

# GODLY SERVICE REPORT

## MOSCOW (RUSSIA)

On 15th November 2009, Brahma Kumaris in Moscow, organised a programme to support the project “**Charter for compassion**”. About 70 people gathered at the Angels’ House to mark the launch of the Charter. The honourable guest of the programme was Mrs. Henrietta Gamaleya, Professor, Institute of Television and Broadcasting.

In her speech, **Henrietta Gamaleya** emphasised, that it is God, who has always been the highest source of mercy for the man. She also pointed out that we are so often merciless towards our near and dear ones, whom we treat with intolerance, anger and indifference.

**BK Dr. Vijay** said that this is the time when the heart of a human being should become overflowing with mercy and compassion on the basis of realising the self as a soul and the mistakes he has made. He also underlined that as a loving mother, we should help the other to realise his mistakes. He defined mercy as *an absolute lack of violence, when there is no violence in thoughts, words or actions. It is an absolutely pure connection with the whole humanity beginning with thoughts and ending with relationships. The absolute realisation of one’s own nature of total non-violence is mercy that awakens compassion to the near one.*

**B.K. Sis. Sudha** said that the highest merciful being in the world is God, who *teaches us how to become free from two complexes – inferiority and superiority, awakens in the soul self-respect and teaches how to be a humble instrument for the service of humanity.*

At the programme, everyone recalled one’s own personal experience: how they experienced mercy from someone and what the feelings at that time were. All shared their experiences and gathering merged deeper into the ocean of mercy.

## DELHI (Lodhi Road)

A seminar on “Happiness in a Busy Life” was organised by Brahma Kumaris, Lodhi Road centre at Satya Sai International Auditorium. Mr. Ashwani Kumar, Director, CBI, inspired the participants to make happiness a way of life and appreciated the

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## **RECEIVING BLESSINGS TO BE A JEWEL OF CONTENTMENT**

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The Bestower of all boons and blessings, Supreme Father Himself, welcomes everyone to receive and radiate the light of His love in the form of the treasure-house of His wisdom. A self-realised individual would always enjoy a very tangible experience of being ever-content, ever-light and ever-happy. The final realisation in the ultimate spiritual experience is that of complete freedom from past karma, the present negative vibrations and feelings, and fear of a future full of uncertainties. A spiritually awakened person learns sincerely about the truth and untruths influencing one's karma. He or she comes to understand that the Law of Karma is the basis of either becoming content or feeling emptiness within. What can be a better source of inspiration to perform righteous karma than the direct, highest advice from the Supreme Father! Highly fortunate are those who are not only able to listen clearly to the versions of God spoken in whispers through His chosen

medium, perceive the vibes, and visualise everything with open eyes, but realise the gigantic significance of the same.

Most of the awakened and enlightened BK sisters and brothers have had the fortune of communicating with the Supreme in their subtle consciousness, and listening to *Avyakt Murlis* from the year 1969 onwards. Until then, we were so fortunate to have had the experience of God's presence through the corporeal medium of Brahma Baba; His divine vision which would take us instantly into the flying stage. The glow on Brahma Baba's forehead and the celestial experience of angelic feelings, would surpass all other spiritual experiences. Through His clear and sweet elevated versions, God, the Ocean of Spiritual Wisdom, teaches us different essential aspects of spiritual wisdom that elevate our thoughts and actions.

On 30th November 2009, in the most elevated company of *Avyakt BapDada*, we heard in depth the deep secrets of being jewels of contentment. We

share the teachings with our readers for their study and inculcation:

### **Freedom from the influence of unknown circumstances: Contentment**

*The greatest stage of all is that of contentment. Those, who are always contented, are loved by everyone. A soul who has received all powers, all virtues and all treasures from God always remains contented. Situations cannot influence a contented soul because where there is contentment, there are automatically all powers and all virtues. The one virtue of contentment is able to adopt many virtues. In order to remain in this stage, you need to have a very detached stage and the trikaldarshi stage (under the implications of every action with respect to the past, present and future and then come into action). When you have received imperishable spiritual wealth and all relationships with the Supreme, the soul is constantly contented and*

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becomes deeply loved by God and all souls.

### **Fearlessness**

*You have to remain fearless, have stable and concentrated intellects and not fluctuate in any situation. Each child should be constantly victorious and show God the Father your form of being victorious. Since you are going to claim a spiritual inheritance from God for all time, then you should have all attainments for all time because you are the lamps of hope who will fulfil the hopes in God's heart.*

### **God Loves Every Human Being**

*As soon as each child takes a spiritual birth, God always gives this blessing: May you be constantly yogi and pure. Whatever attainments you receive through that blessing are for all time, not for some time. Even if it is the last child, God, the Father, has love in His heart for all the children. Having recognised who God is, the children say from their heart, "My Baba", and this is why the Father has eternal love for every child.*

*The ones who claim a number ahead are not those who become happy on just seeing the blessing and speaking about it, but they*

*make their blessing fruitful. You have the seed, but if you do not make the seed bear fruit, that is, if you do not make it fruitful, then there is just happiness. In order to get fruit from the blessing, it needs water and sunshine for only then does it bear fruit. Remain stable in the stage of being an embodiment of awareness. Have that awareness (smruti) means to give it water, and to remain stable in that form is to give it sunshine. Fill yourself with a lot of spiritual power and give others an experience of power.*

### **Value of Time**

*The time for making common spiritual endeavour, of spending your day in an ordinary way has now gone, and this is why you are receiving the signal – check every second and every thought. If you are making ordinary effort for one hour, and if the time for your final hour comes suddenly, then that final moment will lead you to your destination; ordinary effort of one hour will then cause so much loss! Only an intense spiritual effort-maker is able to make effort to remain unshakeable at the time of upheaval.*

### **Application of the Understanding of 3 Dots:**

*It is seen that even now, due to one reason or another, the questions, "Why? What? How? Like this!" are visible in some children's daily chart. A wave of waste thoughts takes up a lot of time, and the speed of waste is so fast; one hour of ordinary thoughts is equivalent to one minute of fast thoughts. The language of "Why? What? etc." will not enter the thoughts or even the dreams of a contented soul because that soul will be able to use at the right time the three special dots: the soul, the Supreme Soul and the world drama.*

### **15-Day Practice of Becoming Complete**

*For 15 days, make a special practice. Each one of you crosses through different circumstances and situations, but for these 15 days, each one of you has to aim to be free from waste in your thoughts, words and deeds. Situations will come, but do not look at the situations. With an honest and clean heart, you will pass in your dreams, your thoughts, words and deeds. No thoughts should be wasted. No battling, but be victorious. While moving along, Maya (negativity)*

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*makes you careless and lazy. To say “it was like this, it was like that” is a form of royal laziness. This royal laziness and carelessness creates a weakness in your intense effort; so pay attention and transform this nature.*

Let us understand the value of time and use every moment of this auspicious diamond-like Confluence Age in self-progress and service of others, thereby glorifying our Supreme Father, Supreme Teacher and Supreme Preceptor. This rewarding experience would make us, God’s heir-apparent children, worthy of claiming the double-crown of the Golden Age.

### **INSPIRING YOUTH FOR A BETTER WORLD**

We see a wave of different youth activities following the newspaper reports covering Rahul Gandhi’s visits to different parts of India, and his interactions with youth to find solutions to present day problems. Former President of India, Dr APJ Abdul Kalam, had also interacted with youth throughout his tenure as President, and continues to do so after retirement. These dynamic personalities and many others feel the need to awaken youth since they are the hope

for tomorrow and catalysts for a better world.

Similarly, the Youth Wing of Rajyoga Education & Research Foundation has been interacting with thousands of young persons throughout India, especially over the last 3 years through the ‘*Touch the Light*’ project for school-children under the umbrella theme of Youth Empowerment Services.

More recently, few BK youth representatives from our overseas centres participated in the **7<sup>th</sup> Commonwealth Youth Forum** held in Trinidad, from 21-28 November 2009. A brief report by the BK youth of this very important event is reproduced below for the information and benefit of our readers:

### **BK Participation at the 7<sup>th</sup> Commonwealth Youth Forum (CYF) Background to the Forum**

The Youth Forum was organised jointly by the Commonwealth Youth Exchange and the Commonwealth Youth Programme. The primary aim of this forum was to bring young political representatives and young leaders from all over the world together, to voice their opinions on critical issues faced within their respective

countries. As a result, a statement of recommendations to the Heads of States is created that will be considered for further policy-making within the countries. This statement of recommendations is called a *communiqué*. These discussions involved roughly 200 International youth leaders and delegates representing governments from across the Commonwealth, and 150 local representatives. The Theme of the conference was “Invest in youth and Sustain the World”. In light of this theme four main areas were chosen as sub-themes:

- ⇒ **Youth Involvement in Decision-making** (Youth involvement in governance and decision-making; Empowering and engaging young people; Best practices for youth engagement)
- ⇒ **Economic Growth: Building Sustainable Livelihoods** (Impact of economic crisis on youth; finding opportunities in crisis; Coming through the crisis – next steps)
- ⇒ **Peace Building** (Curbing the Crime: solutions to gang violence and youth crime; Responses to Youth in trafficking, kidnapping and armed violence; Best practices in respect and

understanding.)

⇒ **Climate Change** (Climate change and its impact on youth; Finding opportunities through employment in the green economy; New and creative ideas for dealing with climate change.)

Amongst only half a dozen NGO's present, the BK's had the largest delegation of 6 members (others being limited to only 2) – all from Commonwealth countries. Sis. Sanisha (South Africa), Sis. Kim (Australia), Bro. Oliver (Canada) and Sis. Gaby (UK) were invited as youth representatives, whilst Sis. Gopi (India) was invited as a special facilitator and Bro. Doug (UK) an observer. Sis. Usha, who is a member of the National Youth Council for Trinidad was also part of the local planning team contributing towards the event.

Each of the BK representatives joined one of the 4 groups. Contribution by BKs was not from a political stance but the intention was to offer suggestions and support on inner development and empowerment. The greatest tangible impact was a significant contribution to the communiqué suggesting that peace building be achieved through increased self-awareness and empowerment. Bro. Oliver and Sis. Kim in particular were selected as part of a team of 'rapporteurs' who were directly involved in the initial drafting phases of the communiqué to be presented to Heads of State.

The BK participants featured many times in the press. Sis. Gopi, who had been leading the facilitation for the Peace Building themes, featured in the national newspaper sharing insights into the dialogue process and the need to begin with inner peace and self respect as a pre-requisite to creating sustainable solutions for violent behaviours amongst youth. Each one of us also had the opportunity to be interviewed at different times by different National and International TV and radio, including the BBC.

The CYF 7 ended on Friday 27<sup>th</sup> November, just as the Heads of Government conference began. Several youth delegates were selected to present the communiqué to the Heads of Government on Friday, and the Queen on Saturday over lunch. A copy of the communiqué can be found at the following link: <http://www.thecommonwealth.org/document/216790/youthcommuniqué.htm>

– **B.K. Nirwair**

## **AUSTRALIA**

### **Revered Dadi Janki at Parliament of World Religions at Melbourne**

Having been one of Keepers of Wisdom at the UN Earth Summit and Habitat II, Revered Dadi Jankiji was invited to participate in the Parliament of World Religions being held at Melbourne, Australia from 3-9 December 2009.

First held in Chicago in 1893, the Parliament of the World's Religions brings together the world's religious and spiritual communities, their leaders and their followers to a gathering where peace, diversity and sustainability are discussed and explored in the context of interreligious understanding and cooperation. Since 1993, a Parliament of the World's Religions has convened every five years in a major international city (Chicago 1993, Cape Town 1999, Barcelona 2004). This year, it convened in Melbourne, Australia from 3<sup>rd</sup> - 9<sup>th</sup> December, 2009. The Parliament ran for seven days with approximately 450 events including keynote addresses, seminars, conferences, debates, performances, concerts and exhibitions.

As the world's largest interreligious gathering, the Parliament will

◆ Convene religious and civil leaders and people of faith, spirit and goodwill from at least or more  
(Contd. on page no. 32)

# SIMPLICITY, HUMILITY AND GOD-REALISATION

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– B.K. Surendran, Bangalore.

Life is natural. But in the name of bringing in newness and modernity, the natural life is made unnatural. When we start living unnaturally, all the ills and perils are experienced. As the life gets complicated, there will be lot of unprecedented unfavourable implications. In order to come out of the complications and implications, we start searching for solutions which are also equally harmful and have multifaceted side effects. When we solve one problem, there will be many more waiting to be solved. For example, when we tell a lie, we have to tell many more to cover it up. In the name of modernisation and status-consciousness, many people resort to wrong food habits. Eating fast food and baked food has upset our otherwise sound health. The Government always speaks of prohibition in public while it issues licenses for liquor joints for boosting the revenue. The automobile has been in the service of humanity for nearly 100 years. Prior to this period, people used to walk

for hundreds of kilometres. The availability of automobiles in abundance has also created problems. There are traffic jams, accidents, smoke and sound pollutions which have made life miserable and unhealthy. The non-availability of automobile fuel has also further added to problems. People have come to depend on automobiles for even very short distances. The heart ailments, diabetes, cancer and AIDS are now becoming common. People were comparatively healthy and strong in the past. In spite of the high-tech multi-speciality healthcare centers, we are not able to create healthy individuals. As the health-care centers go high-tech and increase in number, we have innumerable unheard of high-pitch diseases for which no treatment is available. Our dress habits have also been modernised, which in many cases produce uneasiness. Mahatma Gandhi, Buddha, Swami Vivekananda and many other great men had simple food habits and simple dress code. We cannot drink natural water

from the source. We must either treat it or boil it and drink. We must have air-conditioned rooms to stay or the electric fan should work for 24 hours for us. We used to sleep on the floor on a grass mat when we would get sound sleep. Now people must have a cot with a foam mattress where some of them should buy a sleep. In the name of IT and BT we have converted night into day and day into night upsetting our pathological system, consequently life has become unnatural.

## **Natural life is simple and humble**

When we start interfering with the nature, the nature also starts working against us. In the name of efficiency, achievement and earning more and more to become rich and comfortable, we do not have time to eat, sleep, to enjoy and to love. We are spending our life in buses, trains, planes, in meetings and offices. All our problems, ailments and complications arise when we forget that life is simple. Simplicity is seen to be systematic and methodical. Everything in the nature operates systematically. The Sun rises and sets as per time schedule. The time moves on its path without waiting for anybody. The earth revolves

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round itself. The seeds sprout; grow into a plant, flower and bear fruit as per seasons. The season changes automatically. Very simple are the activities of the nature and therefore, the nature is the friend, philosopher and guide of man. We have not come to this world to be the owner of this world. We have come here to be one among the creatures of this world to be in harmony with them and also with the nature. Our greatness lies in upholding the simplicity of life in the midst of various attractions and forces, which pull us into complexities. Be detached to be simple. It is by living with nature in natural environment that one can enjoy a natural life of equanimity. Being simple means being humble, mouldable and adjustable. Simple and humble people face problems with tolerance and perseverance and solve them with ease. Therefore, simplicity and humility in combination create spirituality.

### **Virtuous life is simple and humble**

Values in life, which are rooted in the core of the self, are virtues of unique quality such as purity, peace, love, happiness, bliss etc. Simplicity is freedom. On the other hand, we have ample experience that

when we are influenced by vices such as lust, anger, greed, attachment, ego, jealousy and sloth, our life becomes very complex and our peace, happiness and solace fly away without our knowledge. Simplicity and humility ensure free mobility in all spheres of life. Where there is anxiety there is burden and where there is easiness we feel freedom. It is said that silence is the simplicity of speech, modesty is the simplicity of success, contentment is the simplicity of pursuit, serenity is the simplicity of mind and humility is the simplicity of conduct. Sweetness of life, peacefulness of life and beauty of life is simplicity. Simplicity is divinity. Humility is simplicity in action, sweet and serene. Simplicity is beautiful. Children are simple and we are attracted to them. Enlightened innocence is simplicity, while humility is being knowledgeable. Let us allot specific place for each and everything at our dwelling place so that we will not waste our time and energy searching for them when it is required. Let us keep our body and mind clean and healthy, and the dwelling place as neat and tidy as possible. Let us remove all those unwanted things and throw them away or give them away

to those who will have better use of it. Let us allot time for each and every activity for the day. Let us not rush through things and avoid hurry, worry and hurry in life. Let us create different compartments in our mind. When we do one thing, let us close the other compartments. When we take food, let us not think of office or business affairs or other things. One thing at a time should be our life's motto. Simplicity and humility have the following advantages.

1. One who is simple and humble is able to easily tolerate and accommodate divergent views without disturbing oneself.
2. He is able to be cooperative with one and all in a natural way.
3. He is liked and loved by one and all.
4. He is able to face situations without disturbing himself.
5. He is able to avoid waste thoughts and generate powerful thoughts.
6. As much as one is simple and humble, so much is he clean and clear.
7. Simple and humble person is truthful, flexible and honest.
8. He is able to mould, fold and be gold in all situations.
9. He is able to apply brake to

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- his thoughts and turn the thoughts to peaceful and solace generating thoughts.
10. He is able to uphold his value for others to understand and value his greatness
  11. He will not avoid anybody to create his own space and stage, but while being with everybody he will be able to be what he is and be in his own stage.
  12. He behaves in a matured and majestic manner, and so enjoys his freedom.

### **God realisation**

God realisation with this background is as simple as that. Over the years, God realisation has been projected to be and proclaimed very complex and is beyond the reach of common man. Many seekers of God had left on the way and proclaimed that it was impossible to find God. In fact, at that time the realisation of self or God was not necessary. Just because there were worries and miseries, many people resorted to search for God for salvation or *mukti* or *moksha* and so on. But, man and God are closely related. That is the reason why God is remembered when there is a hurdle in life, when there is a problem in life, when there is worry and misery in life, when there is insecurity in life and so on. God, who is the father-

mother of humanity, is the nearest and dearest of mankind. Therefore, God on His own presents Himself before us and introduces Himself, alongwith a series of other revelations hitherto unknown to humanity. But, it has a specific time in the drama of life. Over the years we had resorted to spiritual efforts of *japa, tapa, vrata*, and a series of other paraphernalia of worship to realise God. But God says that nobody can find Him and experience His presence through these means nor anybody can meet Him. Our age-old peregrinations, mind bogging and brain storming exercises with the Sanskrit *slokas* in the scriptures, and self imposed hardships of our bodies do not help us to meet God. He says that we should forget everything that we have learnt so far, become free and be simple and humble so as to listen to Him unconditionally and understand His personality. He re-incarnates to introduce Himself. Since He is incorporeal point of light, His presence can be experienced through soul-consciousness. *'I am a soul and not the body' and that the body is my vehicle or instrument or my dress'* is soul-consciousness. When we understand and practise this truth of soul-consciousness, our life becomes very simple and free.

*'The moment I am convinced that I am a soul, the remembrance of God will come to pass naturally. No other thought will come to my mind except that of God.'* God descends in the body of an ordinary human being and relates Himself in a common place manner revealing His own identity is again a very simple natural event. When we think of God, His presence can be felt and experienced. We will start living with God. Our possessive nature, our thirst for power, posts and positions, money and materials sublimate and convert into good wishes and blessings for one and all. The nature of the mind is to remember, think and visualise. It is quite natural and simple. When we start thinking of the creating loveful feelings towards Him, visualise His self-effulgent light form, a similar response is felt and experienced. God realisation is a very easy and simple event. But, in this world, and for life, everything has a season and the season of realising God is now and now alone i.e. the Confluence Age, at the end of Iron Age and beginning of Golden Age. At this time, anyone and everyone can realise God, experience His presence, understand the personality of God, live with God and enjoy the sustenance of God. ■



# ANIMOSITY AND JEALOUSY IMPAIR JUDGMENT

–B.K. Khem Jokhoo, Trinidad, West Indies

BK Khem Jokhoo is a physicist/engineer by profession. During the last 16 years, he has done extensive studies in moral values and spirituality, as a student and teacher of Yoga and Meditation. He also conducts courses on Positive Thinking, Stress-Free Living and Self-Management Leadership. – Editor

**H**ate, animosity and jealousy are children of anger. Anger, one of the five vices and man's worst enemy, is also a part of the seven deadly sins. In a worldly manner, anger is defined as a strong feeling of displeasure or hostility. In spirituality, anger is the occurrence of dissatisfaction and discontentment within the self when expectations are not fulfilled. Anger manifests itself either in gross or subtle forms and seldom operates alone. It gets automatic support from the other four main vices of lust, greed, attachment and ego. It is said that hate is like an acid, which does more damage to the vessel in which it is stored than the object on which it is poured.

## **The Source of Good Judgement and Decisions**

To fully understand the impact of anger on one's judgment or good decision-

making, it is important to know that the intellect is the seat of the power of discrimination. **The Intellect** is the faculty of the soul used to assess thoughts. This is the faculty of understanding, judgment and decision-making. When the intellect is pure and clean, clear understanding and realisation of knowledge become natural and the best decisions are then made. It is the intellect that remembers, discriminates, judges and exercises its strength in the form of **'Will Power' and 'Determination'**. In the intellect, resides the power to **reason** and it is the seat of your **conscience**. The conscience is the last arbiter to remind you that what you are contemplating or about to do is right or wrong and it is your personal spiritual guardian angel of protection.

## **The Spirituality of Impaired Judgment**

When one's intellect is affected by the virus of vices

such as hate or jealousy, the reasoning powers of the intellect begins to decrease. **When anger reaches the point of red-hot and the face gets copper red, then the intellect's power of discrimination becomes 'comatose' and the conscience goes into 'hibernation'.** At this point, a person temporarily loses the power to reason right from wrong, becomes completely out of control and can commit the most heinous crime even to close and loved ones. Some medical practitioners refer to this stage of anger as the 'Split-Personality'. In unbridled language, such a person is 'possessed' and 'consumed' by the evil spirits of anger as well as the ego or arrogance. The animal instinct takes over and, thus, the origin of the saying, 'like a bull in a china shop'. This is the most dangerous stage to reach as you are a walking time-

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bomb simply waiting to explode.

### **Subservience and Hate are Infectious**

Many become subservient by relinquishing their rights and responsibilities for the trappings of the office, a handout or a favour while remaining indebted at the end of a leash barking with canine ferocity to please and worship their master. They become inebriated with power and vanity, become arrogant and angered when reminded “Satan will give to mankind **all** manner of **riches** to prevent him to be spiritual **What do you gain** by it if you gather every treasure upon earth and **lose your soul**”?

On the other hand, those who are recipient of the venom of words or body language are also infected and become similar in personality and character. Hate and animosity are contagious and infectious and a thousand times more deadly than the virus in season. This is well documented in the scriptural injunctions as in Gita c2v63, “From anger comes infatuation; from infatuation comes confusion of memory; from confusion of memory comes loss of reason and from loss of reason one goes to complete ruin”.

### **Become Merciful and not Judgmental**

It is puerile to point fingers or giggle in glee at those who have lost their self-control as every man, woman and child, are in one way or the other already infected by these vices of anger, greed, ego, lust and attachment. Each of these vices renders the intellect comatose with loss of reason; it is only the process that differs slightly. **For example, when one develops the habit of attachment and possessiveness it causes sorrow to the self, whereas, when one has the attitude of arrogance, this induces sorrow to others.** Leaders around the world showcase themselves while their citizens remain in poverty without basic amenities and it is all because of the ego or arrogance.

### **The Only Solution**

The only solution to the illness caused by the vices is spirituality. It is to retreat in silence with a heart full of love, mercy and forgiveness; however, if you stay in silence with revenge in mind, you will explode with venom at the wrong time and in the wrong situation end expose your vulnerability. This is well documented as it is said, “When slapped on one cheek, turn the other”. This simply means that you should have mercy, compassion and forgiveness and bless those even when you are being abused, debased or insulted. It is to ‘live and let live’, ‘give and forgive’ and ‘get and forget’. ■

## **BLISS OF RAJYOGA**

– BK Durga Joshi,  
Kolkata Museum

When our lives become  
hell,  
We need peace to charge  
them.  
When there are vices and  
violence,  
We need brotherhood to  
destroy them.  
When there are darkness  
and chaos all around,  
We need light of knowledge  
to remove them.  
When there are unhealthy  
relationships,  
We need love to get along  
with them.  
When there are anger and  
enmity,  
We need humanity and  
fraternity to replace them.  
When there are destruction  
and poverty,  
We need bliss and  
kindness to remove and  
rebuild them.  
Shiv Baba's love is  
something very unique,  
No one can describe it.  
It makes you feel heaven  
on earth,  
Rajyoga is the only  
medium –  
So, dear friends, practise it  
and apply it.

## RETHINK YOUR MINDSET

For the most part—our mindset towards ourselves, others and life is the product of attitudes, perceptions, habits and beliefs. It shapes the way we think, feel and act. To get different results in life, we have to rethink our thinking. This is not just a matter of positive thinking; it's about reconnecting to your well-being. We then recapture our vitality and resilience and have greater capacity to change the way we think. Turn your mind within and touch your inner stillness. In stillness, there's clarity. When there's clarity, you know how to think differently. You also know what it is that you have to do. **Approach challenges with inner strength.** How do you deal with the challenges and problems in your life? Do you have the habit of making a mountain out of a molehill? Have faith that everything will be OK... Things will come up, and so say to your mind: 'just sit still'. Often we don't understand the scenes that unfold in front of us. Keep faith that life will give its' explanation in time. Accept people. Accept situations. Tell your mind: just 'wait and see'. Problems are

simply an opportunity to gain more experience. Keep an attitude of learning. Before going to bed, look back at your day and if any mistakes have been made, check: What have I learnt from today? Don't carry anything (in your mind and heart) into your sleep. Here's secret: stay light inside, very light. Don't worry about anything.

**Dadi Janki says,** "Throughout my life with the Brahma Kumaris, I've played many roles and performed many tasks. Whenever I've experienced any self-doubt and not felt confident about my capacity, I've remembered my mentor's words, 'If you're given a task, that means you're also given the power to fulfil it.'

Trust yourself. But watch out for the ego. Ego is so subtle, it's like the game of snakes and ladders. A little recognition or acknowledgement can get you on a high. And then a little insult can really upset you. You can climb up high and then fall into the mouth of ego. Let go of ego and discover your self-worth.

### **Are you busy or are you productive?**

I'm 93 and I'm certainly not going to retire. If I retire, I'll get

tired. I don't want a life that feels like a burden because there's too much to do, and there's no time to simply be and smile. Am I busy? Well, when one task is finished and another comes in front of me – that's good isn't it?"

Work for money and you will count your hours and your salary. Work for love and you'll be able to work 16 hours a day; be happy and feel more energised.

### **Reconnect to Rethink**

Discern the quality of your thoughts: this is a weak thought; this is a waste thought; this one is positive and this one is elevated. Weak and negative thoughts hold you back. Four words create disturbance in the mind: What? Why? How? When? Change the negative into positive. What we think about, we bring about! So, be sure to choose where you invest your thoughts and attention. Every now and then, maybe as you eat or drink, take a moment... turn off your phones... step back... check your thinking... become quiet, centred and connect with your inner calm.

Then rethink. **Remind yourself:** 'Om Shanti' - which means, 'I am a peaceful soul'. The experience of inner stillness ends irritability of both mind and body. Peace is

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like glue that puts back together all the broken pieces that make us peaceless.

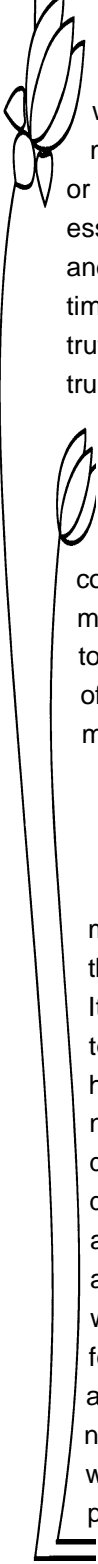
### **My Gift and thoughts for you**

When we walk, our two feet are not tied to each other; they're separate but they still give each other support. In the same way, we need to support each other, but not be dependent. Care for the world and send thoughts of happiness and peace into the world. Give the world the support of your good wishes. Dadi further adds, "Whenever I sit on the plane, I sit in silence, contemplating on how I have experienced such peace, happiness and enlightenment because God Himself is my companion.

And when I meet someone, I want to share with him the gifts of knowledge, peace, love and power. Serve through your face. Simply smile; when you smile, the other person smiles back." Dadi is known as one of the world's wisest women. She refuses to set limits and boundaries as to what is achievable, and in so doing, inspires others to believe that they too can make the impossible, possible.

**Source:** BRAHMA KUMARI World Spiritual University (UK), [www.innerspace.org.uk](http://www.innerspace.org.uk)

## **DEALING WITH LOSS**



When there is dependency, the loss of that upon which I was dependent causes sorrow. There is a sense of something missing when I am separated from the person, possession or position I have lost. To overcome this sense of loss, it is essential to understand that my body, relationships, wealth and the world are not constant – they are changing all the time. I may think that a person belongs to me alone, but the truth is that they are connected with many others. No one is truly ever mine. When relationships are based on true love and spirituality, that is, a soul to soul connection, there is no sorrow. Even when the time comes for a loved one to move on, what can help me deal with the loss is the awareness that what we have shared is with me even now and that our connection is an eternal one. It is vital to realise that even now my thoughts and feelings still reach them. Therefore, if I choose to have good wishes and pure feelings, as opposed to feelings of sorrow, this will help them on their onward journey. It will be my gift to them.

## **DUTY, RESPONSIBILITY AND CARING FOR OTHERS**

When a human being or even an animal is suffering, it is my duty to send them such good wishes and thoughts that they are helped to go beyond their feelings of pain and sorrow. It is my responsibility to remove their sorrow, if I can; but not to become sorrowful myself. If I do, I become weak and hopeless and will not be able to give strength to those in need. Where there is relationship, I don't say my duty is done and it is time to go home. Relationship extends beyond duty and responsibility; it is a matter of giving love, care and attention. For example, in the relationship between mother and child, the mother is not concerned about herself. She will even forget if she has an illness and will simply be caring for the child. Some have a careless nature and don't care about anyone. They are only concerned about their own selfish needs. But let me remain carefree whilst being caring. If I worry or become anxious, I can neither help nor care for others properly.

# EXPERIENCING GOD'S POWERS

– Prof. B. K. Banshidhar Sahu,  
*Krupajal Engineering College, Bhubaneswar*

**B**hubaneswar literally means God of the World. The city has many temples for which it is called “City of Temples”. Among these, famous are Lingraj temple, Rajarani temple, and Kapileshwar temple and others, most of which are related to the name of God. Bhubaneswar is the capital of Orissa and it is situated 60 km. away from the coast of the Bay of Bengal. Surely, 4 to 5 low depressions occur in the Bay of Bengal throughout the year causing abundant incessant rain in the coastal districts of Orissa and large areas are submerged in flood; roads are disrupted and common people face lot of hardships and difficulties during these periods.

In the month of April, it was decided in the meeting held at Mount Abu that “the Global Festival for receiving God’s Power and Blessing” should be held at the same time in various state capitals of India on 3<sup>rd</sup> and 4<sup>th</sup> October, 2009. As Bhubaneswar is the state capital, it was decided to

organise this festival on 3<sup>rd</sup> October, 2009. So a core committee was constituted and work was started in full swing. Printing of festival materials such as brochures, pamphlet, posters and hoardings were completed. The hoardings at different places including electrical poles gave the city a beautiful look. Invitation cards were printed and distributed throughout the city through our brothers and sisters. Work continued on war footing because God Father Shiv Baba has given the last chance to the brothers and sisters of Bhubaneswar to give messages to every person of the city including poor and rich, irrespective of whether one lived in a hut or big palatial building. The atmosphere was charged with joy and enthusiasm. Wherever they went to distribute the cards, they got an enthusiastic support even from state and central Govt. employees and private organisations. Everyone was waiting for this great chance to be a part of this festival.

But on 28<sup>th</sup> September, 2009, the low depression was created in the Bay of Bengal and incessant rain poured on in the whole state of Orissa including Bhubaneswar and its sub-urban areas. Lower areas were submerged in rain water. The Meteorological Department of the Central Government cautioned that the rain might continue for more than 36 hours. On 2<sup>nd</sup> and 3<sup>rd</sup> October, 2009, this warning was extended to next day. In all the service centres, meditation continued constantly every day. The exhibition ground where the Global Festival was to be organised saw the layers of rain water. But all brothers and sisters, including senior sisters, sat for special meditation in the evening in addition to meditation in the morning hoping that Global Festival must be organised successfully.

On 1<sup>st</sup> October, 2009, the intensity of rain became severe; it was very difficult even to go outside. On the 2<sup>nd</sup> October, 2009, the intensity of rain and frequency became less. On this day, the ground staff and tent houses went to the field to erect the stage and barricades. The barricade was essential as the Governor of Orissa was to be the Chief Guest of that evening. Till 10 p.m. of 2<sup>nd</sup> October, 2009, the skeleton of the stage

was in progress, but all brothers and sisters were in full force to complete the stage and barricade even though it was again raining heavily.

On 3<sup>rd</sup> October, 2009, there was intermittent rain up to 4.30 p.m. Decoration and sitting arrangement and making barricade were done with vigour and enthusiasm. By 5.15 p.m., the field which has the capacity of more than one lakh people was completely filled with visitors. There was not a single vacant place left. It is the wonder of Shiv Baba that not a single drop of rain had fallen on the ground from 5 p.m. to 10 p.m. on that day. The dignitaries who were present on the dais as well as in the pandal were surprised that not a single drop of rain fell during the time of celebrations. The dignitaries including, H.E. Murlidhar Chanderkant Bhandare, Governor of Orissa, Dr. Onkar Nath Mohanty, Vice Chancellor of Biju Pattnaik University of Technology, Dr. Achut Samant, Chancellor of KIIT University, and a large number of VIPs from various fields enjoyed the festival. Mr. Bhandare said that he was really surprised that there was not a single drop of rain. Dr. Achut Samant said while coming to attend the festival he had thought that if there was no rain during the function hours, he would believe that this was the power of God. Dr. Onkar Mohanty told that he was really overwhelmed to see the power of God and only God could control the angry nature.

The spectators were spellbound to see the beauty of the full moon in the sky and also eloquent and sweet spiritual environment that showered on them by beloved Didi Dr. Nirmla and Didi Vedanti who had arrived from Australia and South Africa respectively.

On that particular day, weather report was that heavy rain may continue for another 24 hours in Orissa and adjoining coastal areas of Andhra and Bengal.

When the festival was successfully completed at 10 p.m. on 3-10-2009, the drops of tears rolled from my eyes thanking Supreme Soul God Father Shiv Baba for His love and kindness for His children. ■

## HEALING THE SELF

Most people are aware that pain and sorrow have an impact on both body and mind. To heal the self, it is vital to realise that sorrow may contribute to the manifestation of pain in different parts of the body. When sorrow is removed, the pain in the body can decrease or even disappear. Doctors search for the cause of illness and use medicine to take away the pain of the body, but what is the medicine that takes away the sorrow of the heart and mind? There is no need to find the cause or go into an analysis of such sorrow. Stillness can provide a powerful antidote: going into silence inside, so that useless thoughts end. For this, I need to stop looking at others, and find out who I am internally. To think 'I am peaceful' is a comfort to my heart and mind, and allows inner peace to develop. As I consciously change the quality of my thoughts and ensure they are peaceful and positive, my mind becomes strong. Then, my heart becomes happy and is able to create good feelings. These positive thoughts and feelings generate a kind of power inside. As this power accumulates within, it helps remove the sorrow of the heart and mind. It is this power that heals the self.

# SPIRITUAL ANSWERS TO DAILY QUESTIONS

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For 72 years now, the Brahma Kumaris World Spiritual University has been pioneering a unique approach to spiritual knowledge and understanding. Having grown steadily from small beginnings, it is now a global network dedicated to the service of humanity. At its heart, the university believes we should endeavour to remain peaceful and positive at all times, even in the most adverse situations.

## **The teachings show people exactly how this can be done**

The organisation began in 1937 when a well known diamond merchant, who was later known affectionately as Brahma Baba, inspired a small group of spiritual seekers to join him in a 14-year period of secluded reflection. Together, they learned how to bring divine qualities into their hearts, actions and relationships.

Brahma Baba left his mortal coil on 18th January 1969, but his vision and example continue to guide and inspire. Some of the founding members, now known as Dadis (meaning elder sisters) are still with us today,

continuing to serve with their wisdom, peace and purity.

Many people believe that lasting peace is an impossible dream, yet the vivid example of the Dadis shows otherwise. They demonstrate by the way they live that people have the capacity to go beyond whatever divides or disturbs them into an experience of the inner being and a deeper level of reality in which conflict or tension is unthinkable.

This peace becomes a real power and is the basis of bringing about lasting change. It fills us with mercy and compassion, qualities for which the world is crying out at this time. When we become imbued with this sense of peace, our worries, fears and sorrows recede and life can become more purposeful and enjoyable than we might ever have thought possible.

## **What do you mean when you say we have a “spiritual” identity?**

As human beings, we are more than just our bodies and brains. There is also an inner self, the inner being or soul, that forms the core of who we are.

The soul is the reservoir of pure deepest self and impulses; it sets the tone of our personality, thoughts, feelings and beliefs.

## **What is the soul made of?**

Non-physical and distinct from the body, the soul is a source of spiritual light. Qualities naturally found in the soul are peace, love, happiness and wisdom.

## **Where do these qualities come from?**

Ultimately, from God, the Mother and Father of all souls. All human beings have these qualities as part of their natural inheritance as children of God. However, while some find that such qualities are expressed effortlessly; others sometimes feel weighed down by worries, anxieties or fears that cloud or overwhelm their inherent spirituality.

## **Isn't it natural to feel negative about things sometimes?**

It may seem normal, or something that frequently happens, but a spiritual outlook teaches us that it is neither inevitable nor helpful. Nor is it something we inwardly desire. We are more at ease when we are in a positive frame of mind. Worry, fear, guilt, anger and depression usually drain us of strength, distort judgment and prevent us from fulfilling our potential.

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**If that is the case, why do these feelings come?**

A lack of experience of the deeper qualities of the soul, and ingrained habits of thought, cause these feelings to arise. When we accept negativity as normal, this then reinforces and perpetuates the pattern. How can the Brahma Kumaris help?

The university's teachings remind us that there is positivity and strength deep within us. By remembering this, and keeping it in our awareness, we can regain our peace of mind and the joy of life. The BK philosophy offers a spiritual perspective that helps us to place events in a wider context and better understand why things happen as they do. When we see the bigger picture and the role that spirituality plays, it becomes easier to develop a more constructive approach to life. The practice of meditation is also very helpful, both as a source of serenity and as a means to develop the inner power with which to conquer negative tendencies.

**How can I develop the power to change?**

The type of meditation that the university teaches is called Rajyoga. As a practice, it helps us develop a deeper understanding of the inner self and greater awareness of the soul and its qualities. This consciousness strengthens our

relationship and connection with God, the one Supreme Soul. Literally, Rajayoga means "royal union" and it refers both to this highest relationship and to the self-mastery that it brings. Both of these make change possible.

**Who is God?**

Unlike us, God is a bodiless spiritual being. Human beings differ from God in that we are both spiritual and bodily beings who go through the human experiences of the birth and death of the body, happiness and sorrow, confusion and understanding. Both God (the One Supreme Soul) and we (human souls) have peace, love and understanding as innate aspects of our being, but whereas our human nature changes, in God these qualities are constant, unchanging and unlimited.

**How can I get to know God better?**

It helps if we can develop a more spiritual frame of mind. We can think of God as a living Seed, a Being of light and the Source of the highest qualities in life. When we remember God with love and understanding, a current of truth enters us, like an inheritance of spiritual wealth, which restores our own highest nature and course of life. As we feel this, we can recognise God's presence in our lives; this then becomes the

basis of a loving relationship that we can build on and experience wherever we are and whatever we are doing throughout the day.

**What was the role of the university's founder?**

In 1936, at the age of 60, Brahma Baba received a vision of the whole of history as a great wheel of time. He saw human souls as the main actors, and present-day suffering as a consequence of us having lost sight of ourselves as spiritual beings. He came to understand that by coming adrift from our spiritual moorings and mistakenly identifying with our bodies, we had started placing ever-greater emphasis on all things material and so opened the doorway to realms of selfishness, fear and negativity. The visions he experienced showed him that by reminding ourselves of our spiritual origin – that we are eternal souls and belong to God – we could be freed of this burden and reclaim the beauty of life. He then saw that it was his role to pass this message into others, primarily through the example of his own life.

**What does "Brahma Kumaris" mean?**

It means "daughters of Brahma". In the wake of his visions, Brahma Baba, a rich businessman, gave his wealth to a small group of young women



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who formed a trust to administer the new movement. Today, the surviving Dadis (as these women came to be known) are still leading a lifestyle revolution involving hundreds of thousands of people, men and women alike, of all cultures, religions, occupations and social background. Millions more benefit from the many courses and educational programmes offered by the Brahma Kumaris worldwide.

### **Is the Brahma Kumaris a religion?**

We usually describe ourselves as a “world spiritual university” as this reflects the founder’s vision of the world as being one; and of a movement of leaders that would serve the whole world, transcending the idea of particular groupings within it. Studying, inculcating and sharing spiritual knowledge and experience, which lie at the heart of religion but are not confined to it, are central to our life and work.

### **There are many spiritual and religious traditions so what is distinctive about your teachings?**

We draw clear distinctions between human souls, God the Supreme Soul, and the material world. Thus, while people may experience God’s presence no matter where they are, we understand that God is a

separate and unique Being and not omnipresent. We believe that God’s renewing love can be experienced so powerfully that it enables each one of us to come to know our own original perfection, as a child of God. Each soul begins its human journey with the awareness of itself as a spiritual being. It then gradually loses that awareness, sometimes over the course of many lifetimes, as it becomes absorbed by the material aspects of existence. But our teachings tell us that we have now entered a unique period of history in which God brings about a renaissance in consciousness, enabling us to be at peace with ourselves, living happily with others and in harmony with the world around us. This era of change culminates in global as well as personal renewal, bringing a fresh start for humanity.

### **Why does God allow us to suffer?**

The eternal drama of life on earth contains an enormous amount of beauty and happiness. But through a gradual decline in spiritual understanding, humanity has also become prey to selfishness, greed, anger, hatred and the like. It is this that causes us to suffer. God brings that suffering to an end by reviving a deeper understanding and showing us

how, if we choose to do so, we can return to our spiritual origin and restore a state of truth in ourselves.

### **What does God want us to do?**

God invites us to forge a strong relationship with Him, as our spiritual Mother and Father, so that we may draw on the love, wisdom and might of the Supreme and disarm negative or harmful patterns of thinking and behaving. While continuing to meet responsibilities in the home and workplace, God wants us to change ourselves, to let go of accumulated negativity of the past. As we practise staying in the awareness of the highest attributes of the soul, and keeping God in our hearts and consciousness, we are better able to fulfil our inner needs and restore purpose and meaning to life; we then automatically share what we have gained with those around us.

### **How is your work funded?**

All our work is carried out and our centers are run, thanks to voluntary contributions, both financial and in kind. No charges are made for any of our courses, programmes, projects or events. Teachers and regular students offer their services free of charge for the benefit of the community. ■

# MEDITATION FOR SELF REALISATION

– BK Virendra, ORC, Delhi

Nowadays meditation seems to have been approved even by the modernists to fulfil a variety of purposes. Meditation recognises no distinction of religion, gender, age, caste, language etc. Meditation provides us a true recognition of the self on the experiential level, an acknowledgement of our true potential and ability to dwell on the landscape of mind. Religion and spirituality both refer to higher and unseen divine power and strength. Emotions and values also get connected with it. Development of spirituality is inherently connected with meditation. Meditation does not preclude or deny any religious or professional practices. Meditation is a lifelong process that is based on self-awareness, self-experience and self-realisation.

In the spiritual paradigm, our ability to be creative begins at the canvas of mind. We can create beautiful panorama of our own life with the help of colourful paints and brush-strokes of thoughts and feelings. Tranquillity arises naturally from the alert state of peaceful being that is central to meditation. In

this state, the one who meditates is in the role of an observer, conscious of whatever arises in the mind, but at the same time being detached from it.

Being soul-conscious is to be filled with profound experiences and opportunities of the divine while any aberration in our life would lead to inconsistency with the self. Meditative steps are very closer and easier to ride on higher consciousness and sustain soul-consciousness. Meditation is realisation as to who we are and why we are here. Be patient, do everything as a detached observer and be positive with the result. This is what meditation aims to lead you to. As the time passes, you will experience mindfulness like a basket of gifts packed with many amazing insights.

The main purpose of Rajyoga is to explore and understand the correct use of unlimited mind and to rewrite our script to highlight what we want. Our aim is to put aside the false identity, be natural and transcend the material world with awareness of the spiritual attributes. Hence spirituality is a life long process – an unending process of being rather than doing or cramming.

Meditation allows us to look into the still water of our own consciousness while at the same time staying focused on the outer task. We can stand back with our conscious mind at the point where we started the journey with the awareness of our destination to achieve. It is meditation that makes the spiritual awareness possible and helps to awaken the self. Spiritual growth is actually a process of learning to become the rulers, which is measured by the mastery on our thoughts, feelings, decisions and perceptions. Hence, what is important for us as human beings is to refine our conscience and be able to control and not eliminate the thought process.

Life on this planet of earth is in a way the interplay of soul, God and matter. Soul and matter essentially become polluted after losing their respective purity. Soul lost its purity gradually by descending from the Golden to Silver to Copper to Iron Age (*Satyuga, Treta, Dwapur and Kaliyuga*). Thus, soul became dependent and a slave of the matter. This interplay of the soul and matter is deeply rooted and recorded into *Sanskars* of the soul. Here again, meditation not only establishes the supremacy of the soul over matter but also helps to cleanse it of all impurities and become divine, i.e., fit to transcend to the Golden Age once again. ■

# THOUGHTS TRAVEL

– B.K. Ramesh Rao, Thane, Mumbai

Today, because of extreme decay in the values and virtues in our lives, we are experiencing ‘Thought Pollution’. It is because of ‘Thought Pollution’, that we are facing lot of problems in our day-to-day life. That is why the present world is rightly called Hell. If our thoughts were pure, we would not have atmospheric pollution at all. Therefore, it is necessary to know about ‘thought’ which is the seed of our actions.

Thoughts, just like ripples produced by throwing stone in water, move in all directions from a common centre. The intensity of each thought lessens according to the distance traversed because of the friction caused by other thought waves that come in the path.

In order to know more about thoughts, one must be able to know the answers to the following questions:

1. What happens when a thought emerges from our mind?
2. Where does it go and at what speed? Does one have any control over it? Can one ensure that it reaches the

person for whom he intends it to reach?

## CAN THOUGHTS BE REPLICATED?

Have you observed a great thought at work? Take for instance, the laws of science, or the teachings of a saint, or education itself. How is it that these lessons, laws, experiments and philosophies that have been espoused long ago by gifted people have continued to be followed centuries later? It is because just like the sun rays, thoughts too move in all directions.

## STRONG THOUGHT VIBRATIONS

The thought waves have the property of reproducing themselves, like sound waves. Just a note of the violin will cause the thin glass to vibrate and ‘sing’, so will a strong thought tend to awaken similar vibrations in the minds attuned to receive it. Many of the ‘Stray Thoughts’ that come to us are vibrations of some strong thoughts sent out by someone somewhere. But unless our minds are attuned to receive them, the thoughts are not likely to affect us.

## KEYNOTES

Thoughts also set levels. That is why continuous thinking of lofty and noble thoughts makes our minds acquire certain keynotes that correspond to the character of the thoughts we have been thinking. And, this keynote once established, will enable us to catch the vibrations of other minds keyed to the same thought. Telepathy or Extra-sensory Perception deals with working with the power of thoughts. Telepathy forms one of the main branches of parapsychological research.

Supreme Soul, Incorporeal Shiva, through His *Murli* (Godly versions spoken by Him through the human medium of Prajapita Brahma), regulates the thoughts of His children towards positive way of thinking. All *Murli* Messages are positive, intended to regulate the methodical analysis of the thoughts coming up in mind. Practice of meditation and *satvik* food are pre-requisites for positive way of thinking. If we are careless in handling thoughts with understanding, negative thoughts knock again and again. Therefore, we must pay pointed attention to cultivate positive thoughts only. When mind loses the track, it should be brought on positive track, with sustained efforts. Mind must be free, clean and clear of negativities. ■



## A DIVINE EXPERIENCE IN NEPAL



– **BK Dr. Kalpana Sarma**, Jorhat, Assam

**I**t was in the month of June and July 09' that I had a wonderful spiritual experience in Pokhara, Nepal, where at each and every moment, I felt Incorporeal God Shiva's presence with me.

My younger son, Ankit was a final year student of MBBS course in Manipal Medical College in Pokhara. Pokhara, situated 200 km. away from Kathmandu, is a beautiful place of natural scenic beauty. I planned to stay for two months with my son during his final exams., to give him moral support. So, I told him to rent a house for two months so that he would feel homely. Manipal Medical College is situated at an area, named Phulbari and although my son tried his best, he could not find a vacant house there. I was in a dilemma. I had already made necessary preparations and adjustments for my two months' absence from home and hospital and had booked a ticket to Nepal. Without a proper accommodation, it would be fruitless to stay there because my purpose would not be

fulfilled. I was confused. Then Baba infused a positive thought in my mind. It can be assertively said that whatever happened henceforth in Pokhara, it was due to Baba's spiritual presence; I was only a mere observer. The thought was "Why don't you try B.K. Centre?" I followed my conscience and immediately made a call to the Pokhara B.K. Centre. One B.K. sister was on the line. I gave her my B.K. introduction and asked her if they could arrange a rented house in Phulbari for me for two months. The sister told me that they had also been trying to open a B.K. centre in that locality for the last 2-3 years, but could not succeed to get a proper house for it and it would be difficult for me to get a house there. But still she gave me a mobile number of a B.K. brother and asked me to contact him. Accordingly, I rang him up and told him my problem and asked him if he could help me in getting a house. He then asked me, to give him two days' time. I, accordingly, gave him two days' time. He also assured me that he would

do his best to help me. He rang me up the next day and told me that they had found a house for me.

On 30<sup>th</sup> May, I reached Pokhara. I saw the B.K. bro., clad in all white and wearing a B.K. badge, waiting with a taxi for me. He told me that Sis. Parinita, in-charge, west zone, Nepal, was waiting to meet me at the centre. He further told me that I would be taken to the centre and after that I could decide what to do. So the brother accompanied me to Pokhara's main Naya Bazar Centre. At the centre, Sister Parinita came and welcomed me with a divine smile. She seemed sincerely concerned about me. She asked me about my journey if it was comfortable one. And we had some little introductory talks about my family and profession. After having tea and snacks, I asked Sister Parnita if she could send a brother with me so that I could go to my rented house. But Baba's plan was different. He had arranged a two nights, three days free holiday gift package in Nepal for me. With a motherly love and guardianship tone, Sister Parinita asked me to stay at the centre so that I would have no problem regarding water and light at the house. Moreover, it was getting dark too. So, I decided to stay

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that night at the Centre. They provided me a beautiful three-bed guest room adjacent to Baba's room. At about 8 o'clock, Sister Parinita came and took me to the dining hall for dinner. I felt at home away from home. Sister Parinita in particular, was a symbol of love and dignity. Later, I was introduced to Sis. Shubha, in-charge of Naya Bazar centre, and many brothers and sisters of the centre. They were all very nice and devoted persons. I felt as if I knew them before.

After enjoying three most beautiful days at the Ashram, I came to my rented house at Phulbari. Then I had a firm thought that "In Assam in my native place Jorhat, I would be pre-occupied with my professional responsibilities. So, in these two months here, I would attend the 'Murli' class regularly without missing it." But there was a problem. The nearest centre from my house was Naya Bazar main centre which was three kms. away. The 'Murli' class held there started at 6-15 in the morning and the first bus from Phulbari left at 6-30. The first day I went by bus, but by the time I reached there, the 'Murli' class was almost over. But Baba had solved my problem this time also. There was a girl named

Shanti who lived next door to my house. She knew a shortcut to the centre. When I got this information, I went to her house. She did not know Hindi or English and I did not know Nepali. But luckily one of her brothers knew Hindi and with his help, I persuaded her to come to the centre with me. From the next day, we (Sis. Shanti and me) started from our house at about 5-30 a.m. on foot and reached the centre at 6 o'clock. Thanks to Sis. Shanti's shortcut, we could attend the 'Murli' class daily in time. There was a language problem—we could not communicate with each other. We were like two deaf and dumb persons as if two voiceless souls were moving. But we felt an inner pleasure and excitement and enjoyed very much while passing through Ramghat, Gandaki River with the distant view of divine beauty of snow-covered mountain, Annapurna and Kailash. During these two months, I heard various experiences of different B.K. brothers and sisters. But I was much impressed by the spiritual *Bhatti* conducted by B.K. Bro. Atam Prakash from Mt. Abu, Rajasthan, Sister Surendra from Banaras and Sister Parinita.

It was pre-decided that the house where I stayed, would be

Baba's Phulbari B.K. Centre. At the Ashram, everyone used to tell me that my son's exams was only an excuse; actually Baba had brought me to Pokhara to inaugurate this centre, i.e. He made me instrumental in the opening of the centre. After hearing this phrase several times from different B.K. brothers and sisters, I felt a spiritual intoxication. It would be Baba's centre, so everything should be the 'best'. I, therefore, decided to renovate the house. Ten days before I left for India, I had started distempering and painting of the house. I took sufficient time to decide the colour of the distemper and paints, because it should be the best and must accurate.

On 26<sup>th</sup> July, I returned to India, but before returning I decided to enlighten the people of my neighbourhood with Baba's introduction because I knew till then they had no knowledge about Baba. So two days before my return, Sis. Shanti and I invited some of my neighbours. Five brothers and sisters came from the main centre and we all together, with great reverence, placed Baba's photo at the altar and illuminated the place with Baba's red light casket. We then lit an earthen lamp which was placed in front

of the photo in Baba's room. With the help of Sis. Maya, landlord's daughter, we had decorated Baba's house with beautiful flowers. Then B.K. brothers and sisters from the main centre delivered speeches in Nepali. They enlightened the gathering about Baba's knowledge with intent concentration. I was also requested to share few lines about my sentiments and feelings for this new-born centre. I gave a speech in Hindi which was translated in Nepali by a B.K. brother. After this, we offered the guests refreshments prepared by B.K. sisters. Two days after the inauguration of the centre, I left for India. Farewell scene at the main centre as *Toli* and some very nice gifts. At the time of leaving the centre, I felt as if I had been separated from some of my very dear and close people. I told sister Parinita, "We are all brothers and sisters because we are the children of one and the same Baba – All of you, here, have taught me and made me realise the real meaning of this sentence." In this way, my Nepal Journey where, at each step, I felt Baba's invisible hand over my head came to an end but the sweetness of this wonderful experience will remain evergreen in my mind throughout my life. ■

## INNER 'U'

– Sourav Hazra

Ask yourself for a moment  
What is it that you want as an everlasting moment  
If Peace, Happiness and Tranquillity forever  
Is what you crave for  
Where you shall bid adieu to every kind of fear  
We reveal to you the truth here.  
The truth which will get you far and near  
The Truth that will set you free  
Free from the dogmas akin to worshipping a tree.  
And smile a little more because we charge you no fee.  
For the Good Lord popularly said, "The best in life is being free."

We pay a price and pay so heavily  
For all our cravings so damn earthly  
Remember one thing my friend  
When we die we leave behind everything, obviously

To some it is not so obvious,  
And to see that it doesn't look preposterous  
We here try to make it easy  
Easy, so that you embrace the fold sans regret  
Fret not and have no fear  
For, our very own Shiv Baba is here  
Visualised to all of us as a point of light  
To make our lives nothing but bright  
He, being the Chairman of the Universe  
Chose a Director for the board  
The Director so chosen didn't surprise us  
So, guess who? It was Brahma Baba.

From the day of lying of the Foundation Stone  
Till the day, as we are today  
World boasting of our Earthly Palace  
Located in the picturesque Mt. Abu

Come one, Come all  
Come here if you love yourself and all  
Come here if you don't as well  
Because that's what we stand for, to teach one and all

Through Unity to Strength  
And Strength to Unity  
Let's join together.  
To spread the Eternal peace

# 'GENUINENESS' BRINGS 'VALUE'

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– B.K.Vinayak, Mount Abu.

**K**arl Marks said – “Man is a social animal”. While living and interacting in society, he ‘gives something’ to others and ‘receives something’ from them. Among these ‘somethings’, ‘Love’ is given the highest priority. Man always wants to love and be loved.

Some people always have a complaint that there is no one in this world who would love them or take care of them. Because people avoid them, they don’t want to interact with them and always try to make them a target of their criticism. When they try to contact someone, they face hatred, contempt and opposition, which causes insult and disappointment. Why does it happen even though they make an honest effort to mingle with others? What effort should be made to become a ‘valuable’ person?

Before searching an answer, let us take another question, which is related to the above topic. The question is “which consumer products in the market, are always liked by customers and titled ‘popular

brand’ or ‘most wanted’.

The answer to both the questions is related to ‘Genuineness’.

Whenever a person goes to market to purchase something, his very first inquiry about that product would be whether the product is ‘genuine or not?’ Why?

Because, a genuine product always satisfies the following criteria:-

- ▶ It bears the high qualities like good performance, durability, fine finishing, good taste and flavour in case of food products etc.
- ▶ It remains free from adulteration. Adulteration means mixing of useless or low quality materials in parent material as getting the milk diluted by mixing water.
- ▶ It is sold under ‘warranty policy’, so that, whole or part of it can be replaced if the consumer is not satisfied with the quality.

These three factors make a product ‘genuine’ and ‘valuable’. Now assuming ourselves a ‘consumer product’ let us check whether we satisfy the above conditions, to be a

genuine person.

Quality: Quality of a person is measured by means of his capacity to create ‘positive thoughts’ or ‘good wishes’. The best quality person is the one, who always creates positive thoughts or good wishes irrespective of the situation he is facing or the person he is interacting with.

**Positive thoughts have the power of transforming the atmosphere and the attitude of the people coming in contact, from ‘hopeless’ to ‘hopeful’. Good wishes always act as blessings for the self as well as for others. But, the creation of the positive thoughts takes place only when there is deep inculcation of divine knowledge, virtues and powers. This is the ‘origin’ of positive thoughts. When the main virtues like ‘purity’, ‘peace’, ‘love’, ‘bliss’ and powers like ‘power to tolerate’, ‘power to accommodate’ and ‘power to co-operate’ are in the emerged state while going through our daily proceedings we always can create positive thoughts.**

## **Adulteration**

Adulteration of mind takes place when it comes under the influence of vices like Lust, Anger, Attachment, Greed and Ego. Due to the evil power of vices, mind gets weakened and

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it starts to create vicious thoughts that contaminate the atmosphere. People, coming in touch with that atmosphere, will also be influenced by the vices. As a result, vibrations of opposition, hatred, jealousy etc., will be propagated, creating uneasiness, fear, tension etc. in the surrounding atmosphere. So to be a genuine person, one should be free from this 'mind adulteration'.

**Warranty: Warranty means 'to accept and get it corrected'.** If unknowingly we commit some mistake and someone notices it, we must immediately accept it and express regret without any argument. Furthermore, we should honestly get our mistakes corrected and also promise not to commit the mistake again. When we come across such situations, **it looks like a temporary defeat for us but actually it is not a defeat, instead, it is our everlasting victory over the heart of others.**

The method of maintaining the divine virtues and powers always in the emerged state is the practice of soul-conscious state. Originally, soul is the embodiment of all divine virtues and powers. Vices are not at all the original properties of soul. But, when it comes under the influence of body-consciousness, it comes across

vicious thoughts and deeds. So, to maintain the soul conscious stage constantly, it is necessary to remember again and again "I am a soul, a point of light, twinkling in the forehead. I am the charioteer and this body is my chariot. I am an embodiment of all virtues and powers. I am the master of all sense organs. I must rule these organs according to '*Shrimat*' being given by God Shiva". This incessant attention helps us to keep all virtues and powers in the emerged state as well as to prevent the entry of vicious and waste thoughts.

**So, as a genuine product attracts people without any advertisement, genuine person too, needs not go to anybody or anywhere to beg love, co-operation or friendship. Instead, everything comes to him without asking. Just like the fragrance of an incense stick, his good wishes and thoughts spread in all directions and attract others. In his vicinity, people experience bliss, enthusiasm, peace and love. They feel blessed and secure in his company.**

Sometimes, vicious and waste thoughts hit us so forcefully that we start to feel disturbed and exhausted. This happens due to the burden of sinful *sanskaras* that have been accumulating because of

vicious deeds committed by soul. This burden has to be disposed of in order to make us free from vicious thoughts.

**God Shiva has already given us the remedy for this too. The unique method to eradicate the burden of sins is to practise Easy Rajyoga i.e. considering the self a 'soul' and remembering God the 'Supreme soul'. God Shiva is the Almighty Authority of this universe. In this eternal drama of 5000 years, He only has the 'authority' to transform this vicious world into a divine world, by eradicating the sinful *sanskars* of the souls and purifying them.**

To remember God means, to 'trigger the fire of yoga'. As the fire transforms impure gold into genuine one by burning all the impurities or alloys in it, the fire of yoga destroys all the impure content or vicious *sanskars* of the soul and makes it pure one. As a piece of iron gets magnetized when it is kept in contact with a magnet, Shiv Baba too, makes us the masters of His divine inheritance by bestowing upon us all his 'Knowledge', 'Virtues' and 'Powers'.

Thus, Baba the 'Supreme Soul' makes us a 'Genuine Soul.' ■



# **THE INEVITABLE –**

## **When the World Becomes like a Wild Storm, The Most Beautiful Shelter is God**

– **B.K. Wicky, Matale, Sri Lanka**

**G**od Almighty has already warned us that as the days go by, wealthy people will become poor. Dreadful calamities will occur; there will be torrential rain, and all agricultural land will be flooded. Natural calamities will befall and people will call them as act of God. The intellect understands that destruction will certainly happen. For the western world, the nuclear bombs are ready. Death will occur there first. Here in the East, bloodshed without cause has been forecast together with natural calamities. For you to witness such scenes requires great courage.

**Just on one day, 5<sup>th</sup> October, 2009, in a daily newspaper the following headlines appeared:**

1. Death toll in Indian floods passes 200 and millions displaced.
2. Vietnam typhoon death toll hits 162.
3. Tsunami strikes Samos after a powerful 8.0 magnitude earthquake struck at dawn.
4. North Korea's nuclear facilities are capable of

producing bomb-grade plutonium.

5. Pilots fight crew in mid-air brawl.
6. Taiwan evacuates villagers as typhoon lingers.
7. Phillippino flood disaster.

The stormy weather that is rocking the southern hemisphere compels one to forget everything else and get back to the basics. Life is indeed being made extremely difficult for millions due to climate change-inspired calamities.

The storms and torrential rains during the last few days have resulted in 404 deaths in Philippines, 197 or more in India and have made more than one hundred thousand homeless. In Sri Lanka, several people have been killed while it was reported in the city of Puttalam alone 400 houses have been damaged.

This is in addition to the havoc played by tsunami and the earthquakes in Samea and Indonesia as shock-waves of icecaps melted due to global warming continue to trigger earthquakes in vulnerable

regions.

Even though people in disaster-prone nations get on with their work a few days after the tragedy, the frequency of such natural disasters are becoming extremely disturbing.

The worst part of the story is that the latest reports indicate that even if all countries commit to the recommendations made by the Intergovernmental Panel on Climate Change (IPCC) to reduce carbon emissions, the world temperature will still rise by 6.3 degrees by the year 2100. And we all know that many governments will fail to reach their given targets which mean a further rise in the temperatures.

Of course, none of us will be alive by 2100 but given the rate at which natural disasters are taking place, it can only be said that surviving in the next 20 years is going to be quite a tough task for many nations.

For instance, the last twenty years have seen the frequency of earthquakes going up by five–six times. While the 1999-2000 saw the number of

earthquakes per year increasing from 6 to 15, in the past eight years or so, it has passed the 30<sup>th</sup> mark per annum. Besides, the regular weather patterns have become a thing of past as it is becoming extremely difficult for most of the nations to forecast as to what would be its weather even for a period of two weeks.

The Artic Sea which remained a sea of static ice no longer so as currents from the Atlantic and Pacific send warm waves into the newly created ice-free channels in the region.

The alarming rate at which the climate change consequences are hitting life on earth has trickled the choice of mankind. Many certainly would like to forget bleak picture and get on with their lives quite forgetting that whatever the good things that they have enjoyed so far have been due to the generosity of the forefathers (deities) who co-existed with environment.

If anyone had any doubt of what is the purpose of life, it certainly has to do with his duty ensuring others' right to lead a happy and prosperous life in the new peaceful world that is to come.

The entire world will undergo destruction; there will be fire all around and torrential rain. There will be tidal waves. History will repeat itself. There will be no habitations by the shore of the ocean. In the forthcoming new world with peace and happiness, the deities will build their palaces on the banks of sweet rivers.

Now, there is very little time remaining. We have to serve souls spiritually, the atmosphere, matter and everyone. Therefore, in the remaining time available, we must use everything we have for service. The personal benefit is automatically incorporated in world benefit. ■

## **INNER PEACE, INNER POWER**

There are four things that every human being is connected with: his body, relationships, wealth, and the circumstances of the world. At this time, all four are in a state of upheaval and this can create upheaval internally. Usually, there is dependency on these four and it is this dependency that causes me sorrow, not the upheaval itself. When I learn about and develop inner peace and power through the practice of silence, I can become free from external dependencies. I begin to appreciate the need for and importance of developing this inner peace and power, and practise to keep it in my life. I hold the key to my life in my own hands so that I become the master of my own life. I am then able to resolve things for myself, in my relationships and in the world around me. My health will strengthen and my relationships will improve as I develop good wishes for everyone, that they should be happy. Then no matter what the circumstances, there is no experience of sorrow.

### **Caring for the self**

There have been huge advances in science and medicine in the past few decades, but the number of illness, and patients, and the suffering in the world have continued to increase. Both doctors and patients need to learn about the power of silence and its effectiveness in the diagnosis and recovery processes, as well as in the alleviation of sorrow and suffering. Just as there is training for learning certain skills, training is required to learn and develop the power of silence. When doctors learn to practise and maintain this inner silence, they can develop a deeper, more intuitive understanding of their patient's needs. Their own stress will reduce and they will even be able to reduce the stress of their patients. Patients who practise and develop the power of silence will also be able to draw from their own inner resources to help and expedite their physical recovery, as well as enhance their mental, emotional and spiritual wellbeing.

# THE AMAZING 2009 CHRISTMAS - NEGATIVITY PLAY

(The Sinking Boat with Christ Onboard)

- B.K David, Paignton, England

Jesus came and Jesus went. Shakespeare loved and Shakespeare cried. The year 2009 is here soon to be gone, the same as what 2010 will do – come and go. Blink today and you may miss an event; an hour, a day of your life.

History has gone and still everyone is here to tell of long-gone days and dangerous nights. Tomorrow is important, nearly as important as today.....and never as important as now!

We should wear calendars on our wrists, not watches. Watches today run far too fast to be of any use. Wake up and before you know it, it's almost lunch time. Next thing you know you are eating your evening meal, thinking how tired you are and that soon you will go to bed. Before you know it, a new day is here; a very modern day in the fast lane full of pills, doctors, pain, hospital appointments, emergencies, risks, bad weather, high interest, small return, plenty of stress, nowhere to go yet plenty to do.

Life today is but a mad dash for the finish line to reach 9 p.m.

at night when nothing else can be done except sigh and hope for a better day tomorrow. Correct? Now, the only thing left at the end of each day is tiredness, sleep and if you are lucky, hope.

Christmas is a time of forgiveness. We have to forgive ourselves for being out of control and letting life take over us and rule with a hidden stick. Long gone are the days when we were masters of everything; masters of body, mind, wealth, the planet, and everything we thought and touched turned to gold. Today we wake to be obedient slaves chained to modern life with its repayments, bills, formalities, concepts and confines.

## Crash, Bang, Wallop in the World of Sin

Life is but a huge market of buying and selling with everyone wanting a slice of the profit. It would seem everyone wants discount, everyone wants sin. Those least affected by life today are either dead or dying, and even they seem to be concerned by the price of stocks and shares. Better to

have been a gambler and to have bet on the after-life and God than to put your trust and faith in the Dow Jones and the stock market. Better to be poor and hold the hand of God, than be rich and lonely. Sad are the rich; gifted are the poor.

## Unstoppable Wind, Unstoppable Thirst

Everything seems to come and go with great regularity and accuracy, to the second. Nothing can alter this coming and going, not even God, Christ, a Sadhu, Saint or Shakespeare's philosophy or a chapter from the Gita or page from an Upanishad.

Father Christmas will come



and go as usual this year. Presents will be bought and on Christmas morning they will be opened, used and later forgotten, thrown out or given to charity. Summer will come and then soon after in the blink of an eye, winter will have arrived with just the falling leaves in-between to soften the blow. Flowers will bloom and

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vegetables grow, yet turn your head and they will have wilted and the vegetables gone, eaten. Blink again and the ground will be frosted over; turn your back to get your scarf and the flowers will start to amaze, smell and potatoes start growing. Today we have icy frosts, sun, wind and rain all in a week. Nature, today, can drown or burn you or just as easily, blow you away.

### **Happiness – the Thing found in a Bottle**

The seasons and souls just keep on changing and coming, non-stop, relentlessly. One day an earthquake, the next a hurricane. One day a thousand deaths happen; the next day, a thousand five hundred births. The seasons get more chaotic each year and the world gets more crowded each day. The world gets deeper in depth each minute and the world gets more violent each second. Our morals grow cheaper as the cost of living gets higher. There's trouble on the streets and trouble in the home. There are too many people and not enough work or food. Hands are busy fighting and not working. The mouths are busy arguing and not eating. The family is broken; in disarray. The home is more crucified than unified. Christmas is here, lend

me your ear. I say: Beware the man who never smiles. Beware the lady of perfume, mirrors, make-up and smiles. The mirror is humanity's downfall.

### **Titanic.com**

Life has reached a critical point – saturation point. It's 12 O'clock and the world has run out of room to live; air to breath; food to eat; space to laugh. Man's boat is sinking, and sinking quickly. You either go down in the world's boat or jump overboard and swim to God's lifeboat. It's not much of a gamble when you see the state and hole in the world's boat.

If you listen, the church bells are ringing. The bells are signalling 12 O'clock. The play is over and it's time to go home. Do not think that you can ignore or put your hands over your ears in the hope that they will stop ringing. Nothing can silence these bells as God is pulling the ropes. No Christ or earthquake can stop this unhappy play coming to its end. Gone is God's gift of the three wise men, for we are watching the play of unlimited bombs and bullets. God's gift was hope, frankincense and a star. God's gifts we have extinguished; we have no hope, no fragrance and no future. The three wise men are to be found on God's lifeboat. Having fun sitting next

to Joseph and Mary. Now where will you be this Christmas? There are but three seats in life: Man's boat; God's boat; and the settee.

God gives us three new gifts. Himself, yourself (I am a soul) and heaven. Before you can go to heaven, you have to be very clean. In order to wash yourself, you need to shower under God everyday. Without the soap of purity there can be no heaven. God's fourth incognito gift is His shower.

### **Better a Jacket Potato than a Sinking Queen**

Today there is nowhere to hide; no bed or room small or big enough to comfort you. A warm bed cannot protect you from a tornado, nor will a palace. Hot or cold, thirsty or soaking wet, we all now have made our seats in life. But on which boat will you sit? It's not too late to make a new seat and change boat.

We once were all in the same boat in life, but now there are two boats. For those not in God's boat, they better quickly order their lifejacket from God's catalogue this Christmas. They better hurry, as even these are limited and will not be handed out for much longer. These jackets (God's advice) will keep you afloat (help) amidst the storms. God's lifeboat only

can hold so many, and the water so cold that a lifejacket will keep you afloat but not warm. The lifeboat is warm, safe and Captain God knows how to sail His boat through the treacherous seas ahead. All that His passengers have to do to reach the other side is hold on and listen to Him.

All aboard this Christmas lifeboat. Onboard are Christmas trees, Diwali lights, sacrificial fires, Gandhi, Buddha, Guru Nanak, Abraham and Christ to name but a few. And, if their hearts and minds were pure and intentions noble, you'll even find Shakespeare and half the Beatles on board (John Lennon, George Harrison) also. Of course, I am sure you'd find Gandhi and anyone else who had a heart that could only beat in truth and goodness and spirituality. Am I on board? I can only hope. Even if I'm serving the coffee, that would be good. I think I can say I'll try and make the best, hottest coffee and keep no one waiting. I can sweep the Father's deck just as good.

Give someone the gift of the lifejacket (love, peace, happiness) this Christmas and who knows, you may even get to sit nearer to the Captain.

### **A Christmas Carol**

Silent fight

In the Night  
All do fight  
Silent plight

Everything comes  
And everything goes  
And nobody knows  
In the night  
A silent fight

Christmas negativity is here again  
Feel their pain  
As they're falling down the drain  
Christmas is here  
They're drunk again  
And only own a mobile phone  
To which they always moan  
Perhaps to arrange a money loan  
Everything comes  
And everything goes  
See them as an angel  
Even if they have 14 toes.

### **The First Wonder of The World Is That People Do Not Know God.**

The greatest mystery in the world is people do not know who they are or who God is. They know the price of milk, their waist size and favourite food, but do not know themselves (the inner self); this is the second wonder of the world. The third and fourth wonders of the world are that

they do not know from where they came or where they are to go. Puzzle no more, for He has come. ■

## **WHO AM I?**

– B.K. Anupriya Pandey  
(Class IV), Pantnagar

I am a soul  
I've come to achieve my goal  
Have to go above the star's shine  
Where there is real father of mine  
He loves me and He loves all  
Through meditation, we make Him a call  
We are bad, He makes us good  
Like a carpenter making furniture from wood  
He is the real father and Almighty  
He has come to transform us from man to deity  
He is like a doctor, who gives us cure  
His cure is to make us pure  
I am a child of the real father of mine  
That is what, what I am

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contribution of BK culture in order to remain ever-happy. Sister BK Shivani advised to come out of greed zone; live in the need zone and have happiness in life. Prof. R.C. Deka, Director, All India Institute of Medical Sciences, remarked that we have to do selfless service of humanity in order to enjoy peace of mind. Mr. J.K. Dadoo, IAS, Administrator, Lakshadweep, opined that when we serve others whole heartedly, we feel happy and satisfied.

### **JAMSHEDPUR**

“Global festival for Receiving God’s Power and Blessings” was organised by the Brahma Kumaris in Jamshedpur on 12th November at Gopal Maidan. The programme was inaugurated in the presence of Mr. Arjun Munda, former Chief Minister, Jharkhand and MP, Mr. Saryu Rai, MLA, Mr. Rajkumar Aggarwal, renowned industrialist and social worker, Rajyogini B.K. Sudesh Didi, BK Sis. Sudha, BK Sis. Rani, BK Sis. Pushpal, and BK Mruthyunjaya, Executive Secretary, Brahma Kumaris, Mount Abu etc.

There was a Talk Show of BK sister Shivani, hosted by Kanupriya, both of Aastha Channel. Mr. P.N. Das,

proprietor of Das Tent, shared how God’s Power and Blessing rescued him from deep depression and made his life peaceful and happy when he came in contact with Brahma Kumaris Organisation.

Among special invitees who attended the programme were mentally challenged children from Cheshire Home and people from Nirmal Hriday Old Age Home.

The dignitaries who graced the occasion were the representatives of the Sikh, Buddhist, Islamic and Christian religion and also renowned industrialists.

### **KOLKATA**

A programme on Ageing Gracefully was held at Brahmakumaris Kolkata museum situated at Ashutosh Mukherjee Road in which many eminent persons of Kolkata participated, including Dr. S K Sharma, former Sheriff of Kolkata and Managing Director of Echo Diagnostic centre, Mr. Shivkrishan Mohta, Chairman of Merlin Group of Companies, a leading property developer and Constructor, Mr. Hari Prasad Kanoria, Chairman of SREI Foundation, a leading business group. B.K. Sis. Kanan and B.K. Bro. Singh also inspired the participants. The

inspiring views were received very enthusiastically by the participants and they experienced God’s powers and blessings.

### **MOHALI**

“Mind management is spirituality; no administration is possible without spirituality”, said Dr. B.C. Gupta, IAS, Financial Commissioner, Cooperation, Govt. of Punjab. Dr. Gupta was addressing administrators as Chief Guest in Valedictory Session of 2-day Conference of Administrators, Managers and Executives at Brahma Kumaris Sukh Shanti Bhawan, Phase 7, Mohali.

Other dignitaries who participated included S. Prabhjot Singh Mand, IAS, Deputy Commissioner Mohali; Dr. G. Parsanna Kumar, IAS, Financial Commissioner, Environment, Haryana; Mr. Shiv Raman Gaur, IAS, Registrar, Cooperative Societies Haryana; BK Sis. Asha, National Chairperson of Brahma Kumaris Administrators Service Wing from Delhi; BK Amir Chand, National Vice Chairperson of Social Service Wing; BK Harish, Hqrs Coordinator of Administrators Service Wing from Mount Abu, and BK Sis. Premlata, Director, Rajyoga Centres Mohali-Ropar Circle.

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B.K. Sis. Leena from Bhubaneshwar coordinated the programme. Besides this, 14 other programmes on this occasion were in Ranbaxy Labs, Swaraj division, Philips Electronics India Ltd., CDEC (GOI), NIPER, Ambuja Cement Ltd., Swaraj Mazda Ltd, Rayat and Bahra Group of Industries, Tynor Orthotics Ltd., Diplost Plastics Ltd. Etc.

### **THIRUVANANTHAPURAM**

Soorya, a leading stage and film society in Kerala, arranged Brahmakumaris' lectures for 7 days for its elite audience from 21st to 27th October, 2009. Soorya has the distinction of being adjudged as the largest cultural society and the festival organised by it as the largest cultural festival of Asia by the Limca Book of Records.

B.K. Gireesh (Mumbai), B.K. Usha (Adoor), B.K. Dr. Shafeeq (KIMS Hospital Trivandrum), B.K. Lekshmi (Kottayam), B.K. Aravindakshan (Allapuzha) interacted with the elite audience on topics: Diluting Stress, Positive Health, Save the Planet, Spirituality in Daily Life, Science of Silence, Kalachakra and Spirituality in Modern World.

On the 7th day, Brother K.N.A. Khader, Secretary,

Muslim League and Ex-MLA of Kerala, besides speaking on 'Spirituality in Modern World', gave a very good description of Soul, Supreme Soul and Rajyoga meditation.

From 21st to 26th of October 2009, Brother E.V. Gireesh's lectures were arranged at NABARD, BSNL, ISRO, Govt. Engineering College, Private Schools and Rotary club besides the Soorya Festival. Bro. Gireesh talked on the topics—Diluting Stress, Overcoming Fear, How to enjoy Exams, Positive thinking, Science of Silence, and Safety through Spirituality.

The audience at all places expressed their desire to have more such lectures, and to learn Rajyoga Meditation.

### **VADODARA**

'Global Festival for Receiving God's Powers and Blessing' organised by Prajapita Brahma Kumaris Ishwariya Vishwa Vidhyalaya was celebrated in major cities of the world from 3rd Oct. 2009 to 22nd Nov. 2009. It took place in the cultural city of Vadodara on 8th Nov. 2009 at Akota Stadium wherein about twenty thousand people experienced an extraordinary peace throughout the entire event.

Those who inspired the audience included Rajyogi B.K.Om Prakash from Indore, B.K. Sis. Mohini from Mt. Abu, B.K. Sarla Didi from Ahmedabad, Mr. Balkrishna Shukla, Mayor of Vadodara, Swami Nikhileshwaranand, Secretary, Ramkrishna Vivekanand memorial, Baroda, and Mr. V.H. Shah, IAS, Secretary (Retd.), State Election Committee of Gujarat, from Gandhinagar.

### **YAMUNA NAGAR (Haryana)**

At famous Kapal Mochan Mela, a stall for spiritual museum and a bookstall were allotted by the Government of Haryana to Brahma Kumaris. About 40 to 50 thousand souls visited the exhibition. Many dignitaries of District Administration like Commissioner, Ambala Division, ADC, Suptd. Of Police, Chairman of Municipal Council, ADC, Suptd. Police, Chairman of Municipal Council, SD, Duty Magistrates, Judges and Political leaders visited the museum and bookstall and got spiritual benefit. District Administration appreciated the spiritual and social services rendered by Brahma Kumaris. Both the print and electronic media covered the event. ●

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than 80 countries

- ◆ Foster inter-religious, civil and cross-cultural dialogue on important local, national and global issues
- ◆ Invite over 10,000 participants to work together for a just, peaceful and harmonious society
- ◆ Have global appeal covering social concerns including understanding and respecting diversity, peace and indigenous reconciliation
- ◆ Engage worldwide religious, spiritual, secular, environmental, business and educational leaders to seek commitment and practical solutions through dialogue.
- ◆ Promote and encourage social cohesion within societies locally and across the world.

The opening plenary on 3rd December attended by almost 3000 people was a very beautiful and royal programme with blessings and performances from many different faith groups. There were keynote speeches from the organisers, Australian government as well as Shri Shri Ravi Shankar, who spoke on the importance of creating a culture of non-violence. The Chairman of the PWR acknowledged the various organisations that have participated and assisted in the Parliament by name, and BKs

were included. The coming together of the various faiths at this time holds special meaning because world leaders are looking at faith leaders to provide moral guidance to steer humanity out of the crises the world is facing.

Brahma Kumaris have an exhibition booth set up as an experiential meditation space. There is a continuous slide show projected on a large LCD screen, showing pictures of yogis giving *drishti*, quotes from all faiths, the Tao of the Traveller animation, and a ten-minute commentary of Sister Jayanti to a moving point of light.

A small number of souls are being ferried by bus everyday from the Convention centre to the Fitzroy BK centre for the Spiritual Art Gallery and meditation experience during the lunch hour.

Throughout the Parliament, there are 18-20 presentations offered simultaneously. On 4<sup>th</sup> morning, BK Tamasin Ramsay was on a panel: *Adapting to Climate Change: How and How far?* B.K. Tamasin shared how the solution for the environment begins with our consciousness. One participant remarked how the presentation of Tamasin was what he needed to hear in order to understand the connection of human beings, the way to help the earth, and

our consciousness.

On 5<sup>th</sup> morning, BK Kalvinder and BK Christine (Australia) facilitated a morning meditation/observance called *“Taking just-a minute – Meditation on the move”*. They took the participants into an experience of soul consciousness and God-consciousness through movement, exercises and live commentaries.

At the same time, BK Sis. Maureen (UK) with B.K. Bros. Marcus and Mary Baybrooke facilitated a morning observance on *“Respect for the Earth”*. There was a main morning session on ‘Interfaith in Australia’ where Theresa Sussmich presented on behalf of the BKs and she offered a thought-provoking spiritual perspective.

In the afternoon Sister Maureen was on a panel focused on *“Healing the Earth with Care and Concern: Religious Responses to the Earth Charter”*. This panel focused on the best practice examples of how religious institutions are using the Earth Charter in their engagement to heal the Earth with care and concern.

A more detailed report of the Parliament, with Dadi Janki’s speeches will follow in the next edition. ■

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