

Purity

September 2017 Vol. 36 No.12

Point of View
We tend to see things not as they are but as we are.
Becoming quiet and simple inside is the first step towards seeing things as they truly are.

Monthly Journal of the Brahma Kumaris Hqs. Mount Abu, Rajasthan, India

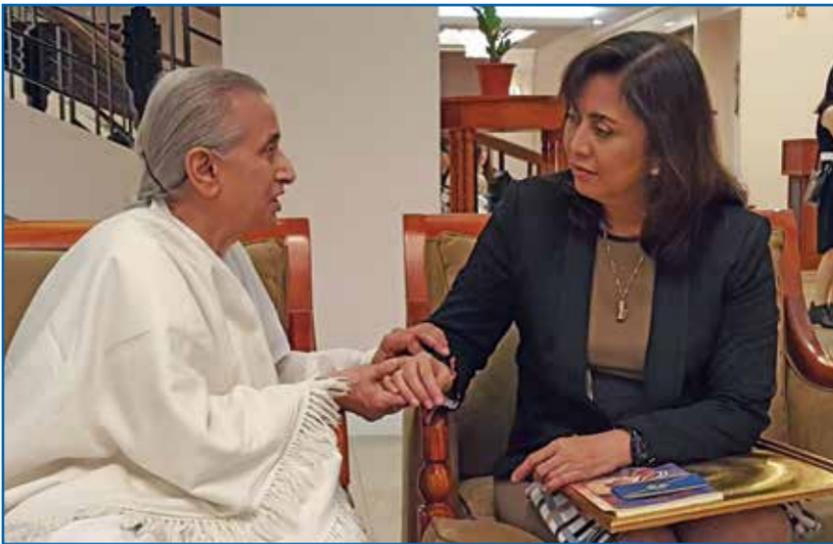
Raksha Bandhan Celebrations



New Delhi: After tying of rakhi, Mr. Ram Nath Kovind, Hon'ble President of India, exchanging greetings with BK Brij Mohan, Addl. Secretary General, Brahma Kumaris.



New Delhi: Mr. Narendra Modi, Hon'ble Prime Minister of India, having a rakhi tied by BK Asha, Director, Om Shanti Retreat Centre.



Philippines: Tying a rakhi and giving a spiritual message to Ms. Leonora G. Robredo, Hon'ble Vice President of the Philippines, is BK Sister Vedanti from Nairobi.



Reckong Peo, Kinnaur, Himachal Pradesh: Balraj Begre, Chief Medical Officer, ITBP, has a rakhi tied by BK Saraswati. Soldiers also had rakhis tied.



Varanasi: Jagadguru Shankaracharya Swami Narendranand Saraswati Maharaj of Kashi Sumerupeeth has a rakhi tied by BK Surendra Didi.

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Raksha Bandhan Photo Gallery



Hon'ble Odisha Governor S.C. Jamir having a rakhi tied by BK Geeta.



Hon'ble Haryana Governor K.S. Solanki having a rakhi tied by BK Ultra Didi.



Hon'ble West Bengal Governor K.N. Tripathi having a rakhi tied by BK Kanan Didi.



Hon'ble Union Minister for Law & Justice, Ravi Shankar Prasad, having a rakhi tied by BK Savitha.



Hon'ble Union Minister for Finance, Defence & Corporate Affairs, Arun Jaitley, having a rakhi tied by BK Asha Didi.



Hon'ble Union Minister for Railways, Suresh Prabhu, having a rakhi tied by BK Lakshmi.



Hon'ble Bihar Chief Minister Nitish Kumar having a rakhi tied by BK Sangita.



Hon'ble Chattisgarh Chief Minister Dr. Raman Singh having a rakhi tied by BK Kamla Didi.



Hon'ble Andhra Pradesh Chief Minister N. Chandrababu Naidu having a rakhi tied by BK Padmaja.



Former Prime Minister of India Dr. Manmohan Singh being applied 'tilak' after having rakhi tied by BK Manju.



Cine actor Poonam Dhillon has a rakhi tied by BK Yogini Didi.



Jagatguru Shankaracharya Swami Nischalananda Maharaj of Puri has a rakhi tied by BK Pratima.

Raksha Bandhan Photo Gallery



Hon'ble Asom Governor B.L. Purohit having a rakhi tied by BK Sheela Didi.



Hon'ble Kerala Governor Justice P. Sadashivam having a rakhi tied by BK Minni.



Hon'ble Lt. Governor of Puducherry, Dr. Kiran Bedi, having a rakhi tied by BK Kavita.



Hon'ble Union Minister for Health & Family Welfare, J.P. Nadda, having a rakhi tied by BK Rajkumari.



Hon'ble Union Minister for Science & Technology, Dr. Harsh Vardhan, having a rakhi tied by BK Urmil.



Hon'ble Union Minister for Agriculture & Farmer's Welfare having a rakhi tied by BK Sapna.



Hon'ble Rajasthan Chief Minister Vasundhara Raje having tilak applied by BK Chanderkala.



Hon'ble Gujarat Chief Minister Vijay Rupani having a rakhi tied by BK Sarla Didi and BK Amar.



Hon'ble Madhya Pradesh Chief Minister Shivraj Singh Chauhan having a rakhi tied by BK Mamta.



Hon'ble Judge of Supreme Court of India, S.A. Bodbe, has a rakhi tied by BK Vijay.



Hon'ble Dy. High Commissioner of UK, Dinesh K. Patnaik, has a rakhi tied by BK Jaymini.



Cine actor Hema Malini has a rakhi tied by BK Dr. Jyoti and BK Kusum.

Original Rajyoga of Bharat

Rajyoga, described in Indian spiritual texts as the chief or best form of yoga, is also perhaps the original spiritual practice, which has given rise to others. Rajyoga is called so because it enables the practitioner to achieve the highest state of the self. As allegorically described in the Bhagavad Gita, knowledge of Rajyoga was given by God himself to humans.

In essence, Rajyoga involves remembering one's true identity – that one is a soul, the sentient point of light that is the seat of consciousness and the source of life in the body – and connecting with the Supreme Soul, the father of all souls.

Through this connection the soul receives power from the Almighty, which enables it to overcome its weaknesses and regain its pure and complete original state.

When the soul attains this state, it is no longer influenced by external situations. As described in the Gita, such a soul becomes stabilised in itself, with its thoughts and emotions naturally and easily under its control, just as a wise ruler exercises sovereignty over his dominions.



Over centuries, several other forms of yoga have come into being, with texts on yoga describing some of them as being steps towards Rajyoga.

It is perhaps an indication of the primacy of Raja yoga that in ancient and medieval Indian texts, the term often refers to the goal of yoga and not a particular technique.

Over centuries, several other forms of yoga have come into being, with texts on yoga describing some of them as being steps towards Rajyoga. For instance, hatha yoga, the most popular form of yoga practised worldwide today, is described as one of the ways to achieve Rajyoga.

The Hatha Yoga Pradipika, considered one of the most important Sanskrit texts on hatha yoga, begins with a salutation to Shiva. It says Shiva expounded the knowledge of hatha yoga, which, like a staircase, leads the aspirant to the high pinnacle of Rajyoga.

Other texts on yoga, while talking about various forms of yoga, such as Bhakti yoga, Samkhya yoga, Brahma yoga, Kriya yoga etc, also describe Rajyoga as the best form of yoga.

However, the current profusion of variants of yoga has led to Rajyoga being marginalised even as other forms of yoga have gained prominence and popular appeal across the world. Such is the number of yoga techniques today that the meditative practice of Rajyoga is regarded as just one of the many yoga techniques that have originated in India.

The Gita, a treatise on yoga, mentions the various forms of yoga suitable for people from different walks of life. Each of the eighteen chapters of the Gita incorporates the word yoga in its title. The holy book prescribes the yoga of devotion for householders, the yoga of knowledge for those with an intellectual bent of mind, and the yoga of action for the active types. The Gita's eighteen chapters are said to show a progressive path from the yoga of action to that of devotion and, finally, the yoga of wisdom.

Shri Krishna tells Arjuna in the Gita that the path of action, or Karma yoga, is superior to the path of renunciation, even though both lead to self-realisation. Dwelling on the yoga of wisdom, he says that mere intellectual knowledge does not lead to liberation, as it does not grant one lasting peace and freedom. The path of devotion, or Bhakti yoga, is easier than the path of knowledge, Krishna says, as

the aspirant develops a loving relationship with God, adores Him, remembers Him and chants His glories and name. He thus achieves union with God. The yoga of knowledge, Krishna says, requires the aspirant to give up his attachment to the body from the very beginning, and to have dispassion for the things of the world.

Krishna concludes that the yogi on the path of meditation – one who has attained union with the Supreme Soul – is superior to the ascetics, to the men of bookish knowledge and the men of action, as the latter have not transcended ignorance and become merged in the self.

It is time the world learns more about Rajyoga, the highest form of yoga, which teaches one not to run away from life but to attain perfect control of the body and mind, which enables one to perform actions while being free from desires. This naturally prevents discord and conflict, and brings about individual and social peace and harmony, both of which are sorely needed in our turbulent world.★

In Lighter Vein

- “Should this boat sink, whom would you save first, me or the children?”
“Me!”
- A junior government official has a sign on his desk reading: “This job is so secret, even I don't know what I'm doing.”
- Minister at a press conference: “Patience, gentlemen! We announced our policy only a few days ago. Give us some time to understand it.”
- Today, even the future is not what it used to be.



Hon'ble Union Minister for Road Transport, Highways & Shipping, Nitin Gadkari, has a rakhi tied by BK Lakshmi.



Hon'ble Union Minister of State for Power, Coal, New & Renewable Energy and Mines, Piyush Goyal, has a rakhi tied by BK Asha Didi.



UNIC India & Bhutan Director Derk Seggar getting a spiritual message before tying of rakhi by BK Rama.



Don't take Sorrow and Don't give Sorrow

BK Aruna Ladva, Kuwait

How many of us take and give sorrow without even knowing it? We may easily understand it when we give sorrow, but do we realise we are also taking sorrow by getting upset or disheartened, or by complaining about trivial matters? Do we understand that in any situation we have a choice as to the feelings we create, and so sorrow is not forced onto us: it is something we choose to indulge in?

Sorrow is anything that causes discomfort – it is suffering on the emotional level; quite different from pain, which is a physical sensation. What we call emotional pain is in fact us taking sorrow from the situation. It's not real; it's a creation of our own mind. For example, a patient could be in pain and bearing it with fortitude and yet not experiencing sorrow. Some people on a spiritual path have learnt the art of remaining in happiness even though they may be in physical pain. How is it possible you may ask!



Sorrow is created as a result of my own thinking. See things more clearly, without the clouds of emotion, and you will be able to respond appropriately.



Pain is a message from the body that tells you there is something you need to change. For example, eating food with too much chilli can cause ulcers; sitting too much may cause back pain; worrying too much can cause headaches, etc! Thus, a physical cause results in a physical reaction.

But, on the other hand, to take sorrow and then suffer emotionally is our choice; a choice we make with our mind and intellect. Sorrow is the outcome of our interpretation of events. For example, we didn't pass the job interview and we got disheartened. Our loved one didn't call us for one or two days and we

think they don't love us any more. We weren't invited to a meeting or a party and we sulk.

Events are just events; they do not conspire against us, but sometimes we just put our own spin on them. Sometimes, life just happens that way. Maybe we had a great CV and they admired us, but we were just not the right person for that job (in which case, would we really be happy in a job that was not a good fit for us?). Perhaps our loved one was just busy and caught up. They had no intention to hurt us through their silence. Perhaps the others thought of our best interests and knew the meeting would be a waste of our time and therefore didn't invite us!

We take a lot of sorrow from these situations when we take them personally. In fact we are projecting our needs on to the situation or the person. We all want to be wanted, loved and well thought of at all times, and if there seems to be a threat against this cherished notion, sorrow and sadness kick in as our defense mechanism. This closes our heart, and once our heart is closed, we can no longer flow with love, good wishes and blessings.

We may believe that we are punishing the other party and denying them our love, kindness and inner beauty, but in actuality we are hurting ourselves more. It is the block in our heart that is causing us grief, not them! In that moment, we do not act from our higher self, only the lower self,

which is needy and greedy.

Our higher self gives without wanting a return and our heart flows easily and constantly.

When we give sorrow to others we are creating karma for ourselves. And intense karma of this kind never rewards us with happiness, only further sorrow. There are many ways in which we give subtle sorrow. Here are a couple of examples.

For example, I may have wealth, and that is my good fortune, but to flaunt it in front of a person who has nothing is intentionally creating sorrow. On the other hand, if I envy someone because they have the



Former President of India Pranab Mukherjee has a rakhi tied by BK Asha Didi.



Hon'ble President of Nepal Bidhya Devi Bhandari has a rakhi tied by BK Raj Didi and others.

latest gizmos (and remember... because of their good fortune) then that is my problem! Instead of taking sorrow from everything, let me see what I do have and be happy with that. Never judge a book by its cover.

Also, by looking at the defects and faults of others, I am giving sorrow; in that moment, I am not uplifting the other. In spiritual language, I am only 'kicking' the other person more. They have 'fallen' because of their shortcoming and yet I am making them weaker by focusing on their imperfections.

I have to build such immunity to sorrow that not only am I able to tolerate sorrow, I can also turn it around to my favour. If I have the strength of virtues, contentment, self-respect and self-worth to name a few, then I have a higher threshold or immunity to sorrow and suffering in my life. I am then able to deflect criticism from others rather than immediately having feelings of hurt, rejection or self-pity.

Lastly, I create more sorrow from sorrow by exaggerating the situation and enlarging it with my waste thoughts. Don't make a mountain out of a molehill. Remain positive as much as you can; there is always some benefit in everything, even if you can't see it just yet!★

What is Rajyoga?

- Rajyoga is the spiritual union of a human soul with Supreme Soul God.
- Rajyoga is the method to lovingly connect with God, the supreme source of peace, power and wisdom.
- Rajyoga offers a simple and easy means to promote physical and spiritual health.
- Rajyoga signifies alignment with one's own eternal nature to live in the light of God's love.
- Rajyoga teaches one to enjoy a deep union of love with God.
- Rajyoga is an easy way to peace, harmony and balance.
- Rajyoga is a mental connection with God that makes us self-sovereign.
- Rajyoga is a constant mental link of love of the soul with the Supreme Soul.

Silence with an Aim

I came to learn that silence is a very strong power. I compare it with the non-violence of Mahatma Gandhi. Silence amplifies my inner strengths. The power I wielded as President was given to me by the Constitution of Mauritius, but this power I am talking about is personal. I use it first of all to create thought and then to give expression through my words and actions. When one goes deep inside in search of truth, one becomes more confident and strong, and it shows in one's attitude and behaviour. It is this that convinces people. This is what meditation in silence brings to me. — Cassam Uteem, Mauritius

See the Self. Serve the Self

When we choose to spend an extended period of time in silence, it is useful to have a specific aim for our silence. One aim might be to come to the realization of my own spiritual identity, to know myself as a spiritual being and to see the world with spiritual vision.

There is an inside "eye" with which I can see myself, and an inside intellect with which I can know myself. When I am using this inner eye, I can clearly see what is eternal and what is transitory. In silence I gain an appreciation of what is true, lasting, and creative, and I don't have to labour over what is false, transitory, or negative. This ability to discern what is eternal and what is transitory allows me to look beneath my surface flaws and reclaim my self-respect.

See the World. Serve the World

There is the tendency to become involved with what is happening in society, with what people are saying and doing, and to think that I will have to do the same. With an extroverted intellect, I focus on the actions and reactions on the world stage. I may begin to devise techniques to respond to the ever-shifting scene of circumstances. When I choose my actions under the influence of outside pressures, I limit my capacity to bring greater benefit.

When I turn within in silence, I access my introverted intellect, which is the conscience. The introverted intellect allows me to look at the external world with x-ray vision. I can see that many of those who call for peace are consumed with conflict. The spiritual vision sees the disconnection in calling for peace from a consciousness of war. When I enter silence with the aim of experiencing peace as my true and innate nature, from this consciousness I then become a force for peace in the world.

My Intention in Silence

The journey into silence begins with solitude. I separate myself from others, but often solitude doesn't immediately bring peace. In solitude I may initially find myself surrounded with hundreds of swirling thoughts and memories, plans and lists that pull me

back into the world of sound. The introverted intellect can work as a filter to help me move beyond those swirling thoughts. The things that are not useful to me will flow out and away from me, and the things that are useful to me will take me to a deeper level in silence.

I know I am entering deep silence when I find that the outer world has fallen away and I am in a state of timelessness, of light. In this state of pin-drop silence, I can sense my concentration stabilizing, and I become aware of deeper patterns of the self. I am aware, for instance, that peace is innate in the self. I experience myself as intrinsically non-violent. This experience is the seed of future action and moves me to trust that I can return to the field of action, expressing this quality in my work and relationships.

There is an absolute, direct link that connects what is happening inside me to what I am doing on the field of action. If I want to make a difference in the quality of an outcome, it isn't a question of thinking of a better technique. Rather it is a signal to move into silence with the aim of clarifying my intentions, for they are the seeds of action. A pure intention creates a more powerful result.★

(By Judy Rodgers and Gayatri Naraine - extracted from 'Call of Time' Dialogue)

Kindness

Have you had a kindness shown?

Pass it on;

'T was not given for thee alone,

Pass it on;

Let it travel down the years,

Let it wipe another's tears,

'Til in Heaven the deed appears;

Pass it on.



The essence of religion and spirituality are universal human values.



Hon'ble Chief Minister of Tamil Nadu E. Palaniswami has a rakhi tied by BK Beena.



Hon'ble Dy. Chief Minister of Uttar Pradesh Dinesh Sharma has a rakhi tied by BK Radha.



Dy. Chairman of Rajya Sabha Prof. P.J. Kurien has a rakhi tied by BK Asha Didi.

There is no route to peace, peace is the route.

-M.K.Gandhi



Hon'ble Prime Minister of Nepal Mr. Sher Bahadur Deuba having a rakhi tied by BK Raj Didi.



Hon'ble Chief Minister of Assam Sarbananda Sonowal having a rakhi tied by BK Sheela Didi.



Houston : Hon'ble Consul General of India Mr. Anupam Ray being tied rakhi by BK Hansa Rawal.



Mr. P.K Sinha, Cabinet Secretary having a rakhi tied by BK Sunaina.



Hon'ble Consul General of India in Chicago Mrs. Neeta Bhushan being presented the book 'The Story of Immortality' by Sr. Brother BK Mruthyunjaya and BK Pushpa Didi from India along with BK Mary.

It is called mindset



As I was passing the elephants, I suddenly stopped, confused by the fact that these huge creatures were being held only by a small rope tied to their front leg.

No chains, no cages. It was obvious that the elephants could, at any time, break away from the ropes they were tied to, but for some reason they did not. I saw a trainer nearby and asked him why these beautiful, magnificent animals just stood there and made no attempt to get away.

"Well," he said, "when they are very young and much smaller, we use rope of the same size to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They believe the rope can still hold them, so they never try to break free."

I was amazed. These animals could at any time break free from their bonds, but because they believed they couldn't, they were stuck right where they were.

Like the elephants, how many of us go through life hanging on to a belief that we cannot do something, simply because we failed at it once? So, make an attempt to grow.*



Mr. K.G. Suresh, DG, Indian Institute of Mass Communication having a rakhi tied by BK Shalu along with BK Sushant.



Mohali, Punjab : (Pic. Left) Mr. Kuldeep Singh, Sr. Superintendent of Police having a rakhi tied by BK Prem Lata. (Pic. Right) Prisoners of Dist. Modern Jail being tied Rakhi by BK Sisters.

Editorial

New India of Our Dreams

Prime Minister Narendra Modi has a bright vision for his fellow countrymen. On the 75th anniversary of the Quit India movement last month, he asked all Indian citizens to take a pledge to free the country from poverty, lack of cleanliness, communalism, casteism, corruption and terrorism by 2022. Launching the New India movement, he invited all Indians to be active participants in the process of positive change, and to build a country that its freedom fighters would be proud of.

He said that from 1942 to 1947, a period of five years, Indian leaders and people had adopted the slogan, 'karenge ya marenge' (do or die), which ultimately led them to independence from British colonial rule. Similarly, during the coming five years, everyone must heed the clarion call of 'karenge aur kar ke rahenge' (we will do it, come what may) to overcome the major social challenges before the country.

Aptly titled 'Sankalp se Siddhi', the New India pledge aims to shape India's future through a firm resolve in the present. This dream can be realised only when everyone nurtures pure, positive and determined thoughts at the personal level and acts upon them to achieve the common higher purpose.

Determined thoughts are the seeds of new creation. They are focused and are not distracted by random ideas, and so have the power to override any contradictory voices within. While thoughts born out of body-consciousness attempt to derail a noble mission, determined thoughts that are sourced from one's pure core support one and drive one to keep one's promise. They motivate one to brush aside old patterns of behaviour for the greater good. They protect one from getting lost in the whirlpool of never-ending desires, and empower one to live a meaningful life. Being clear and concentrated, they have the inherent capacity to manifest dreams into reality.

The prime minister's vision for a new, liberated India can be achieved only when Indians have an unlimited stock of elevated, unidirectional determined thoughts. For that, the country's citizens must regain their lost inner kingdom. Until one has authority over one's subtle faculties – the mind and intellect – and one's physical sense organs, one will not be able to use them to create the reality one wants. Achieving harmony in one's inner world is a pre-requisite to accomplishing practical goals, and for that one needs to enhance one's spiritual stamina.

Rajyoga is the method to recharge one's spiritual battery. Yoga here refers to the highest connection, of the soul with the Supreme Soul. When a human soul, which is conscious of its original identity, connects with the Almighty through thought, it is able to draw from His unbounded reserve of spiritual power. Once empowered, the soul is able to tame its previously chaotic inner world and strengthen its will to live an enlightened life. Also, yoga power calms the physical sense organs and makes the body more adaptive.

Creating a new India requires great zeal, positive momentum and unity. Rising above corruption and social divisions demands high ethical and moral standards. If the citizens do not practice yoga and continue to lead a 'bhogi' lifestyle, whereby their energy is consumed by materialistic pursuits, the transformation that Indians desire will remain a distant dream. In a few months' time, it will be forgotten. But if India's citizens collectively endeavour to adopt a soul-conscious lifestyle, they can bring the golden future closer.

Sharing the prime minister's vision, the Brahma Kumaris are organising a mega programme in the capital on September 17. It aims to promote awareness of the holistic benefits of Rajyoga to help build a happy and healthy Bharat. The grand event will become instrumental in awakening people from the slumber of ordinariness and mobilising them for national change through individual empowerment.

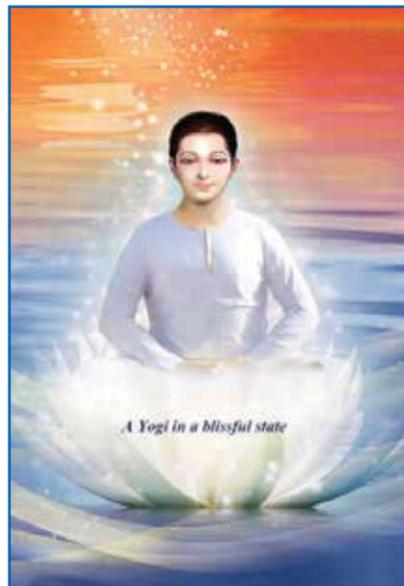
Travelling on the wheels of pure and determined thoughts, the people of India can arrive at the future of their dreams. Spirituality is the road they must take. The first step of change has to be taken by each individual, and the time to do it is now. ★

Why peace needs to be cultivated?

Rakesh Mehta, former Chief Secretary of Delhi

Peace is an elevated state which human beings recognize as the highest goal to achieve. It is not only the "end state of being" which we see as worthy of striving for, but it is also seen as a prerequisite for other forms of human progress, such as material well-being, health, education and the development of children. We often seek to protect children from the evil effects of war and violence so that their "state of being" is influenced by peaceful states for their wholesome growth.

Peace is obviously an original state of being, and it is older than civilization. In Hindu thought, the idea of Satyug signified a heightened state of peace and perfection. In all major religious traditions, there is teaching about the growth of body-conscious qualities in the form of anger, lust, greed, attachment and ego (ALGAE), which led to the loss of perfection in human beings. The adoption of negative values created peaceless conditions of violence and recurring evil deeds, and justifications for use of violence against others, such as slavery, exploitation of women, and wars. These harmful trends are evident even today. Is it not surprising that the progress of science and technology has led to greater



injustice in the form of growing numbers of refugees, famines, diseases and climate change? Obviously, science is amoral and is often used for perpetuating misery among people. Examples of this are the Deep Web, abuse on social media, propagation of terrorism online, organ trading, etc.

In the 21st century we may not see great military expeditions like those of Alexander, Genghis Khan, World War I and World War II, but conditions today are dogged by uncertainties due to the existence of nuclear weapons and cyberwarfare. Hence destruction on a much larger scale than before

can be expected any time. We may have learnt from experience that discrimination in any form is not a part of the basic character of human beings, so racism and exploitation of women and children are not acceptable. The days when proclaiming new ideas could lead to one's death, as happened with Socrates, who was made to drink poison for his ideas, are past. However, new ideas can be destructive, as cybercrime shows, and the spread of fake news makes us wonder what is true and what is false in the absence of basic values to rely on.

It is time to realise that science is only exacerbating the problems of mankind. Human progress needs to be reinforced by our inner values of peace, love, purity, happiness and bliss. Vedantic thought dwelt deeply on these ideas and placed spiritual consciousness above scientific thinking, as did ancient thinkers, including the Buddha, Mahavir, Jesus, and Zarathustra. The biggest dilemma is the ethical dilemma, whether it is in the arena of science, relating to nanotechnology, or political life, which involves creating trust in people. Instead of writing volumes on the subject, we need to reinforce our ancient values to transform ourselves.

As human beings, our original values are peace, love, purity, happiness and bliss. The "being" needs to become an elevated soul to get the most positive outcome from the progress made by science. We need to move from the limited to the unlimited in the realization of our potential. That is possible only if we accept that negative values need to be burnt in the fire of intense meditation and positive values need to define our life.

Great sages have shown us the path to that end. That path is of meditation and a spiritual life. The path is easy in Raja yoga. It is constructive, incremental, analytical, accumulative, elevating, and it creates positive vibrations. If we understand that the real us is the soul, and the body is only a temporary garb, and that the inexorable karmic law will guide us in our progress in many future lives, then positive values will automatically give direction to our current and future lives. Peace is a natural state required for our progress, but in the current state of high negativity, we have to remind ourselves of our natural state so that it guides our self-transformation. Awareness is the key to transforming ourselves and the world.★

None but ONE Supreme Father of all Souls

There is an order in the entire creation. There is an order amongst different ranks of souls. This order makes the creation dynamic and ever-sustainable.

God is one but souls are many. God is incorporeal whereas souls take birth in human bodies. People have forgotten their relationship with God as the Father. All prophets, messiahs, saints and holy books have pointed towards the One. That all humans are the children of one God is a message that has been echoed by several religions.

Souls are many and they are graded according to their character as devatma (divine soul) or dharamatma or mahatma (great soul). God is known as Param atma (Supreme Soul), He is ever pure and the holiest of the holy. God is also known as Parlokik Pita, God on high, or upar wala. Divine fathers, i.e. the founders of religions have been variously described as 'son of God', 'messenger of God' or avatar. Saying 'atma so Paramatma' is not correct; God is not the same as the soul. We are a spiritual brotherhood under the Fatherhood of God.

Souls enter the cycle of birth and death. Human souls take birth with a human body to play their role in the world drama. Even deities and prophets take birth in a human body and enter the cycle of karma. God never enters the cycle of birth and death. God is One, while deities or divine souls are addressed as Lords. They are also referred to as gods and goddesses.

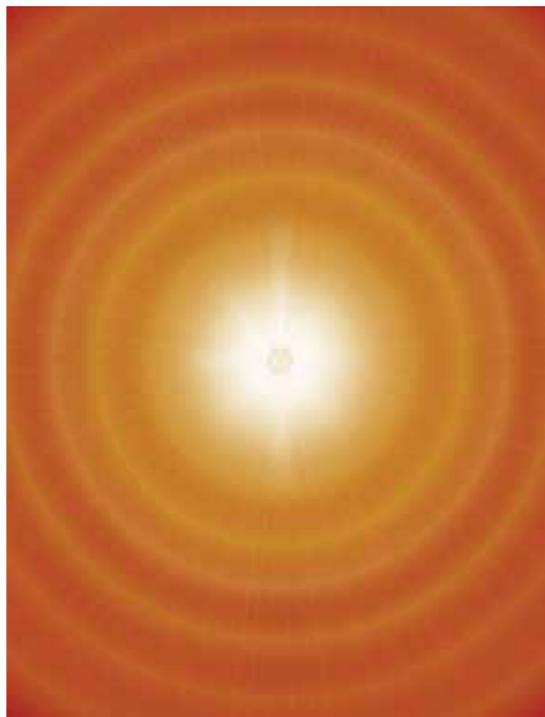
With each new birth, the name, place, occupation and relationships of souls, including deities, change. Their physical identities change. All souls, except God, live in bondage to matter, time and space. They experience birth, growth, decay, death and rebirth. The nature and attributes of souls – even deity souls and saintly souls – keep changing during their journey in this world. They enter the world in a pure, viceless form, but gradually become



BK Aditi tying rakhi to Mr. Deepak Chaurasiya, Editor-in-Chief, India News TV Channel.



Mr Mukesh Vasudeva, Director, Pioneer Publicity Corpn. being tied Rakhi by B K Shalu.



It's time to come together as a spiritual family connected to One Supreme Father.”

vicious. Souls experience a fall from perfection – from puja to pujari, from deity to human, from enlightened to ignorant. They go through the sato, rajo and tamo stages, which denote levels of declining purity. Deities live in the Golden and Silver ages, whereas in the Copper and Iron ages they live as humans.

God is beyond such dual experiences and comparisons. God is above the bondage of these factors. God's identity remains constant and unchanging. His name, address, occupation and relationship with souls remain

Food for Thought

- A rose lives among thorns yet never gets hurt.
- An angel always reflects the truth kindly.
- Some climb the ladder others take the lift.
- We use reason to justify our prejudices.
- Beware of the wants that create wants.
- Not to advance is to go back.
- Thoughts are like boomerangs.
- What a big gap there is between advice and help.

constant. He lives in Paramdham – the Supreme Abode – which is timeless and eternal. God is ever pure. He is never influenced by vices. He is the Purifier, or patit pavan, who makes impure souls pure through spiritual enlightenment and empowerment.

God is free from the bondage of karma. He is abhokta – one who does not experience sensual pleasures. God is nishkaam – He is free from desires and does not experience the fruit of karma. Only God can be said to perform selfless actions because He does not enjoy the fruits of His actions. Souls cannot enter and leave a body at will. God incarnates Himself in a human medium for performing divine tasks such as imparting spiritual wisdom in order to purify human souls to recreate a new world, but He does not stay in the body all the time.

Deity souls, prophets and human souls are bound by the cycle of karma. Deities enjoy a state of akarma in the Golden and Silver ages. They enjoy the reward of previous good karma but do not create any new karmic account. Humans perform vikarma because they are influenced by vices and experience pleasure or suffering through physical senses, relationships and real-life situations.

God is the Creator and He knows the secrets and mysteries of the Creation. He is the only One who has the key to unlock the third eye of wisdom and bestow divine insight and divine vision to human souls. God is always a Bestower – one who gives all spiritual powers, divine virtues and wisdom to human souls. He is the Supreme Father of all souls. His acts are unlimited and unaffected by any physical or earthly factors. He is unlimited and Supreme in virtues and goodness.

No soul in human form, whether a prophet, saint or deity, can grant salvation or liberation to other souls. Only God is known as the one who grants liberation to all. He is the One who shows the way to mukti and jeevanmukti. He is the only One who can take us to the land of liberation – the soul world. God is the true Satguru and Guide who liberates all souls, including the gurus of this world who are in a mortal body, from the cycle of sin and suffering and takes them back to the Supreme Abode, Paramdham.

No human soul – not even deities or prophets – can be called Supreme, Almighty, the Highest, Holiest, Mightiest or Omnipotent. God is karankaravanhar – who gets things done through human instruments. God's role is always performed when conditions are dire. He does not manifest Himself during good times; He always performs His tasks at the most critical time. That is why He is known as the Creator, Liberator, Redeemer, Purifier, Bestower and Benefactor. We are living in a transitory age, Sangamyuga (Confluence Age), when God is renewing the present old world and creating a new world of peace and happiness.

Spiritual teachers, gurus and guides are only instruments who can show how to connect with God and help others get empowered directly through that connection. God is now guiding us towards this realisation and He is doing it directly. The world will finally evolve to a better age when all of us, even those who are playing the role of spiritual guides and teachers, come together as a spiritual family connected to the One Supreme Father. ★

(Purity Features)

Rajyoga is a pilgrimage to liberation

BK Gayatri Naraine, New York

If you were to ask a regular person, 'What is the meaning of yoga?' the answer most probably would be, 'Physical stretches and breathing exercises', as in hatha yoga, or 'Meditation – a technique to calm and relax the mind'. Others may say yoga means connection, that is, whatever the mind is connected to, the mind is then in yoga with that.

A serious practitioner would describe the philosophy of yoga and the spiritual disciplines of a yogic lifestyle. He would value the practice of yoga as a way to acquire subtle powers and perceptions to understand and experience the purpose and meaning of life. And those who are experimenting with the spiritual trajectory of collective consciousness may describe yoga as a unifying spiritual principle and claim



New Delhi: Hon'ble President of India Mr. Ram Nath Kovind being shown 'Purity' magazine by BK Sapna, BK Rama and BK Shubhkaran after tying of rakhi. First Lady Mrs. Savita Kovind has a rakhi tied by BK Lakshmi.

The Healing Mind



Q&A with Dadi Janki, Chief of Brahma Kumaris

"I make a point of creating thoughts and feelings of happiness, peace and benevolence, which make me feel better – not worse."

How can I not worry when my body is unwell?

Our response to pain can cause as much distress as the pain itself – so we need to learn how to use our minds to help, not hinder, our recovery. I have spent many years both as a nurse and a patient, and have seen how silence works alongside science in the healing process.

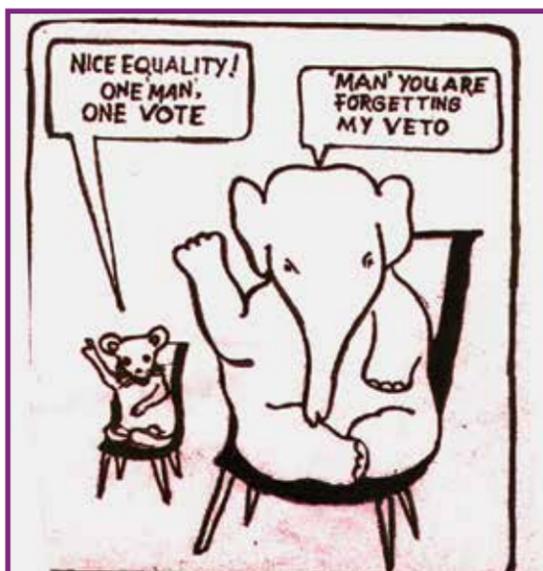
I can use the power of my mind to step back from what is happening in my body. By observing what is happening, instead of being caught up in it, I free myself from negative thoughts and feelings. I make a point of creating thoughts and feelings of happiness, peace and benevolence, which make me feel better – not worse.

It is important not to suppress what is in my heart, as this can impede healing. Let me listen to my heart with love and honesty. Honesty gives me spiritual power to deal with the situations I have to face. But I must be careful not to take on sorrow, for that weakens me. If I keep having pure, positive thoughts and good wishes for myself and for others, then I will be cared for, I will receive power, and my mind will become strong, and in this way I will help the body heal.

that it is the 'culture' for peace and non-violence.

As a practitioner of Rajyoga as taught by the Brahma Kumaris, I would describe it as a way of life. It is a pilgrimage of remembrance. The soul is the traveler and life is the journey. It is a return journey to self-sovereignty, and the catalyst is remembrance – remembering who I am, to whom I belong, and the part I play on the world stage, interacting with other actors. It is the paradox of self-realisation within the context of the collective. The goal is liberation and liberation-in-life of souls through a process of purification and perfection.

The method is yoga with the Supreme Soul, God. Yoga is connecting with the Source from whom spiritual might is received and will power in human souls is activated by an enlightened conscience. 'Shakti' is spiritual might, and it comes directly from God and is the only energy that can purify souls and remove the toxic waste of anger, attachment, ego, greed and lust. The teachings of Rajyoga connect the soul to its original, authentic self, and to the treasures within – wisdom, virtues and spiritual powers. It provides the basis of life-changing experiences through understanding the non-negotiable laws of life, making meaning out of intention and purpose, discerning truth from facts and



A human being's deepest quest is to experience truth for himself.

figures and seeing clearly the distinction between maps and territory.

A human being's deepest quest is to experience truth for himself. When he is able to explore and feel within the core of his heart the subliminal impact of universal truths, only then will doubts be removed, darkness recede and righteousness be restored.*

Managing your emotions

Self-consciousness goes hand-in-hand with managing and processing emotions. It helps you in making a mental map of negative psychological triggers that are required to be prevented, and the positive coping skills that need to be utilized. Self-consciousness enhances motivation because distraction is the main enemy of motivation. One vital aspect of self-consciousness is being able to identify the wandering of our mind, where it has wandered to, and how to redirect it. Being able to direct concentration or focus enhances your motivation as the mind remains centred on the ultimate goal, which in turn leads to success. Mastering this capability of controlling the mind allows you to enhance productivity and make use of time in a conscious and purposeful manner. Hence, self-consciousness is the single most beneficial tool you can have to find success in every arena of life.

News in Photos



Bali, Indonesia : BK Sister Janaki seen with Hon'ble Consul General of India Mr. R.O. Sunil Baba during Independence Day of India celebrations.



Bengaluru : Rajyogini Dadi Ratan Mohini, Jt. Chief of Brahma Kumars tying rakhi to famous cine personality Sri Sarigama Viji.



Mr. Brundaban Behera, Supdt. Jail having a rakhi tied by BK Jayanti, Jeypore, Odisha.



Cine Actor Anupam Kher having a rakhi tied by BK Kunti.

Mr. Kavinder Gupta, Speaker Jammu & Kashmir Legislative Assembly having rakhi tied by BK Sudarshan and BK Nirmal.



Mr. PK Singh, Chairman, Steel Authority of India having a rakhi tied by BK Girija



Wagah Border Amritsar : Mr. J.S Oberoi, DIG BSF has a rakhi tied by BK Rashmi Behn. Soldiers also were tied rakhis.



Mr. Chandra Kishore Misra, Secretary, Health & Family Welfare having a rakhi tied by BK Fatima.



Ahmedabad, Gujarat: Launching 'My India, Golden India' campaign with 'Peace Messenger Exhibition Bus' are Dadi Ratan Mohini, Hon'ble Gujarat Dy. Chief Minister Nitin Bhai Patel, BK Sarla Didi, BK Chandrika Didi, BK Lalit bhai and others





Shantivan, Abu Road : As part of Dadi Prakashmani's 10th Anniversary celebrations Rajasthan Gopalan Minister Otaram Dewasi is launching 21 km grand marathon from Abu Road to Mount Abu.



Krishna-Arjun dialogue by BK Vidhatri and BK Varnika on Janamashtami at Om Shanti Retreat Centre.

Moscow, Russia : Cultural performance by BK Russian artists playing the role of Shri Lakshmi and Shri Narayan during celebration of India's Independence Day on 15 August 2017.

Mr. Wise

Mr. Wise?
Yes.
Nothing is good or bad, only thinking makes it so?
It's a wise old saying.
Does it refer to faulty thinking or finds fault with thinking itself?
I cannot say.



♦♦♦♦♦♦♦♦
And Mr. Wise?
Come on.
Thinking enables us to discern right from wrong? And yet we are not able to do what is right and refrain from doing what is wrong!
With all the knowledge and thinking, we still suffer from this implementation paralysis, why?
I cannot say.

♦♦♦♦♦♦♦♦
Lastly...
Yes...
How about wisdom? Does wisdom grow with thinking?
Perhaps not. Wisdom is divine. It sees no wrong and so, doesn't have to think or discern.
And thinking, as we see these days, is jammed with negative and waste thoughts, while the few positive and creative ones keep struggling to survive.
Perhaps you are right.

Tailpiece

A man telephoned a police station one night and excitedly reported that the steering wheel, brake pedal, accelerator, clutch pedal and dashboard had been stolen from his car. A sergeant promised to investigate. Soon the telephone rang again.

'Don't brother,' said the same voice, this time with a hiccup. 'I got into the back seat by mistake.'

♦♦♦♦♦♦♦♦
When a man was taken to hospital after a car crash, the doctor, after examining him and putting his leg in a cast, said that he could go home the next day. In the morning, however, he announced: 'I think you'd better stay another day to see if something new turns up. I didn't know how badly you were smashed up until I read about the accident in the newspaper today.'

♦♦♦♦♦♦♦♦
A foreigner about to leave India was asked by his highly unsatisfactory manservant for a letter of recommendation. He pondered a moment, then wrote: 'To Whom It May Concern. The bearer of this note, Raju Ram, has served me during the last two years to his complete satisfaction. If you are thinking of giving him a berth, be sure to make it a wide one.'

