

From the mighty pen of Sanjay

## HOLISTIC YOGA

The kind of Yoga learnt and practised at Brahma Kumaris World Spiritual University is known as 'Rajyoga'. It is called so for obvious reasons. Five main reasons are explained here:

- ▶ 1. The word 'Raja' means a 'ruler'. This Yoga enables one to rule various organs of the body and also control the subtle energies – mind, intellect (decision-making ability) and *Sanskars* (latent tendencies), which are deep in the soul thereby attaining self-mastery. Thus, it is known as Rajyoga.
- ▶ 2. There are several types of yoga in the world, having their own methods and attainments. The Rajyoga enables one to attain the fruit of all types of yoga that exists in the world, as it connects directly with God, the Highest on High Being, therefore, it is called 'Rajyoga'. Connecting with God directly is considered to be the highest yoga of all.
- ▶ 3. One doesn't have to give up one's hearth and home and worldly duties to practise this yoga. Even a king who has great responsibilities can, as well, practise easily and regularly.
- ▶ 4. Practising this yoga enables one to conquer vices, entitling to sovereignty (*Rajya*) of the world or to *Swa-rajya* – 'the self-sovereignty'. *Sanskars* in the soul become very pure, rich and royal and so, it is called 'Rajyoga'.
- ▶ 5. It is known as Rajyoga also because it works in three dimensions of time – past sins will be absolved through the fire of yoga, it gives strength not to perform any sins further enabling one to perform good, pure actions in the present and creating fortune in the future as a result.

*Patanjali* has mentioned '*Asanas*' (physical posture) and *Pranayama* (breath-control) as two limbs of Rajyoga. However, Rajyoga taught here emphasises to forget the body, bodily relation and things while sitting in any easy posture without being conscious of one's body or breath and to focus all the thoughts on the self-luminous point of light – soul and God.

### Different Names of Rajyoga

Rajyoga also has many other names. It is known as *Gyan*

(...Contd. on page no. 27)

## CONTENTS

- ▶ Holistic Yoga ..... 1
- ▶ Playing Holi with the Holiest-Supreme Being: (Editorial) . 2
- ▶ Golden Sanskars for Golden Age ..... 6
- ▶ Embodiment of Experience 8
- ▶ Honesty Ushers Divine Qualities ..... 11
- ▶ God's Wisdom for Paradise 12
- ▶ It is time to Renounce now ..... 13
- ▶ Attachment - Vicious Selfishness. .... 15
- ▶ Stability in life ..... 16
- ▶ God's Powers and Blessings 17
- ▶ Imagine God ..... 18
- ▶ Diary - A Guide for Life ..... 21
- ▶ Under God's Canopy ..... 22
- ▶ Managing the Self ..... 23
- ▶ Don't Worry Be Happy ..... 25
- ▶ Experiences from a personal Insights workshop ..... 28
- ▶ Godly Service Report ..... 30

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## ***PLAYING HOLI WITH THE HOLIEST – SUPREME BEING***

**I**t's unimaginable and for some it may be unbelievable but it's true: He descends. He descends with a purpose. He is remembered as the Purifier and Bestower of all the virtues. He is the redeemer of the sinful. Without God's direct intervention, help, guidance and education, human souls would keep wandering for peace, solace and self-purification. One such mega event happens to be the *Kumbh Mela* that takes place in Haridwar every 12 years, where millions of devotees throng to meet the holy people and listen to their words of advice. They feel so relieved after taking a dip in the holy waters of the Ganges as per their unshakeable faith cultivated over centuries. As per God's promise, He bestows divine blessings and boons through the holy people or through the different rituals performed

during the *Kumbh Mela* albeit temporarily. However, the degeneration in values and multiplication of negativities and sufferings continue even after innumerable rituals and bathing in the Ganges. All know that they have been performing these rituals on the path of *bhakti* for ages as per the traditions, with the hope that a day would come when they would be face to face with God. He may appear before us in some form or image but what would He do?

He is remembered as the Bestower of Salvation onto all (*Sadgati Daata*), and so He would definitely grant the same. But the question is, who is God and when will He descend? No one is aware of this. They carry on praising God as the Purifier of the sinful (*Patit-Pavan*), the Ocean of Spiritual Knowledge or Wisdom (*Gyan ke Sagar*), the One

who bestows salvation (*Sadgati Daata*) but they forget God is Incorporeal, just as we human souls are incorporeal. Only when we stabilise ourselves in our original soul-conscious form and then remember God in His true and eternal form, we are able to receive blessings, attainments and power.

In order to fulfill the age-old thirst of the devotees, those who have had the personal experience of receiving God's blessings in the form of spiritual wisdom are inspired to share and serve millions as per God's *shrimat*. And, therefore, sisters and brothers of Brahma Kumaris centres in Haridwar and Punjab are serving the gathered devotees at the *Kumbh Mela* by sharing their experiences and Godly wisdom through audio-visual presentations at the "*Parmatam Anubhuti Mela*". This exhibition as

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well as the personal presence of the holy mothers and sisters will definitely be a source of spiritual awakening for those who are in search of the path to *mukti* (liberation) and *jeevan-mukti* (liberation-in-life).

The confusion about the exactness of the blessings and boons received from the Supreme Father or God directly *cannot be realised without proper spiritual understanding and awakening*. When God descends, He clarifies the fact that it is through the path of knowledge alone that human souls receive the blessings of liberation and liberation-in-life from God. This happens after centuries of pursuing many, many different paths and forms of *bhakti*.

It's a matter to rejoice that we are passing through the most auspicious time wherein human souls receive God's guidance that enables a human soul to conquer inner vices and negativities. Further, we learn to inculcate all divine virtues through the power of meditation and,

thereby, become free from the clutches of Maya. This is why we have remembered God as the Highest Guide who shows us the path to real happiness. All differences in opinion and belief systems about God melt away gradually and we take pride in being part of the same divine family who wishes to lead pure and virtuous lives. All that God wishes to see is for us to become His worthy children and rejoice in all relationships with Him.

We are sure that Rajyogini Dadi Janki's uplifting and divine presence at the *Kumbh Mela* from 5th-8th March would bring home the Godly message to many, many religious leaders, their followers and the devotees alike. We congratulate our sisters and brothers from Punjab Zone, in particular, and others for being instrumental in glorifying God and His task by organising the huge Spiritual Fair, Discourses and other Get-together events.

While our beloved Dadi Janki was preparing to leave for the *Kumbh Mela* at

Haridwar, Dadiji received a special message of blessings directly from Avyakt Bapdada on the day of Holi, when the divine incarnation took place in Diamond Hall, Shantivan. BapDada bestowed blessings on Holi and celebrated the Festival of Holi as the Holiest Father. What a great feeling it is to have the fortune of being so dear and near to the Highest and Holiest Supreme Being, to receive His Supreme *drishti*, love, and merge ourselves in the intoxication of being close friends of God.

Holi is the festival that brings together people of all cultural, economic and religious backgrounds; there is an atmosphere of oneness and equality. *Bhakti* has accurately created a memorial of the beautiful process of rejuvenation that God carries us through now... With God's descent, He fulfills His promise of purifying humanity, He re-emerges our original hidden *sanskars* of love and peace by colouring us with His own supreme qualities. His company is undoubtedly the

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highest experience of ecstasy – the most beautiful, beneficial, enjoyable celebration with our most beloved Best Friend, God.

As our nearest and dearest One, He exhorted everyone to renounce our deep-rooted weaknesses from within, which have caused terrible disturbances in the minds of individuals and families and turned the peace-loving nations into war-zones from within and without... The root cause of ‘anger’ in different forms needs to be renounced or overcome by controlling individual tempers. Everyone was reminded to experience one’s own real, peaceful and loving nature which was forgotten over the centuries like the story of the famous Lion-King who never knew his heritage and family.

It was a wonderfully glorious scene to have VIPs and the BKs in the congregation of 25,000 or more raise their hands when inspired to renounce anger. An amazing development would take place if people of the world choose to renounce subtle weaknesses

like anger, and create an atmosphere of peace in the world. When humanity pays heed to this realisation, it will glorify God as the Ocean of Love and Peace, and be able to play Holi as friends of God (that is, the famous *gopes* and *gopis*).

As always, we would like to share the invaluable jewels of Godly wisdom we received as a precious gift from our Supreme Father, Supreme Teacher, Supreme Preceptor and Supreme Friend, in the form of elevated versions:

**“Burn the Holi of the  
“I” of body  
consciousness and  
celebrate the Holi of  
the colour of God’s  
company”**

*(Essence of Divine  
Message received on 28th  
February 2010)*

“The importance of every step of your life is celebrated as a festival. At this Confluence Age, you have zeal and enthusiasm because you celebrate the Holi of the colour of God’s company.

At Holi, they first burn (*jalana*) something and then celebrate (*manana*). You,

too, burn your old *sanskars* and old nature in the fire of yoga because without first burning your old *sanskars*, you cannot be coloured with the colour of God’s company; a meeting with God cannot take place.

You become *holy* whereas they celebrate Holi. Throughout the whole cycle, no one has celebrated the spiritual Holi and become *double holy*. You have come to celebrate Holi in God’s company. For Holi, you say: It is “ho li” (already happened), and so it is now in the past. According to the drama, you say of whatever has happened that it has happened (ho li), and so the past is the past. You do not bring anything wasteful into your heart.

Father Shiva is incorporeal, but Father Brahma was a corporeal being like you. Like you, he also had the crown of responsibility and yet he constantly had a smiling and cheerful face because he conquered these vices and became an *example* while having a body and doing everything. Is your

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responsibility greater than that of Father Brahma's? As compared to the responsibility of Father Brahma, your responsibility is nothing! And, you saw him till the end: with the *vibrations* of the *karmateet* stage, he became an avyakt angel. So, you will now not take back from God the gift you have given Him, will you? It is only when such situations come in front of you that you have the *chance* to become victorious. It is the duty of the situations to come but you have the *knowledge* to overcome the situations and become victorious.

God wants to see every human child of His like a rose in blossom for all time from now; fortunate and cheerful. **Do not be afraid. Just as people now say that the Brahma Kumaris teach them the lesson of purity, in the same way it will become well known that the Brahma Kumaris also make everyone free from anger, because everyone wants to become free from anger.**

The reason for there being stress is the word "I" of body

consciousness. It is the "I" of body-consciousness. One is "I am a soul" – this too is an "I", but the word "I" of body-consciousness is of ego or insult. The "I, I" of being disheartened also makes you fall. So, today, in order to move forward in becoming victorious over anger, burn the "I" of body-consciousness in the fire of yoga. Burn the many forms of "I, I" and make the one "I" of Soul-consciousness firm.

While in the midst of all the adverse situations everywhere, can you stabilise yourself in a *second*? Whenever you are experiencing a storm of waste thoughts for one reason or another, can you stabilise your mind and intellect at that time? You have to use the power of concentration in a *second* at that time!

Are you able to **stabilise your mind and intellect in the supreme abode in a *second***? Now, **stabilise yourself in the angelic form.** Now, **stabilise yourself in the stage of being a Brahmin, a master almighty authority.** Repeatedly stabilise your mind whenever

you want and whatever you want. It may take you a *minute* to make effort, but put a *full-stop* in a *second* because time is now making preparations for upheaval; therefore, let there be *mind control*: It is my mind; I am not the mind; I own the mind and so, do I have control on that which is mine? This *drill* is very essential.

Your face should always be cheerful and sparkling with happiness. Situations may go, but your happiness should never go. The happiness of the Confluence Age is a Godly *gift*. Holi means that whenever any such situation comes, remember that you have celebrated Holi, in which the past is the past, so your happiness should never disappear. Happiness is your Godly *gift* and treasure.

"The more happiness you share, the more it will increase, and a cheerful face as you move along will *automatically* continue to do service."

May we continue to move ahead in fulfilling the hopes and desires of our Supreme Father!

– **B.K. Nirwair**

# GOLDEN SANSKARS FOR GOLDEN AGE

— Dadi Hriday Mohini, Addl. Chief of Brahma Kumaris (Excerpts from her class)



**S**elf-transformation is crucial in the present world of several crises. Obviously transformation in life brings benefit to oneself primarily, gradually changing the atmosphere, benefitting the near and dear ones and eventually bringing benefit to the world at large.

Presently, each one is facing obstacles. It is mandatory and indispensable for a spiritual effort-maker to understand the ways and methods to stay unshakable during such situations. However, instead of the term ‘obstacle’, ‘exams’ is more apt. To pass or fail, depends on the quality of the study. I have always experienced God’s power. When there is courage, problems are solved automatically. One needs to have not an ordinary thought but a determined thought. God says, “Determination is the key to success”.

## **True, Clean Heart Can Experience God’s Love**

Rajyoga meditation taught here helps to connect one’s

mind with God. When connection is established, mind is filled with God’s power, virtues like happiness, peace, love and bliss become natural, thereby experiencing God’s love, help and protection. The mind remains fresh and happy all the time. One can experience God’s treasures as a birthright and it’s possible while performing worldly duties. Actually, it just needs very short time to understand that God is our eternal Father and, therefore, all are naturally entitled to experience His love and affection. God is pleased with true and clean heart. God is truth and He appreciates truth.

## **Close The Exit To Happiness**

The Golden-Aged world established by God, can be claimed when one changes *sanskars* to golden *sanskars*. Human life is compared with a diamond. Diamond always sparkles; stones don’t. Face will always sparkle in happiness if one’s life is truly like a diamond.

The fact is, happiness is lost

quite often. Desires and feeling insulted are the two main doors for happiness to exit. One loses happiness when desires are not fulfilled. A person starts insulting another person. Although the former knows the other one is wrong, yet he loses his peace and happiness. The latter returns home, enjoys his dinner and sleeps peacefully. In other words, the former has voluntarily given his peace and happiness to the latter. Now, in this case, the former needs to analyse, where he went wrong. One should let the past go. The past has already gone and is not in our hands anymore. All that one has is his future. So, the biggest blunder is thinking of past, thereby causing pain to the self.

So, from now on, let’s take a pledge – not to think about the past. Happiness remains forever, if one always thinks of future i.e. heaven. What is heaven? It is a place where each one is happy. So, let’s be responsible for our happiness.

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Life without happiness is dry. Even animals and birds remain happy and we, being humans, are unhappy, then, what is life? Therefore, one should have a determined thought: *'I will always remain happy and give happiness to others'*. If thought is strong, any goal becomes easy to achieve.

### Past Repeats

When something goes to its extreme, it has to end. The new morning begins after midnight. Sorrow or peacelessness has reached its climax. The Supreme Father explains the secret of the World Drama and says, 'the next scene of the Drama will be that of peace and happiness'. People of all cultures, nationalities and religions remember Heaven or Golden age and accept its existence in the past. Whatever happened in the past has to repeat. The 'New Golden World' will definitely arrive, however, the only condition is, to transform self and become pure by remembering God, the Supreme Father.

### God Honouring Women

Woman empowerment is one of the vital aspects in World Transformation. From the Copper Age, i.e. *Dwapar Yuga*, men played pivotal role in religion, politics and social activities. Women have been ignored and oppressed. Some people even declared that women were the gateway to hell. However, many devotees in the world worship *Shaktis*, goddesses. No one except God is able to empower and honour women. It is now at the Confluence Age, God arrives to empower women. Now-a-days, even the governments of the world are changing their attitudes towards women. Women are holding high positions in the Ministries and the Parliaments of various countries. They are playing very important part in every segment of the society.

God has explained the significance of purity in one's life. Purity is the mother of peace and prosperity. Woman can experience the power and blessing from God, when she realises the importance of purity and dignity in her life, while living in the household, performing worldly duties and yet remaining detached and loving like a lotus flower. We have many such practical examples. The Brahma Kumaris is a huge family of more than 900,000 members! Their stories are worth listening! They can explain how they imbibed purity in their lives and attained lot of inner strength.

## OPPORTUNITIES ARE LIKE TOUCHSTONES

When the great library of Alexandria burnt, one book was saved. But it was not a valuable book. A poor man, who could read a little, bought it for a few coppers.

The book wasn't very interesting, but between its pages there was something very interesting. It was a thin strip of vellum on which was written the secret of the "Touchstone"!

The touchstone was a small pebble that could turn any common metal into pure gold. The writing explained that it was lying among thousands and thousands of other pebbles looking exactly alike. But the secret was: The real stone would be warm, while ordinary pebbles were cold.

So the man sold his few belongings, bought some simple supplies, camped on the sea-shore and began testing the pebbles. He knew that if he picked up ordinary pebbles and threw them down again because they were cold, he might pick the same pebble hundreds of times. So, he picked cold pebbles one by one and on finding it was cold, he threw it into the sea. He spent a whole day doing this but none of them was the *touchstone*. Nevertheless, he went on and on, 'Picking a pebble, finding it cold – throwing it in the sea. Pick up another, throw it in the sea'.

The days stretched into weeks and the weeks into months. One day, however, about mid-afternoon, he picked up a pebble and it was warm. He threw it into the sea before realising what he had done. He had, by now, formed such a strong habit of throwing each pebble into the sea. So is with opportunities. Unless one is vigilant, one fails to recognise an opportunity when it is in hand and just throws away.

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# EMBODIMENT OF EXPERIENCE

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–B.K. Surendran, Bangalore

**E**xperience is a treasure. Everyone gains experience as he/she starts living. The experience is gained stage by stage. For example, we gain experience of life as a child, as an adult, as a youth, in middle age and old age. If we have focus on life, specific aim in life, well-planned and actively living, then, the treasure of experiences will get accumulated. We must have an attitude of learning, then, the treasure will get multiplied. We will gain better experience of life if we are living a life with awareness and also in the present.

## **What is Experience?**

Experience is the practical knowledge gained from direct personal participation to or observation of life. When we face life – when we think, talk, take food, look, listen, bathe, walk, run, jump, and get involved in day-to-day *karma*, deal with problems and people, we will experience pleasure, sweetness, sourness, thrill,

happiness, worries, loss, profit, success, failure and so on, which will be stored in our subconscious mind. When a similar situation arises, such experiences will come up and be associated with the present situation to guide us, assist us and empower us to successfully deal with the present and also guide us as to what should be done for the future. For example, when a person was a child, he was once bitten by a dog. This experience has remained stored in his subconscious mind – the memory bank. Now he is a young man. Whenever he spots a dog, he might get the tendency to run away thinking that the dog might bite him. But his further experiences with dogs may be different and such experiences will arrest the tendency to run. Experience is an authority. Experience is a teacher, guide and a good friend. Experience is light and might. Experience is our protector and helper. If we have lot of experiences, nothing

can disturb us. We will be matured enough to deal with any kind of situations and people without disturbing ourselves.

## **Our core virtues and their experiences**

We all know that if we want constant peace and happiness, we should plough up the eternal virtues of the self – the soul. Knowledge, wisdom, purity, peace, love, happiness, bliss and power are the virtues of the soul. In order to revive these virtues, God makes us aware of the existence of the eternal virtues of the self. It is not simply we become aware of these virtues, but we should also apply and use these virtues in our daily life. When we become aware of our core virtues, and churn on them, these virtues will come up on the surface and get manifested in our life. Then we can use these virtues in our own life and also apply these as values in life when we interact with others and also deal with situations. Through this exercise, we will gain experience and become embodiment of such virtues. It requires subtle efforts of contemplation and churning. When we gain experience, it will become a source of power.



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Our consciousness is the treasure house of all experiences. All experiences are in subtle form in our consciousness. Without awareness, experience has no substance and without experience awareness is hollow.

We are all spiritual aspirants. We must have the awareness that we are souls and think over this truth very often and experience the embodiment stage of the soul with all its virtues, values and power. In soul-consciousness stage, we become the embodiment of self-respect. We will also experience the sparkling light on the forehead. Consequently, this experience will generate the remembrance of God in a natural way. Self-discipline in life will come to stay as a natural nature when we are soul-conscious. Again such experience in life will ensure mind control and control of the sense organs. Our experiences will reinforce our spiritual endeavours. As we keep on applying our experiences in effort-making process, our spiritual endeavours will become natural and experience-oriented. The experiences of life will become part of our treasure of

experiences only when we lead a thoughtful and truthful life, with awareness. When adverse situations or problem or people emerge on the scene of life, we will be able to deal with them appropriately with the experiences gained in the past. Problems, worries, opposing people and situations etc., give us varied experiences. If such situations re-emerge, we can apply our experiences constructively and creatively and be free from the effect of such people and situations. Our experiences will tell us whether a course of action is appropriate or otherwise. Although we are doing different kinds of work with the full knowledge of the work, with our hands, eyes, legs, brain and so on, efficiency in karma is the result of our experiences. When we observe the world, we can see that whatever *karma* people are doing, is based on the experiences they have gained in their life.

#### **Core virtues and stress**

Even though we have the awareness of divine virtues in our core self, the obstacle to plough up these virtues is our mental instability or stress. A virtue is a quality. When there is stress, we cannot upgrade

our knowledge of the self into virtues, into values and also into powers of different kinds such as power to tolerate, power to accommodate, power to face and so on. The reason of stress is waste, negative and vicious thoughts. It is observed that almost all people think that they are always right and expect other people and situations to change, to be always in their favour and supportive. Since this is not possible, they develop stress. If everyone thinks that people and situations should be in his favour, there will be no meeting point. Instead, if one can think over the matter constructively and creatively and go into his past experiences in similar situations, he will be able to realise his own mistake and can change his course of thinking. Stressful situations or opposing people remind us that we should change our line of thinking sometime and somewhere. Experience is a spiritual value and its influence will be on the soul.

#### **Experience of life and unscrupulous lifestyle**

Although many people, at some point of time, must have burnt their fingers, suffered losses and failures, still they have not learnt the lessons

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from life due to the reason that they are not even aware of, and using, applying and deploying the experiences they have gained in life. For example, it is observed that some people do not think over their experiences and note the lessons hidden in their experiences and apply such experiences in daily life. They are, in majority of the cases, ego-driven, money-driven and sensuous pleasures-driven. Such drivers will not allow them to convert their experiences into power and authority. They lead a wayward, frivolous and aimless life. They do not have a specific vision of life. They do not have control over their sense organs; become a slave to their bad habits even though they know fully well that a particular action is injurious to them, still they do it. Their experiences teach those lessons, but the power of such lessons is nullified by their bad habits. They are under the influence of bad people who are their companions. They become one among them where their experiences in life will not be of any use to them. They have no self-discipline. They are lazy, lethargic,

depressive, pessimistic and hopeless. They do not care about their experiences. They have a shabby, slipshod, arrogant, unorganised way of doing things in the name of urgency, deadlines, urge to complete many things at a time, and on the run to become the owner of the world. They develop ownership and doership attitude.

**Some of the attributes of those who are Embodiment of Experiences**

- ▶ 1. They will not have any questions of 'why', 'how', 'what.' No exclamations or questions are raised when they see the opposing or self-destructive behaviour and dealings of others and the happenings in the world.
- ▶ 2. They will be detached observers, remaining as silent spectators and diligent actors. They will neither complain nor blame people or situations.
- ▶ 3. They will have un-stinted faith in themselves, in fellow human beings, the drama of life and on God. Hence, they live with lot of self-confidence, courage and optimism.
- ▶ 4. They keep equanimity

and equipoise under all situations. They will enjoy life in the midst of problems, people and also situations. They will look at opposing people and situations as a source of entertainment and consider them as their teachers.

- ▶ 5. They will never criticise any person or situation. They will have no enemies. They never disturb themselves. They will neither hold others responsible for their inconvenience nor tell that the world does not make them happy. They know as to how to keep themselves in good mood and spirit at all times.
- ▶ 6. They will maintain self-respect in all situations and respect others' freedom, rights, choices and preferences. They are able to smile, and appreciate others' achievements and greatness.
- ▶ 7. They will be soul-conscious and remain in the remembrance of the Lord. The Lord is their company and companion. They will always be living with the Lord.

# HONESTY USHERS DIVINE QUALITIES

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Excerpts from **Rajyogini Dadi Janki's** class  
(Chief of Brahma Kumairs)

**T**here is a saying 'as you think, so shall you become'. Similarly, 'as you listen, so shall you become'! To belong to Baba means: to become pure and yogi before going to the Golden Age. Where there is purity, there is truth, and where there is truth, there is sweetness; where there is humility, there is sweetness; **where there is purity, there is honesty.** What is purity? We have found the true Father, who is showing us the way to become truthful through honesty. He is making us worthy to show everyone the true path. So, practise and show whatever Baba says. Baba is now showing us the path. There are no sinful souls in the pure land and no pure, charitable souls in the land of sins. Even a great devotee will have some desire to some extent or the other. Everyone has some attachment or a little anger. Is there anyone who is free from these two? Attachment makes people rather unhappy inside; greed makes them deceive someone, or they might steal a little thing

here or there. The greedy one says: 'I want this. I want that'. The attached one says: 'What will I do? Whom will I talk to?' Female monkeys have lot of attachment. I should not have a trace of any monkey-like attitude; they have a lot of anger, greed and attachment and make so much noise because of ego. It is a wonder that the world has now become so very big! The praise of Bharat is great because it was a divine kingdom, where Deities ruled. Now, there are many kingdoms; subjects ruling over subjects. Here, we are sitting in a Godly government. Rules, regulations, Godly disciplines and code of conduct Baba has created, bring us lot of benefit. **We take power from Baba and then give it to others, on the basis of what He teaches and this is our profession.** We absorb power from Baba, the Almighty Authority, like Sun. **One doesn't have to do anything or have a desire to do anything, but just have good feelings that everyone should be benefited.** My

feelings should be such that the unhappiness of souls should disappear. There are either desires or good feelings. When I have desires, I want a little of this or that, then my feelings change. When my feelings are that I have Baba and don't need anything else, then I experience lot of power, peace and happiness in His remembrance. **One experiences lot of happiness when knowledge is churned and it can be spent lavishly not losing anything and nobody can ever snatch away.** Baba has given happiness, which is eternal, immortal and imperishable.

When Brahma Baba was in the corporeal form, it was as if he were an angel, as if his feet did not touch the ground. It should emerge from the heart that Baba is with us wherever we place our feet.

Baba gives power; drama gives us patience. When attention is focused here and there, on weak thoughts, on negative things of the past, or I perform any action that is against the Godly advice, then, Baba will not emerge from the heart and I cannot draw power. Instead, I experience punishment. One can experience lot of happiness, if one is honest, then effort is not needed and Lord is happy as

well. The one who is honest is always dancing. The one who speaks truth in the service, dances in happiness. What is service? Service means to dance. You, yours, I, mine, someone's nature, karmic accounts do not exist. **Those, who are honest, become firm. Those, who are weak, are so because they are not honest.** Fruit is inedible if unripe, though it appears good. One has to take power from Baba to eat ripe fruit. God says in Gita – 'this knowledge gives instant fruit, instant happiness'. When one has knowledge, he has instant yoga. Who will receive a scholarship? – One who has yoga with Me. Knowledge is – I am a soul. Yoga is to remember the Supreme, my Father in my home. Have faith in captain of the plane that he will take safely to the destination. One needs one's own passport and visa, and a boarding pass with a fixed seat. **A plain intellect is required to board this plane home.** I once asked Mamma: "How do you have such a plain intellect? She said: "I keep my intellect free". Anything can be written on a clean slate. Finish the past. Finish all karmic accounts. One has to become clean and peaceful. Who becomes peaceless? The one who does not remember the Father or home. My Baba is the Ocean of Peace; my Home is the abode of peace so, one should pull the ears if one becomes peace-less. Some people hear something and become peace-less. Baba told us not to listen to or speak wasteful things. One should have so much power to make others peaceful either they are close or distant. Peace is my religion.

### An Experience

## GOD'S WISDOM FOR PARADISE

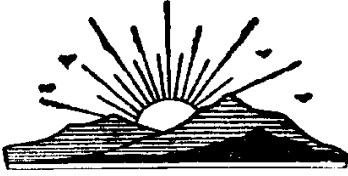
– Prayag Raj Upreti, District Sarlahi, Nepal

I am a Planning Officer in the Department of Agriculture. I came in contact with the Brahmakumaris two and a half years ago. I completed 7-Day spiritual course at Lalbandi centre and started attending Murli class, but I wasn't regular. Though I failed to devote much time due to personal circumstances, I have strong faith in the organisation.

I am greatly inspired by the spiritual wisdom of the Brahmakumaris. Their noble expedition, guided by God Shiva, to establish Golden Age is worthy of praise. When I understood the knowledge, I realised that World Peace is not possible by force. It can be created only by bringing positive change in human character.

I regard the spiritual knowledge taught by God Shiva as true and authentic. As per the knowledge given by God Shiva, Golden Age is paradise, which will be established on this earth, not up in the sky. *Kaliyuga* which is full of vices will be destroyed shortly. Several natural disasters indicate destruction. After that, the golden empire of Shri Lakshmi and Shri Narayan will be established here on this very planet.

I learnt that one's ultimate aim should be to become a deity like Shri Lakshmi and Shri Narayan. Understanding the self as a soul, the Supreme Soul, the three worlds (Corporeal, Subtle and Soul World) and 84 births of a human being (not 84 lakh births as mentioned in the scriptures) are all part of the spiritual knowledge taught here. Spiritual magazines such as *Gyanamrit* and *The World Renewal* are powerful transmitters, spreading spiritual knowledge throughout the world. I offer my obeisance to the most beloved and benevolent Shiv Baba, for giving such an amazing wisdom and wonderful knowledge about the forthcoming Paradise on this earth!



# IT IS TIME TO RENOUNCE NOW

– A. Kiran Kumar, Malakpet, Hyderabad

**W**hat is renunciation? It is an art of living a life of contentment; a life full of satisfaction. To the extent one renounces in life, one experiences satisfaction to that extent and his every action has influence on the world. Let's see the relationship between renunciation and influence/effect – consider two people – one, who renounces the comforts and luxuries of the worldly life and the other, who doesn't. Both perform actions; however, the one who renounces is remembered very much and for longer period than the other and history provides evidence. In simple words – renunciation is to forget everything one has, let go all desires, to remain content with what one has and to help others.

## Renunciation for Realisation

'Disinterest begets Renunciation'; disinterest for

the entire world. Through the journey of life, we find many interesting, attractive things, comforts and pleasures; however, they cannot make a person happy forever. Though one gets temporary happiness, but, desires remain still unfulfilled and therefore, one looks for another thing, yet another thing, something more and more to find permanent happiness. What makes a person permanently happy? Answer is 'Renunciation', because, it is done always for a noble cause and higher aim of getting self-realisation and God-realisation. Conversely, renunciation is the first step for self-realisation.

Initially, it is very easy for any spiritual person to renounce worldly things and pleasure, either by watching seniors, gurus of that path or attracted by the superficial results like, good concentration in meditation, self-confidence or the serene environment of ashram.

Soon after, the path becomes

subtle and deeper day by day. Actually, renunciation doesn't mean to leave everything literally and stay in the jungle. It is a state of mind one should create by constant practice.

Subtle renunciation enables one to go beyond good, bad, one's past and future. It means to forget the past, stop worrying about the future and making the best use of the present. It also means to stop thinking about others and get influenced by them. If at all one wants to think about other, then, give them good wishes, good vibrations through mind.

## Obstacles and Diversions

What happens initially and finally, while letting go everything? Simple desires shoot up decreasing the level of renunciation diverting from the path of realisation. It could be due to one's weakness, circumstances; eventually start feeling as if it is mandatory and try to justify to one's own consciousness and to others.

One must perform daily

activities, as a duty, while being detached, not caught up in it to the extent, that the very purpose is forgotten! It is here, that one has to decide the proper way to let go the thoughts that arise in a particular situation, because, desire is also a thought that pops up in the mind.

Basic needs like, food, clothes and shelter etc. are more than enough for a spiritual person having a higher aim of renunciation and realisation. Desire for any other thing more than a need, takes him away

from his path or purpose of renunciation and realisation. Having extra facilities and comforts may boost one's confidence and self-respect superficially, but the process of renunciation becomes slack and stops eventually. After all, renunciation is the only way to attain self-realisation.

Therefore, one has to understand the deeper and subtle level of renunciation, for self-realisation. A real yogi is he, who maintains his powerful state of mind and is never pulled

by the relationships, possessions or anything in the old world after he has renounced them. He naturally experiences the perfect concentration. Thus, he is loved by all. He considers himself a child of God and others as his brotherly souls. This pure love enables him to serve the mankind. Hence, he always uses all the treasures – time, thought, happiness, divine virtues and powers for the benefit of the entire humanity.

## **UNDERSTANDING THE DIFFERENCE BETWEEN 'I' AND 'MINE'**

Back in the early days of the Brahma Kumaris institution, the founder, Brahma Baba, used to ask us, "Who are you?" We would feel that to be a very new, wonderful kind of question because, after all, he knew all of us fully well, yet there he was, looking straight at us and asking such a question.

So we would answer, "Baba, I am so and so; this one is called such and such..." Or, "We are students." Yet, he would look at us and say, "Who are you?"

So then we would really start thinking. Finally, Baba would say, "Look, throughout the whole day you use two words. One is 'I'; the other is 'mine'. So many times you use these two words. So, are 'I' and 'mine' one and the same thing? Or are they two separate things?"

We couldn't answer, so he would continue. "Which word do you use if you have a stomach ache? Do you say, "I am a stomach ache"? Or do you say, "My stomach hurts"?"

He would make his point. "You definitely would say, "My stomach hurts". This means you are calling the body, 'mine'.

"The one who is saying, 'mine' is the owner. Whenever we say the word, 'mine', it is because we are the owners..."

In this way we gradually came to understand that I, the soul, am different from the body... I, the soul, am the owner of this body. I, the soul, am the Master.

We learnt that the soul resides in the centre of the forehead as a sparkling point of light, and how everyone, in fact, is a soul, a sparkling point of light.

**– Dadi Janki ji**

# **ATTACHMENT – VICIOUS SELFISHNESS**



– BK (Prof.) Ved Guliani, Hisar

In every spiritual discourse and discussion, one finds an emphasis on the importance of detachment. “Forget about your body and bodily relations”; “All material things must perish, so discard them ; The physical world is the greatest distraction in one’s spiritual growth” etc. etc. We hear all these and many more suggestions from the learned and the wise. And despite all this convincing talk, one remains entrenched in the material world and its charms, notwithstanding one’s sincere desire to rise above the material world.

Theoretically, the argument has a force of conviction but how should one apply it in one’s individual case. That perhaps is the problem with most people. One may be convinced that whatever one achieves by way of education, job, money, possessions etc. in this life are not going to be of any use in his next life unless they instill in him the virtues of love, humility, goodness, benevolence etc. This too should be clear that one’s being a doctor, engineer, professor or a businessman or

being rich or poor or even being male or female and young or old is immaterial in the progressive journey of the soul.

But does such a knowledge make one detached with all these things and persons? Does one really take it as a natural course of happenings when something is lost or destroyed or when someone – near and dear one – leaves this corporeal world? We all know the answer to such questions and at every such happening we are sure to advise others on the ‘perishable’ nature of things and persons. But do we seriously accept our own ‘advice to others’ and remain calm and undisturbed at the time of such upheavals?

Sometime back in our neighbourhood a businessman lost his only son, aged about 45. The whole atmosphere was charged with wails, sobs and sorrows as by the material standards it was catastrophic. The old couple had no other child. People were quite sympathetic and had apprehensions that the couple may not be able to survive the tragedy for long. Time moved

on and after the usual rituals the old man, with a heavy heart of course, opened again his business establishment. A few days later, he was seen haggling and bargaining with his customers. Perhaps he and other members of his family had accepted the ‘inevitable’ and learnt to live in the changed circumstances.

What do we call this? Detachment? Surely not. No doubt they have accepted the departure of a soul from amongst them. But in reality they have turned their interest from one thing/ person to the other. One material object has substituted the other. In other words, one has just rearranged his priorities. It may appear to be a bit complex but if we think objectively, we find a compromise being achieved in this case. The parents lost their young and only son, but they now devote themselves to other material things in such a way that they appear to be compensating the loss. Earning more money so that the widow and her child won’t miss the departed soul on this count, is one such way for them. It is how we human beings try to forget and overcome our material loss. But rarely do we realise the evil of our being inseparably and viciously attached to the material world?

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If we looked at the reality of this life with an objective bent of mind, we could realise the insignificance of these material things and the limited and true relevance of human relations. If we could impartially observe and analyse human relations vis-à-vis the material world, the life would surely be comfortable, smooth and meaningful.



## STABILITY IN LIFE

– B. K. Lakshmi, KOLAR

**L**ife is like a garden of flowers, wherein some flowers are good – the situations of joy, and some flowers are bad – the situations having a very tough time. As Shakespeare said, “Life is like a drama and all are actors”. Not only the life is a drama but also the entire world is a drama stage and all are actors playing their respective roles. Whenever someone is in a joyful situation, one forgets oneself and flies in the air like a bird; whereas in a tough situations, one forgets that it was merely a test and will subside soon. Nothing remains permanently, so are situations. One has to maintain stability in both the cases. One shouldn’t be too excited in happy situation and too depressed in the sad situation as an actor plays his role equally good in both the situations and is back to normal outside stage. Similarly, we, the actors of world drama, are just playing the respective roles that are assigned. Everything in the world drama is predestined. One has to maintain equilibrium in all situations.

In order to maintain stability, one has to always remember one’s real identity – “I am a peaceful soul, child of God playing a game called LIFE”. This requires surrendering the

intellect completely to God who is *Karavanhar* (The One who gets things done), the Supreme Father who sustains the entire universe, only then can one be free from all waste, negative thoughts and energy.

Life is very short; one must make use of every moment of it in the remembrance of One God and to experience complete joy and happiness. ‘God is our Father and, therefore, nothing should be missed in the life all that He is bestowing upon us’. Worries will disappear staying constantly in this consciousness.

As saying goes, “Nothing happens without God’s will”. However, it is not true. In fact, even God is in the bond of World Drama. Therefore, if anything goes wrong, one should not think it was God’s will. Everything depends on one’s past karmic accounts. Supreme Father makes everyone pure and guides to the Incorporeal World and descends down to the Golden Age of deities that arrives in this very land of Bharat. Only those who are 16-celestial degrees complete, complete in all virtues, completely non-violent are entitled to it.

**“LOVE LIFE AND PEOPLE AND THEY  
WILL LOVE YOU”.**





# GOD'S POWERS AND BLESSINGS



– B.K. Sis. Shivani, Gurgaon  
(Excerpts from her interview)

**G**od has been bestowing powers and blessings on all human beings. However, the difference is felt at the level of receiving. One can feel His powers very well, if one is mentally attuned to Him. If the sense organs are busy in accumulating the information available only at the gross level, then, one may not be able to absorb subtle experiences that bring peace. People have been visiting temples and other places of worship asking God to shower His blessings and boons. However, when they come back home, they repeatedly commit the same mistakes that they have been doing, like, getting angry, fighting with others, having impure thoughts etc. They do not want to sacrifice any of these habits, but at the same time they want God to bestow all the good things in the world. This paradox has to be eliminated if one has to experience God's powers and blessings.

## Healing Relationships

One of the obstacles while experiencing God's powers and blessings is crisis in relationships. Managing relationships is quite a big challenge nowadays, more so with youngsters who have less experience in life. It is jocularly said in Delhi, newly-weds celebrate their marriage anniversary soon after six months instead of one year, because they are not sure that their married life is going to last for one year. Instances of violence in the family are on the rise. Parents complain that their wards do not heed their advice and the children, in turn, complain that their parents punish them without understanding.

Relationships have become very fragile and tend to break often. Parents commit mistakes and expect their children not to repeat them. A husband says that he has more right on his wife. But the wife says that she is always right.

Relationships thrive only when a 'Give and Take' principle is adopted.

## Heaven on Earth

God says that a New World Order is being established shortly and for that earth has to be cleansed. All agree that earth needs a lot of cleaning as all like cleanliness. It is a process of removing filth now. So, there is no need to worry; instead be happy.

It is said that the history repeats. As per the cyclical movement of time the Golden Age dawn begins after *Kaliyuga* ends.

There will be abundance of peace and happiness in the forthcoming Golden-Aged world called Paradise. Is it not a better idea to live in a place where there is no agony, sorrow or dirt!

Let's all receive God's blessings by listening to what God says and inculcate it in our lives to be in the New World.



# IMAGINE GOD



(It's No Good Going for a Long Walk If You Take a Shortcut)

– B.K. David, Paignton, England

Imagine God to be the vast computer, like an eight-storey high building and the same wide. On each floor are the most sophisticated and modern computer banks stretching row after row and reaching up the ceilings. High-powered accurate computers working day and night, never stopping, powered by love and totally silent – this is God. Its power source is unlimited, more than a billion suns. Welcome to God's mind, God's centre. God gives out to the world from this point.

## Totally Colossal

This colossal computer operates only on love and peace and is self-regulating and maintained with pure logic. Its only function is to give love, happiness and peace and impart wisdom and knowledge. And if all that was not enough, this building block has been reduced in size so small that it would sit on the end of ball point pen—a mere speck, a point of pure light. But this speck-point of light – is full of so much might and light that it can transform this old world into new with its pure

desire, love, wisdom and knowledge.

## God – Undoing Man's Wrong Doings

There is now a need for God in this world, as man has created a world of dire poverty, suffering and misery. Only God could save it and stop from slipping further into hell and know how to cure its problems and people. The problems are too many to mention and the enormity too vast to comprehend, but this unique computer building that can sit on your shoulder without you ever knowing it, has such love and wisdom, has already set about undoing man's wrong doings.

## Saturation Point

The problems being faced by man are so complex that only God could remedy the mess he is in. Man is up to his neck in the quicksand of vice, unhappiness and debt. No counselling, new age remedy, businessman, Bollywood star or breakthrough in science can solve this dilemma. God and God alone knows severity and depth of the problem and He alone can solve it. There are good people on earth

with good heart and intentions, but nothing and no one can correct this situation without the guidance of God. With God anything is possible, without God, not much at all is possible, other than say the manufacture of new car or washing powder.

Man now can only ever add to his problems whilst only God can take the problems away. The difference between God and man is the difference between an orchard of fruit in the summer and a butcher's shop in a heat wave with a three-month old-rotting animal carcass in its window. Few are in God's orchard whilst almost everyone is fighting outside the butcher's shop to try and get inside, as they feel compelled to eat the rotting carcass. An animal can make a nice pet or interesting to watch, but put on your plate and in your stomach is like eating a hand grenade with your favourite sauce on it.

## Want A Lift From A Blind Man Driving From Delhi To Bombay?

Taking a lift from a blind driver is like trusting humanity to put this world right. It would be a crowded car and a very dangerous ride. How far do you think you'd get with a blind driver? Maybe you think your neighbour or best friend is going to save the world. Perhaps you think your local recycling plant can save the world with its

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endless silver foil, bottles and newspapers. You cannot save this world with a bottle top, no matter how many you have. Only Supreme Soul is going to save this desperate world and everyone on it. This really is the end of the world with the blind leading the blind, and more apt to today's world, the blind driving the blind. I don't think you have to be too brave to step aside from this troubled world and take the hand of God and jump on the back of His rather slow moving bicycle, which has limited seats. The scenery and company are amazing, the speed and comfort a delight, the destination and journey too incredible to be imagined.

### **A Spoonful Of Love Helps The Medicine Go Down**

In life, one generally holds a government hand and doctor's hand, but today both their hands are shaking like a leaf in uncertainty and ignorance as they too are struggling to get by in life. Your doctor is sick and the government is broke owing billions of pounds. This is just one of the reasons why both their professions shake like the leaves on a tree. Soon, not only are the leaves to fall off, but the tree is to topple over.

Better to trust God who has no money and no body, than to trust in a decayed tree crippled with debt. How people can trust

and have faith in corrupt, terrorised, diseased world and not God! This indeed, is a great paradox of humanity. Man can only offer a front seat in his ongoing hell of suffering, whilst God is quietly peddling to a paradise of abundance. Yet most choose to stay in this world and can only aim and work towards this world of pain and grief. If one had the choice of a beautiful, healthy body and an ugly, crippled, diseased body, what would be choice? Well humanity has chosen the crippled body to live in. All must give this old world help and good wishes.

God is debt-free, Supreme, reliable, stable, and never gets sick; one does not need an appointment to see Him and He does not even have a waiting room full of germs. He just has a room for one to breath in all His peace and love to make one ever-healthy. Visit God first thing in the morning and He will everyday give a tablet of coolness. Most people every morning, first thing, take man's tablet of suffering, stress, bad news and pain; they take this tablet throughout the day. This is one of the reasons God hands out His tablet 300 times a day, but one needs a very open mind and heart to take it, and to realise one's sickness. God's daily prescription can make one very strong and healthy but it's not for

the faint-hearted. One needs faith in the Doctor and His medicine if one has to get better and make a full recovery. Man's tablets are made by the incurable and handed out by the sick and dying, and so what good can there be in their medicine? Can the sick cure the sick; can the dying give life to the dying?

### **Balancing Act**

It can be great fun riding on the back of God's bike but one needs a good sense of balance not to fall off. Anyone can ride in man's car as it takes no love, no care, no balancing act and no attention. One doesn't get anywhere in man's car and being unknown to its passengers, they actually go backwards in it. Only a fool would jump in a car to go backwards. Well, that is what humanity is doing today – sit in his car and go backwards. People are moving backwards in life in their values and morals at an alarming speed. Today there are more true believers and followers in degradation than there are in religion. It is now the age of degradation and ignorance and most belong to these movements. These movements breed discontentment as opposed to peace of mind, greed instead of need, desire instead of satisfaction and create a world of unhappiness.

Yet their followers carry on

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regardless of their suffering, thinking this way of living is the answer, little realising that their belief and lifestyle is part of the overall problem afflicting mankind today. This global warming and poverty-stricken world can be traced back and laid at their front door, as their front door numbers 6 billion and is the root cause of floods, scandal, poverty, corruption, population explosion, greed and unhappiness today. One can knock the door and tell them that God, purity and Rajyoga are the answers, but they will undoubtedly not listen and could well slam the door on the face.

### **Man's World And God's World**

If one tries hard enough and concentrates, one can think to be in heaven, and if one tries long enough, one will actually find oneself waking up in heaven one day. Such is the power of the human mind, whatever one creates in mind, if just and noble, can become reality. Heaven is not like a normal place by today's standard; I mean people do not talk much, eat only a little pure food, very healthy, no one ever moans or is sick and there is not one doctor, tablet or medicine to be found. The words like fed-up, cry, stress or headache have never been spoken. Everyone wakes up happy and goes to sleep happy. Everyone feels

100% fine 100% of the time, without exception.

There is no real common goal for the day or aim in life for the people in heaven, as everyone is just content, and there is no feeling that they need an aim, to be somewhere, to have accomplished or achieved something. They all feel complete and are totally happy with themselves and life and so there is no aim for the future as the present is so rich and right.

### **Visa Of Effort**

The future world is without suffering, greed or illness. That's a world worth aiming for and anyone can have it, can go there and live in it. All they have to do is to aim for it, strive for it each day and it will become present. The new world is not given to without effort. The passport and credentials for the new world is 'effort'. Without effort one will not get passport stamped by God. Without God's official 'visa of effort' stamp, one is stuck in this world of supermarkets, queuing, hospitals, sickness, limps and stress. One just needs to give 25% attention now to gain 100% of God's attention today and His future world of total relaxation where the feeling of peace is in every breath and fills one's body to such an extent of total health.

### **The Wet Overcoat Of Sorrow**

So, there is a choice, live in

today's world or aim for the beauty of God's world with all things good, as opposed to today where everything is bad. It's difficult actually to find anything really good in today's world, where even the good is only gained through sweat and tears, is short-lived and comes at a heavy price and is soon overcome and shrouded by the negative world of today with its heavy overcoat of sorrow. This wet overcoat may have a very small attractive gold badge on its lapel, but that is easily lost or its sharp pin can prick in without warning.

### **Which Coat Suits You?**

Think long and hard which coat you are going to wear today, as this is the fitting room and shop that determines which coat you will also wear in the future. It all depends if you are more suited to live in hell or heaven. Yes, we all have a lump on our backs and one arm longer than the other, but God allows for this in His fitting room and knows His suits are made to perfection and can cover any distortion and cure any sickness and you can be made to look perfect. You can decide with God's help and advice which suit you wear. Will you carry on wearing your heavy old overcoat or put on God's light suit of light?

# DIARY' – A GUIDE FOR LIFE

– B.K. Vinayak, Mount Abu

**T**ravellers mostly need a guide. A guide is responsible to provide accurate information to the travellers and lead them safely and timely to the destination.

It is easy to get a guide for worldly pilgrimage, however, is it possible to get a guide to lead us through the pilgrimage of life, who can escort throughout one's life, protect from committing sins, always have good wishes and inspirations to get success at every step of life?

**Certainly! But not in human form! It is just a diary! It can accompany till the last breath.**

The habit of keeping a diary helps one to get success. Diary helps a student to secure good marks and a merchant to get more profit in business.

**Similarly, diary is important for those who are making effort to transform themselves from human beings to divine beings. The Almighty Authority, God Shiva is teaching the method to make effort. The main effort is, to remember God not only during meditation but**

**also while performing daily actions. It is a subtle pilgrimage of mind and intellect called the 'Pilgrimage of Remembrance'**

One should know the distance from the beginning point up to destination, the distance covered and yet to cover, the speed required to reach in given time and the right direction. To know these four aspects, a pilgrim has to have devices like map, magnetic needle, speedometer etc. to know the distance, direction and speed. Likewise, following aspects are important for a spiritual pilgrim:

### One must check:

- ◆ The distance covered to reach 'completely vice-less' stage and distance yet to cover.
- ◆ Intensity of effort required to reach that stage as soon as possible
- ◆ Everything is done as per Shrimat, which is the right direction.

The device here is to keep chart or diary.

To ignite the fire of yoga or to take a high jump in the endeavour, one has to maintain accurate chart or diary for a

long time.

Some of the spiritual effort-makers, while making continuous efforts, get confused. They feel neither moving ahead nor behind, and don't experience any significant progress in their stage. They are not sure about what an intense effort-making is. The answer is to keep a chart.

### Chart for progress:

- ◆ Did I maintain self-respect 'Swamandhari' and Karmyogi stage for the whole day?
- ◆ Did I have prolonged and powerful seed or sweet silence stage?
- ◆ Which divine virtue was in 'the emerged state' throughout the day and what effort was made to inculcate it permanently?
- ◆ Did I serve through my mind, words and actions throughout the day?
- ◆ Did I observe every scene of this drama with detachment?
- ◆ Was the brake or power to put a full stop naturally?
- ◆ Were all my sense organs free from the influence of vices and waste? In case of getting influenced, what obstacle was faced and what effort was made to overcome it?

### Other benefits of keeping diary:

- ◆ **The a habit of keeping a**

- diary or a chart helps one to experience the stage, where one is lost in the love of most beloved God Father Shiva.
- ◆ This enables one to have better spiritual conversation with God.
  - ◆ One can experience the depth of bliss as it helps to remain introvert.
  - ◆ Diary is like a mirror, where one can see both good and bad clearly.
  - ◆ It inspires one to be more honest, as one writes in the diary regularly.
- Therefore, God Shiva says, “Sweet children, keep a register of your character and note down everyday. By keeping register, you will realize your defects and you will, then, be able to remove them easily and will reach the stage where you will remember none but one (God)”.

## UNDER GOD’S CANOPY

– Suyash Agrawal, Gumla, Jharkhand

**H**ow much do we love God? The question may sound a bit cliché; however, a question worth a million dollar arises, ‘what does it mean by loving God’? Well, loving God means, loving all the fellow creatures in His creation. People often become grouchy, that God is not reciprocating their affection for Him. But, alas! How little they know about His ways.

Many a time, people discriminate on the basis of caste, class, race and gender etc. Erstwhile slavery in America, recent racial attacks on Indians in Australia and Muslims in China are all manifestations of this. But then, people forget that, at the gates of eternity, the Black Hand and the white hold each other with an equal clasp, as the Supreme Soul loves all His children equally. Paternal love knows no feelings of malice and is bestowed on all children, equally and unconditionally.

The just God, whom we fondly call Shiv Baba, loves us all, at the same time asking us to sacrifice all our vices in the fire of Knowledge.

The same is equally true for people, who believe in brotherhood and spread harmony around them. The difference lies in the perception. A man, or a soul for that matter, doesn’t become great by his birth and upbringing, but by his deeds.

We, the children of God, have a moral and spiritual duty to enlighten others around us. ‘Charity begins at home’. It is a known fact that hatred can only be overcome by love and violence by non-violence, nevertheless, one needs to take it to the next level and that is to practise it. Preaching has never and will never serve any purpose. We children are required by God to conscientiously execute the duty given by Him. One’s aim should be to uplift all human beings thoroughly.

‘Allow the candle of your body to burn at both the ends. It may not last the night, but it will give a lovely light, the bright light of philanthropy.’ And then, He will love us all the more and take us all with Him to our eternal abode, ‘*Paramdham*’.

# MANAGING THE SELF

**Seema Mishra, Kolkata**

I have learnt that I am responsible for all that happens in my life. It means not letting others control my emotions—being in control of myself, both mentally and physically. Not letting others kick me like a football, here and there.

It has been my experience that one can manage the self by being detached and watching oneself to see how one performs. Later, while re-assessing the self, one finds out the mistakes or the wrong way in which one has thought/conducted the self and resolves to set it right or do it better the next time. This can be called fine tuning the self. Do not be reactive, but proactive. Look for win-win situations. Do not get affected by what others do or say. The other day I was crossing the road when I found one van braking suddenly and a bike very close to it just touched it. The driver lost his balance and fell but no one was hurt nor were the vehicles damaged. I moved forward to see if I could help but found the bike driver yelling at the van driver, trying

to pull him out and abusing him and shouting at people to come and help him beat up this guy. I appealed to the bike driver not to be agitated and look at the sunnier side of the situation and thank God there had been no damage to man or machine. He calmed down a bit and in the meantime, a policeman came and took over. I left, thinking God had done whatever they planned through me, and moved on. The bike driver was having a difficult time managing himself, but when provoked by me to think about the motive of getting agitated, he slowly calmed down and was able to manage himself.

If we think positively, it helps us a lot. Our mind is like a child and if we keep encouraging it to do good deeds and behave properly, it does respond. You have to work hard at it with dedication, keeping the goal in mind. Reviewing and revising our performance helps. But self-confidence that I will overcome all my weaknesses and end up being a good manager of myself with persistence and faith in God

pays. The key to it is to do everything with awareness.

We must accept that we are what we are due to our past actions, whether in this birth or past births. So, if we want improvement and wish to manage ourselves in the best possible way, we must act now. We must motivate ourselves to do our penance the way we have been instructed to do it and for this, if we need to sacrifice certain comforts, we should not mind. The mind has to be directed to perform efficiently.

To be successful in management, a time-bound goal should be set; penalty for not reaching it should also be given, whether in getting up early, doing your daily practices or in keeping control over the quantity and type of food you eat. If one needs help, I do not think one should feel shy to ask others whom one feels are competent enough to guide one, so that one does not become self-indulgent and too lenient, resulting in poor results. External monitoring and motivation may be required in some cases.

Going ahead in the above process, I have found results and am sometimes surprised at myself. There are also moments of despair when sometimes I find my mind acting against my principles and

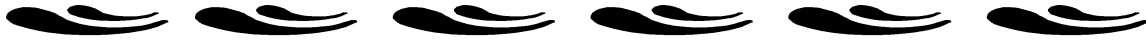
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beliefs. But then I console myself that the road is long and there will be successes and failures and one must learn from both. Definitely, today I am

a better manager of my self, whether it be emotionally, steadiness or in controlling anger.

I sincerely hope my

experiences will help other seekers in managing themselves in a better way so that they can lead better lives.



## ONE IS KNOWN BY THE COMPANY ONE KEEPS

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Once upon a time, a parrot and her two newborn chicks lived in a forest. They had a nest in a tall, shady tree and the mother parrot took care of her little ones, day and night.

One day, there was a big storm, thunder, lightning and rain. Wind blew down many trees. The tall tree where the parrot lived with her young ones also fell down. A big heavy branch hit the nest killing the mother parrot. Fortunately, the strong wind blew the baby parrots away, to the other side of the forest. One of them fell down near a cave where a gang of robbers lived and the other landed little away outside a *rishi's* ashram.

Days passed and the baby parrots now grew big. One day, the king of the country went to the forest to hunt. He saw a deer and rode after it. It ran deep into the forest followed by the king. Soon the king lost his way and didn't know where he was. He

rode on for a long time till he came to the other side of the forest. Very tired by then, he got off from his horse and sat down under a tree near a cave. Suddenly, he heard a voice cry out, "Quick! Hurry up! There is someone under the tree. Come and take his jewels and his horse. Hurry, or else he'll slip away". The king was amazed. He looked up and saw a big parrot on the tree under which he was sitting. He also heard faint noises coming from the cave. He quickly got onto his horse and rode away as fast as he could.

Now, he was at a glade, which looked like an ashram. It was *rishi's* ashram. The king tied his horse to a tree and sat down under its shade. Suddenly, he heard a gentle voice saying, "Welcome to the ashram. Sir, please go inside and rest. The *rishi* will be back soon. There's some cold water in the pot. Please, make yourself comfortable." The king was

amazed again, "This one looks like the other parrot outside the cave", he said to himself bit loudly. "You are right, Sir", said the parrot, "he is my brother but he has befriended robbers. He talks as they do. He does not talk to me anymore." Just then the *rishi* entered into the ashram and welcomed the king and said, "Please come inside and make yourself at home. You are looking tired; rest for a while. Then you can share my food."

The king narrated the story of two parrots to *rishi* and how each one behaved so differently though they look so alike. The forest is full of surprises", he said.

The holy man smiled and said, "***After all, one is known by the company one keeps.*** The parrot near the cave has always heard the talk of robbers so he imitates them and talks about robbing people. This one repeats what he always hears in the ashram. He welcomes everyone to the ashram."



# DON'T WORRY BE HAPPY

– Mike George

It's difficult not to worry when someone is surrounded by people who err always. It's hard not to worry when media often seems to delight in speculative future that is not bright. It's almost impossible not to worry after years of 'worry training' by parents whose conversations filled with their...worries.

But, is it good to worry? What would life be like without a good worry? Worry is one of the habits usually learnt at an early age from parents who learnt from their parents. This is why we see many people repeating their 'worry mantras', like 'I was worried, sick.... they are such a worry... we need to worry about this!' The opinionated journalists often attempt to keep the readers' attention with a worry. Some of the healthiest people, sometimes known as the '*worry well*', will spend time vigilantly watching for slightest pain, so that they may confirm their worries about their future health. The '*happy worriers*' on the other hand just can't imagine life without a good worry and they are always pleased to find someone who

shares their worries so that they can have a good '*worry conversation*'. And then, there are the '*caring worriers*' who are under the illusion that worrying about someone is the way to express that they care!

Seldom do we sit and reflect on the futility of imagining a dark future and then using the images to frighten one's own self. For that is what worry is—pure fantasy of a pending catastrophe. While wasting huge amount of energy as it escapes into the environment, worry is probably the greatest waste of one's mental energy that is released into the atmosphere. It seems, very few realise that whenever one worries about anything, it is as if inviting Hollywood into head and create, direct and star in a story about the worst that could happen. In doing so, one makes it more likely to happen.

Not only do many worry their way through life but the tension and anxiety becomes addictive. Instead of giving thanks for the blessings each day, it's as if some people give thanks for their daily worries! When it's suggested

that it may not be a positive use of time and energy, the worry-addicts say, but it's good to worry. It's necessary to worry, so as to prepare for the worst. They can't quite see, how their belief that worry is a good preparation for the worst is blinding them from reality. It is to misuse one's creative ability. Some even identify themselves with worry. Yes I am a worrier, I have always been a worrier, I guess I must have inherited from my parents; it's probably in my genes. However, it's not true. **Worry is just another acquired psychological habit. One can unlearn it.**

Perhaps, one of the most popular emotional confusions is – '**worry equals care**'. However, worry can never be care. Worry is fear and care is love and they are opposite to each other. When one thinks that worry equals care, and that it's good to worry, one spends the rest of the life worrying. When one has nothing to worry about, he gets more worried. If one doesn't express worries to others, one has a worry that others might think that one doesn't care!

Worry means to use memories of past disasters to create and project imagined fear into the future. Sometimes one tries to justify worry by

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calling it ‘concern’. However, worry is not concern. To anticipate the possibility is not worry. **Worry is a habit that paralyses one’s ability to see into or anticipate the future with clarity. It blurs and weakens the ability to envision a positive and beneficial future.** The incessant worrier lives in a dark tomorrow, an imagined future that promises an unhappy place missing the life today. Worry is a form of absence.

So how to break this insidious psychological habit? Here are some ways to bring about a well-earned rest from worries:

### **Seven Ways to Stop Worrying and Be Happy**

#### **1. Challenge the story**

If one worry hard enough then there is fear. Probably less than 5% of the worries actually

comes true because, constant thinking about something holds power, either it is good or bad.

#### **2. Transform worry into opportunity**

Let’s say one is worried about losing job. Take a moment to visualise what to do next. What would be the next step, the step beyond the job! Visualize taking step with ease while enjoying and learning from the transition to a new chapter in life.

#### **3. Have a bonfire**

Physical exercise burns fat and the body becomes lighter. Similarly, take time to exercise thinking positive, it will burn all worries and one will feel lighter. Write down all the worries on a blank sheet and then put in sacrificial fire sending all the worries up in smoke.

#### **4. Stop paying interest on a debt that has not yet**

#### **incurred**

Worrying drains one’s energy, sucking away all the vitality. It’s like paying a debt that does not exist.

#### **5. Practise authentic care**

Remind the self that worry is not care. Worry generates fear. Fear is not love, and true care is love. With this understanding in mind, visualise what real care looks like.

#### **6. Substitute the catastrophe with the anastrophe**

Worry is a fantasy of a catastrophe, which is an addiction. Practise to be positive. Sing every day the line from the optimistic song. And if you don’t know then create one!

#### **7. Be honest with yourself and admit that worry is a selfish emotion**

And then do something truly selfless.

## **VIOLENCE ENDS WHERE LOVE BEGINS**

Unless one has a stress-free mind and a violence-free society, world peace cannot be achieved. The biggest criminal in today’s world is stress. It is the root cause of all violence, and the widespread examples of violence. Stress pervades at all levels of life. It is truly the great plague of modern day. Nature is imbued with rhythms and cycles, day follows night, seasons come and go, and human body, mind and emotions follow biological rhythms. When they are in sync. and stress-free, one experiences a sense of harmony, wellbeing and peace. When one is peaceful, one radiates peace to the people around. If, each one of us remains peaceful and radiate harmony, there will be collective harmony. Hence, the issue of peace making needs to be tackled not only collectively in society, but also individually. The progress of society lies in the progress of an individual. A sense of belonging to the whole world is the need of the hour. Rather than letting diversity become the cause of stress and violence, one need to celebrate it, by honouring all cultures and religious traditions. – Sri Sri Ravi Shankar

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

Yoga (Yoga of knowledge) because – it is based on the understanding of self, God, relationship with God, time, world cycle, karma and other aspects, which help one to have perfect yoga. It is known as Karma Yoga (Yoga of Action). People generally think that one has to give up one's duties, actions and sit in a corner or go to ashram or jungle to practise Rajyoga. However, whilst performing all the regular and routine actions, one can still remember God in the mind. It is known as *Buddhi* Yoga (Yoga of the Intellect) because – only intellect and mind are used to practise Rajyoga. It is through intellect that one understands, realises and decides right things and experiences these. It is called as *Bhakti* Yoga (yoga of Devotion) because – Rajyoga means to have selfless, true feelings of love and reverence for God and not out of fear. It is known as *Sanyas* Yoga (Yoga of renunciation). People think that in order to practise Rajyoga, one should renounce family, home and everything and go to the jungle or a cave. However, one just has to renounce vices, which are the root cause of all sufferings and pain in human life; Rajyoga provides power to renounce vices naturally. One can, therefore, stay at home with the family and enjoy life in its real sense completely while practising Rajyoga.

### Huge Contrast

Yoga taught by *Patanjali*, about two millennia ago, is also known as 'Rajyoga'. And yet there are many points of contrast between *Patanjali*'s Rajyoga and the Rajyoga practised here.

*Patanjali* has not given any honourable place to God in its yoga-system as enunciated, whereas in the yoga-system taught here, there is a proper recognition and understanding of God and one's spiritual relationship with Him, which is a pivotal aspect. *Patanjali* has defined yoga as stopping or suppressing mind, whereas here, yoga is to direct the mind to create a positive thought pattern, so as to experience unconditional love from God by connecting one's mind with Him.

Yoga taught and practised here not only has the essential elements of most kinds of *yogas* but it also means to have selfless love for and faith in God and to observe moral and spiritual values as their highest and easy discipline. By doing this, mind becomes ontological (*sattvic*) and one feels exhilarated. Mainly sisters teach yoga who are highly experienced and elevated. Rajayoga holds the power to solve all social, economic, domestic, professional, psychological and other problems besides liberating one from all negativities.

### Rajyoga as 'Perfect Yoga'

▶ (i) Rajyoga means to stabilise one's mind in his or her original, eternal, pure and true state of being. Practising Rajyoga enables one to experience the State of Perfection, which is the natural state and real identity of every soul.

▶ (ii) This is the only yoga taught by God, who is Ever-Perfect-Being, personally through Brahma.

▶ (iii) Other *yogas* touch only one aspect or develop one side of the human personality, whereas this yoga is integrated and develops multi-faceted personality of a human soul enabling it to become all sixteen-degrees complete and perfect.

The soul has lost its lustre and its qualities to a considerable degree and has become degraded. This yoga enables a practitioner to rise to the highest degree of purity. When soul attains its perfection, it requires a world of purity and perfection, where everything and everyone is *Satopradhan* in his/her qualities and where peace, happiness and prosperity are in abundance.

Rajyoga is an education and is a life-long learning process. Education involves change for better. So, change also is a continuous and life-long process. In fact, change is a sign of life. One should not, therefore, be averse or resist change, as it is for a higher purpose and it also helps to serve humanity. ●

# EXPERIENCES FROM A PERSONAL INSIGHTS WORKSHOP

– B. K. Ajay, Bangalore

**T**he drama of life offers each soul whatever it needs on its journey and the gifts come in many unexpected ways. A recent development was very beneficial for me and hopefully it has some insights for all of us.

During the course of service, we often get to teach, train, facilitate, coach, counsel, provide an experience or lead groups of souls in a variety of ways. Baba's knowledge is an unlimited treasure trove that we can dip into in a variety of ways and use for service. However, how well the audience receives it, depends on the stage of the instruments as well as their skills of delivering this knowledge.

Sometime back, I kept getting a thought that it would be good to learn some skills and tools for serving more effectively. Perhaps it may be a good idea to work with some large professional firms, I mused. The challenge was that the current part-time work was very suitable from a service perspective and I did not want to end up working full time for

the sake of learning skills. So, I let the thought lie fallow.

As per drama, a couple of months back, a brother from a prestigious consultancy firm called and asked if I would be interested in empanelling with them for facilitating transformational change for their client leadership and organisations. They would also provide some training and exposure, so that I could deliver the work for their clients in their standard format. Would I be interested? "Yes, of course", I replied. This seemed specially tailored to service interests and was a great opportunity to reconnect with some brothers and sisters who were still hidden away in their boardrooms.

Well, after going through the selection process (to verify that I could deliver value), I was invited to attend a personal insights workshop. The participants were a small eclectic bunch – ranging from an ex-monk to a former executive of a Fortune top ten company. We connected really well and it was a beautiful experience. We practised

meditation (a simple breathing and relaxation exercise) as well. While we were sharing some personal stories, there was deep self-realisation and many were moved to tears. By the end, we were exchanging hugs and good wishes. As one brother put it, "We are all part of one soul group. Could we have very well been a BK retreat?"

Three big takeaways for me:

**1. Recognise and learn from your emotions:** We were asked to identify situations, where we typically go emotionally agitated. I found this to be quite challenging – I could not recall when I had been upset in the recent past and I had not felt angry in 15 years... well, I had felt somewhat impatient or was that irritation and exasperation a few times, but does that qualify? After a while when others had already scribbled pages of information and were sharing their stories with each other, I was still wondering what to note. Then, I discovered that a whole range of emotions were arising and getting discarded quickly. And I had not been thinking about

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them at all. Imagine, I had been seated with a holy hat of self-awareness and emotional equipoise without having a clue what was going on within.

Baba said in His *Murli* that *Maya* comes to make us experienced. But I had not been exploring these emotions and noting the gifts that they offered. So, I would quickly bypass the emotion and pretty soon it would surface at the next opportunity. What a waste of time! Since then, I have been quietly observing the emotions that surface and trying to uncover what the messages are – very valuable.

**2. “Being friendly” all the time is not OK:** There is a tool called lifestyles inventory that is used to get to know about our thought patterns as well as get feedback on our behaviour from others who know us. One of the unanimous feedbacks was that I was friendly and nice all the time. I felt happy and grateful to Baba and family for the certificate until I discovered that this indicates that I am dependent on others for approval and it demonstrates passive/defensive behaviour. How can that be true (classic denial!)? – Especially, since I believe I am frank and open and ever focused on doing what I value rather than just follow

the conventions. (Incidentally, the feedback is also that I am much more conventional and far more of a stickler to rules than I believe).

I asked the facilitator what’s wrong with being friendly all the time and he politely asked me to think over it. I didn’t get it — I believed that I could even give strong criticism while being friendly and respectful. A little later when I was seated with a German brother for a buddy coaching session and trying to help him sort out his challenges, I discovered myself constantly trying to see things from his perspective and agreeing with all of it. Now empathy is good and this approach is great for a long-term relationship but hardly useful for a 10-minute coaching session where I needed to help him focus on what critical was. It appears to me now that usually when I meet someone new, I try to be friendly and on their side... and only once the trust is built that I am willing to give him constructive feedback. This seems to be the perfect approach except that there is lack of self-esteem and desire for approval hidden within.

**3. Baba is magic:** The overall feedback scores for all the participants were better than their own self-image. The feedback for me was that I am

predominantly a constructive, self-actualised, encouraging, associative, high achiever (all over 90 percentile scores), while I was giving myself much lower scores. This is significantly better than the world average (no surprise) but also much more effective than the example of a top performing global executive that had been given. This was quite humbling and I was awe-struck by what it meant. Here, I was looking at the messy brawls with *Maya* and every now and then telling myself that I am so dull-headed that I am clueless about even the basics of knowledge. And behind the scenes, Baba, His magical *Murli* and the Brahmin lifestyle are transforming lives and preparing world leaders. Baba is quietly going about His task of transforming souls without them realising what was going on.

In the *Murli* of Nov. 30, 2009, Baba said – you are not a *buddhu* (Ignoramus) you are in Baba’s heart. I had, of course, nodded my head and promptly forgot about those loving words. *Wah* Baba! You are the *karankaravanhaar* – the doer and the inspirer. I don’t know you much, but I know you are the one who moves me. You are a mystery to me; you are a wonder. A wonder of wonders!

# GODLY SERVICE REPORT

## BANGALORE

Religious leaders were invited and honoured, as a part of the celebrations, organised by Basavanagudi centre at Grand Castle, Palace Ground, Bangalore on 14th February 2010. Leaders from Muslim, Christian and Hindu faiths, and some eminent persons from law, education and administration also participated. Sister Ambika, sub-zonal in-charge was interviewed on FM Rainbow. Hoardings of 43x50 feet, 20x20feet, 20x40 feet size were put up near the international airport, which attracted many people.

Two millions SMS were sent all over Bangalore carrying the message 'God has descended on earth'. Colourful motorcycle rally carrying the message of God's descent passed through all the important streets of Bangalore. Four Volvo city buses and ten other city buses have been carrying Baba's message for a month. Radio Mirchi and Radio City FM channels announced Shivratri message and significance. Nearly 40 Exhibition stalls were arranged on 12th

February in famous Shiva Temples, which benefitted lacs of devotees.

## CHANDIGARH

### *74th Trimurti Shiv Jayanti celebrations*

As a part of 74th Trimurti Shiv Jayanti celebrations, more than 20 eminent leaders of different faiths were felicitated by Brahma Kumaris at Rajyoga Bhawan, Chandigarh. The spiritual leaders emphasized on having peace, mutual love and brotherhood in individual mind, to bring peace and love in the world at large. A convention on universal peace, harmony and brotherhood was also held on 12th February. Prominent persons from administration, social service, education, health and media participated actively.

## DELHI

### **(Pandav Bhawan)**

Discourses were organised in the main temples of Karol Bagh Area, as a part of Shiv Jayanti, during their main Satsang Kirtan. The programme in Delhi's famous Birla Mandir, Laxmi Narayan

Temple was special. Sister Pushpa lectured in Shiv Mandir Vatika where thousands of people received Godly message.

Apart from the main temples, lectures were delivered at many small temples for about 15 days. Leaflets were inserted in the newspapers in many areas. On 11th February, Shiv Jayanti programme was held at 8 a.m. at the centre where renowned personalities were invited, who shared their greetings and good wishes. B.K.Bro. Brij Mohan cleared several doubts on the subject. God Shiva's flag was also hoisted. Public Programmes and Peace processions were also held at Joshi Road and Vivekanand Puri where many people gained spiritually.

## ITANAGAR

As a part of Shiv Jayanti celebrations on 12th February, a common festival for all religions on religious harmony with spiritual piety, gaiety with a day-long programme was organised around the capital complex at Itanagar, Naharlagun, Nirjuli and

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Banderdewa. On this occasion, an Interfaith Congregation was also organised. Eminent people from the political field participated, which was held at the Rajayoga centre.

God Shiva's Flag was hoisted among a group of prominent people. An 'Inner Empowerment Spiritual Exhibition' and 'World Renewal Spiritual Exhibition' were put up at Shiv Mandir, 'C' Sector, Set light Complex, 'C' Sector, Itanagar and Banderdewa spreading the message of Incarnation of God and Self-Empowerment.

### **MUMBAI**

#### ***World's longest Painting***

Brahma Kumaris Ghodapdeo Centre and Youth Wing jointly organised an 'All India Painting Festival for Peace' at Shaheed Bhagat Singh Ground, Kala Chowki, Mumbai on 14th February 2010. The painting was the world's longest painting and claim has been filed for Guinness Book of World Records and Limca Book of Records.

Over **6200** students and youth from various educational institutions participated in the painting, based on the theme of PEACE. The painting was **5822 meters (19100 Ft.) long**, which superseded the

past record of 4955 meters (16250 Ft.) long painting at Bahrain. Over 4000 bamboos and 2400 tables supported the long canvas. The participants completed the painting in about three hours, splashing their feelings on the canvas in the form of portraits, sketches and slogans on 19 sub-topics on peace. Several distinguished persons from different professions graced the occasion. Thousands of people came to view the record event including eminent citizens of Mumbai.

### **MANESAR (ORC)**

#### ***Olympic Bronze Medalist***

#### ***Sushil Kumar visits***

#### ***Brahma Kumaris***

Wrestler Sushil Kumar, Olympic Bronze Medalist along with his coach Mr. Ramphulman and Arjun award winner wrestler Mr. Yogeshwar and their team consisting of 13 young wrestling champions participated in a self-empowerment retreat organised at the Brahma Kumaris Om Shanti Retreat Centre. The entire team was given a warm reception.

Sis. Asha, Director of ORC, shared spiritual wisdom and also gave the experience of meditation. Bro. Deepak

organised the programme.

### **SECUNDERABAD**

The 5-day Shiv Jayanti festival was held at Cantonment Grounds, Secunderabad, which was changed as a holy place of worship, learning and enlightenment. The Amarnath Temple along with the Dwadasha Jyotirlinga and 108 Shivalinga Darshanam were the main attractions.

Nearly 200,000 people received God's message. 100,000 people offered their weaknesses to be burnt in *Yagya Kund*. There were 500 registrations for a 7-day course held at the Rajyoga centre.

### **KATHMANDU**

A team of BKs along with Sis Raj, Director, Brahmakumaris, Nepal, met **H.E. Dr. Ram Baran Yadav, the President of Nepal and Mr. Girija Prasad Koirala, the former Prime Minister and President of Nepali Congress Party** to extend good wishes and message on 74th Shiv Jayanti, on 11th Feb. H.E. Dr. Yadav and Mr. Koirala delivered goodwill message and good wishes.

On 12th February, the festival was celebrated with a six pronged Peace Rallies from different B.K. centres, congregating into a big

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gathering to conclude with a joint talk programme on Mahashivaratri and Peace at the open ground of Exhibition Hall. On the occasion, **Chief Guest Mr. Purna Kumar Serma Limbu, Minister for Local Development, shared his views.**

The rallies passed through various parts of Kathmandu city. Thousands of BKs distributed printed message. **The news was covered by National TVs, Radio Nepal and National Daily Newspapers.**

Sub-regions of Nepal Zone viz. Biratnagar, Janakpur, Birgunj and Narayangarh also celebrated 74th Shiv Jayanti by organising various service

programmes.

### **LONDON**

***Falling In Love With God  
Celebrating Shiv Jayanti  
14.2.2010***

#### ***Global Cooperation House***

Over 600 BK's came together to celebrate this auspicious festival. BK Arun mc'd weaving the evening together with great lightness and verve. There were many present for the first time, coming through word of mouth, Aastha TV and leafleting. Everyone was invited to understand the deepest significance of Shiv Ratri.

The melody of the programme was an intermittent audio visual presentation.

Building the reality of God's presence and love in the world today, four people, BK Jaydev, BK Ann, BK Naseem, and BK Easton, each from very different backgrounds and circumstances shared their personal experiences of God. Sister Jaymini inspired the gathering by sharing her wisdom.

A message from Dadi Janki, Administrative Head of the Brahma Kumaris, was the highlight of the evening.

The evening culminated in a flag waving procession of smiling children dancing down the central aisle of the auditorium and joined the stage.

## **Freedom From Dependency**

The real reason why we sometimes experience a lack of real, deep lasting happiness in our lives is dependency. We are taught to make our happiness dependent on some event, condition, person, object etc. This is why we keep delaying our happiness until things are just right in our life. We think we will be happy in the future and then wonder why we are not happy now. But life is never just right, and the future never comes – there is only now! And that's why, in order to be happy we must make our happiness a decision and not a dependency. This may seem slightly difficult in the beginning, because we have just spent our life being dependent on acquiring something or someone, or seeing the result we desired, or wanting some pain to go away, before we allow ourselves to be happy.

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