

! From the mighty pen of Sanjay !

RESTORING THE REAL RELATIONSHIPS

“The world is a family” or as they say in Sanskrit: ‘*Vasudhaiv-Kutumbakam*’. Those who have a religious or a spiritual bent of mind, explain the adage by saying that God is our Mother as well as Father, and we, as souls, are His children and are, therefore, “brothers” among ourselves.

Drawing our attention to the real and transcendent identity and to the all-time spiritual relationship is, no doubt, essential and sometimes helpful in transforming the outlook and attitudes of some sober and thoughtful persons in their day-to-day life. But, as is actually the case, there are hundreds of millions of people, such as Buddhists, Jains, Shintoists etc. who do not believe in God. There are hundreds of millions of others, such as Muslims, who do not think of God as Mother or Father. Even among those hundreds of millions who believe in God as Father, there is no agreement, with regard to the Name, Nature, Form or Acts of God. Some even believe that the self is God, which means that they are all Fathers. And, whatever belief in God as The Father, The Mother or The Lord is there is in the mind of the theists, it is only superficial, weak and devoid of understanding, love, communication and even genuine spirituality. Therefore, in order that the rhetoric may inspire the listeners and serve its purpose, it is necessary that they are guided to relate to God and to fellow-beings at spiritual level.

Again, the transcendental mutual relationship of souls or with God is to be translated into action in our terrestrial existence, for then alone can the Divine lend its power to and impact on what is mundane. However, gross body-consciousness prevents most people from practically living this spiritual relationship in their earthly existence.

In these circumstances, it would be of immense help to individuals and society, if this pithy saying is not only properly experienced and adequately explained; but is also

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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, (02974)-228125

HAPPY WORLD FAMILY CELEBRATES DIWALI



The rains have ended and the hills around Shantivan and Madhuban (Mt Abu) are dressed in green. Beautiful streams still flow through and down the Mount, singing praise of the Lord for providing the right, cosy environment for soothing periods of Meditations. Around 2000 Spiritual Pilgrims (BK sisters and brothers) from around 98 countries around the world travelled to Abu to be part of their annual Spiritual Refresher Course-cum-*Parmatam Darshan* (Avyakt BapDada Milan) for 2-3 weeks, from mid-October 2013.

The theme of the Senior and Main Teachers' Meeting was to experience the embodiment of '*Satt-Chitt-Anand*' in silent meditation and interactive workshops for three days, before special Tapasya sessions and classes for another four days leading up to the Milan on 24 October 2013.

Dadi Jankiji, Dadi Gulzarji, BK Mohiniben (New York), BK Jayantiben (London), BK Sudeshben (Germany), BK Chakradhariben (Russia), BK Dr Nirmalaben (Asia-Pacific), BK Vedantiben (Nairobi), Brothers Rameshbhai, Brij Mohanbhai, Nirwairbhai, BK Charlie, BK Ken, BK Anthony and several others brought so much richness to the entire Schedule. The spiritual entertainment witnessed was indeed very uplifting, and brought alive the cultural richness of different parts of the globe on one stage. The participants looked gorgeous in their traditional attire. The colourful performances on display created a wonderful canvas and feeling of one '**Global Family of God**'.

On 24 October 2013, Diamond Hall was beautifully decorated for the Divine Descent and most unique experience of celebrating a *Milan* with the Supreme Parents. The gathering was of about 5000 BKs, all dressed in whites, and fully lost in the

love of the Supreme. The vibrations inside Diamond Hall were so, so magnetic. The loving *drishti* and sweet smile seen through the revered Trance Medium, of Dadi Gulzarji, endeared everyone to the One for whom these BKs had travelled to experience from far distances. There was such a soothing and comforting feeling in everyone's hearts; we were all lost in one thought of the Most Beloved... It was almost like an 'explosion' of silence that ran deeply and powerfully. It was simply the experience of being face to face with the Divine, who had descended to enlighten us about the beauty of 'being'. This could only be experienced in total silence created by His immediate presence. The beloved children (human souls) could relate so clearly with the Supreme. This was the real moment or occasion of **Spiritual Enlightenment**.

There was also the real feel of celebrating Diwali when the Deep Raj (the Supreme Light) ignited the lamps of awareness i.e. spiritual experiences in everyone's consciousness. The gathering was then fully attuned to the Divine presence to listen to the elevated, subtle Flute (*Murli*) or Godly versions in whispering voice.

This we call the Avyakt Murli spoken by Avyakt BapDada through the medium of Dadi Gulzaji. This has been glorified as the **Murli of the Supreme** which mesmerized the Gopes and Gopis (Godly Students). Listening to Spiritual Versions, followed by Diwali celebrations in company of the Divine Parents, left very, very deep feelings and impressions of great, inner satisfaction. Over time, this has become the basis of our sincere self-transformation, and inspired us to observe all principles of Godliness and adopt divine virtues. Deepavali is indeed a festival of true love, joy and the experience of Golden-Aged Divine Life (full of inner purity, beauty and richness), as constantly experienced on the memorials/faces of Gods and Goddesses worshipped everywhere at Deepavali.

May everyone be eternally awakened to the Reincar-nation of God, the Eternal Light and claim one's God-Fatherly birthright to the throne and royal kingdom of Paradise!

**MAIN JEWELS FROM
THE ELEVATED
AVYAKT VERSIONS OF
24 OCTOBER 2013**

- ▶ *According to the present atmosphere, do the service of giving powerful sakaash through the power of your mind. Transform the attitudes of others through your own attitude.*
- ▶ *Now, become fast in both your own stage and in the stage of service. Every child should remain constantly unshakeable and immovable, and continue to move ahead. According to the atmosphere of the world, the majority of children need power of the mind to transform the atmosphere through powerful sakaash. Make the power of your mind even more powerful; it is essential to pay greater attention to transforming the influence that is there at the present time.*
- ▶ *There is a need to change the vibration and the atmosphere with the power of the mind. This will not happen by listening and speaking knowledge, but the good wishes of your mind can transform the*

attitudes, vision and actions of people.

- ▶ *Pay attention to the method of becoming a self-sovereign and practically experiencing that method.*
- ▶ *If someone is even a little weak, then co-operate to give your own support or enable them to receive co-operation from the seniors. Whilst checking and paying attention to both - being a benefactor for the self and others - continue to move forward and inspire others to move forward too.*
- ▶ *'Teachers (Spiritual Instruments)' means those through whom God's features are visible. People should not see the teachers, but God should be visible in the teachers. Move forward and, while enabling others to move forward, continue to make them equal to God, the Father.*
- ▶ *If any worry comes, give it to God, your Father. You should remain constantly OK.*

With joyous greetings for a spiritually-prosperous New Year!

**– B.K. Nirwair,
Chief Editor,
The World Renewal**



MESSAGE FROM DADI JANKIJI ON THE OCCASION OF DIWALI



Greetings of love from the pure, peaceful land of Mount Abu, India!

It is with great joy and a feeling of togetherness that Dadi Janki shares greetings for Diwali, the Festival of Lights, on behalf of the world-wide family of the Brahma Kumaris.

There was a time when only people of Indian

background honoured Diwali. But nowadays we are humbled by the enthusiasm with which a wide range of nationalities have embraced this much loved festival and made it their own.

Diwali is a time for awakening the inner spirit, sustaining it with pure wisdom, and nurturing it with the love of the Divine and the global spiritual family. Where the light of hope and positivity spreads, no heart or mind can remain disheartened, weak or insecure. Diwali reminds us of the goodness of every human being. Diwali is



here to re-ignite the faith that we can bring about world transformation through self transformation.

Wishing that each one takes time out to reflect on self-empowerment and keep the flame of love, wisdom and success burning non-stop!

In the remembrance of the Divine,
Your spiritual sister,
B.K. JANKI

INSPIRATIONS FOR SPIRITUAL EFFORTS IN THE NEW YEAR

Tyaag (renunciation of negativity) and *Tapasya* (deep, intense contemplation on our original self and the Divine Being) have given us the fortune of becoming

God's servers. We just have to pay attention to staying away from both '*prabhav me aana* (to be influenced by others)' and '*dutkar karna* (to dislike, rebuff/reject

another)'. When you decorate your vision with spirituality, and keep a pure attitude with the awareness of the 'Divine Being', yoga will always be easy. *Om Shanti*

STILL POINT TURNING WORLD

**(Retreat For Health Professionals)
– 18th Sept. 2013 – Gyan Sarovar, Mt. Abu**

– Dadi Janki, Chief of Brahma Kumari

Q. What can we do if we get tired of having compassion and giving love? How can we maintain compassion?

Why do we become tired? It's because we remain body-conscious. When I stay in a state of soul-consciousness, I can receive love and power from God and continue to have compassion and give love. If we continue to worry and hurry in life then eventually we become bitter. We need to change this habit of 'hurry and worry'. I have to keep the consciousness of learning all the time. Keep changing the self; value others advice, accept it and change. We don't need to point out the mistakes of others. If I change, others will see me and change themselves. My duty is to love all. When I am careful with my own self, others will become careful with themselves.

If my main concern is to serve humanity rather than accumulating wealth or becoming famous, I will never

become tired. If I say something negative to anyone, the love between us is lost. I don't need to prove that I am telling the truth. I don't need to speak harshly. Everything depends on my voice and how I speak. My tone of voice is very important. For this, I have to learn to make myself silent inside. Previously, many people had wells at homes. The water was very pure because it came from deep underground. So too, in meditation we have to go very deep in order to make the mind and body healthy. Become a still point and go deep. This world is like a quagmire of vices. We have to make sure that we don't start drowning in it and also that others don't drown either. So be careful and cautious. Let yourself go deep in meditation and you will feel that you are being cleaned in cool and pure water.

Q. How should we help the people who are dying?

We should help people to

leave the body in God's remembrance. Brahma Baba used to come to see a patient I was looking after before *amritvela* and would then go and conduct meditation. I was with her when she left the body. I put her head on my lap and she left her mortal coil. I have been with many souls when they have left the body. Baba loved me for this... We have to think about what state we will leave the body in. Brahma Baba himself conducted class, came back to his room and easily left his body. If I live in happiness, I will die in happiness. We have to be very easy because any moment can be our last moment. How will you leave the body if you feel you are always busy – in what state will you be? This is why I have to be careful to be easy rather than hurried, confused and stressed... I have to control my very breath... I have also to be careful that I don't do any actions that create negative *karmic* accounts because that will also affect my mind and body. If someone tries to inflict sorrow on me, I should not take it. Anyone can say anything but I should not take sorrow. I should live in joy and die in joy. My hands should always be giving, always

bestowing. Let this be natural.

Q. Dadi, being Administrative Head of this organisation, what is your advice for good leadership?

I used to look at Mamma. She was a very powerful and peaceful soul. She inspired me. She made very inspirational spiritual effort. She was younger in age than me but she became the mother. She was careful with everything. She considered herself an instrument and paid attention to make everyone contented and happy. Everyone had his/her own duties. Mamma was so caring and loving. I asked her how she could be like that. She said that we should always have the power of realization within. If we do anything wrong, we should accept that. Many aspirants only spend time watching and seeing what others are doing. Realize means 'real eyes'— the eyes to see the self. When we look in a clean mirror of understanding with honesty, we can realize and change.

I asked Mamma how she was so silent and cool. Mamma replied that her mind was her child and she looked after her child very well. When a child is small, the mother looks after the child very well.

The child then appreciates the mother when he/she is older. If the mother doesn't look after the child properly, later the child will complain. In the same way, my mind is my child – why can't I look after it well and make it behave? If I don't, my mind will become a vagabond. I should have self-respect. For this, I have to make my foundation strong. I need to have self-respect and respect others. Baba gives us so much understanding and makes things very clear.

We must give regard and respect to elders. Make younger ones enthusiastic and help them to improve. We have to know how to behave with every type of person.

Q. How do you remain free of burden whilst taking care of so many things?

Some people have the habit of doing little but showing they are doing a lot. Thus they become tired. They also become heavy. When we are tired, we can't share love. If you see others' mistakes, you will become heavy. You will make others distant from you. If we give respect and regard to everyone, then we receive a lot of co-operation. If someone is a true yogi, he will receive

co-operation without asking for it. If you become an instrument to benefit others, you will see how you receive help even if obstacles come. We need truthfulness, love and faith. These things make everything easy. For this, one needs practice over a long period of time. I have to keep a chart of my yoga very honestly. I should not let my yoga wander anywhere else. Nothing should attract me, nor should I be repulsed by anything. When there is attraction, there will be a pull towards that thing. When there is repulsion, I will push the thing away. I should not spoil my record. One is my behaviour with people and the other is my connection with God. I have to make sure that both are very good. For this, I have to check myself. We have to communicate with souls and we also have to communicate with God. Keep going to the Father and coming back. Your relationships with souls will then become good. I don't have to comment on what others are doing. My task is to make the atmosphere good. We have to give others good company. Others should feel that I have something to give. How does someone

reach a top position? It takes time, it happens step-by-step, gradually. We have to make sure that we don't develop ego while we are climbing up. I have to become a good person, without ego, so that when I reach the top, people continue to love and respect me.

Q. How can we free ourselves from asking the questions, 'why, how, who, what, when'?

Don't say 'how' say 'now'. When you say 'now', all these questions starting with 'w' (why, what, when) can be finished. We need

introversion, the power of concentration and realization. Realize that you may have to leave the body at any moment; so finish all these questions now. If you have the aim to practise what you hear, then it becomes possible. ●

PEACE BEGINS WITH ME

– **Sister Silvereen,**
Director of Brahma Kumaris, Venezuela

Incorporeal God Shiva reveals through the medium of Prajapita Brahma that Peace is my original nature. In order to attain it, I don't have to go outward. If I tell myself that I am supporting the drive for peace or I am fighting for Peace and in my mind I am hoarding thoughts of revenge, hate, criticism and anger then am I not fooling myself? Just the simple act of creating thoughts influenced by anger, hate, criticism, destroys every bit of my peace. Thoughts, words and actions influenced by anger, hate, revenge and criticism are negative energies that we send out into the atmosphere and which in turn create an ambiance filled with conflict and confusion.

When I say that Peace begins with me, then every thought, every word and every action of mine should be peaceful.

We need to check our thoughts daily:

How many negative thoughts did I create today?

How many of the thoughts were influenced by anger, hatred, jealousy or revenge?

Did I consciously create thoughts of peace, love and happiness?

Did I give good wishes to every soul I met today?

We need to take into consideration that whatever we see happening in the outer world is nothing but a reflection of our inside world. Have we realized why the whole world is in a state of unprecedented unrest? Whom do we hold responsible for the wars that are taking place? It is a hard reality that the seed of every war and conflict lies in the human mind. Let us first cleanse it. Only then can we hope to experience the lasting peace on this globe of earth.

Since each one of us is responsible for what happens in our life, let us understand that we are also responsible for the world to change and become a better place for all. The more my thoughts are charged with positivity, the more there is an experience of inner lightness in the self and this experience also ripples out not only to those who come in my contact but to the world at large. For this, let me begin with a thought. 'I am a peaceful soul. I share this peace with others.' Let Peace begin with me.

THE SERMONIZER OF GITA—

– WHO, WHAT, WHEN, WHY, HOW?
–An Invitation to Know.



– ‘Victorious Jewels’

(Contributed by B.K. Khem Jokhoo, Trinidad, B.K. Dr. Kamta, Trinidad, B. K. Ranjit Fuliya, New Delhi, Aarti, Mumbai and B. K. Gayathri, Bangalore.)

1. WHEN was the Gita sermonised?

The Bhagavad Gita is one of the most popular scriptures which people have been reading and teaching with great devotion. Some of the verses of the Gita are very well-known. In one of the popular verses – God says that He would incarnate in the world when there is a decline of righteousness and would establish *dharma* (*yada yada hi...*). According to the cycle of time, there are four main ages or epochs namely Satyuga, Tretayuga, Dwapar Yuga, and then *Kaliyuga*. It is believed that Shri Krishna sermonized the Gita in Dwapara Yuga. The question that many people ask is – If Shri Krishna had sermonised the Gita in Dwapar Yuga to establish righteousness, the age that followed Dwapar

Yuga is Kaliyuga. Kaliyuga is full of unrighteousness, and there is an all-round decline of moral and spiritual values. It is also said that a time would come when there would be a complete destruction of the human race (*pralay*). As per the *kaal chakra* (wheel of time), after the end of Kaliyuga comes Sat Yuga—the Age of Righteousness or *Dharma*—where the whole creation is replete with all celestial virtues. There will be health, wealth, and happiness for everyone in Satyuga and it would be veritable heaven on earth. So, it is more logical to imply that God would incarnate at the end of Kaliyuga, or before the beginning of Satyuga or to be exact, at the confluence or meeting of these two ages.

This period can be called the Confluence Age or Sangam

Yuga which is the fifth Age. So the five Ages would be Satyuga, Tretayuga, Dwaparyuga, Kaliyuga and Sangam Yuga. Now, let us examine the aspect of the form and attributes of God, the One who has the power to change this impure world.

2) Who is the Supreme Soul (Paramatma) — Shri Krishna, or God Shiva?

People call God by different names such as ‘Ishwar’, Jehova, ‘Allah’ etc., but He and His form remain the same.

1) God is one who is accepted by all, 2) He is incorporeal. 3) God is Supreme, 4) God is beyond all bondages of action, 5) He is omniscient, 6) He is boundless or unlimited in all His attributes. God is the father, mother, friend, preceptor/guide, teacher and protector of all souls. He is the only one who has no parents, guide, teacher or protector above Him. He is incorporeal. Unlike human souls, God doesn’t come into the cycle of birth and death. Hence, He is called ‘*Ajanma*’ (The one who doesn’t take birth). It is said in the Gita, “I am ‘*Mahakaal*’ (greater than death). Death can never approach me.” Upon taking birth, human beings are bound to act and get the fruits of their actions. God, however, is ‘*Akarta*’ (one who does not

perform any action) and ‘*Abhokta*’ (one who doesn’t experience the result of any action). God is said to be ‘*Trikaldarshi*’ (one who knows all the three dimensions of time – the past, present and future). God is described as *Trilokinath* or the Lord of the three worlds. He is also described as *Trinetri* i.e., possessing ‘three eyes’. He bestows the third eye of knowledge on human beings.

According to mythology, Sri Krishna was born to human beings; had parents, teachers; subsequently, he became old, and died. He is also said to have worshipped Lord Shiva before the Mahabharata war took place.

So, considering all these aspects, he can only be called a deity, of course, at the top, possessing all the sixteen celestial attributes but not the Supreme Soul, *Paramatma* or God.

3. What actions does the Supreme Soul perform?

God Shiva is referred to as *Paramatma* (Param + atma = the Supreme Soul), while all the other gods and goddesses in the Hindu pantheon are called *devi*, *devata* or deities. That is why the prayer goes; Brahma *devaaya namah*, Vishnu *devaaya namah*,

Shankar *devaaya namah*...but Shiv *paramaatmaaya namah*. The Supreme Soul never takes birth as humans do. He however takes a divine birth to salvage humanity. Divine birth means that He does not enter the womb of a mother; He enters the body of a human being whom He names Prajapita Brahma. He uses the mouth of this blessed individual called Brahma, to give the divine knowledge.

Since His birth is divine and spiritual, God is the One who does not have parents. That’s why the word ‘Shambhu’ is suffixed to Shiva. ‘*Shambhu*’ is short for ‘*Swayambhu*’ – the One who is self-created. It is also said that Lord Rama himself made and worshipped a *Shiva lingam* at Rameswaram before waging a war against Ravan. Sri Krishna worshipped the Shiva lingam at Gopeshwar. Similarly, it is said that on the battlefield of Kurukshetra, before the war started, all the five Pandavas and Krishna worshipped Lord Shiva as Sthaneshwar (Lord of the Place) to gain powers. It is described in the scriptures that whenever the deities faced any problem, they used to rush to Lord Shiva for help. We see pictures depicting Mahadev Shankar, doing *tapasya* in front

of a Shivalingam. It means that deity Shankar and Shiva are two separate entities. Shankar has a subtle body whereas Shiva is incorporeal, meaning He does not have a subtle or gross bodily form. Mahadev Shankar is not worshipped in the form of a *lingam*; the *Lingam* is called Shiva lingam, not Shankar lingam. Shankar is shown wearing a crescent moon, a snake around his neck with river Ganges flowing from his head. The conclusion that can be drawn is that Sri Rama, Sri Krishna, and Shankar are deities whereas Shiva is *Parmatma* or the Supreme Soul. God Shiva is incorporeal; He is a Point of Light, or *Jyoti Bindu*. For the purpose of worship, devotees use a Shiva *lingam* as it is not practical to worship a *bindi* or *Jyoti bindu*, Shiva’s true form. The Supreme Soul, God Father Shiva is the Creator of the three deities—Brahma, Vishnu, and Shankar. Shiva creates the New World through Brahma, sustains that world through Vishnu, and carries out destruction of the Iron-Aged world through Shankar. God is described as *Satyam*, *Shivam*, *Sundaram*, i.e., God is the Truth, God is the Benefactor, God is

beautiful (constantly pure).

4. The descent of Shiv

Paramatma at Sangamyug

If the spiritual secrets behind the festival of Shivratri are understood, world transformation would take place easily. Shivratri is not a festival for just Shaivites. If one studies ancient civilizations and cultures, it becomes apparent that Shivratri is a festival for all the souls of the world. For example, the Mahabharata says – “When this world plunged into clutches of darkness and vicious proliferation, an egg-like form of light descended and established a new world order. The light uttered a few words and gave divine birth to Prajapita Brahma.” (It is also mentioned in some puranas) In the *Manu Smriti*, it is mentioned that at the very beginning of creation, a point of light manifested itself, and its brilliance was like that of a sun. (*Manu Smriti*, chapter 1, verses 6,7,9) Likewise, in the *Dharma Samhita* (part of Shivpuran) it is stated that at the end of Kaliyuga, during the time of destruction, a magnificent light (*Jyotirling*) revealed itself and it was blindingly luminous and radiant. Further, it is said that

the light was eternal and it never decreased or increased in size, and that the world was created through this light.

In Shiv Puran (*Koti Rudra samhita* - 42nd chapter) God Shiva says that He would be revealed from Brahma’s forehead. When God Shiva descends at the confluence of Kaliyuga and Satyuga, i.e., at Sangam yuga, He gives the knowledge that Time moves in a cyclic order and that all the 4 Ages (Satyug, Treta, Dwapar, and Kaliyuga) get repeated in a cycle or Kalpa. This kalpa is of 5000 years duration. The 100-year period between the end of Kaliyuga and the beginning of Satyuga is called the Sangam yug or the Confluence Age. It is the most auspicious age because God comes on the earth at that time. In fact, it is the most elevated age because the souls become elevated in this period hence it is called the Auspicious Confluence Age. When God Shiva comes, He sermonizes the Gita, and establishes the ‘Original Eternal Deity Religion’ (*Adi Sanatan Devi-Devata Dharm*). This is the religion that continues in Satyuga and Tretayuga. The God’s descent and incarnation on the earth is known as Shivratri or Shiv Jayanti. Since

He sermonizes the Gita, it is also the birth of the Gita.

Not only the Hindus, but the Jews, the Christians and the Muslims also believe in an Incorporeal God. There are Shiva temples in every nook and corner of India. He is worshipped as Vishwanath in the east (Kashi), Amarnath in the north, Rameshwar in the south, Somnath in the west, Mahakaleshwar in Ujjain, Kedarnath in the Himalayas, Vaidyanath in Bihar, Omkarnath in Madhya Pradesh, Bhubaneswar, and Dwarka. In Nepal, Shiva is worshipped as Pashupatinath. The ancient names of God such as ‘Shuin’ in Babylon, ‘Seva’ or ‘Sevajya’ in Syria, Egypt and Fiji; ‘Sibru’ in the land occupied by the progeny of Abraham and Jehova are not too different from the Sanskrit word ‘Shiva’, which, according to some scholars, is the confluence of two phonetic parts, ‘shi’ and ‘va’, meaning ‘redeemer’ and ‘liberator’ from sins and sufferings. From the above referred statements, it may be inferred that the Supreme Soul Shiva has done something praiseworthy for the betterment of the whole world and hence He is remembered by people of all cultures and religions in

different ways. The Supreme Soul, God, incarnates in Confluence Age and educates human beings on how to lead a pure and elevated life. His sermons are called *Srimat*. It is the real Gita sermonised by God Himself that becomes instrumental in establishing a new, beautiful world called Satyuga or Paradise.

5. Is the Gita originally a part of the Mahabarat?

Bhagavad Gita comprises eighteen chapters (section 25 to 42) in the *Bhishma Parva* of the epic Mahabharata. Students of Sanskrit literature are well aware that the original form of the great epic was *Jai Samhita* ascribed to Vyas, which contained 8,800 *shlokas* (verses). Then there is *Bharata* with 24,000 verses as recited by *Vaisampayana*. The final version is the *Mahabharata* with over 100,000 verses. However, some scholars argue that *Jaya* and *Bharata* refer to the same text. In the Gita, there are 700 Sanskrit verses contained within 18 chapters, divided into three sections, each consisting of six chapters. They are *Karma Yoga*—the yoga of actions, *Bhakti Yoga*—the yoga of devotion and *Jnana Yoga*—the yoga of knowledge. From the Gita, one can learn accurate and

fundamental knowledge about God, the ultimate truth, creation, birth and death, the results of actions, the eternal soul, liberation and the purpose as well as the goal of human life. Some scholars opine that the Gita was originally a separate book, which was later included in the Mahabharat. They contend that in most parts of the Gita, there is no mention of any physical war. What is dealt in it is a spiritual war—mention of soul, God, nature, birth, re-birth, action or karma, devotion, virtues and vices, salvation, etc. Many scholars opine that the Mahabharata is an epic; it is not a history book.

6. What is the time now in the Time Cycle?

We need to realize that presently, we are at the most auspicious Confluence Age. God Shiva has already descended on the earth and has been teaching the souls the ancient Raja yoga. God is sermonising Gita once again in this *kalpa* in the Confluence Age.

The Brahma Kumaris have been spreading His teachings for the last 77 years. This Rajyoga course is given free of charge. There are already around 8,500 Brahma Kumaris centres in more than

135 countries. Brahma Kumaris Organisation has also been working with the United Nations for world peace and for the upliftment of humanity for more than 30 years.

We welcome the esteemed readers to learn this Rajyoga Meditation and establish a link with the Supreme Soul who is the Ocean of Knowledge and the World Almighty Authority.

POVERTY OF CHARACTER

— Pavithra, (student),
Cuddalore

Poverty is a dreadful tragedy
It is the curse of the country
From where has it come?
To this blessed country
Once full of all bounties.

Poverty starts from laziness
Selfishness and false-ego
Laziness appears enjoyable
But its output is horrible.

Let us learn from the ants
How to work day and night
Be industrious in all seasons
Inspire and advance, for all reason.

Friends, if we work hard and
do our best
We can achieve each goal,
pass every test
For uplifting country, effort is
main factor
Let's therefore uplift our
character.

THE HUMAN WRECKAGE



– BK Shivika, Ghaziabad (UP)

Genesis from the Holy Bible tells us that ‘God created man in His own image’. As such, we must understand and realize what this implies: that man was not created to be inferior or subordinate to God.

When God created this world, He adorned the nature with the splendour of sumptuous fruits and exquisite beauty of flowers and landscapes. The human beings were sheer masterpieces not only with respect to their physical appearances but also their thoughts, words and actions were so aligned that their every single expression made them worthy of worshipping. Man was endowed with divine intellect and uttermost pure intention so much so that indecision and fear never surrounded him. It was metaphorically a perfect period, in its sparkling brightness without a speck of darkness which lasted for 2500 years. But then onwards the world continued to fall in the depths of despair and disappointment, finally turning in to the human wreck.

It is quite intriguing to see

how divinity which once came so naturally, vaporized away from every single aspect of this world – from human-beings, animals, plants etc. and how the heaven turned into a devil’s home.

Many theologians have contemplated on what Man might have done to offend God that He had to exile him from a world which He Himself had made with such immense joy and enthusiasm. The enigma behind this question remains as various theological systems search for explanations. However, the real answer is given by the Supreme Soul, God Shiva, who explains the history of whole human world cycle. The ‘fall from grace’ was the result of five vices ie, lust, anger, greed, attachment and ego as human beings plunged into the depths of body-consciousness.

God saw them getting maligned and personified with lust. The insatiable desires, to acquire more and more material wealth, left them in abominable condition, making them exist in an eternal ‘Purgatory’. The blinding desire for a “boastful life”,

gave this world its inheritance of terror and slaughter. The consequences of colonialism and global conflicts of religion, race and nationalism embarked the beginning of a new era where men turned into anarchists and their hearts forsook love, sympathy and other human virtues.

Human voraciousness brought turmoil into the world. The nature changed its laws: sky refused to give rains; land withdrew her bounty of harvest; wind lost its musical touch and water became impotent. Today, the collapse of values has taken the form of a big question mark on the vitality of the purpose of the existing human race, as mankind faces global economic meltdown and catastrophic environmental changes.

For a society that strives for unhindered acceleration in the name of development, it is time to realize that the world was much more beautiful without big buildings around and without the cacophony of crawling automobiles and buzzing mobile phones.

This is the time of transformation which calls for us to find time and courage to ponder where we stand today, what we expect from life,

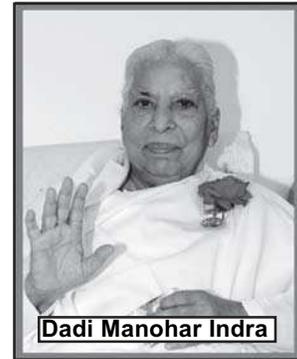
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DADI MANOHAR INDRA



– B. K. Surendran, Bangalore



Dadi Manohar Indra

On her spiritual ascension day, we remember the ‘Har Har Gange’ – Manohar Dadi, a very courageous soul, who was destined to associate with God to lay the foundation for a new world. Dadi Manohar Indra used to visit Bangalore very often to conduct Yoga Bhatti, and for important functions and even crisis management, especially in the 80s and 90s. So, we used to have very close interaction with Dadiji. During those days, we were small in number. Dadiji used to tell us insightful *yagya* stories, which inspired us to pursue our spiritual path more vigorously.

HER CHILDHOOD & OM MANDALI

She was born in 1924 in Hyderabad (Sind – now in Pakistan) in a rich family. Her name was ‘Hari’, but Baba gave her the spiritual name ‘Manohar Indra’. Her house being near that of Brahma Baba, they would frequently visit each other and attend family functions. The spiritual atmosphere of Baba’s household had an added

attraction for her.

When Dada Lekhraj received Godly visions, Manohar Dadi and her family learnt of this development. One day when she went to Baba’s house, the spiritual atmosphere there overwhelmed her. She found many men and women enjoying the transcendental spiritual experiences. She also came under the spell of this atmosphere. She wanted to serve God by serving the society. However, she did not have favourable family conditions. However, she joined the group and would meditate for long hours. While meditating, she used to go into a state of Samadhi. She liked the knowledge that she was a soul and her original nature was ‘peace’. In the meanwhile, her father passed away. There was gloom and sorrow in the family. But, she had the real knowledge that the soul does not die. Therefore, with the power of this knowledge she gave strength and courage to other members of her family, which surprised everyone that a small girl could have such a

control over her feelings and emotions.

BONDAGE & SUBSEQUENT FREEDOM

As she continued to go to the Om mandali, her *lokik* relatives started pestering her mother not to allow her to attend the *Satsang*. She was even locked up in a room and prevented from attending the *Satsang*. Her mother told her to get married. Dadi told her mother that she was married to the Lord and the question of marrying a vicious man did not arise. At this, her mother tightened the bondage. As the restrictions increased, she started getting divine visions and experienced super sensuous joy. She was getting spiritual sustenance in a subtle way. She started convincing her brothers, sisters, and mother with the power of love and peace and finally she overcame the bondage. Her strong conviction convinced her family and they finally let her go to the spiritual discourse and even gave a

letter of consent allowing her to stay in Om Mandali.

She told us that once Dadi Brij Indra was driving a bus in which, many children of Om Mandali were travelling to attend the Murli class. Suddenly the bus fell into a pit. It was a major accident. Many of them were seriously injured and were rushed to the hospital. The onlookers, doctors and nurses were surprised to find these children in stable mind with smiling faces telling the doctor that they were alright. The news of the children being injured in the accident and yet maintaining a stable state of mind was reported in the newspapers, which made a great impact in public mind about Om Mandali. That is why Baba used to call her 'gyan ganga' and 'Lioness'. A group of 12 was formed by Baba – called 'Manohar Party'. This group collectively churned knowledge and prepared speeches. Whenever required, Baba would direct Manohar Party to attend the service programmes.

During 1947, when Pakistan was formed, many people were butchered and slaughtered. But the Om Mandali was safe. Even Muslims used to visit the Om Mandali and offered help. The Muslims called them 'devis'

ON GODLY SERVICE

They came to Mount Abu in 1950 and Baba sent them for Godly service in 1952. When the godly service started, Baba sent Manohar Dadi and Gange Dadi to Delhi to visit their *lokik* relations. Once they started visiting their *lokik* household, the news spreaded that two divine sisters have come who conduct discourses on spirituality. Hence, they were invited by many temple trustees, Gurudwaras and others to conduct discourses. They came to Delhi and stayed at the Gouri Shankar temple in Chandani Chowk. After staying there for about two months and conducting classes, the temple trustees requested them to vacate the place. They shifted to a house on the banks of the Yamuna which had no doors. There was no alternative. They started staying there. One sister would be awake to keep watch over the house while the other would sleep. After about 3 days, one wrestler started keeping watch over the house. They were astonished to find him keeping watch over the house. However, they did not know the reason. After some days, there was a wrestling competition. This particular wrestler believed that the two sisters were goddesses and if he would serve them, he would

win the competition. As drama would have it, he did win the match. He came along with 12 other wrestlers to meet the Dadis with milk, sugar, coconut and Rs. 20. At that time the wrestler told them why he started keeping watch over the house. He had a divine direction to do this to safeguard the Dadis.

Sometime later Dadiji moved to Lucknow, then to Patna, Punjab and many other places. She was assigned the services of Karnal Sub Zone of Brahma Kumaris. However, when the Gyan Sarovar Complex was constructed, she was given its responsibility and she gave motherly sustenance to one and all. **She surrendered her mind, body, time and breath, successfully in Godly service and left her old mortal coil on 17th November 2008.**

On the occasion of Manohar Dadi's ascension day, we remember her specialities and make efforts to emulate her in our spiritual pursuits.

► 1. Dadiji was very strict in purity. She held *Shrimat* (Godly directions) in high esteem. She was an embodiment of purity. Dadiji refused to meet those who broke the vow of purity and left the path of knowledge.

▶ 2. Dadiji was a specialist in narrating the history of *yagya* based on her own experiences, almost until her leaving the body. Whatever she narrated had a personal touch and truthful originality and purity.

▶ 3. Dadiji had a wonderful quality of flexibility. Because of her flexible nature, she would be available to everyone. With her smiling face, she would release the tension of anyone who wanted to share with her any serious problems. She was humble while at the same time she was an embodiment of renunciation.

▶ 4. Baba Himself had given her the title 'Lioness'. She was fearless. She was a fighter. She would solve any kind of problems with ease.

In her classes, she would ask us to look at Baba as '*Dharmaraj*' so that we could keep watch over our *karma* to see that our *karma* was always par excellent and of superior quality.

GOD'S MURLI – **THE TREASURE STORE OF ALL SECRETS**



– Dadi Janki

Our sweetest and the most beloved Shiv Baba explains clearly to us the significance of *Amritvela* (the nectar time), when Baba and I, the soul, are alone... and at that time we gain a variety of experiences.

There is also great benefit in listening to the Murli accurately. Murli acts as a mirror, shows us our flaws and guides us how to overcome our weaknesses and shortcomings. Baba opens up the box of secrets in the gathering. While listening Murli, we should consider ourselves only His students. During the class, Baba becomes the Father, Teacher and Satguru, together with *Dharamraj*. **He is the Innocent Lord whom we have praised for many births and who now comes to bring us great benefits.**

We should remain in silence. **The task we do should be accomplished through silence as Baba continuously helps us – this is called the Act of God.** In fact, we are not doing anything – Baba is getting His work done through us. We have been blessed with unlimited intellect and thus we are very happy. There is nothing to be unhappy about. We are doing spiritual service of mankind and thus the whole world is happy with us. I need only to ask myself if Baba is happy with me.

What is meant by surrender? Surrender means to use my mental and physical resources and talents in Baba's service, with honesty. Having surrendered our intellect to Baba, we become free. There should then be no other thought. **If you have any other thought or doubt, it means you don't have a faithful intellect. Suspicion weakens both the mind and the body. The remedy for this is to stay in the state of *Manmanabhav* (Remembering Supreme Soul God, realising the self as soul) and *Madhyajibhav* (Remembering the inheritance of Godly Knowledge, i.e., Golden Age).**

Now move forward. Keep progressing – don't look back. One needs to look forward with faith in the intellect and this faithful intellect will work wonders. **If anyone were to ask you about your stage, you should have the firm conviction that you are unshakeable and immovable. Whether you live in the household or in a centre, *Maya* will definitely come to you in one form or the other. For this, all I have to do is to listen to Baba and act accordingly. I need to become courageous and powerful.**

I need to think; whom do I belong to? It is God Himself. There should be great royalty in me on becoming aware of this. Throughout the day, Baba is with us in the form of a companion, in the form of the most loved one. He walks hand-in-hand with us and gets His work done through us – His companions.

WORLD DAY OF REMEMBRANCE

For Road Traffic Victims

17 November 2013



World Day of Remembrances (WDR) for Road Traffic Victims is...

An Occasion to give vibrations of peace to the departed souls.

An Opportunity to subtly support the bereaved families.

A chance to *dedicate* few precious minutes to express that 'We Value Life.' An *acceptance* of the need for Change in Life at Emotional level. An occasion to *pledge* for positive change, beginning with Me.

In a bid to go ahead of each other, to acquire the most, advancements have been done at the most possible speed. In Transport sector 'Speed' has become buzz word for success. In the process, people have even forgotten the importance of the Self and Life. That seems to be the cause of increasing rate of Road Accidents at alarming speed. This in fact has caused loss of life, partial or

permanent disability and trillions of dollars to the exchequer too. The affected people get depressed and feel dejected at such a level as if, for them there is nothing left in this world.

People affected by Road Accidents may get physical help, medical help or some financial help initially. But the affected and dependents of victims don't get much needed help at Social or Psychological level to come out of trauma they face as aftermath of the accident. Sometimes even medical aid becomes inadequate for the purpose. The departed souls need vibrations of peace and their dependents require inner empowerment which in fact is possible by Spiritual means. Some of the researches have proved that Spiritual Counselling is far better than psychological counselling for the patients of road accident trauma. That's why some of

Psychiatrists advise their patients to learn Spiritual Art of Living and practice Meditation for Empowerment.

So there is a need of such training programmes which can inspire the participants to give importance to their life and to work for safety of self and others. Transport and Travel Wing of Brahma Kumaris organise Safety Awareness Programmes for masses and Skill Development Training programmes for drivers. The programmes on 'Self-Empowerment through Meditation' and 'Safety through Spirituality' have been found very successful.

REMEMBRANCE IS...

The ability to communicate with the power of thought

– a media of subtle relation with a loving heart

– a way of sending feelings to the invisible

Offering Peace and Power through Meditation

Thousands of individuals, who have been practising Rajyoga meditation, by meditating collectively, can transmit the power of their elevated thoughts and can contribute pure feelings to all victims and survivors of road accidents worldwide. They can inspire people to create a vision of safer roads and to

commit themselves for practical action. They can radiate feelings of courage, hope, compassion and forgiveness through power of thoughts. It is worth to mention that WDR events organised last year by Transport & Travel Wing of Brahma Kumaris had got in immense response from people of many countries. The dignitaries who participated in those events had shared their views. One of the views mentioned has been transcribed here:

After more than 27 years of experience in the field of road safety, I now believe that spirituality has been the missing dimension in road safety policies.

– Mr B. Buntipilly – Special Advisor on Road Safety Matters at the PMO, Mauritius

This year, UN has declared, November 17, 2013 as **World Day of Remembrance for Road Traffic Victims** for the purpose of empowering the affected people and the survivors and to give peaceful vibrations to the victims. Brahma Kumaris, an NGO affiliated with UN, observes ‘World Peace Meditation Day’ on third Sunday of every month. This world-renowned Institution has its Centres worldwide so WDR events organised by this institution will be very effective in contributing the objectives of UN. It is a matter of coincidence that 17th November is also the third Sunday of November. So, Transport & Travel Wing of Brahma Kumaris have decided to organise many events to empower the people affected by Road Accidents through Collective Meditation, Candle March, Safety Pledge, display of Hoardings, Banners, Inspiring Slogans and many other special events. Some of the programmes will be of one month duration; some will be carried out for few days besides special Collective Meditation on 17th November.

SPIRITUAL ENERGY

– Sheila Williamson,
Fremantle, Western Australia

Now we awake to our universal light force
Rediscovering spirit, the deep wisdom within
Where ego dissolves into the higher self
And one soars high like an eagle
Transforming the vices into virtues
Through righteous thoughts, attitude, actions
Elevated thoughts in this impure world
Like the Lotus flower, roots in the mud
But looking up high towards the light
The light of their heart is the Sun
The light of their mind is the Moon
Light comes through a journey into darkness
A door opens in a dark room to reveal light
Become elevated, transform to an angelic state
Pure in heart, calm in nature, strong in spirit
Fly beyond space and time. And be an angel
Sparkle like the jewel that you are
No words, just silence, super-sensuous joy
This is heaven on earth.

We are all actors playing our roles on the world stage
In this wondrous pantomime of life
Open the eyes of the heart; go deep within
Learn the lessons of life, go forward and upward
There is pain in bondage of the mind
There is freedom in letting go
Listen to the body, the temple of the soul –
A vehicle to respect and care for
Communicate, share your gifts, have faith
Our universe is a gigantic ball of energy
A cosmic light-bulb with myriads of sparkling jewels
Rejoice, experience this wonder; see the beauty
Be your higher-self where strength magnifies,
We are the stars that shine and sing
Be the angel you were born to be — spiritual power
Our faces sparkle with jewels of contentment
Super-sensuous joy and bliss!

NURTURING NATURAL TALENT



–Jissy Thomas, Baroda

I have been teaching school students for the past 12 years. Even now, each day begins with a prayer that God may grant me the strength to mould the lives of my students. But it isn't easy. The times have changed and so have the students. They have become more aggressive than before. I was shocked to see kids as young as three-year old, beating others or even harming themselves to get the work done. We have got no right to judge those kids. Who knows what could be the reason for their behaviour? May be, their parents have separated or their fathers abuse them physically or parents pamper them so much that they expect to get the same kind of pampering from people in general.

Amidst depressing situations like those mentioned above, there have been some instances which have changed my outlook. There was this case of a student who played drums extremely well. She joined the

school band. Soon, she became popular but along with this popularity came a problem. She became arrogant and started thinking that, without her, the band would not function at all. It was necessary to make her understand that nobody is indispensable in this world. So the bandmaster decided that she would be out of the band and another student would be trained. I felt really sad because I knew that God had gifted her with a talent that would not be honed because of her ego. That was years ago.

After staying away from the band, she realized her mistake and consequently her discipline improved. Later, she was re-inducted in the band and she continued performing on stage. I met her when she was about to graduate from school. We chatted. I asked her about her studies. She said that she was finding it difficult as she also attended tuition classes after the school. By the time she reached home, it was late in the evening. She used

to be so tired that she could not take time out for any other activity. I had a lump in my throat.

The other day, I was supervising for the Board examination. One of the students had finished writing and, as he still had time left, he began to draw landscape in his question paper. I was stunned to see a beautiful drawing. He had drawn trees with branches and leaves just like the natural ones. I suggested to him that he should join Faculty of Fine Arts and develop his drawing skills further. He said he wanted to pursue fine arts but his parents did not allow him to do so and they made him take Science stream forcibly. I was stunned but, on second thought, I realised that his parents' attitude was not entirely wrong. They were surely aware that in India, an artist cannot earn his living by art alone. In future, he may become a doctor or an engineer or a scientist. They must have thought that in that case, his future would be secured. But I thought: would he not lose his artistic talent afterwards? Will he get time to draw landscapes after becoming a doctor or an engineer?

(....contd. on Page No. 34)

SWEET ARE THE USES OF ADVERSITY



– BK Jegasothi, Jaffna (Sri Lanka)

Today mankind is facing an unprecedented crisis—of values and virtues...crisis of fellow-feeling, lack of sympathy and universal brotherhood across the globe. Every one of us seems bewildered at the speed of developments taking place in all spheres of life. Education and systems have become refined; there has been advancement in science and technology and global communication has improved immensely enabling us to connect in a second and also talk to people face to face, even though they are far apart. All this has contributed to give everyone an illusion of progress. Most of the people believe that civilization is advancing but in reality it is deteriorating. Because those people who take pride in such advancement also accept that they are not enjoying healthy, loving and peaceful relationships. Though people have better salary, bigger homes and beautiful cars but deep inside there is hollowness of intolerance, narrow-mindedness and hate.

People get enraged over petty issues leading to clashes, disputes or even blood-sheds.

The nations criticize, fight and attack each other over trivial issues. Fine buildings, picturesque landscapes and everything that is so beautiful to look at, are certainly signs of advanced civilization; but when you look at the great nations fighting with each other and killing thousands and millions of innocent people, then you are forced to ponder whether we even have the right to be called 'human'.

Can we be really called civilized when we have lost the sense of love, compassion, non-violence etc.?

Gandhi ji was a great example of the ideology of non-violence. He practised what he preached and, therefore, today stands as a role-model not only to Indians but to all the nations of this world. He was an embodiment of knowledge, virtues and *dharma*, i.e., the practical way of living. Shall it be wrong to say that civilized living lies in not just being good at knowledge or being skilled in

art, language, culture but in the virtues of being humane and humble. Learn to think for yourself and perceive and respect good qualities and values.

At this time of overall transformation, we need to take every step to utilize the resources in the creation of a perfect humanistic society with great values. Transform your attitudes, make your vision clean and clear and help to transform the people. Reforming your attitude and vision, will automatically transform the world and make it a better place to live in. The loss of realization of virtues and being indifferent to the need of human values are the major causes of disaster. Today man's desires concern merely with money-making even if it comes at the cost of human life or nature. People prefer personal interests over the collective interests. Now we have the rule of hate, intolerance, mafias and corruption.

Day by day hopelessness is increasing in the minds of all human beings everywhere. Various countries and nations have tried to get together to guide the people towards 'oneness' irrespective of language, religion or nationality. However, they have failed to do so. This change can come when there

is realization that there is unity in diversity. That is there should be unity in diversity. This would be possible if we understand and realize Baba's words of truth and knowledge. Let us realize that we all are the children of one God, the Supreme Father and this fact should make us understand that the person beyond the borders of my house, my city, my country is none other than my brother and sister since they too are the children of the same Father. The Knowledge of being a soul helps me to see the world in different light. We ask ourselves, what is needed now in our world? And then affirm the thought, "today I will choose to see the world through the eyes of compassion rather than judgement." This understanding, tolerance, co-operation and unity will definitely help to build up a happy, peaceful and prosperous world. Hence, let us work together for the well-being of everyone and spread the power of pure love, compassion and mercy. ●

(ON CHILDREN'S DAY—14TH Nov. 2013)

THE REAL CHILDREN'S DAY

– BK Yogesh, BK Colony, Shantivan

Children — most innocent, honest creation
They'll fulfill India's hopes and aspiration
Called Mahatmas for their innocence and purity
Exquisite smile removes all tension and disparity

Their virtues resemble original ones of the soul
Be happy, make others happy—is their only goal
They teach us Equality and universal Brotherhood
Yet, we fail to learn, wearing masks of falsehood

As Pandit Nehru loved them in a unique way
His birthday is celebrated as Children's day
Still suffer from neglect, malnutrition and abuse
Forced to be criminals and depressed profuse

Millions still await real affection and compassion
Their childhood dreams turn into sheer frustration
Deceit, betrayal and infidelity they get in return
Except God Shiva, who can help and heal children?

Being His soul-progeny, we're all His Children sweet
By adopting virtues, let's welcome heavenly treat
There's Peace, Prosperity and Harmony abundant
Soul, nature and creatures in perfect harmony, fragrant



TIME



– B.K. Sapna, ORC , Delhi

Sweet divine soul
Play beautiful role
As time is short
Make sincere effort

Ignore a slight mishap
Forget what's bitter and past
Sit comfortably in His lap
As God is your resort last

Don't think what others do or say
Baba sincerely you must obey
Practise what God Shiva teaches
Victory will be yours, waste will finish

Don't worry about tomorrow
Make your present free from sorrow
Enjoy today's beautiful events
Virtues and Values, as God's presents

Singing always this song
'Shiv Baba is mine!'
To the Greatest Truth we belong
He's Beautiful and Benign!!

THE WOMAN IN YOU



– B.K. Vithal, Visakhapatnam

“In a woman, man is conceived; from a woman he is born; with a woman he is betrothed and married; with a woman he contracts friendship. Why denounce her, the one from whom even kings are born? From a woman a woman is born, none may exist without a woman.” – Guru Nanak

Every person has emotional needs like love, acceptance, respect, to be desired, security, whether it be a man or a woman. Only when these needs are met, does the person feel safe while dealing with another individual or a group.

Are women safe in today's world? The very usage of the word 'Security' in respect to women brings into limelight the challenges being faced by them today. Apart from the aspects of proving themselves in what is believed to be a man's world, they need to adhere to their stereotyped portrayal of a 'woman' by the society. But, maybe the problem lies deeper...

Perhaps, it is the concept of treating woman as different

from man that has led to the design of a system, where each is assigned their separate roles. This may have led to the assumption that one is superior to the other, thereby resulting in a fierce struggle to establish this fictitious supremacy. Let us consider a better and more realistic proposition, which might heal the disease of oppression of women that has been ailing mankind for so long.

There is a Woman in each of us

Have you noticed that we are sometimes judgmental and sometimes understanding; we like to move and explore at times, yet just be and experience at times; we find ourselves self-centred at one time and selfless at another. It is our nature to embody both masculine and feminine qualities. Balancing the duality within is the essence of evolution. However, during the course of our History, we have witnessed a transition from honouring feminine energies to glorification of the masculine energies. This has

led to a culture possessed by domination and aggression, resulting in decline of time-honoured values and respect for mankind as a whole. The violence, sexual transgressions, excessive materialism and consumerism, being witnessed at this point of human civilisation, are all consequences of this loss of balance in the universal energy. It is now time to embrace the feminine aspects within us all, such as love, nurturing and empathy, which we are conditioned to label as *weak*. Yet, salvation to the ills that torment the world today lies in re-emergence of the dormant Feminine Strength. Feminine energy is all encompassing, empowering and enriching.

The Child of God

Woman has been placed on the highest pedestal from ancient times, as the symbol of Mother Nature and as '*Adi Shakti*' or the primordial life giving energy. All the religious teachers, preachers and prophets have emphasized the importance of respecting womankind as an essential step in the progress of humanity. Yet, in many cultures, women are kept away from spiritual practices and even considered as the symbol of desire and temptation,

branding them as unfit for the holy path. Surprisingly, a detailed reading of teachings in different religions presents a different picture.

Jain religion pointed out that there is no difference or distinction as far as the souls of a man and a woman are concerned, on the spiritual plane. In religious and social functions of the Jain fold, a woman enjoys as many rights as a man does. Where a man goes, woman can go; what a man does, woman can do. In Sikhism, Sikh Gurus invite women to join the *Sangat* (congregation), work with men in the *langar* (common kitchen), and participate in all other religious, social, and cultural activities of the Gurudwaras (Sikh places of worship). Most verses of the Quran stipulate liberation and equal rights of woman and call upon Islamists to be the right-guided leaders for the salvation of men and women, emancipating them from the shackles of history and convention, and steering their life clear of the aberrations of mutative change. Christianity says "There is one body, and one Spirit, even as ye are called in one hope of your calling; One Lord, one faith, one baptism, One God and

Father of all, who is above all, and through all, and in you all." The difference between male and female is only biological; in Christ, there is neither male nor female.

The essence of every religion indicates that Man and Woman are children of the One Supreme Soul. In fact, in a spiritual sense, it is said that every soul is a wife and the Supreme Soul is the husband.

Their communion or 'Milan' is the greatest achievement that one can aspire for in his or her lifetime.

The Home Maker

Our society is built up of families; the stronger a family, stronger the society. The foundation of a family lies in the tradition of marriage. And the key to a successful marriage lies in the blossoming of a true relationship between man and woman. In these turbulent times, where stress pervades the populace, the subtler aspects of a beautiful family like spending time together, eating and cooking together, discussing and learning subjects of morality and spirituality are fast becoming a casualty. It is not the duties that a man and woman share as husband and wife that define their relationship, but

the overall development of their individual personalities by complementing each other.

"A committed, permanent, faithful relationship of husband-wife is the root of a family. It strengthens all the members, provides best for the needs of children, and causes the church of the home to be an effective sign of Christ in the world" (U.S. Catholic Bishops)

An equal place in society for woman can be achieved only by providing her, her rightful place in the family first. When the family members treat her with respect, if not the reverence which she deserves, then the children of that family will start bringing this culture into the society.

The Leader

"The division of labour must be made by aptitude and ability, not by sex; if a woman shows her skills." – Socrates

We view Bharat, the land of deities, where woman is worshipped with honour and pride. This country had a woman prime minister for over 15 years and boasts of legendary queens like Rani Jhansi Laxmi Bai and literary jewels like Sarojini Naidu.

Women of this land are leading corporate houses,

marking their presence in politics and breaking records in sports. Yet, unfortunate incidents of ill-treatment and exploitation continue to maul the spirit of this God's chosen land. Today, the nation calls out in one voice for security to women.

When our intentions emerge from honesty, our thoughts reflect clarity; When our thoughts reflect clarity, our actions are filled with purity; And when our actions are filled with purity, the society experiences security.

Then the woman, within us and in the world around us, shall be secure.

True Security for woman comes from independence. And independence comes from education. And true education is wholesome, neither limited to a section of the people nor to the acquisition of a Degree, but that which teaches a way of life which brings peace and happiness to one and all.

When we balance achievement with growth, blend pleasure with caring and harmonise development with understanding, we may call ourselves educated and civilized.

The Woman

It is said that it is difficult to understand a woman. The proper interpretation could be that we have lost the significance of feminine traits and qualities in our evolution.

We walk on a one-sided path to progress, blind to the dying aspects of morality, inner values and benevolence, that lie on the other side. In the race to win, we forget the joy of sharing. As we master the techniques of war, we let go the art of trusting. In the mad rush to possess and accumulate, we no longer remember to gift. As we scramble our way up to the top, our hand no longer pulls up another.

Is the world around us a reflection of our own lopsided selves? Have we killed the woman, who is an integral part of each of us? Do we no longer play with our inner child? The secret of an integrated personality lies not only in strengthening the man within, but also in caring for the woman in you and nurturing your inner child.

And when our personality is complete, so is our society. And in this ideal society, every woman shall be a Queen and every man a King.

“The deepest experience of

the creator is feminine, for it is the experience of receiving and bearing.” – Rainer Maria Rilke

(Contd. from Page No. 14)

from the world and what we deserve? As God Shiva tells us that this is the time to replenish our spiritual energy which in turn will renew the whole world. Whatever we do makes a difference and directly or indirectly affects the lives of others through our thoughts and actions. Therefore, it is time we realized that only through transformation within ourselves everything can be brought back to order. For this, a sincere practice of Rajyoga Meditation can help us find the flaws as well as the virtues hidden within us. Its regular practice helps us find the beauty of peace, love and happiness that is inherent within us and reflect them in our every thought, word and action. Rajyoga is a tool through which you can carve the stone of intellect and embellish your soul with divinity. After all, it is also the time for ‘human ascension’, for those who follow the *shrimat* (Directions) of the Supreme.

(Contd. form October issue 2013)

SPACE RACE - TO THE SOUL

(Are you a wall or a ball? Are you the carpenter or block of wood? Do you ever try and sail uphill in a glass boat? Are you a rocket man with a golden key around your neck? Can you think before you speak? Do you always think before you act? Are you as big and as bright as the sun? Is your world flat with many banks and shops? Are you sitting at God's table? Or are you starving to death? Are you such a good soldier that God salutes you?)



—B. K. David, Paignton, England

Most do seem content with the cake shops and prizes of this very sad and predictable world. Their weak and restrictive minds cannot see or grasp a greater existence where anything is possible and where the most beautiful and unbelievable things happen not only every day, but every second. It's a world of unbelievable beauty which delivers everything you ever wanted in life every minute of the day. It's a world God is promising and for which this journey of today is necessary in order to reach it. Yes the cake shop of this superficial world, is now open and its rewards and sweetness is visible, but that prize is a prize that will cause you only a headache, toothache and one second's gratification. There is a choice between the limited corner shop of hell with its endless suffering or God's

unlimited shop of heaven, health, happiness and unlimited prizes and rewards for you to enjoy anytime any place.

Man's outlook and forecast is bleak.

The weather forecast for our present world with its corner shops and its people is destruction! However, the forecast for heaven is imminent sunshine and love, once you've landed and set foot on its surface there are no dentists, corner shops or suffering on planet heaven. There are even no flower shops as there is such natural beauty and flowers everywhere. There are no Wellingtons, sun creams, tablets, health shops, discount stores; online bargains or 'buy one get one free' offers anywhere to be found in heaven. This is a world promised by God and He delivers what He promises - a

world worthy of being called heaven.

There are three guarantees in life.

You'll need total courage, faith, virtues, qualities, spirituality and no baggage to be light enough to board His flagship rocket to the stars. It's not a big rocket and does not have many seats onboard as only a few will have all those necessary qualities and purity to be able to sit for many years quietly whilst on their journey. It can be a very bumpy journey wherein you have to check that you are not carrying anything you shouldn't be carrying and which is strictly forbidden on this rocket and its journey. The destination is guaranteed, the company is guaranteed and so are the rewards -- but the smoothness and comfort of the journey is not guaranteed. There are only three guarantees in life: the destination of this Godly

journey, its rocket and today's suffering. You choose which guarantee you want.

Is your world still flat?

We must learn to see and feel way beyond this physical world which is at our fingertips all the time. We must look beyond our limited bodies or gratification that we seek from it. Today people live within the consciousness of the body and that consciousness is an unhappy place to be in this world of sorrow. Should you doubt that fact, look how unhappy the people in world are, and they are all living on the same body-consciousness planet and have the same body-consciousness outlook on life and look within a body-consciousness mirror every day.

Do you look at the floor or stars?

If body-consciousness was the answer and driveway to happiness, the world's people would have been dancing in joy. Yet when we look at the world and its people with honesty, the reality is most walk round in sorrow and unhappiness (looking at the floor). Thus, it is elementary that the problem lies in the way we see ourselves. To see the self as the body of arms and

legs, ears and toes, is to still think of the world as flat. What would you call someone who still thought the world to be flat? You could call them 'iron head', as even a caveman never thought the world was flat. Man has advanced externally but is still spiritually backward, living a life based on unreal concepts.

Are you a bottle or bubble?

We live incorrectly as we see incorrectly and so act incorrectly. But all our sufferings are correct and fit our crime of all our incorrectness. The reason for all this incorrectness and its relative is our identity. We simply do not know who we are. We are not the bottle of pop (body) but one of the bubbles (soul) inside it. As we do not know who we are and live our lives upside down and back to front, we end up living life surrounded by unhappy gas.

Our bodies are dangerous and if not careful, will kill you.

Become the bubble and discover the true happiness that only resides in the bubble and not the bottle. By becoming the bubble you will have more fizz in your life. By being the bottle you will crack

up more easily. No harm can ever come to a bubble. Bottles can fall on the floor and break, causing everyone a problem and harm. Have you ever heard of anyone hurting themselves with a bubble? It's always worth remembering that a bottle easily cracks and breaks with misuse. Bubbles are light, float, fun, give pleasure and whilst bottles are very useful, have proved very dangerous.

Forgetting your face is not as easy as forgetting your house keys.

In this spiritual race it is those who can forget their face (body) who'll win the race and claim their prize. It is those who have learnt to think before they speak, think before they act and reason before they think who'll stand before God on the podium facing heaven. They shall receive a gold medal in the shape of a key, which is unlimited and shall hang round their neck for eternity. The podium may come and go and so will heaven and God but the medal and the achievements gained to win it shall stay with you forever.

Is yours a world of pain and no gain?

There is a world of difference in performing in



God's Olympic Games where there is sheer wonderment at every turn, and in entering man's Olympics of pain. In man's daily games of life you need to endure constant pain to receive even an artificial metal leg or plastic false teeth. Nothing comes to you today without either much effort or pain -- or both. You receive God's medal in your next life in the next world. Man's reward is received only today, every minute, with its unending stress, aches and pains, sore heads and backs and blood pressure (BP). We really do live in a world of pain and no gain.

Do you find yourself always having to eat at man's two-legged table?

You need to learn to step out of man's world into God's world and live with no pain and constant gain. Otherwise, you will always find yourself sitting at a table, which only has two legs. Can you sit around a table that only has two legs and eat your food? How can you ever be free to eat your food when you have to have both hands on the table to stop it from falling over? This truly is a world which leaves you with precious little time to achieve anything of real lasting value in your life.

This is the world in which we are lucky to find ourselves with any hands free to eat or time to look after ourselves. This is a world which has no time or gives no importance to relaxation as it is so preoccupied with work, money and self-gratification. In doing so, we find ourselves having to live in a state of exhaustion and tiredness. We have chopped off our own legs and now have to suffer the consequences. The results of our stupidity and ignorance are apparent and abundant everywhere - if you can spare the time to look. Only those who eat with God at His table have learnt not to struggle in life and let God serve them. You should treat life like a game of tennis where 'you serve' the world and 'God serves' you!

In what age (awareness) do you live in? The old age? Or the new age?

Are you in the invisible space race today? Or are you blinded by the sun? Or perhaps you are too occupied relaxing in your TV armchair? What do you see when you look in the mirror? Do you see an incognito hero which no one else can see except you? Or do you walk round showing off, enabling everyone to see first-

hand a real fool and plastic hero that melts in the sun?

God salutes His heroes who have managed not to fall victim to wearing the fool's body-conscious medal.

By us constantly meddling in body-consciousness, we now have to constantly wear the sun's (body-conscious) medal of sorrow which is very heavy and a painful experience. This is the 'Fool's medal' presented to those who lack self-awareness, spirituality, courage and self-discipline. Most wear this medal and none realise they are wearing it.

God runs next to those who wear the uniform of truth.

Few are worthy to receive and wear the incognito 'Hero medal' as it's only presented by God Himself to those who have served Him, who have self-awareness, have shown bravery on the field of action, are always on parade and alert, are armed with their weapons (powers), are self-disciplined, have much love and who wear His uniform of purity every day. God salutes such real soldiers and heroes of today - and prize winners of tomorrow. Attention!

(Concluded)

(Contd. form October issue 2013)

SAKASH – GOD’S UNLIMITED POWER FILLED WITH BLESSINGS

– B. K. Khem Johhoo, Trinidad

Sakash can be given through ‘eye contact’ to those visible in front of your gaze. The intellect acts as both an absorber and reflector. The intellect first absorbs the *Sakash* and accumulates it and when the soul is fully immersed, full of love and in subtle embrace of God, the intellect reflects the *Sakash* through the calmness of the glazed divine eyes with a happy contented facial countenance. The eyes are still and calm and the observer gets the feeling that his body is here but his thoughts and mind are very far away. The observers get lost in this peaceful spiritual atmosphere and divine countenance of the face and eyes as they experience these feelings through vibrations.

Giving *Sakash* to Distant Souls

Sakash can also be given by projection of your angelic form through deep concentration and visualisation to any part of the globe or universe.

You actually experience yourself in distant places giving vibrations through the intellect. The intellect in this case acts as a ‘powerful transmitter’ that can transmit to wherever you so desire. **It is as though each ‘thought’ is inflated with powerful *Sakash* and the intellect launches these ‘*atmik Sakash* thought-bombs’ that explode releasing true spiritual love.** To do this, one must acquire a highly elevated stage through constant practice of meditation acquiring a clean and clear intellect. The intellect here is described as a ‘viceless, wireless set’.

The practical benefits of *Sakash*

Sakash is filled with power and hence can provide solutions to all mundane problems. If someone has been searching for spiritual help and has been making effort to improve on his own spiritual stage, his intellect remains clear at times immersed in the hope to find God one day.

When yogis give *Sakash* to the world, these vibrations travel far and wide, creating a peaceful atmosphere. Yogis are also in the practice of releasing good vibrations wherever they are. These vibrations create a peaceful aura that spreads around in the atmosphere. Those who are in close vicinity pick up the vibrations in the form of a peaceful fragrance and experience calm. As nothing negative can remain in a divinely-charged atmosphere, it is quite likely that a soul in close vicinity will be able to discern these pure thoughts and recognize God. That soul would be drawn to that person and attract some divine knowledge through *Sakash* or his thoughts would guide him to where divine knowledge is taught. Many souls share their experiences how they came in contact with divine knowledge and that they don’t know what lead them there except they had the feeling that they should go there. This is the power of *Sakash*.

***Sakash* used as Spiritual Protection**

Pure vibrations can also be used as a method of spiritual protection. If you are face to face with a stranger whose vibrations are felt impure, then you immediately connect with

the Supreme Soul and send out *Sakash* to that person. The person simply sees white light and not your body. That person feels temporarily loved, dazed and neutralized. If the person with impure vibrations has any ulterior motive, the pure *Sakash* can transform the negative thoughts and render the person harmless. Similarly, you can send *Sakash* to anyone wherever they may be if you get the feeling that person may be in danger. The *Sakash* forms a protective shield around that person giving immediate help. So too, a yogi, in constant remembrance of God emits vibrations to remove known as well as unknown obstacles in his path. *Sakash* can be used anytime and anywhere and it guarantees protection and solutions to all problems.

Avyakt Murli dated 20.10.08: BapDada knows that the times that are to come will be of great distress. All of you will have to give *sakaash* and your giving that *sakaash* will become your intense effort. In a short time, you will have to give all powers through *sakaash* and those who give *sakaash* in such delicate times, however many you give it to, whether you give to many or a few, that many will become

your devotees in the Copper and Iron ages.

Avyakt Message 19.11.08: Baba showed us the scene of how to give *sakaash* to the sorrowful and disquiet world. Baba said: The message has to be given to everyone, but where you cannot enable the message to reach through words, you have to give *sakaash* with your mind. By doing so, the task will be accomplished very quickly. Just as with facilities of science, such as the TV, you are able to see and hear very easily, in the same way, many will receive the *sakaash* of your power of silence easily and everyone will be attracted towards Baba and come here. Just as they used to have visions while sitting at home, in the same way, they will see people dressed in white in the form of light and they will receive *sakaash* from you.

Avyakt Murli dated 30-11-2008: Now, according to the time and according to the call, there is a need to give each unhappy soul a drop of happiness and peace by giving them *sakaash* through the mind.

In Avyakt Murli dated 15.12.08, Baba says 'The work of all of you is going to increase a lot more. Now, a lot

of service still remains to be done. Now, you are going to have to do the work of giving *sakaash* with your mind. In the beginning, Father Shiva entered Brahma and gave *sakaash* to everyone while they were sitting at home. Some had visions, some heard someone telling them to go to a particular place, some received inspirations having heard this and they thought, "I have to go there!" ... Whatever happened at the beginning is going to *repeat* at the end. **Therefore, increase the power of your mind and also increase service through your mind.** At that time no one will listen to your lectures. No one will take the *course*, and the conditions will become severe. You will have to do the service of giving *sakaash* through the mind. Therefore, practise this now, not just at *Amritvela*. Even if you are performing actions, every now and then in-between, *control* your *mind* from all directions, become concentrated and see whether you are able to give *sakaash* or not.... Become introverted and find five minutes every now and then. Not just at *Amritvela*, but this practice is needed day and night. *Try it*
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VIDHI, VIDHATA AND VIDHAN



– B.K. Anand M. Hans, Delhi

Usually, the three captioned words *Vidhi* (procedure), *Vidhata* (God) and *Vidhan* (principles) are placed in the order shown above but, in fact, the order should be in the reverse; that is, first *Vidhan*, second *Vidhata* and the last, *Vidhi*.

Not that any one of these is less important than the other; a question could possibly arise: why not *VIDHATA*, God, the first? He is the Creator – the Originator – so everything should begin with Him. The question is reasonable but I have an explanation for why *Vidhan* should come first. There are many in this world, who do not believe in the existence of God but no one would deny the existence of the eternal and unchangeable principles ruling the universe, which are what the God's *VIDHAN* is. So we need to know what these laws are before we take up the subject of their creator.

LAW OF CHANGE: The first eternal law is the Law of Change. It is common

knowledge that everything in the universe is subject to change. We observe this law daily at work around us. The day changes into night. Seasons change; after winter we have spring which gives place to summer and then we again have winter. Water in the oceans changes its form and travels thousands of miles before merging back into where it came from. The oxygen we breathe in changes into carbon dioxide, which changes back to oxygen by plants. So, the process of change goes on and on. Changes take place around us every second – the present second not being the same as the past one.

We buy a new car, but it is no longer new after it comes out of the show room. It will become one-day old car the next day. The new gets old; the old disappears and then it is time for the new to reappear on the scene. The young and the new grow old and must perish one day. The only things immortal are God, the soul, the world drama and, lastly, the

Law of Change itself.

LAW OF REPETITION:

Associated with the Law of Change is the Law of Repetition. Change and repetition go side by side and are cyclic in nature. Whatever is happening now is sure to repeat itself after a time. History repeats itself, so the saying goes. This is not a mere cliché but a stark fact. There have been a number of wars from time to time. There was the First World War followed by the Second World War. The third World War may perhaps be the final; repetition of the world wars or the Mahabharat. The world will be rebuilt again and this cycle of destruction and construction will go on repeatedly forever. Whatever we see happening now is only a repetition of what has gone before.

LAW OF KARMA:

It is commonly believed that whatever we do is being observed by God, because He has to mete out justice for our deeds in the form of reward or punishment as the case may be. No, there is no such thing like God overseeing us. It is only a metaphorical expression. God does not need to do any monitoring of rewards or punishment for our actions. Some people have the wrong notion that since God is not there to watch them, they



would escape punishment for some wrong they do or that they can do any wrong because God who is watching them does not prevent them from doing so. They do not know that the Law of *Karma* is at work all the time, with rewards and punishments happening in the scheme of things automatically without God's interference. It is the man's conscience or the inner self, which has been given the job of monitoring his own actions, checking them and making adjustments and changes wherever necessary and within his limited powers. His reward is the happiness he gets when he does something right; the punishment is the sufferings he undergoes in the form of illness, mental agony, loss of wealth or someone dear and near to him.

'The world is a stage and we are mere actors playing our roles'. These are the famous words said by Shakespeare. They mean that whatever is happening around us is like a drama and is happening according to a pre-set plan or script. The World Drama, like any other play, has a story with a beginning, middle and an end, and repeats itself non-stop, from the same beginning to the same end like a film show.

We are told by the authorities of religious scriptures that there are three worlds – the *Akash* (the sky), believed to be the heaven, the home of gods and goddesses; the *Dharti* (the earth) where we the humans live; and the *Patal* (the underground world), considered as the hell and supposed to be the home of demons and evil souls. No, there are mainly two worlds – the spiritual or the soul world and the physical or the human world. The Soul World is where souls live and the human world is the world stage where we play our roles. It is here on the world stage that the heaven and the hell happen. They also change and repeat like any other natural phenomenon.

Occurring of any natural phenomenon repeatedly, like setting or rising of the sun and changing of seasons, can be explained in terms of the knowledge we possess but we have no knowledge of how the world transforms from hell to heaven, and the vice-versa, and how and who does it. We say that the present-day world is turning into a virtual hell, which implies that at one point of time, there was heaven in the world. We think that the world has existed as it is from the very beginning of the

creation because heaven is believed to be some mythical place beyond the skies, unreachable by human beings, where only gods and goddesses live.

Some people also believe, quite wrongly though, that heaven and hell exist side by side, arguing that those who are rich and wealthy live in heaven and the poor and the deprived live in hell. We all know what hell stands for but know very little or nothing of what the heaven, which existed on the earth, was like. The rich are in fact the poorest because they are bereft of God's knowledge. The poor, therefore, take up this knowledge quite easily because they have nothing to lose but gain life in the heaven.

From the present-day conditions, we can very well surmise the reasons for the world turning into a hell but we do not have the faintest of idea of how it can be changed into heaven. But, change is a must. It is not only in the nature of the things but also need of the time; it is the end of the World Drama and the beginning of the next show. It is now that God, the *VIDHATA* as we call Him, comes into the picture because He is the producer, the director and the principal actor of the World

Drama.

It is a universal truth that matter and energy can neither be created nor can be destroyed. When we say God has created the world, it is not meant that He creates the world out of nothing and from nowhere. The world is and will always be there. Like the seed, it has existed before and will exist with no beginning or end. It is now time for the world to be rebuilt. It should be understood that one can rebuild only after demolishing the old building. God has sent messages of peace and harmony to the mankind through prophets, saints and founders of religions to make repairs to the old structure.

They have their importance in the scheme of things. But, when God realises that their efforts have been of no avail, He decides to descend upon the earth and take upon Himself the task of transforming the old world. It is this act of transformation God is responsible for and not for creating the world.

In order to play its role on the world stage, the soul has to take up a body. God is not exempt from this rule. Being a soul too, without a body of His own, God first takes up a human body on loan whom He gives the name of Brahma to

be able to talk to human beings He has to deal with. In a way, God takes birth but this birth is not like that of ours. It is the divine birth of God, which is celebrated as the festival of Shivratri or Shiv Jayanti only in Bharat because it is here that God takes the divine birth.

Bharat is thus the greatest place of pilgrimage in the world because it is the birthplace and the workplace of God.

There would be many to say that because God has supernatural powers, He need not take the trouble of descending upon the earth but could have used His powers to bring about the transformation of the world. They further argue that whatever God wishes to do He could do it through inspiration and miracles from wherever He resides. But, nothing of such kind happens. It would have been indeed much simpler and easier if we had changed on our own because in that case it would not have been as painful as it is going to be when the change is forced upon us.

Throughout His stay here, God does not treat us as bodies but as souls irrespective of our bodily roles or religions. Though all the souls are the children of God, He adopts a

chosen few amongst them through the medium of Brahma. They are the mouth-born children of Brahma, called Brahmins. It is the Brahmins that God addresses to and for whom He builds the new world simply because it is only the Brahmins who have put faith in Him and would listen what He has to say.

(to be contd. on next issue.)

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out as soon as you open your eyes at night, and then you may go to sleep again.

When there is to be some upheaval in the final moments, everyone's attitude will become extroverted. BapDada showed you in the beginning how a lot of people with impure vision would follow you, but they would only see *light*. They were not able to see the people; they could only see *light*. They would only see the angelic form. Similarly, while you have the practice of concentration, you will be sitting in front of them, but they will not be able to see you. They will see *light* and only light everywhere. This has to happen. However, practise this from now. Become an angel. Now, practise concentrating your mind for three *minutes*. Perform this *drill*. Achcha. *(Concluded)*

– (... *Contd. from page no. 3*) – shared with other people so that the latter also realize its real value. The people should be given a feeling as to how the concept of the society as a family, is very useful as it brings goodwill, coherence, co-operation, love and other values and benefits to the society.

So, considering the present state of society, it would be an added-advantage if people are given another plausible and comprehensible meaning of this aphorism. It is that we, human beings, have descended from common great-great-great... grandfather and great-great-great...grandmother whom many remember as Brahma and Saraswati or Adi Dev and Adi Devi or Adam and Eve. Therefore, we have been members of the World Family life after life.

It was perhaps Sir William Jones who first observed in 1786 that Sanskrit, Persian, Greek, German, Celtic, and other languages were closely connected, so much so that “no philologist could examine them all without believing them to have sprung from some common source”. About

fifty years later, Bapp, in his Comparative Grammar, said that the ancestors of the persons speaking these connected languages, belonged to one social group that once lived at one place and spoke one language. Later, Max Muller, in his Lectures on the Science of Language, in 1861, strongly emphasized that there was a time “when the first ancestors of Indians, the Persians, the Greeks, the Romans, the Slavs, the Celts, the Germans were living together within the same enclosure, nay, under the same roof.” Today, this fact is corroborated, to the great extent, by many disciplines and it can be stated with authenticity that those ancestors were deities. So, let us restore our real relationship as members of that divine family. Let us give up our quarrels and petty-mindedness and learn to live and treat everyone as our own brother and sister, as the full Sanskrit adage advises. That, of course, adds to our happiness and bliss, peace and contentment. With these divine virtues, how can one be the loser?

(...*contd. from Page No. 20*)

It's not only students like these who are compromising. Each one of us does the same. We are either so aggressive in our thoughts and actions that we knock everyone who do not accept our views or we are so submissive that we accept others' views as our own. In the process, we are either hurting others or hurting ourselves. So many lives are lost in this struggle. When I say 'lost lives' I do not mean physical death but death of one's inner self. I appreciate those who can draw because I cannot draw like them. My students show me the drawings they make. When I say 'Very good' I can see the joy emanate from their faces. As a teacher, that joy gives me immense pleasure too. I hope and pray that their lives are not 'lost' when they grow up. By nurturing the natural talent of students, we do a great service of society.

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 Bhawan, Shantivan - 307 510, Abu Road (Rajasthan).**

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