt like a slight chill caused by a gentle cool breeze that gives a tingling effect. It, sometimes, causes goose pimples with hair-raising effect. There is an aura of calm that pervades the atmosphere and

creates a "sobering assuring silence" as though a guardian angel is spreading an invisible canopy of protection over you. The feeling is refreshing and the soul feels powerful and free from bondage.

How does one receive Sakaash?

Sakaash is received when one is in deep yoga and when there is no influence, attraction or awareness of the body, bodily relations, elemental nature or physical mundane matters. There is no leakage of the intellect into mundane matters and the intellect is still and totally surrendered in all loving relationships with God. The soul becomes merged in love with the Father. It is as though God, the Eternal Surgeon, is examining the intellect and attending to the needs of the soul by removing even the subtle traces of impurity. The *sakaash* received is discerned into thoughts of elevated Godly Directions (*Shreemat*). There are not many thoughts to confuse you. If there were weaknesses that you are trying to remove without success, God gives that additional power to burn those weaknesses, thereby making you lighter in spirits. However, the soul must always be honest in all relationships with God and must be obedient to Him.

Controlling Power to Catch the Current of Power

In *Sakar Murlī* (SM: 13.03.09): Baba continues to look at each child. He sits here and gives a current of power (*sakaash*) to each one. This is the fire of yoga. It is in this fire of yoga that your sins can be burnt away. It is as though Baba sits here and gives everyone *light*. He gives a *searchlight* to each soul. The Father says: “I sit here and give a *current* to all you souls to fill you all with strength. If your intellect is wandering around outside, you won’t be able to *catch* the *current*. If the intellects of you souls continue to wander around here and there, what would you receive? If you give love, you will receive love. If your intellect is not stable and focussed, your soul-*battery* cannot be *charged*. The Father comes to *charge* your soul-*battery*. His duty is to do *service*. You children only would know whether you accept this *service* or not. The Father tells you what thoughts you should have while you sit here. I am the Supreme Soul. You have yoga with Me, the Most Powerful Battery, so that I may give you a current of light and might.

Giving Sakaash with Eye Contact to Close Souls

Sakaash can be given through “eye contact” to those visible in front of your gaze. The intellect

acts as both an absorber and reflector. The intellect first absorbs the *sakaash*, accumulates it and when the soul is fully immersed, full of love and in subtle embrace of God, the intellect reflects the *sakaash* through the calmness of the glazed divine eyes with a happy contented countenance. The eyes are still and calm and the observers get the feeling that the body is here but the thoughts and mind are very far away. The observers get lost in this peaceful spiritual atmosphere and through the divine countenance of the face and eyes, they themselves experience and share these feelings through vibrations.

Giving Sakaash to Distant Souls

Sakaash can also be given by projection of your angelic form through deep concentration and visualization to any part of the globe or universe. You, actually, visualize yourself in distant places giving vibrations through the intellect. The intellect in this case acts as a “powerful transmitter” that can transmit to wherever you so desire. It is as though each “thought” is inflated with powerful *sakaash* and the intellect launches these “*atomic sakaash* bombs” that explodes by releasing true spiritual love. To do this, one must acquire a highly elevated stage through constant practice of meditation

and acquire a clean and clear intellect. Such intellect here is described as a “viceless, wireless set”.

Sakaash used as Spiritual Protection

Pure vibrations can also be used as a method of spiritual protection. If you are face to face with a stranger whose vibrations you feel as impure; then, you should immediately connect with the Supreme Soul and send out *sakaash* to that person. The person simply sees the white light but not your body. That person feels temporarily loved, dazed and neutralized. If the person with impure vibrations had any ulterior motive, the pure *sakaash* transforms the impure vibrations and render the person harmless. Similarly, you can send *sakaash* to anyone (wherever he/she may be) if you get the feeling that he/she is in danger. The *sakaash* forms a protective shield around that person, thereby giving him/her immediate help. So, too, a yogi, in constant remembrance of God, emits vibrations to remove unknown obstacles in his/her path. *Sakaash* can be used anytime and anywhere and it guarantees protection and solutions to all the problems.

In SM(13.03.09) Baba said, “When there is to be some upheaval in the final moments, everyone’s attitude will become

extroverted with bad attitudes, thereby needing your help to give them support. Bapdada showed you in the beginning, how a lot of people with impure vision would follow you, but they would only see *light*. They were not able to see the people; they could only see *light*. They would only see your angelic form. Similarly, while you have the practice of concentration, you will be sitting in front of them, but they will not be able to see you. They will see *light* and only light everywhere.

The Beginning would be Repeated at the End

In AM (15.12.2008) Baba says, "The work of all of you is going to increase a lot more. Now, a lot of service still remains to be done. Now, you have to do the work of giving *sakaash* with your mind. In the beginning, Father Shiva entered Brahma and gave *sakaash* to everyone while they were sitting at home. Some had visions, some heard someone telling them to go to a particular place so they received inspirations and having heard this, they thought, "I have to go there." Whatever happened at the beginning is going to *repeat* at the end. Therefore, increase the power of your mind and also increase service through your mind. At that time, no one will listen to your lectures. No one will take

the *course*, and the conditions will become severe. You will have to do the service of giving *sakaash* through the mind.

The Final Ordinance - Give a Current of Power

In AM (8.7.2018), Baba promulgates this ordinance: "Now, according to the time, start the service of giving a current of power. The time is such that you, now, have to perform the task of giving a current of power and *vibrations* that create an atmosphere through your mind everywhere. There is, now, a need for this type of service because the times to come are going to be very delicate. This is why you must, now, become angels and tour around everywhere with your flying angelic stage. Through your angelic form, enable others to experience whatever they want, whether it is peace, happiness or contentment. Let them experience peace, power and happiness through you, the

angels. The internal stage, that is, your final and *powerful* stage, is your last vehicle. Make this form of yours *emerge* in front of you and tour around in your angelic form, giving a current of power. Only then, will the song be sung that the *Shaktis* have come. Then, the Almighty Authority will, automatically, be revealed through you, the *Shaktis*.

You saw the corporeal form of Brahma Baba: whenever there was a need, day and night, he paid special *attention* to giving those weak souls a current and filling them with power. Even during the night, he would set aside special time and do the *service* of filling the needy souls with a current of power. So, now, especially, you all have to become "*light-and-might houses*" and do the *service* of giving a current of power so that the impact of *light* and *might* can spread everywhere. ❖

FORGIVENESS

Why is it hard to forgive others? Because, usually, we believe that they are 90% to blame for the problem, that I am not as bad as they are. So, I start to carry the load of other people's actions. If my ego is too hurt, I will have the sense of correction and justice: 'I know I am right', 'That is not fair'. But, if I start to forgive from the heart, sincerely, I remain humble and this forgiveness will bring me closer to others. Then, I do not carry regrets or anger, I just let go and remain light.

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

assumption that greater enjoyment of material goods leads to greater happiness. It has, thus, given us a wrong model of development. Our assumption has been wrong because man does not live by bread alone. He needs mental and cultural development and peace of mind also. Our goal should, therefore, be the holistic *wellbeing* of man rather than the achievement of mere *material wealth*. Obviously, there is, now, the need for a paradigm-shift and a shift in our emphasis. We have to work for fuller, all-round or *holistic development of everyone* rather than *mere economic development of a few*. We have to have cultural and spiritual democracy instead of political democracy. Presently, the disparity between the techno-scientific and psycho-spiritual development has grown tremendously. This has resulted in great imbalances and also social, cultural and moral distortions. It has greatly eroded correct perceptions of ourselves and the society we live in. The result is the present identity crisis. The critical situation we face, today, has been brought about by the deterioration in morals and an over-emphasis on the physical and material

aspects of life. This has led to fixing up of wrong priorities, wrong imperatives, wrong attitudes and wrong goals.

We find that our knowledge of Nature and its forces has tremendously increased during the past few centuries; but, our moral and spiritual development has not kept pace with it. As a result, our relations at inter-personal, inter-communal and international levels have greatly degenerated. If we cannot solve the problems of nuclear race or poverty, today, it is because our relationships, today, at all levels, are not based on mutual goodwill, friendship, love and cooperation. And our relationships have worsened or are not on proper keel, because there has been a great deterioration in our moral standards and our level of behaviour. The present crisis is, therefore, mainly a *moral crisis*. All our current problems arise from lack of moral and spiritual strength and absence or lack of mutual cooperation.

If, therefore, we wish to reduce sufferings in the world or eliminate them totally, or, in other words, if we wish to build a better world; then, we have to create the necessary moral climate and to build up mutual goodwill and cooperation on a global scale. Then, we have to take notice of the moral imperative to cooperate for a better world and to build up goodwill and good relations, else there would be great destruction.

The belief that there can be a world without sufferings and without the problems as we have today, is not an Utopian belief. It seems utopian when we use the current assumptions and paradigms. The paradigm-shift would make it look quite feasible. Let us, therefore, follow the moral imperative if we wish to have a better world to live in. Let us have holistic world-welfare and not mere economic-welfare as our aim. It is only, then, that we will have the cooperation of all. ❖

CHOOSE YOUR FEELINGS

If your days seem filled with unwanted negative feelings, there is only one cure. When they come, choose them. Don't ask why, don't wonder how, don't fight with them and never put yourself down for having them. But, most of all, never blame someone else for how you feel. If you do, it means you are still fast asleep and your choice is to be a victim.

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1. Patna: Mr. Ravi Shankar Prasad, new Union Minister for Communications, Law & Justice, is receiving Godly gift from BK Rukmani and BK Sangita. **2. Jodhpur:** Mr. Gajendra Singh Shekhawat, new Union Agriculture Minister of State, is receiving Godly gift from BK Jailakshmi. **3. Jabalpur:** Mr. Prahlad Singh Patel, new Union Tourism Minister, is receiving Godly gift from BK Sangita and BK Vinita. **4. Ballia:** Mr. Yogi Adityanath, Hon'ble Chief Minister of UP, is receiving bouquet from BK Pushpa. **5. Kathmandu:** BK Kusum is presenting Godly gift to Mr. Giriraj Mani Pokhrel, Education, Science & Technology Minister. **6. Kadapa:** Mr. Jagan Mohan Reddy, new Chief Minister of A.P., is receiving Godly gift from BK Geeta. **7. New Delhi:** After extending greetings to Mr. Jagat Prakash Nadda, new Working President of ruling Bharatiya Janta Party; BK Asha, BK Prakash and others are in a group photo. **8. Raipur (Shanti Sarovar):** A Programme on International Yoga Day is being inaugurated by Dr. K. L. Verma, Vice Chancellor of Pt. Ravi Shanker Shukla University, Mr. Shailendra Shukla, Chairman of all Chhattisgarh State-owned power companies; BK Kamala, BK Savita and BK Rashmi.



Mount Abu (Gyan Sarovar):

Inaugurating a Social Leaders Conference on "Happy Life and Healthy Society" are Rajyogini Dadi Janki, Chief of Brahma Kumaris; Mr. Vijay Kumar Gachhadar, former Dy. Prime Minister of Nepal; BK Santosh, BK Amirchand, BK Prem, BK Raj and others.

Mount Abu (Gyan Sarovar):

Inaugurating a Conference on 'Media, Spirituality & Social Transformation' for Media Professionals are Dr. BK Nirmala, Mr. Sanjeev Bhanavat, former HoD of Mass Communication Deptt. in Rajashtan University; BK Karuna, BK Atamprakash, BK Sheilu, Prof. Kamal Dixit, BK Sushant, BK Shantanu and others.



Mount Abu (Gyan Sarovar):

Inaugurating a Conference organized by Jurist Wing are Hon'ble Justice Pinaki Chandra Ghose, the first Lokpal of India, Justice B. D. Rathi, Justice V. Eshwaraiah, Justice A. K. Srivastav, Justice U.C. Maheshwari, BK Santosh, BK B.L. Maheshwari, BK Pushpa and others.

Mount Abu (Gyan Sarovar):

Inaugurating a Conference organized by Agriculture and Rural Wing are Dr. BK Nirmala, Dr. Prem Kumar Khosla, Vice Chancellor and founder, Shoolini University of Biotechnology and Management Sciences, BK Sarla, BK Raju, Dr. Pratap Midha and others.

