

GODLY SERVICE REPORT

AMRITSAR

Rajyogini B.K. Sis. Sudesh, Director, Brahmakumaris, Germany, B. K. Dr. Hem Lata from Trinidad and Bro. Amir Chand, National Co-ordinator, Social Service Wing, visited Amritsar especially on the occasion of 12th *Smriti Diwas* of Rajyogini Dadi Chandermani.

A public programme was organised at SIFTI INTERNATIONAL on “*Reinventing life for everlasting joy and happiness*”. Sis. Sudesh's direct and simple words had a magnetic effect on the audience; they experienced absolute silence and listened with rapt attention. About 600 people comprising mostly eminent persons from different walks of life participated and got spiritual benefit.

A special meditation programme was organised at Vishwa Shanti Bhavan. About 300 BKs participated from Amritsar and the connected centres.

BERHAMPUR (Bada Bazar) WOMEN EMPOWERMENT

International Women's Day was celebrated at Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya, Shiva Smruti Bhavan, Om Shanti Nagar (Near Old Berhampur High School). A Women's meet was organised to mark the day.

Sis. Renubala Pradhan, member of Rajya Sabha, graced the occasion as the chief guest. She called upon the women to awaken their dormant talents and be responsible, dutiful and sincere in their respective work-fields so as to be successful.

Brahma Kumari Basanti said that the foundation of society was the mother who could build an ideal society with the spiritual power.

Sis. Alka Sahu, Secretary, 'Seva', pointed out that atrocities against women were on the increase; the reason behind which was lack of self-awareness on the part of women.

Sis. Kameshwari, President, Andhra Mahila Samaj, opined that emphasis should be laid on women's education so as to make them self-reliant.

About 300 women took pledge on a five-point agenda for spiritual empowerment of women. The programme was

(...Contd. on page no. 30)

CONTENTS

▶ Godly Service Report	1
▶ Dawn of Divine Spring (Editorial)	2
▶ Meditation Ensures God's Help	7
▶ Creating a World of Peace and Happiness	9
▶ BABA - The Supreme Surgeon	12
▶ 'God took my boat across' ..	13
▶ Relevance of morality in present times.....	16
▶ The Lord knocks at our door	17
▶ My Sweet Baba	19
▶ A Moth in love with the Eternal Flame	20
▶ The Hospital bed of sudden remembrance	23
▶ Conquering Anger	26
▶ Silence and Psychology.....	27
▶ Purpose of Life: Whither Truth?	28

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(B.K. Atam Prakash)

Editor

DAWN OF DIVINE SPRING

Thousands of people from all over the world have been assembling at equal intervals at Shantivan, Abu Road, for over six months. Dressed in white and moving around with smiling faces, they greet each other with 'Om Shanti'. Even young children are a significant part of each congregation. From early morning till late evening, Diamond Hall, Conference Hall and other seminar halls of the campus remain full with yogis engaged in meditation sessions or discourses by senior Rajyogis. The subjects that are covered range from simple understanding to very deep reflections about the ideal spiritual consciousness in action while conducting our normal daily routine. Throughout the day, the environment is filled with pure spiritual vibrations, while hearts overflow with comforting feelings. The personal meetings with the

Dadis and senior brothers, wherein experiences of their spiritual journeys over the decades are shared and refresh every listener to the fullest. It is like bathing in the bright early morning sunshine or the 'Dawn of Divine Spring'.

As the participants happen to be regular students of Spiritual Knowledge and Rajyoga Meditation, these meetings help refine their understanding, and strengthen their resolve to translate every jewel of spiritual wisdom into practical action.

This silent phenomenon of carrying out grand transformation in outlook and actions for a better society, according to God's, direct elevated guidance (shrimat), is creating a 'global divine family of spiritually elevated individuals from all corners of the world, irrespective of their religion, caste, colour language or age. The

Almighty Supreme Father has bestowed the highest, most elevated wisdom as inheritance for all human souls to accept, rejoice and live with golden-aged consciousness. This practice automatically enables everyone to realise one's own worth, re-claim inheritance of 100% purity, peace and happiness in day-to-day life, and play the role of God's Messengers to usher in a new era of positive change. This spiritual 'Kumbh Mela' is indeed like an 'Oasis of Peace and Happiness' where enlightened people interact with each other only to bestow goodness and well-being. It serves as a living model for those who are searching for the answers to modern-day problems borne of ego, anger, greed and violence. It is only after experiencing this divine family set-up for a few days can one imagine and understand God's plan of World Transformation from the present '*Kaliyug*' to tomorrow's '*Satyug*'.

For centuries, we have been taught that the five vices are the worst enemies of individual human souls as well as of society at large.

Great souls of the past ages had showered so much wisdom and guidance through their respective philosophies to contain and counteract the 'onslaught of Kaliyug' but the situation all over the globe has deteriorated consistently. It has reached such a dire state that today even the most powerful nations are confronted with the worst and most puzzling situations. When all the leaders of great nations are tied up with problems of 'Global Meltdown', 'Terrorism' and 'Global Warming', we find it is high time to awaken and recognise the 'Dawn of Divine Spring' and listen to God's Divine Message for the benefit of one and all. This is the most opportune time to seek His intervention.

Now is the time for God's descent on earth to guide us personally as per His own promise. When we are completely helpless at all levels, we need His advice or shrimat again. The more we recognise Him and His supreme wisdom, accordingly we become more empowered to conquer our own weak-

nesses and become role-models for global change. The Brahma Kumaris Institution has created a wonderful model of global divine consciousness through the involvement of high-powered and common people from all professional backgrounds. Their personal examples and commitment to bring about positive change according to God's supreme advice have created an awakening that is slowly but surely permeating all parts of the world. The time has now come to spread the message faster so that a spiritual shield can emerge wherein humanity is protected from suffering and unwanted destruction. Therefore, as advised by our most beloved Supreme Father, let each one of us spend at least 20-30 minutes daily reflecting and meditating on the creation of a powerful shield for the Global Family. The entire human race is crying out for this divine protection and God's advice is, "God helps those who help themselves". As we wish to thwart and

overcome the ill-effects of negative and violent vibrations created by the enemies of human race, let us transform our consciousness through the positive power of spiritual understanding and love. It may seem difficult but not impossible. We can help others awaken their inner conscience based on the original true nature of the human spirit or soul. Each soul, as we all believe, is the divine progeny of God, the Ocean of Love, Peace and Mercy. Global Spiritual Awakening alone is the answer to present day problems. The earlier this is realised, the better for all of us.

We suggest and invite our spiritual sisters and brothers who are in positions where this spiritual message can be conveyed to the masses to come forward. Use your abilities, talents, and physical means to awaken, inspire and educate audiences, so that they are motivated to create a powerful global consciousness which will re-establish a virtuous society ingrained in positive human values and divine qualities. Let us

crystallise this dream and earn God's blessings in the form of a new Golden-Aged World of complete purity, peace, and happiness for all. The Dawn of Divine Spring is now in the offing...let us rejoice it!

We trust the following extracts of a recent Divine Message will benefit all our readers immensely:

Merge The Spiritual Treasures You Have Received From The Divine Being Into Yourself; Use Them And Become An Authority Of Experience.

(24th March 2009)

“The first and foremost greatest treasure of all is the treasure of the wealth of knowledge through which you have received liberation and liberation-in-life. Together with that, there is also the treasure of yoga through which you attain all powers. Together with these is the treasure to imbibe, through which you attain all virtues. And with this is the treasure of service through which you receive the treasure of blessings and the treasure of happiness. And together with

these is the greatest treasure of all – the time of the confluence age because, throughout the whole cycle, the time of the confluence-age is the most valuable time. Every thought and every moment of the period of the confluence age is very invaluable because it is only at the confluence age that the sweet meeting of God and His children takes place.

“It is only at the confluence age that you are able to accumulate the treasures; in no other age is there an account in which to accumulate them or a bank in which to credit them. God, the Father, Who gives is One and He gives equally to all, but, in accumulating these treasures, every child accumulates them according to his effort. Firstly, you can accumulate your treasures through your own effort, and secondly, you constantly have to remain content and make everyone content. With this speciality of contentment you can accumulate the treasures and thirdly, through service, all souls attain happiness and so

you can accumulate the treasure of happiness. In order to accumulate the treasures, specially when coming in connection and relationship with others, have the consciousness of being an instrument, have humility with altruistic motives – so there is the need to have good wishes and pure feelings for all souls.

“There are those who accumulate the treasures and use them up immediately. They do accumulate, but then use them and finish them. The second are those who use them, they accumulate and they also increase them by paying attention to their accumulation. The method to increase the treasures is to use the treasures that you have received in any adverse situation that comes up, according to the time. The more you use them, the more they will increase because, by using them, you continue to become experienced. So, you continue to add to the authority of experience. Out of all the authorities, it is the authority of experience that is praised the most.

“All of you consider yourselves to be such special servers, do you not? Today, the world needs happiness, power and love. Through your mind give them powers, through your words give them knowledge and through your actions, give them the dona- tion of virtues. Father Brahma gave all the children three words as a gift. If you use these three words for service, you can make many souls content. Be incorpo- real through your mind, be egoless through your words and viceless through your actions. All are disheartened whereas you are the stars of hope for the world, and God sees all of you children as the stars of His hopes.”

With spiritual greetings,
– **B.K. Nirwair**

.....
In Memory of our beloved Senior Brother, B.K. MAHINDRA BHAI:
Erstwhile Director of Brahma Kumaris, Bhopal Zone

Greetings of peace!



We humbly offer our respects to one of our senior brothers of Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya: B.K. Mahendra Bhai, Director of Brahma Kumaris Centres, Bhopal Zone; Chairperson, Administrators Wing (RERF) & Chief Editor of “Gyan Veena Magazine” who left his mortal chariot on Monday, 30th March 2009 morning after a sudden heart attack. The final rites were carried out at around 1.30pm on Tuesday, 31st March, after the chariot was taken on its final pilgrimage of Bhopal city.

BK Mahendra Bhai came into contact with the Brahma Kumaris institution in 1959 in Hapur, near Delhi, at the young age of 17. He dedicated his life in Baba's service in 1969 and for the past 50 years had been a key instrument in a beautiful variety of service projects. Mahendra Bhai will always be a beloved star of God's eyes; he was very, very near and dear to all the senior brothers of the institution in particular, and a respected caring brother of the divine BK family in Bharat and abroad.

He was a born pioneer and inventor of new ways and means in spiritual service. His zeal and enthusiasm to glorify Supreme Father God Shiva and His corporeal medium, Pitashri Prajapita Brahma, would continue to be remembered in different parts of Bharat, especially Agra, Jaipur and Mount Abu, where he helped set up Spiritual Museums. He had royal and disciplined sanskars of a sovereign, sterling qualities of leadership and administration. His constant enthusiasm towards inculcation and spreading of spiritual values, through Seminars, Conferences, Spiritual Melas and Mega Programmes



B. K. Mahendra Bhai presenting H. E. Bro. Balram Jhakar, Governor, Madhya Pradesh, to Avyakt BapDada.

endeared him to everyone. He has left behind a great legacy for others to emulate.

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Condolence Message by Shri Babulal Gaur, Regional Minister for Administration, Madhya Pradesh, on the passing away of Rajyogi Mahendra Bhai

Rajyogi Mahendra was a great *Tapaswi* who served the entire humanity. His complete life was dedicated towards bringing about a unique revolution of spiritual and moral re-awakening in the province, and India as a whole. He was the epitome of simplicity, kindness and magnanimity.

I was drawn to be associated with the Brahma Kumaris Institution on seeing his all-benevolent, tireless spirit of service and acts of social upliftment. He deeply inspired me to visit the headquarters of the Brahma Kumaris in Mount Abu, where I had the good fortune of experiencing the benefits of spiritual knowledge.

Mahendra Bhai was also an incognito but important pillar in the foundation of foreign spiritual service, by sharing his vast experiences of service in Bharat with BK instruments in charge of service abroad. He continued sustaining world service by inviting double foreigner sisters and brothers to Bhopal and other parts of India in the spirit of belonging and togetherness.

This elevated soul would surely continue to extend a helping hand in the re-establishment of Golden Age as one of God's right hand.

Multi-million fold salutations to you, O Great Soul!

Just a couple of days back, I happened to participate in an Anniversary programme of the Bhopal Brahma Kumaris Meditation Centre. I shall continue to remember his teachings and recall special memories. I request the general society to follow the footsteps of such a great Rajyogi, and inculcate divine knowledge and spiritual values in their lives. I express my hearty sentiments of condolence on his sudden demise.



B.K. Mahendra Bhai with Shri Babulal Gaur on an auspicious occasion

MEDITATION ENSURES GOD'S HELP

A class by Dadi Janki ji at Global Cooperation House, London (25th August 2005)



Here we are learning to concentrate. In *bhakti*, people have no idea how to concentrate. If through the intellect you don't have the power of concentration, it means you have not completely understood God. We can understand God when we ourselves understand that we are souls. When we understand this aspect then the intellect can automatically link to God. The power of concentration is such that it opens the door for the soul to take all powers from the Almighty. When there is the power of concentration based on purity, it brings great strength. That strength works for us in many different ways. My experience has been that if you increase your power of concentration and develop a powerful stage, the power from that will help you through the whole cycle. Baba has given us a treasure of experiences. So, continue to develop those and you will then have enough strength to

give co-operation to all. What is the practical proof of being with God? There will be the power to remain peaceful. When I have peace, whoever I work with benefits from that peace.

Who can really give me peace? Only Baba. When He sees that I am making effort to be peaceful, He helps me to remain peaceful. When He sees me making effort, He then helps me in all situations. He helps with everything so that I can remain peaceful. However, if you forget God or if you think that you are doing everything, this is where the problems start. In fact, when we are with God, a lot of lightness comes into ourselves and our lives. We experience that there really is nothing to worry about. If you worry, you cannot remain in intoxication. If you worry, you cannot remain in your spiritual pride. In fact, everything that we feel and experience

shows on our face. If there is worry, it means there is a lack of faith. The intellect becomes pure with faith. When the soul remains pure and peaceful, Baba fills power in the soul. Baba is attracted to such a soul. How can Baba be attracted to a soul who is not pure and peaceful?

Who has the feeling that Baba is looking at him/her all the time? If Baba is looking at me, who else should I look at? Learn to enjoy seeing Him. Sometimes we see things and learn from that. At other times we learn by listening. Dadi Prakashmani remembers very clearly the voice of Baba. He was so carefree and light. Always keep Baba's smiling face in front of you.

If there are impure or waste thoughts, it is because I am not paying concentrated attention on the self. I am letting the old thoughts or things come into play. At that time it is as if the intellect is not useful to do Baba's service. There are some who

think too much; they wonder whether they can do something. In fact, you are never alone in this task, there are many who will come to help you. One thing is that I, the soul, am alone and I have to remember Baba but, on the other hand, I am with this family and I am doing service. To take help from others is an art. However, if I am not soul-conscious, I will not be able to co-operate or take co-operation easily. This is God's task and all I have to do is to co-operate with Him. I simply have to keep in mind that it is His task, and others will definitely co-operate with me. I just have to remain available in front of Baba. If your mind is free, Baba can really use the soul. This will be the sign of your fortune.

To take the power of yoga is to take the power of love from Baba. It is this love that

enables us to co-operate with each other. So, start talking to Baba. He will give you so much that your intellect will become quiet and peaceful. Others will also benefit when you are quiet and peaceful. It is not that you should not speak to anyone, but they should get that feeling of love and peace when you speak. Avyakt BapDada is so loving that He draws us to Him with His love and sweet smile. We need to learn to smile and be cheerful.

Today Baba told us to be introvert and experiment. Brahma Baba himself used to do this. He would come up with many things and then tell us about them. Wherever he went, he would keep the awareness of Shiv Baba. The food we eat is from Shiv Baba's *bhandara*. It is His *bhandara* but it is Brahma

Baba who feeds us. It was *sakar* Baba who started the system of offering *bhog*. People would sometimes ask why *bhog* should be offered to the departed souls, yet Baba had an imperishable imprint on his heart for those who become instruments.

Baba is the resident of *Paramdham*. Wherever you are in this world, Baba is able to reach you and send His rays. You have seen the picture of Shiv Baba up above and the rays reaching everyone. That is the reality. Each one can actually make their own link with Him. *Sakar* Baba is now *Avyakt* Baba and now from up above He is helping all of us by sending His rays everywhere. Day by day, many can come close to Baba in this way. The difficulties stay down below, while the soul stays up above. Stay with Baba – stay as His companion up above and spread those rays with Him. Leave the problems and situations down below. Don't see the difficulties because they belong to the world outside. Where do I belong? I belong to Baba. That which belongs to me is Baba. See the self and see Baba and have that intoxication. Baba is filling that in our *sanskars* and that will stay with us throughout the cycle. ■

G O D

"I cannot imagine a God who rewards and punishes the objects of his creation, whose purposes are modelled after our own. God, in short, is one who is but a reflection of human frailty. Neither can I believe that the individual survives the death of his body, although feeble souls harbour such thoughts through fear or ridiculous egotisms."

– Albert Einstein

CREATING A WORLD OF PEACE AND HAPPINESS

– B.K. Surendran, Bangalore.

May you be an embodiment of peace and happiness and a bestower of peace and happiness by stabilizing in your original self and in my constant remembrance. – God Shiva

The world over, the administrative machinery in particular and everyone in general have been doing their best to create better living conditions. These efforts are focused to ensure abundant food supply, maintenance of law and order, educational, medical, and housing and a host of other goods and services/facilities. Lot of material wealth is spent to ensure better living conditions.

Physical prosperity, peace and happiness

It is widely believed that when there is material prosperity, people are expected to be happy. But, the condition of life is not dependent on expected lines. Many people who have cars and bungalows, food and cloth, post, position and money, have no peace, happiness and solace. At present, more and more

people are seen stress-prone and depression-infected. The crime rate is increasing. The number of sick people is increasing for which we are opening more and more hospitals. The number of litigations is increasing for which we are establishing more and more law courts. In order to boost up revenues, we take recourse to opening more and more liquor joints, while we speak of prohibition. We have unemployment incentive schemes which make young people lazy and lethargic. In the final analysis, we do not have a single individual who is peaceful and happy at all times. We concentrate our energy and resources on the physical development of the people. All these are necessary and we must continue to do this. But, at the same time, the inner

development and wellbeing should be given equal or more importance.

Need of a positive mindset, soft skill-set and humanness tool-set

We must create a positive and stable mindset, a series of soft skill-set and humanness tool-set. An individual is a living being – a spirit – a spiritual energy or the soul, which is subtle. The original personality and individuality is in the form of energy. The mind which is the thinking faculty of the self has tremendous energy to create which cannot only make a conducive atmosphere but also create the invaluable wealth of peace and happiness. Everyone has the experience that peace and happiness is a state of mind, which cannot be found in physical objects. No one can make a person happy and peaceful unless he decides to be so. Even if a person is crowned the King of the world and handed over all the objects of pleasure, there is no guarantee that he will be peaceful and happy. The foundation of peace and happiness is within us and it is futile to search for them outside. It is our true intrinsic nature. It is to be

discovered but cannot be acquired from outside. People, things or comforts cannot make us happy unless we allow ourselves to be happy. There is a lot of education, training, motivation and inspiration to create material wealth. This is necessary but, simultaneously, we must educate, train, motivate and inspire people to create peace and happiness in their lives. Material things can be made available to others. But, peace and happiness, which is the real wealth, should be produced by each of us individually for ourselves. Our pure, positive and wise thoughts are our invaluable treasures. As the thought in the mind, so is the state of mind and also the state of life. Our true characteristic is goodness in different attire and satire. These characteristics should be reflected in our performance. With determination, focus and acceptance, one can be happy in difficult times too. Change is an integral part of life. There should be variety in all aspects of life. The finest things in life require patience, focus, sacrifice and hard work. No matter what life gives us,

we are responsible for the way we respond; we can choose what we do with the situation. We can be bitter or sweet. As long as we are living by our values, being authentic, running our own race and translating our dreams into practical terms, why should we worry about what anyone else thinks or feels about us. Let us try to ensure that our video is in alignment with our audio. We all must face challenges. No one gets through life without experiencing them. But, we have the power to choose to rise above our external circumstances. We always have the choice to be strong and positive when things get rough and tough. We have the right to use our stumbling blocks as stepping-stones. We need to make space for our genius to flow. Creativity comes when we are relaxed, happy and enjoying the moment. If one is optimistic, an unfavourable situation will turn to be favourable as time passes by. When we pass a difficult situation, we learn new lessons in life and have a new experience.

Self-training and development for peace and happiness

We should focus our attention on developing our true characteristics through a process of education and training so that the goodness will manifest in life. Someone else cannot impart this education and training. It should be imparted by the self to the self. This exercise will certainly create a world of peace, happiness and solace. A few little improvements each day, the result of our daily practice will show up amazing results over time. *Some of the areas on which particular focus should be given are :-*

1. Develop positive and organized thinking. This will ensure discipline in life which itself will create peace. There will be tidiness, neatness and cleanliness; everything will be at its place. We will become the proud owners of a systematic life.
2. Develop ability to cope with unpleasant events and adverse circumstances such as death, disease, financial loss, natural

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- calamities, opposition, hatred, dislike etc. with stability and optimism.
3. Empower to adjust with others with ease, develop better relationships, and have tolerance and capacity to take right decisions.
 4. Develop ability to willingly accept responsibility for whatever we have been doing while enjoying freedom. Strike a balance between freedom and responsibility.
 5. Develop ability to be aware of the present, learn to be in the present and make the present the best present.
 6. Develop ability to avoid arguments, instead, evince interest to know, help, cooperate and serve. Be a constant contributor.
 7. Develop capacity and understanding to love those in our surroundings to help them lead a better life.
 8. Develop ability to learn to accept and adapt to changing situations and keep the flow of life in harmony. Problems are not bigger than us. Every event in life will pass.
 9. Develop ability to entertain only positive and pure thoughts so as to generate pure feelings. Wherever we are, we are what our thoughts are. Life in general is a corporate endeavour. Collective and united efforts will ensure social good.
 10. Develop ability to live and work for the constant over all development and progress of the self and others, and also help others to do so.
 11. Create a mindset not to waste time, money, food and other usable things which could be used by others. Whatever is available in this world is common wealth, which is for all. Give the world more than we take from this world.
 12. Develop capacity to appreciate others' efforts. Appreciation, encouragement and inspiration are the unseen tools which generate more enthusiasm and zeal in others.
 13. Empower the self to be a constant learner and a contributor. Everyone and every event in life is a teacher.
 14. Develop the habit to practice honesty, courtesy, politeness, civility, humility and simplicity.
 15. Develop capacity to create a positive mental attitude towards life and work. It is a blessing that we have a work to do which will not only help us to grow but will also bring about social good.
 16. Develop the art to keep company of good people. Good people are the building blocks in the edifice of a good society.
 17. Develop a habit to read some spiritual literature and do meditation before reading newspapers and also watching TV. Be choosy in TV programmes so that healthy thoughts will help in avoiding waste and negative thoughts. Make it a habit to conduct a self stock-taking and introspection for at least 10 minutes at the end of the day before retiring to bed.
 18. Develop ability and skill

to listen to others with compassion, attention and respond positively. Listening intently to someone is one of the ways to respect that person and forge a deep human connection.

19. Develop the capacity to be instrumental and constructive even under negative and trying circumstances. .
20. Develop capacity to strike a balance between wisdom and feelings.
21. Develop ability to avoid comments/ criticism/ corrections and gossip.

Rajyoga Meditation – Key to Peace and Happiness.

Even though we have lot of knowledge on creating peace and happiness but as time changes, situation changes and when we interact with people, we may not be able to hold on to what we want to be. God, the Supreme, is the sole solace for energising our wishes and aspirations. God's remembrance has the unique power to provide the required power supply in times of crisis. God is the only one authority Who can help us attain our original nature of peace and happiness. His remembrance is meditation. Practise meditation for reinforcing will-power. Will-power empowers one to stand the test of time and situations. Will-power is the source of power supply to translate all theoretical knowledge into practical life. It is the self renewal process. Constant self-renewal is a panacea for all social ills. It is the unique method to fill the mind with lot of creative energy. Meditation will fill the mind with super sensuous joy. This will ensure peace and happiness in life at all times. God has descended on earth now. He is helping us to establish peace and happiness in our life. Take chance and do not miss this golden opportunity. ■

BABA – THE SUPREME SURGEON

– B.K. Gita Ghosh, Garia Centre,
Kolkata

One fine morning when we were having breakfast, I saw a boil-like inflammation on the back of my husband. We didn't give much attention to it then. It started growing bigger in size. Then we consulted an FRCS Surgeon who diagnosed it as a cebasius Cyst and suggested that it had to be operated upon. We got nervous and remembered Baba to cure it without operation, if possible.

As the day fixed for operation was approaching, we started remembering Baba vigorously so that it could be cured without operation. My husband being an octogenarian, I was too nervous despite assurance from the surgeon.

On the appointed date, the surgeon phoned us to tell that he wouldn't be able to come on that date due to some important work and gave us another date in the following week.

To our surprise, on the appointed date, the cyst burst and puss started oozing out. Within 2-3 days, the cyst disappeared completely and my husband felt better without operation. The surgeon was informed and he was surprised. Such is the miraculous work of my Supreme Surgeon which goes much beyond the power and connotation of words. ■

'GOD TOOK MY BOAT ACROSS'

– B.K. Digesh Davda, Singapore

(In the present turbulent times of economic slow down, many people are facing professional challenges. Some are under threat of losing their jobs, while others are suffering from lesser pay and perks or hard working conditions. In such trying circumstances, many lose their equilibrium while some maintain their cool and turn victorious due to their positive attitude and unshakable faith in the Almighty. Below is the personal experience of B.K. Digesh Davda, as published by Rediff.com" on March 10, 2009 under the below given link: <http://specials.rediff.com/getahead/2009/mar/10layofftales.htm>

– Editor)

I started my career in audit and then moved on to the banking industry. I have worked with some of the top accounting firms and large foreign banks with international presence. I have been working in Singapore for the last four years. The past two and half years, I was working in the finance department of a reputed bank in Singapore.

How I lost my job:

Owing to the recent recession and tough times, my bank decided to have a lay-off exercise in November 2008. A week before the one-to-one communication, there was a general company-wide lay-off announcement. That's when I started preparing myself to face the uncertain times

ahead.

After a week or so, I received a call from our finance secretary asking me to come and meet the MD. I understood what it was for and went all prepared. My MD and the HR personnel communicated the expected. The preparation (homework) also helped me to remain calm and I was not at all affected when the 'news' was conveyed. I just asked them about the formalities etc. and clarified whatever was not clear to me.

After that they asked me to see their hired career workshop professionals and the staff union people who gave me some workshop details and asked me if I was

alright. I told them I was perfectly fine. The HR team also asked me if I wanted to meet any 'buddy' for a coffee etc. I said I don't need that. The 'sudden attention' which seemed just like a formality, didn't make any sense to me but then they were just doing their part of being 'nice'.

After some time, I went to take my stuff from my desk and went to see my MD again to thank her. The meeting with the MD lasted for about 30 minutes. She was all praise for me and assured me that it was nothing to do with my performance but about the bank's project priorities and that she was happy I had taken things positively. I thanked her for giving me the opportunity to work with her and told her if given a chance, I would like to work with her again. She, too, said she would like to hire me again if something relevant comes up in future.

She was really surprised with my approach, so I told her that since I was a student of spirituality, I wasn't affected by all this and that she would always have my respect. It all ended on a very positive note and in the end she remarked that it was a very hard decision for her to make and again asked me if I was alright. I simply told her, "God is with

me, what else do I need?"

Being positive: I am a student and a teacher of Rajyoga meditation taught by the Brahma Kumaris World Spiritual University. The spiritual knowledge that I have gained in this wonderful university and the regular practice of Rajyoga meditation have helped me a lot during tough times. The real test started after I came home!

When you have been going to work everyday and suddenly that changes, it takes time to adjust. It was okay initially but after few days, I felt a bit awkward. There were times when there were no interview calls and days when the phone just wouldn't ring. I would hear answers like -- your profile is good but people are not recruiting due to year-end, there was no head count budget available, recession etc. etc. But, I did not lose hope.

I had firm faith in God throughout and whenever I had any negative thoughts, I used to sit in meditation and remember God. Because of this I could remain positive. In fact, I was also able to help one of my friends who was also sacked and he really appreci-

ated my help. When I applied spiritual knowledge and looked at the situation in a detached manner, I was very happy about the whole thing. This is how I applied the understanding: 'I do not have any more *karmic* accounts with those people in the bank and if I view it in spiritual sense, this was a promotion for me as I had finished one assignment (of settling



[Illustration:Uttam Ghosh]

The Layoff Tales: 'God took my boat across

We asked Get Ahead readers to send their layoff tales and we are getting mails from employees belonging to different sectors of the Indian economy.

In the 17th part of this series, Digesh Davda from the banking sector in Singapore was politely given the pink-slip. However, his belief in God and regular practice of meditation helped him remain calm and he finally got a job in another foreign bank.

accounts) and will be moving on to a new one!' Another understanding I used was that the world is a stage and we all are actors (remember Shakespeare?). God is the Director and the Principal Actor in this never ending play. As an actor, my role is to play my part in the best way possible and leave the rest to the Director!

My job search: I was placed on garden leave from November 13, 2008 until the end of the month. I used the time to search for a job. I attended few interviews and met a few recruitment consultants. People liked my profile but something or the other kept coming in the way. One of the interviews, for example, at which I really excelled had the position filled up via internal transfer.

It was a good learning experience too. At one interview when the interviewer came to know about my previous salary, they apologised and told me they could in no way match it and the difference would be huge. I learnt to ask certain things like salary etc. upfront. Initially I was hesitant but then it saves a lot of time and effort. However, nothing material-

ised for a month or so.

Later I learnt from few recruitment consultants that since it was Christmas period and year-end, there wouldn't be much activity and hence I decided to take a three-week break and go on my annual spiritual trip to the Brahma Kumaris Headquarters in Mt Abu, Rajasthan.

This place is very close to my heart. To me it is like heaven on earth. I must have visited it about a dozen times but each time the experience is unique and rejuvenating. The trip provided further strength to me and helped me enrich my inner resources through continuous practice of meditation, attending spiritual classes/ discussions, self-reflection and by just being in the powerful atmosphere of the spiritual university. All this made me more hopeful. After I came back to Singapore; I landed a good job in a foreign bank within a few weeks! There is a saying "Where there is faith, victory is guaranteed!"

LIABILITIES: None. Even though Singapore is one of the most expensive cities to live in, I had enough savings to support my family. Being a Chartered Accountant my

cash management has always been good. Also, since my family is associated with the spiritual university, we do not have any unnecessary or lavish expenditure.

Family support: Along with the greatest support that of my Spiritual Parent (God); I also had the unconditional support of my family at all times.

Lessons learnt:

▶ Never let go of your faith in God.

▶ Never lose hope. Always remain positive. Whatever has happened is good, whatever is happening is better and whatever is going to happen will be the best. Time will surely prove this.

▶ Understand the law of *karma*: wherever you are, whomsoever you are with and whatever happens to you, for all of this, there is a reason and that is your past *karma*.

▶ It is always better to be well prepared in a crisis situation. 'Prevent and Prepare' rather than 'Repent and Repair'.

▶ Getting retrenched is something which is beyond one's control. The majority of the stress is because we

try to control things that are beyond our control. Practise meditation. It really helps in experiencing peace and disciplining the mind. Most of our energy is drained due to the wasteful thoughts.

▶ Use the lay-off time productively to build your inner resources so that you are up and ready for the new opportunity when it arrives.

▶ Finally, change the way you look at things: Just think -- how boring life would have been if not for those extra challenges!

Over the last few months, I have practically experienced how storms become gift for Baba's children. Sweetest Baba inspired me to write this article.

At my new work place, many souls are coming into contact and two of my colleagues have already started taking Baba's 7-day course. His plan is becoming clearer as this ever beneficial drama keeps unfolding!

Sweetest Baba has made this soul an instrument for giving His message to the world.

Wah Baba Wah! - Wah Drama Wah! Multimillion thanks from my heart!" ■

RELEVANCE OF MORALITY IN PRESENT TIMES

—B. K. Chaitali, Burdwan

As defined in the Oxford Dictionary of Current English, “Morality is the degree of conformity of an idea or practice to moral principles”. Morality cannot be imposed upon anyone. Being an intrinsic quality, it cannot be cultivated the way one would like to have. If we wish that every person should have some morality, it is not possible. But some elements are necessary for growing and developing a healthy sense of morality.

Parents and other family members must have some principles of ethics. If they are honest, sincere, kind-hearted, educated and disciplined, their progeny are likely to have similar qualities. A mother with good *sanskars* gives birth to a good child. She has a vital role in formation of her daughter’s character and career. She is the first teacher of her daughter. Her qualities are reflected in her daughter. So she should be good in every respect. A daughter shows her mother by her own behaviour and manners. She should never have the illusion that some institution will later on teach everything to her. In fact

it is she who will cultivate the good habits in her.

Early life is the time of sowing seeds. There is a proverb “As you sow so shall you reap”. So a child should plant good seeds. His teacher will help him in this respect. A teacher is a friend, philosopher and guide to his devoted student, who follows him in respect of costumes, behaviour and actions. So a teacher should have some responsibilities to his students. In ancient times students were brought up in the teacher’s house (Guru Griha), where the teacher taught not only various subjects but also qualities of celibacy and purity. So today there is the need of value-based education, moral education and meditation to be included in the school curriculum. This helps us inculcate morality, peace, happiness, concentration and devotion to God in the youth. As a result, they will be free from tension, frustration and depression. So a teacher should take his profession not only as a means of income but also as a service to the society. His life should be a practical example to his students.

There is a proverb “Birds of a feather flock together”. “Another may be cited: A man is known by the company he keeps”. We know that good books give us good company. If the students read the biographies of the great persons, they will be inspired. If a man lives in good company, morality must grow in him. So, from the very beginning of life, a boy or girl should keep good company.

The last and most important element of morality is the practice of Meditation. We find in all religions that some fixed time is set apart for prayer or meditation. Meditation means connection with the Power-House (God). We should, therefore, form the habit of having set aside some hours for union with God. During that time we should forget all bodily activities. Meditation brings about a great change in our lives. This helps us understand what is right and what is wrong and can lead our lives in the right direction and helps us to analyse ourselves. We know that everything material is transitory and they will all perish, but the fruits of our deeds will remain forever. Through Meditation we can easily realize this ultimate truth. Then we can conquer greed, pride, anger, lust and decorate ourselves with every divine quality and thus can reach the highest peak of purity and morality. ■

THE LORD KNOCKS AT OUR DOOR

– Lt. Col. B.K. Rajinder Singh Modgil

Strange are the ways of the Lord. We were living in a house in the civilian area in Mysore in 1982. A little away an old couple was residing. My wife and I used to go for our walks passing in front of their house daily. One day the old man knocked at our door; I called him in and requested him to sit down. He introduced himself as a retired manager of a tea garden in Coorg. His son was in the hotel business. I enquired about the life in Coorg. Coorg has produced a number of Army Generals, including Field Marshall Cariappa and General Thimmaiah. He told me a lot of things and I listened with keen attention. We had tea together. Then he said that he attends a place where they teach meditation in Hindi, and he thought that since we are from the North, we may like to visit the place along with him. We assured him to abide by his request. He left after some time. We forgot the matter.

After about one year of his visit, one day while returning from our walk, we met his wife at their door and she invited us to their house. We went in and met the old man. His wife brought some coffee. The old man then reminded me of his visit to us about a year back. I told him frankly that we almost forgot it but promised to go with him some day. He said – “why not today”, and we agreed.

In the evening, my wife Rani and I visited the place which he called Ashram. He told me to halt in front of a gate with an arch on which it was written 'GATEWAY TO HEAVEN'. He introduced us to a young lady, who, he said, was the in-charge of the place. Her name was Sharda and she could talk fluently in English as well as in Hindi. We introduced ourselves and after talking to us, she took us to a room called BABA'S Room. There was a red light in the room. There was also a

large picture of an old man in white dress in a sitting posture. I enquired about the old man in the picture frame. She told me to wait and that she will tell me everything.

She informed that he was the person who had established the institution known as Brahma Kumaris and that he was a jewel merchant by profession in Calcutta. He originally belonged to Hyderabad in Sindh (now in Pakistan) and God ordained him to start the institution. While she was talking, I felt as if I was at a different place and the vibrations I was getting were the same as I had in a spiritual experience (published in the May 2008 issue of The World Renewal) during the 1971 Indo-Pak war. I felt the same voice telling me 'Now you have come to your home'. Suddenly it became crystal clear to me that my search for God was over. The difference was that instead of my finding Him, He had found me, when I was ready for Him. He was right in front of me in the guise of a young lady and I had failed to recognize at the first instance. Sis. Sharda, as I started calling her, taught her first lesson to us and when she

asked if we had any questions, our reply was 'No Questions'. The drive back home was as if travelling in the air. Rani noticed that tears were rolling down from my eyes. She asked, "What happened". I replied, "Ultimately God has found us".

Both of us completed the 7-Day course without any break and then started attending regular classes. After about a week, during one of the meditation sessions before the class when I concentrated on Sis. Sharda, I suddenly saw a cloud, like a bright light, over her head. But this is the first time I have revealed this to anyone, may be under His instructions.

We were also introduced to Sis. Lakshmi, incharge of Mysore centres and she asked us whether we would like to go to Mount Abu and meet Baba. We had heard that such a chance was given after one year. But she said seeing our progress she could ask for special permission from the Headquarters. We requested her to do so. After a few days we were told that she had received a telegram that we could come.

There was no time to get train reservations. We took a flight to Delhi and from Delhi boarded a bus to Jaipur, hoping to get some bus from there to Mount Abu. On reaching Jaipur we could get a bus only up to Ajmer which reached there around ten at night. From Ajmer we got a train which took us to Abu Road. As we were getting closer to Abu Road, I was getting a feeling of good vibrations and a strong pull towards Aravali hills. We took a taxi and reached Madhuban. We reported at the reception and were guided to our accommodation. Sis. Lakshmi had already informed about our arrival. We were informed that Baba was 'coming' that evening itself. We rested during the day because of the tiredness during journey. At the required time, we were seated in the hall at the place meant for first timers. One senior brother told how to meet Baba. And then there was meditation music which filled the whole place with spiritual vibrations. Then Gulzar Dadi who is Baba's medium came and took her

seat. The whole atmosphere was full with peaceful vibrations. Suddenly I felt a sensation of emotional uplift and tears started rolling down my cheeks.

FACE TO FACE WITH GOD

I was sitting in the first row which was hardly ten yards away from the stage. When Baba opened His eyes, within a few seconds He looked directly at me. The duration of that *drishti* was only a few moments, but I felt as if it had gone through my body and soul. The spiritual feeling of that magnitude cannot be explained in words. After giving *drishti* to the gathering, Baba started speaking Godly versions, (Murli). I remember there was a mention by Him about Army persons which I felt was in reference to me. After the Godly versions were finished, we were called on the stage. Those days Baba used to meet each soul individually. When I was in front of Him, He touched my hand and said - '*Achha, tum aa hi gaye*'. He gave me a long *drishti* and I was a changed person from that moment. We went back to

our room, but the excitement of the meeting was so much that it was after a very long time we could go to sleep.

Next day, we were taken to meet Dadi Prakashmani, Didi Manmohini and Bro. Nirwair. We also visited important places in Madhuban. After two days we returned to Mysore via Delhi. In Delhi, we visited the Rajouri garden centre of Dadi Rukmani. Bro. B.K. Jagdish and another senior brother were there and they remarked that our meeting with Baba so early was a good sign for us. Both of us felt that Baba had changed us in all ways. I felt as if I had found a new mission for my life which was to be at His service in addition to my service with the Army. ■

DIGNITY

I treat others as I would want to be treated. By taking time to reflect on my highest principles before I act and make decisions, I maintain my dignity and am held in high esteem by others.

MY SWEET BABA

– B.K. Pinki Mahanta, Garia Centre, Kolkata

Starting from home for my Madhuban *Yatra*, I was so excited and anxious, undertaking the two-day long train journey. I felt no tiredness or uneasiness physically or mentally during the journey. I remembered 'Shiv Baba' all the time," Let me be so full of Godly love and happiness, come to you and place myself in your heart".

On the first day, after reaching Shantivan, when I was walking to '*Tapasyadham*' i.e., Baba's room, I felt as if I was walking into the garden of paradise.....beneath the holy blue sky.....All the B.K.s with their white dresses in the Amritvela moonlight looked like fairies moving about.....In Baba's room, in a silent, serene mood, I felt as if enormous amount of energy filled into me, i.e., the soul. When I concentrated on the '*Jyotibindu*', I felt a strong and lasting connection with 'The Supreme Soul' in '*Paramdham*'. I subconsciously pledged to be His sweet and true child throughout my life.

Though it was the first time I travelled alone without my family in my life, I felt no such mental pull or attachment for my family or relatives. During the days when I was at Baba's home there was the feeling that I was residing in my own home amidst my own brothers and sisters. The song '*Mera Baba*' played all the time – during eating, sleeping, walking etc.

On 18th January, when Baba 'came' from *Paramdham* to meet with and bless all His children, I was eagerly waiting for his '*drishti*' which I received constantly, sitting in the Diamond Hall. The whole night I was immersed in the blissful pure memories in the abode of peace of my Godly home. I wish to cherish these sweet experiences of my first meeting with the Supreme Soul in Madhuban, till the end of my earthly journey in my mortal coil. ■

A MOTH IN LOVE WITH THE ETERNAL FLAME

(Contd. from March 2009)

– B.K. Prakash Talathi, Lagos, Nigeria

[So far we read how B.K. Prakash Talathi, after becoming a Brahma Kumar, got enlightenment on important questions about the soul, Supreme Soul and drama of life. New vistas of inner development were opened and several mundane obstacles and professional challenges ultimately proved beneficial to him. In this issue, brother Prakash shares with us how Almighty God Shiva Himself inspires us to be His instrument in the noble task of world transformation by inspiring and motivating us in mysterious ways. In such positive situations we acquire new talents and develop the existing ones. This also he shares with us, based on his personal experiences.

– The Editor]

Baba is my companion. We are combined in such a manner that no one can separate us. I am attached to Him like a moth hovering around the flame or like a flower and its fragrance or a TV monitor revealing only the One, the beloved. These thoughts and experiences give such a divine intoxication that I do not have to put effort to meditate. My life itself has become a yogi life; such a flavour He has added to my life.

The blessings given by Baba through Dadis (senior sisters) provide direction to my efforts. I have to

strengthen them by remembering and using in practical life. In the early days of my spiritual life, Baba gave me a blessing – 'Only the Father is seen in your eyes and His knowledge is heard through your lips.' Ah!, this gives me tremendous intoxication. The Father is seen in my eyes, Wow! I will be like the Father and equal to the Father! Those who come in my contact invariably say I look like Brahma Baba. That is good! But I am making effort to be like him and equal to him.

'You are the one who

remain contented even when you are being criticized and rejected and this is the mark of real spiritual strength.' Absolutely different meaning of contentment! When I received it, others staying with me in Baba's house said it was perfect. However deep within me I know it is so, but not always. I am making efforts to be constantly contented.

'Your intense determination is like a magnet, pulling success to you so closely that there is no space for doubt.' I received many blessings, which I should imbibe to achieve success and become an image of success. I have always been successful and victorious; that has given me an air of confidence.

Let me share one experience of success in service under challenging situations. It was Friday, 27th, January 2006. The venue was Peninsula Resort at Lekki in Lagos Island. A 3-day retreat on 'Stress Management' for medical professionals had been organised by 'Lifestyle', a Nigerian consultancy firm. We had been given a slot of 2 hours from 6.00 p.m. to 8.00 p.m. accompanied by two Nigerian brothers named

Bazee and Aziz, I reached the retreat venue at 5.00 p.m. Dr. Bisola, Director, asked me what I was going to touch. Although everything had been explained in the handout already supplied by me, perhaps she had not gone through it. I explained but she turned everything topsy turvy, commenting 'For the past three days they have been listening to 'Stress' more than enough. So, you are not going to touch it again. As they are staunch Muslims and Christians, so you do not have to discuss God and that kind of stuff. You are not going to talk about your organisation lest you create curiosity in them and they start asking for it. You do not have to discuss about God, not even 'Yoga'. You have to be brief and finish in 45 minutes.' Finally, she said, "I have many presenters with me right now. This is the first time with you. I hope it will not be the last time." I am always positive. I said, "Naturally, we are going to work together for a long time".

I was carrying many transparencies. I had already

arranged them as I wanted to present them. And now all of a sudden this dramatic turn! I remembered Baba.

I discussed with Bro. Bazee and Bro. Aziz. Bazee advised me to hurriedly touch 'Stress' and reminded me not to use any Hindi words. Aziz suggested that I could deal with mind, intellect and *sanskar*, without using the word '*sanskar*'. I considered their suggestions.

When I started, I was searching for my ground. I showed them a few transparencies. However, I was not coming to my normal and natural flow. I made it clear to them that for us there is no question of managing the stress but living a STRESS-FREE life, like a care-free king. And I made them understand that stress is due to fear caused by mis-identity of the self and I entered my field. Suddenly, I found my feet on firm ground and the participants were spell-bound. They were interested to know more about the Brahma Kumaris organisation. The organisers

were also satisfied with my performance.

They had been listening too much on stress continuously for three days. We took a totally different angle: **Keep aside negativity; understand how beautiful you are, only if you know that you are a soul, you know your beauty and then you have just to return to your originality and that is your beautiful qualities of Love, Peace, Purity, etc. So where is the stress?** This spiritual approach was the secret behind the success.

This was followed by a beautiful experience of yoga with commentary of Bro. Mike George on Peace. One of the participants remarked in his feedback that in the beginning, he was doubtful as to what more I could add. After listening to me, he felt that I had captivated them.

I raised my finger up indicating '**all praise goes to Him**', as I was not to mention the word 'God'.

Baba's blessings are a great wealth for me. It is rightly said in His praise:

Mookam karoti vachalam,

*Pangum langhyate girim,
Yatkripa tamoham vande,
Parmanand madhavam*

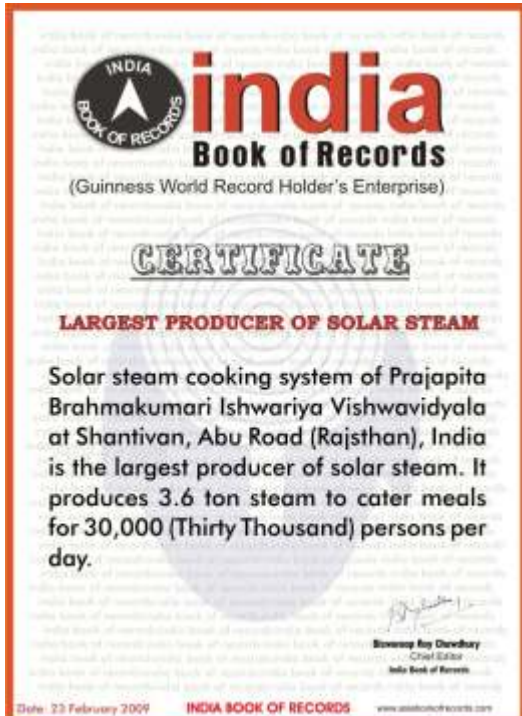
This above stanza means: By the grace of the Supreme Being, a dumb person speaks so well and a lame person can cross the mountains. I bow to that supreme source of bliss and wisdom.

It is because of His blessings that we acquire new talents and develop the existing ones. This I can say with full confidence, based on my personal experiences of

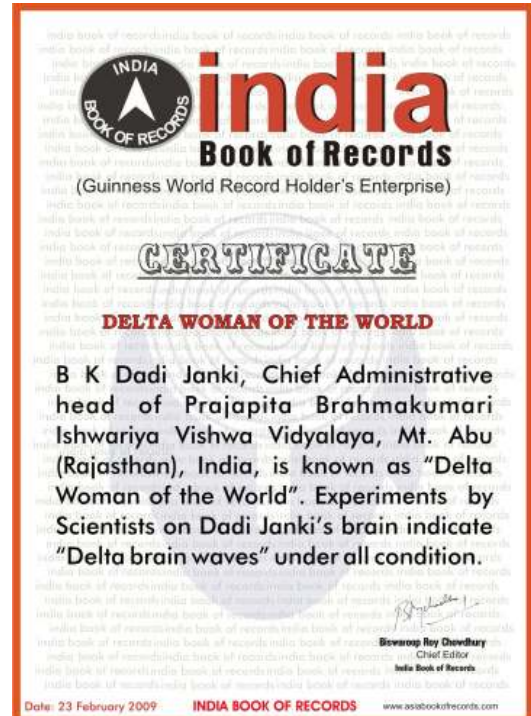
His grace. It is true that God acts through us, His spiritual children, to carry on the most important task of universal transformation. He uses our talents for the service of others, by inspiring and motivating us in mysterious ways. He gets such wonderful works done through us that are beyond our imagination. I never had a flair for writing. How I became a writer is also an important aspect of His divine grace. In the year 2002, my son was

posted in New Delhi. I stayed there with him for some days. I would attend Rajyoga classes, in the morning at Brahmakumaris Centre, Mohammadpur, near R. K. Puram. There I met a B.K.brother, who was a bachelor and held a high position in Govt. of India. Inspired by his achievements in professional as well as spiritual life, I was inclined to know more about him. That proved to be my first step on the path of becoming a writer.

(...to be continued)



Solar System of Shantivan, Abu Road has been recognised by India book of Records as Largest producer of solar cooking gas in India.



BK Dadi Janki's name featured in India Book of Records for having most stable mind in the world

THE HOSPITAL BED OF SUDDEN REMEMBRANCE

– B.K. David, Paignton, England

We all, without exception, remember God for one reason or the other. Many remember God out of pure love, some remember God thinking what they can get from Him, what they may gain; some folk follow a path and it is stated within their religious book to remember God. So they remember Him, more often than not, out of a sense of duty; others remember God out of a desire to always be able to be in control of themselves, to be master of their mind and body. And last but not the least, are those who remember God out of fear, like the people of some branches of the Christian religion, have a great fear of God, considering it to be a Godly punishment if you do not do as per their teachings, and they will suffer all the more. Just ponder: **Fear Or Dear, Love Or Shove, Give Or Gain?**

The Knife of Love - You Can Push Someone Off A Cliff, Or On A Swing

To remember God in any capacity is a fine thing, and it is much better for you and the world, than if you remember your cat, dog, budgie, car, wealth, famous actor/singer or problematic neighbour. But when, how and why one remembers God makes all the difference. If I told you that earlier today I had picked up a knife and cut a defenceless old lady, you'd be horrified. But then if I told you I was a surgeon and was working in the hospital doing my job, all would be clear. So, it's not what I 'do' is important, but the consciousness with which I do something, which is 'all' important. The reason behind what I do makes it either the act of a saint or of a sinner.

Dying To Meet You.

If you are dying in hospital and remember God, that is good, but if you were not remembering Him one year ago when you were fine and healthy, one could ask why

now you are remembering Him. Why do you only now find God so wonderful to remember? Was He not the same God a year ago? Is this a new God that you have found whilst dying in hospital? Is this only the God of the dying you remember? Is He not the God of the living as well? Perhaps, like the vast majority, the living persons are too busy with life, with living, with making money, with eating, to think of God. They have the system in India that only when they retire, they then remember and think of God in earnest. I guess, prior to this, they were busy remembering the god of sweets and tasty food. So, may be!

That Light

It is often only with the threat of losing all that we have and own, that we shall lose the most important things we have in life, that all is to be taken away from us, such as our health, our well-being, our future, our happiness, our life even, that we decide to remember God with great sincerity and meaning. Then and only then we think of the Being Who is the source of all health, happiness and wealth. It's like we are taking a room's

light for granted, and only when the light goes out and we are in total darkness, do we realise its importance, as we cannot see a thing without it; and cannot live without it; cannot function without 'that light'.

Life Today - A Real Cliff-Hanger

A life without God is a dark place. Many mistakes happen in the dark. But in the light, there can be much enlightenment, much happiness and much clarity. In the dark, one stumbles; in the light, one can run, skip, dance. You may try and run in the dark if you wish but you'll only hit your head and fall over. Many try to run in the dark but they will fall eventually as this big world testifies to that. Put the TV on and watch the news and you'll see a world in total darkness, a world being led by the blind. When the blind lead the blind, sooner or later they will all go over the cliff together. Take away the light (God) and we are all in trouble, because we do not know where we are going, where we came from, or what is the purpose or

meaning of life.

It is good to remember God in hospital but it would have been even better to remember Him before when you were healthy, on your picnics, at work, whilst queuing at the bank and whilst eating your favourite food at a restaurant. Hospitals today are places of either new acquaintances or final goodbyes, or of both.

**Some Cannot Even See Themselves (The Souls),
Let Alone God**

In reality, God is the God of love, and only love. Any fear we experience is of our own wrong doings and of our conscience biting us that are leaving us in fear. God has no fear in Him. Yet some remember God out of fear. Some remember Him in the hope of getting something out of Him. Some self-disciplined, isolated, people think that by remembering God in that way, they will find God at the end of their long-stretching path and search. But could a blind man find a whale? Could a blind man find the sea? Could a blind man find the

harbour? Could a blind man find a boat? Could a blind man row a boat? Would a blind man know day from night? The answer is quite obvious.

An Ounce of Cosiness is Worth.....

I read something the other day. It read: "An ounce of love is worth a pound of knowledge". If we do things out of love, we can achieve everything. But do things out of just self-gain, duty, discipline or fear and we will ungainly achieve very little. It may seem on the surface to be achieving a lot, to be moving forward; but it is like the house built on sand which may look very nice but it is undoubtedly very transitory. How long will it stand when it rains? Love can move a mountain and knowledge can only move money. Love can also build a solid house, be it a bit small and only a three-foot square garden. But this house would be very solid and cosy. Wouldn't it?

We will be judged at the end by God for what lay in our hearts and minds, what we did out of love from our heart, what it was we truly wanted in

life, and not for what we had in our pockets, how many houses and cars we had, how big a business we ran. So, remember: love can move a mountain and knowledge can only move money.

Wise is the man who has four ounces of love, compared to the man who can stand on one leg for four days without food, sleep or water. In four days a wise man could do much good to the world. Balanced is his mind who knows how to do good in the world. Selfish and delusional is the person who hides away in a cave forever all his life. You are closer to a bat than God when you hide in a cave; closer to a dustbin when you renounce action, and closer to a tree when you walk round without clothes.

We Live In A World of Constant Change.....

If, like me, you put your hand on your heart and ask yourself **“Do I do everything out of love for God?”** and come up with the answer **“Not always”**, then we need to give ourselves an **M.H.T** (More Honest Thought) examination. Without honesty in our lives, we live only on bor-

rowed time. If you have £10 in the bank (in your name) yet spend £10,000 everyday, what will be the outcome in the future?

Half Man
(G.D.G.B).

We only have to turn to Brahma Baba for guidance who is the only person I know who did everything out of his pure love for God, out of thought to benefit his children and mankind. Brahma Baba gave away his vast bank balance to God, and in return, signed a contract with God which enabled him to earn about 10 million pound a day. On signing this contract, Brahma Baba changed from man, into half man, half angel. As most people are 100% bank (materialistic and commercial in nature), Brahma Baba was 100% God's Divine Giving Bank (spiritual in nature). The difference is like walking round in comfortable shoes that not only never wear out, but grow thicker, stronger, safe, warm, stone-proof and more comfortable with each passing day, as opposed to

today's shoes of walking round bare foot trying to avoid glass at every step. We each step out through our front doors everyday and it is like someone every night has secretly turned off the light of common sense, truth and love. We all walk round barefoot and in the dark if we do not wear God's shoes! God's shoes are invisible, very comfortable and spiritual. God's shoes make you smile and laugh, whilst man's shoes only ever make you cry and labour and give you sore feet, backache and headache. God's shoes make you invisible, and if you wear man's stone-riddled plimsolls everyone can see you crying (suffering, labouring). In God's shoes it is easy to follow in comfort, and in plimsolls it is easy to walk round in stress getting wet and cold. God's shoes have inbuilt central heating, can be air conditioned at the flick of a switch, and sound proof and lined for maximum comfort. Pumps with holes or God's shoes-- that is the only thing we have to consider at the start of each day of our life: Pumps or God? ■

CONQUERING ANGER

– **B K Harsh Bapat,**
Scientific officer

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Anger, as all of us know, is one of the five vices. When a person gets angry, he loses his power of concentration, his efficiency decreases, his blood pressure increases and he becomes restless. Anger can destroy relationships. Therefore, anger has many disadvantages but the question is 'how to conquer anger'? The traditional techniques which are usually taught to conquer anger are to delay the anger. Count from 1 to 10 or focus your mind on breathing. These techniques can work only up to some extent but the habit cannot be completely eliminated. Another technique which is taught to conquer anger is to keep constant attention of not getting angry at any moment. With this technique, a person can remain cool most of time but at some point of time, he will lose his attention and a stage will come which will trigger anger in him. So keeping attention all the time may not help. Also, it will not be possible to keep attention all the time. Sometime or the other, one is bound to lose his attention. Attention can also

bring tension. So what is the easy way? All these techniques have their own significance but they are not sufficient. Something more needs to be done. Let us explore what needs to be added.

This we can understand with a simple example. We know that when someone becomes very weak due to illness, doctors advise him to take health tonics for strength. But many a time, it is seen that even the tonic does not work because the body becomes too weak to digest anything – not even a health tonic or nutritious food. The body rejects everything. So, for such patients, doctors first make effort to improve their digestive system and make it strong. Similarly, if a person tries to adopt some anger controlling techniques without making the soul healthy, it will not work for him. If he tries to control his anger or suppresses it, his anger will forcefully create energy blocks in him. Therefore, it is necessary to make the soul healthy and strong. The soul can become

strong by connecting itself with God – the supreme source of purity, peace, power and prosperity. By loving remembrance of God, the soul regains its original strength. A person should adopt the following techniques which will act as tonic to expel anger completely:-

First of all, he should not remain conscious of the thought that “I am controlling my anger or I have to control my anger” but it should happen naturally. If this thought comes that “I have to do this thing,” it becomes more and more difficult to achieve. Instead of this, he should think and try to feel that peace is within himself and he remains peaceful all the time. He should again and again nourish in his mind this thought – “I am a peaceful being and my original nature is peace”. If, somehow, he is able to convince himself and feed this information in his sub-conscious mind, his victory over anger is certain. But it is found that when a person starts practising this positive thought, opposition comes in many forms. His own old memories of anger might come in front of him and he may start thinking that “this is absurd and I am not a peaceful being. Many times, I have lost my peace and become angry”. So he may lose faith in that positive thought but then he should talk to himself in this manner

“Although many times and on many occasions, I have become angry but I don't feel comfortable in all those situations. If I do not feel comfortable, it is not my original nature because everyone remains comfortable in his or her original nature”. A small story will also illustrate that peace is our natural nature.

A Zen student said to his teacher, “Master, I have an ungovernable temper. Help me get rid of it.” “You have something very strange,” said the teacher. Teacher: “Show it to me.”

Student: “Right now, I cannot show it to you.”

Teacher: “Why not right now?”

Student: “It arises suddenly.”

“Then it cannot be your own true nature,” said the teacher, “if it were, you would be able to show it to me at anytime. Why are you allowing something that is not yours to trouble your life?”

Thereafter, whenever the student felt his temper rising, he remembered his teacher's words and checked his anger. In time, he developed a calm and placid temperament

If a person's temper is ungovernable, it becomes difficult for him to convince himself that his original nature is peaceful. He can convince himself in this way also. One should thus analyse his mental processes and ask himself – “well, I had become angry for quite a number of times, but what is the percentage of time when I remained in angry state?” As we know that anger comes only for small period of time and then it goes away automatically. A person cannot remain in anger for longer periods of time. Let us check over the period of 10 years of a lifespan of a person. Suppose he has become angry for 10 minutes, 1000 times. If we calculate the percentage of time for which he was angry, it will work out to 0.2%, which is very small. It means most of the time he remained peaceful. This should convince him that his nature is peaceful. That is because of the fact that the percentage of time for which he remained peaceful was much higher than the time when he remained angry.

Thus, by convincing yourself that your original nature is peaceful and by keeping constant attention along with loving remembrance of God, you can completely eliminate even the minor trace of anger from your mind and remain peaceful in your life. ■

SILENCE AND PSYCHOLOGY

– B.K. Nirakar, Bahrain

Silence is the penetrating light to discover and know the truth whereas psychology is the science of mind and behaviour. It is said that silence is a force which has optimum utility from psychological point of view. Baba says that the best way to change a resolve is to determine a new thought and revise it. It is also said in psychology that the best time to change your negative thought process is to start churning some positive thought or points of knowledge before going to bed thereby make the resolve permanent in your sub-conscious mind.

In psychology, it is advised to introspect to know the root of any problem. It is also said of silence that to see the status of your mind you have to remain silent and to check the quality of your thought and the centre of its origin.

As in 'operant conditioning' taught about the change of nature, by continuous impetus through the power of divine knowledge (*Murli*) Baba imparts many ways or avenues for a positive change.

Psychology is used to solve the problems of mental sickness by different therapies like music, visual aid and retrospection. In silence, people also visualise, listen and use *Swaman* (esteem) to change the problem and to bring positive change in course of time because time is regarded as a great healer. ■

PURPOSE OF LIFE: WHITHER TRUTH?

– B.K. Amarjyoti Goswami, SO, FMU,
Finance Department, Govt. of Assam

Man cannot be contented with the finite forever. However, despite two and half millennium of endeavour, there is no agreed canon of philosophical knowledge. Philosophers are no nearer to the meaning of reality than Plato got. The reason may be that our way of facing a problem has remained the same for the last 2500 years. Hence, the ideas of truth propagated by Socrates' martyrdom and Plato's excellent prose had become the foundation of infant science after Renaissance. The ideas of science and technology and all other systematic human efforts of western world are based on it.

Today none among these restless men believe that the cause of degradation of the world is man himself. Nobody understands the real meaning of "man is the measure of all things". In addition, in this man-made whirlpool, we live far away from the three eternal truths. And no one had yet described the damage to this

world that had resulted from our unconscious acceptance of these unreal foundations submerged in the multiplication of facts, information, theories and hypotheses leading mankind from absolute truth to indeterminate relative ones. Can we call it a rational thought, which cannot eliminate indeterminacy of thought? The result is now seen everywhere in the technological world today – scientifically produced anti-science...chaos. Our current modes of rationality take us further and further away from a better world. Since the renaissance, these modes have worked overtime. This kind of rationality is emotionally hollow, aesthetically meaningless and spiritually empty. Could it continue as it is for a long time to come?

Godless people have been trying to define God for 2500 years. They theorise God classically or romantically. Was it not beyond both of them? God is not subjective or objective either. He is

beyond both these categories. And if we follow a path that human knowledge had never taken before that is to go straight between the subjective-objective dilemma and say that God is neither in our mind, nor is it a part of matter, it is a third entity which is independent of the two. Accept it and you will hear a nibble inside that you are on the right track at last. You have understood the holy blessed Trinity! Slowly, you will know and establish the real relationship between self (soul), Supreme Self (Supreme Soul) and the eternal World Drama (interplay of all the animate-inanimate objects in the material world) and thus know the answers to all unanswered questions of two and half millennium. God cannot be defined by philosophical-analytical process of breaking down into subject and predicate. This is not because God is so mysterious that language cannot define Him but because the Supreme Father is so simple, immediate and direct.

We make our understanding so complicated that we even fail to understand our real, simplified and unobtrusive selves (souls). God is the inexhaustive, fathomless Father. The spirit in us wants

union with love, not shallow amusement in the end and He is the fountainhead of all of us. He is the central generating force, all knowledge, past and present, everything. Since the One is the source, the Seed, it cannot be defined fully with the available knowledge of the tree. The tree will always describe something less than the One, its source. Until He chooses to introduce Himself, we really remain Godless and Fatherless. God will enlighten whoever holds fast to this understanding and tries to move ahead on his path to enlightenment.

Look at the cars on the city roads and their occupants, staring straight ahead in some private trance of their own. However, happiness is found along the way, if one cannot make the foundation of happiness on the road how can he achieve it at the destination? It is paradoxical that where people are most closely crowded, the loneliness is greatest. Back where people are so spread out, you do not see the loneliness so much. It is not physical distance, but psychic distance that makes modern man lonely. The vast information and media route have convinced the modern man that

what is right around them is unimportant, and that is why they are lonely.

What is wrong with technology is that it is not connected in any real way with the matters of the spirit, our inner being. People have not paid much attention to this before, because the big concern has been with their own food, clothing and shelter and technology has provided these. Now where these are assured, the ugliness of technology is being noticed increasingly and people are asking if we must always suffer spiritually and aesthetically in order to satisfy the material needs. Now, there are more and more organisations vehemently protesting about every new technological project. Simultaneously, there are more and more people rushing in irrational areas of thought--occultism, mysticism, drug addiction and the like, because they feel the inadequacy of scientific reason to handle what they know is real experience. People keep looking for branch extensions of reason that will cover their spiritual inner

needs, but in vain, because the answers are not in the branches, they are at the root of the human tree.

If we are going to reform the world and make it a better place to live in, the way to do it is not with physical plans and programmes full of things for other people to do. That kind of approach starts things at the end and presumes the end is the beginning. Such plans and programmes always fail because the underlying structure of social values is not right. The place to improve the world is first in one's own heart, hands, head, and then work outward from there. People talk about how to improve the destiny of mankind. However, let us talk about how to fix ourselves first. Only self-transformation has the key to transform the outer world.

The million-dollar question is: Could we leave our wrong way of living? Ask yourself honestly. Do you want to become the real you? That is all He wants from you, not for His sake... but yours, for your well being. Because He always wants to see you smiling – a smiling face of His dearest child. ■

– Contd. from page no. 1–

covered by U.TV, O.TV. and the print media like The Samaj, The Anupam Bharat, The Sambad, The Dainik Asha, The Dharitri, The Pradina, The Khabar, The Oriya Bhaskar and The Einadu (Telugu).

CHANDIGARH

Brahma Kumari Usha, a senior Rajyoga Teacher and Self-Management Trainer from global headquarters of Brahma Kumaris Ishwariya Vishwa Vidyalaya at Mount Abu, visited Chandigarh on Godly service. She addressed a seminar on Planting the Seeds of Positivity at Rajyoga Bhawan, Sector 33-A. She also participated in a seminar on “Facing Challenges through Meditation” held at Bhargava Auditorium of PGI, as a keynote speaker. Dr. K. K. Talwar, Director, PGI, was the chief guest on the occasion. Sis. Usha explained the concept of mind power, and told ways and means to fill up the weakness and empower the self with the help of power point presentation. She also explained the concept of self-management as relevant in highly competitive world of today.

KOLKATA MUSEUM

An Inter Faith Conference

on “Experiencing God's Power of Peace & Love” was organised on 23rd Feb., 2009 at Gyan Manch, a prestigious auditorium. The programme was also attended by Bro. Suraj Bagla, District Governor, Lion's Club International, apart from many spiritual leaders.

Rev. Abir Adhikari, Priest Incharge, Church of Holy Trinity, said that the most valued possession in one's life in this world of turmoil and uncertainty is Peace which can only be achieved by connecting the self with God.

Swami Sarvalokananda, Secretary, RK Mission Seva Pratisthan, highlighted the significance of selfless service and dedication. Ven. Ginnaliye Pannarama, Bhikhu-Incharge, Maha Bodhi Society of India also enumerated Buddha's teachings which lay great emphasis on peace and love. He explained how the sufferings of life can be overcome by following the eightfold path shown by Buddha. A mass meditation was conducted by Sis. B.K. Jaya. Rajyogini B.K. Kanan called upon the audience to

practise Rajyoga Meditation.

LUDHIANA

Sis. BK Sudesh, Director, Brahmakumaris, Germany, visited Ludhiana on 15th- 16th March, 2009. Dr. MS Kang, Vice Chancellor, Punjab Agricultural University, visited the local centre and shared views with BK Sudesh.

Sis. Sudesh spoke on **Joy of Silence** at Brahmakumaris local centre near new Dayanand Medical College, Ludhiana. She said, “The power of Silence is wonderful power; one can completely transform himself through the power of silence. The power of silence is a joy of mind because it is through power of silence that one realises his real nature of peace and purity. We will transform the world into new golden dawn through the power of silence. She further said that one can realise all relationships with one supreme power in silence.

She said, “I will **present before you a peace flower which has five petals** – PEACE–P for **pure, positive and powerful thinking**, E for **education, exercise and experience of silence**, A for **action, acceptance and appreciation of others actions**, C for **clarity of mind and coolness** and E for **enlightenment, spiritual**

energy and everything in life. Hold the petals with determination and share the treasures with others”, Sis. Sudesh further emphasized.

BK. Sudesh has unique ability of crossing cultural differences, serving as a bridge between East and West. She has travelled in over 82 countries, delivering lectures, addressing national and international conferences and co-ordinating workshops and seminars.

Dr. Hemlata, from Trinidad, demonstrated the method of being the embodiment of peace through guided Rajyoga Meditation commentary. The whole atmosphere was spiritually charged with elevated thoughts.

NEW DELHI
OASIS OF PEACE
FESTIVAL

Justice G. S. Singhvi, Judge, Supreme Court of India, inaugurated **Oasis of Peace Festival** organised by Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya at Japanese Park Grounds, Rohini from 28-29th March, 2009.

Justice Singhvi highlighted the need of developing spiritual powers in self to fight and finish negative forces of fear, jealousy, hatred and violence, and for restoring

peace, progress, harmony and happiness in society. This could be attained if such positive values were inculcated by people through the practice of spiritual knowledge and divine meditation, he further stressed.

Rajyogini Dadi Janki, Chief of Brahma Kumaris, blessed the audience with her words of wisdom and urged them to make best use of their valuable time and thoughts for individual and world welfare. She said that Godly powers acquired through spirituality could not only ensure peace, stability and protection of the self from problems and dangers, but also could help in building better life and society in the world.

Mr. Santosh Bagrodia, Union Minister of State for Coal, speaking as Guest Speaker, said that with the permission of Election Commission of India, he was attending this grand spiritual assembly for getting peace and divine blessings from Dadis of Brahma Kumaris Institution. He said that by developing inner powers and virtues in self and others through self realization and meditation on God, peace and stability could be established in the society.

Rajyogini Dadi Hridya Mohini, Additional Chief of Brahma Kumaris, in her blessings said that tension and stress among people today were more due to fear, anxiety and expectations which could be contained through the power of silence, attention and meditation. She conducted silent meditation for a few minutes to the audience whom she urged to give up harmful habits and to adopt healthy ones.

A few dignitaries and religious leaders felicitated Dadijis on the stage. Other attractions of the programme were cultural programme in the evening, a live talk show in which **Sis. B.K. Shivani and Kanupriya** interviewed the panelists from India and abroad, and Dwadash Jyotirlinga Darshan Mela, which remained open throughout two days of the festival.

Mrs. Sheila Dixit, Chief Minister of Delhi, who was Chief Guest at the Valedictory Session, said that scientific and technological development without moral values was not only lopsided but also incapable of ensuring lasting peace and happiness. There was urgent need to balance the spiritual with the material aspects of life for holistic and

sustainable growth in today's times characterised by crimes, corruption, conflicts and violence.

Thousands of aspirants attended and took benefits from three sessions of Rajyoga meditation sessions held in the Festival Ground in the morning. During the last two days, thousands of people visited and derived benefits from the lectures and discourses, pictorial exhibitions, family counselling, medical check-ups, de-addiction camps, mass-meditation etc.

PALAKKAD (KERALA)

Shivajyothi Bhavan, Palakkad, the co-ordinating centre of Brahma Kumaris centres of Palakkad and Malappuram in Kerala State, witnessed a series of memorable events in connection with week-long Shivajayanti celebrations. Various Hindu religious leaders were invited to a get-together at the B.K. centre on 11th, Feb. 2009. B.K. Sis. Meena, incharge of BK centres situated in Palakkad and Malappuram, represented the Brahma-kumaris organisation. B. K. Prabhat coordinated the programme attended by about

300 people.

Thathathan Swami, who has conducted so many *yagyas* for the wellbeing of the mankind against unrighteousness and irreligiousness, is a famous spiritual leader based at Palakkad. Swamiji arranged a one-week '*yagya*' at the outskirts of Palakkad in the first week of February. One of the exhibition stalls was allotted free of charge to Brahma Kumaris. The spiritual exhibition was visited by more than 50,000 people. Swamiji was impressed with the aims and objectives of B.K. movement.

PANAJI, GOA

B. K. Dr. Prashant Kakode, Director of 'Centre for Integral Health', Cambridge, U.K., visited Goa last month. Various programmes for spiritual service were arranged during his 10-day stay. A lecture-series on the topic 'Philosophical Truth' was organised in association with Rotary Club at Margao, the commercial capital city of Goa. The audience got inspired by the gems of spiritual wisdom. Dr.

Kakode also spoke on 'Anger Management' in the city of Panaji and on the topic 'Spirituality Made Life Easy' in the village of Canacona. Inauguration of a newly built Pathshala also took place. Special classes on '*Yog-Prayog*' with live commentaries on Rajyoga were also conducted by Dr. Prashant at various centres in Margao, Porvorim and Sanvordem.

SECUNDERABAD (West Marredpally)

A 2-day programme on "Happy Living" was organised wherein Sis. B.K. Shivani was the main speaker. The plenary session "Awakening with Brahma Kumaris" at Surabhi Gardens, Secunderabad was attended by Bro. Karuna, Vice Chairperson, Media Wing, Sis. Chandrika, Coordinator, Youth Wing and Sis. Manju, programme co-ordinator. More than 1,500 people took spiritual benefit from the programme. Both the print and electronic media of the twin cities Hyderabad and Secunderabad covered all the four sessions. ■

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