

# The World Renewal

Vol. 44, Number 3, September, 2013, Price Rs. 7.50  
Yearly Subscription Rs. 90/-



1. New Delhi: B.K. Sis. Asha tying Rakhi to H.E. Pranab Mukherjee, President of India.
2. New Delhi: B.K. Sis. Asha tying Rakhi to Dr. Manmohan Singh, Hon'ble Prime Minister of India. Mrs. Gursharan Kaur, B.K. Sis. Pushpa and B.K. Brij Mohan are also seen.



1. **Delhi (Lajpat Nagar: III):** B.K. Sapna tying Rakhi to Mrs. Meira Kumar, Hon'ble Speaker of Lok Sabha.
2. **Chandigarh:** B.K. Achal tying Rakhi to H.E. Shivraj Patil, Governor of Punjab.
3. **Nainital:** B.K. Veena tying Rakhi to Judge P.C. Pant, Hon'ble Justice, High Court of Uttarakhand.
4. **Cuttack:** B.K. Sulochana presenting Godly gift to Justice C. Nagappan, Hon'ble Judge, Odisha High Court.
5. **Hyderabad:** B.K. Kuldeep tying Rakhi to H.E. E.S.L. Narasimhan, Governor of A.P.
6. **Kolkata:** After having been tied Rakhi by B.K. Munni, H.E. M.K. Narayanan, Governor of West Bengal, reading the Blessing Card.
7. **Lucknow:** B.K. Radha tying Rakhi to H.E. B.L. Joshi, Governor of U.P.
8. **Goa:** B.K. Shobha tying Rakhi to H.E. Bharat Vir Wanchoo, Governor of Goa.
9. **Pune (Sahakar Nagar):** B.K. Aruna tying Rakhi to H.E. Shankar Narayanan, Governor of Maharashtra.
10. **Dumka :** B.K. Jaymala tying Rakhi to H.E. Dr. Syed Ahmed, Governor of Jharkhand.
11. **Aizawl:** B.K. Narmada tying Rakhi to H.E. Vakkom Purushothaman, Governor of Mizoram.
12. **Chennai:** After having tied Rakhi by B.K. Beena, H.E. Dr. K. Rosaiah, Governor of Tamil Nadu, receiving blessing card from her.

From the mighty pen of Sanjay

## CULTURAL TWILIGHT

In the cultural history of the world, the present period is characterised by many unexpected, strange and forceful cross-currents. If we focus on the events of the last six or seven decades, many events of unexpected nature and magnitude have occurred that have led to rapid and powerful cross-country cultural influences. The changes have occurred on almost continental scale and with the rapidity and intensity of a typhoon, a tornado or a volcanic eruption.

The rise of communism, for example, before and after the second World War, in Russia, China and many countries in Europe and Asia, brought about not only political and economic changes but it gave rise to a new set of values – positive as well as negative – and created new cultural trends. The ideology or philosophy of communism (with its own explanation of world history and the economic forces, human nature, conflict between the rich and the poor, the roles played by Religion and the State, and the method suggested by it to bring about a class-less and state-less society, permitting violence to exterminate the exploiters) gave a new kind of value-system and divided the world into two power-blocks, each willing to fight to the finish. The forces of hatred, violence, class-war, arms-race, political and economic alignments, suppression of human rights or freedoms, etc. were let loose. Religion was confined to museums and the State became a constant terror to the people with its justification for dictatorship of the proletariat' necessary for extermination of itself later. All this influenced the outlook, attitudes, mannerism, behaviour and beliefs of millions of people and replaced the older set of values and culture.

Similarly, the partition of the Indian sub-continent on the basis of two religions, leading to massive massacres and genocide and migration of lacs of people to the western and the eastern ends of the Indian landmass is another example. The take-over of Hong Kong by the mainland China and such other events definitely altered the traditional values and norms and brought about significant changes. The part played by the U.N. and its various organs and agencies, the

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### Rates of Subscription for "THE WORLD RENEWAL"

	INDIA	FOREIGN
Annual	Rs.90/-	Rs. 1000/-
Life	Rs.2,000/-	Rs. 10,000/-

Subscriptions payable through Money Order/Cash or Demand Draft (*In the name of 'The World Renewal'*) may be sent to:

**Om Shanti Printing Press,  
Shantivan–307510,  
Abu Road, Rajasthan, INDIA.**

For further information regarding subscription, **Please Contact:**

**Mobile:** 09414006904, 09414154383

## **ETERNITY OF THE SOUL**

**F**rom childhood, we are fed with informative understanding about the existence of 'self: the soul, inner being, but we hardly reflect on this; the reason being that we never understood the importance of the spiritual dimension in practical day-to-day living. When people go through hardships of different kinds, especially on emotional and psychological levels, one is drawn towards this so far unknown dimension. The search starts from then on, and the resources are mostly religious and philosophical books, lectures by Saints, Philosophers and Sages or listening to recitations from holy books in Temples, Gurudwaras, Mosques and other places of worship. No one ever thought that the subject of spirituality is actually so important to our lives and needs to be understood, learnt and explored before its application in daily life. Perhaps it's the innate interest in one's life that emerges when confronted with so many challenges; reading literature or mere recitation of

mantras hardly work presently, but then comes an opportunity through maybe a friend or teacher or even a stranger for us to be introduced to the right source of spiritual knowledge, wisdom and the practice of meditation.

Most Brahma Kumaris and Brahma Kumars have had such experiences in their lives from their youth. A few rare souls know that the Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya is a place of spiritual learning and easy Rajyoga Meditation practice that moulds one's mindset and life, by exploring the depths of one's inner being. Who else could be the right Guide or Teacher other than the original Source of Spiritual Wisdom and Enlightenment? It's only after learning the basics of spiritual knowledge and guided meditation practice in depth that we are able to come face to face with our original selves as well as the Supreme Being. Regular, consistent learning and emulation as part of one's daily routine empower the self to understand the beauty of our inner spiritual dimension, and

utilize the direct blessings received from the Supreme Being. No doubt there has to be a human medium to understand the language and meaning of each and every aspect of Godly knowledge. We have been very fortunate to have met such enlightened souls whose mere presence and smiling eyes take us beyond another realm and thereby create very powerful, magnetic vibrations and feelings. Let it not be misunderstood as or compared with 'illusions' as spirituality is indeed 'reality'...

55 years ago, sometime in October-November 1959, I met one such angelic personality then known as Dadi Kumarka. Strange but true she looked at me through her semi-trance eyes full of divine angelic love, held my hands, and uplifted me into that most beautiful experience of soul-consciousness. It was real, super-sensuous joy as described by the yogis like Vivekananda, Yogananda, Ram Teerath or even as mentioned in Shrimad Bhagwad Gita. Dadi Kumarka was given her spiritual name, '**Prakash Mani**': Jewel of Light by none other than the Supreme Parents when she dedicated her life at the age of 18 in 1937. The institution was then known as Om Mandli because of the magic word,

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‘Om’ being recited in every congregation which was known to be so uplifting for all the participants of those gatherings. I feel so proud to have found my spiritual elder sister: an able teacher, a great practical example and inspiring leader who later became the Administrative Head of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya.

She played her heroic role as a prominent spiritual teacher, inspiring the elderly, youth, women and men, as well as children in a big way. In January 1969, Brahma Baba handed over the reins of this great spiritual organization to the worthy hands of Dadi Prakash Mani, before his angelic ascension to the Subtle Region. Dadiji accepted and shouldered this responsibility as a highly inspiring female Spiritual Leader for both women and men alike. Carrying the message of the Supreme Father of all souls to every nook and corner of the world, she traveled all over India and the globe several times to light the spiritual lamps of thousands of aspiring spiritual leaders, teachers and students alike. This was true to her answer to a media professional when once asked, “How many followers do you have?” to which she replied,

“We have only Leaders and no followers...”!

She physically left the scene of global spiritual service in 2007 but we have been fortunate to receive her blessings on the yearly anniversary of her ascension, 25th August, through the trance medium. The enchanting spiritual presence and loving gestures keep confirming our understanding of the ‘eternity of the soul’ and the ‘imperishable Godly wisdom’ retained by such great instruments.

This year too, the anniversary was an auspicious occasion for the entire BK family to witness. The subtle communication through vibrations and verbal communication through the medium filled all hearts with bliss. According to the prevailing negative atmosphere around the world, Dadiji emphasized (in whispers) the need to spread powerful vibrations through service of the mind: *Mansa Seva*. We are inspired to keep a determined, clear aim to make our spiritual efforts, accurate and powerful. To follow *Shrimat* is totally to our benefit and progress.

We received the following beautiful divine message on 25th August 2013:

“All of you need to do

*Mansa Seva*. Each one can do service through the mind. Whether you are ill or whatever the reason may be, serve through your mind to change the minds of souls. They listen to lectures and that does make an impact, but they themselves should be changed through your *Mansa Seva*. All this dirtiness in the world is going into the extreme and it has to do that because after the extreme, there has to be the end.

“First of all, experience in your mind: I am a powerful soul. Forge the connection of your mind with BapDada, and with this connection imbibe all powers in your mind. The state of the minds of all of you may not be that of opposition, but it is engaged in useless things. Useless time, useless thoughts, useless words continue all the time but now all this useless activity should finish. When you finish this first, then the vibrations will spread.

“Attention is required to finish waste thoughts in the mind because it has been seen that there aren’t as many bad thoughts as there are waste thoughts. There will even be thoughts of something that doesn’t concern you. They are not bad, but they are waste thoughts and this is why, first of all finish the waste with

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*Mansa Seva*. Make your own plans to keep your mind busy.

"There has to be more economy, *eknami* (belonging to One) and vibrations of yoga.

"Give contact souls the experience of yoga. Do not think that they are sitting in yoga and that is fine, but what was their experience? The more experiences they have, the more their interest will increase.

Attract them to yoga camps. Unless they have an experience, they won't become regular – so now make them regular.

"No matter what situations come, your happiness should not disappear. OK, someone may become a little serious and that too is not good. When something happens, then you say that you are thinking about something. But what are you

thinking? Are you simply thinking about the situation that took place or are you thinking about a solution for that situation? Think about what should be done and how can the gathering be made strong. Things are getting worse in the world and at such a time, all of you should definitely invent something to keep yourselves happy."

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## THE WORLD AT CROSSROADS...

**D**ue to the prevailing crisis in Syria, the rising prices of oil are affecting the economy of several nations. We in India are seeing the effect strongly. Many people thought that the world's G20 Summit at St. Petersburg would pave the way in solving the crisis, not only in Syria and within the economic field all over the globe. However, as we learn from Media reports that the super powers, America and Russia, do not see eye-to-eye with each other on solving the crisis in Syria. No doubt there is consensus that until the UN Security Council's Inspector's report is clearly discussed, no military action should be taken. Even the Prime Minister of India has suggested that '*any action in Syria must be under UN-framework*'. Though it sounds a bit less positive since

the crisis seems to be going from bad to worse bringing America and Russia in direct confrontation, these are the signs of us approaching a point of no return as far as the global scenario is concerned. Gradually, the ones who were pursuing neutral roles are lining up one way or the other. Many political and war analysts have been forecasting the third and last world war but yet are pulling back the hands of the Global War Clock...

From the spiritual angle, those who wish to avoid war need to multiply powerful vibrations of positivity, and this can happen only with a connection with the Almighty Being. Though the world statesmen and stateswomen are mostly believers, and in their prayers may not be invoking war, their political policies and desire to

keep their nations' economic benefits in view are compelling them to take such unwanted steps. Anything can happen at any time. As we learn from the Media, it will become a global conflagration even if it just starts as a limited military action. The stock-piling of new nuclear weapons by the super powers is another factor goading them to step onto the wrong side.

When the events seem to be beyond human control what is the best thing we, peace-loving souls can do? Let's think deeply and evolve a pure consciousness that will reach the leaders of G20 Nations. May peace prevail in the minds and hearts of those who are at the helm of affairs, and may God bestow the right guidance to one and all for individual peace and world peace!

– **B.K. NIRWAIR**

# TEACHERS – CIVILIZER OF LITTLE FLOWERS



-B.K. Sridhar, Salem, T.N.

ONE GOOD MASTER IS WORTH A THOUSAND PRIESTS  
– Robert Ingersoll

Every profession has its own role and impact on individuals by means of serving the different sections of the society. However, amongst all, teaching profession is the most inspiring and a noble one. In the olden days, *gurus* used to have their disciples living with them and would take care of the all-round development of their knowledge, skills and the mental ability so that they could face life successfully. For both the *guru* and the disciple, teaching/learning was a whole time vocation. The then gurus taught or instructed not considering teaching as a ‘profession’ but realizing their great responsibility in making of future citizens.

Recently our former President Dr. A.P.J. Abdul Kalam in a seminar claimed that only three persons can help to make good citizens, viz. Mother, Father, elementary Teacher. Effective Teachers have an enriching

effect on the lives of children and their lifelong aspirations. They inspire the students to inquire, explore, play with ideas, think deeply about different view-points and also help to discern the real value of life.

Value education is a hot topic these days. Many schools teach values as subjects but these values have to be captured by the young minds from their teachers first. When teachers fail to embody these values in their behaviour, it is impossible to shape the future citizens and the task of making of a better world becomes difficult. A teacher who is attempting to teach without inspiring the pupil with a desire to learn is hammering on old iron. Teachers, thus have enormous transformative power. If they are intellectually alive and take interest in their jobs then they can guide the students towards excellence or perfection, but if they do not give their heart to their profession, then the whole

system is bound to fail.

Today, it is a sad commentary to remark that a kind of atmosphere in which values are nurtured or put in practice is not available at most of our academic institutions and neither is advocated by the teachers.

## TEACHERS OF TODAY

Most of the teachers neither understand the importance of their role as the builders of nation or the society nor do they realize the value of their great responsibility. The students also do not have humility and regard for the teachers which has resulted in collapse of total educational system.

A few years ago in New Delhi, the University of Delhi increased the teachers’ workload from 15 hours to 16.5 hours a week which was protested by the Delhi University Teacher’s Association and they even went on a strike for a week. It clearly showed that Teachers now regard teaching for 16 hours a week as a burden. Even the educated and well-paid teachers are not motivated at all in teaching. Teacher absenteeism is common nowadays and only half of the teachers who are actually present in the classroom are actively teaching. This stems from a

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high level of corruption, influence and power of teacher unions and the extreme commercialization of the education system.

With the commercialisation of education, the responsibilities of teachers has been compromised. It has just become another job which pays them and feeds them. It has led to corruption practices which centre on bribes from parents to ensure student access, good grades or progression.

The lack of morality in the teachers has resulted in proliferation and character-less-ness affecting all segments of the society. There have been cases where teachers have adopted unfair means of compelling students for tuitions (or) taking more care for tuition students than the regular students of the class/school. Some teachers even threaten the students who are not attending tuitions as they are the means for extra income other than their regular salary.

In one case, a teacher of a private school neglected an intelligent student, not giving rank even though she scored high marks because of the reason that she was not joining the tuition. Most of the teachers today have lost

their image because they do not create any inspiration on the impressionable minds of the students due to lack of values in their own practical life.

Teachers nowadays, who prepare the students mostly for a profession, for a consumer-oriented society, are not catering for the moral side at all.

The real damage to the society occurs when the entire generations of youth are mis-educated-by example – to believe that personal success comes not through merit and hard work but through bribery, fraud and favouritism. Thus the teachers do produce great scientists, engineers, doctors, scholars, management experts, etc., comparable with the best anywhere in the world, but if these professionals do not have qualities of love, honesty, integrity and kindness, what kind of society will we have? Teachers have neglected the total moral dimension of the students and have made a demoralized – commercialized society. It is time that we look at the fundamental factors that shape the future citizens' education; what kind of education is given by the teachers to our children?

## **Need of Teachers with moral orientation**

"If teachers lose the strength of character, then who will build the character of the succeeding generations?" If teachers do not have self discipline, then how can we have a self-regulated and self-controlled nation or society? So let our teachers rise to the occasion; pick up the gauntlet and accept their benign responsibility to set their own house in order. Let value education start with moral orientation of the teachers, training course and it should be introduced as a subject in Teachers Training course which gives moral touch in each and every subject so that trainee teachers learn to inculcate values. Education is not merely a process of transmitting knowledge of some facts or teaching some arts and skills but also of developing the total personality of man.

Teachers not only should be well versed in their subject and innovative in their teaching methods but also exemplary in their conduct. Value education in order to be effective, must be woven into the teaching process. They should be inculcated by the teachers themselves before being imparted as a subject.

For the teachers who work

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as a source of inspiration, it is necessary to have formal lessons in moral and human values in the curriculum of the teaching during Teachers' Training. There must be a full paper or full subject and the teachers should be given guidance as to how to give value education to the students.

Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya (PBIVV) has that infrastructure at its headquarters and zonal centres wherein service teachers can stay and have a course in moral education at their respective school.

#### **Brahma Kumaris in the service of Teachers**

- PBIVV has a number of dedicated persons who are serving in the field of education and have an experience in imparting moral education. It also has a large number of dedicated sisters who can teach this subject and inspire students by their exemplary conduct and character.
- Education Deptt. of Haryana Govt, deputed 50 principals of senior secondary schools for a 6 day training on value education, spirituality and yoga at BK academy at Mount Abu .
- The faculty members of this institution visit various

schools, colleges and universities at their invitation, for giving value education to their staff and students. For example, creative workshops on the 'Value of Co-operation and the Vision of a Better World' were held by the honorary teachers of Brahma Kumaris in more than 100 Higher Secondary Schools and also in colleges in Delhi with the co-operation of the Director of Education and the Principals of various colleges in the year 1989.

► Some of the teachers of this institution who have been on the Advisory Board of some schools are appointees of Delhi Administration. This institution has a large number of school teachers, lecturers, professors, etc., as its students, beneficiaries, votaries and helpers. Among these, some have long experience in this field. They meet from time to time to discuss this subject,

► Karnataka University and Mangalore University have been inviting the Brahma Kumaris faculty for conducting the moral education programmes meant for their staffs.

► Brahma Kumaris have an institute at Yellapur in Karnataka where the Directorate of education in Karnataka has officially been sending service teachers for

courses in Moral Orientation. This institute has its own arrangements for boarding and lodging and lecture halls etc.

► This institution has also formulated syllabus for various levels of students, especially of children from 1st year of primary to the 9th or 10th std. These could be put into implementation in schools by those teachers who teach in Government or private schools. but who are our students.

► Brahma Kumaris in association with Annamalai University, Tamil Nadu, have been conducting Diploma/ Post Diploma/MBAs on value Education and got a good response from the public.

In short, value based courses can help the teachers to evaluate their values and build their character on the basis of integrity, honesty, trust, fairness, respect and responsibility. Such teachers with character can help the students to know what their values are, believe in them and live their life in alignment with these values. Society is best served when teachers imbibe and then teach and students develop moral virtues.

The mediocre teacher tells; the good teacher explains; the superior teacher demonstrates; the great teacher inspires.

# MEDITATION

— Neeta Narula, New York, USA

**M**editation is an inner mental exercise which helps to relax and cool down. With practice, relaxation for a long time is easily possible. It just depends on the type of meditation that is regularly practised.

One of the oldest meditations is called ‘Rajyoga’. ‘Raja’ means the king or the Supreme. And ‘yoga’ means union or connection. Hence the ‘highest on high’ connection is called Rajyoga. This highest connection can only be with One Supreme Light, God the Supreme Soul.

This meditation creates a personal and a very loving bond between the souls and God who is the Supreme Father and the Supreme Mother.

Those, who enjoy ‘Raja yoga’ meditation, know the art to connect with the One, the Supreme Soul – who is the eternal Father and the eternal Mother. They experience all relationships with Him and experience the true meaning of love, peace and happiness.

The practice of this meditation is based on His teachings as the Supreme

Teacher. The first method is to consider the self as a soul and remember God as the Supreme Soul. Firstly, we remind ourselves of our original and eternal attributes and secondly of the qualities of the Supreme, the Source of all power and energy.

Rajyoga purifies our mind and liberates it from different forms of impurity or body consciousness, thus transforming the self into a pure and charitable soul and experience super-sensuous joy. This transformation is needed to become worthy to enter the Golden Age.

The connection with the Supreme fills us with spiritual strength and helps to stay positive in all situations. To maintain this strength, we require a daily connection so that our energy is constantly replenished. For this, practise to sit in silence in the remembrance of the Eternal Sweetest Supreme Father, every day or every hour for two to ten minutes. Remember Him as the Ocean of Love and purity. As we sit under the canopy of His Love and protection, it washes away all our sorrows and

gives us a sense of spiritual fulfilment.

God’s love cleanses and purifies us. His remembrance incinerates all the past sins and negative traces inside the soul, which have been left by negative *karmas* of the past. It also helps to heal the inner wounds left by ego, fear, sorrow, hatred, anger or jealousy and experience the inner beauty of peace, love, purity and bliss; of the spiritual being. This transforms our vision and attitude towards the self and others, thus making ourselves worthy of belonging to the new world, the Golden Age – a world where all (those who are worthy) souls are naturally soul-conscious and 100% pure and perfect. As we change ourselves, we also change and transform this old world.

It is time to connect with the Supreme and transform the self into a pure deity. Renounce the bad habits of the old world and become pure agents of change.

Practise Meditation. Go deep within the inner being. This is where we find the beauty of peace, love and happiness, our innate qualities. Emerge and enhance these qualities, so that the words, the behaviour, the whole essence reflects virtues and powers.

# **WITHOUT ANY DISCRIMINATION**

**- BK Rajyogi Jagdish Chander**

**T**he Phrase “Without any discrimination of race, colour, caste, creed, gender and religious belief” is now commonly used when such part of any Act, Article or Rule that puts emphasis on justice and equality is to be suitably worded. The Universal Declaration of Human Rights, adopted by the U.N. General Assembly on 10<sup>th</sup> December, 1948 has also used this phrase. In the Declaration of Human Rights, the words, ‘property’, ‘birth’, ‘national origin’ and other distinctions of any kind’ have been added. Article 2 of the Declaration, which has this phrase, does not include the word ‘caste’, because caste system as prevalent in India, is not prevalent in most other countries.

No doubt, the use of this or similarly worded phrases is the right thing done to meet the requirements of law and legislation that makes it mandatory for and obligatory on the citizens of a country or the world not to discriminate on the basis of anyone of these

conditions. The simple reason is that the discrimination results in inequality, based on extraneous factors, and also in injustice and disrespectful or inhuman treatment of some people and deprivation of certain classes. But, an important thing that seems to have been missed all along in this connection is that legal luminaries, social scientists, public leaders etc. have, perhaps, never applied any serious thought as to why distinctions based on race, colour, nationality, language, gender, etc., are sought to be set aside when these distinctions really exist and qualify or disqualify a person for certain worldly roles. Also, why is discrimination, based on anyone of these, considered an obstacle to justice or road-block to equality? Never have the legal experts who prepare the draft of a piece of legislation, or the legislators who vote for or against a Bill introduced in the legislature, and the Judges and judicial or quasi-judicial officers who interpret law and apply it to

legal or official cases, thought as to what, after all, is the real identity and nature of a person, divested of these distinctions of race, colour, nationality, gender and even of belief or creed.

The Universal Declaration of Human Rights says that “all human beings are endowed with reason and conscience” and it asks all “to act towards one another in a spirit of brotherhood”. This forms the very basis of the Declaration and has been numbered as Article 1. The Preamble to the Declaration says that “the people of the United Nations have, in the Charter, reaffirmed their faith in the dignity and the worth of the human person”. These three important truths, namely (1) that the human person has reason and conscience, (2) that it has inherent worth and dignity and (3) that the human beings should act towards one another in a spirit of brotherhood, together mean that the human person is a soul and a child of God, for then only can human beings act towards one another as ‘brothers’ and then only do they have inherent worth and dignity. All human beings cannot be termed as ‘brothers’ on the basis of their physical relationships nor is their worth

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and dignity based on any physical consideration because the moral dimension is related to the non-physical soul. The soul has inherent dignity not because of any gross possessions but because it is a child of God who is the Most Exalted and Illumined One. The soul has worth also because it is the inheritor of God. So, the Human Rights Declaration and all the Laws that declare justice as an obligatory act of all human beings have a spiritual basis. Remove this and the law will have neither any basis nor any sanction.

Furthermore, the Law, whether it is international or national, asks us to discard all kinds of distinctions, based on race, colour, nationality, gender, social origin, property, language, birth, etc., because these are based on the body of a person and not on the person. This implicitly and explicitly means that the real human person is a soul in a human body. It makes distinction between body and soul and wants us to keep in mind the soul and forget his or her physical particulars while treating another person. Now this aspect of law has been forgotten in course of time and it has become a mere ritual or

a formality to say that there should not be any discrimination, based on body and bodily or material attainments. The present-day deterioration in moral values is because of this.

Also, it is very unfortunate that while one set of laws makes it mandatory to give up all sorts of discrimination, another set reserves certain rights and privileges for certain sections of the society, based on birth, social origin, gender, caste, etc. Instead, it would be desirable to ask all to treat one another as a soul and a brother.

Unconditional trust comes from spiritual understanding that we are not doer of entire process that will bring result to us. For example, when we eat food, we simply eat it. After we eat it, we just trust the remaining process that happens inside our body that digests food and restores energy. We never doubt this process of food digestion and energy restoration in our body. And, we never get into ego that we are the one who ensured that food gets digested and energy gets restored in our body. Why don't we get into ego? It's because, we cannot claim that we have control over how food gets digested

and energy gets restored in our body. We just trust the process because we simply know that once we eat food, it will surely get digested and energy will be restored. Similarly, whenever we do any *karma*; we simply trust that it will lead to *karma* dissolution and, thus, life force energy restoration. When we get into ego of us doing any *karma*; we say to universe that we are the one who has control over the process of food digestion i.e. we are the ones who decide how food should be digested. Similarly, whenever we do any *karma*, we expect success because we doubt success coming our way. We doubt success coming our way because we tell universe that success should come in a particular way. It is same as telling our body that food should be digested by our body as per my choice. A spiritually intelligent person will never complain about anything. Because, he/she knows that every success/failure is nothing but *karmic* clearance. And, *karmic* clearance is nothing but success. Hence, success is inevitable.

This is why the Gita says – **“Perform your actions but never worry about the result”.**

## FIVE FORMS OF VIOLENCE

**V**iolence has pervaded all levels of society today. From wars, clashes, terrorist attacks to individual crimes, we are witness to the increasingly shocking acts of violence. All forms of violence we witness in this world are the manifestation of some form of violence within ourselves.

There has been much introspection and study on the factors that lead to violent behaviour – social, political, economic, psychological etc. Poverty, lack of employment, lack of education, alcoholism, drugs, sexual perversion, money, power are many of the factors that are cited as reasons and motives for violence. But violence is much deep-rooted. It stems from a far greater ignorance than humanity is aware of. The genesis of violence is very subtle and deeply seated in human consciousness.

Violence originates from vices. When human souls forget their true identity and begin to identify themselves with their bodies, their roles and material assets, they come under the influence of vices. To think and act under the

influence of vices is to commit violence because the soul is violating its true nature of peace, joy, love and power.

The five forms of violence committed by human beings are to indulge in five vices of lust, anger, greed, attachment and ego. All vices are connected to the feeling of wanting or desiring. All desires keep us in the illusion of fulfilment that is gained only for a fleeting moment.

**LUST** has been considered as the greatest enemy of human soul. Lust destroys all purity and power in the soul. It is a great deception. Lust is not just to indulge in physical pleasures. People often spend their lives lusting for money and power. Lust is an obsessive or addictive desire to seek support, fulfilment, happiness and self worth by indulging in pleasures that finish all inner powers and dignity of the soul. It creates endless cycles of desires and indulgence. It makes a person extremely selfish and finishes all clarity, sensitivity, love and truth in the soul.

**ANGER** is a fire that burns the self and others. When desires or expectations are not

met; when situations or people don't turn our way, we become angry and react. Anger blunts our discernment and decision-making powers. We are not able to think and act rationally. We are totally overpowered by negative emotions and we use emotionally charged words or actions to force others to meet our expectations. Anger always makes a soul subservient to other people's behaviour and situations. Anger can lead to destructive behaviour that can cause great damage on large scale such as war, terrorism, murders etc.

**GREED** is another word for insatiable desires. A greedy person is always poor and empty inside even though he may have lots of material assets at his disposal. Greed keeps one in a state of continuous seeking and chasing desires. Greed inevitably leads to unrighteous and corrupt practices. It makes a person very unhappy, fearful, dishonest and irresponsible. Greedy people can never enjoy life as they always want more. Greed can lead to total imbalance and exploitation of man and nature which often results in widespread damage.

**ATTACHMENT** is a subtle but deep-rooted vice. Many saints have pointed out

attachment as the root of all suffering. Attachment comes from the need to feel supported and valued by people, objects and roles. It makes one selfish and creates strong sense of false support and identity. Attachment keeps one entangled in the web of ‘mine’ and the need to hold on to whatever one is attached to. Attachment makes one selfish, petty and narrow minded.

**EGO** is the subtlest enemy of the soul. When we are under the influence of ego, we are totally disconnected from our true self-respect. In ego, we fabricate and identify ourselves with false self-image. Ego thrives on attention and an egoist person always feels insecure and seeks attention. An egoist is always influenced by praise and defamation. Ego keeps one under deep delusion and falsehood. It isolates a person from others and sets up clashes, discord, hatred and blind competition.

All the bad things happening in the world today can be traced to these five forms of violence. When we understand our

true spiritual nature – that as souls we are pure and peaceful beings whose innate nature is divine – we can make a choice to live by our true nature and not to violate ourselves. When we violate ourselves, we are violating the eternal spiritual laws that are needed to sustain peace and harmony in this world.

God Himself is now re-establishing a new world where

complete non-violence will be the supreme *dharma* or way of life. He is imparting the true wisdom to overcome these vices. Violence can surely be eliminated by following spiritual principles and by becoming vice-less through Rajyoga – spiritual communion with God – that is taught by the Brahma Kumaris, Mt. Abu (Rajasthan).

## TRIBUTE TO DADI DHairyamani (DADI PALU)



One of BapDada's prime jewels, Dadi Palu (Dadi Dhairyamani), who had been a dedicated sister of the Brahma Kumaris organization (erstwhile name Om Mandali) since its inception and was in-charge of Sangam Bhawan Centre at Abu Road, left her mortal coil on 23<sup>rd</sup> August 2013 in Ahmedabad, where she was undergoing treatment. Dadi led an exemplary life, marked with inculcation of divine virtues. She contributed a lot to spiritual welfare of mankind through unity in her thoughts, words and actions. The World Renewal team pays humble tribute to Dadi ji.

# MAHATMA GANDHI – AN INSPIRATION TO EVERYONE!

— Joseph T.D., Laggere (Peenya), Bangalore

When Mohandas Karamchand Gandhi went to England to study Law and thereafter started working in South Africa, he was an ordinary man, desirous of making a living for him and his family. But when he returned home, he was a changed man. He practised what he had determined to do in his heart. This made him a great man. What actually happened in between in his life?

While working as a lawyer in South Africa, in 1904, Gandhi received a copy of Ruskin Bond's '*Unto This Last*', during a train journey from Johannesburg to Durban. In his *Autobiography*, Gandhi says he could not put the book down till he had read it completely. He was so fascinated by its contents that he could not sleep at all. He writes: "I was determined to change my life in accordance with the ideals of the book." Gandhi summarises what he read in that book:

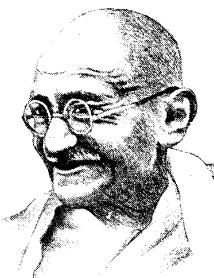
- 1.The good of the individual is contained in the good of all.
- 2.A lawyer's work has the same value as that of a barber in as much as all have the same right of earning their livelihood from their work.
- 3.The life of labourer – the tiller of the soil and the handicrafts-man etc. – is also a life worth living."

The above three statements piercingly shed light on one word : 'Equality'. It actually stems from a universal truth of Fatherhood of God and brotherhood of all human beings. Gandhi rightly understood that we all come from God (through our parents), hence have only one Eternal Father, the Heavenly Father, the Supreme Soul; and all human beings are His

children and therefore brothers and sisters. Hence no one is superior or inferior, but all are equal and good in their essence, and should have the dignity they deserve. Such an idea will instantly strike to the one whose *sanskars* is *satvik* (ontological)! Gandhi had that *sanskars* though dormant! So he alludes to this fact, when he writes in his Autobiography that one would receive a Guru he deserves! The book refreshed his *sanskars*! He could not ignore the plight of his ill-privileged fellowmen and was determined to work for the "the uplift of all" and "the welfare of all".

What followed is history. The British Empire came to its knees in front of Gandhi's determined fight for the downtrodden. He set the model of equality of all in his own Ashram so that it could spread to his country and to other nations of the world. He would often declare: "My life is my message."

From equality, follows non-



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violence, which has now internationally become synonymous with Gandhi's name. Hence Gandhi Jayanti that is observed every year as a national holiday in our country to commemorate his birth, (October 2, 1869 – January 30, 1948) is also observed by the United Nations as the International Day of Non-violence, which aims to disseminate his philosophy, principle and belief in non-violence through proper education and public awareness.

How much India and other countries have adopted his ideals is a different question. What is noteworthy about Gandhi is that, he was open to new ideas. When he got the enlightening ideals from another human, his humility helped him to look at what is being said, not who said it. He enjoyed working for those ideals to the best of his ability which made him great to the point that the greatest genius of that time Albert Einstein commented: "Generations to come, it may well be, will scarce believe that such a man as this one ever in flesh and blood walked upon this Earth."

His greatness lies in that he is an example for everyone. Youngsters, in general, think

that the problem is with others, and if others change, they will be happy. This is in sharp contrast to what Gandhi felt and did: "Be the change you want to see in the world." He is also an example even for couples. He had the experience of leading a normal and a celibate married life. Comparing the benefits of both, Gandhi says his celibate married life was "more peaceful, sweet and joyful!" He knew very well that lust is "the greatest enemy of the wise."— Gita 3:39

Gandhi was extremely successful because of his determination to practise the lofty ideals he got, and the way in which he went ahead with that determination. He believed that one's greatest joy will be the awareness of how close one is with his Heavenly Father. No wonder he admits that, he could remember Shrimat Bhagwat Gita chapter 13 by-heart! Two concepts which he always kept close to his heart appear together in one verse in this chapter: "non-attachment, and even mindedness in desired and undesired events." (13:9). One's even-mindedness in all situations is what makes one a 'supreme devotee' of God, says Gita (18:54).

This chapter helped him to

have a balanced approach towards everyone and in every situation in life, as he viewed himself as "a trustee," which means one having neither a sense of possession nor of doer-ship! Hence it was easy for him to declare: "Service is my religion."

Gandhi accomplished great things, because he was operating from the realisation that he is a child of God, hence, he possessed infinite potential. His counter-part Nelson Mandela in South Africa, too understood the same fact when he said: "We are powerful beyond measure..... Your playing small does not serve the world." As we let our own lights shine, we unconsciously give other people permission to do the same. As we are liberated from our own fears, our presence automatically liberates others.... What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead.

No doubt, Gandhi displayed simple, attainable qualities that would, if practised, would make everyone better, no matter in what field they may be!

# CURING CANCER THROUGH RAJYOGA MINDFULNESS PROGRAMME [RMP]



— Dr. Dilip V. Kaundinya, Mumbai  
(Brahma Kumaris Special Interest Group [SIG] for cancer)

**R**ajyoga Mindfulness Programme [RMP] is a scientifico-spiritual programme that aims at restoring the Energy, Enthusiasm, Happiness and Mental peace among the cancer patients. Cancers come under a new group of diseases called **NCDs – Non-infectious Chronic Diseases** – that have become quite common today. Expensive treatment for long duration devastates the patients as well as their relatives mentally as well as financially. Carl Simonton study not only doubled the expected life-span but also gave complete cure of the cancer in several patients. There is a strong pointer for having this type of study by the Medical Wing of Brahma Kumaris. Miracle of cancer cure may happen as the miracle of Coronary Artery Disease Regression has already been documented in Indian Heart Journal of 2011. USA today can boast of 32 Institutes of Mind-Body Medicine after the first one

was founded in 1970 by Dr. Herbert Benson, an American cardiologist. These institutes are conducting research on ancient Indian spiritual strategies for holistic health. As a result, two latest branches of Medicine have come into existence, **Psycho-Neuro-Endocrino-Immunology [PNI]** and **Psycho-Oncology** which are collectively known as **Soul-Mind-Body Medicine**. Thus Americans have corrected the mistake about which **Hippocrates, the father of modern medicine**, lamented. He told that “**The greatest error** of today is that the physicians do not take the soul into account for therapy.” This is in tune with what Bhagavad Gita told 5000 years ago, i.e., removing body-consciousness and **becoming soul-conscious** is the only way by which man can get emancipation from the pain and sufferings in life. In soul-consciousness, mind gets stabilized in the most powerful, pure, peaceful, blissful and *satvik*

consciousness.

**Indian Integral Yog of sage Patanjali** has eight components- *Yama, Niyama, Asana, Pranayam, Dhyan, Dharana, Pratyahar* and *Samadhi* and there are eight levels of *Samadhi* in accordance with the higher frequencies of soul-empowerment. **Dr. Richard Davidson**, Professor of Psychiatry, Wisconsin University, coined the term **Mindfulness Meditation** after working with **Vipassana** in which the concept of Supreme Consciousness is absent. However **Brahma Kumaris Rajyoga** is a Mindfulness meditation which combines *Dhyan, Dharana* and *Pratyahar* of Patanjali Kriya.

**RAJYOGA  
MINDFULNESS  
PROGRAMME  
SPECIFICALLY FOR THE  
CANCER PATIENTS**  
**This scientifco-spiritual  
programme is based on the  
three step Rajyoga  
meditation that is being**

taught free of cost through 8500 Centres in more than 135 countries. The two powerful empowerment techniques in Psychiatry—**Self-hypnosis** or auto-suggestions and guided imagery or **Visualization**, are used in different stages of Rajyoga Mindfulness Programme.

#### **STEP 1. FOCUS:-**

Sit comfortably in a straight back position as this facilitates the **free flow of cosmic energy** obtained from the Supreme Soul, through all the **Energy-Chakras** of the body from *Sahasara* to *Muladhar*. Modern medical science has not been able to demonstrate these chakras till today. **Russian Kirlian body Aura Photography shows the aura of energy but not the chakras.**

Watch your thoughts running like a super fast train. The more intelligent a person, the faster is the speed of thoughts. Now visualize that your consciousness, which is scattered like sunlight, is gradually getting focused in the centre of the forehead, in between the two eyebrows where a star-shaped conscient point of light is present.

**This is you—the soul.**  
Repeat an auto-suggestion a

few times telling your mind—**I am not this body but I am a soul.** Peace, bliss, love, happiness power, purity and knowledge are the original qualities of me—the soul. So I can never be powerless, hopeless, stressful and in mental turmoil. I, the soul, am disease-free, ageless, timeless and immortal.

As the focus increases, the speed of thoughts and your breathing shall reduce. You can now identify the positive thoughts from the negative ones. Give an auto-suggestion that the negatives are getting burnt out.

At one particular point of time, the consciousness internalizes and the next phase begins.

**It is very important that one spends a major portion of time as it is like revving up your soul-engine before starting a run on the runway, before the final take off.**

#### **STEP 2.**

#### **INTERNALIZATION:-**

The practitioner achieves a totally relaxed body and a totally relaxed, focused mind [**Ekagra-chitta**] in this phase. Dr. Herbert Benson termed **Biological Relaxation Response [BRR]** for the physical state and **The Zone**

for the mental state. Patanjali called them Shavasana and Supra-conscious state. There is an experience of bliss [Sat-chit-anand].

#### **This phase is important for two reasons:-**

► 1. Reward Centre in brain and recently discovered **Ultradian rhythms**, akin to Pranik Healing mechanisms, get activated releasing the rejuvenating and recharging hormones—encephalin, endorphins, melatonin, recently discovered, BDNF (Brain Derived Neuro-tropic Factor) and possibly a Stem Cell Activation Factor (Conceptual). All of these hormones give powerful potential of immunity. Natural Killer Lymphocyte activity is potentiated. EEG shows low amplitude, slower alpha brain waves with synchrony between the waves of left and right hemisphere. Rajyoga Meditation as practised by the Brahma Kumaris is the only meditation that activates the **Delta brain wave stage** of the deepest sleep. **Rajyogini Dadi Janki**, Chief Administrative Head of Brahma Kumaris, who has been certified as the most stable mind in the whole world by neurologists, is an example. This is the state of

**spiritual equipoise (Sthit-pragnya state)** as described in Bhagavad Gita.

► 2. Auto-suggestions, visualization and a technique called **Neuro-Linguistic Programming [NLP] for generating a Passion Quotient about a set goal** (Dr. Watson, a psychiatrist) becomes very effective in BRR and Zone. This is because the ‘Dominant Scientist Mind’ full of doubts, questions and tensions is completely silenced and the powerful subconscious ‘Spiritualist Mind’ comes to the fore. Ancient sages called this phase as **Internal Silence (Antar-Mauna)**.

The scars of previous events or experience submerged deep in the subconscious become evident and can be erased from the mind’s computer, thus resulting in miraculous cure or an in-depth quantum healing may happen.

#### **Specific auto-suggestions and visualization for cancer-cure:-**

Visualize and feel that powerful waves of Energy directly from the all-powerful Supreme Soul, are entering your body and burning out all of the cancer cells. Also visualize that the natural Killer lymphocytes in the blood have become so powerful that they are identifying and destroying the cancer cells no sooner they are formed. (This visualization could be facilitated by an appropriate video clipping).

#### **STEP 3 - COSMIC COMMUNION:-**

Visualize that you, the soul, the spark of energy, move out of your body and travel to the Supreme abode of all the souls (*param-dham*) standing right in front of the Supreme Father, Supreme Teacher and Supreme Satguru – God Shiva. The white rays of purity and the red rays of energy from the Supreme Soul are getting infused in you, making you

very powerful and peaceful. Now undergo a return journey back to your seat in the centre of the forehead.

#### **Post Meditation Suggestion (PMS) –**

Remind your mind that the spiritual equipoise obtained shall remain undisturbed throughout the day regardless of the circumstances. Also program your mind that the next day, when the mindfulness programme starts, it shall begin from this elevated state.

#### **Rajyoga Mindfulness Programme is a multi-component capsule:**

- 1. Amrit-vela Meditation at 4 a.m., daily
  - 2. Traffic control – stop after every hour and remind yourself that you are a peaceful, loving, blissful and powerful soul – for just one minute.
  - 3. *Satvik* vegetarian diet
  - 4. Pure (*Satvik*) thoughts
- Practice all these components regularly and sincerely.

### **INTROVERSION**

The ability to enjoy one’s own company is one of the greatest gifts life has to offer. Learning to turn my thoughts away from all my responsibilities at the day’s end and take my mind into a state of peace and benevolence enables me to carry greater and greater loads without feeling the burden. When my inner landscape is full of beautiful thoughts, everything I do is a pleasure. Gently, I calm down chaotic situations and offer solace to troubled minds.

# LIFE IS EITHER KILLING YOU OR MAKING YOU INTO AN ANGEL

(Who Do You Travel With? Do You Give Everyone A Lift? Do You Drive A Tank? The Most Important Suit You Can Wear Is Invisible And A Smile. Are You A VIP or VIS? Small Effort - Big Life - Huge Reward)

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-B.K. David, Paignton, England

**A**re you a VIP? Maybe you think you are. God would say – Prove it. Most of the people in life are just an ordinary ‘P’ (person). There are many who see themselves as VIPs in the world today. They all seem to think it most important to wear an expensive suit. This is what the ‘I’ stands for within their title – ‘Important to wear a suit’. In fact, their title should really be VIS. (Very Important Suit). So much emphasis today is placed on the wearing of a suit. You seem not to be a VIP unless you also wear a suit. It would seem all VIPs are really VI Suits.

Can an important person not wear a simple dress and still be important? Do you know who the most important person in the entire world is today? It is not a VIP, IP or P, but an ‘S’. The truly important person in life now is the ‘Soul’. The one who walks round in the

consciousness of the soul is the truly important person in life. This consciousness makes them the real VVIP’s who do not need expensive suits or to be seen in one. They wear a special suit invisible to all who see with the naked eye. Only with your 3rd eye can you see their invisible suit.

## VVVVVVI Souls (VIS)

Only when you have learnt to conquer your bodily image and feel yourself to be the soul, will you have truly earned the title of VVVVVVIP. Yet far more importantly, you will have deservedly earned God’s title of VVVVVVIS.

There is nothing more important in life than being the ‘soul’. Everything falls into insignificance before the soul. If you follow man and his rules and understanding, then you must live in his world with him. To follow God is to give importance and time to angels the Angels who

perform miracles.

## It's Either Man and the Monkey with WW1 and WW2, Or God and Heaven.

I have no time at all for the negative but all the time in the world for spirituality, kindness, sweetness and angels. It really boils down to Darwin or God? Monkeys or Supreme? Chicken or the garden of Eden? Cruelty or love? Man and his theories come wrapped in suffering and cruelty whilst God’s desires come wrapped in only love. Life is either killing you or making you into an angel.

## You Either Have to Believe In Love or Cruelty

You choose what you want your life wrapped in. Yet choose very carefully as you will wear it tomorrow and probably forever. Cruelty is man-made. What you wrap your body in is so important. Will you wrap yourself in love or cruelty? We either follow man and the monkey with his

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history of cruelty or God and the reality of love. Both love and cruelty are real but one has to believe from the heart in one or the other.

### **Car, Bus or Tank?**

It's up to you who you sit next to on the bus to work or home. Who will you give a lift to in your car today? Who will your passenger be? Perhaps you travel alone? Do you drive a car with God being your passenger? Or do you drive a tank every day? A tank is very noisy and has many people inside, gets very smelly, is always on the offensive as it has a history of always having to fight.

### **Walk With God**

To walk with God is the highest form of transport one could ever take. Walking next to God is faster than any aeroplane, more safe, enjoyable, free and relaxing and punctual. Even to ride a bike these days is dangerous with many getting killed. It makes perfect sense to travel with God. He gives good advice for any country and any situation you may find yourself in. He tells you what to eat, how to act and what to talk, where to go, what to see, what to buy and what to avoid.

### **Do You Carry the Baseball Bat of Reality with you at all Time?**

Are you armed and ready and have enough skill and knowledge to hit back whatever life throws at you? Have you got the insight and wisdom to be able to look round the corners before you walk around them? Are you strong enough not to eat for a week? Are you wise enough not to hear any one's constant chatter? Can you switch off to the world and turn on to God whenever you want? Are you able to walk down the street and constantly smile? Can you forget everything and remember only God? Are you a good, great or an incredible person? Or are you only average? Or are you a soul? If you are a soul, then you'll know you are unique and a unique person does incredible things all the time as it is just part of their life.

### **The Crash Helmet of Reality**

Without the baseball bat of reality to defend yourself, life will hit you on the head and give you a headache all the time. The reality being, God is on your side, training you, speaking to you, caring for you and pointing the way to you to, at every corner. Now if you

cannot remember this reality and take heart, you better buy the best crash helmet money can buy, as you are going to need it - often!

### **Can You See Jesus And Mary In The Pay & Display Car Park Of Love?**

Some live a life based around love as they know there is nothing as important and worthwhile as aiming for love. Take away love from life and you only have a robot life without sweetness and care, somewhat like tasting homemade ice cream but with someone having forgotten to add the sugar to cream. I've tasted such ice cream and it tasted terrible. I see people living lives without sweetness and love which look to have the same taste as that awful ice cream.

### **A Dog Does Not Know it's Your Birthday**

It is love that makes us so human and so special. No animal sends Christmas, Birthday, I Love You or Get Well cards. Human beings love deeply and hurt deeply, so God has to keep an eye on them. God helped the world at a time when everyone was only hurting and love and care was scarce. He sent Jesus and Mary to remind us of the

importance of love. They did a very good job, as can be seen by all the gifts and cards of love and happiness sent at Christmas.

### **A Little Constant Effort Makes a Big and High Life**

Without daily effort in life you would not move forward. It's these small parcels of effort that constantly inflates your balloon of life. Without putting anything into your life, the balloon soon deflates, and there's nothing more sad looking than a deflated balloon.

You must send yourself a parcel of effort every 10 minutes. These parcels will inflate your life; keep you happy, buoyant, safe and moving onwards and upwards in the right direction. A balloon with little air inside can only fall back down to earth. Without daily effort and attention in life, we can become as unlucky as a 1,000 sinking ships. You must make the correct effort of course, as you do not want to be making the effort of trying to put on your jumper that has no sleeves and the smallest of openings to put your head through. What would be the state of someone walking round with their arms stuck inside their jumper and getting

only half their head out of it? Their life would be one of difficulties.

We are now all sailing in the middle of a very dark and stormy night and if not very careful, we will hit a rock - and sink so we need to keep a lookout for the tides of waste and the rocks of vice as the sea of life is now has a treacherous place to sail. We must create a safe harbour for ourselves within our mind. The storms are only going to get worse

with stronger tides and larger, sharper sunken rocks.

### **Amidst The Storm, Are You Sailing Towards The Sea of Tranquillity?**

Keep your eye on the beautiful Sun of Knowledge with its purity of light getting closer and closer, guiding you to safety. Focus on its light and you'll avoid all the rocks and get the strength and wisdom to beat the tides. Let it guide your boat to the new world.

## **A TRIBUTE TO THE SUPREME TEACHER!**

**– B.K. Ranjit Fuliya**

In reverence gratefully, we bow our head  
To all angels of Knowledge and Learning  
On the shown path, we avow to tread  
Spreading all around—Unity and Harmony

Our lives moulded and guided by teachers  
Angels of the Almighty, with divine features  
Who enthused Inner Light and Divine Might  
Inculcated values for future upright and bright

They taught us “Be Positive” and “Value Time”  
Honing our talents and skills, made us sublime  
Through practical life, showed us how to share  
Love souls selflessly, with compassion and care

We heartily adore God Shiva—the Supreme  
Teacher of all teachers, sacred and pristine  
God has incarnated in Bharat—His sacred land  
Inspire and rejuvenate souls, spread virtuous trend!

# ON THE WAY TO POONA

— Prakash Talathi, Mumbai

I was travelling to Poona from Mumbai by an early morning bus, enjoying the cool weather and looking at the quietly smiling ‘Mother Nature’ at her benevolent best. The route was taking us through hills and mountain peaks; the spirit was high and the mood pleasant. Between Khandala and Lonavala, we found ourselves approaching a non-moving traffic jam. Passengers started bringing pieces of information as to the reasons for the ‘stand still’ traffic jam; nothing they said was official or authentic reason though. Some passengers went to the spot, came back and said that a gas tanker had blocked the road, leaking and spewing the gas on to the road and around; so the traffic on both sides had to be stopped leaving a safe and long clearing distance from the spot. They further said that the authorities would not allow the traffic to move till the entire gas was burnt out so as to avoid any explosion. This would take at least 2 hours.

After a while, I went out to see what the general scene was. I saw a few youngsters lying on the road on a mat and some others just sitting. It was as if it was some meeting place and people were waiting for the speaker to take his seat, the lack of a high table and platform notwithstanding. I remembered our Father always telling us to engage fellow travellers in trains with anecdotes and stories, which carry messages of moral value. Here it was a bus journey! But would my co-travellers like it? Anyhow, it was a perfect setting for me to take charge and utilise this opportunity to give a spiritual message to so many people.

I just sat for a moment, connected myself to Baba, stood and addressed them – “See, we are here for next couple of hours. What can we do? Should I tell you one story?” The majority of them willingly responded, ‘Yes, yes! Go ahead.’ Some were a little confused. However, I started the story: –

**The King and his four**

## wives

Once upon a time there was a King who had four wives. He loved his 4th wife the most and adorned her with rich robes, jewellery, ornaments etc. and treated her to the finest of delicacies from all over the world. He gave her nothing but the best.

He also loved the 3rd wife very much and was always showing her off to neighbouring kingdoms.

He also loved his 2nd wife. She was his confidante and was always kind, considerate and patient with him. Whenever the King faced a problem, he could confide in her, and she would help him get through the difficult times.

The King’s 1st wife was a very loyal partner and had made great contributions in maintaining his wealth and kingdom. However, he did not love his 1st wife. Although she loved him deeply, he hardly took notice of her!

One day, the King fell ill and he knew his time was short. He thought of his luxurious life and wondered, “I now have four wives with me, but when I die, I’ll be all alone.”

Thus, he asked the 4th wife, “I have loved you the most, endowed you with the finest clothing and showered great care over you. Now that I’m

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dying, will you follow me and keep me company?"

"No way!" replied the 4th wife and she walked away without another word. Her answer cut like a sharp knife right into his heart.

The sad King then asked the 3rd wife, "I have loved you all my life. Now that I'm dying, will you follow me and keep me company?"

"No!" replied the 3rd wife. "Life is too good! When you die, I'm going to remarry!" His heart sank and turned cold.

He then asked the 2nd wife, "I have always turned to you for help and you've always been there for me. When I die, will you follow me and keep me company?"

"I'm sorry, I can't help you out this time!" replied the 2nd wife. "At the very most, I can come only up to the place of cremation." Her answer struck him like a bolt of lightning, and the King was devastated.

Suddenly, he heard a very thin and faint voice: "Hey King, I'll come with you. I'll follow you no matter where you go."

The King looked up, and there was his first wife. She was very skinny as she suffered from malnutrition and neglect. Greatly grieved, the King said, "I should have taken much

better care of you when I had the chance!"

In truth, we all have the 4 wives in our lives:

Our 4th wife is our body. No matter how much time and effort we lavish in making it look good, it will leave us when we die.

Our 3rd wife is our possessions, status and wealth. When we die, they will all go to others.

Our 2nd wife is our family and friends. No matter how much they have been there for us, the farthest they can stay by us is up to the funeral ground.

**And our 1st wife is Soul, often neglected in pursuit of wealth, power and pleasures of the world. The Soul is the only thing that will follow us wherever we go, eternally; yet, is most neglected and ignored. We eat delicious food for the body but keep the soul starved of good, positive, pure and elevated thoughts. We go to Gym to build our body, glance into the mirror every now and then to appreciate our muscles and looks, but leave the silent soul unattended. We do not realize till it is late that the body is just for this life whereas the soul is eternally with us.**

I went ahead and explained the difference between body and soul. I posed to them several questions such as: How can we make the soul beautiful thereby life beautiful? Which is the beauty parlour one has to visit for beautifying the soul? What is meditation? And so on. Everyone was enjoying the talk and started asking for clarifications. I elaborated with definitions, logic, clarity and scientific approach etc. At the end I gave them the good news of God's incarnation, a very brief introduction to the organization of Brahma Kumaris, its presence worldwide and how my co travellers might be able to find its centre somewhere in their respective neighbourhoods. I urged that they should go to those centres and take further benefit through interaction with members of the Brahma Kumaris organization.

At the end of my session I asked them, 'Should I take you on a journey; a spiritual pilgrimage without you leaving your seat physically? And added humorously, 'Don't worry, I assure you, I will bring you back again'. Majority of them nodded in agreement and some even said

happily, "Yes." I gave them the initial instructions and told them, 'Understand there is a principle – "**wherever your thoughts go you are there.**" You may be physically here but in reality you are not here.

Sometimes when you are speaking with someone, you may suddenly sense that he is not listening to what you are saying. You may ask him and sometimes even shake him up, 'Oh, where are you?' And that startles him. So, though he is physically present in front of you, he is not with you but he is lost in his own world, world of thoughts. So, wherever your thoughts go you are there. In meditation when we travel with our thoughts and visit people and places, it becomes our real experience. Then I guided them through a journey of different worlds, allowed them to enjoy those places and have spiritual interaction with their Father and Creator as we returned enriched with positivity and power.

Thus, instead of grumbling about government, tanker drivers and gossiping about various reasons that might have caused this delay, we in fact, used our time in worthwhile way.

You are great if you can find your faults, greater if you can correct them. But greatest if you accept and love others with their faults.

## A Miracle...!!

– Aarzoo Mehek, Hyderabad

My dear Allah!

The hours I spend with you  
Rejuvenate me to start life anew  
In this glittering world of fancies  
I am exhausted, fulfilling my duties.

This world tires me to the core  
See this soul—bruised and sore  
I hide the pain with a tired smile  
Walking this journey, a few more miles.

A miracle is what my heart seeks  
And the truth is what this soul speaks  
Hope in my heart keeps me going  
Challenges in my life keep me moving.

Aspiring and wishing for recognition  
Looking at the sky for clarification  
Struggling and faltering to reach my destination  
I free myself from the clutches of domination.

Empower me to face this world of fraud  
Bless me with Thy grace and applaud  
Let wisdom and benevolence be my friends  
In your loving company, set new trends.

How to remain unaffected, I must now learn  
All sorrowful memories unlearn and burn  
Hasten dear Father, recoup, recover and appease  
Let me fly to reside in Thy realm of peace.

'Teachers' Day Special'

# EDUCATION IN VALUES AND SPIRITUALITY

— B. K. Surendran, Bangalore

*"Avoid education in values and invite a colossal disaster. If no steps are taken now, civilised society will soon be ruled by the law of jungle"* — Rajyogi BK Jagdish Chander

Many people express concern over the lack of values in modern education. We all know that education is the foundation of all kind of development in the world. In order to make all people literate, the literacy mission was launched in our country some years ago. This has resulted in spreading of vernacular education to the masses to a great extent. The ability to read and write by one and all irrespective of the social strata is a welcome feature in our education policies. Starting from this vernacular education process, we have now produced efficient and expert doctors, engineers, managers, legal luminaries, administrators, scientists and so on. Of course it is a laudable achievement.

## THE CURRENT SCENARIO

The present life is the reflection of education being imparted in our schools, colleges and universities. It is appre-

ciable that we have a network of educational institutions. Consequently, we have well qualified people who are managing various departments of life across different disciplines. While we are beneficiaries to the science and technology marvels through various facilities and comforts, there is also a general disturbing development taking place in the world. Mainly the following features are conspicuously seen in the present day life.

- 1. Joint family system is disappearing very fast and micro families have come to stay. But, the micro families are also under acute pressure to disintegrate into single-parent families.
- 2. Marriages are breaking-up very fast. Those who are holding on to the vow of marriage are under severe pressure because of the incapacity to co-exist with love and affection, sacrifice and service.

- 3. Live-in relationships, illicit relationships and extra-marital relationships are on the increase. This is jeopardizing the institution of family.
- 4. Due to an increase in the number of destitute children, more and more orphanages and homes are being opened to foster these children. Suicide rates and depression cases are increasing.
- 5. Since the joint family institution is fast disintegrating, old age parents are left alone to fend for themselves. This has created the need for opening more and more Old-Age Homes.
- 6. Domestic violence, social violence and economic violations and offences are on the increase.
- 7. Since the offenders are on the increase, it is necessary to establish more courts to settle the cases and it is followed by more and more jails to imprison the offenders.

## THE INSIGHT

The list can prolong if we go into more details. As much as our achievements have resulted in physical comforts and facilities, they have also created a society bereft of moral and spiritual values. The progress and achievement has not been smooth. Infact, it is not progress at all. The real progress is when

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we live in a peaceful and safe society where there is no stress, crime, inequality or corruption. We need to pause and ponder the reason for this lopsided so called development. Our Educational curriculum should include the following aspects which are more relevant than the physical aspects:-

- 1. We must have lessons on self-science which deals with the working of the mind, the thoughts, the feelings, emotions and its proper management for the well being of the individual concerned and also others.
- 2. The divorcees, old-age parents who are not being looked after properly and breaking of families are due to the fact that our curriculum does not have a subject on how to nurture culture and foster better inter-human relationship.
- 3. People in general frown upon sex-lust, anger, greed, attachment, ego and jealousy. It is universally accepted that these are vices. Our curriculum should include lessons as to how to conquer these vices.
- 4. Similarly, we must have lessons on conflict management in the context of family, social, professional and public areas of life. We should be able to deal with
- 5. Even though people in general lament an absence of values in life, nobody is able to define values properly and to propose a suitable curriculum on values like truth, honesty, integrity, sincerity, love, co-operation, peaceful coexistence etc.
- 6. In spite of the largest majority of the people practicing spirituality in their own way, God is being searched enmass; our curriculum does not highlight anything about God and spirituality. Mentioning about spirituality or God has come to be considered as a stigma.

#### **EDUCATION IN SPIRITUALITY AND VALUES**

UNESCO had set up a Commission under the chairmanship of Jacques Delores which consisted of educators from around the world. The commission recommended that the education should have four objectives: **Learning to know, Learning to do, Learning to be and Learning to live together.** The present education is taking care of the first and second objectives of the report. The third and fourth are not being given the required

problems of everyday life with ease and dexterity. We must learn the art of living.

attention.

We are also reminded of the observation of Swami Vivekananda who said 'Education is the manifestation of perfection already in man'. Mahatma Gandhi said 'it is a long journey between Human being and being human. We must become human beings with a lot of humanness'. This comes from a spiritual existence. An individual is a spiritual being, a micro star of consciousness. The core of this micro star is goodness consisting of knowledge, purity, peace, love, happiness, bliss and power. Soul-consciousness is the real state of consciousness which one should become aware of and strive to manifest in life. But, due to ignorance, one considers himself as a physical body. In reality we are all spiritual beings with a physical presence in the world. Here the real problem lies in the lack of inner strength and wisdom to balance the physical and spiritual aspects of life. We must organise the kind of education in which we should combine spiritual science with physical science so that the materialistic prosperity is efficiently handled with the spiritual power. We should not forget that values will not withstand on their own unless these values draw sustenance from the spiritual existence of individuals.

(... Contd. From August 2013)

# EFFECTIVE LEADERSHIP: BY INTROSPECTION (A Need of the Hour)

– Dr. H.K. Chopra,  
Sr. Consultant Cardiologist,  
Moolchand Medcity, Delhi

## HOW DO WE CLASSIFY LEADERS?

### A. Based On Their Profession

**1. National leaders** such as Mahatma Gandhi, Pt. Jawahar Lal Nehru, Indira Gandhi, Atal Bihari Vajpayee, Dr. A.P.J. Abdul Kalam, Sir Winston Churchill, Ronald Reagan, Bill Clinton, John F Kennedy, Nelson Mandella, Mikhail Gorbachev can be designated as perfect national leaders, as their qualities are firmness, balance of mind and body, selflessness, excellence, work with heart and soul, belief in prosperity, belief in respect and reverence, belief in action, peace, harmony, simplicity, honesty, truthfulness and not arrogance or destructive attitudes. They always believed in creativity, self-support, self-respect, self-security, self-confidence

and no conflict.

- 2. Spiritual leaders** such as Dayanand Saraswati, Swami Vivekananda, Rabindranath Tagore, Mother Teresa are categorized as spiritual leaders with spiritual domain and perfect leadership qualities. I am of the opinion that all leaders with spiritual domain can achieve tremendous success and prosperity.
- 3. Sports leaders** such as Sunil Gavaskar, Kapil Dev, Wasim Akram, Sachin Tendulkar, Sourav Ganguly, Rahul Dravid, Steve Waugh, Imran Khan etc. have had the qualities of perfection in leadership in cricket.
- 4. Film actors** such as Dilip Kumar, Raj Kapoor, Rajesh Khanna, Amitabh Bachchan, Shah Rukh Khan, Aamir Khan and ladies such as Vijayanthi Mala, Rekha, Sridevi, Madhuri Dixit etc. have

been unique leaders in their own field in the film industry.

**5. Warriors:** Such as Shivaji, Rani of Jhansi, Napoleon, Maharana Pratap and many others in the history, were great heroes of their time.

**6. Scientists, philosophers and researchers** including Galileo, Newton, Claude Bernard, Albert Einstein, William Harvey, Archimedes, Swan and Ganz were leaders in their own way.

**7. Similarly, leaders in business community/corporate world/public sector undertaking, family (parents), school (Head Girl/Head Boy) and in associations such as presidents should have all the qualities of a perfect leader to achieve the goals.**

**B. Based On Leadership Styles, the different types of leadership styles are:**

- 1. Autocratic leadership (Dictatorial)**
- 2. Participative leadership (Democratic)**
- 3. Free rein leadership**
- 4. Paternalistic leadership**

**C. Based on Relationship Transactional Vs. Transformational Leadership:**

The more traditional transactional leadership which involves and exchanges

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relationship between leaders and followers but transformational leadership is based more on leaders' shifting the values, belief and needs of their followers.

#### **D. Based on Qualities, Successful leader Vs. Effective leader:-**

A leader, the one who is successful is able to get the desired results from the followers or subordinates. In other words, the success of a manager is measured by the production or productivity of the group he needs. But a successful leader is not necessarily effective. Effectiveness is described as the internal state of an individual or a group and thus, is attitudinal in nature. Effective leaders not only concentrate on production, but also on the needs and aspirations of the followers. The successful leaders may have different degrees of effectiveness. They may be highly ineffective, if their style of leadership is not appropriate to the needs of the situation. Thus, successful leaders may be having different degree of effectiveness depending on the situation. Some of the important traits of an effective leader are intelligence, physical features, inner

motivational drive, maturity, vision in foresight, acceptance of responsibility, open mindedness and adaptability, self confidence, human positive relation attitude, fairness and objectivity.

#### **E. Based on Power sources, Sources of Leader power -**

The leaders use various sources of power such as personal power, money power, legitimate power, expertise power, communication power, political power and muscle power etc.

### **LEADERSHIP VS. MANAGEMENT**

Leadership is the ability of an individual to inspire and motivate the followers towards a definite goal. Leadership is thus a part of management, but not all of it. A management on the contrary is the ability to plan and organize and not necessarily inspire or enthuse others to follow. This means that a strong leader can be a weak manager and vice versa. Leadership is something a person does. However, it should not be confused with mere activity. An individual is a leader in the true sense if he is accepted as a leader by the group and there is communication between the leader and the followers. An

individual lacking in one of these qualities cannot be called a leader as he has no capability in leading the people.

### **LEADERSHIP STYLES**

The leadership style is described by the reflection of a leader's role. These styles may be Autocratic (Dictatorship or Authoritative), Participative (Democratic) or Free Rein leadership styles. In real practice out of these styles, one style may be dominant. For example, a Medical Superintendent in a hospital is normally autocratic and may be participative in determining the vacation schedule of the employee and free rein in selecting or department representative.

**Autocratic Leadership:** Autocratic leader gives orders in such a manner, that they should be obeyed and executed by the subordinates. He makes the policies alone, without consulting anyone and does not share detailed information about future plans. He always remains aloof. In this style, all decision making power is centralized in the leader. Autocratic leadership creates negative influence at times. The followers are uninformed, insecure and are afraid of the

leader's authority. The autocratic leader may be a strict autocrat, which is negative, benevolent autocrat which is usually positive and effective and productive and enhance excellent human relationship and manipulative autocrat who makes subordinates feel that they are participating in a decision-making process, even though he is already taken the decision. The autocratic leader directs his subordinates according to his decision. Frustration low morale and conflict easily develops in an autocratic situation.

**Participative Leadership:** A participative leader or democratic leader is one who makes policies and implements them only after consulting the group. Participative leadership decentralizes as the decision making power. This kind of leadership enhances cooperation, positive attitude, boosts morale and cooperation of the employees.

**Free-Rein Leadership:** A free-rein leader does not lead. It allows the group to lead itself. The free rein-leader avoids power. They give all the responsibilities to the group which is supposed to lead.

This is also known as

permissive style of leadership, where there is least interference by the leader.

**Paternalistic Leadership:** This type of leadership is fatherly or the leadership between the leader and his group as the family with the leader as the head. Here, the leader helps guide, protect, and keep his followers happily working together as members of the family. This type of leadership has been highly successful in Japan.

I firmly believe that optimization of perception from the eye of the soul and enhancing the spiritual potential in any being may create perfect leadership qualities and make our country a global power.

*"Leaders are not human beings with spiritual experience, but spiritual beings with human experience."*

*"Leadership is getting along with the people and not getting rid of the people."*

*"Leadership is self-confidence, bravery, truthfulness and tenacity."*

*"Truth is my God and non violence is the method of realizing him".*

*"Truth and non violence are divine and awaken your leader within you".*

*-Mahatma Gandhi*

*"Leadership is coping with new problems and new opportunities, to win the world." – John F. Kennedy*

*"Lust, anger, greed, attachment and ego are five gates to hell". – Gita*

*A "Lovable leader gives happiness, wherever he goes, and an angry leader gives unhappiness, whenever he goes".*

*– Swami Chinmayananda*

*"Leadership is the art of communication".*

*"Leadership is of the people, by the people and for the people".*

*"Leadership is vision for the future."*

*"World leadership is winning the hearts and souls of the people of the world by working heart and soul."*

*"Leadership is a matter of having people look at you and gain confidence. If you're in control, they are in control."*

*"Leadership is action, not position."*

*"Leadership is the challenge to do something more than average".*

*"Leadership is to be strong, but not weak;*

*"Leadership and communication are inseparable."*

*"Leadership is an opportunity to serve and not a trump card*

*of self-importance.”*

*“Leadership is a cordial relationship, and not a dis-cordial relationship.”*

*“Leadership is knowledge and knowledge is leadership.”*

*“Leadership is wisdom and wisdom is leadership.”*

*“Perfect mindset is responsible for a perfect leadership”*

*“To be divine or devil, you can’t have both to be a leader”.*

*“Love is heaven, anger is hell, love is divine, anger is devil.”*

*“Love unites (hate and anger divide). That’s what a leader should know.”*

*“Path of love is path of enlightenment, path of anger is path of misery and hell”*

**“A leader is one who has the quality of forgiveness”**

**“A leader has to know “the art of living and the art of giving”**

*“Good and effective leader is one who takes time off to think of others, and treat others as one would like himself to be treated by others.”*

**– Dr. H.K. Chopra  
(Concluded)**

## Practical Spirituality in our Daily Life

Once our minds are free from concepts, we have the ‘reality’ of dealing with life as it is, that is waking up, eating, sleeping and relating with others on a day-to-day basis.

Spirituality then, arises from the time we wake up. That is, how enthusiastic we feel, if we have that zest for life and if we enjoy our little morning rituals to get ready for the day.

Eating is another dimension in itself. Our own well-being will create the proper atmosphere to ingest physical nourishment. That is complete purity. Food by itself does not determine purity but our state of being does that. That means that our emotions and thoughts should be ready to feed us. In this way, we can see that nutrition does not deal only with the type of food items that we eat, but it is a wholesome way where mind, body and emotions are aligned.

One day a disciple asked his Taoist master, about his spiritual meditative practices. The sage responded: “My practice is very simple. When I eat, I eat. When I sleep, I sleep, when I cook, I cook.” Behind those simple words, we could experience plenty of spiritual teachings.

Pay full attention to it, for every performed action will bring a similar action to be performed later and then, little by little it becomes our own life of many years, which will become difficult to undo.

The moment that we choose to sleep is a sacred moment. We give away our conscious life back to life so we can recover and be completely aware the next day. This is not a small thing; considering that lots of individuals cannot sleep or do not sleep properly. Our minds, body and emotions need to be aligned in ‘sleep mode’, to sleep properly.

Of course, ‘in between;’ there is life.

If we are not feeding ourselves correctly, if we are not sleeping well, we cannot hope for a full day of inner sunshine. No matter how much we try to smile throughout the day, our vitality and strength will be gone.

To preserve our precious energy is truly important. In this respect, we need to learn and choose the activities that we will perform throughout the day.

As we can see, life is an interrelationship of diverse activities. All of them are related with each other in a “domino effect” and the quality of our life depends on our inner well-being.

This is more than physically exercising every day to ‘stay fit’, it is a balancing act, where our physical experience is meshed together in balance with our emotional life which is aligned with a clear mind.

This is known as being in harmony.

Our activities and the way we perform them, will demonstrate our level of spiritual growth. This is not a religious belief but true spirituality.

**– through Internet**

# MORAL EDUCATION FOR SOCIAL TRANSFORMATION



— **B.K. Bhagwan**, Shantivan

In the present scenario, the so-called education and learning have failed to make man a sincere, honest and loving being in the family as also in the society. As man has become more dishonest and corrupt, crime and corruption have mushroomed in society. The basic reason of such degradation is the lack of moral education. It is moral education which improves one's behaviour and elevates one's sanskars.

Moral education comprises training in good conduct and divine virtues so that these are reflected in human life. True education must help human beings become more loving, compassionate and benevolent. The main objective of education is to ensure overall personality development where one not only rises above the bondages of caste, creed, gender, colour, and nation but also exhibits divine virtues such as politeness, sweetness, patience, honesty, truthfulness and tolerance. Thus, it is important to understand that guiding the human being from

the darkness of ignorance to the light of knowledge must be the very objective of education.

A truly educated person will practise the virtues of discipline, understanding, integration, optimism and nobility. The lack of these virtues results in more and more vices, crime and corruption in society. The life of an individual is incomplete and unworthy of human love without divine virtues. If human life is virtuous, the life will be so smooth and progressive. The real education is reflected through one's conduct. It must be understood that the deficiency of moral education is the fundamental cause of all societal problems.

Through moral education, students gain knowledge of values of renunciation, character building, optimism, obedience to law etc. It helps in the holistic development of students and enables them to face the forthcoming situations, trials and tribulations.

Those students who get value-based education manifest virtues through their conduct and interaction with other human beings. Therefore, the very aim of education should be to inculcate virtues in students' lives which only a capable teacher can fulfil. When a teacher has himself imbibed values in his life, only then can he inspire the students to lead a disciplined life.

Just blaming young learners won't solve the problem of growing indiscipline and vices. The parents, teachers and elders in the social set-up need to introspect and judge whether the lapses and weaknesses seen in the youth are only a reflection of their own shortcomings.

Presently, because of the deficiency of the moral component in our education system, the youth get easily misguided and misled by evil forces which not only ruin their lives but also hamper the progress of the nation. Youth signifies dynamism and

energy and since this energy is not properly guided or channelized, we find them becoming victims of social evils like corruption, communalism, terrorism etc.

Hence there is the need of such education which nurtures positivity within the individual or to say, Spiritual Education or Knowledge.

If young people are imparted spiritual knowledge and they apply the same into their lives, then we can hope to create a virtuous society. Spirituality teaches one the true recognition of self and Supreme Soul, knowledge of the philosophy of karma, knowledge of world cycle and one's true place and role in this cycle. Therefore, if we want to evolve an ideal society and new world, we need to bring a spiritual revolution.

For the re-establishment of moral values in the society through such a spiritual revolution, the world creator, God, the Supreme Soul has reincarnated on earth. He, through the means of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, has been awakening His human children through spiritual education and Rajyoga meditation.

Learners can free themselves from the attraction of worldly beauty and material charm through the ancient system of Rajyoga. In this Godly World University, young and old, rich and poor are taught the value of virtues like love, compassion, tolerance, politeness, patience, honesty, truthfulness, sweetness etc. It is only these values which can pave the way for the creation of a better society and a better world.

Incorporeal God Shiva has been imparting this spiritual education for the last 76 years, which will pave the way for creation of a Golden Aged World. Now is the time when man can gain spiritual worth and inherit the eternal bliss for the self. It is now or never!

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

## THE EARLY HOURS

– Sheila Williamson, Fremantle,  
Western Australia

I sit in the early hours, candle glows,  
incense burns

This quiet time my mind flies with  
elevated thoughts

I think of Angels, feel light, a powerful  
yearning

I think of those closest to my heart

Send them out powerful, positive  
vibrations

And I shed a tear in the bliss I  
experience.

My meditation music plays softly

Candlelight throws shadows on the  
wall

I focus on the flame which flickers  
gently

I float upwards, am a soul in the soft,  
white light.

I see and experience my thoughts  
clear as crystal

Filled with might, I send out love and  
peace to all

Very slowly I come back down,  
Filled with power, determined to  
reach my goal.

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

human rights movements and the democratic form of governance, etc. also had no less significant impact.

Various scientific postulates or theories, as of Copernicus and Darwin and various philosophical and psychological dissertations, as of Sigmund Freud and Friedrich Nietzsche and various freedom movements also crucially affected the prevailing system of values and culture.

But, perhaps, much more significant changes have been effected by Science and Technology, Trade & Commerce, modern means of quick and comfortable transport and the infrastructure of tourism and hotels, or multinational companies and various link-ups of religious, political, economic and environmental groups, spanning all continents.

The use of satellites, the computers, the internet, the cordless and cellular telephones, the industrial advertisements and exhibitions have demolished the cultural sanctuaries or preserves of a country. They have blurred or even effaced the cultural boundaries between various groups, com-



munities or nations. The heritage sites, the places known as repositories of certain cultures, have almost all fallen victims to the onslaughts of all these forces.

But while such intermix of different cultures and their impact on value-systems have resulted in moral loss on many counts, there has been some gain also. The Science & Technology have resulted in interaction between various people, communities and nations, and has done at least some good as we find that at least there is a great voice being raised for re-establishing values.

It is in this context that the contribution of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya be looked at. As a global institution, not only does it appreciate and

encourage what is good in the international and inter-continental cultural scenario, it is also working with all sincerity to help in the emergence of a global culture with universal values. Employing the means provided by Science & Technology, Business & Industry, Media and Communication, Jurisprudence and Education, Health, Science and Yoga, Religion and Culture, it is trying to bring on the world-stage, what appears to be an all-time best in the form of a new value-system. It is involving youth and women to achieve this goal with the co-operation of all. The present is thus a period of cultural twilight. Soon, darkness will be receding into oblivion to give place to the light of values, virtues and a unique divine culture.

Edited and published by B.K. Atam Prakash for Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya, Mount Abu and printed at: **Om Shanti Printing Press, Gyanamrit Shawan, Shantivan - 307 510, Abu Road (Rajasthan).**

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**1. Delhi :** After having tied Rakhi to Dr. A.P.J. Abdul Kalam, former President of India, B.K. Asha explaining the spiritual significance of Rakhi. **2. Ahmedabad :** B.K. Sarla tying Rakhi to Mr. Narendra Modi, Hon'ble Chief Minister of Gujarat. **3. Delhi (Swasthya Vihar):** B.K. Anusuya tying Rakhi to Mrs. Sheila Dixit, Hon'ble Chief Minister of Delhi. **4. Jaipur:** After having tied Rakhi to Mr. Ashok Gahlot, Hon'ble Chief Minister of Rajasthan, B.K. Sushma explaining the spiritual concept of Rakhi. **5. Neemach:** B.K. Savita tying Rakhi to Mr. Shivraj Singh Chouhan, Hon'ble Chief Minister of M.P. **6. Kolhapur:** B.K. Pratibha tying Rakhi to Mr. Prithviraj Chauhan, Hon'ble Chief Minister of Maharashtra. **7. Guwahati:** B.K. Poonam tying Rakhi to Mr. Tarun Gogoi, Hon'ble Chief Minister of Assam. **8. Imphal:** B.K. Nilima tying Rakhi to Mr. O. Ibobi Singh, Hon'ble Chief Minister of Manipur. **9. Itanagar:** B.K. Junu tying rakhi to Mr. Nabam Tuki, Hon'ble Chief Minister of Arunachal Pradesh. **10. Gaya:** After having tied Rakhi to Mr. Nitish Kumar, Hon'ble Chief Minister of Bihar, B.K. Sheela presenting Godly gift to him. **11. Shimla :** After having tied Rakhi to Mr. Veer Bhadra Singh, Hon'ble Chief Minister of H.P., B.K. Sunita offering Prasad. **12. Ranchi :** B.K. Nirmala tying Rakhi to Mr. Hemant Soren, Hon'ble Chief Minister of Jharkhand.



**1. Abu Road (Shantivan)** : Art & Cultural Conference cum Silver Jubilee Festival being inaugurated by Rajyogini Dadi Janki, Rajyogini Dadi Hriday Mohini, B.K. Sis. Mohini, B.K. Ramesh Shah, Mr. Chunkey Pandey, Ms. Rati Agnihotri, Mr. Chandan Dass, Sis. Kristina Akheeva and others. **2. Jagannath Puri** : B.K. Anupama tying Rakhi to Swami Nishchalananda Saraswati Maharaj, Shankaracharya of Puri. **3. Kathmandu**: B.K. Raj tying Rakhi to H.E. Ram Baran Yadav, President of Nepal. **4. Delhi**: B.K. Asha tying Rakhi to Mrs. Sonia Gandhi, President of Congress Party. **5. Mauritius**: B.K. Sarla from India, tying Rakhi H.E. Kailash Purryag, President of Mauritius.