

GODLY SERVICE REPORT

YOUTH MARATHON, 2009

A 'National Integration Youth Harmony Marathon, Run, 2009' was organised on 28th July, the National Integration Day, as part of Youth Wing's Silver Jubilee Celebration, in different places of the country with the purpose of creating awareness of harmony and solidarity among the youth for bringing about national integration and development. The participants and guests were inspired to take an oath to unite and channelise their spiritual, mental and physical energy in the right direction.

MOUNTT ABU: More than 2,500 youths participated in the Youth Marathon – 2009, organised at Mount Abu, the International Headquarters of PBKIVV. The marathon was inaugurated by Rajyogini Dadi Janki, Chief Administrative Head, Brahma Kumaris, Rajyogini Dadi Hriday Mohini, Addl. Chief Administrative Head, Col. D. S. Lohmaror, N.C.C. Headquarters, Jodhpur, and Mr. Jalangiri, President, Municipal Committee. The marathon started from Om Shanti Bhawan and finished at the same place. Amongst girls, Sis. Gita, an NCC cadet, won first prize, while Sis. Sonal, Abu Road and Sis. Sandhya, Global Hospital, Mt. Abu, won the second and third prizes respectively. Amongst the boys, Sunil Lovaniya won first prize, while Munin Singh and Satish Vaishnav won second and third prizes respectively. Mr. Mukeshwar Chunni, High Commissioner, Mauritius, Mr. Babu Lal Jain, Chairman and Commissioner for General Welfare of the Poor were amongst those who were present at the closing ceremony.

AHMEDABAD: The marathon was inaugurated at the Gujarat Vidyapeeth Complex wherein more than 6,500 participants from various social and religious institutions, clubs, schools and colleges took part. It was inaugurated by Dr. Jai Prakash Vyas, Distt. Governor, Rotary International, Swami Shri Maheshanandji, Gita Mandir, Mr. Iqbal Mirza, Secy., Islam Darshan Kendra Jamaete Ismail Hind (Gujarat), Gyani Ratan Singh, Bishop Thomas Mac Wan, Ahmedabad, including many doctors and principals of schools and colleges, sports players, representatives of many social and religious institutions. A 20 ft. banner 'My Feelings for the Nation' was signed by all the signatories. All the participants

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MULTIMILLION-FOLD GREETINGS FOR JANAMASHTAMI



On August 5, 2009, the festival of **Raksha Bandhan** was celebrated with lot of gaiety and enthusiasm in many parts of the world. After all this is one festival which is honoured and celebrated by majority of communities, especially in India where the sisters pray for their brothers' protection and express deep love by tying the holy thread around the brothers' wrists. In return, the brothers take a silent vow in their hearts to protect the dignity of their sisters at all costs. There are many mythological stories related to this festival, however, at this most auspicious time of confluence between Iron Age and the ensuing Golden Age, our most beloved Supreme Father showers His choicest blessings on us souls by enlightening us to elevate our consciousness on the basis of brotherly spiritual outlook. This ensures complete protection of all human beings, both brothers and sisters, as it grants liberation from the negativities. Further, it instills in us spiritual, moral and ethical powers which are so essential for protection of the

self and others at this dark hour of Iron Age. Without receiving God's Powers, human souls are helpless to conquer the inner weaknesses.

When we think of celebrating the most auspicious and joyous festival of **Shri Krishna Janamashtami**, different feelings emerge in our hearts. We wish to be carefree, light, happy and full of devotion as we dance and play with our beloved Shri Krishna. We wait eagerly for this festival and make extensive arrangements by preparing sweets for *Bhog*, buying attractive outfits to look like the *gopes* and *gopis* – Shri Krishna's friends – and designing many tableaux connected with mythological stories from Shri Krishna's lifetime.

The devout pray and wait eagerly to have a glimpse of his glowing image as they continue their worship till midnight. But what a wonder that people hardly reflect on the connection between Raksha Bandhan and Shri Krishna Janamashtami! This becomes apparent only when the Knower of the entire World Drama, the Bestower of Divine Visions, and Creator of

the new Golden Age of Shri Krishna's fame descends Himself to reveal the Truth. The Supreme Father, God Shiva, bestows knowledge of the eternal World Drama Cycle very lovingly, in order to awaken each one's consciousness to realise the truth of the Golden Age and the process of transformation from *Kaliyug* (Iron Age or Hell) to *Satyug* (Golden Age or Paradise).

How strange but true is God's explanation *that to dance with Shri Krishna (be his companions) we need to elevate our consciousness to the highest spiritual level and inculcate divine virtues in day- to-day life to the extent of becoming naturally pure and divine*. For this purpose, **He invites one and all to be courageous in taking the vow of purity as this guarantees inner transformation and inculcation of divine sanskars.**

In the pursuit of peace, happiness and good living over many births, and coming into action and reaction, the energy of the human spirit has waned

just like a battery being discharged. The intellect of the soul, the spiritual battery, requires heavy duty recharging at the end of the Iron Age. Just as there is a time to harvest or invest or create, it is only now that the Supreme Being, the Almighty Authority, teaches us the method of living by 'soul-consciousness' so that we draw energy from Him and return to our original values of peace, wisdom, love and strength. We need in-depth learning and inculcation of spiritual wisdom

for self-purification, divinisation and perfection.

Perfect human souls claim the Godly birth-right of the most valuable and wonderful company of deity Shri Krishna and Shri Radhe, or Shri Narayan and Shri Lakshmi of the Golden Age and thereby celebrate the real Janamashtami. Most of us in Bharat remember the personages of Shri Lakshmi and Shri Narayan, especially when the marriages of young people take place. The bride is welcomed very lovingly by her

in-laws, as they feel, "Shri Lakshmi has entered our home..." Both Shri Lakshmi and Shri Narayan are famous for being all-virtuous, totally viceless, complete with the 16 celestial qualities and double non-violent, and so the household of human beings who live by these virtues is definitely to be a model of heaven.

May you be worthy children of God and celebrate the elevated festival of Shri Krishna Janamasthami in the highest of spirits!

MEMBERS OF CHHATTISGARH LEGISLATURE TAKE BENEFIT FROM SPIRITUAL LEARNING & RAJYOGA MEDITATION

As we all experience today, circumstances are becoming more and more difficult and demanding in terms of running the affairs of the State as well as living happy personal lives. This fact was recognised and addressed by Dr Raman Singh, the Hon'ble Chief Minister of Chhattisgarh, his Cabinet colleagues and Members of the Legislature who decided collectively to embark upon exploring the benefits of Rajyoga Meditation at Gyan Sarovar, 'Academy for a Better World', from 1st-4th August, 2009.

Gyan Sarovar is a place where people from all over the world come to receive God's blessings and learn the secrets of His teachings in the form of

Godly knowledge and Rajyoga Meditation. Conferences-cum-Meditation Retreats for people of different professional backgrounds, Dialogues, and Retreats have benefitted thousands and thousands of seekers of spirituality, who still cherish the sweet memories of their visits and are always desirous of returning to receive more spiritual sustenance. On invitation of Dadi Jankiji, Head of Brahma Kumaris, the Chief Minister of Chhattisgarh, His Cabinet colleagues, Speaker of the Legislature, Leader of the Opposition Party and over 25 MLAs (with their families) planned a visit to receive invaluable blessings from Dadi Jankiji, Dadi Hirday Mohiniji, and be exposed to a special 3-

day Retreat, on "Self Sovereignty through Spiritual Wisdom".

Hon'ble Dr. Raman Singh ji, and his wife Smt. Veena Singh ji arrived at Abu Road by special state aircraft. A blessed meeting took place with Dadi Jankiji at her Cottage. After offering floral tributes at Prakash Stambh (memorial of Dadi Prakashmani, former Head of Brahma Kumaris), the Chief Minister proceeded to Gyan Sarovar, where he was received by a large number of BK brothers and sisters, and Rajasthan Government officials.

A grand felicitation function was arranged at Om Shanti Bhawan. The dignitaries present were **Hon'ble Dr.**

Raman Singh ji, Chief Minister of Chhattisgarh; **Hon'ble Shri Dharamlal Kaushik**, Speaker of Legislative Assembly; **Hon'ble Shri Ravindra Choubey**, Leader of Opposition Party; **Hon'ble Shri Nankiram Kanvar**, Home Minister; **Hon'ble Shri Brijmohan Agarwal**, Minister for P.W.D., Tourism & School Education; **Hon'ble Shri Ramvihar Netam**, Minister for Panchayat & Rural Development; **Hon'ble Shri Rajesh Munat ji**, Minister for Industry & Local Self Government; **Hon'ble Shri Kedar Kashyap ji**, Minister for Public Health Engineering; **Hon'ble Shri Chandrashekhar Sahoo**, Minister for Agriculture; **Hon'ble Shri Punulal Mohile**, Minister for Food & Civil Supply; **Hon'ble Smt. Lata Usendi**, Minister for Women & Child Welfare; **Hon'ble Shri Vikram Usendi**, Minister for Forest; **Hon'ble Shri Om Prakash Rathia**, Parliamentary Secretaries: **1- Hon'ble Shri**

Vijay Baghel; **2- Hon'ble Shri Bharat Say**; **3- Hon'ble Shri Sidhbhanath Paikra**; **4- Hon'ble Shri Komal Janghel**; **5- Hon'ble Shri Bhaiyalal Rajwade**, Former Ministers of Chhattisgarh **Shri Krishna Murti Bandhi**; **Shri Nand Kumar Patel**; **Shri Shakrajit Nayak**; **Shri Rampukar Singh and Shri Haridas Bhardwaj** and their families.

BK Mruthyunjaya welcomed the guests saying, "This is a historic gathering of *Rajnetas* (politicians) and Rajyogis. Chhattisgarh has created history in the service of humanity. Your arrival at Mount Abu will be a great inspiration to the political leadership of India. It is a God's plan to spiritualise the political field and thereby create a golden era and value-based society."

In his address, Chief Minister Dr. Raman Singh ji said, "We have received great inspiration, spiritual energy and peace of mind from this holy place which will help make Chhattisgarh a role model in sustaining

development, eliminating violence, and establishing peace, social justice and economic growth."

This event is the fruit of continuous inspirations, spiritual sustenance, and blessings showered by B.K. Om Prakash ji, BK Kamla ji and BK Savita (Raipur), BK Sarita (Dhamtari), BK Asha (Bhilai), BK Hema (Indore) and the sisters and brothers of Raipur and Indore.

The dignitaries and their families also visited the Spiritual Art Gallery, Global Hospital, Delwara Temples, Peace Park, Pandav Bhawan, as well as planted trees at Shantivan campus. Their visit to Mount Abu was covered by all National Channels like Doordarshan, Aaj Tak, E-TV, Sahara, BBC, Voice India, Star News etc. Newspapers in Chhattisgarh publicised this as front-page news, as did The Times of India, Ahmedabad. Hindi newspapers like Patrika, Bhaskar, Navjyoti, Jagran and many others have disseminated the news. It is certainly a magical scene in spiritual service.

UNIQUE EXPERIENCE IN BSES GLOBAL HOSPITAL, ANDHERI (MUMBAI)

It's been beautiful to receive health benefits from BSES Global Hospital. I have visited the Hospital several times in the past mainly to attend Meetings, but never thought I

too would be admitted some day for personal benefit! During my visit to Mumbai in early June to see our divine brother, BK Ramesh of Global Hospital, Mt. Abu, I felt the

need to consult Dr. Kaushal Pandey, an eminent cardio-thoracic surgeon, and an appointment was arranged by Dr. Ashok Mehta, esteemed Medical Director of BSES

Global Hospital. On viewing my angio CD, Dr. Kaushal Pandey advised me to have a second by-pass surgery (the first one had been performed by Dr Sharad Pandey in 1989). On the advise of BK Sister Yoginiben, Director of Administration of BSES Global Hospital, surgery was planned for the morning of 11th June, 2009.

As always guided by our most beloved Avyakt BapDada, I was advised to go ahead by Dadi Hirday Mohiniji (Dadi Gulzarji), who was then in Israel on a spiritual service tour. On my humble request, Dr. Kaushal Pandey kindly agreed to perform the surgery in BSES Global Hospital itself. This was to be his first surgery at the Hospital, and his team of surgeons and anesthetists reached before time to prepare for the operation. On my request, the surgeons and other medical staff in the Operation Theatre observed 3-minute silence, and took their consciousness above for success of the surgery. After 3 minutes of silent contemplation, when everyone felt God's presence, the surgeon began the operation meticulously. Only one unit of blood was needed for transfusion and surgery was

over in around four and a half hours' time.

Recovery was fast and I was shifted from the CCU to my private room within 24 hours of the surgery. I then spent two weeks at the Hospital. Except for some minor difficulties, the recovery was smooth because of the wonderful care I received from the doctors, nurses, and other staff members, including physio-therapists and dietician. In addition to professional care, I experienced very valuable, subtle help through vibrations of hours of meditation done on 10th and 11th June by our respected Dadis, senior teachers and BK sisters and brothers from thousands of centres all over the globe. This subtle help ensured miraculous recovery to the astonishment of the professionals.

I would like to congratulate the medical and administrative staff of BSES Global Hospital for creating a lovely atmosphere at the Hospital. Everyone goes about their duties with a contented smile, the reason being their attention to regular meditation and attendance of spiritual programmes hosted regularly on the premises. It is an unparalleled example of combining health services with

spirituality. All efforts are fruitful in the presence of BK Divine Sisters. Professional standards are also being maintained at the highest level, thereby increasing the popularity of BSES Global Hospital day by day.

I take this opportunity to express hearty gratitude to my surgeons, anesthetists, Global Hospital doctors, intensivists, nurses, physio-therapists, laboratory staff, pharmacists, sisters and brothers of Brahma Kumaris Centres at Vile Parle and BSES Hospital in particular, and others in Mumbai and Madhuban. The 400 encouraging e-mails that I received were full of sweet sentiments and motivational poetry. These helped maintain my high spirits. Before I close, I wish to say a big Thank You to Dr Ashok Mehta, Dr Kaushal Pandey and team, Divine Sister BK Yoginiben, BSES Global Hospital Cardiologist Dr. Mehta, Dr. BC Mehta, Dr. Jain, Dr Meeta, Dr. Kirti Patel and others.

Having completed two months of recuperation, I hope that as envisioned by Dr. Pandey, I would return to normal health within the next 4-5 weeks and be ready to serve the world.

– *B.K. Nirwair*

THE POWER OF DETACHMENT

—BK Satyanarayana, Secunderabad

In order to be peaceful, free from unwanted and undesired situations and negative thoughts, one has to develop detachment. To be successful in life, certain ingredients such as self-motivation, development of positive mental attitude are necessary. Here, one must have the ability to weigh the pros and cons of one's own quality of thoughts. Unless and until we know our thoughts and their results, it is hard to believe that we can be happy and lead a peaceful life.

Inner power of detachment comes through practice. Everything in our life is borne out of our own actions and deeds. We are wholly responsible for our own life. It may sound strange but it is a fact. If once we look back and observe carefully, then it will become clear. While the right practice brings positive results, wrong practice results in failure. Knowingly or unknowingly, intentionally or unintentionally, we get attached to unnecessary things in life, pushing ourselves into troubles and tensions.

Inner detachment is not indifference. One can lead a normal, ordinary life, and yet

display inner emotional and mental detachment by doing right practice.

True emotional and mental detachment is not a state of indifference, apathy or lack of energy. One can be loving, happy, helpful and yet possess and display inner detachment.

True inner detachment manifests as the ability to think clearly and to be immune to what people think or say about you. It enables you to have more control over your moods and states of mind, and, therefore, enjoy inner balance, harmony and peace. It also helps us handle more efficiently our daily affairs of life, as well as difficult situations or emergencies.

This is a state that comes from inner strength and inner peace, and not from apathy and indifference. It co-exists with self-control, self-discipline and a focused mind. It brings inner calmness and tranquillity that external circumstances cannot disturb or upset.

Not everything always turns out as planned or expected. Plans sometimes do not work out; people don't behave as expected and unforeseen obstacles might stand in the

way. All this can dampen one's spirit and weaken the motivation, ambition and faith, but a state of emotional and mental detachment will prevent all that. A person possessing detachment will not be affected or daunted by obstacles or failures and will try again and again.

While others become immersed in self-pity or in thoughts about failure and missed opportunities, the person who possesses detachment will be working on a new venture or trying a different approach. A state of inner detachment helps to overcome failure and focus on the future and on success.

Lack of detachment is attachment, which means, among other things, clinging to old or outdated behaviour and ways of thinking. Attachment manifests as fear to make changes, to progress or try doing things in a different way.

Lack of attachment is detachment, which equals to inner freedom and the ability to make and accept changes, take advantage of opportunities and adopt new habits.

Detachment goes with the ability to weigh the pros and

cons of situations, circumstances and actions in an impartial way, and to make rational decisions, which are not based on moods. It helps to keep a clear and focused mind, and to recognise opportunities that others might not see.

Few people are aware of the thoughts that pass through their minds. Thinking is performed like a habit, in an automatic manner. If the thoughts are positive, then it is all right, but if they are negative, they may cause trouble. How you train your mind and which habits you cultivate—all depends on your choice.

If there is no filter to process the thoughts that enter the mind, there is no freedom. Then all actions are like the actions of a puppet on a string, though no one will admit it.

There is an erroneous concept prevalent, which states that peace of mind is sought and can be attained only by people who lead a life in ashrams or monasteries. Some even think that real peace of mind is an illusion and cannot be attained. These are erroneous assumptions. Some might attain a higher level of peace and others a lower level, yet everyone can gain at least some measure of inner peace.

You can transform your life. You can change the state of your mind! Even a small amount

of inner peace would do a great deal to you. Are you afraid of some effort? Can't you spare just a few minutes for making your mind and life calm, with less fear and worries?

Now you might be wondering whether it is possible at all to acquire this ability. Yes, it is possible, but this requires training and inner work through the practice of Rajyoga meditation. Rajyoga is very ancient art and it is the king of all yogas. It is very simple and worthy. It deals with mind and thoughts. Many of us fail to deal with our own thoughts, resulting in tension, strain and stress, fatigue, emptiness etc. We are frequently puzzled and perplexed with our own terrible thoughts. We might have tried to change our thought pattern earlier and our proposal might have been rejected or resisted by our own mind.

Rajyoga meditation helps achieve inner peace, which forms the basis for your happy life. Through the practice of Rajyoga meditation, we will be able to strengthen our inner power, stay peaceful and lead a better life even amidst the chaotic and turbulent situations.

**RAJYOGA MEDITATION
ENABLES US TO:**

▶ *Pay more attention to our thoughts, feelings and state of mind. A heightened awareness of our thoughts and feelings*

shows us where we need to develop and progress.

▶ *Get rid of negative emotions, negative thinking, bad habits and replace these with new and positive habits.*

▶ *Enlighten us every now and then how important it is to be calm, relaxed and in self-control, our mind and moods, especially when we feel agitated or unfocused.*

▶ *Stay positive, thinking positive thoughts, feeling positive feelings and using positive words.*

There is no magic pill; there is no magic potion that can bring change in an instant. You're where you are because of years of practice – it may not have been something you intentionally did -- but you've been thinking and doing the same things, getting the same results for years.

Now you're going to change that practice and it means incorporating new actions, new thoughts and a new philosophy. This will take time and patience.

All the above-mentioned qualities and abilities are important for attainment of peace in life. These qualities and abilities can be acquired with the practice of Rajyoga meditation. It is a mind management course which is taught free of cost at nearly 8,500 centres of Brahma Kumaris worldwide. ■

(contd. from July issue)

THOUGHT-PATTERN AROUND THE CYCLE

Work with stress or Dance in Happiness and Royalty

– B K Prakash Talathi, Lagos, Nigeria

And in addition to it, there is **stillness**. Nothing moves. Nothing works. We are in the state of ‘Being’ and not ‘doing’. We are at our topmost height of purity and contended with all the virtues, powers, specialties, talents etc. We are contented beings – not lacking in anything and in a perfect and balanced state. The mind, the intellect and the sub-conscious also remain silent, not functioning, totally still, as if deeply frozen or deep in slumber. If a thought was halfway emerging whilst the mind becomes still, it remains like that. The entire scene in the soul world is like a silent movie without any movement and words. The souls are like the seeds frozen in the deep freezer.

The children play a game – ‘Statue’. When one commands ‘Statue’, whatever others may be doing, or are halfway, they have to stand still like a statue. Likewise, we souls are living statues there.

No effect of passing time. In fact, the concept of time doesn’t exist there. No movement means unchanged, stable and no change means timeless. As long as the souls are in the soul-world they are just silent and still. No thoughts.

It is a *nirsankalp* state, thought-less state. *Nirsankalp* yoga is not possible, but *nirsankalp* state is. The soul – the mind, intellect and the sub-conscious are in harmony with each other, in a balanced state. The soul is in very deep state of peace. It is enjoying a deep slumber. In fact, it is not ‘enjoying anything’. It is just it is (deep peace)! As there are no negative and waste thoughts, there is no disturbance to the state of peace of the soul. As there are no positive thoughts, the soul cannot elevate any further, can’t fly any further. It remains in its state of highest, elevated and purest state of being. Soul is just a being of light conscient light of truth,

purity, love, knowledge etc. The Soul is just a being of peace, happiness, contentment, bliss etc. And it remains THAT!

However, we descend once again according to time and the state of purity on the Earth. (Baba also comes at His own time according to the Drama, not a moment early, not a moment late.) When the soul descends in the land of happiness, it is full in every aspect. The world is pure, the nature is pure, and the elements are pure. It’s a virgin land. The soul being pure gets a pure body and ours are the first set of feet touching this pure land. Everyone is pure, everyone is divine, and everyone is the deity! Every palace is like a golden temple and everyone is the living deity staying in those temples. The entire residential complex is like a *Teerath-sthan*, a holy pilgrimage place.

These deities being pure, having no negativity at all, create only positive and pure thoughts. They will not think unnecessarily. The things which are going to happen will only emerge in their minds. The thoughts emerging in their minds are going to realise. Such thoughts are known as ‘*Sankalp se siddhi*’. Even otherwise, as the quality

of the thoughts being positive, there production is very low. So their mind will not overwork. Very few thoughts will be created. The mind is always at restful and in peaceful state. The peaceful mind is always creative and productive. So, its every action will be filled in with peace and carried out diligently, gracefully, with dignity and royalty, like steps of a dance. They will enjoy this till the end of the Silver Age.

When they enter the Copper Age, they will rub themselves with the souls who are not purified with Yoga, but (purified) with punishment and suffering at the time of destruction of the old, impure world. So the existing deities will learn all the negative traits from such souls. As a consequence, the heaven will slip through their fingers and now they will start experiencing sorrow and sufferings. First time ever they will notice that what they think has not happened! It will give them a shock of life. How come! This will start generating waste thoughts in their minds. They will now experience both positive and waste thoughts. So, the production of thoughts will

increase.

As they approach the Iron Age, they will now start making 'others' responsible to their non-fulfillment of thoughts/desires. Blaming, criticising, revenge, hate etc., will enter and the negative thoughts will start generating. So, all types of thoughts will be produced, but predominantly negative and waste. As a result the production of thoughts will be too high, far more than the capacity of mind to handle. The average mind now will start making around 25-30 thoughts per minute. The crazy mind will produce much higher than that. He can't stand on one thought, so he is crazy! The mind will be overworking – no rest, no peace and the person will be experiencing the stress, tension, depression, panic, agony etc. The grace in expressing the thoughts in action is lost, there is no royalty and everyone will start running like a second hand of a clock, perhaps they cannot pause a moment and reflect on 'why am I running'!

When the soul was in the Soul-World there were no thoughts in Golden and Silver ages, may be 4-5 thoughts per minute and in Copper age say

around 15-16 thoughts per minute and in Iron Age around 25-30 thoughts per minute. This is how we will make our mind overwork and lose our peace of mind. This is how our physical, mental and spiritual health gets deteriorated according to time in the cycle and will be deteriorated again and again in every cycle.

After understanding this, the solution is very clear. We have to work on our thought-pattern and again turn to positive, pure and elevated thoughts and slow down our process of thinking. That is very much hygienic to us. Understanding this is the first step but that is not sufficient. How to achieve this? We require a specialist, a surgeon who can diagnose, prescribe and even operate, if need be. So, in Confluence Age, the Spiritual Surgeon appears and works on us with the help of Drama. The life-drama is also extremely useful tool to make us realise and operate on ourselves by transforming our old ways (*sanskars*) that they are no longer of any use to us. Practising the teachings through *Murlis* (Elevated and positive Godly versions) and learning from the practical lessons through interactions

(Contd. from page no.12)

CHEERFULNESS



– B. K. Achuthan, Colaba, Mumbai

A cheerful nature captivates most hearts. People prefer to be with those having a habitually happy propensity. None normally shuns a cheerful soul. Retention of smile on lips and eyes makes one cheerful. He will be a source of inspiration for all. Downturn, disorder, despondency, distaste, etc. are rarely found in him. Cheerfulness is like fragrance that spreads around freely. Wherever the person goes, Cheerfulness accompanies him.

Cheerful souls are loved by self, by others and, of course, by God. Conversely, a person with a sullen face scowl with chagrin will be loved by none. Cheerfulness is the chief calibre. Cheerful countenance should be carried on. Obstacles, if any, should be related to the karmic accounts in accordance with the knowledge of Drama. In fact, when difficulties come, we should greet them with cheerful face so that the accounts will be settled sooner

and enigmas will say goodbye forthwith. This attitude will aid in maintaining a cheerful mood.

When we are merry, there may be so many with us. On the contrary, when we are in difficulties, everyone, except real friends, if any, is sure to desert us. One should be effectively equipped to encounter every eventuality so that one can pass such papers with honour and stick to cheerfulness.

Cheerfulness is a medicine. It remedies the conflicts. It sets right the broken hearts. It provides ease and relief to the troubled. It is good for self and also delivers delight to others who come around. When you are cheerful, the world will be cheerful with you. If you moan, you moan alone.

To maintain cheerfulness, enjoyment is essential. For enjoyment, inter-alia, contentment is required. Quality of contentment is the mirror that uncovers the inculcation of other virtues. Contentment is the true source of joy. It is said that for a contented soul, life is an endless

festival. Make life eternal with an ever-cheerful countenance.

Life is a game; play it. There remains happiness whilst playing the game. A player is usually tension-free. It does not matter what sort of a game it is and what role one has to play, one will be internally joyful and cheerful. Even if externally one has to scream, there is the internal appreciation that it is all a game or a drama.

Those who churn knowledge and evolve into epitomes of knowledge incessantly stay cheerful. Ever living cheerfully is our original *sansakar*. Divine virtues are our property and defects belong to Maya, which should be restored to the owner forthwith so that cheerfulness can be maintained.

Attainments play prime part in becoming cheerful. Whatever may be the circumstances, the one, who has all attainments, cannot help remaining cheerful. Wherever there is misery, want of attainments should be looked into and remedied.

Remembrance of Father at each respiration emerges cheerfulness. Those who remain in such remembrance will have the quality of tolerance and there won't be any want of power on their

face and naturally, they will remain cheerful.

To be cheerful means to sway in super-sensuous joy. An *avyakt* stage is formed when there is no appeal to the corporeal and we remain in the stage of soul-consciousness. To experience the *avyakt* stage and to swing in super sensuous joy is called being cheerful.

Avyakt BapDada so loves that they draw us to them with their love and sweet smile. Our face should always be filled with spirituality, and be constantly cheerful and smiling. We need to learn to keep on smiling and remaining cheerful like flowers.

Smiling and cheerful face, sweet words, a positive attitude, pure *drishti*, cordial relations and contacts are means of divine service. In the dynamic situations of the future, we would need to do more service through our conduct and behaviour by remaining constantly cheerful.

A cheerful person is normally not subjected to setbacks. He is generally greeted anywhere and everywhere. By remaining cheerful, one sends the sensation that one is 'over-flowing' and such a person is a contented one. In fact, this approach enables one to get whatever is needed. Cheerfulness makes work easy. In daily life too, things turn to be easier with a cheerful countenance. As the approach, so is the response. In family life, office, business, etc., cheerfulness plays its pivotal role.

Maintaining an ever-cheerful face is not a joke. It calls for rare efforts. While incessant state of soul-consciousness is a must, sweet memory of Supreme Soul is the sole essence. In addition, inculcation of divine virtues is required to achieve the aim. Cheerfulness should be from within and without. Your heart as well as your face should remain smiling and cheerful.

Always keep a cheerful face, be cheery and make others cheery too. ■

DETACHED

– BK Natasha Ncube, Harare, Zimbabwe

Your complete detachment fascinated me,
And I soon conducted dialogue with thee.

Keeping very safely feelings in control
You explained with passion as you knew it all,

“Practise letting go, welcome ‘let it be’,
Power of acceptance comes to set you free.

Heart free from desires never free from love.
Bright stars bring us hope from the skies
above.

Take it easy, dear, no need to strive -
Power changes quickly matter into life.

Powers will infuse you, values will increase
Unity and knowledge, happiness and bliss.

Nourished and supported, just take this
chance
With a smile of angel, join the cosmic dance.

Souls merge together in the silent field
Through divine potential balance is fulfilled”.

I, with admiration, looked into your eyes -
Simple revelation changed my whole life.

AN UNFORGETTABLE EXPERIENCE

– Amrit Lal Madan, Kaithal

Quite vividly I still remember my first visit to Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya World Headquarters at Mount Abu in 1991 when Iran-Iraq war was going on. The occasion was a conference of writers and journalists to promote world peace. I was at that time a Hindi writer with leanings towards the left. So, it was with some skepticism that I undertook this visit along with the retired Principal of my college. We were put up in a hotel.

Only a few hours' stay at Mount Abu amidst sylvan surroundings and divine vibrations at the campus convinced me that this was the place I had always been seeking within—tranquil, holy and inspiring. The daily discourses and the *murlis* left me spell-bound with altogether new vision of life and its ultimate purpose. There was no speck of impurity anywhere, neither

on the campus nor on the faces of B.K. brothers and sisters. The dignitaries including the Lok Sabha Speaker Shri Rabi Ray also voiced their appreciation and Brahmakumaris commitment to World Peace.

A poetic symposium-cum-journalists' get-together in which I found myself sitting next to the renowned columnist Kuldeep Nayyar, also dwelled upon the theme of human values and spiritual upliftment. It was really an ennobling experience to be there.

I will never be able to forget a mysterious experience I had on the last day. We were about to take our leave with small pouches of *toili* in our hands. Dadi Prakashmani and others stood at the gate of Pandav Bhawan to bless us and bid us farewell. As I bent down to touch her feet, she lifted me up, then held my hand saying, "Come soon, my sweet brother". "Yes, I will,

Dadi", said I. This divine sacred touch transmitted to me, instilled in me, a state of perfect peace and immense bliss that continued for at least a fortnight. Then, gradually, the vicious circle of worldly affairs engulfed me. But I did keep my promise of revisiting the holy Ashram in the last week of April, 2009. But alas! Dadi Prakashmani ji was not there to hold me again. ■

(Contd. from page no.9)

with other actors, situations and circumstances we are heading to our stage of lightness (angel), freedom from sorrow and unrighteous actions (*Karmateet*) leading to original and eternal stage of being (seed stage) that is perfection. So, whatever happens, 'nothing new' and is benevolent for me; so do not hold on, just let go (*Biti ko biti kar do*). Be generous in forgiving and forgetting! Whatever happening is justice, is drama!●

INNER SYNERGY

– B.K. Jyotsna, Hyderabad

We are the creator of our thoughts, feelings and intentions. The more we pay attention on these, the better we would be able to apply these in our life. Rajyoga meditation is an influential and result-oriented practice for attaining mastery over the self for having appropriate and fruitful thoughts, feelings and intentions. Inner self is a point of divine energy, also known as soul. The soul gets inner power through the ultimate source of energy – the Almighty Himself. Rajyoga enables us to get connected, remain connected and to keep charging the inner self with abundant energy which ultimately would be useful for justifying one's unique role and purpose upon this planet.

FEATURES OF INNER SYNERGY

Thoughts: My current thoughts create my future life. I change everything in my life by changing my thoughts. It is quite essential to keep an eye upon the quality and frequency of my thoughts. High speed thoughts lead to hyper-tension, stress

etc., whereas slow thoughts would invite depression, lethargy etc. Thoughts with moderate speed would enlighten, energise and sooth inner self. By feeding the inner-self with healthy and positive thoughts we sustain all human beings and the entire universe.

Thoughts have great power; they are like seeds I plant in my mind. The more I hold onto a particular thought, the more power I invest in it. Positive thoughts give us energy and strength. Negative thoughts rob us of power and make us feel tired and strained. We are positive by nature. Negativity is the result of faulty thinking. I can change the self if I want to. I cannot control other people, situation or circumstances, but I can definitely control what is going on inside me. It takes time to change and transform those old patterns of thinking.

By conscious choice of thoughts, I change. **Every thought which I create in my mind leaves an impact on me.** By shifting in the middle of a weakening thought to one that strengthens, I raise my energy

vibration and strengthen myself and the immediate energy field.

Feelings: We are here to experience and express inner power in the form of feelings.

When my thoughts are coloured with different values – such as peace, happiness, love, respect etc., then I radiate inner power through these values. When I have thoughts of peace, love, happiness etc., I receive the benefits; otherwise I bring harm to inner-self. If I choose to remain happy, I would experience happiness and consequently I would radiate feelings of happiness. When I feel happy, everything around me seems full of happiness. If I feel or sustain sadness, I feel everything around me the same. Through my conscious choice only, I can remain uninfluenced by the pain, sorrow and suffering of the present day world. If I prefer to remain respectful, I experience self-esteem in as a result of that I would radiate the value of respect. My feelings are reflected in the form of mood/temperament. If my mood keeps fluctuating, it shows that I am not having right choice of feelings. My thoughts are reflected through experience of feelings. When I feel good, I must be thinking good thoughts. I am upon the right track and, thereby, I am emitting powerful

waves of energy which make me feel good once again.

Let there be the awareness of feeling good for the sake of enlightening good synergy of the self.

Intentions: My intention holds great power. The more elevated, pure, positive and enlightened intention I have, better rewards and attainments can be earned through it. My intentions can be related to limited perspective or unlimited perspective. Unlimited perception-oriented intentions would bring faster, guaranteed and abundant rewards. Through limited perception oriented intention, I limit the strength of rewards.

Each action is coloured by an intention which can be categorised as – *Sato* (Elevated), *Rajo* (Semi-elevated) or *Tamo* (Degraded). When I raise the quality and standard of my thoughts as well as feelings, I would be able to have elevated intentions. Elevated intentions help me to create my destiny filled with happiness, peace and contentment. **Before starting a new venture or even a daily routine task, let me have a pause and ask myself – what is my intention behind performing this task?** With

peaceful state of mind and without being judgmental, let there be an honest realisation and, thereby, consciously have the choice for the elevated intention to experience uninterrupted success.

TIPS FOR VIBRANT SYNERGY

Offer blessings and experience bliss: Blessing dissolves all negativity. Cursing the self or others multiplies adversities in life.

Blessing brings experience of good feelings. Blessing the self, others and everything around us is the simplest way of attaining vibrant synergy. Bless everyone and everything with conscious awareness and it would become a natural practice.

Focussing upon values: Once I give my attention and energy to peace, happiness, trust etc., thereby, I sustain and nurture inner-self to become more vibrant, vital and empowered. Reflecting upon the values of inner-self and the values of others bring value to my life and increase energy of the self. With right perspective and appropriate focus upon different aspects, I experience thousand-fold energy, which I keep radiating.

Aligning with the Supreme:

Once I align my mind, intellect and principles with the attributes of God, the Supreme Father, I surely bring joy and happiness in my life. Daily practice of Rajyoga, inner discipline of thoughts, feelings and intentions allow me to keep experiencing immense flow of God's power within my life. I am energy, God is energy and everything around me is energy. Being energy, I vibrate at a frequency and what determines my frequency at any time is whatever I think, feel and intend. I have been given the power to focus my energy through thoughts and alter the vibrations of what I focus upon. Let me focus my energy upon the Almighty and pull magnificent energy from that ultimate source.

Conscious choice of food: There are foods that calibrate low, and there are high-energy foods as well. Foods, with toxic chemicals sprayed on them, will make you weak even if you have no idea that the toxins are present. Artificial foods such as sweeteners are low-energy products. In general, foods high in alkalinity such as fruits, vegetables, nuts, soya, non-yeast breads, and virgin olive oil calibrate at the high end and will strengthen mind, body and spirit.

Music that uplifts the self

Harsh, pounding, musical vibrations with repetitive, loud sounds lower your energy level and weaken you and your ability to make conscious contact with the Almighty. Similarly, the lyrics of hate, pain, anguish, fear and violence are low energies sending weakening messages to your subconscious and infiltrating your life with similar attractable energies. If you want to experience peace and happiness, then listen to the higher musical vibrations and lyrics that reflect your apt choice.

Caring and sharing

Empowering inner-self with selfless tasks of kindness surely empowers the inner-self. The resources we are blessed with such as – time, money, energy, art, skill etc., can be offered to the needy ones and for the noble cause also. Such acts of kindness would raise energy levels.

Once I begin to understand and truly master my thoughts, feelings and intensions, that's when I see how I create my own reality, that's where my freedom is, that's where all my inner power is.

LET US REMEMBER

- You are what you think.**
- You are what you intend.**
- You are what you reflect.**
- You are what you radiate.**
- You are what you believe.**
- You are what you perceive.**
- You are what you accept.**
- You are what you create.**
- You are what you search for.**
- You are what you focus upon.**
- You are what you stand for (principles).**
- You are what you dream (envision).**

The Brahma Kumaris are celebrating the year 2009 as the year of “Experiencing God’s Powers and Blessings”. It is time now to elevate our life and inner spirit through Rajyoga Meditation. Through spiritual study, the conscience easily accepts the reality contained in the wisdom of God’s knowledge. Now is the time to experience power, peace and bliss through Rajyoga meditation. The spiritual aspirants may visit the nearest Brahma Kumaris centre for personal benefit and experience of spiritual joy. ■

MEDITATE REGULARLY

Meditation calms the mind and gets rid of disturbing thoughts. This is the highest state of peace of mind. Try and experience it yourself. If you meditate earnestly for half an hour everyday, your mind will tend to become peaceful during the remaining twenty-three and half-hours. Your mind will not be easily disturbed as it was before. You would benefit by gradually increasing the period of daily meditation. You may think that this will interfere with your daily work. On the contrary, this will increase your efficiency and you will be able to produce better results in less time.

NEVER LEAVE THE MIND VACANT

An empty mind is the devil’s workshop. All evil actions start in the vacant mind. Keep your mind occupied in something positive, something worthwhile. Actively follow a hobby. Do something that holds your interest. You must decide what you value more: money or peace of mind. Your hobby, like social work or religious work, may not always earn you more money, but you will have a sense of fulfillment and achievement. Even when you are resting physically, occupy yourself in healthy reading or mental chanting of God’s name.



A MEMORABLE EXPERIENCE



– B.K. Sukanya, Saket, Indore

I would simply fall short of words while penning down my overflowing plethora of thoughts and unparalleled emotions when my mind goes into those reminiscent memories of my first ever visit to Madhuban to meet Beloved Avyakt Bapdada in March '09.

For my parents this world spiritual organisation has been a part and parcel of their life for the past three and a half years. But I never showed any interest in the teachings of the organisation. I finished my schooling and finally completed the 7-Day Rajyoga course in my 1st year of engineering. To be candid, I wasn't too much sure of this initially, my faith always used to hover over the edge; it was like living in two worlds simultaneously, the typical jazzy life in college and a completely different atmosphere at home or the centre. But one thing I was sure about, I had this strong intuition that I would meet Baba pretty soon. My strong will-power soon carved a path for me and I decided to come to Mt. Abu with my father.

The moment I entered the gates of Shantivan, I was truly spellbound by the sheer tranquility and silence of the place, of those pure vibrations of peace and unconditional love, the urge in everyone to help all the brothers and sisters, the beauty and inexplicable joy that each one experienced. It was like I had finally found my true existence, my own eternal identity, my whole purpose and most important the rudiments of the drama of life.

I withheld my breath when I saw the Shanti Stambh, the Diamond Hall, Tapasya Dham and all other places so serene and peaceful; it surely felt like heaven on earth with white angels gliding gleefully all over the place; their faces reflecting purity and remembrance only for the One father. I finally was in home!

I was taken aback when I saw the entire process of food preparation, water management, and library and was amazed at the sheer dedication of each and every soul in the service of Baba's *yajna*!

On 9th March, the day of Bapdada's arrival, I had a very powerful *amritvela*, deriving so much of positive energy, love and peace and then channelising it for the welfare of humanity. When Bapdada finally came, I felt His powerful *drishti* falling straight on me and at that very instant, I knew that somewhere down the lane, the path of my life had changed, forever! A huge smile was spreading across my face, and tears of unconditional and irrevocable love streaming down, I clearly remember each and every moment of the span of hours that beloved Baba spent with us.

The next day we left for Pandav Bhavan and I fell in love with the place as soon I entered! I visited Baba's cottage and room, the History Hall and Tower of Peace. These places held an invisible yet unbreakable, a strong golden thread that wove patterns of the eight virtues and powers taught by Baba! It was my earnest desire to do *amritvela* at these four dhams, and so again my will power came into play and it was certainly the most blissful experience I ever had. Baba's touching was so powerful; his love was so pure, that they literally brought tears to my eyes! We returned the next day to Shantivan, and I was very

eager to meet the Dadis and senior brothers. It is compelling in a way, but I would say that Baba had everything planned for me in advance and I did finally get a chance to meet Dadi Janki, Dadi Gulzar, Dadi Ratanmohini and Nirwair Bhai!

The journey back to Indore was full of mixed emotions, the sheer joy of meeting Baba mixed with the sadness of leaving Madhuban. The song '*madhuban ki har ek shay se awaaz aa rahi hai*' echoed in my heart and soul and silently, I

wiped away my tears, looking out of the window. I could see nothing outside the train except the scenes of Madhuban and those of Baba's *drishti* encapsulating the golden memories in my heart forever..... ■

GLOBAL FESTIVAL for Receiving God's Powers and Blessings

(3rd October to 22nd November-2009)



According to beloved BapDada's directions, it was proposed in the Annual Service Meeting in April that programmes should be held throughout Bharat on the same topic beginning with programmes in the capital of each State on 3rd or 4th October 2009. There would be one VIP programme and another big programme for the general public, because both are equally important.

Arrangements are being made to broadcast these programmes live in the capitals of all States through Astha Channel, Astha International and various other channels. One control room will be especially set up from where all the programmes in various places can be seen worldwide (Astha).

The main programmes would take place at Delhi, Mumbai, Kolkata, Chennai, Hyderabad, Ahmedabad and Bangalore. It has been finalised that Dadi Janki would go to Chennai for their 3rd October daytime programme, Hyderabad on 3rd October evening, and then be in Mumbai on 4th October.

Dadi Gulzar will be in Delhi for 3rd October and Lucknow for 4th October.

Dadi Ratan Mohini would go to Bangalore for 3rd October and, then, Kolkata on 4th October. The Finale of this Festival would take place on 22nd November at Shantivan complex. The BKs of other big cities in different States, who wish to host such big programmes, will organise events between 5th October and 21st November, on the weekends.

Official address for communication:
Dadi Janki, C/o BK Sis. Shashi's Office
Brahma Kumaris, Pandav Bhawan, Mt. Abu.,
E-mail to – shashi@bkivv.org

ANGER NOT!



– B.K. Varadarajan, Chennai

At the heart of anger is a cry for respect. – Les Carter

Given below are some of the headlines which appeared on the Monday, 9th March 2009 web edition of Times of India:-

'IT company employee fires at three'

'Youth kills man after brawl, held'

'Four injured as mob goes berserk'

'Man assaults former employer'

'HIV-positive man bites a cop'

Similar news is found in every newspaper, magazine, news channel; national or international; everyday and every hour. We realise that there has been a meteoric rise in anger at individual level as well as at group level in homes, streets, cities and countries. Today the whole world is getting angry. Politicians are angry, high ups are angry, e-mailers, chat groups and bloggers are angry, talk-radio is angry, supermarket shoppers are angry. Art is angry, music is angry. Even little kids are angry. But why are we so angry and impatient?

We're living in anxious times,

when fear about the future is hard to shake: What's going to happen with the economy, terrorism, global warming, the energy crisis, the food crisis, and the wars? And maybe we feel angry and frustrated because the problems seem to be huge and we don't know what we can do to fix them.

Anger might sometimes feel like the only option under certain circumstances, but it can be a very destructive emotion, and often it hurts us almost as much as it hurts those we direct it against. Though most of us realise that it depicts our weakness and is harmful to health, there are very few who can live without experiencing anger.

Charles Spielberger, PhD, a psychologist and specialist in study of anger, states that anger is an emotional state that varies in intensity from mild irritation to intense fury rage. Surely everyone experiences anger sometimes, but is it possible to handle it differently and even reduce the frequency of our anger, until such a stage where we do not feel anger in any of

the extreme circumstances.

Cause of Anger

Psychologists say Anger results from our Emotions which are created, when our feelings are filtered through our beliefs when we develop judgments about what we should, or should not, be feeling. **Emotions are not caused by outer events. Emotions are an internal reaction to an external event. In other words the basis of Anger and related emotions comes from your subconscious mind or our *sanskars*.**

We always hear that anger comes automatically all of a sudden and it cannot be stopped. We only realise it when we vent it out. But this is not the case. For example, if you hurt yourselves with a pin, you feel the pain and you are hurt, but when someone else pricks you with the same pin, the grief is turned into anger on them. This represents a choice we have made, that at some level of our consciousness, we choose what emotion to feel.

Anger: Its Physiology and Experience

Like other emotions, anger is accompanied by physiological and biological changes. When you get angry, your body can experience any of the following reactions, depending of course on the level of anger you're

feeling:

- ☛ Increase in heart rate and blood pressure.
- ☛ Constriction of blood vessels in some areas of the body.
- ☛ Increase in blood sugar level.
- ☛ Redirection of blood flow away from extremities towards major organs.
- ☛ Faster and deeper breathing.
- ☛ Slowed or stopped digestion.
- ☛ Increased sweating.

These transformations are the result of neuro-hormonal changes, especially the production in the adrenal glands of adrenaline and noradrenaline, which circulate in the bloodstream and target various organs (such as the heart to increase its rate of beating), or corticosteroids, which help to prepare the body for action by increasing the release of glucose and other fuels from stores within the body. This is one of the reasons that an angry response can sometimes escalate into physical action.

Some of the most common causes of anger include hurt or indignation, frustration or irritation, harassment or persecution, disappointment or regret, and perceived threats. But the source of all of these feelings is based upon unfulfilled expectations, and if you can let go of your expectations, you will be able to let go of your anger.

There are basically two ways of experiencing anger. You can feel angry with yourself or you can have anger that is directed at someone else or some object.

Dealing with Anger

Anger management is about dealing with your anger at a comfortable pace, in a way that helps to resolve the situation, and that doesn't create worse problems. The human thought process is incredibly fast, so it is possible to think through the following stages in a matter of seconds. So before you speak or do anything else:

- ❖ Recognise and admit your feelings of anger to yourself.
- ❖ Identify the target and cause of your anger.
- ❖ Consider multiple options for a situation, with their possible results.
- ❖ Choose the best option and do it.

Meditation and Anger

Meditation can be of great help for people coping with anger. Meditation can provide us with not only more time but also better use of time by allowing us to clear our minds and focus on what is most important in our lives. The key to improving our lives is to change our mindset. Meditation provides a way to train the mind and allow it to settle into a state of calmness and clarity. Numerous scientific researches have indicated that

regular practice of meditation can result in significant changes in the way we conduct our lives.

Richard Davidson, a Harvard University neuroscientist, and Dr. Jon Kabat-Zinn, the founder and director of the Stress Reduction Clinic at the University of Massachusetts, discovered through magnetic resonance imaging that "meditation strengthens the neurological circuits that calm a part of the brain that acts as a trigger for fear and anger." Davidson and Kabat-Zinn also noticed that "people who meditate exhibit an increased activity in the left side of the frontal part of the brain that is responsible for a more positive emotional state."

These studies reveal that the human brain is not as hardwired as scientists had previously assumed; we actually have much more control over our emotions and thoughts than scientific studies of the past believed. Thus the practice of meditation allows us to turn inward to stillness and silence instead of being pushed and pulled in all directions by our reactions.

So be angry if it helps, but while realising that it saps all your energy. Hence take a deep breath, smile and calm down. You're on the right path! ■

THE ROAD, CCTV GOD AND THE FIVE SMILING CROCODILES

(Do you always drive your car on the correct side of the road? You can't hide from this CCTV camera)

– B.K. David. Paignton. England

Does your mind wander off the road when driving, maybe looking at others or thinking of what you have to do today, what you should not have done yesterday, last week or last year? Maybe you simply have wasteful thoughts such as wondering what the weather is going to be this week. If you do, you are not alone, for most people's minds are like runaway trains. What chance has a person to stop a runaway train going at full speed? What chance is there in a person taking full control of his thoughts and mind after he has spent all his life thinking and doing whatever he wants? The same chance as a pensioner in a wheel chair on the railway line trying to stop a train travelling at 100 mph.

Train Your Mind - To Stop the Train of Sudden Rebirth

If we do not stop the approaching train, what do you think the outcome would be? It would be sudden rebirth. This train is 'THE SUDDEN REBIRTH EXPRESS'. It

never stops; it makes every passenger and onlooker at the platform depart and board as and when it wishes. Such is the power and total authority of this EXPRESS TRAIN (your everyday mindset) that no one seemingly has the power or wisdom to stop it. All are conditioned and so weak that they must obey its every command. We wish to do something (get off the fast train) but the train (our mind) pulls us back each time and makes us stand on the line and do what it wants us to do. If we do not do as it says, it runs us over (suffer). This unstoppable train, which everyone rides everyday and every minute, is actually running the world. To think that something so out-of-control, so powerful, so unpredictable is running our world is an amazing notion, but it is very true. Humans run the world, and their subconscious minds run them. The world is run by invisible people who are out of control. I have said that twice, such is its magnitude and

consequence.

Attention

We have to learn to pay attention to our thoughts, to our attitude at every second. Not only every hour of the day, or when we go to bed at late night, but be aware and on guard at every second. For how long does it take a thief to snatch a million dollar ring from the counter of a jeweller? The thief is clever, and from under the assistant's nose, the valuable ring can be stolen with a smile. The business of a thief is to take, and so now your business should be to always be on your guard and protect your valuables (your thoughts and your mind's energy). Your thoughts are your world and with little energy left in your mind, your life would be pretty miserable. What value has a watch battery that has no energy left in it? What happens to such batteries? What happens to a life with no energy or vitality in it? It becomes a sorrowful sight – a miserable existence.

Concentrate.
We must concentrate all the time so as to be aware of if the train starts to leave THE STATION OF UNHAPPINESS. It's only by concentration that we can recognise this subtle train slowly pulling away with us onboard. If we do not stop it there and then, it would not be long before this train picks up speed and becomes unstoppable. It really does not take long for the subtle to turn into an imaginable force that can control anyone, anywhere, anytime. It's then as subtle as a speeding bullet – invisible, but deadly! What would happen to you if you tried to catch and stop a bullet? Can you even dodge a bullet once the trigger has been pulled? Can you stop the 'TRAIN OF THOUGHT' once it has left the station and has started to pick up speed?

**To Hell and Back -
Everyday**

The world is proof enough that this unconscious train leaves everyone's station (mind) of unhappiness every morning without anyone really realising it and takes them for a ride. From what I see, most people seem to go to hell and back everyday. If you have not got the tickets of attention, awareness and concentration with you, you'll have to ride this

train all day. It often goes round in circles and makes you dizzy, and sometimes it goes so fast you do not know what you are doing and renders you out of control. If you leave home without these three tickets, you have only yourself to blame. These tickets cost nothing, but will cost you everything (unhappiness, peacelessness and much stress) if you do not get them each day from the ticket master (your higher, spiritual self).

Guide with Royalty (GWR)

We have to guide ourselves every minute as if we are guiding round our town the greatest king / queen whoever walked the earth. How would you guide such a person round your town for a day? With great royalty, I am sure. So how should you guide yourself each day through your life? Yet most people's lives seem more akin to a circus show where there are drunk jugglers, tightrope-walkers who cannot balance; lion tamers who are scared of themselves and life, and clowns who seldom laugh.

Few can meet the endless demands of modern life with a smile on their face and a sense of humour, and even less can be constantly successful without falling off time to time and hurting themselves and breaking one or two bones

when they hit the ground (rock bottom). And how many have not been bitten by the loin (their negative side, habits, attitude, laziness, greediness, vanity and ego) when not paying attention as they should have? You should know it's the world of WATCH YOUR BACK. When I was a child, it was a world of WATCH WITH MOTHER (a TV programme), now we all have to WATCH OUR BACKS.

Alight

The age of innocence has gone and has been replaced with the age of non-stop sorrow. Even the innocent people jump on board this negative non-stop train everyday. The trick is not only be innocent, but wise too. These two tickets will also enable you to step off this train as well. A million tickets will get you on this train, but the tickets to stop and get you off it are rare.

**Do You Drive With
Constant Attention?**

Do you check your fuel (energy), water (enthusiasm), and tyre pressure (relaxed, easy, detached nature) when you leave home? Do you clean and check your car (mind) 200 times a day? You should do. A safe driver will clean his car 2000 times a day. He will be very aware if he gets his car even a little dirty. A good driver can

catch fish all day long. He can understand the situations, adapt, change and catch happiness even if there are but a few fish in the river (life that day). What fisherman waits for the fish to jump out of the river and land in his lap? A good fisherman will know when to dance (laugh), when to walk home (pack up), put his feet up (introverted) and think happy thoughts of how one day he'll catch that big fish he dreams of (become perfect and drive a perfect car on perfect roads).

A Bad Driver Does Not Look, Listen or Think

A good driver can drive in the rain, at night, in the wind, on bumpy roads with holes, in traffic jams, drive slow and if need be, occasionally drive very fast. Fishing for a whale (perfection) is a life long search and one worth pursuing. Many are happy to just get by and catch mackerel everyday. As long as they have something to eat and it tastes pretty good, then that is enough for them. But some want to catch the whale of perfection and nothing else will do or taste correct or good until they do. To fill your stomach is easy, but to fill the soul is another story.

A good driver will always carry an emergency tool kit in his boot. This will enable him to fix any situation that comes in

front of him. This kit allows him to be wise and patient, be active, ever ready, cooperative and helpful to every motorist in trouble. The tool kit should actually be kept on the passenger seat so you can keep an eye on it at all times; such is its use and value. You can keep it out of sight but produce it at an instant, should the occasion demand.

Chocolates and a Kiss Will Not Cure Endless Pain

The more love, peace, happiness and enthusiasm you have in your tool kit box, the lighter it is to carry round with you. An almost empty tool box is very heavy to carry around with you and about as much use as going to see a dentist who only has a pair of pliers and a comb at his side. Life dictates a delicate touch sometimes and not a prod or shove. There is enough pain and vanity in the world without creating more. In fact, vanity and pain are very closely related and if you could take away vanity, you'd take away much of the pain in the world. Yes, most of our pain comes via our vanity. How have you felt on looking in the mirror after having a new hairdo / haircut at the saloon / barbers? "God! This is a stupid haircut / hairdo. Don't I just look stupid"? Mirrors only reflect pain today. Our bodies give 97% pain and

sorrow compared with just 3% pleasure when we eat chocolate or when we feel pleasure of the senses. And remember, the 3% is fleeting whilst the 97% is permanent.

Sometimes people do need a shove in the right direction. You should make sure that **1. It's in the right direction. 2. The person can take it and 3. The end result justifies it.** You do not wish to find someone lying on the floor with broken bones having been walking in the wrong direction from the hospital because of your shove (strong wisdom). Life today is all about wisdom – and using it, not just reading about it. Sometimes only pliers can take out people's falsehood but if they are weak and cannot take it, then they'll have to suffer toothache. People suffer endlessly for their weakness -- and ignorance (their problem, not yours). I try to remember that love or a smile can move mountains, and a shove not even a donkey will respond too.

An experienced driver knows when it's best to leave his car parked at home and simply walk (forget everyone and everything). Driving a car (living, breathing, walking, and eating) comes with a responsibility. Those who live their life like a loose canon (no thoughts or concern for others)

will of course, fatally shoot themselves at some point. When you're behind the wheel you should think you are the police, the law, the guru, the saviour, the map, the helper, the shoulder to cry on, and the ear to listen to the endless moans and groans of a people on their last legs.

Be Encouraged By Your Perfect Self

If you're a good driver then you should be able to give anyone a lift (help or make them feel good). If you see someone at the roadside (in difficulty), should you stop and offer assistance? Can you afford not to help? Have you so little that you cannot give something to another? We all crash or get a flat tyre now and then. We have to find the strength each day to carry on and keep on moving forward towards our ultimate goal. You do not wish to become a loser and score an own goal (full of sorrow and troubles), do you? Everyday we should be encouraged by our perfect self calling us. If you cannot hear this voice, get your vision checked (so you can see into the future).

The Future World of 999

As the clock is always ticking and forever getting closer to 12 O'clock, emergencies will increase. But

will our responses? Can we even respond to our own problems in a way that solves them? Time will tell -- and tell it will -- in full! The giant CCTV (God) in the sky says nothing -- yet! Only we know our reactions, our responses and our true nature. Thankfully the CCTV sees all.

Hell of a Place

Put very simply, life today seems to be mostly about being in the wrong place at the wrong time. What we have to do is to always summon up the energy and have the wisdom to make it 'the right place at the right time'. We have to turn life around, on its head. We are always going to find ourselves swimming across the river which has crocodiles. The other side of the river (paradise) is too wonderful, too attractive a place, too appealing for us not to make the effort of this daily journey across this dangerous river. The pull (truth) of the 'other side' is forever pulling us closer and closer to its bank.

The Smiling Crocodile

It's only in hell that God reveals Himself to those whose eyes of truth are open. Those who wear the sunglasses of falsehood will not be able to see God at all. Only the world's poverty and wars and their personal suffering and problems

will remove their sunglasses and let them have a quick glimpse of God.

For us, it's now the right time at the right place. We realise it's the right time even though mankind is drowning or being eaten alive by crocodiles in their pursuit of happiness. They do not realise all their senses come with hidden teeth -- that cannot only bite, but kill! The senses are responsible for destroying the world. People work, lie, cheat and kill for the senses. Most must amuse these senses everyday and in doing so, have fed them poison. The result? Our world.

We realise the good whilst man cannot even realise the bad. For him, the world must seem the wrong place at the wrong time, for he works hard each day to be happy, yet end each day miserable, unsatisfied, tired, dejected.

How crazy, we, God's children, are in hell and having a hell of a time. If we do not constantly examine and update our attitude so that it stays positive, it can also be hell of a place for us if we are not vigilant with ourselves. Tread the tightrope with care and wisdom -- focusing on God's smile on the other side. ■

ANCIENT INDIAN SPIRITUAL WISDOM

(EASY RAJYOGA FOR THE BATTLE OF BULGE)

– Dr. Dilip V. Kaundinya

Ex-Professor & Head, Dept. of Microbiology,
Sir J. J. Hospital, Mumbai

An American General fought the Battle of Bulge which was different. Today, the common man is fighting a losing battle of bulge which is related to Body Mass Index (BMI) and heart attacks. Obesity has become a global problem. Today, the battle begins quite early, even in childhood. The first bugle of war is sounded when one develops appreciable discomfort while tying the shoe laces. The genes are ever-available reasons for everything including obesity. But a recent study has shown that even the genes could be modified by regular exercise, which the common man foregoes with slightest of the excuses. Ancient Indian Spiritual Wisdom prescribed *Patanjali Kriya Yoga* for a healthy, slim and active body till the last breath. A Yogi's body is characterised by a facial glow, dash-board abdomen, narrow waist and broad powerful shoulders (*Sinha-Kati*); or an

impressive bust without silicon-implants in women. Depictions at Khajuraho may give us some idea. But then **Lord Macaulay** came on Indian scenario. He devised an ingenuous, Machiavellian **Mind-Programming of the Indians** through a British education system which **replaced our ancient systems** in health, education and culture. Macaulay corrupted C.D. of our mind, which even today, after 62 years of independence, continues to think that whatever is **Foreign and English** is good and greater than our own. **Since then, we have been aping the West blindly and mindlessly without** realising the harm it is causing us.

We replaced the 'free of cost' ancient system of *Yoga* and Meditation with expensive '**machine-based**' gymnasium. The former gave us a supple, well-toned, agile body till the last breath. Machine-based system gave an impressive and

rapid increase in muscle-mass at the cost of several **internal damages at a subliminal level** that caused hernia, muscle-rupture or a ligament-tear when young or a frozen shoulder or an osteo-arthritis stiff knee in old age.

Our diet has become "I am loving it kind". Typical Indian breakfast of *Sattu, Dosa, Wada*, or *Idli* with *Sambar* or a rich *Sheera* with *Shuddha Ghee* and almond scrapes have been replaced by Kellogg's corn flakes, 2-minute noodles, Kurkure, Horlicks and Boost. An Indian plate for lunch is the best wholesome nutritious meal. This has been replaced with MacDonald's meal-menu with Burger and high calorie cola or energy drinks. Whoever are doubtful are weaned away to a diet of harmful colas, chocolates and burgers by some celebrities, who without even a twinge of conscience continue to advertise them. Pallela Gopichand is the only honourable exception. The "Colas" and "Energy drinks" contain certain acids and chemicals which convert the **Anti-Cancer Vitamin C** into a potent carcinogen. **The processed foods** contain excessive phosphates which induce lung cancer. India, i.e. Bharat is blessed with availability of fresh fruits and

vegetables at all times in all the seasons. Wisdom says, “Eat them fresh”. But fashion says, “Make a bulk purchase and store them in big refrigerators like Americans. Ancient wisdom says there is a loss of “Pranik Energy” by storage. “But anything foreign is good and greater than our own” says our Macaulay programmed mind-set.

Not long ago when T.V. was not in our lives, we followed the **YAMA AND NIYAM** about the preparation of food as well as about its intake. Today, both of these activities are programmed by T.V. serials. Our *Rajasik* Consciousness makes us enjoy fatty, spicy, fried and tasty food-stuff often while watching T.V. *Tamasik* Consciousness which involves baser latencies and “**Toxic Emotions**” (Daniel Goleman) like lust, anger, greed, ego, hatred, jealousy or repulsion take possession of our mind by this compulsive T.V.-watching during our meals or while preparing food. Our food has two components – gross one is utilised for building of muscles and tissues. The micro-component, which involves emotions while preparing or taking food, probably gets imprinted in hypothalamus which controls our emotions. The reason for **violence, rape or rage-syndrome** which have

become so common today even in children, probably have its origin in this T.V. watching habit which has replaced our ancient practice of preparing and taking food in the remembrance of God. *Garbh-Sanskar* like Abhimanyu learning “*Chakra-vyuh-Bhed*” in uterus is no more a myth but a scientific fact. The emotions of the mother do affect the child in uterus. Just imagine what kind of *GARBH-SANSKAR* must be taking place in case of **T.V.-watching, gin-drinking and cigarette smoking Indian mothers of today?** Breast milk is the best, but Western fashion says “Be aware. Your sex appeal may be lost by disfigurement by breast-feeding. So Indian mothers buy costly Baby-food and invite infantile diarrhoea.”

American ‘business acumen’ is world famous. Create a need and then supply at an exorbitant cost. Firstly, “*Fashion-Shows*” with skinny models on the ramp create a trend and the need for a very thin body. The American Industry then comes with several commercial packages of slimming diets. Much later it becomes known that this trend and the diet cause dangerous and sometimes fatal anorexia nervosa or bulimia. (*Invited Illnesses*)

Western style celebrations

of New Year in place of the **ancient** Gudi-padava involving our cultural and worship-practices invite physical and social ills. A wide-based promotion by sponsored T.V. shows brings about a ritual of excesses of *Rajasik Sanskar*. “Enjoy different pleasures” tendency and binging. With it comes a natural desire to **detox**. American Industry then quickly comes up WITH a wide range of drinks, patches, diet-supplements and even a “*Detox Brush*” with the claims that are questionable. The scientists say that *The Multi-Million Dollar Detox Industry* sells products by T.V. commercials even though there is hardly any scientific evidence to support their use. God-manufactured **BMSO (Mind-Body-Soul-Organism)** comes out with several safeguards and detoxifying mechanisms. Time has now come when we should have a *F.D.A. like controlling Body for the advertisements*. The Idiot box programmes our mind, especially that of our children through advertisements. The thoughts thus create result in **Karma** that decides our **destiny** in the form of obesity leading to diabetes, arthritis and heart attacks. Children now prefer watching to actually playing.

Omnipresent STRESS plays

a major role in causing obesity and making it intractable. It disturbs the delicate balance between the Hunger Centre and Satiety Centre. Stress activates the hunger centre and leptin secretion to make us eat. It depresses the Satiety-Centre and Ghrelin secretion. So by the time we feel satiated we would have eaten a lot more than body's requirement. Eating sweets or chocolates relieves stress by inducing a "Feel-good hormone", endorphin and, thus, hastens our march to the battle of bulge.

DHYAN, the fifth component of *Kriya-yoga* is termed as Mindful Meditation by Dr. Richard Davidson, Professor of Psychiatry at Wisconsin University. **Easy Rajyoga taught by Prajapita Brahmakumaris Ishwariya Vishwa Vidyalaya** is an easy, three step mindful meditation that results in the relief of stress by a "Biological Relaxation Response (BRR) within 10 to 15 minutes by regular practice. The **B.R.R.** releases several "**Set-right**" **hormones** which restore the internal balance of lipids, sugars and ions and that of the "Controlling Centres." The auto-suggestions about getting slimmer and slimmer are most effective only after B.R.R. is achieved. *Mano-Nigrah* (Self-determination) that is necessary for controlling the urge for sweets is developed by this meditation. The **intractable battle of bulge** which was not responding to different exercises, diet- regimen and anti-obesity drugs comes to an end. There are around 8500 Brahma Kumari centres all over the world imparting Free of Cost training in Easy Rajyoga. One such centre is situated in Sir J.J. Hospital Campus, Mumbai.

Days are not far off when anti-obesity prescription shall include "Meditation three times a day" in addition to *Pranayam*, drugs and a diet-regimen. ■

RAKHI – the Unique Bond of Purity

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

Rakhi is the festival of unique bond of love, they all say;

Sisters and brothers' relation gets more deepened on this day.

Praying for brothers' longevity and good health is only sisters' wish,

Praying for their success and sweetening their mouth with delicious dish –

How much they love to make each other happy is beyond imagination,

For *Rakhi* is a boundless joy of delight and celebration!

But the real *Rakhi* is beyond brothers-sisters' only love, affection;

Only Incorporeal God Shiva tells its real secrets with perfection.

It is the sacred bond of Purity in thought, word, and action,

Inspiring to be completely virtuous, shedding all the bodily attraction

And decorating the self with all divine virtues by spiritual lesson

Rakhi tells all in the entire masses

To create Love and Harmony amongst all, forgetting all differences.

It symbolises firm resolve of brotherly love and vision towards everyone;

Inspires us to make our eyes civil, to bear criminality towards none.

Let's pledge before God Shiva to remain ever-pure from this festive season;

Then He will reward us with the first division And enthrone us in Golden Age with the dazzling double crown, for sure

Where there will be peace, prosperity and everything pure.



THE ANGELIC (AVYAKT) STATE (TAS) – I



– B.K. Yudhishtir (Principal, B. Ed. College),
B.K. Colony, **Shantivan**, Abu Road

In continuation of the previous article, The Flying State, I am delineating hereby the Angelic (*Avyakt*) State which will give necessary fillip and due feedback to the spiritual effort-makers, thereby leading them smoothly in the on-going process of their spiritual advancement to the next and ultimate state, The Seed or *Karmateet* State.

The Angelic (*Avyakt*) State is a more elevated, subtler and bodiless state in which the soul does not feel the gross five-elemental body, bone, blood and flesh. When one initially reaches this state he or she completely forgets the physical identity of name, form, language, caste, colour, creed, faith, belief, religion, nationality, sex, place of birth, etc. All this happens because the soul feels transported beyond the physical world of gross matter, beyond the sun, moon, stars and ether to a far beyond celestial world of Metaphysics. The word ‘meta’ means ‘beyond’ and the word ‘physics’ refers to ‘the study of the world of five

elements’ like earth, water, air, fire and sky (space) which are the main and basic constituents of the entire physical universe of which our lovely planet Earth is one small part of the greater whole of many Galaxies. So the word ‘metaphysics’ refers to a non-physical, spiritual world – the world of souls or spirits – far and far beyond the physical three-and-four dimensional world of Matter.

Whatever or everything one experiences in this physical or tangible world is the sensual experience, but whatever one experiences by being elevated to the metaphysical world is trans-sensual or super-sensuous or transcendental experience because, in that uplifted or elevated state, the soul transcends its physical existence moving beyond all physical or existential barriers and limitations. In that celestial state, the soul feels its terrestrial body of bone, blood and flesh to be completely non-existent, though the soul is still there existing in the body itself in the ephemeral earthly plane.

But the soul in this celestial or angelic state has become soul-conscious by being uplifted only instead of being uprooted from the body, the physical carrier or container of the soul. In this uplifted state or stage the soul is completely oblivious of the erstwhile personal or physical existence and its characteristics like name, form, time and territory and all accompanying embellishments or decorations of these four aspects, and hence becomes impersonal or *avyakta* because, in this glorious moment of eternity, the soul has lost its ephemeral and impermanent individuality and realised its everlasting and permanent eternity or entity or eternal nature: “I am a soul, a conscient point of divine light, shorn of body, bodily characteristics and bodily relationships”.

In the on-going process of impersonal or *avyakta* experience, the spiritual practitioner finds himself in an altogether different plane. He finds himself in an unworldly world of golden-red divine light

which is soothingly cool and comforting unlike the normal light of fire, thermal, electrical and solar energy that have both heat and glow. He truly discovers his essential entity, realising in himself: "Alas! I, the soul, am also like this divine light. How fortunate that I have at last truly recognised myself. The soul is naked; the body is its dress. I, the soul, is the inner core, the seed, and the body is the husk or chaff. The soul is immortal; the body is mortal. The soul is the bird; the body is the cage. Wah! I'm really free like a cageless bird! What a wonderful experience!"

In the spell of impersonal or *avyakt* experience, one continues realising himself: "I, the soul, am the denizen of this glowing divine abode, the Soul World. Like me, all other beings are also like the twinkling stars of this celestial sky, our solemn, silent Home, the *Brahmlok*. We, souls, are divine brothers and children of one and the same Supreme Soul, our Beloved God Father! Wah! What a homely feeling and personal belongingness I feel here!"

In the Subtle World, he realises: "Alas! I have also a subtle luminous body like the silhouette. How lighter is it without gross blood, bone and flesh! Wah! I can move with

my shadowy angelic body. What an ecstatic delight here! Really, I feel like an angel in this fair and fairy world. All what I experience seems strange and dream-like, but it's all true. Now I know what I am. I have got what I had to get. How contented I am!"

These ennobling and angelic expressions are the results of the metaphysical experiences of the soul which are initially given to it by the Incorporeal ever Pure God-Father Shiva who, like a captivating magnet, attracts and lifts up the impure and iron-aged souls to the Subtle World and Soul World. Just as a magnet attracts a piece of iron and magnetises it by keeping it in its own contact, exactly like this the Incorporeal Supreme Soul attracts the impure and body-conscious souls of men and women of this Iron Age and, initially on His own, gives them the real touch, feel and taste of their original nature of purity, incorporeality, soul-consciousness and super-sensuousness.

When the impure souls unprecedentedly and unexpectedly get the celestial taste of their original, primordial, quintessential, pure nature by sitting at their own homes and parlours after being introduced to the Supreme Knowledge of World Cycle and ancient

Rajyoga imparted by God Shiva, the Ocean of Knowledge, at Brahma Kumaris Service Centres, they are once again reminded, as 5000 years ago, of the fact that they are not really ordinary, mortal human beings, but immortal souls who have to become Brahmins, Angels and Deities step by step by getting rid of the present lowest caste (*Shudra*) *sanskaras* and life with the practice of Rajyoga and inculcation of divine virtues.

With the regaining of the lost memory and spiritual knowledge, the souls go on making intense efforts by regularly listening to Godly versions (*Murlis*) and practising Rajyoga in order to achieve the Angelic (*Avyakt*) State even while remaining in body and engaging themselves in daily worldly activities. How quickly one attains this state depends upon the intensity, regularity, commitment, determination, dedication and devotion in his or her own personal, spiritual efforts. Undoubtedly, efforts pay; those who do incessant and unmitigated efforts get the desired results (*Jo karega so payega*), because it is the result of spiritual study (*Padhai*) which is ascertained by God, and not at all the result of the effortless boon or blessing (*Kripa aur Aashirwad*). The Supreme Soul, who is the

Supreme Teacher, says that He does not give blessing and happiness, but teaches the right and appropriate spiritual ways so that the souls can become blessed and happy by their own actions and efforts.

Though it seems plainly paradoxical and quite contradictory to the common sense of the common rut of the people, the Angelic (Avyakt) State, to the realised ones, is really an unworldly state while doing works and activities in the mundane world. It is an unusual non-existent state while existing in the usual existence. It is a more highly levitated state than the earlier Flying State, which one feels while living and loitering in the land surface. It is a culminatingly elevated state that surpasses the forces of gross gravitation; a completely bodiless state quite shorn of the feeling of flesh, blood and bone but with the feeling of the transparent silhouette of body surrounded with an aura of divine light.

If we take the word ANGEL as an acronym, each letter of it stands both for some positive and negative qualities. The positive qualities 'A' stands for are **Altruism, Ability and Activeness**; the negative qualities it stands for are

Arrogance, Attachment and Anger. The positive qualities 'N' stands for are **Nobility and Novelty**; the negative qualities it stands for are **Negligence, Niggardliness, Naughtiness and Nastiness**. The positive ones 'G' stands for are **Godliness, Generosity, Gracefulness and Gentleness**; the negative ones it stands for are **Greed, Grumble and Garrulity**. The positive qualities 'E' stands for **Enlightenment, Endurance, Excellence, Equanimity and Energy**; the negative qualities it also stands for are **Ego, Enmity and Evil-mindedness**. 'L' stands for the positive qualities such as **Lovefulness, Liberality, Loyalty** and it also stands for the negative ones such as **Laxity, Lawlessness and Lasciviousness**. So, in order to achieve the Angelic (Avyakta) State, the spiritual effort-makers should consciously attempt at their level best to acquire or inculcate these above positive qualities and give up or discard the negative ones in their life. The negative qualities are regarded as the stifling bondages that act as bars and obstacles in their on-going path of spiritual progress and advancement.

Moreover, in addition to the above positive qualities, they

have also to inculcate many other virtues and qualities such as **charity, kindness, sympathy, benevolence, brotherhood, unity and integrity, honesty, simplicity, vitality, vivacity, purity, mobility, sociability, sincerity, divinity, solemnity, serenity, liberty, equality, impartiality, etc.**, because in their ensuing deity state they have to become the incarnation of all these virtues and qualities.

The Angelic (Avyakt) State is such a lighter and subtler state that, when it is achieved, the spiritual effort-makers can directly fly at their own will to the Subtle World and have Angelic/Avyakta union or meeting with the Avyakta BapDada and receive their divine and liberating glances (*Nazar Se Nihal*), thereby feeling liberated, blessed and glorified.

But the Beloved and Benevolent Father repeatedly urges us to achieve this state as early as possible because during the unfavourable and unpropitious times when civil wars will ensue from the misunderstanding and political imbroglio between neighbouring nations, when precautionary measures like curfew and penal laws will be imposed and people will be

barred from moving out and be confined to their own closed quarters, when Nature will appear 'red in tooth and claw' with its indignant and malignant fury due to the ferocious natural calamities like floods, famines, Tsunamis, earthquakes and wildfires, when seas and oceans will encroach upon the land surface and submerge low-lying areas as a result of high rise of their levels consequent of the unprecedented global warming and snow-melting in the hemispheres, when the ghost of the ultimate World War III – the great mythological Mahabharat War – will haunt people everywhere due to the self-immolating and self-destructive *Bhasamasuric* impulse of warring nations, when the stockpiled atomic, nitrogen and hydrogen bombs will fly in the flash of a moment and roar in the outer space with the prompt pressing of electronic triggers, when no one will come to anyone's rescue, and finally when the Godly versions (*Murlis*) will stop reaching, only this Angelic (*Avyakta*) State will come to our rescue.

By virtue of this state, we can reach the Subtle World, taking intellectual and spiritual flight, and get necessary spiritual solace and succour from the two-in-one *Avyakt* BapDada who are always waiting there for their beloved divine children to revitalise and pacify them with fondling love, smothering care and kindness, liberating looks and glances, and satisfying soulful kisses.

(To be continued)

MADHUBAN – A HEAVEN ON EARTH

– B.K. P. Jegatheesa Chandra Bose, Salem

Accompanied by my wife, I attended the Rajyoga Retreat from 19th June 2009 to 22nd June 2009 at Shantivan. I would like to share my experiences in that retreat. It was a wonderful experience and I felt that I was in heaven. On those days, I forgot everything – my relatives, friends, office and also my hometown. My mind was filled with joy and happiness. The brothers and sisters of Shantivan showered on us selfless love and I felt that I am a lovely child of the Supreme Soul.

I was very much inspired by spiritual classes of respected Dadi Janki. In one of her classes, Dadiji mentioned that an ordinary man wastes time in reading 'Newspapers', watching 'Television' and using 'Mobile' which are wasteful habits and are to be avoided.

It was a wonderful and thought - provoking class. After the class, I decided that our time must be utilised for attending spiritual classes and reading spiritual literature only.

Moreover, Dadiji highlighted about the lack of values in people nowadays, and also stressed to give up the negative traits like comparison, criticism and corruption.

Now, I understand that all the human problems will be solved if we follow the spiritual discipline and practise Rajyoga. I would like to thank our guide-brothers-and-sisters who treated us with spiritual love. Really, I feel that I am blessed by God to have such a wonderful experience.

After my return from Rajyoga retreat at Shantivan, I have started waking up early in the morning for *amritvela* yoga and am also regularly attending morning class in our Salem centre.

Now I have firm determination to follow this spiritual life and help establish a better world on this earth. ■

(...Contd. from page no. 1)

were awarded certificates.

PANAJI: The Marathon Run was organised by BKs at Panaji, India. Among those who were present on the occasion included Mr. Brahmanand Shankhwalkar, Shripad Naik, BK Sisters Shobha and Vanita.

SIRSA: The marathon was organised at Shanti Sarovar. Around 700 people from rural and urban areas along with VIPs of city participated in this run. The marathon started from Bal Bhawan with playing of Band and waving of Green Flag by Dr K.C.Bhardwaj, Vice Chancellor, Ch. Devi Lal University, Sirsa.

Mulund (MUMBAI): The Marathon was organised in collaboration with Smt. Jankibai Rama Salvi College, Kalwa for the participants in the age group of 16 years, and above. All the winners were given trophies and certificates of appreciation. Mr. S.M. Mohite gave away prizes to the winners.

RAJYOGINI DADI HRIDAY MOHINI'S VISIT TO EUROPE AND PARIS

More than 250 souls from every corner of France (including Paris, and territories like Guadeloupe and Reunion

Island) as well as souls from Belgium, Holland, Portugal, Spain, Switzerland and even Australia (Bro. Michael Timmins), including some of Baba's old jewels who have left France to do Baba's service in other countries (Cambodia, Costa Rica, Switzerland and Morocco) gathered together for this unique event, from 28th to 30th May.

Dadi Hriday Mohini and B.K. Sis. Neelu were welcomed on arrival in the main centre of Paris. Many were impressed by Dadi's powerful silent presence and the love, the light and the might radiating from her eyes. In the evening, a Concert and Conference were organised in an old Parisian theatre.

Prem Joshua and his group filled the theatre with positivity through their beautiful songs. Dadi Hriday Mohini and BK Sis. Jayanti were interviewed on the topic: "Silence- the Forgotten Dimension". Then there was celebration of the 30th anniversary of Baba's service in France.

CHANDIGARH

'An 8-day Personality Development Camp' for students (age-group 10-16

years) was inaugurated by Mr. Samwartak Singh, DPI (Schools).

On this occasion, Mr Samwartak Singh appreciated the efforts of the BK sisters in organising the camp and advised the students to imbibe three things in life to become successful:- 1. To know thyself 2. Nothing is impossible for a determined person. 3. Never hurt others.

Others who inspired the students included BK Amir Chand, BK Sis. Yogini and B.K. Sis. Sapna. Meditation was another highlight of the programme.

SAN FRANCISCO, U.S.A.

There was a successful retreat with Rajyogini Dadi Ratan Mohini in San Francisco. The 'Season of Success' retreat attracted over 100 BKs from Canada, US and Mexico to the Anubhuti Retreat Centre. The timing was perfect as the BK centre in San Francisco was awarded the 'Best Meditation in the San Francisco Bay Area' by the top newspaper of the region, the San Francisco Chronicle.

Another very successful spiritual concert was hosted in Anubhuti Retreat Centre with Manish Vyas and friends.

Manish Vyas is a classical Indian musician and singer who studied under Ustad Allah Rakha and has become very popular in the western world for his fusion and chanting melodies. The concert was packed beyond capacity and it attracted a large number of souls from a variety of backgrounds who appreciated Baba's beautiful retreat centre. The musicians and audience were touched by the BK code of service, accuracy and hospitality.

CAMBODIA Visit of B.K. Charlie

B.K. Charlie visited Cambodia, for spiritual services and reached Phnom Penh on 16th June, 2009.

Two programmes were held at the Phnom Penh centre. An evening public programme entitled "Live More, Worry Less" drew about 30 souls, old and new contacts. Many felt so happy at the end of the session, after hearing on Charlie's advice to drop the idea of being a 'thinking addict'. The other programme was for 7 local Khmers Students who just completed

the Rajyoga course.

There was a talk entitled 'Friendly mind for success, self respect for effective communication' for 200 students at the Phutisastra University run by a family group of entrepreneurs known as 'Soma group'. Another talk on 'Power of the Mind' was for the directors and departmental heads in the same group. Many felt they needed to have more sessions of this nature.

Bro. Charlie spoke on 'Inner Power' to 70 young participants with extremely traumatic pasts. Most of these members are minors who were rescued from brothels.

Pedophilia is sadly very prevalent here. These young women were sold for prostitution at a very tender age, some as young as 2 years old! These rescued girls are being nurtured and groomed to be leaders to help their own kind. In this unique scenario, some girls were able to feel that they were a being of 'light' during the meditation commentary. A group of these girls sang a very touching song dedicated to

their mother "Mum, you did not know what happened to us after you left us here."

Bro. Kumar from Singapore/Malaysia had just joined for the spiritual service. Serving this group has been a special feature of service in Cambodia and Bro. Kumar has been carrying on very well. He is also teaching young men and women who have been traumatised by acid attacks.

In Siem Reap, Bro. Charlie had a one-day retreat with about 25 local Khmer students, on "Making Life Beautiful – mentally, emotionally and spiritually." The students all gained a lot from the content and vibrations. The next day was a programme at Wat Preah Dak, a temple within the Angkor Wat area. BKs had a lovely breakfast on the way beside the King's Pool which is about 1 square kilometer. There were about 10 young monks and the topic was "The Art of Meditation". Very few monks have any idea of meditation and one of the aims of service is to re-introduce this practice amongst Buddhists. ■

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