

## **Dadi Janki's New Year Message**

*The World Benefactor and the new World  
Creator Supreme Soul, God Father Shiva's  
dearest children, brothers and sisters!*



The fag-end of this old Iron-Aged World when the dawn of the New Year 2011 is reviving the memories of the New Age and the New *Kalpa*, congratulations to the holy swans of knowledge, endeavouring to be completely free from negativities in your nature and disposition and making intense efforts to become flawless diamonds.

The prime need of the hour is to strengthen the bond of Godly

love and to reveal to the world the vision of the Golden Age where there is constant peace, purity and happiness on the basis of faith and determination through renunciation, dedication, intense penance and service.

Now is the time to return to *Param Dham* (our original Abode). But, let us be sure not to open a new Account anymore and at the same time clear the already accumulated old Account through the power of intense remembrance. Now is also the time to put a full stop to old, bygone and wasteful things and simultaneously develop new, noble propensities through elevated and exalted thoughts and actions.

Presently the humankind is thirsty to have a drop of peace and happiness. Let us grant them, the right of claiming the imperishable inheritance from God Shiva, the bestower of Fortune and Blessings, by sending the rays of happiness, peace and love through the power of mind. And let us also glorify the name of our BapDada by following the principles of Truth, Discipline and Deity Culture, by applying a full-stop to all negativities in accordance with Godly *Shrimat*.

***Congratulations! Congratulations! Congratulations once again to all of you for practically fulfilling the thoughts of zeal and enthusiasm in this New Year.***

**Your Divine Sister  
*B.K. Janki***

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## **BRAHMA BABA: EMBODIMENT OF SPIRITUAL VALUES**

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The life and values of Brahma Baba are like a ready-reckoner, open encyclopaedia to learn from. Having led a very successful life as a leading Jeweller with royal connections in Bharat and Nepal, and the perfect house-holder heading a family of princely children, his search for truth, God and divine life was relentless. Only God, the Supreme Being, could fulfil his desire to realise the self, God, the secrets of *karma* philosophy and the difference between *Bhakti* and *Gyan*. After leading a life as '*King of Kidarpur in Calcutta*' up to around 60 years of age, the light of God's grace dawned upon Dada Lekhraj when he had divine visions of the future, wherein the world was transforming into *Satyuga*—the land of deities—from the present *Kaliyuga*.

On 18th January 1937, based on his realisation of the Divine Command, Dada Lekh Raj surrendered himself along with his family, and material

wealth and belongings, at the hands of '*Om Mandali*', now known as '*Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya*'. His personal life of 'Simple Living and High Thinking' astonished the rich and wealthy Sindh community of Hyderabad-Sindh (now in Pakistan). He became the founding father of this new civilisation with his sterling spiritual, moral, ethical and material values, which are practically lived out today and would become the foundation of the Golden-Aged Deity World Sovereignty in the near future.

Though Brahma Baba reached the climax in purity, piety, spirituality, nobility as world server and became *Avyakt* on 18th January 1969, his legacy as Prajapita Brahma (Father of Humanity) continues to reach every heart and home thereby enabling souls to receive their Godly Birthright. Today, there are millions who have benefitted from Brahma Baba's personal emphasis through speech and actions to lead an ideal life full of

human and spiritual values, and His role as *Avyakt* Brahma Baba. The firm resolve of the Fathers (Supreme Father Shiva and Brahma Baba) is that each and every human soul on earth must receive his or her God Fatherly Birthright of Love, Peace, Purity and Values, and further receive their inheritance of *Mukti* (Liberation) and *Jeevan-Mukti* (Liberation-in-Life).

As 18th January comes close, we, the loving divine children of *Avyakt* BapDada are inspired to do our best in disseminating His Godly message to touch the life of every individual on earth. As His beloved and serviceable children, it will be our honour and great fortune to follow Brahma Baba's footsteps and transform ourselves with complete divinity and spirituality. There is nothing we aspire for more than becoming selfless world servers like our very beloved spiritual Parents: Almighty God Shiva and *Avyakt* Brahma Baba.

### **MOST AUSPICIOUS NEW YEAR 2011**

What a wonderful start to the New Year with the Bestower of Fortune Himself blessing humanity with New Year Greetings! On the dot of midnight, the ringing bells heralded the

beginning of the New Year 2011. This was followed by *Avyakt* BapDada's sweet, whispering divine words of wisdom which encompassed unlimited and valuable blessings:

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*“Congratulations to everyone for the New Year. Throughout the year, may you remain free from obstacles and blissful! Through your activity and your face, teach everyone how to remain happy and how to smile. Constantly fly and make others fly. Do not walk, but fly. The flying stage is dear to everyone. Seeing you, everyone should begin to swing in the swing of happiness. Happy, happy, happy New Year!!”*

These blessings were like the icing on the cake after a wonderful Murli of 31st December 2010, which emphasized the dire need to bid goodbye to the old sanskaras while wishing good-bye to the old year: ***“Take a vow (determined or firm resolve) to become obstacle-free. Become merciful Master Bestowers and serve through your elevated consciousness. Through service of the mind, bestow help to the suffering, peaceless souls.”***

About 16,000 sisters and brothers of the BK divine family gathered in Diamond Hall, Shantivan, to listen to the New Year blessings, while lacs of other BKs around the globe watched and listened through the internet. With great honour, we would like to share with our cherished readers the latest Godly versions (in brief) through these columns:

#### **Essence of Elevated Versions of 31st December 2010**

“It is good that the aim of you spiritual children is the same as that of Father Brahma, of becoming complete and perfect. The determined thought of remaining free from obstacles will bring the time of completion close. You children will fulfil the thought that you have had, and you will serve with your mind those who are unhappy and peaceless in the world; you will give them one support or another because God cannot bear to hear the calling out and crying out in distress of the children. They are all part of your family, are they not? Sorrow and peacelessness are increasing a lot, and so, now, become merciful. Have this thought that while walking and moving around, and at *Amrit Vela*, you will definitely

serve souls with your mind. Just as you will finish your old *sanskars* and become equal to God the Father, in the same way, become *master* Bestowers, children of God, the Bestower, and definitely serve souls of the world with your mind. Are you ready to serve through your mind? Throughout the day, whatever time you have, definitely serve through the mind in that period because it is you children who have to bring about the world of happiness. Souls are crying out, “Give! Give! (Give peace and happiness)”, so you have to give happiness to those who are unhappy. Give strength to those who are distressed and do some charitable work.

“May you be free from obstacles! May you be a server! The children who belong to God are experiencing the pleasure of the confluence-aged Brahmin life and will continue to experience it. Those who consider themselves to have a right to the Father’s inheritance—whether they are new or old – who continue to swing in the swing of supersensuous joy and who have had a thought of being victorious over their *sanskars*, are a handful out of multimillions. There are those who are victorious by having faith in the intellect. Those who have faith in the intellect are able to go ahead...

“Now, whether you are old or new (on the spiritual path), you are receiving a task of a *second*. Are all of you able to remove yourselves from all other thoughts and stabilise yourselves in the form of a point in one *second*? Will you do this? In one *second*: I am a point and no other thoughts. Now, practise this for 15 days! Throughout the day, put a full stop in one *second* at every hour. Each one of you has to *practise* this and, while in that atmosphere, while engaged in activity, *check* whether you were successful in stabilising yourself in the form of a point in a *second* while living at your own places. The more you progress, the more you will need this practice of being able to stabilise yourself in the stage of a point in a *second*. Therefore, *check* yourself and write your *report* and give it to your BK *teacher*.”

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## **GLOBAL CELEBRATIONS OF 95TH BIRTHDAY OF CHIEF OF BRAHMA KUMARIS – DADI JANKIJI**



The global B.K. spiritual family celebrated Revered Dadi Jankiji's 95th birthday with utmost love, dignity and divinity. The main celebration took place at Diamond Hall, Shantivan, on 1st January 2011 evening in the joyous presence of 16,000 B.K. sisters and brothers from 50 countries and different parts of Bharat.

After a 10-minute documentary on her dedicated life, the girl students of Divine Life Hostel, Indore, presented a very creative and divine Dance-Drama. The troupe of about 30 girls played their respective roles in a wonderful manner to bring home the spiritual values, wisdom and God's guidance that enabled Dadi Jankiji to lead the **Shiv Shakti Pandav Sena** in conquering and eradicating negativities from the lives of

lacs of people across the world.

The beautiful song by Madhur Vani Group, led by BK Satishbhai, highlighted her values and love for serving humanity through Godly wisdom. This was followed by the Candle-Lighting and Cake-Cutting Ceremony. Dadiji was then honoured by dignitaries from different areas of Bharat, which included: Justice Eswariah, Andhra Pradesh High Court Judge (Hyd.), Shri Seetaram Meena, Labour Commissioner, Uttar Pradesh Government, Dr. Ashok Mehta, Medical Director, BSES Global Hospital, Andheri (Mumbai), Padma Bhushan Dr. Varaprashad Reddy, Chairman and MD, Shantabiotech Ltd., Hyd., Shri Govindlal Vora, Editor-in-Chief, Amrit Sandesh, Raipur

Revered Dadi Hirday

Mohini, Additional Chief, Brahma Kumaris, BK Nirwair, BK Ramesh, BK Om Prakash of Indore and BK Jayantiben of UK shared their respectful greetings and wished Dadi Jankiji a very healthy and long-life so that Dadiji continues to guide the masses until Golden Age is established globally.

In humble response to the celebrations, Dadi Jankiji gave thanks to Supreme Almighty Father and Avyakt Brahma Baba for their limitless love and spiritual guidance throughout the 74 years of her spiritual life. These have motivated her to lead a very simple but elevated life (as the true '**Janak**'), and serve Bharat for nearly 25 years before setting out for London in 1974 for world service. Dadiji shared the significant conversation she had with Avyakt BapDada in 1974 when advised to create a 'Model of Madhuban' in London. Dadiji is honoured that today many such models have been created in Bharat and all four corners of the world.

May Dadi Jankiji's spiritual leadership help everyone re-discover the beauty of the inner spirit when enriched with divine qualities and the power of God's love!

– **B.K. Nirwair**

|| From the mighty pen of Sanjay ||

## **BRAHMA BABA – THE ARCHANGEL OF THE GOLDEN AGE**



**B**rahma Baba, the founding father of Brahma Kumaris World Spiritual University, who had initiated, nurtured and brought up thousands of his spiritual progeny into spiritual and yogic culture, gave up his physical sheath on the night of 18th January, 1969 and yet this was not the end of the holy services he had been rendering to the suffering humanity but was, in fact, the opening of a new chapter or widening of the new horizons. Now had begun a new saga of his life, seldom heard of before in the ancient spiritual lore or in the medieval spiritual annals, for, except in reference to Brahma, one does not find the use of the word 'Avyakt' (angelic) in reference to the angelic stage attained by another *sadhu* or saint.

Minutes before the corporeal Brahma Baba breathed his last, he had addressed an assembly of Brahma Kumaris and Brahma Kumars in the Discourse Hall of Pandav Bhawan – also

called Madhuban at Mount Abu. He had led mass meditation there at the end of the discourse and, with a smiling face, had bidden good bye to the gathering. "Alright sweet children, good bye!", he said on that night, instead of saying: 'Good Night', which had been his usual form of ending his address every night for years and, it is strange enough, that though many in the gathering had noticed this change in words, yet no one had really imagined what would happen during the next half-an-hour or so.

Of course, those, who were with him or who had been with him a few days earlier, had noticed a deep-seated change in his level of existence. Though there are no appropriate words, yet one could, perhaps, sum up the description of his mental and spiritual stage by saying that he was deeply detached from his body and from the gross world and was in a stage of heightened soul-

consciousness and intense meditation so much so that, as one sat near him, one effortlessly felt detachment from one's body and had a deep feeling of silence, lightness, dispassion and disinterestedness in worldly things and, above all, an ethereal joy. When someone was talking to Baba, it seemed that Baba was listening to him in a strangely different way and yet he was listening; he was here and yet he was not here. He gave attention only to the essence and not the details and was most of the time, withdrawn to his inner self and it seemed as if he felt that his role as a corporeal being had almost ended and he was soon to embark on his journey for the angelic world which lay beyond the azure sky and also beyond the realm of stars. His mind's eye was set in the spiritual summit, so to say, and therefore, as he met the inmates of Pandav Bhawan and talked and also took his food and smiled and did other things seemingly as usual, he was just getting ready to go beyond the starry region. The difference was not very much visible to all but yet was there for a discerning eye to see.

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It was a little more perceptible at the level of feeling rather than seeing. One could feel less of his physical presence but more of his luminous silvery presence. As one looked into his eyes, one got transported into a higher level of existence and felt as if not only was one surrounded by its divine light but had also become self-luminous being. One got a pleasant experience of divine joy that was the real charm of life.

And, ever since Brahma Baba became *Avyakt*, i.e. angelic, one can see an uptrend in the level of consciousness of those who are having the benefit of the teachings of the Brahma Kumaris World Spiritual University. To have awareness of an Angel as their loving and beloved guide is in itself a spiritual achievement. The beneficiaries of the teachings do not consider anyone in gross corporeal form as their guru or guide but they look on the incorporeal Supreme Soul Shiva as their Spiritual Preceptor and, next to Him, they look on Angelic Brahma as their beloved holy father who too gives them spiritual

guidance and help. They have, in him, a role model to follow. Brahma's life-history, which is centred round his transformation into an angel from a human being who once was a layman for them, an aspiring story and a practical instance that strongly motivates them to ascend higher and higher so as to become an angel.

Moreover, the visits of Brahma Baba, the Archangel, give great benefit to the students in many other ways. Not only does Brahma Baba infuse new enthusiasm in their spiritual efforts, but he always gives them great blessings and bestows great love and care. He reveals to them many secrets of what is beyond and tells them many esoteric truths and stratagems of spiritual practice. One feels it a great privilege to meet him when he visits through a corporeal medium and one gets ethereal joy and divine ecstasy when he looks at them and speaks to them in so affectionate, intimate and soul-stirring tones that one feels enchanted with the notes of his divine flute.

Brahma Baba has been, to all his spiritual progeny, a symbol of harmony. One of

his foremost teachings has been that his listeners would become like 'milk and sugar' and would never be like 'salt and water'. He has always been instructing to speak at a low pitch and to utter soft and sweet words. He has very clearly asked everyone never to hurt anyone even slightly. He has discoursed for inner and outer harmony, for his aim is to establish a world of harmony where even the beasts have shed off their enmity and violence and where no one has any fear of anyone else. On the occasion of 42nd Ascension Day of Father of Humanity – Prajapita Brahma, let us pledge that we will follow him in thought, word and deed and, being the progeny of this Adi Dev – the bestower of fortune– we too would become master bestowers of fortune. ■

**LESS IS MORE**  
**Fear less, hope**  
**more; Eat less,**  
**chew more; Whine**  
**less, breathe more;**  
**Hate less, love more**  
**and all good things**  
**are yours.**

# GODLY VERSIONS ON PURITY



*[Incorporeal God Shiva and Prajapita Brahma in Avyakt form, called BapDada lovingly, have uttered specific instructions on Purity, which is the foundation of the forthcoming Golden Age. Provided here-below are such Divine Versions for the benefit of our esteemed readers. Though these versions have been addressed to the BKs who follow the spiritual principles in their practical life, yet these are very much relevant to all spiritual seekers and we hope our esteemed readers would take maximum benefit from these versions which are very much on the special theme of this issue on Purity in Thought, Word and Deed. – Editor]*

Purity does not just mean celibacy. Complete purity means that none of the vices should be touched even in thought. Just as in life, Brahmins consider any physical attraction or physical touching to be impure, in the same way, if the mind or the intellect is attracted to or touched by the thought of any vices that is also considered to be an impurity. Those who have the personality of purity, the royalty of purity will not touch that which is unclean, even through their mind or intellect.

The personality of purity means greatness and speciality in every action. Personality means to remain constantly busy in serving the self and others, that is, not to waste your energy, time and thoughts, but to use them in a

worthwhile way (Avyakt, 4.12.1991).

Accurate faith is: I now belong to the Father, the Supreme Soul, and I recognise, accept and move along considering myself to be a soul, and know the Father as He is. This is accurate faith. If you have number one faith, then as you progress, you should not find it difficult to imbibe the main subject of purity. If purity makes you fluctuate even in your dreams, then understand that your foundation of the Number One faith is weak. This is because the original religion of the soul is purity. Impurity is an external influence and purity is your original religion. So when you have the faith of your original religion, no other religion can make you

fluctuate (Avyakt, 4.12.1995).

The foundation is purity. However, the definition is very deep. Where there is purity, all the things that you all spoke about – having a faithful intellect, honesty and cleanliness etc. – all these things are included in that. However, BapDada sees that the deep definition or significance of purity is not very clear in your intellect. To have waste thoughts or to enable waste thoughts to be created, to have waste thoughts yourself or to be an instrument to create waste thoughts in others; is it purity to have these waste thoughts? Are waste thoughts purity? So all of you should put the significance of purity in thoughts into practice. If you examine it, out of all the five vices, from lust to attachment – the first vice is lust and the last is attachment – when any vice comes, where does it first come? It first enters your thoughts, does it not? Or, does it come in your actions first? It first comes in your thoughts. Would you not call those thoughts, waste thoughts? You would. Anger also creates waste thoughts. Lust means to have wasteful vision. If you have wasteful vision towards any soul, would that be accepted as purity? It would

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not. So, why do you not surrender your waste thoughts out of love for the Father? Are you able to do this? It is very easy to say, "Haan Ji". However, BapDada has everyone's chart. Even now, the majority of you have thoughts based on the five vices. "Why is it like this? Why is it like that? It should be like this." And, something common that BapDada tells you about is that knowledgeable souls either have arrogance of their virtues or their specialities, and the more they progress, the more their weakness in a particular aspect is seen. It is not a weakness in terms of making effort, but a weakness in terms of wanting name and fame, regard, in being made a centre-in-charge, in being given a special part in service: the waste thoughts of this weakness cause a lot of damage especially in knowledgeable souls. And, nowadays, these two are the main basis of waste thoughts. Just look at your timetable for one day. At present, you are sitting in Madhuban, and nothing as such happens in Madhuban. However, when you return to your service place, check yourself. In one day, check these two aspects: Arrogance and the feeling of being insulted. "Why did I receive so little? I should also have this status. I should also be forward." You do understand this to be arrogance also, do you not? The reason for waste thoughts nowadays are the two aspects of arrogance and of feeling insulted. If you surrender these two, then it is not difficult to become like the Father. So, do you have the power to surrender them? Achchha (Avyakt 7.11.1995)

## MERCY

Mercy is the quality that sees behind expression to the need that is inside it. Blend the anger to the sadness,, behind the coldness to the fear. Mercy goes behind and meets the hidden needs of a person's mind, their child-self.

To have mercy is to know the vulnerability that is in you and feed it with what you are learning, so that it strengthens and becomes level with your adulthood and calmness. Mercy is to know that, though it often asks for what is visible and material, the mind's needs are deeper and more demanding and cannot be met by anything false or short-term.

Mercy is the wisdom to see that a failing mind needs a system in which to meet its needs. Real mercy is not, therefore, merely softness or compassion, but a spiritual system whose clear footsteps hold God's presence and so followed, become a meeting point with Him. That meeting is itself the most valuable present a human mind can receive. In it lies a training for the senses; a training to draw them inwards. So alone from influence, the mind can regain its strength and learn what is unique to it – as though, in a moment of quiet victory, it receives its own inheritance.

When a mind finds its strength again, it develops the confidence to re-enter the world and be alive and gifted in it. Mercy is to keep the strictness until the last moment and to help others do the same, so that they no longer bank their lives on temporary attractions, but move towards the hidden beauty that is in them.

This is why it is wrong to blame someone when they hurt you, for blame sees only what is outside and not what lies behind it. Mercy is to think, do and speak only what leads inwards to where the real reasons lie.

– From the book 'Inner Beauty'





# A LIFE SUBLIME AND DIVINE



– B.K. Ranjit Fuliya, Associate Editor

**I**ncorporeal God Shiva, the benefactor and purifier of all souls, disseminates through the corporeal medium of Prajapita Brahma several spiritual truths. Those truths might have been available to devotees on the path of *bhakti* or worship but they could not take full benefit of those due to lack of precision and clarity. One of such truths is the existence of the entity called soul. It has been revealed by the Supreme Father that soul has three faculties which are manifested in our day-to-day routine and these motivate all activities in human life.

The first faculty called Mind is the thinking faculty of the soul. It is mind which generates thoughts, desires, ambitions etc. Intellect is the second faculty that differentiates, discriminates, determines and decides as to which thoughts have to be implemented or not. These actions performed by soul are stored in the form of *Sanskaras* or resolves.

It is truly said of mind:

**Manah ev manushyanam  
karnam bandh mokshyoh**

It means mind is the cause of bondage as well as liberation in life (fruition). Purity of mind is a real gift of God. When we are in body-consciousness, we can't feel inner happiness, peace and bliss. Soul always finds itself in bondage, there are 'how', 'why' and 'when' at each and every step. Extrovert nature results into slavery of the sense organs, as uncontrolled mind leads to exasperation and depression. The wings of zeal and enthusiasm are cut. There is fear of death and various mental and physical disorders. The power of discrimination is depleted and there is lack of concentration. Enveloped by confusion and chaos, the soul fails to take any inspiration from the past and there appears no hope in the near future. Attracted to bodies and physical pleasures, the soul becomes a slave to name and fame. Peeved and grilled by sense organs, the soul revels in the game of criticizing and blaming others. It picks up only flaws in the other actors of this World Drama. Life of such a

soul seems to be revolving around 'I' and 'My'. Egotism and self interest make the soul slave of the artificial pomp and show due to vagaries of mind. Soul loses the power to discriminate between right and wrong. Unable to analyse human beings as well as situations, one is driven away from real well-wishers and is surrounded by flatterers and selfish persons.

### **A Mind That Is Kind**

Those who think positive are always conscious of their original self-pure, peaceful, blissful and benevolent. They deal only in positive aspects of personality. Being stabilized in their original state of piety, they have regard for the fellow beings, are polite and free from arrogance. Like a swan they pick up only specialty and goodness in others. As they remain soul-conscious, all their virtues start spreading in social circles. They feel the presence of light, might and divine insight, as they are free from the waste and the bondage of all sorts. They take responsibility for their actions as they are able to control the self and also inspire others to positivity, creativity, cooperation and cohesion. Their zeal and enthusiasm in various life situations act as a beacon to other souls to perform better.

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Not engrossed in sense organs and the physical objects, they stay stabilized, steadfast and concentrated. They perform all actions with detachment, considering themselves trustees. These characteristics enable one to become an embodiment of all divine virtues and spiritual powers. Brahma Baba was the greatest example of such purity in thoughts, words and deeds.

### **TRANSCENDING TIME AND SPACE**

Brahma Baba had put special and concerted endeavours to have such an exalted state of mind. He used to get up early in the morning and send vibrations of peace, spiritual succour and relief to souls; as a result of it, many souls would have divine visions and got inspiration to tread the path of righteousness and Rajyoga. This gets corroborated by the following anecdote.

A young boy in San Francisco was studying in a college. He got introduction of BKs philosophy and was really inspired by it. After completing the introductory course of Rajyoga Mediation, one day he took his mother to the BK centre. When his mother entered the meditation room, she got extremely surprised on

seeing the trans-light picture of Brahma Baba. When enquired, she disclosed an incident that occurred when he was just born. “My dear child”, she said “When you were born, I had a divine vision wherein I saw an elderly person in white robes and an angel-like appearance. He asked me to give the new born child to him, for welfare of the world. I got perplexed and confused for fear of separation from you. The vision soon disappeared and with the passage of time I forgot all about it”. Till then, the mother had not told about the vision to anyone. The son was really inspired to realize that God required his services for transformation of the vicious world into a veritable heaven. This personal experience was narrated to me by the B.K brother from San Francisco during our first visit to BKs international headquarters at Mount Abu in July 1979.

### **WORDS OF BLESSINGS**

Even in his personal and professional life before surrendering himself to Almighty God Shiva, Brahma Baba always practised purity of words. He spoke only such words which were soothing and inspiring. His words became divinised as he treaded

further on this spiritual path. The versions uttered through his lotus-mouth became blessings for the entire humanity.

### **DEEDS WITH A DIVINE TOUCH**

Brahma Baba was well aware of the gigantic responsibility the Supreme Soul had entrusted to him by making him the human medium to reveal universal truths about soul, matter, nature and God. Brahma Baba always kept attention and he encouraged others on the path of righteousness.

**Brahma Baba attained perfection  
By performing benevolent action  
And mind a means to bind  
Words with blessing,  
thoughtful and kind**

Brahma Baba had total unity in thoughts, words and deeds which even today inspire lacs of souls worldwide to lead a lotus-like life— pure and detached, yet unaffected by the trials and tribulations of this mundane world. Let us renew our dedication to work for God’s task of spiritual and moral rejuvenation of mankind, following the footsteps of our most beloved Brahma Baba.

## PURITY OF THOUGHT, SPEECH AND DEED

— B.K. Raghbir Singh, New Delhi

**P**urity of thought, speech and deed— these six small and simple words are perhaps the briefest essence of the best that can be derived from complete study and thorough churning of all the subjects we can think of. But at the same time, these six small and simple words are as easy to understand at the level of theory, as they are difficult to follow at the level of practice, for the simple reason that practising and living pure thoughts, pure words and pure deeds require a complete metamorphosis, i.e., complete change of character on the part of *man*.

What comes home is that all our thoughts, words and deeds generate from the character we inculcate and build in ourselves. Character - building, therefore, is the keynote of the subject under study.

Our thoughts and words are governed by what and how we see, listen, read, touch, smell and feel and our deeds are a by-product of

how our mind commands our intellect and body to react to what we have seen, heard, read, touched, smelt and felt. In the Murli classes, Baba repeatedly keeps telling us, the spiritual children, to make and keep our eyes civil and not to let them become criminal because eyes (being a very important sense organ) determine the level of our purity or otherwise. In this context, the role of ears is also of great significance. That listening is a tough and ennobling human activity, gets substantiated and authenticated by the fact that Shri Guru Nanak Dev Ji, in 'Jap Ji Sahib' has composed four 'Pauris' (steps number eight to eleven) on the subject of listening and on the significance of listening to 'Gyan', i.e., Divine Knowledge. In Pauri No.Ten, Guru Nanak Dev Ji has, in simple and unequivocal terms, blessed mankind with the words that listening to 'Gyan' helps us get into Sahaj Dhyani, i.e., the intellect gets connected to Divine

Knowledge with total ease and poise. In the last line of Tenth Pauri, Guru Nanak Dev Ji refers to the activity of listening to Gyan as a destroyer of all human sufferings and of all human vices.

The purification of thoughts stems from judicious, gentle and noble use of all our sense organs. But it needs to be stressed again, that this triple purity can be attained only by practising what our spiritual masters have preached. Father of the Nation, Mahatma Gandhi, whom we worship as an apostle of Truth and Non-Violence equates attainment of triple purity to reducing oneself to Zero. In spite of having lived all his life on the principles of triple purity, he says, "I know that I have still before me a difficult path to traverse. I must reduce myself to Zero".

Mahatma Gandhi closes his autobiography, 'My Experiments with Truth' with the following heart-touching appeal to his readers: - "Ahimsa is the farthest limit of humility. In bidding farewell to the reader, for the time being at any rate, I ask him to join with me in prayer to the God of Truth that He

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may grant me the boon of Ahimsa in mind, word and deed”.

*In all my humility and as my personal homage to Mahatma Gandhi, I will love to put on record that so hypnotizing and mesmerizing is Gandhiji's message of purity that during all the five months when I was writing my book ' Gandhian Thoughts; even the remotest thought of any type of vice was not entertained by the mind. So much so that my better half used to ask me – Are you writing on Gandhi or becoming a Gandhi?*

The closing words of the great Mahatma's autobiography are a testimony of his abiding commitment to the principle of remaining as harsh as truth while judging himself. These words are also a testimony of the reality that attaining triple purity is no child's play. *Satyam Shivam Sundaram* (God is Truth and Beauty) and *Satyamev Jayate* (Truth; and truth alone triumphs) are the axis around which universal spiritual philosophy revolves. Such is the beauty and power of truth that it transfers all its glory to whatever it looks at or touches. In fact, truth is the only sublime force that brings

transformation without use of force. We, the chosen few children of Shiv Baba are fortunate that, through the human medium of Brahma Baba, the way of attaining triple purity has been disclosed and revealed to us in the easiest and simplest human terminology.

#### **Baba's benevolence**

All the spiritual aspirants experience Brahma Baba's subtle vibrations of help and succour. The verse below which Baba guided me to title as BABA – THE WORLD TRANSFORMER is my personal experience of the touch of Spirituality that flows and shall always continue to flow, from the friend, philosopher and guide of his children.

#### **BABA, THE WORLD TRANSFORMER**

*Baba, before I had known you*

*I had heard*

*Seeing is believing*

*Having known you*

*I have experienced*

*Experiencing is believing*

*For before I had known you*

*I did have formal education*

*But alas! very little inner transformation*

*I was just my own self*

*An angry and arrogant*

*body-prone self*

*You told me I am a Soul  
And have to play a different  
role*

*You showed me my coin's  
other side*

*Peaceful and happy*

*Humble and holy*

*Expanded and wide*

*You have opened my eyes*

*And I can see*

*That the long dark tunnel  
ends here*

*I can also see*

*That there is Light and Bliss  
Light and Bliss, out there*

*Baba, I am late*

*Quite late on the rides*

*Help me gallop, take long  
strides*

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January the 18 marks the day on which, in the year 1969 Brahma Baba left his mortal coil. But he continues to live on in the spontaneous and powerful flow of his benevolence to humanity. The remarkable story of his life and his lofty ideals of purity, love and joy of spiritual bliss continue to influence and transform the lives of millions upon earth. Ours Baba remains an unmatched epitome of absolute purity at the level of thought, speech and deed.

# A FULFILLING LIFE IS A TRUTHFUL LIFE



– BK Santhi, Ampang, Malaysia

The power of truth is fated in today's physical world, in the prevalence of unrighteousness. So long as there are contentment and happiness, human beings are in their comfort zone. It is such *temporary happiness* that elicited the proverb "Man proposes God disposes". People want their lives to be filled with happiness and comfort and not to be afflicted by sorrow. As a matter of fact, God proposes the truth, but it is man who disposes through his thoughts, words and deeds. Humankind has forgotten or is ignorant about the truth, which they have to adhere to, in order to attain eternal happiness. So they do not even have 'to propose' but it will come to them as a reward if truth is adhered to. Truth in this context is anything that is viceless.

## Knowledge is Truth

God, the Ocean of Knowledge, has incarnated into this physical world to give us His knowledge and teachings. His knowledge enlightens us about the parts we play in the beginning, middle and end in the world drama. This imperishable knowledge guides us in differentiating true from false, as well as righteous from unrighteous, in order to live fulfilling lives in this *old world of falsehood*. The divine knowledge of God or *shrimat*, recognisable with the third eye of knowledge, offers us inner peace, bliss and most of all contentment, and creates disinterest in this old world.

The knowledge of truth shows us the path to imbibe divine virtues for self-transformation that leads to world transformation. That is why *this teaching is unique* as it is also

a fact that *God, the Supreme Teacher* and the *Purifier* is the One who imparts it.

## Divinity is Truth

Good wishes, pure thoughts, loving feelings, soft, sweet and humble words can make others feel elevated. Such whole-hearted donations make one feel enthusiastic, energised and motivated and earn blessings. It is only God, the Truth who imparts such qualities in His children. *Shrimat* alone does not transform one, but also by "being combined".

## Having all relationships with the One is the truth

As soon as an individual takes birth in this physical world, he is surrounded by his biological parents, siblings and other relations as he grows. It is important to maintain such relationships but not to have attachment in these relationships. God says, "*Forget all your bodily relations and remember Me alone, and live like a lotus while living at home with your family.*" Forgeing all relationships with the One, helps us to maintain emotional stability and not to be disturbed by others. ■

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**Tuning into our inner strength:** One of the reasons why we have lost our peace is that the unhappiness of the outside world has penetrated our inner being. The mind is like a receiver, tuning into different experiences. Whatever we tune into, we think is real. When we recognise ourselves as 'Om Shanti', the mind comes into a new experience. As it learns to tune into the eternal, peaceful soul within, it becomes our reality. This creates the strength to remain centred and peaceful, no matter what our surroundings are. We remain resourceful. (From the Book – *Spiritual Greatness* by Dadi Janki ji)

# DRAWING OUT POWER FROM POWERHOUSE

– B.K. Bhawani, Balangir, Odisha

**A**lmost everyday in *Murli* (God's version), Shiv Baba reminds us to get-up at *Amritvela*, the most auspicious time and empower ourselves through the power of deep meditation, i.e., remembrance of Him. During that hour, He offers unlimited treasures. Those, who win over the sleep, become the winner of the treasures. These treasures are not material in nature, but are subtle and these strengthen the soul spiritually. The more one remains in this awareness, the better will be his communication with God which enables him to draw out the power from Him.

## Effective ways of drawing power

1. Body-consciousness is the root-cause of all vices. It is this which causes disturbance in meditation. Therefore, one should be aware of this and remain soul-conscious. Unless the rubber insulation is removed from the electric wire, neither the two poles (ends) can be joined together nor will electricity (power) flow in between. Thereby neither the powerhouse can send the

power nor can the receiver acquire it. So, one's prime aim must be to remove body-consciousness.

2. The greater the attraction towards Supreme Soul, the stronger will be the shower of power from Him. Hence, one must love Him from the core of his heart.
3. Waste thoughts should not be allowed to root in deeply at any cost, for they will cause obstruction in meditation.
4. See no evil, hear no evil, think no evil and do no evil, lest that may peep into meditation and break concentration.
5. Since all the souls of the world are progeny of one Supreme Soul, one must see them as his or her brother soul. When one sees others with this vision, one always thinks of their welfare, irrespective of their caste, creed and country. This evokes the attitude of mutual love and entitles us to have the blessings of BABA.
6. Besides, one must help each soul for spiritual elevation as per one's need.
7. One must have peace inside and outside home so that there

will be atmosphere of peace and tranquillity all-around, which will remove all the disturbances during meditation.

8. One must always remember God's advice to neither give sorrow to anyone nor accept it, which will help the spiritual aspirant to have direct connection with the powerhouse, i.e. Supreme Soul.
9. Once a spiritual aspirant has direct connection with Supreme Soul, then, obviously he puts in his body, mind and wealth in Baba's services. This also ensures removal of waste thoughts.
10. Moreover, one should keep the mind fresh, alert and cheerful and have a sound sleep.

## Advantages of Meditation

1. Meditation enables one to have a cool and calm brain.
2. One feels relaxed from tension, worry, anxiety etc.
3. It enables one to remain happy whatever may be the situation/circumstance.
4. One feels energetic to start Baba's services as and when required.
5. The countenance will look charming, shining day by day radiating a glow of spirituality and purity.
6. It enables one to discriminate between the real and royal

shape (paper-tiger) of illusion (Maya).

7. One acquires fearlessness and can bear all toil, torture and assault as well as can ignore the negative behaviour of others.

8. Through the powerful remembrance of Baba, one will do worldly jobs, thinking the self as an instrument of Baba.

One's outlook will be widened and ideas brightened in Baba's services. Drawing out spiritual power from the Supreme Soul is our God Fatherly birthright. The more, the merrier. ■

### MAGIC CARPET

Thoughts are like a magic carpet, on which the soul rides across eternity. Rest for the spirit (which is what we are) is when we allow only the current of the purest thoughts to flow through our mind - thoughts which carry good wishes and blessings for ourselves and others. This is not so much going with the flow, as being in the flow, and refreshed by the flow. For when we have powerful, positive thoughts for and about others, who experiences them first?

## HAVING ALL RELATIONSHIPS WITH GOD

No one can offer the kind of relationship that God does. This One is not just our Parent. God is also our Teacher, teaching us to see what is real and what is not, with a lot of patience and love. We are constantly and gently shown the way.

We wander off, get trapped in our many roles, and forget the One, but God never forgets us. God does not stop giving. God never tires of reaching out to us to remind us of who we really are, and who we are connected to, forever.

Through God's teachings, we grow cautious about how we use our mind and time; we don't want to be ordinary. The mind stops thinking too much and becomes peaceful, alert and happy. We become sensible and wise.

As our Friend, God provides very good company. He says, "Let Me be your Companion. Whatever comes into your heart, tell me. I will help to keep your heart light." And we never feel alone again.

The Supreme is also the Guide, sometimes ahead, clearing the way, at other times unseen, silently encouraging us from behind... watching over us, ensuring in one way or another that we move in the right direction.

Through God's love, we are freed of any doubts about whether we can make the journey.

## MAKING THE CONNECTION

What is the practice needed to reach the Supreme? What enables us to experience the connection in a steady and reliable way? Meditation. Meditation means learning to concentrate the scattered energies of the mind into a point in the centre of the forehead. Meditation means staying in the consciousness of being a soul, a divine, thinking and feeling spirit, and experiencing 'Om Shanti' – being a peaceful soul and making that experience your reality. It is easy!

– From the book 'Spiritual Greatness'

(Contd. from December issue )

# **DEEP SECRETS OF KARMA**

– B.K. Prakash Talathi, Lagos

## **SETTLING THE KARMIC ACCOUNT**

**T**he soul performs sins birth after birth during *Dwapar yuga* (Copper Age) and *Kaliyuga* (Iron Age) under the influence of vices. These sins get accumulated, if not settled in the same birth, and then are carried forward to next births.

### **VARIOUS METHODS TO SETTLE KARMIC ACCOUNTS:**

#### **Through suffering:**

▶ 1) The pending sins of the past lives to be settled by either mental distress (*Bhoga*) or *Yoga* (remembrance of God).

In other words, one can settle these karmic accounts either through igniting the fire of remembrance in Seed Stage and burning the sins and becoming *Karmaateet* or through sufferings in various ways:

❖ **Natural Calamities:** This is a quick method of settlement of all sins performed and accumulated during *Dwapar Yuga* and *Kaliyuga*. Since it is now final period and everyone

has to return home, the bulk settlement takes place by suffering the pains and sorrow of untimely deaths and quick births [jail of womb]. Every pregnancy is like a prison term for the soul, in foetus. The soul, trapped in the mother's womb, suffers and settles a part of karmic account. He is given a vision of the *vikarma* he had committed and only then he is punished by the *Dharmaraj*. He assures that he will improve and requests to take him out. Finally, the child comes out crying. In his early childhood, he is really very sweet. However, as the time goes, the University of World teaches him the mundane tricks of the trade.

❖ **Handicapped or deformed body:** This is another common method where soul suffers bodily and mentally; thus it settles the past sins.

❖ **Punishment through Dharmaraj:** At the end, all our sins appear in front of us like

evil spirits; the so-called Demons of Death make us scared. There will be severe pain, much worse than that in the worst jails of today like feeling of peeling of skins etc. and internal burning leading to serious cries of distress and repentance. One second's punishment will be felt as if suffering for months.

▶ 2) The mental disease due to stress, distress, panic and trauma due to the feelings and sentiments of hurt in relationships also result in settling of the account.

▶ 3) The physical sicknesses help us to settle *karmic* account.

▶ 4) Loss of wealth, property, power, status and prestige are also the means of settling the account.

▶ 5) By the Fire of *Yoga* (*Yoga-agni*):

When we honestly tell the Father, The Sun of Truth, whatever misdeeds we have committed in this present life, 50% of the same is waived of by Him. However, we have to remain alert for not repeating the same misdeeds. The remaining 50% can be absolved by the fire of *yoga*. Even then it is quite likely that one may get slight suffering like pricking of a thorn instead of crucification. However, the soul may not feel the sorrow as



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it is detached and it lets the body settle the account.

However, the pending *karmas* of the past lives have to be settled totally by yoga.

#### TYPES OF KARMA

Based on quality of action, they are classified into three categories: *Sukarma* (good action), *Akarma* (Neutral Action) and *Vikarma* (Bad or vicious action). Let us define these actions for better clarity.

##### ▶ I) Definition based on benevolence of the action:

❖1. **SUKARMA:** These are good actions. Actions that bring benefit to all are known as *sukarma*.

Here, there are two possibilities; 1) The doer of the action and others also get benefitted. 2) Though others are benefitted and happy, the doer suffers.

**For example:** A candle burns all the night and gives light (sacrifice for others). Or the patriot gives his life for the freedom of his fellow countrymen. These actions are of better quality. Though the patriot suffers in that life for his people, he may be rewarded in some other life by the same countrymen (wearing different bodies); for example by electing him as President of their nation.

❖2. **AKARMA:** These are neutral actions which the doer

performs for his benefit, without causing sorrow or harm to others, e.g., taking shower is for his benefit and it doesn't cause sorrow or harm to others.

❖3. **VIKARMA:** These are bad or vicious actions. These actions cause sorrow to others for self-interest of the doer.

Here again, there are two distinct possibilities: 1) the doer is benefitted at the cost of others and 2) The doer and others, all suffer by the action of the doer, both the *karmas* are misdeeds; but which one of these is worse?

In today's world, we can understand that for selfish motive, one may cause sorrow to an innocent person. But a terrorist kills many innocent persons including babies and mothers for no reason; he also kills himself, which is beyond understanding. It is a heinous act.

##### ▶ II) Definition based on Values and virtues:

*Sukarmas* are the actions performed, based on values and virtues—Peace, Purity, Love, Happiness etc.

*Akarmas* are neither based on virtues, nor on vices. For example eating food is *akarma*, as it doesn't involve virtues or vices.

*Vikarmas* are the actions based on vices – Greed, Ego,

Arrogance etc.

**In other words, Purity in action is *Sukarma* whereas impurity in action is *Vikarma*. The entire Drama is based on purity of the person.**

##### ▶ III) Definition based on quality of thought –

The seed of the action is thought. Thought is an action of the mind. Every thought creates vibrations, which, in turn, create the atmosphere. Let us classify these actions based on quality of thought. We know that there are mainly four types of thoughts – Positive, Negative, Ordinary and Waste. Waste thoughts are not brought into action, so they are waste. Hence we will consider three types – positive, negative and ordinary only.

***Sukarmas* or Good Deeds** are the actions based on positive thoughts. The speed of these thoughts is very slow. Every positive thought energises us and creates a peaceful and cheerful atmosphere. Actions based on **positive thoughts** bring benefit.

***Akarmas* or Ordinary Deeds** are the actions based on ordinary thoughts. These thoughts are based on mundane, day-to-day activities like eating, sleeping etc. They may bring benefit to us, but they do not bring sorrow to others. Actions

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based on **ordinary thoughts** are neutral actions or *Akarmas*.

*Vikarmas* or **Misdeeds** are those actions which are based on negative thoughts. The speed of this kind of thoughts is very fast. They may bring benefit to us but at the cost of loss or harm to others.

▶ **IV) Definition based on the consciousness behind the action:**

The intentions behind the actions are very important. The mother slaps a child to draw his attention to his studies; the pain is ignored seeing her pure intention. The doctor operates and removes a part of the body which can cause lot of pain and even make a person handicapped. However, everyone from the family of the patient, including patient himself, gives him profound thanks and pays his bills also. A military sergeant, who kills a few enemies on the border and saves the nation, is honoured and decorated with medal on his chest. So the consciousness with which the action is performed is very important.

When one stabilises the self in soul-consciousness and attunes himself in the love and remembrance of God (God consciousness), it is called yoga. Action is Karma. So action performed in **soul-consciousness** and in **God-consciousness** (remembrance of God) is known as “**Charitable Action**”, as the rewards are 100-fold than the ordinary *Sukarma*. This method is known as “**Karma Yoga**” and the soul performing such actions is known as a ‘*karmayogi*’.

*Akarmas* are the actions performed in **soul-consciousness** but without remembering God.

*Vikarmas* are the actions performed in **body-consciousness**.

(...to be contd.)

## IT IS GOOD

– **B.K. Sonali Gupta**, Begur, Bangalore

It is good to be blind,  
When others are looking for trouble;  
It is good to be dumb,  
When others are engaged in scandals;  
It is good to be deaf,  
When others are spreading rumours;  
It is good to be busy,  
When others are waiting for luck to  
break;  
It is good to be pushing,  
When others are hunting for pulls;  
It is good to be tolerant,  
When others are contentious;  
It is good to be charitable,  
When others are caught in the web of  
possessions;  
It is good to observe silence,  
When others are busy expressing their  
own views;  
It is good to be cheerful,  
When others are also happy;  
It is good to be contented  
Because everything happens as per  
Drama

# MANAGEMENT LESSONS FROM MURLI

— BK Ramasubramanian,  
Malkajgiri, Secunderabad

**O**n 26th October 2010, I was listening to Baba's *sakar Murli* at the centre, as usual in the morning. When certain sentences of the *Murli* were read, I sat up in rapt attention and started wondering how Baba teaches us, His innocent children, in a remarkably easy manner and flowing language, concepts of far-reaching import, evolved by celebrated thinkers and authors of modern management theories.

Incorporeal God Shiva, speaking through the corporeal medium of Prajapita said, *"When military personnel go to battlefield, it is their duty to fight enemies. Military is called out, even when there are floods or when some strife occurs. Then military personnel start performing the task of other kind of workers. Government orders them to fill mud etc. If they don't turn up, they face the bullet. Orders of the government must be obeyed".* Baba says to them, *"You are also bound to do service. You should report*

*immediately wherever Baba tells you to go for service. If you do not obey, you cannot be called military."*

Henri Fayol (1841-1925), one of the early new age management gurus, propounded a set of 14 principles of management, one of which is "discipline". Discipline is defined as *"obedience, proper conduct in relation to others, respect of authority, etc."* It is essential for the smooth functioning of all organizations. The views and suggestions of employees or members of a team connected with any project or activity can be ascertained and given due consideration before formulating an action plan. But once the plan is finalized and approved by the management, reluctance or resistance to its implementation will only result in chaos. Among all the organizations, military is singularly renowned for discipline. That is why Baba calls us as warriors and our organization as spiritual military.

Baba says – *"You are helpers of Baba, in the service of spreading His message to all. Suppose a big museum is opened somewhere 10 miles away; you have to go there for service, don't you have to? Should you think of the cost then? Orders are received from the highest on high Government, the Unlimited Father, whose right hand is Dharamraj"*

*Cost benefit analysis* is an important decision-making tool used by management of organisations. Management parlance also includes similar concepts like *return on investment, risk-return trade-off* etc. Baba spells out in simple terms, the cost (efforts put in by us for service), the benefits (kingdom for 21 births) or alternatively the consequences of not investing the cost (falling on the way). Can there be a better or more practical exposition of the concept of cost-benefit analysis?

Baba says – *"Once you give the introduction of Baba, then no one will have the courage to ask questions. Once the soul (new student sitting before you) has strong faith in Baba, then explain how souls go through the cycle of 84 births. When the*

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soul has understood the world cycle and Baba, then no questions will arise first giving the introduction of Baba ... You have to explain everything in a simple manner and slowly.”

Peter Drucker (1909 – 2005), acclaimed as the creator and inventor of modern management, said: *In communicating, the first question has to be, “Is this communication within the recipient’s range of perception? Can he receive it?” If communication fits in with the aspirations, the values, the purposes of the recipient, it is powerful. If it goes against his aspirations, his values, his motivation, it is likely not to be received at all, or, at best, to be resisted.*” Management jargon has been nicely simplified for us by Baba, when He tells us to explain spiritual knowledge to fellow brethren in a simple manner, step by step and after watching their response.


Baba further says – “*Those who can explain (spiritual knowledge) well should help in service at big museums. You should leave your centres for a few days and go out for service. Prepare someone else to manage your centre (in your*

*absence). If you do not empower others to manage, then Baba will consider that you are not good enough and you have not done any service. .. Baba’s orders ought to be obeyed spontaneously. Such an obedient instrument soul is called ‘maharathi’, i.e. stalwart (most courageous and high ranking warrior – who rides chariots). Rest all are those who follow on horses and on foot. Everyone has to help in service.*”

Management theories talk about **delegation**, which is the assignment of authority and responsibility to another person (normally from a manager to a subordinate) to carry out specific activities. The person who delegates the work remains accountable for the outcome of the delegated work. Delegation empowers a subordinate to make decisions, i.e. it is a shift of decision-making authority from one organisational level to a lower one. Delegation, if properly done, is not abdication. The opposite of effective delegation is micro-management, where a manager provides too much

input, direction and review of delegated work. In general, delegation is good and can save money and time, help in building skills, and motivate people. Poor delegation, on the other hand, might cause frustration and confusion to all the involved parties. Baba is engaged in the unique and major task of world transformation with the vision of all of us as rulers of the new world and hence is preparing us to shoulder higher responsibilities by teaching one more tool of management!

Baba often says that the spiritual knowledge He imparts to us is simple and that He narrates it to us like a story. However, it is important to always remember that each point of knowledge given to us by Baba is a jewel worth lakhs of Rupees. If we start our day by listening to Baba’s *Murli*, preferably in the morning, revise them during the course of the day and churn the points in depth and from different perspectives to capture their sense and essence (as attempted above, by drawing parallels between Baba’s words and concepts of modern management), we can achieve clarity and super-sensuous joy. ■



# KARMA THEORY, NIYATI-YOGA AND RAJYOGA

– Dr. Dilip V. Kaundinya, Mumbai

**N**iyati or destiny is very simple and mathematical. But it has been made complex and frightful by scriptures like *garuda-purana*. Very bad act of a sort invites horrid punishment. It generates Fear-Psychosis in the reader. Life, which is simple and our perception about the Self and the God have been made quite complex. Both are described as “*Neti, Neti*”, i.e., ‘this is not that’ and ‘that is not that’. Then the question is what exactly is that which forms that? People then leave it unexplored as they do not have time even for themselves.

An attempt to interpret self and God from Upanishads (so called simpler versions of *Veda*) lands one in a greater quagmire of confusion. A half page of definition of self, the soul, interpreted so differently in different Vedas that the Self gets lost in the maze of words. Desperate men then seek a Guru. But one soon realises that one cannot get a real Guru in

this extreme *Kaliyuga*. All the Gurus, without a single exception, show different manifestations of Maya. Some are famous for their temper. The others are so for their Super-ego. EGO is erasing God Out. But when one discovers lust-laden episodes of a Guru, then the disenchantment becomes complete. Spiritual effort then becomes rudderless, useless and meaningless. Many leave the path because of this obstacle or difficulty.

One Baba (believer of destiny) preached that everything in life is destiny. When a friend said, “I don’t believe in destiny”, that Baba replied, “Not to believe in destiny is your destiny.” When I asked, “How can I change destiny?” he said, “As per Destiny Yoga, nothing changes destiny.” Thus, when I was at the cross-roads of indecision, RAJYOGA happened in my destiny. Then my thoughts, nature and destiny changed easily, surely though slowly. A 7-day free of cost course in

Prajapita Brahma Kumaris Rajyoga Centre at Colaba, Mumbai, gave me my first liberation from superstitions by a very precise knowledge about SELF and about GOD, the Supreme Soul. I became God-loving instead of God-fearing. God now became my Supreme Father, Supreme Teacher and Supreme *sadgati-daata*. Peace, health, happiness, knowledge and powers from this ocean became my birthright. Yoga (meditation) became Remembrance, an easy process. The perception that Yoga is for the weak or the old or for *Sanyasis* changed and it became a Universal Tool for self-empowerment, self-purification and performance-enhancement. The meaning of the motivating phrases became clear to me. For instance, Lord Buddha said “Man writes his own health and destiny.” In Bhagvad Gita, God said “Thought forms the seed of your karma and destiny.” A realisation happened. Now I know that I can change my destiny by transforming my thoughts from negative to positive under Supreme Divine Guidance. Good thoughts mean good *Karma* and Good *karmic* account. This means health, happiness, harmony, peace and prosperity in life. Bad *Karma* means a bad *Karmic* account.

It means pain, suffering, diseases, defects, early deaths and failures in life. Yoga or Remembrance became an easy way of shedding the Bad *karmic* account and thereby getting liberation from sufferings. It also became a Technique for accumulating

good *karmic* account for 21 births. A subtle power to discern the micro-forms of Maya became evident. A life-long journey of self-purification and enlightenment was initiated under the direct guidance of the Supreme Soul. Mind is experiential. So, all of the

spiritual knowledge comes from experiencing and NOT from reading. Spiritual knowledge in books is a conglomerate of experiences and divine visions. So the proof of the pudding is experience. Go, and get it. ■

## WHO WAS IT? WHAT WAS IT??



– A.L. Madan, Principal, Jat College, Kaithal

### Who was it?

That whispered 'make the way, make the way'  
From the blinking red of the emergency van  
—  
A large divine mouth- piece of the Shiva's light?

### Who was it?

That guided the extended hand of the Surgeon to my sinking heart  
To help float its cosmic rhythm again—so sweet a beat?

### Who was it?

That carried me in His arms to everyone  
Well-in-time, well-on-time, for the eternal time  
To continue weaving my slender breaths for the time being?

### Who was it?

That later, strengthened my resolve to live life soulfully  
Henceforth, with body in the background receding slowly?  
Was it Baba Himself? Yes, it was He, indeed!  
My Saviour! My Charioteer! My Benefactor!!!

### What was it?

That made me endure, pricks and jabs of the surgical needles  
With spiritual smiles and just two cotton soft sounds on my white lips!

### What was it?

That greeted me every dawn and every eve  
With "I see you" on my "ICU" bed  
Though I couldn't see Him, but feel him around!

### What was it?

That, like mother, lulled me to sleep even in pain  
And then woke me up after much refreshing restful gain?

### What was it?

That applied balm to every aching throb and made me calm  
In the turbulence of uncertain heart—weather after the storm?  
Was it Om Shanti? Yes, it was Om Shanti, indeed!  
My balm! My Calm!! My Psalm!!!

# THOUGHT, THINKER AND ACTION

— Manasi Taneja, Indore

Keep your thoughts clear and chaste, so that your actions are ever beautiful, dynamic and beyond censure.

— Swami Chinmayananda

A friend of mine once remarked: “I find so-and-so, in spite of his so many qualities, a rather negative person.”

Nothing new... this remark and a few incidents which I have come across many times have always made me ponder over the fact, as to why so many of us behave like this. It's a known fact that all people, more or less, can be divided into negatives or positives i.e. people having negative or positive attitude towards life.

Recently, I came across an article by Maulana Wahiduddin Khan in ‘The Times of India’; he writes – positive thinking makes one a ‘big bird thinker’ and another term he uses is ‘big bird thinking’ which means human character with spirituality. We all have heard and talked so much of ‘spirituality’, as if it is a new trend, as if a new wave, a new fashion...to change the lives of all suddenly and very often we

hear people proudly say ‘I am going the spiritual way’. However, it is easy said than done. It is good indeed, very good if one truly understands what spirituality actually means. Is it following rules and regulations to discipline or is it to bind you to such an extent that even those qualities of the soul, a part of the divine soul, are put on a hold because of the fear of the world, if so, friends, this is nothing but... an outcome of a thought which is cultivated in a wrong way. We are made to think in certain ways because our society does not admit to it, because we are told this or that is right or wrong. But who makes or decides what is right or wrong? The thinker.

I come back to what Maulana Khan means when he talks about ‘big birds’; he meant ...Big birds of the storm..., people with high thinking, people mature enough to give well-considered responses even in adverse conditions, rather than

judging others and criticising them. *Spirituality....is nothing but simple positive thinking.... Anyone who can keep a friendly behaviour towards every human being is positive and hence spiritual.* For when one is gracious, one is open, one is affable, one is loving, responsive, he is....what God expects of us....what all religions preach, all positive thoughts are pure which come out in the form of loving, soothing words and lead to actions with no malice, no manipulations, no deceiving, no hurting, nothing which would harm or degrade anyone; they are merely virtuous actions radiating positive thoughts, reflecting the spotlessness of the soul.

Thoughts are very powerful indeed, inspiring actions. This power if used in evil deeds gives birth to vices and if used for good deeds, it gives birth to virtues. The power of thoughts is alive....it is living.....it has life. Each thought coming to our mind emanates from our very own self and wisdom. It is our wisdom which gives it shape and the type which it finally becomes. And when these live thoughts are centralized, we can feel the energy...the power emanating from them. Our thoughts spread like

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microwaves in the universe. Nature's law of attracting objects of same character applies to thoughts too and so people with similar thoughts come together. This universe is like a wishing tree under whose shade we get results of our actions according to our thoughts.

It is simple and far-reaching truth that our thoughts govern us. "As a man thinks, so is he." Nothing is bad or good....our thoughts make them so....our thoughts make heaven or hell on this earth. There are some people who appear diffident, hesitant, always fearing and on the other hand, some people who are forthright, decisive, confident, and hopeful. Positive thinking....is the key which should be consciously and deliberately applied and practised, so that it gets embedded in one's nature. Hadfield, the great psychologist, says that we all have two minds, the conscious and the unconscious. The conscious of which we are aware and the unconscious of which we are dimly aware; it's like a storehouse of thoughts and feelings, over which we seem to have little control. But this deeper mind ...the one below the surface is more dynamic and it explains why sometimes

a man will act in a way which seems out of character. Positive thinking makes a man see the good in everything around ....accept people and circumstances coming one's way as they are...

The effect of thinking on what we say and do is far more profound than any of us can ever imagine. I reiterate the fact that we ourselves are responsible for everything going around us even if it is making this world a difficult place to live in. Yes, negativity in the world is increasing, values are deteriorating and it is disintegrating the society. The thinkers....you and I are accountable and no one else. If we want a new kind of society, people with pure thoughts, good moral values, there should be freedom to discover the new form. Anything that suppresses, diminishes or lessens cannot be freedom, neither to be free from attachments is freedom. Our actions based on past experiences are limiting, for they are not our own and therefore an obstacle. Our life is a series of actions at different levels of consciousness, but when these actions are unrelated, disjointed, they lead to frustration. There is no end in view and no result as such. All our actions are based on

what we want to be or what we want to do. They are all based on ideas emanating from our past experiences, beliefs or ideologies. Pre-conceived thoughts can never help in progress in the true sense. Wipe clean the board of your mind to write afresh your pure thoughts to produce actions accordingly. Bad habits can be broken, people can change and be better than they are.....but that intense urge, the desire should come from within. Here...again analyse your own self. You are your best judge.

People carrying grudges, pain, hatred, anger and such other negative thoughts can never remain happy and satisfied. They can never progress spiritually and feel the power of goodness....divinity....no matter then, how many times they pray or go to temple, church or mosque. Do not just try to appear virtuous, but be virtuous. Be pure. What does purity mean? Does it depend on any moral or social law, any mental convention of any kind. As soon as one talks of purity, virtuousness, a moral monument comes in front and note; social point of view than to be moral from spiritual point of view. To be moral from social point of view is very easy as one has to



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only pay attention to do nothing which is not approved by others; it may appear difficult but not impossible....whereas to be pure in words and actions from the spiritual point of view means purity in thoughts too. Widening of thoughts is real progress bringing purity. Develop patience, tolerance, unselfishness, enthusiasm, friendliness, cheerfulness and then most of all virtuous, positive thoughts. Do not allow your mind to stoop low. Virtues or qualities are a kind of inner glow compounded of faith in something; love for it, and a genuine desire to be true and loving to others just like He is.

The change in one can never be overnight. It takes time, but something must begin.

“Whatsoever things are true, whatsoever things are honourable; whatsoever things are pure, whatsoever things are lovely, and whatsoever things are of virtue, if there be any praise, think on these things.” One cannot fight on suppressing by mere will-power and determination of his mean, unworthy, shameful and unlovely thoughts. But mental images of what is good and true and honourable, and lovely, kept perpetually before the mind, will definitely produce sooner or later the kind of person you want to be.

Let such thoughts flow naturally; don't stress them strongly. This art needs to be acquired. One must remember evil thoughts, negative thoughts will get you nowhere, but virtuous thoughts, positive thoughts bring in more poise and confidence, higher quality of disposition, a positive personality with beautiful actions. ■

## A BLESSING IN DISGUISE

– **B.K. Neena**, East Delhi

Wherever I went  
A latent fear did rant  
Good God! What is in store?  
For I can't bear anymore  
The copious ocean of tears  
From my near and dear  
Is it all life with pangs  
And woes of man rife?  
Every moment you know not  
What may befall your lot?  
The luring life beguiling you  
With its preposterous bribes!  
The imminent Tsunamis  
Tossing  
And turning our lives topsy-turvy  
The vagaries of nature hither  
The nuclear war thither  
Distorting and defacing  
The beauty of the earth  
Wherein lay so much of Mirth  
Deaths knell ringing  
Spelling Disaster;  
A soul leaving its serpentine costume  
To be cocooned in a new mother's womb!  
Thus embarking upon a new journey  
Through the never ending  
Throes of Birth and Death  
In the eternal journey!  
An Aeon of 5000 years  
Albeit, the Paeans of 21 Births to sing  
A new World Order, the Golden Dawn  
Being the only Silver Lining  
Perhaps a blessing in disguise  
Amidst the massive forthcoming  
Devastation and Demise!

# UNVEILING A NEW 'ME' IN THE NEW YEAR



– BK Urvashi, Mount Abu

**A** wise person once said, “The coming of *Satyuga* (heaven) is as certain as death”. Keeping optimistic views about the perfect future for our children and ourselves can seem challenging, when we see the immense fear, despair, sorrow, corruption, terrorism and evil breeding in our world.

How can I, as an individual, make a positive and permanent contribution whilst celebrating the New Year 2011?

Every religious faith speaks about a perfect world where residents know only peace and happiness. Every individual wants these qualities in his life, whether or not he chooses the right path to attain them. Is it possible to re-create such a world? When the human mind can create such a destructive force as the atomic bomb, can it be educated to establish a peaceful world?

**The end of the year**

**emerges feelings of introspection, self-auditing, recollection of the good and not-so-good experiences. Everyone celebrates the New Year, albeit at different times of the year, the main reason being to start afresh with hope, love and peace. But today we see a dire need for something more - a New World. Millions of people are working selflessly towards this goal of a peaceful world and it definitely requires united effort. Before I can contribute to changing the world I need to begin with myself. I cannot do this if I attribute the world's misfortunes to external sources (God's will, fate, other people and religions etc.). So, what am I doing to counteract the negativity? Reviving the human spirit is a noble task and only effective when each person**

re-ignites his or her own hidden energy. The human soul has the capacity to reach its heights of perfection. This process of change requires the presence of the Supreme Being, the Almighty Power-House. When I connect to the Eternal Parent, whilst being ‘soul-conscious’, I gain power to remove the negativity. Just as new beginnings demand a sacrifice of the old and decayed, similarly, world renewal requires the sacrifice of vices and weaknesses.

Just as a single candle can kindle a thousand lights, one pure thought inspires others. If we truly realise that our efforts are the little bricks being laid for the foundation of a New World, then we would never break our resolutions. Let us begin the New Year with a donation of one weakness. The Supreme Being, the Ocean of Love, wants peace and righteousness to rule the world just like us. So let's tune into His way of thinking and help create that Paradise. ■

**The Final Analysis:** People are often unreasonable, self-centred: Forgive them anyway. If you are Honest, People may cheat you, but be Honest anyway. What you spend years to build, someone could destroy overnight. Build anyway. The good you do today, People will often forget tomorrow. Do Good anyway. You see, in the final analysis, it is between you and God; it never was between you and them anyway.

# THE MAN WITH A DOUBLE ENGINE AND 2011 ARMS



– B.K. David,  
Paignton, England

*(Brahma Baba had humility in the face of hostility. He wore shoes made out of tyres that never got tired. He had a smile and a opened gift with Heaven inside. He's in his supersonic airplane flying high waiting for us. He owns a clock and bell company. He's the Father of Peace and Quietness)*

His face was of love and peace, and from his stride could be seen purpose. From his eyes came love, truth and affection, and for this reason he was able to face the world's face of hostility which they showed him all the time. Their face was angry and Brahma Baba's face just smiled back. They used strong, offensive words, and Brahma Baba spoke with sweetness and wisdom or would simply say nothing. The world could only get angry and ask questions and Brahma Baba could only give love and answers.

## **Luck Power Versus Uck Flower**

Everyone who opposed him in time became so very distant and weak that they could not be seen, whilst Brahma Baba just kept growing taller and taller each day. Through the

years of study, renunciation and dedication, he became so strong and visible that he could be seen all over the world. Brahma Baba was shrouded in God's shawl of constant love and companionship whilst they, who opposed him, were shrouded and swamped in the evils and problems of the world. It really was a case of the Luck flower (Brahma Baba) versus the Uck (world) flower. Brahma Baba had the luck (God) on his side and they only had the Uck (bad luck and obnoxious smell) on their side.

## **He Founded A University That's Open Day and Night.**

Brahma Baba's School of thought actually never closes and has been constantly open the past 74 years with Brahma Baba on call day and night. Brahma Baba was number one spiritual student. This

University has but only one teacher; the main emphasis of this University's education is on daily study, being polite, not to answer back, not to talk much, and when you do, talk with sweetness, honesty, royalty, love and wisdom, all of which make it easier to keep quiet; after all, who can speak with such care and authority? Do you know anyone so incredible? I don't. There is only one so incredible, and that is your friend Brahma Baba.

## **Everyday is a Gift, But Do We Open It Correctly?**

In this school you get a million tests a year, so it's no wonder the students who pass get such a high position in life on completion of this study. This school of honesty teaches its students to open God's daily gift correctly in order to enjoy it. After all, this is the first and the last gift that everyone gets, and if you do not learn how to enjoy it, you may as well have been born a monkey. This is the most important gift you will ever receive, so it's good to take time and learn how to open it. Rush it, and you'll break it; drop it, and you'll regret it; waste and not care for it, and eventually you will be made to realize its beauty and importance. The trick is to learn life's lessons in time to correct yourself and

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enjoy it, not when it's too late. What would you call a fisherman who was told to hurry up, and who then later cast his net after all the fish had been caught? Some will end their days with a full stomach of love and many will be left starving to death. Who do you listen to? God, your neighbour or yourself? There are only ever three people we can listen to in life, and only one has the wisdom to teach you to unwrap the present and make you worthy of going to heaven.

**The Bow of Life has now Become a Very Tight Knot.**

You need the hand of God to help you undo this ribbon of life, as it's now become tied with a very complicated knot. In not living life correctly and in trying to enjoy it, we have pulled the bow the wrong way and made it into a knot. This is God's University of leaning to undo the knots we have created for ourselves. Everyone is now tied in human knots and is struggling to be free. The world is full of complicated relationships, problems and situations and only God can help unravel and solve them. Try and do it on your own and you will tie yourself in knots. If your hands

are tied, it is very difficult to eat and feed yourself.

**Can You Undo a 1,000 Knots with Your Hands Tied?**

The ribbon on this gift of life is now not wrapped with a bow but a complex knot. If you wish to undo the knot, you have to learn 'not' to do the 1,000 things of mankind, and learn to do the 1,000 things of God, and only then will you be able to open your Godly gift. Man's gift is not really worth opening as it only has rubbish (unhappiness) inside. Choose your box. One box has a boxing manual inside, and the other laughing instructions and how to always be happy and successful in life.

**'Certain' Thoughts and Actions**

We must make effort everyday as there are no guarantees in life, just incredible certainty of our uncertain future. Our uncertain times call for certain thoughts and actions. Only then can the uncertain be guided, understood, tamed and steered to certain victory. God has come to teach us how to walk again as we have become so tired crawling around in the rubbish (vices). God's school is also a hospital

for sore knees and the back ache we've gained in searching for happiness – and Him! There are many hospital wards (teachings), as there are many patients with many diseases. Wards 1,2 and 3 are very full as these are Wards for the treatment of Anger, Lust and Greed. The hospital is called; the Hospital of Preventative Sorrow and Cure of Body Consciousness.

No germs (thoughts) or desires for flashy coats, fashion, perfume or visits to expensive shops is allowed in this hospital. "If you want the cure, become pure", says the hospital Surgeon.

**A School without Chairs or a Blackboard**

This school has many windows with much light in the classrooms. The light does not come from the outside sun, but from the inside light of God. This is God's school of truth which radiates light all around. The world is ignorant of this school and its aims. Its aims are simple and few: Create a new world with pure people to live in it.

**A Mechanical God and International Joe**

Brahma Baba in life's cycle comes and goes and is removable. God is constant

and His love unconditional and complete – always. God’s love is mechanical and never failing. Most people in life, in their search of happiness, strangle themselves in the knot of sensual pleasures thinking that is all they are here for and that is the only thing on offer in life. Some persons in their search have tied their shoelaces together and so cannot move forward in life any more; they trip and fall over when they try and walk forward (their *karma* has tangled them up and holds them back).

**Walk High and Aim High – Not Crawl**

Some people aim for the sun whilst most of the people can only see the supermarket, beauty shop or hairdressers. Some of them have high hopes of life (heaven) whilst some appear content with a low hope (mundane existence) and others are very miserable with no hope.

In this school, you should never be late because you should never have left the school. Brahma Baba took this school with him wherever he went, so he was never late; plus he never forgot and constantly

realised who was teaching him. The Teacher is invisible and so is the study, but the results are not invisible. Through the constant interaction of God, His children and His study, a heaven is created.

**Estimated Time of Arrival – Imminent**

The clock on the school wall is super accurate and it will signal when the study is complete. Only when the school bell rings at the end of the day (cycle) can we then go home. Only when almost everyone in the class has passed with full marks will the study be finally finished and the bell rings. Until most of the students have passed, the school will remain open and the study for perfection will carry on.

**Clock & Bell Co.**

The clock is made by **God Company** and is wound up by Him at 4 a.m. everyday without fail. The bell is made by God Company also and has a very clear sound as it is made of pure gold and is the size of 16,108 family cars and can be heard all over the world when rung.

Are You Ready.... To Land?

The Teacher is ever present but many students

are not. The Teacher is ever-alert and obedient but some of the students are not. The Teacher is ever spiritual and peaceful but some students are not. Our ETA for heaven is in our hands. We shall only land in heaven when we’ve learnt to open God’s gift correctly. ■

**ABILITIES OF SOUL**

**- BK. Sapna, ORC, Delhi**

I am a soul, Master  
Knowledgeful  
I am also brave, and  
powerful

Everything is possible  
and easy for me  
I am full of love, as full  
as sea

I'm not afraid of  
Any situation and death  
Because, God lives in  
my heart  
Awareness and breath

I am full of mercy,  
happiness and purity  
I have also patience,  
truth and royalty

God gives me Light  
And divine insight

# READYMADE WORLD DRAMA

— B.K. Asim Debray, Kailashahar, Tripura

Although Science has advanced vastly, it cannot answer why; instead answers how, on the basis of plus and minus. This plus and minus come as the roots of all mathematical explanations. For example, why did Newton's famous apple come down, not go up? Science answered that gravity of the earth pulled towards its centre, i.e. made the plus. So, the apple came down and could not go up. Here Science answered the mechanism of falling, hence it answered how, not why?

If an object is pushed by another object, it moves forward and science explains the phenomenon in this way: applied external force causes the movement of objects, i.e. makes a minus between. Here science answers the mechanism of separation. Hence it answers how, not why. Why the application of force causes movement, science cannot answer. A rubbing between two stones produces heat but why does it

produce? Science answers as like, haphazard movement of atoms and electrons generates heat. Here also the mechanism of heat production is explained in plus and minus. Hence science answers how, not why.

Now what could be the answer to this heavy 'why'? The answer is that whatever is coming about in this material world is fixed in the readymade world drama. All we are playing in the predestined world drama is prefixed. Now what is the proof in support? We now exist neither in the past nor in the future but exist only in the present in this moment. So the world is only live and physically existent in the present by its nature. It is live and physically existent only as compared to the past and the future. Right in the present, no life and matter of past and future is alive and existent. What they were before in the past and will be in the future? The past was the present when it was alive and physically existent.

The present turns into the past in very fine unit of time. Again the past turns into a new present. The new present again turns into the past and the system goes on in this way. For instance, the taking of a cup of tea at present becomes past and that past becomes present in leaving the empty cup. This is like a rotation between the past and the present excluding the future. The past is not physically existent but it is subtly existent. The future is neither physically nor subtly existent, but is merely an imaginary present originating from the past.

In the celluloid films, the series of the pre-built pictures touch the light beam of projector machine chronologically and ultimately, live and animated pictures are produced on the screen.

Fixed and readymade past goes animated and returns as a live and existent present by turns in a cyclic order. Anything fixed and readymade having a beginning must have an end, the beginning comes after end; hence it proves that the world drama is fixed and readymade. If the world drama runs ahead and does not stop after the end, the past will appear as live and existent

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present and the first scene of the world drama will come on the stage. One complete cycle of world drama is called a *Kalpa*. God the Supreme Soul plays the role of the Director

and the souls act in many different roles down in different births and re-births in this world drama. What each one is doing is fixed in the world drama and what is fixed is being done by

each one.

God being the Director advises – "think all the best and do the best in the world drama", only then our role will be glorious in entire *Kalpa*. ■

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## DID YOU GRAB BABA'S POINTS?



– B.K. Pavan, Finland

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In the last *Avyakt Murlī* of the season 2009-10, the most beloved BapDada (i.e. Incorporeal God Shiva and His chariot angelic Brahma Baba) emphasised to come out with some plan to glorify Father. The intellect started pondering different ways to achieve this, and here few thoughts have been documented to be shared in the form of story. The main character in this story is "Soy".

One day God called Soy and assigned him 10 tasks for 10 days. Upon completion of each task, Soy would get one point. Soy enthusiastically took up the task and asked his friend if he could help in completion of the task. His friend agreed and decided to help in return for a few goodies from Soy. Each day Soy went to God and

reported the completion of the task. After 10 days, Soy went to God and informed that the tasks were done. But God said that Soy would be given 5 points. Each day his friend also went to God and said "**I have done this task**". God was obliged to give few points to Soy's friend. Soy felt his friend grabbed half of his points. Now Soy had to spend extra time to regain those points.

Now replace the characters God with "Time", Soy with "Baba" and Soy's friend as "We—spiritual students". The Confluence Age time has given Baba the task of transforming the world. In this transformation, Baba takes the help of us children. Baba as *Karan Karavanhar* does the task according to the time. But,

we, at the right time of glorification of Baba, say "**I have done this task**" thereby grabbing the point which Baba has to get from time. The service activity which was started to glorify Baba would end up glorifying individuals.

The living example reflecting the above pattern is Dadi Janki. I got a chance to spend a good amount of time with her in London in June. During Dadi's visit, I observed closely her way of inspiring people at different levels. In all her sessions, some people were in awe, some praised and some appreciated what she said. But Dadi directed this awe, praise and appreciation towards Baba and always placed Him ahead of her. At the end of each session, one could directly point to her and say "**God is guiding this person**", thereby glorifying the Father.

So, what should be done? Next time if you complete a service activity and say "**I have done this task**", check if you have grabbed Baba's points.

# THE BEAUTY OF PURITY...



– BK Sukanya, Saket, Indore

*“The world is full of beauty, when the heart is full of purity.”*

**P**urity, piousness, sanctimony, holiness... the abstinence of vices and the presence of virtues, are the greatest gifts bestowed upon us by the Supreme Father in this auspicious Confluence Age! Like a drop of dew or a mild breeze blowing past, the touch of purity is so divine, that it leaves us and the surroundings revitalized with a new vigour and a dash of exuberance!

Purity perhaps is one of those virtues which manifests in various forms, such as purity of the mind, purity of the physical senses, purity in our thoughts and actions and purity of the food!

A pure mind is free from any anxiety and waste thoughts; it thinks only about progress of the self and others. A pure heart pumps love every time it beats. Love transcends all worldly

barriers and encompasses everyone with open arms, alike!

As spiritual progeny of Brahma Baba, we have to be very particular about what we speak. Words once spoken cannot be taken back, and a bitter tongue has a deep impact on our inner feelings.

To be at peace with the self, the practice of purity is a necessity. It's like the lotus flower, blooming in mud, yet so detached.

Our focus isn't simply on withdrawal from this world of materialism, but spiritual fulfilment that channels our inner positive potential in the best possible way.

**Purity of the mind:** If our mind is free from any waste, bitter memories of the past and constant churning of unwanted thoughts, our mind will become lighter and we will be able to have a strong remembrance of

the Father. Also, it will help us to concentrate on any task we undertake, studying for exams, doing office work etc.

**Purity of our senses:** The five vices block our efforts to become a conqueror of the physical senses. Keep a civil eye and a vision of brotherhood. Live a simple life.

**Purity of the heart:** A pure heart is one that loves in an unbiased way. A clean heart spreads love in all directions like a lighthouse.

So, by following the Almighty's *shrimat*, we souls can definitely become pure and reach our stage of perfection. When our 'beauty of purity' reaches out to all over the world, then Baba will be revealed. ■

**Enjoy Moments of Silence :** When you open your eyes in the morning, sit for a moment and appreciate the gift of a new day, create a peaceful thought and enjoy some moments of silence throughout the whole day.

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**Chief Editor:** B.K. Nirwair, Pandav Bhawan, Mount Abu.

**Associate Editors:** B.K. R.S. Bhatnagar, Shantivan and B.K. Ranjit Fuliya, Delhi.

Ph. 0091 (02974) 228125 e-mail : [omshantipress@bkivv.org](mailto:omshantipress@bkivv.org) [worldrenewal@bkivv.org](http://worldrenewal@bkivv.org)