

|| From the mighty pen of Sanjay ||

## GOD'S PROMISE

The whole of Shrimad Bhagwad Gita is wisdom par excellence. But one misses its real meaning if one does not know whom the word, Bhagwan, in the Gita, refers to. The collection of divine orations (*Mahavakyas*) says in clear terms that these are the versions of God Himself. It is really an unparalleled and a great claim. No one else, delivering a discourse, has ever said that he, the speaker, is God Himself. It is, therefore, a great task of every sane and sensible person to go into the credibility to this greatest claim by someone who, in human form makes this statement: "It is God speaking", like someone saying: "It is All India Radio" or "Please listen to what our Prime Minister says on this day of Indian Independence". He, who does not pay any attention to the words of God, is really the unluckiest, for this is a Divine Invitation to receive God's greatest gifts and to make a fabulous fortune. This concerns individually as it concerns people on the globe collectively.

### Greatest Negligence

People, who say that they have no time to apply their mind to this, are the most negligent because, this statement is followed by a set of revelations about our own ancient past, living present and awaiting future. The whole dialogue, that follows, reveals many true secrets. *This Song celestial has the greatest message, the best news, the most wonderful advice, the sure prescription for peace and the mantra for salvation, the spiritual solution to our problems and forecasts of the end of all our troubles if we follow Him.*

He, who has made this statement, is really the Most Beloved of our Hearts. It is He who is speaking to us with endearment, affection and the purest sentiments of love. He is whispering to us: "Wake up, my dear children, come to Me! I am waiting for you to take you across. Come, my dear! Do not tarry but hurry up! This union between soul and God is the climax and the culmination of all unions and  
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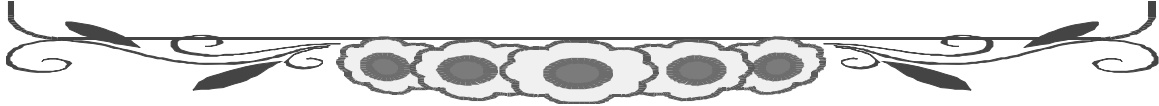
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# GLOBAL SPIRITUAL 'KUMBH MELA' CONCLUDES



For over six months, Shantivan (Abu Road), Rajasthan, witnessed very unique spiritual gatherings of thousands of spiritual seekers and Rajyogis from all over the world. These gatherings may be termed as '**Global Spiritual Gatherings**' or '**Spiritual Kumbh Mela**'. People in white hailing from 130 countries and belonging to all ages and religious faiths travelled from distant places filled with complete faith in God, the Supreme, to receive His blessingful guidance or *shrimat*, and fulfill the definite aim of colouring their personal lives with the purity of consciousness and inculcation of virtues.

They came in different groups with each one coming for a week-long stay to learn different aspects of spiritual wisdom and practise Rajyoga Meditation. This learning and practice enabled them to uplift their personal consciousness to a very high yet subtle level, thereby making them totally free from any kind of lower or ordinary thinking. The latter is

a pre-requisite to focusing fully on the spiritual presence of the Supreme Being, which enables us to perceive and receive God's power directly in order to *recognise the Self, realise the unique and invaluable presence of the Supreme Source of Spiritual Wisdom, experience the ocean-like Godly love and peace, and listen directly to God's words of highest wisdom.* God's every word conveyed in subtle, whispering voice through His chosen trance-medium (Dadi Gulzar) equalled volumes of spiritual wisdom, and inspired every listener to live by the highest principles and spiritual values and become His worthy spiritual children.

*Avyakt* BapDada inspired one and all in each one of the bi-weekly gatherings to lead ideal divine lives and become instruments of a definite world-transformation; then and then alone we could call ourselves His worthy children and Godly servers. The V.V.I.P.s, V.I.P.s, I.P.s and the rest, were very lovingly motivated to start a

new routine in their lives and thereby bring a positive change into their personal lives, work places and family homes. This would undoubtedly pave the way for a new era of Golden Age or the *Satyuga* of deities.

As the wisest Being, Beloved Supreme Father-cum-Teacher, *Avyakt* BapDada would start every *Avyakt* Murli (Divine Discourses) with unconditional love and deep feelings of belonging for the global divine family of BKs and VIPs in contact. This captivated every one instantly and kept the whispering conversations on-going for over three hours, during each one of the meetings from October 2009 to March 2010.

On 31st March 2010, *Avyakt* BapDada shared deep concern for the suffering humanity and invited everyone to help our brother souls receive God's love, peace and power by spreading powerful spiritual vibrations during early morning meditations, and other means of communication at the earliest. We were reminded

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again and again to recognise and realise our special roles as 'Master Great-Great Grand Parents', as we are the direct progeny of the Great-Great-Grand Parents of human race. Just imagine the pride that would emerge on recognising your special roles in this Eternal World Drama as the Master Great-Great Grand Parents of humanity? Wouldn't you feel very fortunate to have been specially chosen by the Supreme Father-cum-Supreme Director of the world drama, the eternal play, to perform heroic roles by setting your own example as worthy instruments of God? Would you not like to inculcate all the divine virtues through the power of God's love and inner

peace so that you can help purify the vibrations of the universe in preparation of a new Golden Age of deities or divine human beings?

The concluding versions of *Avyakt BapDada* on 31st March 2010 were the most powerful nourishment to members of the entire divine family, as they awakened and advised everyone to acknowledge our respective and personal duties towards our greatest Godly responsibility as elders of humankind. It was indeed a very subtle and heart-touching scene when *Avyakt BapDada* drew everyone's attention to the cries of the suffering humanity by saying, '*Don't you hear the cries*

*of your sisters and brothers who are suffering all over the globe? How can you rest while your sisters and brothers all over the world are suffering and crying for help?'*

Let us, dear divine sisters and brothers, rise to the clarion call from God Himself and do our best as His worthy children and powerful instruments of positive change.

Let us join hands with God and become His right hands to re-establish purity, peace, love and happiness in the world.

Let us become the real *Khudai-Khidmatgars* (God's Helpers) to re-establish the *Satyugi* (golden-aged) world or the Golden Age of real peace and plenty for ages to come!

— B.K. Nirwair

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Essence of Divine Message received on 31st March 2010:

## **STAY IN THE SELF-RESPECT OF BEING AN ANCESTOR AND A WORSHIP-WORTHY SOUL AND SUSTAIN EVERYONE WITH YOUR MIND.**

*"You are the ancestors who sustain and give sakaash to all the branches, twigs and leaves of the whole tree (of humanity). Together with being ancestors, you are also worthy of worship. Even the last leaf receives sakaash through the trunk. Souls of the whole tree are attracted to*

*you ancestor souls. Nowadays, you can see that all souls are unhappy; they are calling out to their own special deities: Come and protect us! Give us peace! Give us power! O' ocean of forgiveness ancestors, sustain us! Can you ancestor souls hear this*

*sound in your ears? Do you have the experience of being the ancestors? Look at the whole tree: When souls of other religions meet you, they consider you to belong to them. Those souls have the feeling of you belonging to them and they should have that feeling. Do you have that much intoxication*

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and the feeling of mercy within you? Just as God, the Father, has sustained all of you children with different powers, in the same way, it is your duty to sustain all the branches, twigs and leaves of the whole tree.

Just as God sees all of you children in the form of your elevated self-respect, in the same way, do you also consider yourselves to have such elevated self-respect?

In order for you to move forward at a fast speed: Do not serve just through words. When you are doing service, do three types of service at the same time: give sakaash (vibrations of power and love) through your mind, give knowledge with words and in deeds, that is, in connection and relationship: do such service through your face also creates an impact in service at the same time. Do three types of service at the same time.

You do service, but there should also be contentment within the self and with your companions because the fruit of service is contentment and happiness. So check: you did service, but as you were told earlier, there is happiness in service when you, yourself, your companions and the

atmosphere are in the vibrations of contentment.

You have been told of three things in particular for success in service: Firstly, service means the consciousness of being an instrument (nimit bhav). Secondly, feelings of humility (bhavna). Thirdly, pure and sweet words. Consciousness (intentions – bhav), feelings (bhavna) and nature (swabhav). When there are these all together in service, then you yourself will be content, your companions will be content and those whom you serve will also continue to move forward.

This Brahmin family is an elevated family. There is great praise of the family. You will not find this Godly family again and again. You find this Godly family only once in the whole cycle. Throughout the whole cycle, you will not find such a huge family. To know the speciality of the family, and to move along with the family is also a huge subject. Recognition of the family, love for the family, and to understand one another are absolutely essential.

Whenever you look at another soul in the form of a soul, do not look at the soul

in the form of his present sanskars. When you say 'soul', then look at the soul in the form of his original sanskars. When you come in relationship with that soul or look at that soul, then look at the soul with that vision. Then these obstacles that come, which do not allow your effort to become intense, will not come. If you change your attitude and vision now, then the situations will all finish. Whatever situations you see of souls, it is the constant duty of each one of you in the Brahmin family to give good wishes and pure feelings and also to take good wishes and pure feelings.

Sometimes, in a gathering, you become attracted to par-darshan (looking at others), par-chintan (thinking about others) and par-mat (following the dictates of others). Now cut out these three "pars" and keep one "par", and that is "par-upkar" (to uplift others). You have to uplift others. You are those who uplift others. The nature of Brahmins is to uplift others. This is why you must always remember your self-respect: The self-respect of myself, the Brahmin soul, is to uplift others."



## **CONGRATULATIONS A MILLION TIMES TO BK BROTHER KARUNA JI**



It is a matter of sincere pride to share with our readers the beautiful news that the 'Public Relations Council of India' (PRCI) has awarded the prestigious 'PRCI Hall of Fame 2010' to B.K. Karuna (Director of Public Relations, IT, Communications, and Media Spokesman of Brahma Kumaris) for his vast experiences and incredible contribution in Public Relations. This National Award for PR Professionals was presented by Mr. Manishankar Aiyar, Advisor to the Bureau of Parliamentary Studies & Training and former Indian Minister at the 4th Global Meet & Annual Awards Gala Events at the India Habitat Centre, New Delhi, on 3rd April 2010.

B.K. Karuna received his Diploma in Designs & Development Mechanical in 1958, and worked as a Supervisor for 9 years at **Hindustan Machine Tools**, Bangalore, before running his own business till 1971. He came into contact with the Brahma Kumaris in 1960 and decided to dedicate his life to their teachings and services the same year. He pioneered the expansion of the BK's spiritual



services in Karnataka, Tamilnadu, Kerala and Andhra Pradesh. As early as 1960, he began writing articles for the local newspaper and later on started his own printing press where he published several spiritual books in Kannada and a fortnightly magazine. A linguist in 13 languages, he was invited in 1971 to reside at the Brahma Kumaris Headquarters in Rajasthan as *Public Relations Officer* to assist in administration and service projects. Simultaneously, he held positions as Special Correspondent for the *Rajasthan Patrika (1975)* and *United News of India (UNI)* from 1976- 1996.

In his capacity as a special correspondent, he made several trips around the globe and also represented the UNI in International events, attending conferences, seminars and exhibitions on

' *C o m m u n i c a t i o n , Computerisation and Broadcasting*'. He has been able to introduce a vast range of technical equipment and the latest technology at the BK Headquarters, as well as many of its branches around India and overseas.

He has been accorded an International Award for Mass Communication and Spiritual Development by UNO-2004, and was invited as Speaker to India Calling 2004 at Singapore to speak on Values in Business. An eloquent speaker, he has given hundreds of lectures on Values and Spirituality at Conferences, Retreats, and Training Programmes conducted yearly by the Brahma Kumaris at their Headquarters.

B.K. Karuna is a unique blend of spiritual wisdom and power, along with a deep understanding and experience of the world of media, public relations and service of humanity. We congratulate him on this achievement, and express our good wishes and support for the success of his future endeavours with the blessings of our Almighty Supreme Father! ■

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meetings.” And, if one says ‘No time’, can there be any greater carelessness, or cruelty to oneself?

### **God Speaks**

God says, You are dear to Me; I really love you children; I promise to liberate you of all your sins performed in ignorance or misunderstanding. Come and take refuge in Me; surrender to Me alone and I promise to purify you”. Who is He, having such unconditional love for the entire humanity? If one does not know Him, then, how can one surrender to Him? And, if one does not surrender, then, how can one attain salvation, purification or perfection?

### **Knowledge of the Creator and Time**

Not only is the true Knowledge of His identity necessary, but also the knowledge of whether His versions relate to a particular time in History is also essential, for it speaks of an impending Great Destruction and of His form as *Mahakal*. It speaks of a period in human history, when people have deviated extremely from the sane path of Dharma,

morality or divine qualities and have lost all touch with the real self and with God. They have taken to a lifestyle, based on hatred, anger, violence, sex-lust, greed, exploitation, injustice, pride and all that is devilish. Therefore, it seems to speak of such as the present phase of history when there is all-time highest degeneration of morals.

### **Tangible Fraction of Truth**

There have been many attempts by scholars and saints to solve the riddle of God’s identity and the time when the Gita was revealed. Millions have read Gita or its translations, but all have only added to the confusion. Spiritual knowledge has now become like extremely tangled thread. They have tried most to open the hard knot to untangle the thread but have failed because their minds dwell on grammar or lexicon or some particular ‘ism’, or *Vada*, such as *Advaitvad* (Monistic school of thought). They have overlooked God’s own statements: “No one, not even the deities know Me truly, as I am and what I am. So, no one can either tell the truth about Me, the Creator, or can one tell

about the World Drama, for one oneself is caught up in the cycle of the births and deaths. Therefore, I have to descend to reveal the truth. You listen to Me. Free your minds of all that you have heard and let My Light enter. You are vainly proud of your bookish knowledge or what you have learnt from humans. And yet you do not know even the tangible fraction of truth.”

The knowledge that He gives is new. The words used to express, might be old but their meaning is new. God’s dictionary and grammar are different from that of human beings because God’s Wisdom is without any bias, touch of any of the vices or without any limitation imposed by body-consciousness, bondages and blemishes of caste, community. He is totally free and absolutely true and fair. His knowledge is beyond time or space. So, He alone can give knowledge in a manner that is best-suited. It is therefore, one has to take the rarest opportunity to listen to His voice, which is so enchanting, enthralling, ennobling. This opportunity knocks the door only once in the four Ages! ■

# QUESTIONS AND ANSWERS



– Rajyogini Dadi Janki,  
Chief of Brahma Kumaris

**Q.) Can you give us your intimate feeling of the personality of God Shiva as He is?**

A.) The feeling of who is teaching me makes me feel that I want to become like Him. Knowing that He is incorporeal reminds me that I am also incorporeal. There is power in that form, which helps us go beyond the physical and subtle. We truly recognise the self only when we have recognised Him. The love that He gives us through Brahma is of both Mother and Father. His love is one that purifies the soul immediately and as a result, my vision changes. Many experience His love in the personality of BapDada.

**Q.) Dadi, what are the ways to experience God's knowledge?**

A.) The two ways through which one can experience knowledge – firstly, with the head and secondly, with the heart. If I have not realised that I am a soul then I will not be able to experience peace in its natural form whereby it gives

power. If I take knowledge in my heart, the power that it gives, helps me remember Him with honesty and the mercury of happiness rises. Honest children receive His support and He will make it happen for them. There should be no such thought, “How will it happen?” Realisation cannot be engineered; it happens automatically when there is honesty towards Him.

**Q.) How do you handle expectations? Some expect that you should give the same sustenance as Dadi Prakashmani, how do you deal with such a pressure?**

A.) The word ‘expectation’ makes you hopeless and the word ‘accept’ makes you hopeful. I don’t want to be like one or the other individual. What I want is to fulfil the hopes that Baba has for me. Baba has equal hopes in all His children. Take the inheritance and don’t lose it; keep accumulating. If you lose it, then you are not worthy for Him to give you more. The one, who sits here and just eats, drinks and

sleeps, he will not create his status. One should not compare oneself with others. I should not do what others do. My effort is to be knowledgeable, meditative and tactful (*gyanyukt, yogyukt and yuktiyukt*).

**Q.) What do you feel about having time for self? How should a spiritual effort-maker maintain balance between doing job and maintaining self-progress?**

A.) The time of the Confluence Age is to use everything in a worthwhile manner. One should follow the disciplines, code of conduct and manners of a Brahmin life. For service, just say ‘Yes’ and be available when Baba needs you. It is not always necessary to speak anything, there is service in remembrance. In service there is no question of losing your own personal time. Remember: by doing service you are creating your elevated future. He is making the soul pure whilst in an Iron-aged body. Connected with the body are elements, relationships, wealth and atmosphere. All are becoming pure as a result. He will take you to the Golden age but it is you who create your status, through your service.

**Q.) What is the difference between pure feelings and clean feelings?**

A.) We watched Baba when

He gave *drishti*. He looked as if He was far away but would say that our job was to take power from Him. If I see someone's weakness, and interact with others on that basis, then how can I help? Share good things with everyone – don't give them teachings. If they accept what Baba says, it is good but if they don't, then don't lose hope in them. To think or say you are tired of anyone is to reveal your own weakness. Just think how much Baba had to work on you and how long you took.

**Q.) Do we have to accept people's bad behaviour like talking in queues, and pushing? What do we have to do to instil divine manners and discipline?**

A.) Those who follow code of conduct will not speak wastefully or listen to waste; if they did, then they will not be valued. They will come on time for everything. Those who are caught in the web of familiarity, will not have a proper seat here. They will be far away as if unconscious. Discipline is to keep the elders in the front, keep the equals ahead of you and help those, who are new, to move forward. Those, who have good training in divinity will automatically be given a seat. ■

## TIRELESSNESS

Tirelessness never gets washed out; never allows anything to take away the colour, the vividness, the variations, the beauty of life. And more than anything, tirelessness means never to kill love. As such it has little to do with the body. A smile can build a new foundation, where bricks heaved may just fall or build a place in which people cry. Tirelessness has to do with the spirit.

Tirelessness is when you can stand still in a particular mental position and give whatever you're doing the undiluted strength of that stillness – whether it be the brightness of laughter or the quietness of watching. Whatever the colour, you add that, utter and un-muddied, to the scene. It then moves from that colour to the next with no hesitation, no blurred edges; suddenly switching according to the need. Tirelessness needs confidence. It also needs love of life to such an extent that there is not even a flinching towards the past or a yearning for the future. Now is beautiful and worth mustering energy for. Everything is important.

Sometimes tirelessness is helped by gently withdrawing from the visible scene and focusing on the mental scene. A scene without colour or depth isn't worth concentrating on, but beyond it, someone is calling; there's a job to be done in silence. When you learn to hear distant needs, then you no longer get tired by obvious life. Your mind always finds relevance...somewhere, quietly.

Tirelessness comes to those with an awareness of time, to those who recognise how critical life is, how each moment offers something much more significant than what is apparent and how, too, there is so much sorrow. It stops you sleeping completely. To develop an awareness of life beyond that of your immediate surroundings brings a healthy restlessness which, used in the right way, infused with peace, is a contribution towards change – not seen anymore than the bricks of a foundation are seen, but important. For this tirelessness, that feels the importance of things not directly calling you, issues bigger than yourself, there needs to be power. Power comes from reaching upwards, beyond the immediate, and catching a wider glimpse of life, from above. Then, one rests in that above position; above now, above barriers, above relationships, above the senses, above even one's own body. This is the state where one has left behind the confusion and narrowness that make one tired and hit clean air. Clean air is the first medicine.



# BE A PART OF TRANSFORMATION

– B.K. Sis. Jayanti, London



**(B.K. Sis. Jayanti** has been an emissary for peace for over 40 years. Sister Jayanti's vision continues to be truly global and deeply spiritual. She was born in Poona (India) in 1949 to Sindhi parents who then migrated to England in the 1950s. She is the European Director of the Brahma Kumaris World Spiritual University and assists in co-coordinating the University's activities in more than 70 countries. She is also the university's main representative to the United Nations, Geneva. At the age of 19, a family trip to India unexpectedly introduced her to meditation and spirituality. The trip led her to begin her life's path of spiritual study and service to humanity. Since then she has worked tirelessly to promote positive, human, spiritual values to all sectors of society. Sister Jayanti has a unique ability to impart the deepest spiritual truths with the utmost clarity.

– Editor

**P**ositive actions are great but in a sense, actions are the end of the line. Indeed, I need to ask what motivates my actions. My attitude and my perception change my awareness and that then change the quality of my actions.

Understanding 'where actions spring from', is connected with the subject of personal development. Instantly, it takes one into the field of spirituality. Spirituality is the ability to see what's going on in my inner world.

Emotional intelligence is related to the subject of inter-

personal relationships and this is absolutely necessary for our life to be comfortable, meaningful and positive. Regular intelligence quotient is related to the aspects of the material world and logistics.

But spiritual intelligence is related to the subject of the self and what's going on in my own inner world. It's through spirituality that one is able to have true development within ones' own personality that leads to positive actions and changes.

**How can we be the change we wish to see in the world?**

I should ask myself: 'What

sort of world is it that one would like to see. What is my vision of a better world? 'How do I see relationships in the better world? How do I see myself in the better world'? We actually asked people these questions in 127 countries as part of a research project undertaken by the Brahma Kumaris many years ago called 'Global Co-operation for a Better World.' The one word that people came back with was 'values'.

Values mean love, respect, trust, truth, joy, responsibility and so on. Where do these things begin? They happen within me, inside. Spirituality tells me whatever it is that is going on inside of me, is going to extend out and get reflected outside. And I believe that this really is the essence of transformation. Changing what's going on within myself and then I will be able to see that reflected outside of me. For example, when there is discontentment and restlessness, there is a huge desire to accumulate and consume. Conversely, when I

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cultivate contentment within, then I don't have a huge number of needs and desires. Externally life can be very simple and yet my life can be filled with great happiness.

When I understand the principle of 'inside out,' that I have to be what I choose to see in the world, then I begin to start sorting out my inner world and through this method be part of changing the world.

### **Techniques to combat resistance and fear in the process of Change**

When there is change that brings resistance and fear. The interesting thing is that when I continue to resist, the negative force will push further and further. But when I learn to let go of resistance and simply move with the flow, having the faith and trust that there is something beneficial here that I am going to learn something valuable here, then I can embrace change and let go fear.

For example, a period of illness gave me space that I would never have created in my own life otherwise. And in that space, I made discoveries about the simple things that give joy to the self but also how I can give joy to others. Otherwise, in a life of busyness, we forget simple things.

### **How to combat insecurity under current economic climate**

When I work with values of truth, integrity, sincerity, and honesty, they will stand me in good stead and I will be able to ensure that I do my work – guided by my own inner strength and not the fear that I might be thrown out.

Today, I have a position and possessions, tomorrow I may have nothing. To combat insecurity, practise turning inwards and connecting with that inner point of stillness and experience inner peace. Realising that everything I need is within allows me to maintain stability and let go of all the fears and insecurities that surrounds me.

I know that if I am true to myself then I need not be afraid of what the future holds. I am able to maintain my own poise and stability with the recognition of my own values and dignity. I am appreciative of the opportunities that I have and ready to face whatever challenges there maybe and able to express and contribute in the right way.

### **How organisations can be able to open to change**

If we mistrust each other, it is because we don't understand what each other's

motives are or because we suspect that there is a hidden agenda. Lack of trust creates confusion within any organisation. When there's a shared vision, there's a trust in each other that we're working towards fulfilling that vision. So, when there's a new idea, a new system being introduced, there's trust that the process is going to lead to benefit. This enables me to manage whatever the upheavals that change may bring or the risks that may appear to be there.

### **Changing of Habits and Behavioural Patterns**

Hard work, will-power and self-discipline make it all sound very tough, scary; make me feel that it's going to be a very difficult journey! See it differently. When I understand that within my inner world there is truth, beauty and goodness, and what I want is to simply be able to release this and allow it to flow naturally.

The method to deal with our weaknesses and negativities is to understand that optimism is our natural state of being. Then changing our habits and behavioural patterns is not hard work but a work of great love and great joy.

### **Decision-making without being affected by forecasts**

When we hear negative

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things and allow them to influence us then that negativity is fulfilled and so, yes it is a self-fulfilling prophecy. But whatever is the negative scenario that's painted, I always ask myself, 'What should I do now?'

I really don't believe that negativity and darkness can last forever, rather I believe that when there is darkness around me it reminds me of switching on the light. This is what I have to do; switch on my inner light. I have to be able to see the path I want to take and as I do this, there'll be light for many others. If we have a positive vision, then we will get hope, strength and positive energy to see beyond the darkness.

In fact, when I become aware that there are other people also radiating light, I can see the path that they tread, what they are doing and the results that it is bringing them and I am inspired.

So whatever the forecasts and predictions may be saying, I know that I can make a difference in my own little world and also that we together can make a difference to the whole wide world.

### **Clarity of mind**

Clarity of mind is not a gift that comes from no-where but a skill that can be developed. For a clear mind, one should start the day by making time for oneself – Time for meditation to connect with one's inner goodness; time to read something that nourishes the mind and the soul. If I begin the day in this way then throughout the day, my mind is clear and able to see opportunities as they come.

It's true, we don't know what is going to happen next but what I can do is develop clarity so that as things begin to develop, I am able to see below the surface. If my mind is working only on a materialistic level, then I see only part of the whole design. I don't see the inner meaning of the design. I only see the superficial packaging and so I don't understand what is going on.

Keeping my mind calm through the practice of meditation gives me the clarity to see the significance and see not just what is below the surface but usually I am also able to see the outcome. Then, I'm able to look far into the future, into the distance, and see what the destination is going to be like. ●

## **Your Identity is Your Destiny**

There is a direct connection between identity and destiny. It's a simple process to see and understand, even on a daily basis. If you wake up irritated (in a bad mood) it means you are seeing yourself as an irritated being (soul). Perhaps you even think and sometimes say to your self, "I'm irritated today."

It means your self-identity is negative. So you filter the world through your negative filter and the world actually looks like an irritable place.

As a result, you think negative thoughts, generate a negative attitude and give negative energy to others. They in turn will likely return the same negative energy, which you are sending to them and perhaps avoid you altogether. So your destiny of the day becomes .... not so positive! Now see the same principle and process in life on larger scale.

Look around outside you now, and you will see a reflection of how you see your self inside. Your circumstances, your relationships and even the events of the day reflect back to you how you see yourself.

## ANGER - FRIEND OR FOE?

– BK (Prof.) Ved Guliani, Hisar (Haryana)

**A**nger, after lust, is perhaps the most deadly and widespread sin amongst human society. It is often said that the moment anger enters one's mind, the discretion and rationality silently leave from the other door. People feel helpless in a fit of anger and seem to have been captured by the devil. All good qualities and virtues in one's character get suppressed and overshadowed by this single feature in one's conduct.

People often blame others for making them angry. We often find people complaining "he made me angry" or "that behaviour of XYZ irritates me". One wonders whether anyone can persuade one to inculcate in himself/herself the feature of anger. Yet it is rare for people to accept themselves to be the cause of their angry postures. In our daily life we often seem to be consciously preparing grounds for an angry outburst. A busy mother would often give her 2 to 3-year old child a piece of chocolate so that he does not

disturb her at her work in the kitchen. Or she would switch on the 'cartoon channel' on TV and make her child view the TV so that her concentration remains focused in her work.

But after sometime when that child demands chocolates or insists that he would view the TV, the mother gets angry with him and forces him to leave the idiot-box. If the habit of TV viewing – inculcated by none else but the mother herself – is deeply ingrained and the poor child gets even slapped and beaten for wasting time on TV and ignoring his studies, who is at fault? Many of our bad habits which cause irritation and anger in others have really such affectionate and homely beginnings.

**Unlike other sins, anger is more devastating and damaging. Very often it is implosive i.e. one gets irritated in the heart of his hearts at some situation or person but finds it difficult to give vent and physical expression to his charged mind. He would blame, curse**

**and even abuse himself and others in his mind but would not be able to express. It is just like building an unseen pressure which may burst at the most unexpected time and situation. No wonder such a form of anger is the most damaging to the person himself and is the cause of many serious diseases like blood-pressure, heart-ailments, depression, nervous breakdown etc.**

But explosive anger is no less detestable as it affects both – the target of one's anger as well as one's own self. **While implosive anger remains contained and may not create embarrassing and humiliating situations, explosive anger is the cause of much bad blood being spilled amongst friends and relatives, in the family situations or at work places.** A small misunderstanding, a lack of broad-mindedness, an unhealthy influence of one's socio-economic status can create such a situation that one is left to repent for the rest of his life.

It is said that the Mongol warrior Genghis Khan, who also invaded and plundered India, had a falcon, whom he loved more than any other member of his family. The bird was so trained in hunting that often his master would carry no

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other weapon during a hunting expedition. On one such expedition in summer, Genghis Khan got isolated from his courtiers in the forest. He was quite thirsty and searched for water everywhere. Finally, he found a small and thin stream of water trickling from a little height nearby. He rushed there, picked out a silver tumbler and started filling it. When it was half filled and the monarch was about to take it, the falcon flew and hit the tumbler out of his hands on to the ground. The king picked up the tumbler, cleaned it and started filling it the second time. The king got angry when the bird spilled the water the second time also. And when the bird was about to hit the glass the third time, the king took out his sword and killed the bird. But by then the water had stopped falling. The king climbed up to the place of water and found a small pool of water, in the middle of which lay the body of a very deadly poisonous snake. The king was moved at the loyalty of his falcon in saving his life. On coming back to his palace, he got a replica of falcon made in gold. On the one wing he got engraved "When a friend does something, which you don't

even like, he continues to be your friend." And on the other wing was carved "Any action committed in anger is doomed to fail." But the irony is that not many people realise the damaging impact of anger on their life and relations before they have actually plunged into the harm of this evil.

One tends to take the support of anger when he feels that he might be underestimated or being misunderstood by the people around. Each one of us carries in mind a level of values and principles that he stands for. When people fail to see our point of view, we generally presume that our values are being discarded or underestimated. Instead of trying to understand the other person's point of view, we try to force our argument and more often our attitude becomes irrational and stubborn. How very often it happens that on being asked for your suggestion, when you say something, the other person gets angry only because you did not endorse what he or she had expected. You cannot even tell him that it was he who had asked for your opinion. Rarely does one realise that one's value system is

neither degraded nor condemned only if one has confidence and control over himself.

If we realise that our values and principles are in no way affected by other people's behaviour and that it is me and none else who should uphold them for me, no amount of criticism can annoy me. Such a conviction in one's own self and ideals is a sure weapon to keep anger and irritation at an arm's length. **We also need to understand that in a majority of cases, one gets angry at what has already taken place i.e. something that cannot be undone. Then why cry over spilt milk?** If we wish to do something, we must learn and teach others, in a positive manner, not to repeat those unwanted and undesirable things. In any case, no amount of anger is going to resolve the tension that a happening might cause to me. Only a rational and realistic approach can help to attain calm and normalcy.

Of course, we can all do that as we claim to be educated, intelligent and rational. Aren't we? ■

- ▶ **Anger—weapon of the ignorant, Peace—weapon of the wise.**
- ▶ **Anger—the root of all illnesses, Peace—the remedy for all illnesses.**
- ▶ **Anger makes you devilish, Peace makes you divine.**

## LET NOT MENTAL DISTORTION DESTROY PEACE



– B.K. K.L. Chhabra, Assistant Director,  
C.B.R.I., Roorkee

Peace now-a-days eludes all spheres of relations – personal, interstate or international. There are ever-rising conflicts amongst political parties, social groups and even within the religious seats, almost in all countries that are supposed otherwise to promote and establish global peace. Most of the families are not at peace and are suffering not only due to unethical deeds of the majority of their members adopting unjust means of living, but also due to mental and physical ailments. Today, even the prosperous are not happy. Why?

There apparently are, though, many external reasons for this sad state, yet the sole reason seems to be the absence of a positive perspective in self-centred individuals. We create around ourselves, a sorrowful world by our negativity and lack of wisdom. As long as there is imbalance of emotions, we can get peace neither from this materialistic world nor even from God. We may be at peace temporarily, but the very next

moment, we again become peaceless due to our own wrong thought patterns and beliefs.

Every individual has his own way of thinking. Often, we want to impose our own thoughts onto others, against their will and when the other person fails to accept it, we become unhappy and so, peaceless. This can be understood with the help of a real story of a family. Once, unhappy parents of the family came to Brahma Kumaris Centre with their only son and narrated their sorrow. Their son, who was till then cheerful but had for the last one week stopped taking meals and became silent. He did not meet others, did not go anywhere and kept himself confined to home lazily in gloomy mood. Many physicians, who attended him, could not diagnose his condition. Parents were obviously worried and they asked the BK sister, “What should we do?” The sister tried to talk to the boy but he did not respond at all. She then asked the parents to somehow send their son alone to her. Next day when the boy

came to the sister, he started explaining his condition: “Sister, my intention is not to hurt my parents, but they have made me unhappy by imposing their wish on me. My father wants me to look after his business so that I always remain with him. But I have no interest in business. I have a strong desire to become a pilot, but I understand that my parents are afraid that I may die in a plane crash. I have tried my level best to convince them, but failed. I feel depressed and have, therefore, stopped taking meals and keep myself confined. Now, I see that there is nothing for which I should live on this earth and want to die now and not in a plane crash later’. The B.K. sister told the boy that she would try to convince his parents, for which she asked him to send his parents alone to her. Next day, when the parents reached Brahma Kumaris, the B.K. sister, asked them, “Why are you so much attached to your son, and why you don’t allow him to become a pilot due to fear of his death? If the present condition continues, your son may die here, without falling from the sky. Tell me, do you want to kill him without letting him to become a pilot? You have, as I understand, tried to convince him. But tell me shall you and I, who do not fly in

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airplanes, never die?” The parents got convinced and the young man is today a successful pilot.

We need to know that every person has his own habits and inherent qualities, and we should not attempt to make others act purely according to our will. We just need to think that we may not ourselves like to act completely and happily according to others’ wish. Despite knowing well that anger harms us, we still get angry. If anyone asks us to stop getting angry, do we stop?

Most of us say that we want to stop being angry but we fail to do so. The reality is that if anyone can control his anger even for five minutes, he may prevent himself from doing many wrong deeds. Many people do not sleep the whole night. Why? Negative thinking is the main cause that makes us the sleepless night. Even the

highest academic and professional degrees in the world do not train us to seek peace and happiness from inside ourselves. This can be accomplished merely by self-realisation. We are upset, when we desire something and get something else. We shall never lose our peace, if we believe that we are getting what we deserve, and what we deserve is the fruit of our past deeds as well. The trouble will vanish, if our internal balance and thinking become right.

Brahma Kumaris Institution has given a *Sadhna* named ‘Rajyoga’ to transform our thinking and balance our intellect. Maligned thinking attitudes get transformed into pious and positive thinking. However, Rajyoga is not a magician’s stick by which one can get instant results. It may take fifty days to correct a wrong thinking attitude of fifty

years. The things then keep on changing gradually. In Rajyoga meditation, one is taught to understand that among all human beings, there is a soul, which is supreme in moral stature and benign and benevolent qualities. The Supreme soul is the ocean of the highest qualities and of spiritual might. By linking our mind to Him through consciousness and concentration, our soul can strengthen its own will, regain its original splendour and have deep transcendental experience with complete release from negativity.

Anyone, educated or illiterate, young or old, following any religion, can learn and easily practise the method of Rajyoga in the day-to-day life and can liberate himself from the evils of the world by practising Rajyoga and simultaneously discharging his professional duties. ■



## **CARING FOR THE SELF**

Wisdom tells me that whatever I do, for example, if I smile or interact pleasantly with others or if I get angry, it all has an impact on my heart and can make me happy or unhappy. If I take time to realise what are the attitudes, thoughts and behaviour responsible for creating sorrow inside and then make the necessary changes, I am taking care to ensure my own happiness. Let me understand why I experience pain. Pain is experienced when I become peaceless. Inner blockages which are created by the accumulation of problems also cause pain. I find that I cannot cry in front of anyone or speak to anyone and this leads to depression. The solution to remove such pain is to take time to experience inner peace. Why do I experience sorrow? Sorrow is experienced when I am deceived by someone or something. The sorrow of deception can cause illness. The solution to this is to cultivate the power of silence inside, to experience the power of peace, love and truth.



# **A Hostel with a difference – SHAKTI NIKETAN**

– Prof. Dr. Saroj Kumar

Prof. Dr. Saroj Kumar, a renowned Hindi poet, journalist and professor, who is closely associated with Brahma Kumaris and Divine Life Girls' Hostel alias Shakti Niketan, Indore, for the last few years, voices his sentiments regarding "Shakti Niketan" – a remarkable hostel for girls.  
– Editor

**P**rajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya enjoys a status of a full-fledged University by virtue of its determined convictions, which is an example in itself. In fact, Shakti Niketan is a sort of a workshop where the institution fulfils all its solemn promises and manifests all its dreams. Superficially, it seems to be merely a hostel, but in reality it

is a hostel with a difference due to its own salient features and virtues.

The girls from all over the country come and stay here, not merely for studies but for making wonderful career combined with equally wonderful character. Hailing from different states of India, carrying their own religion and culture with diversity of language, these residents

represent here the entire nation as such. By sending their children from a long distance to an unknown place, the parents reflect an adventurous spirit and a strong belief.

The disciplinary code of Shakti Niketan is akin to military discipline. But the mode of discipline here imbues a sentiment of reciprocity and a warmness of affinity. Thus, this discipline seems to them favourable, comfortable and affable. While residing in Shakti Niketan, the girls carry out all the duties themselves. This daily routine makes them self-dependent and never allows them to be a burden on others.

The residents of this hostel lead a set and disciplined life, i.e. getting up early in the morning at 3.30 a.m. to practise





yoga, listening to spiritual sermons, observing silence up to 8 a.m., going to school in silence, doing regular self-study, being careful regarding simplicity and cleanliness and serving God diligently all as a part of their daily routine. Along with it, they have the privilege to learn cooking, painting, dancing-vocal and instrumental music, acting, oratory, essay writing, drama-performing, poem-writing, participating in debates, interior decoration, and hospitality etc. They are also taught to be humble and cheerful in life.

Shakti Niketan is not a congregation of rustic and uncouth girls. It is such a honey centre of virtues, filled with impetus wherein the girls living with simplicity and continuing regular studies in a serene environment, learn the lessons of spirituality in association, under the direction of their seniors. These lessons engross ethical values, humanity and art of living. In the prevailing defiled atmosphere, it is a hard task to tailor the girls with good code of conduct and capability, but it is a matter of pride for Shakti Niketan, to have outstanding trainers of submissive nature and hard work. Brahma Kumar Om Prakash incepted this hostel 28 years ago with a wide speculation and anticipation; today the hostel has taken the shape of all his estimations.

About 150 girls coming right from Kashmir to Kanyakumari, i.e. from all parts of the country (totalling 24 states of India) and even from Nepal, and Sri Lanka are engaged in learning from sixth standard up to graduation. During the previous session, the examination results of the girls were remarkable. Most of the girls secured first or second positions in their respective schools and colleges.

The girls seeking admission in the hostel may contact between January to April and the admission process commences from the month of May and June. For further queries, please contact:-

▶ **B.K. Sister Karuna** ◀

Shakti Niketan,

Om Shanti Bhawan,

33/4, New Palasia, Gate no. 2,

Indore, (MP) 452001

Ph: 0731-2531631, Mob:- 094253-16843

Fax: 0731-2430444

**E-mail – shaktiniketan@gmail.com**

shaktiniketan.ind@bkiivv.org

## **REDISCOVERING TRUE HAPPINESS**

Ever since I was young, I had the feeling that someone who really knew God would never lack for anything. This has now become my experience. On belonging to God, there is no longer the feeling of needing anything, because the presence of the Supreme in our lives fills the soul with the deep, internal happiness it has been seeking for a very long time. When we have that happiness, we truly do have everything.

All running around finishes, because there is contentment from within. Then, it is not just that God is present in our life, but that we begin to play our part together with God.

When an actor is playing his part on stage and another one joins him, it is visible. This is how it works with God. This becomes our experience – God's part and mine are connected, and we begin to play our parts together... in the heart.

– **Dadi Janki**, From the book  
"Spiritual Greatness"

# TRUTH, KNOWLEDGE AND FACTS



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

Only God and the Knowledge He imparts is called the “Truth”. Truth is absolute. Truth always remains uncontaminated. It cannot change or be affected or be influenced by other souls, the elements, nature or the drama.

The foundation of purity is Truth. If Truth cannot be contaminated, then its purity is always constant. The only example of this is God, His Attributes and Knowledge and this is the reason that God alone is called the Supreme Soul. Truth is independent of Time. This is because at every moment of the cycle, Truth remains constant, be it in Golden Age, Silver Age, Copper Age, Iron Age or the Confluence Age. Truth may be hidden by our impurity especially in the dark ages, but like the sun, it is there when even the darkest cloud has dispersed. Similarly, the rust of the vices that had caused a maze and temporarily blinded us from the light of Truth returns at the end of the cycle to clear the maze and allow the

light of Truth to show us the path of liberation and salvation once more.

## SUPPORTING DIALOGUE

*Three things are eternal:*

1). God and all souls; 2). The elements and 3). The Eternal Drama.

a) All souls except God go through the stages of pure (*sato*), semi-pure (*rajo*) and impure (*tamo*). Therefore, the purity changes and they cannot be considered as absolute truth although some souls may approach being equal to the Father by becoming complete and perfect even for one moment before starting the cycle and commencing the descending stage, no matter how infinitesimal and how slow it ticks away.

b) The elements also go through the similar stages of pure (*sato*), semi-pure (*rajo*) and impure (*tamo*) as above and therefore they cannot be considered as absolute truth.

c) The Eternal Drama is identical and repeats itself every *kalpa*. The Eternal

Drama is, in fact, the cumulative history of the part in drama of each soul together with the cumulative geography of the elements that undergo changes every moment. The Eternal Drama is the union of souls and the elements that we call nature and nature is transient as it changes every moment, hence its purity is not constant.

Therefore, only God is Truth and is independent of Time, the Elements, Matter and Nature. Truth is a unique spiritual characteristic of God and that is why God is said to be loving (*nyara*) and detached (*pyara*). Only God can be loving and yet remain detached. God can be described as a spiritual mirror. Whoever appears before Him sees an accurate description of himself and yet when they remove themselves, the image also goes and nothing remains or changes in that spiritual mirror or is the mirror affected in anyway. Even when God (Truth) descends in this impure world and into an impure body, He remains ever pure and does not experience our nature or matter. He is, thus, said to be “*abhogta*” or “*nirlep*”, beyond the influence of karmic bondages or *prakriti* (nature).

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## **DIFFERENCE BETWEEN TRUTH AND FACTS**

In the secular world, we have become accustomed to using the word “truth” when in reality we should be using the word “fact”. Fact means to report the accuracy or (accurately) the reality of what happened in a situation. There is also a difference in meaning between “true” and ‘truth’. Something is true or correct in accordance with a fact or reality but that fact or reality does not represent what the truth is. For example, I can tell a lie, speak ill of others or even be adulterous and then admit that I am guilty of those things. This is an accurate account of what happened but it does not represent “truth” or as we might say it is furthest from truth. It may even be an accurate account, but the actions cannot be classified as “truth”. Herein lies the clue about truth as it is absolute and its foundation is based on purity. Telling lies or being adulterous does not fall under the category of Truth.

## **DIFFERENCE BETWEEN INFORMATION AND KNOWLEDGE**

The same is true when we describe **information** as **knowledge**. As per Gita's

teachings, true spiritual knowledge is knowledge of the soul and matter. Any other thing is contrary or called ignorance. However in the secular world, when we have information on something, we loosely say that we have knowledge of that thing. This is the reason people on the path of devotion say that they have knowledge of the scriptures and so they know God. According to the Supreme Soul, they have information that can be termed a philosophy but it is certainly not spiritual knowledge. The Supreme Soul says that only He has the knowledge of the past, present and the future, but people on the path of devotion are none the wiser and innocently believe although they also have that knowledge. This is because they don't know the “truth”.

## **ABSOLUTE TRUTH AND WORLDLY TRUTH**

Absolute truth, therefore, is that which is eternal but remains full of its original purity as it is beyond the influence and attraction of *karma* and nature and only God and His knowledge fulfill these conditions.

The lifestyles of the inhabitants of the Golden Age and Silver Age called deities were based on the attributes of

the Gita and this is the reason that these two ages are called the land of truth or heaven. In the Copper Age and Iron Age, the inhabitants called human beings forget the real identity of God and His knowledge and hence practise the path of devotion where the vices of anger, greed, ego, lust and attachment have created many doubts. This is the reason that this period is called the Dark Age or hell. Although some may follow the practice of the Gita, because of the uncertainty of what is truth and what is falsehood, there is blind faith and this is the reason it is said that the truth in this period of spiritual darkness is like a “pinch of salt in a sackful of flour”.

Now, with the true knowledge being given by *Satyam* (True), *Shivam* (Benefactor) and *Sundram* (Ever-beautiful) Incorporeal God Shiva, the soul gets the true knowledge of the self, Supreme Soul, Eternal World Drama, World Cycle, and Deep Philosophy of Karma. Through inculcation of this eternal and new knowledge, all illusions and blind faiths, as mentioned above, disappear and those human souls who follow Godly advice are entitled to be in Golden Age and Silver Age called Paradise. ■

# AWARENESS OF ADDICTIONS



– BK Dr. Kaberi Kakati, Guwahati

When I was posted as an internee in the Dept. of TB and Chest, there was a patient who had come with chronic cough for 3 months. He was just 10 yrs. of age. He was initially treated with antibiotics and regular cough syrup as respiratory tract infections are common in this age group. But the next time he came, he had an additional complaint of coughing out blood. He was, then, admitted for thorough investigation. But the reports were shocking both for the doctors as well as his parents. He was diagnosed with lung cancer. When a detailed family and personal history was taken, it revealed that the child was very close to his grandfather and as both his parents were working, he used to spend most of his time with him. But his grandfather was a chain smoker and, maybe, he did not realise the dangerous effects it might have on his grandson. The passive smoke inhaled by the child took a heavy toll on his immature and tender lungs and he ended up having the deadly

disease. No amount of repentance now on the part of the grandfather can undo what had happened. The damage had already been done.

Today, majority of people in the society have one or the other forms of addictions: – drugs, alcohol, cigarette, betelnut, etc. Most of us know about their adverse effects yet people indulge in them. The reasons, or rather excuses, are varied – peer pressure, curiosity, family disharmony, depression, frustration, tension or simply for pleasure after a hard day's work. Some even consider them fashionable and as a status symbol. But the most disturbing fact is that around 80% of these addicts are in the age group of 11-30 yrs. In this age group, mind is very tender and flexible, and, with correct support and guidance, it has a great potential to contribute to social upliftment. But sadly, the current scenario suggests that they have been moulded in the wrong direction. As a result, rate of crime is on the rise and social morality has gone down.

There are also some subtle

forms of addiction which most of us really do not acknowledge them to be our weaknesses. Addiction to TV, newspapers, internet, SMS, tea, coffee, sweets are to name a few. The habit of always talking or answering back rudely or always having a negative attitude to situations also come under these subtle forms. However, some might argue them to be mere 'harmless habits' or 'one's nature', and not really addictions. Definitely, there is no wrong in watching TV, reading newspapers, drinking tea/coffee. But, we need to check whether we are gradually becoming dependent on them. Any habit, *sanskar* or substance which slowly overpowers us and which ultimately becomes irresistible for us is an addiction. We need to ask ourselves, 'Do I feel irritated on not getting to read the newspaper in the morning'? 'Do I get a headache on not getting the morning cup of tea/coffee'? Do I spend hours in chatting on the internet or SMSing'? If so, then it should definitely raise an alarm within the self.

Today, we creators have become slaves to our creations. The basic reason for this social and moral degradation is the lack of spirituality. Spirituality is the need of the hour today. It helps

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us to know ourselves, gives us our true identity, makes us realise our inner powers, gives us self confidence and helps us to connect with God. And, once we connect with the Supreme Power, we will never look for

external worldly things for pleasure to fill our internal vacuum.

Always bear in mind that we are children of the Supreme Power and hence, we are Master Powerful souls. So, we

need to be aware of all our major and subtle addictions, check and then change self and become complete in 'original *sanskars*' of peace, purity, love and happiness, before it is too late.

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## WHAT DO YOU EXPECT?

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It's not so long ago that a major Sunday newspaper conducted a comprehensive survey on anger. They set out with one question: Why does it appear that levels of anger are rising across all areas of society in almost all corners of the world? They titled their final report as 'The Age of Rage' and reduced the reasons for a general 'across the board' rise in anger to two simple factors – unmet expectations and speed.

This is obviously not surprising as we are the generation who can go almost anywhere we want, do almost anything we want, have almost anything we want, almost instantly. So we have great expectations and the expectation that our expectations will be met...instantly! If our

expectations are not met fast, that's when we start to create anything from a minor irritation to frequent frustrations, which easily escalate into the incendiary emotion of anger. This is of course exacerbated by our ability to watch others seemingly going, getting and having what they want almost instantly as we 'watch' the factual and fictional lives of 'other people's worlds' through the window of the media.

So, why are unmet expectations such as frequent trigger for the rising tide of frustration if not for every single emotional outburst? We don't tend to notice that what we expect is what we desire, and what we desire we already have! Where? On the screen of our mind! For example, you

may say or just think, "I want that new house". Notice that you already have it on the screen of your mind. It's as if you are already living in it...in your mind. And then, when it doesn't show up in reality out there then there is a sense of loss, a moment of disappointment. But that moment of sadness doesn't last long until it turns into anger as you look for someone to blame for the loss of what you did not have in the first place! Anger is the emotion of blame and it's always focused into the past. Anger is the emotion of conflict as we lash out personally or collectively, even if it's just mentally, simply because 'they' are not doing what we want, which means they are not meeting our expectations. Anger is the emotion that signals you are off to war on one of three fronts because your expectations are not being fulfilled. **(Through Internet)**

# *HANDLING ANGER THROUGH PEACE*

– B.K. Wicky, Matale, Sri Lanka

Everyone should be very careful of his thoughts, words and deeds. In fact, it is our words, on the basis of which we are judged as to what type of person we are. Therefore, we must pay adequate attention to our words. That is why it is recommended to speak less, speak sweetly and speak thoughtfully.

However, when a voice is raised in anger, one knows at once that there is going to be quarrel and trouble. The best thing is to steer clear and move away from the scene. Never mind if people think that you are a coward. It is better to sort out things later when both are calm and rational. Then there is no fear of unkind words being said, for it is in anger that you want to hate and hurt another. The main thing is not to make an issue if one person is angry, even if you consider yourself to be right.

But something happens and your own blood begins to boil. That is why it is important to take time off to study one's own feelings. Besides, one needs to

learn to recognise fear, shame, jealousy and anger. The moment one feels that he is getting angry, one needs to keep quiet. It is better not to say anything at that time.

You can take a brisk walk or a shower or go and do some *karma* yoga. One can even scrub the clothes or the floor. If one can't go anywhere, one should take a sheet of paper and start writing out one's feelings of anger without showing it to anyone. The main thing is to let off one's steam harmlessly. If like a pressure cooker, one doesn't let the steam out, one will explode.

Psychologists have shown that bottling up anger is bad for the system and can even lead to strokes or heart attacks.

A book entitled "Getting Well Again .... After Cancer" speaks of the "Fight or Flee Reaction". In ancient times, if a situation was troublesome, one could fight or flee. But in the modern world of today, one can neither fight nor flee. Hence, one needs to internalise the problem. For instance, if one's

own boss or wife scolds him, one should not reply and one has to swallow one's anger. Years of bottling up have resulted in diseases like cancer. The book advises everyone to handle his/her relationships well, especially intimate ones like family and close friends. If one's relationships are healthy, then, it results in good health and happiness as well.

If one is angry with someone, especially a child or spouse, one needs to speak out and settle one's quarrel calmly before the day ends.

But fights arise out of issues and often one is tempted to make a stand. If the issue is important, it should be filed away for future reference so as to make up one's mind that one will bring up the subject when one is in good mood.

One can play some soft music and make sure that both the parties are relaxed. Then one could bring up the subject, choosing one's words carefully so as not to cause offence.

Besides, one must listen carefully to the other's point of view and then ask for his patience to state one's case. Remember that a compromise is always possible and it may even be wiser for one to abandon one's cherished prejudice for the sake of harmony of the family.

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There is a French proverb; "About tastes and closures, one should not argue". If only we follow that maxim, so many fights could be avoided. It would be a nice idea to hold a family conference and discuss what bugs one about another family member. One may be surprised at the home truths that surface. It can be made a weekly event and such an arrangement can be made where one reports back on whether there is an improvement or not. If one doesn't want the whole family to know, one could discuss it privately.

In the past, in the joint family structure, the roles, rights, and duties or privileges and obligations of each member were clearly defined by religious norms and socially sanctioned customs, conventions and traditions. Everyone knew his status and place and moved within the well-established limits. Thus, in one's family, one felt emotionally secure. Whenever any dispute or conflict occurred, the same was generally resolved in the family circle or in the village by elders, by reference to set religious and social norms. But now these norms are no more and the joint family structure has given place to a nuclear structure, especially in growing cities. The old values have not been replaced by any new, well-recognised values. They have only altered expectations of various family members without any clear understanding of each one's duties in the changed social set-up. Thus, parents, teachers and government agencies are facing a great challenge posed by modern youth. They have before them the serious problems of providing a harmonious environment for the children and of disciplining the youth from anger.

One should believe that this can be done and resultant peace of mind is well worth the effort. **Why churn up anger and ill-will when one can practise easy Rajyoga Meditation without any tension.**

## **THE CALL OF OUR TIME**

Just imagine what it would be like to be completely stable in the stage of bliss, experiencing bliss for even a second. Truth and humility bring bliss. Truth is something that is internal; humility is expressed through relationships. Through truth you develop pure power and through humility you experience great happiness. The love humility brings goes deep inside and creates a stable form of happiness. When there is humility in relationships it is as if you draw blessings from each other. Learn to keep your internal stage filled with truth and to be humble in relationships and you will be able to become stable in the stage of bliss. Remember, you can only bend when you are strong."

This morning, in my early morning meditation, I spent some extra time in silence. I became aware of the role God plays in our lives as our True Guide (Preceptor). In this role, He has blessings and mercy for us, and He gives us directions, telling us what we must do at this time. If you are one of the fortunate ones who recognise God as your True Guide, you will take His directions deep into your heart and hold them in your thoughts as you move through your day. Time, the self, God, and the aim of what you must do. Keep all four in front of you always."

Every Human being is born with a special gift which is unique. When we recognise and use our specialties without letting the ego become involved, then God fills them with His power. It is as if the special gift is no longer mine but becomes a gift that God has especially given to me. That specialty becomes an extraordinary gift; a unique quality. It is experienced as a blessing. When God fills my specialty with His power, then it becomes easy to give love and respect to others. When I am able to recognise the unique specialty in someone else, then the love and respect that I give to them will be true and genuine.

– Rajyogini Dadi Janki,  
Chief of Brahma Kumaris

*An Experience*

# A MIRACULOUS EXPERIENCE

– B.K. Rajiv Garg, Agra

I would like to express gratitude and utmost thanks to the Almighty Surgeon, who did this miracle for me and my family. I can never forget this invaluable bliss given to my family by BapDada.

I am Baba's child since July 1989. Shiv Baba, in these 21 year, has showered innumerable gifts of bliss and love on me. But out of all these, the most valuable, memorable and vivid in my memory is one, which I want to share here with the esteemed readers of 'The World Renewal' magazine.

My only son Neeraj Garg, who is a very loving child of our family, had studied Computer Engineering and was working with a multinational organisation in NOIDA. In the year 2001, he was married and got settled in U.K. After returning from U.K. in 2004, Neeraj complained about pain in his neck. The backache problem hit this Software Engineer in early 2004, when he had returned from U.K.

Initially, Neeraj was taken to a well-known Orthopaedist,

who did not take the problem seriously and recommended only medicines, though operation seemed imminent considering the intensity of the case. Unfortunately, the delay in right treatment, owing to dependence of medicine, worsened the pain. When Neeraj couldn't bear it anymore, he was brought to Apollo Hospital, Sarita Vihar, New Delhi, where treatment started under the supervision of Dr. Yash Gulati. The operation took place in the first week of March 2004, to conduct iliac crest bone graft (wherein a dispensable bone of patient is taken out and fitted back to bridge the gap in the backbone). We were all quite hopeful about the subsequent recovery. But the destiny had something else in store. Merely two days after the surgery, the fitted bone got dislocated, aggravating the condition. Three days after the first surgery, Neeraj had to be re-operated and this time too, another bone was taken out so as to be fitted in recess of the spinal cord, under the process

of fibula bone graft.

Post surgery treatments entailed wearing of halo vest, which is meant to keep upper part of the backbone in right position. Then, on another eventful night, the pain rose again as halo vest position changed and ambulance had to be called at unearthly hours. Gradually after a flurry of physiotherapy sessions and two major surgeries, his condition improved by grace of Shiv Baba, whose protection and care made him (Neeraj) sail away from the distressing situation.

Neeraj was taught to walk the baby steps by a physiotherapist. Eventually in August, the bone got fixed satisfactorily which took even the doctor by surprise. Doctor Yash Gulati asked Neeraj's mother as to which God she believed, who had cured Neeraj so well. Neeraj's mother said, "Doctor, you don't know that it is Almighty Shiv Baba, who has healed my son." When Neeraj got alright, the doctor was given the introduction of Shiv Baba, who could do this great miracle. Dr. Gulati emphatically agreed that none of his medical sciences could have cured Neeraj. It is the Almighty who cured Neeraj. In other words, it is the victory of silence over science.



My wife Kamal Garg along with our revered Sister B.K. Vimla of Agra Zone and other brothers and sisters of Agra meditated on Shiv Baba. Those brothers and sisters got inspiration from BapDada, i.e. Shiv Baba and Brahma Baba. It was an unforgettable miracle of BapDada, who revealed before her the two major surgeries that Neeraj had for neck-ache, which was very serious and it had so much deteriorated that the part of the neck on 5<sup>th</sup> to 6<sup>th</sup> vertebra had developed pus, which needed an immediate surgery. Baba had also given a blessing to the child through sister that he would be cured of the pain. This impossible became possible only because of my wife's firm faith and confidence in Shiv Baba. It was her immense faith and confidence in Shiv Baba that she continuously gave medicines to Neeraj along with meditated water of Shiv Baba. This confidence was so great that no one could let her down during those nine months of Neeraj's illness. When anyone enquired from her about Neeraj's illness, she very confidently replied, "Shiv Baba will cure him".

Despite being in such a critical phase of life, Neeraj was optimistic about his recovery (an optimism born out of his complete faith in Shiv Baba).

After these sufferings and clearance of his *karmic* accounts, Neeraj was fully cured by late November 2004, resumed his office and went back to U.K. on his job.

Whenever I recall the above-mentioned experience, my heart always dances and says, 'Dear Baba, you are the only one saviour who could do such miracles!'

## **ATTENTION EVERYONE - LISTEN TO THIS!**

- B.K. Ajay, Bangalore

O' World, Listen! The Ocean of peace and love is here  
 He is showering His wisdom on all  
 He is bestowing endless treasures  
 Hark! Won't you stop and listen to His call?  
 Why fear? You don't have to leave a thing!  
 In fact you will be helped by yoga power  
 You will witness growth in each of your tasks  
 And be at peace: the need of the hour  
 Get rid of worries and doubts  
 You'll need elevated thoughts for this  
 Listen to His words of wisdom  
 And you will claim all His treasures  
 Say 'Good morning' to Him when you wake up  
 And Good night before going to sleep  
 Remember 'I am a soul, child of the benevolent father'  
 And all that is His, is yours to keep  
 The medium is the message they say  
 And, I've been taking a while to get there  
 I promise I will be responsible henceforth  
 And be an example of love and care  
 But You! My brothers and sisters – don't you wait!  
 This is the time, the opportunity is now  
 You have been a traveller seeking for long  
 There are the Whys, and Here is the How

# USE 'OM SHANTI' AS A WEAPON

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– Dadi Hriday Mohini, Additional Chief of Brahma Kumaris  
(16th February 2010: Gyan Sarovar)

**W**hat inspiration did Baba give in the latest *Murlis* regarding 'Om Shanti' (I'm a peaceful soul)? *He said to use the Mahamantra of 'Om Shanti' as a weapon.* Just as the military have weapons to confront, Om Shanti is a great weapon as well as a power.

The more powerful Baba makes us, the more powerful *Maya* (five vices) becomes. Mamma used to say – *Maya would never leave her work; no matter how old someone may be, Maya will not leave him.* It is a task of *Maya* to come and it is our duty to finish *Maya*. Now, we should not waste time battling with *Maya*. *Maya will come to us, but, she will run away on seeing our form or great power and the weapons we hold.*

*At this Confluence Age, our aim is to become equal to the Father (Bap Saman). Never lower the aim.* Baba's hope is the children should become equal to Him. No matter how great a guru someone may be, he will never tell his followers

to become equal to him. Baba wants us to sit on His head as His crown and to go ahead of Him. For this we need to pay attention to two things. Firstly, accumulate power, which is essential both for the body and mind and, secondly, the happiness. Time becomes delicate as we move along; there won't be any chance to serve through words. Some get distressed and then become alright again. *But my duty is to remain happy and to serve through mind. Wherever one is sitting, one can serve over long distance.* One needs to remember that *Maya comes through the thoughts and so if one keeps his mind busy in Mansa service, one will be free from Maya* and will not get deceived by it – the illusion.

The power of mind is immense like that of solar power. Can God's power not help to silence the minds and give them power? When important people are busy, they put an 'out' sign on the door so that they can get on with their work undisturbed. Similarly, one

should remain introverted and keep the mind busy in remembrance and service. *If one remains introverted, one will accumulate all powers, and then there is no need to say 'give me the power of tolerance' etc. Baba asked us to make a timetable for the mind. Therefore, one needs to remember to keep a balance between karma and yoga. One may be able to remember Baba while sitting but Baba wants us to become karma yogis.* Baba wants us to have a 'yogi life', not just to have yoga during the time of yoga. One has to do this from now on to take the full inheritance. Our aim is to claim the full inheritance, to come in the first birth in the Golden Age and to continue right through the cycle.

The one who comes last can go fast and so be the first and attain the status of Number One child. *One should think 'it is my part to come in the first birth; this powerful thought should always be kept in mind.* Baba has mercy for all of us. However, don't be weak in effort. He always asks us to consider ourselves as souls and then remember the Father. God is the Father of all souls. Second is the service through thoughts, words, actions and through face. Everyone likes to look at a

blossomed flower. Doesn't one...? One, who is happy and cheerful, will have a face that shines. Therefore, we should not let the face reveal that we are submerged in 'other types' of thoughts. Baba used to make us cheerful even when someone didn't look happy; He would not ask if he was not O.K. Instead, He would say, "You are O.K. today. Aren't you?"

*Through which door does happiness disappear? Desires! If a person has any desire and it is not fulfilled, he loses happiness. Secondly, it is the feeling of being insulted. Someone says something that is not right and one knows that one is not like that, however, one gives away happiness. If someone offers a rotten fruit, will one accept it? One needs to be clever – clever not to accept anything unwanted. Their job is to try and give sorrow and my duty is to keep giving them good wishes. I should not accept anything which is going to breed germs and insects because they will, then, start biting! If one looks or listens to any topsy-turvy things and then starts thinking about it, one's own happiness will disappear. Now, one should learn to let the past really be past, i.e. learn to put a full-stop. Even if one wants to think about the past, then one should think about the wonderful experiences and the good things told by God. If one takes care of the gift that God has given, the waste will automatically disappear and it won't emerge again. Now, all doors to sorrow should be closed. All waste should be finished by putting a full-stop! One should reflect on the treasures Baba has given. One should let the mind be ever happy and let that happiness be reflected in one's face.*

## TRUTHFULNESS

Truthfulness is seeing everything as it is; not from the midst of it, but from the point of its completion. Honesty is seeing things on the way, facing the challenges as they come. Truthfulness is always an expression of optimism, because the brushstrokes can be sharp. But where there isn't the precision brought by honesty, there is no quality in the picture. In fact, someone not prepared to face the small things will never be entitled to see the whole picture anyway.

In life, a truthful person knows that he should never judge unless he has understood the secret of time, unless he has seen how change works and how nothing is fixed until the end. A truthful person senses stillness, completion in distance, but never stills the journey towards it, never lives as though he has reached it, but has it with him always.

A truthful life is one without distraction or delay. Things that glitter do not even turn the eye. There is steadiness, deftness, economy and yet humour, because humour comes from the contrast between what the picture is and what it will be.

Thus, truth itself is a gift that is dropped in your lap. It is a very deep private thing. It is to know the whole span of your journey through time. And that knowing comes only to those who are open. Where there is openness with people, warmth, love and trust between you, then in the silences between words, the picture is filled in. Areas of vagueness become suddenly clear and very vivid. Where there is any deception or dishonesty in a relationship, nothing can be added to the picture. You are stuck with the surface of life. Honesty among friends is an opening for God. (from the book "Inner Beauty")

# THE EYES – THE DOUBLE GLAZED WINDOWS TO THE SOUL AND NEW WORLD



– B.K. David. Paignton, England

Everyone gets only one body in life, so it pays to look after it. Everyone today is precious; everyone can talk; everyone can be stupid and everyone is fine, all at the same time. One minute we are clever, the next we make a mistake – stupid. We can talk smart but also in the next breath, talk rubbish. One minute we are elevated, precious, the next, in hell with the rest of humanity. This world is not normal and is only a glance of your watch away from its people becoming crazy. What time is it?

## **Watching Hell – Watching Heaven**

One must always wear God's heavenly watch on one's other wrist. The normal stress-related watch reminds one that one is in hell whilst God's watch has a picture of heaven on its dial; such is the closeness of heaven. Man's watch gives the one only stress as we are forever late and in a constant battle with time flying by. One needs only to step aside and look at God's watch, which is always on time (patient, accurate, loving). This watch

only works when one winds it up throughout each day with constant remembrance. Love and attention what make God's watch tick. If one does not wear God's watch, one will not watch the scenes of heaven or laugh with one's neighbour.

## **Now Prepare for the Worst, as the Worst is Just Round the Corner**

This is the world of obstacles and banana skins where one can slip up at any time and one's life can change in an instant. One minute one is fine, the next with a headache or feeling sick or finding oneself involved in yet another argument. We really do live in uncertain times. One minute one feels happy and life seems a party with laughter, the next moment one's life crashes. We live on a floating Titanic and the iceberg of karma lies in wait for us all. There is no escape other than jumping from the ship and taking to God's Lifeboat. The worst is still to come and when it does, the Titanic will sink, and this time everyone will be onboard. The luxury and diamonds, fashion and trappings of life blind many a passenger,

but there is nothing more wonderful than God's Lifeboat of comfort and peace. It's a well disciplined boat and sets sail very early everyday on the winds of contentment, love and hope. The Lifeboat may have hard seats (much effort) but the view from all its cabins is of heaven.

## **Have Patience Oh Man; Drink Your Coffee and Watch the Pool**

Everyone is in search of paradise, some through a career, a wife, car, money, gold, and some strangely enough buy it for £29.99 off the internet. Even God says, "You can order heaven through Him, but it takes a couple of years for delivery". It seems worth waiting for and placing an order. It is sent recorded delivery and can be signed for only by the pure. The short, fat, rich, ugly, tall and obese can still sign for it, as long as they have pure hearts and habits. So it pays to always walk tall, think tall (pure). Even the greatest diver will one day soon do a big belly flop in the pool of life. Life can be great if one knows how to look at it and has

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patience

Hum to yourself the Lord's Anthem everyday. It's called: 'You're In – Charge' and it goes:

We are all responsible for where we walk

Straight and narrow

Round in circles

Fast or slow

Upright, bent over

Limping or jogging

I'm in charge

I'm in charge

I am not a funky monkey

Cause 'I'm in charge

I don't swing through the trees

But walk with pride

I've so much courage; I don't need to show

I've got a special friend who's always aglow

He's never on show

I'm in charge of where I walk

And how I talk

I'm in charge

I'm just a dot

But my body's so large

Let the great be great

And the bad be sad

The oil and Tec (Texan)

And the rubber neck

Who's in-charge

Of that body so large

Into the valley

The Light brigade doth charge.

### **Our Bark and Bite World**

Life today is all about chasing, saving, spending and getting a bargain. We have to bank (think well) wisely or face bankruptcy (unhappiness). The value of everything is soon to finish. One will need stability of mind and a positive, happy state of mind, if one is to see off the difficult times ahead. One's broad intellect and giving heart will be essential for surviving the bark and bite of our crazy world to come.

### **The Fruitful Karma Tree is now Barren**

The tree of goodness and badness is soon to topple over. Gone are its glory days of endless, tasty fruit which all could enjoy, free, without labour, toil or thought. Now the only thought in everyone's mind is 'why is this tree (life) so heavy and sad?' "Why am I not well?" "Why is there a problem at every turn?" Every branch and leaf is sad and decaying. It stopped producing edible fruit long ago and now just gives off a very bad odour. The golden-aged tree has long been replaced by the smelling, decaying-aged tree. It is through these delicate branches that we all have to swing everyday. With so many

people swinging from branch to twig every second of the day, it is easy to see why the tree shakes so easily and with so many accidents, casualties and constant deaths all around. This is the world of the hospital, doctors, patient, waiting list, operation, surgery, blood test, cut backs, artificial limbs, disease and bad news.

### **Walls are two-sided**

This is a world of two walls: truth and falsehood; right and wrong; love and hate; selfish and selfless; taking and giving; laughter and tears; kick and stroke; too much and too little; full and starving; health and pain; deep and shallow; noise and quietness. Yet in this world, it's only the spiritual that can be truly content whilst the rest of the world with its riches is on fire with desire. "The more one has, the more one wants", claimed the man with 10 cars. The less one has, the less one wants, thought the spiritual man out walking when focusing on the good in his heart. Which side of the wall do you live in? Are you free? Or do you live in the prison of your mind and are a slave to your habits?

### **Is Your Door (Mind) Wide Open?**

There's a wall that divides everything and everyone. There are no walls in God's House;

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only open windows that look out on to a new world. One needs windows (eyes) of good intentions and love, to be able to find and ring the bell to His house. The bell will not ring for one, no matter how hard one rings, if one does not have at least those qualities. Today, most of the people have no idea of God's bell, let alone His house. If someone cannot see or feel God, the reason is he/she has not rung His bell. One need love, wisdom and an enquiring mind to ring His bell. God would never come to someone's door and ring his/her bell if one had never thought to ring His bell, whose bell is on the door which opens out on to heaven. Now who'd not ring or be curious about such a bell? After all, there is only one door and one door alone in the whole world which opens wide enough to allow a person to walk through it into heaven. No other door (belief) in the world allows one to see, let alone walk through it into heaven. And death of course, is but a door back into hell.

**Bullets of Falsehood Are Hard To Dodge Attention!**

They think that they are strong enough and wise to successfully navigate the trenches of life. All think that they are so clever and wise and

as such, have no time for God. That is, until they get shot by falsehood that lies in wait for them round every corner in their fake world with its fake sense of security. The bullets shot in their fake world are real enough and so are the consequences. Some spend a life in perpetual unhappiness and misery; others go crazy, disillusioned, in deep depression; such is the power of the bullets of falsehood.

We have all been shot at some point; the trick and wisdom lie in being able to tell if one has. Life's a battlefield and the person is a soldier, and the only way to survive and eventually win the war, is to wear God's armour of purity all the time. This armour has the power to deflect the bullets of falsehood which are shot at one at the rate of four per second. It's up to one, if one wishes to become a hero or a casualty in this; the greatest incognito war the world will ever endure. WW1 and WW2 were very bad; but this war on falsehood will be the final war which ends all wars. One will need to march with love and tolerance if one has to win. Attention! One will need constant attention and

alertness whilst marching if one is to be victorious in quest for perfection. The armour can beat anyone. One just needs to try harder and walk with absolute attention at every step.

**The Snowball's A Heading down the Mountain.....**

Karma will make the materialistic amongst us slip up one day. Those who walk round with their hand on their wallet and one eye on their bank and the other eye on their stocks and shares will easily slip. The one who walks round with his hand on his heart is very conscious of the fact that heart is his real bank. Anything placed in this bank has a billion folds interest in return. This bank is open 24 hours and never closes. God, the bank manager, is always happy to see His customers doing well and accumulating in His bank.

**The Medal, Heart and Watch**

The Manager only likes 'savers' and those who walk in the awareness of how important is to save today, who wear a very shiny medal and who have a generous heart and are happy to always give and share, and who wear the watch of NOW or NEVER. ■

**Goodwill and good wishes enhance the treasure of happiness.**

# GODLY SERVICE REPORT

## CHENNAI

In a rare event, organised by Brahma Kumaris, the services of the priests of temples were appreciated. As a part of celebration of Shivratri, which is celebrated by Brahma Kumaris every year in a grand manner, this programme was organised at T. Nagar. Many priests from all over Chennai gathered.

The Chief Guests of the evening Thiru. Balasubramaniam, Retd. Judge, Madras High Court, Thiru. Sambamoorthy Sviachaariyar, Chief Gurukkal of Mylai Kapaleeswarar Temple, Thiru. Narayanan, President, Tamil Nadu Brahmin Society and B.K. Sis. Kalavathi, B.K. Sis. Beena and other senior B.K. sisters inaugurated the function by lighting the Kuthuvilakku (Sacred Lamp).

Mr. Narayanan appreciated the effort of the Brahma Kumaris to gather so many priests, ecclesiastics and priests at one place and honour them.

## THIRUVANANTHAPURAM

His Holiness Brahmananda Saraswathy, Paramacharya of Sambodhith Institution,

Trivandrum, inaugurated the month-long Shiv Jayanti celebrations by hoisting Shiv Baba's flag at Thiruvananthapuram centre. Swami Nava Nanma Gyana Tapaswi, Director, Shanthigiri Ashram, Thiruvananthapuram, Sri. Anil, Vandanaroopa Gyana Tapaswi of Shanthigiri Ashram and Corporation Councillor of the Pettah area, felicitated the guests. Dr. K.G. Nair of Vikram Sarabhai Space Centre welcomed the gathering.

B.K. Sis. Mini gave a brief sketch of Shiv Jayanti. A series of exhibitions and classes were arranged in Shiva Temples in and around Thiruvananthapuram.

## MOHALI

A grand seminar on causes and remedies of atrocities on women was organised in Brahma Kumaris Complex, Sukh Shanti Bhawan, Phase I, on the eve of International Women's Day. Bibi Rajinder Kaur Bhattal, former Chief Minister, Punjab, and presently leader of opposition was the Chief Guest and local M.L.A. S. Balbir Singh Sidhy, former minister, Punjab, and Dr.

Ramesh Dutt Sharma, President, District Congress Committee, Ropar and Mrs. Neelam Gupta, eminent social worker and international social organiser of Inner-wheel Club Mohali also participated as guests of honour.

B.K. Sis. Prem Lata and B.K. Sis. Rama inspired women to adopt spiritual lifestyle.

Representatives of various women organisations, intellectuals and dignitaries of city and nearby villages in large number participated in the seminar.

## NEW ZEALAND

It was a great experience with the East and West coming together on all levels of planning, construction, and sharing duties for the inauguration and the day when a spiritual exhibition was open to the public. Around 1000 souls came for the exhibition in Wellington and 3000 souls in Auckland.

When people entered the hall, there was a large sign in red colour – “Amarnath Darshan”. As people entered, they could see the ‘mountains’ on the stage. They were

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welcomed with rose petals. They, then, proceeded to climb the stairs and enter the 'cave', which had been very beautifully decorated with plants, flowers and the usual devotion paraphernalia, snakes, candles, bowl for offerings of fruits, tray for offerings of money, etc, and of course the showpiece *Shivalinga* carved out from ice. After that, they were escorted to 'Baba's Room', a special meditation room that had been decorated in white with a large Shiv Baba's framed Picture at the front of the room. A DVD was played in both Hindi and English explaining different aspects of Godly knowledge.

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## **BEWARE OF BAD COMPANY**

– B. K. Vinayak, Mount Abu

**T**he future of a person is based on several factors such as decision-making, financial stability, love and support from family members, opportunities, hard work etc.; however, the most important one is the company one keeps.

Many a time, despite exposure to a very healthy atmosphere, one loses everything and becomes a curse for the society due to bad company.

Epics like Ramayana and Mahabharata also emphasise to what extent 'company' can spoil one's life together with the entire dynasty. It is described in Ramayana, how Manthra, Queen Kaikeyi's maid, poisoned her mind and the queen lost her husband as well as her son's love and died of a broken heart eventually.

In the Mahabharata, Karna, though a Pandava, being Kunti's first-born, was the loyal aide of Duryodhan, the main villain and refused to leave Duryodhan despite knowing the entire story about his birth from his mother Kunti. In Duryodhan's company, Karna committed several heinous crimes and supported Duryodhan in every vicious activity. Finally, he died a worthless death. Despite being a Pandava and a great warrior, having all abilities to emerge as the hero of the epic, he still remained a villain because of being in the company

of an evil person, i.e. Duryodhan.

Being in bad company is a very big obstacle, especially on the path of spiritual achievement. It primarily disconnects one's intellect from God and pulls and entraps one in the stringent grip of vices. It destroys zeal and enthusiasm and instead of performing elevated actions, one begins to violate God's *Shrimat* and commit mistakes, which keeps one away from the target of becoming 'flawless'.

Three essential things to be practised, in order to protect the self from bad company, are:

- ▶ **The power to discern and judge are the two guards that protect us. Be always be in the company of God and Godly versions (Baba's Murli). Revise and churn Godly versions and imbibe them.**
- ▶ **Remember God (Shiv Baba) as a friend and have spiritual conversation with Him, which makes mind and heart light, as God takes away the entire burden. And then, there is no need to look for human company.**
- ▶ **Develop the attitude of unlimited disinterest towards this world.**

In order to protect us from bad company, the Almighty Authority, Ocean of Love, God Shiva has incarnated now. He says, "Sweet children, the company of truth (God) takes your boat across whereas the company of falsehood causes it to sink".

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