

From Post-truth to Age of Truth

Some time ago, Oxford Dictionaries chose post-truth as its Word of the Year 2016. The dictionary defines the adjective thus: Relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief.

Explaining the decision, Oxford Dictionaries said that while the concept of post-truth had existed for the past decade, use of the word had spiked in frequency last year in the context of the Brexit referendum in Britain and the Presidential election in the United States.

Rather than referring to the time after a specified situation or event, the prefix in post-truth has a meaning more like 'belonging to a time in which the specified concept has become unimportant or irrelevant', it said.

We really seem to be living in a post-truth world. It is not just in politics that truth is no longer important; in many areas of human life, appearances, ritual and adulteration are the norm now.

Advertisements inform us about the amazing qualities of products which in themselves may be totally unnecessary, or even harmful to humans. We are constantly being persuaded to look, dress, eat, travel, and generally live in a particular way, not necessarily because it is good for us, but for the benefit of vested interests.

Public relations, propaganda and spin are among the other props of the post-truth world, sometimes holding millions of people in thrall, ready to support unethical acts in the name of ideology, country or religion.

While the expression post-truth is of recent origin, the post-truth world dawned ages ago, when we started ignoring the most fundamental truth, about our own identity. We forgot that we are souls and instead began considering ourselves as bodies.

When we started identifying the self and others in physical terms, divisions began to emerge in the human family as superficial differences in appearance and way of life influenced our attitudes. We began thinking in terms of 'us' and 'them'. People who were outwardly similar, in looks, culture, language and way of worship, banded together, regarding themselves as distinct from others, who formed such groups of their own.

Gradually, the differences gave rise to feelings of disapproval, dislike, hatred and anger. There was also greed, to take possession of the wealth of the 'others'. Wars ensued and the fissures in humanity became wider.

From time to time, some wise figures appeared in the world, reminding their fellow brethren that they were all brothers, children of one God. Their messages touched the hearts of many, who began to connect with their Father, and each other, in a new way. But it requires conscious and willing effort to sustain subtle spiritual truths. Not



Rashtrapati Bhawan, New Delhi : Mr. Pranab Mukherjee, Hon'ble President of India with BK Asha didi, BK Pushpa didi, BK Savita and BK Falguni after a recent meeting.

many were willing or able to do it, and soon the messages of the wise men were reduced to dogma and rituals, the essence being largely ignored.

This is how religion lost its truth. The contemplation required to come close to God and to uplift the soul, by freeing it of the influence of vices, ceased to be practised. At the same time, practices that were expressions of love and respect for God became formalised gestures devoid of any feeling, and the faithful began expecting that performing the rituals would earn them merit.

The founders of various religions must have hoped that their teachings would bring all people closer, instead the religions evolved in such a manner as to become a leading cause of wars in human history.

The wise men of old knew that conditions in the world would reach the state they are in today. Islam speaks of many signs of mankind suffering extreme moral degradation. Two of these are that

orators and lecturers will lie openly, and that lies will prevail over truth.

It is at such a time, says the Gita, that God comes to salvage humans from the mess they have created. He starts by reminding us of the truth, that we are souls, His children. He tells us that forgetting our true identity had caused all our suffering, and teaches us to connect with Him so that we can receive His power and free ourselves from bondage to vices, to become happy and whole again.

Souls who heed God's message become His instruments for ushering in the Age of Truth, or Satyug, once again, where humans as well as nature are in their true, pristine state. The post-truth world of the present is, thus, a harbinger of the coming world of truth. When the wheel of time turns full circle, we will have a world where truth is the natural state of being, and falsehood does not exist.★

(Purity Features)



Diamond Hall, Shantivan, Abu : Lighting candles to celebrate 81st Trimurti ShivaJayanti are Divine Presence of Aoyakt BapDada in Dadi Hirdaya Mohini, Dadi Janki, Dadi Ratan Mohini, BK Laxmi, BK Yogini and others.



Patna, Bihar : Inaugurating 'Inner Peace Inner Power' programme on the occasion of 50th Anniversary of the Brahma Kumaris Rajyoga Centre are Mr. Nitish Kumar, Hon'ble Chief Minister, Mr. Lalu Prasad Yadav, former Chief Minister, BK Shivani (Main Speaker), BK Dr. Banarsi Lal Sah from Mt. Abu, BK Dr. Mohit Gupta from Delhi and BK Sangita, Centre In-charge.



B.K. Ramesh Nanalal Shah left his mortal coil on 28 January 2017. He was 83. A strong pillar of the Brahma Kumaris, he became a dedicated Brahma Kumar in May 1961. Besides multifarious services, B.K. Ramesh Shah held charge of finance and legal departments. He was a qualified Chartered Accountant who stood First in All India CA examination. He was Additional Secretary General of the Brahma Kumaris.



Kolkata: Mr. Kesari Nath Tripathy, Hon'ble Governor of West Bengal, with BK Sugandha, BK Chandra and BK Basudev bhai.



Photo Gallery

Worry is a habit.



Pokhara, Nepal: Mrs. Bidhya Bhandari, Hon'ble President of Nepal, with BK Parineeta, BK Shova, BK Shailesh Raj and others.



Om Shanti Retreat Centre(ORC), Gurugram : Lighting lamps to celebrate 81st Trimurti Shivajayanti are Mr. Shivraj Patil, former Union Home Minister, Mr. Ravinder Yadav, SDM, Pataudi, BK Asha, Director, ORC, BK Sr. Moira from Argentina, Mr. Y. Sharma, Sarpanch and Mr. Ravi Chaudhary.



Ghatkopar, Mumbai: Inaugurating 'Brahma Kumaris Sakhi Minithon – A Run for Women's Dignity', are BK Nalini didi, prominent TV personalities, BK Nikunj bhai and others. More than 3,000 women participated in the run.

Truth and Non-violence in Bhagawad Gita

National convention on 'Satyamev Jayate, Ahimsa Parmodharma & Shrimad Bhagawad Gita'



Jagannath Puri, Odisha: A National Convention on 'Satyamev Jayate, Ahimsa Parmodharma and Shrimad Bhagawad Gita' was organized here at the Brahma Kumaris Godly Rajyoga Retreat Centre (GRC). A galaxy of eminent scholars, academics and spiritualists participated. Almost all were of the view that the war described in the Gita was symbolic of inner conflict and not a violent war.

Giving his research-centric views, the chief guest, Prof. Radhamadhab Dash, Vice Chancellor, Shri Jagannath Sanskrit University, said phrases such as 'Ahimsa parmodharma' and 'Ahimsa parmotapah', being part of the Mahabharat, negate the possibility of a violent war. He said that Adi Shankaracharya, Ramanuj and Madhavacharya, in their traditional interpretations of Gita, had not mentioned a violent war. And during the colonial period, from the 18th century onwards, the Gita became a book of literature and history.

Prof. H.K. Satapathy, former Vice Chancellor, Tirupati National Sanskrit University, said that there was no place for war in the Gita, which teaches dharma and values. He said the infamous five vices, which are the root cause of human suffering, are simply termed as 'Asuri Sampada' in Bhagawad Gita. He said that 'Gita mentioned Swadharma' is real 'satya' and dharma. All human souls need to get connected with the Supreme Being through Rajyoga meditation for inner peace, purity, poise, power and happiness.

Prof. A.C. Sarangi, former Vice Chancellor, Shri Jagannath Sanskrit University, said the Gita is 'Brahm Vidya', the science of Sanatan Satya Dharma. It is not a 'yudh shastra' but a 'yoga shastra' which enables us to get stabilized in yoga or a loving link with the Supreme Being. He said that yoga leads us to all attainments and keeps us away from all attachments. Gita takes us in our transformational journey from a sorrowful state to a happy and contented state of being, he averred.

Prof. S.M. Mishra, HOD, Sanskrit, Pali and Prakrit, Kurukshetra University, Haryana, said that truth by its inherent nature and character, always beget victory ultimately. Supreme Soul God is at the core of the cosmos, whereas human souls float in the periphery, he said. He added that dharma (duty) emanated from Shruti and Smriti (Dharma Shastra) such as

Jagannath Puri, Odisha: Lighting lamps to inaugurate a national convention on 'Satyamev Jayate, Ahimsa Parmodharma & Shrimad Bhagawad Gita' are BK Brij Mohan, Dr. Pushpa Pandey, BK Dr. Nirupama and eminent scholars. (Names in the accompanying news report)



Bhubaneswar: Mr. S.C. Jamir, Hon'ble Governor of Odisha, in conversation with BK Brij Mohan, Editor, Purity.

Mahabharat, Ramayan, Upanishads etc. He said that all scriptures, including Anu-Gita, mention 'Vasudevaya Uvach', whereas it is 'Shri Bhagavan Uvach' in the Bhagavad Gita, which is considered superior to the Vedas.

Dr. Pushpa Pandey, eminent Gita scholar, said that while the original Gita is missing, its subsequent interpretations are creating confusion and conflicts, which the Gita is supposed to resolve. She said the real message of the true Gita implores us to become an embodiment of its teachings, which prompt us to overcome innate vices like lust, anger and ego by remaining in divine communion with the Supreme Soul.

Rajyogi B.K. Brij Mohan, Additional Secretary General of Brahma Kumaris, said that there was one universal, incorporeal Supreme Soul God, in the form of a self-luminous, divine light called 'Jyotirlingam', whose gross symbols were worshipped in the form of Shiva Lingas in temples across India. He said that at the end of one Kalpa (Kalpanta), incorporeal God Shiva, who is beyond the cycle of birth and death, descends into the corporeal medium of His human chariot (Bhagirath) Prajapita Brahma to sermonize Gita gyan to His spiritual children, who become catalytic agents of positive transformation in the self and society.

He said that now was that auspicious time for renewal of the world's moral and spiritual character. And this divine task of the Supreme Being is being carried out through the Brahma Kumaris organization.

Dr. B.K. Nirupama, who coordinated various sessions of the convention, said that Gita was the mother of all scriptures and it provided its followers the twin tools of truth and non-violence as most powerful weapons to gain victory over the inner enemies of vices and negative traits.★

(Purity Report)

Prof. Radhamadhab Dash,
Vice Chancellor,
Shri Jagannath Sanskrit University, Puri



I am privileged to associate myself with this august organization, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, on the occasion of Nation Convention on 'Satyamev Jayate and Ahimsa Parmodharma'. An Institution for promoting Rajyoga in the people of this world is certainly a wonderful gesture, and the whole humankind is going to be immensely benefited spiritually. Spiritual well-being of a person leads to an integrated well-being. A time will come when the greater portion of this world will have a considerable transformation by the sincere and selfless endeavour of the great organization. I congratulate the organizers on bringing to the assembly scholars like Prof Harekrishna Satapathy, former VC Tirupati National Sanskrit University, Prof A.C. Sarangi, former VC, Shree Jagannath Sanskrit University, Puri. Rajyogi Brij Mohan, Rajyogi Pushpa Pandeyji and their elaborations have made the audience enlightened.

Crossing Negative Circumstances or Situations

There are periods in life when it seems to us that there is someone or something that gets in the way of our progress. Circumstances, instead of going in our favour, go against us. They are barriers that make it difficult for us to reach our objectives; they are interruptions that prevent us from feeling satisfied; they are situations that seem to reduce our feelings of success.

When we find ourselves facing these scenes that appear to block our progress towards the aims and objectives that we have set for ourselves, we tend to have negative thoughts; we feel anger and rage, or we feel sad and unenthusiastic, as if we don't have the strength to overcome or transform the situation. Rather, it is the situation that overcomes us and leaves us exhausted. Some people are not prepared for this to happen and put all their strength into fighting the situation. They do so with feelings of anger, revenge and injustice. Often it becomes a process that wastes their energies and leaves them exhausted without achieving a true solution.

It is possible to live through situations without them causing such an emotional energy loss. That does not mean that we become cold and insensitive to what happens around us. It is a question of living through situations without drowning in them. If we drown ourselves in them we won't be able to help others or ourselves. We will be lost, like the shipwrecked, at the mercy of the waves, the tides and the winds. We will have lost control of the steering wheel of our ship – our life.

The challenge lies in knowing what the strategy is to learn to live through negative situations without allowing them to influence our emotional and mental state.

In order to achieve that, firstly we should change our interpretation. Instead of interpreting the situation as an obstruction, interference or barrier in our path, we need to change our perception. We can ask ourselves questions like: What has this situation taught me? What does it say to me? Remain detached, observe and listen before reacting immediately. From detachment,

With the power of a mind that creates thoughts full of good energy, wherever you go, you will create a pleasant atmosphere.

observation and listening we can have a more practical and wider perception.

We are the creators of our realities. Reality in itself, does not create for us stress, pain or unhappiness. It is our way of looking and interpretation of reality that brings about these reactions. Therefore, we have to review how we perceive situations and with what beliefs we interpret and judge them. Reinterpreting the situation, the concrete reality, implies allowing the old perception to die in order to make room for a new vision. Without the old dying, the new cannot be built correctly. Instead of seeing people or situations as obstacles on the path, we can see them as opportunities to practice patience and tolerance, to know how to listen, thank and love. They allow us to widen our capacity to cooperate and enlarge our heart so that we might be more generous.

In order to have a wider perception and not to drown in any negative situation i.e. not to get affected by it, you can position yourself in a positive way. Instead of losing respect for the self and developing a negative consciousness, if you make your consciousness positive and stabilize yourself in respect towards yourself, in maintaining your

positive and powerful self-esteem and a healthy distance (not necessarily physical distance, but rather by not letting the situation absorb you), you will be able to have an eagle's vision. From above, everything looks smaller. It is easier to get over something small. "I am a victorious soul" or "I am a destroyer of obstacles" are examples of a positive consciousness.

Whatever happens, it is important to always be aware that you create your thoughts and you allow the situations to have greater or lesser impact inside you, according to how you see them. Learn to create thoughts full of courage, trust and determination. Spirituality and the practice of Rajyoga meditation helps you do just that. Those thoughts, charged with positive energy, will help you to allow each situation to pass; to really overcome it and leave it behind, for it not to remain alive in your thoughts or in your memory.

With the power of a mind that creates thoughts full of good energy, wherever you go, you will create a pleasant atmosphere. Your vibrations will create spaces full of beauty, love, trust and peacefulness; spaces where all those who enter will remove their masks and will connect again with their true self.★

(Purity Bureau)



Bengaluru: Inaugurating a conference on 'Caring is Healing' at the Town Hall are Mr. S.P. Patil, Hon'ble Minister for Medical Education, Dr. Sachidanand, Karnataka Director of Medical Education, Dr. Veeranna, Secretary, IMA, Karnataka Unit, BK Shivani behn, BK Sisters Padma & Saroja, Dr. Banarsi Lal Sah and others.

Sir,
if it is just a
promise then
make it not for a
road but airport
in the village.



Third Eye of Wisdom

Hindu scriptures talk of the third eye of wisdom. The deity Shankar, the destroyer in the Hindu Trinity, is shown with a third eye in the middle of his forehead, and it is said that when he opens this eye it results in the destruction of the world.

The third eye, in fact, symbolises knowledge of the past, present and future. No human has such knowledge, because we neither know what we were before birth nor do we know our future.

Even the deities of the Golden Age do not have knowledge of their past or future. If they had such knowledge they would lose all sense of joy with the grim realisation that the Golden Age would gradually give way to the Silver, Copper and Iron ages, with progressive deterioration in their condition.

Who then possesses the third eye or knowledge of the three dimensions of time? God gives the knowledge of the entire cycle of world history at the end of the Iron Age to His children through the medium of Brahma. Those who imbibe this knowledge are true Brahmins. These Brahmins know that they were deities in the Golden Age and gradually lost their divine qualities through the four ages, and that they will once again become deities in the Golden Age in the soon-coming next cycle of world history by imbibing God's knowledge. Thus they are happy in the knowledge of their prosperous future.★

Sync between mind and intellect

A human being is a combination of the soul and the physical body. The soul is a living or sentient entity separate from the physical body. It can think and reflect, it can experience pleasure and pain as also bliss and peace, it can make efforts and take action, whether good or bad. The soul has three faculties – mind, intellect and ‘sanskars’ or predispositions.

The mind is the thinking faculty of the soul. It is the mind that imagines, thinks and forms ideas. The thought process is the basis of all emotions, desires and sensations. The intellect is the faculty of understanding and decision-making and stands out as the most crucial faculty of the three. ‘Buddhi’ the Hindi term for intellect, is derived from the root ‘budh’ (to be awake; to understand; to know) – the determinative faculty of the soul that makes decisions. It can determine the wiser of two courses of action if it functions clearly.

The intellect is the force behind our wisdom and our reactions to the outside world. It is, however, not just the power of discretion and judgment. It is also perception, comprehension, understanding, intelligence, rationality, wisdom, discrimination, mindfulness, presence of mind, all working together to keep us attuned to the world around us and deal with it wisely, appropriately and effectively to the best of our expectations, beliefs, intentions and attention.

With the broadening of the intellect, clear understanding and realization of knowledge becomes natural, and the power to discern and decide increases. It is the intellect that discriminates, judges and exercises its power in the form of will.

When we are playing a role in life or when we are in the field of action, we want the intellect to guide us to make choices. Otherwise our mind gets guided by ‘sanskars’, the habit patterns stored in the



Mysuru, Karnataka: During golden jubilee celebrations of Brahma Kumaris Mysuru Subzone are Jagadguru Shivarathri Mahaswami (speaking), BK Asha didi from Delhi, Mr. C.S. Puttaraju, Member of Parliament, BK Somprabha didi from Solapur, BK Lakshmi didi, Incharge Mysuru Subzone, and BK Nirmala didi from Hubli.

**A clear intellect improves our choices,
which leads to liberation from bondages.**

subconscious, and these ‘sanskars’ are coloured by vices. Often, the ‘buddhi’ is clouded over by all of the colouring and impressions in the subconscious. Thus, a major goal of spiritual practices is to clear the clouded ‘buddhi’. Then, with clear choice one can ever improve the choices that lead to liberation and complete purification.

The intellect is a tool for discernment and decision-making. It is also the seat of will power and the conscience. The intellect supports or rejects the thoughts that keep streaming through the mind. Whatever choice is translated into action gets stored in the memory, and repeated choices form a ‘sankar’, which then get reflected as habits or conditioned responses. These ‘sanskars’ and repeated actions will gradually create the destiny of a person.

For instance, when a person is first tempted to smoke, the intellect will reason against doing so. But if the person goes against his better

judgement and starts smoking, it will gradually become a strong habit or addiction. His ‘sanskars’ will tempt the mind towards smoking again and again, and his intellect will also get coloured by the habit. The same intellect which was earlier reasoning against smoking will now start reasoning for it. It will create clever logic to support the act of smoking. From this example, we can deduce that the intellect, the most important faculty of the soul, also gets coloured and becomes subservient to the mind and ‘sanskars’.

An intellect that is coloured by vices such as lust, ego, greed, anger and attachment cannot discern clearly, and the judgements given by it are not accurate. Such an intellect misleads a person to unrighteous actions, and ultimately ruins his life.

Most of our problems in life can be traced to the deficiencies in our ‘buddhi’. The ‘buddhi’ has a tendency to become clouded by the activity of the senses and our desire for sense objects. A man of lesser

‘buddhi’ is constantly driven by the senses and the desire for sensual gratification. He loses control over his mind and thoughts and indulges in actions that would bind his soul to the cycle of karmic bondage. He suffers constantly as he fails to practice equanimity while coming in relation with the sense organs and the world.

What is safe for the soul and what is dangerous is not always clear to the average intellect. The average intellect, however, is steeped in its vices and ego-generated desires and, therefore, constantly stumbles into wrong decisions born of its own nature, not necessarily consciously. The ignorant, the dull-natured, are, in addition, incorrigible in their ignorance, and consider wrong to be right. The attitude of the intellect has to be one of detachment – which is not to be taken as renunciation and dispassion, but the attitude of perceiving everything as it is, perceiving through the third eye of wisdom or a divine intellect.

An individual should aspire to get into communion with the Supreme intelligence, i.e. God, and let His wisdom guide their intellect rather than ‘thinking’ its own ‘intellectual’ way to liberation or righteousness. The third eye or divine intellect is given by God. It works on the basis of soul-consciousness – the awareness that we are pure souls whose innate nature is peace, love and bliss.

God is now revealing the truth about the entire creation and its journey through time. By following the wisdom imparted by God and by devoting our mind and heart to His loving remembrance, we can purify and divinise our intellect. We begin to see ourselves as we truly are, and we begin to see the drama of the world and other souls as they truly are. In other words, we begin to perceive everything as God sees it. Such an intellect enables a soul to do righteous actions and enjoy a blissful life.★

(Purity Bureau)

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Editorial

Not the end but a new beginning

The Bulletin of Atomic Scientists announced last month that the setting of the Doomsday Clock had been moved further up by 30 seconds, at two-and-a-half minutes to midnight, signalling that humanity is now in grave danger of a global catastrophe. The rise of strident nationalism across the world, the worsening of the security landscape off late and other reasons such as the lack of consensus over combating climate change convinced the Bulletin's Science and Security Board that it was time to warn public officials to take measures to redeem the situation.

The Doomsday Clock, which hangs in the University of Chicago since 1947, is a symbolic countdown to a 'possible end of the world', which is represented by 'midnight'. It records the fluctuations in the level of danger faced by humanity. It is metaphor for the period of uncertainty we are in, and tells us that life today is prone to drastic changes and anything can happen to anyone anytime. More than showing an accurate reality, it is a reminder to everyone to act for the common good because time is running out.

Though the name of the clock suggests a dead end, that's not the only thing it shows. Time is both eternal and cyclical. Nothing can really bring us to an 'end' because time never stops but ticks from one phase to another.

If we look at it differently, in a more positive sense, midnight is also the way to dawn. It signals that a fresh innings will begin soon because morning is as certain as the night. In the larger sense, if we are approaching the midnight of the world drama, there is full hope that light will finally take over.

This resonates with the message of the Creator in the Bhagavad Gita. He promises that whenever the darkness of evil reaches its peak, He descends on earth in order to salvage humanity and restore it to its original true religion. He connects human souls to their original, immortal, pure identity and the web of illusion and falsity is shattered. Through this process, the old unrighteous world order is destroyed and the new pristine world order is created. That auspicious confluence is now, the time of great transformation is now.

So the happy news for all of us is that this is the age of God's descent on earth, and it makes our worst reality a blessing in disguise. This is when the saviour Himself takes charge of the complete renewal of the spiritual and the material because at this time everything is beyond a state of repair. The writing on the wall says that it is the perfect period for us to cleanse ourselves of vices and adopt virtues that befit the upcoming world which He is creating.

It is said that the forewarned is forearmed. The purpose of being aware of our current scenario is not to get disheartened or shocked by the process of destruction, but be prepared to face any upheaval with courage and participate in the new creation. It is to develop such an inner state that one can remain stable in crisis situation, retain the capacity to work for collective benefit, and become instrumental in altering the course of time.

The method to empower the inner self is to learn and practise Rajyoga, which the God of Gita is presently teaching. Rajyoga guides us to adopt the path of truth and refine our thoughts, words and actions. It is the method to change old sanskars from the root, and emerge our innate kindness.

When a select group of individuals, who act as committed, non-violent soldiers of the Godly army, are able to achieve a high degree of inner purity in this way, the world automatically goes through the final phase of transition and the new golden world is established.*

For further details, please contact your nearest Rajyoga centre.

Gleanings from the press

Indian pepper may be a cancer fighter

The Indian long pepper, widely popular for spicing up food, may soon be used as a potential cancer treatment drug, according to a new study. The Indian long pepper contains a chemical called Piper longumine (PL) that could stop your body from producing an enzyme that is commonly found in tumours in large numbers, according to the study published in Journal of Biological Chemistry. *(Times of India)*

Space station harvests first cabbage

Astronauts aboard the International Space Station (ISS) have harvested the first crop of Chinese cabbage after spending nearly a month tending to the leafy greens, according to NASA. While the space station crew will get to eat some of the Tokyo Bekana Chinese cabbage harvested by astronaut Peggy Whitson, the rest is being saved for scientific study back at NASA's Kennedy Space Centre. This is the fifth crop grown aboard the station, and the first Chinese cabbage *(News Item)*

Data speeds 10 times faster than 5G

Japanese scientists have developed a terahertz transmitter that can send digital data over 10 times faster than 5G mobile networks. *(The Hindu)*

Low dose pill to tackle high BP

Combining four blood pressure drugs into a low-dose single pill has been found to be 100% effective, says a study published in The Lancet. *(News Report)*

Bhoola Bhai

And our friend Bhoola Bhai on the Mandir Lane believes that others are merely mirrors of you. You cannot love or hate something about another person unless it reflects something you love or hate about yourself.

Bad air kills two Indians every min

Air pollution is killing two people in India every minute with the country's environment turning more toxic by the day, says a new study published in the journal 'The Lancet'. According to the study, some of the worst polluted cities of the world are in India. *(News Item)*

Tastier tomato on the horizon

Scientists have identified the important factors responsible for loss of flavour in tomatoes. Numerous genes responsible for the flavour have been lost as food producers selected the fruit for other qualities, such as size and firmness. Now, researchers at University of Florida, US, have unveiled the lost genes associated with the original flavour. "We're just fixing what has been damaged over the last half a century to push them back to where they were a century ago, taste-wise," said researcher Harry Klee, adding that the technique involved classical genetics not genetic modification. *(PTI)*



Never fear
to negotiate
but never
negotiate out
of fear.

Godly Spiritual Knowledge imparted by Brahma Kumaris

Body and Soul

(Continued from last month)

Original Nature and Rebirths of the Soul

The Subtle World

Below 'Paramdham' lies the Subtle World, where the three subtle deities — Brahma, Vishnu and Shankar — reside in their respective subtle regions. These deities do not have physical bodies like us but subtle, self-luminous, angelic or astral bodies. This may be called the 'movie' world. Here the subtle deities act and converse without any sound, much in the manner of action in a silent movie. There is movement, but no sound. This world, again, can be seen only with the divine eye.

The Corporeal World

At the bottom is the Corporeal World of human beings, in which we are living today. This world is a field of action ('Karma-Kshetra') where souls take physical bodies of flesh and bones to play their respective roles. In this world, there is movement as well as sound. It can also be called the 'talkie' world. The life that a soul leads in this world is happy or sorrowful depending upon its past as well as present actions. The principle, 'as you sow, so shall you reap', operates in this world. Here, the soul experiences joy and suffering, pleasure and pain, through its physical body.

The three worlds, viz., corporeal, subtle and incorporeal, (we may also call them talkie, movie and silent worlds, respectively) taken together constitute the universe or 'Trilok'.

Original Nature of the Soul

Original Sanskars

The original 'sanskars' of the soul are of purity, peace, love, bliss, knowledge and might. The soul loses its original qualities when it becomes a slave to the five vices, viz. sex-lust, anger, attachment, greed and ego. These five vices have their origin in body-consciousness. These vices, and body-consciousness in general, make the soul miserable. Bliss and peace lie in conquering them and having mastery over the sense organs.

How was the original nature lost?

By taking many births, the soul becomes attached to the body. The soul has forgotten its identity, its original attributes, its abode, its Supreme Father, and has become a slave to the vices. Until the control of vices is withdrawn from the soul, it will

never come back to its normal stage of peace, happiness and bliss. The vice-ridden soul may be compared to an artificially heated bowl of water which will burn the skin, produce blisters in it if it comes in contact, but on withdrawing the source of heat, it will revert to its normal temperature and again become useful in quenching thirst and play the role of a life-saver. Similarly, a person whose soul is afflicted by anger tends to lose his temper and become excited at the slightest provocation, yet, when the event is over, he finds peace in reverting to his normal temperament. What holds good for anger applies to the other vices too, which are at the root of all emotional disturbances, strains, tension and imbalances suffered by man today. When the soul is freed from the control of vices, it tends to attain its original state of purity, peace and bliss.

Peace and bliss are the soul's basic attributes, so it is futile to search for them outside. One searching for peace and bliss in the external world can be compared to the princess who searched for her precious necklace all over the palace, whereas she was wearing it all the while. It is just like a musk deer running after the sweet smell of musk, unaware that it is emanating from its own navel. Peace of mind is the soul's own quality, it will automatically come from within once the state of soul-consciousness is achieved.

Rebirths of the Soul

Soul is Eternal

The body is mortal and short-lived, but the soul never dies. It is eternal and immortal. After leaving one body, it is reborn in another. On taking a new birth, the soul forgets about its previous birth. This, in fact, is a blessing in disguise. Otherwise, it wouldn't be able to live a normal life. Suppose a soul was unhappy in its past life and is happy in the present one, the past memories will mar the present happiness. With past memories, a soul may show hostility to some person who had wronged him in a previous birth, thus affecting its smooth life.

Souls do Take Rebirth

The realization of the self as a soul, an eternal being, as distinct from the perishable body, leads to the inevitable conclusion that the soul goes through a cycle of re-births. Human souls are

actors in the World Drama and as such they have a natural proclivity to play their role in it. Since the souls cannot act or experience without bodies, they take rebirths. It is, therefore, on the agenda of the ever-lasting individual souls to become discarnate and take rebirth.

As explained earlier, the cycle of thoughts-action-'sanskars'- thoughts rotates endlessly. Does a cycle have a beginning or an end, or is it in perpetual motion? This also is indicative of the birth-death-birth continuum. By death, man is disembodied, but does not cease to exist. He continues the journey. The unfulfilled desires of a person at the time of his death also argue for rebirth of the soul.

Occasionally, there are newspaper reports about children who remember their past lives distinctly. Many such cases have been closely examined by parapsychologists and found to be true, as mentioned earlier. This confirms that the soul takes rebirth. Infants do have some inkling of a past life, but being unable to speak, they are not able to express themselves. It is observed that sometimes, after birth, a child suddenly starts weeping and then smiling. These are reactions to memories of events of its past life. One also observes a marked difference between children of the same parents. Each one has some predominant latencies ('sanskars') of its own which emerge automatically. This shows that it has been transmitted from the previous birth. Similarly, there are some children who attain extraordinary proficiency in some art at a young age. This is due to their having acquired the skill in that art in a previous life. For example, some children who have never been to school are found reciting difficult scriptures.*

(Concluded)

(From correspondence course in Godly Knowledge)

Pearls of Wisdom

No legacy is so rich as honesty.

-Shakespeare

Wisdom is only found in truth.

-Goethe

Man is what he believes.

-Anton Chekhov

A man full of courage is also full of faith.

-Cicero

To the good God nothing is little, because He is so great.

-Mother Teresa

Whatever you are, be a good one.

-Abraham Lincoln

A prudent question is one-half of wisdom.

-Francis Bacon

He who can, does. He who cannot, teaches.

-G.B. Shaw

Things not understood are admired.

-Thomas Fuller



Jharkhand, Ranchi: Mrs. Droupadi Murmu, Hon'ble Governor of Jharkhand, BK Usha from Mount Abu, Dr Satish Midha, Surgeon, BK Nirmala, and Mr. Rajkumar Kedia, businessman and well-known social worker, lighting candles during the 'Gita Gyan Satya Rahasya' programme, organised by Brahma Kumaris at Harmu Maidan.



**Satyam Shivam
Sundaram
Om Namah
Shivaya
Shiv
Paramatmane
Namah**

**Bahadurgarh,
Haryana :** To celebrate Shivratri a 21 feet Shivalinga made from 'Bair' was setup outside the Brahma Kumaris Rajyoga Centre. It became the main centre of attraction and attracted large crowds including VIPs of the area, who were told about the relevance of Shivratri in the present troubled times.

The Beggar King



A great flood threatened a city in olden times. The waters were up to the palace doors. The king and the queen in the interest of the prince's safety put the baby in a basket to prevent it from drowning. Unfortunately, in the confusion that followed, they lost sight of the baby's basket.

The crown prince was separated from his parents. The basket with the baby prince went far with the flooding waters and finally ended up near the home of a poor family. They took care of the baby the best they could; no one knew that he was the crown prince. The prince was raised in poverty and as a beggar in the street. For a livelihood, the prince would spend most of the day begging; he too, did not know that he was really the crown prince. Thus, he would become happy if someone gave him something to eat or some money, and would be sad if he did not get any food or money from begging.

Now, the prince had a birthmark that the king and queen knew of. They searched high and low through the kingdom discreetly for a person with that birthmark. Luckily, after many years they finally found the prince, raised as a beggar. Suddenly the beggar's life changed. He was well cared for, educated, and raised to be the next king. He was very happy, as now he spent his time in luxury and learning from the best. A few years later, the king died and the prince was crowned king. He ruled his subjects well.

One day, the beggar prince who turned king, was thinking about his life; he reflected where his life had taken him. Suddenly, he felt like going back to the street and begging, just for the experience of it. So disguised as beggar, he went begging for a day. Just like before, some people gave him money or food, and some people did not. However, this time he did not feel anything if he got anything or not from begging. Whether people gave him money or not, he continued to be at peace, because inside the disguise he knew he was the king.

This story teaches us about who we really are. Each of us is a child of God. However, we do not realize it and do not feel bliss. When something bad happens to us, we feel bad; when something good happens to us, we feel happy. In life, something good or bad will always happen to us. However, if we want to be blissful all the time, we have to remember that we are peaceful and blissful soul.*



Aska, Odisha: Mr. Pradipta KV Behera, Jail Superintendent, receiving Godly gift from BK Parvati during a public programme at the BK Centre.



Noor Compound, Gaya: Standing in silence under God Shiva's flag on the occasion of Mahashivratri are Mr. Pradeep Jain, former president, Jain Samaj, Mr. Sunil Mittal, Pundit Ramanujacharya, and BK Sheela.



Panaji, Goa: Lighting candles at the oath taking ceremony of students of Vrundavan Institute of Nursing Education are BK Shobha, Guest of Honour, Dr. Digamber Naik, Ms. Mangala Naik, Managing Trustee, Naik Memorial Trust, and Dr. Manisha Kulkarni, Principal, Shree Vetal Institute



Pasighat, Arunachal Pradesh: BK Sisters Champa and Malti with the students of Mebo Higher Secondary School, after giving a talk on 'Swachh Bharat, Swasth Bharat'.



Bhuj, Gujarat: Cine actor Amrita Rao receiving a picture of God Shiva from BK Raksha at BK Rajyoga Centre.

Where did *devil* come from?

One of the most intriguing and troubling questions that often pops up in people's minds is where did evil come from? Many believe that evil has existed for eternity and the figurehead of all evil is personified as the Devil. But where did the Devil come from? The Devil is also called Satan, Shaitan, Demon, and Ravana.

In the famous English epic, Paradise Lost, the Devil is described as an archangel, a top angel, who was thrown out of heaven because he challenged God's authority and fomented a rebellion against Him. Satan is defeated and punished for his perfidy with living in hell perpetually burning in the fire of humiliation and hostility.

The allegorical story does not end there. Hereafter begins the human connection with the Devil. It is said that the malicious fiend then schemed to avenge his disgrace by making God's best creation, Adam and Eve, sinful and getting them expelled from Paradise. Many theologians and common people believe that God created the Devil because He is the Creator. Many have argued that the Devil was born when he was banished from heaven by God. There are others who subscribe to the belief that God created the Devil so that humans would realise by contrast the value of God and goodness; also, it would enable them to exercise their free will and live by goodness or follow the Devil.

To understand the origin of the Devil we must understand what goodness and evil actually mean. Why is it that we tend to resist all that is bad and like all that is good? Even bad people feel bad when someone behaves badly with

The Devil is not a person or a being armed with evil powers. God did not create the Devil. The Devil was born due to human weakness.

them. Why does every human being, including the worst ones, expect respect, trust, honesty, love and forgiveness for themselves and their near and dear ones? We term something as good because it resonates with our innermost feelings of peace, truth, love and joy. We term something as bad when it dissonates with our innate self. People burn the effigy of their enemy. Every year, people burn the effigy of Ravana in India as he symbolises evil.

When people act in an evil manner, their reasoning, will power and feelings are completely overpowered by a vicious emotion, and they cannot feel that it's wrong, but when it comes from another person, they perceive a negative feeling because they are normal or rational at that time.

This leads us to the understanding that we like feelings of joy, love, truth etc. because our true nature is made up of these values. Truth means that which is eternal, hence vicious feelings are not a part of our original nature. Evil is simply an illusion. Just as absence of light is termed as darkness, and absence of health is termed as disease, similarly, absence of our innate goodness manifests as evil. We can remove darkness by switching on the light. We can remove evil by

realising our innate goodness.

The Devil is not a person or a being armed with evil powers. It is only a name given to vices like lust, ego and anger that rule human conduct today. God did not create the Devil. The Devil was born due to human weakness. When the body is weak, it is afflicted by disease. When we went far away from God and our goodness, we lost our spiritual power and, instead of virtues, vices began to influence our actions.

As we souls continued our journey in the cycle of time though repeated rebirths, we lost touch with our eternal truth. We became more attached to the material illusions around us. Our ignorance gave shape and strength to the illusion called the Devil and we all started believing that he is controlling us, not realising that the Devil is the creation of our ignorance and weakness.

God is most merciful and benevolent. As souls we are His children. Why would He create something that would trouble us so much? God is the Liberator who gives us the wisdom and power to free ourselves from the clutches of the Devil. Through His wisdom we are enlightened, and through His love we are empowered to realise our eternal goodness and conquer the Devil that rules within each of us. ★ (Purity Bureau)

You Ask... We Reply

Send your questions to purity@bkivv.org

Mamta Chaudhary, Kolkata

■ **What exactly is Spiritual Empowerment? How to gain it?**

- Spiritual empowerment is when we have such control over our feelings and thoughts that situations are not able to influence us or the state of our mind, but we can comprehend them for what they truly are. Rajyoga (spiritual knowledge-based meditation) is a magical or mystic elixir that helps in gaining such spiritual empowerment. Practising meditation helps calm the mind while empowering the spirit to get away from personal barriers. The spiritual knowledge-based meditation brings a new outlook about the self, relationships, life, and our connection with God, which in turn brings a state of inner peace and stability that can make sense of every day, and the gratification we attain helps in empowering the soul.

Sudhir Misra, Varanasi

- **I have a major weakness. When I make conscious effort it disappears for some time, but again emerges after sometime. What should I do to finish it?**

- The reason for this is that the powers to erase and destroy are weak. When effort is made and attention paid to erase what was seen, heard, thought or done in the past, it goes away from the conscious mind, but it does not get fully wiped off the subconscious. This is because the power to completely destroy is not strong enough. You do erase it, but whether you call it the plate of the mind, the slate of the mind or the paper, you don't clean

everything completely. You are able to erase everything according to the time, but then something emerges again at another time. If the plate, slate or paper of the mind is not wiped completely clean, then would anything, even a better thing, you try to write on it be clear? Even a few situations and behaviour patterns of the past would still be merged within you in a subtle way. They would then emerge into your physical form at certain times. Regular practice of Rajyoga meditation would help you to incinerate and destroy even the subtlest vibrations of any character trait or weakness.

Sheetal Singh, Ambala Cantt.

■ **Why is meditation taught by BKs called Rajyoga and not just yoga?**

- Rajyoga is the original yoga as taught by the Supreme Father to the souls. Yoga means connection or link. It originates from the Sanskrit word 'yuj'. Raja means a king or a ruler. Generally, yoga is understood as a physical exercise, deep breathing or focusing on a particular point. For some it is just sitting in silence watching their thoughts. However, Rajyoga is to be in the awareness of the self as a spiritual being, a point of light, the soul, and to remember the Supreme Father, the Supreme Soul, with a lot of love. There is a direct connection with the Highest One or the 'Raja'. The practice of Rajyoga enables one to control or become a 'raja' over his mind, intellect, 'sanskars' and the physical sense organs. As one is able to experience the essence of all types yogas in Rajyoga, it can also be said to be the 'raja' or the king of all the yogas.★



Abu, Shantivan: Lighting candles during a Retreat on 'God's Wisdom for Self-empowerment' are Mr. P.C. Jain, Hon'ble Minister of Energy, Madhya Pradesh, BK Nirwair bhai, BK Dr. Nirmala didi, Dr. S. Ramratnam, Vice Chancellor, Jagadguru Kripalu University, Cuttack, BK Mruthyunjaya & BK Shashi didi.

Wisdom of Dadi Janki

Chief of Brahma Kumaris

Subtle Service

Your pure vibrations are a subtle form of service.

Love, peace, joy, wisdom – these are pure vibrations. They are carried out into the world through your thoughts and actions wherever these are filled with the Divine.

So make your every moment pure, understanding the difference between the ordinary and the divine. Then put the divine alone into practice. Remember that you are a master of both your mind and your body, then give your orders and keep them in order. As you learn how to tell your mind what to do, old ways of thinking and doing will change.

As the master of both your body and mind, you will see things not as they appear, but as they truly are. You react less, respond more.

Your very presence becomes an invitation to truth. Your vibrations reach out, bringing coolness and peace – words wouldn't be even half as effective. The help is extended through your state of mind.

And everyone is benefited, not just those around me, but all your brothers and sisters, the whole world over.

Inner Peace

Feeling great begins with stepping inside to meet our self; to observe how our inner world is functioning, what thoughts and feelings there are and how are we creating them.

When we step inside and see and accept our self as we are, we begin to create peace within. The original peace that is at the core of our being starts to flow. Positivity is the natural outcome of this experience of peace.

When the feeling of peace and positivity remains constant, no outside event or person can interrupt the flow. However, to begin with, the feeling of peace may ebb and flow and our feelings and mood fluctuate. This confuses us and those around us. They have to deal with our swings and imbalances and can never be quite sure how to position themselves when dealing with us. They certainly do not feel great.

Feeling great must encompass the capacity to remain stable in whatever positive attitude we have – and that makes others feel great.★



Gandhinagar, Gujarat: Dadi Janki seen with BK Sarla didi and BK Kailash didi during her visit to the local Rajyoga Centre.



Rajkot, Gujarat: Dadi Janki seen with BK Bharti didi, laying the foundation stone of 'Happy Village Retreat Centre'.

Holi Milan: Celebration of True Colours

Holi, Dhulandi or Dhulendi is celebrated on the last full moon day of the lunar month of Phalgun, or Phalgun Purnima. People celebrate Holi in three ways: they burn the bonfire of Holika, the next day they colour each other, and they meet with each other in a playful and festive manner.

The story of the bonfire of Holika reminds one that with the help of unflinching faith in God, whereas a person who feels vain and proud about his limited powers is finally defeated or destroyed. The bonfire of Holika also signifies burning or

finishing one's weaknesses and faults and purifying one's thoughts, deeds and words. On this occasion, people put into the bonfire sheafs of grain. When the grains are roasted, they cannot grow a crop. In a spiritual context, it means that if our actions are burnt in the fire of yoga, they will not give rise to vicious actions and, hence, there will be no crop of suffering.

Any deed performed in the awareness of spiritual wisdom cannot become a misdeed. Hence, Holika also symbolizes that first we, human souls, have to burn away our vices, such as lust, anger, greed, ego and attachment, by having a loving and single-minded devotion for the Supreme Soul. God's direction to all humanity is to purify the seed of karma by roasting it in the fire of yoga, i.e. communion with God, and to perform elevated actions in soul consciousness, in the awareness of who we really are: eternal spiritual beings endowed with divine qualities of peace, love, bliss, joy and power.

It is a day after burning the bonfire that people celebrate Holi with colours. This signifies that in order to get coloured by spiritual wisdom, one has to burn away the vices within the self. The company of God, or Satsang, denotes the colour of God's pure love and His infinite virtues. It is in the companionship



Mehsana, Gujarat: Dadi Janki giving blessings during inauguration of 'Divine Retreat Centre' at Kherava. BK Sarla didi is on extreme left.

of God that we realise our own true colours, our original divine virtues. That knowledge also symbolizes colour. Also, a spiritually evolved virtuous person colours those who are in his company and inspires them too to connect to God and His goodness. It is only through one's blissful communion with God that we can experience divine bliss, which is the underlying spirit of Holi celebrations.

The spiritual way of celebrating this colourful festival is, firstly, to let go of the past. To forgive and forget things that create hurt, pain and any kind of suffering is the true way to welcome newness in life. Secondly, Holi inspires us to be holy because we are the creation of the Holiest of the Holy God. Lastly, it reminds us of our true, eternal belongingness with God, to be His children in the real

sense, to reflect the original colours of peace, joy, love and truth that are inherent in every human soul. All true relationships that bring joy and fulfilment come from relating to the divine in the self and in each person. Holi 'milan' signifies the universal celebration of this spiritual love and brotherhood.

This divine bliss is depicted in the tales of Sri Krishna playing Holi with 'gopis'. These tales are symbolic of the spiritual intoxication and inner bliss that is experienced by human souls when they get coloured by knowledge that is imparted by God at the confluence of the end of Kaliyuga and the beginning of Satyuga, also called Sangamyuga. It is in this auspicious time that we experience this divine love and bliss in the company of God.★

(Purity Features)



News in Photos

The greatest motivational act one person can do for another is to listen.

Today's fire will be tomorrow's ashes.

Pandav Bhawan, New Delhi: At a seminar for jurists on 'Transforming Stress into Happiness' are Hon'ble Justice P.C. Ghosh, Judge, Supreme Court of India, BK Brij Mohan bhai, BK Pushpa didi, Mr. M.V. Ramesh, Registrar, Supreme Court & BK Lata.



Jammu: Dr. Jatinder Singh Rana, Hon'ble Minister of State in Prime Minister's Office, receiving a Godly gift from BK Sudarshan didi.



Imphal, Manipur: Ms. L. Sarita Devi, World Boxing Champion 2017, being greeted by BK Nilima.



New Delhi: HH the Dalai Lama receiving Godly gift from BK Hussain and BK Falak.



New Delhi: Leh Mahabodhi President giving 'Mahakaruna Award' to Dr. BK Binny during International Compassion Day celebrations.



Houston, USA: During a Mahatma Gandhi Memorial programme, BK Hansa Raval with other guest speakers and hosts.



Chennai, Tamil Nadu: Inaugurating 'Good-bye Diabetes' awareness programme are Dr. Shrimant Kumar, Diabetologist, Mt. Abu (main speaker), Dr. K. Senguttuvan, Director, Medical and Rural Health Services, Dr. K. Rajendran, Director, Malligai Hospital, Dr. Brijendra Kumar Srivastava, Asst. Director, Dr. Mohan's Diabetic Specialities Centre, Dr. V. Chockalingam, Cardiologist, B K Beena and B K Kalavathi.



Gulbarga, Karnataka: Lion Dr. A. Venkatachalan, Governor, Lion, being greeted by BK Prem bhai. Also in pic. is Lion Vinayak Mukka, Zonal Chairman.

Hari Nagar, New Delhi: Lighting lamps to celebrate platinum jubilee of BK Shukla didi, Incharge, Hari Nagar BK Centres, are Swami Onkaranand, Prayaag Peeth, Vice Admiral Satish W. Gharmadi, DGNO, Indian Navy, Dadi Kamal Mami, BK Mruthyunjaya from Mount Abu, BK Sunderlal bhai, BK Chakradhari didi, BK Amirchand bhai and BK Pushpa didi.

UN Days

- 3-Mar World Wildlife Day
- 8-Mar International Women's Day
- 20-Mar International Day of Happiness
- 22-Mar World Water Day





Om Shanti Retreat Centre (ORC), Gurugram: Group photo of participants in the 89th Annual All India Women's Conference. Ms. Veena Kohli, former President, and Ms. Rakesh Dhawan, newly elected President, are seated to the right and left of BK Asha, Director, ORC.



Abu Road, Rajasthan: Three tribal student finalists of 'Mega Tribal Singing Competition' held by Brahma Kumaris Radio Madhuban 90.4 FM.



Parrot Party.

Mr. Wise

Mr. Wise?
 Yes.
 Good is good and bad is bad?
 Yes, and so are their consequences.
 Then how come people sow thorns and expect to harvest corns?
 I cannot say.



And Mr. Wise?
 Yes.
 Can a person be both good and bad?
 People do appear to be good sometimes and not-so-good at other times.
 They become good when it serves their self-interest?
 I cannot say.

Lastly...
 Yes.
 God created man in his own kind - pure, good and compassionate, but he steadily lost these virtues?
 Yes.
 And its now time to regain the same from God as per the cyclic pattern of the eternal world drama?
 I cannot say.

Tailpiece

While bicycling in Kerala, our family stopped at a youth hostel which had formerly been a home for delinquent girls. Over each door was carved the virtue ascribed to that room. My husband and I slept in harmony, our daughters in repentance and our son in piety. Great was our delight when we discovered that the bathroom, too, has its attribute. It was regularity.

A Pune lady was expressing her indignation at the indecent words painted on the walls and sidewalks of the city.

"What will outsiders think of us," she cried.
 "Why, some of the words aren't even spelled right."

At a bank, post office or department store, there is one universal law which you ignore at your peril: the shortest line moves the slowest.

