

|| From the mighty pen of Sanjay ||

NO PEACE WITHOUT MORALITY

If the world has no peace today, it is because many nations and most individuals deny the supremacy of a moral order, in their inter-personal and inter-communal relationships. In today's world, we find the incidence of sexual libertinism, economic exploitation, racial discrimination or militaristic aggression. The number of such individuals and nations is increasing day-by-day, who think that wickedness, cunningness and vices are better than virtues and violence is better than non-violence. There are whole societies or nations that think that man is merely an animal, hankering after material progress and comforts. **They believe that man is satisfied merely by sense-gratification, and that he is an animal that lives from sensation to sensation. They refuse to accept the evidence, namely that man has a conscience and that he has higher aspirations, such as the aspiration for peace, calmness and bliss. Even the most degraded person has an inner aspiration for solace, satisfaction and peace. They fail to realize that peace, contentment, and bliss are not the qualities of bodily cells; they are the qualities of conscient self in its state of moral stature.**

Because of their materialistic thinking and attitude, scholars have given to the society what is called the materialistic interpretation of history. This view of man and history has been popularized and publicized by historians, economists and social scientists. The result is that the modern man does not believe in the supremacy of moral law. Man has, therefore, ceased to apply human values to the problems. Take, for example, the problem of nuclear weapons. There have been many agitations and conferences to bring about disarmament. In the talks for disarmament or in the negotiations for reduction of nuclear weapons, the only quality brought to bear is the fear of a way and the resulting annihilation. The talks are vitiated and they do not lead to actual disarmament because no moral values are brought to bear on the problem. The representatives of various nations do not think in terms of their moral responsibility.

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ANNUAL GODLY SERVICE MEETING - April 2016



For any big or small Organisation, the best of brains need to cooperate and contribute in the smooth running and continuous renovation of the Organisation. One such event in the history of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya happens to be the Annual Godly Service Meeting. This is held every year in the month of April for a week's time to experience an elevated atmosphere, and guide the responsible instruments of spiritual service, who are members of the Management Committee, Zone Incharges, Sub-Zone Incharges, and Office Bearers of the different Godly Service Wings of Rajyoga Education and Research

Foundation. In all, there are over 1700 experienced, dedicated BKs or Holy Swans who would be participating in this Year's Meeting from 8-15 April 2016. They will be representing their respective Regions from Bharat and Nepal. The overseas Centres will also be represented by some Senior Teachers.

The main focus of the meeting is not just to discuss Godly Service Plans but as they say, it's the human behind the machine which matters. Therefore, **it is a rare occasion for all the senior and main sisters and brothers of the Institution to sit together, and:**

▶ 1. Re-evaluate the Spiritual Progress made

during the previous year.

- ▶ 2. Show appreciation for the best Godly Service Events carried out during the previous year.
- ▶ 3. Engage in objective evaluation of the performance of all Centres in sharing the Godly Message to far and wide corners of Bharat and the globe.
- ▶ 4. Share new inspirations, and develop plans to ensure constant newness in the progress of Brahma Kumaris worldwide.

So far we have been very fortunate to receive Avyakt BapDada's blessings and wisdom directly, which always remains the most motivating force for every BK to continue on the path of Self-Transformation for World-Transformation. The most powerful spiritual presence of Avyakt Bapdada, the Dadis, senior sisters and brothers have kept millions of sisters and brothers full of enthusiasm, and optimistic about positive change.



The following Elevated Versions and Supreme Guidance were received at the latest special event in Shantivan wherein over 27,000 regular students of the Brahma Kumaris, from 56 countries, gathered together for deep experiences of yoga, spiritual wisdom and power through the medium of Avyakt BapDada:

“If you take the time to look at the face of each deepak with attention, you would see so many sweet things in the mind of each one. Many things are visible on each one’s face that are in their minds. Whatever is in the heart of each one, it is visible externally as though it is written on the faces of some, because the time for it to be visible in front of God, the Father, is very short. Whether in foreign lands or India, the children are in the Father’s heart and Baba is in the children’s hearts. If you want to see this meeting of

the embodiments of a lot of love, then see it in Madhuban.

“Whatever is within each child, whatever they are saying internally, is being recorded, and it is now also clearly appearing as a recording on their faces. A meeting is also taking place. However, this meeting of the hearts of the Father and the children in the forms of companions and friends is so lovely. You have the song: You are the Mother and you are the Father... You are everything. So, come here and see how the form of remembrance enters each child’s heart. Just think, when the form of the meeting appears on each one’s face, it must be so lovely. In fact, while walking, moving around and doing everything, Dilaram, the Comforter of Hearts, is visible in each one’s heart.

“Each one’s heart is swinging in the swing of happiness. BapDada too is

not seeing each one’s ordinary form, but seeing the form of the relationship - the relationship of God Father and child. It isn’t that if He emerges that form, then just the ordinary form comes, but the form of the love in their hearts is visible. So, you can see the full condition of each one’s heart.

“Everyone’s face is very beautiful and the make-up is of being merged in love. Some are beautiful and others not so much so, but no matter what each one is like, Baba only sees the picture of those lost in love, the picture of love, that is all.”

Whenever there are huge gatherings in Shantivan, or any other place where knowledgeable-yogi souls gather, the entire atmosphere becomes charged with very uplifting vibrations. At such events, the inspiring words of wisdom that are shared, and spirituo-cultural performances,



send out a very powerful message of unity of the human family, and experience of real inner happiness and peace.

In recent times, we have learned that our revered Rajyogini Dadi Ratan Mohiniji and some other BK sisters and brothers from Abu visited a few centres in Haryana, in early April, for a special Surrender Ceremony of 15 Sisters.

Further, Revered Dadi Jankiji and several other senior Brahma Kumaris Sisters and BK brothers visited Mehsana (Gujarat), on 3 April 2016, for the inauguration of a newly built state-of-the-art Retreat Centre for spiritual service. Over 5000 BK sisters and brothers from all over Gujarat and Madhuban participated in the House - Warming Ceremony and Inauguration of the new premises. The building appears very prestigious

in the form of a palace. How fortunate are the souls who would take benefit from the powerful, peaceful vibrations available at this newly constructed facility for Higher Spiritual Learning: the priceless knowledge about Self and the Supreme Soul in particular!

We extend our congratulations to our Respected Dadi Jankiji, Didi Sarla (Zone Incharge of Guajrat), Sister Sarla of Mehsana, and all sisters and brothers of Mehsana Brahma Kumaris Service Centres, who have contributed their time, energy and resources for glorification of the Supreme Being through this piece of beautiful architecture and spiritual haven!

More of such inspiring, glorious news will surely be shared at the Annual Service Meeting. There may also be some

surprises, like the celebration to honour the Platinum Jubilee birthday of our respected BK Mohinibehnji, Zonal Head of Uttar Pradesh Brahma Kumaris Service Centres, and Chairperson of Rural Service Wing.

Video presentations of Service News from the different Zones, Sub-Zones and Wings will bring home the best scenes and moments of Spiritual Seva experienced through the year. The presence of the three Senior Dadis and other senior sisters and brothers will definitely help in keeping the vibrations very soothing, full of creativity and newness.

All the invited Senior Teachers and Brothers are most welcome to participate wholeheartedly. With best wishes for the success of this Annual Godly Service Meeting!

– *B.K. Nirwair*

MAINTAINING ENTHUSIASM...



– Rajyogini Dadi Janki,
Chief of Brahma Kumaris, Shantivan

Question: *Dadiji, you have now completed 100 years and you still have so much of enthusiasm. What is your secret?*

Other forms of intoxication are harmful but this is such a useful form of intoxication that it transforms an ordinary woman



into Lakshmi and an ordinary man into Narayan. We say Lakshmi first and then Narayan and we ask how they become like this. Shiv Baba explains the answer in the *Murli* daily. Whatever He has taught and explained to us has to be brought into our lives practically. He

makes it easy for us.

To have zeal and enthusiasm in our practical life we must cultivate the stage of soul-consciousness, instead of body-consciousness. Yes, there is enthusiasm within me and why is this so? I have never forgotten my aim and the signs of this aim are working naturally and automatically. Enthusiasm, zeal and happiness are the signs. I feel if I don't do it, then who will? From the very beginning of my spiritual life, I have maintained two things in my intellect: whatever Baba speaks in the *Murli*, I do not miss; I value it and bring it into my practical life, because the aim is to take the Godly birthright for 21 births. The *Murli* tells us that whatever we want to do, we can do.

The first thing is to bring the mind into a state of peace. Then the sense organs remain under our control, not the other way round. It is said, "We need to

have the senses under our command, although we often find it difficult". When we bring our mind into a state of peace, our sense organs stay in order and the soul gets wiser. He or she then knows what actions to perform and what not to perform. It is through Brahma that Shiv Baba spoke to us and explained this knowledge of the soul and Supreme Soul so clearly. Brahma Baba's life became an example. Knowing what the soul is, gives us light and then thinking of the Supreme gives us might, power. This is the wonder of the Drama. What did I do? I cannot get these things done. It is God. Yet I never say I cannot do it. What is the face of an enthusiastic person like? Someone who is enthusiastic, doesn't have ego. He/she will do what needs to be done and will not just ask others to do all the work. Doing things in practical life, is enthusiasm working naturally. This is a matter of one second. My enthusiasm has never decreased.

When we came from Pakistan to India in the first house, Brij Kothi, at Mount Abu, Baba would sit below the stairs and ask us to show him the soles of our feet. He wanted to see if our feet were clean. Our Baba



taught us and also fed us *Brahma Bhojan*. We have received so much of sacred food throughout our entire life, since we belonged to Baba. With every step at the Confluence Age comes the income of multi-millions.

Those who do service with love, make their companions too enthusiastic. When people see their enthusiasm and zeal, they also become very co-operative and it becomes very easy for all to work together. Whether it is through the mind, body or wealth, there is natural cooperation. In order to fulfil Baba's hopes, my heart always asks, 'What shall I do today?' What shall I do now? I think about this two or three times a day. Whatever happened yesterday was good and what will happen tomorrow will also be good, that is a guarantee. We have to make others like ourselves in a natural way. This is the colour of company. There is a lot of power in being true. When the heart is clean internally, the thoughts produced are naturally of good quality.

When there is enthusiasm, the plans for service occur naturally and others help and cooperate and it becomes very easy to work together. When the heart

is true, God is definitely pleased. When the heart is clean, whatever thought arises easily becomes a reality and we never become disheartened. To become disheartened is a big mistake. One should never allow oneself to get depressed. One shouldn't complain, but should keep the aim to become complete and keep his face fully enthusiastic.

Everyone should work with positive energy and should have a very good attitude. Even in service, one should not have feelings of jealousy and competition towards other regions or countries. Each one has a different service; hence they should enjoy their service and try to keep a high interest level and help to keep the enthusiasm going on. Baba is sitting there and watching us.

As God Shiva's hand is on our heart, it becomes filled with peace, purity and happiness. The knowledge of the Tree, the Cycle and the Ladder shows us what we have to become. Shiv Baba is making us into servers in this Confluence Age. The proof of having a clean pure heart will be revealed in practical life. For how many years have I been maintaining enthusiasm? Some are

enthusiastic for 10 years and then it becomes their nature and the basis of spiritual efforts. At this Confluence Age, one should have spiritual awareness and move forward.

When I first came in contact with this divine knowledge, Shiva Baba was explaining the four ages; how to become like Lakshmi or Narayan and take the kingdom for 21 births which is possible at the Confluence Age only. We get a great deal of help from Him. He gets things done through others. Who created this game, this play? If we understand the Creation, then we understand the Creator.

Shiva Baba has taught us such an easy yoga. From deep within, whenever there is any pain, we say the word 'Baba'. He has so much power and He is our companion. He is with us so we can be detached observers and enjoy playing our roles.

I have the fortune of remaining always happy seeing my own part and everyone else's part. If one has understood this, then the enthusiasm will expand around the world. One should keep inside what is useful for oneself and use it in one's practical life.

ONLY GOD IS CALLED TRUTH



Baba says: ‘Only I speak the truth, because I know it accurately. Only I tell what truth is’. As a result, many have said that God is Truth. Some people think God is nothing but whatever they speak is truth; speaking truth is God. However, it isn’t that. ‘God is truth’ means that God personally comes and tells us what the eternal truth is.

In many aspects people say that God knows. In His praise, the word ‘full’ is used in words such as: knowledge-ful, blissful and merciful. God’s praise is different from the praise of humans. Human beings have limited knowledge. But He has unlimited knowledge. In Hindi, this is spoken of as *Manushya, Parmaatma Sarvagya*. The One who is the Knower of all will know everything and everyone. All these aspects have to be understood.

God Has Done A Great Job for All

People praise someone only if they do something praiseworthy. If a child praises his father, it means the father has



Mateshwari ji

done something for the child, for only then will the child praise the father. The fact that we praise God so much means He has done much for us. Whenever something happens to us, we naturally say, ‘O God, have mercy!’ We say, ‘Have mercy, remove my sorrows’. We ask of Him in this way, don’t we? When we ask Him to do such things for us, it means we have some relationship with Him, isn’t it? We remember Him in such a way because He has done favours to us. Even when someone does something for us, helping us at the time of need

or difficulty, we remember them and the help they gave.

When we face some problem and we don’t have anyone to help us, we remember God that He is ours and He will certainly help us. He had definitely helped us that is why we remember Him. What help did He give? He helped us greatly; He made the entire world a Heaven for us. What God does for us is not a small help. He does a huge task – of transforming the souls and the entire world.

When we perform good actions, we get good results. Whatever small or big profit or loss we make is the fruit of our *karma*; this is not God’s help. Our efforts in the Confluence Age reap for us the fruit of the new world, the attainment of everlasting happiness, peace and prosperity. So the Father says: ‘My task is different, isn’t it? I will give you the accurate knowledge, and the method to perform elevated actions. This is known as *karma yoga*.’ This is why it is also mentioned in *The Gita* that *karma yoga* is the most elevated. The Father says: ‘Never forsake actions. While living at home, in the household, just make your actions pure. I come and give you the knowledge as to how to purify your actions.’

God Takes the Support of Nature, without Subservience

Some people question how God would speak. When the soul can speak, why can't God? He is the Almighty Authority; He can speak. Even the souls can speak only when they come into the body. The soul takes the body and speaks; so can't God take a body and speak? It is the soul that speaks, isn't it? The Father says: 'I also take a body, but not as a slave to it, nor am I controlled by the laws of *karma*, like other souls, nor do I experience sorrow and happiness through that body. I just take the support of nature and the body; I don't come through a mother's womb. I take the support of the mouth, to speak for the time being. My part, My task, is governed by My time.'

Christ comes as per his time and establishes Christianity. He will only come when he has to establish that religion again. Then he continues to take rebirth in that religion, till its end. Even now, he must be in some birth.

Similarly, every soul has a part in this cycle. God also has a definite part, a definite time and a definite body. It doesn't mean that God comes into limitation, or some bondage. As each soul has a part in this unlimited drama,

so God also has His part of liberating us from the bondage of Maya. He has to come to liberate us. He is the Liberator, so He will come to liberate us. It isn't that He keeps liberating us, constantly – No. He will come when it is the time to liberate. When we are in the swamp of sorrows and misery, we call out to Him for help.

Each one has their own part and play it according to their respective time. It is also said that this world is a stage, and all are actors. This is a stage, and the actors come to play their role from *Paramdham*. Everyone has to play their part on the stage, don't they? God is also praised for His part, isn't He?

We should understand how the parts of all the actors unfold. The Father comes and liberates everyone from the bondage of Maya. God is also a soul. He has all the authority; therefore He is called God, Ishwar, and Supreme Soul. That is why He is considered as big in form. However, it is God's task and not the form that is so big and great. Gandhi was a human being and he was called Mahatma, not because he was big, but because his task was big and his personality was great. So he is praised, isn't he? Similarly, because God's task is also big and great, His praises are profound and profuse.

KEEP A SMILING FACE

– BK Sapna, ORC, Delhi

Keep a smiling face always in every situation;
Cry not and grieve not, is Baba's direction.
You'll not be peace-less and don't lose thy heart;
To donate knowledge, showing love-n-mercy is your part.

Why do you run after bodily beings? Remember God alone,
Display your kind heart, you aren't like a stone.
Remember Him always and perform your duty,
Shun hatred as that snatches away your divinity.

Respect the self and respect all;
Be a fragrant flower even in the fall.
Father is the Bestower of all Bliss;
Enjoy His Creation, and let the credit be His.

(...contd. from March issue)

MAHASHIVARATRI CELEBRATION OF BIRTH OF GOD



– BK Prakash Talathi, Mumbai

The scriptures may be great, but who wrote them? However great that soul may be, but still he is God's creation, God's child. A human being – a creation and not a creator. Creation can't say about the Creator with that much authority. There are limitations: 1) Due to one's capacity to understand, 2) He doesn't know with authority about his father's life before his birth (physical birth), he has to rely on information from others and other sources; 3) If a person has four children, not all will understand him to the same extent; one or two may be very close and friendly to him, others may be of serious nature and a few may be even very naughty. Everyone has a different level of grasping power, intellect and nature. Besides, here the Father is invisible and inaccessible so only Father can reveal Himself, introduce Himself to us when He reveals Himself in words (*Bhagwan Uwach*).

▶ **He says: Few out of**

millions and few out of those few, know me exactly and accurately who I am and what I am.

See, how majestic His language is! When I heard these precious jewels I got wonderstruck. Only a rare few out of billions know Him exactly and accurately as He is and how He is; I suppose they are the ones who are known as '*a chosen few*'.

Why only they and why not all of us? We are also His children, then why this disparity?

When I ponder on this thought, I feel a general survey of common people to know their understanding about God, 99% people will say, 'He is omnipresent'; hardly 1% may not agree to it. Perhaps, they may have something different to say. So let us understand whether "God is omnipresent". Is this praise of God or are we insulting Him?

Omnipresence of God:-

▶ We all know and accept – 'God is the Creator and we are

His creation'. Is it possible for any creator to be within his creation? Can a potter sit in every earthen pot he creates? Can a carpenter sit in every cupboard? I worked for Tata Textiles, was it possible for Tata to be in every thread of the fabric produced in his factory? Always the creator is separate from his creation.

▶ Most of the people in the world believe that God is our Father and we are all His children. We are sustained by Him. Has anyone seen such a father who himself is there and at the same time he lives in every child of his? How can a father be within a child? Is it by any means possible? A son can take father's features, a son can pick up father's qualities, a son can have father's genes, but the son can't have entire father within him. The child has his own body and his own personality.

Here in this case, we have features like our Father, we are also a point of conscient light, point of energy like our Father. He is praised as Ocean of Peace, Ocean of Love, and Ocean of all virtues. We, the souls, also have all the qualities of our Father like love, peace, purity etc., but not to the extent our Father, the Ocean of all virtues, has. We, His children, His creation, may not be the Ocean of virtues but still we



have every virtue that He has... We are His children but we are separate entities.

▶ If we are all gods (if God lives within us) then who is the creator and who is the creation? The concept of creator-creation or father and child becomes meaningless. The word 'brotherhood' also becomes meaningless. In fact, then the word should be changed to fatherhood. But if everyone is father, then, who is child? How come anyone become a father without a child? If all are fathers then whom should we give our inheritance to? So, the concept of omnipresence doesn't stand the test of truth. If the Supreme Father, the Supreme Soul who is Ocean of Peace, Ocean of Love, Ocean of Purity... Ocean of all virtues is merged within me, (in fact within every one of us), then why are others not experiencing the vibrations of love, purity, peace from Him? Why do others get disturbed occasionally? Why do we ask God for a drop of love? Do we always treat others with love and respect? Are our interactions with others filled with sweetness, mercy, love, and peace?

▶ Practically, everyday we read or listen such horrible and shocking news from news-

channels or newspapers that we get confused, we wonder how can one say that God resides in them when their actions are so devilish and barbaric? A person having God within Him kills another person with God within him which means one God kills another God. One God molests another God? How can one God kill the other and eat its flesh? (Non-vegetarian God!!!)

▶ One group of people of one religion, each one having God within them fight with another group of people of another religion having God within them too in the name of God. How can we understand this?

▶ If the Almighty Authority is within me, then how come anyone insults me? How can anyone dare to harass me? Why is the Almighty Authority not taking any action to protect me, safeguard me? And the other way round – when I am doing any wrong action why is He not stopping me? If Almighty God is within me, then why is it that I cannot fight my sickness? Why do I have to go to a doctor?

▶ Every religion says, 'God is one'. And we also believe that God is in every one of us. So, is it not contradictory?

▶ If God is in everyone; how many Gods will be there; what

is the population of Gods? (Whereas every religion believes that there is only one God.).

▶ It is said, 'God is in every leaf of the tree'. And a cow comes and eats so many leaves, so many gods!!

▶ It is also said, 'He is in every particle of dust' (*Kankan me Bhagwan*). And next moment just walk on Him!! How can we put our step over our beloved Father? We just can't stand or walk over the earth. God being present in everyone and everywhere, He is present in every cell. Amoeba is also a cell, so God is there too. Now when someone gets an amoebic dysentery, he having God within him will visit a doctor who also has God within him to kill all those amoeba, each one having God within them. So, what does it mean? Are we praising God or insulting Him?

▶ If someone calls me a donkey or monkey, I feel insulted. Then how can we insult Him, the wisest of all intellectuals, by saying that He is in everything – donkey, monkey, amoeba, even in the worms in my stomach – in living beings and in non-living beings too? Someone having poor I.Q. is called 'Donkey'. However, the one who is the Intellect of the Wise and the Donor of



Knowledge, is thus insulted by us by calling Him omnipresent.

▶ If He is everywhere, why are we invoking Him? Why are we searching for Him, seeking Him?

▶ We have understood that God is bodiless, He is beyond pain and pleasure, He doesn't take birth, He is not governed by the laws of *Karma*, and so, those who have a body and are governed by the Laws of *Karma* can't be called God. So, God is not in them; hence, not omnipresent.

▶ It is also said that "the Soul and the Supreme Soul were separated for a long time. When we come across a *satguru* as an agent, he brings both of them close again (*Atma Paramatma alag rahe bahukal/Sundar mela kar diya, jab Sat Guru mila Dalal*)." It means souls are separate from the Supreme Soul and can't be the Supreme Soul themselves.

When God is everywhere, where is the question of His coming? It means though He is not everywhere, not even on the Earth; He comes down when the conditions deteriorate.

▶ He is the Heavenly God-Father who creates Heaven on the earth, a wonderland where there will be no trace of sorrow, sickness, poverty, etc. There will be health, wealth,

happiness, and long life for the people and all the five elements will be pure. He is called 'The Highest on high/Sarvottam' which means that He is the most elevated one.

▶ Guru Nanak also said, The master of all of us is One ('*Sabka malik ek hai*') and pointed an index finger upwards towards the sky. We sing, The One who stays above knows but pretends as if He doesn't know anything ('*Upar wala jankar anjan hai*') or Please leave your throne of the sky and come to the Earth ('*Chhod bhi de akash singhasan is dharatipe aaja re*'), the One who stays in the far away land has come to a foreign land ('*Door desh ka rahne wala aaya desh paraye*'). Please take us away from this land full of sins ('*Is pap ki duniya se door kahin le chal*'). What does all of these mean?

Many more points can be put against the totally wrong presumption of God's omnipresence. But now I leave it to you to think and churn within your intellect, this topic and you will find many interesting points against the concept of God's Omnipresence.

In essence, God is the only One who stays in His own Sweet Silent Home, in His own land called the Highest ever

metaphysical world far beyond the physical world of five elements (*Paramdham*).

The above discussion explains clearly 'God is not omnipresent.' To call Him omnipresent amounts to insulting Him. Everyone has the freedom of thoughts, speech and belief. Beliefs are just beliefs, they may or may not be the truth. We need to check them according to change of time, research and developments, and if needed, also change them. Even if someone disagrees, I still request you kindly not to say that He is omnipresent. Even if we unknowingly break the law, we are liable for punishment. Ignorance of law can't be an excuse for freedom to pass derogatory remarks, that too about our beloved Supreme Father.

Then how come this knowledge of Omnipresence came into existence!

The saints and sages might have introduced it through scriptures with the hope that moral values might be maintained in the society. If someone performs an immoral act, he would be afraid that God might be watching him as God is omnipresent. And this fear of God will help to maintain sanity and morality in the society.

(Concluded)

NEAR DEATH EXPERIENCE

(My son, Varmisan Thivagharen is 13 year old boy and lives in Southall London. I never went to the Brahma Kumaris centre but my son once did to attend the Christmas party in 2015. – **Thivagharen Sathasivam, Southall, London**

On 26th January 2016, at about 12 O' clock my son had severe stomach ache and we took him to hospital. Thrice the doctors sent him home with the pain killer but pain went worse. Then they admitted him in the hospital. My sister-in-law attends the Brahma Kumaris, a few times my wife also visited them but I never did. I didn't really believe in Baba. When we took my son to the Ealing Hospital they said that he had Appendicitis and they sent him to Northwick Park Hospital. He was sent to three different hospitals within an hour. They gave him anaesthetic while he was being taken to the operation theatre, but something happened.

As soon as they gave him an injection, he stopped breathing and his heart beat even fainted down. The doctors were shocked; they forgot about the stomach pain. My sister-in-law rushed to the hospital as my wife

found out that the doctor was not sure what was happening. Nothing was right, but my sister-in-law waited outside the theatre praying to Baba. Everyone from the Brahma Kumaris centre was also praying for my son day and night, especially the sister at Southall centre. My sister-in-law went to the operation theatre as the door was opened for her. She felt as if someone was pushing her in, maybe it was Baba. Door after door automatically opened for her, eventually she was inside. Usually, no one is allowed inside operation theatre but the doctor didn't say anything. My sister-in-law used to be a nurse and she knew that my son's heartbeat had gone down and he couldn't breathe. The doctors tried to get his breathing back but they nearly gave up hope in him but Baba didn't do so.

During that time, my son had a dream. At first, he couldn't believe but then he realized he really met Baba. He saw an old



Varmisan Thivagharen

man riding a black horse. The scene was beautiful; he saw Baba taking him around the places. Baba took him to the Brahma Kumaris Spiritual University at Mount Abu which he had never seen before, and then he saw five ladies in white; he didn't know who they were. Baba told him that she was Sister Shivani; he then thought that he was just imagining as Sister Shivani might not be real as he had never heard of her, or seen her.

The next day, early in the morning, I went for prayer to BK centre in Southall and we were crying as we were going through bad time. Everyone had given up, but the sister at the centre told me to wait till 10 O'clock, and then call her. At

9.30 A.M., my son opened his eyes and saw the surgeon with the mask. The first words that my son uttered, as she told us, were, “I am sleeping on Baba’s lap. Don’t worry.” It was after all this that he found out who Sister Shivani was. We were so happy to see him. He was as happy as ever and now he really wanted to meet Sister Shivani. The doctors told him that he was in a coma. But more surprising was how it all happened and that too exactly as the sister at the centre had said ‘wait till 10 O’clock’.

Would you believe that he did not need any operation and any medicine after all? I started believing in Baba. My whole family believes in Baba, the God Father, and now we go to the centre regularly at 4 O’clock. Baba has changed our lives. Baba now wakes us up at 3 O’clock in the morning and we go to the Brahma Kumari Centre in Southall and the Global House every Sunday. My son is feeling much better. Baba has given him new life while he was in coma. Baba told me, “Child, never eat meat as it is not good for you.” Since that day we have not touched meat and the whole family has become vegetarian and do not need any medicine.

Baba has given my son Varmisan a new life; now he has gone back to school and has been doing quite well at his studies.

THE THEORY OF POWER

– Vijeta Sharma, (Software Engineer), Pune

A year ago, I was unaware of all the truth of life which I came to know from the Brahma Kumaris. After knowing about myself and Shiv Baba, my mind started asking one question: “How can a human being live without knowing Shiv Baba”. By regular practice of meditation and remembrance of Shiv Baba, I experienced a practical relation between Shiv Baba and human beings. I would like to share my “Theory of Power” in terms of “Atma” and “Parmatma”.

Shiv Baba is the Power Bank (electric socket for continuous power supply) and human being is an electric instrument like a bulb, compared to Soul that needs power for its efflorescence. So, now, imagine if you want to connect bulb with socket, you will need to remove the plastic coat which wrap around copper wire, then only you can connect to electric socket and will start getting energy to illuminate. Here the plastic coat is our evil thoughts, darkness of our mind, foolishness of not knowing the original form of God, which we must remove. Now it’s time to remove your coating of impure thoughts, after removing plastic coating, original copper wire come out, this copper wire is your Soul (*Atma*). When coating removing means darkness of your mind, remove it immediately and you *Atma* will connect to the Power Bank (*Parmatma*). Now feel the smooth current (Knowledge) flow from the Power Bank (*Parmatma*) and sink in the power of knowledge. After disconnecting the bulb (Human being who is a soul) from the power socket (*Parmatma*) it becomes dark again. So this conjunction of *Atma* and *Parmatma* should not be disconnected if one wants to get energy or power forever.

IN SEARCH OF HAPPINESS

– Mrs. Manjula Bose, New Delhi

Boundless joy and happiness of childhood can be compared with fresh sparkling river flow, dancing down from the mountain top, making gurgling sound of laughter, and making everybody happy. Like that, we were also so spontaneous, undemanding and pure at heart. Happiness was part of our nature; our laughter, even our occasional pearl like tear drops amused all. Thrilling experience of having a swing on a tree twig and a run after butterflies on drenched meadows, remain ever fresh in our memory. We were full with positive energy, and were happy in each moment with whatever we had.

But as we grow up, we get stressed out with life's challenges, and our spontaneous positive energy level goes down. We start feeling irritated and unhappy on the slightest pretext so we start searching our lost paradise in all possible ways to regain our happiness.

We go to different places,

taste exquisite cuisine, collect costly things, just to feel happy. The temporary satisfaction stays, as long as our sensations of touching, tasting or seeing lasts, or till the mind gets bored, and is tempted by a new stimulus.

Though happiness, to some extent, depends on external factors, but mainly it depends on our mental attitude. Circumstances are always neutral. Swami Yogananda says, "It is how we react to them that make them seem either happy or sad".

We make our life with our own choice. If we decide to be happy then nobody can make us unhappy, and if we decide to be unhappy, then nobody can make us happy either.

Generally, we are unhappy, because we *react* to situations, being motivated by our uncontrolled desires, habits and karmic tendencies. We act not by our conscious choice. Spiritual masters recommend that by practising meditation and yoga, mind calms down, and we can accumulate more

positive energy, and can increase the discriminating power in us. We become skilful to *respond* to life, more consciously and appropriately rather than *reacting* unconsciously and impulsively.

Our too much dependence on outside world to draw happiness can also be a problem. The wise people say, "the more you depend upon conditions outside yourself for happiness, the less happiness you will experience". It is wrong to think that without having big houses and luxurious items we cannot be happy. An average person in America has much more of luxuries and comforts than the average person in Europe, India or any other land. But still he is not happy. He is burning with anxieties and worries. Happiness is not confined to an individual matter. To fill up my own cup of happiness, it is also essential to give service to other needy souls.

John. D. Rockefeller, the richest man of the world, was physically, mentally and emotionally a miserable man. His biographer says, at the age of 53, he donated all his wealth and formed Rockefeller Foundation to promote education and medical care

throughout the world. By his generosity, he not only helped others but also filled up his life with joy.

Joys and sorrows both are felt in our mind. We must always be careful to keep our mind engaged with only positive and creative thoughts. Thoughts are very powerful; they generate energy and influence life strongly. So like a good gardener, we must learn to be selective and throw away weeds of negative thoughts and water only good tendencies like compassion, honesty, love, etc. in us to come up in upper surface of our life. Then only the flower of happiness can blossom to make us happy and can spread its fragrance everywhere through our thoughts, actions and words.

Life is too valuable to be wasted by being negative, unhappy and moody. Life is impermanent; so whatever we can do, we should do now. The truth is, sooner or later we all will remain only as memory in some people's mind.

As the saint poet Kabir said, "When we come to this world, we cry and everybody smiles. Let us do such work in life that when we leave, we smile and everyone else should cry".

THE ENERGY OF THOUGHT AND FEELING

Like so many other energies - sound energy, light energy, electrical energy, etc., which are primarily invisible forms of energy and come under the realm of matter or the five elements, the energy of thought and feeling is also a form of invisible energy. **The only difference is that it is an energy which transcends the limits of matter or the five elements** and is metaphysical or non-physical and extremely subtle in nature. **It is a living or conscient energy which originates from the conscient soul**, as compared to the other energies which are non-living or non-conscient in nature. But at the same time, it is important not to forget that it is closely connected with the physical body and can only express itself through a physical body. Also, we perceive this energy only when we are inside the physical body.

It is an energy which keeps going and going for as long as we live. **It is this energy which we need to learn to channelize, control, manage, discipline, etc. because by doing that we experience our original virtues of peace, love, joy and power.** This is something which we have not been able to do since a long time, and something which a lot of people have desired to achieve since thousands of years. The technique of meditation is one technique which helps us in channelizing our thoughts in a positive direction. **The channelization of this thought energy improves the quality of our life as it has a positive effect on the various body systems, the quality of all roles that we play and very importantly on our relationships** – not only with others but with our self and the Supreme Being or God also.

– (awakeningwithbks@brahmakumaris.com)



RAJYOGA MEDITATION –



A JOURNEY TO TRANSFORMATION



– B.K. Sujoy, Durgapur

'In meditation, the way to connect to our original peace is by using the thought 'Om Shanti.' The words signify the consciousness of our eternal state of peace and the awareness of our spiritual identity; they tell us that "I am a soul and a peaceful one". When I accept 'Om Shanti' as a personal reality and concentrate upon it, the original power of peace and serenity is released'. – Dadi Janki

Just as a pole-vaulter uses a pole to lift himself up, but must leave it to jump across, a seeker uses words to reach a stage, but must drop them to go beyond. Meditation could help the person to take a leap from information to transformation. It is said that a mind filled with information is full of knowledge, whereas a mind having no thoughts, is in a state of meditation. However, meditation is not about creating a vacuum in mind but consciously creating positive, elevated thoughts.

Often the word 'meditation' is used for the state of mind which is calm, serene and stable. 'Meditation' has been derived from the Latin word 'mederi' which means 'to heal'. The practice of meditation is a dependable scientific process that helps to regain emotional, mental and physical health. Meditation practice helps one to link one's mind with the Supreme Soul and thus

experience the flow of His powers within the self. As one receives the Supreme Energy, the soul's power increases and it experiences its true nature of love, peace and happiness.

[Incorporal God Father Shiva teaches us to relinquish body consciousness and to constantly stay in the awareness that we are virtuous and noble souls, chosen by the Almighty Himself for the benevolent act of universal transformation through self-transformation.]

The mental fears, futile anxieties of future and all negative habits of mind get eradicated. It is an irony that man uses only 20% of his mental capacity for his routine and daily tasks. The rest of his mental powers go waste. The state of soul consciousness increases the strength of mind and one experiences the state of bliss. As the direct connection of

the electric wire with Power source helps to light up the bulb, the direct connection of the soul with the Supreme Power, God, emerges the lost powers and virtues within the soul.

Rajyoga meditation is, in fact, a journey of loving remembrance of our Eternal Father. The journey can be compared with a traveller in a train, who knows that he needs to focus on the ultimate destination, howsoever, beautiful the sights outside the train may be, as no sight is more beautiful than the destination itself. Even if he jumps out of the train, the train will continue to move and he will not be able to attain the desired goal of his journey of life. Hence, in the spiritual journey of Rajyoga meditation, one must have patience and tolerance if one has to reach the goal.

A teacher imparts knowledge and enlightens his students. Similarly, the Supreme Teacher bestows divine knowledge upon

us and clears the mind of all negative tendencies. In our modern life style, we suffer from predominant negative feelings and vices like anger, hatred, fear, jealousy, etc. which generate powerful negative impact on individual and social level. The practice of Rajyoga meditation helps us to get rid of those negative feelings. God Father Shiva teaches us to relinquish body consciousness and to constantly stay in the awareness that we are virtuous and noble souls, chosen by the Almighty Himself for the benevolent act of universal transformation through self-transformation.

The greatest hindrance in Rajyoga meditation is ego. There is no greater ego than the one which makes us think 'I know it all'. What do we know? All that we know is borrowed information and one who has more borrowed information is just a scholar. Borrowed information cannot become our wings. It is a burden; it is a bondage. We cannot fly with so much of weight. But the ego cannot bear to admit that it does not know enough. It, therefore, seeks to collect more information so that it may revel in the idea of 'I know it all'. Have we ever paused to ask, why has our information not brought about a transformation in us? Instead of gaining purity, we are becoming more vicious. We have become rigid, self-willed, opinionated and insistent and have lost the humility to seek true knowledge. As a consequence, our delusion has become stronger. As we begin to understand our true identity of being a soul, all ego dissolves and the arrogance of 'I know it all' vanishes. On the path of Rajyoga, worldly information becomes redundant. When we start off-loading the past beliefs and negative information, our mind begins to become silent, still and pure. Self-realization is an announcement that the veil has been lifted and the beloved Supreme Teacher has been found. Supreme Teacher helps us to realize how rewarding it is to understand and experience Godly wisdom.

'The psycho-physiological benefit of meditation is that it helps in transforming one's belief system. One's belief system plays the cardinal role in deciding how one perceives different external situations'. – Dr. Girish Patel.

A LOVING BOND – BABA AND ME

– BK Gita, Naharkanta,
Bhubaneswar (Odisha)

With the strong bonds of my beauty
and wealth
I tried to bind You,
To keep You by my side forever.
This didn't work;
You struggled free and left.

Cleverly then, with beauty and brain
I used to drag You back;
Those ropes, too, proved false.
Restlessly, You severed them
And left me.

Twin cords of artificial glory and
devotion
To satisfy Your heart, did
I try next, but all in vain.
Again impatiently, You slipped off
My neatly-woven snare and left.

Then I gave up using all skills.
O' My Beloved Baba!
With all my heart, I only loved You
deeply,
Dedicated everything to You –
I, soul and my wealth, ego, heart, all
are Yours
I loved You, You and only You.

Nothing more did I want for me;
All that I asked was only Your love.
What a wonder! You came back to
my heart;
And though I do nothing to hold You
BABA, You don't want to leave me.



THE SPIRITUAL DISCIPLINES



– B K Jegasothi, Jaffna

Discipline is an important aspect of life. We need physical exercises to ensure that our physical body is fit and healthy; in the same way, we need to exercise spiritually with discipline to ensure that our spiritual life is continuously strengthened and always remains healthy. We need to continuously work on ourselves and follow the Supreme Directions diligently to ensure that we overcome the negative influences and stay closer to God. We need to follow the spiritual disciplines so that we can transform our thoughts, words and actions; and as we do this diligently it becomes our habit and eventually becomes a normal part of our life.

Brahma Baba was also a strict disciplinarian. Whatever he did, was in accordance with the Directions and teachings of the Supreme Soul, God Father Shiva. Brahma Baba observed purity in all walks of life, including food and water. We, the mouth-born creations of

Brahma Baba, in order to attain the love of the Supreme Father, also need to discipline our life with the divine teachings. The more we practise Rajyoga meditation and stay connected to the Supreme Father, the more we become lost in His love and thereby receive His powers. Discipline, for the spiritual aspirants, is very essential for the sake of contentment. We have to observe *amritvela* – practice of yoga during the early morning hours – which empowers us for the day and transforms us.

Purity is the main basis of spirituality. Discipline yourself with spiritual endeavour, without relying on temporary facilities and conveniences of the physical world and be a *karmyogi*. When your thought, intellect and actions are not planned out accurately, you can easily become a prey to illusion and delusion. Therefore, stop the traffic of your thoughts for two to three minutes every hour and then discipline your mind by creating some peaceful positive thoughts. Transform your old

nature, words and connections that are not accurate according to spiritual disciplines. Spiritual Disciplines give birth to pure thoughts, good actions and good sanskars. Only when we practise the rules and principles of the Spiritual disciplined life according to *Shrimat*, we can truly understand the real meaning of the phrase – “Good wishes and pure feelings”.

Check that your thoughts, words, actions and relationships are all worthwhile at every moment. If not so, consciously discipline yourself and follow the correct path, set your daily timetable and follow it strictly. Introversion, purity and disciplined life based upon the spiritual disciplines make the souls equal to the Supreme Father and enjoy the elevated fortune. Hence, make use of this golden opportunity to create your fortune. Discipline the mind, intellect, sanskars, the physical senses and walk on the right path as indicated by *Shrimat*. Constantly maintain the intoxication of “The Father and I and none else”. Be very clear from the depths of your heart, experience the blessing and sustenance of *Avyakt Bapdada*; have *good wishes and pure feelings* for everyone and be a world transformer thereby.



GET RID OF WASTE THOUGHTS



– B.K. Yogeshwar Kumar, Hyderabad

Since last few seasons, Baba has been emphasising on “No Waste Thoughts”. The reason is that ultimate outcome of our efforts shall be measured by the quality of our thoughts.

We have been told about various sources / causes of waste thoughts, their harmful effects and numerous ways to deal with them. I am not touching all of them now. My aim right now is to share with the readers, the result of my 21-Day experiment on elimination of waste thoughts on the basis of *Avyakt Murlī* dated 27-3-1983.

Bapdada said in that *Murlī* that one powerful thought which can immediately destroy the stream of waste thoughts is — **“Whatever is going to happen will be benevolent (*Kalyankaari*) and the best for me”**.

STRATEGY

In order to use this Powerful Thought, first we should be aware of what we are thinking, so that we can apply the above-referred equation before any harm is done to the soul.

Consequently, my experiment has two parts: To get feedback from the sub-conscious mind (*Antarman/chitt*), whenever any waste thought tries to enter my mind and then (ii) To use the above mentioned Powerful Thought.

EXPLANATION

Sub-Conscious Mind (SCM) is always active and is the most powerful faculty of the soul, with 90% of the total soul power, but it is subordinate to the mind. It has, therefore, free time to listen to us only when mind takes rest and that is either during *Amritvela* or at night before we go to bed. Further, the SCM has two main functions in our life – (i) the first function is Psycho feedback Function. Under this our Subconscious Mind (*Antarman/chitt*) will act upon any suggestion that is repeated over and over again. (ii) The second function is to attract to us situations and circumstances according to the predominant thought patterns that reside and vibrate within it. My re-occurring mantra is, “What you focus on, you attract.”

The repetitive suggestions

result in reinforcement of that particular trait / *sanskar* as the Sub-conscious Mind is unable to distinguish BETWEEN an action performed in reality and witnessed with the physical eyes AND an action imagined [visualized] and seen through the mind’s eye. This drawback of Sub-conscious Mind helps us to get the result of an act without performing that act. After giving the feedback, the Sub-conscious Mind is made to carry out its second function.

IMPLEMENTATION

The following two stages clarify the same:–

1st Stage: Suggestions to be repeated and visualized at least twice in my mind– “As and when negative or waste thoughts occupy my mind, let me transform them and fill up the place with –Whatever is going to happen will be benevolent [*Kalyankaari*] and the best for me”.

2nd Stage: Suggestion to be repeated twice in my mind – “Day by day when we continuously think positively without any waste, then it begins to come spontaneously in me”. Positive thinking becomes an inseparable part of my personality. This makes my stage free of WASTE permanently, over a period of time.

Let us try this simple method suggested by our sweet Baba.

SIGNIFICANCE OF KUMBHA MELA

– Shankar Krishnan,
Shalimar Township, Indore

K*umbha Mela* is celebrated in India once every three years wherein millions of devotees gather at the banks of a sacred river, which is considered holy and purifier. The bathing process is a belief for self-purification, salvation or liberation. The place at Allahabad where *Kumbh Mela* is held is known as *Sangam* or Confluence. This place is also called *Triveni*, the Confluence of three rivers. Interestingly, if after bathing, the person is purified then why does he still call out to God - “O, Purifier, come and purify me and absolve me of my sins”? This indicates that in spite of his bathing, he is still not purified and he is looking up to the Almighty, the Ever Pure, Supreme God Father for purification.

It is also noteworthy that millions of devotees have taken the Holy dip at *Sangam*, then by now India

should have been liberated and the souls should have reached the Liberation and Redemption stage. But the reality is different. There is a lot of disturbance, hatred, violence, discrimination and greed amongst people, thus reminding them of the Supreme God, whom they still call for help in their prayers. The government and the policy makers are trying to protect the holy rivers, which are highly polluted with effluent discharges and other contaminants, through various projects. One of the well-known projects is “Clean Ganga” project. If Ganges has to be cleaned, then how can this river that meets at *Triveni*, clean or purify the souls?

This clearly indicates who the Purifier is and what His role is. He is the Ocean of Love, Peace, Purity, Knowledge, Happiness, and Bliss—the Supreme Almighty Authority, God Shiva, whom

we lovingly call Shiv Baba. Keeping up His promise, He descends on this earth to purify and liberate the souls. His descending on this earth is the period where the souls meet the Supreme Soul and follow His directions to purify themselves.

This is the actual period of *Sangam*, the meeting of the Souls with the Supreme on this earth and this period is called *Sangam Yuga*. This meeting happens once in 5000 years which is remembered as the 12-year cycle for a *Kumbha Mela*.

Saints and religious-minded people have mistaken water, one of the five elements, to be the purifier and started taking holy dip in the river considered to be holy. No water can purify and absolve the souls of their *Karmic* accounts. Only the Ever-Pure Supreme Soul God Shiva, when He descends on this Earth, can purify and liberate the souls, through the divine knowledge and *Rajyoga* Meditation.

During *Kumbha Mela*, plenty of offerings are made by the bathers in the form of wealth and materials and there is no receiving back. However, when the souls

meet the Supreme Soul, the offering of the self and the body with intellect and wealth, gives them in return the inheritance for 21 births, i.e liberation and liberation-in-life.

God Shiva is the Ocean of love, peace, purity, knowledge, happiness, and bliss and the souls are the rivers who flow into the Ocean and become like the Father. This is true *Sangam* or Confluence. This is later remembered and carried over to a more materialistic form known as the *Kumbha Mela*.

Hence, without wasting time, money and energy, let us all souls (rivers) meet our Supreme Father (Ocean), absorb His knowledge (take a holy dip), liberate ourselves and attain Liberation and Redemption.

**A man with the
power of
knowledge and
Yoga will be
always flying with
the wings of zeal
and enthusiasm.**



THE FINAL JOURNEY



– Dr. Brahma Kumar Yudhisthir, Shantivan

It's the final journey in the fag-end of this *Kalpa*,
O' my friends, dear
The life-boat is in the mid-Ocean, and the Boatman is Baba,
Why do you fear?

Many things, people, situations and circumstances will come
In life's affair
In the form of storms, typhoons and tornadoes;
Be sure, Baba is there to take care.

Understand these incidents as parts of life,
And they will come and stop never,
But we have to be ready to face them vis-à-vis
With our values and pass forever.

These are various subtle forms of Maya that come to test
How strong we really are
As incognito-warriors in the battle of life,
And how effective are the values and qualities we acquire.

The Grand Victory is certain and the sign of victory
Shines on our forehead as the dazzling soul ever;
We are the chosen representatives as Ganesh—
The destroyer of obstacles—and will come out with flying colour.

Just as in the crucible of fire, the gold becomes pure
And shines more and more;
Through the obstacles and struggles of life
The soul shines with its real sheen and original grandeur

Always remember, the boat of Truth will certainly swing
In the waves but topple and drown never;
The Supreme Soul Shiva, the Father of Souls, is constantly
With us as Guide ahead, Guard behind and sole Saviour.

Let's surrender all our thoughts to Him
Being quite set in soul-conscious state, and look back never;
Slowly, steadily and surely the boat will reach sacred
Satyuga's shore,
For He is the Sole Expert Rower.

CONNECTING WITH BABA

– BK Zaenab A Fathima, Bangalore

Before you begin meditating, you need to know the fundamentals.

- ▶ 1. All of us, including you, are actually souls, not just this body. The soul is a tiny point of conscient light which is very pure, complete and peaceful.
- ▶ 2. God is the Father of all souls and we affectionately call Him Baba. He takes care of all, filling us with love, strength, peace, purity and other powers.

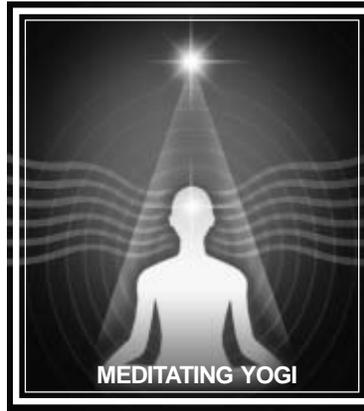
Once you have inculcated the essence of the relationship between you, the soul, and the Supreme Soul, you are ready to commence your connection with Baba and fill yourselves with all his powers.

Sit relaxed and keep your spine straight but comfortable. You can keep your eyes open if you like. It's better if you do.

Imagine yourself as a tiny, but powerful point of conscient light, located in the centre of the forehead, between the eyebrows. Slowly, start feeling detached and disconnected from your body, beginning with relaxation of the limbs and gradually progressing to the torso and finally shifting all

awareness to the centre of the forehead.

Shift your consciousness to your true soul form – the dot. This state is called “soul consciousness”. Take some time to get to this state as this forms the basis for further meditation.



When you are set, visualise yourself (as the soul) going up, higher and higher beyond the stars and sky to a peaceful realm of orange-red divine light. There is perfect silence here. There are no thoughts of any kind here. There is nothing to do. No work. No tasks. This is the soul world, devoid of all action, sound and thought.

It's just you, the soul, free and peaceful. In this land of light, you see another point of light, even more radiant, glowing and

pure. This is Baba (God), our Eternal Spiritual Father. Feel His love, warmth and protection. Feel the joy of meeting your Divine and Eternal Father.

As Baba embraces you in His light, feel the rays of pure white light reaching and entering you, the soul, from Baba. All your negativity is cleansed. All your wounds are healed. Your mind, intellect and character-traits are purified and balanced by this light.

Continue to remain with Baba for as long as you can. You can take any sort of energy you need, be it peace, purity, love, strength or wisdom. Baba is the Ocean of all virtues and as His child you have received an inheritance of all His qualities.

All this is absolutely basic. The key is not to stop your thoughts but to create pure and elevated thoughts, consciously. Visualise with greater details, try to stay focussed; you will get better with practice.

Meditating from 4.00 A.M. to 5.00 A.M. and 6.30 P.M. to 7.30 P.M. is highly recommended. These timings have the highest pure energy in the entire day.

Ideally, this form of meditation should be practised as often as possible, especially while eating or cooking. You can continue to remember Baba or stay soul conscious while carrying out your day-to-day tasks. Keep your eyes open. If you do it accurately, you won't be distracted by vision.

A MILLION MEDICINES

(Yet it remains a Very Sick World)

– B.K. David, Paignton, England

There is no house in the world that does not contain medicines to help its sick residents. Yet how many become truly healthy again once they've started down the road of chemical assistance?

Chemicals can help alleviate pain and disease but they cannot rejuvenate you and give you back your youth and beat the ravages of aging.

Amazingly, you can achieve great health through God and His blessings and directions. Through man's medicines, you can achieve temporary help and relief for this one birth but with God, as He works on the soul and with that, the resultant health and its effects last for 21 births.

There is a world of difference between man's approach and God's in the care of the body and its health. *Man makes you take a pill and God makes you sit still.*

Man's telescope made him blind to life and truth

Godly medicine is quite different in composition from man's tablets and bottled

concoctions. God sees our disease and infections differently and knows the causes of all our ill health and as such, His medicine reflects His prescription and cure. Man sees only the tip of the iceberg and looks through a telescope to see ill health with its many diseases and implications but, amazingly, the wise God sees the whole picture, its frame, the oils and why and who painted it.

Man holds a fragment of the jigsaw puzzle of life and thinks he knows it all but knows only 1% of the larger picture. In his ignorance and desire to know more, man has further complicated and greatly confused, twisted, repainted, touched up, polluted, and blurred the greater picture of life, its creation, its creator and our journey through time. This revelation and clarity can only come from God and when revealed and explained in detail, it is a very simple but true story. Even a five year old can grasp the mysteries of Creation and the Creator once explained by

God; such is the clarity and wisdom and teaching skills of God.

The side effects of taking Godly medicine is happiness and peace but, in contrast, man creates endless side effects such as headaches that grow into sickness and disease so which medicine do you think is wise to take and which doctor do you think you should see each day for free and get the best advice? God advises not only for your body but injects your soul with power and knowledge to keep it healthy and on track to be worthy of going to heaven.

Are you an invisible driver of your car?

God is forever aware that you have a body but you 'are a soul' who is the driver. Man sees himself as a body that has a soul somewhere in his body which is the biggest mistake ever. Man has forgotten his true identity and has now been driven about by his body consciousness that takes him down many false roads laced with barbed wires and with that, gets many punctures that cause him to crash, which then causes further complications, headaches, heartaches and poor health to follow. If you drive a car and do not realise you are its driver, you are heading for trouble and a crash.

Man's upside down happiness is making him sick.

God's ultimate and only medicine is to remember Him and with that, you can become ever healthy. Only remembrance of God and study of Godly knowledge give you inheritance of health, wealth and happiness. Man's advice, medicine and health can possibly last for some days. Only with God can you receive the injection of rejuvenation that can turn your ill health upside down and inside out and set you the right way that too for 21 lives.

It's time to check your oil and fill the tank up with petrol.

To gain real health requires you to make real effort in a direction that challenges you with its hills and obstacles. Our bodies are old and need care and attention. As you can hear a drip from your ceiling, warning and telling you that there is a leakage on which you should act immediately, in the same way you should also listen to your body and act as swiftly as possible. Does a diabetic listen to his body? Do the overweight control their eating habits? Does a fat person take exercise each day and go for a walk? You may listen to music and gossip long enough, but do you listen to your

bodily needs too? Your body has many early warning systems that alert you to be aware that something is not right and you need to pay attention. Your body needs constant care and you need to concentrate and listen to it in order to maintain its health. Similarly, the wounds and fears inside also need healing and we need to hear the warning signals that come out as anger, irritation, stress, jealousy, etc.

Step inside love

Step into health today and get your injection of goodness that only Godly truth and soul-awareness can administer. This injection also allows you to conquer illness of vices and become a true Narayan of health and not a Ravan of disease.

Spiritual Doctor

Do not listen to Doctor who knows not of the soul. Transfer your faith to Doctor God.

People snore their way through life in the sleep of ignorance, blind faith and false hope. Their selfishness is the only motivation that moves them on in life. From generation to generation, life has continued this way. Yet you only need to notice how people are degrading themselves and heading in the wrong direction. All people are continually shrinking each day with their ever decreasing qualities, virtues and dwindling

inner power. Instead of growing and flourishing with love and joy, they become weak with stress and unhappiness.

Which one is perfect: your neighbour, chemist or God?

Listening to human advice will in the long run make you a cripple. However hard you find that fact, I believe it is true; as one who is so healthy and happy can give the right advice. Even the most religious and famous amongst us often turn out to be disconnected from God. No one is perfect in life. Hence, when God comes, you should listen to Him only. If you want to learn how to grow flowers, should you ask a gardener or coffin maker? Should you take advice from your neighbour, chemist or God if you want to be perfect?

Thankfully, God awoke me long ago to all possibilities and gave me energy to stay awake but also help and wake up many other sleeping midgets and giants around me from their deep sleep.

The fire at night that does not burn you, but cools you.

The fire of truth that God has lit has grown so large that it will be seen across the world and for sure, like 100,000 alarm clocks going off at the same time in your bedroom, will wake everyone up from their sleep as this world gets darker and

angrier by the minute.

Some have woken up and many still hide under their warm quilts of comfort that they find far too hard to give up. A bed of comfort does give some rest and sanctuary from this world of falsehood and tiredness.

With new knowledge and understanding and being revitalised with spiritual energy, you can take-off to the new world. The more you believe (have faith) in this Godly Airline, the more beautiful plane and refined fuel you get to travel.

The new world to come is great but not as great as this old world with God's Paradise Airline Company (Brahma Kumaris World Spiritual University) open for business now. The world heads for bankruptcy and God's business flourishes with vast profits every day. You can fly with God to heaven or crawl with your neighbour to nowhere in particular.

Some will soon run out of fuel whilst circling and crash and others will have to sit in the Terminal's Departure Lounge (Baba's House), waiting, thinking, regretting how much time they wasted chasing after worldly pleasures and vices.

God teaches how to live more smoothly, successfully, peacefully, to see and aim for a pure world.

Some will try and drive their expensive car, ramshackle scooter or health promoting bike to Heaven but only this Godly Aeroplane is allowed to take-off from the Godly Airport to Heaven.

SPIRITUALITY

– Usha D, Kampl, Karnataka

Spirituality is not related to any caste or religion; it is relevant to all and is necessary for all. For future purpose, human-beings keep collecting things which are not necessary now. In the same way, we should question ourselves: why do we need to embrace spirituality?

Spirituality helps us to realize who we are, where we have come from and what should we do to make us (the souls) powerful. Spirituality also introduces us to meditation which helps in character building and inculcating divine virtues.

After death, man is remembered only by his virtues/morality of life. Hence, one needs to integrate spirituality in one's life in order to bring qualities of love, purity, compassion and goodness. Spiritual knowledge gives us insight into eternal truths of soul, the Supreme Soul and drama of life, and this understanding helps to attain spiritual power. We can make people happy by giving money but it's momentary. But by giving spiritual knowledge, we can lead them to live in a meaningful way, as spiritual power helps to restore in the soul the confidence to emerge from the shadows of negativity and to live in the light of its original nature.

Such help we are now getting through the Brahma Kumaris organisation where we get the clear knowledge of spirituality. The spiritual teachings help one to lead a value-based life and transform the negative tendencies of ego, anger, hatred, hurt, jealousy, possessiveness, greed, criticism, desires, etc into love, peace, cooperation, kindness, generosity, acceptance, etc.



YOU ARE NOT SICK, YOU ARE THIRSTY



–Dr. Dilip V. Kaundinya MD, Mumbai

A human Being is a God-manufactured car called Body Mind Soul Organism (**BMSO**). It comes with a guarantee of a minimum of forty years and a maximum of 120 years. Proper maintenance and care are of prime importance. A stress free mind, **proper sleep, nutrition, sanitation** and exercise mean proper care and maintenance in the case of BMSO.

Srimad Bhagavad Gita tells us that Mind is a manifestation of consciousness emanating from the soul. Stress arises in mind. The Western Medicine does not know precisely what mind is. So there is the whole focus on curing the bodily manifestations of a mind in turmoil due to negative and toxic emotions. **Charak Samhita**, one of the Eastern approaches for cure, deals with Body, Mind and Soul as a whole. So it is the pioneer of the **Whole Person Medicine** that has now become popular in USA. Acidity, Insomnia or an inability to sleep, and all other modern lifestyle diseases arise due to **desires** in mind. But all the pills try to

ameliorate the symptoms by **suppressing** or inhibiting or killing. Anything that is suppressed in nature, strikes back with double vengeance. The result is that all of the modern lifestyle diseases have risen alarmingly.

Sage Patanjali described certain **Shuddhi Kriyas** or cleansing methods for removing the accumulated toxins from the body. **Jal neti** and **Jal dhauti** are some of them. Both of these processes ensure perfusion of water into circulation if there is sub-minimal tissue dehydration. It has been shown that with advancing age, the sensation of thirst goes on diminishing. Thus, these **Kriyas** become very important when we realize that our body is made up of **80% water**. Water plays an important role in making us feel good.

Dr. Massaru Emoto provided the scientific reason behind this emotion of feeling good. He studied water in glass under bombardment by different emotions by a novel technique of water crystallography. When the words of abuse, hurt, humiliation, discouragement,

grief, worry or stress were directed towards the glass of water, **the water crystals** appeared quite ferocious. But when the words of love, encouragement, peace, happiness, optimism, or caring were used, the water crystals showed amazing kaleidoscopic structures. What possible effects the arrangement of water crystals may be having on bodily mechanisms and consequently on health, as yet have not been investigated. But **Vibrionics**, a new entrant in the field of CAMS Complementary Alternative Medicine, proposes that each cell of the body has a specific “**Energy signature**” which when disturbed causes disease. Thus, it is possible that the distorted water crystals may be disturbing some “Inner engineering” to cause damage to the “Energy signature.” Modern Mainstream Medicine with its inherent Ego of quick cures does not believe in the existence of acupressure points, Energy Chakras, Life Force Energy, (Prana), body aura and the possibility of control over Prana in *Pranayam*. So it calls the wonderful work by Dr. Emoto as **Pseudoscience**, instead of investigating the possible effects of different arrangements of water molecules on health.

Radionics or Vibrionics of Dr.



Philip Abrams MD, which has a great potential to cure modern lifestyle diseases is also dismissed as **pseudoscience** without analyzing the claims on scientific anvil. Today, modern medicine is failing badly in checking the alarming rise in lifestyle diseases. It also has become very expensive. So much so that any form of intervention means financial devastation of a family. Americans also are opting for Complementary Alternative Medicine (CAM) for the cure of their ailments. Modern medicine, instead of a meaningful response based on scientific investigations, celebrates Anti-quackery day on first of July every year. This is the weakest and most inappropriate response to a major threat in the battle of human existence. It also indicates wisdom-less state of mind when one loses the power of differentiation between right and wrong. A meaningful research for claims of miraculous cures by CAM shall differentiate true from false claims. This shall save the humanity from exploitation by quacks. The end stage diseases like cancer and AIDS create a hopeless and helpless state of mind. Such people become easy victims of the quackery.

The Eastern approach to therapy is consciousness-based. *Charak Samhita* describes fifteen different types of consciousness. The highest, the purest form of Consciousness is **Brahma Type**. This **soul-conscious state of mind** could be achieved easily by the Rajyoga meditation taught by the Brahma Kumaris organization free of cost through its 9000 BK-Centres in 147 countries. Rejuvenating neuro-hormones from brain are capable of giving miraculous cures.

The water is the greatest healer and cleaner. It is very important for human well being. Today, eating and drinking habit, pollution and omnipresent stress give rise to *dehydration at micro-level*. The body's 'Signals' about dehydration receive fancy 'Medical labels' in the form of clinical diagnosis of the diseases. The drugs are prescribed for the labels but not for the actual Pathology. Merely few glasses of plain water may effectively remove these labels. The havoc in the form of Adverse Drug Reactions by medicines shall be avoided.

Human body is eighty percent water. Foetus continuously *bathes* in amniotic fluid. Brain is continuously infused by Cerebrospinal fluid. Water is necessary for elimination of toxic

wastes from the body. A multi-system water distribution process exists in our body which ruthlessly monitors the water supply to different structures. All structures receive their pre-programmed water-quota according to their functional importance. The *brain* takes absolute priority over all other structures. The stress about possible water deprivation or a situation perceived as Stress by the mind, initiates a *stringent water-regulatory process* in the body. Perception of the neural system is such that "you never know when you shall get water. So regulate its use by different structures." A havoc then happens at micro-cellular level.

Tea, coffee, Beer or the current fad called 'Energy drinks' contain water but these give rise to *phenomenal water depletion* and dehydration at micro-levels. Body gets rid of a lot more of water than what is received from such drinks. **Excess urination** is the proof. The water stored in *plastic containers inside a refrigerator is most harmful*. The plastic releases powerful **cancer causing agents** into water at low temperatures. The 'Colas and Energy drinks' are far more dangerous. They contain a preservative, **Potassium Benzoate**. It

converts into most potent **carcinogen** called as Sodium Benzoate in the presence of **anti-cancer Vitamin C** present in tomato or vegetables in a sandwich. **Hypo phosphoric acid** present in them makes a good toilet cleaner. Just imagine what havoc it must be playing with **the delicate mucous membrane** of your stomach and intestines. No wonder, modern man commonly suffers from **dyspepsia, hyperacidity** and different diseases of the bowel like “Irritable bowel syndrome”, constipation or cancer.

The take home message may be summed up by saying that drink at least five to six litres of water in a day. Carry a proper water container and go on sipping water even if you are not thirsty. This is because as the age advances, the sensation of thirst becomes weaker and weaker. The simple rule to see that you always pass urine which is as clear as the water you drink. Replace *bed-tea* with **early morning water therapy**. No sooner you get up, gargle your mouth with clean water (No tooth paste--again a chemical). Then, preferably sitting in Kagaasan, drink as much water from a **copper vessel** as possible. Overnight keeping of water in the copper vessel is recommended. **Warm water with a pinch of salt** (provided you do not have high Blood pressure) is more beneficial. Within a short time, ample urination and a good bowel movement shall happen **flushing out all of the toxic waste in the body**. A regular *Pranayam* especially *Agnisaar* is helpful.

The take home message is: drink at least five to six litres of water every day. The frequency of visits to toilet may increase but expensive visits to a doctor shall be less frequent. Water is the elixir for healthy life. The Merciful God gives it free of cost.

FLYING FRIENDS

–B.K. Harshavardhan,
Bidar, Karnataka

In my leisure time, when mood is
prime

I wish my rest, in the loving bird's
nest.

Early in the very morning
When the world is sleeping
I am singing with the birds
To wake up all the worlds.

In the hot afternoon, in the absence
of moon

I fly with birds, to forget all the words.
Lunch with my flying friends is
delicious;

This moment of my life is
auspicious.

They have no greed, so nothing they
need;

Nothing to gain, nothing to drain.

.
O' My brother! this world is a Drama;
Why are you in a coma?

Come out of your dull dream,
Enjoy the life's tasty cream.

I am going to take rest
In the loving bird's nest
In the loving bird's nest.

JESUS SAW MANY EVENTS OF OUR TIMES

– BK Rose Mary

Linking with his Heavenly Father was the most important thing in Jesus' life (Mark 1:35; John 8:1, 2; Luke 5:16; 6:12; Mathew 14:23) which was the established practice of his "daily" routine. (Luke 21:37-38)

Because of this link with God, Jesus could see into the past and also into the future. He could see his own past life (John 5:24; 6:38; 8:42, 58) and also that of his cousin. (Mathew 11:14) He knew history as divided into first part as being pure and the second part as being impure, which will again be brought back to pure state in due course. (Mathew 13:33; Mathew 12:32; Mathew 19:28) He knew people are of two types—the spiritual or "poor in spirit" (those attached to nothing but God) who will inherit the "Kingdom of Heaven" (Mathew 5:3; 16:24), and the non-spiritual or those "rich" in their attachments towards their body, relatives and wealth, who will not inherit the Kingdom of Heaven. (Mathew 19:24)

Through many chapters of Bible (Mathew 24, and 25; Mark 13:3-35 and Luke 21:7-36) Jesus described major world events that would happen from the year 1914 onwards such as World Wars, terrorism in a global scale, life-threatening sea-level rise etc., (Mathew 24:7, 8; Luke 21:25, 26), all of which will culminate in "great tribulation, unequalled from the beginning of the world until now" (Mathew 24:21) which will be followed by God's action of recreation of paradise on earth which would happen at the appointed time which Jesus said, "God alone" knows. (Mark 13:32.)

Interestingly, among such world events, Jesus also mentioned emergence of many New Age Organizations announcing the incoming Golden Age, and he then categorized them into two groups—unwise and wise. Let us listen directly from Jesus who puts it in a prophetic language: "At that time the kingdom of heaven will be like ten virgins who took their lamps and went out to meet the

bridegroom. Five of them were foolish and five were wise. The foolish ones took their lamps but did not take any oil with them. The wise ones, however, took oil in jars along with their lamps. The bridegroom took a long time in coming, and they all became drowsy and fell asleep.

At midnight the cry rang out: 'Here's the bridegroom! Come out to meet him!' Then all the virgins woke up and trimmed their lamps. The foolish ones said to the wise, 'Give us some of your oil; our lamps are going out.' 'No,' they replied, 'there may not be enough for both us and you. Instead, go to those who sell oil and buy some for yourselves.' But while they were on their way to buy the oil, the bridegroom arrived. The virgins who were ready went in with him to the wedding banquet. And the door was shut. Later the others also came. 'Lord, Lord,' they said, 'open the door for us!' But he replied, 'Truly I tell you, I don't know you.' 'Therefore, keep watch, because you do not know the day or the hour.' (Mathew 25:1-13)

The first verse itself shows, that this prophecy is all about that New Age Organization which experiences a bride-relationship with God and acts like "lamps" or foretellers of "Kingdom of Heavens" which



would follow this spiritually dark Iron Age. The unwise “did not take any oil” which sustains the lamp whereas the wise “took oil in jars along with their lamps.” The key to understand what this “oil” is all about lies with Jesus’ own life. Jesus proclaimed “Kingdom of Heaven” and even declared that this was the reason why he “was sent.” (Luke 4:43) Now the important question is: What did sustain Jesus in his spiritual quest? It is his linking [*yoga*] with His Heavenly Father early in the morning meditation which he did also during the day as often as he could. This was so important to him that he did not even think he had his family members or relatives. (Mathew 12:46-50; Luke 11:27, 28) His meditation had nothing to do with prayer in the sense people often understand because Jesus would not pray to God for any material things which, he very well knew, would only distance him from His Heavenly Father. (Mathew 6:7, 8; Mark 10:25; Mathew 16:24).

Those who reject the truth of immortality of the soul, calling it a lie originating from the Devil, continue to be asleep towards a vital truth that has the potential to establish a direct link with God, The Almighty, enabling one to display His qualities without disruption.

On the contrary, the history of the Brahma Kumaris matches perfectly with the very essence of Jesus’ above mentioned prophetic parable about “virgins.” This parable was given as part of signs of the “Last Days” which starts with First World War 1914-1918. (Mathew 24:7). Hence the fulfilment of this parable has to do with the time period after 1914. In 1936, the Heavenly Father of all humans noticed a unique business man, Dada Lekhraj (born in 1876), whose heart was yearning for God and His truth. God blessed him with many visions which showed many things common to what Jesus described as signs of “Last Days” and much more. These visions taught Dada Lekhraj that history is an endless series of *Kalpa* (cycle of 5000 years) in which Heaven and Hell alternate on this earth. In other words, each *Kalpa* is like a farm-field which was full of good crops (spiritual people) in the beginning, but is gradually becoming overpowered by weeds (non-spiritual people)– something Jesus too described in his famous *Parable of Weeds*. (Mathew 13:24-30). Thus first half of the history is figuratively called DAY where humans and environment are perfect; and second half of the

history is figuratively called NIGHT where humans and environment begin to become imperfect, gradually declining in qualities – something which Jesus described using *Parable of Yeast*. (Mathew 13:33)

God renamed Dada Lekhraj as *Prajapita Brahma* which means Father of all those who choose to display GREAT MIND (*BRAH MA*) of treating others as their own brothers and sisters, and commissioned him to spread the news to the whole world. He promptly sold all his properties and purchased an old place, converted it into a residential school, nurtured and sustained as his children over 300 brothers and sisters for 13 years, and sent them out to spread the Godly knowledge across India and to the whole world, resulting in the now-famous and world-wide organization called *Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya*. The world is divided into two categories–one who enjoys super sensuous joy through their linking with God in meditation whereas the other who enjoys sensuous joy of this world. But God Almighty goes by a simple formula: ‘*Kingdom will be given to a nation that produces its fruits*’ (Mathew 21:43) which is an open invitation to all in the world. If a person



chooses to be trained by God Himself at this unique time when He directly does the planting and watering, such a person gets an inheritance of 21 births in the first half of the *Kalpa* (*Murli* 17.12.2015 and 28.12.2015). [Worship of God and all its varieties start in the second half of every *Kalpa* when people turn egoistic, reducing God as a means to get material blessings.]

Brahma Kumaris is a unique spiritual organization which transforms the people and teaches them to lead a pure life which will make them qualify to inherit the incoming Golden Age. Through their practical session of *Rajyoga* meditation, an aspirant soon masters the technique of linking himself/herself with God Almighty, thus, inculcating all the seven core-qualities of God in all circumstances. Seeing the divine qualities being easily manifested by the students, many people flock towards Brahma Kumaris, which reminds us of an interesting development Bible speaks of our time: “This is what the LORD Almighty says: In those days ten people from all languages and nations will take firm hold of one Jew by the hem of his robe and say, ‘Let us go with you, because we have heard that God is with you.’”

(Zechariah 8:23)

This verse cannot be taken literally as ‘ten people from all languages (over 6,500 languages) and all nations (around 195) cannot literally take firm hold of one Jew by the hem of his robe.’ In addition, literally Jews are unlikely to apply this prophecy to them as they find themselves surrounded by enemies. That means this verse should be understood in its prophetic and subtle sense. Behind the details, what it implies is that there is a time fixed for God Almighty to make His descent using His agency whom the Bible prophetically calls “one Jew.” The word “Jew” (from the root *Yehudah* which Bible itself defines as one who brings “praise” in Genesis 29:35) prophetically stands for a global organization that brings “praise” to God through their virtuous action in the “Last Days,” or an organization pure in God’s view. (Mathew 21:43) In many places, the Bible

foretells about a time when God Almighty “returns” and re-establishes true worship (Zechariah 8:3, 20-22; Isaiah 2:2-4; Micah 4:1-3 ... etc.) towards which only the ‘eagle-eyed’ (far-sighted) ones would flock in contrast to the majority who would go on “eating and drinking, marrying and giving in marriage.” (Mathew 24:28, 38)

Anyone who has had a closer look at Brahma Kumaris organization would feel like Honourable Justice Ranganath Misra (Former Chief Justice, Supreme Court of India) who wrote: “This institution should take over the responsibility of igniting the light of the teachers, students and the community. If there is any place in the world today where spirituality is the order, I think it is this institution. Therefore, an institution of this type, this level, this disposition, is perhaps the most capable institution to enthuse into the community the right thinking and right process of activity.”

GOOD THOUGHTS

- ▶ **Positive mind is the basis of meditation.**
- ▶ **Don’t spoil your child by sharing the rotten weaknesses you have.**
- ▶ **The Confluence Age is the only Age when the souls meet their Supreme Father God Shiva who comes to impart knowledge at the end of the time cycle.**

(Contd. from page no. 3)

Lack of the sense of moral responsibility is, in fact, the most sinister aspect of the modern civilization. Man attributes responsibility to others or to a remote factor. The nuclear nations lay the responsibility for their nuclear build-up on others because they suspect that some other country is trying to encircle them or invade and finish them.

In fact, the whole modern thinking is characterized by lack of personal moral responsibility. Take the cause of Freudianism. Freud has laid the responsibility of man's mental conflicts on id or libido. A psychiatrist, today, would explain that a person committed a murder because he had developed a complex after his father had beaten him with a stick when he was a small boy; so, the responsibility is the father's who had been cruel to his son. **In many other forms the attitude that 'I am not responsible', runs through every aspect of modern life. This has undermined the quality of life.**

So, if we now want world peace, the real effort lies in giving man a sense of personal responsibility. Let man realize that with all his human limitations, he can, in this life, conquer attachment, sex-lust, greed, anger and pride which are the causes of all kinds of disquiet and unease, and he should think that it is his moral responsibility to eliminate them because they cause trouble not only to him but to others as well.

GOD IS MY LOVER

– B.K. Preetika Malhotra,
Ludhiana (Punjab)

Yes, I'm the chosen one
And I want to proclaim it
At the top of my voice
Yes.....It's true!

People pray before God,
Some others kneel.
I just set my frequency of mind with His;
Isn't that so easy?

I talk with Him,
Walk with Him,
Enjoy the day with Him,
Take Him along as a companion
And I feel the whole world going along with me.

This love blossoms in my heart,
His qualities are my personality,
His people are my family.
He's there with me, in every strife,
He's an integral part of my life.

I don't tell Him ... Oops! I'm busy.
Nothing can be more important than Him,
My life is His;
It's His choice where to redirect it.

And believe me;
It's not crazy;
It's not at all boring.
It's about feeling so special;
You have Him always
When you are alone
You can open your heart before Him.

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