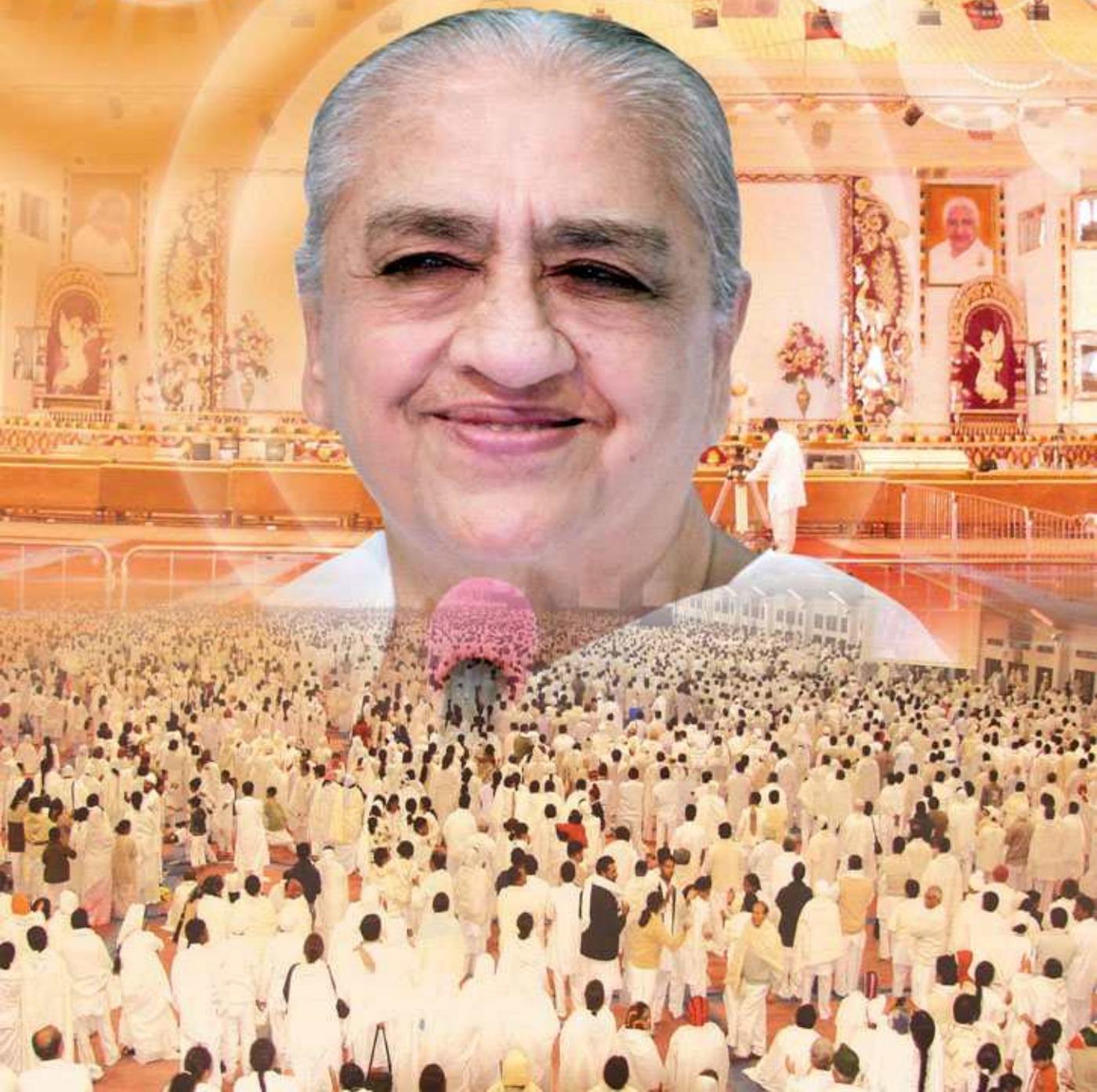


# The World Renewal

Vol. 45, Number 4, October, 2014,  
Price Rs. 8.50, Yearly Subscription Rs. 100/-





1. **Delhi** – A program on 'God's Power for Great Transformation' being inaugurated by Mr. L.K. Advani, Sr. BJP leader; B.K. Brij Mohan, Mrs. Menaka Gandhi, Union Minister for Woman and Child Development; Rajyogini Dadi Hriday Mohini and others.  
 2. **Kathmandu** – B.K. Mruthyunjay presenting Godly gift to H.E. Dr. Ram Buran Yadav, President of Nepal. B.K. Sis. Raj is also seen.  
 3. **Gandhinagar** – B.K. Sis. Sarla presenting Godly gift to H.E. Om Prakash Kohli, Governor of Gujarat. 4. **Gyan Sarovar (Mount Abu)** – A program organized by Youth Wing – 'Youth in Search of Success' being inaugurated by B.K. Mohan Singhal, B.K. Sis. Dr. Nirmala, Prof. Sudershan Acharya, Founding President of Lead India Foundation 2020; B.K. Sis. Chandrika, B.K. Atam Prakash and others.  
 5. **Jaipur** – After inaugurating a program – 'Re-establishment of Golden World by God of Gita', B.K. Sisters Sushma, Asha, Acharya Narmada Shankar, B.K. Brij Mohan and others standing in Godly remembrance. 6. **Chandigarh** – At the program – 'Re-establishment of Golden World by God of Gita', B.K. Brij Mohan, B.K. Sis. Achal, Justice Eshwaraiiah, Revered Saints of Haridwar and B.K. Sis. Pushpa Pandey seated on the dais. 7. **Thimphu (Bhutan)** – B.K. Sis. Kanan giving Godly message to Lt. Col. Kado (Retd.), B.K. Santosh and B.K. Sis. Supriya are also seen. 8. **Tirupati** – A program – '7 Billion Acts of Goodness' being inaugurated by B.K. Sis. Leela, Mr. Venkatraman, M.L.A.; Ms. Ratna Kumari, V.C., Padmavathi University and others.

|| From the mighty pen of Sanjay ||



# THE CURSE OF TRADITION



**H**umanity is enslaved by age-old traditions and customs. One has to perform several rituals and make offerings even against one's own conscience because they have been going on for a long time. Though the world has seen many social revolutions, so far none has been successful in redeeming the people of the curse of old traditions and customs in any country. Political systems have changed, science has come to a stage of near perfection but majority of people, however highly educated they may be, are still following the same old ritualistic routine of their community. Even on auspicious days, say on Navratri or Dussehra, in many parts of the world, thousands of innocent goats, buffaloes etc. are sacrificed to invoke the blessings of Kali or Shiva.

How absurd it is on the part of the religious priests, the devotees with blind faith and even the government who continue to permit this kind of slaughter in holy temples which are supposed to have an atmosphere of purity, peace and non-violence! Human sacrifices also take place secretly at several places. God Shiva or goddess Kali cannot really be called God or a goddess if violence in any form is connected with their names. How can a father, or a mother and that too holy and divine, accept the sacrifice of their own children? Such unbecoming and violent rituals, in the names of deities or gods and goddesses, are totally wrong.

It is therefore, a matter of great insult and disrespect to such gods and goddesses to carry out killings of the innocent animals before their idols as if they demanded them. In fact, killing any living being entitles one to be called a demon according to the religious lexicon. No god or goddess will ever be pleased by such acts. On the other hand, the flesh and blood of animals, have made the people of this country, who are supposed to belong to the holy land of Ramkrishna and Vivekanand, Aurobindo and Tagore, Gandhi and Tilak, so inhuman and violent that not a single day passes without wilful murders and other

(Contd. on page no. 34)

## CONTENTS

- ▶ The Curse of Tradition ..... 3
- ▶ Our Prime Minister: A Great Example (Editorial) ..... 4
- ▶ God is Very Sweetly Making us Incorporeal..... 7
- ▶ The Philosophy and Practice of Balance in Life. .... 9
- ▶ 'Being with One in Jail' . 11
- ▶ An Indomitable Spirit ..... 13
- ▶ Self-Introspection on Diwali ..... 14
- ▶ They Call God to Dispel Darkness..... 16
- ▶ Unity in Diversity..... 17
- ▶ Be the Change ..... 20
- ▶ Peace of Mind ..... 22
- ▶ The Power of Meditation .. 24
- ▶ Love, Peace, Sheen and Glow ..... 25
- ▶ The Angels ..... 26
- ▶ Conserving our Environment ..... 27
- ▶ Am I Baba's or Baba is Mine?..... 28
- ▶ The Art of 'Letting Go' ..... 29
- ▶ How a Father's will changed a Life. .... 30
- ▶ The Guru with a Laptop working in Gold Shop..... 31

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

**INDIA** **FOREIGN**

**Annual** Rs.100/- 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**

---

**Editorial:**

## ***OUR PRIME MINISTER: A GREAT EXAMPLE***



**H**aving being born and brought up in a very simple, religious family and receiving formal education of average standard, prepared Mr. Narendrabhai Modi to work hard and stand on his own feet. Many times we've heard him amusingly say that he was a "Chai Bechnewale... (Tea-Seller)" and it is perhaps that spirit of service unto the great warriors of the Indian army travelling by train that led him to his illustrious position he holds today! The army personnel were so fortunate to have had tea from the hands of Modiji, and today must be looking back and feeling proud of having met the future Prime Minister of India during his humble beginnings.

As we know, it's after

many, many years of struggle and *tapasya*, travelling and mountaineering that he became a disciplined ascetic. The incandescent light in his heart to serve the people of Bharat inspired him to visit different institutions, hermitages and pilgrimage places to learn, practise and empower himself. What a wonder that his annual practice of observing fast during Navratri days was highlighted very recently during his first visit to USA (September 2014) after claiming PM-ship. Modiji, despite being the most honoured guest of the President of USA, just sipped water at the ceremonial dinner parties! Only a person of solid determination and value for hidden opportunities can rise in this world of cut-throat competition.

Some people simply owe his rise to favourable 'stars' and 'omens', but he has proved by example that **success lies in living with clarity in consciousness, leading a detached and loving lifestyle, and maintaining determination to lead by example and achieve clean politics in Bharat.** After 66 years of independence, the people of Bharat had felt suffocated by the amount of corruption in public life and lethargic attitude of the government machinery, who are mainly responsible for the degradation of values, and wide-spread malpractices in public platforms and administration.

Having served Gujarat for 11 years as a successful Chief Minister, Modiji accumulated sufficient experience of public life to his credit. His interaction with governments of different countries as well as entrepreneurs of Bharat has motivated so many big industries to invest in Bharat. In the past, the



enhancement of infrastructure of big towns and even villages with big metallic roads, bridges etc., brought so much prosperity to Gujarat during his regime, and now within 4 months as PM he has been able to communicate especially with Japan, China, Australia and finally USA, to ensure that the most modern trains will come to India in the future, as well as many big investments from abroad, through his pet slogan and initiative: **Come and Make in India.**

His recent visit to USA won all hearts, and was extremely successful in terms of his speech in Hindi at the United Nations General Assembly, his most important visit to the White House for bilateral

discussions with President Obama, and his inspiring speeches especially to the Indian diaspora at the Madison Square Gardens.

The invitation by President Obama to travel together in the former's car to visit the Martin Luther King Jr Memorial, and the way the two leaders were seen interacting with each other created an ambience of good friendship between the distinguished representatives of the 'oldest' and the 'biggest' democratic nations in the world!

On returning to India with an abundance of success, the PM took up a broom to kickstart a campaign on 'Cleanliness' on Gandhi Jayanti Day. It shows beyond doubt that

no job is too small for great people. Due to him leading by example, the Indian community has woken up to the clarion call of "**Clean Bharat: Swachhh Bharat**". His management acumen of involving top individuals from different backgrounds, and inspiring them to lead in their own way by inviting 9 other individuals, thereby catalyzing a chain reaction of 9x9x9... is a brilliant idea that revives the precious principle of "Cleanliness is next to Godliness".

May our beloved Prime Minister live long so that he may fulfill the hopes of 1.27 billion Bharatwasis (as of 2014) in returning Bharat to its Golden-Aged era!

### ***CELEBRATING THE INVALUABLE FESTIVAL OF DIWALI***

As the month of September merged into October, almost every part of India was expressing their happiness and a lot of devotional feelings for

the different *avtars* (incarnations) of the Goddess, Divine Mother as they honoured Navratri. Young and old, including very small children, participated

zealously, in songs and the traditional dance (the '*Garba-Raas*'). Different musical bands and singers tirelessly presented their devotional and popular folk-songs for hours



together.

From the spiritual perspective, we are aware that since the advent of the age of Ravan, we became victims of the five arch weaknesses symbolised by the demonic figure of Ravan. As per the inner desire of human souls, effigies of Ravan are burned every year but rarely do people try to renounce their inner weaknesses, inadvertently multiplying one's own sufferings. Our beloved Supreme Father, Shiva, descends to awaken us by sharing the truth about the original qualities of the self and how to rejuvenate the same. We know how helpful this spiritual wisdom has been in encouraging us to conquer our inner weaknesses right down to their subtlest form, so that the ever-healthy, ever-wealthy and ever-happy world of sovereignty is regained.

October brings us the gift of the invaluable festival, *Deepwali or Diwali*, the memorial of

the ever-enlightened Supreme Being descending to enlighten all living souls and create a world full of light and might. For the people of Bharat, though countless festivals are celebrated throughout the year connected with the changing of seasons and harvesting of crops (symbolic of material prosperity), yet Diwali is considered the most important festival for the people of Bharat wherever they may reside in the world. Everyone loves to celebrate it with near and dear ones. The maintained mood is very pious on one side, but also very festive on the other side. The best of new dresses are worn by people, especially children, and an array of sweets are prepared, shared and distributed. A number of new businesses are launched the day after Diwali, honoured as the New Year in many Indian communities. Diwali has always been considered a highly auspicious time, as

it is believed that when Shri Lakshmi and Shri Narayan were crowned as World Rulers, it was as though the whole world lit up with infinite divinity and prosperity... As mythological stories go, when Shri Ram and Shri Sita returned to Ayodhya after 14 years of exile, they were welcomed in the same manner with Diwali. So celebrations, fireworks and gaiety are symbolic of purity, peace and richness of spirit within every household.

May this Diwali 2014 re-create lots and lots of pure loving feelings among families, and enrich each one's life with the spiritual and ethical values that made Shri Lakshmi, Shri Narayan, Shri Ram, Shri Sita, and their kingdoms eternally famous and praise-worthy!

Wishing everyone a very, very, very, very Happy Diwali and the most prosperous New Year!

– B.K. Nirwair

# GOD IS VERY SWEETLY MAKING US INCORPOREAL

– **Rajyogini Dadi Janki**,  
Chief of Brahma Kumaris, Shantivan

**N**owhere in the world, nor throughout the whole cycle, will you find people as happy as we BK's are. Now we realise the value of what Shiv Baba is giving us. In the evenings especially we get the feeling of 'who I am' and 'who is mine'. All the good



**Rajyogini Dadi Janki Ji**

points we have received on the path of knowledge make us happy. Do we ever get upset? If anyone does something, those who remain neutral stay healthy and happy in the mind. When the mind is healthy, the body follows. We stay ever-happy and healthy by imbibing the wealth of knowledge. No matter

what happens in the world, in fact even at the time of destruction, we remain very happy.

From the day that Brahma Baba had the vision of destruction, he knew that it would take place but now everyone is wondering when it will happen God knows everything. Shiv Baba says that the establishment of heaven is His role. It is Baba's part to create the new world. It is also Baba's part to adopt the children who will go to heaven. We have all died alive. Do we say we are the son of this one, etc? No, we are all Brahma Kumaris here, all brothers and sisters.

We are all souls. Our soul-conscious state needs to be such that those who are body-conscious also start to understand that they are souls. Let there be no arrogance or body-consciousness. It is those who have finished body-consciousness will become the true kings. In the kingdom of Lakshmi and Narayan, there is

so much royalty. The thought that 'this is mine' should never arise in the mind. I am this one...I have *my* own shop...*my* own house. Take care that you don't have these kinds of arrogance. Whenever we listen to the *Murli*, experience the newness. Whatever Baba says, happens practically. Before, we would think that to become Brahma Kumaris means to leave the home and family. But Baba says: Wherever you live, take the 7-day course and study the *Murli* every day. Make *Amritvela* powerful everyday and prepare and serve food in Baba's remembrance. When the History Hall, Pandav Bhavan, was built, we would eat there. We sat in four lines and Baba would see the faces of those serving the food and the faces of those eating. He would tell us that nothing should be left on the plate. Baba has taught all of us and we see how what he taught us is happening practically.

We have received a lot of love and affection from Baba. We receive love, because we are Baba's beloved, long-lost and now-found children. Baba's love attracts us and we automatically go beyond body-consciousness. God is saying 'My sweet children'. Baba shows a lot of love for the children in the *Murli*. There is

magic in the Murli – it transforms our life. **God Shiva says that the intellect is locked by Maya with a God rich lock and only He has the power to open it.** We are the *Gopes* and *Gopis* who have a lot of love for Baba. In the Gita, it is written: God speaks. God, the true Sermonizer of the Gita, is now giving us a divine intellect. We can see, know and understand God. The intellect is the faculty that can change the resolves and the mind. What is soul? What is body? The body is made up of the five elements and the soul is imperishable. It has the three subtle faculties of mind, intellect and resolves. The mind has come under the influence of the sense organs. The intellect has the ability to change everything and everything is recorded in the resolves. Baba explains this and very sweetly is making us incorporeal from corporeal viceless from vicious and ego-less from egotistic. First we receive love and affection and then we develop a faithful intellect to connect with the Father.

This is the only time in the whole cycle when we make effort to die whilst alive – and there is much happiness in this. Even if we die now, there is no sorrow, as we realise we are just shedding our body. Mamma

was never subservient to anything. When we have good vibrations, the soul who departs will take a good birth. If we spread negative vibrations, the soul will be sorrowful as it moves on. At the Confluence Age, Baba says: You are Brahmin souls, so with a faithful intellect, conquer Maya and be the destroyers of attachment. Love, affection, mutual understanding and maintaining the aim of attaining perfection are what we need. We get together every day to bring changes in ourselves. We have to change our gaze, i.e. *drishti* and attitude. Maintain the fortune of receiving from Baba and have a big heart to distribute this to others. Leave the limited. Baba is unlimited; He gives us the unlimited kingdom. Dadi always feels great when Baba says we are Godly students. Do you consider yourself to be a Godly student? Elevate your intellect – as God is Truth and the colour of His Company will definitely colour us. Whatever He speaks is truth

and makes the intellect peaceful and pure.

The people of the world earn an income by speaking at length. We are not doing any jobs here, as we are all servers and helpers. By doing service, we become kings. By accumulating service with empty hands, we develop the intoxication of where we are now and where we are moving to. Through Rajyoga, Shiv Baba has given us the fortune to become the kings of kings. The picture of the ‘Three Worlds’ should be shown, as we have to move to the supreme abode, the land of peace. As instruments we are playing our parts here. There is nothing else to do here, except to have the feeling that we need to attain perfection now before returning Home. Use all your physical organs in God’s service and they will become strong. So, with love, affection and a faithful intellect, we come into the ‘Rosary Of Victory’. Whatever Baba will do, He will get done and we just have to be the instruments.

### DOING THE RIGHT THING

The world is a stage and we are all actors. Each actor plays a unique part and is responsible for his own actions. Responsibility means doing the right thing no matter how big or small the task may be. Each one of us has a special role to play in the making the world a better place.

# **THE PHILOSOPHY AND PRACTICE OF BALANCE IN LIFE**

– B.K. Surendran, Bangalore

The universe is seen to be organized with a perfect balancing system. The forces in the nature are in perfect balance. The planets are located and rotate in their orbit because of the perfect balance each of them maintains. The galaxies are put up in a perfect balance. If there is little imbalance in the forces of nature, there is change in climatic conditions resulting in increase or decrease in temperature, or rainfall resulting in dislocating agricultural activities, fall in food grain production and famine conditions or floods resulting in natural disasters and so on.

## **HUMAN BODY, DIET AND BALANCE**

The human body is a wonderful example of balance. If there is a little imbalance in any one of the nutrients in the body, there is disease and medication is required. If one is hungry, one can eat but to a particular limit. But, if it goes beyond the satisfactory limit, there is imbalance and consequently one is taken ill.

These days, doctors and dieticians prescribe what to eat and what not to eat, when to eat and in what quantity. This is because a balanced diet keeps away from obesity, fat deposit in blood vessels, shortage or excess of minerals, carbohydrates, proteins, vitamins and other vital nutrients etc. We prepare different menus so that their ingredients are tasty and in a balanced proportion. Various physical organs – heart, lungs, sympathetic and parasympathetic nervous system, digestive system, kidneys, endocrine system, liver and waste elimination process etc., play their complementary and supplementary roles in perfect balance. When there is little imbalance, the equilibrium of physical health is upset.

## **RELATIONSHIPS, THOUGHTS AND BALANCE**

Our thoughts, feelings and emotions play an important role in our personal, family, professional, social and public life. If there is a flow of negative and wasteful thoughts, our

feelings and emotions are also similarly tuned and consequently our life is upset. If we generate pure, powerful, positive and elevated thoughts, the similar feelings and emotions spread in the surroundings as our feelings and emotions are the amplification of our thoughts. Our thoughts become blessings to the world when they are spread in the form of pure feelings and emotions. Even amidst mud-slinging and criticism, we can strike a balance with the power of peace and praise and nullify the effects of negativity. A value-based life helps to maintain the best human relationship, and ensure a peaceful and happy life. This also helps us in dealing with conflicts and confusions successfully by maintaining balance in life.

## **LIFE IS COMPLEMENTARY AND SUPPLEMENTARY**

Life in general is seen to be complementary and supplementary. Each and every creature and forces in the world are constantly contributing and sustaining life with mutual support. We remain engaged in many activities during day time, but we require sleep and rest to recoup ourselves – both physically and mentally. The seasons are also changing from

---

summer, autumn, winter and spring at the right time to strike a balance in climatic conditions of the world.

### STAGE OF FULFILMENT

There was a time in this World-Drama when human life was perfectly balanced. Souls, then were virtuous, righteous, vice-less, pure and blissful. There was natural beauty in that Golden Age. Subsequently after taking many births, the balance got disturbed and today we find life to be worrisome, tiresome and burdensome. Hence, in order to restore purity, peace and prosperity in life, a series of balancing acts in life should be clearly understood and practised. We should practise equanimity in criticism and praise, failure and success, happiness and sorrow, remaining steadfast. While listening to criticism, we should treat the same as a means to move to the next level of maturity and fulfilment. Practise to strike a balance between detachment and attachment, love and law, careful and carefree, easiness and busyness, royal and humorous, introvert and extrovert, firmness and flexibility etc.

When we inculcate values in life, our actions are elevated which lead us to happiness and peace. Staying in soul-consciousness and remembrance of the Lord provides power to perform noble deeds which generate health, wealth and happiness.

When we combine *karma* with yoga, we spread happiness and peace in the world and thus contribute to the welfare of this world. We perform *karma* along with the Lord as a partner. Our yoga lies in submitting all acts or *karma* to the Lord as an oblation and becoming an instrument of the Lord in performing various activities, without any expectations of the fruits of *karma*.

By maintaining such types of balance, we are able to connect to the supreme source of spiritual energy—the Lord, who empowers us to play our role in this drama of life, with diligence and grace. ●

### THE GAME OF LIFE

“The drama of life is always accurate and beneficial. Whatever has happened, was good, whatever is happening, is the best and whatever is to happen, will be the best of all!”

How do we play the game of life? What are its rules? Are there more than one set of rules? Which rules do you live by: the game has your own or someone else’s rules?

Do you know what rules you are living by? – You can discover them by watching the people, situations or events that you find yourself reacting to. More often than not this is a sign that one of the rules that you live by has just been broken. Also watch out for tension; this too can be a sign that one of your rules is being challenged.

What are our rules based on? – Our rules are our belief systems, which are usually based on the past. Is it that what I believe must be right and everyone else wrong? Are my beliefs absolute and yours false? Can any one of us really say that our set of rules is absolute and that anyone who does not buy into it has got it wrong? How can we know this? Could there be some absolute rules that apply to everyone, some unchanging and eternal truths?

## “BEING WITH ONE” IN JAIL!! THE INSPIRATION!

– B.K. Sis. Vedanti, Nairobi

**O**ur sweet Shiv Baba has given us a special project this year for all the centres throughout the world. The theme ‘Being with One’ is the special project that we all implemented from 14th-21st of September 2014. The 21st of September, declared as the International Day of Peace by the United Nations, held a special significance for us in Nairobi because it was the first anniversary of the terrorist attack at the Westgate Mall where many innocent lives were lost in 2013!!

The Nairobi family decided to experiment with this theme of “Being with One” from the 1st of June. Because the B.K. family really liked the theme, we held a special meditation programme. We prepared a special Meditation room in the Centre, with trans-light pictures of Brahma Baba, Mamma and other *Yagya* history pictures. The aim was to conduct a continuous meditation session there, from 7:00 a.m. until 7:00 p.m. (12 hours), to extend an invitation and an opportunity for everyone to “Be with One”!

We prepared a chart for each day where one soul would act as an angel for the day and would maintain silence and remain in that room for as much time as possible. Others were invited to spend time in that special Meditation Room. I had volunteered to be the first angel and had the opportunity to spend 2 days in this special room in complete silence. The experience was of being lost in love, being with One (Beloved BapDada).

### **RAKSHA BANDHAN CELEBRATIONS!**

On the 9th of August, we had Raksha Bandhan Celebration Meditation with the theme of ‘Being with One’ to deepen this experiment and experience. It was an extremely powerful experience for everyone. On the 10th of August, i.e. the day of Raksha Bandan, Rakhi celebrations continued throughout the day with friends and contacts and in the evening I left for South Africa.

### **ARRIVING IN SOUTH AFRICA!**

Even though I arrived there before 23:45 on the 10th but



B.K. Sis. Vedanti

reached the Immigration Counter only 2 minutes past midnight. When I showed my passport to the Immigration Officer, she denied me entry, since on the computer it was registered as the 11th. I was told that I was to be sent back to Nairobi on the next flight. But the flight was full. I remained calm and told the officer that it was okay. I was told that I would have to remain in detention at the airport. At that moment, I just surrendered to that scene and internally was experiencing being with One with the awareness that victory was my birthright. From midnight until two in the morning, I was moved literally like a parcel from one office to another, sent with different officers and to different departments. Although I requested for a wheelchair, the concerned person was off duty from midnight and so I had to walk!!

---

---

### **BEING IN THE HOLDING CELL!**

After all the procedures were completed, they took away all my personal belongings including my Mobile and Passport. All I could have with me were my medicines. Although, everything was taken away from me, yet internally I maintained my joy of being with One (My sweet Shiv Baba). It was a very exhilarating experience that there are no other supports, just One Baba!! I was placed in the holding cell, which was like being in a prison. The atmosphere was cold. The room was barren apart from 5 bunk beds and the essential facilities of a toilet. No chairs were available to sit on. Not even water was available. I had to ask for water and it was given in a glass at a time through the iron bars of the cell door. There was no ventilation and I was sharing this room with 3 other women who were also detained for various reasons. One felt much disorientated, as it was a completely enclosed room with no windows, not even a clock in the room. I was not informed when I would be placed on the next flight to Kenya or where I would be taken next. The B.K. sisters from South Africa were waiting for my arrival and so before my things were taken

away, I managed to call them and inform them that I was being detained and that they should return to the B.K. centre. It was already past 2:00 a.m. I just stayed in the awareness of Being with One (My One strength and Support Bapdada)!

### **BEING RELEASED!**

At 8:30 in the morning on the 11th, we were taken to have breakfast in a dining hall. However, all the food was non-vegetarian. I approached an officer and informed him that in my form, I had stipulated that I would eat fruits only and I asked if I could have a banana at least. As I was about to have some tea, I was told that an Immigration Officer was calling me. When I reached the Immigration Office, they said that they received a message from the Deputy Minister of Home Affairs to allow me to proceed to South Africa. I was wondering how this happened!

### **THE MIRACLE!**

From early morning at 5'o clock, sisters Pratibha and Dipti of South Africa, called on a few friends and contacts for assistance, to make every effort to release me from immigration and bring me into the country.

After trying through various channels, they managed to contact a person in the Ministry of Home Affairs to

intervene on their behalf. The Deputy Minister personally called on a senior officer at the Johannesburg airport instructing him to release me. It was only after this intervention that the procedure to release me started. It took from 9:00 a.m. until 11:00 a.m. for the procedure to be completed. The physical experience was horrible but I was determined that no one and nothing would take away my happiness and I maintained the faith, 'victory is my birthright'. I had remained in the awareness of being with One (My Sweet Baba)!

### **THE SERVICE!**

The scene in this eternal world drama which as per knowledge given by God Shiva is fixed, in which everyone's role is fixed; thus, it is auspicious and gave me an opportunity to serve many from midnight to the time I was released.

Every person I had to interact with, I used it as an opportunity to share some special message. At the end it felt as if this scene was just an opportunity to be with the One and to serve the One. It was a coincidence that the first person whom I tied Rakhi in South Africa, was the head Immigration Officer who was sent by the Deputy Minister to respond to my being detained! I

*(Contd. on page no. 21)*

---

(A True story of Human Endeavour)

## AN INDOMITABLE SPIRIT

– **Roop Chand**, Branch Manager,  
National Insurance Company Ltd.,  
New Delhi

**D**onation has been highly appreciated and praised in Indian culture. It is believed that those who give donation in one birth surely get its return in the next birth. It is also said that the best donation is that which gives direct help and succor to the recipient.

This story that I am going to narrate pertains to one hot afternoon in summer season of the year 1988 and it is relevant to the topic under discussion. Those days I had just joined as Hindi Assistant in National Insurance Company Limited and was posted at Delhi Divisional Office No. 2, situated at Jhandewalan. Two persons came to our office asking for donation. One of them was blind whereas the other person who accompanied him was carrying one receipt book. They told that they had come from a Hostel for Blinds being run by some philanthropist somewhere in East Delhi.

They also approached our Assistant Divisional Manager for help. The officer was a

directly recruited officer who apart from being honest, and efficient, was also a kind and considerate person. He asked the blind person what he wanted. The blind person started explaining the purpose of their visit; meanwhile the other fellow went to approach some other employees of our office. The blind person, who was named Krishan Lal\*, informed that they had been running the Blind Hostel not inspired by philanthropic intentions alone. When asked how much money he got out of the donations received from people, he informed that he received only about Rupees thirty daily.

Krishan Lal also told that he was pursuing B.A. The officer categorically asked him what help he expected from him. He told that he faced problem regarding text books, as only a few text-books were available in Braille. The other alternative was that he could listen to the pre-recorded tapes for which he needed a tape-recorder. The officer assured him of all

---

possible help and asked him to come the next day. He noted down the address of their hostel.

Curious to know how they put up and managed their lives, he reached the hostel situated in an unapproved colony of East Delhi, after office hours, in the evening. Someone had started the hostel for the blind persons where about ten inmates were staying those days. Satisfied by the whereabouts and the genuine requirement of Krishan Lal, the officer accompanied him to Karol Bagh market the next day and gifted him a brand new Philips tape recorder which cost about Rupees seven hundred. The officer helped the poor young man from time to time by providing financial support as well as other assistance.

Once, when the person got very depressed due to his problems and poor financial position, he even entertained the thoughts of committing suicide. The officer then helped him emotionally and mentally, by providing him motivation and by sharing with him some points of divine knowledge which he had learnt from the teachings of the Brahma Kumaris, as he was their staunch follower. The depressed fellow got inspired and then continued his further study. Ultimately, he passed B.A.

*(Contd. on page no. 21)*

# SELF-INTROSPECTION ON DIWALI



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

**A**s the festival of Dussehra symbolizes the victory over evil, the festival of Diwali, which follows twenty days thereafter, symbolizes igniting the soul-lamp or awakening of the self and coronation of Shri Lakshmi and Shri Narayan—the first Empress and Emperor respectively, of Golden Age.

Even though we've been igniting the earthen lamps and evoking Shri Lakshmi for years, neither could we ignite minds and intellects, nor has the goddess dwelled in Bharat.

## DIWALI – THE WAY IT IS CELEBRATED

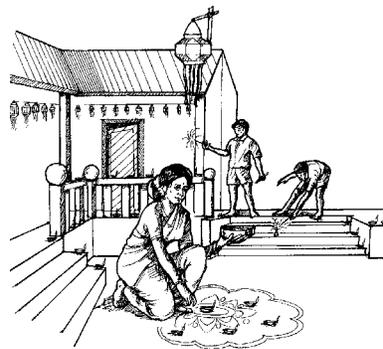
On this auspicious day, young or old, men or women, forgetting all their worries, are absorbed in the festivity, joy and bliss. Wearing of new clothes, exchanging of gifts and greeting each other mark the celebration of Diwali. All the houses – residential as well as commercial are lighted magnanimously with earthen lamps, candles and electric

bulbs. The family members get together and evoke and worship Shri Lakshmi – the Goddess of Wealth as well as Shri Ganesh, the destroyer of obstacles.

On this occasion, the businessmen close their old accounts and open their new account books the next day, which is also known as New Year as per Hindu Calendar Year.

## WHAT REAL DIWALI IS!

Let us ask ourselves: Will the Goddess of Wealth dwell merely by keeping the gates of the houses open or by igniting the earthen lamps or candles just during Diwali days without making an effort to bring in



transformation in the self by making the life as pious as that of Shri Lakshmi?

- ▶ Can happiness prevail just by enjoying the festival together, while keeping the darkness of bitterness, hatred, enmity towards one another intact?
- ▶ Can Shri Lakshmi visit our houses if we keep on impressing Shri Lakshmi by simply worshipping her for the sake of formality while having a criminal eye on women or discriminating between son and daughter?

## WHY SHRI LAKSHMI HAS SULKED WITH US?

One needs to contemplate as to why Shri Lakshmi who despite being worshipped with a lot of devotion by her devotees for years has sulked with us, i.e., why most of the people are still suffering from poverty – subtly and monetarily?

Why in Bharat, which is the country of deities and the erstwhile Golden Sparrow; mutual love, cordiality, trust and faith have been replaced by enmity, hatred, selfishness, rising of crimes against women, corruption etc.?

Obviously, something must be going wrong because of which the sorrows, miseries, tensions and anxiety are increasing in our lives day by day.



### SIGNIFICANCE OF DIWALI

It is a matter of great fortune that at the present Confluence Age, i.e. the confluence of extreme Kaliyuga and forthcoming Golden Age; the Supreme Soul, Incorporeal God Shiva, is teaching us Rajyoga, i.e., the knowledge of Soul, Supreme Soul, Mystery of the World-Cycle and Karma Philosophy. Majority of human beings are vicious because of body-consciousness and the above-mentioned problems in the world are nothing but the results of these vices only.

However, by listening to and implementing the most elevated Godly Knowledge spoken by God Shiva through the medium of Prajapita Brahma, our present life will become virtuous and worthy. And in the forthcoming Golden Age or Satyuga, we'll attain the status of gods and goddesses or the beings with divine virtues.

On the day of Diwali, one earthen lamp of largest size, called *Deep Raj* is lit through which all the other earthen lamps of small sizes are lit. Here, the real *Deep Raj* is Incorporeal Supreme Soul, God Shiva who, through His auspicious Knowledge, ignites our intellects, through which the darkness of

ignorance disappears in the world.

Thus, when we burn the real Ravana, i.e., five vices present in both men and women equally (that is why Ravana was said to have 10 heads), imbibe Godly Knowledge and stay in God's remembrance, our minds and intellects become as pure as gold. We have to cleanse ourselves through Godly Knowledge and Godly Remembrance and become completely pure and vice-less. In the memorial of this act, on Diwali, people cleanse their houses. The closure of old accounts and opening of new accounts on Diwali is symbolic of closing of accounts of misdeeds and opening the accounts of elevated deeds to be performed as per Godly advice.

### THE REAL DIWALI

As per Godly Knowledge, the real Diwali will be the Golden Age or Satyuga, where everything will be pure and where both the rulers and the subjects will be abundant with all virtues, having sixteen celestial degrees, absolutely vice-less and non-violent.

Let's learn and inculcate Godly Knowledge and celebrate the real Diwali by making our lives as divinized as that of Shri Lakshmi and Shri Narain. ●

### IMBIBING VIRTUES

When there are specialties seen in someone, we tend to admire them and describe them to others too. We really like those virtues in the other person, but rarely do we put in real effort to imbibe them in ourselves. Just describing them does not bring any improvement in us.

Whenever I see some specialty in anyone, I need to understand that I like that particular virtue in the other person because it is subtly working within me too. When I work on it more consciously, I will be able to emerge it easily.

## THEY CALL GOD TO DISPEL DARKNESS



People have invented so many medicines to cure diseases today, yet many new diseases keep on popping up. Sorrow and disquiet continue to increase as well. It is evident that we failed to get what we wanted, so we call out: ‘Give us light, and dispel our darkness.’ We call God, no other human being for this, as everyone including saints, scholars, great souls, the wealthy, the poor, the small and the big, are yearning for that light of soul and no human being can give light to other human beings.

They sing out to God: ‘You are the walking stick for the blind.’ No doubt we can see all physical things, but we don’t have the eye of wisdom— ‘the third eye’. That eye of wisdom will not appear on the forehead, as artists and painters show in their pictures. Many think that there were people with three eyes once. There can never be a person with three eyes; the third eye stands for insight, for wisdom.

It is human being, who becomes



Mateshwari ji

a deity or a devil. It is the divine or demonic characteristics which make all the difference. It isn’t that a human being would have four arms or three eyes etc, when he is a deity or when he is a demon, there would be some other differences. When a human being is without divinity, he becomes ‘disqualified’, hence he is devilish. Those who become qualified with complete divinity and all virtues, having sixteen celestial degrees of purity, completely vice-less – are called deities. Otherwise, there is no difference in physical appearance. There is definitely a difference in qualifications.

That is why we speak of pure and impure, elevated or corrupt beings, based on their conduct or behaviour. All these aspects must be kept in mind.

### UNDERSTAND THE MEANING OF THE SYMBOLS

There is also the meaning of four arms. Two arms are of woman, and two of man. There was such a kingdom, where both men and women were pure and there was peace, happiness and purity. Ravan is also depicted with ten heads, and that also has meaning. It doesn’t mean that there was a person with ten heads. It is symbol of the vices. It symbolises the impure household, with the ten heads representing both male and female together, each having five vices. When both men and women are impure, the world is unhappy; and when they are pure, the world is happy. The symbol of purity is the four-armed Vishnu and the symbol of impurity is Ravan. Yes, if a person is pure, there is natural health and beauty. But it isn’t that there will be ten heads, ten noses etc.

### MAYA MEANS FIVE VICES

God Shiva says that the children call out, “God, Come and give  
(Contd. on page no. 23)



# UNITY IN DIVERSITY



— Joseph T.D., Bangalore

**T**hough differing in shapes, all houses will have the SAME basic facilities—a bedroom, a dining room, a lounge, a kitchen, bathroom and toilet etc. Can you say the same with regard to religions of the world? The English word ‘religion’ comes from Latin word ‘religare’, which means to re-unite. Hence, religions are the external helps in people’s effort to re-unite with God. Separation happened when people became body-conscious and began to indulge in resultant vices—lustful desire, anger, attachment, greed and ego. Re-union will happen when people revert to their original nature, manifesting Spirit’s qualities—wisdom, purity, peace, happiness, love, bliss and power. This is possible, because God the Father is the “spirit” hence, His children are also basically spirits in a costume called body. (John 4:23, 24). Therefore, it is natural for a human being to display those qualities of spirit, which is called spirituality. When one does that, he is re-united with God, which is the very purpose of religion.

Andrew Wilson, a great

scholar of our time, made a comparative study of 268 sacred texts of world religions, and produced a wonderful work entitled World Scripture, containing over 4,000 passages gathered from those holy books and 55 oral traditions. You will be surprised to know 80% of each scripture agree on major subjects! Let us take just one example—every one’s common concern—why is there so much injustice? Or what is the truth behind all happenings? All major religions, in one voice, proclaim the principle of cosmic justice or THE LAW OF (*Karma*) CAUSATION that a person reaps what he has sown in the past—in the immediate past or in some distant past. All happenings are like jewels strung on THE THREAD of a necklace—the thread called Law of *Karma*. There is definitely some cause(s) for each happening—whether visible or invisible, perceivable or imperceptible. Once convinced of this Law of *Karma*, one will naturally “take delight in the welfare of all,” which is called *sanatana dharma* or “eternal

duty”. – Gita 12:4, 20; compare Bible book of Galatians 5:22-26.

Taking the Law of *Karma* seriously means living a life of purity. This may not be so easy in this world of insanity and permissiveness. Getting the knowledge is one thing and living it out is entirely another thing. This is true even in a secular sense. That is why people, after becoming Doctors, Engineers, Advocates, Architects or Artists etc., search for a favourable environment to practise their newly acquired knowledge, and they move to an ideal location at the earliest. Similarly, can we find today an ideal location to practice spirituality with absolute clarity and also with ease? As we saw in the beginning, religions do not differ in essence. **Hence, let us take some of the important teachings of one religion as a sample, and examine where we can find it’s clearer and more systematic expression:**

## **BIBLE AND KARMA PRINCIPLE**

Bible declares good action produces good results and bad action bad results. (Galatians 6:7; Romans 14:12; John 5:14; Mark 4:24, 25). The Brahma-kumaris have firm belief that at the Confluence Age, with knowledge, meditation and yoga, the soul has the power and

understanding to perform the right actions, which is the foundation of the Golden Age that is to come very soon. They also present the unique concept of “number-wise” which highlights the perfect justice of God the Father—who returns in proportion to the degree of effort one puts in. His oft-quoted statement is: LET THOSE WHO CAME LAST GO FAST. The story of Sudama who gave all he had—a handful of rice—has the significance that he surrendered “body, mind and wealth” [or tan, man, dhan] to God in the confluence age and in return he received the inheritance of fruition for 21 births.

#### **BIBLE ON OUR HEAVENLY FATHER**

Bible says God is a person (not an omnipresent power), and resides in a particular place. (1 Kings 8:49; Matthew 6:9) and presents Him as ONE FATHER for all humanity. ALL humans are His children. (Compare Deuteronomy 10:17; Matthew 5:44; Romans 3:29) Hence “there is no Gentile or Jew, circumcised or uncircumcised.” (Colossians 3:11) And His predominant quality is benevolence. (Matthew 5:44-48; James 1:17). The Brahmakumaris teach that all humans have only One Supreme

Heavenly Father (just like there is only ONE ocean), and address Him by His most appropriate personal name with affection as SHIVA BABA, meaning our MOST BENEVOLENT FATHER. [Name has meaning only when it stems from one’s most important quality – BENEVOLENCE, as testified by Jesus himself in Luke 6:32-36] In Sanskrit SHIVA means Baba “and BABA means Father. Any one will be too delighted to hear them calling God as Sweet Shiva Baba with so much of love and power filled in, and Him addressing them as “My Sweet Children”. They who are from various religious back-grounds feel a oneness with their heavenly Father and with fellow humans—a cherished condition for which Jesus himself prayed for his followers, yet finds its fulfillment among Brahmakumaris: John 17:21.

#### **BIBLE ON END OF THE AGE [OR KALIYUG]**

Bible does speak of “last days” and end of the ages (Matthew 24:3; 2 Timothy 3:1-5 and Daniel 2:44), but does not say when. Many Christians believed it would happen in 1st Century itself. (1 Corinthians 10:11) Brahma Kumaris believe that just like in a day of 24 hours,

man passes through wakeful state, dreamy state and deep-sleep state, history too passes through similar states. History repeats itself after every 5000 years, of which the first half (2500 years = 1250 years of GOLDEN age + 1250 years of SILVER age) could be figuratively called as DAY where humans live in soul-consciousness, manifesting seven (saat) qualities (sato-pradhan living)—wisdom, purity, peace, love, happiness, bliss and power. And the other half is called NIGHT (2500 years = 1250 years of COPPER age + 1250 years of IRON age) where humans fall into body-consciousness, manifesting five vices, dreamy first, and then asleep towards righteousness and sanity as those seven qualities deteriorate to become nil (tamo= means darkness) in the end. Further it teaches that the present time is very special, it is the transitional stage (called the Confluence Age—a small period between the running Iron Age and the incoming Golden Age), and that Golden Age will become a reality here on earth very soon.

#### **BIBLE ON GOD’S ORGANIZATION ON EARTH**

Interestingly, Bible also speaks of a positive



development taking place in juxtaposition while global moral break-down reaches its climax. It simply presents the following two prophecies:

(1) There will appear, on the world scene, an organisation of “WISE VIRGINS” who will be “lamp-bearers” or spiritual guides for the whole humanity, with enough fuel-supply to accomplish the global teaching program before the destruction strikes the world (Matthew 24:3; 25:1-13),

(2) They will have their world-headquarters on a mount where they will receive spiritual feeding program from their heavenly Father (Isaiah 2:2-4).

These two prophecies fit, in principle, perfectly with the Brahma Kumaris organization, because they are internationally known for their practice of celibacy—something which Bible unequivocally commands its followers to practise (1 Corinthians 7:29), and their head office is situated on a LITERAL mount (Mount Abu, Rajasthan, India) to which people from ‘all the nations stream.’ A group of over 25,000 people from all over the world come here on rotational, stay and take in advanced spiritual feeding program for a week. FIGURATIVELY too, these people are on an exalted

mountain because of their high moral standards and purity (Psalm 73:1). The prophecy also says: “they will not take up sword against nation”—including the nation of animals. (Isaiah 2:4) This prophecy too finds its 100% fulfillment among Brahma Kumaris, because (1) they practise non-violence in all its forms (Matthew 9:13), and (2) to satisfy their sense of taste, they do not slaughter animals on the altar of greed, as they are pure vegetarians. (Philippians 3:19) Appearance of this holy people on the world scene is the result of God’s planting of a new seed, the foundation for a new tree, which would become the THE FOUNDATION FOR THE NEW WORLD.

#### **BIBLE ON NEW PERSONALITY**

Bible says one can “put off” old personality and “put on” the new personality as easily as one changes his cloth. (Ephesians 4:23, 24).

Brahma kumaris practises this literally. They go to the root and teach: When you change your thinking pattern, you can bring about any change. When chased by a hungry lion, your normal running speed doubles and you may even climb a thorny tree for first time. From where do you get this strength and knowledge? You sense the

need, and simply do it, because you are a child of the Almighty. This ability to bring instant change is available in the realm of spirituality too, as the above-mentioned Bible verse claims. This is exactly what Shiva Baba too says in Murli (23.10.1970): “When the Marshal says “RIGHT” soldiers turn RIGHT in one second, because he is on the battle-field. Similarly, you are at war with MAYA (the attraction of this world— you feel attracted towards false source securities such as your body, assets and relatives). You are fighting with Maya holding on Shiva Baba’s hands. *Sanskars* are our own creation, hence can be undone just like a path formed after walking over grassland disappears when we no longer walk over it. Brahma kumaris and Kumars take to heart what Baba says: “Pay constant attention to yourself as you pose for a photograph, being careful not to make any movement. Consider that your photograph is being taken at every second.” (Murli 5.11.1970) Such a care is possible because soul is superior to your senses and more powerful than any situation. (Gita 7:4; 3:43) One has to simply reclaim or re-establish mastery over his senses.

*(Contd. on page no. 23)*



# BE THE CHANGE



– Jissy Thomas, Baroda

There is a popular anecdote related to the heading of this article “Be the change you wish to see in the world.” Once a mother brought her little son to Mahatma Gandhi and requested him to advise her son against eating too much jaggery. Gandhiji asked her to bring him back after a week. She brought her son once again after a week. This time, Gandhiji made the kid sit on his lap and told him not to eat too many sweets as it would spoil his health. The mother was surprised. She asked Gandhiji as to why he didn’t tell this to her son in the very first visit. Gandhiji said, “At that time, I too was fond of eating jaggery. When I myself used to eat a lot, how could I tell your son not to eat? Since the past one week, I have been controlling my craving to eat it. Now I have got the right to advise him.” I had read this anecdote long time back which has been retained in my memory.

I was diagnosed with diabetes two months ago. It’s amazing how this diagnosis changed my life. I would not have known about it had I not got a boil on my leg which just refused to

heal. It started to pain so much that I could not walk properly. When the doctor saw that huge boil, he was shocked. He asked me to go for random blood test immediately. The reading was very high. He advised me to undergo further tests for confirmation. And the result confirmed my fear. I knew I would have diabetes sooner or later as many members from my mother’s side (including my mother) have it. But I got it earlier than expected.

The first thought that came to my mind was how on earth would I control my diet? I do not have a sweet tooth but I love eating potato in any form. Moreover, I used to eat lot of bakery products made of refined flour (which is deadly for people suffering from diabetes). One of my colleagues who suffers from diabetes told me that I would be tempted to eat things despite the doctor’s advice. I had seen her eating fried stuffs and potato-based snacks in school.

I knew about the consequences of high and low sugar level. The father of a colleague of mine has the same problem. His toe had to be amputated because of

gangrene caused by high diabetes. And another colleague’s mother was admitted in the hospital because her sugar level went very low. On the other hand, my mother is able to control her sugar level by following a proper diet regimen, taking medicines and exercising every day. In fact, when brother and I go to school to work, she is all alone at home. But she has never eaten anything which she is not supposed to eat except occasionally. I thought of following her footsteps.

Initially, it was very difficult for me to control my craving. Whenever I went to buy provision, I was tempted to buy a packet of potato wafers which was displayed on the rack kept outside. I guess, they purposely kept wafers outside so that anybody entering the shop would think of buying those first. I used to look at that rack and get tempted.

Slowly, I trained my mind to stop thinking about my craving. Now I feel relieved, not deprived. And if I happen to eat things which I am not supposed to eat, I balance it by eating things which are beneficial. When I go to hotels or marriage receptions, I eat all the items but in limited quantity. I eat more of salads and drink butter milk or eat curd which, I heard, is good

---

to control sugar level. And I have started eating bitter gourd which I used to hate earlier.

More importantly, I started waking up early in the morning and started walking for one hour. And walking in the morning has made me realise that the world is immensely beautiful. Now, I get to hear the temple bells ringing and the birds chirping which I had missed till now. Not only has it helped me to control my sugar level but it has also helped me to reduce my waistline. And I feel energetic too.

When the heart wants to give in to temptations, shouldn't the mind be able to control? I take inspiration from Gandhiji's anecdote. Now, I tell those who say they can't control their diet that if I could control my diet and change my lifestyle, anybody can do it. My colleague stated that in her house nobody likes to eat bitter gourd. It was suggested by another colleague that a pinch of salt be added to the bitter gourd and the water squeezed out later, to remove the bitterness. I told her that if the bitterness of bitter gourd is removed then one is eating it only for the sake of eating; all the nutritional benefits are lost. How much we pamper our taste buds! In the process, we tend to forget that taste buds are just one part of our body. I have learnt an important lesson. There's no harm in eating tasty food but one should not make that a habit.

I now appreciate the saying "Be the change you wish to see in the world" with much more confidence and empathy as I have myself followed this and have seen successful.

*(Contd. from page no. 12)*

deeply appreciate this project, as it prepared me and gave me the experience of being with none but the One in a unique scene of drama. Thank you Baba, 'Thank you' to the divine family and 'Thank you' to the organisers of the project! Thanks to sisters Dipti and Pratibha from South Africa! This scene also made me understand what souls go through when they are placed in detention. I now understand their pain and sorrow and of how they are ill-treated and denied of their human dignity during such times!

*(Contd. from page no. 13)*

Soon thereafter, he got a permanent job in transport department of a State government.

I salute the indomitable spirit of the blind person who realized his goal despite many hardships. The officer mentioned in the story is Mr. Ranjit Singh Fuliya, who was my immediate boss in that office. He became instrumental in helping me also, in very dramatic circumstances. Such stories of genuine help offered to really needy fellow beings go to prove that all is yet not lost and mankind can certainly hope for betterment.

(\*Name has been changed, to maintain anonymity.)

### MAKE THE BEST USE OF OPPORTUNITIES

Usually, we give a lot of excuses for not doing things. Our words are then 'if only...' or 'some other time'. So even if we have the capability to do it, our capabilities are wasted, as they are not used at the right time. And we don't really experience success at that time. Whenever a situation demands something, which we feel is beyond our capability, we need to tell ourselves that the situation has come our way as an opportunity in order for us to use our capability. So when we believe in ourselves and our capabilities in this way, we will be able to make best use of opportunities.

# SELF-CONTEMPLATION: PEACE OF MIND



– B.K. Padmapriya, Los Angeles, USA

**W**e often blame the mind to be peaceless. The truth is that peace of mind is becoming difficult now-a-days due to superfluous information fed to the mind.

Every thought carries information. The more you see, hear, talk, touch and smell, the more you think.

Peace of mind is not absence of thoughts. The mind experiences peace when there is a gentle rhythmic flow of thoughts. The thoughts are channelized, guided to flow. Whenever there is excessive thinking about anything; the mind becomes restless and peaceless.

## **What do you think?**

1. Whatever and whoever you see – through Eyes
2. Whatever you hear – through Ears
3. Whatever you talk – through Mouth
4. Whatever you touch – through Skin/Hands
5. Whatever you smell – through nose  
Whatever you do or perform

is recorded in the form of actions, experiences, memories and habits. Basically, the sense organs outside of you bring information to your mind that causes thinking. Body and mind are very closely connected. Whenever something is felt by the body through the sense organs, the mind is the first one to be informed by the brain. The mind then creates thoughts and feelings based on the received impulse through the brain.

## **How to achieve peace of mind? Reduce the amount of information:**

In this technological world, the amount of information each of us handles, is abundant. We are always seeing something or hearing something which leads to some sort of thinking.

We always find something to do, instead of taking a few moments of pause, or stop all doing and just be. No text sending, no reading, no phone calls, just sit and be. Take a deep breath and feel the inner pure being alive within.

The more you feel your inner self, the more peaceful the mind

will be. The mind is naturally peaceful. What it doesn't allow to be peaceful, is the constant never ending actions and commands we give to it.

The Art of doing nothing brings peace to mind. But this should not be confused with 'procrastinating' i.e. postponing what is the need of the hour. During the day, instead of always rushing and being in the busy/active mode; just sitting and watching everything around, calms the mind and allows it to settle down to the inner peace.

Our worries, thoughts of action are like the constant ripples in the pond of mind; when we stop doing and using the sense organs for a few moments, the stillness of mind returns.

## **Method:**

Pause all your actions... Keep your iPhones, laptops, newspapers, magazines and all gadgets aside.

Stop looking...stop using your eyes – keep it still, rest it at a point gently or just close your eyes...

Stop hearing all the sounds...just stop listening to them...

Tune in.... feel your inner being...

I am peaceful... I am alive...  
I am beautiful...I am here...

I am relaxed...I am calm...I



am peaceful

**Reduce Multi-tasking:**

Multi-tasking is considered as a great talent – a time-saver – a sign of smartness, clever heads. Your ego gets easily fed by multi-tasking. But do you know what multi-tasking does to your mind? Mind gets stressed out, trying to manage all your sense organs – eyes, ears, hands and body in

proper synchronisation for each of your task along with your brain activity. Peace of mind is experienced where there is focus and concentration. When a single task is done peacefully with mind and brain co-ordination; that task is completed successfully and quickly when compared to three or four tasks at a time.

Take a task – Focus – Do it with full interest and attention...

Acknowledge and appreciate yourself...

Then move on to the next task...

This brings great peace of mind and other minds would love to be in your company.

*(Contd. from page no. 16)*

us the eye of wisdom.” The Eye of wisdom means the power of understanding. Human beings also pray, ‘Give us constant peace and happiness by giving us the knowledge’ because they are tired of searching. The more they search for peace through new inventions, the more unhappy and disquiet they become. The facilities, luxuries and comforts invented by science are increasing day-by-day, but unhappiness continues to increase many-fold.

Why does the intellect not help man at such a time? It is so because the intellect stands divorced from God. It means that there is no love for God. If there is no love for God, what happens? There will be love for Maya, the five vices.

Because of these five vices, everything has become a cause of sufferings. Sorrow comes from money, from the body; rather everything in the world is causing sorrow. This is because Maya has entered everything: everything is under the sway of five vices.

The Father assures us and says: ‘I remove this Maya from your path.’ Once Maya is removed, we’ll get happiness from wealth, from property, from the body and from the world, as the deities used to get. They were ever-healthy, ever-wealthy and ever-happy as explained by our incorporeal God Father Shiva. ●

*(Contd. from page no. 19)*

One can find among Brahma Kumaris organization a systematic expression of all the above mentioned Biblical concepts found SCATTERED in the Bible. So is the case with other religious texts of the world, which, as we saw in the beginning agree in essence. The more familiar one is with his religious text, the more acceptable Brahma Kumaris teachings become to him. Because all scriptures preach purity, and Brahma Kumaris practise purity.

**“If you want others to be happy, practise compassion. If you want to be happy, practise compassion.”**  
**– Dalai Lama XIV**

## THE POWER OF MEDITATION

– B.K. Lalatendu Panda, Ahmedabad

Recently while addressing a group on ‘Power of Meditation’, I was asked a very simple question: “What have you personally gained by practising Meditation?”

My honest reply: “I don’t know if I gained anything, but I lost many things.....”

I lost my Anger.....

Addiction to Smoking, of 25 years

Addiction of Drinking, of 24 Years

Tobacco addiction of 10 Years

Non-Vegetarian Diet

Onion and garlic

### A BRIEF ABOUT MY PAST

Born into a family of priests of ‘Lord Shiva’, I used to visit the village ‘Shiva’ temple whenever I had an opportunity to visit my native place in Orissa. I would spend some time in the temple during every visit, though I was not well-versed to perform the rituals. (Though it was the family tradition and still continues).

I spent seven years of my childhood in the hostel of a Sainik School, with the aim of joining

the Armed Forces. Strict discipline was maintained there. After study, I joined Pharma sector where I spent 25 years of my professional career. I was inspired by the motto ‘Work is Worship’ and ‘Duty is God’. I worked for two organizations and ultimately resigned from the job with the aim to lead an independent life.

My wife Mamata was introduced to the Brahma Kumaris, during September 2009. Though I came to know about her association with Brahma Kumaris, we never discussed this topic as she knew my nature and habits and also about my reluctance towards such organizations. For me it was my work, my friends and my own lifestyle that mattered most.

After a lot of self-study, I seriously decided to learn about the organisation and its system during December 2012. It was decided to start the Seven-Day course which could be completed in 15 days, as I had so many questions in mind. I take this opportunity to

appreciate the patience of the B.K. sisters and my wife for those 15 days which have changed my life forever...

Though I was disciplined and honest, I used to smoke 10-15 cigarettes per day, was addicted to tobacco, drank liquor for 7-10 days a month, and took non-vegetarian food, besides onion and garlic every day. I had uncontrollable anger (I had resigned from my first job of 22 years only because of anger).

After taking the course, I overcame all the above-mentioned bad habits and my lifestyle took a different direction.

I started attending ‘Murli’ classes mainly on Sundays and became a regular student of the ‘Supreme Teacher’ very soon. It was from 1<sup>st</sup> June 2013 that I started waking up at Nectar Time or *Amritvela* and also gave up onion and garlic completely and forever.

Now I attend ‘Murli’ classes regularly in the morning at BKs Satellite centre, Ahmedabad. I also participate in service activities of the organization and am looking forward to perform ‘Godly Service’ at Madhuban (Mount Abu, the Headquarters of BK’s).

I also got an opportunity to play Holi with Incorporeal God Shiva on 15<sup>th</sup> March 2014 at

‘Madhuban’. It was an experience of lifetime. Honestly speaking, the experience of meeting God cannot be explained in words; it can only be experienced...

### **THE POWER OF MEDITATION**

I had just resigned from my Corporate Job (as General Manager – Sales and Marketing). Actually, I had been leading a hectic lifestyle for 25 years. Suddenly, life had come to a halt. I’d just started my own business, with zero income, rather a loss. My elder daughter was to leave for US for her Master’s Degree. The younger daughter was preparing for her Medical Entrance Exams. Suddenly life ahead started looking blank...I resigned from the job to lead the rest of my family life peacefully. But Peace was slowly slipping away...

It was at this juncture that ‘Baba’ held my hands tight and things started improving. While the elder daughter left for the US, the younger daughter focussed on her studies.

To our pleasant surprise, the things started improving on the Business front too.

Finally, my search for ‘PEACE’ has ended...My Life has changed forever...

Baba has given me everything that I need.

## **LOVE, PEACE, SHEEN AND GLOW!**

– Chitra Rola, Mumbai

Having stayed away for so long  
The soul had almost forgotten  
The beloved of many a birth  
And devoid of all zest and mirth.

It had been her privilege  
To come and meet any time  
The companion so special  
Exotic, sacred and sublime.

She had been to that holy land  
The sacred place where stars dwell  
Talked with diligence and murmur  
Just a sign was enough, no need to spell.

She learnt to gently listen and smile  
Love and worship, ever stay agile  
Hope and faith filled too much  
Soul always felt the golden touch.

His presence kept her smart  
All tempting attractions she’d thwart  
But slowly she fell a prey to vice  
Dominated by Anger, Lust, Avarice.

Bitten also by Ego and Attachment  
She became sullen and arrogant  
Forgot her companion so serene  
Ocean of love, sacred and sanguine.

Realising her plight, He’s come again  
Back to her universe, infallible captain  
To revitalise her and again to train  
Stay ever cheerful, never to refrain.

She has opened her inner portals  
Invited Him to stay in her heart  
The most beloved soul, purest of all  
Showers love, teaches her never to fall.

Once more she’ll be most beautiful soul  
Ready to return and deftly play her role  
With Him, to the celestial world so above  
To be filled with Love, Peace, Sheen and Glow!

---

# THE ANGELS



– B.K. Snigdha Chakraborti,  
Garia, Kolkata

**A**ngels! We have often heard that word. Beautiful creatures clad in white, having wings and a halo (circle of light) around their head. Isn't it? Some consider them to be divine beings sent by God to achieve some special mission. Some believe them to be messengers of God. Some believe that they protect and guide humanity. Some do not even believe the existence of angels. But do we really know what angels actually are?

Let us try to understand who the real angels are and what their characteristics are. The description of angels as revealed by the God Father Shiva is as follows:

It is a general belief of the spiritualists that when God, the Supreme Soul descends on this earth at the time of extreme sorrow and misery to transform the old world and create a new world of happiness, peace and prosperity, i.e., to destroy hell and establish heaven, He creates angels. He comes to the world and communicates His message or knowledge through the medium of a human being whom he names Brahma. He gives the knowledge of the whole world-

cycle, of Himself and of the soul. Humans or souls (here we shall address people as soul as that is what God teaches us that we all are souls) who listen to this knowledge and imbibe that in their daily life and adopt God's virtues, become angels. These souls communicate the message of God to all the souls of the world. They are known as the protectors or guide, of humanity because they save the world from all the negativity by their peaceful, powerful and pure vibrations. *They are known as the guide of humanity because they show the path to salvation to the entire human civilisation.* They are known as divine beings sent by God to accomplish some special purpose because they are the chosen ones who become the right hand of God and help Him in world transformation.

The world of angels is known as the Subtle World which is a world of light; it is depicted as a world with a bluish white light and cloudy surroundings. It is known as the subtle world because the angels have a subtle body, i.e., a body of light. Further, angels are shown to be clad in white because when God comes

and selects His angels (i.e. the souls who imbibe His knowledge), they become pure which is symbolised by white colour, the colour of purity and peace. They are shown to have the wings because they are always in the flying state, i.e., they become so light and free from the burdens and stress of life after having attained God that they keep on flying in the intoxication of God's love. The halo shown around their head stands for the enlightenment they have received and the divinity they have brought about in their lives. God says that the real angelic stage can be achieved by going above the bondages of *karma*. When the soul has settled all its karmic accounts and has no bondages left with anybody, the soul leaves the physical body to stay in the subtle world with a subtle body. This angelic stage was first attained, in the year 1969, by Brahma Baba, the soul in whose body God Himself incarnated. Brahma Baba has been in his angelic stage for 45 years now and is transforming the world with his vibrations of peace and purity.

We have also got the opportunity to become an angel! Isn't it wonderful! So shouldn't we just start doing the same thing as the angels did so that we can also become like them?

# CONSERVING OUR ENVIRONMENT

— Neelu Shreshtha, New Delhi

God has created the beautiful well-ornamented earth decorated with green gold, but nothing to satisfy the greed of human beings. It is this greed in us that is responsible for nature's fury in the form of famines, floods and landslides. If we want to avert such tragedies, we will have to please Mother Nature by saving the green gold on earth.

'I came; I used and I damaged' is the proud call of man. The beautiful ornaments, the green gold were all stolen away by the greedy sons of Adam. He swept off the dense forest undressing his own motherland to turn them into concrete jungles in order to get wood for various purposes. We are like that fool who is cutting the same branch on which he is sitting, ignorant of his tragic fall. Today we are depleting the forests one after the other to make beautiful furniture for our offices, hotels and houses, little realizing who will use them when the humanity will be wiped out by the fury of the nature.

Why do we forget that the trees guard us against erosion of land damage to water bodies, floods and famines? They have a salutary effect on water, soil and climate. The forest cover also lowers the maximum temperature. If we want to save our planet from severity of droughts and floods, caused by the growing deforestation, further forest conversions to meet the industrial, urban and agricultural needs of the planet and unauthorized and indiscriminate felling of trees by miscreants shall have to be regulated and controlled through legislative and administrative actions. Afforestation programmes with emphasis on social and environmental forestry also need to be undertaken on large scale with active participation of local people.

By killing these trees who are actually sacrificing saints, we have made air, the very breath of our existence and the most essential element of our life, a living inferno for us. A further result of it is a staggering turn

of the wheel of climate, leading to the unending problems of human life on earth. With an apparent depletion of ozone layer we live like Karna in the Kurukshretra without the protecting shield. The blue bird perching on your window pane awakens you from your deep slumber of night by melodious music and to feel the fresh and fragrant air and the rain beating on your roof top and so on. Do we have all this in our houses today? NO! These sounds have died out.

It is really surprising, shocking and shameful that man has closed his eyes towards the treasures hidden in the leaves, flowers, stems and roots of the trees through which we get medicines, beautiful flowers, tasty and juicy fruits and which are the homes of millions of friendly insects and birds who tend our crops and free them from pests and rats. The wood is for present time but the trees are forever. It is foolish to destroy our tomorrow for the sake of today.

Devoid of trees, this earth will become a hell in which we'll have to live. Can we escape? No! No exit to escape. Then, let us put our heads, hearts and hands together to improve upon the forest cover and make it safe for life. Let's awaken the

---

consciousness of the human beings towards the importance and necessity of trees. Industrialization, urbanization and agriculture is a must but not at the cost of our life and our planet. I would like the readers to read this small poem about a tree that fell due to Nilam cyclone. It is written by Dhvani, a young poetess from Chennai.

### TREES—OUR SILENT HELPERS

The mate so tall, so dense, so wide  
Served us all when for shade we cried  
The pride of the building  
The beauty of the land  
Was our pal standing  
Erect on the sand.

One harsh tempest, and he is gone  
And we desperately want him to be  
reborn  
We miss so deeply  
The good old tree  
Who never got to see  
That we loved him so greatly

He was like salt, for we didn't feel his  
presence  
But his absence makes a huge  
difference  
We weren't ignorant of his importance  
Why then did we not show the  
acceptance?  
Emotions needn't be suppressed  
Love must never go unexpressed

If we have regard for someone, let's  
express it before it's too late. No one  
likes to say "I wish I could have told  
them I respected them, I didn't mean to  
hurt them". We didn't realise the value of  
the tree when it was with us. Now we  
regret.

## AM I BABA'S OR BABA IS MINE?

– **BK Remani**, Thiruvananthapuram

It was a very fine early morning, i.e. nectar time. I was with Shiv Baba, chatting as usual in the friendliest way. Indeed, I was in full intoxication, having been merged in Baba's overflowing love.

Suddenly, it came to my mind, thus, as an innocent child I asked Baba in a carefree manner.

"Baba, am I yours or are you mine?" Baba responded forthwith, "Sweet child, I can't but wonder how you could thus go wrong?"

To cover up my guilt, I kept mum. Immediately, I could make out – it was "Nothing New" and that I might have put forth the same silly doubt a time cycle of 5000 years after another time cycle of the same no. of years in Confluence Age at nectar time.

May be due to my over-familiarity with My Sweet Baba, our talk began again. "My Baba...."

"My child", said Baba, "there's no question of either/or in between you and Me. It's the same both ways through."

A second pause .....; again our chat continued. "So, ..... Baba?" I intervened purposely just to break the silence and to make my intellect Clean and Clear.

"That means," said Baba, "you are mine and I'm yours, from the very lucky moment I snatched you off from the cruel clutches of that dreadful Maya, in my long search to locate you – My long-lost and now-found child."

Thus, our sweet conversation went on and on, from one point to the next, and then to the next, and next ... touching many things bright and wonderful to offer anew, for the peaceful day about to dawn.

Ah, how Sweet; so Sweet are the hours of Nectar!!

# THE ART OF 'LETTING GO'

– Manasi Taneja, Indore

**I**t's time for me to stop being so afraid. It's time for me to let go of the past. What happened? It doesn't matter how many times I go over it in my head, think about what I should've done. It's too late. It's not going to change anything. I can't change the past, but I can better shape my future.

– *Anonymous*

The more open our hearts are, the stronger we are and the stronger we are, the greater our possibilities for forgiveness. At times things around leave us with pain, and in these little hearts lies the fire which transmutes and burns up our grief and we loosen the influence of our external pressures, and 'let go' what isn't a part of our happiness.

The art of 'letting go' is not easy. As adults 'letting go' leaves us feeling either empty or full, at times both these feelings can occur simultaneously. But finally we are free, unburdened, healed, happy and even joyous. As I said, it is not easy, it is indeed very difficult, a very complex concept. There are three facets, parts, aspects or ways in which we can 'let go'

anything. 'LETTING GO' in the physical realm is casting away negative environment, and purging away with the cluttered negatives can be truly liberating. Letting go bad habits, addictions, extra body weight or freeing ourselves from the wanton materialistic things.

The next aspect is THE PSYCHOLOGICAL. It is just like throwing away all that is useless from a place, where it is not required and which just spoils the beauty of it. Similarly, there are unpleasant emotions like anger, fear, distrust, jealousy, hate and envy which arise when psychological needs arise and these emotions surge up to satisfy that need. Why do these negative emotions arise? At times you cling to something for you need it and the snap irritates you. I remember a college friend of mine who got stuck in a negative, parasitic relation. Her so-called friend had her own whims and fancies and when we would be enjoying this girl had to stay with her, listen to all her sweet demands. We all could never understand why she gave in to this girl always.

This friend of mine was a very soft natured girl, who would not even speak loudly, argue or fight for herself. This is what I understood then. Years passed, and as I grew, I observed there were people who would try to overpower, use you for their own benefits and so on. Well, all this goes with the psyche of the people all around us and definitely we cannot generalize anything. But yes, if 'hurting others is a sin, allowing yourself to be hurt is a bigger sin.' God of Bhagavat Gita too says the same thing as He (God) commands us to refrain not only from hurting others, BUT ALSO FROM TAKING HURT FROM OTHERS, and calls such ones "dear to Him." यस्मान्नोद्विजते लोको लोकोन्नोद्विजते च यः । हर्षामिर्षभयोदवेगैर्मुक्तो यः स च मे प्रियः

[I love that devotee of mine who neither causes sorrow to anyone, nor is himself distressed by others and who is beyond such feelings as happiness, sorrow, fear and stress.]

(Srimad Bhagwad Gita; 12:15)

So 'let go', let not your soft nature be taken for granted. Let not any negative emotion harm your psyche.

Now coming over to the third, i.e., THE SPIRITUAL ASPECT, as seen most spiritual advisors argue that happiness

---

and joy are the natural state of us souls. See how things move, the material affects the psychological and the psychological affects the spiritual. If anything or anybody fills us with any negative emotion like anger, jealousy or greed, we definitely remain unhappy for we go against our true nature and that is the worst scenario when we act against our own nature. Hence 'let go' of that karma, just let go for the 'ultimate purge'!

But the question is: how to go about? Take small steps; begin with something very small. Something from your daily life, remove things which have not been of use for years. Don't accumulate material items that aren't needed any more. Drop those motivations which don't help your internal dreams to come true, for at times they are just external pressures. And they may bring about frustration, fear and anger since this is what you actually never wanted. Once you start 'letting go' of all that you don't need, you will start loving all—no jealousy, no anger, no frustration, no desire...and so now there will be fewer obstructions in your Spiritual Path! As you 'let go', 'letting in' will automatically start.

## HOW A FATHER'S WILL CHANGED A LIFE!

– **Rajbala Singh**, Mumbai

Once a father willed his son, "Before you get gravitated to gambling, go and look at some defeated gambler, whenever you feel like taking to alcoholic drinks, look at some drunken boozer and if ever the tangible pleasure of prostitution lures you, go to some prostitute early in the morning." The son did not pay heed to these words and the days passed on.

The fateful day came when his father passed away and he inherited all his huge wealth and as the saying goes that opulence is a big spoiler, he took a fancy to doubling his wealth by gambling. When he was on his way to casino, the advice of his father reverberated in his mind: to have a look at some defeated gambler before gambling. On reaching the casino, he saw a gambler who was so distraught and distressed on losing his entire money that he had lost all his senses. This sight of the gambler made him envisage his condition also on losing his wealth, so he thwarted the thought of gambling and turned back.

After sometime, the realization of his sickness drove him to go for drinks; hence following this urge, he headed towards a bar but again he recalled the words of wisdom of his deceased father to "go and see some drunken boozer before succumbing to this addictive pleasure" and before he could step into the bar, his eyes were caught by the deplorable sight when a dog was peeing on a person in a drunken stupor. It warned him of the repercussions of alcohol so he went back home.

The years rolled on and once again the temptation for prostitution gripped him but while he was lost in fancying about it, the last words of his departed father echoed in his mind, "if ever you get infatuated with some prostitute, go to her early in the morning", so he went to bed, woke up early next morning, rushed to a brothel and knocked at the door. To his utter dismay, he found that the prostitute who opened the door, looked horribly shabby with her mouth stinking badly and revealing a shoddy look with her night make-up all spoilt by that time. He was shocked to see the reality of the beauty that was so much talked about in the city; therefore he preferred to go back. Now, he could comprehend the teachings of his father very well. He offered his gratitude to his father for protecting him from sinful acts which could lead him to disaster and treasured the precious words of his father in his heart forever.

## THE GURU WITH A LAPTOP WORKING IN A GOLD SHOP (The 'Thing' Theory)

– B.K. David, Paignton, England.

**T**he Guru's role is like that of a school teacher, holding a highly responsible position and worthy of praise and respect as he is the one who has studied much and renounced much in order to be what he wanted to be, to be able to give service to the community.

Yet when one looks at the way life has slowly gone downhill during the last 100 years, one really has to ask the questions: why, with so many Gurus, spiritual leaders and teachers and laws and restrictions in the world, our lifestyles are growing worse and world troubles are increasing everyday? Why has no answer or solution been put in place by these people with high positions in society to counteract the constant and endless decline in moral values and 'sincere devotion' within religion and its accurate practice? Why have the governments not stepped in, to stop the widespread increase in corruption, greed and continual degradation we see all around us?

I guess it's because the

Gurus, the teachers and the reformers in life, are caught up in the turmoil just like the rest of us and are actually powerless to act and solve such a worldly problem that affects every family and every person on the planet. As for the governments' acting and reforming, they need great wisdom and an in-depth knowledge of the root cause of all this chaos, which they do not have, and so simply, they cannot cure a problem that they do not know how it came about. These people have no cure for the illness which they are also caught up in and infected by. Can a leper cure a leper?

**Today people tend to listen more to 'rock-music' than they do to their Guru or teacher.** Gone are the wisdom and discipline of the past in favour of the now fashionable 'enlightenment by computer'. The drawbacks with this method are too endless to mention except to say that a computer cannot touch your heart the way a Guru does in person. Before computers there was a much greater sense of peace of mind in the minds of people.

Computers have brought great discontentment to all that use them. The price of going online is that we go offline and off course to being happy in real life.

### **BIKE, CAR, HEART, WALLET**

Wealth and its accumulation are also now fashionable and accepted by many, even by those on spiritual paths, and in some cases, especially by those on spiritual paths. The love for God has diminished in people's eyes that can be seen more turning the pages of the financial newspapers for share increases, gold drops and alike, than on God and His wonder. Many have swapped a share of God's heart for shares on the stock market and for a barrel or two of crude oil. A good deal? I don't think so. To me, it all feels like swapping a bike for a car: you might get there quicker but your stress levels rise enormously, you become unfit, lazy, dependant, poorer, less in touch with life and yourself, less friendly, more stressed, more irritable, more angry, more out of control and further removed from a peaceful lifestyle based on nature and a calm order of events.

### **The end result:**

### **Welcome to our World**

It appears and feels to me that with all our technology and advancements we have made in life over recent years, we are



now moving down life's super highway at incredible speeds – but in the wrong direction. Today we move at super speed in the direction that takes us away from happiness at the same super-fast speed. The end result of all this speed: welcome to our world. The human race, with all its ground-breaking advancements is indeed, taking us backwards. Disease, poverty, unhappiness, stress, ill-health, heart attacks, diabetes, obesity and blood pressure are all on the rise. Should there be any doubt in your mind about this statement, you only have to look at the unhappiness on the face of any person in any bus or street to see how unhappy and stressful everyone has now become. So how can we ever class the human race as progressing when so many are so unhappy? I truly believe that it is far better to be poor and happy than to be rich and sad. A diamond ring will not make you smile after you have worn it rather will only increase your false social standing, ego and the severity of your headaches. Wealth actually diminishes your smile and feeling of contentment. It will never increase the amount of your happiness and laughter that actually nourish your heart and soul.

**Materialism Vs. happiness: materialism will always be the winner today**

The *sanyasis* with their renunciation are to be admired as materialism places very complicated and difficult handcuffs on us which for most are impossible to escape from. Materialism greatly restricts anyone who is caught up in it to the point of not really having free hands to live. They have arms but which are constantly pulled and swayed by their strings of habits, comfort ego and ignorance. Materialism will never allow you to have true happiness in your life as by its very nature, it takes you away from your inner self and tries to give you satisfaction and meaning with outer plastic, metal, rubber, technical gadgets, things that shine, glow and sparkle and which lure the customer into thinking there is joy and benefit in owning such an item. The further one is pulled and driven away from their own self, unhappier they end up. One of the greatest secrets of life hidden from man is that true and lasting happiness that resides in each and every person and is there for the taking. But you will need **three eyes and one of them must be filled with wisdom, the other with love and the third eye with dedication and**

**caution.** When you have these three eyes constantly with you, wide open, only then will you be able to unlock the secrets of life each day and lead a life as it should be led. Each day is a new day and you'll need to unlock this secret treasure chest of love, wisdom and dedication for yourself first and each morning start afresh, as yesterday, you might have passed many tests successfully but yesterday has gone and today is a new day.

**Are you chasing the pleasures that cause you sufferings? Are your intellect and wisdom only equal to that of a kangaroo on a sunny day?**

Only discontentment, unhappiness and a life devoid of peace can ever be had and found in objects through living life externally in which you forget your inner self and get caught up in a never-ending chase after your outer pleasure and gratification either through the senses or pursuing those endless 'things' to be had and acquired in life. Everyone is guilty of this game of chasing rubbish and letting go of the precious and valuable in order to play this game in which one will only catch hold of shiny barbed wire at best and at worst, a gun that will shoot one in the foot – or may be in the head.

---

## THE 'THING' THEORY

If you do not believe in this wealth, materialism and 'thing' theory, all you need to do is, just look at all the wealth and possessions in most people's houses today and the endless comforts they have accumulated and placed around them which they have slowly amassed for themselves in their desire to live a life of luxury. Yet when you look at them and their lifestyles, they seem excessively removed from their aim as they look so stressful, worried and unhappy. No home in any country is free from worry and tension.

By understanding this important fact of life and by implementing it, you can change your attitude, thoughts and actions very quickly, and thus alter your future destiny and outlook on life, and ultimately, change your luck. So this fact of materialism is worth remembering when next time you feel yourself getting drawn and sucked into the sticky web of possessing and owning more and more comforts and pleasures.

### **Jump ship now in the dead of night to live a life in true and lasting sunshine**

Godly wisdom alone is the only plug to this sinking ship. This Godly wisdom says 'Jump ship on to My ship as this old rusting human 'leaking bucket'

of a ship is soon to sink without trace. You'll need to let go of your materialism if you are to fit into God's Lifeboat and go to a new world with its true wonder and beauty. There is just enough room in God's Boat for His real children who are the lovers of truth. God's Lifeboat does not accommodate materialism in any shape or form, so free your mind from this if you want to jump onto the Godly ship. God likes only hands that are spiritually busy and not lazy. So if you want to ascend God's Lifeboat that is heading to the new world, you know what you have to do: let go of your material rubbish that makes you heavy and sad and hold only God's hand. You cannot hold the hand of materialism and God's hand at the same time. Many have tried this like alchemy to turn objects into gold. The result? They live with wood, metal and plastic – and a headache.

### **ICEBERG DEAD AHEAD**

You either choose between materialism, body-consciousness, unhappiness and the sinking boat of sorrow, or God's hand, divine boat and pleasant voyage to the approaching shore of the new world. Most of us, of course, will stay with their old sinking boat out of habit thinking it safe and unsinkable; after all, it has been sailing OK for thousands of years. Yet we

all know what happens to ships we think unsinkable. People will clutch this anchor of the present boat (world) with all the power and force (vice, ignorance and bad habits) they can muster and with this tight grip of theirs; they will go down with this ship of today. I can think of many people who would NOT dream of letting go of their vices and bad habits and be prepared to give up and leave this old world in order to pursue a new world and enlightened way of life; such are their blinkers of ignorance that do not allow them to see beyond their TV, bank or mirror.

### **In whose boat do you have faith and consequently book your seat? What is given as the final destination in your ticket?**

It's the mirror, body-consciousness, selfishness and greed that are keeping souls away from seeing God's moored Lifeboat and the state of the ship they are aboard. For the masses, God's Lifeboat will remain invisible and will only be seen when it is too late and has set sail for the new world. Yet this is the way it has to be; with only a certain amount of room and seats available on God's boat; not everyone is going to open his or her eyes to God's creation, possibilities and realities of living in a new world with endless splendour, love and happiness.

(Contd. from page no. 3)

atrocities.

To transform the violent and vicious human beings into non-violent, vice-less deities, God Father Shiva and His divine progeny, the mothers of Bharat (known by the names of Durga, Amba, Kali etc.) have always asked for the renunciation of vices like ego, sex-lust, anger, greed, arrogance, attachment etc. as sacrifices and offerings from their children to reward with ever-healthy, ever-wealthy and ever-happy lives. The vices had brought all ruin and catastrophe to them. They never asked for any sacrifice of human beings or animals to satiate them. People must be made to learn a lesson from the past, that such acts are the cause of horrible violence in our country. It is such vices that have brought about so much ruin and catastrophe. Such horrible sacrifices must be discouraged.

Some of the root causes of India's poverty are outdated, old and false beliefs of the devotion (*Bhakti*) cult. India which was once a golden sparrow became a pauper because of wasting more of her wealth on unnecessary rituals, sacrifices and *Yagyas* (in which tons upon tons of excellent consumable grains/ghee etc. are made to be consumed by fire), mythological books and pictures, unwanted innumerable temples etc. The worship of some of the imaginary gods and goddesses consumes crores and crores of rupees every year like the birthday celebrations or anniversaries, wedding festivals and funeral ceremonies of doll-like gods. Most of the people in this country are so poor that they cannot afford a nutritious square meal a day. And if this wastage of the hard-earned money of Indians is to continue, the nation will never be able to stand on its own feet. We

should find out some other way of spending money to raise the standard of character of the people. Government should not help with money in such celebrations since that is public money meant for the uplift of the people. Government should advise such institutions and sectarian organisations not to waste money on sheer pomp and splendour. None is going to become like Shri Sita and Shri Rama by merely staging their story in which fictitious characters like Ravans are also introduced.

It is high time that the Government encouraged public opinion to put a stop to such wastage. Instead, the Government should organise some spiritual educational centres in India to help uplift the culture and character in India, which will be a vital step in raising India as a world power in high character. ●

**INFORMATION ABOUT IMPORTANT SURGICAL PROGRAMMES IN GLOBAL HOSPITAL**

**Regular Knee and Hip Replacement Surgery**

**Surgery is done in last week of every month regularly**

**Surgery by: Dr. Narayan Khandelwal**, an efficient and experienced surgeon of Mumbai (Trained in U.K., Australia and Germany) For prior check-up & to know the dates of surgery interested patients for only knee and hip operation, please contact – **Dr. Murlidhar Sharma**, Global Hospital, Mount Abu, **Mobile No. 09413240131, Phone: 02974-238347/48/49, Fax: 02974-238570**

**E-mail: [drmurlidharsharma@gmail.com](mailto:drmurlidharsharma@gmail.com) Website: [www.ghrc-abu.com](http://www.ghrc-abu.com)**

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).**

**Chief Editor:** B.K. Nirwair, Pandav Bhawan, Mount Abu.

**Associate Editors:** B.K. R.S. Bhatnagar, Shantivan; B.K. Ranjit Fuliya, Delhi and B.K. Ved Guliani, Hisar.

**Phone: (0091) 02974-228125 E-mail: [worldrenewal@bkivv.org](mailto:worldrenewal@bkivv.org), [omshantipress@bkivv.org](mailto:omshantipress@bkivv.org)**



1. New Delhi (Pahar Ganj) – B.K. Sis. Jyoti presenting Godly gift to Rev. Swami Atmanand, Secy., Ramakrishna Mission. 2. Ahmednagar – B.K. Deepak presenting a bouquet consisting of 100 kinds of flowers to Mr. Amit Shah, President of BJP. 3. Pune – Mr. Prakash Javadekar, Hon'ble Union Minister for IB, being presented Godly gift by B.K. Yashwant and B.K. Sis. Sulbha. 4. Patan – Mrs. Anandiben Patel, Hon'ble Chief Minister of Gujarat being presented Godly gift by B.K. Sis. Neelam. 5. Bhubaneswar – B.K. Sis. Leena being felicitated with Nagar Bandhu Award by Mr. Navin Patnaik, Hon'ble Chief Minister of Odisha. 6. New Delhi (Dwarka Sec. 17) – Dr. Ranbir Singh, V.C., National Law University; B.K. Sis. Shivani, B.K. Sis. Brunda and others inaugurating a 'Talk Session by B.K. Sis. Shivani' for the law professionals at the University. 7. Trinidad & Tobago – A program 'Being with One' being inaugurated by Dr. Marie Magno Advani, General Consulate of Philippines in T&T; Mrs. Soraya Khan, President of National Muslim Women Organisation; B.K. Sis. Dr. Hemlata Sanghi, H.E. Gauri S. Gupta, Indian High Commissioner to T&T, and others. 8. Jakarta : B.K. Venkatesh, the recipient of the award for directing the film "Who Am I", seen along with Mr. J.B.S. Reddy, Co-Producer of the Film at Jakarta International Film Festival. 9. Cuttack – A programme "Time to Receive God's Power for Great Transformation" being inaugurated by Justice D.Das, Judge Odisha High Court; B.K. Sisters- Asha, Kanan, Kamlesh, Pushpa, Kuldeep, Neelam, B.K. Nathmal and Gokul.



**Saint Petersburg :**  
Silver Jubilee Celebration of B.K. Centres in Russia being inaugurated by Rajyogini Dadi Ratan Mohini, B.K. Sisters Santosh, Chakradhari and other dignitaries.

**Shantivan (Abu Road) :**  
The 9th World Congress for Clinical, Preventive Cardiology and Imaging being inaugurated by Rajyogini Dadi Hriday Mohini, H.E. Ramnaresh Yadav, Governor, Madhya Pradesh, Dr. Satish Gupta, Dr. Deepak Chopra, Dr. Banarasi Lal Sah, B.K. Sisters Munni, Avdhes and others.



**Shantivan (Abu Road) :**  
A Conference organized by Media Wing being inaugurated by Mr. Sripad Nayak, Union Minister of State for Tourism and Culture (Independent Charge), Rajyogini Dadi Ratan Mohini, B.K. Om Prakash, B.K. Sis. Shielu and others.

**Shantivan (Abu Road) :**  
Silver Jubilee Celebration of Art and Culture Wing being inaugurated by Sis. Varsha Usgaonkar, cine actress; Rajyogini Dadi Ratan Mohini, B.K. Ramesh Shah, B.K. Sis. Munni and others.

