

GODLY SERVICE REPORT

BANGALORE (KARNATAKA)

Rajyogi B.K. Mruthyunjaya, Executive Secretary, Brahma Kumaris, Mount Abu was honoured with Aryabhata International Award-2008 in recognition of his contribution towards promoting Spiritual Wisdom worldwide. The award was initiated in the name of famous Indian Scientist 'Aryabhata'. The award was presented by the 'Aryabhata Cultural Organisation', Bangalore.

Distinguished guests present in the honouring ceremony included Justice Dr. Shivraj V. Patil, Former Judge, Supreme Court of India, Lt. Gen. G.S. Dhilon, Dr. Jaymala, President, Karnataka Film Industries Corporation, Dr. Mahesh Joshi, Senior Director, Doordarshan, Shri Vishweshwara Bhatt, Editor, Vijaya, Karnataka and Prof. H. L. N. Rao, President, Aryabhata Cultural Organisation, Bangalore.

While welcoming the awardees and other distinguished guests, Dr. H. L. N. Rao said that the selection committee of Aryabhata Cultural Organisation felt proud to honour Rajyogi Brahma Kumar Mruthyunjaya. He further added that he had the privilege of visiting the World Headquarters, Mount Abu, and participated in several programmes at Delhi and other places.

Rajyogi B.K. Mruthyunjaya in accepting the award said that it was an honour to Brahma Kumaris Ishwariya Vishwa Vidhyalaya and the teachings of the Supreme Being. He expressed his pleasure to see that Spiritual Education and Rajyoga Meditation were being recognised in the society. He stressed that Spiritual Education and Rajyoga Meditation were the only solutions to all the modern problems including tension, depression, terrorism and social evils.

THIRUVANANTHAPURAM, (KERALA)

The foundation stone of Shiv Chintan Bhawan at Thiruvananthapuram was laid and Bhoomi Poojan was

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Editorial:

RELIVING THE POWERFUL MEMORIES OF WORLD MOTHER JAGDAMBA SARASWATI

The Brahma Kumaris organisation will be honouring “*Jagdamba Saraswati Day*” on Wednesday, 24th June 2009, at all their centres around the globe. Mateshwari Saraswati renounced her physical chariot in 1965, having become an ideal example of the perfect blend between purity and wisdom, divinity and spiritual Power, a karma yogi and tapasvini, and above all, the “Divine Mother of Humanity”. With great reverence, we re-dedicate ourselves to the teachings of *Mother Saraswati: Goddess of Wisdom*. My experiences with Mateshwariji or Mamma, as she was lovingly addressed, are precious spiritual treasures that I always hold dear.

I first met Mamma in 1959, at Waterloo Mansion near

Colaba, Mumbai. I had been attending the Brahma Kumaris centre for about a month and was 20-21 years old. Mamma’s divine personality sparkled brightly and was enveloped in motherly affection. The moment I saw her I felt I had met her before. I mentioned this to her and Mamma’s response was “Yes, we had met one another a cycle back,” but I did not understand what she implied.

A PERFECT TEACHER

One of my most memorable times with Mamma was

when she trained me in giving spiritual lectures. For those who have excellent oratory skills it is said, “Saraswati resides on his or her tongue...” I truly feel I received a similar blessing from Mama. During a time when Mama was visiting Mumbai, we received an invitation to an Inter-Religious Conference on ‘World Peace’, organised by Muslim leaders.

Till then I had been sharing and discussing Godly knowledge with individuals but never given a speech in a big gathering. I was hesitant to speak at this event. When Mamma heard I was not feeling comfortable, she said, “Ask him to meet me and I will teach him how to give a speech right now.” So a few hours before the event, I sat on the floor before Mamma. While gently patting my back, she



taught me how to give a speech. In just a few minutes, Mamma instructed me to focus on four aspects: What is world peace? Why is there a need for it? When was the world peaceful in the past and Who is the One to establish world peace? This clarity and Mamma's gentle handling motivated me to attend the conference with confidence.

I was surprised when I spoke for about 40 minutes, and the audience listened attentively too! They were most impressed by the speech of the Brahma Kumaris. I explained pictures of the Tree, Ladder and Cycle, which were much appreciated by the audience. In this way, *Vagdevi Saraswati* (Goddess of Speech) taught me public-speaking.

GOD'S HUMBLE DAUGHTER

Every evening in Mumbai, Mamma gave class from 5:00 p.m. to 6:00 p.m. As I was in the Indian Navy, these timings suited me well. Mamam's class would run for about 45 minutes to an hour, and her method of clarifying Baba's

knowledge was distinct yet simple. I had questions about *gyan* and inculcation of knowledge but never voiced them. What surprised me was that these doubts and questions would automatically get cleared on listening to Mama's speeches! I often asked Mama, "How did you know we have these questions?" Mamma answered, "It's nothing like that. I remember Baba and speak according to the inspirations I receive from Him." Mamma always attributed her achievements to Baba. She represented Baba's true and humble daughter.

KNOWLEDGE WAS MERGED IN HER BEING

Mamma enjoyed exploring the depths of any topic she took up. One of her specialities was explaining the vast subject of 'Karma Philosophy'. She also taught us at length about the Supreme Soul's introduction and inculcation of purity. Her style of addressing spirituality was highly simple, easy and interesting.

A listener would not find it burdensome or difficult to imbibe. Listeners thought she was the Goddess of Knowledge, *Saraswati*; her explanation of *gyan* made their lives perfect and fulfilling.

Mamma used to speak very less. We only heard her voice in class or whilst she was personally meeting someone. She had developed the natural inner stage of being lost in God's love and remembering the One Supreme Being. The aura around her gave us the experience of belongingness and comfort. Each one of her words was merged in knowledge. Simply by looking at her, my mind would wish to remember the Supreme Being; yoga became natural and instant.

HER BLESSED WORDS PROTECTED US FROM KARMIC BONDAGES & THE OLD WORLD

During one of my vacations from the Indian Navy, Baba sent me for two months' service to Jaipur. I experienced much bliss doing spiritual service. I returned

and shared the service news with Mamma and said, "Mamma, my heart says I should dedicate myself in Godly service." Mamma gave me an extremely positive answer, "This is great news. What more does a human being need – just 2 *rotis* and 2 sets of clothes and the *yagya* can provide this. So go ahead, bring benefit to yourself and others too." Mamma's inspirational words helped me free myself from *lokik* obligations with ease and love, so that the soul was ready to offer itself in God's task of world transformation.

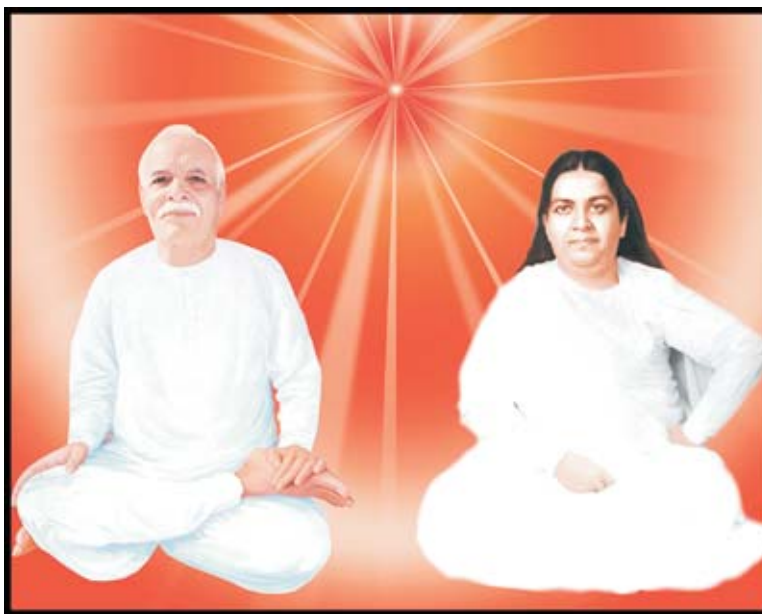
In 1964, Mamma had visited Mumbai in order to

help create the first set of Spiritual Exhibition pictures. We were once traveling by car from Waterloo Mansion to Brother Ramesh's home, with Mamma and Dadi Jamuna in the back-seats, and Brother Ramesh and myself in front. On the way, we saw a billboard of Roger Drinks (alcohol by Roger Company). It was a digital advertisement where a bottle was shown to be filling, getting emptied and then refilling with alcohol and so on. Brother Ramesh and I began discussing excitedly how we should create something similar based on

the renewal of the soul's spiritual energy for the exhibition. We then asked Mamma for her opinion about the advertisement. Mamma gave us a very startling answer! She said, "It is only when Mamma is in class that she views everything before her. At all other times, this world does not exist for Mamma..." Such was the extent of Mamma's disinterest for the old world and materialistic things...

MAMA'S WRITING SKILLS

Baba often sent telegrams containing spiritual messages to well-known personalities such as national and international politicians, religious leaders, social workers etc. Baba would design the matter for these telegrams and then show them to Mamma. If changes needed to be made, Mamma did it herself or got it done accurately. Mamma was in Mumbai, along with Bhau Vishwa Kishore, when we received news that Pope Paul XI was going to visit India. A telegram needed to be sent to him and Baba sent the message to Mumbai for Mamma's



approval. Mamma, Bhau, Brother Ramesh and I finalised the telegram and we sent it to the Pope at 12.00 midnight. The diligence and promptness of Brother Jagdish and Brother Ramesh in sending this telegram resulted in us eventually meeting the Pope. Dadi Prakash Mani, Dadi Nirmal Shanta, Dadi Sheel, Brother Ramesh, Brother Jagdish were part of the delegation who met Pope Paul XI, and gifted him and many other Bishops with beautifully decorated pictures of the Trimurti, Cycle, World Tree etc.

**A PROFICIENT
ORGANISER &
ADMINISTRATOR**

Mamma's organisational capabilities were splendid. She was efficient in the art of making everyone work in unison. Mamma would immediately inculcate anything that Baba shared, even if just spoken as an example.

She had the natural *sanskars* of a mother. The instant manner of dedicating her life in service became a source of inspiration for

numerous brothers and sisters. She fulfilled everyone's requirements without ever needing to be asked. No one's attention was drawn to the differences in Mamma's and their own ages. Whichever religion, caste or sect someone belonged to, everyone expressed the same unlimited emotion, "This is my mother" and "She is my well-wisher". Whether it was according to drama or God's influence, she had to become Mother of the *Yagya*, Mateshwari, Mamma and fulfilled the duty with dignity.

**OCCUPIED IN
SPIRITUAL
ENDEAVOUR DAY &
NIGHT**

From the initial years till the end, Mamma never let her spiritual endeavour slacken. She woke up every morning between 2.00 – 2:30 a.m. and specially practised silence and remembered God in His Almighty form. The notes she took were filled with deep churnings on various topics. A sister, who had

stayed with Mamma for a year, had copied down the points from Mamma's diary, and I got the chance to study the same. These points made me realise and understand the phenomenal extent to which Mamma churned the ocean of knowledge regularly, experienced the depth of maturity and wisdom, and inculcated the same.

Poets and scholars have and still continue to describe the Goddess of Wisdom, Saraswati, with regard and elegance but it is my greatest fortune to have practically seen her in action, learned from her and become her spiritual child.

Mamma, and subsequently the revered Dadis, have always brought home the eternal reality that keepers of spiritual wisdom are God's angels, who guide us on the path of unbiased outlook, spiritual vision, and real freedom.

May we continue to live up to these glorious teachings of beloved Mateshwariji and follow in her footsteps!!!

– B.K. Nirwair



WORLD MOTHER AS WELL AS A YOUNG CHILD



– Rajyogini Dadi Janki ji

Mamma had a magnetic personality and was different from the rest of us. But when I first saw her at Om Mandali, wearing a white frock, it took me by surprise. Mamma had glowed in comparison to other sisters. Seeing her transformation on coming to Om Mandali, people were pleased but also surprised. When I came to Karachi, someone asked me if I had met Mamma. I thought they were referring to Baba's *lokik* wife, Mother Jasoda. But in couple of days, I understood whom they were calling Mamma.

Mamma Would Not Just Listen, But Assimilate the Knowledge and Then Share

The transformation brought about in Mamma within 2-3 years was unusual. Mamma's eyes, words, and personality all became spiritual. When Mamma shared knowledge,

she did not just repeat what Baba said but would churn and understand it fully before relating the same. Whenever I saw Mamma, she would either be sitting in meditation on the roof of Kunj Bhawan or in a chair in the courtyard (outside her room) in the moonlight. Seeing Mamma in *tapasya* inspired me greatly.

When Mamma spoke the Murli, we would be so engrossed that we would sit still as idols. Even though the Murli sometimes continued for about one-and-a-half hours, we all sat with total concentration. Her Murli was unimaginably sweet. Looking at the *yagya* as a whole, Mamma was probably the only one to speak the least to everyone else. I received the inspiration to become introvert from Mamma and would interact little with others. I did

speak occasionally with Didi Manmohini. Once, I happened to mention to Didi that I was slightly scared of Mamma. This was not because I had made a mistake but I was a little hesitant in meeting her. Mamma soon found out about this and one day, whilst holding my hand, asked me, "Are you scared of me, Janak?" I replied, "No, I am not scared of you but I never speak to you freely." Mamma then said, "*Achha*, then let's have a spiritual chit-chat today". Mamma spoke with much love and regard to everyone and made us all contented.

Example

Mamma would say, "one should not repeat a mistake." I tied a knot (made a prom-



ise) that I would maintain such a record that Mamma would never need to instruct me twice about something. Mamma never taught by preaching; she taught us through her actions. I never not used to come and check at 4 a.m. in my *lokik* life. It was only after coming to Om Mandali that I learned to get up early. Mamma used to come and check on us at 4 a.m. If someone was still sleeping, she would quietly descend downstairs to the kitchen. Once, someone found out and informed everyone that Mamma had checked on us and left. We then quickly got ready and went to meet her. Mamma smiled and said, “Your devotees were awake and ringing the bells in your temples, but you were fast asleep!” From that day until now, I have never missed *Amrit Vela* meditation.

Saying always “Yes” to Baba

Whenever Baba said anything to Mamma, she never questioned it; she always said, “Yes Baba, Haanji Baba”; she had a lot of regard for Baba. When I

stayed in Pune, she visited us thrice. I saw how unbreakable her faith was in whatever Baba said.

Mamma had a lotus- like mind

In Pune, someone had once asked Mamma how she kept her mind peaceful. Mamma answered, “This mind is our little baby. I tell the baby to keep silent for now and that I will call it whenever needed”. And her mind would, thus, stay silent.....!

Once in Karachi, Mamma was sitting in the office and I asked her, “What *purusharth* (efforts) should we make?” Mamma replied, “**Always consider this to be your final hour**”. From that day to this moment, I have never forgotten Mamma's *mantra* that every hour is my last moment and I need to remain in Baba's remembrance.

Mamma Always Remained Incognito

Mamma was never ostentatious. She did so much service but never expressed it. Mamma had done a lot of good service in

Bangalore for about one-and-a-half months before coming to Pune, but never said, “I did this and that....” When we questioned Mamma, all she said was that it was good service, but nothing more. In this manner, Mamma never spoke about herself or the task she had carried out. I saw Mamma as Radhey, as Saraswati, as Kali, and as World Mother (Jagdamba).

Method of Teaching

Mamma had a different method of teaching; **she would advise or draw his or her attention to something by speaking to the children individually with love. She never corrected someone merely on the basis of hearsay. Mamma would give that individual, the time and explain whatever was needed very lovingly. But amazingly, she never let the soul feel that she was instructing him/her and he/she appreciated it as advice coming from his/her own mother. Each one felt whatever Mamma was saying was for his or her own benefit. Baba's teachings were very powerful and one**

needed the strength to absorb and understand them. Only a powerful soul could digest Baba's teachings. Generally, Baba did not correct a child directly; Baba would instruct Mamma in front of the particular child, who then realised that Baba was referring to his/her own mistake and Mamma had to listen unnecessarily. The soul would then own up to its mistake in front of Mamma and promise to pay attention in the future.

Dual Role of Baba's Faithful Daughter and World Mother

She was constantly number one in purity, royalty, renunciation, and commitment to her task. She was able to carry out a big transformation at such a young age and played the dual part of carrying out her task as Baba's Faithful Daughter, and secondly, fulfilling her responsibility as Spiritual Mother to the children of the *yagya*. Even people old enough to be her grandfather or great-grandfather would call her Mamma, 'Mother'; they trusted her to be their well-

wisher. An ideal mother makes her children virtuous and teaches them etiquette – Mamma fulfilled this duty with perfection.

Mamma's Spiritual Form

Mamma daily read the Murli and listened to it on the tape recorder. Even if it was 11 o'clock at night, Mamma would first listen to the day's Murli and only then sleep. She was committed to Godly studies as much as she was to her duty in the *yagya*. Mamma even listened to the Murli when she was in hospital. I always saw Mamma alert and accurate; I don't remember ever-seeing her eyes weary. Mamma's eyes always were lost in Baba's remembrance.

Mamma was so humble that whenever Baba said, "Love, remembrances and *namaste* from the Mother and Father", Mamma did not consider herself to be 'the Mother' giving greetings at the time – she would point upwards and say, love and remembrances are from the Father and Mother (Shiv Baba).

She only considered herself to be 'Mother' when it came to fulfilling her responsibilities and sustaining the duty of a mother and honoured it completely. In front of Baba, she became a little daughter and before children of the *yagya* and devotees, she adopted the role of the First Goddess, Jagadamba (World Mother). This was our great Mother Saraswati!

SOME JEWELS OF MAMMA'S TEACHINGS

► There's benefit and a significant meaning to wherever Baba has placed you. Never have a feeling of ownership of "my" home, "my" connections and "my" relationships.

► If someone is dominant, then that might be useful in other aspects of service. Understand each other and see each one's aspects of service. Understand each other and see each one's virtues. Don't be afraid of those who have a hot temper. Don't suppress those who have a gentle nature. Have regard for complaints or preference over which you can live and work with. Always consider every

moment to be your final moment.

► Understand the signals you are given and never take sorrow from them. The one who doesn't have love for the teachings doesn't have love for the Teacher. When you're receiving teachings or signals, your face should not change and you should not have the thought, "I didn't do it, so why am I being told this?" Even if someone else is being signalled, consider those teachings to be for yourself.

► Never reject the teachings, accept them with love. They are your decoration; if not today then one day, the teachings will come in use. No one should feel hesitant in saying something to me.

► Keep your sub-conscious mind clean. Your sub-conscious is subtler than the mind and the intellect. If you keep the defects of others in your sub-conscious then the rubbish and the mess will not allow you to focus or concentrate.

Always think – "Not only is God watching me but the whole world is watching my every step." ●

AN IMPORTANT INFORMATION

1. You must be aware that from the month of July, New Year for 'Gyanamrit' and 'The World Renewal' commences. In this new year, due to increased rates of paper, from the year 2009-10, the annual subscription will be Rs. 75/- and the life membership will be Rs. 1500/- while the overseas rates will remain Rs. 700/- for annual subscription and Rs. 7000/- for life membership.
2. While sending the subscription money, do not address it to anyone's personal name, but send only to 'Gyanamrit' or 'The World Renewal' by DD, MO or through EMO. The facility of E-Money Order is available at Shantivan Post Office through which the amount of magazines reaches within 10 minutes from any part of India, the Pin Code of which is 307510. Like MO, for EMO also it is necessary to give your complete address with the Pin Code.
3. You must be aware that branch of State Bank of India exists at Shantivan, hence, any draft, should be sent to 'State Bank of India, Shantivan'. The Bank Code is 10638. You are requested to get the draft issued in favour of Shantivan branch and not of any other bank.
4. Please write above the draft, 'Gyanamrit', or 'The World Renewal' Shantivan. Do not write the name of any person or city.
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THE SUPREME PRECEPTOR – GIVER OF LIBERATION AND FRUITION

–B. K. Surendran, Bangalore.

Adi Shankaracharya established 'Sanyas cult' in copper age. When people became unhappy and peaceless in household life, some of them took to *sanyas* – renunciation of household life by taking recourse to forests in search of God for salvation. It is well known that Hinduism is not a religion but a way of life. Swami Vivekananda was of the opinion that Hinduism was a commonwealth of all religions. The original religion is *Adi Sanatan* deity religion. Therefore, the religion of asceticism is different from *Adi Sanatan* deity religion. Those who belonged to the *Adi Sanatan* religion are householders (now called Hindus) and those who belong to the religion of asceticism are recluses, who beg for alms for everyday sustenance. They were not involved in the day-to-day affairs of this world, instead they used to stay in forests and practise penance and other

related activities. They believed that life was full of sorrows and this world had only sorrows and, hence, they took to *sanyas* from active life. Their efforts were aimed to get redemption – *moksha* from life. Their efforts were to merge with the Supreme and, thus, get away from the cycle of birth and death itself. *Jagat mithyam Brahm satyam* was their slogan – this world is falsehood and only the *Brahm* was real. *Rishis* and *Munis* of yore after searching for God for a lifetime had observed '*neti, neti*' – 'do not know, do not know' about God and His creation and disappeared from the scene. As time passed by, the recluses have migrated to the cities. They now declare that '*Shivoham*' – 'I am Shiva'. Paradoxically, the householders have come to be their followers. The householders have come to accept them as their *Gurus* and *Satgurus*. But, there is an

inconsistency that the *Gurus* are *brahmacharis*-celebrates while the followers are householders, who lead a vicious life.

It is a popular belief that without a *Guru* one cannot meet God and get liberation and fruition. Therefore, one goes to a *Sanyasi* and accepts him as his *guru*, in the belief that he could meet God through this *guru* and get salvation. But, in reality, that *guru* took to *sanyas* to reach God to get redemption. The one, who is putting efforts to get liberation, cannot lead and guide another to the path of liberation, because he himself does not know what true liberation is. One who does not have a clear idea about who is God, His abode, His attributes and His acts and so on, will not be able to give the right introduction of God, not to speak of liberation and fruition. One who has already been in bondage will not be able to show the path of liberation and fruition. The

sadhana – spiritual effort-making to get liberation and fruition is closely connected with the right introduction of God. Further, interpretation of the concept of 'liberation and fruition' has also been not rightly made and understood. One who comes under the cycle of birth and death will not be able to lead one to the path of liberation and fruition. God is the only one who does not come under the birth and death cycle, will be able to lead and guide one to the path of liberation and fruition. Because God knows the lifecycle and the three dimensions of time clearly, we normally say that '*God knows*' when we are not able to know something in our daily life. Hence, God, the Supreme, is the Supreme Preceptor of human kind. He is not a corporeal being. He is beyond all limitations which the bodily beings are bound by. He is the preceptor of all preceptors and hence He is called the *Satguru* – Supreme preceptor.

God is not a hypothesis, or an imaginary personality. Because we have a perennial relationship with God, we

remember Him when we want peace, happiness, solace and security. We will not remember any human being for peace and happiness. God is a special incorporeal person, a point of light, similar to the form of other souls. He is our original Supreme Father. God is ocean of knowledge, purity, peace, love, happiness, bliss and powers. God is known as '*Mukti and Jeevan Mukti data*' – giver of liberation and fruition, and no human beings including sages and saints have not been called upon to bestow liberation and fruition. This practically happens only when He descends in the body of *Prajapita Brahma* in auspicious confluence age, and plays most importantly three practical roles of Supreme Preceptor, Supreme Teacher and Supreme Father. We are face to face with the Lord now at this confluence age. This truth is a stranger than fiction. God is here to unfold the secret of creation, time-cycle, liberation and fruition and the secret of life itself. God has been popularly

known as the *palanhar* – the sustainer, the creator, director and knower of this infinite drama. **He comes to meet us – the souls and share with us the truth of all truths in practical terms. It is a miraculous experience being experienced by us. Some people ask us if God has descended on earth, why He should meet you only and not us. He is here to meet every one. Stand up and meet Him now.** We were all trapped in human beings with the fond hope that these people were able to lead us to God, to the path of liberation and fruition, but now the fact is logically and reasonably proved that one who is seeking liberation and fruition and is in the limitation of the body will not be able to lead us to that path. It is now clear that a human being cannot lead and guide another human being to liberation and fruition, because he himself is in bondages of various kinds. God can only do this.

Mukti – liberation

Since souls are on the drama stage they create a plus or minus *karmic* account when they start acting on the drama stage. They have to continue in the birth and death cycle.

There is no scope for them for redemption – *Moksha*. The *Satguru* has in unambiguous terms, conveyed to us that no one could get *Moksha*. Granting *moksha* means the end of the drama on the world stage. *Moksha* is conceived to be the act of merging with the Supreme. But, that will never happen because the souls are the permanent actors on this drama stage whose identity, existence and entity will not be perished *Moksha* is not *Mukti*. *Mukti* is freedom from sorrows and not end of life on earth. Total *mukti* i.e. freedom stage is when the souls stay in the soul world. But, God, the Supreme, the *Satguru* is teaching us two unique *vidyas* – the *rajavidya* – state craft and the *brahma vidya* – the *vidya* to win over death. These two *vidyas* are centred round to the constant remembrance of the Lord in soul-consciousness. The efforts to win over the sense organs and the influence of the body are invigorated with the light and might from the Lord through the practice of Rajyoga. When the mind is freed from the clutches of five vices, mind becomes totally

free and the sense organs are controlled by the self. The pull of the body-consciousness is overcome and the soul is free to fly away at anytime on its own volition. The self will not come under the influence of people, physical objects, physical comforts and conveniences. The self will be free from the internal and external influences. As the self is free from all kinds of influences and attractions, it is able to enjoy the freedom while in the body. **Therefore, *mukti* is not a post-mortem experience after one has left his body, but it is actually a lively experience when one is very much in the body in this world. It is a practical experience while living in the world. The *satguru* teaches us to experience this kind of *mukti* while being in this body and in the physical world. The *satguru* says that the *mukti* should be experienced here and here alone and not after one has left the body. This kind of lifestyle will continue when the soul comes down to Golden Age from the soul world – *muktidham*. When the soul**

is in *muktidham*, it cannot experience *mukti* or otherwise. It is in a seed - like dormant stage. The soul will be able to experience any kind of experience only when it is in the body. Body is the instrument through which it experiences many experiences in life.

Jeevan Mukti

Similarly, *Jeevan Mukti* is not a state of existence to be experienced after one has left this body. *Jeevan Mukti* is to enjoy life in the midst of problems and problem people. This is possible only when one is very much living in this world. This world is like an ocean. This is *sansar sagar*. Just like in the ocean where we can find waves, whirlpools, under currents, crocodiles, sharks and many other dangerous creatures; so also, in this world we can find such a situation. In the midst of all this, the dolphin enjoys life while being in the ocean. Therefore, *Satguru* teaches us and guides us to a state of *Jeevan Mukti* while being in this body, here and now. Even though *Jeevan Mukti* life is very much in Golden Age, the

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MAA JAGDAMBA AND WOMEN EMPOWERMENT

– B.K. Rajeshwar Bhalwar, Lucknow

Almighty God Father Shiva reincarnates identically, *Kalpa* after *Kalpa*, at the Confluence Age, i.e., the end of *Kaliyuga* (Iron Age) and the beginning of *Satyuga* (Golden Age), which is at present, by descending into the body of an old man named Dada Lekhraj later re-christined as Prajapita Brahma by the Supreme Soul. Through the orale orifice of Brahma is sermonised Bhagvad Gita by Almighty God Father Himself. Thereby the incognito race of Brahmins gets created from amongst the faithful and ardent audience-followers who become the children of Shiv Baba through Prajapita Brahma.

Almighty God – the Gita Sermoniser – infuses power into the feeble human souls by imparting knowledge, truth and easy method of intellectual communion with Himself (*Sahaj Gyan* and *Sahaj Yoga*). Those lucky souls are blessed with divine powers and virtues

to shatter the old and stifling bondages. One of the fore-runners amongst the children-disciples of Almighty Father adopted through Brahma is Mateshwari Jagdamba Saraswati. She is both Goddess of Knowledge and Mother of the Holy squad. Clad in white, *Veena Vadini* is shown seated on 'Hans' (swan), which symbolises Purity, intelligence, venerability and admiration.

I often got an opportunity to be with Mateshwari (between 1955 and 1964) and this led to nourishing of ecstatic memories of Holy Mother's idealistic conduct of life. Though Mamma could destroy latent vicious trends, she was also moon-like embodiment of compassion and coolness. She used to follow *Shrimat* in the garb of an untiring servant. Her intellectual refreshment with penance of mind was admirable. She could solve any problem by her purity

and simplicity. Her reply to any query not only satisfied the person concerned but the audience in general was also highly influenced. Experiences in the blissful company of Baba and Mamma are deeply ecstatic. In the realm of thought apart from Brahma Baba, there is constant flow of soothing memories of Pitashri, Mateshwari and allied scenes of Madhuban. I feel happy as much as I recapitulate. In 1955, we got the boon to know Shiv Baba and instantly became ardent members of the Holy Squad. We kept visiting Madhuban for about a week in the blissful company of Pitashri Brahma and Mateshwari Saraswati.

One day a *Sanyasi* came to meet Baba; we were sitting around Mamma. She called the *Sanyasi* before her and enquired from him the purpose of his visit. The *Sanyasi* told that he wanted to meet the 'Guruji'. Mateshwari very simply told that their Guru was incorporeal and could be realised by third eye of divine wisdom; if he had the third eye, he could see him.

Exposition reveals the inner-self of a person, be it in

the form of writing or oration. It has, therefore, been correctly said that style is the man. Mamma's manner of speaking, which was a blend of sensibility, spirituality and simplicity, depicted mirth of human supremacy. Mateshwari could discuss elaborately various issues connected with human life, within the compass of Godly knowledge and throw light on redemption appropriately as well as on women empowerment. Mamma asserted that just as God created both man and woman in the beginning, both are His children. At the present juncture of the end of *Kaliyuga*, God-Father uplifts the down-trodden souls, especially the women-folk, who are considered incapable and dependent by enrolling them into His Divine Army (Spiritual Rearmament).

Women folk are blessed by Almighty God-Father with powers which determine their immortal function. God creates human race in dual form of man and woman and is, therefore, known as creator. Similarly woman being the mother of both man and woman is the creator of all human beings. She, therefore,

deserves high reverence. God also keeps women ahead.

The original status of women, as in the beginning of world drama (*Satyuga*), is again being reinstated. Woman who has been considered down-trodden is being granted original status. God has revealed that without the active participation of women, the task of establishment of Heaven (*swarga-satyuga*) on earth is well-nigh impossible. O, woman, take the courage to get up and shatter the feeling of being helpless woman – *ablanari*.

Women Empowerment by God

Women in the form of goddesses are highly revered and worshipped. They must, therefore, feel enthused to act higher. Demons are shown under the feet of deities. This depicts that such divine powers and status are bestowed upon woman by Almighty-Father. Drama, as it is, has to repeat identically.

Multi-Arms of Deities

Women possessed divine powers. But as powers are invisible, these have been

shown as weapons and arms with symbols of powers. Being the children of Almighty-Father, we firstly need to attain divine powers from Him. We worship deities in the form of Divine Powers hoping to receive bliss. But these powers would not be attainable by mere worship of deities. These are bestowed by Almighty-Father and are to be utilised in the service of human welfare and reestablishment of righteousness.

Warning and Message to Women-folk

Women have to get rid of backwardness and timidity and to come forward to march ahead on the path of independence, purity and righteousness. They have to get prepared to face hardship on this path. The thought that we are helpless has to be completely rooted out. We have to march ahead with fair conviction of being the Children of Almighty-Father. We have to develop tolerance which is bound to create other powers. For the sake of purity and righteousness, we have to face all odds at all costs because by following both these virtues, life will be powerful and adorable. ●

MAA JAGDAMBA

– BK Shiv Kumar,
Pandav Bhawan, Delhi

The praise of Mateshwari Jagdamba Saraswati is so profound that one *Drishti* (gracious gaze) by her made one feel highly elated. When such a lovable, merciful, world benefactor, embodiment of blessings (lovingly called Mamma) put “*Toli*” (*Prasad*) into my mouth and tucked me into her lap, my joy knew no bounds. I felt, I had been blessed by my spiritual mother. I told Mamma that I had been meeting her after 5000 years, “Yes, you are....” replied she, with great affection.

I consider myself to be extremely fortunate that I got sustenance from the Father of Mankind (Prajapita Brahma) and Mateshwari Saraswati, and had opportunity to hear their elevated versions, dine with them, go on long walks and play badminton with them.

1. Godly Knowledge: - I received this Godly knowledge at Lucknow through Dadi Shantamani, when I was

barely 8 years old. When I was around 12, I headed towards Madhuban, not to meet Brahma Baba and Mamma but to surrender myself in the service of “*Yagna*”. Some brothers and sisters at the Lucknow Centre dissuaded me from taking such a step, but little did they know that I was going to get sustenance from my Spiritual Parents. When I showed them the hand-written letter of Brahma Baba regarding my proposed surrender, they would be surprised. But the most wonderful thing for me was that God Himself had chosen me for this purpose.

2. Meditation:- I had the privilege of being near Mamma and remembering Shiv Baba. I could feel the power of *Yoga* in her eyes and powerful rays of purity peace and divinity emanating from them. One could feel the aura of purity, round the personality of Mamma. She used to give

'*Sakaash*' to all souls of the world right from *Amrit Vela* (early morning hours). ‘The more you meditate and do *tapsya*, the more you purify your soul,’ she used to say.

3. Sweet Teachings: Mamma also used to say, “Speak less, speak softly and speak sweetly” because by talking more we waste a lot of energy. We should weigh our words before we speak. And there is an adage which says that the tongue had no bone but if wrongly used it can get your bones broken! It is, therefore, said that if you can't give jaggery to anyone, you can at least speak sweet words. Purity and humility lead to sweet tongue. There is a saying that the tongue has so much power that ordinary words can become 'elevated' words. This tongue can take you to gallows or seat you on a throne. It all depends on how you use it. This very tongue can separate or unite people; it can either make them enemies or make friends. The bottom line is how we use it.

It is, therefore, imperative that our words should be balanced, sweet and respectful. Mamma's words were always pleasant and helpful.

She used to say “Yes” to every command of Baba. She used to say that a mistake committed once should never be repeated. One should consider every moment to be one's last moment and that one should not postpone one's work till the next day but do the same 'here and now'.

Mamma also would advise that we should imbibe the qualities that strengthen the organisation. If we have good wishes and pure feelings for one another, we strengthen it. As every brick counts in the construction and support of a fort, so does the unity and cohesiveness of all the members of an organisation, she highlighted many a time.

4. Firm and Unshakable: - Mamma had unflinching faith in Godly *Yagna* and she proved to be the commander of Shiv Shakti Sena. She always followed Shiv Baba's *Shrimat* (Godly Advice). “*Hukmi Hukm Chala Raha Hai...*” meaning Baba is giving me the Command and I am instrumental in carrying out His mandate. We should always be careful to see that no sin is committed by us”; whatever she used to say, she herself practised it. She was very good at giving sustenance to souls and was an able administrator. She would ensure that BK brothers and sisters visiting Madhuban had a comfortable stay and always offered a helping hand. Thus she became the 'mother' of all BK brothers and sisters irrespective of their age. Notwithstanding the responsibility, she always remained light and made others feel light too. She used to set an example by her elevated actions and Yoga power which had impact on whosoever came in contact with her. ●

MAMMA HAD A GREAT POWER TO SUSTAIN SOULS!

– B.K. Wicky, Matale, Sri Lanka

Our sweet Mateshwari Jagdamba Saraswati was an image of renunciation and *tapasya*. She sustained all the spiritual children with her virtues and powers. Lovingly called Mamma, she taught the disciples the code of conduct, manners and etiquette through which they were able to stay free from obstacles and worries on their spiritual journey. Today, Brahma-kumaris organisation proudly stands on that sustenance for Godly service.

Radhey became famous as Om Radhey because of the way she chanted 'OM' with lots of vibration that touched the hearts and souls of people and the spiritual organisation came to be known as 'Om Mandali'.

Brahma Baba once told her, “Mamma, you will be Lakshmi”. That was it! As soon as Baba said this, there was a sea change in her. Mamma was very firm in three things: “I have to become virtuous, I have to see virtues in others and I have to donate virtues one. As such she earned the respect of all and became the first head of the Brahma Kumaris World Spiritual University. She was also known as Jagdamba Saraswati for her elevated understanding and inculcation of knowledge which acted as a life-giving tonic to souls that had become unconscious.

Jagdamba, the mother led the unique, spiritual army of young sisters and mothers from 1937 to 1965. Just as a mother not only sustains but also protects her children in their childhood, similarly Mamma sustained everyone with the sweet music of knowledge and divine virtues as she also provided spiritual protection. ●

MY EXPERIENCES WITH MAMMA

– BK Stephen Berkeley

Global Hospital and Research Centre. Mt. Abu

There are two distinct occasions that make me think deeply about Mamma. The first incident pertains to the year 1996 when I was attending Mamma's Day celebrations at the Oxford Retreat Centre, England, for the first time in my spiritual life, where souls shared their experiences about Mamma and Dadi Janki shared her first-hand experiences with Mamma. I was determined to find out more about Mamma. After some-time, back at my local centre in Newcastle, I took on the responsibility for arranging the Mamma's day celebrations. At that time there was no book about Mamma, so I researched through all the back copies of The World Renewal and Purity and created a book about Mamma's life for B.K. students to read.

What touched me deeply about Mamma was how she would help souls emerge their hidden talents through having utmost respect and regard for them – mainly through her

silence and loving *drishti*.

I have experimented with Mamma's example with amazing results. I would like to share two experiences:

I was in the same room in the Oxford Retreat centre where I first received Mamma's introduction, some six years later. I was one of about 100 people listening to a lecture at a Living-Values Education Conference. From the very beginning of one presenter's lecture, I gave him my utmost attention and concentration for his entire presentation. At the conclusion, he came up to me and told that at the beginning of his presentation, he was very nervous and was having trouble staying concentrated – but the power of my constant sincere attention (and of course my smile) removed all of his nervousness and slowed down his thoughts so he could start to enjoy himself. This was one of my first real experiences with giving regard, but now it has become more natural. I

had made a new friend and to this day we are still in contact.

The second experience involved a very angry and upset patient who had come into my department to complain about the state of care which he was receiving at the hospital I was working at. The complaints officer was on the phone so I had to take care of the patient. We were standing in the middle of the department and I just listened very peacefully and calmly and reflected back to him his issues so he felt heard. Meanwhile, the complaints officer had got off the phone but stayed in her office just listening to the interaction and how I handled the patient. The patient felt calm and reassured that we would take care of his complaint. The complaints officer then came out and was amazed at the way I had calmed down the patient.

These are just two of many examples where I have experimented and practised Mamma's example. It just proves that you do not have to know someone personally to be influenced by his/her example. Great souls can influence even after they have left. Mamma is one such great soul; in fact, one of the greatest. ●

(contd. from May, 2009)

SPIRITUAL SIGNIFICANCE OF SWASTIKA



– B.K. Carol Biberstein

The second quarter Silver Age (Treta Yuga) – is a continuation and expansion of this period with a gradual declining degree of purity. There is still a lot of happiness with a little less sparkle; smaller kingdoms are being established and the population is increasing. Souls are coming down from the Soul World and being added to the mix, whereas the original souls are taking rebirth. No soul can return to the soul-world until the end. *Treta Yuga* is semi-heaven, whereas Golden age (*Satyuga*) is full heaven or paradise. Every culture has its story of the time period of the first half of the cycle. It has been called the Garden of Eden, Paradise, the Lost City of Atlantis, Kwan Lung, the Garden of Allah, Shangrila, etc.

When half the cycle (2500 years) has passed and the degrees of purity have

dropped to half (8 degrees from 16 celestial degrees), this perfect world can no longer be sustained and there are natural calamities like floods, the earth shifting on its axis and the continents breaking apart.

The Copper Age (*Dwapur Yuga*) begins and with it begins the advent of body-consciousness and the five main vices – lust, ego, greed, anger and attachment enter the world for the first time. The Copper Age begins the fall from grace and the advent of religion. The purpose of religion is to attempt to re-link the soul with God. Each one of the major religions is founded on purity and each one shows a different aspect of God, but as time continues and body-consciousness gets mixed into religion, purity is gradually lost over time. When the original deities fall on to the path of

sin, they begin to worship their former selves. The *Sanyasis'* religion of purity (through isolation) helps to sustain Bharat. But it is a forced purity, rather than a purity within the family path as it is in Golden age.

The last quarter is the Iron Age (Kali Yuga) and purity declines at a very fast rate towards the end. Every soul receives $\frac{3}{4}$ happiness and one quarter sorrow, but only the souls who come in, in the first part of the cycle know happiness without any sorrow. The duration of the entire drama is 5000 years and it plays itself out identically and eternally with no beginning and no end. The Supreme Soul, God, is the Creator, Director and Principal Actor in the drama and has a special role at the end--of purifying all souls and matter. Creation of the world is re-creation. The drama is eternal.

THE SIGNIFICANCE OF THE THREE DOTS, THE RISING CRESCENT MOON WITH THE DOT ON TOP

The rising crescent moon represents the ascending period for humanity. This is when God descends on the

earth. This is the most auspicious Confluence Age, (*Sangam Yuga*), the Leap Age that connects the Iron Age with the Golden Age once again. The dot at the top is the soul being raised up with the forces of righteousness and increase of the celestial degrees of purity and peace within the soul. It is according to the drama that only a handful of souls can know about this at first and then gradually more and more come to know. A kingdom is being established for the Golden and Silver Ages according to the accuracy and love within our remembrance of God. Our status in golden and silver aged kingdoms directly parallels our benevolence, soul consciousness, mercy and love in this period of Iron Age. Everything is between the soul and God.

The three dots below the crescent moon represent the Trimurti, the three divine acts of God, Creation, Sustenance and Destruction. God inspires these three acts, but can't actually perform action Himself because He is *abhokta*, beyond the effect of action. He would create *karma* for Himself if He did any of it. He inspires souls and gives us the power to do it. This is the drama. Eventually purity and impurity can't co-exist and impurity has to go. The demon Ravan, (body-consciousness) is conquered, destruction takes place, all souls return home to the land of peace. The Golden Age begins and souls, one by one begin to come back to the planet earth, which is now paradise, exactly as they did in the previous cycle.

spin the cycle. We come to know the past, the present and the future of the entire world drama. The soul feels satisfaction, peace and contentment, full of all attainments from God Himself. We see the world through God's eyes, understanding all the sorrow in the world, knowing it is a drama; that all souls are actors and brothers and that time ticks on absolutely accurately and that each one receives the fruit of his/her own *karma*. Knowing this, one can feel mercy while being detached, have love for all souls and uplift souls through vibrations of peace and with drops of knowledge. Through the powers of knowledge and yoga, the soul becomes pure and imbibes all divine virtues. We die to the old world and become angels. Angels then become deities in the Golden Age.

This is the deep significance of the *Swastika* which has been lost to antiquity. Knowing this deep significance makes you able to

The *swastika* tells the story of the entire world drama as revealed by Incorporeal God Shiva at this time, i. e., *Sangam Yuga*. Those who hear it become the most fortunate ones in every cycle.

(Concluded)



A picture of Golden Age

(continued from May, 2009)

FACE-TO-FACE

(An interview with **B.K. Sis. Sudesh**, Director of BK Centres, Europe)



Question: What would you advise to those people who have never meditated? Can they too learn meditation?

Answer: Those who have never meditated are, in reality, meditators, but they focus on things which do not give happiness. They do think because they are rational beings. Meditation is an art of thinking, for the soul consists of mind, intellect and personality traits; thus, by creating pure and powerful thoughts one can experience peace. One can meditate in a very simple way to begin with, just by modifying or reconstructing one's earlier thought processes and revising this beneficial and spiritual thought that I am pure and peaceful in nature. One should think about one's essential nature and feel peace. By repeating this thought again and again, the latent energy of peace in soul opens up just like a seed

begins to sprout on being equipped with water, warmth and air. When it is planted in earth, the seed begins to sprout and gradually grows into a tree, full of beauty and fruits. In the same way, when a spiritual effort-maker plants a thought of soul-consciousness in the land of awareness that I am a pure energy, a peaceful soul and waters it with love, he sustains /nurtures the thought with love and faith. One can feel that not only mind becomes free from waste thoughts but intellect also becomes free from criticising others. This enables one to start enjoying peace and purity of the self and this enjoyment brings natural concentration. So Rajyoga meditation is a natural way of connecting with one's true self while walking, talking, sitting, cooking or doing any

activity.

Question: How can we increase the practice of meditation?

Answer. Meditation becomes the way of life, art of living, experiencing and sharing the original qualities of self with each other. We practise to protect ourselves from the negative nature of others. That is why we need to set a system to remind ourselves again and again that I am a peaceful soul. In the spiritual education system, we practically have a system called 'mental traffic control' which means that apart from morning and evening meditation, we also meditate for one minute in every hour especially focusing our energy on positive thoughts so as to check and change the direction of our thoughts. This is similar to the system of traffic lights which regulates the traffic and makes us aware of the direction we need to go.

This traffic control is a system of checking our own thoughts, of changing the direction of our energy being used, and in case it is being wasted or is in wrong direction, the same needs to be changed. For a very careful and conscious practitioner of meditation, it is very important to meditate before going to bed. This is, in fact, like a shower to wash away properly the fine/subtle influences that have been taken by the soul during the day. Therefore, it is important to start and end the day with meditation so that we are ready to start afresh a new day.

Question: People often complain that in meditation other distractions like other thoughts, noises, etc. come into play. How can one stay focussed?

Answer. People have become accustomed to taking in unnecessary information. Our body is like a tape recorder/camera. We take in information through eyes and ears, through taste and smell, through words, etc. Our body is composed of five elements of matter – earth, water, fire, air and ether. Five sense organs of the body are the

media which take the information. When we are not soul-conscious, we are prone to record unnecessary information through eyes, ears, nose, tongue and skin. When we sit in meditation the state of silence acts like a mirror. Sub-conscious mind then becomes conscious and it comes back again with all what we have recorded during the day, in which information of objects and relations we have involved our mind, intellect and personality traits. Such information is, in fact, a waste, which does not actually belong to us. Waste, in fact, is like dirt in a subconscious way and creates unnecessary burden and bondage. This is why we meditate during the day in 'mental traffic control' to dust out waste. This also helps to check and change the direction of our thoughts. Meditating is forming an inalienable relationship with my true qualities – purity, peace, love, bliss, happiness, etc.

Question: At the ripe age of 67, what are your other secrets to ageing gracefully

apart from meditation?

Answer. The practice of meditation is only to see the self as an instrument, just like a musician uses the instrument with care but the instrument is not musician. In the same way when I consider and see myself as a soul, I understand and feel that the age of the soul is eternal and it is never getting old. Yes, there is always the consciousness of learning, growing and becoming mature with experiences. So there is always enthusiasm and joy of experiencing life and the courage and confidence of youth to face challenges. When there is constant desire to serve humanity, every task is done with love. So, in this way, when we give happiness to others, we receive their blessings automatically. Happiness is the best nourishment of all and meditation is the art of positive thinking which begets happiness. So when one understands the process of meditation, energy is not wasted in unnecessary thoughts/worries/thinking about others. It is the worry that makes the body wear

quickly. In Rajyoga, we follow a disciplined way of life. Being a vegetarian also helps to remain fresh and this along with meditation, doesn't let us age and get tired quickly. Besides, when one keeps the mind cool and has few mundane desires, there is the feeling of satisfaction and contentment in life. My motto is to lead a pure and simple life and keep my mind filled with positive thoughts for self and others. Of course, daily exercise such as regular walk also helps greatly to maintain healthy lifestyle. Despite having a very busy schedule with constant travel to different countries, a state of positive attitude keeps the mind fresh and free from any worry.

Question: Please share with us a bit of your personal background – where do you work, your experiences of childhood, education etc.?

Answer : I have considered and felt the whole world as my family since the time I was 16 year-old, and when I was still studying at university doing Bachelor of Arts in Political Science and Economics, my aim was to serve humanity. These inspirations led me to dedicate my life to the task of self transformation and world transformation. I feel that God, the most Benevolent Being, is now inspiring us to transform the world on the basis of self-transformation. I have received deep knowledge from God on the secrets of Creation and the Creator, the World Drama and the values in life and all these I want to share with the unlimited family. I have travelled to more than 80 countries. Presently, I am based in Germany (Europe), and mostly work there yet I feel the whole world is my home. Wherever I go to, of course, there are many BK centres, in around 120 countries. Even the places where there are no centres, there also I feel at home. Thus, I develop a natural compassion for all souls and share Godly wisdom as a divine gift with all souls. I am a devoted, dedicated and determined spiritual server and my primary job is to give spiritual sustenance to one and all.

(concluded)

(Contd. from page no.12)

THE SUPREME PRECEPTOR – GIVER OF.....

beginning has to be made from here. The *Satguru* tells us that *Jeevan Mukh* state of existence is also not a postmortem experience, but it should be very much lived and experienced here and here alone and now itself. The golden age experience is nothing but to carry forward of the beginning now made. When we are in *Jeevan Mukh* state of existence, we are totally incharge of our thoughts, feelings, emotions, and *sanskars* and in control of our sense organs. We have attained *yogyukt*, *razyukt* and *yukti yukt* state of existence. This is the quintessence of the state craft that the *Satguru* has imparted to us. Again, *Jeevan Mukti* state of existence is our capacity to leave our body on our own volition when the body becomes old. On the one hand there is total freedom and on the other hand there is liberation and fruition, for, one is able to know as to where he should take his next body and continue to enjoy liberation and fruition without any bondages while continuing the journey of life from one body to another and so on. Therefore, God the Supreme is the sovereign authority to teach, guide and lead the human souls to liberation and fruition. ●

PHENOMENON OF LAZINESS & CARELESSNESS

– B. K. Jyotsna, Hyderabad

The entire universe is filled with diverse personalities. Such diversities are reflected through the mindset, behavioural pattern and overall performance of his/her role. Laziness and carelessness are the signs of dull, disconsolate and disheartened personalities. Any new born baby is filled with vital energy and newness. In due course of time – environment, parents, school, society etc. keep colouring the personalities of human beings from a very tender age.

Laziness and carelessness are two sides of the same coin. The victims of laziness will surely have carelessness and vice-versa. To get rid of both the culprits, one has to understand them clearly.

It requires great amount of research and attention for the traveller of life's journey so that he/she can remain uninfluenced by these cul-

prits.

DIMENSIONS OF LAZINESS

Personal level: Devaluing, comparing the self by inferiority or superiority complexes can be dangerous trend upon a personal level which shows utter laziness. Criticising, being judgmental towards others and holding monopoly upon others draw negative energy of laziness.

Mental level: Having the tendency to create wasteful and negative thoughts as a natural nature is to sustain laziness upon mental level. Thoughts are the seeds; under the influence of laziness – they can be rotten, decayed which will not allow the beholder to bear fruitful outcome through mental energy.

Weak will-power is also another important aspect to be considered in relation to laziness. Each one is blessed

with a Godly gift of tremendous will-power. Not using it for the right cause, at the right time, in a right manner, reflects laziness.

Emotional level: Sustaining negative (hatred, jealousy, animosity, cunningness etc.) and wasteful (worry, doubt, fear, impatience, intolerance etc.) feelings for a long period of time surely strengthen laziness.

Over expression of any positive or negative feelings or not having any expressions of any type of feelings leads a traveller of life to end up upon a track which will be filled with disasters.

Social level: Social and cultural traditions strengthen the inner self of each one. But it is a bitter fact that for sustaining false pride and prestige, people are eager to surrender to unhealthy lifestyle (becoming non-vegetarian, drinking alcohol, drugs, night-life, gambling etc.) and bring wrong behavioural patterns in their lives. Society is declining along with the degradation of common people. Not clinging to one's own prestigious social status also happens due to

laziness.

Financial level: Not being interested in creating financial security within the life, neglecting one's own responsibilities towards the self, family, community, nation and the universe in a productive manner of course are signs of laziness. Gandhiji used to say that when a person is eating two chapattis (two slices of bread) without having any hard work, it is as if eating in the form of stealing. In other words, eating without earning is a form of stealing. Thieves lead their lives through stealing. Capabilities of physical strength have to be utilised in a fruitful and productive manner for the self and others.

Trying to find out short-cuts in life for the sake of earning money can also be considered as a form of laziness. Everyone cannot be a 'Slum-dog Millionaire'. Day dreaming, mass media influences and impatience cause one to be the victim of laziness in relation to financial aspect.

Spiritual level: Lack of faith within the self, God and time would surely make the

common man a victim of laziness. To sustain faith in all three aspects can bring strength, zeal and enthusiasm for newness in life.

Following the path of spirituality, having respect towards the versions of God and implementing them in a practical manner would enable each one to remain free from laziness. Instead, following the dictates of our own mind and ignorance, is to sustain laziness.

REASONS AND REMEDIES TO GET RID OF LAZINESS

Self-esteem: The one who holds self-esteem would never allow laziness to enter even within his/her consciousness. High self-esteem helps an individual to remain free from laziness. Specific dignity and pride towards the self eliminates laziness forever and, thereby, a person is able to offer creative and constructive contribution towards the community and entire world.

Purpose in life: Having a purpose in one's own life brings colourful victory to the beholder. Lack of

purpose in life is related to identity crisis. Each one is unique; each one's role, goal and purpose upon this earth is different. The purpose has to be justified by active participation upon the tapestry of life.

Motivation: Each one is looking for daily motivation. Motivation is of course a booster which keeps a soul active, alert and attentive upon the unlimited stage of life's drama. It is a fact that motivation cannot be attained by external factors or resources. It can only be attained from within. Self-motivated personalities create magnetic environment for success and happiness for the self and others forever.

DIMENSIONS OF CARELESSNESS

Time management: Each one is blessed with 24 hours a day, 365 days of a year. The question is up to what extent do we justify each moment of everyday? Do we value time by using it in a fruitful manner? If not so, it is a sign of laziness. Time is wasted and life itself is also wasted. Managing time is to safeguard

the self from laziness.

Sleep management: Every human being requires ample amount of sleep. Each one's sleep cycle is different and unique. By understanding the sleep cycle and enjoying sound, healthy and rejuvenating sleep, one can maintain vitality and charm which can be used for remaining active throughout the day and, thereby, one can refrain from laziness.

Mind management: Mind management is the most demanding challenge of present time. To develop a healthy mindset, to sustain positive attitude, to have appropriate emotional quotient and spiritual quotient etc. are the signs of good mind management.

Health management: Tasty food, junk food and fast food culture have brought us on the verge of destroying our health. Negligence towards a healthy diet and lifestyle is also a sign of laziness. Health is the greatest property of everyone; it has to be looked after and cared for at any cost. Lack of love towards one's own sound health does cause more and

more expenditure at the cost of pain and suffering of patient's ill-health.

REASONS OF CARELESSNESS

Procrastination: Delay is dangerous. Deadlines at job-work or within personal surroundings should be given prior attention. To keep procrastinating small or big tasks would create more chaos in our life. Procrastination is a reflection of carelessness towards one's own responsibilities and duties.

Boredom: The labelling of a huge part of human experience as boring is a relatively new phenomenon. The concept of boredom -- a sense of emptiness and a lack of stimulation -- didn't even exist until the nineteenth century. Before that, it was used only in the context of a person who spoke too long or rambled off the topic: "Oh, she's such a boring!" Now it is a state of being that is a fate worse than death.

Psychologists say that the problem we think is "out there" -- in the book, movie, job, relationship -- is actu-

ally in us. Boredom, they say, is created by an inability to delay gratification and a low tolerance for frustration, both of which have serious implications for our success in life.

A lot of human experience can be considered boring. There are huge stretches of parenting, in relationships, in work, where "nothing" is happening, or at least nothing obvious. We can consider those moments boring and seek to alleviate that boredom with any distraction available. Or we can see such occasions as opportunities to tap into our patience and look more deeply.

Try it yourself. Go on a fast for a week in which you refuse to consider any experience boring. When your mind begins to use that label -- in traffic, say, or on hold -- challenge yourself to find something of interest in what is going on, either in yourself or the world around you. How does that change your experience?

With attention, nothing is boring, even the most routine tasks. If you tune into how the warm soapy water feels as you

wash the pots and pans, how does that change the experience for you? Or weeding the garden, how does it feel to bend and stretch in the sunlight? This level of experiencing life isn't one that we tune into, but it is one that can bear many riches of wonder at the very fact of being alive in this amazing world.

Stubbornness: Utter determination gives birth to stubbornness. Not to bring self-transformation, not to have self-realisation and not to have self-improvement are the signs of being stubborn or a hard-core personality. Crime and guilt, pride and prejudices, vicious feelings and impure motives are the reflections of being stubborn with the self and others which is the root of carelessness.

Conclusion: Prevention is better than cure. Actually, to keep guard upon the self is the best possible way to remain free from laziness and carelessness. Laziness works like a slow poison whereas carelessness is like an instant poison. Both entirely spoil the life without any doubt. Self-reflection, meditation and positive thinking offered by Brahma Kumaris do help free us from the vicious influences of laziness and carelessness. ●

BABA! O BABA!!

– Amrit Lal Madan, Professors Colony,
Kaithal (Haryana)

I've written thee a humble letter
On a little dewy rosy petal
Let me drop it at the lotus feet
Thus shall we both face-to-face meet
Sitting in front, my liquid eyes
Look into thy diamond gaze
Full of crystal compassion
Does it all amaze and embrace
Baba, let me touch thy sacred hands
That once blessed souls from several
lands
Now, pick up and read the letter, if you
please
But I fear lest I, out of joy, freeze!
It just says, "Baba Baba let me first
deserve
And then serve you and your noble
cause
Until this breath reaches its pause!
Let spirituality alone be my way
Let me have thy kiss, and my bliss
At the end of the day
At the end of the role I play!

NO ONE IS WISER THAN DESTINY

– B.K. Khem Johhoo

In the secular world, destiny is defined as an inevitable fate or course of events, which affects a person and is considered to be beyond human control. However in the spiritual dimension, destiny is the outcome of your own thoughts and actions or as it is said, “As you sow, so shall you reap”. *Karma* simply means to perform actions, but it is the motive or intent of the actions that determines one's destiny. Therefore, each human being, and not God, is the creator and architect of his or her own destiny.

Predestined Journey

There is a popular belief that every human being has a predestined part to play in this eternal world drama and that this part is pre-determined by God. When there is happiness, they praise God and when there is sorrow they blame God. The big question is, “why would God give sorrow to his own children. Do you ever wish to give sorrow to your own children? Then, why would

God give sorrow to his children? The truth is that God is the remover of sorrow and the bestower of happiness.

Things Eternal

Three things are eternal in this world. They are God as well as all souls, the five elements and the eternal world drama. Eternal means that they always exist and are imperishable. The eternal world drama, however, is the history and geography of souls and elements in a cycle. Although the creations from the eternal things of spirit and matter are perishable, the drama they create repeats itself identically and it is in this context that the eternal world drama is also eternal or predestined. This is why it is said that the world's history and geography repeat.

Secular and Spiritual Laws

Nothing happens by chance in the spiritual world. It is all providence in the sense that what one sows so one reaps;

nothing more or nothing less. It is the spiritual law that governs this secular world and this is done through the universal spiritual law of action and reaction that we commonly call the Law of Karma or Action. In the secular world, the judiciary is the arm that dispenses justice when the constitution appears to be in violation. But we so often forget that secular laws are based on spiritual laws. However, the world has now drawn lines between the spiritualism and the secularism and these lines are getting thicker and thicker as we now tend to justify our innocence by what is politically correct or legally right. The judiciary now functions on the power of semantics and technicality of due process and the truth or real evidence often becomes secondary.

Forgiveness and Destiny

Destiny, therefore, is all-powerful and it functions on the spiritual law of action (*karma*) that is subtle and cannot be influenced or manipulated by mankind. The majority of humanity believes in this spiritual law in one form or the other irrespective of its religious denomination. However, they do not fully

understand how it operates and what the consequences of this land are. Many have been taught that when we make mistakes by performing actions outside the moral code of ethics, we can simply ask forgiveness of God that will surely be granted. Therefore, we continue to repeat the same errors over and over again. If this was so simple, this world would not have lost peace and the helpless humanity would not be experiencing colossal sorrows.

The Root Cause of Sorrow

The sorrow has its genesis in vices-- anger, greed, ego, lust and attachment. Either humanity is not aware of the causes of its sorrow or we simply refuse to believe in it. In the last twenty-five years, many of the world leaders are either disgraced or in jail, exiled or executed for corruption, genocide or exercising power immorally and yet,

unfortunately, we continue to see an increasing trend in the same direction. Leaders are supposed to exploit and develop the nation's resources and give it back to society for its basic needs, but we now actually see here that leaders play "God" and distribute the resources in the form of political and social handouts so that they can remain in power. The same is the case of social and religious leaders. Their modus-operandi is to keep the masses in a state of perpetual "hand to mouth" existence and to deny them their basic rights. This is why it is said that the people deserve the government they get.

The Wisdom of Destiny

Humanity is now helpless as we knowingly commit immoral actions, fully cognizant of the consequences. We know that the

actions we are committing are grossly immoral and yet we don't have the moral strength to stop these. This is because the intellects have become amoral; our power to reason has gone comatose and our conscience has gone into hibernation. We live in hope that either God is not looking or that we will be granted forgiveness for our transgressions. However, this is not how the eternal spiritual laws operate, for the universal law of *karma* is the arm of the spiritual judiciary that dispenses divine justice. Under spiritual law, "justice is never denied or delayed". The past is history the future is a mystery; however, the present is a great and rewarding gift for you to reshape destiny. This is why it is said, "no one is wiser than destiny", and, as such, scepter and crown would tumble down and in the dust be made equal. ●

To have true faith in oneself is to attain success. Sometimes false courage is mistaken as faith. When we take up some task we might be deceived into a feeling of having a lot of courage which makes us over- confident. Then instead of putting in effort to give our best, we tend to become careless. Such carelessness will not enable us to achieve easy success. We need to check within ourselves and see if we have true faith in ourselves or not. Faith always comes with the recognition of our own specialities. We also need to pay special attention to work towards something that we can achieve. When we do this we will find ourselves succeeding naturally

A CHAT WITH THE ETERNALLY SMART



– B.K. Ajay, Bangalore

Today morning as I sat in the rental car and prepared to fly, I heard some prayers. They were addressing me and I was reminded that I am the son of Shiva.

It was a pleasant journey and all the while the songs invoked me and reminded me of my virtues, of the needs of the world, and requested me to be pleased enough to extend my help. No one around me realised what was happening... they didn't know me. I am still incognito. I am still discovering myself. I remembered my resolve – I am the embodiment of solutions, the destroyer of obstacles, the one who follows the most elevated code of conduct. Six months to go...

During the flight, I heard someone talking lovingly to his son. And I smiled. I remembered my own son. I had adopted him... or rather he had adopted me. He is a little bundle of love. Others would-

n't understand how I could love him. He does not have eyes, or ears, no limbs either. He stays silently all the time. But we connect through our thoughts. And we understand each other and share a love that others can't even dream of...

And then I remembered my partner. My smile broadened and I chuckled. A decade and a half of living together and we are still not formally married. The society was scandalised when they heard of my decision not to marry some woman and live a "normal" life. I spared them by not revealing my actual plans. I wanted to live with another male. We understood each other well. We loved and adored each other and I was happy (well, most of the time), to do what he wanted me to do. He is the fussy kind – he tells me daily how much he loves me and how he wants me to be a better

person (sigh!) and that I should remember no one else even in my dreams... Oh! He is very possessive. He is actually convinced that it is in my own best interest that I should stay loyal and faithful to him. I know it's true, but I have a little independent streak remaining in me that gets me into trouble every now and then.

He stays at home while I go to work and earn for our livelihood. He watches me with lot of love as I do the daily chores and I share what I am thinking. Sometimes when I get involved in my work and forget to give him the doting attention that he expects, he reminds me in some way or the other. We sit together to have food and he expects me to offer him the first morsel. Ah! True love. But then I often get lost into my own thoughts after that... and when I am in that mode, he also turns his attention to "other important jobs".

I must confess I haven't been fully faithful. I still have (well had until yesterday) an ordinary sense of awareness of myself. I am a bit familiar with him and don't always respect his wisdom. I mean I

do respect him, but I sometimes end up doing my own thing anyway.

He is a consultant in the truest sense. He sits at home most of the time and listens carefully to what's going on in the world. Then he gives recommendations on what to do and why. He never ever actually does anything. He told me once that he had never studied a thing. He is just eternally smart. Every once in a while he goes to deliver a lecture. He has an adoring fan following and I can hardly get to meet him in person then. I just sit at a distance and soak in the love...and enjoy how everyone loves him.

He told me once-- It's not enough to tell me I love you. You have to prove it by becoming my equal. I want you to be my partner in the truest sense and then... then I will take you to my home and I will make you the queen of the world (ok, you can be the king if you want, he said) and the world will be heaven...you will never know any wants. 'Yes darling,' I replied. 'I will prove it, provided you help me. But of course!,' he said. 'I am here for you. Now and forever.'

Sounds so much like a fairy tale. Doesn't it? But I know him. I know he means every word. And besides, I would die to be like him. That's what I need to do... die. Die from old ways of living. Die from ordinariness. Die from the past. Die alive. And design a whole new way of living. Hand in hand with God.

Everything is accurate. Everything is all right. Everything is beneficial. Yes, even when it does not seem like it. ●

MAMMA- An Angelic Mother

– B.K. NEENA,
Vasundhara Enclave, DELHI

Mamma Jagdamba Saraswati
Adidevi – the mother of Humanity
An Angel, Serene and Divine
Purity and Royalty Personified
Thy Majestic smile does mesmerize
And endears the Posterity
Worshipped as Saraswati –The Goddess
of Knowledge
The Strains of thy *Gyan Sitar* echo
In the Salubrious hills, the holy land of
Madhuban!
As, the benevolent mother
Thou satiate the legitimate desires of thy
children!
Placed Shiv Baba, the Urn of Knowledge
on thy head
With ease, the divine Versions, as a
mother's Lullaby, thou read!
Gallant and Valiant like the formidable
Durga –
An embodiment of eight Powers; A Deity
extraordinaire
Equipoised, silent, complacent, thou
remained
Stoically enduring thy physical pain
Mamma, how we virtually reminisce you
today
And Salute thee with Reverence on thy
Ascension Day.



TREASURE OF EXPERIENCE



– B.K. Virendra, ORC, Delhi

Around 1981, when I joined the Brahma-kumaris, I had not clearly envisaged in my mind about the structure of the New World and role of the self. But I was sure that the Supreme Authority has assigned the duty of dedicating me to world transformation. Supreme Father is the 'CEO' of our team; He is responsible for any ups and downs in my life--only this assertion and taste of yoga prompted me to lead a BK life. Now, I am very clear that the essential self-progress leads to clarity of mind. Meeting with BapDada, regular Murli classes, *Dharana*, service and surrendered life also accelerated my foresight, intuition and spiritual insight.

Experiences of *Bhatti* (intense meditation) attended recently illustrate that something has been changed and something has to be changed within me. We remained fully engaged with the self, in introspection of our special-

ities and how to increase them in service and incorporate them in our life permanently.

Sustenance of the changes that have occurred and original and fundamental quality of the souls, collectively and comprehensively resonated in all the participants of *Bhatti*. Restoration of Peace, Love and Purity was experienced very clearly by each one of us. That's why we sat and attuned our inner self constantly and silently not only during the meditation and discourses but also from dining hall to rest room. Experience of the silence resulted in rapport with the outer, material world.

Buddha used to tell his disciples: "You should not look beyond four feet of you. More is useless; more is unnecessary and wastage of energy. Just walk silently, looking four feet ahead; that is enough". This was also the theme of this *Bhatti* which we have got as a legacy from

Brahma Baba. Clear indication was that you, the soul, break all relations with body and corporeal world and connect with the Supreme Source of all virtues.

Most human sufferings are due to lack of awareness and ignorance of one's needs. Sometimes chaotic approach and clouded mind lead to indecisiveness. Peace, love, harmony, freedom and tolerance are spiritual needs and if they are met by physical elements, the spiritual integrity will be fragmented, leading to unfulfilled desire, occupying our inner space ceaselessly. Our spiritual self will always remain ignorant. Our social appearance gets tainted consequently by frequent visits of sadness, peacelessness, resentment, hatred and annoyance. Love, purity, calmness and serenity will remain beyond our reach.

Any programme like *Bhatti* or BapDada's meeting eventually gives us insights to look within, acknowledge and identify the pain and discomfort, alleviate or eradicate them and make us more sincere with justice to self and others. ●

– Contd. from page no. 1–

performed on about 1 acre plot at a distance of 10 kms. from Trivandrum. The foundation stone-laying ceremony was performed by B.K. Sisters Beena and Kalavati from Chennai. Other personalities who graced the occasion were Mr. Soorya Krishnamoorthy, Eminent Choreographer and president, Soorya Film Society, Mr. Shakthan Nadar, M.L.A, Mrs. Renuka, Panchayat president, Pallichal and Mr. Satheesh, Panchayat member.

Nearly 1,000 members of the B.K family from different parts of Tamil Nadu and Kerala participated in the programme.

JAKARTA

(Sis. Shivani's visit- 27th April To 1st May, 2009)

The long awaited angel in white -- Sister Shivani from Delhi arrived on Monday, 27th April 2009. Filled with the ingredients of humility, warmth, love, and her down-to-earth nature, there was a breath of fresh air, so

composed, so approachable to all.

The first public programme in beautiful Shiv Mandir was intently attended by approximately 400 souls, most of them were just curious to hear her in person. The topic was 'God's role as a Creator and Sustainer'.

Sister Shivani spoke to over 700 students and 50 teachers the next day at 9.00 a.m., at the Gandhi Memorial International School on 'Overcoming Stress and Anger'. Later that morning there was the first lesson of 'Understanding Self and' God at the B. K. Centre where 70 souls had gathered.

In the evening, the 2nd public programme at Graha Sindhu was attended by 375 souls. The topic was 'Keys to Love, Peace and Happiness'.

On the 2nd day at the centre, there were Rajyoga sessions. 50 souls attended the sessions. Later that evening, there was a 3rd

public programme at the Sadhu Vaswani Centre with approximately 450 souls as by this time, news had spread even more with the topic "Exploring our Inner Powers".

On the next day, there was the 3rd session at the Centre from 9 a.m. till 10:45 a.m. with approx. 90 souls, followed by a crash course from 11:00 a.m. to 2:00 p.m., which was attended by about 120 souls. Sis. Shivani's lecture had to be shifted to a bigger place of Sharmila Mukhi.

The evening programme was held at Sharmila Mukhi's residence with a gathering of 250 souls. It was a heart to heart conversation and there were many who posed exciting questions to Sister Shivani who in her pleasant and soft voice answered them by giving simple examples to enable them to understand.

The 5-day visit of Sis. Shivani has opened new doors for Service in Jakarta. Her words have stirred more zeal and enthusiasm in all. ●

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