

ENLIGHTENMENT– THE BRAHMAKUMARIS WAY

– **Jai Chandra**, Assistant General Manager,
Reserve Bank of India, Mumbai

A few months back, we had a wonderful opportunity to attend Administrators' Conference organised by Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya at their Gyan Sarovar complex, also known as Academy for a Better World, at Mount Abu. It is difficult to express one's gratitude to the organisation in words for providing an opportunity to participate in such a beautiful programme. The only way to thank the organisation is to contribute to the cause advocated and promoted by it. Though it appears to be a difficult task to entirely follow the principles and philosophy taught at the holy place, it is certainly not so difficult to follow the philosophy to the extent possible. This implies that it is a matter of our intentions to follow these principles and the faith we have in the philosophy. Once we have faith in the knowledge imparted by the

organisation, it would be easier to be a part of the 'noble cause' supported by the organisation, i. e. humanitarianism.

It would be a spiritually pleasant experience to recall the things which one cannot be tired of appreciating and admiring while at 'Gyan Sarovar' or at any other centre of the organisation. Recalling the environment at the centre would freshen up the lessons taken in the conference. These lessons often get overshadowed by the routine life once the persons step out of the 'centre' and again start facing the world. It is somewhat unfortunate to have such an overbearing routine life devoid of any real meaning and objective and far away from spirituality. The purity of environment at the premises of 'Gyan Sarovar' is a loud announcement of the distance mankind has travelled away from its real

nature. Another important element of life at 'Gyan Sarovar' is the level of discipline observed by the inmates B.K. sisters and brothers, and others which easily prompts us to realise the counterfactual i.e., the level of indiscipline that spoils almost every aspect of routine life. The short stay at the premises also makes us to realise that our true needs are indeed very limited but somehow we tend to create and expand our needs and then struggle to fulfil them. Over a period, we end up creating a quagmire that never allows an exit.

It is difficult to summarise the lessons offered by the 'conference' and other things one can learn by a visit to the 'Gyan Sarovar'. For me, it was the first time to attend a formal spiritual programme of the organisation. It refreshed the knowledge about 'most common evils', which are the root cause of most sufferings of mankind. The deliberate reference 'refreshed the knowledge' is made to underline the over-confidence we have in our spiritual knowledge. We often believe that we know about these evils (anger, greed etc.). This belief, I think, is one of the greatest

obstacles in elimination of these evils, because it prevents us from really understanding their meaning and extent of influence in life. This situation can be compared with a vehicle rolling down the slope of a mountain heading towards deep and dark valley. In some cases, the 'driver' of the vehicle does not know that there are brakes in the vehicle, in others 'he' knows that there are brakes, but somehow, gets satisfied with the fact that he knows there are brakes. With this satisfaction or over-confidence, he never learns how to apply the brakes to vehicle rolling down to 'deep and dark valley'. The conference at the Gyan Sarovar made us learn both - that there are 'brakes' and more importantly how to apply these brakes so that the 'vehicle' can be stopped from moving towards a 'deep and dark valley' and can be turned towards a smooth and pleasant ride. It sensitised about the existence of 'evils' and it also enlightened us about the methods to avoid and overcome these evils.

I am prompted to add that the spiritual movement being driven by the 'organisation' is the great service to the country and entire humanity. By following the principles and lessons imparted by BKs, each person can contribute to this great service. ■

MY ROLE MODEL

— Aman Luthra,

IX Standard, St. Cecilia Public School,
Vikaspuri, New Delhi

We know that majority of people have their role models. They want to imitate their role models. Similarly, my role model is my mother. She is employed in a govt. job. My mother is a very hard working and creative person. She completed most of her studies, i.e., B.Com, M. A. and M.B.A., after my birth. During my childhood I used to see her being busy in her studies. I also learnt to work hard through her actions. I am impressed by her self succeeding value system. No one has observed my mother's life deeply, but I observed her life and learnt many virtues.

Her Power of detection is immense as she easily detects hidden vices or bad habits in me and tries to remove them quickly. I have realised that negative thoughts have harmful effects on the human body. She always says that I am a pure soul. These words usually inspire me to become pure. I learnt from her that pure thoughts are the basis of purity. These are pure thoughts that lead us to soothing words and good actions.

I also learnt to live a stress-free life like her. Even though there is burden of studies I always feel light. My mother has made the concept of self-dependence quite clear to me. Through her spiritual life, my fundamentals of spiritual knowledge became strong and found depth. It is because of her loving, caring and upbringing that I have a strong belief in the Supreme Father, Who has blessed my mother with so many qualities.

My mother has deep interest in meditation. Through her powerful and positive thoughts, she derives power from the Supreme Soul, Almighty God Shiva. Now I can confidently say that if we take shelter of God and act according to His directions, then vices cannot attack us. Through the peaceful life of my mother, I have decided to spread this mighty knowledge further so that everyone could live a peaceful life. ■