

|| From the mighty pen of Sanjay ||

GOD – AN EXPERIENCED REALITY

Often, people at once believe us when we tell them the basis of our direct experience of God's reality, relationship and presence. Indeed, some people ask us: "If you have been able to experience God as vividly as one experiences the objects of the world, why can't we? As bodily beings, inhabiting a material environment around us, we cannot but receive the visual experiences when we open our eyes; likewise is with our other senses. But why are we unable to have such a vivid and distinct perception of God if He really exists? Why does He not demonstrate Himself, in His overwhelming Majesty and Power, unto us, and for that reason, unto all? Why does He not tear open the veil of ignorance of all and break upon the souls with a thrash to give them a non-voluntary experiences?"

GOD DOES NOT REVEAL HIMSELF AS A THUNDERBOLT

Such people, who put these questions, need to realise that if, as they say, God revealed Himself to us in His full splendour, we, the weak souls, would be dwarfed to a non-entity by the irresistible Glory of His being and, moreover, man would, perhaps, be blinded by His Light as one would be if he, unshielded, saw, the blazing ball of light that bursts from an atom bomb, and he would be shaken through and through, in his whole being, by His infinite energy. Thus the question of His revealing in the manner, as suggested, does not arise.

So, it should be known that God, by His very nature, treats men as responsible persons, respecting their relative freedom and autonomy. For the sake of creating a personal relationship of love, regard and trust with the human creation, God does not force an awareness of Himself upon them. It should not, therefore, be difficult to understand that overriding human mind, by demonstrating His presence, would be against His nature, will and intention. It would frustrate His very purpose. He does not force men to love and know Him by the 'coercion' of His logic or His Glory, for His purpose is to win their

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GOD'S WISDOM FOR SELF- EMPOWERMENT



The atmosphere of any place gets charged automatically by the vibrations of its inhabitants. The Headquarters of the Brahma Kumaris has always been a source of inner power where many, many BK sisters and brothers gather from time to time to participate in a variety of Programmes, Festivals, Celebrations and Meditation events.

One such important event happens to be the **Annual Godly Service Meeting, which is held yearly in the second week of April.** For the year 2013-14, the meeting was held at Shantivan Complex from 12-19 April with participation of about 1200 Sisters and 500 Brothers, which included our most revered Dadi Janki ji (Administrative Head of Brahma Kumaris), Dadi Hirday Mohini ji (Additional Administrative Head), Dadi Ratan Mohini ji (Joint

Administrative Head), and senior brothers and sisters, including Zone- and Sub-Zone In-Charges, and the Chairpersons, Vice-Chairpersons, National Coordinators, Madhuban Coordinators of various Godly Service Wings of Rajyoga Education & Research Foundation.

The entire programme was planned very carefully to maintain highest standards of positive vibrations, for which our respected Dadiji and senior sisters and brothers were invited to participate in powerful deep meditation sessions, as well as sharing of Godly wisdom on different subjects in the daily morning as well as evening sessions. About 25% of the meeting time was earmarked for spiritual discussions, while the remaining 75% was spent in exploring newness in Godly service and reflecting on the previous year's achieve-

ments and experiences. Everyone enjoyed this combination of both aspects of Brahmin life, which contributed towards each one's spiritual reju-venation and emerging of new inspirations for the service year.

Different themes for the Year were posed in several meetings, where the success of last year's project '*One God, One World family*' was also recalled and complemented. The suggestions prompted churning on a fresh theme which would empower individuals to face current life-challenges by receiving God's power, exploring one's inner peace and then using the same for global harmony. So accordingly, the theme: '**God's Wisdom for Inner Peace and Global Harmony**' has been selected as it is distinct, and clearly focused on the aim of transformation so much needed by individuals and society.

We wish to share, through these columns, some of the reflections as well as Godly service plans for the benefit of our readers:

ABRIDGED REPORT OF SERVICE ACTIVITIES OF YEAR 2012-13 & PLANS FOR 2013-14

(Detailed Information May Be Obtained From The BK Centres)

- ❖ **Platinum Jubilee Year** culminated in a beautiful finale event in October 2012, at Shantivan, and was attended by Vice President of Nepal in particular. Several Media Channels covered the events with interest. The 3-day events included presentation of Yagya History and portfolio of the 18 Service Wings.
- ❖ **Youth Wing** aims to host a Festival for 10-12,000 youth in Shantivan this year. A Cyclothon will be organized in all major states spanning 10-30 days. Mahadev Nagar Centre, Ahmedabad, has constructed a Youth Training Centre which was inaugurated on 21 April at the hands of Hon'ble Chief Minister of Gujarat, Mr. Narendra Modi, and Rajyogini Dadi Janki. The Centre can host 50 trainees, and also houses a Library and space for Counselling Sessions.
- ❖ **Internet** is a powerful medium for spiritual service but needs to be understood and used according to systems; committees are set up to ensure the right information and experiences are shared with the BK family and public.
- ❖ A number of **Foreign Centres** celebrated their Silver Jubilee last year. The 12-jyotirlingam exhibition has been well-received in few cities of USA. Russia and CIS countries hosted Children's Competitions where 8000 children expressed Values through art and film.
- ❖ A new '**Learn Meditation site**' has been started to expose new aspirants to introductory lessons, and familiarize themselves with Rajyoga Meditation: www.learnmeditationonline.org
- ❖ **Future of Power** initiative that was started by Br. Nizar Juma of Kenya has reached 19 cities of India, and aims to reach 32 in the coming season. It is a Dialogue that is carried out amongst prominent leaders and citizens of the host city. Power had remained in Bharat for 2500 years, where love ruled the land, but is now in the hands of other countries that believe power to be measured by finances, missiles etc. When true spiritual power returns to Bharat, will we be ready to claim right over it? The Initiative aims to prepare involved leaders for the same.
- ❖ BK Urmil of Palam Vihar has helped create a **DVD that collates the services rendered by the 18 Wings**, which will be a good aide for Centres when they plan to host programmes for professionals and contact souls.
- ❖ **Jurist Wing** is eager to organize a conference on 'Crimeless Society' for 5-10,000 Jurists to help address and curb the growing rate of crimes against women in particular.

❖ **Godlywood Studio** is completely set with all facilities and is busy in service. About 1100 hours of material have been recorded, 175 hours of which have been aired up till now.

❖ **Peace of Mind Channel** is presently transforming 15 crore homes all over India and the world.

❖ **Radio Madhuban** is serving the nearby community (up to 200km distance) greatly, as well as over mobile and website, 24 hours a day. A variety of 25 programmes are presented by a team of 35 servers. They are pleased to never air any negative news.

❖ **Global Hospital & Research Centre** continues to be a beacon of cooperation, love and care. In 2012, 1 lakh outpatients took benefit; 55 villages were served by 45 volunteers; 4000 eye operations were carried out apart from all other services.

Nursing Diploma Course is continually offered, and Degree Course is being readied. They have received permission to

carry out Post-Graduate Training Course for Doctors.

❖ **Trauma Centre, Talheti** attended to 40,000 eye patients in the last year; patients from as far away as 100 k.m. come for treatment. Many doctors refer heart patients and paralysis cases to Trauma Centre, which presently is looking into acquiring a CT Scanner and service of a Neuro-Surgeon.

❖ **CAD (Coronary Artery Disease) digression camps** continue to train patients effectively in managing the heart. Doctors in connection with the BK Centres can come for the training to help expand the successful work of the CAD project.

❖ **Medical Wing** is finalising a project on 'Addiction-Free India'.

❖ **Education Wing** shared prolific work of the Value Education Course in obtaining MOUs with various Universities. About 12,000 students have completed the P.G. Diploma and M.Sc. Degree Course

till date. Gujarat Government is considering introducing Value Education in all its Universities.

❖ **Project Clean the Mind, Green the Earth** has done well over the past three years. World Environment Day will be celebrated in Hyderabad this year. 108 locations have been identified in Schools, Colleges and Universities where saplings will be planted and oath to sustain the same will be taken.

❖ Seeing the popularity of 3D films these days, a **20-minute 3D film on Meditation Experience** has been developed that can be shown on a 3D projector or 3D TV.

❖ **Rural Service Wing** shared updates on the service through Perpetual Yogic Farming: 500 farmers are practising this around Bharat. BK Farmers will be invited for further training so that they may implement the same in their places. A 3-minute Cartoon Show has been created to illustrate the benefits of Perpetual Yogic Farming. A Campaign to

Empower Rural Women will be launched in October 2013.

❖ **Solar Project** near Shantivan: 250 workers are on site; 300 dishes are part of Phase 1, out of which 270 are ready and frames for 300 will be set before the Monsoon. This project is making people acknowledge the Brahma Kumaris as a science-oriented spiritual institution.

❖ **Sonepat Training Centre** construction has begun on 8-acres land; 6 seminar halls, 2 accommodation buildings and one auditorium are part of Phase 1.

❖ Indian Government has made it mandatory for all residing visitors (Indian or Foreign) to Madhuban complexes to provide personal details and fill in Entry Forms.

❖ **Non-Violence as the Highest Religion** has been chosen as the theme to clarify facts of the God of the Gita. A committee of enthusiastic and learned BKs/Contacts has been set up to discuss the various events to be organized under

this theme.

❖ There is an overall interest and need for a **Museum/ Art Gallery/Laser Show** on *Yagya* History to be conceptualized and crystallized, near Shantivan.

The Meeting brought together senior instruments who embody a valuable reservoir of rich and refined experiences. We present a few gleanings of their wisdom:

❖ “We ourselves benefit when we work in peace. The *sakash* of subtle spiritual love is helping one another move forward. Service through the face and behaviour is possible when the mind is peaceful and intellect is pure.”

“The love we have received from Baba increases when we share it. When words of love do not emerge from our lips, understand that there is something wrong. Connections and relations should not spoil, so remain loving and detached.”

“The one who makes effort will achieve. create a nature that cares, shares and inspires. To remain tension-free is a

matter of honour. *Sankars* and our inner nature are also part of the five elements; when we do not want to be subservient to the elements, how can we be subservient to our own nature?”

“Time is on one side, Baba is on the other, and I am in between. There is no question about how should we move ahead... the One to make me move is doing His task. I simply have to follow directions.”

“When there is love for the *Yagya* and for honesty, I will use everything in a worthwhile way, and inspire others to do the same. The fruit of sowing seeds in Madhuban *Yagya* is unique.”
– Dadi Janki ji

❖ “Never consider yourself to be alone. Baba has seated us in His heart, so we can never be alone. When you are alone, Maya attacks. Carry on in the combined form. Call Baba sweetly and with love and He will be appear.

“When you speak, let the face be cheerful and powerful. Let others feel that you have accumulated power, and they will be interested to follow the path.

“Every night, check whether you imbibed the points of knowledge that Baba shared in the morning *Murli*. See that the intellect is churning knowledge even while performing actions or sitting in yoga.”

– Dadi Gulzarji

❖ “See each other as part of the same family, and understand each one as they are. Maintain pure feelings for all. Let us only remember what Baba tells us and implement the same in our lives. Only then will our actions become divine.

“Baba’s signal for us to practise the bodiless stage repeatedly and naturally will be of good use in the final moments. This practice will increase and elevate our thought power, and allow us to maintain pure feelings for everyone.” – Dadi Ratan

Mohini

❖ “Our spiritual love is not artificial or for mere show. Baba sustained us with soul-conscious vision and attitude; He gave us spiritual birth on the basis of love, and it is this love that is making our Confluence-Aged life

elevated.”

– Dadi Kamal Maniji

❖ “Brahma’s thousand arms are highlighted in the scriptures, and so Brahma Baba must be so happy to see thousands of his arms come together in unity and love. We all belong to Baba, we are helping carry out Baba’s task, and Baba is the One giving us strength to accomplish the same.”

“No matter what the person or situation may be, we should not let go of contentment. We have to give to others and not expect to take. When special attention is given to *Amrit Vela*, obstacles cannot come before us. Centres can become free from obstacles when they follow Madhuban routine. There is benefit in moving in sync with experienced instruments.

❖ “We are able to satisfy two sides only when we listen to what both have to say and then make a decision. Remain unbiased and walk the path of truth. Be ready to return Home.”

❖ “It is good to have a ‘don’t care’ attitude towards

insignificant issues and not make them a big deal. See that every little matter does not enter your awareness and wedge itself in your thinking.”

❖ It is not wise to assume what a person is like based on one of their *sanskars*. Let us not create new accounts with anyone because we cannot return to Baba without clearing our karmic accounts. Sustain others not only physically but subtly/spiritually as well. We pose great expectations of others but spend less time fulfilling the hopes that Baba has in us.”

The finale of the Meeting was the icing on the cake with a special get-together at Tapovan Farm from 6-9 p.m. on 18th April evening. After powerful practice of silence, B.K. Sis. Asha and B.K. Bro. Brij Mohan interviewed our respected Dadijis, which was followed by Brahma Bhojan and Spiritual *Raas*. Everyone felt fully satisfied, refreshed and happy to return to their service fields to continue with God’s task.

– **B.K. Nirwair**

GO INTO THE DEPTHS



OF PURITY



(Q&A with **Rajyogini Dadi Janki ji**,
Chief of Brahma Kumaris on 23.4.13 evening
at Global Co-operation House, London)

Q: I think Dadi is here in London to help us increase the intensity in our transformation and to bring change faster as time is getting closer. Dadi mentioned this morning that we have to have the desire to change and only then will the change happen. Dadi has brought spiritual sunshine to us and this can allow the negativities to be burnt and the change to happen. We are all here so we have the intention to change but what do you mean by saying that we have to have the desire to change?

Let me ask you all... Do you have the intention to change and the intention that it has to happen now and here? When we use the language such as 'ought to' we waste time. At whatever level we have arrived at so far, we have had to work hard to get there. In the world too, those who study very well, earn thousands and yet there or some who do not earn even enough to eat. Some are so lost in the

intoxication of this study... 'I, the soul, am deeply quiet and peaceful inside'. There is a deep sense that whatever is happening, Baba is getting it done, He is bringing about transformation within me and there is no feeling of effort. Become deeply quiet and peaceful, if you wish to transform. Baba is so beautiful and has explained that which no one else was able to do. He has given us the knowledge of yoga to consider you to be a soul and keep freeing yourself from the awareness of the body. Mahatma Gandhi had the principles of non-violence and truth but was not able to inspire others to be the embodiment of the same. Here we inspire others and Baba gives us even more power! Power brings transformation and there is the sensation that I want to accumulate even more peace within me.

Effort is about not wasting time, effort and money.

Defects make me weak and

so I need to take power to finish them. Yoga brings that power and also a deep sense of being empowered.

'Shakti' power that we receive from God brings happiness and the weaknesses leave me. So let me always stay happy and see my fortune.

Things come to test us but if I work at it, I make myself unshakeable and immovable. Don't consume your time and energy in unnecessary mundane matters. When we use these and money in a worthwhile way, then energy is accumulated. Baba has His own bank and however much you accumulate in it, you will receive interest accordingly, so keep accumulating and you will earn from it for 21 births and it happens when there is disinterest. When we go into the depths of the point and tackle the root of something, then things change.

There are three valuable things...time, energy and money and at this Confluence Age use all three in the best way possible.

Who agrees with this? What is energy and where does it come from? When you have enough energy you can also give it to others and then no matter how far someone is from you physically, they will receive

it. Through this you become a donor and a great bestower of blessings. There is a song: *God removes the sorrow of the one who removes the sorrow of others*. Baba then observes that this child has attained imperishable happiness and is a worthy child and a worthy child becomes worthy of receiving an inheritance.

Q: You have said Dadi, "God is a powerful mirror and we can change ourselves by simply looking at this mirror. Is it this simple?"

For me this is the experience that is helping me move forward constantly, each day. It is Baba's wonder. He does so much and yet says that He isn't doing anything. There is so much experienced from the one form of Baba's where he is totally lost in that high stage, churning deeply and diving into the Ocean of Knowledge. He once said to me in the early hours that he was busy preparing the food of knowledge for the children and so from that day on between 4am - 8am it has become important for me not to come into sound but to churn deeply. There is so much benefit in putting into practice what Baba says, and by doing so, we remain busy in our churning and don't have time to see what

others are doing. It is a privilege, an honour and a source of happiness. London is an example. We started off with £40 and look where we are today! These are laws of God, not those concerning legal or financial matters and they bring much benefit. Those laws are made and people don't even follow them. Royalty demands to speak less and only that which is real and truthful so then people can follow the things you say. It is not by telling or teaching others that people learn, but people learn when we learn, through watching Baba.

There are five things to pay attention to, to bring into our lives:

Just as the five vices are all inter connected ...lust, anger, attachment etc, If there is the slightest lust, there is anger for sure and this dries up all truth. With greed, whether for position or for money, all dignity is finished. All these vices have an impact and my *bhavna* (good wishes) for all of you is that if you have even a trace of those, you will not be able to take power from God and the power accumulated from service until now, will be snatched away from you too. Then the happiness that comes from being in the gathering and these spiritual relationships will not be

there. Within the Godly family we have done such good karma and are yogis. We have helped others to become this too and so experience the fruit of it all. Baba is the one who has made the effort as The Gardener and all of us are eating the fruit. If Baba had not put that work in and sown the seeds, then where would the fruit have emerged from. Baba would say that it is the grace of the gardener who has fed us this fruit of gyan (knowledge), yoga and service.

To finish the 5 vices totally we need PURITY

Go into the depths right now of what purity is...in thoughts, eyes and attitude let it drown you. **When we have purity the connection with Baba is instantly forged and power starts flowing. This is yoga.** There is nothing else to it. When there is purity there is **HONESTY**. One with total honesty doesn't quibble (complain) about anything. Purity helps us to have yoga and this brings the power of truth and then we come into interaction with everyone with **PATIENCE**. We often react with people because of our old impressions. We have a connection with God who is The Truth and He shows us the contrast between truth and

falsehood and opens our eyes. Truth brings power and as we use patience we become very **MATURE** and wise. Then there is **SWEETNESS**. With patience and sweetness comes **HUMILITY**. Not the sweetness that charms people and makes people fall over you! Secret conversations are the biggest sin and the urn that was full will not become less. The Father says 'children you are the destroyers of obstacles'. Just as Baba is the Lord of Innocence he is also the Great Death... all we need is realisation. Why have some not raced ahead and created a stage free from obstacles? One who has a stage free of obstacles, Baba would say 'this is my special child' and will beckon them with His warmth and say 'come, child come'. We have to make ourselves worthy and of this calibre. Let me do this. Even if one child does this He can uplift multimillions. So - who will become this?

Q: *How much do we depend on Baba for transformation and how much do we need to do ourselves?*

Just learn to let go. It is essential to be dependent on Baba and He is always available and present. It is my job to have courage and He will help me. It

is a big mistake to get disheartened and expect help. We have only reached this far due to our courage and Baba's help. Experiment and see... the Lord is pleased with an honest heart. If your intention is clean and there is the thought that 'I want to do this'...the thought will definitely take form. Then it doesn't take time. How many have this experience? If we let go of courage we become limp and cannot move forward from where we are at. Remember, this wonder of God should be witnessed. See the wonder of this – it is a game and if your heart is honest, the Lord will be pleased. It is a Godly law and even if there has been a severe mistake no one can do anything as the Lord will be on your side. Keep up the courage and keep going. Whatever mistake happened, just don't repeat it.

Q: *When you want to assist transformation do you use love or law?*

If I were to use the law everyone would run away and no one would come in front of me! Even when I have not even said anything, many will not come in front of me. The ones, who do come, do so because there is love.

Q: *What is the difference between respect and regard?*

If someone doesn't have self respect and I correct such a one, they will run a mile!. If I give them regard then they will come close and will be willing to listen.

Q: *At what point do you correct if you need to?*

By giving them love, in front of me at least there is nothing to correct! Didi Manmohini was an expert on love and law.....and she would suddenly appear in the kitchen, alert and accurate and the atmosphere would become attentive. The ones who have love and law inside them can give to others. If you do not follow laws then no one will listen to you when you want to correct others, but when you follow the law you are able to give love and make the laws attractive for others to follow as well. If I keep my thoughts pure everything will work in its own time. For this we need patience and truth and move along with great humility. At the end of the day there is victory for truth and truth will be saluted and those with truth will dance in happiness. I always say Destruction is in front of me and I never ask 'why hasn't it come yet?'....Now I ask Baba to put Satyug on hold as there is so much good happening now at the Confluence Age. In the

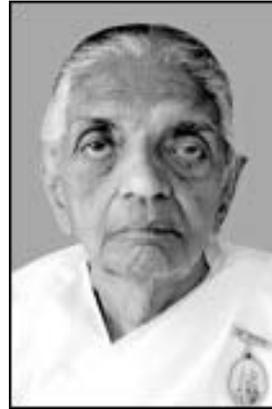
Golden Age we are descending and now is the time of ascending, so let's extend it - we are enjoying it!

Q: Your Bhavana for people never decreases in fact it always increases, and so how can we do this too no matter what is going on....how can we maintain this high Bhavana for others?

In every aspect we need balance and then maintain that bhavana in this Godly task. Someone can become cooperative and someone can become yogi and the task is just the means for this to happen. Baba is sitting there showing us everything. I want to say sincerely that whatever has been wasted up until now that is drama, but now do what you can with what you have. What do you need to sleep but a simple bed and a simple heart. My room has nothing extra, clean tidy and neat and see the kitchen too. Baba's room has always been like this. Simple and clean. The power of purity, peace, love and knowledge make us stand tall. When we have purity there is peace. The love that comes from that type of peace and purity is what gives 'knowledge' to others. Do this type of service...this is what Baba has asked us to do. I have this sincere hope that the divine experiences that I have had, you will also have.

A Tribute to Sis. Dr. Anila

Bapdada's invaluable and serviceable jewel, B.K. Sis. Dr. Anila (elder Sister of Senior B.K. Bro. Ramesh Shah) of Mumbai left her mortal coil and went into Bapdada's lap on 14th April, 2013 at Apollo Hospital, Ahmedabad. Though she was 85, she had no major health problem. She had a sudden heart attack at 7 p.m. and breathed her last within half an hour.



Dr. Anila was fortunate indeed as she had got spiritual sustenance of Brahma Baba, Jagdamba Saraswati (Mamma), Didi Manmohini and Dadi Prakashmani. The family of Shanta Mata (Mother of Dr. Anila and Bro. Ramesh) was instrumental for starting Godly services in Mumbai and all of them remained surrendered from the very beginning. Being a doctor and a caring, careful and compassionate soul, Dr. Anila used to take good care of the divine family, not only physically (by treating and giving medicines) but also spiritually. Thus she got blessings from the whole Brahmin family. She had come to BKs Headquarters, Shantivan, Abu Road along with B.K. Bro. Ramesh, for attending Annual meeting of B.K. teachers.

Our heartiest tributes to such a noble soul!

VICE TO VIRTUE



'It's Time©' by Aruna Ladva,
B.K. Publications, London

Spirituality, the ultimate path to self-improvement, has to be one where we shift our consciousness from mortal to immortal, from being entrapped in a physical consciousness to being in soul consciousness, and ultimately from vice to virtue. Because the absolute transformation has to be one in which there is not a single destructive, damaging or detrimental thought; the ideal being we aspire to be, one who has no negative words, feelings and attitudes. The ultimate choice always has to be virtue over vice.

Let's try to understand the transformation process: Desire is the root of all our problems! There is a difference between desire and ambition or pursuing a goal. Desire is an uncontrollable craving. It is when a desire becomes a need that it spirals out of control. Inevitably this kind of obsession leads us to do anything in our power to satiate that desire. In attempting to fulfil this desire we mostly turn to the old habits of anger, greed, attachment, ego and lust.

However, to become the ideal being that we aspire to be, we have to sublimate these negative traits into peace, happiness, love, truth and purity.

Turning anger into peace: We know quite a few things about anger... Anger is a secondary emotion, which, in simple language, means there is something else bugging you below the surface, which manifests as anger. It is a cry for help – we see babies getting angry when they want some attention or when they have soiled their nappy, and as adults we have continued this same behaviour believing it will get us what we want. Anger is also a form of control – anger is a manipulative way of controlling a person or situation. Anger paralyses the person who is the object of the anger and almost always makes them give in to keep the peace. In the presence of an angry person, one also tends to feel guilty for generating their anger, unless one has high self-esteem and can clearly see the difference

between one's own behaviour and the angry party.

When we are at peace, we are in control of our inner world which is reflected in our outer world. We need not control anything outside of ourselves – it will not/should not make a difference to our inner world. We are naturally content. Roaring exhausts, your partner slurping soup, children constantly bickering, the neighbour complaining, the weather being 'temperamental'; most of these things can be tolerated with inner peace. We don't try to fix people or situations but we go with the flow. We try to control the outer only when there is no inner control. A restless mind creates a restless environment.

Turning greed into happiness: Greed is a kind of forgetfulness of our true self! True wisdom is when I realize that I indeed am self-sufficient; I need nothing more from outside myself to complete me. Greed creates the illusion that more is better and is bound to make me happier... but it is a bottomless pit. Accumulating further assets does not satiate that hunger. Because that is not the hunger of the soul – it would be akin to feeding someone a five-course meal when what they really wanted was a glass of water.

Real happiness comes from cultivating inner contentment. Knowing that I have all that I need right here inside of me. When we learn to be happy and content with whatever we have, then with that energy a lot more will automatically come.

Attachment to love: In the name of love we are attached, clingy and get sensitive easily. True love needs to strengthen and support, not weaken. And because it is not true love but fear-based, we feel the need to hold on, or to attach ourselves to someone. Loving someone means to allow them to be, not trying to carve out and perfect them – this is attachment. Attachment to a particular image or an image you have created of them inside your head – and now you are trying to match the two. Free them from the clutches of your expectations. Where there is love, the person will return – where there is attachment, the soul will feel suffocated and look for freedom elsewhere.

Ego to Truth: Ego is a false image of our self that crumbles very easily because it has no real foundation. We create it to replace the shortage of real self-respect. We also embellish it when we feel we want to prove something or have power over

someone.

In various ways we have given our power away and thus have little power left. We have made so many mistakes that we are ashamed of now trying to live the truth as self doubt keeps creeping in. It's almost as if we have to begin again – begin a new life; a life of complete truth. When we are living our truth, when we are honest, we need not prove anything to anyone. We are perfectly steadfast in our beliefs.

Lust to Purity: Lust is a dilution of the soul. There is lust for sexual gratification, lust for power, and lust for food. The important thing to understand about lust is that it is an energy that is generated from outside the self and we rely on someone or something external to get the need met. The euphoria we get from achieving the object of our desire quickly dissipates.

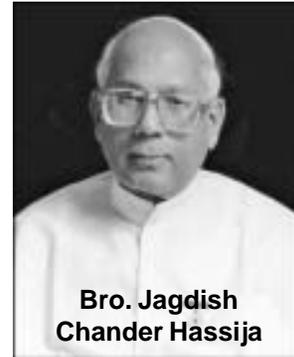
We need to return to the

state which is pure, unadulterated, untainted, unmixed, authentic, and original. And I can only do this by utilizing my own inner reserve and God's light; not someone else's. As I "unpollute" the mind and heart, I clear out the old memory tracks and delete all the old files of pain and sorrow so that only the goodness remains. **It's Time...** to make a shift in consciousness from mortal to immortal. It's time to sublimate our weaknesses and aspire to live a life of peace, happiness, love, truth and purity. We have relied on these weaknesses (anger, greed, attachment, ego and lust) for too long and received too much pain as a result. It's now time to exercise virtue; it has a longer shelf life and is more rewarding. Clear out the old files, the old memory track, so in response to any given impulse, you will only have the good to retrieve.

HAPPINESS

It is the art of living, the purpose of our existence. Happiness is the true index of quality of life. Without happiness, life is dry and meaningless. With happiness, life immediately becomes fulfilling and wonderful. Happiness is such a feeling that immediately lifts the sagging spirits of people. Happy people keep themselves happy because they know the little ways to appreciate themselves and to see the humour and magic in each moment.

PROWESS OF HIS PEN



Bro. Jagdish
Chander Hassija

Bro. Jagdish Chander Hassija was born in the sacred city of Multan, famous for its Sufis and saints, on 10th September 1929. He was a bachelor and a surrendered Brahma Kumar. Before dedicating his life for spiritual services, he served as Principal in a Technical Training Institute in Sonipat, for a brief period. Greatly inspired by Prajapita Brahma, founder of the Brahma Kumaris organisation, he turned to spirituality and dedicated his life for this divine cause. He was a great litterateur and had the distinction of writing most of the literature of the Brahma Kumaris organization. He was also its Chief Spokesperson and Chief Editor of The World Renewal, Gyanamrit and Purity.

Bro. Jagdish Chander used to take keen interest in the development and progress of B.K. brothers and sisters, and particularly kumars. Whenever we used to go to meet him, he asked not only about our physical well-being, but also spiritual endeavours and steps being

taken for development of the self and the novel ways of spiritual service of mankind. His qualities of head and heart endeared him to many a spiritual seeker. On many occasions I met and discussed with him about Godly services and ways and means of self-development.

When I joined Diploma in English-Hindi, Hindi-English translation conducted by Delhi University, Bro. Jagdish was greatly pleased to know about it and commented that it would be of great use in Baba's service. During the course, we had to translate one book from English into Hindi, for which Bro. Jagdish Chander suggested me to select a spiritual book. I selected *Rajyoga: New Beginnings* by B.K. Ken O'Donnel, published by the Brahma Kumaris organisation. By Baba's grace, I topped Delhi University in the examination and then met Bro. Jagdish for his guidance. He showed deep interest and enquired in detail about the process of translation.

Soon thereafter, *Thought for Today* translated by me from English into Hindi was published by the Brahma-kumaris organisation under the title "*Aaj Ka Vichar*". As Bro. Jagdish Chander had also seen the manuscripts of "*Rajyoga aur Gyan Ke Ratan*" and "*Bhagwan Ka Saathi*" (Hindi translation of Rajyogini Dadi Janki's book "Companion of God"), both translated by me, he greatly appreciated the professional quality of these compositions. He asked me if I could spare some time for translating one English book written by him, into Hindi, but he wanted it urgently. I humbly informed him that I could not spare much time but would try to translate as much as possible, in the available time. It was so because those days I was working as a senior executive in National Insurance Company Limited, New Delhi. Being on a senior position I had to devote a lot of time in discharging my duties effectively and

efficiently.

The book was about advent of Incorporeal God Shiva in the physical body of Dada Lekhraj, who was the founder of Om Mandali and later became renowned as Prajapita Brahma. I translated some 25 pages of the book which I handed over to Bro. Jagdish ji, for his perusal. He called me after about a week and told that he was really impressed by the quality of the translated matter. Feeling a bit hesitant, he further said, "Brother Ranjit, seeing the quality of your professional work, I would have liked to get the whole book translated by you. But, brother, I don't have that much time and cannot wait now. So I will use whatever matter has been translated by you". Perhaps he had planned to get the book published on the auspicious occasion of a forthcoming festival. The matter translated by me was included in the final version of the book which was soon published.

He was open to new ideas and wanted that novel methods of Godly service should be implemented. Once we, particularly KUMARS of Vikas Puri Centre, New Delhi, under the guidance of B.K. Brother Ram Nath, planned that the Brahma Kumaris organisation

should take part in World Book Fair which was held at Pragati Maidan, New Delhi once in two years. Brother B.K. Avinash and B.K. Pradeep enquired about the process of participation, booking of stalls and charges etc. Since Bro. Jagdish Chander was head of the literature department and Chief Spokesperson of the Brahma Kumaris organisation, he was approached for approval to participate in the Book Fair. He informed us that it was not possible for him to arrange the funds required for booking the stall and other miscellaneous expenses. He suggested that we should bear half of the expenses and this proposal we happily agreed to. We participated in the fair with great zeal and enthusiasm and the event proved to be an effective means of spreading Godly message to millions of people in many countries of the world. Thus started the participation of the Brahma Kumaris organisation in the World Book Fair, and it has thereafter been almost a regular feature. This idea was in fact my brainchild which I had been following rigorously for quite some time, and by Baba's grace, got successful in its proper implementation.

Bro. Jagdish Chander's

conduct and behaviour left a deep imprint on the souls who had a chance to meet him. Mr Robin Ramsay, eminent Australian actor who participated with Bro. Jagdish in international spiritual service programmes, vividly remembers his contribution, particularly his remarkable service during the Centenary of the World Parliament of Religions, held in Chicago, U.S.A., in 1993. Mr Ramsay was impressed by intellectual acumen, dignity and sense of humour of Bro. Jagdish. Mr Ramsay further noted that though Bro. Jagdish held high position, he had great humility and worked at the grass-roots level with everybody. He was particular that things should be carried out in an appropriate and specific manner. He was a creative person and was always enthusiastic about new approaches to Godly Service.

We are really indebted to reverend bro. B.K. Jagdish Chander for providing us treasure of spiritual knowledge. I was particularly overwhelmed by the spiritual services rendered by him when I received a message of appreciation from a newly introduced soul named B.K. Brother TD Joseph from Bangalore. Brother Joseph

writes:

William Arthur Ward said: “The mediocre teacher tells. The good teacher explains. The superior teacher demonstrates. The great teacher inspires.” According to this yard-stick, BK Jagadish Chander is a great teacher—I am the proof.

Attracted by BK Shivani’s video program, when I took up the seven-day Rajayoga course with the Brahma Kumaris, I soon realised that I have touched the gold-mine of Godly Knowledge. But I had many obstacles knowledge-wise as I was a hardcore Christian with a Jesuit training, who had also worked with a Bible-research organization for about two decades. All these obstacles were evaporated when I began to read BK Jagadish Chander’s books one by one, and finally his SPIRITUAL MISCELLANY too – a small Encyclopedia of Godly Knowledge.

He is really a versatile writer—depth and clarity with which he presents Godly Knowledge through various secular subjects are simply amazing, and leave you complete. What inspired me the most was his deep love of Baba that lies at the root of his writing! He was like a lamp that kindled many other lamps. The over-all message conveyed with his life is that Godly Knowledge and love

of Baba are proportionate, meaning the more Godly Knowledge one imbibes, the more love of Baba will be generated. He was the man for his time— a real gem that Baba used very mightily.”

– **Josephbhai**

It was bro. Jagdish Chander who performed the task of

conveying the Godly message to millions of people through his essenceful writings and he was rightly given the title “Sanjay” by BapDada. Let us rededicate ourselves to the divine cause and work sincerely for conveying the message of God’s descent , for creating heaven on this very earth. ●

A TRIBUTE TO REVERED BRO. JAGDISH CHANDER

– **B.K. Yogesh Kumar,**
B.K. Colony, Shantivan

Reincarnating in this world—old and vicious
Bestowing His knowledge—newest and auspicious
God’s advent esoteric for world transformation
Through Brahma’s medium commences rejuvenation

Ongoing is the real Gita and Mahabharata episode
Purifying the souls and guide them Supreme Abode
Holding mirror of Godly knowledge came a noble soul
Well versed in scriptures, attaining God was his goal

Then God’s grace favoured this young scholar
He recognised God and became prime follower
Dedicated his life, completely to the cause divine
The drops of Godly knowledge brought sunshine

He churned, contemplated, applied Godly versions
God reposed in him – removal of worldly diversion
Feel of super-sensuous joy through Godly communion
Media-Literature used in socio-spiritual transformation

Showed the mirror of knowledge to blinds of ignorance
Called ‘Sanjay’ of Mahabharata-fame for Godly revelation
Also named ‘Ganesh’ for being destroyer of obstacles
His unique churnings breaking superstitious shackles

Like Dadhichi, donated in service, his each and every bone
Many a soul he carved, sharpened skills on intellect’s hone
He was incarnation of unlimited service and economy
Heartiest tributes for his efforts for world harmony!

DESTINY AND DETERMINATION

– B.K. Nalin Pithwa, Mumbai

I have been an avid viewer of a highly popular T.V. serial in India, by the name and story of an ancient Indian emperor, Chandragupta Maurya. From a very young age, he was motivated and mentored by a Brahmin named Chanakya. Chanakya was a person of steely determination, dogged tenacity and colossal wisdom. There is a famous story about Chanakya. One day, when he was only few years old, he heard his mother crying. He asked her the reason of crying. She said that, “It is written in your horoscope or the palms of your hand that you are destined to be a king. So, you will then forget your mother”. On knowing this reason, immediately Chanakya took a knife and cut with it deep lines on his palm. Then he said to his mother, “Look, I have changed the lines of my palm; I have changed my destiny and so I will never become a king”. This Chanakya was the kingpin behind guiding and enthroning Chandragupta Maurya.

He changed not only the lines of his own “fate” or “destiny”

but also made the fortune of his chosen disciple, Chandragupta Maurya, by building the great Mauryan empire that sprouted a legendary period in the history of India in terms of culture, architecture, politics and strength—all because Chanakya had the vision and the determination.

Similarly, each one of us is born with various dreams and desires and has a lot to accomplish. But the question arises whether we wish to accept whatever life offers us by taking it as unchangeable destiny or whether we are willing to create our own destiny.

Even in recent times, there are many examples of persons who wrote their own destiny. There is the example of Steve Jobs, who had 700 patents to his credit and is eminently known as the creator of Apple Computers and iPhones. He was poor and not able to afford college education. But he trusted himself and worked assiduously at what he loved and we all know that his

company Apple Inc. is perhaps the most valuable franchise in the world.

There are also many examples of famous personalities. J.K. Rowling, the author of Harry Potter, who was penniless and divorced, trying to raise a child on her own before she wrote a novel, became one of the richest women in the world.

The above examples remind us of the fact that though many people in the world believe in destiny and despair, yet there are a few people in the world who choose to be masters of their own destiny. On the other hand, there is also a section of people, mostly highly educated in science, who do not believe in destiny at all.

DESTINY

Destiny means a predetermined course of events or fate. The term destiny is normally applied to a person’s life or human affairs in the world. In India, it is believed that on the sixth day after a child is born, “*Vidhi*” comes and writes in black and white the destiny of the child. Thus, most people put the blame on God or on destiny when they face extreme circumstances and challenges in life. Most people even say, “I am destiny’s child...”, when they feel victimized in vicissitudes. Such

a belief can only help give consolation; but, the question remains, if there is sorrow in personal or professional life, what is the method to get rid of it? But, “*Vidhi*” means “method”. And, the meaning of God or “*Bhagwan*” is “*Bhagya-Vidhata*”, meaning the one who is the Maker of Fortune, or more appropriately, the One who reveals the *Vidhi* or method of creating an elevated fortune. This is also what is said in the Gita. The Gita Sermonizer says “O’ Arjun! I teach you Rajyoga, the method of communion with Me, and through practising Rajyoga, you will become King of Kings.” Rajyoga makes a person the ‘King’ or the Master of his or her own destiny.

DETERMINATION

It is said that determination can turn impossible into possible. Determination means to have firm faith in the self despite daunting circumstances. Determination means firmness of purpose or resoluteness.

‘God helps those who help themselves’ is a popular saying that emphasizes the need of determination, courage and self-initiative. If one has faith in himself and acts according to the divine laws, then he will always have the blessings of God. Such a person will be able to carve out a beautiful destiny for himself, irrespective of any adversity or obstacles in his life.

Creative Online Poetry Competition (Held in November 2012)

INSPIRATION

– **B.K. Puja Budhani**, Nainital

When road is rough and the walking is uneasy,
When grasses are sharp and feet become red and greasy;
When you might stop and won't cover even a bit,
Then stop for a while, rest but never do quit.

When days seem to be thorns in flowers,
And life becomes volley of icy showers;
And you feel that happiness will never be in your pit,
I suggest take a shelter, but never do quit.

You want to smile but only thing you do is cry,
When you want to climb and target is too high;
You may think it a failure and accept the destiny's writ,
Then think of the rewards and scale but never do quit.

Success is too far and failure is all you have,
And instead of your tries, things remain grave;
Thoughts might come, to stop and take a quick exit,
But remember, success has a price, and never do quit.

When things are all downhill and shaken,
And your strong will is low and broken;
It might seem as final blow, the last hit,
But I say, stick to the fight, you must not quit.

Life is not only smile, but mix of ups and downs,
It always has not the happy ones but also has sad clowns;
Failures and falls are only the true test of your grit,
And it is when nothing is right that you must not quit.

Only then, yours will be the world and time,
Only then your name will be sung in the hymn;
Only then you will command your destiny, as its king,
And be immortalized as the one who feared nothing.

A PHONE CALL TO GOD

– BK Ganesh, NOIDA, U.P.

Rita : A home-maker
Savitri: Rita's friend

John: Rita's husband
(Names are fictitious)

Rita: Oh God! I am happy to get your line. I thought your line would be very busy as many people would be talking to you.

God: Oh' Sweet Child! My server has the capacity to handle infinite calls simultaneously. Scientists are still trying to invent such a server. But my phone is always free.

Rita: Very nice to hear from you. I have called you to tell you a very important thing. My neighbour has recently purchased an *ultra-slim LCD TV*, which is very attractive. But, my husband is very *old-fashioned*. He says ordinary TV will do. I am very much confused.

God: Oh my child! I am *your Father!* First of all, you should realize that I am an Ocean of Happiness, Love and Peace. You, too, are the embodiment of same virtues. I am sure you are searching for happiness in

external things though it is *your* own treasure.

Rita: Father, I am aware. I want happiness. I am ready to stop searching for happiness in external things. Please guide me further.

God: Remember, you are an eternal soul, full of happiness, love and powers. The only thing that you need to do is to awaken your inner treasure.

(Savitri is calling Rita on phone and finds the line busy. Rita observes the incoming call and decides to call back)

Rita: My Father, I am interested. But my prepaid balance is running out. Shall I call you back later, if you don't mind?

God: Oh child! Don't worry. I will call you from my *sky line*.

Rita: That's great. I am disconnecting my cell phone. (Disconnects the line)

Few seconds later.....

Rita calls back Savitri

(God tries Rita's number from His sky line but finds it busy.)

Rita: Savitri, I just had a conversation with God, it is amazing. You can also try to talk to Him. His number is.....

Savitri: Don't worry, I will take the number from you later. I want to share a *news*, my son has scored 2nd rank in his final exams.

Rita: Good! Congrats! We should celebrate.

Savitri: No, dear, my son is upset. His father scolded him for *not* getting 1st Rank.

Rita: What a pity! Oh God!

God is trying Rita's number from His sky line 2nd time and finds the number still busy.

Savitri: **Rita, there is** someone at my door. I'll call you later. OK, bye!

Rita: Bye. (Disconnects the line)

(Rita suddenly remembers her husband John. She calls him.)

Rita: Hello, I'm on line.

John: (without seeing the name of the caller) Who is calling?

Rita: Hello, are you asking me 'who is calling'?

John: (realizing his mistake) Sorry, sorry. I'm very busy. Tell quickly why you called.

Rita: I called just like that.

John: Just like that?

Rita: Hope you have taken lunch by now. How was the new vegetable dish?

John: Rita, our boss is dishing out everyone here. There is no time to talk about your dish.

Rita: Am I disturbing you?

John: (feels bad). No, no. I'll call you later. (disconnects the line)

God tries Rita's number 3rd time and gets her on line now.

God: Hello!

Rita: Hello! Who is on the line?

God: Oh child! Forgotten so soon? I have been trying your number for the last 15 minutes.

Rita: Sorry Father, I was busy in some *important calls*. Please continue. Where did we leave our conversation?

God: My sweet child! I was telling you that you are an eternal soul, full of inner treasures—love, happiness, peace etc.

Rita: Yes, yes, I can recollect.

God: Remember me. I am a point of Light. You are also a point of Light. Soul regains its energy by connecting to me. It is like recharging the battery.

Rita: Nice to hear. You mentioned battery; it reminded me of my search for a good battery for my cell phone. Can you please suggest some good brand?

God: Don't worry about that. You can enquire that from your friend Savitri, who has recently purchased new batteries. But, coming to the point, soul regains energy by connecting to me, the Supreme Soul. Do you get it?

Rita: Yes, Thanks for your tips. But I am a very busy person, probably *you do not know*. How can I connect to the Supreme?

God: At times, you are busy in trivial things. *Time will never be available; it needs to be taken out for important things*. Can't you spend 10-15 minutes out of 24 hours to enjoy everlasting peace, love and happiness?

Rita: Sure. Please guide me what I should do.

God: For your benefit, I have already established Brahma Kumaris Centre in the street next to your home. Visit it as quickly as possible. Remember, *Now or Never*. Also, take Savitri with you.

Rita: Very nice talking to you. I am disconnecting the line because *I am afraid your phone bill will shoot up*.

God: All my incoming and outgoing calls are free. Whenever you want to talk to me, just give a 'missed call'. And take care.

Rita: Thank you God, Thank you very much! I will surely visit the 'Centre' in the evening, today.

Silence is the great teacher, and to learn its lessons you must pay attention to it. There is no substitute for the creative inspiration, knowledge, and stability that come from knowing how to contact your core of inner silence. The great Sufi poet Rumi wrote, "Only let the moving waters calm down, and the sun and moon will be reflected on the surface of your being. — **Deepak Chopra**

THE PERFECT COMPETITION

– B.K. Shikha, Pune

Often we wonder whether the rules of success have really changed in the world we live in today. Just a few years ago it was believed that *Truth alone prevails*. But do we have that faith in this statement anymore? Or is it just a saying reserved for the purpose of saying and hearing but not to be practised. When we look around, we see that, those making progress in life do not really seem to follow this policy any more. And those who follow the principle of being honest, truthful and being good to others get defeated in many a field of life.

We all know the difference between right and wrong but as we move along the journey of life, the dividing line begins to grow blurred. The desire to succeed makes us lose touch with reality and we succumb to various pressures. Soon we begin to follow what we call the law of competition, i.e., knowingly or unknowingly pulling others down, taking credit for others' work, doing things which show us in better

light than others, become greedy and stop sharing God's gifts with His less fortunate children. Soon we lose ourselves and our innocence in the race of acquiring material possessions. We feel pressured and pulled from all sides. As we struggle to maintain our sanity, it is time to stop and contemplate the meaning of true success. Why does life seem such a burden, devoid of peace and happiness?

When it's essential to face the competition in order to succeed, and we are doing what everyone is doing, then why are the things not going right? Even after acquiring everything we ever wished for, why don't we feel contented in the true sense? Why does money not give us the happiness that we want?

It is because every action has an equal and opposite reaction. What we sow, so shall we reap. When we sow a seed of hatred, be it on a very subtle level, it grows into a tree of hatred, and gives us the

same fruit. A seed of hatred and jealousy can never reap a fruit of love and happiness. This is the eternal law of *karma*. Even when we don't realize, the law of *karma* is at work every second. We keep building our balance sheet of *karma* with every thought and every action.

What is success in the real sense? Is it measured in terms of the material possessions we have or what people think about our social status? Can success be equated to holding a position of power? Is success really an outward thing or is it the inner state of being? Let's take a moment and look back at our lives. What are the moments that are closest to our heart? Is it when we acquired a new material possession or is it when we shared true happiness with someone or when we helped some needy person? Which moments will matter the most to us? If we think again, how would we define true success?

Maybe we are running so fast in the race of life that we have forgotten what we are running for. We keep running, trying to get ahead of others, collecting material possessions and seeking pleasure in them till we hit an obstacle and fall. It is then that the time forces us to pause and think about what we had been doing so far and what

really matters in life. We take time to sit back and comprehend only when the turn of time forces it upon us. But why wait for the time to give us that break?

The fact is that we truly live in a world of perfect competition. We always know when we are right and when we are not. There is an instant satisfaction or dissatisfaction that we derive out of every action, and our actions also get accumulated in our balance sheet of *karmas* which stays with us till we settle it down, be it positive or negative. Sometimes, certain things, whether good or bad, happen to us and to others around us and when we cannot explain or understand them with our limited vision, we often put it on fate or destiny or start blaming God. But, *karmic* philosophy tells us that nothing in life happens without a reason. The law of *karma* is accurate to the level of thought, and no action can escape it. What we perform today creates our future. With the limited perspective of present physical customs and circumstances, we can't really comprehend the functioning of the law of *karma*.

Each and every action of the soul is getting recorded in the infinite Drama being played out on this World Stage. The more we give happiness, the more we get it in return. Things turn in our favour when we expect it the least. Whatever good things we do, come to our rescue when we are truly in need and when no material possessions of the world can help us out. This is the power of good wishes given by souls who received happiness from us.

So, we can benefit ourselves and others around us by understanding and living our life according to the invisible laws of *karma* and upholding the universal laws of peace, love, happiness and truth. Truth has immense power which makes us fearless. We, then, don't need anyone's approval for our acts because we know we are on the right side.

So, let's think again. What is success and what is it that we really seek? Are we not living in a world of perfect competition where we don't need to ask for justice as it will prevail? The only thing we can do is not to lose faith and keep moving on the right path.

THE ART OF FORGETTING IN RELATIONSHIPS

Sometimes, someone says something in two minutes that makes you feel really bad – they said it in two minutes but it is still there inside the register of your mind two months or even two years later. How could they! Who do they think they are! Something happened in two minutes and you remember it; you repeat it again in your mind and in your words during interactions with others. You keep replaying the scene repeatedly in your mind. Just like an action replay of a cricket match, you see the replays from different angles and judge the scene in many different and negative ways and come to different conclusions, most of which are negative in nature. With this, you strengthen that experience in your mental register. Memories and the experiences associated with the memories replayed continuously in the conscious mind enter your subconscious, so that even after a long period of time you remember what they said to you. The other person unburdened themselves and forgot it straightaway.

It's like your neighbour who takes out rubbish, throws it outside his house, into your compound and forgets about it and you allow that rubbish to remain there, without thinking of getting it cleaned. Someone throws a few words at you and they forget, but not only do you not forget but you repeat them in your mind to such a point that at times these action replays do not even let you sleep. **We need to learn the art of forgetting memories that generate shadows of hurt or pain in our present.** The past has already gone and what you have now is the present moment.

THE PERFECT RELATIONSHIP

– Sushant Rajan Mehta, Gurgaon

Relationships are the most beautiful part of our existence, as actors in this World Stage show. The fragrance of love is sensed through relationships. An individual plays many roles in his life; role of a son, a brother, a friend, a partner, a parent... as it enters into a variety of phases in life. Nevertheless, the essence of every relationship remains the same, to share love, respect and trust, sense of security and feeling of togetherness. Harmony in relationships leads to peace, happiness and contentment in our lives. Unfortunately, what's considered "ideal" is rarely found to be "practical" today? The practical aspects of today's relationships are compromise, insecurity, bondage, resentment, blame games etc. Why this has happened is a different part of the story, but the question arises whether even at such times, can we expect a perfect relationship?

A perfect relationship requires unconditional giving. And "giving" here does not refer to things or material

objects. It refers to being considerate, empathetic, caring whole-heartedly and empowering others through vibrant feelings and good wishes. Today, we are in a race of getting material things—demanding, acquiring and begging from others. Also, today we care for things more than for people. Nevertheless, we still need relationships. And we want all our relationships to be perfect. For, after all, we are human beings, not machines.

The nearest, deepest, and most compassionate relationship that a soul can have is with the Supreme Soul. That's why we often remember Him as our parent, even though we have physical parents. Even in the darkest and the most distressful times, when we are all alone, abandoned by every being on the earth, He's still right there with us. In His Company, we feel secure, we can confide in Him, and expect love, peace, consolation, and strength coming from His side. Uniqueness of God (lovingly addressed as Shiv Baba or

simply Baba, meaning "the benevolent father", in the Brahma Kumaris spiritual parlance) is that He can play all the roles and that too perfectly. He can be a Father, a Mother, a Friend, a Sibling, a Partner, a Child and a Teacher. All we need is to recognize and realize this capability of Baba.

Baba is the Ocean of virtues and is the perfect Giver. Anyone establishing a relationship with Baba feels His compassion and pure love. This good relation spreads goodness in all other relations. Connecting with the "Giver" makes us a "giver" too. Once we are able to spread this around us, our other relationships become stronger too. Of course, this is just an additional benefit of establishing relationship with the Supreme.

In any relationship, communication is very important and all the more it should be in the same language. In meditation the language is that of silence and inner solitude. We are able to listen to Him only when we curb all our internal noises – noises of Why, What, How and different cacophonies of anger and ego, and surrender ourselves to Him. The question now arises if such a perfect companion is available for all, why can't we feel the essence of this communion at all times? Or why does this

relationship fall weak? To have this relationship fully strong, we need to be in the right form of consciousness. Baba is immortal, eternal, and so are we. We are not these mortal bodies. These are just the costumes that we are wearing to enact our roles in this world of five elements. Originally, we all are souls. The soul can be visualized as a point of light in the centre of forehead. A driver drives a car, but the driver and the car are two separate entities, in the same way, the soul drives the body, but is different from the body. To be in this awareness, is called being soul-conscious. The soul is a non-physical entity which cannot be sensed through any physical means; but it can be realized. The next step in establishing a strong relationship with God is “to be aware of the identity of God”. Just as we all are souls, He is a soul too. But He is the Supreme Soul. He is supreme in qualities and attributes. His acts are also supreme. He can be visualized as a tiny point of scintillating light, living far above this

physical universe, in a world of golden-red light, often referred to as “Paramdham” (The Supreme Abode) or “Shantidham” (A place of absolute silence). This is also the place, from where we, the souls have descended to play our respective roles in this World Drama.

We establish a subtle relationship with Baba through our peaceful thoughts. Consequently, we feel His pure and powerful vibes coming our way. Start with a somewhat peaceful place and focus your attention in the centre of forehead between the eyebrows. See yourself as a tiny point of Light beautifully shining in the centre of forehead. This is “I”, the soul. I the soul gently move away from this physical body and fly high above into the open sky, free from all bondages, radiating my bright light all around. As I move into higher regions of planets and stars, I enter into another dimension – a home full of soft golden red light, a home untouched by any impurity, unlimited-home, and the home

from where I have come. This is the place where Baba resides. As I meet Baba, I can feel rays of peace and love coming from Him. He is like a beautiful sun shining brightly and spreading soothing rays of peace, love and joy. Open your heart out in this silence and listen to what Baba wants to say. Baba welcomes us whole heartedly as if He is saying “Sweet child, you are my long-lost child, I am your Eternal Father, all my goodness and sweetness I want to shower on you”. Communicate your feelings and let this beautiful relationship prosper in this silence. As the soul experiences the attributes of God, it begins to fill itself with the unlimited peace and contentment, with this meditation my thoughts become more concentrated and focused. As I think of the form of light and the qualities of God, I discover variety of relationship with God. I can see Baba as the Father and Mother, as the Teacher, the Supreme Satguru, the Guide, as Companion, beloved child.

Depth of Humility: Humility means to understand the self and through that to understand others as well. Humility is the attitude where a person is not attached to his or her opinion and feelings. Humility is the most natural expression of truth. It helps in better understanding of truth. Humility is the basis for maintaining self-respect. Humility does not mean bowing down and being subservient to others. It allows you to see benefit in everything. Developing humility brings a lot of comfort and ease into your life

THE FIVE WS

The Five Ws ... *subtle tools used by Maya to confuse and distract effort-makers*

– BK Chitrlekha, Ashok Vihar, Delhi

Often, Maya comes in the form of questions like Who, What, Why, Where, When, and makes an effort-maker to spin in circles of uncertainty and doubt. If we observe closely, these questions have their roots in the soil of body-consciousness. Hence, whenever such questions spring up in the mind, it means our feet are touching the harsh material ground. Now, the question arises how to deal with these questions and regain our calm self.

WHO

Usually this 'Who' baffles one in the form of: "Who is he to tell me this", "Who is he to judge my capabilities", "Who is he to lecture me", etc. All of us have experienced that such questions do arise in our mind from time to time. We usually expect others to act or behave according to our expectations or want others to be moulded according to our own value systems. But we need to realize that each one is unique and different and a beautiful child of the Supreme, Shiv Baba. We need to respect and accept

others just as Baba accepts His children unconditionally. Every person that we meet helps us to know more about ourselves and help us in our personal growth. Rather than reacting negatively to people and events, we can accept them and mould with them. We must see them as 'teachers' who are testing us according to drama, in order to develop our strengths and remove our weaknesses.

WHAT

This kind of doubt arises in the form of: "What do they know about my conditions/parents/in-laws?", "What is the use of doing this/that?", "What has one achieved even after spending so many years in *Gyan*", etc. The reason such questions arise is that one is too much dependent or attached to the situations. He forgets that they are his creation and that it is in his hands to create his destiny. Before becoming Baba's child, one was unaware and powerless to conquer the situations. But now, Baba teaches His children not only how to conquer them, but also fills each child with His

immeasurable powers. So, continually asking such questions means that one has not realized what he has achieved after belonging to Baba. Baba is ready to take all the responsibility of His children. Many times Baba says, "O Sweet child of mine, you only need to take one step forward, and I'll help you thousand times"; but it is the child who is hesitating to gather the courage to take that first little step. Hence, one needs to have complete faith and experience as to how Baba helps him change his destiny.

WHY

Such questions are quite common and disturb one in the form of "Why Me?", "Why has this happened to us?", "Why did Baba not save us from this?" etc. The answer to such questions is that Drama is fixed, accurate and is beneficial. 'Nothing but only goodwill comes out of it'. Hence, recurrence of questions indicates an effort-maker's lack of faith in the Drama. Drama has shown one the most beautiful and fortunate scene of union with God, the opportunity to be with Him and be free from all the wrong-doings of the past. Even then if one is unable to appreciate the beauty of the Drama, then it's his lack of vision that is barring him from progress.

WHEN

We usually ask, “When will I achieve this?”, “When will I be able to get out of this problem?”, “When will I become complete?”, “When will the destruction happen?” etc. When such questions arise, it indicates that the effort-maker is tired, or stuck at some point in his spiritual journey. Also, it shows that one has not yet learnt to enjoy Baba’s company, and this auspicious period of Confluence Age. Because those who do, they will never wish this period to end and they’ll be forever busy in gathering the precious pearls and gems of knowledge and experiences. So, at such times one must understand that he lacks experience. Therefore, he must have patience and faith in himself, and should start churning the points of knowledge. Any form of change or transformation is bound to happen at its appointed time but one should be ever-ready and make effort in empowering his self, i.e., the soul, by constantly having a loving union with Baba.

WHERE

This question usually occurs in the form, “Where are my efforts taking me?”, “Where am I wrong?”, “Where will I come in the Golden Age or Silver Age? Such questions are in no way unnatural and indicate that the effort-maker is checking himself. Even Baba asks children to ponder over such questions. The answers to these questions lie in checking the orientation of mind, the lifestyle, the company one is keeping, and also in one’s intellectual focus. Because Maya’s occupation is to distract and disorient an effort-maker, so, the effort-maker must check where he is lacking, in terms of following *Shrimat* and what factors are making him divert from his goal. After having identified the distracting factors, he must find *yuktis* (ways) to deal with them and be free from the obstacles blocking his progress.

Hence, we realize that Baba has provided us with knowledge as a great weapon; we only need to learn the art of using it properly and accurately. It must be remembered that a great actor is one who is aware of all the rules of the Drama and utilizes them in order to make the Drama flow in the direction that He so desires.

TALKING TO THE SELF

When you talk to yourself in your mind, which self do you address? And how? Usually people do not talk to their divinity, but to the most superficial aspects of their everyday personality. And often it’s a stream of fears, complaints and mindless repetition of old things. If we talked that way to another human being, we would have to apologise. Learning to talk properly to the self is a spiritual endeavour. Thoughts from the past and worries about the future do not create good conversation. Instead, learn to talk to your mind as if it were a child. Talk to it with love. If you just force a child to sit down, he won’t. A good mother knows how to prompt her child into doing what she wants. Be a good mother to your mind, teach it good, positive thoughts so that when you tell it to sit quietly, it will. Love your mind. Stay happy.



GOD'S JUSTICE



– B.K. Ramesh Rao, Thane

It's rightly said that God's justice is absolute. In the world today, most of the justice, even by the highest judges, may not always be impeccable, but God's justice is always right as He knows us inside out. If we try to hide something from our fellowmen, it may stay hidden, but we cannot hide anything from Almighty God Shiva. If we believe in this, we will never go wrong. We can be sure that this is absolutely true and whatever we do or say is always recorded—not in the physical sense of the word but subtle, as our *sanskars* are the most effective carriers of our life-long actions.

Therefore, we should lead a moral, sincere and compassionate life. We can fool each other, as well as ourselves, but we can never fool God Almighty. So, let us try to improve ourselves. We know that no man on this earth is perfect. We should, however, always make effort to become perfect, by inculcating good and discarding bad. Every soul's

goal should be self-improvement so that one can reach God Almighty – the Perfect Being – and it takes aeons to reach Him. So in our life, we must make sincere efforts to do good, speak good and never harm our fellow men. We should never be unkind and should relegate any idea of hypocrisy at the very outset as it will not take us anywhere. We can achieve this only if we have a genuine desire.

God Shiva, lovingly called Shiv Baba, through His Godly versions, advises us to follow, practise and spread His message to each and every soul of the world. He will take only those who understand His message and inculcate His teachings in their lives, to *Sukhdham* or *Vaikunthdham* via *Paramdham* or *Shantidham* for eternal happiness, joy, ecstasy and exhilaration. This is His promise to us children. On the other hand, those who do not take His Shrimat seriously, cannot experience development of the self and will have to repent for

not having utilised their life in the best possible manner.

Even the souls influenced by vices—Anger, Greed, Lust, Ego and Attachment—can be helped by the Supreme Being, if they so desire. However, they must have the inner urge to do so and surrender themselves to God Shiva to change them completely. God will definitely help them. It is entirely in the hands of each soul to be good or bad. You decide and you become. One must have often heard, “Confess and God will forgive you.” Confession to any human souls is futile for they have no power to pardon. If one realises that one is bad, he should seek God's help. and then it is 100% sure that he will be helped. Shiv Baba often tells us through His daily *Murlis* that one must be absolutely sincere, honest, devoted, and frank, with pious and pure faith. Thus, one must be sure that He'll help one change for the better, in no time.

Some go to places of worship everyday to ask God for more money, more happiness and more success. This is nothing but a visit to such holy places for selfish motive—not for God, but for oneself. Such a person should ask himself, “Can a selfish motive lead me towards peace, bliss or enlightenment?”

Let us understand this with an example. Suppose someone

is going to give a great deal in charity. He should ask himself, "Why am I going to do this? What is the motive behind doing this charitable act?" It must be understood that it is the motive that matters the most. If one's motive is entirely selfless, i.e., it is only to help someone, then, it will be fulfilled automatically. Then, of course, God will be pleased because He knows the very motive of the child behind the charity is not selfish, but noble.

Finally, one should look calmly, compassionately, judiciously and with an open mind, what is best for salvation and must thereby keep following the path of his conscience. One must seek Godly advice for all his pains, sufferings and problems. Instead of believing in what others say, one should follow Godly advice. Rajyoga meditation being taught at various Rajyoga centres of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya will greatly help you achieve your goal. Salvation is surely guaranteed and confirmed only if one has unshakable and immovable faith in one God, who has been performing the most benevolent duty of Transformation of World through transformation of us souls, for the last 76 years.

It is Now or Never.

A UNIQUE PERSONALITY – B.K. JAGDISH CHANDER HASSIJA

— **B.K. Naresh, Shantivan**

Bro. Jagdish Chander Hassija was an embodiment of the qualities of Brahma Baba. I had just surrendered for godly services in the Brahma Kumaris headquarters at Shantivan. During inauguration of a conference in Gyan Sarovar Complex, Mount Abu, I was sitting in the



audience, in the last row of Harmony Hall. At that time, I was unaware that the person who was seated beside me was none other than Rev. Bro. Jagdish Chander, who was one of the senior most brothers of this Brahma Kumaris, and had

written most of the spiritual literature for the institution. However, when I saw the banner of the conference behind the dais in which his picture was also there, I was amazed. My happiness knew no bounds when I came to know that I was seated with such a great personality, even though I didn't know much about him at that time. As soon as his name was announced to take his seat at the dais, I said to him, "Bro., you are being called." But he was beyond the desire of name and fame whatsoever. He said, "Don't I look good seated here with you? See, how much happy we are, seated here together; so please keep quiet and watch the conference." Such was our revered Brother Jagdish Chander who despite being the pillar of the Brahma Kumaris, was not touched by even a fraction of ego. He'll always be a source of inspiration to me and many others who have met him. My multi-million tributes to such a divine soul.

SMALL ACTS OF KINDNESS

– B.K. Bhawani, Balangir (Odisha)

Everyone has their own priorities in life. While it is important to attend to our needs and fulfill our duties, it is essential that we also take time to observe human beings and other animals around us. It often happens that souls around us are undergoing pain and suffering, and it goes unnoticed by us, simply because we fail to pay attention.

I cannot forget June 1, 2011. While taking bath for Amritvela at about 3:30 a.m., I heard something fall into the bucket of water. Since it was dark, owing to power cut, I brought a torch and saw that a small rat had fallen into the half filled bucket. Howsoever hard it tried, it could not come out. Certainly its life was in danger. I thought for a while, took the rat into a mug, put it into a plastic sack and threw it away out of home. The whole day I felt contented and happy that I had saved a life.

A few days later I came across a similar situation where I found a small animal, a puppy

this time, fighting for its life. I was going to the BK centre for my Murli class when on the way I saw a small dog, stricken by some vehicle, badly wounded, by the road side. It could not move but it was not dead. May be some help could save its life. But I was getting late for my Murli class.

However, I thought that saving a life should get priority over attending a class. I parked my bike, took out a bottle of water and dropped a few drops on its mouth. The water had a good effect. I dropped more water and when I felt that it might regain consciousness, I left for my class.

On my way back, I again stopped but found that the dog had grown feebler. This time even the fresh water drops seemed to have no impact. In the evening, while going for my evening class, I found the place clean. Perhaps, the dog had been taken to some doctor. I kept guessing and felt that some good soul might have

successfully tried to save a life.

I had built a deep water tank in the backyard of my house which was a good shelter for frogs in rainy season and winter. But in summer the water would dry up. One summer a frog had fallen into the tank and could not come out. After some thought, I put a long bamboo stick and placed it in the tank vertically. After about two hours I saw the frog had escaped its almost-sure death.

A few days later, I found a small cat in the tank which could not come out even with the bamboo stick. Determined as I was, this time I thought of a ladder, which was placed in the tank. The cat proved to be quite intelligent to use the ladder and escape her doom. In this way, I have found many opportunities of helping small and helpless animals in distress and saving them from their impending tragedy.

Good deeds are never wasted in the eyes of God. Nothing can slip and escape His vigilant eyes. Deeds of such kind do not go unnoticed and unrewarded. He, who comes to the help of others, is helped in his need. Has it not been rightly said; as you sow, so shall you reap?

True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment. — *William Penn*

== (Contd. from page no. 3) ==
voluntary response and religious reaction as free moral beings. Therefore, His entry into the human world is 'incognito' so that it could be recognised by an unbiased mind and an eye of enlightened faith only. He approaches man in ways that leave enough room for an uncompelled response. Demonstrating His existence in His full divine majesty would be a form of 'spiritual coercion', so to say, for then man will not be left with the possibility of a free decision to love Him openly. He so reveals Himself and His knowledge that it gives clearly marks of His presence to true lovers, who are not mere living computers, but who, wholeheartedly, love to meet Him. There is enough light for those who are ready to make some sacrifices and who desire to see Him and there is enough obscurity for those who have a contrary disposition.

GOD REVEALS THROUGH A MEDIUM

It should, therefore, be known that God's self-revealing actions are mediated. God manifests Himself through a corporeal medium, through divine visions and through the events of our worldly experience so that men become aware of His divine presence

by interpreting these events in a manner which we call as 'spiritual response'. If He were to appear unmediated, or without a medium, then our frail and finite selves would feel a shattering experience, so as to say, and this would leave no ground for man to be free to make judgment. So, experience of God's own personal existence is not clamped or forced on human mind by any magisterial exercise of divine authority and omnipotence but anyone, who has a divine eye or a religious sensitivity or open receptivity and willingness, can experience His relationship. Moreover, as organs or instruments of experience are derived from parents when one is born to them, even so, the instruments and means of spiritual experience are derived from God, the spiritual Parent, when one is spiritually reborn to Him. And, God gives 'spiritual birth' to human souls when the new world is about to be recreated.

IS THIS BELIEF RATIONAL?

Now, one may ask whether we are acting rationally when we trust our own religious experience and are proceeding to live on the basis of it.

Before we answer this question, let us first investigate

what generally counts a rational belief. Take, for example, the experience of a man who is conscious of his house, his car and his office and the physical world which exists independently of him. On deep thinking, we would come to the conclusion that, in cases like this, there are generally two features, the presence of which makes us take the view that our belief is rational. These are:

(1) The house, the car, office, etc. present themselves to man's awareness whether he wants it or not. In other words, the form of cognitive experience is involuntary. Things of the material world just impinge on our consciousness: our experience of their existence does not depend upon our willingness or unwillingness. When we open our eyes, we see them; when we lend our ears, we hear them. We do not generally question ourselves whether what we have seen is true or not and yet we do believe it to be true.

(2) Secondly, we can and do act successfully, believing them as they present themselves to our experience. That is to say, we cannot help initially believing as we do and our belief is not contradicted but is confirmed by our continuing experience.

These two characteristics

jointly constitute a sufficient reason to trust our perceptual experience and to lead our life on the basis of it unless we find any positive reason later to distrust. This is the principle on which we proceed and, by definition, we call this the 'rational way'. This habitual acceptance of our perceptual experience is rationality. Though the correct nature of this cognitive experience cannot perhaps be demonstrated yet it is a belief which naturally and inevitably arises in the normal human mind in response to normal human perceptual experience. It is a belief on the basis of which we live and, if we reject it considering it as 'not rational', or 'not true', it would not only disorient our relation with other persons but we would be considered insane.

Now, let us see whether we can apply this principle to our experience which is highly subjective. Some of us do have a direct vision of the presence of God, others have the super-conscious awareness of a transcendental divine Person within whose field of consciousness we exist and, with whom, therefore, we stand in intimate relationship of mutual awareness.

Thus, even though this spiritual experience has some

differences with non-spiritual experiences, our experience of God is as vivid and inevitable a factor in our life as our experience of God is of compelling quality. Also, we cannot doubt its real character even as we cannot doubt the reality of the experience of our senses. As it is rational for us to take the experience of the senses as real, so it is rational to take the spiritual experience of the reality of God also as real because (1) this experience also has a similar involuntary or compelling quality at least for some people and even for others at some stage, and (2) this experience is sustained and confirmed by our further experiences.

In this context, it should be noted that though the spiritual environment does not force its experience on us as the material environment does when we are in sane condition, and though God leaves us free to know Him by an unimpelled religious and devotional response, as we have said earlier, yet once we have allowed ourselves freely to become conscious of God, our experience, at its peak level of intensity, is, no doubt, compelling or 'coercive', so to say. It is a state in which we have so vivid awareness of God and we are so much influenced

by His person, His Grace and His qualities that not only can there be no doubt left of the veracity of His experience as there is no doubt left when we experience the material things of the world, but we are also so deeply impressed by His love, His bliss, His mercy, etc. that we souls burst out with a 'Thank You' for Him with a message for fellow souls. The words 'O Baba', 'O Beloved', emanate involuntarily though silently from our inner self when we feel overwhelmed with His benign presence. Our cognitive freedom is not to be found at this stage, but at the stage prior to this, when we had yet to become aware of Him. Our individual free responsiveness played an important role at that prior stage, but now, when we have become love-full and intimately conscious of Him, God's consciousness descends on us in a 'compelling' and agreeably 'coercive' way, so to say.

IS IT AUTO-SUGGESTION, OR EVEN PARANOIC?

Now since everyone perceives and cannot help perceiving the physical world and, on the other hand, only few can experience vividly the Person and qualities of God, many skeptics put us the

question “Since those who enjoy a forceful and vivid spiritual experience of God are only a small minority of mankind, ought we not to suspect that, in truth, there is no God but, it is because of some auto-suggestion, mental projection, conditioning, hypnotic influence or delusion or even paranoiac condition, that one gets experience of God which they call as ‘the spiritual experiences?’” They say: “One gets certain paranormal experiences even when one is under the influence of LSD or any other such drugs. A paranoiac hears threatening voices from the wall and an alcoholic sees images of beings which at that time, are in fact not there. Can’t then spiritual experiences also be a similar phenomenon?”

On the contrary, one will find that the devotion and dedication, sincere observance of the rules of good conduct, the renunciation of age-old unsocial habits and high moral quality of their behaviour would give evidence that they lead a life of fulfilment and high ideals and are creative and there is no mark of their having any disorientation to reality as in the case of a paranoid or a person who has used LSD. It would also be wrong to attribute such experiences to a hypnotic state,

for not only is such a person not out off from the realities and not only is he in this state of awareness of God in a particular period of time but he is most of the time in self-willed state of God-consciousness and ecstasy.

WHY VARIED EXPERIENCES OF SPIRITUALISTS?

But an important question, generally asked is: “In the world we inhabit, the perception of one individual conforms to and also confirms the perception of another. For example, when I see a train approaching the platform, another person waiting at the railway station also sees it coming. But why is there no such conformity in spiritual experiences? Why is there an immense variety of forms of religious experiences, giving rise to almost incompatible belief? For example, a Christian says that he experiences God as ‘The Father of our Lord Jesus Christ’, a Muslim experiences Him as ‘Allah and his providence’ whereas a Buddhist says that in the picture of the cosmos which he experiences, there is, perhaps, no God or if there is one, he has not met Him. Thus, no two religious experiences are similar.

We notice that People of one

religion apprehend the Ultimate Reality as non-personal and all-pervading, those of another religion believe the Ultimate to be like a pyramid of authority and still others have the faith that God is one and Supreme and there is none other like Him and He is a Person and has a personality too. So we see that what is called ‘Peak experience’ is also bewilderingly varied. Nor are these experiences of such nature that one may say that these are alternative reports of the same reality or different aspects of one same Person, though this is a fact in certain cases.

So, the question arises: whether our statement that we have experience of God as reality is correct or whether it is not being taken to prove too much? In other words, whether or not is it possible to verify the correctness or falsity of religious experience?

Now clearly, all religious beliefs are not true. And though people of different religious faiths have or had some religious experiences yet the data or the knowledge with them is/was not complete or correct. So, what they believed on the basis of their experience in the past might then have been considered correct, keeping in view the data available to them

then but, ultimately, it may be proved to be wrong. For example, it was correct and rational for the people, a few centuries ago, to believe that the sun moves round the earth. They were right to say that their belief was based on their perception and experience. At that time, correct and additional data, which we have today, was not available to them. But when more facts came to light and those could be verified, the view changed. It is now believed, as we all know, that the earth revolves round the sun. It is, thus clear that a belief might be based on an observation or experience and might yet be false. Indeed most beliefs – even what were once termed as ‘scientific’ or ‘rational’ beliefs – were later revised, amended or retracted in the light of new researches and new facts that became available. This is, to a great extent, true of ‘religious experiences’ also.

**Creative Online Poetry Competition
(Held in November 2012)**

INSPIRATION ANYWHERE

– Shruthi Venkat, Hyderabad

It is a feeling that comes on its own	And is the wing of a bird
That will never let you down	It is the sound of a singer
The feeling to get inspired is	And the brush of a painter
The best ever known	Inspiration will help in life
To get inspired idolise	To do more and get more out of life
A feeling of appreciation	Every action done,
Leads to inspiration	Is done after the inspiration taken
Inspiration is endless to take	A little bit of inspiration
Endless to give too	Adds colour to life
It lights up your life forever	And garnish to dish
and you realise life's purpose	I inspire others
It is like the ant that never tires	And also get inspired myself
Inspiration is like an open treasure,	People around me
which will give something for sure	Also Inspire me
Inspiration is the push start of a machine	To do whatever I do,
It is the gear of a car	However I do.
It is the enter key of a keyboard	Even this poem is a
	Result of indestructible inspiration.

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