

Significance of Purity - Purity as means to succeed in life

- 1) Purity refers to a level of higher consciousness where the soul experiences divine qualities like love, peace, happiness, bliss, complete knowledge of self and a sense of higher purpose, all powers required for effective day to day functioning.
- 2) Purity itself is the most important quality of soul. All souls descending into this world from the soul world were very pure.
- 3) Purity is complete absence of waste thoughts and unwanted thoughts.
- 4) Purity refers to a level of higher consciousness where the soul thinks about the benefit of others, the soul respects others and does not cause any sorrow to others.
- 5) Purity is the foundation based on which other qualities of the soul like love, peace, happiness, bliss, soul consciousness and all powers are experienced easily. Purity is complete absence of lust, anger, greed, attachments, arrogance and all other negative qualities. Purity is a journey where the soul frees itself from all the negative qualities by emerging and staying in the consciousness of positive qualities.
- 6) A soul can experience purity only by staying in soul consciousness with less or no thoughts of body. A soul has to experience being in soul consciousness with all the original positive qualities of the soul. The soul has to practice seeing others also as souls and should be able to see the positive original qualities of other souls.

The consciousness of body brings with itself:

- 1) Lust for body
- 2) Anger if things do not go your way. If you do not consider all souls as unique with unique habits, intellect and mind, then you become angry if they do not perform according to your wishes.
- 3) Consciousness of body brings with itself wants and the greed to satisfy wants. A person who does not find satisfaction with original qualities of soul becomes attracted to materialistic world and thereby to greed.
- 4) Body consciousness brings with itself attachments to spouse, children

and other souls, with money , achievements and possessions, with positive qualities of other souls, with possessions.

- 5) Body consciousness leads to arrogance of what one has – be it our possessions, our temporary superiority in achievements (ridhi siddhi), buying power, seat power, personal talents, looks, materialistic achievements etc.

The consciousness of soul brings with itself:

- 1) Seeing everybody as soul and this body as destructible and temporary costume frees oneself from getting attracted to body. The soul resides in between the forehead and so the self is able to see the actual being and not the costume.
- 2) Being in peace with the self, the surrounding, all situations, other souls, clarity in understanding the situations, giving positive responses to situations and not reactive responses. The Godly knowledge frees the soul from entering into any relationships and situations where the soul will need to get angry.
- 3) A soul who finds satisfaction in himself and God will need very minimum and still experience extra sensual happiness.
- 4) Soul consciousness frees the self from attachments to other souls and nature. Other souls are treated as separate human beings with their own mind, intellect and habits different from own mind, intellect and habits. The self is able to better understand and appreciate the other souls and be free from attachments and associated false emotions.
- 5) Soul consciousness uplifts the soul from the materialistic world and the soul is better able to understand, appreciate and adjust to other souls. The soul is able to be in self respect and at the same time respect other souls.

Practical application of purity:

- 1) Purity is absence of waste thoughts and unwanted thoughts. The soul

is able to be light and so can concentrate and achieve many different activities during the day. Students can learn all subjects very easily and without efforts. Working people will be able to do work with ease and feel as if the work is happening automatically and without efforts.

- 2) Purity improves all relationships with other souls. With purity, you are able to contribute to the spiritual development of other souls. You are able to make the other souls light and are able to be in self respect and at the same time are able to respect others as separate souls with independent mind, intellect and habits. Purity solves all problems in relationships.
- 3) Purity of soul helps in understanding the situations and people better and so respond to situations in a positive and constructive way. Purity frees the soul from being slavery to materialistic senses and helps in better decision-making for the self and others.
- 4) Purity helps in enjoying every moment of life and fills the soul with peace, happiness, bliss and unconditional love. Purity helps in seeing all situations with detachment and so enjoying every situation with peace, happiness, bliss and unconditional love.
- 5) A pure soul is able to bring positive changes in others and situations as he does not enter into conflicts with others and are able to accept others as they are.
- 6) A pure soul will always have good feelings and good wishes for others. A pure soul will never come in the way of others' benefit and growth. A pure soul will never be jealous of others. A pure soul is able to accept others' success with unconditional love.
- 7) A pure soul will find ways to themselves be free from sorrow and also never cause sorrow to others.

Practical application for people doing Bhakti

1. Deities are worshipped for their purity. Souls go to temples to

experience a serene and peaceful environment – an environment where every body can be their self and talk to their deities. A visit to temples fills the souls with the original qualities of soul like peace, divine love, happiness, bliss, purity etc.

2. A soul who does Bhakti everyday is expected to be very calm, introvert and free from vices. The soul will appreciate all the positive values and aspects of life and will shy away from negative values and situations.
3. A soul who is pure is able to understand the other person and is able to constructively contribute to the benefit of the other person. A pure soul knows that every individual is different and will not allow personal experiences and benefits to interfere at the time of guiding others.
4. A pure soul will know their strengths and will use their strengths for the benefit of others. A pure soul will also know their weaknesses and will not allow their weaknesses to interfere in the life of others. A pure soul will keep working on their weaknesses till such time the same is converted into strengths.
5. A pure soul will never cause sorrow to others. They will only find ways to benefit others through their well wishes and actions.
6. A pure soul is naturally content with themselves and are able to use their personal possessions for their and others' benefit. A pure soul is able to live with minimum wants and so never runs after materialistic possessions.
7. A pure soul will do Bhakti and will follow a faith with unconditional love and devotion. A pure soul will never want anything in return for their faith, unconditional love and devotion.
8. A pure soul will follow Godly knowledge and directions to the best of their ability.

Practical application for normal people not particularly inclined towards Bhakti

1. Purity of soul means that you nourish the soul with all positive qualities

and thoughts. The day should begin with positive thoughts, the whole day should be spent in positive thoughts and the day should end in positive thoughts. Purity of soul means that one avoids all negativity whether received from other souls or from social media (Television, Cinema, Newspapers).

2. Purity of soul means that the soul internally develops good thoughts for the self as well as other souls. The soul is free from vices and so even bad words. The soul uses positive language in thought, words and actions. The soul understands that whatever they send to the world determines their universe and so puts efforts to be always pure.
3. Purity of soul means that the soul fills itself with positive qualities received from God and distributes the same to the world to create a positive environment.
4. Purity of soul means that the soul never accepts sorrow nor give sorrow to others. The soul is always of a helping nature – if not by materialistic possessions but by smiling and being light and making others smile and becoming light.
5. A pure soul is not affected with what is happening in the world, they are only concerned with what is happening in their inner world. They keep their inner world clean and so are able to contribute to other souls in a spiritual way (if not based on Bhakti).
6. A pure soul sees good in all people and situations and so are able to spread positivity all around and change situations. They always keep good company and do not go into bad company. Through their positive company, they try and change bad companions also through their positivity but are never influenced by bad company.
7. A pure soul learns to be free from attachments and so are able to maintain their inner purity. They are able to see everything as a detached observer and so are not influenced by anything. They try and influence situations and persons with their positivity.
8. A pure soul will spend some time during the day with themselves to sharpen the saw – meaning to remove negativity and develop positive divine qualities.

Purity in married life

1. Marriage is a communion of souls and not bodies. So in marriage life, seeing the other person as souls with independent mind, intellect and habits is very important. This is the only way one is able to adjust to the negativities / weaknesses be it temper, greed, attachments, arrogance, moods of the spouse.
2. Soul consciousness and purity of soul helps in understanding the other person better – not what the spouse is saying but what the spouse is feeling and thinking. Soul consciousness also helps in maintaining purity of the soul – interacting with spouse as a soul and not getting attracted to the body.
3. Body consciousness increases conflicts in the family if one person is not able to meet the expectations of others in terms of his / her duty. Soul consciousness helps the other person to understand the mind, intellect and habits of the other person and so act as an effective spouse helping the other soul.
4. Soul consciousness helps in understanding what exactly the self and spouse wants and a pure soul is able to fulfil the same as detached individuals and getting overburdened by the expectations.
5. Soul consciousness brings humility in the relationships and situations and so the situations / relationships never go out of hand. Body consciousness increases the feeling of arrogance and anger. Body consciousness is the major cause of conflicts in relationships. The spouse is able to understand and adjust to the spouse if they get along well as souls and not bodies.
6. Relationships with children are more detached as even the new borns have their own minds, intellects and habits. So the parents are able to nourish the children as separate individuals. Parents are able understand the situations better without attachment and able to provide effective solutions. Conflicts between parents and children will slowly subside if the parents are able to instill proper values to their children and bring up the children as separate individuals. The parents are able to encourage the positive strengths in the children and slowly remove negative weaknesses in the children.
7. Making purity of soul and spiritual knowledge a routine in the family will help in preparing the children with enough powers and knowledge to

face situations in their life both in present and in future.

8. Soul consciousness and purity of soul helps in maintaining proper decorum in biggest of joint families. There will be no breakups in the family and every body will feel that the bigger the family the better. Conflicts arise due to materialistic expectations, but if that is converted into soul connections and purity in relationships, the family members will be able to appreciate and foster the positive qualities in others and remove negative qualities.
9. Spirituality helps in having peace and decorum in all relationships.

Importance of Rajayoga in sustaining Purity

1. God Shiva descends to this earth in the body of an elderly gentleman by name Lekraj. Through God's instructions, Brahma Baba (Dada Lekraj) surrendered all his wealth to a trust to be managed by women. Till date, the Godly knowledge is revised every day morning and evening in the form of classes – the knowledge is read by women. God says that He has given the kalash of knowledge to women to give to the whole world.
2. Daily Godly knowledge (imparted before 1969) and Sunday Godly knowledge (imparted after 1969) are read across more than 8500 spiritual centers of Brahma Kumaris across the world. In each of the Godly Knowledge, God Shiva talks to the souls and gives very valuable inputs to uplift the souls from the materialistic world and fill the soul with happiness, peace, purity, love, bliss, knowledge of the three Worlds and past, present and future. God also through his Godly knowledge gives powers and insights to make the soul pure and free from vices.
3. God suggests to keep practising seeing all human beings (male and female) as souls residing in between the forehead. God says that if you remember yourself as souls and remember Me, you will keep getting pure day by day.
4. One very important time suggested by God for thinking ourselves as souls and remembering the Supreme Soul is Amrit Vela (Morning 2 to 5 AM) when the whole world is sleeping and the soul is able to easily connect with the Supreme Soul.
5. A soul who remembers God, sees all others as souls in between their

foreheads and listens to the Godly knowledge keeps getting pure day by day. All his thoughts become pure and elevated. Such souls are able to send positive vibrations into the World and are able to help other souls also in proper decision making and guiding them to do elevated actions.

6. The Godly knowledge also gives insights into how to maintain peaceful relationships, how to face situations with a detached attitude and so not getting influenced by situations or relationships. The Godly knowledge also gives insights into our own weaknesses and guides in eradicating the weaknesses. The Godly knowledge gives insights to develop our strengths and use the same for others benefit. Godly knowledge gives insights on how to help others achieve spiritual freedom and become elevated themselves.